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## Alliance Magnesium looking to turn tailings to treasure

Page 3

# THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

## Robert 'Bubba' Lacroix returns to his love of country music

Talk - Page 8

# WEEKEND EDITION

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FRIDAY, MARCH 1, 2019

## ETSB February meeting

More vice time for Richmond and Massey, board pushing for new school in Drummondville

By Matthew McCully

The administrative structure of Richmond Regional and Massey-Vanier High Schools has been amended to provide additional vice-principal support for the two schools.

The decision was approved at Tuesday evening's Eastern Townships School Board Council of Commissioners meeting.

Massey-Vanier, which had a principal, one vice-principal and one vice-principal at 50 per cent will now have two full-time VPs.

RRHS, which previously had only a principal, has been approved for a vice-principal at 100 per cent.

The administrative changes are effective immediately, the board said.

Before beginning the meeting, the

CONT'D ON PAGE 5

## After the storm



JOHN COGAN

Marc-Olivier Boucher of Déneigement DEMCO moving slowly southbound on Wednesday morning, getting rid of part of the high snow-bank on Route 143 in Hatley Township.



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## Weather



TODAY:  
MIX OF SUN  
AND CLOUDS

HIGH -3  
LOW -15



SATURDAY:  
PERIODS OF  
SNOW

HIGH -2  
LOW -10



SUNDAY:  
CLOUDY

HIGH-3  
LOW -11



MONDAY:  
FLURRIES

HIGH -4  
LOW -19



TUESDAY:  
MIX OF SUN  
AND CLOUDS

HIGH -7  
LOW -17

# Banville Presents... A Me-Too Mrs. Osmond?



## GOOD READS

### LENNOXVILLE LIBRARY

Review by Stephen Sheeran

It is most emphatically not with mixed delight that I, having turned my attention in the past several reviews to the exotic, unusual, and incongruous, find myself in the way of returning to the far more commonly trammelled passages of two esteemed scribes whom I aver—with nary a doubt and even fewer qualifications—to be two of my faves of all time: John Banville and Henry James.

Now, that that is the worst sort of flowery writing—68-word sentences not at all the thing for [trigger warning!] millennial-grade attention spans (cf. gnats)—but it is necessary to give the impression; and for those among you who haven't cracked the pages of good ol' Harry James of late, a simple description will not suffice. Tussling with his diction and syntax seems to combine the toughest aspects of bronco riding, chess,

cryptic crosswords, and watching paint dry. Please pardon the oversight and associated inelegance. Every page, every paragraph, every phrase pushes the reader's perception, concentration, and patience to the limit.

To cut to the chase: John Banville, in his 2017 novel *Mrs. Osmond*, offers a masterful and intriguing sequel to Henry James's 1881 novel *The Portrait of a Lady*. Masterful and intriguing because Banville manages to revive almost perfectly the tone, the style, and the spirit of Henry James, and at the same time cast retrospectively new light on the events and themes of James's early masterpiece. James consciously strove to offer something unusual—the story of a young woman, determined to make her mark, suddenly and unexpectedly possessed of a fortune, who spurns many impressive suitors only to fall under the sway of the thoroughly rascally and pusillanimous husband—from whom she ambivalently flees.

Banville picks up where James leaves off, but he brings the feminism implicit in James's work front and center. Banville's curtain opens upon Mrs. Osmond (née Isabel Archer, the young woman in question), in London, just after the events related in James's story. She has precipitously left her husband in Rome to attend the funeral of her cousin in London. Her persistently overbearing maidservant Staines accompanies her on an unsettled and somewhat breathless itinerary. She visits a bank, from which she extracts a vast sum of money in a bulging satchel. She visits a Mrs. Janeway, a tireless advocate of women's suffrage and a painful vegetarian, then her friend Henrietta Stackpole, a rather crass pulp journalist from the States. Her business in England concluded, she proceeds to Paris, and there, between visits to a museum and a chateau, contemplates with some trepidation her return to Rome and the inevitable confrontation with her husband.

Double Spoiler Alert!!! I could, at this point, theoretically ruin two excellent reads with an over-abundance of detail about either. Suffice it to say that the return to Rome in *Mrs. Osmond* will be decisive—and it is a mark of the excellence of Banville's writing that the tension builds subtly and inexorably. Each individual Isabel encounters in her peregrination to self-awareness sheds some light on her character and the threats

she is encountering.

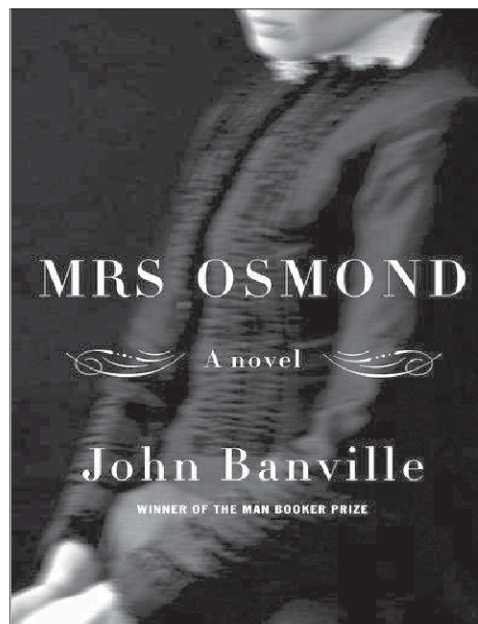
Now, comparisons are, as the saying goes, odious, but there are many of the same things to admire in each of the works. Depth, for example. Through a very controlled (some would say contrived) use of language, each author plays the part of puppet master. The complex diction and syntax allow very carefully measured glimpses of the characters' appearances, actions, thoughts, motivations. The characters themselves—not least Isabel Archer—act at the bidding of the puppet master, revealing, interpreting, concealing, obsessing... Meanwhile, we, the struggling readers, attempt to make sense of it all—"What? What just happened there?"

And all of this is simply the substrate for an almost surreal psychodrama. What prompted Isabel to turn down many promising suitors to accept the advances of a narcissistic, hollow man? What holds her in thrall now? Will she be able to summon the moxie to beard her oppressors and free herself? Will she be able to penetrate the shroud of mystery surrounding the demise of the first Mrs. Osmond?

James's *The Portrait of a Lady* has been faulted by feminists for the limpness of his most curious heroine. Perhaps as a corrective, Banville's *Mrs. Osmond* presents a gallery of very formidable women, from Staines the servant, to Stackpole the journalist, and even the women who have married into money and privilege. And they all show themselves very adept at wielding power and manipulating circumstances to their advantage. The exceptions—for example sisters of Isabel's former suitor Lord Wharburton—are found to be off-putting in their traditional self-effacing femininity.

Another forte of both works is the minute renderings of scenes. In *Mrs. Osmond* we feel the fiery soot from the noisy locomotives, smell the carriage horses passing in the street, sense the stifling humidity of a (highly symbolic) oncoming storm and Isabel's gradual sense of dislocation as she falls ill. Even the minutiae of squares, buildings, piazzas, and churches in the various locales are convincingly rendered to provide a very concrete sense of space.

*Mrs. Osmond* is available through Lennoxville Library via Inter-library loan. As for Henry James, *The Portrait of a Lady* is available, also via Inter-library loan—but only in French.



## Ben by Daniel Shelton



## LOCAL NEWS

"So far it is going well," he said, explaining that the company has already received authorization certificates from the environment ministry for its first and second phases, and is waiting on imminent certification for the factory.

## Alliance Magnesium looking to turn tailings to treasure

By Gordon Lambie

There is nothing new about the desire to take something mundane and find a way to make it valuable. Medieval alchemists, for example, dedicated their lives to finding a way to turn lead into gold.

That particular process never worked out, but Danville-based Alliance Magnesium is working hard to prove that one person's trash can indeed become another's treasure.

"The objective of the business is to produce metallic magnesium using the tailings piles found in Asbestos," said Pierre Saint-Aubin, Alliance Magnesium's co-founder and Vice-President of Corporate Affairs explaining that the company, founded in 2012, has purchased the equipment and properties of Noranda's failed Magnola plant in Danville and the defunct Norsk Hydro facility in Bécancour in order to start fresh with a modified approach.

"We blended the two technologies together with some of our current research, to create our own technology," the Vice President said.

Unlike with alchemy, there is a science to Alliance Magnesium's approach. According to Saint-Aubin, the company has bought up 100 million tonnes of tailings from the former Jeffrey Mine and, although the mining residues are the result of asbestos extraction, they have a magnesium content of up to 25 per cent. By running the material through their process, the company aims to refine the tailings into asbestos-free Magnesium and less valuable but still marketable amorphous silica.

"It is an original enough process," he said, explaining that magnesium has a wide range of uses, but that the company is focusing on production for the growing aluminum production and auto-parts sectors.

"There would not be much aluminum on the market without magnesium," Saint-Aubin argued, pointing out that the metal is used to help harden Aluminum while also making it lighter. Using the different parts of a soft-drink can as an example, he said that the flexible sides might have a one per cent magnesium content, while the more rigid top might be closer to five per cent, and the pull tab could have up to 12 per cent. The lighter material is also desirable in car parts, he added, because of the push for more fuel-efficient cars.

### Health concerns

It is, of course, impossible to have a conversation about a company using residue from asbestos mining without talking about asbestos and its known dangers for human health.

In its October 2018 edition of the Vision Santé Public newsletter, the CIUSSS de l'Estrie-CHUS noted that exposure to Asbestos is still the leading cause of workplace-related deaths in Quebec, with 121 out of a total 217 files processed by the CNESST, Quebec's workplace health and safety board, being tied to asbestos in 2016. The document argues that Asbestos exposure is still an important public safety issue.

Asked about asbestos concerns related to the Alliance Magnesium Project, a representative of the public health department said that Santé Estrie is not directly following the file.

"The public health directorate is not involved in this case considering that the production of the company is below the threshold for which there would be a consultation on the part of the government," explained Marie-Ève Nadeau. "This consultation is more commonly referred to as an environmental impact assessment and review procedure."

For his part, Saint-Aubin said that Al-

liance Magnesium is taking the safety of its employees and of the community very seriously.

"We are zero compromise when it comes to safety," the Vice President said, while adding that the tailings have a low asbestos content to begin with and have the remaining fibres destroyed as a part of the production process.

"We are very engaged in making sure things are handled properly" he said. "You're not allowed to sell products that contain asbestos, but we are eliminating all traces that might remain even before the production of the ingot."

### A project in three parts

The Vice president explained that the company's business model is being rolled out in three phases. In phase one, the pilot project, \$15 million was invested in validating the technology and method by producing a first batch of ingots.

The second phase, which Saint-Aubin called phase 1, is the "commercial demonstration" phase. This step, which he estimated will cost roughly \$105 million dollars, involves the construction of a small-scale factory in Danville. Once complete, the factory will carry out mixed production of "primary magnesium", the metal derived from the tailings, as well as "secondary magnesium" recycled from scrap.

"These two operations will represent a production of 12,000 tonnes of Magnesium per year," he said, explaining that the phase one factory is set to begin construction in late spring or early summer of this year. "Once finished it should result in 70 to 75 jobs," he added. "If we start in mid-June, we're looking at June of 2020 for the foundry and the holiday season of 2020 for the production facility."

Once that factory is up and running, the project moves on to phase three where,

after an additional investment of \$500-600 million, the company will build its full scale facility, capable of 50,000 tonnes of primary magnesium and an additional 15,000 or so of secondary per year. If all goes well, the Vice president said he hopes to see that project get started in 2022 or 2023.

"So far it is going well," he said, explaining that the company has already received authorization certificates from the environment ministry for its first and second phases, and is waiting on imminent certification for the factory. "We have rules to follow and we are following them," he said.

### Overcoming past failures

Asked what Alliance Magnesium is doing differently, given the fact that companies have tried what they are doing before and failed, the co-founder said that the problem with the Magnola and Bécancour projects was not method but timing.

"They closed for economic reasons and not for technical reasons," Saint-Aubin said, pointing out that when the previous projects were getting underway, China, the world's largest magnesium producer, was dumping low-cost metal onto the global market. Since that time, however, China has become a world leader in the manufacture of car parts, meaning that the magnesium they were previously dumping onto the market is now being consumed and leaving the door open for this new company to be more competitive.

"With the 100 million tonnes of tailings we have, we're good for about 300 years," the Vice president added, sharing a hope that the company will also be able to extract nickel and cobalt from their source material to the point where 90 per cent of what they take in can be refined into more useful materials.

## Things to do during March break

### Record Staff

As a part of spring break, the City of Sherbrooke is offering several activities to Sherbrooke families.

### Sporting activities Sherbrooke Carnival

From March 1 to 3 an extensive program of the Carnaval de Sherbrooke will be held at Jacques-Cartier Park. In addition to participating in many winter activities, children will learn how to make a kite and a magic wand as well as meet their favorite mascots. There will also be fireworks. For more information, see [carnavaldesherbrooke.ca](http://carnavaldesherbrooke.ca).

### Mont Bellevue

Outdoor enthusiasts are welcome to visit Mont Bellevue where activities include snow biking, tube sliding, downhill skiing, cross-country skiing, hiking, and snowshoeing. In addition to regular activities, a day of animation with Energy 106.1 is scheduled for Wednesday, March 6, between noon and 3 p.m. The program includes music, games and a draw.

For the condition of the slopes, consult the interactive map of Mount Bellevue and to find out more about the Mont Bellevue Park, visit [sherbrooke.ca/ski-montbellevue](http://sherbrooke.ca/ski-montbellevue).

### Skating

With Mother Nature's help, the outdoor rinks of the City are still in use. A special program awaits the children:

Saturday, March 2 at Saint-François Park

Saturday, March 2 at Centennial Park  
Monday March 4 at Ernest-Bergeron Park

Wednesday, March 6 Free skate with the members of the municipal council at the rink Blanc-Bleu Bouge from 10 a.m. to noon.

Saturday, March 9 Cœur-Immaculé-de-Marie skating in comic character costumes. To find out more about the state of rinks and the schedule of the Bleu Blanc Bouge ice rink, visit [sherbrooke.ca/patinoires](http://sherbrooke.ca/patinoires). Open hockey and free skating time slots are also available in arenas. The schedule is available

at: [sherbrooke.ca/arenas](http://sherbrooke.ca/arenas).

### André-Nadeau Base de Plein-Air

The Carburé Adventure team has prepared several activities for spring break. From March 2 to 11 inclusively, it will be possible to rent fatbikes and snowshoes and sliding tubes.

On March 6 and 11, a day camp is offered to children from 7 to 12 years old. On the menu: forest survival, orientation games, tube sliding and more. To register: [basepleinair.ca](http://basepleinair.ca)

On March 9 and 10, between 10 a.m. and noon, Carnaval de Sherbrooke ticket holders will receive a 2 for 1 discount for the tube slide. Present your carnival ticket at checkout to get the discount.

At all times, trails will be accessible and it will be possible to participate in Nanooke orientation games free of charge.

### Cultural activities

#### Guided tour of the Town Hall

On March 6, from 1:30 p.m. to 4:30 p.m. the City of Sherbrooke will open the doors of its Town Hall for a guided

tour of the Municipal Court, the Council Chamber, the Town Hall and the Hall of Honour. The tour is offered in collaboration with the Sherbrooke Historical Society.

### Photo Trail

At any given time, the public can admire the fourth exhibition of the "The Daily Freeze" photo trail, located on the promenade of Lac-des-Nations, this exhibition presents 33 works by six Sherbrooke press photographers for the daily newspaper La Tribune.

### Éva-Sénécal Library

Afternoon activities including board games, crafting workshops, storytelling and balloon animal-making assisted by animators from the library.

- Sunday, March 3, at 1:30 p.m.
- Monday, March 4, at 1:30 p.m.
- Tuesday, March 5, at 1:30 p.m.
- Wednesday, March 6, at 1:30 p.m.
- Friday, March 8, at 1:30 p.m.

To find out more about the spring break program, visit [sherbrooke.ca/relache](http://sherbrooke.ca/relache).

# BU's Indigenous Cultural Alliance inaugurates on-campus gathering space

By Emilie Hackett  
Special to the Record

In the course of its Equity and Pride Week activities, Bishop's University inaugurated its long-awaited Indigenous Space.

The event took place on Feb. 22 in the presence of local philanthropist Dian Cohen, who helped sponsor.

Members of the Bishop's Indigenous Cultural Alliance first made a request for such a gathering space in 2012. Located in Room 9 of the lower level of the Centennial Theatre building, it provides a space for all students to hang out, have lunch, do their homework, but also engage and reflect about Indigenous cultures in a meaningful way. It is also right next door to Melissa Poirier's office. Poirier is the newly appointed Indigenous Student Support and Community Liaison Officer at the University.

"We were finally given the place in September," said Nikki Baribeau, a member of the Indigenous Cultural Alliance. "From the moment we walked in, it has been a great place of gathering for all of us."

Baribeau thanked Canadian National Railway, which has several funding and training programs for Indigenous organizations, for their generous donation. "It allowed for the space to be furnished. Melissa Poirier has worked tirelessly to ensure that we have a sense of home away from home, and she continues to do so every day." Baribeau is a Turtle Island intern at the University, where she organizes the Indigenous Cultural Alliance's events. She also works hand in hand with Poirier and Alicia Moore, the club lead, to get funding and initiate activities that promote Indigenous cultures.



PHOTO COURTESY OF NIKKI BARIBEAU

From left to right: the Indigenous Cultural Alliance's club lead Alicia Moore, club co-lead Shawna Jerome, Dian Cohen, last year's club lead Joshua Komangapik, and Nikki Baribeau were one of the many attendees at the BU Indigenous Space inauguration.

## Richmond to unveil new 'Senior Friendly' policy

Record Staff

The Town of Richmond is inviting its citizens to the unveiling of its new "Senior Friendly City" policy at the Richmond Community Centre on Sunday, March 3 at 1:30 p.m.

The meeting is an opportunity for Council members to explain the policy

and explain its 2019-2020 action plan.

A copy of the document will be provided to all attendees who will be able to discuss the policy with various stakeholders. The Senior Friendly City program is designed to help municipalities end ageism, develop a culture of social inclusion for seniors, and to adapt policies, services, and structures to better

meet the needs of that segment of the population in order to help them remain active.

The president of the implementation guiding committee, Céline Bourbeau hopes the meeting will attract a large number of attendees. "The improvement of the quality of life for many of our fellow citizens is one of our most impor-

tant priorities. With this new policy as a tool to achieve this, it's clear that we'll be able to move ahead quickly. There are several challenges ahead, I am proud of the work we have accomplished and I am optimistic facing them. The participation of the public is key to our success," she commented.

### GLIMPSES OF THE PAST



Frederick Zakaib Collection. Sherbrooke Historical Society

Visible from any high point in Sherbrooke, Rock Forest's reservoirs became a symbol of the town of the same name. However, these two giant reservoirs have different origins. While the first, in the shape of a lightbulb, was a part of the landscape from 1966 on, it was a dozen years later before the awesome gigantic cylinder beside it was erected. These two tall tanks, which are over 40 metres high and hold more than 5 million litres of drinking water, resemble the sword of Damocles hovering over the suburb. Fortunately, there have been only two minor incidents associated with these reservoirs, one in 1990 and one in 2015. The pride Rock Forest residents have for this monument is evident; the "Rock Forest Ball" is featured in the former town's coat of arms.

### INTERESTED BY HISTORY ?

Visit the bilingual exhibit, *Faces of Sherbrooke*, presented in the Andrée-Désilets room of the Sherbrooke Historical Society.

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# Public Health Agency warns of risks associated with screen time and video games

Record Staff

The Estrie Department of Public Health is warning parents of the negative effects that sedentary lifestyles and screen time can have on young people. The harmful effects of sedentary behaviour on health are present, regardless of the level of physical activity. Overweight problems still represent a major challenge in public health today. Data from the 2016-2017 Quebec High School Youth Health Survey (EQSJS) reveal that in the Estrie region, 21 per cent of high school students are overweight.

For optimal health, children and young people, aged 5 to 17, should perform a lot of physical activity, few sedentary activities, and get enough sleep each day. The long duration and frequency of screen time among youth is associated with higher fat percentage and lower cardio-respiratory fitness and self-esteem.

For optimal health, an ideal 24-hour period should include four elements: at least 60 minutes of moderate to high intensity physical activity; several hours of a variety of structured and unstructured light intensity physical activity; 9 to 11 hours of sleep per night without interruption for 5 to 13 year-olds and 8 to 10 hours per night for 14 to 17 year olds, and a regular bedtime.

In addition, the agency recommends a maximum of two hours per day of free time in front of a screen and a minimum of extended periods of sitting time.

Following these guidelines is associated with a better profile of body composition, academic success, and emotion regulation.

The impact of screen time includes abetting sedentary lifestyles, being overweight, and compromises sleep. A shorter period of sleep also promotes weight gain. The LED light emitted by screens (blue light) also disturbs sleep.

The situation is troublesome in Estrie,

since it takes time away from homework and school work.

More than one in three (37 per cent) of youth spend an average of two hours or more in front of a screen a day, Monday to Friday. Almost two out of three (62 per cent) spend an average of two hours or more in front of a screen a day on weekends.

## Video game disorder

The existence of a video game disorder is now recognized by the World Health Organization and is defined as the persistent and recurrent use of video games that results in significant disruption or distress in the affected person.

"Even if video game disorder affects only a small part of people who play, it is important to be on the lookout for warning signs," said Public Health Director Dr. MéliSSa Généreux. "The time spent

playing, the isolation, and the inability to stop playing are very clear indicators. The total length of time and the frequency that people play video games also influences the risk of developing a video game disorder.

Those most at risk are boys, young people and those with lower social skills.

## Recommendations for parents and the school environment

It is advisable to reduce the time spent in front of a screen at home, ideally by interrupting the duration of screen time with frequent breaks, of at least 30 minutes. It is also advisable to set up education and awareness activities on the risks associated with screen time and video games as well as ways to reduce them in the school environment.

## ETSB February meeting

CONT'D FROM PAGE 1

board gave a nod to retiring Complimentary Services Director Gail Kelso, who was attending her final ETSB meeting. They applauded her hard work and years of service before Kelso left, headed to Montreal for an early meeting the following morning.

Board Chairman Mike Murray's report drew attention to the sweeping changes proposed in the short time the CAQ has been in power.

Bill 3 was proposed to introduce a single school tax rate across the province, a step beyond the previous government's equalization of tax rates by region.

Bill 5 was proposed to make pre-kindergarten available to four-year-olds across the province within five years with no explanation of where the space or the specialists to teach the program would come from.

Bill 12 was proposed to clarify the school fees a board can charge for public education. Murray pointed out that the ministry is expected to specify which school fees will be included by July. School budgets are due in May, he said.

Murray referred to the recent correspondence from the education ministry asking which educators at the board wore religious symbols. He also drew attention to the ministry's interruption of negotiations between the Lester B. Pearson School Board and the commission scolaire Marguerite-Bourgeois, transferring ownership of Riverside High School to the French board.

"The good faith of the minister is cast into doubt," Murray said.

Expected to fully cooperate and implement any changes brought forth, Murray said within 18 months everything could change, according to the CAQ plan to replace boards with service centres.

During the meeting, the board adopted a resolution regarding land acquisition in Drummondville, keeping a foot in the door for a new school.

In an interview after the meeting, Murray explained that the board is pursuing two parallel paths.

While the board is in the process of approving the studies for the \$6.2 million expansion of the existing school, they are also trying to point out to the ministry the advantages of throwing an additional \$3 million into the pot and building a new school instead.

"The school is not well-adapted," Murray said. The expansion grant is for a gymnasium and additional classrooms. In the existing space there are narrow halls, an inconvenient layout, classes that are too small, he said.

"None of that would be corrected," Murray commented.

Murray added that if they were to go ahead with the expansion project, the work would be complete in the fall of 2020.

A new build would be ready within the same time frame if the board got the green light, Murray said.

Work at Drummondville Elementary would have to go slowly, taking into account noise, dust and safety considerations while the children are in class and on the campus.

With a new build, Murray said work crews would be able to move full speed ahead.

Tuesday's resolution regarding Drummondville was an acknowledgement by the board that the municipality had land available and school boards have first dibs. Recognizing the neighbouring French board had an interest, the ETSB adopted a resolution to 'be a good neighbour' and not pursue the acquisition of that particular parcel of land, located near the city centre.

According to Murray, the location for a new school in Drummondville is a non-issue. Because the population is scattered across the territory, being on the edge of town with easy bus access could be more advantageous than being in the middle of Drummondville.

## Career



Municipalité du Village de  
Municipality of the Village of

### CALL FOR APPLICATIONS

#### DIRECTOR-GENERAL AND SECRETARY-TREASURER

*Founded in 1897, the Municipality of the Village of North Hatley has a population of some 700 residents. Surrounded by hills and located on the shores of Lake Massawippi and of the river by the same name, the municipality covers a territory of approximately four square kilometers. Cited as one of the most beautiful villages in Quebec, North Hatley is known for its rich heritage and beautiful landscape. Located close to the major city centres of Magog and Sherbrooke, North Hatley offers both a peaceful place to live and access to a wide range of services. Tourism is its main local industry.*

*It is the intention of municipal management to preserve the unique character of North Hatley while ensuring ongoing modern-day services within a context of limited resources. The Village is small yet big on meeting great challenges in the future for an administrator who hopes to make his or her mark on a rural area known for its NATURE and APPEAL.*

#### Position Summary:

- The successful candidate will assume the dual role of Director-General and Secretary-Treasurer.
- As the chief administrative officer of the Municipality, under the authority of Council, the Director-General and Secretary-Treasurer is responsible for the administration of the Municipality and as such, plans, organizes, directs and supervises all municipal activities.
- He or she is the senior administrative leader for all municipal employees.
- The duties of the Director-General are established and outlined in accordance with provisions under the Municipal Code.
- Masters both oral and written French and is at ease in both oral and written English;
- Has a genuine interest in community life and a strong willingness to get involved in the strategic planning process of the Municipality, and to play a role in all related operational aspects;

For duties, responsibilities and requirements see our website at  
[www.northhatley.org/employment](http://www.northhatley.org/employment)

#### Employment conditions and remuneration:

This is a full-time position. Working conditions and remuneration are consistent with the scope of the position and will be based on the experience and qualifications of the candidate.

Persons interested are invited to submit their application **at the latest Friday, March 8, 2019**. A copy of a CV along with a cover letter outlining an interest in the position must be e-mailed to the following address:

[info@northhatley.org](mailto:info@northhatley.org)

*The Municipality of the Village of North Hatley subscribes to equal opportunity in the workplace.*

*We thank all applicants for their interest in the position, however, only applicants selected for an interview will be contacted.*

**Information:** Michael Page (819) 842-2754

# EDITORIAL

*“The medical system creates a situation where high-functioning individuals are given life-prolonging treatments and then left to struggle with how to recover from the toxic adverse effects of these therapies.”*

## Cancer survivors urgently need funded rehabilitation care

By Jennifer Michelle Jones

Director of the Cancer Rehabilitation and Survivorship Program and Butterfield Drew Chair in Cancer Survivorship Research at Princess Margaret Cancer Centre. Associate Professor, Department of Psychiatry, University of Toronto

There are now more than 17 million cancer survivors in North America and this number is expected to increase to close to 30 million by 2040.

This is without doubt a good news story, reflecting an impressive 27 per cent drop in the number of people dying from cancer over the past 25 years. However, it is important to recognize that cancer care does not stop after treatment ends.

Although many cancer survivors are able to recover and get back to normal functioning, many others suffer toxic side-effects of treatment. These include fatigue, neurocognitive impairments and psychosocial challenges such as anxiety, depression and changes in relationships.

These side-effects can leave survivors disabled. They can interfere with their ability to work, engage socially and carry out simple daily tasks such as preparing meals, shopping, bathing and dressing. Indeed, research has shown that having a medical history of cancer at least doubles an individual's likelihood of poor health and disability.

It is time for cancer care to expand the focus and include improving functioning, well-being and recovery.

### Swelling, fatigue, social isolation

A recent national study conducted by the Canadian Partnership Against Cancer polled more than 13,000 people who had completed cancer treatment. It found 80 per cent of patients reported physical challenges, 70 per cent reported psychosocial challenges and 40 per cent reported practical challenges such as returning to work after treatment ended.

Lisa, a busy 56-year-old mother of two college-aged children who worked full-time as an administrator in an office, is one example someone who has experienced these challenges. Lisa was diagnosed with stage II breast cancer after it was detected on a mammogram and confirmed by a biopsy. She had a mastectomy,

followed by chemotherapy and radiation therapy. When Lisa finished treatment she was told to come back for a follow-up appointment in three months.

Lisa developed fatigue during her treatment and started to have a heavy feeling and some swelling in her arm. She hoped that this would go away once her treatment ended, but two months later she still felt tired and had no energy and the swelling in her arm had increased. She felt pressure to get back to work and she was increasingly feeling socially isolated because she had no energy to get out and see her friends.

### Survivors left on their own

For people like Lisa who are affected by persistent side-effects of cancer and treatments, rehabilitation can play an important role. Rehabilitation for cancer survivors is similar to rehabilitation from other conditions (for example after a heart attack or stroke) and there is good evidence demonstrating the benefits of cancer-specific rehabilitation interventions for quality of life and physical functioning.

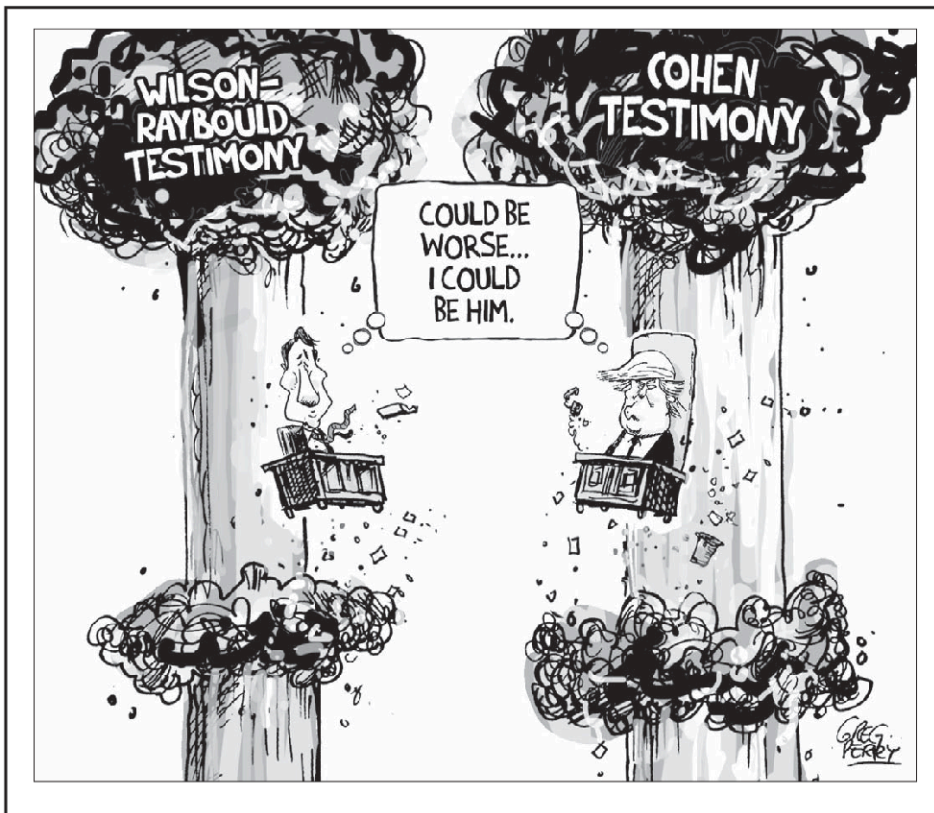
Based on this growing evidence base, there are now consensus-based guidance statements on rehabilitation. Despite this, there is little to no funding for outpatient rehabilitation for patients after cancer treatment. Integrated comprehensive cancer rehabilitation programs are still the exception rather than the rule across North America.

As a result, cancer survivors often feel left on their own to manage the long-term consequences of cancer. As cancer rehabilitation researchers Julie Silver and Laura Gilchrist describe it:

*“The medical system creates a situation where high-functioning individuals are given life-prolonging treatments and then left to struggle with how to recover from the toxic adverse effects of these therapies.”*

In Lisa's case, at her three month follow-up appointment her oncologist referred her to a lymphedema specialist to help manage the swelling in her arm (on a fee-for-service basis) and recommended that she start exercising to help with the fatigue.

This was good advice given the current evidence, but Lisa had no idea how to start



and was so tired and distressed that she felt overwhelmed. She also didn't know what exercise to do and if it was safe given her lymphedema.

### Multidisciplinary teams leading the way

Lisa is not an isolated case. She would have greatly benefited from a multidisciplinary rehabilitation team that could have helped her begin a safe and progressive exercise program, address her mood and sleep issues and make a successful return to work plan.

Some emerging rehabilitation programs are leading the way and offering examples of what could be standard of care for cancer survivors. At the Princess Margaret Cancer Centre in Toronto, patients who have identified impairments are referred to the Cancer Rehabilitation and

Survivorship Program which offers a lymphedema service along with one-on-one consults with the rehab team to address issues such as return to work, physical function and neurocognitive changes.

The program also offers an eight-week group rehabilitation program which combines exercise and education and is soon to launch an online program for patients to access from home.

Cancer rehabilitation should not be viewed as a frill add-on but rather an essential part of cancer care. The increasing number of cancer survivors, along with the growing evidence documenting the lasting effects of treatments, serves as an urgent call to action – to invest in the recovery and well-being of cancer survivors and help them get back to life after cancer.

## Letters

DEAR EDITOR:

In reference to Mr. Tom Standish's recent letter concerning the treacherous conditions for walkers. Sadly the people that are most affected by this are our most vulnerable - the people that already have trouble getting around, the elderly and the disabled. These are the people that are promised great things during photo-ops, are told that they have to keep moving and to get out and about then the cameras leave and they are forgotten and left to their own devices. What is wrong with Society in general and especially those that are elected to office that we have no empathy or respect for what the previous generations built for us to enjoy. It was not too long ago that the top priority for any town or city council was the safety and well being of its citizens. We need to get back to that

DEBRA MARTIN  
WATERVILLE

## Clarification

Yesterday an item was published in this section of the paper sent from the Quebec Order of Nurses (OIQ).

The purpose was to inform readers that until the law respecting Specialized Nurse Practitioners is amended, they are not authorized to offer a diagnosis to patients.

The information should have been attributed to the OIQ and not the individuals credited.

The Record regrets this error and any confusion it may have caused.

## THE RECORD

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## C COLUMNIST

Being a spiritual nomad means migrating between the great faith traditions of the world, gleaning wisdom teachings wherever I roam.

ONE COLUMN, FOUR VOICES

# Open to the Spirit

## Today's Word: Nomad

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

**1**) A nomad is a person who wanders from place to place, stays for a while, then moves on, never finding a permanent home. I have memories from the 70's of friends who moved west to Alberta to find work and ended up living very nomadic lives. I myself have lived in many places; I brag about receiving pay checks in six different provinces at some point.

Wherever I wandered though, I always called the Townships village I grew up in my real home. I have always found a community of friends and created a place where I truly felt I belonged, no matter where I lived.

As I write today I think more of spiritual nomads. Many people drift from place to place, not necessarily in the physical world, but mostly on the spiritual plane. New ideas intrigue them and new fads can be quite stimulating, at least for a time. Sooner or later, though, I believe we all have a deep spiritual need for a place to belong. I know of many teenagers who have found a home in youth forums or camp. There are children in my congregation who can't wait for Sunday morning church and Sunday School. I also know many, many older folks who plan their week around church events. Life can be lonely without a community to belong to.

In our cycle of life we may need to move away, live nomadic lives for a time, and discover who we really are. This can take a short time or many years. Sooner or later, however, it's important to find a spiritual home, a place where we are accepted for who we are, a place where we feel loved, a place to belong. Where do you find your spiritual home?

**2**) Archaeologists and historians tell us we are all descended from nomadic tribes that carried their homes on their back and travelled to wherever they could find food, water and safety. I doubt many of us are equipped to survive that kind of lifestyle now, however we can all experience a small taste of what it might have been like.

For five weeks one summer I travelled with my home on my back. The path was well indicated. I was always assured I would find some kind of lodgings and food at the end of the day and yet the experience was marvellously liberating. One of the best parts was the pace at which life went by, a human pace. I became sensitive to the presence of bugs and birds, flowers and tree, the blue sky and the white clouds.

When we travel around in our cars all these things just rush by in a blur. We miss a lot. We lose the notion that we are all interconnected. The materialism of our age has separated us one from the other, given us a false sense of self-suffi-

ciency, filled our world with gadgets we don't need and turned us into broadcasters rather than conversationalists. Before I set off on my walking excursion I discovered I was only able to carry thirteen pounds of gear. A lot of useful things had to stay behind but in the end I did not miss them. I would highly recommend walking for days with your home on your back. It will change your perspective and give you new-found appreciation for the world we live in.

**3**) A nomad has no home and travels as needed to find a livelihood and a place to live. This is not the same as the tragedy of homelessness; rather being a nomad has intentionality. Jesus had this kind of intentionality when he said "Birds have nests and foxes have holes, but the Son of Man has nowhere to lay his head."

Jesus was an itinerant preacher, healer, and teacher of God and he taught his disciples to do the same. He instructed them to travel light and to stay for a time in one place before moving on to the next, and to shake the dust off their feet as they left a town that did not receive them.

Somewhere along the way, the church started expecting people to come to us. Our mostly brick and stone buildings do not say "nomad". We like to think that we are in one place to stay.

What if we caught even just a bit of this nomadic spirit? Maybe we would have bible study in a coffee shop. Maybe we would share our faith with more people outside the church walls. Maybe, like a priest friend of mine when between appointments, we would set ourselves up on a park bench and just listen to people who drop by.

Stepping out can be scary but if we do something brave maybe new things can happen.

**4**) "Not all those who wander are lost." So J. R. R. Tolkien in the Lord of the Rings describes the character Aragorn, a Ranger from the North on a mythical mission.

Like the Roma, Berbers, Bedouin or gypsies, those who choose the nomadic life often know where they were going and why. Or at least they know what they are looking for that keeps them on the move. They periodically break camp and set out in search of better pastures or hunting grounds or fertile land. For some like the indigenous Abenaki who occupied these ancient lands we now call the Eastern Townships of Québec, the choice was seasonal; they came and went according to a cycle that optimized their living conditions. In much the same way today's snowbirds migrate to warmer climates, and come home again for part of every year.

The nomadic life is not just about geography. Entrepreneurs move from job to job, balancing their energies and skills between them. Great thinkers mi-

grate between worlds of ideas, drawing from each "field" what feeds them before moving on, later perhaps returning again for more. I have friends who are "dietary nomads" who move between Keto and Paleo, from low-carb to whatever's in the fridge.

Being a spiritual nomad means migrating between the great faith traditions of the world, gleaning wisdom teachings wherever I roam. No one religious ground can adequately feed my hunger; I long to explore them all. I love the delicious moment of discovery when clear across the world, or from another culture or time, something strikes a familiar chord and I know I am not a stranger to this terrain. To feel at home is to find shelter in the eternal spirit that is with me always. Just as I suspect

that for nomadic peoples, the very Earth is home to them, and no place foreign.

**One word, four voices - now it's your turn to reflect: Do you have nomadic tendencies, and if so, what keeps you on the move?**

*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.*



### INTERNATIONAL WOMEN'S DAY CONTEST

Do you know someone who should be celebrated this International Women's Day (March 8)?

If so, The Record wants you to send in a small message and photo, along with \$10 (visa or mastercard), to [classad@sherbrookerecord.com](mailto:classad@sherbrookerecord.com)

and we will publish them in the paper on March 8.

Your name will be put into a draw to win a

**\$150 Gift Card to Strom Nordique Spa in Sherbrooke.**

Messages must be sent in by March 5 and a name will be randomly drawn on March 8.

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## Robert “Bubba” Lacroix returns to his love of country music



### COUNTRY CONNECTION

JESSIE PELLETIER AULIS

The invited guest at The Country Music Appreciation Jam on March 9, 2019 at the Burroughs Falls Dance Hall is the talented drummer/singer Robert “Bubba” Lacroix. For the occasion Lacroix will offer a repertoire of his favourite country songs.

“Country Music is my roots. That’s the music I love to sing. This show is going to be such a great adventure for me,” said Lacroix. “I have always wanted to sing with a tight formation backing me, and free from the drum kit.”

While still a very busy musician, Lacroix has been the sales and development person for J.O. Noel Houle et Fils for the last 22 years. “Music is a gift. If you have it in you, let it out,” he said.

Lacroix was raised in Dunham and now lives in Stanbridge East. He is the youngest of two boys. His Mom and Dad have always supported him. “My parents will be celebrating their 65th wedding anniversary this July and I was so blessed growing up with them in a love devoted marriage,” he gratefully added.

The music came from his mother’s side of the family. “I have two cousins (brothers) on my mother’s side who had musical careers. They are Russell Cutler, a bass player with a great voice and Alan Cutler, a country music man (bass and guitar) also with a great voice.”

“At the age of three my parents had an old record player that I took over. I used to play records all day long, Faron Young, Jim Reeves, Hank Snow; these are some of the records I remember from this time in my life,” he said.

“I would entertain the elders of my family by playing special requests. Someone would say the name of a song they wanted to hear, and I would go in my record box and play it on the record

player. This was a mystery to my elders; I didn’t read but I could identify the song by the color of the record label.”

By the time he turned 7, he knew he wanted to be a singer. He asked his cousin Alan to show him chords on the guitar. This is how it all started for Lacroix.

“From the age of 7 to 14, I had fooled around with the guitar, piano, never really devoting any serious time to either of them. I had a guitar, but I played on pianos anywhere I would see one.”

He wanted to be a singer more than ever, and needed to really learn an instrument thinking this would be his passport to hit the stage and sing.

“My cousin Alan had traded a piano he had, for a set of Ludwig drums, which he set up at my Grandmother’s house. I saw those drums and I knew I wanted to play,” he said, about finding his way in music.

“For one whole month, I bugged my cousin to let me play his drums. While he was not around and my grandmother was down in the garden, I would sit behind those drums and practice.”

Finally his cousin gave in with the condition that he had to be gentle. “I sat behind the drums and started playing. My cousin Alan was shocked. It was natural to me to be able to play and have a sense of timing and touch.”

After a few months of practice, his cousin Alan asked him to replace their drummer. He played that one night and that was the start of a career. “I played locally in the eastern townships for years. I was lucky to have older musicians take me under their wings and coach me at a young age.”

Musicians like Wayne King, Huzon Grenier as well as Bill Bernard a local drummer had quite an impact early in his career. He played for many years with King and Grenier, two of his mentors.

He played in a country and rock band Night Shift with Joey Bedard and Diane. In the early 80s he worked with the Backroad Band with Brian Jacobs and Ginny White. One of longest gigs he played was at the Thirsty Boot in Knowlton. Boot Nite!

“I met up with Mike Gaudreau in the late 80s and we formed a classic rock trio with the incredible keyboard playing rock singing Dany Flanders. The band was called Flat Street and we gigged a lot at the Delmonty in Rock Island,” Lacroix



recalled.

In the early 1990s, he followed Dany Flanders to Miami Florida, and they teamed up with bass player Jean Savoie (Yan), for five months. This gave him a chance to develop in a whole different market of musicians and artists.

“When I returned to Quebec, I decided I wanted to play the kind of music I liked, I looked at it more like a hobby,” he explained.

He joined the band Little Foot (Gerry Goodsell, Jeff Powers and singer/key-board Sandy Ward). That was followed by the band (4 eyed Gerry) with Philip Patton, Gerry Goodsell, Jeff Powers and himself. This band lasted for quite a few years until Lacroix was forced to drop out of the band and the music scene for about 6 years.

“In 2012 I teamed up with some old buddies, Peter Wade and Howard Ring to join the band Maze Trix. This was a classic rock band. Eventually Ring moved on to other avenues and Wade and I took a year off from the band and I freelanced filling in here and there with other band and musicians,” Lacroix said.

Three years ago they found the right guitar player and singer Nicolas Saudrais, so now Maze Trix is rocking the stages with Classic Rock. But Lacroix still has this love and reverence for country music.

“My preference is the 60s, 70s, 80s and some 90s country music. There are two female singers that give me goose pimples every time I hear their voices. The beautiful voices of Canadian Ann Mur-

ray and the great and late Karen Carpenter. And she played drums and sang also!”

But the story would not be complete without an anecdote. “When I was starting out years ago, I used to go and watch some guys practice. I would ask them if I could sing with them. They would throw me out. They would shut the shades so I couldn’t look through the window. They were downright mean to me,” remembered Lacroix, who now laughs about it.

“All I wanted to do is see the drummer and learn what I could. The two guys that use to kick me out were Howard Ring and Norman Sayers. I am their first call now when they need a drummer. How times change. I still love you guys.”

Country music fans are in for a treat with the house band and Robert ‘Bubba’ Lacroix and his repertoire of classic country music on March 9, 2019. You can reserve your tickets by calling 819-838-4912.

Note: For those who are interested in going to this show, there is a bus that will be stopping at the Philipsburg Legion, also Bedford Metro, then Cowansville Legion and another stop at the IGA in Knowlton.

If you are interested in taking this bus trip, the cost for the bus is 15\$ a person. Tickets for the show and buffet supper are 20\$. Please private message Robert ‘Bubba’ Lacroix on Facebook if you are interested.

# CD launch



## COUNTRY CONNECTION

### JESSIE PELLETIER AULIS

It is a time of pride and celebration for Townships musician Mike Goudreau, about to release his 20th album.

There will be an official album launch and concert on Thursday, March 7, 6 p.m. at Loubards in Sherbrooke.

The multi-instrumentalist/singer/songwriter is well known and appreciated for his talent, his versatility as well as his work ethic. The album titled "Acoustic Sessions" is a collection that features the musician at his very best vocally and brings together a lot of Goudreau's inspiration.

"I wanted to do something different with this project and an acoustic themed album was something I'd been thinking about for a while," said Goudreau in a recent interview. The artist wanted to write some songs that were roots oriented with various influences from his past 30 years of being a professional musician.

During his career he has played an

eclectic mix of genres, so here you find some country, folk, gospel, Americana inspired songs and even a Manouche Jazz inspired song, really a nice collection.

"There are 14 original tracks, 10 brand new original songs and 4 revamped existing compositions. The instrumentation includes acoustic guitars, upright bass, Dobro slide guitar, banjo, harmonica, cello, drums & percussions and accordion," he said.

Goudreau always tries to write and produce songs that can serve as material for both his career as a working musician and performer, but also songs that can serve for placements in TV shows and Films.

"Licensing my music has become a major source of revenue, I've been producing music tirelessly for TV and Film since 2007. At the present time, there's a strong demand for roots music and acoustic music that is produced in a real organic way with real instruments for TV shows" he explained.

"Americana music, which is a mix of folk, blues, country music is highly sought after for many TV shows, so many of these songs fit that criteria. I've always loved those styles of music and so it was a natural thing to do" he said.

The Newport, Vt native is 100 per cent involved in all the aspects of his music. From management to producing, from recording to songwriting he does it all. He told me that he writes about stuff he knows, like relationships, friends, heartache, love, lost love, happiness, faith, family, having fun, sadness, topics



COURTESY

that everyone can relate to. Also these are the themes that are likely to get licensed for TV and Film business.

"I have one co-writer for 2 songs on

this album. David Lapp is a really fine guitarist, singer and songwriter from Lennoxville, whom I've known and

CONT'D ON PAGE 13

# 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 Third Hour		Today-Kathie Lee & Hoda		
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)											
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		W												
WMTW 8	-	WMTW News 8 at 6am		Good Morning America				Live with Kelly and Ryan				The View		
CKSH 9	108	Trullalleri	Ranger Rob	Chasseurs de	Geronimo	Les sapiens	Marika	RDI matin	Marina Orsini			Ricardo	Silence	
CKMI 11	-	Global News Morning						Morning Show	Var. Programs	Sarah's House	Eat St.	Leave-Bryan	Income Prop.	
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		Paid Program		
WUTV 60	-	Paid Program	Var. Programs	2 on Your Side Daybreak		Var. Programs	Forensic Files	Paid Program	Var. Programs	Couples Court	Couples Court	Face the Truth	Face the Truth	
CFKS 31	106 726	F	NVL	Moment V	Moment V	NVL en bref	Moment V	NVL en bref	Moment V	NVL en bref	Histoire	Infopublicité	Supergirl "Les visiteurs" (SC)	
		M	NVL week-end											
		T	NVL											
		W	NVL											
WUHF	-	Good Day Rochester		Good Day Rochester		Good Day Rochester		Judge Mathis		The Wendy Williams Show		Face the Truth	Face the Truth	
WETK	-	Classical	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	Varied Programs		The First 48	Var. Programs	The First 48		The First 48		The First 48		Varied Programs		
BRAVO	620 523	F	"Precious Things" (2017) Victoria Pratt, Christina Cox. Ⓢ				Flashpoint "Terror" Ⓢ Ⓞ		"Precious Things" (2017) Victoria Pratt, Christina Cox. Ⓢ				Flashpoint "Terror" Ⓢ Ⓞ	
		M	"The Toyman Killer" (2013, Suspense) Sarah Carter. Ⓢ						"The Toyman Killer" (2013, Suspense) Sarah Carter. Ⓢ					
		T	"Washed Away" (2017, Suspense) Emmanuelle Vaugier. Ⓢ						"Washed Away" (2017, Suspense) Emmanuelle Vaugier. Ⓢ					
		W	"Taken Back: Finding Haley" (2012, Suspense) Moira Kelly. Ⓢ						"Taken Back: Finding Haley" (2012, Suspense) Moira Kelly. Ⓢ					
		Th	"Two Wrongs" (2015) Gillian Zinser, Ryan Blakely. Ⓢ Ⓞ						"Two Wrongs" (2015) Gillian Zinser, Ryan Blakely. Ⓢ Ⓞ					
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 "Falling Fast" Ⓞ		Mayday "Afghan Nightmare"		Mayday Ⓞ		Highway Thru Hell		North Woods Law Ⓞ		North Woods Law Ⓞ	
		M												
		T			Mayday Flight's emergency landing in Anchorage.									
		W			Mayday "Explosive Proof"		Mayday Ⓞ							
HIST	522 506	Canadian Pickers		Ice Road Truckers		Yukon Gold		Ice Road Truckers		Canadian Pickers		Border	Border	
PARMT	628 584	Bar Rescue		Bar Rescue		Yellowstone		Bar Rescue		Bar Rescue		Bar Rescue		
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SHOW	616 521	Private Eyes		Continuum		Movie				Movie				
SLICE	601 562	ET Canada	Say Yes-Dress	Varied Programs										
TLC	521 560	What Not to Wear		What Not to Wear		Trading Spaces		Trading Spaces		Varied Programs				
TSN	400 400	F	SportsCentre	SportsCentre Ⓞ	SportsCentre Ⓞ		SportsCentre Ⓞ		SportsCentre Ⓞ		SportsCentre Ⓞ		SportsCentre	
		M											2019 Tim Hortons Brier Curling Pool Play: Sixth Draw. (N)	
		T											2019 Tim Hortons Brier Curling Pool Play: Ninth Draw. (N)	
		W											2019 Tim Hortons Brier Curling Pool Play: Twelfth Draw. (N)	
YOUTH	551 542	Loud House	Loud House	Loud House	Loud House	SpongeBob	SpongeBob	SpongeBob	LEGO Ninjago	Cloudy, Meat	Cloudy, Meat	Go Away Uni	SpongeBob	

# 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	Bondi Vet	Murdoch Mysteries						
CHLT	7	107	718	(:13) Le TVA régional	Movie		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 Télésjournal	Second regard Chien	Nouvelle adresse	Virginie (SC)	Virginie (SC)	Belles histoires des	Entrée principale "Les meilleurs moments" (N)	Silence				
				M Monde-parlait											
				T La facture											
				W L'épicerie											
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						
WVNY	22	-	-	Hot Bench	Hot Bench	Strahan & Sara	General Hospital	Judge Judy	Judge Judy	Judge Judy	Judge Judy				
WUTV	30	-	-	The Steve Wilkos Show	Maury	Judge Mathis	The Doctors	Steve	Family Feud	Family Feud					
CFKS	31	106	726	Guerre-clans	Movie				Les Simpson	Les Simpson	Guerre-clans				
WUHF	-	-	363	The Steve Wilkos Show	Maury	Var. Programs	Divorce Court	Hot Bench	Hot Bench	Judge Judy	Judge Judy	The People's Court			
WETK	-	-	-	Dinosaur Train	Cat in the Hat	Sesame Street	Super Why!	Pinkalicious	Let's Go Luna!	Odd Squad	Varied Programs			World News	
				F Nature "Yosemite" (N)	Underground	Ready Jet Go!	Peg & Cat	Arthur (E)	Odd Squad	Odd Squad	Let's Go Luna!	Nature Cat	Daniel Tiger	Curious	
				M Engelbert Humperdinck in Hawaii (My Music)	Les Mis										
				T Rick Steves' European Travel Tips and Tricks	Aging										
				W Deepak Chopra: The Spiritual Laws of Success (N)			Peg & Cat								
				Th Retire Safe & Secure With Ed Slott (N)											
A&E	615	520		Varied Programs											
BRAVO	620	523		Movie			Flashpoint		Varied Programs						
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 (N)	CSI: New York "Cold Reveal"	Highway Thru Hell	MythBusters: The Search	CSI: New York (N)	CSI: New York "Cold Reveal"						
				M											
				T											
				W											
				Th											
DISC	520	505													
				F Canadian Pickers (N)	American Pickers (N)	Pawn Stars (N)	Pawn Stars (N)	Forged in Fire "The Navaja"	Oak Island: Digging Deeper	Counting Cars	Counting Cars				
				M				Forged in Fire: Cutting Deeper	Swamp People (N)	Restoration	Restoration				
				T											
				W											
				Th											
HIST	522	506													
PARMT	628	584		Bar Rescue	Bar Rescue	Varied Programs									
RDI	126	730		Télésjournal	Les ex	L'info		(3:59) Mordus de politique	En direct avec Patrice Roy						
				F Private Eyes "The Frame Job"	Continuum "Lost Hours" (N)	Bull "Reckless" (DVS)	NCIS "Dead Air" (N)	NCIS "Cracked" (N)	Bull "Reckless" (DVS)						
				M											
				T											
				W											
				Th											
SHOW	616	521													
SLICE	601	562		Varied Programs	Say Yes-Dress	Say Yes-Dress	Varied Programs								
TLC	521	560		Varied Programs		My 600-Lb. Life	Varied Programs	Say Yes	Say Yes	Say Yes	Say Yes				
TSN	400	400		Brier Curling	Varied Programs		Outside Lines	2019 Tim Hortons Brier Curling	Varied Programs						
YOUTH	551	542		SpongeBob	Loud House	Loud House	Go Away Uni	Double Dare	Henry Danger	SpongeBob	SpongeBob	SpongeBob	Loud House	Loud House	Nicky, Ricky

## FRIDAY EVENING

MARCH 1, 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 Murdoc forces Mac to help him. (N)	Hawaii Five-0 McGarrett's CIA agent friend is killed. (N)	Blue Bloods "Mind Games" Anthony defies Erin's orders.	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 "The Blind Auditions Season Premiere" The coaches seek America's best voice. (N) (Part 1 of 2)	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	Schitt's Creek (N)	Coronation Street (N)	marketplace (N)	The Stats of Life (N)	CBC Docs POV Germany's love of the Indigenous. (N)	The National (N)	CBC Montreal News (N)	Coronation Street (N)		
CHLT	7	107	718	(5:58) TVA nouvelles (N)	Le tricheur (N) (SC)	Ca finit bien la semaine Sam Breton réalise un fantasme.	Du talent à revendre (N) (SC)	La liste noire Tom a disparu et Liz doit le trouver. (SC)	TVA nouvelles (N)	(:35) Denis Lévesque (N) (SC)	(:35) *** "Secret d'État" (2014) Jeremy Renner. (SC)				
WMTW	8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N)	Jeopardy! (N)	Fresh Off the Boat (N)	Speechless (N)	20/20 (N)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live Ben Affleck; Dane Cook. (N)			
CKSH	9	108	-	(5:59) Le téléjournal Estrie	Le TJ Extra ICI Estrie (N)	Au suivant Une performance originale surprend. (N) (SC)	Prière de ne pas envoyer de fleurs "Pénélope Mcquade"	Ouvrez les guillemets (N)	Les poilus "Paul Houde"	Le téléjournal (N) (SC)	(:06) "La cuisine de Stella" (2009, Drame) Don McKellar, Seema Biswas. (SC)				
CKMI	11	-	-	Global National (N)	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	MacGyver Murdoc forces Mac to help him. (N)	Hawaii Five-0 McGarrett's CIA agent friend is killed. (N)	Chicago Med A patient almost freezes to death. (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)	The Big Bang Theory (N)	The Goldbergs (N)	The Big Bang Theory (N)	American Housewife (N)	The Kids Are Alright (N)	Blue Bloods "Mind Games" Anthony defies Erin's orders.	News-Lisa	CTV News Montreal	The Big Bang Theory (N)	
WVNY	22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Hidden History: Black	Fresh Off the Boat (N)	Speechless (N)	20/20 (N)	Local 22 News (N)	(:35) Jimmy Kimmel Live Ben Affleck; Dane Cook. (N)			
WUTV	30	-	-	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's church recruits the team. (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	Huissiers (N)	Les effaceurs (N)	Haute sécurité	Code 111	Gotham Butch dirige Penguin vers l'entrepôt. (N) (SC)	Souper parfait	NVL (N)	Infopublicité
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's church recruits the team. (N)	13WHAM News at 10 on Fox Rochester (N) (Live)	DailyMailTV (N)	The Simpsons (N)	Paid Program (N)	
WETK	-	-	-	PBS NewsHour (N)	BBC News-night	Vermont This Week (N)	Washington Week (N)	Firing-Hoover	American Masters Singer and activist Holly Near. (N)	Makers Women influence entertainment. (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)	Engelbert Humperdinck in Hawaii (My Music) Engelbert Humperdinck performs. (N)	Aging Backwards 2: Connective Tissue Revealed	Amanpour and Company (N)				
A&E	615	520		(5:00) Live PD "Live PD -- 02.23.19" (N)	(:06) Live PD: Rewind "Live PD: Rewind No. 195" (N)			Live PD "Live PD -- 03.01.19" (N) (Live)							
BRAVO	620	523		Bones Death of a renowned artist. (N)	Bones A con man misleads the team. (N)	Bones Solving a murder in midair. (N)	Bones Skeletal remains in wooded preserve. (N)	Bones A shallow grave holds conjoined twins. (N)	Bones A dismembered body is discovered. (N)	Bones (N)					
CNN	500	500		Situation Room With Wolf	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	Cuomo Prime Time (N)	Cuomo Prime Time (N)	Anderson Cooper 360 (N)	Prime Time					
DISC	520	505		Highway Thru Hell Jamie is powerless to help in a storm.	MythBusters Crushing a giant tank train car. (N)	Heavy Rescue: 401 A blizzard hits; a veteran fights.	To Be Announced	Mayday A jet veers on an unplanned trajectory.	Highway Thru Hell						
HIST	522	506		American Pickers "Queen of Fortune" (N) (DVS)	Swamp People A call for help; a secret weapon. (N)	Truck Night in America "Duck Night in America" (N)	American Pickers The guys fall for a Model-A tow truck.	American Pickers "Slam Dunk Junk" (N)	American Pickers "Queen of Fortune" (N) (DVS)	American Pickers (N)					
PARMT	628	584		Tattoo Nightmares (N)	Tattoo Nightmares (N)	Tattoo Nightmares (N)	Tattoo Nightmares (N)	Tattoo Nightmares (N)	Tattoo Nightmares (N)	Tattoo Nightmares (N)	** "Battleship" (2012, Science Fiction) Taylor Kitsch. Earth comes under attack from a superior alien force. (N)				
RDI	126	730		(5:59) Le national (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)	Les grands reportages (Part 4 of 4) (SC)	Le téléjournal avec Pascale Nadeau (N) (SC)	Le téléjournal (N) (SC)	Le national (N) (SC)	(:31) Le national (N) (SC)	(12:01) 24/60 (SC)			
SHOW	616	521		NCIS "Dead Air" The team uncovers a sinister plan. (N)	NCIS Abby becomes fixated on solving a case. (N)	Bull "Reckless" The team takes on an unwinnable case.	** "The Man From U.N.C.L.E." (2015, Action) Henry Cavill, Armie Hammer. A CIA agent and a KGB agent join forces to thwart evil. (N)	** "Point Break" (2015) Édgar Ramírez. (N)							
SLICE	601	562		Million Dollar Listing Los Angeles "Failure to Launch" (N)	Million Dollar Listing Los Angeles "Brother Dearest" (N)	Million Dollar Listing Los Angeles "Hell or High Water"	Married at First Sight One-month anniversaries reached.	** "The Judge" (2014, Drama) Robert Downey Jr., Robert Duvall. A lawyer defends his father accused of a hit-and-run death. (N)							
TLC	521	560		Say Yes to the Dress "7 People With 7 Opinions" (N)	Say Yes to the Dress "Empire State of Bride" (N)	Dr. Pimple Popper Luis has a bump on his shoulder. (N)	Dr. Pimple Popper "Every Rosacea Has Its Thorn" (N)	Dr. Pimple Popper Taylore has unsightly elf-like bumps.	Dr. Pimple Popper Chuck has a Popeye-shaped bump.	Dr. Pimple Popper (N)					
TSN	400	400		SportsCentre (N) (Live)	That's Hockey (N)	2019 Tim Hortons Brier Curling	Wildcard. From Westoba Place in Brandon, Manitoba. (N) (Live)	SportsCentre (N) (Live)	SportsCentre (N) (Live)	SportsCentre (N) (Live)					
YOUTH	551	542		Henry Danger	Cousins, Life	Knight Squad	Star Falls (N)	** "Percy Jackson: Sea of Monsters" (2013) Logan Lerman. (N)	Star Falls (N)	Just Kidding	Just Kidding	Percy J			

# Your week on TV

SATURDAY DAYTIME													MARCH 2, 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) (L)			Lucky Dog "Gunner"	Dr. Chris: Pet Vet (N)	Innovation Nation	The Inspectors	College Basketball Kansas at Oklahoma State. From Gallagher-Iba Arena in Stillwater, Okla. (N)			College Basketball Kentucky at Tennessee. (N) (L)				
WPTZ	5	-	-	(7:00) Today (N) (L)	Teen Kids News (N)	Hanna Into the Wild	The Voyager	Earth Odyssey	Consumer 101 (N)	Naturally, Danny Seo	Vets Saving Pets	Champ Within	Gymnastics American Cup. (N) (L)			PGA Golf		
CBMT	6	206	301	The Furchester Hotel	PJ Masks (L)	True Rainbow	Addison (L)	What He Ate	(:36) Beat Bugs (L)	(:15) Book-ahoo (L)	(:28) Stella and Sam	Our Montreal (N) (L)		Alpine Skiing		Cross-Country	Snowboarding	
CHLT	7	107	718	(6:00) Salut bonjour week-end (N) (SC)				Bien (N) (SC)	Deux filles le matin Jean-Marc Généreux.		Propulsion (N) (SC)	TVA nouvelles (N)	Chacun sa route (N)	Infopublicité (SC)	Les looney tunes (L)	** "Rapides et dangereux 4" (2009, Action) Vin Diesel, Paul Walker. (DVS) (SC)		
WMTW	8	-	-	Good Morning America (N) (L)	Jack Hanna	Ocean Treks	Rescue Heroes (N)	The Great Dr. Scott	Rock the Park	Vacation Creation	AAA Benefits	Try Yoga	NFL Live (N) (L)			World of X Games (N)		
CKSH	9	108	-	Nils Holgersson	Hôtel Transyl	Les sapi-ens	Les sapi-ens	Science ou magie	(:41) Edgar et Ellen (L)	Podium (N)	Finale des Jeux	Téléjournal	La facture (SC)	Enquête (SC)		Au suivant (SC)	Inspecteur Barnaby (L) (SC)	
CKMI	11	-	-	Fish'n Canada	Real Fishing	Adv'ture North	Fishful Thinking	Fish TV (L)	Paid Program	Powerboat Television	Driving Television	Food Truck Face Off	Airport: Below Zero "Northern Lates"		See No Evil "Billings Murders"	*** "Spider-Man 2" (2004) Tobey Maguire.		
CFCF	12	205	312	Mom and Dad	Mom and Dad	Operation Smile (L)		One World Kitchen	Flour Power	Written Canada	Cash Cab (L)	SportsCentre (N) (L)	Moneytalk (N) (L)	Where To I Do? (L)	** "The Words" (2012, Drama) Bradley Cooper, Jeremy Irons. Premiere. (L)			
WVNY	22	-	-	Good Morning America (N) (L)	Jack Hanna	Ocean Treks	Rescue Heroes (N)	The Great Dr. Scott	Rock the Park (N)	Vacation Creation	Paid Program	AAA Benefits	NFL Live (N) (L)			World of X Games (N)		
WUTV	30	-	-	Paid Program	More Hair	Erie Extreme	Try Yoga	Cooking Emeril	Paid Program	Airbrushed Beauty	Hoops Tip-Off	College Basketball Michigan State at Indiana. (N) (L)			College Basketball Butler at Villanova. From Wells Fargo Center in Philadelphia. (N) (L)			
CFKS	31	106	726	Laurie juste	NVL week-end (N)	Mémoire sous enquête (L) (SC)		RPM	RPM Plus			Infopublicité	La guerre des clans	Taxi payant	Taxi payant	*** "Maitresse America" (2015, Comédie) Greta Gerwig, Lola Kirke, Matthew Shear.		
WUHF	-	-	363	Xploration Space	Awesome Planet	Weird but True	Xploration DIY Sci	Cooking Emeril	Paid Program	Airbrushed Beauty	Hoops Tip-Off	College Basketball Michigan State at Indiana. (N) (L)			College Basketball Butler at Villanova. From Wells Fargo Center in Philadelphia. (N) (L)			
WETK	-	-	-	Power of Radical Kindness With Angela	Outdoor Journal	MotorWeek (N)	Lidia's Kitchen (L)	Simply Ming (L)	Kimball's Milk Street	Martha Bakes (L)	Test Kitchen	Cook's Country	Woodwright	This Old House (L)	Ask This Old House	Antiques Roadshow (L) (Part 2 of 3)	Brain Secrets	
WCFE	-	-	-	Wild Kratts	Wild Kratts "Fireflies"	Odd Squad	Odd Squad	Memory Rescue With Daniel Amen, MD Ways to strengthen one's memory. (L) (L)			America's Home Cooking: Stuffed Stuffed foods and how to prepare them. (L) (L)			Rick Steves' European Travel Tips Intern. Tattoo				
A&E	615	520	-	Flipping Vegas "Day Care House" (L) (L)	Flipping Vegas (L) (L)	Vacation Rental	You Can't Turn That	Zombie House Flipping (L) (L)	60 Days In "Pick a Side" (L) (L)			60 Days In "Loose Lips Sink Ships" (L) (L)			Live PD "Live PD -- 02.11.17" Riding along with law enforcement. (L) (L)			
BRAVO	620	523	-	Bones "The He in the She" (L) (L)	Bones Death of a renowned artist. (L) (L)	Bones A con man misleads the team. (L) (L)	Bones Solving a murder in midair. (L) (L)	Bones Skeletal remains in wooded preserve. (L) (L)	Bones A shallow grave holds conjoined twins. (L) (L)	Blue Bloods "Good Cop, Bad Cop" (L) (L)			Blue Bloods A woman asks Frank for a favor. (L) (L)			Blue Bloods "Good Cop, Bad Cop" (L) (L)		
CNN	500	500	-	New Day Weekend	Smerconish (N) (L)	CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		
DISC	520	505	-	Heavy Rescue: 401 (DVS)	Tanked "Betty White's Got an App for That"	North Woods Law "Dirty Habits" (L) (L)		North Woods Law "Catcher in the Wild" (L) (L)		Homestead Rescue "Drowning" (L) (L)		Mayday "Deadly Silence" (DVS)		To Be Announced				
HIST	522	506	-	Border Security (L)	Border Security (L)	Border Security (L)	Border Security (L)	Canadian Pickers (L) (DVS)	Canadian Pickers "Behind the 8 Ball" (L) (L)	American Pickers "The Mother Load" (L) (L)	American Pickers "Slam Dunk Junk" (L) (L)	American Restoration "Truck Edition" (L) (L)		American Restoration (L) (L)				
PARMT	628	584	-	Bar Rescue "The Lost Episode" (L) (L)	Bar Rescue "Mississippi Rears" (L) (L)	Bar Rescue "The Abbey Pub is on its last legs." (L) (L)	Bar Rescue "Broke Black Sheep" (L) (L)	Bar Rescue "Fish Out of Blue Water" (L) (L)	Bar Rescue "Jon of the Dead" (L) (L)	Bar Rescue "Taffer visits a bar in a roller rink." (L) (L)	Bar Rescue "Phishing for Answers" (L) (L)							
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	Téléjournal	Le national	L'info (N) (SC)	L'info (SC)	L'info (N) (SC)	L'info (SC)
SHOW	616	521	-	(7:00) "Dear Mr. Gacy" (2010, Drama) (L) (L)	Border Security (L)	*** "Lucy" (2014, Action) Scarlett Johansson, Morgan Freeman, Choi Min-sik. (L) (L)			** "The Man From U.N.C.L.E." (2015) Henry Cavill. A CIA agent and a KGB agent join forces to thwart evil. (L) (L)			** "Point Break" (2015, Action) Édgar Ramirez, Luke Bracey, Ray Winstone. (L) (L)						
SLICE	601	562	-	PiYo Workout! (L) (L)	Paid Program (L)	Try Yoga! (L) (L)	Married at First Sight (L) (L)	Mom (L) (L)	* "New Year's Eve" (2011) Halle Berry, Jessica Biel. New Yorkers' lives intertwine on New Year's Eve. (L) (L)			* "Leap Year" (2010) Amy Adams. A woman travels to Ireland to propose to her boyfriend. (L) (L)						
TLC	521	560	-	Four Weddings (L) (L)	Four Weddings (L) (L)	Four Weddings (L) (L)	Four Weddings (L) (L)	Four Weddings (L) (L)	Four Weddings (L) (L)	Four Weddings (L) (L)	Four Weddings (L) (L)	Four Weddings (L) (L)	Four Weddings (L) (L)	Four Weddings (L) (L)	Say Yes to the Dress "Surprise, Surprise!" (L) (L)	Say Yes to the Dress	Say Yes to the Dress	
TSN	400	400	-	SportsCentre (L)	SportsCentre	Pregame	Premier League Soccer AFC Bournemouth vs Manchester City FC. (N) (L) (L)	MLS Pre-Game (N) (L) (L)	MLS Soccer Toronto FC at Philadelphia Union. From Talen Energy Stadium in Chester, Pa. (N) (L) (L)	2019 Tim Hortons Brier Curling								
YOUTH	551	542	-	Go Away	Loud	Loud	Sponge.	Sponge.	Turtles	Loud	*** "Dr. Seuss' Horton Hears a Who!" (L) (L)			Sponge.	Sponge.	Sponge.	Loud	

SATURDAY EVENING													MARCH 2, 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	-	-	College Basketball Miami at Duke. From Cameron Indoor Stadium in Durham, N.C. (N)			Channel 3 News	Weekend News	Entertainment Tonight (N) (L)	Ransom "Indiscretion" (N) (L)	NCIS: Los Angeles A Marine is murdered. (N) (L)	48 Hours (N) (L)		Channel 3 News	Friends (L)	NCIS: N.O.		
WPTZ	5	-	-	(3:00) PGA Tour Golf The Honda Classic, Third Round. (N) (L)			NBC5 News at 6	Nightly News	Jeopardy!	Wheel of Fortune	Dateline NBC (L)	Dateline NBC (L)	Saturday Night Live (N) (L)	NBC5 News	(:29) Saturday Night Live (N) (L)			
CBMT	6	206	301	Speed Skating		IBSF Bobsleigh and Skeleton	Montreal News	Hockey Central	NHL Hockey Buffalo Sabres at Toronto Maple Leafs. From Scotiabank Arena in Toronto. (N) (L)	NHL Hockey Minnesota Wild at Calgary Flames. From Scotiabank Saddledome in Calgary, Alberta, Canada. (N)								
CHLT	7	107	718	* "C'est la guerre" (2012, Action) Reese Witherspoon, Chris Pine. (DVS) (SC)			TVA nouvelles (N)	** "San Andreas" (2015, Action) Dwayne Johnson. Un pilote d'hélicoptère doit trouver sa fille unique. (SC)			(8:46) ** "Dans la tempête" (2014) Richard Armitage. (SC)	(:31) TVA nouvelles	(:01) *** "Les enragés" (1992) Harvey Keitel. Premiere. (SC)					
WMTW	8	-	-	Paid Program	Paid Program	Foot Pain	Larry King Sp.	WMTW News 8 at	World News	Paid Program	Jeopardy!	NBA	NBA Basketball Golden State Warriors at Philadelphia 76ers. From Wells Fargo Center in Philadelphia. (N)			WMTW News 8	Rizzoli & Isles "Murder-juana" (L) (L)	
CKSH	9	108	-	(3:00) Inspector Barnaby (DVS) (SC)	La semaine verte (N) (SC)	Téléjournal Estrie	La petite vie (SC)	En direct de l'univers (N) (SC)	Deuxième chance (N) (SC)	Notre vie "Sans répit" (L) (DVS) (SC)	Le télé-journal	Doc humanité L'école secondaire publique.	Dre Grey, leçons d'anatomie (L) (L)					
CKMI	11	-	-	(3:00) *** "Spider-Man 2" (2004) Tobey Maguire. (L) (L)	Focus Montreal	Global News at 6	Global National	Border Security	Border Security	Ransom "Indiscretion" (N) (L)	My Kills People "Raised By Wolves" (L) (L)	Remedy Griffin reconnects with Hugh. (L) (L)	Global News	(:29) Saturday Night Live (N) (L)				
CFCF	12	205	312	** "The Words" (N) (L)	The Social (N) (L)	Seinfeld (L)	Big Bang Theory	CTV News Montreal (N) (L)	W5 A discussion on athletes: ISIS wives. (L) (L)	The Launch A group of artists audition. (L) (L)	Carter (L) (DVS)	Cardinal Cardinal finds some evidence. (L) (L)	News-Rinaldo	CTV News Montreal	(12:05) Pop Life			
WVNY	22	-	-	Paid Program	Paid Program	Paid Program	Paid Program	World News	Local 22 News (N)	Extra (N) (L)	NBA	NBA Basketball Golden State Warriors at Philadelphia 76ers. From Wells Fargo Center in Philadelphia. (N)			Local 22 News	Extra (L) (L)		
WUTV	30	-	-	College Hoops	Women's Soccer 2019 SheBelieves Cup -- United States vs England. From Nissan Stadium in Nashville, Tenn. (N)	Two and Half Men	Paid Program	9-1-1 "Awful People" (L) (DVS)	Proven Innocent "The Burden of Truth" (L) (L)	2 on Your Side at 10	Paid Program	Gordon Ramsay's 24 Hours to Hell	Paid Program					
CFKS	31	106	726	*** "Wild" (2014) Reese Witherspoon, Laura Dern. Cheryl Strayed se lance dans un périple en solitaire.			** "Les tortues ninja: la sortie de l'ombre" (2016, Action) Megan Fox, Will Arnett, Laura Linney. Premiere.			** "Ronin" (1998) Robert De Niro, Jean Reno. Des mercenaires doivent récupérer une valise mystérieuse.			NVL week-end	Infopublicité				
WUHF	-	-	363	College Hoops	Women's Soccer 2019 SheBelieves Cup -- United States vs England. From Nissan Stadium in Nashville, Tenn. (N)	Big Bang Theory	Big Bang Theory	9-1-1 "Awful People" (L) (DVS)	Proven Innocent "The Burden of Truth" (L) (L)	WHAM News	Engagement	Gordon Ramsay's 24 Hours to Hell	ROH Wrestling					
WETK	-	-	-	(3:30) Brain Secrets With Dr. Michael Merzenich (L) (L)	NewsHour Wk	Father Brown "The Angel of Mercy" (L) (L)	As Time Goes By	Keep-Appeal	Rev. "El Upstart Rival" (L) (L)	Upstart Crow (L)	Doc Martin The annual rowing race. (L) (L)	Austin City Limits Modern rock. (L) (L)	Underground					
WCFE	-	-	-	(3:30) Royal Nova Scotia International Tattoo 2018 (L) (L)	Aging Backwards 2: Connective Tissue	Pavlo Live in Kastoria Pavlo performs old and new music. (L) (L)	Great Performances Tribute to producer David Foster. (L) (L)			Josh Groban BRIDGES: In Concert From Madison			Royal Nova Scotia Intern. Tattoo					
A&E	615	520	-	(2:00) Live PD "Live PD -- 02.11.17" (L) (L)	Live PD "Live PD -- 02.22.19" (L) (L)													
BRAVO	620	523	-	Blue Bloods "The Price of Justice" (L) (L)	The Closer A shooting leaves one dead. (L) (L)	The Closer A woman is stabbed to death. (L) (L)	The Closer "The Life" (L) (L)	Whiskey Cavalier "Pilot" (L) (L)	Law & Order: Special Victims Unit (L) (L)	The Rookie "Plain Clothes Day" (L) (L)	Magnum P.I. "Murder Is Never Quiet" (L) (L)	The Closer (L) (L)						
CNN	500	500	-	CNN Newsroom	CNN Newsroom	S. E. Cupp Unfiltered	The Axe Files	CNN Newsroom	The 2000s "The Platinum Age of Television"	The 2000s (L) (L)	The 2000s							
DISC	520	505	-	Heavy Rescue: 401 (DVS)	Mayday "Steep Impact" (L) (DVS)	Alaskan Bush People	Alaskan Bush People: Bushcraft	Alaskan Bush People: Bushcraft	Alaskan Bush People: "Back to the Bush"	Alaskan Bush People "Breaking Ground"	Alaskan Bush People "Head Above Water"	Alaskan Bush						
HIST	522	506	-	Restoration	Restoration	Restoration	Restoration	Restoration	American Restoration "Truck Edition" (L) (L)	The Rise and Fall of Pablo Escobar The hunt for Pablo Escobar. (L) (L)	American Restoration (L) (L)	Pablo Escobar						
PARMT	628	584	-	Bar Rescue "Bromancing the Stone" (L) (L)	Bar Rescue "Bare Rescue" (L) (L)	Bar Rescue (L) (L)	Bar Rescue A Cape Canaveral area bar. (L) (L)	Bar Rescue "The Lost Episode" (L) (L)	Bar Rescue "Mississippi Rears" (L) (L)	Bar Rescue "Shabby Abbey" (L) (L)	Bar Rescue "Broke Black Sheep" (L) (L)	Bar Rescue (L) (L)						
RDI	126	730	-	L'info (N) (SC)	Journal France 2	Le télé-journal	L'épicerie (SC)	Le télé-journal	Le télé-journal	Le national (:31) Le national	(:01) Enquête (SC)	Le télé-journal	Second regard	Le télé-journal	Le national (N)	(:01) Les grands reportages (SC)	Le télé-journal	
SHOW	616	521	-	"Point Break" (L) (L)	*** "Lucy" (2014, Action) Scarlett Johansson, Morgan Freeman, Choi Min-sik. (L) (L)			** "The Man From U.N.C.L.E." (2015) Henry Cavill. A CIA agent and a KGB agent join forces to thwart evil. (L) (L)			** "The Accountant" (2016) Ben Affleck, Anna Kendrick. An agent tracks an accountant who works for criminals. (L) (L)			*** "Lucy" (L) (L)				
SLICE	601	562	-	** "It's Complicated" (2009) Meryl Streep. A divorcee is caught between her ex and an architect. (L) (L)			** "New Year's Eve" (2011) Halle Berry. New Yorkers' lives intertwine on New Year's Eve. (L) (L)			* "Leap Year" (2010, Romance-Comedy) Amy Adams, Matthew Goode. (L) (L)			** "It's Complicated" (2009) Meryl Streep. (L) (L)					
TLC	521	560	-	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes to the Dress (L) (L)	Say Yes to the Dress "Bionic Bride" Rebekah has a prosthetic arm. (N) (L) (L)	(:03) Say Yes to the Dress (L) (L)	(:03) Say Yes to the Dress (L) (L)	(:03) Say Yes to the Dress (L) (L)	Say Yes, Dress			
TSN	400	400	-	(3:00) 2019 Tim Hortons Brier Curling Pool Play: First Draw. (N) (L) (L)	MLS Soccer Minnesota United FC at Vancouver Whitecaps FC. (N) (L) (L)	2019 Tim Hortons Brier Curling Pool Play: Second Draw. From Westoba Place in Brandon, Manitoba. (N) (L) (L)												
YOUTH	551	542	-	Loud	Loud	Lip Sync	Lip Sync	** "Monsters vs. Aliens" (2009) (L) (L)	** "Night at the Museum: Battle of the Smithsonian" (L) (L)	ReBoot	Assembly	Assembly	Monsters					

# Your week on TV

## SUNDAY DAYTIME

MARCH 3, 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)	Channel 3 News Sunday Morning (N)	CBS News Sunday Morning (N)	CBS News Sunday Morning (N)	Face the Nation (N)	Face the Nation (N)	Tails of Valor	MyPillow Topper	Training Camp	College Basketball	College Basketball Notre Dame at Louisville. From the KFC Yum! Center in Louisville, Ky. (N)	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	
WPTZ	5	-	Sunday Today With Willie Geist (N)	Meet the Press (N)	Soledad O'Brien	On the Money (N)	Rizzoli & Isles "Scared to Death" (N)	NHL Live (N)	NHL Hockey Washington Capitals at New York Rangers. From Madison Square Garden in New York. (N)	NHL Hockey	Washington Capitals at New York Rangers. From Madison Square Garden in New York. (N)	Washington Capitals at New York Rangers. From Madison Square Garden in New York. (N)	Washington Capitals at New York Rangers. From Madison Square Garden in New York. (N)	Washington Capitals at New York Rangers. From Madison Square Garden in New York. (N)	Washington Capitals at New York Rangers. From Madison Square Garden in New York. (N)	Washington Capitals at New York Rangers. From Madison Square Garden in New York. (N)	Washington Capitals at New York Rangers. From Madison Square Garden in New York. (N)	Washington Capitals at New York Rangers. From Madison Square Garden in New York. (N)	
CBMT	6	206 301	Coronation Street (N)	Coronation Street (N)	Coronation Street (N)	Coronation Street (N)	Coronation Street (N)	Coronation Street (N)	Weekly-Wendy	Maamuitau (N)	Our Montreal	Speed Skating	Speed Skating	Speed Skating	Cross-Country	Cross-Country	Cross-Country	IBSF Bobsleigh and Skeleton	
CHLT	7	107 718	(6:00) Salut bonjour week-end (N) (SC)	(6:00) Salut bonjour week-end (N) (SC)	(6:00) Salut bonjour week-end (N) (SC)	(6:00) Salut bonjour week-end (N) (SC)	(6:00) Salut bonjour week-end (N) (SC)	(6:00) Salut bonjour week-end (N) (SC)	(6:00) Salut bonjour week-end (N) (SC)	(6:00) Salut bonjour week-end (N) (SC)	(6:00) Salut bonjour week-end (N) (SC)	(6:00) Salut bonjour week-end (N) (SC)	(6:00) Salut bonjour week-end (N) (SC)	(6:00) Salut bonjour week-end (N) (SC)	(6:00) Salut bonjour week-end (N) (SC)	(6:00) Salut bonjour week-end (N) (SC)	(6:00) Salut bonjour week-end (N) (SC)	(6:00) Salut bonjour week-end (N) (SC)	(6:00) Salut bonjour week-end (N) (SC)
WMTW	8	-	Good Morning America (N)	This Week W/ George Stephanopoulos	Soledad O'Brien	Teen Kids News (N)	Made in Hollywood	Wild About Animals	Paid Program	PiYo Workout!	AAA Benefits	PiYo Workout!	Organic Tummy Tuck	NBA	NBA Basketball	NBA	NBA Basketball	NBA	
CKSH	9	108	Organisation Geronimo Stilton	Mysticons (N) (SC)	(:29) Onival Luna!	(9:59) Le jour du Seigneur (N) (SC)	Les coulisses du pouvoir (N) (SC)	Téléjournal	La semaine verte (SC)	Second regard (N)	100 pour 100 local (N) (SC)	*** "Monstres, Inc." (2001) (DVS) (SC)	*** "Monstres, Inc." (2001) (DVS) (SC)	*** "Monstres, Inc." (2001) (DVS) (SC)	*** "Monstres, Inc." (2001) (DVS) (SC)	*** "Monstres, Inc." (2001) (DVS) (SC)	*** "Monstres, Inc." (2001) (DVS) (SC)	*** "Monstres, Inc." (2001) (DVS) (SC)	
CKMI	11	-	Fishful Thinking	Treasures Decoded "Great Pyramid"	Context: Beyond	Joel Osteen (N)	Paid Program	The West Block (N)	Focus Montreal	Entertainment Tonight (N)	Hockey Wives "Between the Pipes"	Decked Out	Decked Out	Ice Road Truckers "Trail Blazers" (N)	Ice Road Truckers "Trail Blazers" (N)	Ice Road Truckers "Trail Blazers" (N)	Ice Road Truckers "Trail Blazers" (N)	Ice Road Truckers "Trail Blazers" (N)	
CFCF	12	205 312	Children's Villages	The Social (N)	Operation Smile (N)	Context: Beyond	Church of the Rock	Question Period (N)	SportsCentre (N)	Bonacini's Italy (N)	One World Kitchen (N)	*** "Marvel's the Avengers" (2012, Action) Robert Downey Jr., Chris Evans. (N) (DVS)	*** "Marvel's the Avengers" (2012, Action) Robert Downey Jr., Chris Evans. (N) (DVS)	*** "Marvel's the Avengers" (2012, Action) Robert Downey Jr., Chris Evans. (N) (DVS)	*** "Marvel's the Avengers" (2012, Action) Robert Downey Jr., Chris Evans. (N) (DVS)	*** "Marvel's the Avengers" (2012, Action) Robert Downey Jr., Chris Evans. (N) (DVS)	*** "Marvel's the Avengers" (2012, Action) Robert Downey Jr., Chris Evans. (N) (DVS)	*** "Marvel's the Avengers" (2012, Action) Robert Downey Jr., Chris Evans. (N) (DVS)	
WVNY	22	-	Good Morning America (N)	This Week W/ George Stephanopoulos	What Matters	The Key of David	AAA Benefits	Slim Cycle	Paid Program	AAA Benefits	Airfryer Oven	Paid Program	Paid Program	American Idol	NBA	NBA Basketball	NBA	NBA Basketball	
WUTV	60	-	The Ernest Angley Hour	FOX News Sunday With Chris Wallace (N)	Sharyl Attkisson	The Key of David	More Hair	More Hair	Ring of Honor Wrestling (N)	Raceline	PBC Fight Camp (N)	PBC Countdown (N)	PBC Countdown (N)	NASCAR RaceDay	NASCAR RaceDay	NASCAR RaceDay	NASCAR RaceDay	NASCAR RaceDay	
CFKS	61	106 726	Il est écrit	NVL week-end (N)	Mémoire sous enquête "Tuer n'est pas jouer"	RPM (N)	RPM Plus (N)	Zone VL	Infopublicité	Rire et délire	*** "Max et les maximonstres" (2009, Enfants) Catherine Keener, Max Records.	*** "Max et les maximonstres" (2009, Enfants) Catherine Keener, Max Records.	*** "Max et les maximonstres" (2009, Enfants) Catherine Keener, Max Records.	*** "Max et les maximonstres" (2009, Enfants) Catherine Keener, Max Records.	*** "Max et les maximonstres" (2009, Enfants) Catherine Keener, Max Records.	*** "Max et les maximonstres" (2009, Enfants) Catherine Keener, Max Records.	*** "Max et les maximonstres" (2009, Enfants) Catherine Keener, Max Records.	*** "Max et les maximonstres" (2009, Enfants) Catherine Keener, Max Records.	
WUHF	-	363	Wild America	Pathway to Victory	FOX News Sunday With Chris Wallace (N)	Sharyl Attkisson	Rochester Press Box	Car Repair Secret! (N)	Ring of Honor Wrestling (N)	Modern Family (N)	PBC Fight Camp (N)	PBC Countdown (N)	PBC Countdown (N)	NASCAR RaceDay	NASCAR RaceDay	NASCAR RaceDay	NASCAR RaceDay	NASCAR RaceDay	
WETK	-	-	Pinkalicious	Curious George	Let's Go Luna!	Nature Cat (N)	Ready Jet Go! (N) (EI)	Wild Kratts	Firing-Hoover	Vermont This Week	Mastpiece (N)	Secrets of the Six Wives (N)	If Stone Could Speak	Yellowstone Symphony (N)	Yellowstone Symphony (N)	Yellowstone Symphony (N)	Yellowstone Symphony (N)	Yellowstone Symphony (N)	
WCFE	-	-	Wild Kratts	Wild Kratts	Washing-ton Week	Scully: World	Mountain Lake	Deepak Chopra: The Spiritual Laws of Success	Gutbliss With Dr. Robynne Chutkan	Brain Secrets With Dr. Michael Merzenich Maintaining cognitive fitness. (N)	Brain Secrets With Dr. Michael Merzenich Maintaining cognitive fitness. (N)	Brain Secrets With Dr. Michael Merzenich Maintaining cognitive fitness. (N)	Brain Secrets With Dr. Michael Merzenich Maintaining cognitive fitness. (N)	Brain Secrets With Dr. Michael Merzenich Maintaining cognitive fitness. (N)	Brain Secrets With Dr. Michael Merzenich Maintaining cognitive fitness. (N)	Brain Secrets With Dr. Michael Merzenich Maintaining cognitive fitness. (N)	Brain Secrets With Dr. Michael Merzenich Maintaining cognitive fitness. (N)	Brain Secrets With Dr. Michael Merzenich Maintaining cognitive fitness. (N)	
A&E	615	520	Hoarders (N)	Hoarders "Jim; Susan" (N)	Hoarders "Andrew; Lydia" (N)	Hoarders "Judy; Jerry" (N)	Hoarders "Doug & Ruth" (N)	*** "The Expendables" (2010, Action) Sylvester Stallone, Jason Statham, Jet Li. (N)	Biography: The Trump Dynasty (N)	Biography: The Trump Dynasty (N)	Biography: The Trump Dynasty (N)	Biography: The Trump Dynasty (N)	Biography: The Trump Dynasty (N)	Biography: The Trump Dynasty (N)	Biography: The Trump Dynasty (N)	Biography: The Trump Dynasty (N)	Biography: The Trump Dynasty (N)	Biography: The Trump Dynasty (N)	
BRAVO	620	523	Blue Bloods "The Price of Justice" (N)	Magnum P.I. "Murder Is Never Quiet" (N)	The Rookie "Plain Clothes Day" (N)	Law & Order: Special Victims Unit (N)	Whiskey Cavalier "Pilot" (N)	The Closer A woman is stabbed to death. (N)	The Closer A woman is stabbed to death. (N)	The Closer A woman is stabbed to death. (N)	The Closer A woman is stabbed to death. (N)	The Closer A woman is stabbed to death. (N)	The Closer A woman is stabbed to death. (N)	The Closer A woman is stabbed to death. (N)	The Closer A woman is stabbed to death. (N)	The Closer A woman is stabbed to death. (N)	The Closer A woman is stabbed to death. (N)	The Closer A woman is stabbed to death. (N)	
CNN	500	500	Inside Politics (N)	State/Union	Fareed Zakaria GPS	Reliable Source	State/Union	Fareed Zakaria GPS	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	
DISC	520	505	Insane Pools: Off the Deep End (N)	Tanked "Tank This" (N)	North Woods Law (N)	North Woods Law "Caught in a Lie" (N)	Scaled Team builds an enclosure for a skink.	Cold Water Cowboys "Guts and Glory" (N)	Highway Thru Hell "A MythBusters If a dead boy is bullet-proof. (N)	MythBusters If a dead boy is bullet-proof. (N)	MythBusters If a dead boy is bullet-proof. (N)	MythBusters If a dead boy is bullet-proof. (N)	MythBusters If a dead boy is bullet-proof. (N)	MythBusters If a dead boy is bullet-proof. (N)	MythBusters If a dead boy is bullet-proof. (N)	MythBusters If a dead boy is bullet-proof. (N)	MythBusters If a dead boy is bullet-proof. (N)	MythBusters If a dead boy is bullet-proof. (N)	
HIST	522	506	Rust Valley Restorers "Going Into Battle" (N)	American Pickers A rare pair of trucks. (N)	American Pickers (N)	Rust Valley Restorers "Going Into Battle" (N)	Counting Cars	Counting Cars	Forged in Fire "Washington's Colichemarde" (N)	Forged in Fire "The Two-Handed Sword" (N)	Pawn Stars (N)	Pawn Stars (N)	Pawn Stars (N)	Pawn Stars (N)	Pawn Stars (N)	Pawn Stars (N)	Pawn Stars (N)	Pawn Stars (N)	
PARMT	628	584	Bar Rescue (N)	Bar Rescue (N)	Bar Rescue "Bar Over Troubled Water" (N)	Bar Rescue "Paradise Lost" (N)	Bar Rescue "How to Train the Dragon" (N)	Bar Rescue "Mother Doesn't Know Best" (N)	Bar Rescue (N)	Bar Rescue (N)	Bar Rescue (N)	Bar Rescue (N)	Bar Rescue (N)	Bar Rescue (N)	Bar Rescue (N)	Bar Rescue (N)	Bar Rescue (N)	Bar Rescue (N)	
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 (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)	
SHOW	616	521	"Obsessed on Campus" (2014, Suspense) Daveigh Chase, Rick Roberts. (N)	NCIS: Los Angeles "Queen Pin" (N)	*** "The Accountant" (2016, Suspense) Ben Affleck, Anna Kendrick. An agent tracks an accountant who works for criminals. (N)	*** "Mission: Impossible Rogue Nation" (2015) Tom Cruise, Jeremy Renner. (N)	*** "Mission: Impossible Rogue Nation" (2015) Tom Cruise, Jeremy Renner. (N)	*** "Mission: Impossible Rogue Nation" (2015) Tom Cruise, Jeremy Renner. (N)	*** "Mission: Impossible Rogue Nation" (2015) Tom Cruise, Jeremy Renner. (N)	*** "Mission: Impossible Rogue Nation" (2015) Tom Cruise, Jeremy Renner. (N)	*** "Mission: Impossible Rogue Nation" (2015) Tom Cruise, Jeremy Renner. (N)	*** "Mission: Impossible Rogue Nation" (2015) Tom Cruise, Jeremy Renner. (N)	*** "Mission: Impossible Rogue Nation" (2015) Tom Cruise, Jeremy Renner. (N)	*** "Mission: Impossible Rogue Nation" (2015) Tom Cruise, Jeremy Renner. (N)	*** "Mission: Impossible Rogue Nation" (2015) Tom Cruise, Jeremy Renner. (N)	*** "Mission: Impossible Rogue Nation" (2015) Tom Cruise, Jeremy Renner. (N)	*** "Mission: Impossible Rogue Nation" (2015) Tom Cruise, Jeremy Renner. (N)	*** "Mission: Impossible Rogue Nation" (2015) Tom Cruise, Jeremy Renner. (N)	
SLICE	601	562	Paid Program (N)	Paid Program (N)	PiYo Workout! (N)	Mom (N)	Mom (N)	*** "This Is Where I Leave You" (2014) Jason Bateman. Four world-weary siblings reunite after their father dies. (N)	*** "It's Complicated" (2009) Meryl Streep. A divorcee is caught between her ex and an architect. (N)	*** "It's Complicated" (2009) Meryl Streep. A divorcee is caught between her ex and an architect. (N)	*** "It's Complicated" (2009) Meryl Streep. A divorcee is caught between her ex and an architect. (N)	*** "It's Complicated" (2009) Meryl Streep. A divorcee is caught between her ex and an architect. (N)	*** "It's Complicated" (2009) Meryl Streep. A divorcee is caught between her ex and an architect. (N)	*** "It's Complicated" (2009) Meryl Streep. A divorcee is caught between her ex and an architect. (N)	*** "It's Complicated" (2009) Meryl Streep. A divorcee is caught between her ex and an architect. (N)	*** "It's Complicated" (2009) Meryl Streep. A divorcee is caught between her ex and an architect. (N)	*** "It's Complicated" (2009) Meryl Streep. A divorcee is caught between her ex and an architect. (N)	*** "It's Complicated" (2009) Meryl Streep. A divorcee is caught between her ex and an architect. (N)	
TLC	521	560	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	
TSN	400	400	SportsCentre (N)	SportsCentre (N)	2019 Tim Hortons Brier Curling Pool Play: Third Draw. From Westoba Place in Brandon, Manitoba. (N) (Live) (N)	2019 Tim Hortons Brier Curling Pool Play: Third Draw. From Westoba Place in Brandon, Manitoba. (N) (Live) (N)	2019 Tim Hortons Brier Curling Pool Play: Third Draw. From Westoba Place in Brandon, Manitoba. (N) (Live) (N)	2019 Tim Hortons Brier Curling Pool Play: Third Draw. From Westoba Place in Brandon, Manitoba. (N) (Live) (N)	2019 Tim Hortons Brier Curling Pool Play: Third Draw. From Westoba Place in Brandon, Manitoba. (N) (Live) (N)	2019 Tim Hortons Brier Curling Pool Play: Third Draw. From Westoba Place in Brandon, Manitoba. (N) (Live) (N)	2019 Tim Hortons Brier Curling Pool Play: Third Draw. From Westoba Place in Brandon, Manitoba. (N) (Live) (N)	2019 Tim Hortons Brier Curling Pool Play: Third Draw. From Westoba Place in Brandon, Manitoba. (N) (Live) (N)	2019 Tim Hortons Brier Curling Pool Play: Third Draw. From Westoba Place in Brandon, Manitoba. (N) (Live) (N)	2019 Tim Hortons Brier Curling Pool Play: Third Draw. From Westoba Place in Brandon, Manitoba. (N) (Live) (N)	2019 Tim Hortons Brier Curling Pool Play: Third Draw. From Westoba Place in Brandon, Manitoba. (N) (Live) (N)	2019 Tim Hortons Brier Curling Pool Play: Third Draw. From Westoba Place in Brandon, Manitoba. (N) (Live) (N)	2019 Tim Hortons Brier Curling Pool Play: Third Draw. From Westoba Place in Brandon, Manitoba. (N) (Live) (N)	2019 Tim Hortons Brier Curling Pool Play: Third Draw. From Westoba Place in Brandon, Manitoba. (N) (Live) (N)	
YOUTH	551	542	Go Away	Loud	Loud	Loud	Sponge.	Sponge.	Turtles	Hunted	*** "Monsters vs. Aliens" (2009) (N) (DVS)	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Loud	

## SUNDAY EVENING

MARCH 3, 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	-	(3:30) College Basketball Michigan at Maryland. (N) (Live) (N)	Channel 3 News	Weekend News	60 Minutes (N) (N)	God Friended Me (N)	NCIS: Los Angeles A journalist is murdered.	Madam Secretary "Between the Seats"	Channel 3 News	Outdoorsman	NCIS: N.O.	WPTZ	5	-	(3:00) PGA Tour Golf The Honda Classic, Final Round. (N) (Live) (N)	NBC5 News at 6	Nightly News	World of Dance "The Qualifiers" (N) (N)	World of Dance "The Qualifiers 2" Dancers vie for \$1 million. (N) (N)	Good Girls "I'd Rather Be Crating"	NBC5 News	Soledad O'Brien	Castle (N)									
CBMT	6	206 301	*** "Beethoven's 2nd" (1993, Children's) Charles Grodin, Bonnie Hunt. (N) (DVS)	When Calls the Heart (N)	Heartland "Running Scared" (N) (N)	The Nature of Things (N) (N)	The Fifth Estate (N)	The National (N) (N)	Montreal News	Weekly-Wendy	q (N) (N)	CHLT	7	107 718	*** "Chair de poule" (2015, Fantastique) Jack Black, Dylan Minnette. (SC)	TVA nouvelles (N)	Vlog (N) (SC)	La voix "Les auditions à l'aveugle" Les auditions à l'aveugle continuent. (N) (SC)	(:15) La vraie nature (N) (SC)	(:15) TVA nouvelles	(:45) *** "Éclair de lune" (1987, Com. Sentimentale) Cher, Nicolas Cage. (DVS) (SC)	WMTW	8	-	(3:30) NBA Basketball Houston Rockets at Boston Celtics. From TD Garden in Boston.	WMTW News 8	World News	America's Funniest Home Videos (N) (N)	American Idol "201 (Auditions)" Aspiring singers perform for the judges. (N) (N)	(:01) Shark Tank (N) (N) (DVS)	WMTW News 8	Soledad O'Brien	Person of Interest
CKSH	9	108	(3:00) *** "Monstres, Inc." (N)	Esprit critique (SC)	Téléjournal	Découverte Se préserver des dangers. (N)	Ici Laflaque (N) (N)	Tout le monde en parle (N) (SC)	Le télé-journal	(10:55) Infomaniac	(:25) Pour l'amour du country "Rock n'roll" (N)	CKMI	11	-	"Love on Ice" (2017, Drama) Julie Berman, Andrew W. Walker, Gail O'Grady. (N)	Global News at 6	Global National	Border Security	Border Security	SEAL Team "Borderlines" (N) (N)	NCIS: Los Angeles A journalist is murdered.	Madam Secretary "Between the Seats"	Global News	The West Block	Focus Montreal								
CFCF	12	205 312	(2:00) *** "Marvel's the Avengers" (N)	The Goldbergs (N)	Big Bang Theory	CTV News Montreal (N) (N)	God Friended Me (N) (N)	World of Dance "The Qualifiers 2" Dancers vie for \$1 million. (N) (N)	The Enemy Within "Pilot" (N) (DVS)	CTV News Montreal	South Park (N)	WVNY	22	-	(3:30) NBA Basketball Houston Rockets at Boston Celtics. From TD Garden in Boston.	World News	Local 22 News (N)	America's Funniest Home Videos (N) (N)	American Idol "201 (Auditions)" Aspiring singers perform for the judges. (N) (N)	(:01) Shark Tank (N) (N) (DVS)	Local 22 News (N)	Graham Bensinger	Judge Judy (N)										
WUTV	60	-	(3:30) NASCAR Monster Energy Series Pennzoil 400. (N) (Live) (N)	The Simpsons (N)	Bob's Burgers	The Simpsons (N)	Bob's Burgers	Family Guy (N)	Family Guy (N)	2 on Your Side at 10	Sharyl Attkisson	Ring of Honor Wrestling (N) (N)	Seinfeld (N) (N)	CFKS	61	106 726	*** "Les larmes du soleil" (2003, Action) Bruce Willis. Un commando protège des réfugiés contre des rebelles.	*** "L'enlèvement 3" (2014, Action) Liam Neeson, Forest Whitaker, Maggie Grace. (N)	Liam Neeson	(:45) *** "Les dents de la mer" (1975) Roy Scheider, Robert Shaw. Première. Un requin géant terrorise les nageurs d'une plage.	NVL week-end	Moment V											
WUHF	-	363	(3:30) NASCAR Monster Energy Series Pennzoil 400. (N) (Live) (N)	The Simpsons (N)	Bob's Burgers	The Simpsons (N)	Bob's Burgers	Family Guy (N)	Family Guy (N)	WHAM News	Sharyl Attkisson	Engagement	Paid Program	2 Broke Girls (N)	WETK	-	-	Great Performances Andrea Bocelli's 60th birthday. (N) (N)	NewsHour Wk	Anne Morgan's War (N) (N)	The Great British Baking Show	Victoria on Masterpiece (N) (N)	Victoria on Masterpiece (N) (N)	Secrets of Althorp -- The Spencers (N)	Call the Midwife (N) (N)	Victoria-Master							
WCFE	-	-	Retire Safe & Secure With Ed Slott Protecting savings for retirement. (N) (N)	Engelbert Humperdinck in Hawaii (My Music) (N) (N)	Nat King Cole's Greatest Songs (My Music) (N) (N)	Victoria on Masterpiece World watches the royal couple. (N) (N)	Les Misérables	Suze Orman's Financial Solutions for You (N) (N)	A&E	615	520	(3:00) Biography: The Trump Dynasty Relationships	Biography: The Trump Dynasty Donald Trump's orchestrated comeback. (N) (N)	*** "Divide and Conquer: The Story of Roger Ailes" (2018) Glenn Beck, Austin Pendleton. Première. (N) (N)	(:34) Biography: The Trump Dynasty (N) (N)	BRAVO	620	523	"Darrow & Darrow" (2017, Comedy) Kimberly Williams-Paisley, Tom Cavanagh. (N) (N)	Darrow & Darrow "Body of Evidence" Claire defends a convicted murderer. (N) (N)	"Garage Sale Mystery: The Beach Murder" (2017) Lori Loughlin, Sarah Strange. (N) (N)	"Darrow & Darrow" (2017, Comedy) Kimberly Williams-Paisley, Tom Cavanagh. (N) (N)	Darrow & Darrow (N) (N)										
CNN	500	500	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Special Report	The Bush Years	The Bush Years	CNN Special Report	Bush Yrs.	DISC	520	505	MythBusters Water-heater torpedo. (N) (N)	Big Bang Theory	Big Bang Theory	MythBusters Jr. "Gravity Busters"	The Last Alaskans "Winter's Wrath" (N)	Alaskan Bush People: Born Free (N)	Alaskan Bush People (N) (N)	Big Bang Theory	Big Bang Theory	Big Bang Theory									
HIST	522	506	American Pickers "Hyder's Hideaway"	American Pickers A rare pair of trucks. (N)	American Pickers (N)	Forged in Fire (N) (N)	Knight Fight Fighters utilize the battle axe.	The Curse of Oak Island: Digging Deeper	The Curse of Oak Island (N) (N)	Project Blue Book "War Games" (N) (N)	Digging Deeper	PARMT	628	584	Bar Rescue (N)	Bar Rescue A struggling military bar. (N)	Bar Rescue "Storming the Castle" (N) (N)	Bar Rescue (N) (N)	Bar Rescue "Casually Tapped Out" (N) (N)	Bar Rescue "Operation Puerto Rico" (N) (N)	Bar Rescue (N) (N)	(:01) Bar Rescue "Win, Lose or Brawl" (N) (N)	Bar Rescue (N) (N)										
RDI	126	730	L'info (N) (SC)	Journal France 2	Le télé-journal	La facture (SC)	Le télé-journal	Le national (N) (N)	(:31) Le national	(:01) Découverte (N) (Part 2 of 3) (SC)	Le télé-journal	(:31) Les coulisses du pouvoir (SC)	Le national (N) (N)	(:01) La semaine verte (N) (N)	Le télé-journal	SHOW	616	521	"Mission: Impossible Rogue Nation" (2015) Tom Cruise, Ethan Hunt and his team square off against the Syndicate. (N) (N)	*** "The Accountant" (2016) Ben Affleck, Anna Kendrick. An agent tracks an accountant who works for criminals. (N) (N)	Supergirl (N) (N)	*** "Mission: Impossible Rogue Nation" (2015) Tom Cruise, Ethan Hunt and his team square off against the Syndicate. (N) (N)	NCIS: Los Angeles										
SLICE	601	562	*** "Love Happens" (2009) Aaron Eckhart. A guru realizes he has never confronted his wife's death. (N) (N)	*** "This Is Where I Leave You" (2014, Comedy-Drama) Jason Bateman, Tina Fey, Jane Fonda. (N) (N)	Don't Be Tardy ...	Don't Be Tardy ...	The Real Housewives of Atlanta (N) (N)	Million Dollar Listing Los Angeles (N) (N)	Don't Be Tardy ...	TLC	521	560	Dr. Pimple Popper "A Lipoma Jackpot" (N)	Dr. Pimple Popper "Nose No Bounds" (N) (N)	Sister Wives Mariah has something to announce. (N) (N)	Sister Wives "Flagstaff Flirtation" Kody takes Meri to Flagstaff, Ariz. (N) (N)	Seeking Sister Wife (N) (N)	(:01) Dr. Pimple Popper "Mic Drop Pop!" (N) (N)	Sister Wives (N) (N)														
TSN	400	400	(3:00) 2019 Tim Hortons Brier Curling Pool Play: Fourth Draw. (N) (Live) (N)	MLS Soccer Atlanta United FC at D.C. United. From Audi Field in Washington, D.C.	2019 Tim Hortons Brier Curling Pool Play: Fifth Draw. From Westoba Place in Brandon, Manitoba. (N) (Live) (N)	2019 Tim Hortons Brier Curling Pool Play: Fifth Draw. From Westoba Place in Brandon, Manitoba. (N) (Live) (N)	2019 Tim Hortons Brier Curling Pool Play: Fifth Draw. From Westoba Place in Brandon, Manitoba. (N) (Live) (N)	2019 Tim Hortons Brier Curling																									

# CD launch

CONT'D FROM PAGE 9

admired since I was a teen when I was just starting out.”

Lapp was an independent artist and songwriter in the 70s and 80s who self-produced some of his songs at a time when not too many independent artists did. “He along with other Lennoxville musicians like Mick Hall and the High-street Band were of great inspiration to me as a young musician.” Goudreau got to know Lapp better over the last couple of years and they co-wrote 2 songs together: “Everybody Breaks The Rules” and “Bread and Water”.

This album was recorded in two different studios. The rhythm tracks were recorded at drummer Jean-François Bégin’s home studio in Sherbrooke, live off the floor with Jonathan Boudreau on upright bass, Jean-François on drums and Goudreau playing acoustic guitar and singing guide vocal tracks.

“We recorded all my final vocals, guitar parts and other instruments at David

Elias’ studio in Sherbrooke, where we also mixed and mastered the album. I also hired a session musician from England, Toby Wilson, who recorded his Dobro slide tracks from his home studio and sent us his tracks via internet,” he explained.

For this recording, Goudreau enlisted regular cronies Jonathan-Guillaume Boudreau on upright bass, Jean-François Bégin on drums & percussions, and special guests, harmonica virtuoso Pascal “Per” Veillette, David Elias on Baritone sax, world-reknown accordionist Didier Dumoutier, cellist Erich Kory and one of UK’s finest Dobro slide guitarists Toby Wilson.

Goudreau has been having a very prolific career due to his consistent hard work as well as his love for a job well done. According to him there are other factors that contributed to this achievement.

“I really believe that if you love what you do and you’re passionate about it, you’ll succeed. I don’t mean succeed in

the sense of being famous and rich but rather in enjoying what do and that it’s bringing joy and happiness to others with your music,” he stressed.

“Also at 53 years old I don’t know what else I’d rather do. I think I’ll always play guitar, sing and write songs, but doing it full-time and self-managing your career, requires a lot of energy, time, dedication and sacrifices. One must develop a thick skin, but the little victories help you strive for more.”

The musician is proud of his new album, and with good reason. It is like opening a jewelry box filled with precious gems. The attention brought to every little details is notable. Goudreau has surpassed himself with this eclectic collection on which you can find something to please almost everyone.

“I’m really proud of all the great musicians and collaborators I’ve worked with these past 28 years. I’ve got to learn my craft and continually improve with many talented people, who helped shape the musician I am today,” he said.

“I’m proud that my songs are being picked up by TV and Film shows in the USA, who get music from all over the world from great artists. The fact that my music gets chosen when up against top notch artists is proof that the music we produce is at the level of major productions from across the world.”

This new album should be up for Awards on the Canadian music scene. In the meantime do not miss the album launch and concert at the Loubards, 360 Rue Frontenac, Sherbrooke, this Thursday at 6 p.m.

Note: Most recently Goudreau’s songs were heard on such TV shows as Chicago PD (NBC), Shameless (Showtime), Comedians In Cars Having Coffee (Jerry Seinfeld Series on Netflix) and the TV movie « A Majestic Christmas » (Hallmark) in December 2018. Goudreau’s original song “Love Me All The Time” will be heard on the new TV show “The Neighborhood.”

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# Your week on TV

## MONDAY EVENING MARCH 4, 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 Neighbor- hood (N)	Man With a Plan (N) (N)	Magnum P.I. A killer may be praying on wealthy men. (N)		Bull Bull has a new rich client for the firm. (N) (N)		Channel 3 News	(:35) The Late Show With Stephen Colbert (N) (N)	
WPTZ 5	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) (N)	Wheel of Fortune (N) (N)	The Voice "The Blind Auditions, America's best voice. (N) (N) (N)		Part 3" The coaches seek		The Enemy Within Keaton enlists Shepherd's help. (N)		NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) (N)	
CBMT 6	206	301	CBC Montreal News (N)	Just for Laughs: Gags	Coronation Street (N) (N)	Coronation Street (N) (N)	Murdoch Mysteries Murdoch thinks John is being framed.	(:01) Street Legal A startup firm steals Olivia's case. (N)		The National (N) (N) (N)		CBC Montreal News (N)	Hello Good-bye (N) (N)	Coronation Street (N) (N)
CHLT 7	107	718	(5:58) TVA nouvelles (N)	Le tricheur (N) (SC)	Un zoo pas comme les autres (N) (SC)	En tout cas (N) (SC)	L'échappée Retrouver David et sa complice. (N) (SC)	Les invisibles Les garçons ne s'entendent pas. (N) (SC)		TVA nouvelles (N) (N)	(:35) Denis Lévesque (N) (SC)		(:35) Deux filles le matin (SC)	
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) (N)	Jeopardy! (N) (N)	The Bachelor "2309" Overnight	dates in Portugal. (N) (N) (N)		The Good Doctor An infant has mysterious injuries. (N)		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live (N) (N)	
CKSH 9	108	-	(5:59) Le télé-journal Estrie	(:31) RDI économie (N)	District 31 (N) (SC)	Lâcher prise (N) (N)	Une autre histoire Anémone rencontre le détective privé.	Les pays d'en haut (N) (DVS) (SC)		Le téléjournal (N) (SC)		(:05) Entrée principale (SC)		
CKMI 11	-	-	Global National (N) (N)	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	The Neighbor- hood (N)	Man With a Plan (N) (N)		NCIS: New Orleans An elusive terrorist resurfaces. (N)		Chicago Med A jilted gunman injures April. (N)	Global News at 11	(:35) The Late Show With Stephen Colbert (N) (N)
CFCF 12	205	312	(5:59) CTV News Montreal		etalk (N) (N) (N)	The Big Bang Theory (N) (N)	The Resident The surgeons want to shut Quovadis down.	Magnum P.I. A killer may be praying on wealthy men. (N)		The Good Doctor An infant has mysterious injuries. (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) (N)	The Bachelor "2309" Overnight	dates in Portugal. (N) (N) (N)		The Good Doctor An infant has mysterious injuries. (N)		Local 22 News (N)	(:35) Jimmy Kimmel Live (N) (N)	
WUTV 30	-	-	The Big Bang Theory (N) (N)	Judge Judy (N) (N) (N)	Judge Judy (N) (N) (N)	Family Feud (N) (N) (N)	The Resident The surgeons want to shut Quovadis down.	The Passage Lila and Sykes work on a medicine. (N) (N)	2 on Your Side Seinfeld "The Switch" (N) (N)		Two and a Half Men (N) (N)	Two and a Half Men (N) (N)	Last Man Standing (N) (N)	
CFKS 31	106	726	Souper parfait	Souper parfait	Rire et délire (N) (N)	Mets-y le paquet (N) (N)	Maître du chantier (N) (N)	L'open mic de... (N) (N)	Scorpion L'équipe se dirige vers le bayou. (N) (SC)		Rire et délire	Souper parfait	NVL (N) (N)	Moment V
WUHF	-	363	Modern Family (N) (N)	Modern Family (N) (N)	The Big Bang Theory (N) (N)	The Big Bang Theory (N) (N)	The Resident The surgeons want to shut Quovadis down.	The Passage Lila and Sykes work on a medicine. (N) (N)	13WHAM News at 10 on Fox Rochester (N) (Live) (N)		DailyMailTV (N) (N)	The Simpsons	Paid Program (N) (N)	
WETK	-	-	PBS NewsHour (N) (N)		The This Old House Hour (N) (N)		Antiques Roadshow Qing Dynasty vase; guitar. (N)	Secrets of Althorp -- The Spencers (N) (N)	Independent Lens "Welcome to Leith" At- tempted take over of Leith, N.D. (N) (N)		Amanpour and Company (N) (N)		Amanpour and Company (N) (N)	
WCFE	-	-	World News America	Nightly Business Report	PBS NewsHour (N) (N) (N)		Josh Groban BRIDGES: In Concert From Madison Square Garden (N) (N)	Dennis DeYoung and the Music of Styx Dennis DeYoung performs. (N) (N)		BBC World News (N) (N)		Amanpour and Company (N) (N)		
A&E	615	520	Inside Story: Ferris Bueller's Day Off A teen age coming-of-age comedy. (N) (N)				Inside Story: Caddyshack The making of the film. (N) (N)		(:01) National Lampoon's Vacation: The Inside Story National Lampoon's Vacation. (N) (N)			Inside Story: Caddyshack		
BRAVO	620	523	Major Crimes Two people are attacked at a teen party.		Major Crimes A former child star is found dead. (N) (N)		Major Crimes A gang banger is acquitted of murder. (N) (N)	I Am the Night Fauna searches for a way home. (N) (N)	(:10) *** "True Lies" (1994, Action) Arnold Schwarzenegger, Jamie Lee Curtis. A man lives the double life of a spy and a family man. (N)					
CNN	500	500	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)	Cuomo Prime Time (N) (N)	Cuomo Prime Time (N) (N)	CNN Tonight w/ Don Lemon		Cooper 360		
DISC	520	505	Highway Thru Hell A truck full of wine is split in half.		MythBusters Testing two viral video sensations. (N)		MythBusters Jr. "Breaking Bad Blow-Up" (N) (N)	Homestead Rescue The Raneys build a dam. (N) (N)	Gold Rush: White Water "Landslide" (N) (N)	The Last Alaskans Tyler hunts for a moose. (N)		Homestead Rescue		
HIST	522	506	American Pickers The guys find a fleet of concept cars.		The Curse of Oak Island: Digging Deeper (N) (N)		The Curse of Oak Island (N) (N)	Pawn Stars An iconic "Austin Powers" movie prop. (N) (N)	American Pickers A Pittsburgh time capsule. (N) (N)	American Pickers The guys find a fleet of concept cars.		Pawn Stars (N) (N)		
PARMT	628	584	Bar Rescue A bar battered by Hurricane Sandy. (N)		Cops "Getting Funky" (N) (N)	Cops "Tell It to My Wife" (N) (N)	Cops "What's in the Box" (N) (N)	Cops "Sucker Punch" (N) (N)	Cops "On Thin Ice" (N) (N)	Cops (N) (N)	Cops "On Thin Ice" (N) (N)	Cops (N) (N)	Cops "On Thin Ice" (N) (N)	Cops Hurricane warning.
RDI	126	730	(5:59) Le national (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)		Les grands reportages "Corps à la carte" (N) (SC)	Le téléjournal avec Céline Galipeau (N) (SC)	Mordus de politique (SC)	Le national (N) (SC)	(:31) Le national (N) (SC)	(:12:01) 24/60 (SC)		
SHOW	616	521	NCIS "Broken Arrow" Dinozzo's father helps investigate.		NCIS The team must protect Ziva's father. (N)		Bull "Death Sentence" A client is found guilty of murder.	*** "The Bourne Identity" (2002, Action) Matt Damon, Franka Potente. An amnesiac agent is marked for death after a botched hit. (N) (N)		NCIS The team tracks an elusive arms dealer. (N)				
SLICE	601	562	Summer House The house- mates host their moms. (N)		The Real Housewives of Beverly Hills (N) (N)		Vanderpump Rules Stassi gives Kristen tough love. (N)	Vanderpump Rules "Reptilian Brain" (N) (N)	Summer House The house- mates return. (N) (N)	Vanderpump Rules Stassi and Ariana throw a party. (N)		Vanderpump Rules		
TLC	521	560	Say Yes to the Dress (N)	Say Yes to the Dress (N)	Say Yes to the Dress Kelli lost everything in a flood. (N)		Counting On Jinger and Jeremy adjust to parenthood. (N)	Counting On Josiah and Lauren reveal tragic news.	Little People, Big World "Trying date passes. (N) (N)	Not to Freak Out" Audrey's due date passes. (N) (N)		Counting On (N)		
TSN	400	400	SportsCentre (N) (Live) (N)		That's Hockey (N) (N)	Best MLS Plays	2019 Tim Hortons Brier Curling toba. (N) (Live) (N)	Pool Play: Eighth Draw. From Westoba Place in Brandon, Mani-		SportsCentre (N) (Live) (N)		SC With Jay and Dan (N)		
YOUTH	551	542	Henry Danger	Double Dare	*** "Bolt" (2008) Voices of John Travolta. (N) (N)		*** "Bolt" (2008) Voices of John Travolta. (N) (N)		*** "Bolt" (2008) Voices of John Travolta. (N) (N)		Just Kidding	Just Kidding	*** Bolt (N)	

## TUESDAY EVENING MARCH 5, 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 (N) (DVS)		FBI (N) (N)		FBI OA must stop an arms dealer. (N) (N)		Channel 3 News	(:35) The Late Show With Stephen Colbert (N) (N)	
WPTZ 5	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) (N)	Wheel of Fortune (N) (N)	The Voice The coaches seek America's best voice. (N) (N)		This Is Us Kevin keeps a secret from Zoe. (N) (N) (N)	(:01) New Amsterdam Max struggles with his reality. (N)		NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) (N)		
CBMT 6	206	301	CBC Montreal News (N)	Just for Laughs: Gags	Schitt's Creek (N) (N)	Coronation Street (N) (N)	Kim's Convenience (N) (N)	22 Minutes (N) (N)	Schitt's Creek "Episode 1" (N) (N)		The National (N) (N) (N)	CBC Montreal News (N)	Crash Gallery	Coronation Street (N) (N)
CHLT 7	107	718	(5:58) TVA nouvelles (N)	Le tricheur (N) (SC)	(6:59) World of Dance: la compétition Place aux duels.		O' "Suivre sa petite voix" Gloria est à fleur de peau.	L'heure bleue Bernard et Anne- Sophie sont décidés.		TVA nouvelles (N) (N)	(:35) Denis Lévesque (N) (SC)		(:35) Deux filles le matin (SC)	
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) (N)	Jeopardy! (N) (N)	The Bachelor "Women Tell All" (N) (N)		The Rookie Officer Nolan tracks an escaped convict.		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live (N) (N)		
CKSH 9	108	-	(5:59) Le télé-journal Estrie	(:31) RDI économie (N)	District 31 (N) (SC)	La facture (N) (SC)	Unité 9 Benoît et Bertrand accompagnent Marie. (N)	5e rang Marie-Luce s'inquiète. (N) (DVS)		Le téléjournal (N) (SC)		(:05) Entrée principale (SC)		
CKMI 11	-	-	Global National (N) (N)	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	NCIS (N) (DVS)	FBI (N) (N)		(:01) New Amsterdam Max struggles with his reality. (N)		Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N) (N)	
CFCF 12	205	312	(5:59) CTV News Montreal		etalk (N) (N) (N)	The Big Bang Theory (N) (N)	The Voice The coaches seek America's best voice. (N) (N)	This Is Us Kevin keeps a secret from Zoe. (N) (N) (N)	The Rookie Officer Nolan tracks an escaped convict.		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) (N)	The Bachelor "Women Tell All" (N) (N)		The Rookie Officer Nolan tracks an escaped convict.		Local 22 News (N)	(:35) Jimmy Kimmel Live (N) (N)		
WUTV 30	-	-	The Big Bang Theory (N) (N)	Judge Judy (N) (N) (N)	Judge Judy (N) (N) (N)	Family Feud (N) (N) (N)	MasterChef Celebrity Showdown Culinary showdowns for charity. (N) (DVS)	2 on Your Side Seinfeld "The Label Maker" (N) (N)		Two and a Half Men (N) (N)	Two and a Half Men (N) (N)	Last Man Standing (N) (N)		
CFKS 31	106	726	Souper parfait	Souper parfait	Rire et délire (N) (N)	Taxi payant "André" (N) (N)	Je suis chef Isabelle, Nicolas, Anthony, Gabriel.	L'open mic de... (N) (N)	NCIS: Los Angeles Callen et Sam font équipe avec Anna.		Rire et délire	Souper parfait	NVL (N) (N)	Moment V
WUHF	-	363	Modern Family (N) (N)	Modern Family (N) (N)	The Big Bang Theory (N) (N)	The Big Bang Theory (N) (N)	MasterChef Celebrity Showdown Culinary showdowns for charity. (N) (DVS)	13WHAM News at 10 on Fox Rochester (N) (Live) (N)		DailyMailTV (N) (N)	The Simpsons	Paid Program (N) (N)		
WETK	-	-	PBS NewsHour (N) (N)		Bardo: A Night (N) (N)	Bardo: A Night (N) (N)	Finding Your Roots With Henry Louis Gates, Jr. (N)	The Adirondacks Mountains in New York. (N) (N)		Amanpour and Company (N) (N)		Amanpour and Company (N) (N)		
WCFE	-	-	World News America	Nightly Business Report	PBS NewsHour (N) (N) (N)		A Peoples Soundtrack (N) (N)	Pavlo Live in Katoria Pavlo performs old and new music. (N) (N)		BBC World News (N) (N)		Amanpour and Company (N) (N)		
A&E	615	520	Hoarders Hoarder is banned from her own home. (N)		Hoarders Animal carcasses; Halloween hoarders. (N)		Hoarders "Andy & Becky" (Season Premiere) A couple battle the city government. (N) (N)	(:01) The Toe Bro A huge big toe balloons from infection.	(:04) Hoarders A hoarder's partner has had enough. (N)	(:12:03) Hoarders (N) (N)				
BRAVO	620	523	The Closer Deputized by the FBI. (N) (N)		The Closer A former gang member is murdered. (N)		The Closer A popular online "hook-up king" is shot. (N)	The Closer "Strike Three" A shootout leaves three dead.	The Closer "Products of Discovery" A quadruple murder.	The Closer The kidnapping of a rich financier. (N) (N)		The Closer "Red Tape"		
CNN	500	500	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)	Cuomo Prime Time (N) (N)	Cuomo Prime Time (N) (N)	CNN Tonight w/ Don Lemon		Cooper 360		
DISC	520	505	Highway Thru Hell "Back in the Saddle" (DVS)		MythBusters Adam and Jamie destroy cars. (N) (N)		Gold Rush: The Dirt Grandpa John's life and legacy. (N)	Gold Rush (N) (N)	Heavy Rescue: 401 Sonny takes on the role of mentor.	Alaskan Bush People: Bushcraft Chronicles (N) (N)		Gold Rush (N) (N)		
HIST	522	506	American Pickers The guys come across a huge factory.		Pawn Stars An iconic "Austin Powers" movie prop. (N)		American Pickers A Pittsburgh time capsule. (N) (N)	Forged in Fire Two finalists re- create the O-Katana. (N)	Project Blue Book "Abduction" (N) (N)	American Pickers The guys come across a huge factory.		Forged in Fire (N) (N)		
PARMT	628	584	Ink Master: Redemption	Ink Master: Redemption	Ink Master: Redemption	Ink Master: Redemption	Ink Master: Redemption	Ink Master: Redemption	Ink Master: Redemption	Ink Master: Redemption	Ink Master: Redemption	Ink Master: Redemption	Ink Master: Redemption	Ink Master: Redemption
RDI	126	730	(5:59) Le national (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)		Les grands reportages "Femmes au combat" (SC)	Le téléjournal avec Céline Galipeau (N) (SC)	Mordus de politique (SC)	Le national (N) (SC)	(:31) Le national (N) (SC)	(:12:01) 24/60 (SC)		
SHOW	616	521	NCIS A member of the team reminisces. (N)		NCIS A witness in a murder trial disappears. (N) (N)		Bull Dr. Jason Bull's trial consulting firm. (N) (N)	Roswell, New Mexico Max takes aim at Wyatt. (N) (N)	The Magicians Quentin and Julia play Pictionary. (N)	Roswell, New Mexico Flash- backs to 2008 reveal secrets.		Roswell, New Mexico (N) (N)		
SLICE	601	562	The Real Housewives of Beverly Hills "Petty Mess"		Vanderpump Rules "Reptilian Brain" (N) (N)		Backyard Envy A project gets off to a rocky start. (N)	The Real Housewives of Beverly Hills (N) (N)	Mexican Dynasties "A Star Is Torn" (N) (N)	Vanderpump Rules "Love Thy Mother" (N) (N)		Real House- wives/Beverly		
TLC	521	560	Say Yes to the Dress Rebekah has a prosthetic arm.		My Big Fat Fabulous Life (N) (N)		My Big Fat Fabulous Life (N) (N)	I Am Jazz Jazz confronts Ahmir's mother. (N) (N) (N)	Dr. Pimple Popper Diane has thousands of tumors. (N) (N)	(:07) Untold Stories of the E.R. "Plastered!" (N) (N)		My Big Fat Fabulous Life		
TSN	400	400	SportsCentre (N) (Live) (N)		That's Hockey (N) (N)	SC (N) (N)	2019 Tim Hortons Brier Curling Manitoba. (N) (Live) (N)	Pool Play: Eleventh Draw. From Westoba Place in Brandon,		SportsCentre (N) (Live) (N)		SC With Jay and Dan (N)		
YOUTH	551	542	Henry Danger	Double Dare	*** "Madagascar 3: Europe's Most Wanted" (2012) (N)		*** "Madagascar 3: Europe's Most Wanted" (2012) (N)		*** "Madagascar 3: Europe's Most Wanted" (2012) (N)		Just Kidding	Just Kidding	Madagascar	

# Your week on TV

WEDNESDAY EVENING													MARCH 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)	Survivor "Betrayals Are Going to Get Exposed" (N) Ⓢ	The World's Best (N) Ⓢ				Channel 3 News	(:35) The Late Show With Stephen Colbert Ⓢ		
WPTZ	5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) Ⓢ	Wheel of Fortune (N) Ⓢ	Chicago Med A jilted gunman injures April. Ⓢ	Chicago Fire Severide finds personal for Atwater.	Chicago P.D. A case becomes personal for Atwater.		NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon Ⓢ		
CBMT	6	206	301	CBC Montreal News (N)	Just for Laughs: Gags	Schitt's Creek Ⓢ	Coronation Street (N) Ⓢ	Diggstown Pam volunteers to represent a friend. Ⓢ	Ordeal by Innocence (Premiere) (N) Ⓢ	The National (N) Ⓢ		CBC Montreal News	First Play Live	Coronation Street Ⓢ	
CHLT	7	107	718	(5:58) TVA nouvelles (N)	Le tricheur (N) (SC)	La poule aux oeufs d'or (N)	La Voix extra (N) (SC)	Lachés lousses Nos invités vivent un match sportif. (N)	Victor Lessard Daniel Tousignant est kidnappé. (SC)	TVA nouvelles (:35) Denis Lévesque (N) (SC)		(:35) Deux filles le matin (SC)			
WMTW	8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) Ⓢ	Jeopardy! (N) Ⓢ	American Idol "202 (Auditions)" Aspiring singers perform for the judges. (N) Ⓢ		Whiskey Cavalier A new liaison is assigned to the team.	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live Ⓢ			
CKSH	9	108	-	(5:59) Le télé-journal Estrie (N) Ⓢ	(:31) RDI économie (N)	District 31 (N) (SC)	L'épicerie (N) (SC)	Les enfants de la télé (N) (SC)	Cheval-Serpent (N) (DVS) (SC)	Le téléjournal (N) (SC)		(:05) Entrée principale (SC)			
CKMI	11	-	-	Global National (N) Ⓢ	(:29) Global News at 6:30	Big Brother Canada (Season Premiere) (N) Ⓢ	Survivor "Betrayals Are Going to Get Exposed" (N) Ⓢ	(:01) Chicago P.D. A case becomes personal for Atwater.	Chicago Fire Severide finds himself in grave danger. Ⓢ	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) Ⓢ	The Big Bang Theory Ⓢ	The Launch "Emotional" A group of artists audition. Ⓢ	Grey's Anatomy Meredith must choose sides. (N) Ⓢ	Whiskey Cavalier A new liaison is assigned to the team.	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) Ⓢ	American Idol "202 (Auditions)" Aspiring singers perform for the judges. (N) Ⓢ	Whiskey Cavalier A new liaison is assigned to the team.	Local 22 News (N)	(:35) Jimmy Kimmel Live Ⓢ				
WUTV	60	-	-	The Big Bang Theory Ⓢ	Judge Judy (N) Ⓢ	Judge Judy Ⓢ	Family Feud Ⓢ	Gordon Ramsay's 24 Hours to Hell and Back (Season Finale) Social and M'Dears Bakery & Bistro. (N) Ⓢ	2 on Your Side Seinfeld "The Race" Ⓢ	Two and a Half Men Ⓢ	Two and a Half Men Ⓢ	Last Man Standing Ⓢ			
CFKS	61	106	726	Souper parfait	Souper parfait	Rire et délire	Rire et délire	Phil s'invite Phil s'invite chez Julie Ringuette. (N)	L'open mic de... (N)	Seal team: coeur et courage Ⓢ (SC)	Rire et délire	Souper parfait	NVL (N)	Moment V	
WUHF	-	363	-	Modern Family "Fizbo" Ⓢ	Modern Family Ⓢ	The Big Bang Theory Ⓢ	The Big Bang Theory Ⓢ	Gordon Ramsay's 24 Hours to Hell and Back (Season Finale) Social and M'Dears Bakery & Bistro. (N) Ⓢ	13WHAM News at 10 on Fox Rochester (N) (Live) Ⓢ	DailyMailTV (N) Ⓢ	The Simpsons Ⓢ	Paid Program Ⓢ			
WETK	-	-	-	PBS NewsHour (N) Ⓢ	Crossroads (N)	Outdoor Journal	Nature Animal hospital in Guatemala jungle. Ⓢ	NOVA Antarctica's under-ice landscape. Ⓢ (DVS)	Plants Behaving Badly Pitcher plant's survival. Ⓢ	Amanpour and Company (N) Ⓢ	Nightly Business Report				
WCFE	-	-	-	World News America	Nightly Business Report	PBS NewsHour (N) Ⓢ	Great Performances "Hitman: David Foster and Friends" Tribute to producer David Foster. Ⓢ	Brain Secrets With Dr. Michael Merzenich Maintaining cognitive fitness. Ⓢ	Merzenich Maintaining cognitive fitness. Ⓢ	Amanpour and Company					
A&E	615	520	-	Storage Wars Ⓢ	Storage Wars Ⓢ	Storage Wars Ⓢ	Storage Wars Ⓢ	Storage Wars Ⓢ	Storage Wars Ⓢ	(:01) Storage Wars Ⓢ	(:32) Storage Wars Ⓢ	(:04) Storage Wars Ⓢ	(:34) Storage Wars Ⓢ	(12:03) Storage Wars Ⓢ	
BRAVO	620	523	-	Unforgettable Carrie conducts a secret investigation.	Unforgettable "Admissions" A powerful CEO is murdered.	Gone "Ride" Students vanish after using a app. Ⓢ	Project Runway All Stars "Climate Quick Change" (N)	Unforgettable AI becomes a murder suspect. Ⓢ	I Am the Night Fauna searches for a way home. Ⓢ	(12:01) Unforgettable Ⓢ					
CNN	500	500	-	Situation Room With Wolf	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	Cuomo Prime Time (N) Ⓢ	Cuomo Prime Time (N) Ⓢ	CNN Tonight w/ Don Lemon	Cooper 360					
DISC	520	505	-	Highway Thru Hell "Red Hot Wrecks" (DVS)	MythBusters "Volunteer Special" Zombie weapons. Ⓢ	Bad Chad Customs "Cooler Than Dangit" (N) Ⓢ	Moonshiners: Outlaw Cuts "Hillbilly Ingenuity" (N) Ⓢ	Moonshiners (N) Ⓢ	Heavy Rescue: 401 Sonny takes on the role of mentor.	Bad Chad Customs					
HIST	522	506	-	American Pickers The guys find a \$50,000 comic. Ⓢ	Project Blue Book "Abduction" Ⓢ	Forged in Fire Two finalists re-create the O-Katana. Ⓢ	Forged in Fire: Cutting Deeper "The Sengese" (N)	Knight Fight Armor of the Hundred Years' War; flails.	American Pickers The guys find a \$50,000 comic. Ⓢ	Forged in Fire					
PARMT	628	584	-	Catch a Contractor Ⓢ	Catch a Contractor Ⓢ	Catch a Contractor "Benedict Catch a Contractor" Ⓢ	Catch a Contractor "Worse Than a Warzone" Ⓢ								
RDJ	126	730	-	(5:59) Le national (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)	Les grands reportages Dif-férents peuples autochtones.	Le téléjournal avec Céline Gallepeau (N) (SC)	Mordus de politique (SC)	Le national (N) (SC)	(:31) Le national (N)	(12:01) 24/60 (SC)			
SHOW	616	521	-	NCIS A Marine is murdered on a dinner boat. Ⓢ	NCIS "Recruited" A murder at a college fair. Ⓢ	Bull A female pilot is accused of negligence. Ⓢ	Marvel's Runaways "Last Waltz" (N) Ⓢ	(:05) The Magicians Kady goes to the flea market. (N)	(:05) Marvel's Runaways "Hostile Takeover" Ⓢ	Marvel's Runaways Ⓢ					
SLICE	601	562	-	The Real Housewives of New Jersey Ⓢ	The Real Housewives of Beverly Hills Ⓢ	The Real Housewives of New Jersey (N) Ⓢ	The Real Housewives of New York City Ⓢ	Married to Medicine Los Angeles (Series Premiere) (N)	Vanderpump Rules Brittany throws a tantrum. Ⓢ	Housewives/ NYC					
TLC	521	560	-	My 600-Lb. Life "Tiffany's Story" Ⓢ	Tiffany moves to Houston. Ⓢ	My 600-Lb. Life "Destinee's Story" (N) Ⓢ	Family by the Ton The family faces issues in therapy. Ⓢ	My 600-Lb. Life Milla is enabled by her family. Ⓢ	My 600-Lb. Life Ⓢ						
TSN	400	400	-	SportsCentre (N) (Live) Ⓢ	That's Hockey	Must See SC (N) Ⓢ	2019 Tim Hortons Brier Curling Pool Play: Fourteenth Draw. From Westoba Place in Brandon, Manitoba. (N) (Live) Ⓢ	SportsCentre (N) (Live) Ⓢ	SC With Jay and Dan (N)						
YOUTH	551	542	-	Henry Danger	Double Dare	*** "Penguins of Madagascar" (2014, Children's) Ⓢ	*** "Penguins of Madagascar" (2014, Children's) Ⓢ	Just Kidding	Just Kidding	Penguins					

THURSDAY EVENING													MARCH 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)	The Big Bang Theory (N) Ⓢ	(:31) Young Sheldon (N)	(:01) Mom (N) Ⓢ	Fam "Ocean View" (N) Ⓢ	S.W.A.T. "Jack" A search for a deadly carjacking ring. (N)	Channel 3 News	(:35) The Late Show With Stephen Colbert Ⓢ		
WPTZ	5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) Ⓢ	Wheel of Fortune (N) Ⓢ	Superstore (N) Ⓢ	A.P. Bio "Happiness" (N) Ⓢ	Brooklyn Nine-Nine (N) Ⓢ	Will & Grace (N) Ⓢ	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon Ⓢ		
CBMT	6	206	301	CBC Montreal News (N)	Just for Laughs: Gags	Schitt's Creek Ⓢ	Coronation Street (N) Ⓢ	Dragons' Den Top entrepreneurs enter the Den. Ⓢ	Workin' Moms (N) Ⓢ	Little Dog (N) Ⓢ (DVS)	The National (N) Ⓢ	CBC Montreal News	Canadian Reflections (N)	Coronation Street Ⓢ	
CHLT	7	107	718	(5:58) TVA nouvelles (N)	Le tricheur (N) (SC)	LOL :- (SC)	La dérape (N) (SC)	Le bon docteur Andrews sollicite l'aide de Melendez.	J.E. (N) (SC)	Tu ne m'as pas tuée	TVA nouvelles (:35) Denis Lévesque (N) (SC)	(:35) ** "L'escadron Red Tails" (2012) (SC)			
WMTW	8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) Ⓢ	Jeopardy! (N) Ⓢ	Grey's Anatomy Meredith must choose sides. (N) Ⓢ	(:01) Station 19 Andy and Sullivan are trapped in a car.	For the People Sandra must defend a teenage gamer. Ⓢ	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live Ⓢ			
CKSH	9	108	-	(5:59) Le télé-journal Estrie (N) Ⓢ	(:31) RDI économie (N)	District 31 (N) (SC)	Infoman (N) (SC)	1res fois Pierre-François Legendre. (N) (SC)	Enquête (N) (SC)	Le téléjournal (N) (SC)	(:05) Entrée principale (SC)				
CKMI	11	-	-	Global National (N) Ⓢ	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	Big Brother Canada (N) Ⓢ	Superstore (N) Ⓢ	Will & Grace (N) Ⓢ	S.W.A.T. "Jack" A search for a deadly carjacking ring. (N)	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert Ⓢ		
CFCF	12	205	312	(5:59) CTV News Montreal (N) Ⓢ	etalk (N) Ⓢ	The Big Bang Theory Ⓢ	(:31) Young Sheldon (N)	(:01) Station 19 Andy and Sullivan are trapped in a car.	Law & Order: Special Victims Unit "Exile" Ⓢ	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) Ⓢ	Grey's Anatomy Meredith must choose sides. (N) Ⓢ	(:01) Station 19 Andy and Sullivan are trapped in a car.	For the People Sandra must defend a teenage gamer. Ⓢ	Local 22 News (N)	(:35) Jimmy Kimmel Live Ⓢ			
WUTV	60	-	-	The Big Bang Theory Ⓢ	Judge Judy (N) Ⓢ	Judge Judy Ⓢ	Family Feud Ⓢ	Gotham Ivy returns and puts her spell on Bruce. (N) Ⓢ	The Orville Ed initiates peace talks with the Krill. (N) Ⓢ	2 on Your Side Seinfeld "The Betrayal" Ⓢ	Two and a Half Men Ⓢ	Two and a Half Men Ⓢ	Last Man Standing Ⓢ		
CFKS	61	106	726	Souper parfait	Souper parfait	Rire et délire	Rire et délire	L'amour est dans le pré (N)	L'open mic de... (N)	Chicago Police Voight interroge un témoin-clé.	Rire et délire	Souper parfait	NVL (N)	Moment V	
WUHF	-	363	-	Modern Family Ⓢ	Modern Family Ⓢ	The Big Bang Theory Ⓢ	The Big Bang Theory Ⓢ	Gotham Ivy returns and puts her spell on Bruce. (N) Ⓢ	The Orville Ed initiates peace talks with the Krill. (N) Ⓢ	13WHAM News at 10 on Fox Rochester (N) (Live) Ⓢ	DailyMailTV (N) Ⓢ	The Simpsons Ⓢ	Paid Program Ⓢ		
WETK	-	-	-	PBS NewsHour (N) Ⓢ	Quebec: The Memories of Angels history, places and citizens. (N)	In Days Gone By: Vermont Country Ways Ⓢ	Nat King Cole's Greatest Songs (My Music) Nat King Cole sings his greatest hits. Ⓢ	A Conversation With Ken Burns Ken Burns talks about his career. Ⓢ	BBC World News Ⓢ	Amanpour and Company (N) Ⓢ	Nightly Business Report				
WCFE	-	-	-	World News America	Nightly Business Report	PBS NewsHour (N) Ⓢ	Nat King Cole's Greatest Songs (My Music) Nat King Cole sings his greatest hits. Ⓢ	A Conversation With Ken Burns Ken Burns talks about his career. Ⓢ	BBC World News Ⓢ	Amanpour and Company (N) Ⓢ					
A&E	615	520	-	The First 48 A feud threatens a neighborhood. Ⓢ	The First 48 "Officer Down" A killer targets the law. Ⓢ	The First 48 A police detective's cousin is murdered. (N)	The First 48 Street fight leads to a fatal shooting. (N)	(:01) 60 Days In A participant's cover is blown. Ⓢ	(:04) The First 48 A teen is killed in a robbery gone bad.	(12:03) The First 48 Ⓢ					
BRAVO	620	523	-	Criminal Minds "Protection" The BAU tracks a vigilante.	Criminal Minds "The Hunt" Kate's niece is kidnapped. Ⓢ	"Garage Sale Mystery: The Beach Murder" (2017, Mystery) Lori Loughlin, Sarah Strange, Chiara Zanni. Ⓢ	Criminal Minds A team member is put in danger. Ⓢ	Criminal Minds "Protection" The BAU tracks a vigilante.	Criminal Minds Ⓢ						
CNN	500	500	-	Situation Room With Wolf	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	Cuomo Prime Time (N) Ⓢ	Cuomo Prime Time (N) Ⓢ	CNN Tonight w/ Don Lemon	Cooper 360					
DISC	520	505	-	Highway Thru Hell In Alberta, Adam and Brandon face off.	MythBusters Adam and Jamie drift on dirt. Ⓢ	Fast N' Loud: Demolition Theater Ⓢ	Bitchin' Rides The 1967 Coronet build continues. (N)	Street Outlaws The guys talk about how the show began.	Street Outlaws (N) Ⓢ	Street Outlaws The championship continues. (N) Ⓢ	Street Outlaws (N) Ⓢ				
HIST	522	506	-	American Pickers The guys roll up on a coin-op empire.	Forged in Fire: Cutting Deeper "The Sengese" Ⓢ	Knight Fight Armor of the Hundred Years' War; flails.	Swamp People Ronnie pushes himself in the heat.	Truck Night in America "Battle of the Busch Brothers"	American Pickers The guys roll up on a coin-op empire. Ⓢ	Swamp People Ⓢ					
PARMT	628	584	-	Lip Sync Battle Ⓢ	Lip Sync Battle Ⓢ	Lip Sync Battle Ⓢ	Lip Sync Battle Ⓢ	Lip Sync Battle Ⓢ	Lip Sync Battle Ⓢ	Lip Sync Battle Ⓢ	Lip Sync Battle Ⓢ	Lip Sync Battle Ⓢ	**** "Forrest Gump" (1994, Comedy-Drama) Tom Hanks, Robin Wright. Ⓢ		
RDJ	126	730	-	(5:59) Le national (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)	Les grands reportages Les mêmes droits et privilèges.	Le téléjournal avec Céline Gallepeau (N) (SC)	Mordus de politique (SC)	Le national (N) (SC)	(:31) Le national (N)	(12:01) 24/60 (SC)			
SHOW	616	521	-	NCIS "Freedom" A Marine is found beaten to death. Ⓢ	NCIS Investigating a naval commander's death. Ⓢ	Bull "Callisto" The team travels to a small Texas town.	Legacies MG and Landon go missing. (N) Ⓢ (DVS)	Supergirl Supergirl battles with Master Jailer. Ⓢ	Legacies A missing urn must be found. Ⓢ (DVS)	Legacies Ⓢ					
SLICE	601	562	-	The Real Housewives of New York City Ⓢ	The Real Housewives of New York City Ⓢ	The Real Housewives of New York City Ⓢ	Million Dollar Listing Los Angeles (N) Ⓢ	Backyard Envy The crew prepares for a wedding. (N)	Vanderpump Rules "A Housewarming Divided" Ⓢ	Million Dollar LA					
TLC	521	560	-	Dr. Pimple Popper "Tumor Takeover" Ⓢ	Dr. Pimple Popper Amber has hundreds of face tumors.	Dr. Pimple Popper Josh has a knot on his head. Ⓢ	Dr. Pimple Popper "Runaway Bump, Never Coming Back?" Ⓢ	Untold Stories of the E.R. "Chocolate Pudding" Ⓢ	Untold Stories of the E.R. "My Head's Exploding" Ⓢ	Dr. Pimple Popper Ⓢ					
TSN	400	400	-	SportsCentre (N) (Live) Ⓢ	That's Hockey	SC Ⓢ	2019 Tim Hortons Brier Curling Championship Round: Second Draw. From Westoba Place in Brandon, Manitoba. (N) (Live) Ⓢ	SportsCentre (N) (Live) Ⓢ	SC With Jay and Dan (N)						
YOUTH	551	542	-	Henry Danger	Double Dare	*** "Ratatouille" (2007) Voices of Patton Oswalt. Ⓢ	(:15) *** "Ratatouille" (2007) Voices of Patton Oswalt. Ⓢ (DVS)	Just Kidding	Just Kidding	Ratatouille Ⓢ					

# Animals made of stone at the Beaulne Museum

An outing for the whole family

Record Staff

The Beaulne Museum will present the exhibition "Sculptures d'animaux" by the artist Lucie Nadeau, from March 10 until April 14, 2019.

The grand opening will take place on Sunday, March 10 at 2 p.m.

Lucie Nadeau presents creations that go against all the violence in our world to infuse sweetness and serenity through unique pieces, often inspired by animals.

She has been exhibiting her work in the greatest sculpture events in Quebec for close to 10 years.

In 2018, she was selected to exhibit at the Carrousel du Louvre in Paris with the Canadian delegation. Following this international exhibition, Lucie Nadeau was received at the prestigious Academy of Arts Sciences and Letters in Paris.

Nadeau also teaches stone carving classes for adults and children.



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## MUSIC

March 2

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 The New Wranglers (Dave McBurney). *Please come and welcome this new band to our hall.* Info: Gail 819-876-2021. Everyone welcome.

March 2

Country Dance on Saturday, March 2 from 7 p.m. to 11 p.m. at the Trinity Anglican Church, 409 South Atreet Cowansville. Music by Keepin' it Country. Donation \$8. Door prizes! Canteen on premises. Proceeds to benefit the food bank.

March 2

Dance with Movin On at the Hut, A.N.A.F. Unit #318, 300 St. Francis Street, Lennoxville, on Saturday, March 2 starting at 8 p.m. Admission \$10. 18+ welcome.

March 9

3rd annual St Patrick's Country Music Appreciation Jam, in Country style, at the Burrough's Falls Reception Hall in Ayers Cliff on Saturday, March 9 starting at 1 p.m. Hours of live country music, delicious buffet, several door prizes, all for just \$20. Along with the amazing house band "Bobbi Dee and The Honky Tonk Rebels" will be our very special guest Bubba Lacroix, plus we always have some talented musicians stopping by to jam. Call Burrough's Falls 819-838-4912 to reserve your tickets.

March 16

ST. PATRICK'S DAY CELEBRATION on Saturday, March 16 at the A.N.A.F. Unit 318 "The Hut," 300 St. Francis Street, Lennoxville. Music starts at 1 p.m. with Jan Graham and friends. Irish coffee is available starting at 11 a.m. for a small fee. Canteen open. Admission \$5. Everyone welcome! 18+

## EVENTS

March 2

Richmond Legion, Branch #15. It's that time again. Our Legion "Green Sale" Auction will take place on Saturday, March 2 at 1 p.m. There is a \$4 entry charge, and after the sale a light lunch is served. P.S. You don't have to be a Legion member to participate in these events - everyone is welcome! For information contact 819-826-3444.

March 3

The White Daffodils/les Jonquilles Blanches are having a Fundraiser Breakfast at the Legion in Waterloo, 77 Lewis Street, on Sunday, March 3 from 8:30 a.m. to 12:30 p.m. for the benefit of LA MAISON AU DIAPASON. Adults \$10, children 5-12: \$5.

# What's On

March 4

Canadian Club of the Yamaska Valley meeting on Monday, March 4, 2 p.m., Auberge West Brome, 128 Route 139. Ms. Nancy Pagé, computer instructor/software specialist, will present "Staying Safe in This High Tech World." Reserve your AWB luncheon at 450-266-7552/1-888-902-7663. Club information: 450-243-6524. \$10 fee for non-members.

March 5

Pancake Supper at Holy Trinity Church, Iron Hill on Tuesday, March 5 from 4 p.m. to 7 p.m. Pancakes, sausages, real maple syrup and homemade beans. Adults \$8 and children under 10 are \$5. Take a break from winter and bring a friend. Information: 450-263-2579.

March 5

Pancake Supper on Tuesday, March 5 from 5 p.m. to 7 p.m. at the Odd Fellows Hall, 480 Knowlton Road, Lac Brome. Pancakes, eggs, sausage, bacon, beans, maple syrup. Information: 450-243-5742 or 450-243-6778. Admission: adults \$8 & under 10 is \$5.

March 9

St. Patrick's Irish Stew dinner at Creek United Church, 278 Brill Road, West Bolton on March 9 from 11:30 a.m. to 1 p.m. Cost \$10. Everyone welcome! Contact: Eleanor Bath 450-994-3169.

March 10

St. Patrick's Day Brunch on Sunday, March 10 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, homemade baked beans, pancakes with real maple syrup, toast, fruit salad, coffee, tea and orange juice. All are welcome. Adults \$10, children 5-12 years old \$5, under 5 are free.

March 16

St. Patrick's Irish Luncheon on Saturday, March 16 from 11:30 a.m. to 1 p.m. at the Colby-Curtis Museum, 535 Dufferin, Stanstead. Menu: variety of soups and sandwiches, scones with Devonshire cream and jam, variety of sweet desserts, crème de menthe. Irish coffee and wine also available. Come and have fun! Guests must reserve before March 14: 819-876-7322 or info@colbycurtis.ca.

April 5 & 6

Annual Quilt Exhibition and Sale at Emmanuel United Church, 203 rue Principale in Cowansville, on Friday, April 5 and Saturday, April 6 from 9 a.m. to 3 p.m. If you wish to exhibit one or more of your beautiful quilts, please contact Laurie or Alice at 450-955-1957. Also in attendance on both days will be "Fil Amis" Quilt Store as well as Machines à Coudre - Benoît Leblanc with his specialized machines. For more information contact Norma at 450-263-3448. For those attending the show there is a \$5 entry fee: includes snacks and beverages.

★ TONIGHT: 5:00 → 9:00 PM  
CONNIE'S BIG LION CBL  
THE LEGENDARY BURGER RETURNS FOR ONE NIGHT ONLY  
\$12.50  
PLUS TWO SIDES  
LATER AT 10:00: KARAOKE  
Lion Pub & Brewery, Lennoxville

## EXHIBITS

March 2

Studio Georgeville presents "Animalia" on Saturday, March 2 to Sunday, April 28. Vernissage on Saturday, March 2, 3 p.m. to 5 p.m., 20 carré Copp, Georgeville, QC, J0B 1T0. 819-843-9992. www.studiogeorgeville.com

until March 3

LAST CHANCE TO SEE LAHMS' PHOTOGRAPHY EXHIBIT! Lennoxville-Ascot Historical and Museum Society (LAHMS) is pleased to present "Time and Image," an historical exhibit on local photography. We hope you'll enjoy this opportunity to discover more about our heritage through a medium that reflects the artistic, historical, and social aspects of our community. The exhibit is open to the public Wednesday to Friday, 10 a.m. to 4:30 p.m., Saturday and Sunday, 1 to 4:30 p.m., on the second floor of Uplands, 9 Speid St., Sherbrooke (Borough of Lennoxville). Continuing until March 3, 2019. Information: 819-564-0409.

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# Local Sports

"It's always nice to stick together, it's always a pleasure to play with the same players," defender Bacary Sagna said.

## Author Noel Paine's passion for running shines through in his latest book



### A RUNNER'S MIND

CHRISTINE BLANCHETTE

Canadian runner Noel Paine has had a passion for running and writing since the age of 12. And for the past three years, he's also developed a passion for fatherhood. The Ottawa resident, who has run almost every distance from the 100 meters to 100 Kilometer ultra marathons, has deftly managed to mingle all three disciplines into a balanced lifestyle, and which often intersect in his busy life.

Paine is a master's athlete who finished the 2011 Boston Marathon, and is a regular contributor for running magazines, Canadian Running and iRun. He is the running dad of three-year-old daughter Morgane, and author of his

book, Talking Running, which was released on January 15, 2019. His first book in 2018 was titled, And then he Wrote: Ruminations, Thoughts and Poems from a Running Dad.

In an email interview, he shared his thoughts on his latest book, saying, "I was inspired to write the book because I had accumulated so many amazing stories from runners I had met over the years and interviewed and profiled. I wanted to share the stories with others and I have always wanted to publish a book on running.

"The book is a collection of running stories of runners I have met, some of my own personal running stories, held together by a few thoughts and quotes on running. It has a foreword by my friend, fellow runner and writer Mark Sutcliffe who helped found iRun magazine and a recommendation on the back by my Kenyan running friend Justin Lagat. It's 225 pages and contains over 20 runner profiles including stories from Dean Karnazes, Dick Beardsley, world record setters and just ordinary runners with great stories. Everyone has a story to tell and a reason why they run," he says.

The book is for every level of runner or for those interested in starting run-

ning and want to read inspirational stories.

Paine was asked, what is his favorite story and what kind of feedback has he received?

"I do not really have any favourites, as I think every person profiled is unique and has something to share...but one of the last pieces I find very emotional and touching, is about someone I also got to meet in person. The story is about my friend Vicky who goes through a fitness and running journey after losing her parents. I was honoured (that) she let me share her story. The feedback so far has been positive from the running community," he says.

The book is available on Amazon. If you're looking for inspiration to keep running or thinking of getting started, then Paine's book will have something for everyone. As he says, everyone has a story about running. He's just managed to compile some of the best.

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

Twitter: [christineruns](https://twitter.com/christineruns)

Instagram: [runwithit\\_christineblanchett](https://www.instagram.com/runwithit_christineblanchett)

YouTube - [runwithit](https://www.youtube.com/runwithit)



COURTESY

## Montreal Impact expect to make push for playoffs in 2019

By Julian McKenzie  
THE CANADIAN PRESS

Longtime Montreal Impact goalkeeper Evan Bush hopes his team can learn a lesson from its longtime rival.

"I think that we're cautiously optimistic right now," Bush said. "If you look at teams in the past that have been too confident, you look at a team like Toronto last year who I think was a little too confident. The roster that they had, even if it was a good roster, they found themselves at mid-season being so far behind everybody that they weren't able to crawl themselves back (and finished well back of the playoffs."

The Impact, like Toronto FC, missed the Major League Soccer playoffs last year, but expectations weren't nearly as high for Montreal.

This season, a playoff push is expected after the Impact fell just short of the post-season last year. Montreal begins its 2019 season Saturday night against the host San Jose Earthquakes.

Midfielder Samuel Piette says the Impact's goal for this season is "obvious."

"The main objective is to qualify for

playoffs," said Piette. "It's to get into a playoff spot and then try to make the best possible run in the playoffs."

The Impact started very slowly last year, winning just three of their first 13 matches after wholesale changes to their roster and coaching staff. But Montreal surged in the second half, missing out on a playoff spot on the season's final day.

The 2019 edition of the Impact has far less turnover.

"It's always nice to stick together, it's always a pleasure to play with the same players," defender Bacary Sagna said. "Now we know each other, we know which position players can give the best of themselves."

Argentine winger and MLS all-star Ignacio Piatti will be counted on heavily for Montreal. Piatti led his team in scoring with 16 goals last year. However, much speculation has been made about his future, with speculation he could leave Montreal to be closer to his family - including his ailing father - at season's end.

"I think that he really loves his time in Montreal," Bush said. "When there's more people with decisions to be made

for than just a player, it becomes a bit more difficult."

The Impact likely will field a 4-3-3 formation, which gave them success last season. It will allow wing-backs like Daniel Lovitz and Sagna to contribute to the Impact offence.

"We're trying to play more from the back," Sagna said. "As long as we remain strong defensively, we can always create chances and we can always score because we have quality strikers."

However, the formation lacked scoring punch. Strikers Matteo Mancosu nor Quincy Amarikwa couldn't fit the bill last season and have since departed for greener pastures.

Instead, newcomer Maximiliano Urruti will be called on to score. The former FC Dallas striker scored 29 times in 95 appearances before being traded to Montreal this past December.

"I think he came to our team at the perfect time," Piette said. "Great finishing. Great guy as well. I think he'll do a lot of great things with (Piatti) as well."

Montreal also has Orji Okwonkwo on loan from Bologna. The Nigerian prefers to play on the right wing, but he can also play as a striker. Harry Novillo will step

also see time at wing.

Youngster Anthony Jackson-Hamel, whose future was unclear at the end of last season, also remains on the roster. But eyes will be on 20-year old Mathieu Choiniere, who joined the Impact roster last season and capped his training camp with a stunning goal in pre-season play.

### MONTREAL IMPACT AT A GLANCE

LAST SEASON: 14-16-4, missed playoffs

COACH: Remi Garde (2nd season, 14-16-4 as an MLS manager)

KEY DEPARTURES: Striker Matteo Mancosu, Striker Quincy Amarikwa, Midfielder Alejandro Silva, Defender Rod Fanni

KEY NEWCOMERS: Striker Max Urruti, Striker Orji Okwonkwo, Midfielder Harry Novillo

KEY RETURNEES: Midfielder Ignacio Piatti, Goalkeeper Evan Bush, Defender Bacary Sagna

THE BURNING QUESTION: Can the Impact play like they did during the second half of last season and make the playoffs?

**Death**

**Janet (MacIntosh) GALE  
(1928-2019)**

Passed away peacefully at the Grace Village on Monday, February 25, 2019 in her 91st year. Loving wife of Royce Gale of 67 years. She leaves to mourn her nieces, nephews and many friends.

Janet graduated from McGill University specializing in Physiotherapy. After two years of service in Calgary she opened the Department of Physiotherapy at the old Sherbrooke Hospital on Argyll Street in 1950 where she worked closely with medical and nursing staff.

Member of the Historical Society of Early American Decoration she specialized in painted decoration of wooden chairs, panels and tin trays. For several years she conducted classes in A.E.D. (American Early Decoration) in Lennoxville.

Her willingness to be of help, her ever ready smile and constant cheerfulness contributed immeasurably to the life of all those around her.

A graveside service will be held at a later date.

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

**Death**



**Kimberly GREY  
(1969-2019)**

Kimberly Grey passed away at the CHUS-Hotel Dieu, Sherbrooke, QC, on Tuesday, Feb. 26, 2019 at the age of 49. She was the daughter of the late Gene Grey and the late Betty Jacklin living in Sherbrooke (Lennoxville). Kim leaves to mourn her husband Gordie Nobes; loving children: Ashley (Shayne Lasenba), Jacob (Alicia French); her cherished grandson Emerson; her brother and sisters: the late Patty (Pierre), David (Marilyn), Kathleen (Donald), Nancy (Nick); her mother-in-law: Helen Nobes; her brothers and sisters-in-law; Dean (Rita), Cindy (Rob), as well as many cousins, nephews, nieces other friends and relatives.

A private service will be held at the Malvern Cemetery at a later date.

The family would like to thank all the personnel of the CHUS-Fleurimont (ICU 9th floor) and CHUS-Hotel Dieu (ICU 3rd floor) for their kind and professional care given to Kim.

**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**



**Alfred John MILLEN  
(1931-2019)**

With his family by his side, A. John Millen died peacefully in Asbestos on February 25, 2019, at the age of 87. He leaves to mourn his ever-loving wife of 53 years, Maria Sofranko; his children Katrina (Salvatore), Jennifer (Mario), Andrew, Tracey (Roland); his grandchildren Emily, Oliver, Chloe, Leo; his sister Helen, and many other family and friends.

Cremation has taken place. Visitation on Saturday, March 9 from 10:30 a.m. to 12 p.m. at St. Augustine's Anglican Church, 73 rue du Carmel, Danville, followed by funeral service at 12 p.m.

In lieu of flowers, donations to the CSSS Des Sources (Asbestos), CHUS Fleurimont or Hotel-Dieu hospital (Sherbrooke), or a charity of your choice would be appreciated.

**CASS FUNERAL HOMES**  
295 Principale S., Richmond QC  
PHONE: 819-826-2502  
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www.casshomes.ca

**In Memoriam**

**BAIN, Audrey Waldron - March 1, 2017.**  
*The life of  
One we love  
Is never lost...  
Its influence goes on  
Through all the lives  
It ever touched.*

**NORMA, JIM  
AND FAMILY**

**In Memoriam**

**PATTERSON -** In loving memory of our special Gordon Patterson who left us March 1, 2004.

*The 15 years without you have been filled with memories of the 50 wonderful years we shared.*

*Love gives to each one of us, a glimpse of Heaven, here on earth.*

**Dearly loved by  
JUNE  
CHILDREN and  
GRANDCHILDREN**

**In Memoriam**

**PATTERSON, Gordon -** We fondly remember our dear brother-in-law and uncle who left us fifteen years ago on March 1.

*Memories in our hearts today  
Mean more than words can say.*

**Sadly missed by  
THE FRASERS**



**Card of Thanks**

**HYATT, Edith Shaughnessy -** The family of Edith would like to thank relatives and friends for the sympathy and kind words received, the flowers, cards, phone calls and personal condolences. To Linda Hoy for the beautiful service, accompanied by Ronnie and Paulette Haseltine, and Mr. McBurney. The Cass Funeral Home for the visitation. Thanks to the Grace Village for Mom's wonderful care.

**AUDREY & PETER HOPKINS  
SHIRLEY-ANN & ROBERT McVETY  
PETER KIRBY (the late DIANNE)  
GRANDCHILDREN and  
GREAT-GRANDCHILDREN**



**Card of Thanks**

**KILBRIDE -** The family of the late Maureen Kilbride wish to thank everyone for their kindness and thoughtfulness which helped comfort us during a difficult time. Thank you for the many phone calls, the donations of food and the sympathy cards we received. There were appreciated by everyone. We extend also a heartfelt thanks to the professional staff at the Brome-Mississquoi-Perkins Hospital. Your compassion and care will be forever remembered.

**TOM KILBRIDE  
AND FAMILY**



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**RATES and DEADLINES: ANNOUNCEMENTS & NOTICES**

**BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:**  
Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)  
Discounts: 2 insertions or more: 15% off  
With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.  
**BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:**  
Text only: \$16.00 (includes taxes)  
With photo: \$26.00 (\$29.90 taxes included) **DEADLINE:** 3 days before publication.  
**WEDDING WRITE-UPS:**  
\$26.00 (\$29.90 taxes included) WITH PHOTO: \$36.00 (\$41.40 taxes included)

**Please Note:** All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: clas-sad@sherbrookerecord.com - They will not be taken by phone.  
**DEADLINES FOR DEATH NOTICES:**  
For Monday's paper, call 819-569-4856 between 1 p.m. and 5 p.m. Sunday.  
For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

# Church Services

## Datebook

FRIDAY, MARCH 1, 2019

Today is the 60th day of 2019 and the 71st day of winter.

**TODAY'S HISTORY:** In 1781, the Continental Congress officially adopted the Articles of Confederation.

In 1803, Ohio was admitted as the 17th U.S. state.

In 1867, Nebraska was admitted as the 37th U.S. state.

In 1961, President John F. Kennedy issued an executive order establishing the Peace Corps.

In 2003, Pakistani counterterrorism forces captured al-Qaida operative Khalid Sheikh Mohammed, a principal planner of the 9/11 terror attacks.

In 2005, the U.S. Supreme Court ruled that capital punishment for crimes committed before the age of 18 was unconstitutional.

**TODAY'S BIRTHDAYS:** Frederic Chopin (1810-1849), composer; Glenn Miller (1904-1944), bandleader; David Niven (1910-1983), actor; Harry Caray (1914-1998), sportscaster; Ralph Ellison (1914-1994), author; Yitzhak Rabin (1922-1995), Israeli prime minister; Harry Belafonte (1927- ), singer-songwriter/actor; Roger Daltrey (1944- ), singer-songwriter; Ron Howard (1954- ), actor/director; Zack Snyder (1966- ), filmmaker; Javier Bardem (1969- ), actor; Jensen Ackles (1978- ), actor; Kesha (1987- ), singer; Justin Bieber (1994- ), singer.

**TODAY'S FACT:** The International Criminal Court held its inaugural session in The Hague on this day in 2003.

**TODAY'S SPORTS:** In 1969, New York Yankees slugger Mickey Mantle announced his retirement.

**TODAY'S QUOTE:** "The understanding of art depends finally upon one's willingness to extend one's humanity and one's knowledge of human life." — Ralph Ellison

**TODAY'S NUMBER:** 5,801,130 — English-language articles on Wikipedia.org, as of mid-February 2019.

**TODAY'S MOON:** Between last quarter moon (Feb. 26) and new moon (March 6).

Each year, many Canadian women over 40 see their lives shattered by osteoporosis... Please consult your doctor or visit our Web site to learn more.

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(514) 369-7845

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### 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.

#### NORTH HATLEY

Saint Barnabas Anglican Church, North Hatley, at 640 Sherbrooke St., celebrates Holy Eucharist every 1st, 2nd, 3rd & 5th Sunday at 9 a.m. Morning Prayer is held every 4th Sunday at 9 a.m. Christian Meditation is held every Tuesday from 6 p.m. to 7 p.m.

#### SHERBROOKE

Church of the Advent, 473 Bowen St. South, Sherbrooke. You are invited to pray with us on Sunday, March 3 at 11 a.m. We look forward to seeing you again or for the first time at our Anglican Morning Prayer Service.

### 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 worship with Bruce Gilbert on Sunday, March 3 at 10:00 a.m. Children are always welcome. 819-565-8449; website - lennoxvilleunitedchurch.com

#### WATERVILLE/NORTH HATLEY

Waterville/North Hatley United Church, Sunday, March 3, 11 a.m., with Rev. Mead Baldwin. Sunday School. Rev. Mead Baldwin 819-837-1112.

### United

#### SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Terrill, 819-346-6373, www.plymouthtrinitychurch.org, welcomes all of you to our English service at 10:30 a.m. on Sunday, March 3; the leaders of our community of faith elected and nominated at the annual meeting will be installed. And RSVP at 819-346-6373 for our March 5 Shrove Tuesday Pancake supper, held from 4 to 6 p.m. (a fundraiser for the United Church children's summer camp), followed by a short Ash Wednesday service. All are welcome! Nous vous souhaitons la bienvenue à notre culte en français le dimanche, 3 mars, à 13h. De plus, RSVP au 819-346-6373 pour notre dîner aux crêpes du mardi gras, le 5 mars, de 16h à 18h, suivi d'un bref service du Mercredi des Cendres. Cordiale bienvenue à tout le monde. Minister: Rev. Samuel V. Dansokho.

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## SUDOKU

DIFFICULTY RATING: ★★★★★

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			3	6				

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### PREVIOUS SOLUTION

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

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### PREVIOUS SOLUTION

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★★★★★ DIFFICULTY RATING

## SUDOKU

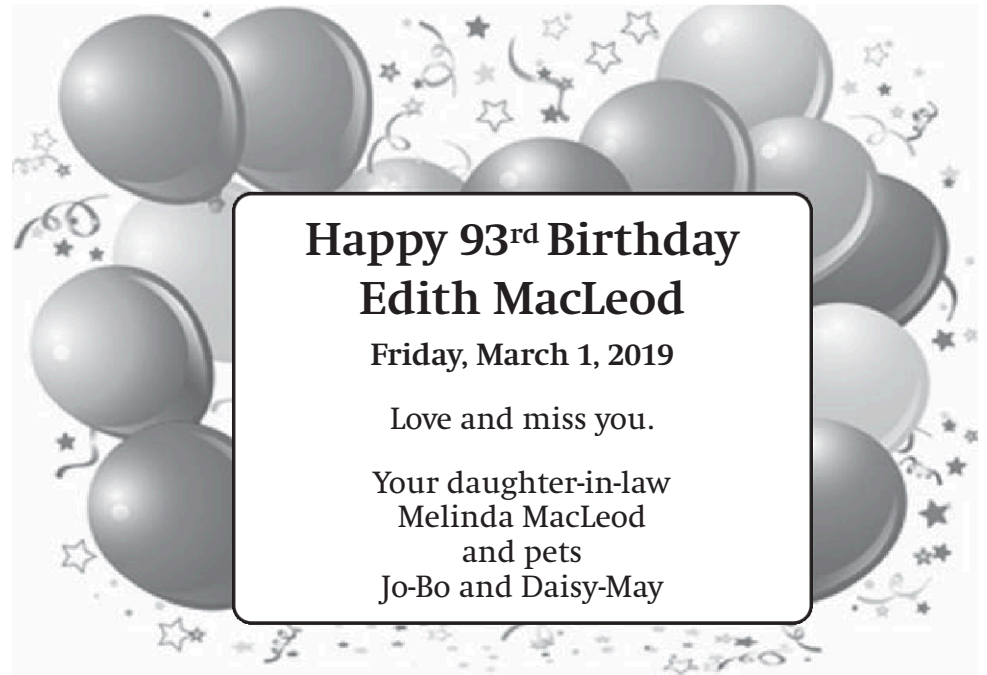


## CARD SHOWER

Our mom, **Rena Halsall**, will be 90 on March 14.

If you would like to share in her celebration, please send her a card, we know it would be so special to her and the family.

Her address is:  
381 Route 108  
Cookshire-Eaton, QC  
JOB 1M0



## Happy 93<sup>rd</sup> Birthday Edith MacLeod

Friday, March 1, 2019

Love and miss you.

Your daughter-in-law  
Melinda MacLeod  
and pets  
Jo-Bo and Daisy-May

## Bulwer Branch Quebec Farmers' Association Bursary

The Bulwer Branch Quebec Farmers' Association is offering a Bursary to first year students currently enrolled in post-secondary education in the field of Agriculture or related fields, living in the area served by Bulwer Branch Quebec Farmers' Association.

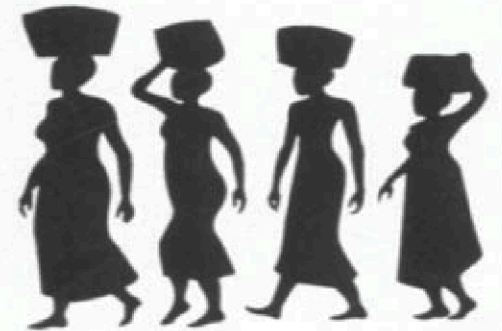
Applications must be received by March 31, 2019.

Contact person: Mrs. Theda Lowry, 30 High Forest, Sawyerville, Quebec, JOB 3A0.

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## Your Birthday

### FRIDAY, MARCH 1, 2019

You'll need to compromise to meet your goals. Taking the high road and helping others with no expectations will result in mutual respect and lots of help this year. Trust in your abilities, determination and discipline.

**PISCES** (Feb. 20-March 20) — Group efforts will pay off. Take a position of leadership and turn your dream into a reality. Opportunity will knock, but it's up to you to open the door.

**ARIES** (March 21-April 19) — Letting go of the past will free you to do as you please. Don't worry about what you can't do when you can thrive using what's available to you.

**TAURUS** (April 20-May 20) — If you put some muscle behind your ideas, you will flourish. Take the helm and present what you have to offer. You must take the lead if you want to win.

**GEMINI** (May 21-June 20) — You may not get what you want if you are too trusting. Consider every angle before you align yourself with someone who may be a good talker with little substance.

**CANCER** (June 21-July 22) — Rise to the occasion. Don't fret when you should be using your imagination to come up with innovative solutions. An important partnership will grow stronger.

**LEO** (July 23-Aug. 22) — A chance to make a change needs to be looked at

carefully. If you miss an important element of a deal, you could end up scrambling. Broaden your vision and look for loopholes.

**VIRGO** (Aug. 23-Sept. 22) — Ramp up the energy and put your heart into whatever task you need to complete. Your performance will be your ticket to gaining respect and the chance to take on bigger challenges.

**LIBRA** (Sept. 23-Oct. 23) — Keep your emotions out of the equation when faced with opposition. To find a way to convince others to let you do as you please, diplomacy will be required.

**SCORPIO** (Oct. 24-Nov. 22) — A passionate approach to whatever you do will bring high returns. Whether it's a personal or a professional matter, energy and enthusiasm will bring the results you are looking for.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Be secretive about the changes you want to make. If someone is privy to your plans, he or she will meddle and cause you setbacks and grief.

**CAPRICORN** (Dec. 22-Jan. 19) — Say little and do a lot. Clear up loose ends and make changes at home that will add to your comfort. Take better care of your health and emotional well-being.

**AQUARIUS** (Jan. 20-Feb. 19) — Impulsive actions will have dire consequences. Slow down, take your time and calculate your best move before you plunge into something new. Ask an expert and avoid making a mistake.

### SATURDAY, MARCH 2, 2019

Think twice before you take a leap forward. Change has to be made for the right reasons. Think about the best way to make the most out of whatever situation you face. Intelligence, imagination and moderation will lead to the success and happiness you desire.

**PISCES** (Feb. 20-March 20) — Your diligent approach to helping others will pay off. A steady pace, consistency and the lessons of experience will help you ward off temptation and indulgence. Romance is in the stars.

**ARIES** (March 21-April 19) — Take better care of your physical and emotional well-being. Nothing is worth jeopardizing your health. Exercise will give you the outlet you need.

**TAURUS** (April 20-May 20) — If you want change, take action. Stay in control and do what's right. If you want something, it's up to you to go after it. Stand up and be counted.

**GEMINI** (May 21-June 20) — The power of persuasion should be used properly. If you make unrealistic promises, you will be caught in a dilemma. Stick to the truth and abide by the rules.

**CANCER** (June 21-July 22) — Don't underestimate the size of a job. Use your ingenuity to come up with a common-sense plan that will encourage others to get involved. Hard work will pay off.

**LEO** (July 23-Aug. 22) — Turn anger into passion. Don't waste time on things or people you can't change. Focus on personal growth, self-reliance and good

health. Choose peace and love over chaos and discord.

**VIRGO** (Aug. 23-Sept. 22) — Get cracking and start achieving. Participation will get you moving in the right direction. You can make a difference if you stand up and do what's right. Embrace the future.

**LIBRA** (Sept. 23-Oct. 23) — Express yourself. Show compassion, but also stand your ground. Be direct about the way you feel and what you want to see happen. Your strength will attract opportunity and change.

**SCORPIO** (Oct. 24-Nov. 22) — Look at every angle and put your health and emotional well-being first. Arguing is not an option, but removing yourself from a bad situation is. Do what's best for you.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Refuse to let anyone stand between you and what you want. It's up to you to take a stand and make things happen. Focus on truth, fair play and doing what's right.

**CAPRICORN** (Dec. 22-Jan. 19) — Be secretive about what you are doing until you are fully prepared to share. Underestimating the extent of a job will leave you scrambling. Step back and revise your plans.

**AQUARIUS** (Jan. 20-Feb. 19) — Make changes for the right reasons. Question your motives if you feel you are acting on impulse rather than reason. Walk away from temptation and do what's best for you.

Sunday's horoscope on page 23

**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.

“ V D A J K U X K T T G ( O H C W S H D D ) . . . .  
 V Y H W J K C G D E R I G N A S H J K D V J K U  
 Y V N S S K C H T U S K C M E T T G P A T K . V  
 Y V D D O V W W S K C . ” — C A P C K V T K C

Previous Solution: “Penny Marshall was a loyal friend ... and true supporter of women in the industry. Rest in peace.” — Kathy Griffin

TODAY'S CLUE: K equals R

**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.

“ I G B D N L S R G T J V G T J H H Z D K K P L N S U  
 N L K D P C L N L F S R G X J V V N L F D Y X G L L U  
 K J C V R J H H , O N C G Z S D C D Y ‘ J H G J F P G  
 D Y S R G N C D I L . ’ ” — K H T

TODAY'S CLUE: B equals T

Previous Solution: “I loved Penny (Marshall). ... I was very lucky to have lived with her and her funny bone. I will miss her.” — Rob Reiner

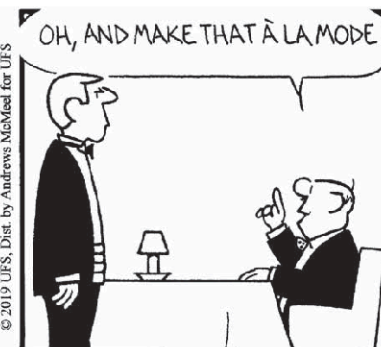
**ALLEY OOP**



**ARLO & JANIS**



**THE BORN LOSER**



**REALITY CHECK**



**FRANK AND ERNEST**



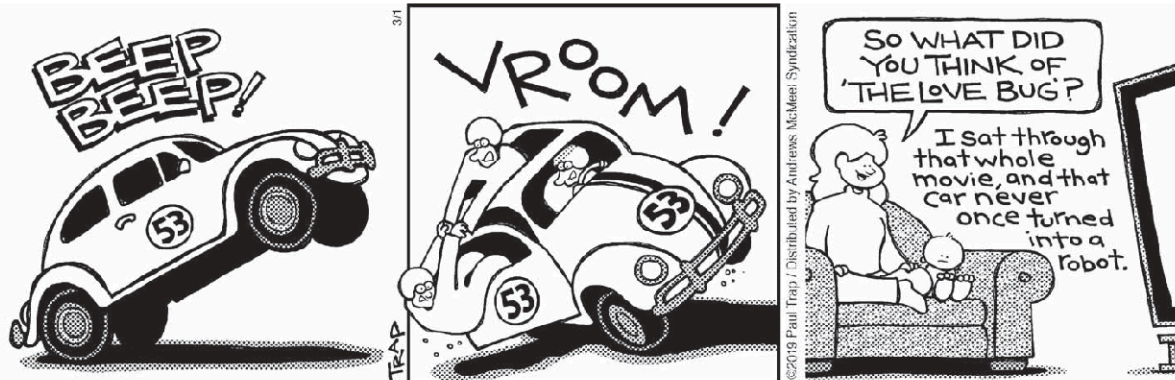
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# Life overload

Dear Annie

FRIDAY, MARCH 1, 2019

**Dear Annie:** I pride myself on being an empathetic person. I'm known in my friend group and family as a person who "has it together" and is a comforting shoulder to lean on. I am also someone people can turn to at work to get things done and remain positive and professional. However, increasingly, I find myself wanting to curl up at the end of the day and just watch TV or zone out. I don't want to reply to messages from friends who want to meet up, and I'm also avoiding chores and other responsibilities. Just taking out the garbage feels like a herculean task.

When I do gather the energy to go out at night or on weekends, it's always a blast. But then it seems to take twice as long as usual to get back to a normal amount of energy. For being so attuned to others, I'm rather blind when it comes to my own life. Is this what being burned out feels like? How do I snap out of it? — Sizzled in Sioux Falls

**Dear Sizzled:** You sound like a loving and caring person, and yes, you are at risk of burning out. My homework for you is to try being as empathetic to yourself as you are to others. The best gift you can give yourself is time to engage in activities that give you joy and pleasure.

There is an old Zen story called "The Overflowing Teacup," which you might find helpful. You sound like a much kinder person than the gentleman in this story, but the message is the same: In order to help others, you must not let your own teacup get overloaded with other people's burdens.

"Once, a long time ago, there was a wise Zen master. People from far and near would seek his counsel and ask for his wisdom. Many would come and ask him to teach them, enlighten them in the way of Zen. He seldom turned any away. One day, an important man, a man used to command and obedience, came to visit the master. 'I have come today to ask you to teach me about Zen. Open my mind to enlightenment.' The tone of the important man's voice was one used to getting his own way.

"The Zen master smiled and said that they should discuss the matter over a cup of tea. When the tea was served, the master poured his visitor a cup. He poured and he poured, and the tea rose to the rim and began to spill over the table and finally onto the robes of the wealthy man. Finally, the

visitor shouted, 'Enough! You are spilling the tea all over. Can't you see the cup is full?'

"The master stopped pouring and smiled at his guest. 'You are like this teacup, so full that nothing more can be added. Come back to me when the cup is empty. Come back to me with an empty mind.'"

**Dear Annie:** Quick question: Do you cut crispy bacon with a knife and eat it with a fork? Or do you pick it up with your fingers and eat it? — Fork or Hands

**Dear Hands:** That's my quick answer. Assuming the bacon is served crispy, whole and dry, it should be considered finger food. On the other hand, if it is really thick, you could cut it into pieces and use a knife and fork.

**Dear Annie:** My co-worker recently mentioned to me that his wife attended her friend's wedding alone because the invitation didn't allow a guest. The same was apparently true for other invitees. Regardless of whether my co-worker had any interest in attending, I thought it tacky to exclude guests. If the newlyweds' goal was to save money, wouldn't proper etiquette call for inviting fewer people so that everyone invited could bring a guest? Furthermore, isn't the whole point of a wedding to share the experience with friends and family and, by extension, their loved ones? Maybe wedding etiquette has changed since I got married 12 years ago. — Just Wondering in Wisconsin

**Dear Wondering:** Wedding etiquette has not changed over the past 12 years. Proper wedding etiquette states that spouses, fiancées, fiancés and live-in partners should be invited as guests even if the bride and groom have never met them. I'm hoping that this was an unintentional oversight on the part of his wife's friend. If not, then it was more than tacky; it was downright rude. One of my favorite quotations about rudeness is from Eric Hoffer: "Rudeness is the weak man's imitation of strength."

"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.creator-publishing.com> for more information.

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

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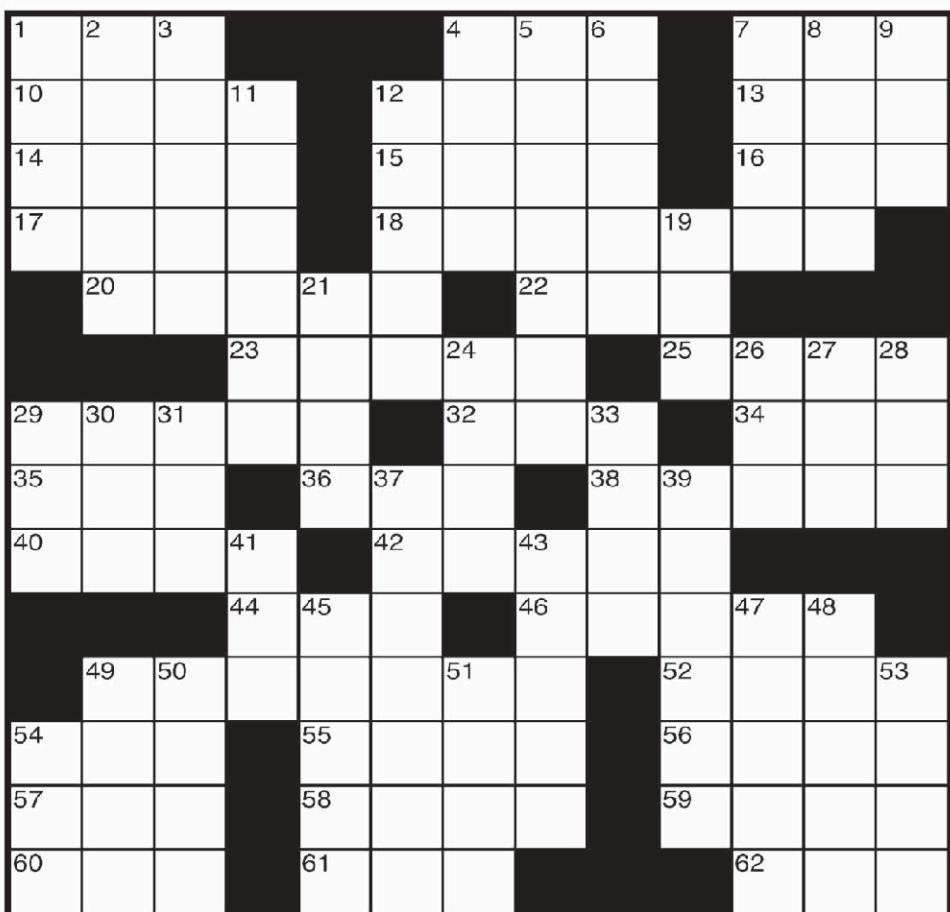
# NEA Crossword Puzzle

- ACROSS**
- 1 Dawn to dusk
  - 4 Fall guy
  - 7 Zig's opposite
  - 10 Seer's sign
  - 12 Opposite of wax
  - 13 Environmental prefix
  - 14 Two nickels
  - 15 Observance
  - 16 Mexican Mrs.
  - 17 Pointed arch
  - 18 Raise
  - 20 South American range
  - 22 Bird's beak
  - 23 Rocker — John
  - 25 Passable (hyph.)
  - 29 Markets
  - 32 LummoX
  - 34 Devotee
  - 35 "Little Women" girl
  - 36 Mont Blanc
  - 38 Young raptor
  - 40 Pleat
- 42 Campaign topic**
- 44 Chemist's workroom
  - 46 Not so new
  - 49 Gunsmith
  - 52 Faded
  - 54 Levin or Gershwin
  - 55 Go wild about
  - 56 Humorist — Bombeck
  - 57 Tayback or Damone
  - 58 Tijuana trio
  - 59 Cotillion honorees
  - 60 Shaggy-haired ox
  - 61 Author — Rand
  - 62 Female deer
- DOWN**
- 1 Extinct bird
  - 2 Pablo's girl
  - 3 Gulf nation
  - 4 Go by boat
  - 5 Lobster part
  - 6 Annoy
  - 7 Tangy taste
  - 8 Cropland measure

## Answer to Previous Puzzle



- 9 — — few rounds
- 11 Lacked
- 12 Take by force
- 19 Crunch targets
- 21 Adamson's lioness
- 24 Excuse me!
- 26 Olive yield
- 27 Weather-vane dir.
- 28 Giants hero of yore
- 29 Winery feature
- 30 Cassowary kin
- 31 U.N. headquarters
- 33 Bad-smelling
- 37 Book source
- 39 Single no more
- 41 Dutch carrier
- 43 Tender spots
- 45 Main artery
- 47 Dropped the ball
- 48 Stallone role
- 49 Soprano's rendition
- 50 Pool player's frame
- 51 Flush with
- 53 Foundation
- 54 Leafy wallclimber



# Your Birthday

SUNDAY, MARCH 3, 2019

Emotions need to be managed carefully. Keeping personal information secret will help you deter others from putting you in a vulnerable spot. Put more emphasis on personal growth and achievement. An honest assessment of your life and goals should be a priority if you want to be successful.

**PISCES** (Feb. 20-March 20) — Think before you act. Emotional matters will escalate quickly if you are too quick to judge. Be cognizant of what others are going through. Listen and offer suggestions.

**ARIES** (March 21-April 19) — Consider what makes the most sense and is sustainable, and proceed to incorporate your findings into your everyday routine. Exercise willpower to achieve your goal. Romance is highlighted.

**TAURUS** (April 20-May 20) — Take better care of your physical health and emotional well-being. Anger promotes chaos and will not solve anything. Look for a diplomatic way to engage touchy situations.

**GEMINI** (May 21-June 20) — Consider what's true and what's false. Put greater emphasis on physical changes that you can make to gain strength and emotional stability.

**CANCER** (June 21-July 22) — Pick up the pace and see what transpires. Discipline and precision will help you reach your goal. A partnership should be based on equality and mutual understanding.

**LEO** (July 23-Aug. 22) — Consider your

options and choose the one that encourages you to be yourself. Don't let anyone talk you into something you don't want to do or that may be detrimental to your health.

**VIRGO** (Aug. 23-Sept. 22) — Make a move, attend an event, travel and learn all you can by listening and comparing notes with someone who has valuable information. Don't fold under pressure. Make your own decisions.

**LIBRA** (Sept. 23-Oct. 23) — Live life your way. Refuse to let someone dictate terms or take charge. It's up to you to stand up and be counted. Protect your rights.

**SCORPIO** (Oct. 24-Nov. 22) — Avoid a senseless debate. Know when to walk away from a situation that is holding you back. Let the past go and make lifestyle changes that suit your needs.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Stick to the truth and don't put up with people who don't do so. Separate yourself from situations that aren't conducive to your success or happiness. Focus on being your best.

**CAPRICORN** (Dec. 22-Jan. 19) — Take the time and make the effort to improve your surroundings. The changes you make will help you relax and enjoy yourself.

**AQUARIUS** (Jan. 20-Feb. 19) — Emotions will surface, and arguments are likely if you don't maintain control. Take a moment to consider how to best handle whatever situation you face before you say something you'll regret.

FRIDAY, MARCH 1, 2019

## Who play better: humans or bots?

By Phillip Alder

Some of the deals in last year's world computer bridge championship were also played in the three major human teams events. Today's caused trouble for both homo sapiens and microchips.

The given auction was in the semifinal match between the eventual winner, Wbridge5 from France, and Q-Plus Bridge from Germany. In the given auction, three clubs was a cue-bid raise, showing at least game-invitational values with heart support. Four no-trump was Roman Key Card Blackwood, the reply indicating one key card (an ace or the heart king). After South plunged into six hearts, Wbridge5 made a rookie mistake, doubling because it had two trump tricks. North took the hint and ran to six no-trump.

When West led the spade king, South had no trouble taking 12 tricks, aided by the 3-3 diamond split. However, even if West had found the safe diamond lead, declarer would have won with the ace, crossed to the heart queen, cashed the diamond king and queen (discarding a heart and the club nine), then taken a spade finesse, which would have ended West in the black suits.

At the other table, Q-Plus Bridge did not double six hearts. This went down two (losing one spade and two hearts) to give Q-Plus 14 international match

		North	03-01-19
		♠ 6 4	
		♥ A Q 8	
		♦ K Q 10 4 3 2	
		♣ 10 6	
West		East	
♠ K Q 3 2		♠ 8 7 5	
♥ —		♥ J 10 9 7 6	
♦ J 9 6		♦ 8 7 5	
♣ K 8 5 4 3 2		♣ J 7	
		South	
		♠ A J 10 9	
		♥ K 5 4 3 2	
		♦ A	
		♣ A Q 9	
Dealer: East			
Vulnerable: East-West			
South	West	North	East
			Pass
1♥	2♣	3♣	Pass
4NT	Pass	5♦	Pass
6♥	Pass	Pass	Dbl.
Pass	Pass	6NT	All Pass
Opening lead: ♠ K			

points. In the other bot semifinal, Synrey Bridge from China went down one in five hearts, and Micro Bridge from Japan went down two in six hearts. At the human tables, six hearts failed thrice, five diamonds made once, and four hearts made once and went down once.

# Dodged another one



On Wednesday, February 13th, members of the Sherbrooke Snow Shoe Club met for their weekly meeting as scheduled. Well, most of the members, anyway. A few didn't make it on account of the storm. That is, the snowstorm that started late Tuesday evening and didn't taper off until just a couple of hours before the start of the meeting.

The almost weekly snowfalls this winter have definitely had an impact on club attendance. Fortunately, none have made a direct hit on weekly Wednesday night meetings, nor special Saturday night gatherings. Fortunate inasmuch as there have been no cancellations, at least so far. To date, most of the storms have impacted the region just before or immediately following our scheduled dates.

The impact on attendance has nevertheless been noticeable. Members have been leery of questionable road conditions for the most part, either travelling to the clubhouse and homeward after a meeting or event. The fear of getting caught travelling the local roadways during a storm or premature onslaught is a real concern for many members, as a definite proportion reside outside the Sherbrooke metropolitan area.

Notwithstanding all the other clear misses, Wednesday the 13th was by far the closest to a forced cancellation this season. Only the early arrival of the club's kitchen crew and the availability of the club's snowplow operator saved the day, enabling the meeting to proceed as planned.

Let's face it. A club dedicated to the sport of snowshoeing is rather averse to having to cancel on account of too much snow! Not that it hasn't happened before,

as in the case of the 2010-2011 season when the club's executive had to cancel due to a severe snowstorm. The storm was a major event spanning both Ontario and Quebec. It was one of those events when the good people of Toronto had a hard time coping. At the time the National Post's editorial cartoonist, Gary Clement's, 'Week in Review' captured the sentiment quite accurately, though perhaps a little more in tune to the citizens of TO. Clement's theme for his Saturday recap of weekly events was based on the 'went to' characterization and thus for Torontonians and in the club's perspective - the SSSC trampers 'went to' pieces - as in Run For Your Lives!

The February 2011 cancellation and a similar one last season were the only two times in living memory that the snowshoe club has ever had to cancel a meeting due to too much snow. Rather ironic to say the least, given the club's raison d'être.

This season's weekly meeting on the 13th was impacted not only in terms of lower attendance. The mood of members was also definitively subdued, due in part to a lot of shoveling and just the overall fatigue of dealing with yet another storm.

For those members who opted to attend, a hearty meal awaited them after the meeting got underway. Starting off with steaming bowls of beef noodle soup, the club's White Knights proceeded to then serve entrees of cabbage rolls with potatoes and vegetables. For dessert, members had their choice of a wide assortment of dessert offerings left over from the previous Saturday night's event. All in all, it was a tasty meal and well appreciated.

Following the meal, drawings were conducted for the evening's door prizes. On this occasion, it was kitchen staffer Roger Levert and member Richard Dezan the lucky winners. After a few jokes from Dave Moore, the members present decided to forego the traditional sing-along given the absence of pianist Janis Graham, who herself, did not want to risk the road conditions. Having sung the national anthem a capella earlier in the proceedings, the membership was

reluctant to attempt a similar out-of-tune repertoire of songs.

President Steve Moore then conducted a business meeting to address current affairs of a managerial nature. In addition to the usual humdrum issues was the good news that the membership had once again completed their commitment to support the Alexander Galt High School scholarship campaign.

With the business meeting completed after a number of announcements, the membership was released to enjoy an 'open night' whereby they were able to pursue whatever activities that peaked their interest. Given the weather, some decided to head for home immediately.

Submitted by Steve Moore  
SSSC Secretary

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