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THE RECORD

New distribution method for public notices

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Page 5

WEEKEND EDITION

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FRIDAY, OCTOBER 5, 2018

North Hatley to hold by-election debate next Wednesday

By Emilie Hackett
Special to the Record

The North Hatley Municipal Council will be holding a by-election on October 21, 2018, to fill its fifth seat, left vacant after the resignation of councillor Claude Villeneuve.

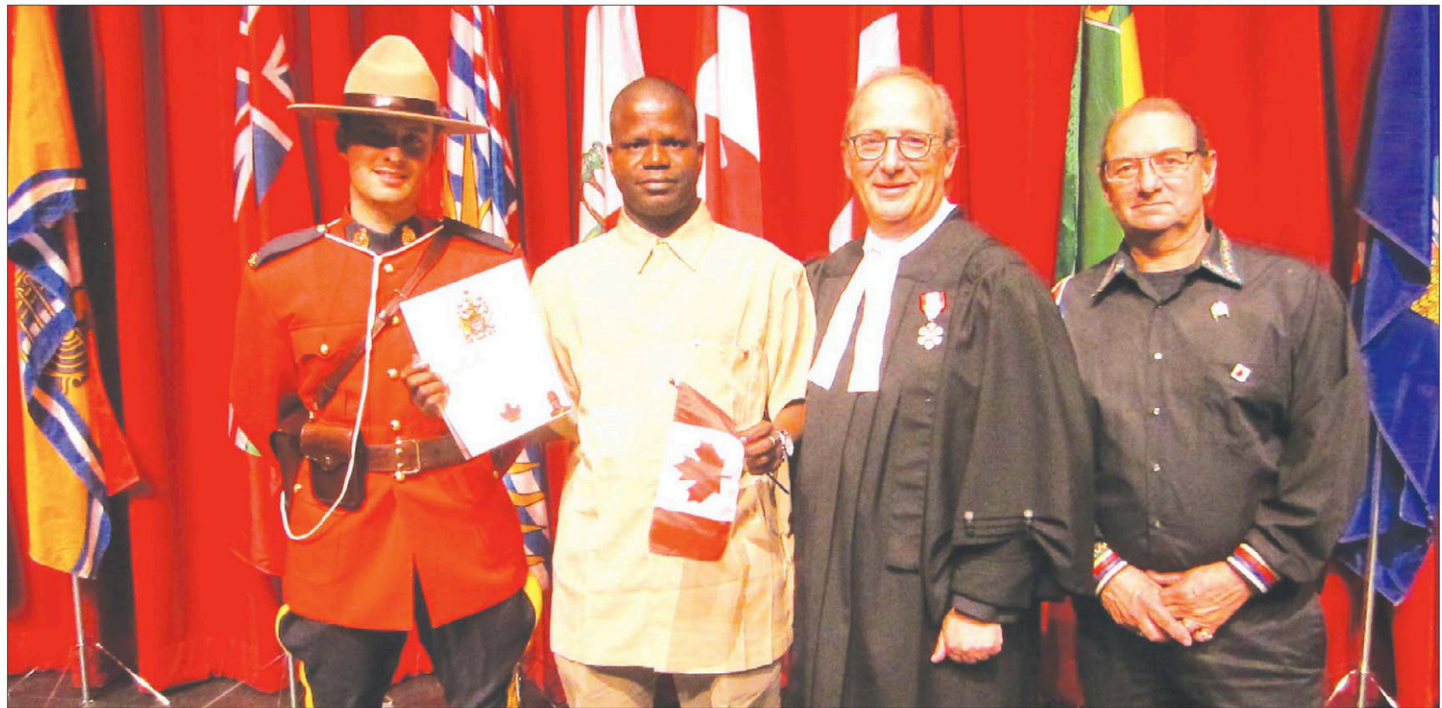
Three candidates, Vincent Dionne, Aaron Patella, and Olivia Page are running to fill the position.

A 'meet the candidates' event has been organized next Wednesday, October 10, at the Universalist Union Church in North Hatley at 7 p.m. by the Friends of North Hatley community group.

The candidates are expected to present their platform to the village's residents, answer questions, and voice their concerns during Wednesday's debate.

Eligible voters can cast their ballot in the advance poll on October 14, by correspondence until October 19, or on voting day on October 21. To vote, one must be a Canadian citizen who is at least 18 and is either domiciled in North Hatley, has been domiciled in Québec for at least six months or has owned property in North Hatley for at least a year or is the occupant of a business within North Hatley for at least a year.

Bishop's hosts citizenship ceremony



Vincent Courchesne of the Royal Canadian Mounted Police with new Canadian citizen Djioguini Djigo, Bishop's University Principal Michael Goldbloom, and Richard O'Bomsawin, Chief of the Odanak Band Council at Thursday's Citizenship Ceremony

By Gordon Lambie

"I swear that I will be faithful and bear true allegiance to Her Majesty Queen Elizabeth the Second, Queen of Canada, her Heirs and Successors, and that I will faithfully observe the laws of Canada and fulfill my duties as a Canadian citizen."

Those were the words, solemnly sworn, by 39 new citizens of Canada at

a special ceremony in Centennial Theatre at Bishop's University on Thursday afternoon. Coordinated by The Institute for Canadian Citizenship, a national charity with a focus on encouraging inclusion, connection and active citizenship in the country, the ceremony included not just the traditional swearing-in but also a time of sharing and discussion focused on the question of what it means to be Canadian.

"Today is not simply about Canada accepting you as citizens, it is also about you choosing Canada for yourselves and your families," said Bishop's Principal Michael Goldbloom, who presided over the citizenship ceremony. "It is about bringing your skills, talents, experiences, heritages to make this country a better place and hopefully enrich your lives as well."

CONT'D ON PAGE 4



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Weather



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SUNNY

HIGH 11
LOW -2



SATURDAY:
SUNNY

HIGH 15
LOW 11



SUNDAY:
SHOWERS

HIGH 17
LOW 7



MONDAY:
60% CHANCE
OF SHOWERS

HIGH 17
LOW 10



TUESDAY:
60% CHANCE
OF SHOWERS

HIGH 19
LOW 11

This train carries no one but gamblers



GOOD READS

LENNOXVILLE LIBRARY

In Colson Whitehead's Pulitzer Prize winning novel *The Underground Railroad* (2016) the passengers are all betting their lives that the trains will take them someplace safer than the slave life they are fleeing on the cotton plantations in the rural South of the 1850s. Everyone involved in the railroad - engineers, mechanics, conductors and station agents - are risking their lives too. This railroad is not a metaphor for a series of safe houses on the routes from the deep South to freedom and safety in the North or in Canada. There are real locomotives, real tunnels and tracks, a motley collection of cars, and stations with platforms. There are, however, no

schedules, no tickets, and no maps. The station agents don't know where the trains are coming from or where the tracks lead. The less they and the passengers know, the less they can reveal if they are exposed or captured.

The principal character in the story is a teenage slave named Cora. Whitehead begins her history two generations earlier. Her grandmother Ajarry had been captured near the Gold Coast of Africa. After being traded several times, she was finally sold to a ship captain from Liverpool. She was put into quarantine outside Charleston, before being cleared for sale. Bought and sold several more times by owners who went broke, she eventually wound up on a plantation in Georgia, which is where we meet her granddaughter.

Cora is going to travel to several states on the railroad. Each state is a metaphor for an institutional approach to how black people might be treated if the abolitionists were successful in legislating an end to slavery in America. Martin, a white man who shelters Cora in North Carolina, explains the problem to her.

"As with everything in the south, it started with cotton. The ruthless engine of cotton required its fuel of African bodies. Crisscrossing the ocean, ships brought bodies to work the land and to breed more bodies...More slaves led to more cotton, which led to more money to buy more land to farm more cotton. Even with the termination of the slave trade, in less than a generation the numbers were untenable...Whites outnumbered slaves two to one in North Carolina, but in Louisiana and Georgia the populations neared parity. Just over the border in South Carolina, the number of blacks surpassed that of whites by more than a hundred thousand. It was not difficult to imagine the sequence when the slave cast off his chains in pursuit of freedom - and retribution."

Whitehead's Georgia is the slave world that we have learned about from stories like *Uncle Tom's Cabin* and, more recently, *Ten Years a Slave*. Debauched and abusive owners supported by sadistic and vicious foremen regard their black captives as property that they can exploit in whatever manner they see fit. It is from this world that Cora's mother Mabel had escaped, never to be seen or

heard of again. Cora resents her mother for having abandoned her as a child in such a hostile and cruel environment. Arnold Ridgeway, the slave catcher, who will play a big role in Cora's adventures, resents Mabel too as a blemish on his professional record. Whitehead will eventually explain how Mabel was able to elude Ridgeway's clutches for so long.

South Carolina appears to be a place of relative enlightenment: blacks live in dormitories, eat in a dining hall and go to school. But it turns out to be an experiment in scientific racism where the organizers are attempting to prove that blacks truly are intellectually, emotionally and morally inferior to whites. And the whites are also eugenicists, advocating a program of sterilization for black women.

North Carolina has abolished slavery, and also black people. The state has bought up all slaves and sold them to owners in other states. All blacks caught in the state are to be executed, along with any white people who harbour them. This is a society that has the features of Nazi Germany or Stalinist Russia where neighbours spy on neighbours and sell them out to the authorities. But even the Nazis and Communists did not make the execution of their citizens a form of public entertainment.

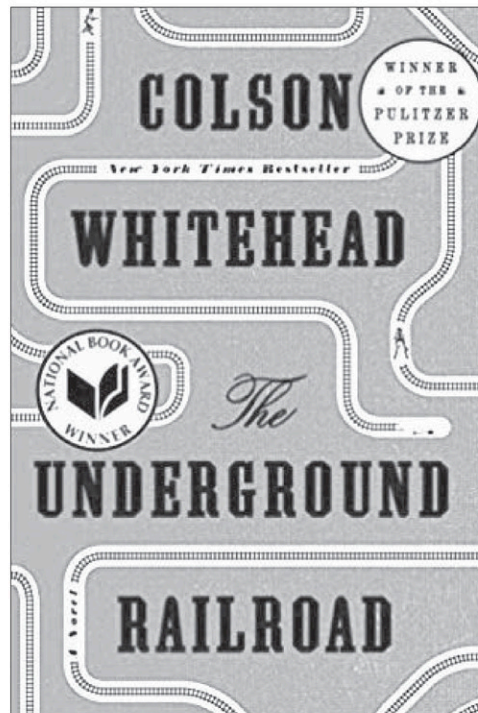
Tennessee is a nightmare for everyone, black and white. Those places that have not been burned to a crisp by wild-fires are beset by a yellow fever epidemic. Even Indiana, which appears to be a place of peace and tranquility for the blacks who have managed to make it that far, turns out to be an illusion.

Whitehead is not just writing history. The questions he raises about whether black people can ever find a place where they can belong in a society dominated by white racism are appropriate for today's America too. All of the freedoms that blacks do enjoy have been bought at an enormous price in both blood and money, highlighted by the Civil War, but by no means starting or ending there.

Vincent Cuddihy

Readers should note the change in the Lennoxville Library's opening hours. Starting this week, it will be open from 10am to 5pm on Tuesday and open at Noon and close at 7:45pm on Friday.

-Vince Cuddihy



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Ben by Daniel Shelton



LOCAL NEWS

"This is literally the event of the year," Baldwin said, during a meeting yesterday at Grace village with the cast of the upcoming Royal murder mystery.

Royal mystery brewing at Grace Village Pavilion

By Matthew McCully

Roll out the red carpet. The Royal family is coming to Grace Village Pavilion to host a feast and celebrate the wedding of the Queen's granddaughter, Princess Eugenie, who will wed her partner of seven years, wine merchant Jack Brooksbank.

There will be food; there will be entertainment; oh, and there will be a murder!

Organized by prolific murder mystery dinner theatre playwright Mead Baldwin and employees from the Grace Village

Pavilion, the event is a fundraiser for the Dr. W. J. Klinck Foundation.

"This is literally the event of the year," Baldwin said, during a meeting yesterday at Grace village with the cast of the upcoming Royal murder mystery.

Baldwin has 15 different murder mysteries under his belt, performed around the Townships over the last 10 years.

The upcoming fundraiser at the pavilion will feature a cast of around a dozen actors, including four Grace Village staff members making their dinner theatre debut.

Baldwin said the event will maintain

the theme of the royal wedding of Princess Eugenie and Jack Brooksbank. Her majesty the Queen will of course toast the new couple, and Sarah Ferguson and Prince Andrew are also on the royal guest list.

A protocol officer will also be at the wedding to ensure everyone in attendance follows procedure when in the presence of the Queen.

Attendees are encouraged to 'dress for the occasion'.

Entertainment for the wedding will be provided by non other than 'Elton Don' (Donald Patriquin).

The event will include a three-course meal and an opportunity to rub elbows with the cream of British society; that is, until someone in the room is murdered.

Then things will get interesting.

Tickets to the 'Royal Wedding' cost \$50, a portion of which is eligible as a tax receipt.

They can be purchased online at gracevillage.ca/dinnertheatre or at Grace Village Pavilion, located at 1515, rue Pleasant View in Huntingville.

For more information call 819-569-0546 (ext.5012) or email dharrison@masscom.ca.



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My Take:

By Matthew McCully

The federal government has just handed over around 3.6 per cent of the Canadian dairy industry to outside interests.

Combined with other concessions made in the Trans Pacific Partnership and losses faced by farmers through di-

afiltered milk products leaking across the border, the Canadian dairy industry's market share is substantially lower than its value on paper, the figure upon which generations of local producers have based lifelong investments.

Supply management controls the

amount of dairy in the Canadian system as well as its price, and also monitors the quality of the product through strict regulations.

Free market puts all options, at all price points and levels of quality in front of the consumer, who ultimately con-

trols the demand.

Nine times out of ten, the winner is the lowest bidder.

Widgets are one thing.

When the product involves a living thing, cost cutting leads to abuse.

CIUSSS offers free PAP test clinics or Cervical Cancer Awareness Week

Record Staff

As part of National Cervical Cancer Awareness Week, October 15 to 19, the Obstetrics and Gynecology Team at the CIUSSS of Estrie - CHUS is offering women in the region the opportunity to come for a free screening test for precancerous lesions (PAP test). Women aged 21 to 69, whose last exam was more than 2 years ago, can make an appointment now.

In 2017, 1,550 Canadian women were diagnosed with cervical cancer and nearly 400 died from the disease.

"Screening is a great way to prevent cancer of the cervix. Detecting precancerous lesions early enough allows for the necessary follow-up to prevent the development of cancer," said Dr. Sophie Desindes, Head of the Department of Obstetrics and Gynecology.

In the majority of cases, the development of cervical cancer is caused by the human papillomavirus (HPV), which is transmitted during sexual intercourse. At the clinics, it will be possible for people between the ages of nine and 45 to obtain free information and a doctor's prescription for the HPV vaccine. How-

ever, even women vaccinated against HPV still need to have a regular Pap smear.

How to make an appointment?

Screening clinics are available at the Fleurimont Hospital Gynecology Clinic and at the 24-Juin Obstetrics and Gynecology Clinic by appointment only. Physicians responsible for screening clinics will be accompanied by gynecology residents and specialized nurse practitioners.

The clinic hours are:

Fleurimont Gynecology Clinic

Tuesday, Oct. 16, 1 to 8 pm.

Wednesday Oct. 17: 7 to 9 a.m. and 1 to 8 p.m.

Thursday, Oct. 18: 8 a.m. to noon. and 5 to 5 p.m.

Friday, Oct. 19: 8 am to noon, 1 to 5 p.m.

Clinique d'obstétrique et de gynécologie 24-Juin

Tuesday, Oct. 16: 8 a.m. to noon,

Wednesday, Oct. 17: 1 to 5 p.m

To make an appointment, call: (819) 563-2027

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Citizenship ceremony

CONT'D FROM PAGE 1

Goldbloom told those assembled that the good news is that there is no fixed answer to the question "what is a Canadian?" and that by virtue of receiving their citizenship certificates, they all helped to make the possibilities that much more diverse and exceptional.

"To much of the world the image of a Canadian is someone who is polite to other people, respectful, tolerant, and maybe a little too ready to apologize, even when we don't have to," the Principal said with a smile, "but we are more than that."

Goldbloom identified Canada as a home to people from all over the world, and a place where celebrations and traditions from different places are shared and celebrated as something that enriches society as a whole.

"Apart from our indigenous people, who lived here for many centuries before colonization, we are all immigrants or their descendants," he said.

Those who made their oaths and walked across the Centennial stage on Thursday came from sixteen different countries of origin and, in some cases, spent years on the dream of becoming a Canadian.

Djioguini Djigo shared that he came to Canada in 2009 from Senegal and began work on his citizenship right away. Although focused on his goal with the hope of bringing his wife and family to the country as well, he was

forced by illness back to his home country for a time before returning to the work he had started. The second time around, Djigo said that it took three to four years before finally getting the confirmation that he would, indeed, become a Canadian citizen.

"It took a long time, but I am very happy," he said, explaining that his goal now is just to integrate into Canadian society.

Goldbloom hailed Canada as being more welcoming and more conscious of how immigrants enrich the country now than it has been in the past and encouraged the new citizens to become politically informed and exercise their right to vote.

Asked after the ceremony about the fact that the government elected earlier this week in Quebec ran on a platform that included limiting immigration and banning the wearing of overt religious symbols from the public service, Goldbloom said that he preferred not to turn the conversation of the day to politics. He did state, however, that he felt those gathered for the ceremony were remarkable individuals who are committed to helping to make Quebec and Canada a better place.

"You just listen to them and you realize they are going to make great contributions to Canada," He said. "I meet these people and just think how courageous it is. We are very, very fortunate here in Canada that such exceptional people choose to become a part of our country."

New distribution method for public notices

Record Staff

Beginning on Nov. 1, the City of Sherbrooke will publish a summary of its public notices in a newspaper distributed in Sherbrooke, and the entire contents of these public notices will be available for consultation at sherbrooke.ca/avispublics. The summaries

will outline the purpose of the public notice, the location of the project, the procedure for adopting the regulation, and the important dates associated with this procedure. For example, in the case of opening a register, the signature dates will be indicated in the summary. This will also be the case for the dates of public consultation and the coming into

force of regulations.

"The use of the Internet is now widespread, it seemed logical to us to direct the population to consult the public notices that are already available. This new formula will save the city thousands of dollars each year and allow the public to have quick and free access to public notices," explained Mayor Steve Lussier.

The new procedure follows the amendment to section 345.1 of the Cities and Towns Act of the Government of Québec, which stipulates that any municipality may adopt a by-law establishing procedures for publishing its public notices, which must include a publication on the Internet.

New Deputy Director-General of Community Relations in Sherbrooke

Record Staff

Sherbrooke City Council has announced the appointment of Robert Doré as Deputy Director General of Community Relations. The appointment follows the reorganization of the Direc-

torate-General, which began last May, and the retirement of Assistant Director General René Allaire.

With a Master of Business Administration (MBA) and specializing in municipal affairs, Doré has 27 years of management experience, including 19

in the municipal sector. Until recently, he held the position of Director General of the Municipality of Saint-Augustin-desmaures, a position he held for eight years.

The new Deputy Director's responsibilities will include the Police (SPS), Fire

Protection (SPCIS), the Department of Maintenance and Roads (SEV), Sports Services, Culture and Community Life (SSCVC), Communications Department and relations with the four boroughs of the City of Sherbrooke. Doré will assume office on October 9.

Saint-Herménégilde man charged with sex assault on minors

Record Staff

A 43-year-old Saint-Herménégilde man has been charged with a number of sexual crimes against two separate victims, after being arrested in Coaticook last Thursday for the

sexual assault on a minor, sexual contact, incitement to sexual touching, and exhibitionism. He was charged last Friday for actions that allegedly took place over a number of years, ending in 2012.

Stéphane Charest appeared in a Sherbrooke court Friday to face the assault

accusations. The identity of his victims is subject to a publication ban; they are no longer part of Charest's entourage.

Charest was back in court Monday for his bail hearing.

Lennoxville break-in, assault leads to prison

Record Staff

A robbery in the Lennoxville borough in which Eric Moore was has sent him to provincial prison two years less a day.

Moore successfully went through therapy to overcome his drug problems last winter and then relapsing over the summer, Moore was sentenced by Justice Claire Desgens of the Court of Quebec on Tuesday in Sherbrooke.

The sentence comes after a joint recommendation suggestion by the defense and the Crown.

Moore pleaded guilty in April to a house robbery on College Street in July 2017. He admitted to charges of breaking and entering with intent to commit aggravated assault and wearing a disguise.

The victim suffered a broken nose and needed about 20 stitches to his face.

The incidents against Moore and Justin Lyons occurred on July 23, 2017 on College St. in Lennoxville.

Moore admitted to breaking into the College Street apartment wearing a mask and attacked its resident with sev-

eral to the face.

In his statement to investigators from the Sherbrooke Police, Moore claimed he did not hit the victim., who did not know Lyons or Moore apart from the fact that he is the former lover of the same teenager., who was not involved in this case. Having entered a therapy house fol-

lowing his indictment, Moore successfully completed his program to treat his cannabis use but problems during the summer lead him to fall back into drugs. He had been detained since that time.

Justin Lyons, the co-accused in this case, has not yet appeared in court.

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Please note that I will retire from medical practice as of January 6th 2019.

Any patient, who so wishes, can already register their names on the ORPHAN PATIENTS LIST to find a new family doctor.

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If the patient wishes for a copy of their medical records after January 6th, the request can be made by phone, mail or email to the AMOE who will contact me.

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EDITORIAL

Sex-ed is also directly linked with increased levels of autonomy, confidence, emotional well-being and better communication in adolescent relationships.

Sex-ed is crucial to the rights of children

By Valerie Michaelson
 Post Doctoral Fellow, School of Religion and Department of Public Health Sciences, Queen's University, Ontario
 Colleen M. Davison
 Assistant Professor of Global Public Health, Queen's University, Ontario
 Pamela Dickey Young
 Professor of Religious Studies and Acting Director, Queen's School of Religion, Queen's University, Ontario
 Rebecca Jaremko Bromwich
 Carleton University

learn to respect their own bodies and emerging sexuality and that of others, and it factors in on decisions around sexual activity.

What's religion got to do with it?
 Religion is sometimes raised as the reason for removing young people from sex-ed. Some religious leaders and parents might say their religion opposes certain teachings about sex. But religious groups are diverse and varied.

Religion is not against sex education. One Australian study shows that religious young people usually say they want to know about sex, even as they also want to maintain the religious values of their families.

Some worry that sex-ed might increase sexual activity among youth. Yet globally, a great many studies show that the provision of accurate CSE is associated with delayed sexual activity – not early. Evidence shows that youth who are taught sex-ed delay sexual activity, and for those who are sexually engaged, it reduces the number of sexual partners and unplanned pregnancies and increases the use of contraception.

Sex-ed is also directly linked with increased levels of autonomy, confidence, emotional well-being and better communication in adolescent relationships. Each young person has to make important decisions about their sexuality and sexual health, or will at some point in the future. Having accurate information is essential to their ability to make these decisions in a way that protects not only their health and well-being, but their dignity.

Equipping young people with sex-ed knowledge is something that many religious leaders and people of faith would argue is core to their beliefs. What can sometimes look like a “public contest” between religion and sex is often narrowly portrayed and reinforces the assumption that religion and sex only exist in tension. This is just not true.

Here in Ontario, many religious leaders have spoken out in support of CSE, including more than 250 United Church clergy. When the revised curriculum was first introduced in 2015, members of the



Muslim community in Toronto also spoke out in support of it.

Rabea Murtaza, one of the founders of Muslims for Ontario's Health and Physical Education Curriculum, said: “Curriculum is an opportunity for Muslim families to have mutual, two-way dialogue about values, relationships, marriage and sexuality.”

These voices, and more, see sex-ed not as an attack on anyone's religion, culture or values, but as evidence-based lessons that complement the unique values of each family and community.

Barriers to sexual health

Internationally, overcoming barriers to contemporary, comprehensive sexuality education is a strategic and growing priority. One of the targets of the United Nations Sustainable Development Goals is to have CSE available for all children.

Globally, advocates argue for things that we may take for granted in Canada: that adolescents must have their bodies respected, and must be able to make their own decisions around choice of partner, and whether and when to be sexually active, marry or have children.

Worldwide, adolescents face significant barriers in these areas. At least 23 million girls aged 15 to 19 have an unmet need for modern contraception, which is largely due to the social stigma associated with sexuality education and any discussion of premarital sex. The leading cause of death in this age group is related to unsafe abortions and pregnancy complications.

Ignoring the rights of children

This highly political battle has been centred on which group of adults has the power to determine the information

that children will hear. Setting up discussions about what children should learn in school as a battle between various “authorities” misses a fundamental aspect of what is at stake: the health, sexuality, involvement, self-expression and rights of our youth.

International treaty obligations, Canadian constitutional rights under the Charter, and human rights legislation do not explicitly mention sex-ed curriculum. However, it is a matter of law, both domestically and under international treaty obligations, specifically those outlined in the UN Convention on the Rights of the Child, that children are persons with rights to make choices for themselves.

Ultimately, when we are talking about bodily autonomy, health and consent, it is not the rights, beliefs or values of adults in authority, but the power of youths themselves to make informed decisions about, and protect, their own bodies, that should be the focus of education.

Children and youth are no one's property. They own their own bodies and have legal rights to information, freedom of expression, identity and autonomy.

We need to stop using health education as a political tool deployed in the interests of winning elections and focus instead on the interests of the next generation.

A free public lecture and event for high school students on this issue will be held on Wed., Oct. 3 at Queen's University featuring our coauthors: Rebecca Bromwich, as keynote speaker and with Pamela Dickey Young and Colleen Davison as respondents.

The Record welcomes your letters to the editor. Please limit your letters to 300 words. We reserve the right to edit for length, clarity, legality and taste. Please ensure there is a phone number or email where you can be reached, to confirm authorship and current town/city of residence. Names will not be withheld but the address and phone number of the writer are not published, except by request. Preference is given to writers from the Eastern Townships.

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COLUMNIST

It might be an exaggeration to say that yoga saved my life. Or maybe not.

ONE COLUMN, FOUR VOICES

Opening to the Spirit

Today's word: Yoga

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

1) I was raised in the heart of the Midwest and can't recall when the word yoga entered my vocabulary. It filtered into awareness slowly, perhaps with all the exploration and openness to alternative cultures of the 70s and 80s. It was vaguely exotic, associated with mysterious Eastern religions, something to do with relaxation, rhythmic breathing, chakras, mantras, focus and mindfulness. Images of torturous poses only trained Olympic acrobats could achieve without bodily injury were intimidating.

Friends in seminary extolled the calming effects of yoga and taught me a few exercises to overcome nervousness and loosen up before approaching the pulpit. Nonetheless, I passed up opportunities to join them for classes, all the while wondering whether or how, in my most anxious moments, yoga or something like it might actually help. I'd known since my teens how to meditate. After all, I reasoned - though convinced of all the benefits, I still found little enough time to actually DO it. As the saying goes, if you're too busy for a ten-minute meditation, you should schedule at least an hour.

Fast forward a few decades, and I now have a daughter who's become a certified yoga teacher. I own more than one singing bowl and a mat and cushion. I attend courses online. I do not do exaggerated asanas. My mantras are poetry fragments. I'm learning to be exquisitely gentle with myself: simply stretch and hold, breathe and relax, clear the mind. On any given day as random thoughts persist, I've learned to acknowledge them, letting worries pass through,

come and go like visitors. As the teaching goes, welcome them at the front door of the brain and let them out the back door, resisting any temptation to invite them for tea. By now it's become a survival technique.

Yoga, meaning yoke, is an ancient way of bringing oneself into presence, connecting body, mind and spirit. We Western novices can hardly grasp its depth or richness, but I am grateful for even a naïve understanding of this infinite gift from another culture. As for maintaining a beginner's mind, I have no choice. My daughter has become my teacher. It's the perfect pose for me.

2) One of my passions is spending time at church camps with young people. Planning activities can be tricky because interests have changed so much since I was a teenager. Three years ago we had a program called "Away Team" that was designed for young people not interested in becoming counselors, who were too old to be seniors but still wanted to be at camp. We spirited them away to a cabin by a lake for four days where we bonded as a group. We climbed the Pinnacle, went fishing at a nearby pond, played frisbee golf, cooked our own meals, and roasted marshmallows over a campfire to make s'mores.

A new activity for many of them was Yoga. My sister-in-law is an instructor. She brought mats to the church hall and taught the teenagers some basic moves. I must confess that I was a bit skeptical and worried that they might become bored. To my total surprise they were quite engrossed with yoga, both the philosophy and the exercises. At week's end one of them even rated it as their favourite activity. I had never taken yoga before, and I am usually the person in a crowd who can't stop moving. Still, there was something mystical, appealing and

even healing about this yoga experience. Perhaps some of you reading this are skeptical like I was. But before you dismiss yoga, I urge you to try it. You may find yourself surprised, challenged, and inspired.

3) It might be an exaggeration to say that yoga saved my life. Or maybe not.

There was a time when I had left the church, become agnostic and was caught up in building a career and buying all the accoutrements of an up and coming yuppie life. Suddenly my world was upended by a failed relationship. I didn't know where to turn for help, nor was seeking out therapy or confiding in a friend a part of my coping skills.

I was floundering when I spotted a simple sign for yoga classes. They offered relaxation techniques and a way to unwind after a busy workday. I went for the unwinding, but I got much more. Yoga brought me back to the basics.

Breathe in, breathe out - get through the next moment. Breathe in, breathe out - let all your muscles relax. Breathe in, breathe out - let go of everything you are holding onto so tightly. By the time I arrived home after that first class, I was happier in my skin than I had been in a

long while.

Over time I came to realize the spiritual aspects of yoga. Without referring to spirit in any way yoga can build a bridge between body and soul, leading us to a greater appreciation of the miracle of the human body, nurturing our broken parts, and bringing us a sense of well-being. Yoga practice reminds us that no matter the crisis we are going through, our lives are of great value. We are precious. Breathe in, breathe out - know your worth.

One word, three voices this time - and now, it's your turn to reflect: Do you practice yoga? If so, what does it do for you?

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

City gets grant to build bike path to CHUS Fleurimont

Record Staff

The Quebec Ministry of Transport is kicking in \$570,000 in financial assistance to the City of Sherbrooke for a bike path project worth a total of \$ 1.8 million. The City will have to pay the additional \$1.2 million.

Quatre-Saisons District Councillor Vincent Boutin is thrilled because cyclists have long been demanding a path going to CHUS Fleurimont.

The project to develop the 12th Avenue bike path will be proposed to City Council in the 2019 budget.

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SHERBROOKE RECORD

Stanstead Township man arrested for child porn

Record Staff

Sexual exploitation of children on the Internet Investigators from the Sûreté du Québec arrested a man from Stanstead Township in connection with child pornography.

Normand Brouillard, 69, appeared in court Tuesday in Sherbrooke to face charges of possession, distribution, and accessing child pornography.

Officers conducted a search of the suspect's home and seized computer equipment for analysis.

The SQ's Criminal Investigations Branch has specialized investigation projects and experts in cybercrime and the sexual exploitation of children. These investigators work closely with the Royal Canadian Mounted Police and municipal police officers. Since the implementa-

tion of the provincial strategy in the fight against the sexual exploitation of children in 2012, nearly 500 arrests have been made and several hundred victims have been identified.

Archdiocese churches 'Open House' this weekend

Record Staff

The first edition of the Archdiocese of Sherbrooke's Bell Tower Walk will take place on Saturday and Sunday, Oct. 13 and 14. The seven selected church leaders are ready to greet visitors and display the finery of their place of worship.

The purpose of the Bell Tower Walk is to make the treasures hidden in the churches of the vast territory of the Archdiocese of Sherbrooke better known and appreciated in a festive atmosphere. The walk also allows visitors to learn more about the religious heritage of the diocese.

The participating churches are:

- Immaculée-Conception of Sherbrooke
- St. Elizabeth in North Hatley
- Saint-Georges in Saint-Georges-de-Windsor
- Saints-Angels in North Ham
- Saint-Louis-de-France in East Angus
- Sainte-Cécile in Ste-Cécile-de-Whitton
- and St. Zeno in Piopolis

The public is invited to visit these churches which, will offer free guided tours for the occasion. Each of the seven sites also features unique programs for the weekend, details of which are avail-

able on the event webpage or flyer.

Video clips are also available on the event's Facebook page or web page (<http://www.diocesedesherbrooke.org/fr/balade-des-clochers>).



Immaculée Conception - Sherbrooke

Lennoxville Elementary School P.P.O.

Spaghetti Supper Fundraiser

Thursday, October 18
4:30 p.m. to 7 p.m.
in the school cafeteria

A fabulous feast of salad, rolls, spaghetti, juice or coffee & dessert.

Tickets
Adults: \$8. Child: \$6.
Family (2 adults, 2 children): \$25. plus \$3. for each additional child

A great way to enjoy a delicious home cooked meal and support L.E.S. students!

L.E.S., 1 Academy St., Lennoxville

Honor & REMEMBER

Join THE RECORD

in saying thank you to our veterans

They were sons, daughters, brothers, sisters, husbands, wives, fathers, mothers, friends and neighbours.

They were a new generation of teachers, doctors, lawyers, farmers and businessmen who set aside their hopes and dreams to fight for our freedom.

The Record would like you to join us in paying tribute to the many Townshipers who served their country in time of war.

Send a photo of a veteran(s) in your family at the age they were at the time they served and a brief description, to allow Townshipers to say a collective thank you.

The Record will publish a special section November 8 on Townshipers' contribution to the war effort.



Send photos before November 1 to classad@sherbrookerecord.com

If your business or organization would like to recognize veterans in the special section, please contact one of our sales representatives at 819-569-9525

PHOTO OF YOUNG CANADIAN SOLDIER

Name:
Hometown:
Age when enlisted:
Regiment:
Served:
A few words about him:



(COURTESY ARCHDIOCESE OF SHERBROOKE) Saint Elisabeth - North Hatley

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Country legend Jo'Anne Moreault returns to the stage at Burroughs Falls jamboree



COUNTRY CONNECTION

JESSIE PELLETIER AULIS

The Country Music Appreciation Jamboree in Burroughs Falls has proven to be a very popular event over the last two years.

It is definitely taking things to the next level starting with a new house band to accompany singers and one special guest every month.

The Country Music Appreciation Jams were first organized by singer and musician, Bobbi Dee and her friend, bassist Stan McKelvey. From the beginning, the afternoon jams created an occasion for country musicians from all over the Townships to meet up, exchange and play some of their favorite music to-

gether.

They are now entering their third year of monthly thematic events. Since there are not many quality scenes where musicians can offer shows in such excellent conditions anymore, this day really meets the need. It is a real treat for musicians and dancers alike, as the hall also offers two large dance floors. These fun afternoons (1-6 p.m.) take place at the Burrough's Falls dance hall in Ayer's Cliff, at the corner of Routes 141 and 143.

Dee and McKelvey remain faithful to their mission to keep country music alive and kicking and allow the public to see their favorite local musicians.

Every month from now on, an artist or band will hold the spotlight during the Jam Session. In October, for the greatest pleasure of musicians and spectators' alike, Jo'Anne Moreault, from former duo Jerry & Jo'Anne, will take the stage for a special presentation.

Jo'Anne is not planning a return to show business; she accepted the invitation because of her love for music and to get together with old colleagues.

On Saturday October 13, the very talented Jo'Anne Moreault will grace the stage of the Burrough's Falls dance hall and deliver a show made of old country



music and favourites. It has been a long time since we had the chance to see her perform and a long road since she first started her career.

Being a singer was a little girl's dream, and it came true. "When I started singing at Nick's Barn Dance, I was 13," said Jo'Anne in an interview on my radio show on CFLX-FM. "It was my dream and I could learn a song in five minutes," she stressed, about her eagerness to become a singer.

Jo'Anne was raised in a family that had a special love for country music. She cites her mom and dad as one of the reasons for wanting to have a career in music. "Our parents always had an influence on us and my father was a huge fan of Johnny Cash and Buck Owens and country music, so my brother Yvan (also an excellent musician) and I were raised on country music," she said.

"At the time, I didn't understand English so I learned the songs with the sounds and didn't know what I was singing," she explained.

Jo'Anne met Jerry Robitaille in 1968 while both were taping a country TV show (CHLT-TV) in Sherbrooke hosted by

country star Levis Boulianne.

In 1969, Jerry was asked by Ti-Blanc Richard to head-up a house band for the popular Nick's Barn Dance venue. This is when he brought Jo'Anne Moreault into

"When I started singing at Nick's Barn Dance, I was 13,"

the group. A year later the two embarked on a career as a duo.

Jerry & Jo'Anne went to Nashville to record their first album, We're Made For Each Other. The album was recorded in both French and English.

Jo'Anne got her dream and her father finally got to meet Johnny Cash, which is one of Jo'Anne fondest memories. While recording in Nashville, they got an offer to meet the man in black who would later enlist them to open for him in St-Tite.

"We got to meet Johnny Cash on a

CONT'D ON PAGE 16



Beaulne museum presents new exhibit: "Histoires du temps present" by artist Gisèle Normandin

Record Staff

The Beaulne Museum will be presenting a new exhibit, "Histoires du temps present" by artist Gisèle Normandin, from Oct. 14 to Nov. 17.

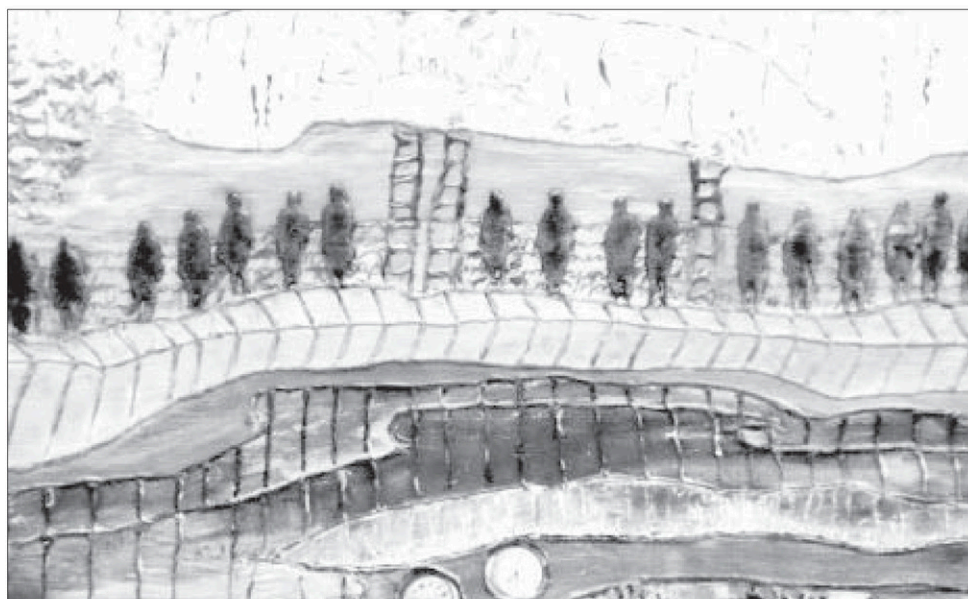
A vernissage open to the public will be held on Sunday, Oct. 14 at 2 p.m.

Gisèle Normandin holds a bachelor's degree in Cultural Research, a BA in Art History, a BA in Fine Arts and a Certificate in Printing Arts, all from the Université de Québec à Montréal. In addition to her many exhibitions in cultural centers, municipal galleries, and artists' centers, she was a member of the eligibility committee for the group Visual Arts-Artists of Quebec (RAAV), served on the Board of Directors of the Council from 1994 onwards, and was

president until it was dissolved in June 1997.

Human presence is always privileged in Normandin's world, and she takes a critical look at the human condition; observing environmental failure, wandering and drifting individuals, the quest for spirituality, incursions into the memory of behaviors, references to scripture and human history through the strata and urgency of time.

Normandin's work uses different processes and techniques: painting, collage, graphics and various materials. In addition, she works on raw wood supports, the highlights and textures of which she exploits. She also uses hot glue to create other kinds of highlights, structures, characters and writing that convey memory and history.



Artists open house in Bedford

Record Staff

The third edition of the 'Portes Ouvertes des Artistes' will be held Oct. 5 to 8 at the Bedford Lofts in Bedford.

Thirty artists and artisans will take ownership of the Bedford Lofts to welcome visitors and art lovers alike. For the third edition, internationally renown

artist from Dunham, Bernice Sorge, who will be on hand to present her work.

This year's spokesperson for the event is Franck Michel, former Director of Culture Montréal.

Admission to the event is free. Bedford Lofts is located at 110, rue Rivière, Bedford.

The open house will include a broad

group of artists from Bedford, Saint-Armand,

Frelighsburg, Stanbridge East, Dunham, Sutton, Lac Brome, Knowlton, Cowansville, Orford, Canton de Hatley, Saint-Cyprien-de-Napierville, Sainte-Brigide d'Iberville, Saint-Paul d'Abottsford and Saint Césaire.

All artists and artisans will be present

to answer questions and showcase their works.

For more information, visit the Facebook page, portesouvertesdesartistes, to find individual portraits of the artists as well as representative photographs of each of their works.

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 | | | | | | |
| WPZT 5 | - | - | NBC5 News Today | Today | | | Live with Kelly and Ryan | | Megyn Kelly Today | | Today-Kathie Lee & Hoda | | | | | | |
| CBMT 6 | 206 | 301 | Daybreak | What He Ate | Beat Bugs | Var. Programs | The Mobbles | (8:55) Lazoo | Beat Bugs | Napkin Man | Daniel Tiger | Dragons' Den | | | | | |
| CHLT 7 | 107 | 718 | F | Salut bonjour (N) (SC) | | | | | | | | | | | | | |
| | | | M | | | | | | | | | | Bien (SC) | Hakim Chajar | Le tricheur | Mario Dumont | |
| | | | T | | | | | | | | | | (9:59) Deux filles le matin (N) | | | (:29) Vlog | Mario Dumont |
| | | | W | | | | | | | | | | Ça finit bien la semaine (SC) | | | | |
| Th | | | | | | | | | | Steve | | | | | | | |
| WMTW 8 | - | - | WMTW News 8 at 6am | Good Morning America | | | Live with Kelly and Ryan | | | | The View | | | | | | |
| CKSH 9 | 108 | - | Jack camions | Var. Programs | Mehdi et Val | Les sapiens | Var. Programs | Kate | RDI matin | Marina Orsini | | Ricardo | Silence | | | | |
| CKMI 11 | - | - | Global News Morning | Varied Programs | | | Morning Show | | Huntley Str't | House-Bryan | Expandables | Decked Out | Leave-Bryan | | | | |
| 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 | | The View | | | | |
| WUTV 60 | - | - | Paid Program | Paid Program | 2 on Your Side Daybreak | | Var. Programs | Forensic Files | Paid Program | Paid Program | Couples Court | Couples Court | Face the Truth | Face the Truth | | | |
| CFKS 31 | 106 | 726 | F | Moment V | | | Moment V | NVL en bref | Moment V | | Infopublicité | Infopublicité | Atomes croch | Atomes croch | | | |
| | | | M | (5:30) V : Bonne nuit | | | | | | | | | | | | | |
| | | | T | | | | | | | | | | | | | | |
| | | | W | | | | | | | | | | | | | | |
| Th | | | | | | | | | | | | | | | | | |
| WUHF - | 363 | - | Var. Programs | Good Day R | 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! | Cat in the Hat | Nature Cat | Curious | Pinkalicious | Daniel Tiger | Daniel Tiger | Splash | Sesame Street | Super Why! | | | |
| WCFE - | - | - | Wild Kratts | Odd Squad | Curious | Pinkalicious | Daniel Tiger | Daniel Tiger | Cat in the Hat | Dinosaur Train | Super Why! | Sesame Street | Splash | Arthur | | | |
| A&E | 615 | 520 | Paid Program | Paid Program | Varied Programs | | | | | | | | | | | | |
| BRAVO | 620 | 523 | F | "Washed Away" (2017, Suspense) Emmanuelle Vaugier. Ⓢ | | | Flashpoint "One Wrong Move" | | "Washed Away" (2017, Suspense) Emmanuelle Vaugier. Ⓢ | | Flashpoint "One Wrong Move" | | | | | | |
| | | | M | ** "The Words" (2012, Drama) Bradley Cooper. Ⓢ Ⓢ | | | *** "Silver Linings Playbook" (2012) Bradley Cooper. Ⓢ Ⓢ | | *** "American Hustle" (2013) Ⓢ Ⓢ | | | | | | | | |
| | | | T | "Girls Night Out" (2017, Suspense) Mackenzie Mauzy. Ⓢ Ⓢ | | | Flashpoint Ⓢ Ⓢ | | "Girls Night Out" (2017, Suspense) Mackenzie Mauzy. Ⓢ Ⓢ | | Flashpoint Ⓢ Ⓢ | | | | | | |
| | | | W | "Pregnant at 17" (2016, Suspense) Josie Bissett. Ⓢ Ⓢ | | | | | "Pregnant at 17" (2016, Suspense) Josie Bissett. Ⓢ Ⓢ | | | | | | | | |
| Th | "To Be Fat Like Me" (2007) Kaley Cuoco. Ⓢ Ⓢ (DVS) | | | | | "To Be Fat Like Me" (2007) Kaley Cuoco. Ⓢ Ⓢ (DVS) | | | | | | | | | | | |
| 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 With | | | | | |
| DISC | 520 | 505 | F | Mayday Air Florida flight 90. | | | Mayday "Southern Storm" | | Mayday "Final Approach" | | Bones Ⓢ Ⓢ | | Diesel Brothers "Big Bro Bus" | | Mighty Ships "Akamalik" | | |
| | | | M | | | | | | | | | | Gold Water Cowboys | | Mighty Trains Ⓢ Ⓢ (DVS) | | |
| | | | T | | | | | | | | | | American Chopper Ⓢ Ⓢ | | Mighty Ships "MV Resolution" | | |
| | | | W | | | | | | | | | | Alaska: The Last Frontier Ⓢ | | | | |
| Th | | | | | | | | | | | | | | | | | |
| HIST | 522 | 506 | Restoration Garage | Yukon Gold | | | Ice Road Truckers | | Restoration Garage | | Yukon Gold | Var. Programs | Truckers | Var. Programs | | | |
| PARMT | 628 | 584 | Bar Rescue | Bar Rescue | | | Bar Rescue | | Bar Rescue | | Bar Rescue | Bar Rescue | Bar Rescue | | | | |
| RDI | 126 | 730 | (5:00) RDI matin | | | | | | | L'info | | Varied Programs | | Isabelle Richer | | | |
| SHOW | 616 | 521 | Continuum | Var. Programs | Rookie Blue | | Movie | | Var. Programs | | Movie | | | | | | |
| SLICE | 601 | 562 | ET Canada | Say Yes-Dress | Varied Programs | | | | | | | | | | | | |
| TLC | 521 | 560 | Outdaugthered | Little Couple | | Little Couple | Little Couple | Little Couple | Varied Programs | | | | | | | | |
| TSN | 400 | 400 | F | SportsCentre | SportsCentre Ⓢ Ⓢ | SportsCentre Ⓢ Ⓢ | | SportsCentre Ⓢ Ⓢ | | SportsCentre Ⓢ Ⓢ | | SportsCentre Ⓢ Ⓢ | | SportsCentre | | | |
| | | | M | ATP Tennis Rolex Shanghai Masters: Early Round, Day 1. From Shanghai, China. (N) (Live) Ⓢ Ⓢ | | | | | | | | | SportsCentre | | | | |
| | | | T | ATP Tennis Rolex Shanghai Masters: Early Round, Day 2. From Shanghai, China. (N) (Live) Ⓢ Ⓢ | | | | | | | | | | | | | |
| | | | W | ATP Tennis Rolex Shanghai Masters: Early Round, Day 3. From Shanghai, China. (N) (Live) Ⓢ Ⓢ | | | | | | | | | | | | | |
| Th | ATP Tennis Rolex Shanghai Masters: Round of 16. From Shanghai, China. (N) (Live) Ⓢ Ⓢ | | | | | | | | | | | | | | | | |
| YOUTH | 551 | 542 | Cloudy, Meat | Loud House | Loud House | Loud House | SpongeBob | SpongeBob | Mysticons | Mysticons | Cloudy, Meat | Cloudy, Meat | Chuck's | Chuck's | | | |

Your week on TV

| WEEKDAY AFTERNOON | | | | | | | | | | | | | |
|-------------------|------|-------|---------------------------------|---|-----------------------------|----------------------------|--|-------------------------------|---------------------|--------------------------------|-----------------------------|-------------------------------|----------------|
| Bell | Star | 12 PM | 12:30 | 1 PM | 1:30 | 2 PM | 2:30 | 3 PM | 3:30 | 4 PM | 4:30 | 5 PM | 5:30 |
| WCAX 3 | - | - | Across/ Fence | The Young and the Restless | Bold/Beautiful | The Talk | | Let's Make a Deal | | Family Feud | Family Feud | Channel 3 | 3 News |
| WPTZ 5 | - | - | NBC5 News | Daily Blast | Days of our Lives | Steve | | Dr. Phil | | The Ellen DeGeneres Show | NBC5 News | NBC5 News | |
| CBMT 6 | 206 | 301 | CBC News | Var. Programs | Escape to the Country | Grand Designs Australia | | Heartland | | Paul O'Grady | Paul O'Grady | Murdoch Mysteries | |
| CHLT 7 | 107 | 718 | TVA régional | Var. Programs | Movie | | Var. Programs | TVA nouvelles | Les feux de l'amour | | Top modèles | (4:58) TVA nouvelles | |
| WMTW 8 | - | - | News | Access | GMA Day | General Hospital | | The Ellen DeGeneres Show | | WMTW News 8 at 4pm | | WMTW News 8 at 5PM | |
| CKSH 9 | 108 | - | F Téléjournal | Second regard Pharmachien | Downton Abbey (DVS) (SC) | Virginie (SC) | Virginie (SC) | Temps de paix | Temps de paix | Entrée principale | "Les meilleurs moments" (N) | | Silence |
| 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 | Var. Programs | |
| WVNY 22 | - | - | Hot Bench | Hot Bench | GMA Day | General Hospital | | The People's Court | | Judge Judy | Judge Judy | Judge Judy | |
| WUTV 30 | - | - | The Steve Wilkos Show | | Mauri | Judge Mathis | | The Doctors | | Steve | | Family Feud | Family Feud |
| CFKS 31 | 106 | 726 | Occupation do | Movie | | | Movie | | | | Les Simpson | Les Simpson | Guerre-clans |
| WUHF | - | 363 | The Steve Wilkos Show | | Mauri | Paid Program | Divorce Court | Hot Bench | Hot Bench | Judge Judy | Judge Judy | The People's Court | |
| WETK | - | - | Dinosaur Train | Peg & Cat | Sesame Street | Splash | Curious | Wild Kratts | Wild Kratts | Odd Squad | Varied Programs | | World News |
| WCFE | - | - | F Nature "Animal Misfits" (N) | Underground | Ready Jet Go! | Wild Kratts | Wild Kratts | Odd Squad | Odd Squad | Pinkalicious | Nature Cat | Daniel Tiger | Curious |
| | | | M Antiques Roadshow (SC) | Love Quilting | | | | | | | | | |
| | | | T Globe Trekker (SC) (DVS) | Rick Steves | | | | | | | | | |
| | | | W The Great American Read (N) | Cooking | | | | | | | | | |
| | | | Th NOVA Mount Nyiragongo. | NOVA (SC) (DVS) | | | | | | | | | |
| A&E | 615 | 520 | Varied Programs | | | | | | | | | | |
| BRAVO | 620 | 523 | Movie | | Var. Programs | Flashpoint | | Varied Programs | | | | | |
| CNN | 500 | 500 | Inside Politics | | Wolf | CNN Newsroom | | CNN Newsroom | | The Lead With Jake Tapper | | Situation Room With Wolf | |
| DISC | 520 | 505 | F CSI: New York "Yahrzeit" (N) | Bering Sea Gold "Baggage" | | Diesel Brothers (SC) | FantomWorks (SC) | FantomWorks (SC) | | FantomWorks (SC) | | CSI: New York "Yahrzeit" (N) | |
| | | | M | | | Ultimate Ninja Challenge | Ultimate Ninja Challenge | Bones "The Tiger in the Tale" | | | | | |
| | | | W | | | Alaskan Bush: Off Grid | Alaskan Bush People (SC) | Highway Thru Hell | | | | | |
| | | | Th | | | Gold Rush (SC) | Gold Rush "End of an Era" | Bones "The Bod in the Pod" | | | | | |
| | | | | | | Mayday "Storming Out" | Mayday (SC) | | | | | | |
| HIST | 522 | 506 | F American Pickers (N) | Alcatraz Escape: The Lost Evidence (N) (SC) | | Hunting Nazi Treasure (SC) | Hunting Nazi Treasure (SC) | Hunting Nazi Treasure (SC) | | | | Ancient Aliens (N) (SC) | |
| | | | M Pawn Stars (N) | Pawn Stars (N) | Pawn Stars (N) | Pawn Stars (N) | Pawn Stars (N) | Pawn Stars (N) | | | | Pawn Stars (N) | Pawn Stars (N) |
| | | | T American Pickers (N) | Forged in Fire "Fans' Choice" | Forged in Fire "Redemption" | Forged in Fire (N) (SC) | Forged in Fire (N) (SC) | Forged in Fire (N) (SC) | | | | Forged in Fire "Fans' Choice" | |
| | | | W | Counting Cars | Counting Cars | Counting Cars | Counting Cars | Counting Cars | | | | Counting Cars | Counting Cars |
| | | | Th | American Pickers (N) (SC) | American Pickers (N) (SC) | American Pickers (N) (SC) | American Pickers (N) (SC) | American Pickers (N) (SC) | | | | In Search Of (N) (SC) | |
| PARMT | 628 | 584 | Bar Rescue | | Varied Programs | | | | | | | | |
| RDI | 126 | 730 | Téléjournal | Les ex | Var. Programs | L'info | Varied Programs | | | Mordus | Var. Programs | En direct | Var. Programs |
| SHOW | 616 | 521 | F Continuum "Minute of Silence" | NCIS "Alibi" (N) (SC) (DVS) | NCIS "Gut Check" (N) | | NCIS "Devil's Triad" (N) | Bull "The Necklace" (N) (SC) | | NCIS "Alibi" (N) (SC) (DVS) | | | |
| | | | M Star Wars | *** "Star Wars: Episode V -- The Empire Strikes Back" (1980) (N) (SC) | | | (:15) *** "Star Wars: Episode VI -- Return of the Jedi" (1983) Mark Hamill. (N) (SC) | | | | | | |
| | | | T Continuum (N) (SC) (DVS) | NCIS A mysterious illness. (N) | NCIS "Kill Chain" (N) | | NCIS "Double Back" (N) | Bull "The Woman in 8D" (SC) | | NCIS A mysterious illness. (N) | | | |
| | | | W | | | | | | | | | | |
| | | | Th | | | | | | | | | | |
| SLICE | 601 | 562 | Varied Programs | | Sex & the City | Sex & the City | Varied Programs | | | | | | |
| TLC | 521 | 560 | Island Medium | Island Medium | Island Medium | Island Medium | American Gypsy Wedding | Varied Programs | | | | | |
| TSN | 400 | 400 | SportsCentre | SportsCentre | Varied Programs | | | | | Intentional Talk | | SportsCentre | Interruption |
| YOUTH | 551 | 542 | Chuck's | Mysticons | Mysticons | The ZhuZhus | The ZhuZhus | Cloudy, Meat | Cloudy, Meat | SpongeBob | SpongeBob | Loud House | Nicky, Ricky |

| FRIDAY EVENING | | | | | | | | | | | | | | OCTOBER 5, 2018 | |
|----------------|------|------|--|--|---|--|---|--|--|---|---|--|--|-----------------------------------|----------------------------|
| 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 An old Delta buddy contacts Jack. (N) (N) | | Hawaii Five-0 A missing man may not be who he seems. | | Blue Bloods Frank's safety is threatened. (N) (SC) (DVS) | | Channel 3 News | (:35) The Late Show With Stephen Colbert (N) (SC) | | |
| WPTZ 5 | - | - | NBC5 News at 6 (N) | NBC Nightly News - Holt | Jeopardy! (N) (N) | Wheel of Fortune (N) (N) | Manifest Ben helps Radd connect with his son. (SC) | New Amsterdam Max avoids dealing with his diagnosis. | | Dateline NBC (N) (N) (SC) | | NBC5 News at 11 (N) | (:34) The Tonight Show Starring Jimmy Fallon (N) (SC) | | |
| CBMT 6 | 206 | 301 | CBC Montreal News (N) | Power & Politics (SC) | Still Standing (DVS) | Coronation Street (N) (N) | marketplace (N) (N) (SC) | In the Making (N) (N) (SC) | | CBC Docs POV The downfall of Harvey Weinstein. (N) (N) | | The National (N) (N) (SC) | CBC Montreal News (N) | CBC Arts: Exhibitionists | Coronation Street (N) (SC) |
| CHLT 7 | 107 | 718 | (5:58) TVA nouvelles (N) | Le tricheur (N) (SC) | Ca finit bien la semaine (N) (SC) | | Du talent à revendre (N) (SC) | | La liste noire L'équipe enquête sur Greyson Blaise. (N) | | TVA nouvelles (:35) Denis Lévesque (N) (SC) | | (:35) *** "À l'ombre de Shawshank" (1994) (SC) | | |
| WMTW 8 | - | - | WMTW News 8 at 6PM (N) | ABC World News | Wheel of Fortune (N) (N) | Jeopardy! (N) (N) | Fresh Off the Boat (N) (N) | Speechless (SC) (DVS) | Child Support Dominic and Ashlie vie for the prize. (N) | | (:01) 20/20 (N) (N) (SC) | | WMTW News 8 at 11 (N) | (:35) Jimmy Kimmel Live (N) (SC) | |
| CKSH 9 | 108 | - | (5:59) Le télé-journal Estrie | Le TJ Extra ICI Estrie (N) | Au suivant De gros montants sont pigés. (N) (SC) | | Ici on chante On chante avec Steve Dumas. (N) (SC) | | Galas ComediHa! 2018 (N) (SC) | | Le téléjournal avec Céline Galipeau (N) (SC) | | (:06) "Tricheurs" (2010, Drame) Greyson Holt, Andrew Francis. Premiere. (SC) | | |
| CKMI 11 | - | - | Global National (N) (N) | (:29) Global News at 6:30 | ET Canada | Entertainment Tonight (N) | MacGyver An old Delta buddy contacts Jack. (N) (N) | Hawaii Five-0 A missing man may not be who he seems. | | Chicago Fire The team fights a raging high-rise fire. (N) (N) | | Global News at 11 (N) | (:35) The Late Show With Stephen Colbert (N) (SC) | | |
| CFCF 12 | 205 | 312 | (5:59) CTV News Montreal (N) (N) (SC) | | etalk (N) (N) (SC) | The Big Bang Theory (N) (N) | Criminal Minds The BAU must find missing women. (N) | How to Get Away With Murder "Whose Blood Is That?" | | Blue Bloods Frank's safety is threatened. (N) (SC) (DVS) | | News-Lisa | CTV News Montreal (N) | The Big Bang Theory (N) | |
| WVNY 22 | - | - | Local 22 News (N) | ABC World News | Local 22 News (N) | Inside Edition (N) (N) (SC) | Fresh Off the Boat (N) (N) | Speechless (SC) (DVS) | Child Support Dominic and Ashlie vie for the prize. (N) | | (:01) 20/20 (N) (N) (SC) | | Local 22 News (N) | (:35) Jimmy Kimmel Live (N) (SC) | |
| WUTV 30 | - | - | The Big Bang Theory (SC) | Judge Judy (N) (N) (SC) | Judge Judy (N) (N) (SC) | Family Feud (N) (N) (SC) | Last Man Standing (N) | The Cool Kids (N) (N) (SC) | Hell's Kitchen The chefs face a dinner service. (N) (N) | | 2 on Your Side Seinfeld "The at 10 (N) Movie" (SC) | | Two and a Half Men (N) | Two and a Half Men (N) | Last Man Standing (N) |
| CFKS 31 | 106 | 726 | Souper parfait | Taxi payant "Gabriel" | L'arbitre Un conducteur d'autobus. (N) | | Huissiers (N) | Huissiers (N) | Tous contre le crime Des crimes passés. (N) (SC) | | Les disciples L'équipe tente de trouver une personne. | | Atomes crochus | NVL (N) | Moment V |
| WUHF | - | 363 | Modern Family (N) (N) (SC) | Modern Family (N) (N) (SC) | The Big Bang Theory (SC) | The Big Bang Theory (SC) | Last Man Standing (N) | The Cool Kids (N) (N) (SC) | Hell's Kitchen The chefs face a dinner service. (N) (N) | | 13WHAM News at 10 on Fox Rochester (N) (Live) (SC) | | DailyMailTV (N) (N) (SC) | The Simpsons (N) (N) (SC) | Paid Program (SC) |
| WETK | - | - | PBS NewsHour (N) (N) (SC) | BBC News-night | Vermont This Week (N) | | Washington Week (N) (N) | Breaking Big (N) (N) (SC) | Great Performances "Grammy Salute to Music Legends 2018" A concert honors Grammy Award-winners. (N) (SC) | | Great Performances "Grammy Salute to Music Legends 2018" A concert honors Grammy Award-winners. (N) (SC) | | Amanpour and Company (N) | Nightly Business Report | |
| WCFE | - | - | World News America | Nightly Business Report | PBS NewsHour (N) (N) (SC) | | Mountain Lake Journal | New York Now (SC) | Great Performances "Grammy Salute to Music Legends 2018" A concert honors Grammy Award-winners. (N) (SC) | | Great Performances "Grammy Salute to Music Legends 2018" A concert honors Grammy Award-winners. (N) (SC) | | BBC World News (SC) | Amanpour and Company (N) (N) (SC) | |
| A&E | 615 | 520 | (5:00) Live PD "Live PD -- 09.29.18" Riding along with law enforcement. (N) (SC) | | | | (:06) Live PD: Rewind (N) (N) (SC) | | Live PD "Live PD -- 10.05.18" Riding along with law enforcement. (N) (N) (SC) | | | | | Live PD (N) (SC) | |
| BRAVO | 620 | 523 | (5:48) Bones (N) (SC) | (:44) Bones Investigating a gang member's death. (SC) | (:40) Bones The team devises a plan to catch Pelant. (SC) | | (:36) Bones The murder of a high school principal. (SC) | | (:32) Bones The team keeps a case from Brennan. (SC) | | (:28) Bones A journalist killed by a mutated virus. (N) (SC) | | (:24) Bones A string of murders ties to FBI agents. (N) | | |
| CNN | 500 | 500 | Situation Room With Wolf | Erin Burnett OutFront (N) | Anderson Cooper 360 (N) | | Cuomo Prime Time (N) (SC) | | CNN Tonight w/ Don Lemon | | CNN Special Report (N) | | Cooper 360 | | |
| DISC | 520 | 505 | Highway Thru Hell Jamie faces harsh financial realities. | Highway Thru Hell Jamie's wrecker faces its first test. | | Highway Thru Hell AI is dispatched to a collision. | | This Is A.I. Advances in artificial intelligence. (N) (SC) | | | | Mayday The maiden flight of the Airbus A320. (SC) | Highway Thru Hell | | |
| HIST | 522 | 506 | American Pickers "The Greatest Pick on Earth" (N) | Ancient Aliens Joint space missions; U.S. and Russia. | | In Search Of The future of artificial intelligence. (SC) | | Alcatraz Escape: The Lost Evidence Looking for answers on escaped inmates. (N) (SC) | | | | American Pickers "The Greatest Pick on Earth" (N) | Alcatraz Escape | | |
| PARMT | 628 | 584 | Ink Master: Angels The Angels bring the heat in Miami. | Ink Master: Angels Tattooing former homeless canvases. | | Ink Master: Angels Hunting for Atlanta's best artist. | | Ink Master: Angels The Angels head to Charlotte, N.C. | | Ink Master: Angels "Golden Gate Angels" (SC) | | Ink Master: Angels "Keep Austin Inked" (SC) | Tattoo Nightmares (SC) | | |
| RDI | 126 | 730 | (5:59) Le national (N) | (:31) RDI économie (N) | (:01) 24/60 (N) (SC) | | Les grands reportages (SC) | | Le téléjournal avec Pascale Nadeau (N) (SC) | | Le téléjournal avec Pascale Nadeau (N) (SC) | | Le national (N) (N) (SC) | (:31) Le national (N) | (12:01) 24/60 (SC) |
| SHOW | 616 | 521 | NCIS "Gut Check" The Secretary of Navy is bugged. (N) | NCIS "Devil's Triad" Ellie adjusts to being on the team. | | Bull Dr. Jason Bull's trial consulting firm. (N) (SC) | | ** "Star Wars: Episode I -- The Phantom Menace" (1999, Science Fiction) Liam Neeson, Ewan McGregor. Young Anakin Skywalker begins to learn about the Force. (N) (SC) | | ** "This Is 40" (2012, Romance-Comedy) Paul Rudd, Leslie Mann, John Lithgow. A long-married couple deal with personal and professional crises. (N) (SC) | | ** "Star Wars: Episode I -- The Phantom Menace" (1999, Science Fiction) Liam Neeson, Ewan McGregor. Young Anakin Skywalker begins to learn about the Force. (N) (SC) | "Star Wars: Episode II" | | |
| SLICE | 601 | 562 | Sex and the City (N) (SC) | Sex and the City (N) (SC) | A Night With My Ex (SC) | A Night With My Ex (SC) | A Night With My Ex (SC) | A Night With My Ex (SC) | ** "Star Wars: Episode I -- The Phantom Menace" (1999, Science Fiction) Liam Neeson, Ewan McGregor. Young Anakin Skywalker begins to learn about the Force. (N) (SC) | | ** "This Is 40" (2012, Romance-Comedy) Paul Rudd, Leslie Mann, John Lithgow. A long-married couple deal with personal and professional crises. (N) (SC) | | Sex and the City (N) (SC) | | |
| TLC | 521 | 560 | Say Yes to the Dress (N) | Say Yes to the Dress (N) | Say Yes to the Dress (N) | Say Yes to the Dress (N) | 90 Day Fiancé: Before the 90 Days "Extended: The Things We Do For Love" Rachel confronts Jon. (N) (N) | | | | | (:06) 90 Day Fiancé: What Now "Love and War" (SC) | 90 Day Fiancé | | |
| TSN | 400 | 400 | SportsCentre (N) (Live) (SC) | That's Hockey (N) | CFL Football Winnipeg Blue Bombers at Ottawa Redblacks. (N) (Live) (SC) | | | | | | | SportsCentre (N) (Live) (SC) | SportsCentre (N) (SC) | | |
| YOUTH | 551 | 542 | Transformers | Double Dare | Knight Squad | Star Falls (N) | ** "Diary of a Wimpy Kid: Rodrick Rules" (2011) (N) (SC) | | Game On (N) | Star Falls (N) | Just Kidding | Just Kidding | Diary-Rodrick | | |

Your week on TV

SATURDAY DAYTIME OCTOBER 6, 2018

| Bell | Star | 8 AM | 8:30 | 9 AM | 9:30 | 10 AM | 10:30 | 11 AM | 11:30 | 12 PM | 12:30 | 1 PM | 1:30 | 2 PM | 2:30 | 3 PM | 3:30 | | |
|-------|------|------|------|--|---|---|---|--|---|--|---|--|---|--|--|--|---------------------------------------|--------------|----------------|
| WCAX | 3 | - | - | CBS This Morning: Saturday (N) (LIVE) | | | Lucky Dog "Simba" | Dr. Chris: Pet Vet (N) | Innovation Nation | The Inspectors | Transform | Paid Program | Outdoor America | Boat Racing (LIVE) | The Drive to Atlanta | College Football | College Football | | |
| WPTZ | 5 | - | - | (7:00) Today (N) (LIVE) | Hanna Into the Wild | Teen Kids News (N) | Champ Within | The Voyager | Vets Saving Pets | Consumer 101 (E) | Naturally, Danny Seo | Vets Saving Pets | Premier League Soccer Newcastle United FC. (N) (LIVE) | Manchester United FC vs Saracens. (N) (LIVE) | Premiership Rugby Harlequins vs Saracens. (N) (LIVE) | College Football | College Football | | |
| CBMT | 6 | 206 | 301 | The Furchester Hotel | PJ Masks (LIVE) | True Rainbow | Addison (LIVE) | What He Ate | (:28) Beat Bugs (LIVE) | (:15) Bookaboo (LIVE) | (:28) Stella & Sam (LIVE) | Our Montreal (LIVE) | Daughters of the Voice (LIVE) | Doc Zone "Eat, Cook, Love" (DVS) | The Nature of Things Dogs and people. (LIVE) | | | | |
| CHLT | 7 | 107 | 718 | (6:00) Salut bonjour week-end (N) (SC) | | | Bien (N) (SC) | Deux filles le matin (SC) | Propulsion (N) (SC) | TVA nouvelles (N) | Chacun sa route (N) | Infopublicité (SC) | Les looney tunes (LIVE) | ** "La légende du dragon Fantastique" Sam Neill. (SC) | ** "Veronica Mars" | | | | |
| WMTW | 8 | - | - | Good Morning America (N) (LIVE) | Jack Hanna | Ocean Treks | The Great Dr. Scott | The Great Dr. Scott | Rock the Park | Vacation Creation | College Football Maryland at Michigan. (N) (LIVE) | | | | Coll. Football | College Football | | | |
| CKSH | 9 | 108 | - | Sous les mers | Hôtel Transyl | Sept nains et moi (N) | Arthur | Code Max (SC) | (:41) Edgar et Ellen (LIVE) | Podium (N) (SC) | Estrie | Téléjournal | La facture (SC) | Enquête (SC) | Au suivant De gros montants sont pigés. | Hercule Poirot (LIVE) (SC) | | | |
| CKMI | 11 | - | - | Fish'n Canada | Real Fishing | Adventure North | Fishful Thinking | Disaster Decks | Paid Program | Powerboat Television | Driving Television | Airport: Below Zero "Stormy Weather" | Holmes Inspection "Down the Drain" (LIVE) | ** "The Lone Ranger" (2013, Western) Johnny Depp, Arnie Hammer. (LIVE) (DVS) | | | | | |
| CFCF | 12 | 205 | 312 | Your Morning Weekend (N) (LIVE) | Operation Smile (LIVE) | One World Kitchen (LIVE) | Flour Power (LIVE) | Written Canada | Cash Cab (LIVE) | SportsCentre (N) (LIVE) | Moneytalk (N) (LIVE) | Dog Tales Rescue (LIVE) | *** "Harry Potter and the Sorcerer's Stone" (2001) Daniel Radcliffe, Rupert Grint. (LIVE) | | | | | | |
| WVNY | 22 | - | - | Good Morning America (N) (LIVE) | Jack Hanna | Ocean Treks | The Great Dr. Scott | The Great Dr. Scott | Rock the Park | Vacation Creation | College Football Maryland at Michigan. (N) (LIVE) | | | | Coll. Football | College Football | | | |
| WUTV | 60 | - | - | PiYo Workout! | Paid Program | More Hair | Paid Program | Power Air Fryer Oven | LifeLock Protection | FOX College Football Pregame (N) (LIVE) | College Football Texas vs Oklahoma. (N) (LIVE) | | | | | College Extra | | | |
| CFKS | 61 | 106 | 726 | Infopublicité | NVL week-end (N) | Nashville Le mariage est annulé. (LIVE) (SC) | RPM | RPM Plus | Occupation double Grèce | ** "La dame de l'eau" (2006, Fantastique) Paul Giamatti, Bryce Dallas Howard. | | | | | | | | | |
| WUHF | - | - | 363 | Xploration Space | Awesome Planet | Weird but True | Xploration DIY Sci | Power Air Fryer Oven | LifeLock Protection | FOX College Football Pregame (N) (LIVE) | College Football Texas vs Oklahoma. (N) (LIVE) (LIVE) | | | | | | College Extra | | |
| WETK | - | - | - | (7:00) Dr. Perlmutter's Whole Life Plan (LIVE) | Outdoor Journal | MotorWeek | Lidia's Kitchen (LIVE) | Simply Ming (LIVE) | Kimball's Milk Street | Martha Bakes (LIVE) | Test Kitchen | Cook's Country | Woodwright | This Old House (LIVE) | Ask This Old House | Antiques Roadshow "New York City" (LIVE) | Get Down Tonight | | |
| WCFE | - | - | - | Wild Kratts | Wild Kratts | Odd Squad | Odd Squad | Craft-Legacy | Garden Home | This Old House | Ask This Old House | Kimball's Milk Street | Cooking School | Martha Bakes (LIVE) | Lidia's Kitchen (LIVE) | Mexican Table | Cook's Country | Test Kitchen | Moveable Feast |
| A&E | 615 | 520 | - | Flipping Vegas "Blackmail House" (LIVE) | Tiny House | Food Quest (LIVE) | Zombie House Flipping (LIVE) | Zombie House Flipping (LIVE) | Live PD: Rewind "Live PD: Rewind No. 32" | Live PD: Rewind "Live PD: Rewind No. 50" | Live PD "Live PD -- 07.15.17" Riding along with law enforcement. (LIVE) | | | | | | | | |
| BRAVO | 620 | 523 | - | (7:26) Bones (LIVE) | (:22) Bones "The Secrets in the Proposal" | (:18) Bones | (:14) Bones "El Carnicero en el Coche" (LIVE) | (:10) Bones "The Sense in the Sacrifice" | (:06) Bones "The Lady on the List" (LIVE) | (:02) Bones "The Woman in White" (LIVE) | Blue Bloods "Stomping Grounds" (LIVE) | (2:55) Blue Bloods "The Road to Hell" (LIVE) | | | | | | | |
| CNN | 500 | 500 | - | New Day Saturday (N) | Smerconish (N) (LIVE) | CNN Newsroom | CNN Newsroom | CNN Newsroom | CNN Newsroom | CNN Newsroom | CNN Newsroom | CNN Newsroom | CNN Newsroom | CNN Newsroom | CNN Newsroom | CNN Newsroom | CNN Newsroom | | |
| DISC | 520 | 505 | - | Highway Thru Hell "Bridge Battle" | Tanked "Brett Takes a Dive" (LIVE) | North Woods Law "Warden Warriors" | North Woods Law: On the Hunt (LIVE) | Rocky Mountain Railroad "Perfect Storm" | Mayday Flight 603 indicators malfunction. | This Is A.I. Advances in artificial intelligence. (LIVE) | | | | | | | | | |
| HIST | 522 | 506 | - | Paid Program | Paid Program | Forged in Fire "Zulu Ikwa" (LIVE) | Forged in Fire "The Pata" (LIVE) | Forged in Fire "The Horseman's Axe" (LIVE) | Forged in Fire "Cutting Deeper" (LIVE) | Forged in Fire "Zulu Ikwa" (LIVE) | Forged in Fire: Knife or Death (LIVE) | Forged in Fire: Knife or Death (LIVE) | Forged in Fire: Knife or Death (LIVE) | Forged in Fire: Knife or Death (LIVE) | Forged in Fire: Knife or Death (LIVE) | Forged in Fire: Knife or Death (LIVE) | Forged in Fire: Knife or Death (LIVE) | | |
| PARMT | 628 | 584 | - | Bar Rescue "Mississippi Rears" (LIVE) | Bar Rescue "Danny Sits on His Fanny" | Bar Rescue (LIVE) | ** "The Fast and the Furious" (2001) Vin Diesel. An undercover cop infiltrates the world of street racing. (LIVE) | Vin Diesel. An undercover cop infiltrates the world of street racing. (LIVE) | ** "2 Fast 2 Furious" (2003) Paul Walker. Two friends and a U.S. customs agent try to nail a criminal. (LIVE) | ** "Tokyo Drift" | | | | | | | | | |
| 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 (N) (SC) | L'info (SC) | L'info (SC) | L'info (N) (SC) | L'info (SC) | | |
| SHOW | 616 | 521 | - | "Star Wars: Episode I -- Phantom" | ** "Star Wars: Episode II -- Attack of the Clones" (2002, Science Fiction) Ewan McGregor, Natalie Portman. (LIVE) | ** "Star Wars: Episode III -- Revenge of the Sith" (2005, Science Fiction) Ewan McGregor, Natalie Portman, Hayden Christensen. (LIVE) | ** "Star Wars: Episode I -- Phantom" | | | | | | | | | | | | |
| SLICE | 601 | 562 | - | PiYo Workout! (LIVE) | Try Yoga! | Paid Program | Paid Program | Stitched The designers create runway looks. | ** "Bridesmaids: Unedited & Unrated" (2011, Comedy) Kristen Wiig, Maya Rudolph, Rose Byrne. (LIVE) | ** "Couples Retreat" (2009) Vince Vaughn. Four couples must participate in therapy sessions at a tropical resort. (LIVE) | | | | | | | | | |
| TLC | 521 | 560 | - | Trading Spaces (LIVE) | Make This Place Your | 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 | Hoarding: Buried Alive "As Bad as It Gets" | Hoarding: Buried Alive "Tiny Monsters" (LIVE) | | | | | |
| TSN | 400 | 400 | - | Formula 1 Racing | SportsCentre | Pregame | Premier League Soccer Crystal Palace FC vs Wolverhampton Wanderers FC. (N) (LIVE) (LIVE) | Pregame | Premier League Soccer Manchester United FC vs Newcastle United FC. (N) (LIVE) (LIVE) | Timbersports | MLS Soccer: Crew at Impact | | | | | | | | |
| YOUTH | 551 | 542 | - | Go Away | Loud | Loud | Henry | Mysticons | Turtles | Turtles | ** "Dr. Seuss' The Cat in the Hat" (2003) (LIVE) | Sponge. | Sponge. | Sponge. | Sponge. | Loud | | | |

SATURDAY EVENING OCTOBER 6, 2018

| 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 Football LSU at Florida. (N) (LIVE) (LIVE) | | | Channel 3 News | Friends (LIVE) | Neighborhood | Happy Together (LIVE) | God Friended Me "Pilot" (LIVE) | 48 Hours (N) (LIVE) | Channel 3 News | Friends (LIVE) | NCIS: N.O. | | | |
| WPTZ | 5 | - | - | Premier. Rugby | Horse Racing Breeders' Cup Challenge Series. (N) (LIVE) | NBC5 News at 6 | Nightly News | Jeopardy! (LIVE) | Wheel of Fortune | Dateline NBC (LIVE) | Dateline NBC (LIVE) | Saturday Night Live (N) (LIVE) | NBC5 News | (:29) Saturday Night Live (N) (LIVE) | | | | |
| CBMT | 6 | 206 | 301 | "The Legend of Sarila" (2013, Children's) Voices of Christopher Plummer. (LIVE) | | | Montreal News | Hockey Central | NHL Hockey Ottawa Senators at Toronto Maple Leafs. From Air Canada Centre in Toronto. (N) (LIVE) (LIVE) | NHL Hockey Vancouver Canucks at Calgary Flames. (N) (LIVE) | | | | | | | | |
| CHLT | 7 | 107 | 718 | (3:45) *** "Veronica Mars" (2014) Kristen Bell, Jason Dohring. Premiere. (DVS) (SC) | TVA nouvelles (N) | *** "L'extraordinaire Spider-Man" (2012, Action) Andrew Garfield, Emma Stone, Rhys Ifans. (SC) | (:15) *** "Dans ses yeux" (2015) Chiwetel Ejiofor. Premiere. L'agent du FBI enquête sur le meurtre d'une fille. | TVA nouvelles (N) | "Prisonniers" | | | | | | | | | |
| WMTW | 8 | - | - | (3:30) College Football Florida State at Miami. (N) (LIVE) | Coll. Football | Wheel of Fortune | Jeopardy! (LIVE) | (:07) College Football Notre Dame at Virginia Tech. (N) (LIVE) | WMTW News 8 | Rizzoli & Isles | | | | | | | | |
| CKSH | 9 | 108 | - | (3:00) Hercule Poirot (LIVE) (SC) | La semaine verte (N) (SC) | Téléjournal | La petite vie (SC) | En direct de l'univers (N) (SC) | Victoria On informe la reine de la famine. (N) | Liar: la nuit du mensonge (N) | Le téléjournal | Les Bougon: la vie | Dre Grey, leçons d'anatomie (LIVE) | "Les disparus" | | | | |
| CKMI | 11 | - | - | (2:00) ** "The Lone Ranger" (2013) | Donut Shwdown | Focus Montreal | Global News at 6 | Global National | Border Security | Border Security | Chicago Med "When to Let Go" (N) (LIVE) | Private Eyes "The Code" (DVS) | Remedy "The Homecoming" | Global News | (:29) Saturday Night Live (N) (LIVE) | | | |
| CFCF | 12 | 205 | 312 | "Harry Potter and the Sorcerer's Stone" (LIVE) | Seinfeld (LIVE) | Big Bang Theory | CTV News Montreal (N) (LIVE) | W5 The life and final work of Rob Stewart. | The Resident "The Prince & the Pauper" | Magnum P.I. "From the Head Down" (LIVE) | Big Bang Theory | Big Bang Theory | News-Rinaldo | CTV News Montreal | (12:05) Pop Life | | | |
| WVNY | 22 | - | - | (3:30) College Football Florida State at Miami. (N) (LIVE) | Coll. Football | Local 22 News (N) | Inside Edition | (:07) College Football Notre Dame at Virginia Tech. (N) (LIVE) | | | | | Local 22 News (N) | Extra (N) (LIVE) | | | | |
| WUTV | 60 | - | - | College Football Indiana at Ohio State. (N) (LIVE) | College Football Washington at UCLA. (N) (LIVE) (LIVE) | | | | | | | | Hell's Kitchen "A Fond Farewell" (LIVE) | Paid Program | | | | |
| CFKS | 61 | 106 | 726 | (:15) ** "Méchant malade" (2003, Comédie) Adam Sandler, Jack Nicholson, Marisa Tomei. | *** "Deadpool" (2016, Action) Ryan Reynolds, Morena Baccarin, Ed Skrein. Premiere. | (:45) ** "Apparences" (2000, Suspense) Harrison Ford, Michelle Pfeiffer. Une femme devient persuadée que sa maison est hantée. | NVL week-end | Moment V | | | | | | | | | | |
| WUHF | - | - | 363 | College Football Indiana at Ohio State. (N) (LIVE) (LIVE) | College Football Washington at UCLA. (N) (LIVE) (LIVE) | | | | | | | | WHAM News | Engagement | ROH Wrestling | | | |
| WETK | - | - | - | (3:30) Get Down Tonight: The Disco Explosion (LIVE) | NewsHour Wk | Father Brown "The Crimson Feather" (LIVE) | As Time Goes By | Keep-Appear | French Fields | Upstart Crow (LIVE) | The Doctor Blake Mysteries: Family Portrait Murders, weddings, and a funeral. (LIVE) | Austin City Limits "St. Vincent" (LIVE) | Underground | | | | | |
| WCFE | - | - | - | Antiques Roadshow "New York City" | Globe Trekker A trip down the Nile River. | Brewed In New York | NewsHour | Mountain Lake | New York Now (LIVE) | Miss Marple "The Body in the Library" | Call the Midwife (LIVE) | Jamestown Disdain intensifies. | Underground | Austin City Limits "St. Vincent" (LIVE) | | | | |
| A&E | 615 | 520 | - | (2:00) Live PD "Live PD -- 07.15.17" (LIVE) | Live PD "Live PD -- 09.28.18" Riding along with law enforcement. (LIVE) | (:06) Live PD: Rewind (N) (LIVE) | Live PD "Live PD -- 10.06.18" Riding along with law enforcement. (N) (LIVE) | Live PD (LIVE) | | | | | | | | | | |
| BRAVO | 620 | 523 | - | Blue Bloods (LIVE) | (:45) The Closer Murder of a Hollywood producer. (LIVE) | The Closer Murder of an LAPD officer. (LIVE) | The Closer Brenda's mother visits. (LIVE) | Criminal Minds "300" (LIVE) (DVS) | Law & Order: Special Victims Unit (LIVE) | Magnum P.I. "From the Head Down" (LIVE) | Criminal Minds "X" (LIVE) (DVS) | The Closer (LIVE) | | | | | | |
| CNN | 500 | 500 | - | CNN Newsroom | CNN Newsroom | S. E. Cupp Unfiltered | The Van Jones Show | CNN Newsroom | Anthony Bourd. | Anthony Bourd. | Anthony Bourd. | Anthony | | | | | | |
| DISC | 520 | 505 | - | Highway Thru Hell "Bridge Battle" | BattleBots (LIVE) | BattleBots "Just Keep Spinning" (LIVE) | BattleBots (LIVE) | BattleBots "It's Fork Lifting Time!" (LIVE) | BattleBots "I'm Here to Kick Some Bot" (LIVE) | BattleBots "Ice, Ice, Baby" (LIVE) | BattleBots Bronco and Duck! duke it out. | BattleBots (LIVE) | | | | | | |
| HIST | 522 | 506 | - | Forged in Fire: Knife or Death (LIVE) | Forged in Fire: Knife or Death (LIVE) | Forged in Fire: Knife or Death (LIVE) | Forged in Fire: Knife or Death (LIVE) | Forged in Fire: Knife or Death (LIVE) | Forged in Fire: Knife or Death (LIVE) | Forged in Fire: Knife or Death (LIVE) | Forged in Fire: Knife or Death (LIVE) | Forged in Fire: Knife or Death (LIVE) | | | | | | |
| PARMT | 628 | 584 | - | (3:30) *** "The Fast and the Furious: Tokyo Drift" (2006) Lucas Black. (LIVE) | ** "The Fast and the Furious" (2001) Vin Diesel. An undercover cop infiltrates the world of street racing. (LIVE) | ** "2 Fast 2 Furious" (2003) Paul Walker. Two friends and a U.S. customs agent try to nail a criminal. (LIVE) | ** "The Fast and the Furious: Tokyo Drift" (2006) Lucas Black. | | | | | | | | | | | |
| RDI | 126 | 730 | - | L'info (N) (SC) | Journal France 2 | Le téléjournal | L'épicerie (SC) | Le téléjournal | Le téléjournal | Le national (N) | (:31) Le national | (:01) Enquête (SC) | Le téléjournal | Second regard | Le téléjournal | Le national (N) | (:01) Les grands reportages (SC) | Le téléjournal |
| SHOW | 616 | 521 | - | (3:00) ** "Star Wars: Episode I -- The Phantom Menace" (1999) Liam Neeson. (LIVE) | ** "Star Wars: Episode II -- Attack of the Clones" (2002, Science Fiction) Ewan McGregor, Natalie Portman. (LIVE) | ** "Star Wars: Episode III -- Revenge of the Sith" (2005, Science Fiction) Ewan McGregor, Natalie Portman, Hayden Christensen. (LIVE) | ** "Star Wars: Episode I -- The Phantom Menace" (1999) Liam Neeson. (LIVE) | | | | | | | | | | | |
| SLICE | 601 | 562 | - | ** "New Year's Eve" (2011) Halle Berry. New Yorkers' lives intertwine on New Year's Eve. (LIVE) | *** "Bridesmaids: Unedited & Unrated" (2011, Comedy) Kristen Wiig, Maya Rudolph, Rose Byrne. (LIVE) | ** "Couples Retreat" (2009, Comedy) Vince Vaughn, Jason Bateman, Jon Favreau. (LIVE) | ** "New Year's Eve" (2011) Halle Berry. (LIVE) | | | | | | | | | | | |
| TLC | 521 | 560 | - | Hoarding: Buried Alive (LIVE) | Hoarding: Buried Alive (LIVE) | Hoarding: Buried Alive (LIVE) | The Little Couple (LIVE) | The Little Couple "I'm Not a Baby!" (LIVE) | The Little Couple "I Love Candy!" (LIVE) | The Little Couple (LIVE) | The Little Couple (LIVE) | The Little Couple (LIVE) | The Little Couple (LIVE) | The Little Couple (LIVE) | | | | |
| TSN | 400 | 400 | - | MLS Soccer: Crew at Impact | MLS Soccer Vancouver Whitecaps FC at Toronto FC. From BMO Field in Toronto. (N) | CFL Football Toronto Argonauts at BC Lions. (N) (LIVE) (LIVE) | SportsCentre (N) (LIVE) (LIVE) | SportsCentre (N) (LIVE) (LIVE) | | | | | | | | | | |
| YOUTH | 551 | 542 | - | Loud | Loud | Double | Double | *** "Mulan" (1998, Children's) (LIVE) | *** "Mulan" (1998, Children's) (LIVE) | ReBoot | ReBoot | Assembly | Assembly | Dr Seuss | | | | |

Your week on TV

| SUNDAY DAYTIME | | | OCTOBER 7, 2018 | | | | | | | | | | | | | | | |
|----------------|------|------|-----------------|---|---|--|--|--|---|--|--|--|---|---|-----------------------|-----------------------------|-----------------------|-----------------------|
| Bell | Star | 8 AM | 8:30 | 9 AM | 9:30 | 10 AM | 10:30 | 11 AM | 11:30 | 12 PM | 12:30 | 1 PM | 1:30 | 2 PM | 2:30 | 3 PM | 3:30 | |
| WCAX | 3 | - | - | Channel 3 News Sunday Morning (N) | CBS News Sunday Morning (N) (L) (SC) | Face the Nation (N) (L) (SC) | Pet Vet-Team | The NFL Today (N) (L) (SC) | NFL Football Denver Broncos at New York Jets. (N) (L) (Live) (SC) | | | | | | | | | |
| WPTZ | 5 | - | - | Sunday Today With Willie Geist (N) (SC) | Meet the Press (N) (L) (SC) | Soledad O'Brien | On the Money (N) | Rizzoli & Isles "All for One" (L) (SC) | Major Crimes "Dead Zone" (L) (SC) | Sports Gone Wild | The Best of the Greatest Sports Legends | Fall Preview | Paid Program | | | | | |
| CBMT | 6 | 206 | 301 | Coronation Street (L) (SC) | Coronation Street (L) (SC) | Coronation Street (L) (SC) | Coronation Street (L) (SC) | Coronation Street (L) (SC) | Coronation Street (L) (SC) | Weekly-Wendy | Maamuita-au (L) (SC) | Our Montreal (L) (SC) | The Nature of Things "Antibiotic Hunters" (L) (SC) | q James Bay; Brian Henson. (L) (SC) | First Play Live | Exhibitionists | | |
| CHLT | 7 | 107 | 718 | (6:00) Salut bonjour week-end (N) (SC) | ** "C'est ici que l'on se quitte" (2014, Com. dramatique) Jason Bateman, Tina Fey. (SC) | TVA nouvelles (N) | La victoire de l'amour | Infopublicité (SC) | Mario Pelchat et maintenant... Bécaud (SC) | "Le grand champion" (2015) John Schneider, Kyla Kenedy. (SC) | | | | | | | | |
| WMTW | 8 | - | - | Good Morning America | This Week W/ George Stephanopoulos | Soledad O'Brien | Teen Kids News (N) | Made in Hollywood | Wild About Animals | Try Yoga! | Try Yoga | Paid Program | Paid Program | AAA Benefits | Paid Program | STIHL Timbersports (N) (SC) | | |
| CKSH | 9 | 108 | - | Sous les mers | Geronimo Stilton | Les 1001 nuits | NoteRythme (N) | (9:59) Le jour du Seigneur (N) (Live) (SC) | Les coulisses du pouvoir (N) (SC) | Téléjournal | La semaine verte (SC) | Second regard (N) | 100 pour 100 local (N) (SC) | ** "La reine des neiges" (2013) | | | | |
| CKMI | 11 | - | - | Fishful Thinking | Operation Smile (L) (SC) | Lorna Dueck | Joel Osteen (N) | Paid Program | The West Block (N) | Focus Montreal | Entertainment Tonight (N) (L) (SC) | Rookie Blue "Fragments" (L) (DVS) | Eat St. (L) (SC) | ** "Jack the Giant Slayer" (2013) Nicholas Hoult. (L) (DVS) | | | | |
| CFCF | 12 | 205 | 312 | Children's Villages (N) (SC) | The Social (N) (SC) | Operation Smile (L) (SC) | Paid Program | Church of the Rock (Live) (SC) | Question Period (N) (L) (Live) (SC) | SportsCentre (N) (L) (DVS) | NFL Football New York Giants at Carolina Panthers. (N) (L) (Live) (SC) | | | | | | | |
| WVNY | 22 | - | - | Good Morning America (N) (L) (SC) | This Week W/ George Stephanopoulos | What Matters | The Key of David | AAA Benefits | Paid Program | Paid Program | AAA Benefits | Help Now! | Paid Program | Smokeless Grill | Tummy Tuck | STIHL Timbersports (N) (SC) | | |
| WUTV | 60 | - | - | The Ernest Angley Hour | FOX News Sunday With Chris Wallace (N) | Sharyl Attkisson | The Key of David | Paid Program | PiYo Workout! | FOX NFL Sunday (N) (L) (Live) (SC) | ** "Clear and Present Danger" (1994, Suspense) Harrison Ford, Willem Dafoe, Anne Archer. CIA chief combats Colombian drug cartels. | | | | | | | |
| CFKS | 61 | 106 | 726 | Il est écrit | NVL week-end (N) | Nashville "Les liens du sang" (L) (SC) | RPM (N) | RPM Plus (N) | Infopublicité | Rire et délire | Rire et délire | ** "Haute fidélité" (2000, Com. Sentimentale) John Cusack, Iben Hjejle, Todd Louiso. | | | | | | |
| WUHF | - | - | 363 | Wild America | Paid Program | FOX News Sunday With Chris Wallace (N) | Sharyl Attkisson | Let's Talk Football | FOX NFL Kickoff (N) (L) (Live) (SC) | FOX NFL Sunday (N) (L) (Live) (SC) | NFL Football New York Giants at Carolina Panthers. (N) (L) (Live) (SC) | | | | | | | |
| WETK | - | - | - | Pinkalicious | Splash-Bubbles | Curious George | Nature Cat (L) (SC) | Ready Jet Go! (L) (E) | Wild Kratts | Odd Squad | Vermont This Week | Edgar Allan Poe's Mystery Theatre (L) (SC) | "The Heroin Effect" (2017, Documentary) | Retire Safe | | | | |
| WCFE | - | - | - | Wild Kratts | Wild Kratts | Washington Week | Scully: World | Mountain Lake | New York Now | NOVA Rebuilding 19th-century covered bridge. | The Annual Imagen Awards (L) (SC) | Latino Americans (L) (DVS) | Latino Americans "Empire of Dreams" | Latino Americans "War and Peace" (L) (SC) | | | | |
| A&E | 615 | 520 | | Hoarders "Doug & Ruth" (L) (SC) | Hoarders A hoarding mother lives in denial. | Hoarders Stuffed triplex and dance studio. | Hoarders "Sandra" New homeowners must evict a hoarder. (L) (SC) | Storage Wars (L) (SC) | Storage Wars (L) (SC) | Storage Wars (L) (SC) | Storage Wars (L) (SC) | Storage Wars (L) (SC) | Storage Wars (L) (SC) | Storage Wars (L) (SC) | Storage Wars (L) (SC) | Storage Wars (L) (SC) | Storage Wars (L) (SC) | Storage Wars (L) (SC) |
| BRAVO | 620 | 523 | | Blue Bloods A police officer disappears. (L) (SC) | Magnum P.I. "From the Head Down" (L) (SC) | Law & Order: Special Victims Unit (L) (SC) | Pop Life | Aurora Teagarden Mysteries "Last Scene Alive" An actress is murdered. (L) (SC) | ** "Air Force One" (1997) Harrison Ford. A terrorist and his gang hijack the U.S. president's plane. (L) (SC) | | | | | | | | | |
| CNN | 500 | 500 | | Inside Politics (N) | State/Union | Fareed Zakaria GPS | Reliable Sources (N) | State/Union | Fareed Zakaria GPS | CNN Newsroom | CNN Newsroom | | | | | | | |
| DISC | 520 | 505 | | Insane Pools: Off the Deep End (L) (SC) | Tanked "Flying High and Sinking Deep" | North Woods Law "Deer Detectives" | North Woods Law "The Nick of Time" | Deadliest Catch "Baptism by Fire" (L) (SC) | Cold Water Cowboys "Holy Mackerel!" | Gold Rush: White Water "Inland Tsunami" | Bering Sea Gold (L) (SC) | | | | | | | |
| HIST | 522 | 506 | | Paid Program (L) (SC) | Paid Program (L) (SC) | Forged in Fire: Cutting Deeper (L) (SC) | Forged in Fire "Bagh Nakh Blades" (L) (SC) | Forged in Fire "Wind and Fire Wheels" (L) (SC) | Forged in Fire "Pioneer Sword" (L) (SC) | Forged in Fire "The Lion Spear" (L) (SC) | Forged in Fire The KA-BAR military blade. (L) (SC) | Forged in Fire "The Yatanagari" (L) (SC) | | | | | | |
| PARMT | 628 | 584 | | Bar Rescue "Broke Black Sheep" (L) (SC) | Engine Power (L) (SC) | Xtreme Off Road (N) | Truck Tech (N) | Detroit Muscle (N) | Bar Rescue "Bad to the Bone" (L) (SC) | Bar Rescue Swanky Bubbles is a failing bar. | Bar Rescue "Characters Assassination" | Bar Rescue "Blowing Royal Smoke" (L) (SC) | Bar Rescue "Irish Eyes Aren't Smiling" | | | | | |
| 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 (N) (SC) | L'info (N) (SC) | L'info (N) (SC) | L'info (SC) | L'info (SC) | L'info (SC) | L'info (SC) | L'info (SC) | |
| SHOW | 616 | 521 | | (7:00) "End of the World" (2013) (L) (SC) | Man With a Plan (L) (SC) | Family Guy | Family Guy | Family Guy | Family Guy | Family Guy | Family Guy | Family Guy | **** "Star Wars: Episode IV -- A New Hope" (1977, Science Fiction) Mark Hamill, Harrison Ford. (L) (SC) | "Star Wars: V -- The Empire Strikes Back" | | | | |
| SLICE | 601 | 562 | | PiYo Workout! (L) (SC) | Try Yoga! | Paid Program (L) (SC) | ** "Bridesmaids: Unedited & Unrated" (2011, Comedy) Kristen Wiig, Maya Rudolph, Rose Byrne. (L) (SC) | ** "Dear John" (2010) Channing Tatum. A soldier and the woman he loves stay in touch through letters. (L) (SC) | ** "Never Been Kissed" (1999) (L) (SC) | | | | | | | | | |
| TLC | 521 | 560 | | Say Yes: ATL | Say Yes: ATL | Say Yes: ATL | Say Yes: ATL | Say Yes: ATL | Say Yes: ATL | My 600-Lb. Life "Karina's Story" Karina can't stand up for very long. (L) (SC) | NASCAR Racing Pinty's Series: Fall Brawl. (Taped) (L) (SC) | NASCAR Cup | NASCAR Racing Monster Energy Cup Series: Gander Outdoors 400. (N) (Live) (SC) | | | | | |
| TSN | 400 | 400 | | (7:30) ATP Tennis China Open: Final. From Beijing, China. (N) | SportsCentre | SportsCentre (L) (Live) (SC) | NASCAR Racing Pinty's Series: Fall Brawl. (Taped) (L) (SC) | NASCAR Cup | NASCAR Racing Monster Energy Cup Series: Gander Outdoors 400. (N) (Live) (SC) | | | | | | | | | |
| YOUTH | 551 | 542 | | Go Away | Loud | Loud | Loud | Henry | Mysticons | Turtles | Turtles | ** "Mulan" (1998) Voices of Ming-Na Wen. | Sponge. | Sponge. | Sponge. | Loud | | |

| SUNDAY EVENING | | | OCTOBER 7, 2018 | | | | | | | | | | | | | | | |
|----------------|------|------|-----------------|--|--|--|---|---|---|---|--|--|----------------------------------|---------------------------------------|-----------------|---------------------------------|-----------------|-------|
| 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 | - | - | NFL Post-game (N) | To Be Announced | PBR Bull Riding Ariat Invitational, Round 1. | Channel 3 News | Weekend News | 60 Minutes (N) (L) (SC) | God Friended Me (N) | NCIS: Los Angeles "Superhuman" (N) (L) (SC) | Madam Secretary "E Pluribus Unum" (L) (SC) | Channel 3 News | Friends (L) (SC) | NCIS: N.O. | | | |
| WPTZ | 5 | - | - | Paid Program | Horse Racing Breeders' Cup Challenge Series. (N) (L) (Live) | NBC5 News at 6 | Nightly News | Football Night in America (N) (L) (Live) | (:20) NFL Football Dallas Cowboys at Houston Texans. (N) (L) (Live) | | | | | | | | | |
| CBMT | 6 | 206 | 301 | ** "The Jungle Book" (2016) Neel Sethi, Voice of Bill Murray. (L) (DVS) | Heartland "Out of the Shadows" (L) (SC) | Anne With an E (L) (DVS) | The Nature of Things (N) (L) (DVS) | Great Barrier Reef "Survival" (L) (SC) | The National (N) (L) (SC) | Montreal News | Weekly-Wendy | q (N) (L) (SC) | | | | | | |
| CHLT | 7 | 107 | 718 | (:15) ** "Des extraterrestres dans le grenier" (2009) Carter Jenkins. Premiere. (SC) | TVA nouvelles (N) | Vlog (N) (SC) | LOL :- (N) (SC) | Révolution Des danseurs se présentent. (N) (SC) | (:02) La vraie nature (Season Premiere) (N) | (:02) TVA nouvelles | Opérations | (:02) "Un homme idéal" (2015) Pierre Niney. Premiere. (SC) | | | | | | |
| WMTW | 8 | - | - | World of X Games (N) (SC) | Paid Program | Credit? | WMTW News 8 | World News | America's Funniest Home Videos (N) (L) (SC) | Dancing With the Stars: Juniors "The Premiere" Two teams are eliminated. (L) (SC) | Shark Tank Camping cookware. (L) (SC) | WMTW News 8 | Soledad O'Brien | Person of Interest | | | | |
| CKSH | 9 | 108 | - | (3:00) ** "La reine des neiges" | Esprit critique (SC) | Téléjournal | Découverte (N) (Part 8 of 8) (SC) | Ici Laflaque (N) | Tout le monde en parle (N) (SC) | | | | | | | | | |
| CKMI | 11 | - | - | (2:30) ** "Jack the Giant Slayer" (2013) | Ice Road Truckers "Snow Bound" | Global News at 6 | Global National | NCIS: Los Angeles "Superhuman" (N) (L) (SC) | Dancing With the Stars: Juniors "The Premiere" Two teams are eliminated. (L) (SC) | Madam Secretary "E Pluribus Unum" (L) (SC) | Global News | The West Block | Focus Montreal | | | | | |
| CFCF | 12 | 205 | 312 | NFL Football | (:25) NFL Football Minnesota Vikings at Philadelphia Eagles. (N) (L) (Live) | NFL on CTV Live | God Friended Me (N) | Criminal Minds "Dust and Bones" (L) (SC) | Shark Tank Camping cookware. (L) (SC) | Shark Tank Camping cookware. (L) (SC) | Local 22 News (N) | Graham Bensinger | Judge Judy (L) (SC) | | | | | |
| WVNY | 22 | - | - | World of X Games (N) (SC) | Paid Program | Paid Program | World News | Local 22 News (N) | America's Funniest Home Videos (N) (L) (SC) | Dancing With the Stars: Juniors "The Premiere" Two teams are eliminated. (L) (SC) | Shark Tank Camping cookware. (L) (SC) | Local 22 News (N) | Graham Bensinger | Judge Judy (L) (SC) | | | | |
| WUTV | 60 | - | - | "Clear-Danger" | (:25) NFL Football Minnesota Vikings at Philadelphia Eagles. (N) (L) (Live) | The OT (N) (SC) | The Simpsons (N) | Bob's Burgers | Family Guy (N) | Rel "Kids First Visit" | 2 on Your Side at 10 | Sharyl Attkisson | Ring of Honor Wrestling (L) (SC) | Seinfeld "The Doll" | | | | |
| CFKS | 61 | 106 | 726 | "Haute fidélité" | ** "Les 50 premiers rendez-vous" (2004) Adam Sandler, Drew Barrymore. | Occupation double Grèce (N) | OD plus en direct (N) | Occupation double Grèce | Occupation double Grèce | Occupation double Grèce | Occupation double Grèce | Occupation double Grèce | Occupation double Grèce | Occupation double Grèce | | | | |
| WUHF | - | - | 363 | NFL Football | (:25) NFL Football Minnesota Vikings at Philadelphia Eagles. (N) (L) (Live) | The OT (N) (SC) | The Simpsons (N) | Bob's Burgers | Family Guy (N) | Rel "Kids First Visit" | WHAM News | Sharyl Attkisson | Engagement | NFL GameDay Prime (N) (L) (Live) (SC) | | | | |
| WETK | - | - | - | (3:30) Retire Safe & Secure With Ed Slott (L) (SC) | NewsHour Wk | Super Skyscrapers (L) (SC) | Jamestown Disdain intensifies. | The Durrells in Corfu on Masterpiece (N) | Poldark on Masterpiece (N) (L) (SC) | My Mother and Other Strangers (L) (SC) | Call the Midwife Deaf mother-to-be. (L) (SC) | Durrells in Corfu | | | | | | |
| WCFE | - | - | - | Latino Americans "The New Latinos" | Latino Americans "Peril and Promise" | Latino Americans "The Monoliths" (L) (SC) | Authors-Their | What Makes | The Durrells in Corfu on Masterpiece (N) | Poldark on Masterpiece (N) (L) (SC) | My Mother and Other Strangers (L) (SC) | POV "Dark Money" Citizens United decision. (L) (SC) | | | | | | |
| A&E | 615 | 520 | | Storage Wars (L) (SC) | Storage Wars (L) (SC) | Storage Wars (L) (SC) | Ancient Aliens "Aliens and Cover Ups" | Ancient Aliens "The Monoliths" (L) (SC) | Ancient Aliens (L) (SC) | Ancient Aliens "Mysterious Places" (L) (SC) | (:01) Ancient Aliens "Alien Operations" (L) (SC) | (:04) Ancient Aliens | Ancient Aliens (L) (SC) | | | | | |
| BRAVO | 620 | 523 | | (:15) ** "White House Down" (2013, Action) Channing Tatum, Jamie Foxx. Paramilitary soldiers take over the White House. (L) (SC) | Aurora Teagarden Mysteries "Last Scene Alive" An actress is murdered. (L) (SC) | Gone Greg Kleckner's wife gets abducted. | Animal Kingdom Baz fights for his life. (L) (SC) | ** "Air Force One" (1997) Harrison Ford. (L) (SC) | | | | | | | | | | |
| CNN | 500 | 500 | | CNN Newsroom | CNN Newsroom | CNN Newsroom | CNN Newsroom | Anthony Bourd. | Anthony Bourd. | This Is Life | Anthony Bourd. | Anthony Bourd. | Anthony | | | | | |
| DISC | 520 | 505 | | Edge of Alaska Neil takes the final steps. | Big Bang Theory | Big Bang Theory | Big Bang Theory | BattleBots "USA vs. The World" (L) (SC) | Treasure Quest: Snake Island (N) | Ultimate Ninja Challenge "Drop Zone" | Ultimate Ninja Challenge (N) (SC) | Big Bang Theory | Big Bang Theory | Big Bang Theory | | | | |
| HIST | 522 | 506 | | Forged in Fire "The Shamshir" (L) (SC) | Forged in Fire "Sica Sword" (L) (SC) | Forged in Fire "Bagh Nakh Blades" (L) (SC) | Forged in Fire "Wind and Fire Wheels" (L) (SC) | Forged in Fire "Pioneer Sword" (L) (SC) | Mountain Men "While the Going Is Good" | Forged in Fire: Cutting Deeper (N) (SC) | Forged in Fire "Wind and Fire Wheels" (L) (SC) | Mountain Men (L) (SC) | | | | | | |
| PARMT | 628 | 584 | | Bar Rescue "The Lost Episode" (L) (SC) | Bar Rescue (L) (SC) | Bar Rescue "Put a Cork in It" (L) (SC) | Bar Rescue (L) (SC) | Bar Rescue "Gone in a Flash" (L) (SC) | Bar Rescue "An Ode to the Cap'n" (L) (SC) | Bar Rescue (L) (SC) | Bar Rescue "Rickety Rockin' Rhonda's" | Bar Rescue (L) (SC) | Bar Rescue (L) (SC) | | | | | |
| RDI | 126 | 730 | | L'info (N) (SC) | Journal France 2 | Le télé-journal | La facture (SC) | Le télé-journal | Le télé-journal | Le national (N) | (:31) Le national | (:01) Découverte (N) (Part 8 of 8) (SC) | Le télé-journal | (:31) Les coulisses du pouvoir (SC) | Le national (N) | (:01) La semaine verte (L) (SC) | Le télé-journal | |
| SHOW | 616 | 521 | | (3:15) **** "Star Wars: Episode V -- The Empire Strikes Back" (1980) Mark Hamill. (L) (SC) | ** "Star Wars: Episode VI -- Return of the Jedi" (1983, Science Fiction) Mark Hamill, Harrison Ford, Carrie Fisher. (L) (SC) | *** "Star Wars: The Force Awakens" (2015, Science Fiction) Harrison Ford, Mark Hamill. (L) (DVS) | (:45) "Star Wars: The Force Awakens" (L) (SC) | | | | | | | | | | | |
| SLICE | 601 | 562 | | (3:00) ** "Never Been Kissed" (1999) Drew Barrymore. (L) (SC) | ** "Dear John" (2010) Channing Tatum. A soldier and the woman he loves stay in touch through letters. (L) (SC) | Stitched "Red Hot Runway" (L) (SC) | Stitched "Whiskey Tango Fashion" (N) | Glam Masters "Forever Young" (N) (L) (SC) | The Real Housewives of Orange County (L) (SC) | Stitched (L) (SC) | | | | | | | | |
| TLC | 521 | 560 | | Unexpected "Baby Shower Fallout" (L) (SC) | Unexpected "Once a Cheater..." (L) (SC) | 90 Day Fiancé: Before the 90 Days With bonus scenes; Rachel confronts Jon. (N) (L) (SC) | 90 Day Fiancé: Before the 90 Days Jon and Rachel pick their wedding rings. (N) (L) (SC) | Unexpected "Parents' Prom Night Out" Lexus and Shayden go to prom. (N) (L) (SC) | 90 Day Fiancé | | | | | | | | | |
| TSN | 400 | 400 | | NASCAR Racing | SportsCentre (N) (Live) (SC) | Football Night in America (N) (L) (SC) | (:15) NFL Football Dallas Cowboys at Houston Texans. (N) (Live) (SC) | | | | | | | | | | | |
| YOUTH | 551 | 542 | | Loud | Barbie | ** "Free Birds" (2013, Children's) (L) (SC) | ** "Brave" (2012) Billy Connolly (L) (SC) | Game On | Star Falls | ReBoot | ReBoot | Assembly | Assembly | Free Birds | | | | |

Your week on TV

MONDAY EVENING OCTOBER 8, 2018

| | 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 Neighborhood (N) | Happy Together (N) ♫ | Magnum P.I. "The Woman Who Never Died" (N) Ⓢ | | Bull "Excessive Force" (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) ♫ | The Voice "The Blind Auditions, blind auditions. (N) ♫ | | Part 5" The coaches compete in | | Manifest Michaela and Ben investigate a murder. (N) ♫ | | NBC5 News at 11 (N) | (:34) The Tonight Show Starring Jimmy Fallon (N) Ⓢ | |
| CBMT | 6 | 206 | 301 | CBC Montreal News (N) | Power & Politics Ⓢ | Coronation Street (N) ♫ | Coronation Street (N) ♫ | Murdoch Mysteries A guest attempts to kill the groom. | (:01) Frankie Drake Mysteries "Radio Daze" (N) Ⓢ | | The National (N) ♫ Ⓢ | | Better Montreal (N) Ⓢ | Keeping Canada Safe ♫ | Coronation Street ♫ |
| CHLT | 7 | 107 | 718 | (5:58) TVA nouvelles (N) | Le tricheur (N) (SC) | Refuge animal (N) (SC) | Boomerang (N) (SC) | L'échappée Brigitte et Bruno se réconcilient enfin. (N) | Le jeu (N) (SC) | | TVA nouvelles (N) | (:35) Denis Lévesque (SC) | | (:35) Deux filles le matin (SC) | |
| WMTW | 8 | - | WMTW News 8 at 6PM (N) | ABC World News | Wheel of Fortune (N) ♫ | Jeopardy! (N) ♫ Ⓢ | | Dancing With the Stars "Most Memorable Night" (N) ♫ (Live) Ⓢ | | | The Good Doctor A married couple must make a choice. | | WMTW News 8 at 11 (N) | (:35) Jimmy Kimmel Live (N) ♫ Ⓢ | |
| CKSH | 9 | 108 | - | Le téléjournal avec | Le Gala provincial | District 31 (N) (SC) | Discussions avec mes | Demain des hommes Dion est opéré d'urgence. (N) | Ruptures Courriels entre Mathilde et son père. (N) | | Le téléjournal avec Céline | Les Bougon: c'est la vie | | Entrée principale (SC) | |
| CKMI | 11 | - | Global News at 6:30 (N) | Global National (N) ♫ | ET Canada | Entertainment Tonight (N) | The Neighborhood (N) | Happy Together (N) ♫ | 9-1-1 "Stuck" Athena contemplates taking a promotion. | | Bull "Excessive Force" (N) ♫ Ⓢ | | Global News at 11 | (:35) The Late Show With Stephen Colbert ♫ Ⓢ | |
| CFCF | 12 | 205 | 312 | CTV News Montreal (N) ♫ Ⓢ | etalk (N) ♫ Ⓢ | The Big Bang Theory Ⓢ | The Resident "Three Words" Bell and Marshall butt heads. | Magnum P.I. "The Woman Who Never Died" (N) Ⓢ | | | The Good Doctor A married couple must make a choice. | | 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) ♫ Ⓢ | | Dancing With the Stars "Most Memorable Night" (N) ♫ (Live) Ⓢ | | | The Good Doctor A married couple must make a choice. | | Local 22 News (N) | (:35) Jimmy Kimmel Live (N) ♫ Ⓢ | |
| WUTV | 30 | - | The Big Bang Theory Ⓢ | Judge Judy (N) ♫ Ⓢ | Judge Judy (N) ♫ Ⓢ | Family Feud (N) ♫ Ⓢ | The Resident "Three Words" Bell and Marshall butt heads. | 9-1-1 "Stuck" Athena contemplates taking a promotion. | | 2 on Your Side | Seinfeld "The Outing" Ⓢ | | Two and a Half Men ♫ | Two and a Half Men ♫ | Last Man Standing ♫ |
| CFKS | 31 | 106 | 726 | Souper parfait | Occupation double Grèce | Rire et délire (N) | Vendeurs de rêve (N) | Je suis chef (N) | Scorpion L'équipe est exposée à des vapeurs. ♫ (SC) | | Le show de Rousseau (N) | (:45) Occupation double Grèce | | NVL (N) | Moment V |
| WUHF | - | 363 | Modern Family ♫ Ⓢ | Modern Family ♫ Ⓢ | The Big Bang Theory Ⓢ | The Big Bang Theory Ⓢ | The Resident "Three Words" Bell and Marshall butt heads. | 9-1-1 "Stuck" Athena contemplates taking a promotion. | | 13WHAM News at 10 on Fox Rochester (N) (Live) Ⓢ | | DailyMailTV (N) ♫ Ⓢ | The Simpsons ♫ | Paid Program | |
| WETK | - | - | PBS NewsHour (N) ♫ Ⓢ | | The This Old House Hour (Season Premiere) ♫ Ⓢ | | Antiques Roadshow Tiffany presentation watch. Ⓢ | American Experience "The Circus" The traveling tented railroad circus. (N) ♫ (Part 1 of 2) Ⓢ (DVS) | | | | Amanpour and Company ♫ Ⓢ | | Nightly Business Report | |
| WCFE | - | - | World News America | Nightly Business Report | PBS NewsHour (N) ♫ Ⓢ | | Antiques Roadshow Tiffany presentation watch. Ⓢ | Montréal, mon amour, mon histoire | | | | American Experience "The Circus" The traveling tented railroad circus. (N) ♫ (Part 1 of 2) Ⓢ (DVS) | | Amanpour and Company | |
| A&E | 615 | 520 | The Tragic Side of Comedy ♫ Ⓢ | | | | Biography "John Belushi" An iconic comedian, actor and musician. ♫ Ⓢ | | | | | (:01) Jeff Dunham: Birth of a Dummy Making ventriloquism hip again. ♫ Ⓢ | | (12:03) Biography Ⓢ | |
| BRAVO | 620 | 523 | *** "Guardians of the Galaxy" (2014) Chris Pratt, Zoe Saldana. A man must unite a team of aliens against a cosmic threat. ♫ Ⓢ (DVS) | | | | ** "Limitless" (2011, Suspense) Bradley Cooper, Robert De Niro. A writer takes a mind-enhancing drug. ♫ Ⓢ | | | | (:35) ** "The A-Team" (2010, Action) Liam Neeson. Former Special Forces soldiers form a rogue unit. ♫ Ⓢ | | | | |
| CNN | 500 | 500 | Situation Room With Wolf | Erin Burnett OutFront (N) | Anderson Cooper 360 (N) | Cuomo Prime Time (N) Ⓢ | CNN Tonight w/ Don Lemon | CNN Tonight w/ Don Lemon | Cooper 360 | | | | | | |
| DISC | 520 | 505 | Highway Thru Hell Behind-the-scenes moments. | MythBusters Supersonic ping pong. ♫ Ⓢ | Alaskan Bush People: Off the Grid "Family First" (N) | Alaskan Bush People "Chasing The Wolfpack" (N) Ⓢ | BattleBots Minotaur goes head to head with Subzero. | Cash Cab A contestant nearly breaks his nose. (N) | Alaskan Bush People Ⓢ | | | | | | |
| HIST | 522 | 506 | Pawn Stars ♫ Ⓢ | Pawn Stars ♫ Ⓢ | Pawn Stars ♫ Ⓢ | Pawn Stars ♫ Ⓢ | Pawn Stars ♫ Ⓢ | Pawn Stars ♫ Ⓢ | American Pickers The guys go hog wild in Florida. (N) ♫ | Pawn Stars ♫ Ⓢ | Pawn Stars ♫ Ⓢ | Pawn Stars ♫ Ⓢ | Pawn Stars ♫ Ⓢ | Pawn Stars ♫ Ⓢ | Pawn Stars ♫ Ⓢ |
| PARMT | 628 | 584 | It Was Him: The Many Murders of Ed Edwards Ⓢ | It Was Him: The Many Murders of Ed Edwards Ⓢ | It Was Him: The Many Murders of Ed Edwards Ⓢ | It Was Him: The Many Murders of Ed Edwards Ⓢ | Cops ♫ Ⓢ | Cops "Out the Window" | Cops "Get a Bus Pass" ♫ | Cops "Scaredy Cat" ♫ | Cops ♫ Ⓢ | Cops "Up in Smoke" ♫ | Cops "Breaking the Cycle" ♫ | Cops "Breaking the Cycle" ♫ | Cops "Breaking the Cycle" ♫ |
| RDI | 126 | 730 | Le téléjournal avec | (:31) Vocation: leader | Le national (N) (SC) | (:31) Le national (N) | (:01) Les grands reportages "Amours criminels" (N) (SC) | Le téléjournal avec Céline | Vocation: leader (N) | Le téléjournal avec Céline | Le national (N) (SC) | Le téléjournal avec Céline | Le téléjournal avec Céline | Le téléjournal avec Céline | Le téléjournal avec Céline |
| SHOW | 616 | 521 | (:10) Star Wars Resistance "The Recruit" ♫ Ⓢ | (:15) *** "Star Wars: The Force Awakens" (2015, Science Fiction) Harrison Ford, Mark Hamill. Han Solo and his allies face a new threat from Kylo Ren. ♫ Ⓢ (DVS) | | | The Sinner "Part VIII" Marin's past is unraveled. (N) ♫ | NCIS A Marine sergeant is found murdered. ♫ | NCIS "Something Blue" | | | | | | |
| SLICE | 601 | 562 | (5:00) ** "She's All That" (1999) Freddie Prinze Jr. ♫ | *** "Clueless" (1995) Alicia Silverstone. Spoiled Beverly Hills teens career through the good life. ♫ Ⓢ | | | The Real Housewives of Orange County (N) ♫ Ⓢ | Stitched The designers create runway looks. ♫ Ⓢ | Sex and the City ♫ Ⓢ | Sex and the City ♫ Ⓢ | Sex and the City ♫ Ⓢ | Housewives/OC | | | |
| TLC | 521 | 560 | Long Island Medium: Countdown to the New Season Theresa helps a couple who lost a baby. (N) ♫ | Long Island Medium (Season Premiere) (N) ♫ | Long Island Medium (Season Premiere) (N) ♫ | Long Lost Family "A Baby in a Shoe Box" (Season Premiere) A mystery of an abandoned newborn. (N) ♫ | Long Island Medium "Knock, Knock, It's Theresa!" Ⓢ | Long Island Medium ♫ | | | | | | | |
| TSN | 400 | 400 | CFL Football: Eskimos at Roughriders | SportsCentre (N) (Live) Ⓢ | (:15) NFL Football Washington Redskins at New Orleans Saints. (N) (Live) Ⓢ | | SportsCentre (N) Ⓢ | SC With Jay and Dan (N) | | | | | | | |
| YOUTH | 551 | 542 | *** "Frozen" (2013) Voices of Kristen Bell. ♫ Ⓢ | | ** "Diary of a Wimpy Kid: Dog Days" (2012) ♫ Ⓢ | | Double Dare | Double Dare | Just Kidding | Just Kidding | Just Kidding | Tangled ♫ | | | |

TUESDAY EVENING OCTOBER 9, 2018

| | 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 "Boom" The team investigates an explosion. (N) | FBI "Prey" The murders of 18 young women. (N) Ⓢ | NCIS: New Orleans A Navy intelligence officer is killed. | | 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) ♫ | The Voice The coaches compete in blind auditions. (N) ♫ | This Is Us Kate undergoes a medical procedure. (N) Ⓢ | (:01) New Amsterdam Bloom treats an inmate from Rikers. | | NBC5 News at 11 (N) | (:34) The Tonight Show Starring Jimmy Fallon (N) Ⓢ | | | |
| CBMT | 6 | 206 | 301 | CBC Montreal News (N) | Power & Politics Ⓢ | Just for Laughs Gags | Coronation Street (N) ♫ | Still Standing 22 Minutes (N) (N) ♫ | Baroness Von Sketch Show ♫ Ⓢ | Hang Ups (N) ♫ Ⓢ | The National (N) ♫ Ⓢ | | CBC Montreal News (N) | Interrupt This Program ♫ | Coronation Street Ⓢ |
| CHLT | 7 | 107 | 718 | (5:58) TVA nouvelles (N) | Le tricheur (N) (SC) | LOL :- (SC) | L'académie (N) (SC) | O' "Tentation" Mélanie joue ses charmes sur Samuel. (N) | L'heure bleue La naissance du bébé de Clara. (N) (SC) | | TVA nouvelles (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) ♫ | Jeopardy! (N) ♫ Ⓢ | | 2018 American Music Awards The annual ceremony honors musicians. (N) ♫ (Live) Ⓢ | | | | | WMTW News 8 at 11 (N) | (:35) Jimmy Kimmel Live (N) ♫ Ⓢ | |
| CKSH | 9 | 108 | (5:59) Le téléjournal Estrie | (:31) RDI économie (N) | District 31 (N) (SC) | La facture (N) (SC) | Unité 9 Marie rencontre Jean Roy. (N) (DVS) (SC) | Faits divers Maurice n'a pas juste disparu. (N) | | Le téléjournal avec Céline Galipeau (N) (SC) | | (:05) Entrée principale (SC) | | | |
| CKMI | 11 | - | Global National (N) ♫ | (:29) Global News at 6:30 | NCIS: New Orleans A Navy intelligence officer is killed. | NCIS "Boom" The team investigates an explosion. (N) | FBI "Prey" The murders of 18 young women. (N) Ⓢ | New Amsterdam Bloom treats an inmate from Rikers. | | Global News at 11 (N) | (:35) The Late Show With Stephen Colbert ♫ Ⓢ | | | | |
| CFCF | 12 | 205 | 312 | (5:59) CTV News Montreal (N) ♫ Ⓢ | This Is Us Kate undergoes a medical procedure. (N) Ⓢ | 2018 American Music Awards The annual ceremony honors musicians. (N) ♫ (Live) Ⓢ | | | | 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) ♫ Ⓢ | | 2018 American Music Awards The annual ceremony honors musicians. (N) ♫ (Live) Ⓢ | | | Local 22 News (N) | (:35) Jimmy Kimmel Live (N) ♫ Ⓢ | | | |
| WUTV | 30 | - | The Big Bang Theory Ⓢ | Judge Judy (N) ♫ Ⓢ | Judge Judy (N) ♫ Ⓢ | Family Feud (N) ♫ Ⓢ | The Gifted Reed and Lauren deliver medicine. (N) ♫ | Lethal Weapon Murtaugh receives a surprise visit. (N) ♫ | 2 on Your Side | Seinfeld "The Shoes" Ⓢ | Two and a Half Men ♫ | Two and a Half Men ♫ | Last Man Standing ♫ | | |
| CFKS | 31 | 106 | 726 | Souper parfait | Occupation double Grèce | Rire et délire (N) | Taxi payant "Ali et Jalal" | Les jeux fous d'Ellen ♫ (SC) | NCIS: Los Angeles Des armes sont volées. ♫ | Le show de Rousseau (N) | (:45) Occupation double Grèce | | NVL (N) | Moment V | |
| WUHF | - | 363 | Modern Family ♫ Ⓢ | Modern Family "Fizbo" ♫ | The Big Bang Theory Ⓢ | The Big Bang Theory Ⓢ | The Gifted Reed and Lauren deliver medicine. (N) ♫ | Lethal Weapon Murtaugh receives a surprise visit. (N) ♫ | 13WHAM News at 10 on Fox Rochester (N) (Live) Ⓢ | | DailyMailTV (N) ♫ Ⓢ | The Simpsons ♫ | Paid Program | | |
| WETK | - | - | PBS NewsHour (N) ♫ Ⓢ | | Guest of the House | Outdoor Journal | The Great American Read Books include "Americanah." | American Experience "The Circus" The traveling tented railroad circus. (N) ♫ (Part 2 of 2) Ⓢ (DVS) | | Amanpour and Company (N) ♫ Ⓢ | | Nightly Business Report | | | |
| WCFE | - | - | World News America | Nightly Business Report | PBS NewsHour (N) ♫ Ⓢ | | The Great American Read Books include "Americanah." | Great Old Amusement Parks Early theme-parks. ♫ Ⓢ | | American Experience "The Circus" The traveling tented railroad circus. (N) ♫ (Part 2 of 2) Ⓢ (DVS) | | Amanpour and Company | | | |
| A&E | 615 | 520 | The First 48 A shooting in a snow-covered field. ♫ Ⓢ | The First 48 New Orleans shooting probed. ♫ Ⓢ | The First 48: Blood Money "The Ultimate Price; Brutal Business" In Miami, a good Samaritan is shot dead. (N) ♫ | The Closer A suspect's unbreakable alibi. Ⓢ | The Closer "Next of Kin" Search for a gang. Ⓢ | The Closer Brenda's team hunts for a serial killer. Ⓢ | (:01) The First 48: Kill or Be Killed "Deadly Dance" (N) ♫ | (:04) The First 48 A man is found dead in his hotel room. | The First 48: Blood Money | | | | |
| BRAVO | 620 | 523 | The Closer Squad investigates death of accountant. | The Closer Brenda cannot get a suspect to confess. | The Closer A suspect's unbreakable alibi. Ⓢ | The Closer "Next of Kin" Search for a gang. Ⓢ | The Closer Brenda's team hunts for a serial killer. Ⓢ | CNN Tonight w/ Don Lemon | CNN Tonight w/ Don Lemon | Cooper 360 | | | | | |
| CNN | 500 | 500 | Situation Room With Wolf | Erin Burnett OutFront (N) | Anderson Cooper 360 (N) | Cuomo Prime Time (N) Ⓢ | CNN Tonight w/ Don Lemon | CNN Tonight w/ Don Lemon | Cooper 360 | | | | | | |
| DISC | 520 | 505 | Highway Thru Hell "Closure Is Not an Option" | MythBusters Swinging Luke and Leia across a chasm. ♫ | Gold Rush Parker chases a record-breaking total. (N) | Gold Rush "End of an Era" One miner says goodbye. (N) | Highway Thru Hell "Whiteout Workout" (N) Ⓢ (DVS) | Treasure Quest: Snake Island "Death Trap" Ⓢ | Gold Rush Ⓢ | | | | | | |
| HIST | 522 | 506 | American Pickers Ultra-rare motorcycle parts. ♫ | Pawn Stars ♫ Ⓢ | Pawn Stars ♫ Ⓢ | Pawn Stars ♫ Ⓢ | Forged in Fire Friction folders; French smallsword. (N) | Forged in Fire: Knife or Death (Season Premiere) (N) | American Pickers Ultra-rare motorcycle parts. ♫ | Forged in Fire ♫ Ⓢ | | | | | |
| PARMT | 628 | 584 | Ink Master "Right on Target" The teams fall apart. Ⓢ | Ink Master Clean and Christian tattoo head to head. | Ink Master Artists tattoo in difficult spots. Ⓢ | Ink Master Teams must tattoo epic battle scenes. Ⓢ | Ink Master The artists must tattoo galaxies. (N) ♫ Ⓢ | Ink Master: Angels The Angels head to Baltimore. Ⓢ | Ink Master: Angels Ⓢ | | | | | | |
| RDI | 126 | 730 | (5:59) Le national (N) | (:31) RDI économie (N) | (:01) 24/60 (N) (SC) | Les grands reportages (SC) | Le téléjournal avec Céline Galipeau (N) (SC) | Le téléjournal avec Céline Galipeau (N) (SC) | Le national (N) (SC) | (:31) Le national (N) | (12:01) 24/60 (SC) | | | | |
| SHOW | 616 | 521 | NCIS "Kill Chain" A stolen drone is linked to a terrorist. | NCIS "Double Back" Tracking one of Parsa's cohorts. | Bull A female pilot is accused of negligence. ♫ Ⓢ | *** "Batman" (1989, Action) Jack Nicholson, Michael Keaton, Kim Basinger. The Caped Crusader vows to rid Gotham City of the Joker. ♫ Ⓢ | | Sweet Home Sextuplets "A Whole New Ballgame" (N) ♫ | The Little Couple Will and Zoey see snow in Vermont. | The Little Couple Ⓢ | | | | | |
| SLICE | 601 | 562 | Sex and the City ♫ Ⓢ | Sex and the City ♫ Ⓢ | The Real Housewives of Orange County ♫ Ⓢ | The Real Housewives of Dallas Brandi gets a nanny. ♫ | Below Deck Ashton proves to be a ladies man. (N) Ⓢ | Flipping Out Jeff and Gage compete. (N) ♫ Ⓢ | Sex and the City ♫ Ⓢ | Sex and the City ♫ Ⓢ | Below Deck ♫ Ⓢ | | | | |
| TLC | 521 | 560 | The Little Couple Bill puts up the Christmas decorations. | The Little Couple: Countdown to the New Season (N) | The Little Couple "Why Do We Have to Move?" (Season Premiere) The family looks for a new | | Sweet Home Sextuplets "A Whole New Ballgame" (N) ♫ | The Little Couple Will and Zoey see snow in Vermont. | The Little Couple Ⓢ | | | | | | |
| TSN | 400 | 400 | SportsCentre (N) (Live) Ⓢ | Basketball: A Love Story Stories about Wilt Chamberlain and Bill Russell. (N) (Live) Ⓢ | Basketball: A Love Story Jerry West, Oscar Robertson, Dr. J, George Gervin. (N) (Live) Ⓢ | | SportsCentre (N) (Live) Ⓢ | SC With Jay and Dan (N) | | | | | | | |
| YOUTH | 551 | 542 | Henry Danger | Double Dare | ** "Aliens in the Attic" (2009) Carter Jenkins. ♫ Ⓢ | ** "Aliens in the Attic" (2009) Carter Jenkins. ♫ Ⓢ | Just Kidding | Just Kidding | Aliens-Attic | | | | | | |

Your week on TV

| WEDNESDAY EVENING | | | | | | | | | | | | | OCTOBER 10, 2018 | |
|-------------------|------|------|------|--|---|---|--|---|---|---|--|--|----------------------------|----------------------------|
| 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 "I Am Goliath Strong" (N) (DVS) | SEAL Team Extremists threaten to release anthrax. | Criminal Minds The team tracks a serial killer. (N) (DVS) | Channel 3 News | (:35) The Late Show With Stephen Colbert (N) (DVS) | | | |
| WPTZ | 5 | - | - | NBC5 News at 6 (N) | NBC Nightly News - Holt | Jeopardy! (N) (DVS) | Wheel of Fortune (N) (DVS) | Chicago Med The staff must save a kidnapped child. (N) | Chicago Fire Severide looks into a victim's motives. (N) | Chicago P.D. "Bad Boys" (N) (DVS) | NBC5 News at 11 (N) | (:34) The Tonight Show Starring Jimmy Fallon (N) (DVS) | | |
| CBMT | 6 | 206 | 301 | CBC Montreal News (N) | Power & Politics (N) (DVS) | marketplace (N) (DVS) | Coronation Street (N) (DVS) | The Great Canadian Baking Show "International Week" | Vanity Fair Becky finds a new use for old friends. (N) | The National (N) (DVS) | CBC Montreal News (N) | First Play Live | Coronation Street (N) | |
| CHLT | 7 | 107 | 718 | (5:58) TVA nouvelles (N) | Le tricheur (N) (SC) | La poule aux oeufs d'or (N) | XOXO (N) (SC) | Blue Moon L'enlèvement de Beaugrand. (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) (DVS) | Jeopardy! (N) (DVS) | The Goldbergs American Housewife (N) | Modern Family (:31) Single Parents (N) | A Million Little Things A major secret is revealed. (N) (DVS) | WMTW News 8 at 11 (N) | (:35) Jimmy Kimmel Live (N) (DVS) | | |
| CKSH | 9 | 108 | - | (5:59) Le télé-journal Estrie | (:31) RDI économie (N) | District 31 (N) (SC) | L'épicerie (N) (SC) | Les enfants de la télé (N) (SC) | Trop (N) (DVS) | Les Simone (N) | Le téléjournal avec Céline Galipeau (N) (SC) | (:05) Entrée principale (SC) | | |
| CKMI | 11 | - | - | Global National (N) (DVS) | (:29) Global News at 6:30 | ET Canada | Entertainment Tonight (N) | Survivor "I Am Goliath Strong" (N) (DVS) | SEAL Team Extremists threaten to release anthrax. | Chicago P.D. "Bad Boys" (N) (DVS) | Global News at 11 (N) | (:35) The Late Show With Stephen Colbert (N) (DVS) | | |
| CFCF | 12 | 205 | 312 | (5:59) CTV News Montreal (N) (DVS) | etalk (N) (DVS) | The Big Bang Theory (N) (DVS) | The Goldbergs American Housewife (N) | Grey's Anatomy Meredith goes on a blind date. (N) (DVS) | Criminal Minds The team tracks a serial killer. (N) (DVS) | 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) (DVS) | The Goldbergs American Housewife (N) | Modern Family (:31) Single Parents (N) | A Million Little Things A major secret is revealed. (N) (DVS) | Local 22 News (N) | (:35) Jimmy Kimmel Live (N) (DVS) | | |
| WUTV | 60 | - | - | The Big Bang Theory (N) (DVS) | Judge Judy (N) (DVS) | Judge Judy (N) (DVS) | Family Feud (N) (DVS) | Empire "Pride" Andre tries to make a name for himself. | Star Alex helps a fan start a music career. (N) (DVS) | 2 on Your Side Seinfeld "The Old Man" (N) | Two and a Half Men (N) | Two and a Half Men (N) | Last Man Standing (N) | |
| CFKS | 61 | 106 | 726 | Souper parfait | Occupation double Grèce | Rire et délire | Moment décisif (N) | Ne jamais faire à la maison Marie Soleil et Jonathan. (N) | Seal team: coeur et courage "Les fantômes du passé" (N) | Le show de Rousseau (N) (DVS) | (:45) Occupation double Grèce | NVL (N) | Moment V | |
| WUHF | - | 363 | - | Modern Family (N) (DVS) | Modern Family (N) (DVS) | The Big Bang Theory (N) (DVS) | The Big Bang Theory (N) (DVS) | Empire "Pride" Andre tries to make a name for himself. | Star Alex helps a fan start a music career. (N) (DVS) | 13WHAM News at 10 on Fox Rochester (N) (Live) (DVS) | DailyMailTV (N) (DVS) | The Simpsons (N) | Paid Program (N) | |
| WETK | - | - | - | PBS NewsHour (N) (DVS) | Lt. Governor Debate (Taped) | Nature Wild animals and caregivers reunite. (N) (DVS) | Nature Wild animals and caregivers reunite. (N) (DVS) | NOVA Mount Nyiragongo. (N) (DVS) | NOVA Mount Nyiragongo. (N) (DVS) | NOVA Volcanologists explore Nyamuragira. (N) | Amanpour and Company (N) | Nightly Business Report | | |
| WCFE | - | - | - | World News America | Nightly Business Report | PBS NewsHour (N) (DVS) | Nature Wild animals and caregivers reunite. (N) (DVS) | NOVA Mount Nyiragongo. (N) (DVS) | NOVA Volcanologists explore Nyamuragira. (N) | BBC World News (N) | Amanpour and Company (N) | Nightly Business Report | | |
| A&E | 615 | 520 | - | Storage Wars (N) (DVS) | Storage Wars (N) (DVS) | Storage Wars (N) (DVS) | Storage Wars (N) (DVS) | Storage Wars: Best Bidding Wars "Best Bidding Wars No. 3" Ivy and Dave fight for a pair of units. (N) (DVS) | Storage Wars | | | | | |
| BRAVO | 620 | 523 | - | CSI: Miami Man is bumped off at a peep show. (N) (DVS) | CSI: Miami Innocent man stands trial for murder. (N) (DVS) | CSI: Miami Innocent man stands trial for murder. (N) (DVS) | CSI: Miami Internal Affairs investigates the team. (N) (DVS) | Cardinal "Terri" John and Lise uncover Red's identity. (N) (DVS) | Queen Sugar Remy and Nova act on their feelings. (N) (DVS) | CSI: Miami A rapist is found murdered in his home. (N) (DVS) | CSI: Miami | | | |
| CNN | 500 | 500 | - | Situation Room With Wolf | Erin Burnett OutFront (N) | Anderson Cooper 360 (N) | Cuomo Prime Time (N) (DVS) | CNN Tonight w/ Don Lemon | CNN Tonight w/ Don Lemon | Cooper 360 | | | | |
| DISC | 520 | 505 | - | Highway Thru Hell "New Hell, Old Hell" (N) (DVS) | MythBusters Explosive scenarios from Hollywood. (N) (DVS) | Mayday Pilots blame severe weather for crash. (N) (DVS) | Mayday A commercial jet runs out of fuel. (N) (DVS) | Gold Rush "End of an Era" One miner says goodbye. (N) (DVS) | Highway Thru Hell "Whiteout Workout" (N) (DVS) | Ultimate Ninja Challenge | | | | |
| HIST | 522 | 506 | - | American Pickers "Hydro Homestead" (N) (DVS) | Forged in Fire: Knife or Death (N) (DVS) | Forged in Fire Friction folders; French smallsword. (N) (DVS) | Counting Cars (N) (DVS) | Counting Cars Supercharged A 1941 Triumph motorcycle. (N) (DVS) | American Pickers "Hydro Homestead" (N) (DVS) | Counting Cars (N) (DVS) | | | | |
| PARMT | 628 | 584 | - | Framework Transforming tree trunks into furniture. (N) (DVS) | Framework Building adjustable desks. (N) (DVS) | Framework The last three builders compete. (N) (DVS) | Caraoke Showdown (N) (DVS) | Caraoke Showdown (N) (DVS) | Caraoke Showdown (N) (DVS) | Caraoke Showdown (N) (DVS) | Caraoke Showdown (N) (DVS) | Caraoke Showdown (N) (DVS) | Caraoke Showdown (N) (DVS) | Caraoke Showdown (N) (DVS) |
| TDI | 126 | 730 | - | (5:59) Le national (N) (DVS) | (:31) RDI économie (N) | (:01) 24/60 (N) (SC) | Les grands reportages "La bataille de Terre-Neuve" (N) | Le téléjournal avec Céline Galipeau (N) (SC) | Le téléjournal avec Céline Galipeau (N) (SC) | Le national (N) (SC) | (:31) Le national (N) (SC) | (12:01) 24/60 (SC) | | |
| SHOW | 616 | 521 | - | NCIS Faulty bulletproof vests are discovered. (N) (DVS) | NCIS "Dressed to Kill" Di-Nozzo's father has a secret. (N) (DVS) | Bull "Callisto" The team travels to a small Texas town. (N) (DVS) | ** "Batman Returns" (1992, Action) Michael Keaton, Danny DeVito, Michelle Pfeiffer. The Catwoman and the Penguin join forces against Batman. (N) (DVS) | NCIS (N) (DVS) | | | | | | |
| SLICE | 601 | 562 | - | Sex and the City (N) (DVS) | Sex and the City (N) (DVS) | Flipping Out Jeff and Gage compete. (N) (DVS) | The Real Housewives of Orange County (N) (DVS) | The Real Housewives of Dallas "80's Ladies" (N) (DVS) | Flipping Out Jeff and Gage compete. (N) (DVS) | Sex and the City (N) (DVS) | Sex and the City (N) (DVS) | Real Housewives-Dallas | | |
| TLC | 521 | 560 | - | Say Yes to the Dress (N) (DVS) | Say Yes to the Dress (N) (DVS) | My 600-Lb. Life Food addiction dissolved his marriage. (N) (DVS) | My 600-Lb. Life "Robert's Story" Robert must try to save his own life. (N) (DVS) | My 600-Lb. Life "Tracey's Story" Tracey's weight resides in her legs. (N) (DVS) | My 600-Lb. Life "Tracey's Story" Tracey's weight resides in her legs. (N) (DVS) | My 600-Lb. Life (N) (DVS) | | | | |
| TSN | 400 | 400 | - | SportsCentre (N) (Live) (DVS) | NBA Preseason Basketball Brooklyn Nets vs Toronto Raptors. From the Bell Centre in Montreal. (N) (Live) (DVS) | SportsCentre (N) (Live) (DVS) | | | | | | | | |
| YOUTH | 551 | 542 | - | Henry Danger | Double Dare | *** "Rango" (2011) Voices of Johnny Depp. (N) (DVS) | (:15) *** "Rango" (2011) Voices of Johnny Depp, Isla Fisher. (N) (DVS) | Just Kidding | *** Rango | | | | | |

| THURSDAY EVENING | | | | | | | | | | | | | OCTOBER 11, 2018 | |
|------------------|------|------|------|--|--|---|---|--|---|---|--|-------------------------------------|--|--|
| 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) (DVS) | (:31) Young Sheldon (N) (DVS) | (:01) Mom (N) (DVS) | Murphy Brown (N) (DVS) | S.W.A.T. "Fire and Smoke" (N) (DVS) | Channel 3 News | (:35) The Late Show With Stephen Colbert (N) (DVS) | |
| WPTZ | 5 | - | - | NBC5 News at 6 (N) | NBC Nightly News - Holt | Jeopardy! (N) (DVS) | Wheel of Fortune (N) (DVS) | Superstore (N) (DVS) | The Good Place (N) (DVS) | Will & Grace (N) (DVS) | I Feel Bad (N) (DVS) | NBC5 News at 11 (N) | (:34) The Tonight Show Starring Jimmy Fallon (N) (DVS) | |
| CBMT | 6 | 206 | 301 | CBC Montreal News (N) | Power & Politics (N) (DVS) | Investigators-Swain | Coronation Street (N) (DVS) | Dragons' Den Behind the scenes of the series. (N) (DVS) | The Detectives Mike pushes the boundaries of protocol. (N) (DVS) | The National (N) (DVS) | CBC Montreal News (N) | Canadian Reflections | Coronation Street (N) | |
| CHLT | 7 | 107 | 718 | (5:58) TVA nouvelles (N) | Le tricheur (N) (SC) | Face à la rue (SC) | J.E. (N) (SC) | Ninja Warrior: le parcours ultime Un parcours extrême de six obstacles. (DVS) (SC) | "Qualifications à Philadelphie" (N) (DVS) | TVA nouvelles (:35) Denis Lévesque (N) (SC) | (:35) ** "À la poursuite du Phantom" (2013) Ed Harris. (N) (DVS) | | | |
| WMTW | 8 | - | - | WMTW News 8 at 6PM (N) | ABC World News | Wheel of Fortune (N) (DVS) | Jeopardy! (N) (DVS) | Grey's Anatomy Meredith goes on a blind date. (N) (DVS) | (:01) Station 19 A young boy falls into water pipes. (N) (DVS) | How to Get Away With Murder (N) (DVS) | WMTW News 8 at 11 (N) | (:35) Jimmy Kimmel Live (N) (DVS) | | |
| CKSH | 9 | 108 | - | (5:59) Le télé-journal Estrie | (:31) RDI économie (N) | District 31 (N) (SC) | Infoman (N) (SC) | Les dieux de la danse (N) (SC) | Enquête (N) (SC) | Le téléjournal avec Céline Galipeau (N) (SC) | (:05) Entrée principale (SC) | | | |
| CKMI | 11 | - | - | Global National (N) (DVS) | (:29) Global News at 6:30 | ET Canada | Entertainment Tonight (N) | Superstore (N) (DVS) | The Good Place (N) (DVS) | Will & Grace (N) (DVS) | I Feel Bad (N) (DVS) | S.W.A.T. "Fire and Smoke" (N) (DVS) | Global News at 11 (N) | (:35) The Late Show With Stephen Colbert (N) (DVS) |
| CFCF | 12 | 205 | 312 | (5:59) CTV News Montreal (N) (DVS) | etalk (N) (DVS) | The Big Bang Theory (N) (DVS) | The Big Bang Theory (N) (DVS) | (:31) Young Sheldon (N) (DVS) | (:01) Station 19 A young boy falls into water pipes. (N) (DVS) | Law & Order: Special Victims Unit "Revenge" (N) (DVS) | 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) (DVS) | Grey's Anatomy Meredith goes on a blind date. (N) (DVS) | (:01) Station 19 A young boy falls into water pipes. (N) (DVS) | How to Get Away With Murder (N) (DVS) | Local 22 News (N) | (:35) Jimmy Kimmel Live (N) (DVS) | | |
| WUTV | 60 | - | - | The Big Bang Theory (N) (DVS) | Judge Judy (N) (DVS) | Judge Judy (N) (DVS) | NFL on FOX Pregame (N) | NFL Football Philadelphia Eagles at New York Giants. (N) (Live) | | | | Two and a Half Men (N) | Last Man Standing (N) | |
| CFKS | 61 | 106 | 726 | Souper parfait | Occupation double Grèce | The amazing race: défis autour du monde (SC) | Bootcamp: le parcours extrême (N) | Chicago Police L'équipe enquête sur un homicide. (N) (DVS) | Le show de Rousseau (N) (DVS) | (:45) Occupation double Grèce | NVL (N) | Moment V | | |
| WUHF | - | 363 | - | Modern Family (N) (DVS) | Modern Family (N) (DVS) | The Big Bang Theory (N) (DVS) | NFL on FOX Pregame (N) | NFL Football Philadelphia Eagles at New York Giants. (N) (Live) (DVS) | | | | | 13WHAM News at 10 on Fox Rochester (N) (Live) (DVS) | |
| WETK | - | - | - | PBS NewsHour (N) (DVS) | "Circus Dreams" (2011) Children and teenagers perform in Circus Smirkus. (N) (DVS) | Rick Steves' Europe | Get Down Tonight: The Disco Explosion Bee Gees, Leo Sayer. (N) (DVS) | Amanpour and Company (N) | Nightly Business Report | | | | | |
| WCFE | - | - | - | World News America | Nightly Business Report | PBS NewsHour (N) (DVS) | New Tricks Reinvestigating violent dog-killings. (N) (DVS) | Death in Paradise A woman is poisoned. (N) (DVS) | The Coroner A man is found dead in a container. (N) (DVS) | BBC World News (N) | Amanpour and Company (N) | Nightly Business Report | | |
| A&E | 615 | 520 | - | The First 48 A high-school senior is shot to death. (N) (DVS) | The First 48 Young thugs terrorize a neighborhood. (N) (DVS) | The First 48 "Officer Down" A killer targets the law. (N) (DVS) | The First 48 A teenager dies saving his friend. (N) (DVS) | (:01) Nightwatch Nation "Testing Fate" (N) (DVS) | (:04) Nightwatch Nation "Back From the Brink" (N) (DVS) | (12:03) The First 48 (N) (DVS) | | | | |
| BRAVO | 620 | 523 | - | Criminal Minds "Scream" Kate worries about her niece. (N) (DVS) | Criminal Minds Two prison guards are murdered. (N) (DVS) | Aurora Teagarden Mysteries "Last Scene Alive" An actress is murdered. (N) (DVS) | Gone "Crystal" Greg Kleckner's wife gets abducted. (N) (DVS) | Criminal Minds The team searches for a killer. (N) (DVS) | Criminal Minds (N) (DVS) | | | | | |
| CNN | 500 | 500 | - | Situation Room With Wolf | Erin Burnett OutFront (N) | Anderson Cooper 360 (N) | Cuomo Prime Time (N) (DVS) | CNN Tonight w/ Don Lemon | CNN Tonight w/ Don Lemon | Cooper 360 | | | | |
| DISC | 520 | 505 | - | Highway Thru Hell "New Hope" (N) (DVS) | MythBusters Testing household myths. (N) (DVS) | Diesel Brothers Sparks Motors rebuilds a Jeep. (N) (DVS) | FantomWorks A Mustang Sleeper; a '49 Chevy pick-up. (N) (DVS) | Street Outlaws: Full Throttle "Asphalt Eruption" (N) (DVS) | Street Outlaws Racers wonder who they can trust. (N) (DVS) | The Guild Garage (N) | | | | |
| HIST | 522 | 506 | - | American Pickers "Risks and Rewards" (N) (DVS) | Counting Cars (N) (DVS) | Counting Cars (N) (DVS) | Ancient Aliens Superheroes may have otherworldly roots. (N) (DVS) | Ancient Aliens Beliefs about meteorites. (N) (DVS) | In Search Of Whether or not time travel is possible. (N) (DVS) | American Pickers "Risks and Rewards" (N) (DVS) | Ancient Aliens (N) (DVS) | | | |
| PARMT | 628 | 584 | - | Bar Rescue A Portland bar with a stubborn chef. (N) (DVS) | Lip Sync Battle (N) (DVS) | Lip Sync Battle (N) (DVS) | Lip Sync Battle (N) (DVS) | Lip Sync Battle (N) (DVS) | *** "A Nightmare on Elm Street" (1984, Horror) John Saxon, Ronee Blakley, Heather Langenkamp. (N) (DVS) | *** "A Nightmare on Elm Street 2: Freddy's Revenge" (1985) Mark Patton. (N) (DVS) | | | | |
| TDI | 126 | 730 | - | (5:59) Le national (N) (DVS) | (:31) RDI économie (N) | (:01) 24/60 (N) (SC) | Les grands reportages "La bataille de Terre-Neuve" (N) | Le téléjournal avec Céline Galipeau (N) (SC) | Le téléjournal avec Céline Galipeau (N) (SC) | Le national (N) (SC) | (:31) Le national (N) (SC) | (12:01) 24/60 (SC) | | |
| SHOW | 616 | 521 | - | NCIS A former NCIS agent is found dead. (N) (DVS) | NCIS A copycat of the Privileged Killer. (N) (DVS) | Bull "Unambiguous" Bull and the team tackle jury bias. (N) (DVS) | ** "Oblivion" (2013, Science Fiction) Tom Cruise, Morgan Freeman. A stranger's arrival triggers one man's battle to save mankind. (N) (DVS) | Man With a Plan (N) (DVS) | NCIS (N) (DVS) | | | | | |
| SLICE | 601 | 562 | - | Sex and the City (N) (DVS) | Sex and the City (N) (DVS) | The Real Housewives of Dallas "80's Ladies" (N) (DVS) | Flipping Out Jeff and Gage compete. (N) (DVS) | Married at First Sight "Last Chance for Romance" (N) (DVS) | Million Dollar Listing New York "Billion Dollar Listing" (N) (DVS) | Sex and the City (N) (DVS) | Sex and the City (N) (DVS) | Married at First Sight (N) (DVS) | | |
| TLC | 521 | 560 | - | 90 Day Fiancé: Before the 90 Days Rachel pick their wedding rings. (N) (DVS) | "Goodbye for Now" Jon and Rachel pick their wedding rings. (N) (DVS) | The Little Couple Will and Zoey see snow in Vermont. (N) (DVS) | The Little Couple The family looks for a new home. (N) (DVS) | The Little Couple Bill goes to a pet industry trade show. (N) (DVS) | To Be Announced | The Little Couple (N) (DVS) | | | | |
| TSN | 400 | 400 | - | SportsCentre (N) (Live) (DVS) | That's Hockey (N) (DVS) | NFL Thursday Night Football (N) (Live) (DVS) | (:20) NFL Football Philadelphia Eagles at New York Giants. (N) (Live) (DVS) | SportsCentre (N) (Live) (DVS) | SC With Jay and Dan (N) (DVS) | | | | | |
| YOUTH | 551 | 542 | - | *** "The Princess and the Frog" (2009) (N) (DVS) | **** "Cinderella" (1950) Voices of Ilene Woods. (N) (DVS) | Game On (N) (DVS) | Double Dare | Just Kidding | Just Kidding | Cinderella (N) (DVS) | | | | |

Country

CONT'D FROM PAGE 9

Sunday morning at the House of Cash. He walked in the room and walked towards my father and shook his hand with his signature 'Hello, I'm Johnny Cash.' My dad almost fainted," she recalled.

Jerry & Jo'Anne worked hard to build their career, sparing no efforts to deliver the best music possible at a time when country music was not so popular. "We wanted to have the best songs possible with great lyrics and great music," Jo'Anne remembered, of these years.

They hosted their own TV show aired out of Sherbrooke, Quebec in 1972 and they were guests on The Ralph Emery Show in Nashville the same year.

"We performed in French on a US show and I still have the check that I received for that performance. A check for US \$14.95 that I kept as a proof that it really happened, but also as a souvenir from those days" explained Jo'Anne, laughing at the memory.

"We were also invited on The Tommy Hunter Show, The Ronnie Prophet Show and CTV's Ian Tyson Show. We went to a lot of places and did a lot of concerts which is more, I think, that young country singers of today have a chance to do," stressed the petite singer.

In 1973, they were the opening act for a George Jones & Tammy Wynette concert at Place des Arts in Montreal, and starred in a special Radio-Canada television show with Quebec legend, Willie Lamothe.

In 1982 they won Quebec's Félix Award as Best Country & Western Album of the Year. Despite fame and success, Jo'Anne always remained the kind-hearted and humble girl she has always been, because that is who she truly is.

"We always stayed after the shows to meet and greet with people. We wanted to be available for our fans who had spent their money to see us and buy our records. It couldn't be any different because that's the way I am. I was raised that way," she explained.

In the mid 1980s, Jerry and Jo'Anne parted ways and even if she had some interesting offers to pursue a solo career, the singer decided to choose fashion over music. "I always loved fashion and clothes so it was something different but I liked it," she said.

During the radio interview, Jo'Anne shared a multitude of memories from her career with Jerry. It would have taken more than one article to cover all of those! Jo'Anne Moreault is an amazing woman and artist!

You can purchase your tickets for the Burrough's Falls Jam Session at the dance hall or contact 819-838-4912 for more information.

MUSIC

October 6

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 Double or Nothing (Mike & Kylie). Info: Gail 819-876-2021. Everyone welcome.

October 6

Dance at the Ives Hill Hall on Saturday, October 6 from 8 p.m. to midnight. Music by the Country Swingers. Admission \$8. All welcome.

October 13

3rd annual "Harvest" Country Music Appreciation Jam at the Burrough's Falls Reception Hall in Ayer's Cliff on Saturday, October 13. Hours of continuous fun, live country music, several door prizes, along with a Harvest buffet, all for just \$15. Along with the new house band "Bobbi Dee and The Honky Tonk Rebels" will be a very special guest, JOANNE MOREAULT of JERRY and JOANNE, plus some of our other favourite local musicians may stop by to jam. This is one Harvest event you won't want to miss! Tickets now available or to reserve a spot, call Burrough's Falls at 819-838-4912.

October 13

Movin' On will be playing at The Hut, A.N.A.F. Unit #318, 300 St. Francis, Lennoxville on Saturday, October 13 at 8 p.m. Admission \$8. Must be 18+. Come out and enjoy our Country and Retro Rock Music with Dave, Willie, Rick and Dareth.

EVENTS

October 6

Come to the Boundary Rotary Book Store in Beebe. The sale is from 9 a.m. to noon on Saturday, October 6. There are books in French and English, on all topics. Donate what you think the books are worth. Boundary Rotary would like to thank supporters of the book store. For more information, call 819-347-6054.

October 6

Township Toddlers annual Benefit, Saturday, October 6, 5 p.m. to 7 p.m. Roast beef and pork barbecue. \$15/person, \$8 for 7-12 years, 6 years and under free. Auction (arts/crafts): 7 p.m. to 9 p.m. Dance with Smokin' Country, 9 p.m. to 1 a.m. \$5/person. Salle des Chevaliers de Colomb, 224 Christophe Colomb, Cowansville, 450-263-5080. Reservations: Ross 450-266-1716.

October 9 & November 6

NEW: Tea & Talks. October 9 & November 6. 2 p.m. to 4 p.m. at RRHS (375 rue Armstrong). A social afternoon for seniors to get together. And talk! Come enjoy some tea and talk with special invited guest speakers. Bring a friend to make it double the fun. Free refreshments.

What's On

October 10

Osher Lifelong Learning Fall Lecture Series. Wednesday, October 10: Author Helen Pike presents "Connecticut River Valley Log Drives." Hebard State Office Building in downtown Newport (VT), 2nd floor conference room. Free parking & handicap access. Refreshments and conversation follows each presentation. Walk-ins \$5 US. Info? Suzi 802-673-9499 or www.learn.uvm.edu/osher (click on statewide site-Newport).

October 10

The Canadian Federation of University Women, Sherbrooke and District, is pleased to welcome Jeanne-Mance Blais, our first guest of this season, on Wednesday, October 10, 8 p.m., at St. Andrew's Presbyterian Church, 256 Queen St., Sherbrooke. Speaker's Program: Ms. Blais, a specialist in teaching English as a second/foreign language, will share her six-month work experience with the Aga Khan Education Foundation in training English teachers in the Pamir region of Tajikistan and Kyrgyzstan. She will also discuss the many aspects of the Foundation's contribution towards improving the lives of people in some of the most remote areas of Asia and in Africa. Everyone is welcome. Refreshments will be served. This will be preceded by a potluck dinner and a general assembly during which new members will be presented.

October 13

Faux stained glass workshop for women. Part 1 October 13. Part 2 October 20. From 12:45 p.m. to 3 p.m. Fee \$20 includes all materials and refreshments. You take home what you make. Unleash your creative genius in an informal supportive setting. Dunham Crafts Market, 3786 rue Principale, Dunham. Email tikibidunham@gmail.com or pbdeconat@gmail.com or call 450-295-2252. Facebook @marchedesartisanatsdunham.

October 13

Auction on Saturday, October 13 in the main building at the Ayer's Cliff Fair Grounds beginning at 9:00 a.m. To benefit Beulah United Church roof fund. Auctioneer: Larry Wheeler. Canteen on site. A detailed list of items will be advertised a week before the auction.

October 13

You are invited to the Royal Wedding! Grace Village is hosting a Murder Mystery Dinner Theatre fundraising event on Saturday, October 13. The event runs from 5:30-9pm, and includes a 3-course dinner. Tickets are \$50 each, and can be purchased at Grace Village (1515 rue Pleasant View), or online at gracevillage.ca.

October 17

Health Link Information Session: Cancer - What You Need to Know. Wednesday, October 17, 11:30 a.m. to 2 p.m., Armoury Community Centre, 563 Main,

TONIGHT 5:00 → 9:00 PM
ORDER ANY MEAL FEATURING SHRIMP AND GET 50% MORE SHRIMP FREE!
 LATER AT 10:00 PM **KARAOKE**
 Golden Lion Pub and Brewery in Lennoxville

Bury. Lunch \$5 (must reserve). To reserve, call Kim Fessenden 819-872-3771, ext. 2.

October 20

Fall Roast Beef Supper on Saturday, October 20, to benefit Beulah United Church, 967 Main, Ayer's Cliff. Settings at 5 p.m. and 6:30 p.m. Come and enjoy a delicious meal of Roast Beef with homemade gravy, horse radish, mashed potatoes, squash and peas, coleslaw, bread, tomato juice, coffee, tea, and assorted pies. To reserve your tickets please call Wendell Cass 819-846-7180 or Dean Young 819-838-5815. Adults \$15, children 12 and under \$7. Everyone is welcome!

October 27

The Lennoxville Youth Center will be hosting a Benefit Mechoui Supper & Silent Auction on October 27 at the A.N.A.F. Unit #318 (The Hut), 300 St. Francis, Lennoxville in order to raise funds for their Teen Activity Committee and their activities and projects fund. Tickets: \$20 adults, \$15 ages 7-12 years, free for anyone under the age of 6. Supper will be served at 5 p.m. Tickets are available at Tri-Knit-T, Clark and Sons and the Lennoxville Youth Center. You may also call or email to reserve tickets at 819-821-4805 or dg@lennoxvilleyouthcenter.org.

EXHIBITS

Until December 16
 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, 10:00 a.m. to 4:30 p.m.; Saturday and Sunday, 1:00 to 4:30 p.m., on the second floor of Uplands, 9 Speid St., Sherbrooke (Borough of Lennoxville). Continuing until December 16, 2018. Information: 819-564-0409.

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Local Sports

Did you know according to Active.com that you will be burning an extra 100 calories roughly for each mile that you run?

Proper nutrition is essential for healthy body and best performance



A RUNNER'S MIND

CHRISTINE BLANCHETTE

How many people do you think planned for proper nutrition before they began an exercise program? It's a rhetorical question, though my guess would be not many. The combination of seeing an extra chin in the mirror while holding the old jeans which fit only in your dreams will usually trigger an urgency to work out to get

your "old" body back. Good nutrition is an essential element of good health that can be slow to adopt as habit. When the running urge hit, I knew little about properly fueling for training and performance. It wasn't until after a few workouts of feeling always depleted, I realized my eating habits needed to change. I ate a well-balanced diet but found myself skipping meals between work and runs while my body was screaming for more fuel.

Did you know according to Active.com that you will be burning an extra 100 calories roughly for each mile that you run? After learning this fun fact and doing more research on my poor eating patterns, I learned to adopt a healthier diet which should include these essentials: carbohydrates, protein, fats, vitamins, and minerals such as calcium. And the truth will set you free. Once you start burning hundreds of

calories daily through exercise, you'll need proper nutrition at greater frequency than three meals a day.

Here are my top five good nutrition tips:

1. Breakfast - this is the most important meal of the day as you've been sleeping typically for about eight hours and need fuel: Boiled eggs, multigrain bread, oatmeal and yogurt. I will have my caffeine fix and follow it up with a glass of water to keep hydrated. Exercising should not commence until at least one hour after eating a large meal. If there is no time to eat, bring a protein bar, banana or have a smoothie.

2. Lunch - I will have homemade chicken soup or a salad or tuna sandwich. For a snack before running after work, I will bring an apple or energy bar, which will sustain you until dinner.

3. Water - drink plenty of water - about eight cups a day. Try to drink

water throughout the day by having sips whenever you can. Find a run route with water stops along the way or bring a water bottle with you.

4. Vitamins - take a multi-vitamin tablet each day to fight off colds, and cover yourself for lack of certain foods your body needs. Getting enough sleep to maintain an active lifestyle is another essential ingredient to good health.

5. Stay with foods that work for your body on workout days. Trying out new foods could work against you in the form of cramps. Avoid creamy sauces or spices.

Making healthier food choices is the key to improving your running performance and having a quicker recovery. Your diet is even more important to overall good health than exercise.

www.runwithit.ca

Twitter: @christineruns

Instagram: runwithit_christineblanchette
Run With It on YouTube - Runwithit

Habs rookie Jesperi Kotkaniemi earns power play assist in NHL debut

By John Chidley-Hill
THE CANADIAN PRESS

When Jesperi Kotkaniemi stepped on the ice Wednesday night, he became a small piece of NHL history.

The Montreal forward became the first player born in the year 2000 to play in a regular-season game as the Canadiens opened the 2018-19 season at Toronto.

Even though Kotkaniemi - who turned 18 in July - was the youngest player skating at Scotiabank Arena, it didn't show. He had an assist in 15:05 of ice time as the Canadiens lost to the Maple Leafs 3-2 in overtime.

Kotkaniemi said he had "no butterflies" playing in his first NHL game.

"It was fun," said Kotkaniemi. "I enjoyed every moment even though the result isn't what we wanted."

Kotkaniemi earned his first-ever NHL point on the power play, assisting on Andrew Shaw's goal that tied the game 2-2 just before the second intermission. The goal deflated the Maple Leafs, who struggled through the third period before

Auston Matthews scored in overtime.

"I don't think he looked out of place," said Canadiens head coach Claude Julien. "If you want to win hockey games you have to put players that are capable of making some great plays and creating some offence in a good position and he's certainly one of those guys."

Kotkaniemi was Montreal's third overall pick in the 2018 draft and will be a key piece in the Canadiens' ongoing rebuild. The six-foot-two, 185-pound centre from Pori, Finland, had 10 goals and 19 assists for Assat in his one professional year in Finland before joining the Habs.

"I think what I saw from him tonight was a guy whose first experience was a good one, I thought he did well," said Julien. "But at the same time I know he's one of those guys that's going to continue to adjust himself like he's done since the beginning."

"I thought he answered the call very well, but he's realizing too that things are closing quicker but he's going to adjust. I was really happy with how an 18 year old handled himself in his first game."

NEXT GAME
PALAIS DES SPORTS

CATARACTES

OCT. 6
at **4 p.m**

game presented by
laTribune

OCT. 7
at **3 p.m**

game presented by
L'Ami Denis SHERBROOKE

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In Memoriam

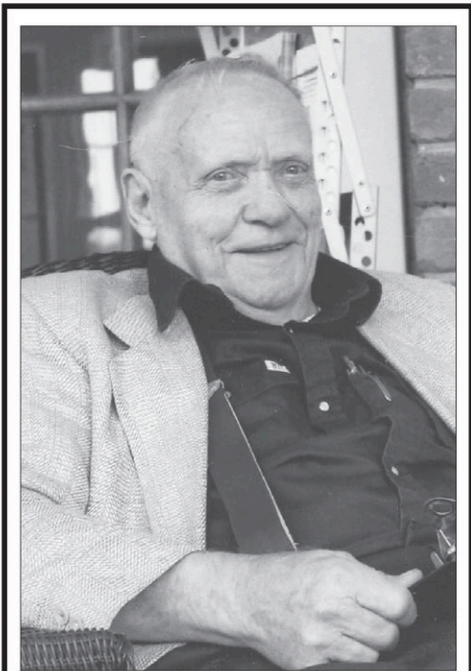
EVANS, John William James: 1933-2010.
 In loving memory.
*Like falling leaves the years go by,
 But memories of you will never die.
 No longer in our lives to share,
 But in our hearts you're always there.*
 We miss you.
LOIS & FAMILY

Card of Thanks



LUCE - We would like to sincerely thank all our family and friends who made our 25th Anniversary such a special evening. Thank you for the gifts, cards and well wishes. It was an amazing evening we will cherish forever. Thank you from the bottom of our hearts.
KEITH & WENDY

Graveside Service



**John McElreavy
 (1937-2018)**

Passed away at the Hotel-Dieu in Sherbrooke at the age of 80 on July 15, 2018. Family and friends are invited to attend a graveside service at the Malvern Cemetery on Saturday, October 13 at 11 a.m.

Datebook

FRIDAY, OCTOBER 5, 2018

Today is the 278th day of 2018 and the 14th day of autumn.

TODAY'S HISTORY: In 1877, Chief Joseph and the Nez Perce tribe surrendered to U.S. Cavalry troops after a 1,700-mile retreat.

In 1947, President Harry Truman delivered the first address to be televised from the White House.

In 1970, the Public Broadcasting Service was founded.

In 2005, the U.S. Senate voted 90-9 to prohibit the use of "cruel, inhuman or degrading treatment or punishment" on detainees.

TODAY'S BIRTHDAYS: Jonathan Edwards (1703-1758), theologian/evangelist; Chester A. Arthur (1829-1886), 21st U.S. president; Louis Lumiere (1864-1948), inventor/filmmaker; Ray Kroc (1902-1984), founder of McDonald's Corp.; Bill Keane (1922-2011), cartoonist; Vaclav Havel (1936-2011), playwright/Czech president; Steve Miller (1943-), musician; Bernie Mac (1957-2008), comedian/actor; Neil deGrasse Tyson (1958-), astrophysicist; Mario Lemieux (1965-), hockey player; Guy Pearce (1967-), actor; Kate Winslet (1975-), actress; Jesse Eisenberg (1983-), actor.

TODAY'S FACT: In the first televised White House address, President Truman asked the American people to stop eating meat on Tuesdays and poultry on Thursdays to help relieve food shortages in Europe.

TODAY'S SPORTS: In 2001, Barry Bonds set a new single-season home run record with his 71st and 72nd home runs.

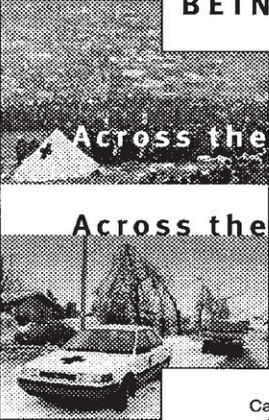
TODAY'S QUOTE: "For me, I am driven by two main philosophies. Know more today about the world than I knew yesterday. And along the way, lessen the suffering of others. You'd be surprised how far that gets you." — Neil deGrasse Tyson

TODAY'S NUMBER: 37,241 — company-operated and franchised McDonald's restaurants worldwide in 2017.

TODAY'S MOON: Between last quarter moon (Oct. 2) and new moon (Oct. 8).

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Readers offer remedies for nighttime leg cramps

ASK THE DOCTORS

By Eve Glazier, M.D.,
 and Elizabeth Ko, M.D.

Hello again, dear readers! It's been a busy month for letters, so we'll get right to it.

— Regarding a column about post-operative cognitive dysfunction (POCD), in which elderly patients experience mental disruptions following surgery, we heard from an anesthesiologist in Florida. In our column, we explored the link the condition has to general anesthesia. However, he points out that the stress of surgery in and of itself can lead to POCD, and that a more accurate definition is an "impairment to the mental functions of an individual following surgery."

His concern is that isolating general anesthesia as the cause "will create unnecessary fear for elderly patients scheduled for general anesthesia, as there are no definitive studies showing that one form of anesthesia is better than another in preventing POCD. Patients may request a less-than-optimal form of anesthesia in the misguided belief that it would prevent POCD."

— We recently wrote about a fascinat-

ing study in which researchers found that a wound sustained during the day heals twice as fast as one sustained at night. A reader from Louisville, Ohio, wondered whether this applies to the operating room as well.

"What about surgery, since that is a type of wound, and since many doctors like to do surgery early in the morning, is there any evidence about faster healing for surgery done at any special time of day?"

The answer is yes, the time at which surgical cuts are made affects their healing rate as well. The study tied the speed of wound healing to the body's circadian clock, the rhythms of which are keyed to daylight and darkness. The incisions from an emergency surgery performed at night healed more slowly than similar daytime incisions. Although the study didn't go into differences in healing rates between early-morning wounds and afternoon or early-evening wounds, we'd love to see that data.

— Regarding nighttime leg cramps, many of you offered home remedies.

A reader in Pennsylvania wrote that "when attacked by leg cramps in the middle of the night, I manage to make it into the kitchen and put a rice bag in

the microwave for a minute or so. The heat from that, or even a hand towel run under very hot water and wrung out, is very effective when applied to the cramp."

A reader from Simi Valley, California, says that standing tall and then slowly bending forward, aiming for the floor ("if your knees hurt, as mine now do at 74, I bend them a bit") delivers a thigh and calf stretch that helps banish cramps.

One more, from a reader who drinks "1/2 to 1 teaspoon of baking soda in a glass of water (and no, it is not the water by itself that does it, I've tried). The cramp will be gone within a minute or two. Gone are even the agonizing cramps in my groin that drove me crazy. I keep baking soda by my sink in my bathroom so it's handy whenever I need relief."

Thank you, as always, for your thoughts, corrections, thanks and encouragement. It's a pleasure to hear from you.

Eve Glazier, M.D., MBA, is an internist and associate professor of medicine at UCLA Health. Elizabeth Ko, M.D., is an internist and assistant professor of medicine at UCLA Health.

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: clasad@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

Anglican

LENNOXVILLE

Saint George's Anglican Church, Lennoxville, at 84 Queen St., celebrates Holy Eucharist every 1st, 2nd & 3rd Sunday at 11 a.m. Morning Prayer is held every 4th Sunday at 11 a.m. Sunday School every 1st & 3rd Sunday at 11 a.m. 819-346-5564.

SHERBROOKE

Sunday, October 7 at 11:00 a.m., The Church of the Advent welcomes you to Service of Morning Prayer with lay reader presiding.

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 a Communion worship service with Rev. Linda Buchanan on Sunday, October 7 at 10:00 a.m. Children always welcome. 819-565-8449; website - lennoxvilleunitedchurch.com

MELBOURNE RIDGE

The Richmond-Melbourne Pastoral Charge invites you to join us for worship on Sunday, October 7 at 10:30 a.m., at Melbourne Ridge United Church, for their Thanksgiving Service. Keith Whittall will be leading this worship service. Everyone is welcome.

SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Terrill, 819-346-6373, www.plymouthtrinitychurch.org, welcomes all of you to a bilingual worship service on Sunday, October 7 at 10:30 a.m. with Communion (but NO Sunday school). We will celebrate Thanksgiving and World Communion Sunday. Nous vous souhaitons la bienvenue à un culte bilingue le dimanche, 7 octobre à 10 h 30, avec Sainte Cène (mais SANS École du dimanche). Nous célébrerons le dimanche de l'Action de grâces et le dimanche de la communion mondiale. Tout le monde est cordialement le bienvenu! Minister: Rev. Samuel V. Dansokho.

WATERVILLE/NORTH HATLEY

Waterville/North Hatley United Church, Sunday, October 7, 11 a.m. Thanksgiving and Communion service with Rev. Mead Baldwin. Rev. Mead Baldwin 819-837-1112.

Robust grilled cheese sandwiches for adults, not just kids

By America's Test Kitchen

Grilled cheese has a kids' menu reputation, but just a few tweaks make it a sophisticated dinner option.

To create a sandwich with more robust flavour and personality without going overboard on toppings and additions, we focused on the cheese. Our recipe began by mixing flavourful aged cheddar with a small amount of Brie and some wine in a food processor. Those two ingredients helped the cheddar melt evenly without becoming greasy.

A little bit of shallot increased the sandwiches' complexity without detracting from the cheese, and a smear of mustard-butter on the bread added a sharp bite. Look for a cheddar aged for about one year (avoid cheddar aged for longer; it won't melt well). To bring the cheddar to room temperature quickly, microwave the pieces until warm, about 30 seconds.

GROWN-UP GRILLED CHEESE WITH CHEDDAR AND SHALLOT

- Servings: 4
- Start to finish: 30 minutes
- 7 ounces aged cheddar cheese, cut into 24 equal pieces, room temperature
- 2 ounces Brie cheese, rind removed
- 2 tablespoons dry white wine or dry vermouth
- 4 teaspoons minced shallot

- 3 tablespoons unsalted butter, softened
- 1 teaspoon Dijon mustard
- 8 slices hearty white sandwich bread

Adjust oven rack to middle position and heat oven to 200 F. Process cheddar, Brie, and wine in food processor until smooth paste forms, 20 to 30 seconds. Add shallot and pulse to combine, 3 to 5 pulses; transfer to bowl. In separate bowl, combine butter and mustard.

Brush butter-mustard mixture evenly over 1 side of each slice of bread. Flip 4 slices over and spread cheese mixture evenly over second side. Top with remaining 4 slices bread, buttered side up, and press down gently.

Heat 12 inch nonstick skillet over medium heat for 2 minutes. Place 2 sandwiches in skillet, reduce heat to medium-low, and cook until both sides are crisp and golden brown, 6 to 9 minutes per side.

Transfer sandwiches to wire rack set in rimmed baking sheet and keep warm in oven. Wipe out skillet with paper towels and cook remaining 2 sandwiches. Serve.

Variations:

- Grown-Up Grilled Cheese with Comte and Cornichon: Substitute Comte for cheddar, minced cornichon for shallots, and rye sandwich bread for white sandwich bread.
- Grown-Up Grilled Cheese with

Gruyere and Chives: Substitute Gruyere for cheddar, chives for shallots, and rye sandwich bread for white sandwich bread.

- Grown-Up Grilled Cheese with Asiago and Dates: Substitute Asiago for cheddar, finely chopped pitted dates for shallot, and oatmeal sandwich bread for white sandwich bread.

- Grown-Up Grilled Cheese with Robiola and Chipotle: Substitute Robiola, rind removed, for cheddar; 1/4 teaspoon minced canned chipotle chili in adobo sauce for shallots; and oatmeal sandwich bread for white sandwich bread.

Nutrition information per serving: 566 calories; 298 calories from fat; 33 g fat (20 g saturated; 0 g trans fats); 90 mg cholesterol; 840 mg sodium; 45 g carbohydrate; 0 g fiber; 6 g sugar; 20 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like Grown-Up Grilled Cheese with Cheddar and Shallot in "New Essentials."

(The Associated Press)

SUDOKU

DIFFICULTY RATING: ★★★★★

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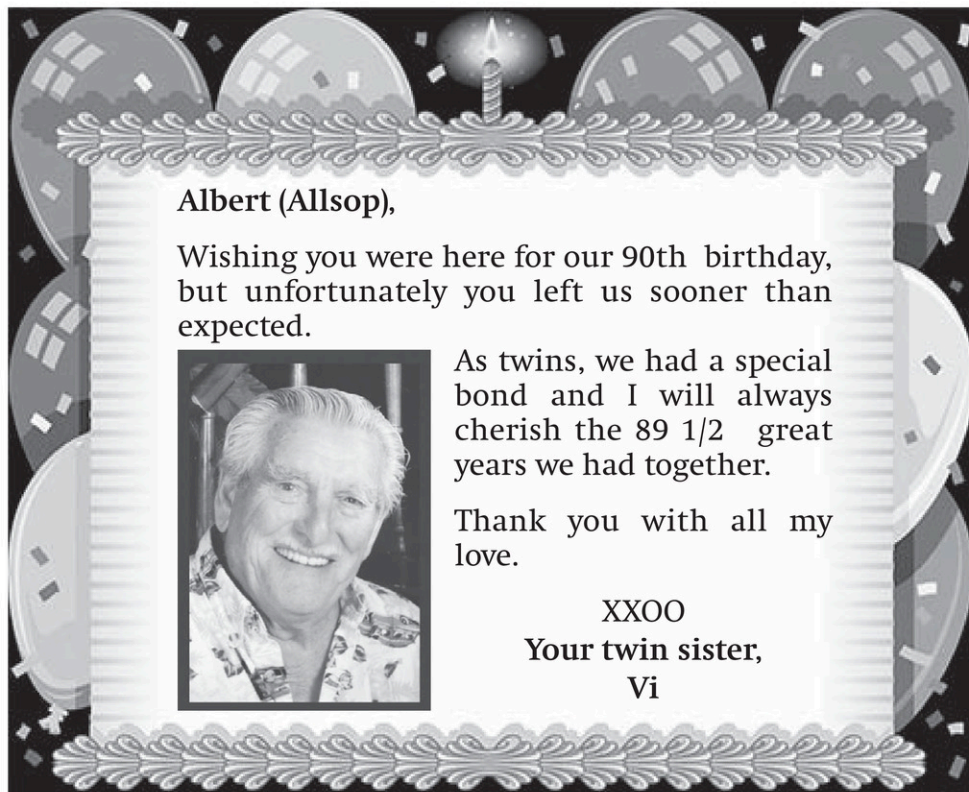
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PREVIOUS SOLUTION

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Albert (Allsop),

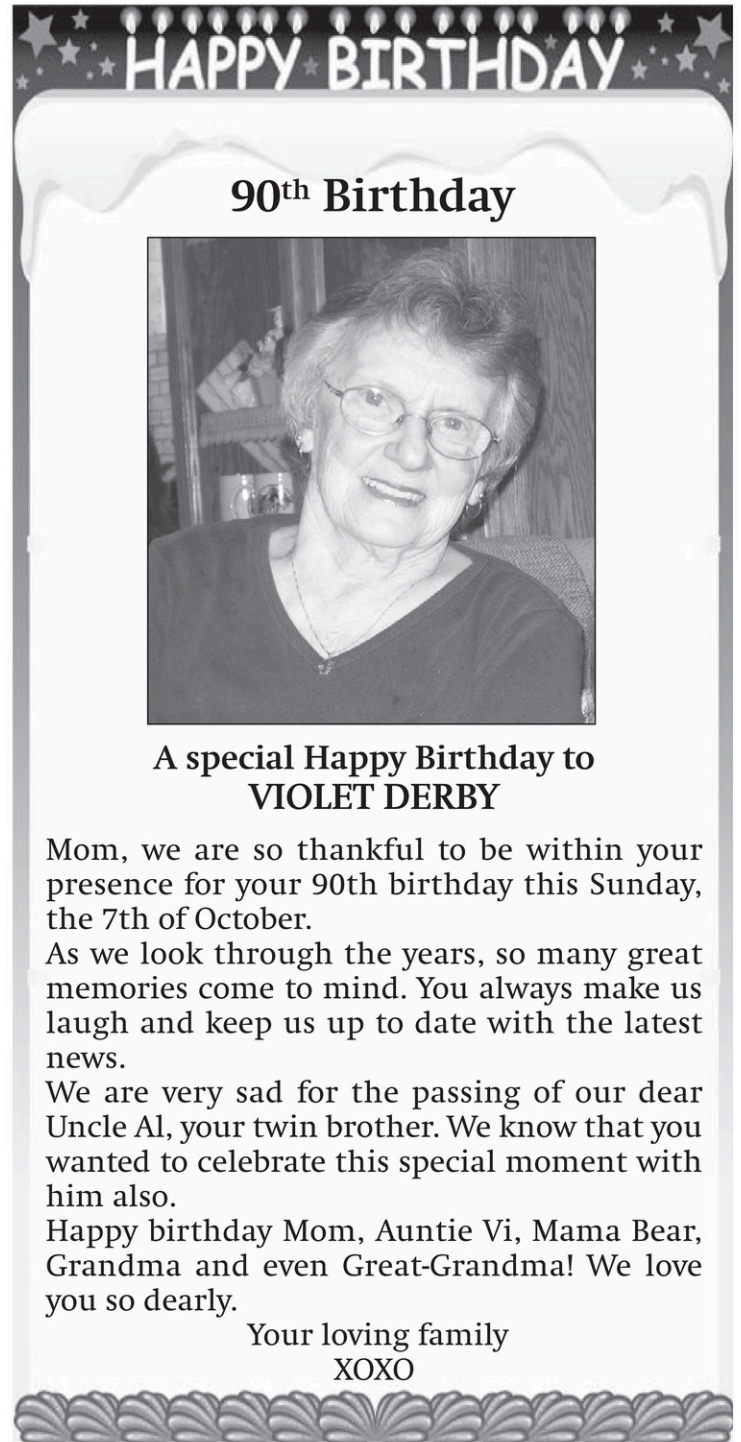
Wishing you were here for our 90th birthday, but unfortunately you left us sooner than expected.



As twins, we had a special bond and I will always cherish the 89 1/2 great years we had together.


Thank you with all my love.

XXOO
Your twin sister,
Vi



HAPPY BIRTHDAY

90th Birthday



A special Happy Birthday to VIOLET DERBY

Mom, we are so thankful to be within your presence for your 90th birthday this Sunday, the 7th of October.

As we look through the years, so many great memories come to mind. You always make us laugh and keep us up to date with the latest news.

We are very sad for the passing of our dear Uncle Al, your twin brother. We know that you wanted to celebrate this special moment with him also.

Happy birthday Mom, Auntie Vi, Mama Bear, Grandma and even Great-Grandma! We love you so dearly.

Your loving family
XOXO

Your Birthday

FRIDAY, OCTOBER 5, 2018

Look past any limitations or frustrations you face. Learn from a difficult situation and intervene in a positive and direct manner. What you do to fix or amend matters will lead to a better future. Know what you want and find the best way to reach your destination.

LIBRA (Sept. 23-Oct. 23) — Turn today into a new beginning. With a positive attitude, you can enhance your life and improve relations with the people you care about most. Youngsters will motivate you.

SCORPIO (Oct. 24-Nov. 22) — Take on a new look and make unique lifestyle changes. Surround yourself with people and tools that inspire you to be your best.

SAGITTARIUS (Nov. 23-Dec. 21) — A getaway will do you good. Having a peaceful moment to go over your current situation and consider your next move will be calming and will result in positive action.

CAPRICORN (Dec. 22-Jan. 19) — A change at home or to your friend group will remind you why you like things to stay the same. Be careful what you wish for.

AQUARIUS (Jan. 20-Feb. 19) — No one knows you better than you know yourself. Don't follow someone else's lead when it's not right for you. Follow your intelligence, not your heart, and do what's best for you.

PISCES (Feb. 20-March 20) — Make a financial change. Whether it involves how you earn your living, handle your investments or live, it will lead to greater cash flow and less stress.

ARIES (March 21-April 19) — Listen to what's being said, but don't agree to something that isn't right for you. A problem that can affect your position should not be made in haste.

TAURUS (April 20-May 20) — Change can stabilize your life if it's done properly. Consider what makes you happy, and spend time more time enjoying life and the company of loved ones.

GEMINI (May 21-June 20) — An emotional situation must be handled delicately. Deceit or fancy words and

unrealistic promises will not help matters, but a kind gesture made in good faith will.

CANCER (June 21-July 22) — Plan some fun with family or friends. A change will lead to an emotional connection that will help improve your current living situation. Romance is on the rise.

LEO (July 23-Aug. 22) — Moderation will help you avoid unwanted change. You'll cause distress if you choose anger over compromise when trying to reach an agreement. Think matters through before you make a move.

VIRGO (Aug. 23-Sept. 22) — A change is warranted. Taking a trip or hanging out with people who have something interesting to offer will broaden your vision and give you incentive to do things differently.

SATURDAY, OCTOBER 6, 2018

Thinking and doing are very different things. If you make a point to stop procrastinating, you'll be surprised how much you achieve. Actions speak louder than words, and having a good plan in place will ensure that your ideas turn into successes. Trust and believe in yourself.

LIBRA (Sept. 23-Oct. 23) — Know your rights, and refuse to let anyone push you around. The changes that take place should be implemented by you, not by someone looking out for his or her own interests.

SCORPIO (Oct. 24-Nov. 22) — Make some uplifting personal changes. Making a physical alteration or rethinking the way you live to better suit your needs will also help you outwit anyone trying to take advantage of you.

SAGITTARIUS (Nov. 23-Dec. 21) — If you make a change, do so for the right reasons. Gather facts and make yourself clear. You'll represent yourself better than anyone else could. Be honest and avoid conflict.

CAPRICORN (Dec. 22-Jan. 19) — A change at home will bring you closer to loved ones. Add to your comfort and convenience. A romantic plan will improve an important relationship.

AQUARIUS (Jan. 20-Feb. 19) — Bide your time and act only on proven facts. Be smart when it comes to your personal finances and how you run your household. Spend less. You can't buy friendship or love.

PISCES (Feb. 20-March 20) — Honesty is the best policy when dealing with joint ventures. If you want to get things done, be up-front about your expectations. Love and romance will improve your personal life.

ARIES (March 21-April 19) — Don't settle for less. Have your facts straight and be willing to prove your point in a positive and caring manner. How you deliver your plans will make a difference.

TAURUS (April 20-May 20) — Aim to stabilize whatever situation you find yourself in, instead of causing chaos. A change must be orchestrated with thought and concern for anyone who will be affected by your actions.

GEMINI (May 21-June 20) — Knowing is believing. Do your research and gather the facts. If you act on hearsay, you'll end up making a mistake that can cost you a friendship with someone special.

CANCER (June 21-July 22) — Let your intuition take control. What you feel will be more accurate than what you hear. Concentrate on what others do and respond with a positive attitude, love and respect.

LEO (July 23-Aug. 22) — Look before you leap. Get the information required to make a sound judgment call. If you

overreact, you'll have to backtrack. Anger won't bring about positive change.

VIRGO (Aug. 23-Sept. 22) — Share your feelings with affection, kindness and understanding. An older relative will shed light on a situation you face. Romance will bring you closer to someone special.

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(514) 369-7845
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Take matters into your own hands

OSTÉOPOROSE QUÉBEC

Sunday 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.

“XSAT NZO'YA LZKTF EPAMGS GZUALN
CTL NZO'YA VYAFCTM, KM'E IKPA
XACYKTF C FKCTM EZUDYAYZ KT
ARAYN EPAMGS.” — CUN VZASIA Y

Previous Solution: “I think it's important that people no longer look at mental illness as something taboo to talk about.” — Demi Lovato

TODAY'S CLUE: A 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.

“HPZ MDL'V XP NDMT DXDJL, FBFL JR
HPZ UDLVFO VP. NZV HPZ MDL PUL
HPZK PUL EJRF, YJGVDTFG DLO DEE.”
— FEEFL NDKTJL

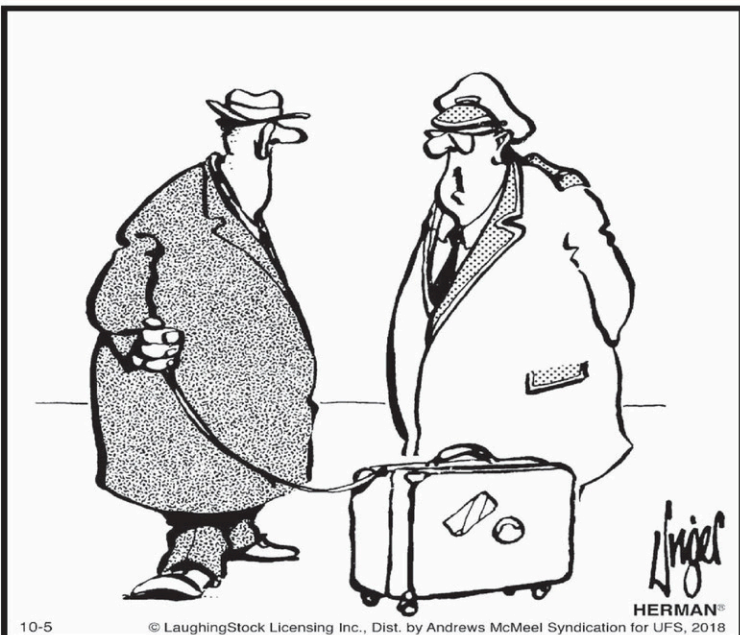
TODAY'S CLUE: Y equals M

Previous Solution: “When you're doing sketch comedy and you're pregnant, it's like wearing a giant sombrero in every sketch.” — Amy Poehler

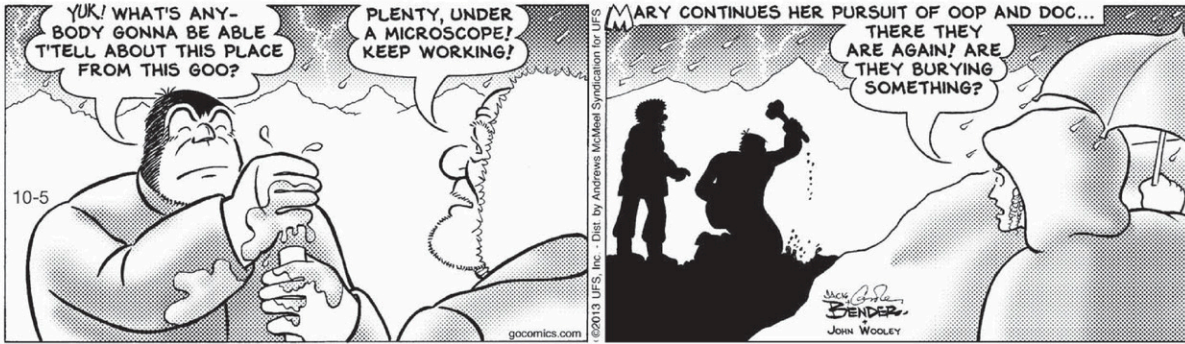
REALITY CHECK



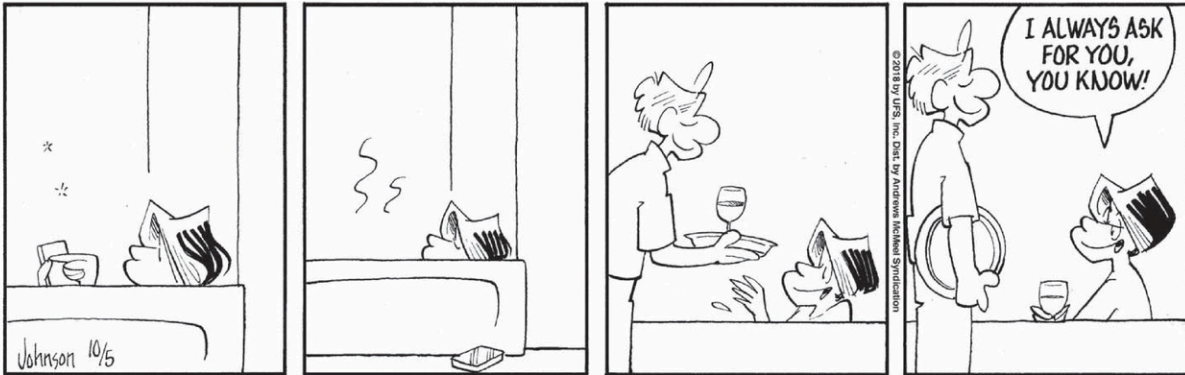
HERMAN



ALLEY OOP



ARLO & JANIS



THE BORN LOSER



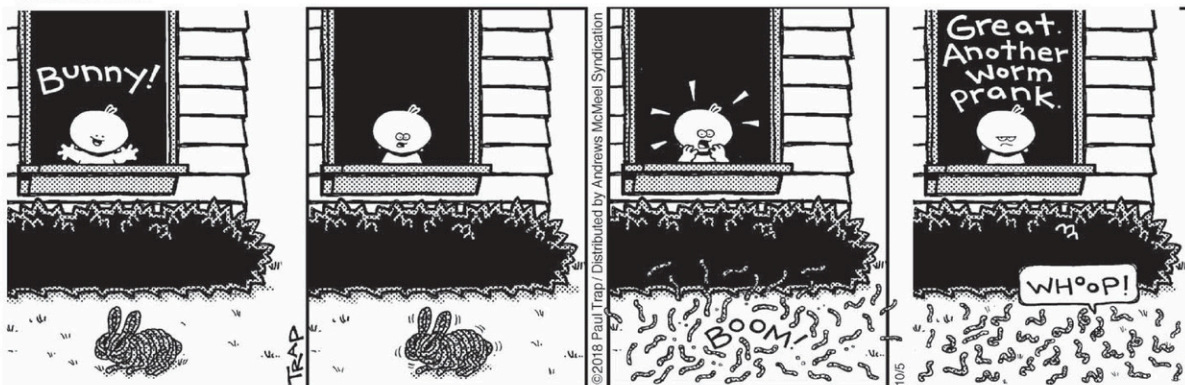
FRANK AND ERNEST



GRIZWELLS



THATABABY



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Diabetes Québec

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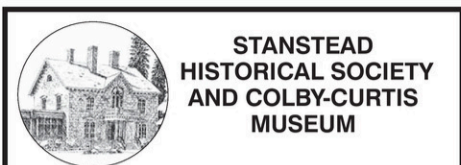
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100 Job Opportunities 100 Job Opportunities



STANSTEAD HISTORICAL SOCIETY AND COLBY-CURTIS MUSEUM

DIRECTOR

The Stanstead Historical Society and Colby-Curtis Museum invites applications for the position of Director.

The Society manages a heritage house and its original contents, with permanent and temporary exhibits and archival collections; a boutique and tea room; and offers a series of lectures and publications.

Responsibilities:

The Director is accountable to the Board of Directors for all aspects of the management and daily operation of the museum. A complete description of the position can be found at www.colbycurtis.ca.

Qualifications:

- a recognized university degree in a related field, or equivalent experience;
- demonstrated managerial competence;
- knowledge of collection management and curatorship;
- fluency in English and French, with good writing skills in both languages;
- familiarity with standard office computer software.

Starting date: January 2019

Applications

The deadline for applications is 19 October 2018. Curriculum vitae with an accompanying letter of application may be sent to:

**The Search Committee
 SHS/Colby-Curtis Museum
 535 Dufferin St.
 Stanstead, QC, J0B 3E0
 E-mail: info@colbycurtis.ca**

145 Miscellaneous Services

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

150 Computers



Make your classified stand out, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. 819-569-9525. classad@sherbrooke.com

240 Fruits & Vegetables

MACDONALD'S FARM - Open Saturday, October 6, 9 a.m. to 5 p.m. Good variety of squash, pumpkins and gourds, garlic, fresh carrots and beets. 696 MacDonald Road. 819-346-6422 or 819-820-8494.

240 Fruits & Vegetables

275 Antiques

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

310 Arts & Crafts

BEAUTIFUL HAND-MADE CRAFTS for Thanksgiving, Halloween, Christmas, and all occasions at Dunham Crafts Market. Shop indoors for locally made gifts, supplies and art. Special rates for table rentals. Lots happening in Dunham throughout October. Located at 3786 Principale, Dunham. Visit Facebook @ marchedeartisanatsdunham. Call 450-295-2252. E m a i l : michilynnd@gmail.com

340 Garage Sales

COOKSHIRE Gigantic Garage Sale continued from last week with household items, etc. on Saturday, October 6 from 8 a.m. to 4 p.m. Bag Sale on Sunday, October 7, 11 a.m. to 2 p.m. Fill a bag with items of your choice, \$5. Trinity United Church, 190 Principale Ouest, Cookshire.

MAGOG

2417 Georgeville Road, Saturday, October 6 and Sunday, October 7. Rain or shine. Glassware, patio set, antique articles, lamps, linen and much more.

240 Fruits & Vegetables

340 Garage Sales

SAWYERVILLE Multi-family garage sale, Saturday, October 6, 8 a.m. to 3 p.m., at 3 Cookshire Street, Sawyerville. A variety of items including home baking. Postponed until the 13th if raining.

SUTTON

Sutton Saturday Market, corner of Curly and Academy. Many antiques under \$20, wooden planes \$10, bells \$10, boxes \$10. See Bonnie.

345 Flea Markets

PUCES JO-AN

Open October 5, 6, 7 & 8 10 a.m. to 6 p.m.
 133 Route 212 W. La Patrie

395 Home Improvement

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

AUCTION SALE FOR MICHAEL MATHESON

210 Dawson Road, Sawyerville (Cookshire Eaton) Saturday, October 13, 2018 at 10:00 a.m. Viewing from 9 a.m. to 10 a.m.

Antiques, Household, Shed Stock, Vehicle: 2001 Chevrolet 1500 pick up, 4x2, 92,000 km.

Conditions: Auctioneer not responsible for injuries, accidents or property damages. Tent, & canteen on premises

Terms: Cash or cheque from known buyers with I.D.

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grahamauctions@hotmail.com
 Graham Auctions at Facebook

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PUBLIC NOTICE

BOROUGH OF LENNOXVILLE

**Minor Exceptions
 23 Church Street
 6 Connolly Street**

TO ALL INTERESTED PARTIES,

NOTICE is hereby given that, at the Ville de Sherbrooke's Borough of Lennoxville Council meeting on October 23, 2018, at 5 p.m., at the Borough office located at 150 Queen Street, Sherbrooke, the Council will render a decision on the following request for minor exemptions:

1. Regarding the building located on **23 Church Street**, in Sherbrooke, lot 2 446 023 of the cadastre of Quebec, located in Zone H1880, of the Draft Zoning and Sub-division By-law #1200 of the Ville de Sherbrooke, to authorize a minor exception of 1.94 m to the minimum prescribed property width of 21.0 m to authorize the width reduction of lot 2 446 023 of the cadastre of Québec on which there is a six-unit multifamily dwelling and the addition of a new buildable lot east of this dwelling.
2. Regarding the building located on **6 Connolly Street**, in Sherbrooke, lot 2 446 124 of the cadastre of Quebec, located in Zone H1754, of the Draft Zoning and Sub-division By-law #1200 of the Ville de Sherbrooke, to authorize the following:

The construction of an eight-unit multifamily dwelling on lot 2 446 124 of the cadastre of Québec, authorizing the following exemptions:

- an encroachment of 3.0 m from the minimum prescribed front setback to therefore authorize the construction of the building 3.0 m from Connolly Street's right-of-way;
- the construction of 8 parking spaces whereas a minimum of 12 parking spaces is required for this use;
- the reduction to 1.2 m of the vegetation strip required between a parking lot and the walls of a main building whereas a minimum width of 1.5 m is required;
- a deviation of 9.9 m² of property surface to the minimum required surface area of 600 m² to authorize the construction of a building on the lot in question which has a surface area of 590.1 m².

The construction of an eight-unit multifamily dwelling on lot 2 446 129 of the cadastre of Québec, authorizing the following exemptions:

- the construction of 8 parking spaces whereas a minimum of 12 parking spaces is required for this use;
- the reduction to 1.2 m of the vegetation strip required between a parking lot and the walls of a main building whereas a minimum width of 1.5 m is required.

All concerned persons may express their opinions to the Council regarding this request.

GIVEN AT SHERBROOKE, this October 5, 2018

André Blais
 Secretary, Borough Council

AUCTION SALE FOR THE ESTATE OF RENALD VACHON
 116 St. Francois Street, East Angus
 Saturday, October 6 at 10:30 a.m.

TO BE SOLD: A house full of antiques, garage full of woodworking tools and machines, large quantity of lumber, etc.

Terms: Cash only or cheques from known buyers accepted.

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PUBLIC NOTICE

In accordance with Article 286 of the *Education Act*, notice is hereby given that the Director General of the Eastern Townships School Board will submit the 2017-2018 financial statements and the auditors report to the Council of Commissioners at the regular meeting which will be held on October 23, 2018 at 7:00 p.m. in the Board Room located at 340 Saint-Jean-Bosco in Magog, QC.

Given in Magog, Quebec, this 5th day of October 2018.

Éric Campbell
Secretary General

Auction Sale

Saturday, October 13, 9 a.m.
in the Main Building at the
Ayer's Cliff Fair Grounds
977 Main Street, Ayer's Cliff
To benefit Beulah United Church
Roof Fund

TO BE SOLD: Antique Victorian Mahogany Sideboard, Organ and bench, 1940's boot box, gentleman's mirror, peddle sewing machine, spool bed, antique school desk, wood annex stove, box stove, oil lamp with reflector, old wooden chairs, Sword, Knight statue, oil paintings and prints, Pool table, Kenmore Washer, Maytag dryer, drop leaf table and 4 chairs, square table with leaf and 4 chairs, wooden pantry, wooden hutch, water cooler, round wooden coffee tables, square wooden coffee tables, rectangle coffee table, TV stand, computer desk, white single bed, crib, weaved wicker stand, table and chair, record player, head boards and base boards, lamps, Norman Rockwell plates, church plates, other collectors plates, tea cups and saucers, glass platters, dish sets, stem ware, roaster oven, George Forman oven, electric yogurt maker, games, toys, books, cross country skis and boots, 3 horse bench grinder (3 horse), carpenter vices, carpenters tool box, lawn roller, router, portable air tank, water cooler, water softener, and many other items too numerous to mention Canteen on site, bring a chair

Larry Wheeler, Auctioneer
819-876-5349
For info call 819-838-5815

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NEA Crossword Puzzle

- ACROSS**
- 1 ER worker
 - 4 Rusted-out ship
 - 8 Humor
 - 11 Curly-leafed veggie
 - 12 Three oceans touch it
 - 13 Turkish title
 - 14 Gusto
 - 15 Depend (on)
 - 16 Decay
 - 17 More clever
 - 19 Verdi opus
 - 21 Shade tree
 - 22 Mark of Zorro
 - 23 Mannerism
 - 26 Pester
 - 29 Subject for Keats
 - 30 Extend over
 - 32 Twirl
 - 34 "Garfield" dog
 - 36 Particular
 - 38 Swelling reducer
 - 39 Farthest
 - 41 Wide cravat

- 43 401(k) kin
- 44 CPA's sum
- 45 Dweeb
- 48 In braids
- 52 Happy sighs
- 53 Auditorium
- 55 Whey opposite
- 56 Strut along
- 57 Water, in Baja
- 58 Do socks
- 59 Speak
- 60 All ears
- 61 Tie up the phone

DOWN

- 1 Limp watch painter
- 2 Norse king
- 3 Football lineman
- 4 Sultan's menage
- 5 App purchaser
- 6 Dogpatch's — Abner
- 7 Won the fight
- 8 Pottery
- 9 Mr. Sikorsky

Answer to Previous Puzzle

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- 10 Bye, in Bristol (hyph.)
- 11 Under-standing
- 18 Sorts
- 20 Violin parts
- 22 Novelist — Grey
- 23 "— Vadis?"
- 24 Lahore language
- 25 Put one's foot — —
- 26 Fiberglass bundle
- 27 Homer opus
- 28 "Miami Vice" cop
- 31 Leaning tower town
- 33 Tennis court divider
- 35 Omani title
- 37 Informal parent
- 40 Little — Annie
- 42 Muggy
- 44 Soothe
- 45 Soda can openers
- 46 Cowboy's shout
- 47 Spot
- 48 More
- 49 Albacore
- 50 Actor Estrada
- 51 Banned bug spray
- 54 Back when

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Your Birthday

SUNDAY, OCTOBER 7, 2018

Set a quick pace and focus on what you are trying to achieve. Putting all your energy where it counts will help you reach your goal with the least amount of wear and tear. Trust in yourself, not in someone more interested in taking control than helping you.

LIBRA (Sept. 23-Oct. 23) — Respect an elder or someone with more experience, but don't allow him or her to push you in a direction that isn't right for you. Do your own thing to gain ground.

SCORPIO (Oct. 24-Nov. 22) — Aim to please, but don't give in to someone bullying you. Only offer incentives and help to those willing to work with you. Try something new and exciting.

SAGITTARIUS (Nov. 23-Dec. 21) — An emotional situation will escalate if someone is not being honest. Share your thoughts and feelings to avoid repercussions. Aggressive behavior isn't the way to win favors or get things done.

CAPRICORN (Dec. 22-Jan. 19) — Invest wisely and for the right reasons. Don't let the changes others make tempt you to follow suit. You're best off taking it slow and doing what's best for you.

AQUARIUS (Jan. 20-Feb. 19) — Observe an endeavor before you join in. The hype someone offers will sound exciting, but in the end, it will probably not live up to your expectations. It's best to stick to what you know.

PISCES (Feb. 20-March 20) — Broaden the scope of a situation involving an investment before you decide whether to join in or steer clear. Protect your assets.

ARIES (March 21-April 19) — You'll be able to convince others to do things your way, but before you do, make sure your plan is solid and that you can deliver what you promise.

TAURUS (April 20-May 20) — Make a commitment, if not to someone else, then to yourself. Living up to the promises you make will lead to positive results and responses. Romance is encouraged.

GEMINI (May 21-June 20) — Get involved in something with someone you can trust. Taking chances will be risky, and allowing your emotions to overrule your intelligence will lead to a loss.

CANCER (June 21-July 22) — Walk away from unstable situations. Allow time for others to settle down and for you to fully consider your options. Look for alternative ways to move forward.

LEO (July 23-Aug. 22) — If you want to discuss issues, do so intelligently. A screaming match won't solve anything, and would leave everyone more upset and less apt to agree on a solution.

VIRGO (Aug. 23-Sept. 22) — Put your heart and soul into family, friends and togetherness. A positive act will win favors and the affection of those you love. Romance is encouraged.

A bequest to charity has many advantages; talk about it with your legal or financial advisors.



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FRIDAY, OCTOBER 5, 2018

Count the deal from bids and plays

By Phillip Alder

Eric Hoffer, a social psychologist and political scientist, said, "The hardest arithmetic to master is that which enables us to count our blessings."

Bridge players who can count will end most deals feeling happy — as will also their partners.

In this deal, South was faced with a guess for the club queen. What should he have done after West led the heart ace and shifted to a low spade to the queen and ace?

The bidding was not clear-cut. At other tables, North-South ended in six clubs, which was less good because declarer had to play the trump suit immediately. In this auction, when South ran from four spades to five diamonds, North knew that his partner had a strong hand with a long diamond suit and presumably secondary clubs. Still, the raise to six diamonds was courageous.

At the table, South drew trumps and cashed the spade king. Then he took the club king and played a club to dummy's jack. East produced the queen for down one. What are your thoughts?

South might have been right; East could have started with 3=6=3=1 distrib-

| | | | |
|-------------------------|---------------|----------|----------|
| North | | 10-05-18 | |
| ♠ 10 9 5 4 | | | |
| ♥ J | | | |
| ♦ K 8 6 | | | |
| ♣ A J 10 8 7 | | | |
| West | East | | |
| ♠ J 8 7 6 2 | ♠ Q 3 | | |
| ♥ A 10 6 4 3 | ♥ K Q 9 7 5 2 | | |
| ♦ 3 | ♦ 7 5 4 | | |
| ♣ 5 3 | ♣ Q 4 | | |
| South | | | |
| ♠ A K | | | |
| ♥ 8 | | | |
| ♦ A Q J 10 9 2 | | | |
| ♣ K 9 6 2 | | | |
| Dealer: West | | | |
| Vulnerable: North-South | | | |
| South | West | North | East |
| | Pass | Pass | 2♥ |
| Dbl. | 4♥ | 4♠ | Pass |
| 5♦ | Pass | 6♦ | All Pass |
| Opening lead: ♥ A | | | |

ution. But if South was worried about that, after two rounds of trumps, he might have cashed his spade king. Yes, if East were 1=6=3=3, that would not have looked so good, but it was unlikely that spades were 6-1. Here, when East followed to the second spade, declarer could have played a trump to dummy's king and ruffed a spade to get the exact count.

Always try to delay the key decision until after you have learned about the other suits.

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