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## Paradis introduces bill to protect boundary waters

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# THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

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FRIDAY, MAY 3, 2019

## Director of youth protective services steps down

### Quebec to launch public inquiry into death of Granby girl

By Gordon Lambie

In the wake of the death of a seven year old girl in Granby earlier this week, Alain Trudel, the Director of youth protective services (DPJ) in the Estrie region, voluntarily took leave from his position on Thursday morning.

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Alain Trudel, who has been the director of youth protective services in the Estrie region since 2010, stepped away from his role on Thursday in light of several ongoing investigations into the death of a seven-year-old girl in Granby earlier this week.

## CFUW public speaking competition

These kids had something important to say



MATTHEW MCCULLY

By Matthew McCully

On Wednesday afternoon the Canadian Federation of University Women (CFUW) Sherbrooke

and District held its 27th annual public speaking competition.

This year, 18 students from five local high schools (Massey-Vanier, Galt, Richmond Regional, Bishop's College School

and Stanstead College) participated in the competition.

In addition to giving the students an opportunity to develop their public

CONT'D ON PAGE 5



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## Weather



TODAY:  
CLOUDY/  
RAIN

HIGH 10  
LOW 6



SATURDAY:  
SUNNY

HIGH 17  
LOW 1



SUNDAY:  
SUNNY

HIGH 19  
LOW 3



MONDAY:  
SUNNY

HIGH 19  
LOW 0



TUESDAY:  
SUNNY

HIGH 15  
LOW 2

# What's funny about the Woo-Woo?



## GOOD READS

### LENNOXVILLE LIBRARY

The *Woo-Woo*, a memoir by Lindsay Wong, is not immediately funny. The early pages are an introduction to the author as a grad student when she is facing a serious health crisis. The author faces a grave dilemma in this coming-of-age story: "Was I destined to become as batshit as my mother?" Then the story jumps back to her earliest childhood memories in Hongcouver. She describes the stereotypical Chinese family as "docile, or at least muted and agreeable most of the time," before describing her six-year-old self, hiding under the kitchen table while her mother swears and throws plates at her husband. The justification for her outburst is that she is frequently possessed

by ghosts, as are Wong's aunts and grandmother. It's not funny to hear about a child living in an abusive situation; the author drops us right into the world she grew up thinking was normal, a world where dinner was candy and hours outside of school were spent walking around the mall because "the vicious Chinese Woo-Woo" was afraid of crowded places. Her father tells her that she didn't come from the hospital, but from a garbage can and that is why she is "retarded."

We learn that fitting in is important for this Chinese immigrant family. Wong's family and her favourite aunt's spend summer sitting inside their RVs in the Okanagan: "for an entire month, to prove we had assimilated and succeeded in the New World, we sat in our housecoats and mostly watched each other across a foldable table." We also learn that large numbers of Chinese immigrants bought houses on "Pot Mountain" because "the upward slope meant that the money would supposedly stay in our pockets." The mountain is so named because it became a "neighbourhood of Chinese drug millionaires" who were "cultivating BC bud for \$250 and ounce." Wong's family, however, isn't part of this. Her father has a job where he often prefers to spend his time. When a relative gets the grandmother some antipsychotic medicine, Wong's mother hides it, saying "I'm helping your very lazy grandmother." Wong says her family could not define the word "Empathy": "so of course I was raised to be 'empty'."

Although the voice is that of Wong as a child, the adult writing the book is also present, and this makes the story easier to read, and eventually, even humorous. The author survived and is now able to laugh at the strangeness of it all. Moreover, she explains the context for her mother's erratic behaviour: the family's beliefs about mental illness.

The reader, at first an outsider gaping at the strangeness of the characters, finally gains insider status and begins to get the joke. The story is not about one crazy family; it is about all of humanity. Behind the parents' strange behaviour is love and worry; despite their limitations, their greatest desire is for their children to grow up to be successful.

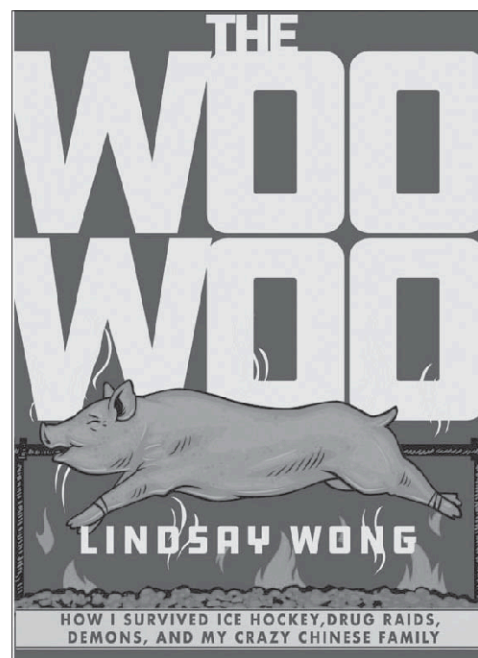
That is why her father pays her to score goals and take down other players in hockey. It is why, when a family member cries, the others must "mock her for crying and not hiding her weakness, for surely she was headed for a bout of demonic possession." It is also why "a bowel movement was an extraordinary privilege" since the Woo-Woo "attacked lazy children who sat too long on the toilet." This is the family's and the community's best attempt to guide her based on their own knowledge and experiences.

Thankfully, the author grows up and sees more of the outside world. She finally learns about empathy when a school punishment leaves her tasked with caring for a severely handicapped teenager; she develops "a superior con-artist partnership with Wheelchair Wobin." She learns that she is not retarded and that she did not come from a garbage can (instead of the hospital).

She discovers other ways of thinking and living, which lead her to question her biggest fear, that she will also fall victim to the Woo-Woo. She learns that she is different from the rest of her family. She questions their refusal to get medical help when her grandmother is reduced to imaginary battles with household appliances and her favourite aunt and role model holds the city hostage for eight hours threatening to jump off the Second Narrows Bridge.

Mental illness is a difficult and heavy burden for any individual or family, but Wong teaches us that laughter can be a key to survival. Thus, the reader has permission to laugh when her father replaces her with a Labrador Retriever and ... We can laugh when the mother shows up at Wong's airport hotel room and searches the room for ghosts: "You can't leave! We leave you alone and you make the plane catch fire! The ghosts are giving us a warning." The reader may even be surprised by gratefulness when the father sneaks her back to the airport, saying "You let little thing like plane burning bother you? Even dead people in body bag fly, so why can't you?"

-Heather Davis (from Canada Reads)



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## Ben by Daniel Shelton



# LOCAL NEWS

According to Paradis, the bill relates to 82 boundary waters, rivers and lakes and involves 75 Canadian members of Parliament and 91 American senators and congressmen.

## Paradis introduces bill to protect boundary waters

Record Staff

Following up on rising concerns over the quality of water in Lake Memphrémagog connected to the expansion of the Coventry dump, Brome-Missisquoi Member of Parliament Denis Paradis introduced a bill to amend the International Boundary Waters Treaty on Wednesday.

"This treaty dates back to 1909, so it is essential that it be amended to include new environmental standards, especially for water quality," Paradis said in introducing Bill C-444.

The proposed amendment would see the treaty between Canada and the United States, which dates back to 1909, expanded to include standards of quality in addition to its current regulations on water level and flow. Specifically the bill calls for the creation of buffer zones and a ban on the construction of infrastructure that could negatively impact the quality of border waters without the agreement of the parties to the treaty.

If the bill is adopted, the International Joint Commission, which already exists and reports to the Minister of Foreign Affairs, will oversee the enforce-

ment of new standards which will be established on the basis of consultations with experts in both countries and in collaboration with the relevant provinces and states.

According to Paradis, the bill relates to 82 boundary waters, rivers and lakes and involves 75 Canadian members of Parliament and 91 American senators and congressmen.

"We have to make sure that no other initiative like the Coventry landfill expansion disturbs boundary water relations between Canada and the United States," the MP said.



RECORD ARCHIVES

## Unidentified substance in Eaton River

By Matthew McCully

The municipality of Cookshire-Eaton advised citizens not to drink or cook with tap water yesterday after an unidentified substance was discovered in Eaton River.

According to a representative from

the Ministry of Environment, the water advisory was a precaution. The town's water supply is drawn from a well adjacent to the river. Until the substance in the river could be tested, the town made the decision to err on the side of caution and advise citizens not to drink the water.

The substance, resembling a hydrolic oil spill, was noticed entering the river through a drainage pipe around 900 metres from the centre of town.

Emergency personnel quickly arrived on the scene and plugged the drainpipe.

The municipality has a notice on its website regarding the water advisory,

and an update will be posted once results from the water testing become available.

According to the Ministry of Environment rep, the origin of the spill was still unknown by press time yesterday.

## STS negotiations ongoing

Record Staff

Negotiations continue between the management of Sherbrooke's public transportation company, the STS, and the union of 133 CUPE Affiliated Drivers. The next bargaining meeting between the two parties is scheduled for May 6th.

"At the bargaining table, the discussions and the climate are positive between the parties," said STS President Marc Denault. "We are still confident of reaching a negotiated agreement as soon as possible, as we have experienced in previous negotiations."

As with the 19 other bargaining meetings that have taken place in recent months, the STS remains open to finding acceptable and sustainable solutions

for its drivers, customers and management. Efforts have been made to invest in the network for the well-being of employees and to offer a quality service to customers. Multiple means of consultation have been put in place in recent years to take into consideration the concerns of drivers. "Improving services to citizens is at the heart of all our current and future actions. The ongoing discussions with our employees are part of this organizational concern," Denault added, concluding that "in order to reach an agreement between the two parties and for the benefit of our clients, the bargaining committee has given the mandate for STS representatives to be available 7 days a week to negotiate and reach an agreement as soon as possible."

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# Armed man apprehended in Brome Lake

Record Staff

Police officers from the MRC Brome Missisquoi, accompanied by several support units, arrested a 21-year-old armed man yesterday afternoon in Brome Lake.

The suspect was arrested for careless use of a firearm.

Shortly after 11 a.m. yesterday morn-

ing, police received a call regarding a man on Fulford Road in Brome Lake waving a firearm dangerously following an argument. The suspect had just left the scene in a vehicle.

Having a good description of the vehicle, the police quickly located him and he fled, leaving his vehicle on Knowlton Road facing a park of mobile homes. He fled on foot, at which point a security

perimeter was erected.

Several police officers and support units were involved, including the patrols of the MRC Brome Missisquoi station, Estrie highway patrol officers, patrols of the Haute-Yamaska MRC station, dog handlers, tactical intervention officers with their equipment. The Sûreté du Québec helicopter and the major crimes unit of the Sûreté du

Québec also assisted with the call.

Following various investigative techniques, the police located the suspect in a house. The tactical intervention team contacted the 21-year-old suspect and negotiated a peaceful surrender.

He is currently in custody being interrogated by investigators.

No one was hurt during the incident.

## Director of youth protective services steps down

CONT'D FROM PAGE 1

The fact that Trudel was no longer serving in his position was initially shared by Lionel Carmant, Junior Minister for Health and Social Services, at a press conference at the National Assembly on Thursday morning. At that time the minister said that "we're concerned about his capacity to occupy the position he is in," adding, "We're not sure he's the right person to be in this position right now."

Just before midday, however, when the CIUSSS de l'Estrie - CHUS held its own conference on the matter, Carmant's office had issued a clarification that Trudel made the request himself.

Stéphane Tremblay the Deputy General Manager of the CIUSSS de l'Estrie - CHUS expressed confidence in Trudel and in the staff of the DPJ as a whole emphasizing that the director, who has been in that role since 2010, is someone he has known for years to be very engaged in the cause of youth protection. He underlined the temporary nature this voluntary suspension, pending the results of ongoing investigations into the matter.

"This event has shaken the entirety of the population of Quebec," Tremblay said. "We understand the dismay of the population, we see it, and we hear it. We also understand the anger and confusion."

Tremblay called the director of the DPJ a crucial role in Quebec's health and social services network and, while validating the anger people are feeling, also made an appeal for that anger not to be misdirected.

"The population is expressing itself strongly right now, with a dose of understandable anger in the face of the death of a young girl of seven years who, if the investigations confirm it, died as

a result of abuse," the deputy general manager said, stating that right now the employees of the DPJ are right on the front lines of that collective anger. "These professionals are the everyday safety net that Quebec has created to protect the development and security of its children," he continued. "Our employees are facing numerous disrespectful, hurtful and hateful messages on social media and our telephone lines. I am asking the population to help us help our employees to use their expertise for the benefit of the children."

Tremblay pointed out that the circumstances surrounding the girl's death are already subject to a criminal investigation, an internal investigation within the health and social services establishment, and a third independent investigation by the Commission des droits de la personne et des droits de la jeunesse (CDPDJ) and said that the CIUSSS de l'Estrie - CHUS intends to support all of these investigations in whatever ways possible. With regard to the internal investigation, which falls under his responsibility, he said a committee is to meet for the first time this morning, with analysis to begin as of next week. The committee will have 60 days to complete its analysis and produce an action plan which will be submitted to the CIUSSS administration as well as to the Ministry.

On Trudel's departure, Tremblay explained that a replacement was to be named Thursday afternoon at a special meeting of the board, although as of this writing the name of the new director has yet to be made public.

The administrator also offered sympathies to all those affected directly or indirectly by the young girl's death on behalf of the establishment as a whole.

"I saw ten years of physical abuse and neglect cases through work with the

youth protection services," Tremblay said, pointing to his background as a pediatrician. "I saw patients seriously handicapped by physical abuse and I saw others die. I can understand what the family is going through, and what the population is feeling."

### A public inquiry

On Thursday morning Public Safety Minister Genevieve Guilbault, speaking alongside Carmant, announced that a public inquiry will be undertaken to investigate the situation and make recommendations that could have implications across the province.

"The main objective of a public inquiry is to establish the probable causes and circumstances of a death and, if possible make recommendations regarding the way that we protect our children in Quebec," Guilbault said. "I want the pop-

ulation to be able to know all the information regarding the probable causes and the circumstances of this death."

The minister pointed out that a public inquiry cannot begin until after any potential criminal proceedings have been finished and was unwilling to speculate how long it might be before the process actually gets underway, given current delays in the justice system, but she nonetheless stressed the importance of getting the process ready in the name of looking for ways to improve access and quality of youth protective services in the province.

"This is a situation that is being taken very seriously by our government," she said, noting that the events in Granby have raised numerous concerns about the youth protection system in Quebec that need to be addressed. "This inquest will take place as soon as possible."



Josée Paquette, Director of Human Resources, Communications, and Legal Affairs with the CIUSSS de l'Estrie - CHUS alongside Deputy General Manager Stéphane Tremblay on Thursday morning



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# CFUW public speaking competition

CONT'D FROM PAGE 1

speaking skills, the competition offers the audience a glimpse into the lives of Townships youth and a look at issues they feel are most significant in the world today.

And they had a lot to say. During the competition, this reporter wondered how the preoccupations of youth today would compare to the speeches read 27 years ago.

It is unlikely that 27 years ago an openly gay high school student would step up to the podium and school her straight peers on the un-PCness of being homophobic.

Nor would there have been a speech about how minority groups deserve more representation in Hollywood.

A common theme resonating through many of this year's speeches was change.

It's time for change; self-confidence is the key to changing the world; be the change; how kids can change the world and those are just the titles.

The students who spoke expressed a determination to conquer fear and ignorance, do away with stereotypes and archaic notions of beauty and lead by example to make the world a better place.

One young speaker pointed out the shortcomings of the international adoption system in Canada. Another gave a detailed scientific analysis of the causes of coral reef destruction.

A plea went out to provide nurses, the glue holding the health care system together, with better working conditions.

Another student pointed out that 6,800 litres of water is saved every time a shopper opts for a pair of jeans from a thrift store instead of buying new.

While the event was also a competi-

tion, the 18 students participating had the ear of the community; and they didn't waste the opportunity.

One speaker offered a thorough analysis of the public school system, where it was lacking, and how it could be improved to better prepare youth for adulthood.

Little did she know Eastern Townships School Board Chairman Michael Murray was among the audience members.

Murray approached the student after the competition to continue the discussion.

The judges (Graham Moodie, Randi Heatherington, Lee Sullivan Lapp and Elizabeth Cope) had the unenviable task of scoring the students based on their presentations.

The competition was more enjoyable for the audience, able to take in 18 unique, well thought out speeches. If taken to heart, the world will be a much better, more interesting place in another 27 years when the CFUW public speaking competitors step to the podium.



CFUW representatives Jane Loiselle and Judy Hopps  
PICTURES BY MATTHEW MCCULLY

## JUNIOR WINNERS



First place:  
Aidan Meacher (Massey-Vanier)



Second place:  
Cazian Comeau (Galt)



Honourable mention:  
Caresse Comeau-Elman (Galt)

## SENIOR WINNERS



First place:  
Cala Tesolin (BCS)



Second place:  
Samantha Smith (Stanstead College)



Honourable mention:  
Melissa-Jade Roy-Legault (Massey-Vanier)

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# EDITORIAL

*Instead of viewing wild and managed bees as being in competition, maybe we can view them as partners in producing landscapes of abundance.*

## Urban bee keepers can help save wild bees

By Rebecca Ellis  
PHD Candidate, Western University

With reports of declining insect populations worldwide, or what George Monbiot calls an “insectageddon,” there is growing concern about the health of pollinators. This in turn has led to increasing interest in urban beekeeping, pollinator gardening and urban bee advocacy.

Yet there is also a growing backlash against urban honey bees. Some native bee advocates argue that in North America, honey bees, which were brought to the Americas by European colonialists, belong in the monocultured fields of industrial agriculture, where they are critical for crop pollination, not cities.

As a political ecologist who researches the relationship between people and urban bees (both those that are managed and those that are wild), I am concerned about the growing antagonism between people who should be allies in the struggle against industrial agriculture.

### Are native bees and honey bees competitors?

Some entomologists and native bee advocates are concerned that when managed honey bees and wild bees compete for sources of nectar and pollen, the wild bees lose.

Scientists studying the effects of managed bees on wild bees have seen mixed results. A recent analysis revealed that 10 of 19 experimental studies showed some evidence of competition between honey bees and wild bees, mostly in natural areas near agricultural fields.

Honey bee hives on top of the Fairmont Royal York in Toronto. These hives are maintained by the Toronto Urban Beekeepers Collective. Rebecca Ellis

Most of these studies focus on naturalized landscapes in rural areas. Yet some native bee advocates promote the precautionary principle – the idea that if something is reasonably thought to cause harm, then it should be avoided. They argue that urban beekeeping shouldn't be allowed.

Native bee advocates rightly call honey bees livestock animals. But the argument that follows – that their health is therefore not a conservation issue – is misguided.

### Honeybees in industrial agriculture landscapes

The health of livestock animals, especially those that forage in the landscape, and the health of wild animals are deeply intertwined. Honey bees are deeply embedded in capitalist-industrial food systems, which leaves them extremely vulnerable.

Honey bee numbers are not in decline because humans artificially breed them, rapidly replacing lost colonies. But honey bees are subject to a toxic soup of chemicals containing insecticides, fungicides and herbicides.

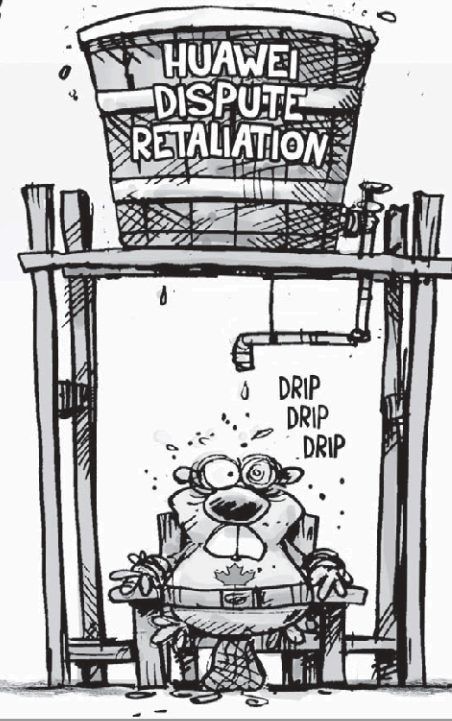
Like wild bees, honey bees also suffer nutrient deficiencies within the monocultured landscapes of industrial agriculture, and their forced movement across landscapes to provide pollination services subjects them to stress. This has led honey bees to become infected with and spread numerous pathogens to vulnerable wild bee populations. The biggest concern is that viruses spread by the Varroa mite, which is endemic to honey bees, may spread to wild bees.

### Sickly bees

Commercial beekeeping practices mimic many of the practices associated with other intensively farmed animals of industrial agriculture. Queen bees are artificially inseminated, potentially narrowing genetic diversity. Honey bees are fed highly processed sugar syrup and pollen patties, often derived from the corn and soy that dominates much of the North American rural landscape. They are treated with miticides to manage the Varroa mite and are given prophylactic antibiotics.

Studies show that honey bees as well as some wild species flourish in cities. In urban landscapes all bees are less exposed to pesticides than they are on agricultural fields and encounter a wider diversity of nectar and pollen.

CHINESE WATER TORTURE...



Urban beekeeping, which is largely a hobby, is not embedded within industrial agriculture, potentially allowing for more bee-centred practices. For example, hobbyist beekeepers could allow queens to mate naturally, use organic methods to deal with mites and allow bees to consume their own honey. Although voluntary surveys indicate that hobbyist beekeepers have higher colony losses than commercial beekeepers, this can change with appropriate support and education and may reflect more of a willingness to report losses.

Urban honey bees are not currently needed for pollination in cities, but they are useful for the development of an ethical local food system. Honey from urban bees can provide a locally sourced, environmentally friendly sweetener, compared to sugar cane and sugar beets.

### Stewards of native bees

Urban beekeepers should be trained in native bee stewardship and pollinator gardening to help fight the decline of native bees. A friendly alliance between urban honey beekeepers and native bee advocates can also influence the practices of beekeepers, ensuring that they monitor their colonies for pests and pathogens and encouraging respect for wild bees in location selection.

Some native bee advocates seem to view the harmful effects of industrial agriculture on wild bees as a wicked problem too large and complex to solve, so they focus on potential threats, like urban honey bees, that can be controlled.

Agrochemical corporations, in particular, have proven to be an extremely powerful foe, wielding influence in government bodies, but their power is not unstoppable. My research suggests that an alliance between beekeepers, small-scale farmers and environmentalists can help several species flourish at once. In cities, hobbyist beekeepers, native bee advocates and gardeners can form a similar bond by creating spaces of re-wilding while also increasing urban agriculture.

Instead of viewing wild and managed bees as being in competition, maybe we can view them as partners in producing landscapes of abundance.

Rebecca Ellis receives funding from the Social Sciences and Humanities Research Council. She is affiliated with the Pollinator Pathway Project, the London Urban Beekeepers' Collective and is the chair of the city of London's Urban Agriculture Steering Committee.

## THE RECORD

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## Letters

Hello. I wanted to write to you to thank you for the section of highlighting & thanking all the firefighters. So very interesting & showing them our appreciation.

VERN DOYLE  
DRUMMONDVILLE (ST-NICÉPHORE)

## C COLUMNIST

The idea of heaven made life bearable and prevented rebellion. People could tolerate slavery and injustice if they knew that paradise awaited them after death.

ONE COLUMN, FOUR VOICES

# Open to the Spirit

Today's word: Heaven

By Revs Mead Baldwin,  
W. Lynn Dillabough,  
Lee Ann Hogle, and  
Carole Martignacco

1) Imagine a place of peace and tranquility where there are no hurricanes or floods or earthquakes, where all people live together in harmony. Now imagine that when life is over we will find this place, far away from sickness, death, war, or hatred. The idea of heaven has been part of religions beliefs throughout the ages, called variously Nirvana, Paradise, or Shangri La. Writers have written about such a place, in books like Utopia. It seems like humanity from all continents has always longed for such a place.

I find it interesting that many of the most powerful gospel songs about heaven; "Shall we gather at the river", "Swing low sweet chariot", or "I've got a home in glory land" come from times of slavery or oppression. The idea of heaven made life bearable and prevented rebellion. People could tolerate slavery and injustice if they knew that paradise awaited them after death.

I do believe in some sort of spiritual afterlife, though I cannot explain it very well. God's unconditional love doesn't end. In life, in death, in life beyond death, God is with us. I don't, however, think that heaven is a special place reserved for those who have the correct beliefs. I do not believe that a human rite like baptism is the only door to heaven. I do not believe that some wise old man sits on a throne and decides who gets selected.

I do believe that we are called to make our current world and the communities we live in places of acceptance, peace and harmony. The world needs

each of us to offer unconditional love. Let's not let "too much heaven on our minds" keep us from creating a paradise on earth.

2) Touched by An Angel has got to be one of my all-time favourite TV programs. For those of you who have never seen it, every episode has an angel sent down from heaven to help someone who is experiencing difficulties. There appears to be a host of angels, each having a handler who meets out assignments and performs a post-op debriefing. The audience never gets to see the inner workings but presumably the planning and evaluation go on in heaven.

Although I am not convinced that heaven interacts with humans in this way, it is warmly comforting to imagine a place where our earthly concerns are of importance, no matter how alone we feel at times. Jesus talked about a heaven on earth, that seems to me more of a state of mind than a geographical location. In this kind of heaven we all have a chance to be angels to one another.

If we are fortunate, even we ourselves may be touched by an angel. When the care we receive seems unmerited or the generosity extended to us is done so with no strings attached and beyond what we deserve, heaven has indeed come close, then we have been touched by an angel.

3) Saint Catherine of Siena said that it is heaven all the way to heaven. No one who has been in the afterlife for any significant amount of time has been able to tell us what that is like, but we do sometimes wonder. Whatever happens later, what we do now is important.

When we pray the way Jesus taught us, with the Lord's Prayer, we acknowledge that God is in heaven and that we want God's will to be done and God's kingdom to come here on earth as it is in heaven. Heaven and earth are connected and we want the kind of love and justice God has for us NOW.

It can be heaven all the way to heaven if we live the way God shows us. When we are forgiving, compassionate, and generous we are connected with heaven. We are living as if the kingdom has already come and we are, perhaps, preparing our way to heaven after heaven.

Either way, it is not the hell we create when we make other choices. Jealousy, greed, cruelty: these are the hells we make for ourselves on the way to hell.

We make choices every day and every moment. Why not choose heaven?

4) "On Earth as it is in Heaven..." goes the familiar prayer translated into world languages from the Aramaic. In that original tongue every word had multiple possible meanings. Rather than some blissful place where we go when we die, in the sky above this lowly realm of life and death, joy and suffering, heaven could as well be an ever-present reality, here, now, in the midst of everyday.

Heaven on earth was the vision of the early Universalists who are my spiritual ancestors. Instead of worrying about earning our reward in the afterlife, they believed we are called to come alive with love and goodness in this one. The took literally the gospel message to love one another as God has loved us, so the social gospel of fighting the cruelty, inequity and oppressions of their time became central to their preaching.

Perhaps you know the story depicting

both Heaven and Hell as an enormous banquet. In one room is a long table set for a rich feast, laden with every delectable dish imaginable and overflowing with the best of everything. But the guests are weeping and shouting and quarreling with one another. No one is enjoying the feast, as the spoons in their hands are too long to reach their mouths. Guests gathered around this table are emaciated, on the verge of death by starvation. In another room a long table is also set for a similar abundant feast. But here there is merriment and laughter, and the people are all well fed, full of health and well-being. They have the same long spoons that prevent them from reaching their mouths when they bend their elbows. So instead, they reach across the table and feed each other.

Sometimes the shift between good and evil is a slight one. Everything necessary for happiness and joy already exists in this beautiful world created for us. Yet in our world today, it does appear that something significant has been lost in translation from the original prayer.

**One word, four voices - now it's your turn to reflect: What does Heaven mean to you?**

Rev. Mead Baldwin pastors the Waterville & North Hatley pastoral charge; Rev. Lynn Dillabough is now Rector of St. Paul's in Brockville ON. She continues to write for this column as a dedicated colleague with the Eastern Townships clergy writing team; Rev. Lee Ann Hogle ministers to the Ayer's Cliff, Magog & Georgeville United Churches; Rev. Carole Martignacco is Consulting Minister to UU Estrie-Unitarian Universalists in North Hatley.

## Forest Environment Day coming to Orford this weekend

Record Staff

The Association forestière du sud du Québec (AFSQ), southern Quebec's forestry association, and its partners are inviting the public to a new event focused on better awareness of local forests. La Journée de l'environ-

nement forestier, or "forest environment day" is set to take place on Saturday, May 4, from 9 a.m. to 4 p.m. at the Mount Orford Ski station and will offer activities aimed at helping both amateur and more experienced forest-lovers learn more about this important local biome.

Among the activities planned are for-

est walks with knowledgeable interpreters, an information fair with kiosks from various forest-related groups and businesses, a display of forestry equipment, Axe throwing, a series of mini-lectures on subjects ranging from invasive species to forest management plans, and an obstacle course.

Admission to the site is free, although parking is \$5. More information on the plan for the day, including a full schedule of events, is available (in French only) at <https://afsq.org/jef/>



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## Alex Cattaneo:

### A musician of many bands and many talents



COUNTRY CONNECTION

JESSIE PELLETIER AULIS

Alex Cattaneo is an outstanding dedicated musician, who, one tune at a time, makes this world a better place. He loves music more than anything and he is one of country music's finest talents and accomplished live performers around.

Cattaneo is a freelance self-employed musician based in Sherbrooke. He currently plays with the band Big River, but also plays with dozens of different bands and artists every year.

He grew up in Saint-Jean-Sur-Richelieu, on the south shore of Montreal. He moved to Montreal to study music at Vanier College and lived there for most of his career. In 2012, he moved to Sherbrooke with his girlfriend.

"We really love the community and the quality of life here and you couldn't pay me enough to move back to Montreal," said the multi-instrumentalist.

"I was what you'd call a late bloomer. No one in my family played music and I discovered the guitar pretty late. I met another kid who played songs like 'Pretty Woman' and some Beatles tunes," said the guitarist.

"He showed me a couple of chords and I was hooked. I became obsessed with the instrument. As a teen, I didn't have much of a social life; I didn't drink then and still don't to this day. I would stay at home and practice non-stop, so while I started late, pretty soon I was playing better than most people."

This was how he discovered his love for music. He started with the guitar, and stuck with it for the first 15 years of his career. He studied jazz at Vanier College and then went on to study privately with Mick Goodrick, a very famous guitar instructor in Boston.

"At that time, I would practice 40-50

hours a week, basically as long as my hands and arms could take it! That discipline came in really handy later, because as a self-employed musician, there is no one to set your schedule and no clock to punch," explained the Cattaneo.

Curious about other string instruments and with all his determination, he learned mandolin and later on, he took on banjo. "Then came all the slide instruments: dobro, steel guitar, lap steel and finally pedal steel guitar," said the musician.

He remembers that he was about 18 years old when he decided he wanted to be a professional musician. He ended up quitting a very lucrative summer job to play music full-time.

"When I returned to school after that summer, my teacher was very impressed with my progress, so I knew I had made the right decision. Being a professional musician is not easy, and you have to go all in if that's what you want to do. So that's what I did."

Working as a freelance musician sometimes requires learning many songs in a single week. Last summer, Cattaneo had to replace a colleague musician who was stuck at the airport in Geneva and looking to be replaced at the Francolies festival.

"So basically, I had 24 hours to learn a dozen songs that I had never heard before in my life. Those are exciting moments!"

The artist really appreciates strong songwriting and thoughtful lyrics, no matter what the genre. In fact, he doesn't really think in terms of genres, because you never know where you're going to find a song that just completely floors you.

He was actually exposed to country music later in his career. "I was working on a cruise ship and I met some guys from the prairies who introduced me to the music of Vince Gill, Junior Brown, Dwight Yoakam, etc. It was a revelation for me that you could play the guitar like that. As a jazz guy, I just wasn't aware of it until then."

He then started to learn more about country music by listening to the classic albums by Ray Price, Buck Owens and others. He found pedal steel quite intriguing and after a while, was able to purchase his first Sho-Bud while working in the United States.



MATTHEW MCCULLY

"This year, for the first time in almost a decade, I'm composing some new music and putting a band together to perform it. It is instrumental music for pedal steel, but not really country. I think it will showcase different possibilities and sounds for this very special instrument and I'm really excited to share that with the public."

"Again, it became an obsession and a bit of a renaissance for me. Pedal steel guitarists are pretty rare, so I began to work the country festival circuit and playing with all these established artists like Andrée Watters, Edith Butler and Paul Daraiche" he mentioned. "It's also what allowed me to get work when I moved to Sherbrooke in 2012. I met Phil Patton and we hit it off right away. We loved the same music and wanted to play the same tunes, with lots of pedal steel and guitar stuff, which we could play in harmony or back and forth."

This is how Big River was formed. The

guys were playing at a jam session at the Hut with Matthew (Phil's son), Gerry Goodsell and Chantal Paradis. It was not rehearsed but still sounded pretty good so they thought that maybe they should make this a regular thing.

"I love old country music and bluegrass but there's so much amazing music out there, why would you want to limit yourself to one niche? That would be like eating peanut butter every meal. Maybe that kind of diet works for some people, but I like variety!" he said.

He likes surprises and music that he

CONT'D ON PAGE 9

# Alex Cattaneo

CONT'D FROM PAGE 8

doesn't quite understand, music that reveals something that he didn't know was possible. Cattaneo is always up to learn new things, he loves a good challenge and music provides him with all those opportunities.

"One of the most wonderful things about music is that you can spend a lifetime working at it and still improve and learn new things, and that's what keeps me going and inspires me: learning new instruments, finding new sounds, and new ways to put these sounds together. It's impossible to be bored when you're dealing with such a vast universe."

Cattaneo also does a lot of studio work, mainly remote sessions, which means a producer or an artist will send him some tracks and he records his part in his home studio. This allows him to work on all sorts of projects with people from all over the country.

"Last week, I recorded some banjo for an artist based in Moncton; this week, I cut some pedal steel tracks for a wonderful artist named Kathryn Merriam, based in Toronto. To be able to work from home is great, because being on the road for long hours is one of the things I find the most grueling about being a pro musician."

"What I love the most is producing records. There are so many talented artists here in the Townships. Right now we're working on a new full length

album with Jonathan MacAulay, as well as another album for Karine Lizée.

"I'm also recording with Keenan Wilcox, David Lapp and several other young talents that I'm really excited about. The studio work is really an extension of my work as an accompanist."

His main concern is to support the singer. "I play to the best of my abilities and make their songs as good as possible. Then in the studio, I take that mindset and try to capture and enhance their talents in a recorded medium."

With his focus on other people's music, he kind of forgot about his own. "This year, for the first time in almost a decade, I'm composing some new music and putting a band together to perform it. It is instrumental music for pedal steel, but not really country. I think it will showcase different possibilities and sounds for this very special instrument and I'm really excited to share that with the public."

This will take place on May 11 at 1:30 p.m. at the Halte des Nations. This is part of the Off Festival des Harmonies, an event which highlights the richness and diversity of musical culture in Sherbrooke.

You can also hear him play with Big River at The Country Music Appreciation Jam at Burroughs Falls Dance Hall, this Saturday May 4, at 1:00 p.m. or Saturday, May 11 at The Lion in Lennoxville.



MATTHEW MCCULLY

"I play to the best of my abilities and make their songs as good as possible. Then in the studio, I take that mindset and try to capture and enhance their talents in a recorded medium."

## Your week on TV

WEEKDAY MORNING																	
Bell	Star	6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30				
WCAX 3	-	Channel 3 News Morning		CBS This Morning				Rachael Ray		The Doctors		The Price Is Right					
WPTZ 5	-	NBC5 News Today		Today				Live with Kelly and Ryan		Today 3rd Hour		Today With Hoda & Jenna					
CBMT 6	206 301	Daybreak		What He Ate	Beat Bugs	Becca's Bunch	The Furch	Wandering	Beat Bugs	Napkin Man	Daniel Tiger	Dragons' Den					
CHLT 7	107 718	F	Salut bonjour (N) (SC)														
		M															
		T															
		W															
WMTW 8	-	WMTW News 8 at 6am		Good Morning America				Live with Kelly and Ryan		(9:59) Masterchef Junior (SC)		Le tricheur	Mario Dumont				
CKSH 9	108	Var. Programs	Ranger Rob	M. Magoo	Par ici	Var. Programs	Annedroides	RDI matin	Marina Orsini	(9:59) Deux filles le matin							
CKMI 11	-	Global News Morning						The Morning Show		House-Bryan	Donut Shwdwn	Holmes Inspection					
CFCF 12	205 312	Your Morning		Your Morning		Your Morning		Live with Kelly and Ryan		The Marilyn Denis Show		The View					
WVNY 22	-	Local 22 News This Morning		Good Morning America				The Dr. Oz Show		Paid Program		Var. Programs					
WUTV 60	-	Paid Program		Paid Program		2 on Your Side Daybreak		Var. Programs	Forensic Files	Paid Program	Var. Programs	Couples Court	Couples Court	Face the Truth	Face the Truth		
CFKS 61	106 726	F	NVL	Moment V		Moment V		Moment V		NVL en bref	Moment V	NVL en bref	Histoire	Histoire	CSI: Miami "Six ans trop tôt"		
		M	NVL week-end									Infopublicité					
		T	NVL									Infopublicité					
		W	NVL									Infopublicité					
WUHF	-	363		Good Day Rochester		Good Day Rochester		Good Day Rochester		Judge Mathis		The Wendy Williams Show		Face the Truth	Face the Truth		
WETK	-	-		Classical Strt	World News	Ready Jet Go!	Wild Kratts	Nature Cat	Curious	Let's Go Luna!	Daniel Tiger	Daniel Tiger	Pinkalicious	Sesame Street	Splash		
WCFE	-	-		Peg & Cat	Odd Squad	Curious	Let's Go Luna!	Daniel Tiger	Daniel Tiger	Wild Kratts	Dinosaur Train	Splash	Sesame Street	Pinkalicious	Arthur		
A&E	615	520		Paid Program		Paid Program		The First 48	Var. Programs	The First 48	Varied Programs						
BRAVO	620	523	F	"Along Came a Nanny" (2014) Cameron Mathison. Ⓢ Ⓞ				Flashpoint Ⓢ Ⓞ				Flashpoint Ⓢ Ⓞ					
			M	"The Good Times Are Killing Me" (2009) Kelly Rowan. Ⓢ Ⓞ													
			T	"Reasonable Doubt" (2014) Dominic Cooper. Ⓢ Ⓞ													
			W	"No Clue" (2013, Comedy) Brent Butt, Amy Smart. Ⓢ Ⓞ													
			Th	"To Be Fat Like Me" (2007, Docudrama) Kaley Cuoco. Ⓢ Ⓞ													
CNN	500	500		New Day With Alisyn		New Day With Alisyn		New Day With Alisyn		CNN Newsroom With Poppy		CNN Newsroom With Poppy		At This Hour-Kate			
DISC	520	505	F	Mayday "Fight To The Death"				Mayday Ⓞ				Mayday "Explosive Proof"					
			M														
			T														
			W														
HIST	522	506		Canadian Pickers		Ice Road Truckers		Yukon Gold		Ice Road Truckers		Canadian Pickers		Security	Security		
PARMT	628	584		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue			
RDI	126	730		(5:00) RDI matin								L'info		Isabelle Richer			
SHOW	616	521		Security	Security	Security	Security	Movie		Movie							
SLICE	601	562		ET Canada		Say Yes-Dress		Varied Programs									
TLC	521	560		What Not to Wear		What Not to Wear		Outdaughtered		Outdaughtered		Varied Programs					
TSN	400	400	F	SportsCentre		SportsCentre Ⓞ		SportsCentre Ⓞ		SportsCentre Ⓞ		SportsCentre Ⓞ		SportsCentre Ⓞ		SportsCentre	
			M														
			T														
			W														
YOUTH	551	542		Cloudy, Meat	Go Away Uni	Loud House	Loud House	SpongeBob	SpongeBob	Numb Chucks	Numb Chucks	Cloudy, Meat	Go Away Uni	Go Away Uni	Chuck's		

# Your week on TV

## WEEKDAY AFTERNOON

	Bell	Star	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
WCAX 3	-	-	Across/ Fence	The Young and the Restless	Bold/Beautiful	The Talk	Let's Make a Deal	Family Feud	Family Feud	Channel 3	3 News			
WPTZ 5	-	-	NBC5 News	Daily Blast	Days of our Lives	Steve	Dr. Phil	The Ellen DeGeneres Show	NBC5 News	NBC5 News				
CBMT 6	206	301	CBC News Network	Escape to the Country	Grand Designs	Heartland	Coronation St.	Bondi Vet	Murdoch Mysteries					
CHLT 7	107	718	(:13) Le TVA régional	Movie	Var. Programs	TVA nouvelles	Les feux de l'amour	Top modèles	(4:58) TVA nouvelles					
WMTW 8	-	-	News	Access	Strahan & Sara	General Hospital	The Ellen DeGeneres Show	WMTW News 8 at 4pm	WMTW News 8 at 5PM					
CKSH 9	108	-	F Téléjournal	Mémorable!	Bonsoir bonsoir!	Virginie (SC)	Virginie (SC)	Mémoires vives (DVS) (SC)	Entrée principale	On reçoit Fred Pellerin. (SC)	Mémorable!			
			M Antiques Roadshow "Billings"	Love Quilting										
			T Breakthrough: The Ideas	Rick Steves										
			W American Experience	Cooking										
			Th NOVA "Inside the Megafire"	Mountain Lake										
CKMI 11	-	-	Global News	ET Canada	Days of our Lives	The Talk	Rachael Ray	Millionaire	The Young and the Restless	Global News				
CFCF 12	205	312	CTV News Montreal	The Social	Dr. Phil	The Dr. Oz Show	The Ellen DeGeneres Show	CTV News Montreal at 5	Judge Judy	Judge Judy				
WVNY 22	-	-	Hot Bench	Hot Bench	Strahan & Sara	General Hospital	The People's Court	Judge Judy	Judge Judy	Judge Judy				
WUTV 30	-	-	The Steve Wilkos Show	Maury	Var. Programs	Divorce Court	Hot Bench	Hot Bench	Judge Judy	Judge Judy				
CFKS 31	106	726	Guerre-clans	Movie	Maury	Var. Programs	Divorce Court	Hot Bench	Hot Bench	Judge Judy	Judge Judy			
WUHF	-	363	The Steve Wilkos Show	Maury	Var. Programs	Divorce Court	Hot Bench	Hot Bench	Judge Judy	Judge Judy				
WETK	-	-	Dinosaur Train	Cat in the Hat	Sesame Street	Super Why!	Pinkalicious	Let's Go Luna!	Odd Squad	Varied Programs				
			F Nature (Season Finale)	Food Forward	Ready Jet Go!	Peg & Cat	Arthur	Odd Squad	Odd Squad	Let's Go Luna!	Nature Cat	Daniel Tiger	Curious	
			M Antiques Roadshow "Billings"	Love Quilting							Regents Review (NYS) "ELA"			
			T Breakthrough: The Ideas	Rick Steves										
			W American Experience	Cooking										
			Th NOVA "Inside the Megafire"	Mountain Lake										
A&E	615	520	Varied Programs											
BRAVO	620	523	Movie			Flashpoint								
CNN	500	500	Inside Politics		CNN Right Now	CNN Newsroom	CNN Newsroom	The Lead With Jake Tapper	Situation Room With Wolf					
			F CSI: New York	CSI: New York "Do or Die"	Highway Thru Hell	MythBusters	CSI: New York	CSI: New York "Do or Die"						
DISC	520	505	M											
			T											
			W											
			Th											
HIST	522	506	F Canadian Pickers	American Pickers	Pawn Stars	Pawn Stars	Forged in Fire	Forged in Fire: Knife or Death	Hunting Hitler "The Web"					
			M											
			T											
			W											
			Th											
PARMT	628	584	Bar Rescue	Bar Rescue	Varied Programs									
RDI	126	730	Téléjournal	Les ex	L'info			(3:59) Mordus de politique	En direct avec Patrice Roy					
			F Security	Security	Security	Security	NCIS "Mind Games"	NCIS A missing staff sergeant.	NCIS "Switch"	NCIS "Mind Games"				
SHOW	616	521	M											
			T											
			W											
			Th											
SLICE	601	562	Varied Programs	Say Yes-Dress	Say Yes-Dress	Sarah's House	Sarah's House	Varied Programs						
TLC	521	560	My 600-Lb. Life	Varied Programs	Four Weddings	Four Weddings	90 Day Fiancé	90 Day Fiancé						
TSN	400	400	SportsCentre	SportsCentre	Varied Programs	Outside Lines	ESPN FC	High Noon	Questionable	Around/Horn	Interruption			
YOUTH	551	542	Assembly	Assembly	Wayside	Go Away Uni	Just Kidding	Assembly	SpongeBob	SpongeBob	SpongeBob	Loud House	Loud House	Nicky, Ricky

## FRIDAY EVENING

MAY 3, 2019

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	Channel 3 News at Six (N)	CBS Evening News	Entertainment Tonight (N)	MacGyver Matty's ex-husband asks her for help.	Hawaii Five-0 A ride-share driver is murdered. (N)	Blue Bloods DNA evidence leads to identical twins. (N)	Channel 3 News	(:35) The Late Show With Stephen Colbert (N)					
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N)	Wheel of Fortune (N)	The Blacklist Red hunts a man who can find anything.	Dateline NBC (N)	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N)					
CBMT 6	206	301	CBC Montreal News (N)	Just for Laughs: Gags	NHL Hockey New York Islanders at Carolina Hurricanes. Eastern Conference Semifinal, Game 4.	The National (N)	CBC Montreal News (N)	Coronation Street (N)							
CHLT 7	107	718	(5:58) TVA nouvelles (N)	Le tricheur (N) (SC)	Tout le monde aime "Michel Louvain" (SC)	Du talent à revendre (SC)	La liste noire: rédemption "Les otages" (SC)	TVA nouvelles (:35) Denis Lévesque (N) (SC)	(:35) "Bad Country" (2014) Willem Dafoe. (DVS) (SC)						
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N)	Jeopardy! (N)	ScreenTime: Diane Sawyer Reporting Screen time and social media. (N)	20/20 A woman finds her biological father. (N)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live (N)					
CKSH 9	108	-	(5:59) Le téléjournal Estrie	Le TJ Extra ICI Estrie (N)	L'effet wow Michèle Richard jase de sa tournée. (N)	"Bon Cop, Bad Cop" (2006, Comédie) Colm Feore. Deux policiers aux caractères opposés travaillent ensemble. (SC)	Le téléjournal (N) (SC)	(:05) "Iqaluit" (2016, Drame) Marie-Josée Croze, François Papineau. Première. (SC)							
CKMI 11	-	-	Global National	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	MacGyver Matty's ex-husband asks her for help.	Hawaii Five-0 A ride-share driver is murdered. (N)	The Blacklist Red hunts a man who can find anything.	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N)				
CFCF 12	205	312	(5:59) CTV News Montreal (N)	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N)	ScreenTime: Diane Sawyer Reporting Screen time and social media. (N)	20/20 A woman finds her biological father. (N)	Local 22 News (N)	(:35) Jimmy Kimmel Live (N)				
WVNY 22	-	-	The Big Bang Theory (N)	Judge Judy (N)	Judge Judy (N)	Family Feud (N)	Last Man Standing (N)	The Cool Kids (N)	Proven Innocent Easy takes on an immigration case. (N)	2 on Your Side	Seinfeld (N)	Two and a Half Men (N)	Two and a Half Men (N)	Last Man Standing (N)	
CFKS 31	106	726	Souper parfait	Souper parfait	Rire et délire	Rire et délire	Ambulances animales (N)	Ambulances animales	Pure Noah s'efforce de faire arrêter Gary. (SC)	Gotham Gordon est à nouveau l'objet de menaces. (N)	SQ	NVL (N)	Moment V		
WUHF	-	363	Modern Family (N)	Modern Family (N)	The Big Bang Theory (N)	The Big Bang Theory (N)	Last Man Standing (N)	The Cool Kids (N)	Proven Innocent Easy takes on an immigration case. (N)	13WHAM News at 10 on Fox Rochester (N) (Live)	DailyMailTV (N)	The Simpsons (N)	Frankie Valli (N)		
WETK	-	-	PBS NewsHour (N)	BBC News-night	Vermont This Week (N)	Washington Week (N)	Firing-Hoover	Gloria and Emilio Estefan: Library of Congress Gershwin Prize for Popular Song (N)	PBS Previews: Chasing	Amanpour and Company (N)	BBC World News (N)	Amanpour and Company (N)	BBC World News (N)		
WCFE	-	-	World News America	Nightly Business Report	PBS NewsHour (N)	Mountain Lake Journal	New York Now (N)	Gloria and Emilio Estefan: Library of Congress Gershwin Prize for Popular Song (N)	PBS Previews: Chasing	BBC World News (N)	Amanpour and Company (N)				
A&E	615	520	(5:00) Live PD "Live PD -- 05.12.18" Riding along with law enforcement. (N)	(:06) Live PD: Rewind "Live PD: Rewind No. 215" (N)											
BRAVO	620	523	Bones A blue corpse is found in a landfill. (N)	Bones The death of a truck company employee. (N)	Bones Feuding families are linked to a corpse. (N)	Bones Brennan and Booth go to Los Angeles. (N)	Bones Brennan becomes a suspect in a case. (N)	Bones A cryptic message written in blood. (N)	Bones (N)						
CNN	500	500	Situation Room With Wolf	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	Cuomo Prime Time (N)	CNN Tonight w/ Don Lemon	CNN Tonight w/ Don Lemon	Cooper 360						
DISC	520	505	Highway Thru Hell "Snowbound" (DVS)	MythBusters "Commercial Myths" Testing heights. (N)	Gold Rush A landslide sweeps Parker off his feet.	Hellfire Heroes Experts discuss the reality of fires.	Mayday Investigators are pressured for answers.	Disasters at Sea "Deadly Rescue" (DVS)	Highway Thru Hell						
HIST	522	506	American Pickers "Going Down?" (N) (DVS)	Swamp People Daniel and Big T use a special bait. (N)	Truck Night in America "Battle of the Big Dogs" (N)	Ancient Aliens Ancient mysteries in Sardinia, Italy. (N)	History Erased A look at the world without China. (N)	American Pickers "Going Down?" (N) (DVS)	Ancient Aliens (N)						
PARMT	628	584	Tattoo Nightmares (N)	Tattoo Nightmares (N)	Tattoo Nightmares (N)	Tattoo Nightmares (N)	** "Battleship" (2012, Science Fiction) Taylor Kitsch, Alexander Skarsgard, Rihanna. Earth comes under attack from a superior alien force. (N)	** "Battleship" (2012, Science Fiction) Taylor Kitsch, Alexander Skarsgard. (N)							
RDI	126	730	(5:59) Le national (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)	Les grands reportages L'extracteur Ronald Reagan. (N)	Le téléjournal avec Pascale Nadeau (N) (SC)	Le téléjournal (N) (SC)	Le national (N) (SC)	(:31) Le national (N)	(12:01) 24/60 (SC)				
SHOW	616	521	NCIS "Silver War" A missing staff sergeant. (N)	NCIS "Switch" A petty officer is gunned down. (N)	NCIS "Mind Games" A serial killer withholds information.	** "Star Wars: Episode III -- Revenge of the Sith" (2005) Ewan McGregor, Natalie Portman. Anakin Skywalker joins the dark side and becomes Darth Vader. (N)	** "Pitch Perfect" (2012, Musical Comedy) Anna Kendrick, Skylar Astin. College students enter an a cappella competition. (N)	Million Dollar Listing Los Angeles Tracy travels to Dubai. (N)							
SLICE	601	562	Million Dollar Listing Los Angeles "Dubai It"	Million Dollar Listing Los Angeles Josh Altman finds himself under attack. (N)	** "Star Wars: Episode III -- Revenge of the Sith" (2005) Ewan McGregor, Natalie Portman. Anakin Skywalker joins the dark side and becomes Darth Vader. (N)	** "Pitch Perfect" (2012, Musical Comedy) Anna Kendrick, Skylar Astin. College students enter an a cappella competition. (N)	Million Dollar Listing Los Angeles Tracy travels to Dubai. (N)								
TLC	521	560	Say Yes to the Dress (N)	Say Yes to the Dress (N)	Say Yes to the Dress Angelica seeks a strapless gown. (N)	90 Day Fiancé: What Now (N)	90 Day Fiancé "Loren & Alexei: The Full Story" How Loren met and fell for Alexei. (N)	90 Day Fiancé (N)							
TSN	400	400	SportsCentre (N) (Live)	That's Hockey!	Road to the Derby	Road to World Cup	MLS on TSN Pregame (N)	MLS Soccer Vancouver Whitecaps FC at Colorado Rapids. From Dick's Sporting Goods Park in Commerce City, Colo.	SportsCentre (N) (Live)	SportsCentre (N)					
YOUTH	551	542	Henry Danger	Cousins, Life	Knight Squad	Game	"Another Cinderella Story" (2008) Selena Gomez. (N)	Star Falls (N)	Star Falls (N)	Just Kidding	Just Kidding	Cinderella St.			

# Your week on TV

SATURDAY DAYTIME														MAY 4, 2019					
Bell	Star	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30		
WCAX	3	-	-	CBS This Morning: Saturday (N) (LIVE)			Lucky Dog (N) (E)	Dr. Chris: Pet Vet (N)	Innovation Nation	Hope in the Wild	Paid Program	AAA Benefits	PiYo Workout!	Power Air Fryer Oven	Auto Racing (N) (LIVE)	PGA Golf			
WPTZ	5	-	-	Teen Kids News (N)	Hanna Into the Wild	Vets Saving Pets	Champ Within	The Voyager	Earth Odyssey	Consumer 101 (N)	Naturally, Danny Seo	Premier League	Premier League Soccer Palace FC. (N) (LIVE)	Cardiff City FC vs Crystal	145th Kentucky Derby (N) (LIVE)				
CBMT	6	206	301	The Furchester Hotel	PJ Masks (N)	True Rainbow	Addison (LIVE)	What He Ate	(:36) Beat Bugs (LIVE)	(:15) Bookaboo (LIVE)	(:28) Stella and Sam	Our Montreal (N) (LIVE)	Absolutely Canadian "Ms. Scientist" (LIVE)	The Nature of Things (DVS)	Diving FINA World Series. From Montreal.				
CHLT	7	107	718	(6:00) Salut bonjour week-end (N) (SC)				Bien (N) (SC)	Deux filles le matin (SC)	Pilote académie	TVA nouvelles (N)	Chacun sa route (N)	Infopublicité (SC)	*** "Après la fin" (2015) Chiwetel Ejiofor, Margot Robbie. (SC)	(:15) *** "Divergence" (2014) (SC)		SportsCenter Special (LIVE)		
WMTW	8	-	-	Good Morning America (N) (LIVE)	Jack Hanna	Ocean Treks	Hearts of Heroes (N)	The Great Dr. Scott	Rock the Park (N)	Vacation Creation	National Cherry Blossom Festival (LIVE)	AAA Benefits	Cooking Emeril	World of X Games (N) (LIVE)	SportsCenter Special (LIVE)				
CKSH	9	108	-	(:14) M. Magoo (N)	Hôtel Transyl	(8:59) Les sapiens	(:23) Les sapiens	Science ou magie	Aventures de Tintin	Estrie	L'épicerie (N)	Téléjournal	Podium (N)	Astronaute: le camp des recrues (SC)	Viens-tu faire un tour? (DVS) (SC)	Inspecteur Barnaby "Le dernier capitaine"			
CKMI	11	-	-	Fish'n Canada	Real Fishing	Adventure North	Fishful Thinking	Carnival Eats	Paid Program	Powerboat Television	Driving Television	Holmes Makes It Right "A Tear in the Fabric"	Worst to First "Amanda & Darren"	Leave It to Bryan	Course of the Frozen Gold (DVS)	"Mommy's Little Girl"			
CFCF	12	205	312	Your Morning Weekend (N) (LIVE)		Operation Smile (LIVE)		One World Kitchen	Flour Power	It Is Written (LIVE)	Cash Cab (LIVE)	SportsCentre (N) (LIVE)	Moneytalk (N) (LIVE)	DNA Dinners (LIVE)	etalk (LIVE)	The Social (LIVE)	Seinfeld (LIVE)	Big Bang Theory (LIVE)	
WVNY	22	-	-	Good Morning America (N) (LIVE)	Jack Hanna	Ocean Treks	Hearts of Heroes (N)	The Great Dr. Scott	Rock the Park (N)	Vacation Creation	Paid Program	Car Repair Secret!	Paid Program	Paid Program	World of X Games (N) (LIVE)	SportsCenter Special (LIVE)			
WUTV	30	-	-	Home Workshop	Larry King Special	Home Workshop	Total Body Relief	LifeLock Protection	Paid Program	Airbrushed Beauty	Yard Wars	Raw Travel (N)	Raceline	Ring of Honor Wrestling (N) (LIVE)	PBC Countdown (N) (LIVE)	Inside PBC Boxing (N) (LIVE)			
CFKS	31	106	726	Infopublicité	NVL week-end (N)	Marvel: les agents du S.H.I.E.L.D (SC)	RPM	RPM Plus	Infopublicité	Infopublicité	Rire et délire	Rire et délire	*** "Belle" (2013, Biographie) Gugu Mbatha-Raw, Tom Wilkinson, Sam Reid.	PBC Countdown (N) (LIVE)		Inside PBC Boxing (N) (LIVE)			
WUHF	-	-	363	Xploration Space	Awesome Planet	Weird but True	Xploration DIY Sci (N)	LifeLock Protection	Paid Program	Airbrushed Beauty	*** "Star Trek III: The Search for Spock" (1984, Science Fiction) William Shatner, DeForest Kelley. (LIVE)			PBC Countdown (N) (LIVE)	Inside PBC Boxing (N) (LIVE)				
WETK	-	-	-	Deepak Chopra Spiritual Laws of Success	Outdoor Journal	MotorWeek (N)	Lidia's Kitchen (LIVE)	Jamie's Quick	Kimball's Milk Street	Martha Bakes (LIVE)	Test Kitchen	Cook's Country	Woodwright	This Old House (N)	Ask This Old House	Nature (N) (LIVE) (LIVE)	60s Pop, Rock		
WCFE	-	-	-	Wild Kratts	Wild Kratts	Odd Squad	Odd Squad	Craft-Legacy	Greener World	This Old House (LIVE)	Ask This Old House	Kimball's Milk Street	Cooking School	Martha Bakes (LIVE)	Lidia's Kitchen (LIVE)	Mexican Table	Cook's Country	Test Kitchen	My Greek Table
A&E	615	520		Flipping Vegas "Old Folks Home" (LIVE)	Flipping Vegas "Ugly Coyote House" (LIVE)	Zombie House Flipping (LIVE)	Tiny House Nation (LIVE)	Live PD "Live PD -- 04.14.18" Riding along with law enforcement. (LIVE)			Live PD Riding along with law enforcement.								
BRAVO	620	523		Bones "The Bump in the Road" (LIVE)	Bones "A blue corpse is found in a landfill. (LIVE)	Bones "The Warrior in the Wuss" (LIVE)	Bones Feuding families are linked to a corpse.	Bones "The Suit on the Set" (LIVE)	Bones "The Past in the Present" (LIVE)	Blue Bloods Danny tries to protect a nurse.			Blue Bloods "Pick Your Poison" (LIVE)						
CNN	500	500		New Day Weekend	Smerconish (N) (LIVE)	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	
DISC	520	505		Gold Rush "Lethal Landslide" (LIVE)	Tanked Tank for Royal Blues Hotel ceiling.	North Woods Law "Fighting the Flood"	North Woods Law "Alligator Showdown"	Homestead Rescue (LIVE)	Disasters at Sea "Deadly Rescue"	Mayday "Controversial Crashes"			Hellfire Heroes "Not if, But When"						
HIST	522	506		Rust Valley Restorers "Going Into Battle" (LIVE)	Canadian Pickers An old Victorian home. (LIVE)	History Erased "China" (LIVE)	Rust Valley Restorers "Going Into Battle" (LIVE)	Ancient Aliens "Island of the Giants" (LIVE)	The Curse of Oak Island: Drilling Down (LIVE)	The Curse of Oak Island: Drilling Down (LIVE)			The Curse of Oak Island: Drilling Down (LIVE)						
PARMT	628	584		Bar Rescue "Rickety Rockin' Rhonda's"	Bar Rescue (LIVE)	Bar Rescue A son's excessive drinking.	Bar Rescue "Getting Freaki at the Tiki"	Bar Rescue "Don't Cry for Me Jon Taffer"	Bar Rescue "Phishing for Answers" (LIVE)	Bar Rescue "El Morontel!" (LIVE)			Bar Rescue "Down and Out in Las Vegas"						
RDI	126	730		(5:30) RDI matin weekend (N) (SC)			L'info (N) (SC)	L'info (SC)	L'info (N) (SC)	L'info (SC)	Téléjournal	Vocation: leader (N)	Le national	L'info (N) (SC)	L'info (N) (SC)	L'info (SC)	L'info (N) (SC)	L'info (SC)	
SHOW	616	521		(7:15) "A Daughter's Nightmare" (2014) (LIVE)	(:15) *** "Star Wars: Episode III -- Revenge of the Sith" (2005, Science Fiction) Ewan McGregor, Natalie Portman. (LIVE)			(:15) *** "Rogue One: A Star Wars Story" (2016) Felicity Jones. Resistance fighters unite to steal plans for the Death Star. (LIVE)			"Star Wars: Episode IV -- A New Hope" (LIVE)								
SLICE	601	562		Paid Program (LIVE)	PiYo Workout! (LIVE)	Paid Program (LIVE)	Paid Program (LIVE)	Million Dollar Listing Los Angeles "The Struggle Is Real" (LIVE)	*** "Pitch Perfect" (2012) Anna Kendrick, Skylar Astin. College students enter an a cappella competition. (LIVE)			** "Pitch Perfect 2" (2015, Musical Comedy) Anna Kendrick, Rebel Wilson. (LIVE)							
TLC	521	560		Four Weddings "... And a Chork" (LIVE)	Four Weddings "... And a Candle Bar" (LIVE)	Four Weddings "... And a Fairy Garden" (LIVE)	Four Weddings "... and a Bling Team!" (LIVE)	Four Weddings (LIVE)	90 Day Fiancé: Happily Ever After? "After the Dust Settles" Andrei fights for boundaries. (LIVE)			Say Yes to the Dress							
TSN	400	400		Premier League Soccer AFC Bournemouth vs Tottenham Hotspur FC.	Premier League	Premier League Soccer Southampton FC. (N) (LIVE)	West Ham United FC vs Southampton FC. (N) (LIVE)	CFL Plays	SC (LIVE)	Top 10 Playoff	Best MLS Plays	Lighter Tennis	Golf Talk Canada	PGA Golf					
YOUTH	551	542		Go Away	Loud	Loud	Loud	Sponge.	Sponge.	Turtles	Loud	** "Escape From Planet Earth" (2013) (LIVE)			Sponge.	Sponge.	Sponge.	Loud	

SATURDAY EVENING														MAY 4, 2019				
Bell	Star	4 PM	4:30	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX	3	-	-	(3:00) PGA Tour Golf Wells Fargo Championship, Third Round. (N) (LIVE)	Channel 3 News		Weekend News	Entertainment Tonight (N) (LIVE)	Million Dollar Mile (N) (LIVE)	Ransom "Unfit" (N) (LIVE)	48 Hours (N) (LIVE)	Channel 3 News	Friends (LIVE)	NCIS: N.O.				
WPTZ	5	-	-	(2:30) 145th Kentucky Derby (N) (LIVE)	NHL Hockey Columbus Blue Jackets at Boston Bruins. Eastern Conference Semifinal, Game 5. (N) (LIVE)			Saturday Night Live (N) (LIVE)			NBC5 News	(:29) Saturday Night Live (N) (LIVE)						
CBMT	6	206	301	Track and Field IAAF Diamond League. From Doha, Qatar. (Taped) (LIVE)	Montreal News	Hockey Central	NHL Hockey Columbus Blue Jackets at Boston Bruins. Eastern Conference Semifinal, Game 5. (N) (LIVE)	NHL Hockey Colorado Avalanche at San Jose Sharks. Western Conference Semifinal, Game 5. (N) (LIVE)										
CHLT	7	107	718	(3:15) ** "Divergence" (2014, Science-fiction) Shaileene Woodley, Theo James. (SC)	TVA nouvelles (N)	** "Godzilla" (2014) Aaron Taylor-Johnson, Ken Watanabe. Godzilla, un monstre radioactif géant. (SC)	(8:54) ** "Parker" (2013, Action) Jason Statham, Jennifer Lopez. (SC)	(:04) TVA nouvelles	(:34) *** "Fury" (2014) Brad Pitt. (SC)									
WMTW	8	-	-	(3:00) SportsCenter Special (LIVE)	PiYo Workout!	Tummy Tuck	WMTW News 8 at 7	World News	Wheel of Fortune	Jeopardy! (LIVE)	NBA	NBA Basketball Golden State Warriors at Houston Rockets.	WMTW News 8	Rizzoli & Isles (Joined in Progress)				
CKSH	9	108	-	(3:00) Inspecteur Barnaby (SC)	La semaine verte (N) (SC)	Téléjournal	À la valdrague	Les enfants de la télé (SC)	Faire oeuvre utile (DVS) (SC)	Notre vie "Jour J" (LIVE)	Le télé-journal	Doc humanité "Montréal XXX" (N) (SC)	Howards End (SC)					
CKMI	11	-	-	(3:30) "Mommy's Little Girl" (2016, Drama) Fiona Gubelmann.	Focus Montreal	Global News at 6	Global National	Border Security	Border Security	Rookie Blue "Open Windows" (LIVE)	Ransom "Unfit" (N) (LIVE)	First Dates	First Dates	Global News	(:29) Saturday Night Live (N) (LIVE)			
CFCF	12	205	312	MLS Soccer Toronto FC at Orlando City SC. From Orlando City Stadium in Orlando, Fla.	CTV News Montreal	W5 "Kim's Korea; The Outsider" (N) (LIVE)	"Darrow & Darrow: In the Key of Murder" (2018) Kimberly Williams-Paisley. (LIVE)	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	CTV News Montreal	(12:05) Pop Life					
WVNY	22	-	-	(3:00) SportsCenter Special (LIVE)	Waylon Jennings	Robin Williams	World News	Local 22 News	Extra (N) (LIVE)	NBA	NBA Basketball Golden State Warriors at Houston Rockets.	Local 22 News (N)	Extra (LIVE)					
WUTV	30	-	-	Ring of Honor Wrestling (N) (LIVE)	Home Workshop	More Hair	Big Bang Theory	Big Bang Theory	Two and Half Men	Two and Half Men	MasterChef "Junior Edition: Pasta Race"	9-1-1 A going-away party goes awry. (LIVE)	2 on Your Side at 10	Big Bang Theory	MasterChef (LIVE)	Skincare Secrets		
CFKS	31	106	726	(:15) *** "Loin des yeux" (2010) Drew Barrymore. Des amoureux vivent leur histoire d'amour à distance.	** "2012" (2009, Action) John Cusack, Chiwetel Ejiofor, Amanda Peet. Des gens s'efforcent de survivre à la suite d'un cataclysme.			(:45) *** "Transe" (2013, Policier) James McAvoy. Des gens cherchent pour un chef-d'oeuvre de Goya.			Moment V							
WUHF	-	-	363	Springsteen	Frankie Valli	Robin Williams	Cop Cam (LIVE)	CMA Awards	Waylon Jennings	Big Bang Theory	Big Bang Theory	MasterChef "Junior Edition: Pasta Race"	9-1-1 A going-away party goes awry. (LIVE)	WHAM News	Engagement	MasterChef (LIVE)	ROH Wrestling	
WETK	-	-	-	(3:30) 60s Pop, Rock & Soul (My Music) (LIVE)	NewsHour Wk	Father Brown "The Whistle in the Dark"	As Time Goes By	Keep-Appeal	Rev. (LIVE)	Upstart Crow (LIVE)	Doc Martin Louisa has news for Martin.	Death in Paradise (LIVE)	Austin City Limits (LIVE)	Underground				
WCFE	-	-	-	Antiques Roadshow "Billings" (LIVE)	Samantha Br	Connect NY "The Future of I - 81" (LIVE)	NewsHour Wk	Mountain Lake	New York Now	Maigret A young woman is stabbed to death. (LIVE)	Samantha Br	Jamestown (LIVE)	Underground	Austin City Limits (LIVE)				
A&E	615	520		(3:00) Live PD "Live PD -- 11.01.18" (LIVE)	Live PD "Live PD -- 04.26.19" (LIVE)			(06) Live PD: Rewind (N) (LIVE)			Live PD "Live PD -- 05.04.19" (N) (LIVE)			Rescue: Rewind				
BRAVO	620	523		Blue Bloods "Pain Killers" (DVS)	The Closer "Home Improvement" (LIVE)	The Closer "A Family Affair" (LIVE)	The Closer "Death War-rant" (LIVE)	Whiskey Cavalier (LIVE)	Law & Order: Special Victims Unit (LIVE)	The Enemy Within (LIVE)	The Closer "Home Improvement" (LIVE)	The Closer (LIVE)						
CNN	500	500		CNN Newsroom	CNN Newsroom	S. E. Cupp Unfiltered	The Van Jones Show	CNN Newsroom	Chasing Life	United Shades	United Shades	United Shades	Chasing					
DISC	520	505		Gold Rush "Lethal Landslide" (LIVE)	Disasters at Sea "Deadly Rescue"	North Woods Law (LIVE)	North Woods Law (LIVE)	North Woods Law (LIVE)	North Woods Law (LIVE)	North Woods Law (LIVE)	North Woods Law (LIVE)	North Woods Law (LIVE)	North Woods					
HIST	522	506		The Curse of Oak Island: Drilling Down	The Curse of Civil War Gold "Betrayal"	The Curse of Civil War Gold (LIVE)	The Curse of Civil War Gold (LIVE)	The Curse of Civil War Gold (LIVE)	The Curse of Civil War Gold (LIVE)	The Curse of Civil War Gold (LIVE)	The Curse of Civil War Gold (LIVE)	The Curse of Civil War Gold (LIVE)	Drilling Down					
PARMT	628	584		Bar Rescue A death-metal concert bar.	Bar Rescue "Getting Freaki at the Tiki"	Bar Rescue "Fish Out of Blue Water" (LIVE)	Bar Rescue (LIVE)	Bar Rescue (LIVE)	Bar Rescue (LIVE)	Bar Rescue A son's excessive drinking.	Bar Rescue "Rickety Rockin' Rhonda's"	Bar Rescue "Phishing for Answers" (LIVE)	Bar Rescue (LIVE)					
RDI	126	730		L'info (N) (SC)	Journal France 2	Le télé-journal	L'épicerie (N) (SC)	Le télé-journal	Le télé-journal	Le national (:31) Le national	(:01) Les grands reportages (SC)	Le télé-journal	Second regard	Le télé-journal	Le national (N)	(:01) Les grands reportages (N) (SC)	Le télé-journal	
SHOW	616	521		(3:15) **** "Star Wars: Episode IV -- A New Hope" (1977) Mark Hamill. (LIVE)	*** "Star Wars: Episode III -- Revenge of the Sith" (2005, Science Fiction) Ewan McGregor, Natalie Portman. (LIVE)			*** "Rogue One: A Star Wars Story" (2016) Felicity Jones, Diego Luna. Resistance fighters unite to steal plans for the Death Star. (LIVE)			"Star Wars"							
SLICE	601	562		"Pitch Perfect 2" ** "She's All That" (1999) Freddie Prinze Jr., Rachael Leigh Cook. (LIVE)	*** "The Devil Wears Prada" (2006, Comedy) Meryl Streep, Anne Hathaway, Adrian Grenier. (LIVE)			** "Pitch Perfect 2" (2015) Anna Kendrick. The Barden Bellas compete at the world championships. (LIVE)			** "She's All That" (1999) (LIVE)							
TLC	521	560		Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Trading Spaces "In It to Twin It" (LIVE)	Trading Spaces (N) (LIVE)	(:01) Nate & Jeremiah by Design (N) (LIVE)	(:01) Nate & Jeremiah by Design (N) (LIVE)	(:01) Trading Spaces (LIVE)	Trading Spaces			
TSN	400	400		(3:00) PGA Tour Golf Wells Fargo Championship, Third Round. (N) (LIVE)	SportsCentre	Rd/World Cup	SC (LIVE)	SportsCentre	NBA	NBA Basketball Golden State Warriors at Houston Rockets.	SportsCentre (N) (LIVE)	SportsCentre (N) (LIVE)	SportsCentre					
YOUTH	551	542		Loud	Loud	Lip Sync	Lip Sync	*** "The BFG" (2016) Mark Rylance. (LIVE)	*** "The BFG" (2016) Mark Rylance. (LIVE)			Assembly	Assembly	Escape				

# Your week on TV

SUNDAY DAYTIME			MAY 5, 2019															
Bell	Star	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	
WCAX	3	-	Channel 3 News Sunday Morning (N)	CBS News Sunday Morning (N) (SC)		Face the Nation (N) (SC)		The Inspectors	Paid Program	AAA Benefits	2019 Arnold Strongman Classic		PGA TOUR 2019: Destination Sunday		PGA Golf			
WPTZ	5	-	Sunday Today With Willie Geist (N) (SC)	Meet the Press (N) (SC)		Soledad O'Brien	On the Money (N)	Rizzoli & Isles "Boston Strangler Redux"	Paid Program	Equestrian U.S. Championships. (Taped)	Motorcycle Racing Monster Energy SuperCross Series - Las Vegas. (N)		NHL Hockey					
CBMT	6	206	301	Coronation Street (N)	Coronation Street (N)	Coronation Street (N)	Coronation Street (N)	Weekly-Wendy	Maamuita-ou (N)	Our Montreal (N)	Hello Good-bye	The Nature of Things (N)		q A song circle is recorded. (N)		First Play Live	Exhibitionists	
CHLT	7	107	718	(6:00) Salut bonjour week-end (N) (SC)				"Pension complète" (2015) Franck Dubosc, Gérard Lanvin. (SC)		Ladies Night	TVA nouvelles (N)	La victoire de l'amour	Infopublicité (SC)	Bien (SC)	*** "Princesse Bouton d'or" (1987, Enfants) Cary Elwes, Robin Wright. (DVS) (SC)			
WMTW	8	-	Good Morning America (N) (SC)	This Week W/ George Stephanopoulos		Soledad O'Brien	Teen Kids News (N)	Made in Hollywood	Wild About Animals	Commitment 2020	Skincare Secrets	AAA Benefits	Paid Program	Paid Program	Cars.TV (N)	NBA	NBA Basketball	
CKSH	9	108	-	Brigade animo	Sept nains et moi	(8:59) Mysticons (N)	(:29) Onival (N)	(9:59) Le jour du Seigneur (N) (SC)	Les coulisses du pouvoir (N) (SC)	Téléjournal	La semaine verte (SC)		Second regard (N)	La petite séduction François Papineau.		"Alexandre et sa journée"		
CKMI	11	-	Fishful Thinking	Mummies Alive "Hero of Herculeum"	Context: Beyond	Joel Osteen (N)	Paid Program	The West Block (N)	Focus Montreal	Entertainment Tonight (N) (SC)	Remedy "Life in Technicolour"		The Baker Sisters	Ice Road Truckers "Rushin' Roulette"	** "Jumanji"			
CFCF	12	205	312	Children's Villages	The Social (N) (SC)	Operation Smile (N) (SC)		Context: Beyond	Church of the Rock	Question Period (N) (SC)	SportsCentre (N) (SC)	The Gold-bergs (N)	Big Bang Theory	MasterChef Canada (N) (DVS)	NBA Pre-game (N)	NBA Basketball		
WVNY	22	-	Good Morning America (N) (SC)	This Week W/ George Stephanopoulos		What Matters	The Key of David	Paid Program	Paid Program	Paid Program	Paid Program	Larry King Sp.	Paid Program	Try Yoga	Paid Program	NBA	NBA Basketball	
WUTV	30	-	The Ernest Angley Hour	FOX News Sunday With Chris Wallace (N)		Sharyl Attkisson	The Key of David	Home Workshop	PiYo Workout!	*** "Tim Burton's Corpse Bride" (2005, Children's)		*** "Star Trek III: The Search for Spock" (1984) William Shatner, DeForest Kelley.		"Inspector Clouseau"				
CFKS	31	106	726	Il est écrit	NVL week-end (N)	Marvel: les agents du S.H.I.E.L.D (N) (SC)		RPM Jeep Wrangler Unlimited Sahara 2018.	RPM Plus (N)	Infopublicité	Infopublicité	Rire et délire		*** "Midnight Run" (1988, Comédie) Robert De Niro, Charles Grodin, Yaphet Kotto.				
WUHF	-	363	Wild America	Cop Cam (N)	FOX News Sunday With Chris Wallace (N)		Sharyl Attkisson	Rochester Press Box	Cooking Emeril	Paid Program	More Hair	Cooking Emeril	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	National Cherry Blossom Festival (N)	
WETK	-	-	Pinkalicious	Curious George	Let's Go Luna!	Nature Cat (N)	Ready Jet Go! (N) (SC)	Wild Kratts	Firing-Hoover	Vermont This Week	Orchard House	Sing That Thing!	Sing That Thing!	Sing That Thing!	Champlain College Student Showcase	The Carpenters: Close to You-My Music		
WCFE	-	-	Wild Kratts (N)	Wild Kratts (N)	Washing-ton Week	Scully: World	Mountain Lake	New York Now	NOVA Gothic cathedrals. (DVS)	The Rockies: Kingdoms of the Sky (N)		Pride and Prejudice (Part 1 of 6)	Pride and Prejudice (Part 2 of 6)	Grantchester on Masterpiece (N)				
A&E	615	520	Hoarders "Diana; Dolores" (N)	Hoarders "Sandy & Len" (N)		Hoarders "Maggie & Ann" (N)		Kids Behind Bars: Life or Parole "Aaron" (N)	*** "The Rock" (1996, Action) Sean Connery, Nicolas Cage, Ed Harris. Alcatraz Island terrorists threaten to gas San Francisco. (N)		*** "Wanted" (2008) James McAvoy.							
BRAVO	620	523	Blue Bloods "Pain Killers" (N) (DVS)	Whiskey Cavalier (N) (DVS)		The Enemy Within (N) (DVS)		Law & Order: Special Victims Unit (N)	Whiskey Cavalier (N) (DVS)		The Closer "Home Improvement" (N) (DVS)		The Closer Capt. Raydor focuses her efforts.		The Closer "Death Warrant" (N) (DVS)			
CNN	500	500	Inside Politics (N)	State of the Union		Fareed Zakaria GPS		Reliable Source	State of the Union		Fareed Zakaria GPS		CNN Newsroom		CNN Newsroom			
DISC	520	505	Insane Pools: Off the Deep End (N)	Tanked "Saved by the Spell" (N)		North Woods Law (N)		North Woods Law "Deer Deception"	Crikey! It's the Irwins (N)		Crikey! It's the Irwins "Tiger Eyes" (N)		Highway Thru Hell "Road to Ruin"		MythBusters Jr. "Battery Blast" (N)			
HIST	522	506	Big Rig Warriors	Big Rig Warriors	American Pickers (N) (SC)		American Pickers "One Wheel Deal" (N)		Big Rig Warriors	Big Rig Warriors	Counting Cars (N)	Counting Cars (N)	Forged in Fire "The Yatagan" (N) (SC)		Forged in Fire "Bagh Nakh Blades" (N) (SC)		Forged in Fire "The Qinglong Ji" (N) (SC)	
PARMT	628	584	Bar Rescue "Scoreboard to Death" (N)	"Scoreboard to Death" (N)		Bar Rescue Corraling an out-of-control staff.		Bar Rescue "Scary Mary's" (N) (SC)	Bar Rescue "The Unlucky Leprechaun" (N)		Bar Rescue "Bug Bite" (N)		Bar Rescue "How to Train the Dragon" (N)		Bar Rescue The Abbey Pub is on its last legs.		(01) Bar Rescue (N) (SC)	
RDI	126	730	(5:30) RDI matin weekend (N) (SC)	L'info (N) (SC)		L'info (SC)		Les coulisses du pouvoir (N) (SC)	Téléjournal		Téléjournal		Podium	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)
SHOW	616	521	(7:30) "My Mother's Future Husband" (2014) Lea Thompson. (N)	"Girl in the Bunker" (2017, Suspense) Lalonde, Henry Thomas, Moira Kelly. (N)		Julia		*** "Batman v Superman: Dawn of Justice" (2016, Action) Ben Affleck, Henry Cavill, Amy Adams. Batman embarks on a personal vendetta against Superman. (N)		*** "Terminator Salvation" (2009) (N) (SC)								
SLICE	601	562	Try Yoga!	Paid Program (N)	PiYo Workout! (N)	Paid Program (N)	Mom (N) (SC)	Mom (N) (SC)	Mom (N) (SC)	*** "Legally Blonde" (2001, Comedy) Reese Witherspoon, Luke Wilson, Selma Blair. (N)		*** "Pitch Perfect 2" (2015) Anna Kendrick. The Barden Bellas compete at the world championships. (N)						
TLC	521	560	Say Yes to the Dress "Love is Love" (N)	Say Yes to the Dress (N)		Say Yes to the Dress (N)		Say Yes to the Dress (N)	My 600-Lb. Life "Angela's Story" Angela's family can't go to Texas. (N)		My 600-Lb. Life "Cillas' Story" Cillas has a dangerous food addiction. (N)							
TSN	400	400	Premier League Mornings (N) (Live) (SC)	Premier League Soccer Manchester United FC. (N) (Live) (SC)		Huddersfield Town FC vs Manchester United FC. (N) (Live) (SC)		SportsCentre (N)	SportsCentre (N)		Motoring TV (N)	SC (N)	EOAN 2019: The Bailey Experience (N)		Playoff Pregame	NBA Basketball		
YOUTH	551	542	Go Away	Loud	Loud	Loud	Sponge.	Sponge.	Turtles	Ninjago	*** "The BFG" (2016, Children's) Mark Rylance. (N) (SC)		Sponge.	Sponge.	Loud			

SUNDAY EVENING			MAY 5, 2019																
Bell	Star	4 PM	4:30	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	
WCAX	3	-	(3:00) PGA Tour Golf Wells Fargo Championship, Final Round. (N) (Live) (SC)	Channel 3 News		Weekend News		60 Minutes (N) (N) (SC)		The Red Line Jira meets her birth mother. (N) (SC)		NCIS: Los Angeles "No More Secrets"		Channel 3 News	Outdoorsman	NCIS: N.O.			
WPTZ	5	-	(3:00) NHL Hockey Conference Semifinal: Teams TBA. (N) (Live)	NBC5 News at 6		Nightly News		Ellen's Game of Games (N) (SC)		World of Dance "World Final" (Season Finale) The top acts compete for the title. (N)		Good Girls "This Land Is Your Land"		NBC5 News	Soledad O'Brien	Castle "PhDead"			
CBMT	6	206	301	** "The Ant Bully" (2006) Voices of Zach Tyler Eisen, Julia Roberts. (N) (SC)		When Calls the Heart "Change of Heart" (N)		NHL Hockey Conference Semifinal: Teams TBA. (N) (Live) (SC)		The National (N) (SC)		Montreal News		Weekly-Wendy	q (N) (SC)				
CHLT	7	107	718	"Le Journal d'Aurélie Laflamme" (2010) Marianne Verville, Pierre Gendron. (DVS) (SC)				TVA nouvelles (N)	Vlog (SC)	La voix "La grande finale" (Season Finale) Qui deviendra la voix du Québec. (N) (SC)		(:15) Dave Morissette: arrêter le temps	(:15) TVA nouvelles	(:45) "Alibi.com" (2017, Comédie) Philippe Lacheau, Elodie Fontan. (SC)					
WMTW	8	-	(3:30) NBA Basketball Toronto Raptors at Philadelphia 76ers. (N) (Live) (SC)	WMTW News 8 at 11		World News		America's Funniest Home Videos (N) (N)		American Idol "216" (N) (Live) (SC)		(01) Shark Tank (N) (N) (DVS)		WMTW News 8	Soledad O'Brien	Person of Interest			
CKSH	9	108	-	"Alexandre" (N) (SC)	Mr. Bean (N) (SC)	Les chefs! (SC)	Téléjournal Estrie	Découverte (SC)	Ici Laflaque (N)	"Omertà" (2012, Policier) Michel Côté, Rachelle Lefevre, René Angeli. (DVS) (SC)		Le télé-journal	(:35) À la valdrague	(:05) Les pêcheurs	(:35) "Petit paysan" (2017) Swann Arlaud.				
CKMI	11	-	(3:30) ** "Jumanji" (1995, Children's) Robin Williams, Bonnie Hunt. (N)	Global News at 6		Global National	Border Security	Border Security	Big Brother Canada (N) (SC)	The Code "Back on the Block" (N) (SC)		NCIS: Los Angeles "No More Secrets"		Global News	The West Block	Focus Montreal			
CFCF	12	205	312	(3:30) NBA Basketball Toronto Raptors at Philadelphia 76ers. (N) (Live) (SC)		CTV News Montreal (N) (SC)	Mary-Kitchen	Big Bang Theory	World of Dance "World Final" (Season Finale) The top acts compete for the title. (N)		The Enemy Within "Chigorin" (N) (SC)		CTV News Montreal	South Park (N)					
WVNY	22	-	(3:30) NBA Basketball Toronto Raptors at Philadelphia 76ers. (N) (Live) (SC)	World News		Local 22 News (N)	America's Funniest Home Videos (N) (N)		American Idol "216" (N) (Live) (SC)		(01) Shark Tank (N) (N) (DVS)		Local 22 News (N)	Graham Bensinger	Judge Judy (N)				
WUTV	30	-	(3:30) ** "Inspector Clouseau" (1968, Comedy) Alan Arkin.	Home Workshop		Ring of Honor Wrestling (N) (SC)	The Simpsons (N)	Bob's Burgers	The Simpsons (N)	Bob's Burgers	Family Guy (N)	Family Guy (N)	2 on Your Side at 10 (N) (SC)		America This Week (N) (SC)	Ring of Honor Wrestling (N) (SC)			
CFKS	31	106	726	"Midnight Run" (N) (SC)	(:45) * "Ça va clencher!" (1997, Action) Sandra Bullock, Jason Patric. Un psychopathe prend le contrôle d'un bateau de croisière.	** "Et tombent les filles" (1997, Drame policier) Morgan Freeman, Ashley Judd, Cary Elwes.		*** "Hostiles et armés" (2016, Action) Sharlto Copley, Armie Hammer. (N) (SC)		Moment V									
WUHF	-	363	CMA Awards	Paid Program	More Hair	L King Report	Ring of Honor Wrestling (N) (SC)	The Simpsons (N)	Bob's Burgers	The Simpsons (N)	Bob's Burgers	Family Guy (N)	Family Guy (N)	WHAM News	Sharyl Attkisson	America This Week (N) (SC)	Springsteen		
WETK	-	-	The Carpenters	Aging Backwards 2: Connective Tissue	NewsHour Wk	2017 World Dancesport Grand Slam	The Great British Baking Show (N)	Call the Midwife (N) (SC)	Les Misérables on Masterpiece (N) (N)	Les Misérables on Masterpiece (N) (N)		(06) Unforgotten on Masterpiece (N) (N)		Call the Midwife (N) (SC)		Call the Midwife			
WCFE	-	-	Endeavour on Masterpiece The auction of a Fabergé egg. (N)	Endeavour on Masterpiece "Car-touche" Mysterious death. (N)		The Great British Baking Show (N)		Call the Midwife (N) (SC)	Les Misérables on Masterpiece (N) (N)		(07) Unforgotten on Masterpiece (N) (N)		"Off the Menu: Asian America" (2015) (N)		Call the Midwife				
A&E	615	520	(3:00) *** "Wanted" (2008, Action) James McAvoy. (N) (SC)	Live PD Presents		Live PD Presents	Live PD Presents	Live PD Presents	Live PD Presents	Live PD Presents	Live PD Presents	Live PD Presents	Live PD Presents	Live PD Presents	Live PD Presents	Live PD Presents	Live PD Presents	Live PD Presents	
BRAVO	620	523	"Garage Sale Mystery: Murder by Text" (2017) Lori Loughlin, Sarah Strange. (N) (SC)	"Garage Sale Mystery: Murder Most Medieval" (2017, Mystery) Lori Loughlin. (N) (SC)		Killing Eve "Smell Ya Later" (N) (SC)		Crossword Mysteries "A Puzzle to Die For" A crossword puzzle editor investigates. (N)		Killing Eve "Smell Ya Later" (N) (SC)		Crossword Mys.							
CNN	500	500	CNN Newsroom	CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		Redemption Project		United Shades		Redemptn			
DISC	520	505	MythBusters Jr. (N)	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Mighty Cruise Ships "Marina" (N)	Ed Stafford: First Man Out "Thailand"		Naked and Afraid "Stomping Grounds" Elite survivalists must protect novices. (N) (SC)		Big Bang Theory	Big Bang Theory	Big Bang Theory				
HIST	522	506	American Pickers (N) (SC)	American Pickers (N) (SC)		American Pickers "One Wheel Deal" (N)		Forged in Fire: Cutting Deeper (N) (SC)		The Curse of Oak Island: Digging Deeper		The Curse of Civil War Gold (N) (SC)		The Curse of Oak Island (N) (SC)		Civil War Gold			
PARMT	628	584	(:02) Bar Rescue (N) (SC)	(:03) Bar Rescue "Broke Black Sheep"		(:04) Bar Rescue (N) (SC)		(:05) Bar Rescue (N) (SC)		Bar Rescue "Ice, Mice, Baby" (N) (SC)		Bar Rescue "All Twerk & No Pay" (N)		Bar Rescue "Liv'n on a Prayer" (N) (SC)		(:01) Bar Rescue "Un-Civil War" (N) (SC)		Bar Rescue (N) (SC)	
RDI	126	730	L'info (N) (SC)	Journal France 2	Le télé-journal	Rad (SC)	Le télé-journal	Vocation: leader	Le national (N)	(:31) Le national	(:01) Découverte (SC)	Le télé-journal	(:31) Les coulisses du pouvoir (SC)	Le national (N)	(:01) La semaine verte (SC)	Le télé-journal			
SHOW	616	521	(3:00) *** "Terminator Salvation" (2009) Christian Bale. (N)	*** "Mad Max: Fury Road" (2015, Action) Tom Hardy, Charlize Theron, Nicholas Hoult. (N) (SC)		Supergirl (N) (SC)		*** "Batman v Superman: Dawn of Justice" (2016, Action) Ben Affleck, Henry Cavill. Batman embarks on a personal vendetta against Superman. (N) (SC)											
SLICE	601	562	** "Legally Blonde" (2001, Comedy) Reese Witherspoon, Luke Wilson. (N) (SC)	** "Legally Blonde 2: Red, White & Blonde" (2003) Reese Witherspoon. (N) (SC)		The Real Housewives of Atlanta (N) (SC)		The Real Housewives of Potomac (N) (SC)		The Real Housewives of Atlanta (N) (SC)		The Real Housewives of Atlanta (N) (SC)		The Real Housewives of New York City (N) (SC)		Housewives			
TLC	521	560	My 600-Lb. Life "Annejannette's Story" Struggling with food addiction. (N) (SC)	90 Day Fiancé: Happily Ever After? Jay's cheating affects Ashley's trust. (N) (SC)		90 Day Fiancé: Happily Ever After? "In for a Shock" Nicole has a surprise for Azan. (N) (SC)		90 Day Fiancé: Happily Ever After? "In for a Shock" Nicole has a surprise for Azan. (N) (SC)		(01) 90 Day Fiancé: Happily Ever After?		90 Day Fiancé							
TSN	400	400	(3:30) NBA Basketball Toronto Raptors at Philadelphia 76ers. (N) (Live) (SC)	SportsCentre (N) (Live) (SC)		MLB Baseball St. Louis Cardinals at Chicago Cubs. From Wrigley Field in Chicago. (N) (Live) (SC)		SportsCentre (N) (Live) (SC)		SportsCentre (N) (Live) (SC)		SportsCentre (N) (Live) (SC)		SportsCentre (N) (Live) (SC)		SC With Jay			
YOUTH	551	542	Go Away	Loud	Barbie	Go Away	"Alvin and the Chipmunks: Chipwrecked"		Chucks	Star Falls	Star Falls	Star Falls	Star Falls	ReBoot	ReBoot	Assembly	Assembly	Alvin Chip	

## Sherbrooke youth orchestra to close 45th season next week

Record Staff

L'Orchestre symphonique des jeunes de Sherbrooke (OSJS), Sherbrooke's youth orchestra, will hold the final concert of its 45th season on Saturday, May 11, at Centennial Theatre in Lennoxville. Under the direction of Hubert Tanguay-Labrosse, the orchestra will present *Insulae*, an original work composed by Hugo St-Denis, a longtime member of the OSJS and current student of instrumental composition at the Université de Montréal.

In addition to that premiere performance, the orchestra will also feature award winning young pianist David

Lécuyer, who will play the first movement of Norwegian composer Edvard Grieg's *Concerto in A Minor*.

The OSJS, which is composed entirely of musicians 25 years of age or younger, will also perform two works by Finnish composer and violinist Jean Sibelius and the last three movements of Igor Stravinsky's ballet *The Firebird*.

The OSJS was created by the Sherbrooke Optimist Club in 1973 and generally performs three concerts per year.

More information on the youth orchestra can be found at <http://www.osjs.ca/>

## UdeS launches 2019 cultural calendar

Record Staff

The team from the Cultural Center at the University of Sherbrooke recently launched its 55th season with programming highlighting cultural events that bring people together.

The 'song' or Chanson series this season will pay homage to music legends.

Nostalgia is at the heart of events with *The Woodstock Years of American Story 2*, Christmas, a tradition in song starring Marie-Elaine Thibert and Brigitte Boisjoli, *Vintage 69* by Gregory Charles, a memorable night with Joe Bocan, Marie Carmen and Marie Denise Pelletier as well as *Les Immortels* for lovers of French songs.

For the humour portion of the programme, popular comedians Philippe Bond and his incredible stories about his family, the sure value Rachid Badouri, Martin Petit always as smartly comic and Philippe Laprise who has a funny way to take care of everything will be back on stage.

The series *Great Outings* in the Theater will allow audiences discover pieces that have marked their era and actors at the peak of their art. *Les fées ont soif*, an important work of the Quebec feminist

movement, is back 40 years after the first performance. One of the funniest comedies of the 20th century, *Knock ou le Triomphe de la médecine*, is led by Pierre Lebeau and Sylvie Moreau. It's also an opportunity to rediscover *Of Mice and Men*, a masterpiece of American literature. Marie-Thérèse Fortin excels in *La détresse et l'enchantement*, that tells the life of the novelist Gabrielle Roy. The opera *Nelligan* with Marc Hervieux and baritone Dominique Côté is also a must see.

Intelligent theater is in the spotlight with the *Mercredis* series at the theater. The play *Tanguy* is a funny and touching meeting with France Castel and Normand D'Amour. The story of friendship of Laurel and Hardy allows to know the men behind these immortal characters. Rémi-Pierre Paquin plays *Le Schpountz*, a story too good to be true! The intriguing piece *Docile* is back in the 1960s, in New York, with fascinating characters. With *Garçon*, the public is invited to a French restaurant where waiters discover the secrets of their customers.

The Cultural Center is an ideal location to host major productions in Dance. The five shows offered are distinguished by the intensity of the performances and

## Richmond Arts Center to hold weekly 5 à 7

Record Staff

Until the end of June, the Richmond Arts Centre will open its doors to the public from 5 p.m. to 7 p.m. every Thursday evening.

The bar area has been recently revamped. Patrons are now welcome to stop by and enjoy a drink with friends and colleagues in a warm and friendly atmosphere.

This initiative was launched with the goal of creating a link between the arts centre and the public while fostering a sense of belonging with visitors to the venue.

The regular beverage menu will be available, and the box office will also be open for those who wish to take advantage of the opportunity to learn about upcoming shows and purchase tickets.



emotions conveyed. The Virginie Brunelle Company presents *Les corps avalés*, its most ambitious project in 10 years. The new proposal by Ballets Jazz Montreal, featuring three works, will appeal to the public. The PPS Dance will perform a tribute to the late Lhasa De Sela. José Navas seizes Franz Schubert's famous *Winterreise* to recount this journey to the edge of winter. For the first time in Quebec, *Danza Contemporánea* from Cuba will take the stage with 22 performers!

The Cirque series transports spectators to the heart of stunning universes! The show *Passengers*, presented by Les 7 doigts, successfully combines dance, music, acrobatics and projection! FLIP Fabrique offers a crazy trip in the middle of winter with *Blizzard*. Circus Machine brings together seven artists and a musician on stage for *La Galerie*. LEO promises to defy the senses and the audience's perception of reality. Finally,

the clownish and friendly *Camping du Théâtre à Tempo* will charm all generations.

Big names promise including Isabelle Boulay, *Pirate's Heart*, Corneille, Renée Martel, Michèle Richard and Guylaine Tanguay promise to provide a memorable experience.

In humor, the laughs are guaranteed with Mike Ward, Maxim Martin, Michel Boujenah, Julien Lacroix, Jean-François Mercier, William Wagner, Rosalie Vailancourt, Mario Tessier and Real Beland.

A play about Frida Kahlo and *L'origine de mes espèces* by Michel Rivard are among the other theatre offerings in the coming season.

The 55th cultural calendar at the UdeS also has a variety of shows for families and younger audiences.

Visit the website for the full program at [www.centreculturel.ca](http://www.centreculturel.ca) or call 819 820-1000.

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Penny Ward  
Consultant



# Your week on TV

## MONDAY EVENING MAY 6, 2019

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX	3	-	Channel 3 News at Six (N)		CBS Evening News	Entertainment Tonight (N)	The Big Bang Theory (N)	Man With a Plan (N)	The Code Two Marines are accidentally killed. (N)		Bull "When the Rains Came" Bull defends a prison guard.	Channel 3 News	(:35) The Late Show With Stephen Colbert (N)		
WPTZ	5	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N)	Wheel of Fortune (N)	The Voice "Top 13 Performances" The top 13 artists perform.				The Enemy Within The Cointel team goes under cover.	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N)		
CBMT	6	206	301	CBC Montreal News (N)	Just for Laughs: Gags	NHL Hockey Conference Semifinal: Teams TBA. (N) (Live)					The National (N)	CBC Montreal News (N)	Hello Goodbye Coronation Street (N)		
CHLT	7	107	718	(5:58) TVA nouvelles (N)	Le tricheur (N) (SC)	Refuge animal (N) (SC)	Arrive en campagne (N)	Chicago Fire: Caserne 51 Otis et Herrmann. (N) (SC)	Combien vaut cette maison? Un bungalow à NDG. (SC)		TVA nouvelles (N)	(:35) Denis Lévesque (N) (SC)	(:35) ** "Vue sur mer" (2015) Brad Pitt. Premiere.		
WMTW	8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N)	Jeopardy! (N)	The Bachelorette Revisiting memorable dates and moments.			(:01) The Fix Loni comes clean to Maya. (N) (N)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live (N)		
CKSH	9	108	-	(5:59) Le télé-journal Estrie	(:31) RDI économie (N)	Squelettes-plac.	Les Morisette et moi	Les chefs! Les candidats doivent faire un dessert. (N)	Bonsoir bonsoir! (N) (SC)		Le téléjournal (N) (SC)	(:05) Liar: la nuit du mensonge (DVS) (SC)	(12:05) Candice Renoir		
CKMI	11	-	-	Global National (N)	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	Superstore (N) (N)	Man With a Plan (N)	9-1-1 A calamity at a chocolate factory. (N) (N)	Bull "When the Rains Came" Bull defends a prison guard.	Global News at 11	(:35) The Late Show With Stephen Colbert (N)		
CFCF	12	205	312	(5:59) CTV News Montreal		etalk (N) (N)	The Big Bang Theory (N)	The Resident Bell considers selling the hospital. (N)	MasterChef Canada "Risk and Reward" (N) (N)		(:01) The Fix Loni comes clean to Maya. (N) (N)	News-Lisa	CTV News Montreal (N)	The Daily Show	
WVNY	22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N) (N)	The Bachelorette Revisiting memorable dates and moments.			(:01) The Fix Loni comes clean to Maya. (N) (N)	Local 22 News (N)	(:35) Jimmy Kimmel Live (N)		
WUTV	30	-	-	The Big Bang Theory (N)	Judge Judy (N) (N)	Judge Judy (N) (N)	Family Feud (N) (N)	The Resident Bell considers selling the hospital. (N)	9-1-1 A calamity at a chocolate factory. (N) (N)	2 on Your Side Seinfeld (N) (N)	Two and a Half Men (N)	Two and a Half Men (N)	Last Man Standing (N)		
CFKS	31	106	726	Souper parfait	Souper parfait	Rire et délire	Mets-y le paquet	Total knock out Une fabricant de jouets. (N) (SC)	** "Gamer" (2009, Action) Gerard Butler, Michael C. Hall. Des prisonniers deviennent les pions d'un jeu multijoueur.		911	NVL (N)	Moment V		
WUHF	-	-	363	Modern Family (N)	Modern Family (N)	The Big Bang Theory (N)	The Big Bang Theory (N)	The Resident Bell considers selling the hospital. (N)	9-1-1 A calamity at a chocolate factory. (N) (N)	13WHAM News at 10 on Fox Rochester (N) (Live)	DailyMailTV (N) (N)	The Simpsons (N)	Paid Program (N)		
WETK	-	-	-	PBS NewsHour (N) (N)		The This Old House Hour (N) (N)		Antiques Roadshow Twin spires painted roof slate. (N)	Antiques Roadshow "Billings" (Part 2 of 3) (N)	Independent Lens Hawaiian inmates are sent to Arizona.	Amanpour and Company (N)	Nightly Business Report			
WCFE	-	-	-	World News America	Nightly Business Report	PBS NewsHour (N) (N)		Antiques Roadshow Twin spires painted roof slate. (N)	Antiques Roadshow "Billings" (Part 2 of 3) (N)	Dunkirk "Retreat" The Allies retreat in northern France.	BBC World News (N)	Amanpour and Company (N)			
A&E	615	520	-	Live PD: Police Patrol (N)	Live PD: Police Patrol (N)	Live PD: Police Patrol (N)	Live PD: Police Patrol (N)	Live PD: Police Patrol (N)	Live PD: Police Patrol (N)	Live Rescue "Live Rescue -- 05.06.19" (N) (Live)	Live PD: Police Patrol (N)	Live PD: Police Patrol (N)	Live PD: Police Patrol (N)		
BRAVO	620	523	-	CSI: Crime Scene Investigation "Fight Night" (N)		CSI: Crime Scene Investigation "Snuff" (DVS)		CSI: Crime Scene Investigation Hit-and-run accident. (N)	CSI: Crime Scene Investigation Paragliding accident. (N)	CSI: Crime Scene Investigation "A Little Murder" (N)	CSI: Crime Scene Investigation A woman disappears. (N)	CSI: Crime Scene Investigation	CSI: Crime Scene Investigation		
CNN	500	500	-	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)	Cuomo Prime Time (N)	CNN Tonight w/ Don Lemon	CNN Tonight w/ Don Lemon	CNN Tonight w/ Don Lemon	Cooper 360		
DISC	520	505	-	Highway Thru Hell "Junior's Job" (DVS)		MythBusters Testing Hollywood car crimes. (N)		North Woods Law A possible illegal turkey kill site. (N)	Gold Rush: Parker's Trail "The Monster Mine" (N)	Jade Fever (N)	Jade Fever (N)	Homestead Rescue The Raney's build a dam. (N)	Gold Rush: Parker's Trail		
HIST	522	506	-	The Curse of Oak Island: Digging Deeper (N)		The Curse of Oak Island "Lost and Founding" (N)		The Curse of Civil War Gold "The Return" (N)	Pawn Stars Rick Dale rescues a fire alarm system. (N)	Knightfall Knights Templar stand trial for heresy. (N) (N)	American Pickers "The Great-est Pick on Earth" (N)	Pawn Stars (N)			
PARMT	628	584	-	Cops (N)	Cops "Run and Gun" (N)	Cops "Highway to Jail" (N)	Cops (N)	Cops "Keys to Success" (N)	Cops "Fake Friends" (N)	Cops "Party in a Box" (N)	Cops "Love Bites" (N)	Cops "Face the Music" (N)	Cops "Dealt a Bad Hand" (N)	Cops (N)	
RDI	126	730	-	(5:59) Le national (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)		Les grands reportages La ligne Maginot française. (N)	Le téléjournal avec Céline Galipeau (N) (SC)	Mordus de politique (N) (SC)	Le national (N) (SC)	Le national (N) (SC)	Le national (N) (SC)		
SHOW	616	521	-	NCIS "Honor Code" An officer is reported missing. (N)		NCIS "Under Covers" The bodies of two assassins. (N)		NCIS "The Voyeur's Web" Bored housewives. (N)	** "The Matrix" (1999, Science Fiction) Keanu Reeves, Laurence Fishburne, Carrie-Anne Moss. A computer hacker learns his world is a computer simulation. (N)		NCIS "Home of the Brave"				
SLICE	601	562	-	The Real Housewives of Beverly Hills (N)		The Real Housewives of Beverly Hills (N)		Vanderpump Rules Jax and Brittany celebrate. (N)	Vanderpump Rules "Reunion Part 1" (N)	Summer House Lindsay confronts Kyle about the rumor.	The Real Housewives of Beverly Hills (N)	Vanderpump Rules (N)			
TLC	521	560	-	Say Yes to the Dress (N)	Say Yes to the Dress (N)	Say Yes to the Dress A dress for a second marriage.		90 Day Fiancé: Happily Ever After? Nicole has a surprise for Azan. (N) (N)	90 Day Fiancé: Happily Ever After? (N) (N)	90 Day Fiancé: What Now Loren and Alexei butt heads.	90 Day Fiancé: What Now Loren and Alexei butt heads.	90 Day Fiancé: What Now Loren and Alexei butt heads.	90 Day Fiancé: What Now Loren and Alexei butt heads.		
TSN	400	400	-	SportsCentre (N) (Live)		NBA Basketball Milwaukee Bucks at Boston Celtics. Eastern Conference Semifinal, Game 4. (N) (Live)		NBA Basketball Golden State Warriors at Houston Rockets. Western Conference Semifinal, Game 4. (N) (Live)			SC With Jay and Dan (N)				
YOUTH	551	542	-	Henry Danger	Double Dare	** "Nim's Island" (2008) Abigail Breslin. (N)		** "Anne of Green Gables: Fire & Dew" (2017) Ella Ballentine. (N)		Just Kidding	Just Kidding	Nim's Island			

## TUESDAY EVENING MAY 7, 2019

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX	3	-	Channel 3 News at Six (N)		CBS Evening News	Entertainment Tonight (N)	NCIS The team finds a secret bank account. (N) (N)		FBI "Appearances" A decorated FBI agent is murdered.		NCIS: New Orleans An FBI agent is kidnapped. (N) (N)	Channel 3 News	(:35) The Late Show With Stephen Colbert (N)		
WPTZ	5	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N)	Wheel of Fortune (N)	The Village Nick makes an important discovery. (N) (N)		The Voice The top eight artists are revealed. (N) (N)		New Amsterdam Max tries to help uninsured patients. (N)	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N)		
CBMT	6	206	301	CBC Montreal News (N)	Just for Laughs: Gags	NHL Hockey Conference Final: Teams TBA. (N) (Live)					The National (N)	CBC Montreal News (N)	True North Calling (N)	Coronation Street (N)	
CHLT	7	107	718	(5:58) TVA nouvelles (N)	Le tricheur (N) (SC)	(6:59) World of Dance: la compétition "Finale mondiale" Les meilleurs de chaque division. (N) (Part 2 of 2) (SC)	American Housewife (N)	The Kids Are Alright (N) (N)	blackish "Be-coming Bow" (N)	Bless This Mess (N) (N)	1969 The story of Mary Jo Kopechne. (N) (N)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live (N)		
WMTW	8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N)	Jeopardy! (N)	The Bachelorette Revisiting memorable dates and moments.			(:01) The Fix Loni comes clean to Maya. (N) (N)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live (N)		
CKSH	9	108	-	(5:59) Le télé-journal Estrie	(:31) RDI économie (N)	Squelettes-plac.	On s'aime en chien (SC)	Conséquences Paul tente d'empêcher le procès.	Bonsoir bonsoir! (N)		Le téléjournal (N) (SC)	(:05) La folle aventure des Durrell (SC)	(12:05) Candice Renoir		
CKMI	11	-	-	Global National (N)	(:29) Global News at 6:30	NCIS: New Orleans An FBI agent is kidnapped. (N) (N)		NCIS The team finds a secret bank account. (N) (N)	FBI "Appearances" A decorated FBI agent is murdered.		New Amsterdam Max tries to help uninsured patients. (N)	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N)		
CFCF	12	205	312	(5:59) CTV News Montreal		etalk (N) (N)	The Big Bang Theory (N)	The Village Nick makes an important discovery. (N) (N)	The Voice The top eight artists are revealed. (N) (N)		The Big Bang Theory (N)	The Big Bang Theory (N)	News-Lisa	CTV News Montreal (N)	The Daily Show
WVNY	22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N) (N)	American Housewife (N)	The Kids Are Alright (N) (N)	blackish "Be-coming Bow" (N)	Bless This Mess (N) (N)	1969 The story of Mary Jo Kopechne. (N) (N)	Local 22 News (N)	(:35) Jimmy Kimmel Live (N)	
WUTV	30	-	-	The Big Bang Theory (N)	Judge Judy (N) (N)	Judge Judy (N) (N)	Family Feud (N) (N)	MasterChef The top 10 compete in a team challenge. (N)	Mental Samurai "Week Eight" (N) (N) (DVS)	2 on Your Side Seinfeld "The Blood" (N)	Two and a Half Men (N)	Two and a Half Men (N)	Last Man Standing (N)		
CFKS	31	106	726	Souper parfait	Souper parfait	Rire et délire	Tout s'embellit avec Julie	Les jeux fous d'Ellen (N) (SC)	Taxi payant	Le dernier navire Slattery est hanté par son passé. (SC)	Rire et délire	911 "Incendie majeur"	NVL (N)	Moment V	
WUHF	-	-	363	Modern Family (N)	Modern Family (N)	The Big Bang Theory (N)	The Big Bang Theory (N)	MasterChef The top 10 compete in a team challenge. (N)	Mental Samurai "Week Eight" (N) (N) (DVS)	13WHAM News at 10 on Fox Rochester (N) (Live)	DailyMailTV (N) (N)	The Simpsons (N)	Paid Program (N)		
WETK	-	-	-	PBS NewsHour (N) (N)		Born to Explore-Wiese	Weekends With Yankee	Finding Your Roots With Henry Louis Gates, Jr. (N)	American Experience "Amelia Earhart" (N) (DVS)	Frontline Trump confronts China over trade. (N) (N)	Amanpour and Company (N)	Nightly Business Report			
WCFE	-	-	-	World News America	Nightly Business Report	PBS NewsHour (N) (N)		Finding Your Roots With Henry Louis Gates, Jr. (N)	American Experience "Amelia Earhart" (N) (DVS)	Frontline Trump confronts China over trade. (N) (N)	BBC World News (N)	Amanpour and Company (N)			
A&E	615	520	-	Intervention "Elena" Grandmother addicted to meth. (N)		Intervention A party girl becomes a heroin addict. (N)		Intervention "Addicted Moms" A mother's opioid and heroin addiction. (N) (N)	(:01) Kids Behind Bars: Life or Parole "Curtis" (N) (N)	(:04) Kids Behind Bars: Life or Parole "Aaron" (N) (N)	(12:03) Intervention (N)				
BRAVO	620	523	-	CSI: Crime Scene Investigation A sexual predator. (N)		CSI: Crime Scene Investigation Murdered male escorts.		CSI: Crime Scene Investigation "Lucky Strike" (N)	CSI: Crime Scene Investigation "Crash & Burn" (N)	CSI: Crime Scene Investigation "Recipe for Murder" (N)	CSI: Crime Scene Investigation "Got Murder?" (N)	CSI: Crime Scene Investigation	CSI: Crime Scene Investigation		
CNN	500	500	-	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)	Cuomo Prime Time (N)	CNN Tonight w/ Don Lemon	CNN Tonight w/ Don Lemon	Cooper 360			
DISC	520	505	-	Highway Thru Hell Jamie takes The Python off road.		MythBusters Clichés about the laws of attraction. (N)		Deadliest Catch "Failure to Launch" An accident strikes the Northwestern. (N) (N)	Big Rig Warriors (N)	Big Rig Warriors (N)	Disasters at Sea A rock discharge vessel capsizes. (N)	Jade Fever (DVS)	Jade Fever (DVS)	Deadliest Catch (N)	
HIST	522	506	-	American Pickers Ultra-rare motorcycle parts. (N)		Pawn Stars Rick Dale rescues a fire alarm system. (N)		Forged in Fire A hatchet; the Maasai Lion Spear. (N) (N)	Big Rig Warriors (N)	Big Rig Warriors (N)	Lost Gold of World War II "Blood & Conspiracy" (N) (N)	The Curse of Civil War Gold "The Return" (N) (N)	Big Rig Warriors (N)		
PARMT	628	584	-	Ink Master The artists must use hole punches. (N)		Ink Master Artists are tested with undead tattoos. (N)		Ink Master "Eye of the Tiger" A tag team challenge. (N)	Ink Master A glass painting Flash Challenge. (N)	Ink Master Artists must tattoo hot air balloons. (N)	Ink Master One team's artists turn on their own. (N)	Ink Master (N)			
RDI	126	730	-	(5:59) Le national (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)		Les grands reportages Des arrestations arbitraires. (N)	Le téléjournal avec Céline Galipeau (N) (SC)	Mordus de politique (N) (SC)	Le national (N) (SC)	Le national (N) (SC)	(:31) Le national (N)	(12:01) 24/60 (SC)	
SHOW	616	521	-	NCIS "Probie" McGee kills a man while on assignment. (N)		NCIS "Model Behavior" Murdered model. (N)		NCIS "Frame-Up" Tony is suspected of murder. (N)	** "The Matrix Reloaded" (2003, Science Fiction) Keanu Reeves, Laurence Fishburne, Carrie-Anne Moss. Freedom fighters revolt against machines. (N)		NCIS "Pay to Play" (N)				
SLICE	601	562	-	Vanderpump Rules Lala and friends fly on a private jet.		Vanderpump Rules "Reunion Part 1" (N)		Summer House Lindsay confronts Kyle about the rumor.	The Real Housewives of Beverly Hills (N) (N)	Texicanas Mayra hosts a Cinco de Mayo bash. (N)	The Real Housewives of Beverly Hills (N)	Vanderpump Rules (N)			
TLC	521	560	-	Say Yes to the Dress (N)	Say Yes to the Dress (N)	Say Yes to the Dress (N)	Say Yes to the Dress (N)	Little People, Big World Matt wants a decision from Amy.	Little People, Big World (N)	7 Little Johnstons "Picture Them Naked" (N) (N)	Sweet Home Sextuplets "Milestonestones & Meltdowns"	Little People, Big World (N)			
TSN	400	400	-	SportsCentre (N) (Live)		That's Hockey!	April Plays of the Month (N)	April Bloopers 30 for 30 (N)		NBA Basketball Portland Trail Blazers at Denver Nuggets. Western Conference Semifinal, Game 5. (N) (Live)	SC With Jay and Dan (N)				
YOUTH	551	542	-	Henry Danger	Double Dare	** "Journey 2: The Mysterious Island" (2012) (N)		** "The Games Maker" (2014) Joseph Fiennes, Tom Cavanagh. (N)		Just Kidding	Just Kidding	Journey 2			

# Your week on TV

## WEDNESDAY EVENING MAY 8, 2019

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX	3	-	Channel 3 News at Six (N)		CBS Evening News	Entertainment Tonight (N)	Survivor "Idol or Bust" (N) (Live)		The Amazing Race "I Took out a Polar Bear" (N)		SEAL Team Ray gets separated from the team. (N)		Channel 3 News	(:35) The Late Show With Stephen Colbert (N)	
WPTZ	5	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N)	Wheel of Fortune (N)	Chicago Med Dr. Charles and Dr. Manning disagree.		Chicago Fire Severide and Boden investigate arson. (N)		Chicago P.D. "Sacrifice" The team tracks drug robberies.		NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N)	
CBMT	6	206	301	CBC Montreal News (N)	Just for Laughs: Gags	NHL Hockey Conference Final: Teams TBA. (N) (Live)					The National (N)		CBC Montreal News	First Play Live	Coronation Street (N)
CHLT	7	107	718	(5:58) TVA nouvelles (N)	Le tricheur (N) (SC)	La poule aux oeufs d'or (N)	La voix extra (SC)	La recrue Nolan et Bishop seront accompagnés. (N)		Fugueuse Ariane veut suivre les traces de Fanny. (SC)		TVA nouvelles (:35) Denis Lévesque (N) (SC)		(:35) *** "Sicario" (2015) Emily Blunt. (DVS) (SC)	
WMTW	8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N)	Jeopardy! (N)	The Goldbergs Schooled "Dr. Barry" (N)	Modern Family (N)	(:31) Single Parents (N)	Whiskey Cavalier "College Confidential" (N)		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live (N)	
CKSH	9	108	-	(5:59) Le téléjournal Estrie	(:31) RDI économie (N)	Squelettes-plac.	L'épicerie (N) (SC)	Dans l'oeil du dragon (N) (SC)	Bonsoir bonsoir! (N) (SC)		Le téléjournal (N) (SC)		(:05) Grantchester Sidney décide d'aider Isabel. (N) (SC)	(12:05) Candice Renoir	
CKMI	11	-	-	Global National	(:29) Global News at 6:30	Big Brother Canada (N)		Survivor "Idol or Bust" (N) (Live)	Chicago Fire Severide and Boden investigate arson. (N)		Chicago P.D. "Sacrifice" The team tracks drug robberies.		Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N)	
CFCF	12	205	312	(5:59) CTV News Montreal (N)		etalk (N) (Live)	The Big Bang Theory (N)	Grey's Anatomy Jo tells Meredith why she's been down.	The Amazing Race "I Took out a Polar Bear" (N)		Whiskey Cavalier "College Confidential" (N)		News-Lisa	CTV News Montreal (N)	The Daily Show
WVNY	22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N) (Live)	The Goldbergs Schooled "Dr. Barry" (N)	Modern Family (N)	(:31) Single Parents (N)	Whiskey Cavalier "College Confidential" (N)		Local 22 News (N)	(:35) Jimmy Kimmel Live (N)	
WUTV	60	-	-	The Big Bang Theory (N)	Judge Judy (N) (Live)	Judge Judy (N) (Live)	Family Feud (N) (Live)	Empire Andre's life hangs in the balance. (DVS)	Star (Season Finale) The ASAs finally arrive. (N)		2 on Your Side Seinfeld "The Junk Mail" (N)		Two and a Half Men (N)	Two and a Half Men (N)	Last Man Standing (N)
CFKS	61	106	726	Souper parfait	Souper parfait	Rire et délire	Rire et délire	Pompiers: la relève (N)	Ces gars-là	Taxi payant	APB : alerte d'urgence Il faut identifier l'auteur d'un vol. (N)	Rire et délire	911	NVL (N)	Moment V
WUHF	-	363	-	Modern Family (N)	Modern Family (N)	The Big Bang Theory (N)	The Big Bang Theory (N)	Empire Andre's life hangs in the balance. (DVS)	Star (Season Finale) The ASAs finally arrive. (N)		13WHAM News at 10 on Fox Rochester (N) (Live)		DailyMailTV (N)	The Simpsons (N)	Paid Program
WETK	-	-	-	PBS NewsHour (N) (Live)		Crossroads (N)	Outdoor Journal	Nature Moose in the Canadian Rockies. (N)	NOVA "Inside the Megafire" Exploring the megafire threat.		Breakthrough: The Ideas That Changed the World (N)		Amanpour and Company (N)		Nightly Business Report
WCFE	-	-	-	World News America	Nightly Business Report	PBS NewsHour (N) (Live)		Nature Moose in the Canadian Rockies. (N)	NOVA "Inside the Megafire" Exploring the megafire threat.		Breakthrough: The Ideas That Changed the World (N)		BBC World News	Amanpour and Company (N)	
A&E	615	520	-	Storage Wars (N)	Storage Wars (N)	Zombie House Flipping "Turn Up To Tear Down" (N)	Zombie House Flipping "The Animal House" (N)	Zombie House Flipping "The Animal House" (N)	Killing Eve The MI6 team make a pact with the devil.		Unforgettable A scientist who helped Carrie is slain.		(:04) Tiny House Nation "Building Mini in Mississippi" (N)	Zombie Flip (N)	
BRAVO	620	523	-	Unforgettable An urban explorer is murdered. (N)		Unforgettable "Til Death" A married couple is murdered.		Gone "Demons" A man is abducted in broad daylight.			Unforgettable "Past Tense" A cabdriver is murdered. (N)		Unforgettable "Past Tense" A cabdriver is murdered. (N)	Unforgettable (N)	
CNN	500	500	-	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)			CNN Tonight w/ Don Lemon		CNN Tonight w/ Don Lemon	Cooper 360	
DISC	520	505	-	Highway Thru Hell A truck driver is trapped.		MythBusters "Traffic Tricks" Questions about congestion.		Mummies Unwrapped (N)		Expedition Unknown "Ghost Ship of the Great Lakes" (N)		Moonshiners "The Trouble With Tickle" Tickle returns from jail. (N)		Mummies Unwrapped	
HIST	522	506	-	American Pickers "Hydro Homestead" (DVS)		Lost Gold of World War II "Blood & Conspiracy" (N)	Big Rig Warriors (N)	Big Rig Warriors (N)	Pawn Stars An 18th-century sea map. (N)		American Pickers Saving Aerosmith's original tour van.		American Pickers "Hydro Homestead" (DVS)	Pawn Stars (N)	
PARMT	628	584	-	Gone: The Forgotten Women of Ohio "Port of No Return"		Gone: The Forgotten Women of Ohio "Can't Rat on a Rat"	Gone: The Forgotten Women of Ohio (N)	Gone: The Forgotten Women of Ohio (N)	Gone: The Forgotten Women of Ohio (N)		Le téléjournal avec Céline Gailpeau (N) (SC)		Mordus de politique (N) (SC)	Le national (N) (SC)	(:31) Le national (N) (SC)
RDI	126	730	-	(5:59) Le national (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)	Les grands reportages Les ravages de l'héroïne. (N)	Les grands reportages Les ravages de l'héroïne. (N)	Le téléjournal avec Céline Gailpeau (N) (SC)		Mordus de politique (N) (SC)		Le national (N) (SC)	(:31) Le national (N) (SC)	(12:01) 24/60 (SC)
SHOW	616	521	-	NCIS "Deception" A commander is abducted. (N)		NCIS The wives of two Marines are murdered. (N)	NCIS "Boxed In" Tony and Ziva become trapped. (N)	NCIS "Boxed In" Tony and Ziva become trapped. (N)	Absentia "Cover" (N) (Live)		** "The Matrix Revolutions" (2003) Keanu Reeves, Laurence Fishburne. Neo, Morpheus and Trinity battle vicious machines. (N)				
SLICE	601	562	-	Summer House "Epic Grand Gesture" (N)		The Real Housewives of Beverly Hills (N)	The Real Housewives of New York City (N)	The Real Housewives of New York City "Shalloween"			Vanderpump Rules "Reunion Part 1" (N)		The Real Housewives of Beverly Hills (N)	Housewives/ NYC	
TLC	521	560	-	My 600-Lb. Life "Mercedes' Story" Mercedes has severe lymphedema. (N)		My 600-Lb. Life "Angela J's Story" Mercedes has severe lymphedema. (N)	My 600-Lb. Life "Angela J's Story" Mercedes has severe lymphedema. (N)	My 600-Lb. Life "Angela J's Story" Mercedes has severe lymphedema. (N)			Dr. Pimple Popper Josh has a giant knot on his head. (N)		My 600-Lb. Life Struggling to make a positive change. (N)	My 600-Lb. Life (N)	
TSN	400	400	-	SportsCentre (N) (Live)		That's Hockey!	SC (N) (Live)	NBA Basketball Boston Celtics at Milwaukee Bucks. Eastern Conference Semifinal, Game 5. (N) (Live)			NBA Basketball Houston Rockets at Golden State Warriors. Western Conference Semifinal, Game 5. (N) (Live)				
YOUTH	551	542	-	Henry Danger	Double Dare	** "Open Season" (2006) Voices of Martin Lawrence. (N)			** "Open Season" (2006) Voices of Martin Lawrence. (N)				Just Kidding	Just Kidding	Open Season

## THURSDAY EVENING MAY 9, 2019

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX	3	-	Channel 3 News at Six (N)		CBS Evening News	Entertainment Tonight (N)	The Big Bang Theory (N)	(:31) Young Sheldon (N)	(:01) Mom (N)	Life in Pieces (N)	S.W.A.T. The team races to stop a lone gunman. (N)		Channel 3 News	(:35) The Late Show With Stephen Colbert (N)	
WPTZ	5	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N)	Wheel of Fortune (N)	Superstore "Scanners"	Superstore "Cloud9Fail"	Brooklyn Nine-Nine (N)	Abby's "Soda Gun" (N)	Law & Order: Special Victims Unit "Assumptions" (N)		NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N)	
CBMT	6	206	301	CBC Montreal News (N)	Just for Laughs: Gags	NHL Hockey Conference Final: Teams TBA. (N) (Live)					The National (N)		CBC Montreal News	Canadian Reflections (N)	Coronation Street (N)
CHLT	7	107	718	(5:58) TVA nouvelles (N)	Le tricheur (N) (SC)	Du coeur et des bras	Révoisons (SC)	* "Un choix" (2016) Benjamin Walker. Le film raconte l'histoire de Travis Shaw et Gabby Holland. (DVS) (SC)			TVA nouvelles (:35) Denis Lévesque (N) (SC)		(:35) *** "Hunger Games: Le film" (2012) (DVS) (SC)		
WMTW	8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N)	Jeopardy! (N)	Grey's Anatomy Jo tells Meredith why she's been down.	(:01) Station 19 A man impaled by a chandelier. (N)		For the People Tina gives Roger relationship advice. (N)		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live (N)	
CKSH	9	108	-	(5:59) Le téléjournal Estrie	(:31) RDI économie (N)	Squelettes-plac.	Lâcher prise "Déni"	Les mag-nifiques (N)	Le grand rire de... (N) (SC)	Bonsoir bonsoir! (N)	Le téléjournal (N) (SC)		(:05) RéelleMENT "Viens voir maman" Rachel est ruinée.	L'ombre de Jesse	
CKMI	11	-	-	Global National	(:29) Global News at 6:30	Entertainment Tonight (N)	ET Canada	Big Brother Canada (Season Finale) (N)			S.W.A.T. The team races to stop a lone gunman. (N)		Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N)	
CFCF	12	205	312	(5:59) CTV News Montreal (N)		etalk (N) (Live)	The Big Bang Theory (N)	The Big Bang Theory (N)	(:31) Young Sheldon (N)	(:01) Station 19 A man impaled by a chandelier. (N)	Law & Order: Special Victims Unit "Assumptions" (N)		News-Lisa	CTV News Montreal (N)	The Daily Show
WVNY	22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N) (Live)	Grey's Anatomy Jo tells Meredith why she's been down.	(:01) Station 19 A man impaled by a chandelier. (N)		For the People Tina gives Roger relationship advice. (N)		Local 22 News (N)	(:35) Jimmy Kimmel Live (N)	
WUTV	60	-	-	The Big Bang Theory (N)	Judge Judy (N) (Live)	Judge Judy (N) (Live)	Family Feud (N) (Live)	Paradise Hotel "Episode 101" (Series Premiere) The first contestants check in. (N) (Live)		2 on Your Side Seinfeld "The Subway" (N)		Two and a Half Men (N)	Two and a Half Men (N)	Last Man Standing (N)	
CFKS	61	106	726	Souper parfait	Souper parfait	Rire et délire	Rire et délire	Tu m'aimes, tu mens "Évelyne"	Taxi payant	Imposteurs Jules prend un verre avec un confident.	Rire et délire	911 "Femme agressive"	NVL (N)	Moment V	
WUHF	-	363	-	Modern Family (N)	Modern Family (N)	The Big Bang Theory (N)	The Big Bang Theory (N)	Paradise Hotel "Episode 101" (Series Premiere) The first contestants check in. (N) (Live)		13WHAM News at 10 on Fox Rochester (N) (Live)		DailyMailTV (N)	The Simpsons (N)	Paid Program	
WETK	-	-	-	PBS NewsHour (N) (Live)		"Modified" (2017, Documentary) investigates the labeling of food.	John Denver: Country Boy Life and legacy of singer John Denver. (N)		Yellowstone Symphony (N)		Amanpour and Company (N)		Amanpour and Company (N)	Nightly Business Report	
WCFE	-	-	-	World News America	Nightly Business Report	PBS NewsHour (N) (Live)		New Tricks "Wicca Work" Practitioners of witchcraft.	Death in Paradise Television presenter is found drowned.		Happy Valley (N)		BBC World News	Amanpour and Company (N)	
A&E	615	520	-	The First 48 "Unspeakable" Man gunned down inside an apartment. (N)		The First 48 A vet is beaten to death in his home. (N)		Live Rescue "Live Rescue -- 05.09.19" (N) (Live)			The First 48 A man is killed in front of his fiancée. (N)		The First 48 (N)		
BRAVO	620	523	-	Criminal Minds Suspect is invited into victims' homes. (N)		Crossword Mysteries "A Puzzle to Die For" A crossword puzzle editor investigates. (N)		In the Dark (N) (Live)		Project Runway "The Stitch Is Back" Designers create over-the-top looks. (N)		Criminal Minds Women who were held captive for years.			
CNN	500	500	-	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Cuomo Prime Time (N)		CNN Tonight w/ Don Lemon	CNN Tonight w/ Don Lemon	Cooper 360	
DISC	520	505	-	Highway Thru Hell "No Man's Land" (DVS)		MythBusters Efficiently boarding an airplane. (N)		Shifting Gears With Aaron Kaufman (N)		Garage Rehab A non-profit garage trains veterans. (N)		Diesel Brothers Heavy D attempts a death-defying stunt.		Street Outlaws "The Final Round" It's time for the final event. (N)	
HIST	522	506	-	American Pickers "Risks and Rewards" (DVS)		Pawn Stars An 18th-century sea map. (N)	American Pickers Saving Aerosmith's original tour van.	Swamp People It's the last day of gator season. (N)		Truck Night in America "Turn and Burn" (N)		American Pickers "Risks and Rewards" (DVS)		Swamp People (N)	
PARMT	628	584	-	Lip Sync Battle (N)	Lip Sync Battle (N)	Lip Sync Battle (N)	Lip Sync Battle (N)	Lip Sync Battle (N)	Lip Sync Battle (N)	Wife Swap Competitive mom swaps with hippy wife. (N)		** "Baby Mama" (2008) Tina Fey, Amy Poehler. A career woman hires a surrogate mother to have her baby. (N)	** "Baby Mama" (2008)		
RDI	126	730	-	(5:59) Le national (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)	Les grands reportages Les ravages de l'héroïne. (N)	Les grands reportages Les ravages de l'héroïne. (N)	Le téléjournal avec Céline Gailpeau (N) (SC)		Mordus de politique (N) (SC)		Le national (N) (SC)	(:31) Le national (N) (SC)	(12:01) 24/60 (SC)
SHOW	616	521	-	NCIS "Family Secret" An ambulance explodes in transit. (N)		NCIS The team searches for a missing Marine. (N)	NCIS "Head Case" A chop shop run by Marines. (N)	NCIS Bishop heads to Gitmo on a murder case. (N)		Happy! This is one messed up family dinner. (N)		** "Keanu" (2016, Comedy) Keegan-Michael Key, Jordan Peele. (N)		Million Dollar Listing LA	
SLICE	601	562	-	Backyard Envy The team struggles to find palm trees.		Backyard Envy A project gets off to a rocky start. (N)	Backyard Envy The crew prepares for a wedding. (N)	Million Dollar Listing Los Angeles "Rumble in the 90210"		Million Dollar Listing New York "Co-List or No-List" (N)		The Real Housewives of Beverly Hills (N)		Million Dollar LA	
TLC	521	560	-	Say Yes to the Dress A bride who lost 175 pounds.		Say Yes to the Dress (N)	Say Yes to the Dress (N)	My 600-Lb. Life "Supersized: Mercedes' Story" Mercedes must face inner trauma. (N)		Untold Stories of the E.R. "Don't Touch That!" (N)		Untold Stories of the E.R. "Halloween in the ER" (N)		My 600-Lb. Life (N)	
TSN	400	400	-	SportsCentre (N) (Live)		That's Hockey!	Raptors Playoff Pregame	NBA Basketball Philadelphia 76ers at Toronto Raptors. Eastern Conference Semifinal, Game 5. (N) (Live)			SportsCentre (N) (Live)			SC With Jay and Dan (N)	
YOUTH	551	542	-	Henry Danger	Double Dare	*** "Meet the Robinsons" (2007, Children's) (N)			*** "Meet the Robinsons" (2007, Children's) (N)				Just Kidding	Just Kidding	Robinsons

# What's On

## MUSIC

May 3 & 4

**Intimate Music For the King's Chamber:** The JUNO award winning directors of Ensemble L'Harmonie des saisons perform the intimate music of King Louis XIV, in an homage to the film "Tous les matins du monde," music from French Baroque composers Marais, Lambert and Charpentier, featuring tenor Philippe Gagné. The ensemble offers two performances at the following times and venues: **Granby: Galerie d'art Boréart, Friday, May 3, at 7:30 p.m., 279 rue Principale. Lac-Brome: Foyer of The Brome Lake Theater, Saturday, May 4, 2 p.m., 9 Mont-Echo.** Presale tickets available at [www.eventbrite.com](http://www.eventbrite.com), Brome Lake Books, or Bijouterie Gervais. Reservations: 450-539-1309. Adults: \$30 - Presale \$25, Students: \$10 and free for Children 12 and under.

May 4

**Come dance with us every Saturday night at the Beebe Town Hall, 72 Main St., Stanstead (Beebe), from 7 p.m. to 11 p.m. Music by New Wranglers.** Info: Gail 819-876-2021. Everyone welcome.

May 4

**Dance at the Ives Hill Hall on Saturday, May 4 from 8 p.m. to midnight. Music by the Country Swingers. Admission \$10. All welcome.**

May 4

**"Mother's Day" Country Music Appreciation Jam on Saturday, May 4 from 1 p.m. to 5 p.m., Burroughs Falls Hall in Ayer's Cliff. Entry fee \$10. Several door prizes. We're happy to announce that our featured band "BIG RIVER" is back with us again, along with our special guest Amy Jones. So please spread the word and come join us, as we enjoy some of the Townships finest Country music. This is one Mother's Day Celebration you don't want to miss! Please spread the word! Call 819-838-4912 for reservations. See y'all there!**

May 4 & 5

**Pot Pourri Choir Spring Concert, Saturday, May 4, starting 3 p.m. at St Michaels and All Angels Church, 91 Glen Road, Bolton West and Sunday, May 5 at 3 p.m. at Emmanuel United Church, 203 rue Principale, Cowansville. To benefit Main dans la Main and Living Room. Please bring non-perishable items for the Food Banks.**

May 9

**Scott Woods is coming to the Townships for his only Quebec performance! He will be performing his Fiddling Around Concert in Richmond at 7 PM on Thursday, May 9 at Richmond Regional High School, 375 Armstrong St., Richmond. Fiddling Around is a spectacular two hour foot-stomping hand-clapping Branson-Vegas style show which features a multi-talented group of performers. This year the profits will help the Richmond County Historical Society. Contact 819-826-5883, 819-826-3118, 819-816-2267 or**

for Visa or Mastercard purchases call 1-855-726-8896.

May 11

**Dance with Movin On at the Hut A.N.A.F. Unit #318, 300 St. Francis St. Sherbrooke. Saturday, May 11, 2019 at 8:00 p.m. Admission: \$10.**

June 1

**Fundraising concert «In Memory of Cheryl Stroud», 3 p.m. June 1st, 2019 at St-Elizabeth's Church (3115 Capelton, North Hatley). In a program of works by composers Franz Schubert, Ludwig van Beethoven, Max Bruch, Francis Poulenc, Gabriel Fauré & Nino Rota. Presented by Uplands Chamber Players; Pauline Farugia (clarinet); Erich Kory (cello); Daniella Bernstein (piano). Tickets \$ 20. All profits to go to Uplands Cultural and Heritage centre. Info & reservations 819-564-0409 - info@uplands.ca.**

## EVENTS

May 4

**The 3 Fairies 2nd annual Fairy Festival on Saturday, May 4, 10 a.m. to 4 p.m., at 139 Queen Street, Lennoxville. Artisan's craft sale, Silent Auction and more! A magical event for the whole family! Free admission!**

May 4

**Covered Dish Supper on Saturday, May 4 at 5:30 p.m. until all are served, Richard United Methodist Church. Adults \$9 U.S. (U.S. fund appreciated), Canadian \$12, all children 6-12 half price, children under 6 are free. Reservations appreciated but not required. Call 819-848-3477.**

May 4

**The 1st Lennoxville Scouts annual Bottle Drive will be held on Saturday, May 4 from 9 a.m. to noon at SWM Peinture, 215 Queen, Lennoxville. If you have cans and bottles to get rid of, please drop them off. They will also be collecting non-perishable goods to benefit local food banks (thanks for checking the best before dates!). For pick up call Melissa 819-562-4969 (please leave a message on answering machine).**

May 5

**Sunday Brunch on Sunday, May 5 at Beulah United Church, 967 Main Street, Ayer's Cliff from 11 a.m. to 1 p.m. Come and enjoy a home cooked meal of ham, sausage, bacon, scrambled eggs, baked beans, pancakes with real maple syrup, toast, fruit salad, coffee, tea and juice. Adults \$10, children 5-12 yrs \$5, children under 5 are free. All are welcome.**

May 5

**Summer adventure camp in Sutton \*accepting special needs children (with interview) ages 6- 11 years old. Hiking treasure hunts, orienteering, dog days, cooking, small trips. English, on parole français, with small groups of 6-8 children. Receipts given. 1 week intervals, Monday to Friday, from June 24 to August 19. \$250\* early bird special before May 5, -15%. \$50 deposit NR. Information: 450-525-3647.**

May 5

**Marché des Artisanats Dunham Work-**

**shop, Learn how to create Patina Canvas! Bring a short poem (maximum 12 lines) and create framed keepsakes together. Be ready for Mother's Day with your own original art! May 5 at 1:30 p.m. Cost \$15. Cost includes all materials, refreshments, and participants take home what they create! 3786 Principale, Dunham. Parking behind Hôtel de Ville. Information: 450-295-2252; Facebook @marchedesartisanatsdunham; michilynnd@gmail.com Also, every Sunday join our Introduction to Crochet workshop at 10 a.m. Cost \$5. Learn to crochet either soft shoes or a slouchy hats.**

May 5

**St. James Anglican Church, Foster. We open our doors to welcome you on Sunday, May 5 at 9 a.m. for a Service of Holy Communion, Rev. Tim Smart officiating, at the little church on the hill, 725 Lakeside, Foster. Please join us afterwards in the hall to visit over refreshments. Everyone is welcome.**

May 5

**Artisan Showcase and Bistro at the Colby Curtis Museum on Sunday, May 5 from 10 a.m. to 3 p.m. Jewellery, moccasins, woolens, scarves, soaps and baked goods from Auberge Le Sunshine. Book signing with Mathew Farfan. Townshippers Association will be on site. Free guided tours. 535 Dufferin, Stanstead, 819-876-7322, [www.colbycurtis.ca](http://www.colbycurtis.ca)**

May 8

**Parish of Brome Spring Soup Luncheon on May 8 from 11 a.m. to 1:30 p.m. at Church of the Ascension, West Brome. Admission \$8, includes soup, crusty bread, dessert and coffee or tea.**

May 8

**Osher Lifelong Learning Institute continues their Spring lecture season on Wednesday, May 8 from 1 p.m. to 2 p.m., Hebard State Office Bldg, 100 Main St., Downtown Newport, 2nd FL Conference Rm. Ample free parking. Handicap access. Walk-ins \$5 US, memberships available. Refreshments and conversation to follow. TOPIC: Wolfgang Mieder, UVM professor, presents "Proverbs in the Modern Age," T-Shirts, bumper stickers, posters, cartoons, ad slogans. An interpretation of proverbs in mass media with emphasis on the 20th century. More info? [www.learn.uvm.edu/osher](http://www.learn.uvm.edu/osher) or Suzi @ 802-673-9499.**

May 10

**Lennoxville-Ascot Historical and Museum Society and Uplands Cultural and Heritage Centre welcome all public to attend a Tea & Talk on Nina May Owens (1869-1959), one of Canada's earliest women artists, whose work is presently displayed in the Art-Bridge exhibit at Uplands. The talk will be given by her granddaughter, Margaret Owens. Free entrance. Tea & scones will be served. Friday May 10 at 1:30 PM. Uplands, 9 Speid Street, (Borough of Lennoxville). Info & reservations info@uplands.ca / 819-564-0409.**

**TONIGHT: 5:00 → 9:00 PM**

# LASAGNA

**PLUS TWO SIDES \$12.50**

LATER AT 10:00 PM **KARAOKE**

Golden Lion Pub and Brewery in Lennoxville

May 12

**Treat Mom to a special Mother's Day tea menu! \$10 per person. Sunday May 12, 1 to 4:30 pm. Uplands, 9 Speid, Sherbrooke (Borough of Lennoxville). Info & reservations (recommended) 819-564-0409 / info@uplands.ca**

May 12

**Treat Mom to a special Mother's Day tea menu! \$10 per person. Sunday May 12, 1 to 4:30 p.m. Uplands, 9 Speid, Sherbrooke (Borough of Lennoxville). Info & reservations (recommended) 819-564-0409 / info@uplands.ca**

May 13

**Mother's Day Brunch at the North Hatley Legion, 95 Jackson Heights, on Sunday, May 12 from 10 a.m. to 1 p.m. Reservations please. Family tables available. Call 819-842-2933 after 2 p.m. Advance notice: Father's Day Chicken & Rib Supper, June 15.**

May 14-24

**Mental Health Estrie, in collaboration with the CIUSSS de l'Estrie-CHUS and community partners, invites you to learn more about accessing mental health services. Events will be held in 5 different MRC's between May 14 and 24. In Haut-Saint-Francois (May 14), and Brome-Missisquoi (May 16), Sherbrooke (May 17), Coaticook (May 21), and Memphremagog (May 24). A brief information session about the help available will be followed by a Q&A and an opportunity to meet local organizations serving your area. For specific dates, locations and times, please visit our website at [mentalhealthestrie.com/news/](http://mentalhealthestrie.com/news/) or our Facebook Page. For more information call 819-565-3777 or email [mhe.info@bellnet.ca](mailto:mhe.info@bellnet.ca).**

May 25

**Frank Bryan Memorial Golf Tournament, May 25 played at the North Hatley Golf Course. Supper following at the North Hatley Legion. Sign up ASAP by calling the Legion at 819-842-2933 after 2 p.m.**

## EXHIBITS

May 4

**Studio Georgeville presents Mind & Matter, May 4 to June 16, 2019. Vernissage: Saturday, May 4, 2019, 3 to 5 p.m. 20, carré Copp, Georgeville, 819-843-9992, [www.studiogeorgeville.com](http://www.studiogeorgeville.com)**



184 Queen Street, Sherbrooke (downtown Lennoxville)

819-822-1838



[www.cjmq.fm](http://www.cjmq.fm)



email: [cjmqnews@yahoo.ca](mailto:cjmqnews@yahoo.ca)

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# Local Sports

To keep your workout routine on track takes careful planning but is doable. Before leaving on your vacation, check out gym facilities at or near your hotel.

## Going on a dream vacation doesn't have to mean losing your fitness



A RUNNER'S MIND

CHRISTINE BLANCHETTE

Anyone can be challenged to stay fit while on vacation, even professional athletes because, after months of dedication to their respective sport, a bit of R & R may be just what the doctor ordered. Of course they will usually be back to their fitness routines before too long. For weekend warriors, however, the challenge of maintaining their pre-vacation fitness can be much greater. There's so much to see and do that may drain energy, especially in a tropical climate. You could be staying in a beautiful hotel without gym facilities, hence your fitness options are reduced to running, hiking, biking or swimming, though only early in the morning to avoid an unforgiving sun. When you consider that most, if not all

your meals will likely be in a restaurant environment, and that yes indeed, you are there to have fun and relax, well, that does present a bit more challenge to your fitness, doesn't it?

To keep your workout routine on track takes careful planning but is doable. Before leaving on your vacation, check out gym facilities at or near your hotel. This will help motivate you to stick to the program. You can still have your cake and eat it too, as long as you work it off. Generally speaking, adults should work out for one hour, three times a week, on approval from a physician, which at least is an excellent fitness 'skeleton' you could use to maintain your level of fitness while on vacation.

Recently in Honolulu, Hawaii we enjoyed Waikiki Beach, arguably the most beautiful beach in the world. The relaxed atmosphere along with tiny fish dancing between our feet combined to render the idea of working out as pretty much a non-starter. Our official excuse, John and I, is we were mesmerized in paradise, unable to stick with the plan or even remember it for that matter. The spell dissipated about the same time we arrived home, Hawaiian sunsets and turquoise waves now filed away. At least we did hike up Diamond Head trail to

the 760-foot summit, which took about forty minutes. Our reward, as if we needed one, was a treat to some amazing views of Honolulu.

During our stay we were privileged to be invited by Dr. Jack Scaff and his wife Donna to the Honolulu Marathon Clinic. Dr. Scaff is a world renowned Cardiologist and former marathon runner who founded the Honolulu Marathon in 1973, and in 1974 he started the clinic. Known locally as the "Father of Running in Hawaii," Dr. Scaff is also the author of "Your First Marathon — The Last Word in Long-Distance Running," which is a page turner offering an informative and entertaining guide to preparing for a marathon. The Honolulu Marathon Clinic is for every level of runner and has successfully trained patients with organ transplants, cancer survivors, and heart disease survivors.

Dr. Scaff's talk was about training in the heat and the different ways it leaves your body to keep your temperature at its proper level. There's radiation (our bodies radiate some heat), convection, (transfer of heat between the skin and air or water), conduction (transfer of heat through physical contact) and evaporation. Evaporation is by far, the most effective method of heat exchange.

Wearing water wicking clothing such as a tech-fabric singlet that promotes evaporation as it draws sweat from your body and allows airflow provides a more efficient method of cooling than cotton.

When we exercise, our temperature goes up. Dr. Scaff explains, "Remember we are running in the sun so we are absorbing heat. So the darker the shirt, the more heat we are going to absorb. The lighter the shirt the less heat we will absorb. We want to make sure our shirts are as light colored as possible."

If possible before running a race, spend a few days or more to acclimatize your body to prevent overheating.

Here are five Sun smart tips to avoid heat exhaustion and heat stroke.

1. Wear a hat or cap to protect you from the sun's rays.
2. Apply proper sun block before running
2. Run early to avoid over-heating.
3. Slow your pace when running in the heat.
4. Wear sweat wicking fabrics.
5. Keep hydrated

[www.runwithit.ca](http://www.runwithit.ca)

Twitter: @christineruns

Instagram - runwithit\_christineblanchette

Run With It on YouTube



We hiked up Diamond Head trail to the 760-foot summit, which took about forty minutes. Our reward, as if we needed one, was a treat to some amazing views of Honolulu.

## Women's hockey stars lead walkout in bid for a better professional league

The Canadian Press

Hilary Knight and Marie-Philip Poulin are among 200 women who say they will not play in any North American women's hockey league next season "until we get the resources that professional hockey demands and

deserves."

Players from both the Canadian Women's Hockey League, which shut down Wednesday, and the U.S.-based NWHL have joined the boycott.

Canadian goaltender Shannon Szabados, American forwards Amanda Kessel and Brianna Decker and Finnish goal-

tender Noora Raty were among the stars of women's hockey posting a statement Thursday on social media with the hashtag #ForTheGame.

"We cannot make a sustainable living playing in the current state of the professional game," the statement said.

"Having no health insurance and

making as low as two thousand dollars a season means players can't adequately train and prepare to play at the highest level."

When the six-team CWHL announced it would fold, the five-team NWHL announced plans to expand to both Montreal and Toronto.

**Death**



**Jeanne Brouillette Robidas (1926-2019)**

In Sherbrooke, on March 20, 2019, at the age of 93, passed

away Mrs. Jeanne Brouillette, wife of the late Paul-André Robidas. She was formerly from Mansonville.

Cremation was entrusted to the: Complexe Funéraire Steve L. Elkas Inc., 4230 Rue Bertrand-Fabi, Sherbrooke, Qc.

Mrs. Jeanne Brouillette Robidas is survived by her children: Philippe (Mary Ann), Lorraine, Charles (Diane), Julie, Raymond (Claude), Pauline (Allan) and Marc (Linda); her sisters: Barbara and Helen (Roger); her 12 grandchildren, and several brothers-in-law, sisters-in-law, nephews, nieces, cousins, neighbours and friends.

Visitation will take place on Saturday, May 11, 2019, at Ste Famille church, 610 Papineau Street, Sherbrooke, J1E 1Y4, from 10:00 to 11:00 a.m. followed by a mass at 11:00 a.m. to celebrate her life. Her ashes are to be buried at St-Michel cemetery, only her family will attend.

**STEVE L. ELKAS FUNERAL HOME**  
4230 Bertrand-Fabi, Sherbrooke QC  
PHONE: 819-565-1155  
FAX: 819-820-8872  
info@steveelkas.com  
www.steveelkas.com

**Death**



**Shirley Florence SMITH**

Passed away peacefully in Kingston General Hospital, at the age of 84. She is predeceased by her late husband Wayne Smith, and her son Ed who will be interred with mom. Loving and devoted mother of Richard, Linda (Tony), and Bryan (Crystal). Proud grandmother to Justin, Eric, Joshua, Brandon and Caitlan. Shirley was the dear sister to Lillian and Margaret (Peggy) and is predeceased by siblings Dorothy, Charlotte, Esther and Edward. She will be fondly remembered by many extended family and friends.

There will be a private graveside service for family at Hillcrest Cemetery at a later date. In remembrance of Shirley contributions to the Heart and Stroke Foundation of Canada, the Alzheimer Society of Canada, or your charity of choice would be appreciated.

**BLAIR & SON FUNERAL DIRECTORS**  
112 Beckwith St. N.,  
Smiths Falls, ON K7A 2C3  
www.blairandson.com

**Death**



**Helen Louise (McGee) WILLIAMS (1927-2018)**

Passed away at Grace Village on November 27, 2018 at the age of 91. Wife of the late Albert Williams and mother of Beverley. Grandmother of Geoffrey, Scott (Laura) and great-grandmother of Hudson.

Visitation will take place at the Cass Funeral Home, 3006 College St., Sherbrooke (Lennoxville) on Friday, May 17, 2019 from 1:00 p.m. to 3:00 p.m. followed by the funeral service at 3:00 p.m. with Rev. Mead Baldwin officiating.

Donations to the Dr. W. J. Klinck Foundation, 1515 rue Pleasant View, Sherbrooke, Quebec J1M 0C6 would be greatly appreciated.

**CASS FUNERAL HOMES**  
3006 College St., Sherbrooke QC  
PHONE: 819-564-1750  
FAX: 819-564-4423  
www.casshomes.ca

**Funeral Service**



**Roland Fredrick JERSEY March 13, 1955 - January 9, 2019**

Funeral Service for a very loving, kind gentleman, Roland Fredrick Jersey, who passed away on January 9, 2019 at the age of 64, has been rescheduled for June 15 at 2 p.m. at the Mansonville Baptist Church.

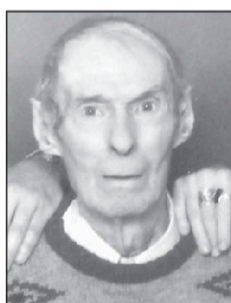
Visitation will take place at the Baptist Church, 359 rue Principale, Mansonville on Saturday from noon to 2 p.m. with the celebration of Roland's life at 2 p.m. with Rev. Walter Stairs officiating. After which Roland's remains will be placed near his parents (Fred, Isabel) at Chapel Hill Cemetery.

The family would like to thank everyone for their kind thoughts of condolences and many act of kindness during this time. The whole family is deeply grateful and immensely fortunate to have you all in our lives. Your kindness will always be remembered.

Deeply loved by

**HILDA (JOE)  
KEN (LINDA)  
AND FAMILY**

**Death**



**William Raymond McClay (1919-2019)**

Passed away peacefully from pneumonia at the BMP Hospital, at 11:53 p.m. on February 23rd, 2019, in his 100th year with his friend Danny Foster at his side.

He was a well-known member of the community being the Principal clock and watchmaker in the area for over 65 years, somewhat of an icon in the local beekeeping business, and in his spare time a member of the Brome

Lake Masonic Lodge.

He is survived by his daughter, Barbara A. McClay, his grandson Robert B. Rooney of Niagara Falls Ontario, his niece Lynne McClay of Truro, Nova Scotia and his nephew Larry McClay of Woodstock, Ontario.

He will be greatly missed by his family and friends.

*"NOTHING CAN TAKE AWAY THE MEMORIES A HEART HOLDS DEAR"*

Family will receive condolences at: BROME-MISSISQUOI Funeral Complex, 402, rue de la Rivière, Cowansville on Saturday, May 11, 2019 from 1 p.m. to 2 p.m. followed by a short Masonic service, and by the memorial service led by the Reverend David Lambie.

Reception to follow at the Odd Fellows Hall in Knowlton.

A private interment ceremony at Union cemetery in Cowansville with close friends and family will take place around 4 p.m.

In lieu of flowers, please consider a donation to the Creek United Church or a charity of your choice.

**BROME-MISSISQUOI Funeral Complex** PHONE: 450-266-6061  
402 rue de la Rivière, Cowansville QC FAX: 450-266-6057  
www.complexebm.com

**Death**

**Celebration of Life**

**Celebration of Life**



**Lillian "Lu" Madelyn RIDER**

A Celebration of Lu's life will take place at the Uplands Museum, 9 Speid St., Sherbrooke (Lennoxville), on Saturday May 11th, 2019 at 4 p.m.

A gathering of friends, family and associates to celebrate Lu. We hope to see you there. Light refreshments will be provided.

On Sunday, October 28th, Lillian Madelyn Rider, Lu to all family and friends, passed away peacefully after a brief illness.

Predeceased by her parents Hamilton Milford and Margaret (nee Fuller) and siblings Frederick Fuller (Jill), Martha Russell Chamberlain (Ken d.) and John Hamilton Fuller (Sandra). Lu was a loving sister, sister-in-law, aunt, great aunt, and friend!

Born in Sherbrooke, Quebec, on August 31st, 1939, her affinity with the Eastern Townships brought her to Bishop's University in 1956, graduating in 1959 with her BA. Back to get her High School Teaching Certificate in 1960, a lifelong athlete, Lu participated in various sports and a number of University Clubs and became a loyal and dedicated fan of the Bishop's Gaiters.

In 1967 Lu decided on another path, enrolling in the McGill University Graduate School of Library Sciences and earned an MLS in 1969. For the next 26 years, she was a Reference Librarian at the McLennan Reference Library at McGill, active in the AMUL and served as its President.

In 1995 she retired to Lennoxville in the Eastern Townships, and in 1997 embarked on "her third career" volunteering as Archivist and past President of the Lennoxville-Ascot Historical & Museum Society at "Uplands", the Georgian-style mansion that houses the museum and archives. She gloried in the Eastern Townships way of life and her many friends and neighbours!

So many of us will miss this amazing woman. Godspeed Good Lady!!

With appreciation, donations in Lu's memory can be made to Bishop's University Library or Lennoxville-Ascot Historical & Museum Society Archives (at Uplands).

# Church Services

## Anglican

### LENNOXVILLE

Saint George's Anglican Church, Lennoxville, 84 Queen Street. On the 1st, 2nd, 3rd and 5th Sundays we have Holy Communion Service and Sunday School class. Services begin at 11:00 a.m. On the 4th Sunday we have Service of the Word. Services begin at 11:00 a.m. On Wednesdays from 7 p.m. to 8:30 p.m. group discussion on Taylor's book *A Secular Age* and on Thursdays from 6 p.m. to 7 p.m. Christian meditation. 819-346-5564.

### SHERBROOKE

Church of the Advent, 473 Bowen South, Sherbrooke, welcomes you to join us on Sunday, May 5 for Morning Prayer at 11 a.m. presided by Roy Stinson. We especially open our doors to those who wish to learn more about the bible stories of their Christian religious heritage.

## Presbyterian

### LENNOXVILLE

St. Andrew's Presbyterian Church, 256 Queen St., Lennoxville, 819-569-3100, Sundays: 10:30 a.m. Worship and Sunday School.

## United

### AYER'S CLIFF - MAGOG

Ayer's Cliff - Magog - Georgeville Pastoral Charge welcomes everyone for Sunday service at Beulah United Church in Ayer's Cliff - Worship service and Sunday School 9:15 a.m. and St. Paul's United Church, Magog - Worship Service and Sunday School 11:15 a.m. with lunch provided each Sunday following the service in Magog. Minister: Rev. Lee Ann Hogle 819-571-7233.

### LENNOXVILLE

Lennoxville United Church, corner of Queen and Church Street, welcomes you to the Service of Hope on Sunday, May 5. Everyone is welcome. Refreshments will be served after Worship. 819-565-8449; website - lennoxvilleunited-church.com

### RICHMOND

The Richmond-Melbourne Pastoral Charge invites you to join us for worship and a service of Baptism at Richmond-Melbourne United Church, 247 Principale Sud, Richmond, on Sunday, May 5 at 10:30 a.m. Rev. Wayne Beamer will be leading this service. All are welcome! A cold potluck lunch and an Official Board meeting will immediately follow.

### SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Terrill, 819-346-6373, www.plymouthtrinitychurch.org, welcomes all of you to our English-language service at 10:30 a.m. on Sunday, May 5. All are welcome! Cordiale bienvenue à tout le monde. Minister: Rev. Samuel V. Dansokho.

## Card of Thanks

**DIGBY** - Our heartfelt thanks to family and friends after the passing of Edward Digby. Your loving cards, flowers, food and words of condolence helped brighten our days. A special thank you goes out to the doctors, nurses and staff at the Hotel Dieu for all of their care and kindness.

**HELEN & FAMILY**

## Card of Thanks

**WILSON**, Shirley Claire (Miltimore) - Passed away April 22, 2019. The family of Shirley Wilson wishes to sincerely thank everyone for their condolences during her passing. Your kindness and care meant very much to all of us and it was a great comfort to know how much she meant to so many people.

## Cemetery Meetings

### JOHNVILLE CEMETERY

The annual Johnville Cemetery meeting will be held on Monday, May 6, 2019 at 7:30 p.m. at the home of Bev & Henry Musty, 3300 Mitchell Road, Cookshire-Eaton.

### RIVERSIDE CEMETERY COMPANY

The annual general meeting of the company will be held at 10 a.m. on Saturday, May 4, 2019 in the Town Hall, East Farnham, QC. All interested parties are welcome.

# Do Just One Thing



The Natural Resources Defense Council estimates a typical refrigerator accounts for around 10 to 15% of an entire household's energy usage every single month. If you're going away for an extended period of time, one of the best things you can do is power off your refrigerator. After it's emptied out, simply flip the switch in the circuit breaker box to shut off the power. If this isn't possible, the next-best thing is to increase the fridge temperature to 5.6 degrees Celsius (42 degrees Fahrenheit). That's cool enough to preserve food and get maximum energy efficiency.



**When you can't breathe, nothing else matters!**

You suffer from chronic bronchitis or emphysema... You are among the 250 000 Quebecers struggling with a COPD (chronic obstructive pulmonary disease).

**We can help you breathe more easily!**

THE LUNG ASSOCIATION'S  
**BREATHWORKS™**  
Help for People with COPD

**1-866-717-COPD (2673)**

# SUDOKU

DIFFICULTY RATING: ★★★★★

	5			8	6	3		
3						6		4
			1	3			7	
	3	5		2				
7	8			6			5	3
				7		2	1	
	6			9	8			
8		3						7
		1	3	4				8

5/3

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## PREVIOUS SOLUTION

2	5	7	1	3	8	4	9	6
3	9	4	2	6	5	8	1	7
8	6	1	7	4	9	5	3	2
9	1	2	6	7	4	3	8	5
7	8	6	5	1	3	9	2	4
5	4	3	9	8	2	7	6	1
1	2	8	3	5	7	6	4	9
4	7	9	8	2	6	1	5	3
6	3	5	4	9	1	2	7	8

**HOW TO PLAY:**  
Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

2	7	1	3	4	5	9	8	6
8	9	3	6	1	2	5	4	7
5	6	4	7	9	8	1	3	2
6	4	9	5	7	3	2	1	8
7	8	2	9	6	1	4	5	3
1	3	5	8	2	4	7	6	9
4	2	6	1	3	9	8	7	5
3	1	8	2	5	7	6	9	4
9	5	7	4	8	6	3	2	1

## PREVIOUS SOLUTION

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5/4

			3			1	6	8
3		1	8	6				
			6	4				
			7					
	7		2	6	4		3	
			3					
		4	6					
			5	2		3	4	
8	3		4				2	

DIFFICULTY RATING: ★★★★★

# SUDOKU

**HOW TO PLAY:**  
Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

# Your Birthday

FRIDAY, MAY 3, 2019

Ups and downs will keep you busy this year. The pendulum will swing, and you'll need to stand on guard and be ready to take advantage or dismiss whatever comes your way. It will be an exciting and exhausting time to test your skills and see how well you operate while dealing with unpredictable circumstances.

**TAURUS** (April 20-May 20) — Even the playing field by setting a high standard and weeding out those who cannot compete. Much can be accomplished if you are passionate and persistent.

**GEMINI** (May 21-June 20) — If you size up your situation and what you want to accomplish, you will avoid some of the pitfalls that others put in your way. Focus and stamina will lead to success.

**CANCER** (June 21-July 22) — Change may not be what you want, but it may be what you need. Consider what's being offered as well as the potential gains involved. Make your final decision based on truth.

**LEO** (July 23-Aug. 22) — Lock in your position and put your plan in place. Once you establish what you want, it will be difficult for anyone to interfere. Make your own opportunities.

**VIRGO** (Aug. 23-Sept. 22) — Embrace change and set your course. Having a destination in mind will help you avoid unnecessary surprises that could slow you down. Arguing will not help you achieve your goal.

**LIBRA** (Sept. 23-Oct. 23) — Taking short trips, spending time with interest-

ing people who motivate you to be your best, and making personal gains should be your focus. Romance will enhance your life.

**SCORPIO** (Oct. 24-Nov. 22) — People change, and so do you. Allowing others to grow will also encourage you to expand your interests and gain perspective on what you want to do moving forward.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Personal relationships, home and domestic projects, and self-improvement are highlighted. A challenge will enrich your mind, body and soul. Adjustments at home will promote romance or stronger family ties.

**CAPRICORN** (Dec. 22-Jan. 19) — Leave nothing to chance. If you want things to unfold with ease, preparation and organization will be necessary. An emotional situation should not be put on display.

**AQUARIUS** (Jan. 20-Feb. 19) — A challenge will do you good. Be open to suggestions, but in the end, do what feels right. Attending social events will be informative and will encourage a closer bond with someone special.

**PISCES** (Feb. 20-March 20) — Consider how to best help others without being used or taken for granted. Overspending, overdoing and overindulging will not solve problems or improve important relationships.

**ARIES** (March 21-April 19) — Don't let anyone limit what you can do. An open mind and willingness to put your energy where it counts will lead to decisions, improvements and gains that will change your life.

SATURDAY, MAY 4, 2019

Look for opportunities, but don't take on too much. Set a budget and a goal, and don't deviate from your path, regardless of what others try to persuade you to do. Change can be good, but it has to be on your terms and within your means. When in doubt, take a pass.

**TAURUS** (April 20-May 20) — Emotions are best channeled into personal improvements and a healthier lifestyle. The less you share with others, the better you will do. A life-changing experience will impact you personally, emotionally and financially.

**GEMINI** (May 21-June 20) — Intelligence will protect you from dishonest individuals. Fitness and proper diet will be the best path to self-confidence and a better future. Romance will improve your life and attitude.

**CANCER** (June 21-July 22) — Someone you look up to will help you change your attitude and recognize positive changes that you've been reluctant to pursue in the past. Look forward to new beginnings with optimism and enthusiasm.

**LEO** (July 23-Aug. 22) — You be the judge when it comes to what's right. Follow the path that feels comfortable. A chance to work alongside someone extraordinary will lead to greater opportunities.

**VIRGO** (Aug. 23-Sept. 22) — Live and learn. Get involved in something that will give you a broader view of a subject, interest or individual. A major life improvement is waiting in the wings.

**LIBRA** (Sept. 23-Oct. 23) — Move forward, regardless of what others do.

Don't lose sight of your goals just because someone doesn't share them with you. Allow others freedom and you will get the same in return.

**SCORPIO** (Oct. 24-Nov. 22) — A change will inspire you to follow your heart and go after your dreams. A partnership with someone who shares your goals will lead to an unusual and exceptional friendship.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Personal improvements will energize you. If you take on a challenge, you will discover how resilient you can be. A romantic gesture will bring you closer to a loved one.

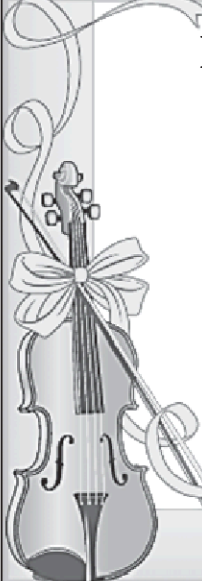
**CAPRICORN** (Dec. 22-Jan. 19) — Stick close to home and make adjustments that will encourage you to start a new project or take care of unfinished personal business. Organize and prepare for the future.

**AQUARIUS** (Jan. 20-Feb. 19) — Get serious about the way you look, feel and conduct yourself. Make cultivating good habits and strong routines, and spending time with healthy people priorities.

**PISCES** (Feb. 20-March 20) — Know your limits, and don't exceed what you can handle physically, emotionally or financially. Choose a path that is health-oriented and budget-conscious. Avoid people who encourage bad habits.

**ARIES** (March 21-April 19) — Take your time and think matters through carefully. The choices you make should be prudent and cautious. Discussion will help clear up uncertainty or confusion.

Sunday's horoscope on page 23



**Happy 90<sup>th</sup> Birthday**  
to  
**Malcolm Molony**  
on Saturday, May 11, 2019

Love and best wishes from  
your wife Frances  
family and friends

690 Stage Road  
Stanstead, QC J0B 3E0

## Celebration of Life – Murray Gardner

On March 19, 2019  
Murray Gardner  
left us for sunnier skies.  
His dearest friends invite you to join  
them in  
one last drink,  
one last laugh,  
one last story to  
remember Murray's life.

Bring your cherished and favourite  
memories to share with us at the  
North Hatley Legion  
on Saturday, May 4, 2019 at 2 p.m.  
Refreshments will be served.  
*See you there!*



## Happy 50<sup>th</sup> Anniversary



**Nora & Gary Russell**

May 3, 2019

From your friends and family

**CELEBRITY CIPHER**

by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“FTY XZFYJZYF, FTY LJYNFYBF  
 PXBBYVXZNFAJ AH UNP PNFN NZP UNP  
 XZHAJVNFAXZ FTY MZXWYJBY TNB  
 YWYJ CZAEZ.” — TNJKNZ YKKXBAZ

Previous Solution: “I cry a lot because I miss people. They die and I can’t stop them. They leave me and I love them more.” — Maurice Sendak

TODAY’S CLUE: *K equals C*

**CELEBRITY CIPHER**

by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“C HVWB GV XZDDBBT. ... FVSBWBL,  
 GFB LBJH XOCLCGZJH JIT BAVGCVIJH  
 BRDCGBABIG CX CI GFB TVCIP.”  
 — PJLXVI MJICI

TODAY’S CLUE: *R equals X*

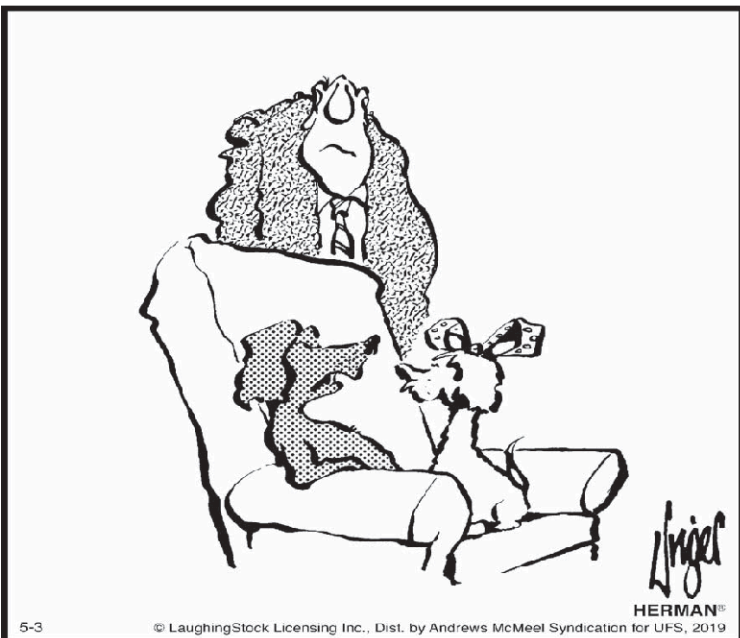
Information the universe has ever known.” — Harlan Ellison

Previous Solution: “The internet, the greatest disseminator of bad data and bad

**REALITY CHECK**

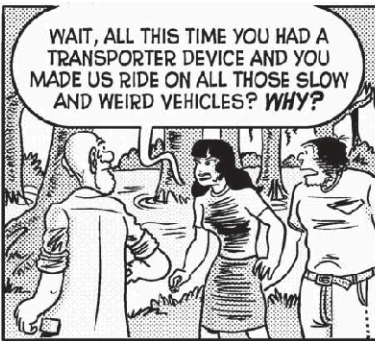


**HERMAN**



“I’d say I pretty much run things around here.”

**ALLEY OOP**



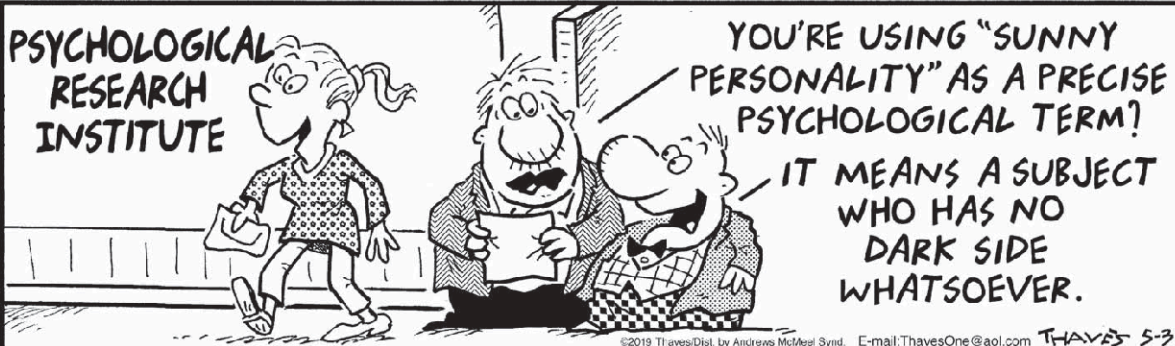
**ARLO & JANIS**



**THE BORN LOSER**



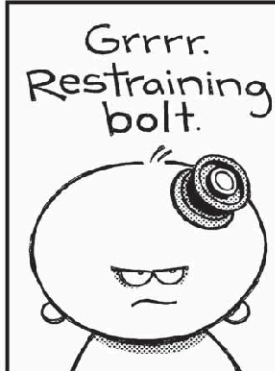
**FRANK AND ERNEST**



**GRIZWELLS**



**THATABABY**



**Diabetes The New EPIDEMIC**



**Diabetes Québec**  
 Information and donations:  
 (514) 259.3422 or 1.800.361.3504  
 www.diabete.qc.ca

CALL SHERBROOKE: (819) 569-9525 BETWEEN 8:30 A.M. AND 4:30 P.M.  
 E-MAIL: classad@sherbrookerecord.com  
 OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND NOON

DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION  
 OR MAIL YOUR PREPAID CLASSIFIED ADS TO  
 THE RECORD, 6 MALLORY, SHERBROOKE, QUEBEC J1M 2E2

# CLASSIFIED

**001 Property for Sale**

**3785 GLENDAY.**  
 House on large 27,400+ sq.ft. lot. Beautiful views, mature trees, backs onto protected woodlands. Health reasons. \$225,000. Call 819-640-9009.

**145 Miscellaneous Services**

**LENNOXVILLE PLUMBING.**  
 Domestic repairs and water refiners. Call Norman Walker at 819-563-1491.

**275 Antiques**

WE BUY from the past for the future, one item or a household, attic or basement, shed or garage. We like it all, give us a call. 819-837-2680.

**290 Articles For Sale**

**MOBILITY SCOOTERS,** new and used, at affordable prices (starting at \$800). Different styles. Trade-ins accepted. Call for an appointment at 819-769-1654, Magog.

**It pays to advertise in the classifieds**

**340 Garage Sales**

**SHERBROOKE**  
 Indoor garage sale, 888 Short Street (corner Princesse), Saturday, May 4. Furniture, household, decoration, vintage, brass, figurines...All must go! No reasonable offers refused!

**395 Home Improvement**

**TAPIS STEVE - Closing Sale!**  
**Liquidation of floor covering inventory.** Up to 80% off. Store hours: Friday 8:30 a.m. to 5 p.m. and Saturday 10 a.m. to 1 p.m. **11 Queen Street, Lennoxville.** 819-566-7974.

**430 Personals**

**HONORABLE SENIOR GENTLEMAN** looking for a live-in lady companion. Am not envious, jealous or controlling person, have large home on 5 acres, with nut & fruit trees, and gardens, Do yard sales! Call Edwin 450-248-3817.

**CLASSIFIEDS ONLINE!**  
 www.sherbrookerecord.com

**REMINDER**  
**AUCTION for RON AND CLAUDETTE GIESINGER**  
 90 High Forest Road, St. Isidore de Clifton,  
**Saturday May 4, 2019 at 10 a.m.**  
**Viewing from 9 a.m. to 10 a.m.**  
 Antiques, household, shed stock, machinery, vehicles  
**Enchères SCOTT GRAHAM Auctions**  
 St. Isidore de Clifton  
 819-889-2876 • 819-919-2104  
 www.grahamauctions.ca  
 grahamauctions@hotmail.com  
 Graham Auctions at Facebook

**ENCAN SAWYERVILLE INC.**  
 presents on  
**Saturday, May 11 at 10 a.m.**  
**ANNUAL SPRING SALE (Pasture)**  
**TO BE SOLD:** Young steers, heifers, cows with calves, and pasture animals.  
**Bobby Connolly, St-Georges de Windsor:** A very good complete herd of 48 cross-bred cows, Ch-Sim, Angus. A very good young Charolais bull, 2-1/2 years old, purebred, registered. 50% of the cows will be sold with their calf, the others will be due soon. The herd is in very good condition.  
**From a producer:** 20 Red and Black Angus heifers, bred Black Angus, at 5 to 7 months of gestation. Vaccinated b.v.d. and scourboss. Reason for sale: lack of hay.  
**Note: The herds will be sold at around noon.**  
**Reception for this sale:** 6 a.m. the day of the sale. We take your cows on consignment and pregnancies will be verified by a qualified veterinarian before the sale until 12:30 p.m.



**For information, call us at 819-849-3606**  
 www.encansawyer ville.com

**Community-wide GARAGE SALE**

Sell items still in good shape. Shop differently... Do your bit for the environment!

Take advantage of your borough's predetermined weekend to hold your garage sale for free. No permit required.

**May 18 & 19**  
 Borough of Brompton-Rock Forest-Saint-Élie-Deauville

**May 25 & 26**  
 Borough des Nations and Borough of Lennoxville

**June 1 & 2**  
 Borough of Fleurimont

Hard-copy lists of addresses available at the tourism office (785 King St. W.) and borough offices the week before the specific weekend.

To register your garage sale or plan your route, go to:  
 sherbrooke.ca/garagesales



**Ville de Sherbrooke**

**THE RECORD**

Follow The Sherbrooke Record on Facebook and Twitter!

sherbrookerecord @recordnewspaper

## Rift in family over churchgoing

Dear Annie

FRIDAY, MAY 3, 2019

**Dear Annie:** We raised our children in church, and then lost our religion. There were so many reasons for that, but there's no going back to any church in the future. Part of our family, a very small part, accepts this. But most have a problem with it. Adding insult to injury, we live in the Bible Belt, and having no religion is very suspect here. The political climate makes all of this even more unbearable.

We can't leave; this is our home. We can't express an opinion with some family members because we'd get disowned or shunned or both. Some of our relationships with close family members have never been the same since we left church, which was many years ago.

All of this only reinforces our decision. Who wants anything to do with this type of closed-mindedness? But we have tremendous guilt over raising our children in this way, and then walking away from it. Our only defense is that we were young and dumb and didn't think for ourselves until much later. We were obedient children. We did what we were told, and this is where we ended up.

Religion in the Bible Belt is more than belief; it's a

cultural inheritance. How do we move on and keep our roots, too? One child is distant toward us, but the others are forgiving. It seems like so much of our energy is focused on the distant child, rather than enjoying the others who get where we're coming from and feel as we do. We feel emotionally blackmailed by this child.

I hope you can shed some light on this for me. I love life and feel connected to the universe in so many ways. I just want to spend the remainder of my time enjoying the journey, seeking ways to help others and being truly present in the moment.

Thank you, Annie! I love your column and your thoughtful advice. — Ironically Blessed

**Dear Ironically Blessed:** You sound too blessed to be stressed about what other people are thinking about you.

When you raised your children, you did the best you could with what you thought was right at the time. Then you changed your mind about what you thought was right for yourself and your family. The issue is not whether it was right or wrong to raise your children in a church. The issue how to let go of this guilt and to give yourself a break about the choices you made in the past and instead focus on the choices you are making

right now.

Guilt and shame will not lead you to your goal of wanting to love the life you live.

If you want to spend your time enjoying the journey and living in the present moment, then continue focusing on the positive and all the beauty of life. No matter what your religion, your goal of wanting to help others is commendable.

Even though it is painful that one of your children is distant from you now, continue to show your child compassion and love. Hopefully, he or she will come around.

In the words of Theodor Seuss Geisel, aka Dr. Seuss, "Be who you are and say what you feel, because in the end those who matter don't mind and those who mind don't matter."

"Ask Me Anything: A Year of Advice From Dear Annie" is out now! Annie Lane's debut book — featuring favorite columns on love, friendship, family and etiquette — is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information.

Send your questions for Annie Lane to [dearannie@creators.com](mailto:dearannie@creators.com).

CALL SHERBROOKE: (819) 569-9525 BETWEEN 8:30 A.M. AND 4:30 P.M.  
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 OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND NOON

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DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION  
 OR MAIL YOUR PREPAID CLASSIFIED ADS TO  
 THE RECORD, 6 MALLORY, SHERBROOKE, QUEBEC J1M 2E2

**AUCTION**  
**for Hironnelle Group**  
**Benoit Ruel, owner**  
**972 Dupuis Road, Coaticook, QC**  
**J1A 2S2**  
**2-DAY AUCTION**  
**Thursday, May 9 and**  
**Friday, May 10, 2019**  
**at 10:30 a.m.**

**Thursday May 9, 2019**

**TO BE SOLD:** Complete sale of the "HIRO" herd of 135 purebred or mixed Holstein animals including 70 cows calving at any time of the year, 30 bred or pregnant heifers, 18 open heifers and 17 breeding heifers. Regular Valacta 9300 kg 4.12% 3.37% average CCS 140,000. Preventive medicine. All the animals come from or have been inseminated by the best bulls of the breed. Heifers will be tested for Leucosis and Neospora. Salmonella Dublin test negative.

**DAIRY, NUTRITION EQUIPMENT:** De Laval milk tank, 1500 gallons; Surge pipeline 2 1/2 in. installation for 74 cows, 3-2-2 stainless receiving, one touch; Surge compressor 10 hp oil free; 6 Dematron 50T milking IQ units; 6 True Test scales 45 kg; Milk Guard thermograph; Surge plate cooler (52); Westfalia Surge P600 washing system; Rovibec Super Mix RTM542 mixer with scale; Val Metal 10 hp mulcher; 11 calf pens; Millenium 2000 XC20 biostat; Rovibec mixer, 5 compartments, with 250-300 feet of rail; Houle hoof trimmer.

**HARVEST FOR SALE** with analysis, round wrapped dry hay bales and silage and square bales of straw and silage.

**Friday May 10, 2019**

**TO BE SOLD MACHINERY:** 5 tractors: a 2010 John Deere 7730, 4x4, cab, a/c, 2193 hrs, auto quad, 3 oil outlets, front weights, tires 620/70R42; a 2013 John Deere 6125M, cab, a/c, 4x4, 2088 hrs, auto quad, 2 oil outlets, tires 480/70R38, with John Deere H310SL loader; a 1997 MF 4245, 3228 hrs, cab, a/c, 4x4, 16 speeds, with mechanical inverter, 2 oil outlets, tires 18.4x30, with MF 1038 self leveling loader; an Inter 584, cab, 8 speeds, tires 18.4x30; a MF 135 diesel, 8 speed, tires 16.9x28, with Allied loader; Uniloader Case 1840 bucket and round bale spike, New Holland 1432 mower with beaters, 12 ft center shaft; John Deere 925 mower with beaters; Taarup 4036 rotary mower with beaters; Case Inter RBX454 round baler; New Holland 575 hay baler with bale thrower; Kverneland 7556 wrapper 30" Silawrap; Kuhn GF8501 tedder, digidrive, 8 shapers, 3 pts att.; Kuhn tedder 4 shapers, hydraulic lift; Pottinger Eurotop 461A single rake; Kuhn 6002 double rake, tandem; Kuhn 7822 double rake master drive; Kuhn GA7302DL hay rake; New Holland 256 rake, double tines; Couture round bale wagon 18'; Miro 24ft round bale wagon, 6 wheels, tandem, tires 12.5L15; 3 hay wagons, bale thrower type, 20 ft, including 2 Valac all-steel with 4-wheel train; MF mower; FP230 Metal Alert III forager, 824 corn head 2 rows; 3 Dion silage boxes 16 ft. steel, 4 threshers, 10 ton Norman train with roof; Badger silage blower; Sarazin 4000 gallon liquid manure spreader; Kverneland plough, 3 mouldboards, 3 pts att.; Case Inter plough, 5 mouldboards, 750 varies width, semi mounted; 2 roller harrows including one Inter 310 32 discs and one MF 520 32 discs; Inter 5100 seeder 16 double discs with millet box; Desjardins 3-section earth roller; Ber-Vac vibroculcher 12 ft., 3 pts att.; 12' pasture harrow; 6 ft. grader 3 pts att.; Technoma 100 gallon sprayer; Valac dumping trailer; Pronovost P-860 snow blower; Drummond 80,000 watt generator; 18.4x30 ring chain set; 20.8x38TR double wheel set; 18.4x30 Snap-on double wheel set; 2 round bale clams; pallet fork and round bale pick; 2 gravel buckets; Yamaha 700 VMAX snowmobile; 16 'x 5' large square bale conveyor; 2 silos including a Cote 6 ton conical and a Wessteel, steel, conical, 15 tons, clean chute; new winch used only to empty silo following the fire; control panel for silo and can control several feed silos and conveyors and other items too long to list.

**Terms:** cash, check or bank loan.

Canteen on the premises.

Photos on the website.

For information, contact the owner at 819-345-7820 or the auctioneer:

**LES ENCHERES RENE HOUDE**  
**(2011) Inc.**

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## Your Birthday

SUNDAY, MAY 5, 2019

Think about what is working for you and what isn't. It's time to clean house and make the necessary adjustments that will simplify and improve your life. Don't wait for someone else to make the first move. Do what's in your heart and don't look back.

**TAURUS** (April 20-May 20) — Express your feelings and intentions. How you take care of pressing concerns will define who you are and determine who you want to associate with.

**GEMINI** (May 21-June 20) — Size up relationships and consider who you are safe sharing secrets with. The most complimentary person may not be your most loyal ally. Protect your reputation and position.

**CANCER** (June 21-July 22) — Do what works for you, not what someone else is suggesting. It's OK to do things differently if that's what makes you happy and gets the results you want.

**LEO** (July 23-Aug. 22) — Use your actions and words to make a point and find out where you stand. You can't move forward without getting the facts and finding out what's possible.

**VIRGO** (Aug. 23-Sept. 22) — Participate in events that will lead to information, enlightenment and opportunities. Any activity that will ease stress, offer insight and get you heading in a positive direction is encouraged.

**LIBRA** (Sept. 23-Oct. 23) — Change may not be to your liking, but what transpires will be in your best interest.

Associate with people who encourage you to expand your mind and strengthen your body.

**SCORPIO** (Oct. 24-Nov. 22) — An emotional attitude change is encouraged. Once you see how different people influence you, it will encourage you to choose your allies carefully. Not everyone is looking out for you.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Don't give up when you should be getting started. Look at your lifestyle and alter what isn't working for you. A happy home environment will ease stress and encourage better relationships.

**CAPRICORN** (Dec. 22-Jan. 19) — Walk away from anyone disrupting your life. If you make positive changes at home, it will improve your relationships with helpful, important people. Don't let the past hurt your future.

**AQUARIUS** (Jan. 20-Feb. 19) — Getting together with old friends will bring back memories, dreams and a desire to do the things that bring you the most joy. Love and romance are in the stars.

**PISCES** (Feb. 20-March 20) — Don't let the little things get to you. Stay focused on the people and projects that are most meaningful to you to find peace of mind and personal satisfaction.

**ARIES** (March 21-April 19) — Keep busy doing things that you enjoy with like-minded people whom you find mentally stimulating. Romance is encouraged.

FRIDAY, MAY 3, 2019

## Have a second string to a contract's bow

By Phillip Alder

Hugh Macleod, an advertising copywriter and cartoonist, wrote, "The creative person basically has two kinds of jobs: One is the sexy, creative kind. Second is the kind that pays the bills." If your job is making a contract, it is fine to adopt a sexy, creative line that works, but it would be even better to have a backup plan in case the first approach fails. Then you may still win enough to pay some bills.

How should South proceed in this three-no-trump contract after West leads the heart queen?

In the auction, North sensibly went for the nine-trick game. Here, five diamonds would have made, but don't bid five of a minor unless you are confident that three no-trump is hopeless. It is easy to go down with this layout. Many players would win with the heart ace and cash the two diamond royals. But when East discards on the second round, the contract can no longer be made.

South does not need six diamond tricks; five will suffice. He should cash the diamond king at trick two, then overtake the diamond queen with dummy's ace. If both defenders follow

		North	05-03-19
		♠ 7 2	
		♥ K 6 4	
		♦ A 8 6 5 3 2	
		♣ 9 2	
West		East	
♠ 4		♠ K J 10 9 8 5	
♥ Q J 10 9 8		♥ 7 3 2	
♦ J 10 7 4		♦ 9	
♣ Q 6 3		♣ K 5 4	
		South	
		♠ A Q 6 3	
		♥ A 5	
		♦ K Q	
		♣ A J 10 8 7	
		Dealer: South	
		Vulnerable: East-West	
South	West	North	East
2NT	Pass	3NT	All Pass
Opening lead: ♥ Q			

suit, declarer concedes a diamond and has nine winners.

Here, though, when East does not follow suit on the second diamond, South activates his bill-paying backup plan. He runs the club nine. It loses to West's queen, but declarer takes West's heart continuation with dummy's king, plays a club to his jack and cashes the club ace. When the king appears, South claims one spade, two hearts, two diamonds and four clubs.



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# NEA Crossword Puzzle

- ACROSS**
- 1 Australian wilderness
  - 5 Noisy songbirds
  - 9 Vinyl records
  - 12 This senora
  - 13 Oops! (hyph.)
  - 14 401(k) cousin
  - 15 Nautical greeting
  - 16 Woman of rank
  - 17 Untold centuries
  - 18 Soft wool
  - 20 Debussy work
  - 22 Painter — Magritte
  - 23 Time divs.
  - 24 Sticky-footed lizard
  - 27 Lady's shoe
  - 31 Prefix for cycle
  - 34 Pushed the doorbell
  - 35 Jahan was one
  - 36 Enormous
  - 38 Coach's responsibility
- 40 Thurs. follower**
- 41 Bullets and shells
  - 42 Watches over
  - 44 Kid pleaser
  - 46 Fret
  - 49 Social mores
  - 52 Walled city, once
  - 54 Moo goo — pan
  - 55 "Fernando" band
  - 58 Huge hairstyle
  - 59 Skill
  - 60 Auto pioneer — Benz
  - 61 Attaches
  - 62 Musical syllables
  - 63 Mr. Sandler
  - 64 Amos' radio partner
- DOWN**
- 1 Smile
  - 2 Auditorium guide
  - 3 Put away
  - 4 Making bales
  - 5 Karate kin

Answer to Previous Puzzle

P	R	E	Y			D	O	W		S	U	P
G	O	N	E	R		Y	E	A		U	R	L
A	I	S	L	E		E	R	G		E	G	O
		L	O	A	D		O	O	Z	E	D	
	R	A	S	P	S		I	N	D			
F	A	T		E	S	P	N		O	L	E	S
A	D	O		N	I	L	E		R	O	S	E
D	I	L		S	E	P	T		U	T	A	
S	I	L	O		T	A	T	A		P	E	N
		W	E	S		L	I	T	E	R		
E	R	A	S	E		A	Y	L	A			
K	E	G		R	E	S		E	M	I	L	E
E	A	U		I	L	K		D	E	C	A	Y
S	P	A		E	L	S		S	H	O	E	

- 6 Gotcha!
- 7 — Kippur
- 8 Gauzy
- 9 Stead
- 10 Jab at
- 11 Healthy upstairs
- 19 Poet's contraction
- 21 Recipe amts.
- 23 "Crocodile Dundee"
- 25 Spiteful
- 26 Patella's place
- 28 TV band
- 29 Sully
- 30 — Beta Kappa
- 31 Water-power org.
- 32 Crash into
- 33 Tenet
- 37 Dorothy's dog
- 39 Inventory wd.
- 43 Rock layers
- 45 Honshu port
- 47 Spritelike
- 48 Over-caffeinated
- 49 Hoople's word
- 50 Edible root
- 51 Strikes
- 52 Liniment
- 53 Unduly curious
- 56 Naughty
- 57 Lingerie item

1	2	3	4		5	6	7	8		9	10	11
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62				63					64			

# Datebook

FRIDAY, MAY 3, 2019

Today is the 123rd day of 2019 and the 45th day of spring.

**TODAY'S HISTORY:** In 1802, Washington, D.C., was incorporated as a city.

In 1921, West Virginia approved the first state sales tax.

In 1973, construction was completed on Chicago's Sears Tower (later renamed the Willis Tower), the tallest building in the world at the time.

In 2006, the jury in the trial of Zacarias Moussaoui, convicted of conspiracy in the 9/11 terrorist attacks, recommended a sentence of life in prison.

**TODAY'S BIRTHDAYS:** Niccolo Machiavelli (1469-1527), statesman/philosopher; Golda Meir (1898-1978), Israeli prime minister; Bing Crosby (1903-1977), singer/actor; Pete Seeger (1919-2014), singer-songwriter; Sugar Ray Robinson (1921-1989), boxer; James Brown (1933-2006), singer-songwriter; Frankie Valli (1934- ), singer; Greg Gumbel (1946- ), sportscaster; Amy Ryan (1969- ), actress; Bobby Cannavale (1970- ), actor; Christina Hendricks (1975- ), actress; Dule Hill (1975- ), actor; Cheryl Burke (1984- ), dancer.

**TODAY'S FACT:** Residents of Washington, D.C., did not receive the right to vote in presidential elections until the 23rd Amendment was passed in 1961.

**TODAY'S SPORTS:** In 1987, Julius Erving of the Philadelphia 76ers played his final game, finishing with 30,026 points, 10,525 rebounds and 5,176 assists in his professional basketball (ABA and NBA) career.

**TODAY'S QUOTE:** "Men are so simple of mind, and so much dominated by their immediate needs, that a deceitful man will always find plenty who are ready to be deceived." — Niccolo Machiavelli, "The Prince"

**TODAY'S NUMBER:** 23 — hours of solitary confinement each day for prisoners at the Supermax prison in Florence, Colorado, where Zacarias Moussaoui is imprisoned.

**TODAY'S MOON:** Between last quarter moon (April 26) and new moon (May 4).



Fig.16

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