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**Phoenix getting
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FRIDAY, APRIL 21, 2023

**Pastoral
care services
available in
Richmond**

By Bird Bouchard

A local community project in Richmond is hoping to provide more pastoral care to an aging population.

Scott Patton took on the role of Pastoral Support Minister in the Richmond area in January 2022. Today, he runs the Seniors Spiritual Wellness Program, which is sponsored by the United Church of Canada - Good Samaritan Fund as well as the Richmond-Melbourne United Church in Richmond.

Working part-time, approximately 20 hours per week, Patton visits with people around the community and provides pastoral care. He spends two days a week at the Wales Home and is available another day of the week for anyone else in the community.

He said his job was created to focus on outreach and support for local seniors, regardless of their church affiliation. Therefore, his services are available to anyone who asks.

"This isn't just a religious service," he said. "Anyone can ask for a visit,

CONT'D ON PAGE 5

Feeling inspired?

Square Queen poetry box is back



MATTHEW MCCULLY

By Matthew McCully

It's still a bit chilly for the fingers to be composing prose outside, but in no time locals will be able to take advantage of the poetry box at Square Queen in Lennoxville.

With a ton of activities planned in the coming months, there will be plenty of inspiring moments at the community hub, and writers of all types are invited to stop by and share their thoughts.

And of course, don't forget to visit

Square Queen on Saturday between 11 a.m. and 1 p.m. to test your maple taste buds, or fill out a maple quiz created by the Eastern Townships Resource Centre for a chance to win a basket of maple products provided by our generous maple taste test suppliers.

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HIGH OF 19
LOW OF 6



SATURDAY:
A MIX OF SUN
AND CLOUD

HIGH OF 19
LOW OF 7



SUNDAY:
RAIN

HIGH OF 12
LOW OF 3



MONDAY:
RAIN

HIGH OF 9
LOW OF 2



TUESDAY:
CLOUDY

HIGH OF 10
LOW OF 1

1984 by George Orwell



GOOD READS

LENNOXVILLE LIBRARY

Reviewed by John LeBaron

It must be 60-plus years since I read George Orwell's dystopian classic, *1984*, for the first time while a callow undergraduate at McGill University. By that time, at the tender age of 20-something, the world had already experienced the chilling ravages of totalitarian rule, but this young reader's mind was not yet sufficiently focused to take much meaning from the danger articulated for the world's actual political arrangements.

Today, though somewhat ossified, this same mind possesses a lifetime of experience that serves as backdrop to George Orwell's narrative. *1984* presents as a novel, but more to the point of the work, it is a treatise on authoritarianism as spoken and perceived through the voices of its main characters: O'Brien (the tyrant-antagonist), Winston (the victim-protagonist) and Julia (the star-crossed lover through whom the fable's romance with Winston develops). In the backdrop for these characters perpetually lurks the hidden Party leader, Big Brother, who appears only in massively displayed public posters. He seems cast in the image of the black-mustachioed Joseph Stalin, simultaneously avuncular yet fearfully threatening. But does Big Brother truly exist or is he simply a false artifact created as a graven image for popular idolatry? We never know with total certainty.

Throughout his career, Orwell passionately examined the manipulation of language as a means for asserting autocratic control. In this vein, *1984* posits the creation of "newspeak", a language built on a foundation of traditional English (not surprisingly labeled "oldspeak"). Newspeak is designed in order to simplify verbal expression by

reducing vocabulary and stripping existing language of all nuance, wit, irony, creative thought and alternative interpretation, rendering it incapable of conveying anything more challenging than the dull straitjacket of Party dogma.

In this sense, the oppressive tactic of thought control by linguistic manipulation is reminiscent of the grim strictures of Soviet "socialist realism" or the fascist reduction of linguistic expression to buzzwords and dog whistles harnessed to the universal acceptance of state propaganda.

Through the forceful manipulation of verbal expression, the regime depicted in this novel also arrogated to itself the tools for generating fear, anger and loathing among its hapless subjects. The real-world template for the fictional dictatorship depicted in *1984* appears to be the morbid Stalinist purges of the former Soviet Union—but it could just as easily be Nazi Germany.

The lessons of Orwell's work are important for today's political realities, showing the necessity for denizens of a democracy to remain vigilant, to resist the oversimplification of expression, and to oppose measures that would turn them into mental and psychological ciphers at the hands of a ruthless tyrant who holds uncontested power.

An overarching truth articulated in *1984* appears in the following quote attributed to the character O'Brien, a senior guardian of the "Inner Party" that rules the empire, Oceania, in its iron grip. (Oceania is one of three perpetually warring mega-states that, together, span the entire globe.) While Winston is tortured under brutal interrogation, O'Brien intones "The Party seeks power entirely for its own sake. We are not interested in the good of others; we are interested solely in power. Not wealth or luxury or long life or happiness; only power, pure power. ... Power is not a means; it is an end." (p. 175 London, Signet Classics © 1949) In our contemporary lives, we have experienced the purposeful corruption of language, the "disappearing" of inconvenient citizens, the exemplary terror of show trials, the perpetual revision of history, the willful projection of falsehood, the deliberate denial of reality, and the foreclosure of all channels of alternative interpretation. These conditions are nothing new. We have witnessed them all, but Orwell's fictional manner of depicting them is



nonetheless unsettling.

Originally published in 1949 shortly after World War 2, Orwell's Oceania foretells an imagined future dystopia. Reading it today, *1984* feels more like history than forecast. A few apt literary companions to *1984* include Aldous Huxley's *Brave New World*, Arthur Koestler's *Darkness at Noon*, and almost any of Hannah Arendt's works on the attributes of totalitarianism. Closer to our contemporary era, Timothy Snyder's monograph, *On Tyranny*, offers a more modern take on this perpetually roiling theme of humankind's endless lust for authoritarian domination.

A modern classic, *1984* is available at the Lennoxville Library.

John LeBaron grew up in Sherbrooke. His career includes teaching and research in schools and universities in Canada, the US and several other countries. His latest book, *It Was Only a Movie: You Can Open Your Eyes Again*, published in 2022, is available where books are sold and on Amazon Canada at <https://tinyurl.com/LeBaron-IWOAM>.

NEWS FROM THE LENNOXVILLE LIBRARY

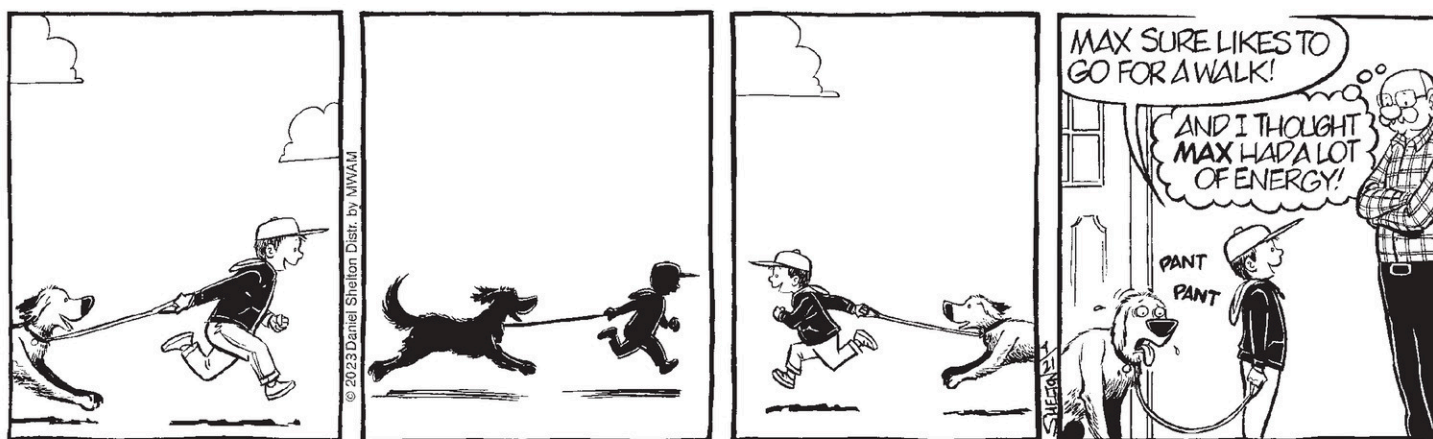
The Library's "Family Book Club" for readers 7-14 and their parents and younger or older siblings meets every month from September through May.

Meetings alternate between "open book chats" one month, and more focussed book discussions where participants and family members all read and discuss the same middle grade fiction book the next.

Games and fun are always on the program. All are welcome.

Join us Thursday, April 27th at 6:30 in the Salle Amédée-Beaudoin for a discussion of *Show me a Sign* by Ann Clare Lezotte. Copies are available at the Library.

Ben by Daniel Shelton



Local News

Before serving as Principal of Bishop's, Hodder was Assistant Deputy Minister, Services to the English-speaking Community, in Quebec's Ministry of Education.

Bishop's names new residence building after former Principal Janyne Hodder

Record Staff

Bishop's University's board of governors chose to name the new student residence building on campus in honour of former Principal Janyne M. Hodder, DCL '07, in recognition of her leadership of Bishop's University and her contributions to higher education.

Hodder was the first woman to be appointed head of a university in Quebec.

She was Principal of Bishop's from 1995 to 2004.

Through her focus on student recruitment and retention, Hodder helped grow the University while strengthening its commitment to liberal education.

Before serving as Principal of Bishop's, Hodder was Assistant Deputy Minister, Services to the English-speaking Community, in Quebec's Ministry of Education. After leaving Bishop's she served as Vice-Principal, Inter-Institutional Relations at McGill University and President of the College of the Bahamas.



COURTESY

Quebec education minister issues directive banning prayer rooms in schools

The Canadian Press

Quebec's education minister has formalized a promise to ban prayer rooms and other religious practices in the province's public schools.

Bernard Drainville issued a directive late Wednesday saying schools must ensure that none of their spaces are used "in fact and in appearance, for the purposes of religious practices such as open prayers or other similar practices."

"Schools are places of learning and not places of worship," Drainville wrote on his Twitter account, where he published a copy of his order.

No requests for accommodation

will be heard, the government added.

The directive came after Drainville said earlier this month that he had learned of at least two Montreal-area schools permitting students to gather for prayer. He said the concept of prayer rooms runs counter to Quebec's policy of official secularism. The province's secularism law, known as Bill 21, already prohibits many public servants, including teachers, from wearing religious symbols on the job.

The directive notes that the Quebec Charter of Human Rights and Freedoms recognizes freedom of religion but also the fundamental importance of secularism.

It also notes that "according to the

principle of freedom of conscience, a student has a right to be protected from all direct or indirect pressure aimed at exposing him or influencing him so that he conforms to a religious practice."

Drainville has said that he can't ban prayer altogether and that students who want to pray should do so discreetly and silently.

The directive applies to public schools, vocational schools and adult education centres, but not to private schools or Indigenous school boards.

It will be up to school service centres—which replaced school boards—to ensure "appropriate corrective measures" are taken in cases of non-compliance.

The ban has been denounced by Muslim groups, which have said they would keep a close eye on how it's implemented to ensure rights aren't violated.

One-day internship opportunities for people with disabilities

Record Staff

Saint-François MNA Geneviève Hébert is inviting businesses and people living with disabilities to participate in DuoEmploi.

Participants will be hosted by employers for an exploratory internship under the supervision of a sponsor. The one-day internships

will be held during the Semaine québécoise des personnes handicapées, from June 1 to 7.

Interested parties have until May 5 to register for a one-day work placement networking activity. Information and registration forms are available at Québec.ca/DuoEmploi.

DuoEmploi is produced in

collaboration with the Regroupement des organismes spécialisés pour l'emploi des personnes handicapées (ROSEPH) and the Conseil du patronat du Québec.

Anyone with questions who requires help registering can contact the ROSEPH by email at duoemploi@roseph.ca, or by phone at 438-798-0788 or 1 833-376-7374.

Do you know that on June 1, 2023, all Quebecers will lose some Rights and Freedoms Guaranteed to all other Canadians? Be informed!

The Canadian Party of Quebec (CaPQ) is hosting an information session about the impact of Bill 96 this Sunday, April 23, in the Town of Brome Lake. The focus will be on Education and Health Services in Bill 96 coming into effect June 1.

Colin Standish, Party Leader, Constitutional Lawyer and Townshipper, along with Myrtis Fossey, former candidate and Clinical Psychologist, are guest speakers.

We look forward to meeting you: Sunday, April 23, 2023 at 11:30 a.m. Club de la Bonne Humeur, 5 Mill Rd., (Bondville) Town of Brome Lake.

Entrance is free of charge. Refreshments and snacks will be served. Please RSVP to lchconsulting@gmail.com

Hosted by the Canadian Party of Quebec Eastern Townships Regional Association President, Lynn Moore, former candidate, journalist, and editor.



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ONE COLUMN, THREE VOICES

Open to the Spirit

Today's word: "Flowers"

By Revs Mead Baldwin,
Rabbi Boris Dolin, and
Rev. Carole Martignacco

1) Here's an Earth Day story, from the Book of Nature:
Once upon a time, long long ago, it so happened...we don't know why - But way back about 250 million years ago in the middle of the Mesozoic era Earth invented flowers. Suddenly - at least in terms of geologic time, after hundreds of millions of years, during the shift from the Carboniferous to Cretaceous mode, the ever creative Spirit of Life that some call God - or that process theologian Henry Nelson Weimann calls the "creative interchange" - decided earth needed redecorating, maybe bored with the Jurassic landscape. Earth's decision to blossom changed everything. Seeds had existed for some time, such as those in spores or pine cones, but they depended upon the wind or animals to transport and pollinate. Flowering was a plant's way of forming a fruit to protect their seeds, a more successful pollination and reproduction process. So it was that gradually the first angiosperms

developed they prevailed, spreading across the face of the Earth. Until about 125 million years ago - give or take a day or two - during the mid to upper Cretaceous period, fruit-bearing seeds began wildly diversifying. Surpassing ferns, conifers or evergreens as the dominant form of plant life. And it was beautiful.

Evolution went right on, developing an equally diverse insect population to help pollinate the flowers, inventing insects that do much of the heavy work of pollination and without them or the flowers, there'd be no food.

You probably know the quote by Emerson, "Earth laughs in flowers." Can't you just see it? Earth as a living organism suddenly bursting into laughter, surprised into joy by its invention of flowers, not knowing it would lead to the many varieties of flowers we know today. Flowers in the long and creative run of evolutionary time gave rise to other forms of life, including mammals and eventually, most recently the humankind.

Why do I tell this story? Flowers are not just ornamental, bringing us

joy or comfort, decorating our lives - though for sheer beauty they're beyond extravagant. We owe them our lives, for without them so many other forms of life including the human would not exist. We're not only intimately related to them; we and our animal kin depend upon them for our very food. In this interconnected web of existence of which we are a part, flowers are our ancestors, and we hopefully bear a likeness to them. So may it be true, as the Japanese Zen master Roshi Soen Nakagawa wrote, that: "In a blossoming universe, all beings are flowers."

2) Our word today is flowers and so many images appeared in my head. For some people, getting flowers ready for church is an act of worship. My mother and sister come to mind. Different flowers are displayed at different times: gladiolas, lilies, tulips, and even poinsettias have their special moments. This past Ash Wednesday we were given tiny bulbs after the service. I was careful for once, and on Easter Sunday I brought a flower plant to church that was 2 feet tall. 10 different flower varieties, like crocuses, are mentioned in the Bible. Jesus used the lily of the field as a metaphor for God's love.

For some families, cemeteries are a place for flowers. This can begin at the burial, but continue on through the years. Perhaps at a birthday, or an anniversary flowers appear again on the gravestones. As children, we used to go into the woods with my Mom in spring and pick the first wild flowers. At her burial, we were invited to wander in the cemetery and pick those purple flowers to place on her urn, before we lowered it into the ground. This was a special moment of faith.

Someone I know planted a garden in memory of his sister, who died too young. When asked to donate a flower, we donated a bleeding heart. This beautiful plant blooms with tiny red hearts and was one of my mom's favorites. We have them in a small plot beside the front door. When I drive by that garden now I have to slow down and look, and I sense her presence.

April is poetry month, and as

a child I remember memorizing a poem by William Wordsworth, that truly touched my spirit. "I wandered lonely as a cloud, that floats on high o'er vales and hills, when all at once I saw a crowd, a host of golden daffodils". I encourage you to read the rest of that poem, and also to ponder flowers as a door to the sacred.

3) I wandered lonely as a Cloud
That floats on high o'er Vales
and Hills,

When all at once I saw a crowd,
A host of golden Daffodils;
Beside the Lake, beneath the trees,
Fluttering and dancing in the breeze.

Continuous as the stars that shine
And twinkle on the Milky Way,
They stretched in never-ending
line

Along the margin of a bay:
Ten thousand saw I at a glance,
Tossing their heads in sprightly
dance.

The waves beside them danced,
but they
Out-did the sparkling waves in
glee:-

A Poet could not but be gay
In such a jocund company:
I gazed-and gazed-but little
thought

What wealth the shew to me had
brought:

For oft when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude,
And then my heart with pleasure
fills,
And dances with the Daffodils.

3 voices today, one
a poem. How do flowers speak to
you?

Rev. Mead Baldwin pastors the
Waterville and North Hatley Pastoral
Charge; Rabbi Boris Dolin leads
the Congregation Dorshei Emet in
Montreal; Rev. Carole Martignacco,
Unitarian Universalist is retired from
ministry with UUEstrie and now
resides in St-Andrew's-By-The-Sea ,
but keeps one foot in the
Townships by contributing to
this column.

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Phoenix to play Mooseheads or Olympiques in semi-finals

By Bird Bouchard

The Sherbrooke Phoenix are heading to the Semi-Final round of the Quebec Major Junior Hockey League.

The local hockey team swept their series in the "Battle of 55" with the Drummondville Voltigeurs after closing out the series with a 5-2 win Wednesday night.

"Our team was resilient throughout this series," said Phoenix head coach and general manager Stéphane Julien. "Our special teams were the difference makers."

He said what he's liked seeing from his team since the beginning of playoffs is how much time his team has been in the offensive zone.

"We've been physical and done a lot of things the right way. We have to give credit to our players. They've done an excellent job winning all eight games," he said.

Now having to wait more than a week before their next playoff series begins, Julien axed the myth that too much time off can be a disadvantage.

"We've dealt with some injuries in the playoffs to key players. We will take these days off to rest up and prepare for the next series," said Julien.

Tickets and scheduling for the Phoenix semi-final round have not yet been made available as they await the winner of the Halifax Mooseheads vs Moncton Wildcats series. With



BIRD BOUCHARD

After sweeping their series vs rival Drummondville Voltigeurs, the Sherbrooke Phoenix now wait for their next opponent. With a Halifax Mooseheads series win, the Phoenix will take on the Mooseheads, but will no longer have home ice advantage. If the Moncton Wildcats win, the Phoenix would then play the Gatineau Olympiques, with home ice advantage.

a Halifax win, the Phoenix will take on the Mooseheads but will no longer have home ice advantage. If the Wildcats win, the Phoenix would then play the Gatineau Olympiques with home ice advantage.

The Phoenix have won four of their last five games vs the Olympiques, including three of four games this season. Against the Mooseheads, the Phoenix have won four of their last five games and have split the season series, with each team winning at home.

Pastoral care services

CONT'D FROM PAGE 1

even without faith affiliation. You don't have to be a part of the church."

The minister said he was attracted to the job because he has always been drawn to the caring parts of his profession more than the preaching.

According to Charlotte Griffith, a member of the Richmond United Church who has helped to coordinate the work, some of the original project plans have been put to rest due to the pandemic. She said either people are no longer available to carry them out or they are no longer viable.

However, she highlighted that restrictions are slowly starting to ease and Patton can now go into buildings such as the Wales Home and the hospital without having to wear a mask for the first time.

"Folks can actually see what he looks like now," she said. "He can have a cup of coffee or tea, or share a meal with folks now."

Patton agreed that no longer having to wear a mask has made a major difference in his visits. He added it's easier for

people to read his lips and he is now finding more people are beginning to open up to him.

According to Griffith, the most critical piece of the project is providing pastoral care to an aging population. She believes the project does exactly that.

"There are fewer and fewer clergy in the area, and pastoral care was just not getting done. With the inception of this project, that is no longer an issue," said Griffith.

While the majority of the work is done at the Wales Home, work is also done at the Résidence Brunswick and the Centre d'hébergement de Richmond when called upon.

Although the initial visiting list consisted of members of the United Church, Griffith highlighted anyone can make a request.

"Anyone needing a visit from the pastoral care minister can receive a visit," said Griffith. "We just have to be informed and then Scott gets in touch to schedule a visit."

Patton said having now done the job for nearly a year and a



BIRD BOUCHARD

Scott Patton runs the Seniors Spiritual Wellness Program, providing outreach and support for local seniors, regardless of their church affiliation. Anyone can ask for a visit.

half, he's seen great results from his visits.

"In almost every visit, I get words of appreciation," said Patton. "I always get asked to come back and visit. This project is working."

To schedule a visit, Patton can be reached at 514-557-3214.

THE RECORD

The Record has an **immediate opening** for a circulation clerk to manage the newspaper's daily subscriptions and newsstand distribution

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The candidate would be trained in all aspects of The Record's subscription software and work closely with department heads in the advertising, editorial and accounting departments.

Applications or requests for further information should be addressed to

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at outletjournal@sympatico.ca

EDITORIAL

Bill 96 is more than a language law, and indeed, it is the most profound restructuring of our country since the adoption of the 1982 Canadian Constitution.

While we sleep:

Bill 96 subverts our society and warps our lives

By Colin Standish

June 1 2022 heralded one of the most fundamental shifts in our country's history. Yet, no fireworks, one-gun salutes, or grandiose displays of patriotism signaled this event. And, for good reason.

Bill 96 incorporates hundreds of changes to our daily lives. Violating Bill 96 can result in up to \$90,000 in fines. As an employee or client of a business suspected of violating parts of Bill 96, your cell phone, laptop and personal papers can be seized without a warrant. Young adult Quebecers no longer hold the right to register at the CEGEP of their choice.

However, what does it all mean beyond the laundry list of new restrictions and obligations?

Bill 96 is more than a language law, and indeed, it is the most profound restructuring of our country since the adoption of the 1982 Canadian Constitution.

The unconstitutional aspects of Bill 96 fundamentally alter our society.

Firstly, the unilateral constitutional amendment declaring Quebec a nation, Quebecers a nation and that French is the only official language of Quebec is illegitimate in its form and substance. A "nation of Quebec" is proclaimed in two ways: to a distinct Quebec people and to the territory of Quebec. Our Constitution only accords powers to provinces and the federal government. The insertion of a "nation" into a binary jurisdictional document will lead to a distortion of the entire legal framework for our country.

Secondly, the territorialization of Quebec language policy is a fundamental shift in the fabric of our country. Bill 96 unconstitutionally seizes federal labour and business jurisdictions, alongside trademarks. These moves essentially displace the federal government from its own sphere of power. Though not legally

required to do so, many private sector employers under federal jurisdiction have acquiesced to Bill 96, despite the administrative burden and seizure provisions, and the contradictions with their responsibilities under the Canadian Official Languages Act.

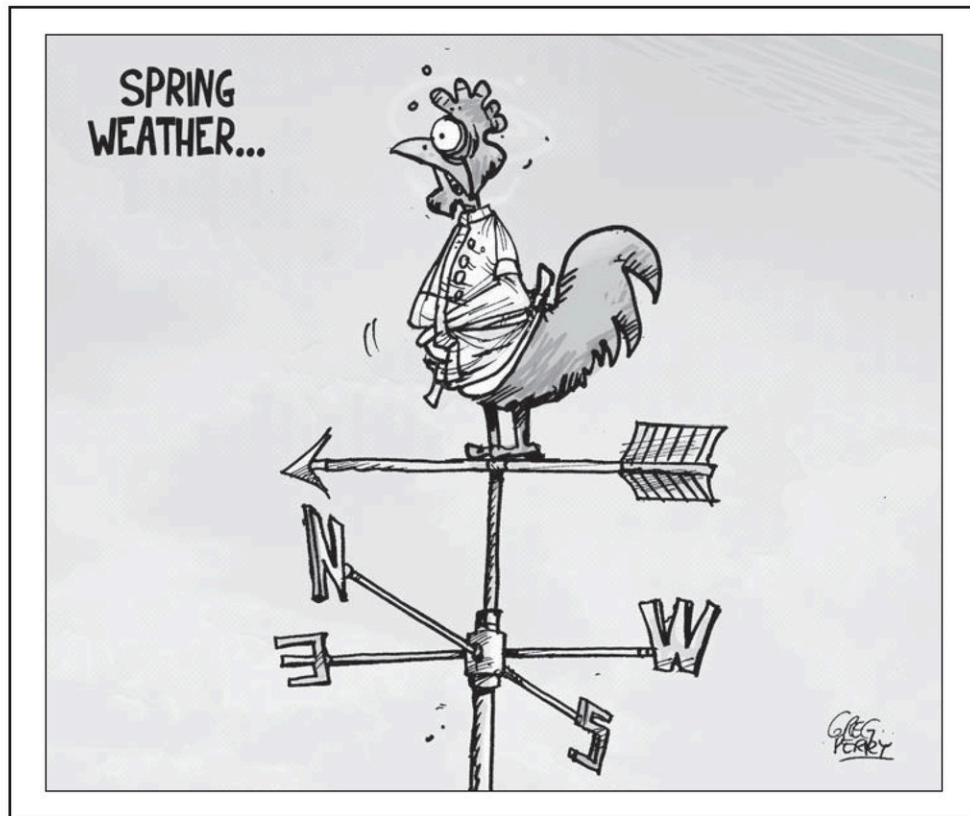
Thirdly, Bill 96 introduces a new, and distorted, prism for human rights in Quebec and Canada. Alongside the invocation of the notwithstanding clause, the "collective" rights of the Quebec nation, solely defined by the French-language, are said to be "balanced" with individual rights and freedoms. This notion of collective rights is heretofore unknown in Canadian law. Bill 101's interpretive framework, the Quebec Charter, the Civil Code and the Interpretive Act have all been amended to interpret our basic private and public rights through the lens of French-predominance. This will distort freedoms and human rights in ways that are not yet apparent.

Fourthly, it places at the pinnacle of state power the National Assembly's interpretation of what is required for French-language protections above the judiciary, the Constitution, the Quebec and Canadian Charters, even intruding into private enterprises of 5 persons.

Two changes as of June 1 2023

As of June 1, you won't just need your healthcare card to get services you understand, you will need a certificate to boot, though it may be impossible to get one even if you qualify.

As of June 1, you will have to prove your status as an English-speaker with education rights to receive services from a government agency in English, including hospitals and CLSCs. The CAQ government has yet to indicate what proof is required. Presumably, this proof of an English-language eligibility certificate will be limited to individuals who received their



primary or secondary education in English in Canada. This move collapses the English-speaking community from 1.2 million to 300-400,000 people. Only a parent can request an eligibility certificate. Many English-speakers do not have a certificate if they attended school before 1977, or attended French-language school or a private unsubsidized school. Most English-speakers over the age of 60 will not have this certificate, and if their parents have passed away, cannot request a certificate of eligibility.

This will penalize the oldest, sickest and most unilingual populations who need assistance and understanding.

Newcomers

New Canadians will be permitted to communicate with and receive services from the government in a language other than French for a six-month period, after which time they will no longer be able to communicate with or receive services from the government in a language other than French.

Bill 96, additionally needs to be seen in the light of the other legislation: Bill 21, Bill 40, the Oath amendment, and the little known May 2019 Agreement concerning Supreme Court Justices from Quebec. These laws suppress fundamental and religious freedoms, eliminate English-language school boards which are constitutionally guaranteed, amend the constitutionally required acts to sit in our legislature, and allows

Quebec to choose Supreme Court justices.

Quebec is being carved out of Canadian federation.

"Wait until Bill 21 / 96 gets to the Supreme Court!" is a common refrain from commentators, activists and lawyers. I believe they are wrong: the Supreme Court will not save us. The notwithstanding clause, even invoked before a judgment, is valid in Canadian law and shields much of Bill 96 and 21 from judicial scrutiny. There are, of course, educational, gender and jurisdictional rights that will likely be upheld by courts of law. However, since 2019, the Quebec Minister of Justice and the Premier of Quebec formally help choose Supreme Court candidates from Quebec. Yes, Nicholas Kasirer appointed to the Supreme Court in 2019 was approved by Francois Legault.

However, we can save ourselves.

Did you know that until June 1, 2023 the federal government has the right to "disallow" Bill 96, nullifying the law? Yes, Bill 96 can cease to exist. Our two Cabinet Ministers from the Eastern Townships, Compton-Stanstead's Marie-Claude Bibeau and Brome-Mississquoi's Pascale St-Onge, have the power to lobby fellow Ministers to strike down Bill 96. Given their dependence on the vote of non-francophones for their election, I encourage all Townshippers to tell them to use their power to stop the unthinkable.

Colin Standish is the leader of the Canadian Party of Quebec.

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. Please email your letters to newsroom@sherbrookerecord.com. Preference is given to writers from the Eastern Townships.

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COLUMNIST

Christine shares in our email Q&A from Ottawa her expertise in health, along with her fitness background and reveals where she found the motivation to create the Boxing 4 health program for Parkinson's.

Christine Seaby founded Boxing 4 Health to improve quality of life



A RUNNER'S MIND
CHRISTINE BLANCHETTE

“My mission is to help as many people as possible (to) live their best quality of life alongside Parkinson's but I couldn't do it alone; It takes a team and I have an awesome one.” Founder and owner of Boxing 4 Health, Christine Seaby always had a passion for sports, and it was while growing up and struggling with her own health, this would lead to helping others by starting a Boxing 4 Health program for Parkinson's.

Christine shares in our email Q&A from Ottawa her expertise in health, along with her fitness background and reveals where she found the motivation to create the Boxing 4 health program for Parkinson's.

Q: Was there a pivotal moment you wanted to start a Boxing 4 health program for Parkinson's?

When I was young, though my love of competitive sports (was strong) I also struggled with my own health, which led me to wanting to help others improve their quality of life. (Ed.note: So basically, finding her way back to good health wasn't going to be enough for Christine. She would need to share her successful journey with as many others as she could reach.)

I was working as a massage therapist and my doctor told me I would need to consider changing jobs after my next surgery. I live with endometriosis

and I was scheduled to have my fourth surgery and the amount of scar tissue accumulating in my abdomen was going to make it very hard to continue as a therapist. Around the same time, a co-worker asked me if I had seen the news about a boxing gym teaching people with Parkinson's how to box and it was really helping them. This piqued my interest so I looked into it further. I had a background in mixed martial arts and loved kickboxing. I thought I could put a program together and I saw areas where I could make it better with my experience as a therapist. So that's what I did, I started working with a few clients one on one and when it came to the boxing portion, these 70-year-old ladies would just light up and hit pads with me. After a short period of time they started asking me if I could do a class because the (one on one) would get costly, so I did. I hung a few boxing bags in my garage and I started Boxing 4 Health in May of 2016. After a short six weeks we had seven clients and the news came and interviewed us. I decided at that point to rent some space in a gym and make a go at this business because I quickly got attached to my clients and I thought I could really help them improve their symptoms.

Q: Tell us about the Boxing 4 health program?

We specialize in working with seniors and people with Parkinson's at any age or mobility. Our classes focus on functional based movements put into a circuit style class and then we jump into boxing to shake things up and increase the intensity. Big amplitude-based movements, repetition, dual tasking, voice and cognitive exercises are all mixed into a one-hour class. It's challenging but fun and the variety keeps our fighters on their toes.

Q: What has the feedback been like?

The feedback has been amazing. Clients have told us that their lives haven't been the same since joining our community. We often get people after their very first class tell us how good they feel and how much they loved it



PHOTOS CHRISTINE SEABY

and loved meeting others experiencing the same symptoms as them.

Q: What satisfaction do you get from seeing your staff get positive results?

I love to train new staff and see their passion for this population grow. Being the founder of the program is a great feeling, but watching it grow with the team of instructors I have is amazing. I love their creativity and their love and dedication for this population makes me proud on a daily basis. My mission is to help as many people as possible live their best quality of life alongside Parkinson's but I couldn't do it alone. It takes a team and I have an awesome one.

Q: Where can people get more information about the program?

Check out our website to try our free two-week trial of our online exercise program or join us at one of our locations in person in Ottawa or New Brunswick. Look under 'about us' to become a certified instructor or even better, a licensee and start your very own Boxing 4 Health program in your community. I guarantee it will be the best decision you will ever make and the rewards are endless.

We offer in-person classes and online so there is no excuse not to move with us. Don't wait to make exercise a priority in your life if you want to slow down the progression of Parkinson's or even aging! Put your excuses aside and get yourself in the driver's seat because no one else can do that for you.



Music in the family



COUNTRY CONNECTION

JESSIE PELLETIER

Last weekend he played at The Thirsty Boot in Sutton with his band. His bands also play at the brasserie in Dunham quite often. Everywhere they go they pack the place and people just love them and want them back.

What a great occasion to chat with Chris Clarke. He's the youngest of a family of four brothers, all musically gifted. The brothers Chris and Richard play together in two different bands, The Wells and The Wickermen.

Their dad played a lot in the Townships with the Cordairs and the T-Birds. He was a jazz drummer. This certainly influenced the boys to follow in his footsteps. Someone else would inspire them. Their Grandfather Gardner Westover on his mother's side of the family, was also a violin player.

"We had the Auberge Glenbrook (it has been in his mother's family for generations) and on many nights a pianist would come and join my grandfather and they would play for people. It was so much fun.

I remember well those evenings of



CHRIS CLARKE

The Wickermen from the left Carl Lightbody, Chris Clarke, Chris Poolman, Richard Clarke

pure pleasure. I forgot to say that my mother didn't play an instrument, but she was a great dancer. To me it was an inspiration for sure," said Clarke of his childhood.

There is Michael, the oldest brother, who plays drums while David plays guitar, Richard plays bass, guitar and piano and Chris plays guitar as well. According to Clarke it was mainly in high school that their desire to be musicians surfaced.

In school Richard got in a rock n'

roll band, The Beyond. So, because of him Chris was sought after by other bands.

"I joined the group Anastasia but at that time I didn't play guitar well enough, so I was their singer. We did a few little festivals. We played rock. We were getting older; it was time for graduation, some guys left for university, others had different plans. It was the end of that band," he explained.

He started following Beyond, his brother's band because he enjoyed

their repertoire so much. This made him want more than ever to hone his skills on the guitar.

Part of the band was a guy named Tim. He was the younger brother to Tara Shannon, a semi-popular singer/songwriter from Ontario. Tim has won competitions for his live performances and songwriting. Tim and Tara are also our first cousins, added Clarke.

"I ended up joining the band (rhythm guitar) and it kept going

CONT'D ON PAGE 9



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Music in the family

CONT'D FROM PAGE 8

strong for quite a while. Carl, Richard and I have been together for decades. When Carl left with another band, we renamed that band Bedlam Locomotive and it took us to Ottawa, but we always remained friends with Carl Lightbody, and we always reunited after a while."

In Ottawa they released an album but decided to come back to Montreal. Clarke said that they missed home and needed to spend time with their mother.

"Richard had come home before me and had already joined a band called the Wells. Carl was playing with another band. But when I arrived Carl and I started playing guitar, Nadim Hashim drums and Richard played bass and sang," stressed Clarke.

He continued saying that they were always big on harmonies. The Wells played together for 10 years, and they released three albums. Carl left the band again to do other stuff, so it was just my brother and I along with Nadim Hashim.

Their repertoire was only original material written by Chris and Richard his brother. Chris had already started writing songs before he got into his first band.

"I am inspired by music first. I write imaginative stories; some real ones and also situational problems

give diverse songs. Ninety per cent of the time the melody comes first, and it inspires the lyrics. I used to write every day. But lately we are more occupied with expanding our repertoire," said Clarke.

Chris and Richard's original material is openly eclectic including Roots, Folk, Blues but also very contemporary with jazz elements. This is how Clarke describes their music.

The boys also have another band, a cover band, The Wickermen, which includes Chris on guitar, Richard on bass, Carl Lightbody on drums, and Chris Poolman on piano.

Their playlist includes mainly 60s British Invasion like Beatles, Kinks, Doobie Brothers and much more.

"Our repertoire is filled with songs that we love. The addition of Chris Poolman (piano), who also plays great rock n' roll guitar, was a big plus. This opened a window for us to play numbers with a lot more piano and gave another turn to what we did. We went from a rock band to a group who can also perform something more melodic and complex," he explained.

The two brothers share their time between the two bands, but they also have a project of their own with Wells. They are recording and releasing two songs at a time with a new concept. He added that once



CHRIS CLARKE

The Wickermen from the left Carl Lightbody, Chris Clarke, Chris Poolman, Richard Clarke

they get it out there, they sure hope this will work out great. It will be their first commercial release in about 10 years.

They also have a lot of gigs whether it is in a bar or a private event. Both are a lot of fun, he said, but private events pay more while in a bar you have the fans following you and it has the advantage of making people see you.

"We also try to keep some time open to continue enlarging our repertoire," said Chris Clarke. He claimed that his brother Richard is the family oriented one, but they don't want to play every weekend. They both enjoy the time spent with family.

This is the story of well-established and talented musicians who have been devoting all their time to honing their music skills. It is also the story of an enduring friendship between boys Carl, Chris and Richard who met at Massey Vanier.

"We met this guy in school and he is extremely talented, he's a true artist. His mother is actually the cofounder of Farfelu in Sutton. Carl is not only a musician who plays many instruments, but he is also an inspired painter," said Chris Clarke.

I sure hope you get the occasion to catch them on stage and have a chance to hear their new material as soon as it is released.

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 Mornings				Rachael Ray		Sherr		The Price Is Right		
WPTZ	5	-	NBC5 News Today		Today				Live with Kelly and Mark		Today 3rd Hour		Today With Hoda & Jenna		
CBMT	6	206 301	Daybreak		Various	PAW Patrol (45)...	Various	Rivets (45) Pa..	Various	Various	Various	True	Various		
CHLT	7	107 718	Salut bonjour								Variées		Mario Dumont		
WMTW	8	-	MAINE'S TOTAL		Good Morning America				Live with Kelly and Mark		Tamron Hall		The View		
CKSH	9	108	F	Variées	Variées	Variées	Variées	Variées	Variées	Variées	On va se le dire		Ricardo (N)	5 chefs dans	
			M	Variées	Variées	Variées	Variées	Variées	Variées	Variées	Variées	Heartland	Ricardo (N)	5 chefs dans	
			T	Variées	Variées	Variées	Variées	Variées	Variées	Variées	(55) Garfield/Heartland	Heartland	Ricardo (N)	5 chefs dans	
			W	Variées	Variées	Variées	Variées	Variées	Variées	Variées	(55) Les cochons / Heartland	Heartland	Ricardo (N)	5 chefs dans	
			Th	Variées	Variées	Variées	Variées	Variées	Variées	Variées	(55) Les cochons / Heartland	Heartland	Ricardo (N)	5 chefs dans	
CKMI	11	-	Global News Morning						The Morning Show		Property Brothers		Rachael Ray		
CFCF	12	205 312	CTV Your Morning		Morning	Morning	Morning	Morning	Live with Kelly and Mark		The Marilyn Denis Show		The View		
WVNY	22	-	ABC22 News this Morning at 6		Good Morning America				Barrymore	Barrymore	MyBiotin/ Paid..	Secrets/ Paid P..	The View		
WUTV	30	-	Various	Various	The National Desk		The National Desk		Judge Mathis		The 700 Club		iCRIME	iCRIME	
CFKS	31	106 726	Noovo Le Fil	Noovo Le Fil	LesDéba/ Sport..	Sports 30	Souper parfait	Survivor/ Ça c'e..	Ça c'est drôle!	Ça c'est drôle!	Cinémas				
WUHF	-	363	Good Day Rochester		Good Day Rochester		Good Day Rochester		Judge Mathis		Sherr		Karamo		
WETK	-	-	Classic-Stretch	BBC News	Molly of Denali	Alma's Way	Wild Kratts	Curious	Daniel Tiger	Rosie's Rules	Furry Sesame..	Work It	Work It	Pinkalicious	
WCFE	-	-	F	Nature Cat	Xavier Riddle	Arthur	Odd Squad	Molly of Denali	Alma's Way	Wild Kratts	Curious	Daniel Tiger	Rosie's Rules	Furry Friends	Work It
			M	Nature Cat	Xavier Riddle	Arthur	Odd Squad	Molly of Denali	Alma's Way (N)	Wild Kratts	Curious	Daniel Tiger	Rosie's Rules	Sesame St. (N)	Work It
			T	Nature Cat	Xavier Riddle	Arthur	Odd Squad	Molly of Denali	Alma's Way (N)	Wild Kratts	Curious	Daniel Tiger	Rosie's Rules	Sesame Street	Work It
			W	Nature Cat	Xavier Riddle	Arthur	Odd Squad	Molly of Denali	Alma's Way (N)	Wild Kratts	Curious	Daniel Tiger	Rosie's Rules	Furry Friends	Work It
			Th	Nature Cat	Xavier Riddle	Arthur	Odd Squad	Molly of Denali	Alma's Way	Wild Kratts	Curious	Daniel Tiger	Rosie's Rules	Sesame Street	Work It
A&E	615	520	David Jeremiah	Joni: Tabl	Storage/Parking	Storage/Parking	Storage/Parking	Storage/Parking	Storage/Parking	Storage/Parking	Various	Storage/ Court..	Various	Storage/ Court..	
CNN	500	500	CNN This Morning		CNN This Morning		CNN This Morning		CNN News Central		CNN News Central		CNN News Central		
DISC	520	505	F	Mayday	Highway Thru Hell	Highway Thru Hell	Highway Thru Hell	Highway Thru Hell	Bones		Bones		CSI: NY		
			M	Mayday	Highway Thru Hell	Highway Thru Hell	Highway Thru Hell	Highway Thru Hell	Bones		Bones		CSI: NY		
			T	Mayday	Highway Thru Hell	Highway Thru Hell	Highway Thru Hell	Highway Thru Hell	Bones		Bones		CSI: NY		
			W	Mayday	Highway Thru Hell	Highway Thru Hell	Highway Thru Hell	Highway Thru Hell	Bones		Bones		CSI: NY		
			Th	Mayday	Highway Thru Hell	Highway Thru Hell	Highway Thru Hell	Highway Thru Hell	Bones		Bones		CSI: NY		
DRAMA	620	523	Movies		Flashpoint		Flashpoint		Movies		Flashpoint		Flashpoint		
HIST	522	506	F	Backroad Truckers		Rust Valley Restorers		Restoration Garage		Backroad Truckers		Rust Valley Restorers		Border	Border
			M	Backroad Truckers		Rust Valley Restorers		Restoration Garage		Backroad Truckers		Rust Valley Restorers		Border	Border
			T	Backroad Truckers		Rust Valley Restorers		Restoration Garage		Backroad Truckers		Rust Valley Restorers		Border	Border
			W	Backroad Truckers		Rust Valley Restorers		Restoration Garage		Backroad Truckers		Rust Valley Restorers		Border	Border
			Th	Backroad Truckers		Rust Valley Restorers		Restoration Garage		Backroad Truckers		Rust Valley Restorers		Border	Border
PARMT	628	584	Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		
RDI	126	730	(5:00) D'abord l'info					Le national		L'info maintenant					
SHOW	616	521	F	The Outer Limits		Lost Girl		Lost Girl		Lost Girl		Lost Girl		Lost Girl	
			M	The Outer Limits		Private Eyes		Private Eyes		Private Eyes		Private Eyes		Private Eyes	
			T	The Outer Limits		Rookie Blue		Rookie Blue		Rookie Blue		Rookie Blue		Rookie Blue	
			W	The Outer Limits		The Outer Limits		* "Jodi Picoult's Salem Falls" (11)		* "Identity Theft of a Cheerleader" (19)					
			Th	The Outer Limits		Andromeda		Andromeda		Andromeda		Andromeda		Andromeda	
SLICE	601	562	ET Canada	Say Yes-Dress	Love It or List It		Various	Various	Various	Various	Income Property		Various	Various	
TLC	521	560	The Jennifer Hudson Show		Various	SayYes/ Extrem..	Various	SayYes/ Extrem..	Various	Tu Say Yes		W Pregnant		W Pregnant	
TSN	400	400	F Tennis	SportsCentre		SportsCentre		M W Th Sports/ Tu IHF U-18		M W Th SportsCentre		M W Th Sports		Tu Sports	SportsCentre
YOUTH	551	542	Cloudy, Meat	Numb Chucks	Squirrel	SpongeBob	SpongeBob	Loud House	Various	(25) Squirrel/ (50..	(15) Nerds	(40) Chucks	(05) Best/ (05) Cl..	(35) SpongeBob	

Your week on TV

WEEKDAY AFTERNOON														
Bell	Star	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30	
WCAX	3	-	Channel 3/ (15) T...	The Young and the Restless	Bold/Beautiful	The Talk	Let's Make a Deal	Channel 3 News at Four	Channel 3 News	News at 5:30p				
WPTZ	5	-	NBC5 News	Daily Blast Live	NBC News Daily	The Jennifer Hudson Show	Dr. Phil	The Kelly Clarkson Show	NBC5 News	NBC5 News				
CBMT	6	206	301	CBC News Network	Escape/M Absolutely Canadian	Coronation	Coronation/Kim	Being Erica	Frankie Drake Mysteries	Food Fight Club				
CHLT	7	107	718	(12:00) TVA nouvelles	Cinéma	L (45) Publicité	Variées	Les feux de l'amour	Top modèles	TVA nouvelles				
WMTW	8	-	-	MAINE'S TOTAL	GMA3: What You Need to Know	General Hospital	The Jennifer Hudson Show	MAINE'S TOTAL	MAINE'S TOTAL	MAINE'S TOTAL				
CKSH	9	108	-	F	TJ (N)	Silence	Bonsoir bonsoir!	Les nouvelles enquêtes de Miss Fisher	On va se le dire	Silence (N)				
				M	TJ (N)	Silence	Culturama	* "Frison des collines" (10)	On va se le dire	Silence				
				T	TJ (N)	Silence	Bonsoir bonsoir!	Mention particulière	On va se le dire	Silence				
				W	TJ (N)	Silence	Bonsoir bonsoir!	*** "Un mari idéal" (99)	On va se le dire	Silence				
				Th	TJ (N)	Silence	Bonsoir bonsoir!	*** "Présentateur vedette: la légende de Ron Burgundy" (04)	On va se le dire	Silence				
CKMI	11	-	-	Global	ET Canada	Karamo	The Talk	Barrymore	Barrymore	CamEats/ Best..	The Young and the Restless	Global		
CFCF	12	205	312	CTV News Montreal	The Social	Dr. Phil	Bob Heart	Young Sheldon	Big Bang	Big Bang	CTV News Montreal at 5			
WVNY	22	-	-	Hot Bench	Hot Bench	GMA3: What You Need to Know	General Hospital	The People's Court	Judge Judy	Judge Judy	Judge Judy	Judge Judy		
WUTV	30	-	-	The Steve Wilkos Show	Mauri	Judge Mathis	The People's Court	Family Feud	Family Feud	You Bet	Family Feud			
CFKS	31	106	726	Castle	Les passages de l'espoir	Cinéma	Les Simpson	Les Simpson	Noovo Le Fil 17					
WUHF	-	-	363	The Steve Wilkos Show	Mauri	Various	Divorce Court	Hot Bench	Hot Bench	Judge Judy	Judge Judy	The People's Court		
WETK	-	-	-	Elinor	Nature Cat	Elementary	Xavier Riddle	Odd Squad	Various	Various	M Last Breed	Various	America	
WCFE	-	-	-	F	Let's Learn	Meadowmount	Great Performances	Nature	Changing Planet (SP)					
				M	Let's Learn	Changing Planet (SP)	Antiques Roadshow	This Old House/Old House	New York Now	Mountain Lake				
				T	Let's Learn	American	American	Nature	Climate Change -- The Facts	Troubled Water	A Wild Idea			
				W	Let's Learn	Movie	NOVA	Finding Your Roots	My Grandparents' War	Celebrity Antiques Road Trip				
				Th	Let's Learn	Library of Congress National Book	Death in Paradise	Midsomer Murders	Agatha Christie's Poirot					
A&E	615	520	Various	Storage/ Court..	Various	Neighbor./ Cou..	Various	Neighbor./ Roa..	Various	Tu Road Wars	Various	Tu Neighbor.	First48/ Neigh..	Tu Neighbor.
CNN	500	500	Inside Politics With John King	CNN News Central	CNN News Central	CNN News Central	The Lead With Jake Tapper	The Lead With Jake Tapper						
DISC	520	505	-	F	CSI: NY	Bones	Bones	CSI: NY	CSI: NY	Highway Thru Hell				
				M	CSI: NY	Bones	Bones	CSI: NY	CSI: NY	Highway Thru Hell				
				T	CSI: NY	Bones	Bones	CSI: NY	CSI: NY	Highway Thru Hell				
				W	CSI: NY	Bones	Bones	CSI: NY	CSI: NY	Highway Thru Hell				
				Th	CSI: NY	Bones	Bones	CSI: NY	CSI: NY	Highway Thru Hell				
DRAMA	620	523	Movies	Flashpoint	Various	Various	Various	Various	Various	Various	Various	Various		
HIST	522	506	-	F	NCIS: Los Angeles	Ancient Aliens	The UnXplained	The UnXplained	Ancient Aliens	NCIS: Los Angeles				
				M	NCIS: Los Angeles	American Pickers	American Pickers	American Pickers	NCIS: Los Angeles					
				T	NCIS: Los Angeles	Pawn Stars	Pawn Stars	Pawn Stars	NCIS: Los Angeles					
				W	NCIS: Los Angeles	Forged in Fire	Forged in Fire	Forged in Fire	NCIS: Los Angeles					
				Th	NCIS: Los Angeles	Counting Cars	Lost Car Rescue	FBI: Most Wanted	FBI: Most Wanted	NCIS: Los Angeles				
PARMT	628	584	Bar Rescue	Bar Rescue	Various	Th Auction	Various	Th Auction	Various	InkMaster/ Auc..	Various	InkMaster/ Auc..		
RDI	126	730	TJ	V La parole/Mordus de politique	V L'info	L'info maintenant	Isabelle Richer	(55) En direct avec Patrice Roy						
SHOW	616	521	-	F	Lost Girl	NCIS	NCIS	NCIS	NCIS					
				M	Private Eyes	Private Eyes	FBI	FBI	FBI					
				T	Rookie Blue	Rookie Blue	NCIS	NCIS	NCIS					
				W	* "Ann Rule's Circle of Deception" (21)	FBI	FBI	FBI	FBI					
				Th	Andromeda	FBI: Most Wanted	FBI: Most Wanted	FBI: Most Wanted	FBI: Most Wanted					
SLICE	601	562	Various	Various	Best Cake	Best Cake	Buying and Selling	King	King	Various	Various	Various	Various	
TLC	521	560	Various	Various	Various	Various	Various	F Addiction	F Addiction	Various	F Addiction	Various	F Addiction	
TSN	400	400	(11:30) Sports	M W Th Sports	Tu IHF U-18	Top Saves/ SC	This Just In	Various	F M W NFL Live	Tu NFL Live	Around/ Gam..	Pardon/ Hockey		
YOUTH	551	542	Loud House	Various	Numb Chucks	(25) Sidekick/ (5..	(15) Go Away Un	(35) Bakugan/ (...	Various	Casagran	SpongeBob	SpongeBob	Loud House	Loud House

FRIDAY EVENING														APRIL 21, 2023	
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 (N)	Entertainment Tonight (N)	S.W.A.T. "Bunkies" (N)	Fire Country "Watch Your Step" (N)	Blue Bloods "Family Matters" (N)	Channel 3 News (N)	(35) The Late Show With Stephen Colbert				
WPTZ	5	-	-	NBC5 News at 6 (N)	NBC Nightly News (N)	Jeopardy! (N)	Wheel of Fortune (N)	Lopez vs Lopez (N)	Grand Crew (N)	Dateline NBC (N)	NBC5 News at 11 (N)	(35) The Tonight Show Starring Jimmy Fallon (N)			
CBMT	6	206	301	CBC Montreal News (N)	Rick Mercer Report	Strays	NHL Hockey Boston Bruins at Florida Panthers (N) (Live)	NHL Hockey Edmonton Oilers at Los Angeles Kings (N) (Live)							
CHLT	7	107	718	TVA nouvelles (N)	Le tricheur (N)	Ça finit bien la semaine (N)	Le monde à l'envers (N)	Denis Lév (N)	TVA nouvelles (35) Du talent à revendre (N)	(35) * "L'intrus" (19) Michael Ealy.					
WMTW	8	-	-	MAINE'S TOTAL (N)	ABC World News (N)	Wheel of Fortune (N)	Jeopardy! (N)	NBA (N)	NBA Basketball Cleveland Cavaliers at New York Knicks (N) (Live)	MAINE'S TOTAL (N)	(35) Jimmy Kimmel Live!				
CKSH	9	108	-	Le téléjournal Estrie (N)	Ça commence avec vous (N)	Au suivant	Les petits tannants	Loto-méno	Le téléjournal (N)	Sports (N)/(05) TJ/Estrie	(35) Ça commence	(05) * "Maudite poutine" (16)			
CKMI	11	-	-	Global National (N)	Global News at 6:30 (N)	ET Canada (N)	Entertainment Tonight (N)	S.W.A.T. "Bunkies" (N)	Fire Country "Watch Your Step" (N)	Crime Beat "The Manhunt Part 2 (Jules Knox)" (N)	Global News at 11 (N)	(35) The Late Show With Stephen Colbert			
CFCF	12	205	312	CTV News Montreal (N) (Live)	etalk (N)	The Big Bang Theory	Shark Tank	The Spencer Sisters "The Runaway's Regret" (N) (SF)	Blue Bloods "Family Matters" (N)	CTV National News (N)	CTV News Montreal (N)	(05) The Big Bang Theory			
WVNY	22	-	-	ABC22 News at 6 (N)	ABC World News (N)	ABC22 News at 7 (N)	Inside Edition (N)	NBA (N)	NBA Basketball Cleveland Cavaliers at New York Knicks (N) (Live)	ABC22 News at 11 (N)	(35) Jimmy Kimmel Live!				
WUTV	30	-	-	The Big Bang Theory	Judge Judy	Judge Judy	Family Feud	WWE Friday Night SmackDown (N) (Live)	The National Desk	The National Desk	Seinfeld	Two and a Half Men	Two and a Half Men		
CFKS	31	106	726	Souper parfait	Ça c'est drôle!	MacLeod à volonté (N)	Sur ta rue (N)	Les justiciers "Le canicide; Reprends ton char"	Chicago Police "Le dernier mensonge" (N)	Noovo Le Fil 22 (N)	MacLeod à volonté	*** "Le jeu du défi" (87) Maria Conchita, Arnold Schwarzenegger.			
WUHF	-	-	363	Modern Family	Young Sheldon	The Big Bang Theory	The Big Bang Theory	WWE Friday Night SmackDown (N) (Live)	13WHAM News at 10 on Fox Rochester (N) (Live)	iCRIME - Vargas (N)	The Simpsons	WalkFit!			
WETK	-	-	-	PBS NewsHour (N)	BBC News Today	Vermont This Week (N)	Washington Week (N)	Elvis Presley: '68 Comeback Special	Exploring Ireland With Michael	Amanpour and Company (N)	BBC News	Amanpour and Company (N)			
WCFE	-	-	-	BBC News America	BBC News Today	PBS NewsHour (N)	Mountain Lake Journal	New York Now	Perform. "Now Hear This: Andy Akiho Found (his) Sound" (N)	Next "Continuum: Jason Moran & Christian McBride" (N)	BBC News	Amanpour and Company (N)			
A&E	615	520	The First 48 "Brother's Bread; Into the Woods"	The First 48 "Runner Runner"	The First 48 "Heartless" (N)	The First 48 "Mother of Two"	The First 48 "The Standoff"	(05) The First 48 "Young Guns"	(05) The First 48						
CNN	500	500	Situation Room (N) (Live)	E. B. OutFront (N) (Live)	Cooper 360 (N) (Live)	The Whole Story with	CNN Tonight (N) (Live)	CNN Tonight (N) (Live)	CNN Tonight (N) (Live)	Cooper 360					
DISC	520	505	Highway Thru Hell "Double Down"	Mayday "Deadly Airspace"	Street Outlaws: Fastest in America	"Throwing Shade and Punches" Cali and Detroit end up in an all-out brawl. (N)	Homestead Rescue "Homestead of Horrors"	Homestead Rescue							
DRAMA	620	523	Chicago P.D. "Say Her Real Name"	Chicago P.D. "Get Back to Even"	Chicago P.D. "The Three Gs"	Chicago P.D. "The Number of Rats"	Chicago P.D. "Erin's Mom"	Chicago P.D. "What Do You Do"	Chicago P.D.						
HIST	522	506	Ancient Aliens	The UnXplained "Surviving the Impossible"	The UnXplained "Lost Cities"	The UnXplained "Tales of the Dearly Departed" (N)	Aliens "Close Encounters of the Fifth Kind" (N)	Ancient Aliens "Cosmic Impacts"	Ancient Aliens						
PARMT	628	584	(5:30) Ink Master	Ink Master "Tatt Ganged"	Ink Master "Nude & Tattooed"	Ink Master "X-Men's Hugh Jackman"	Ink Master "Artist Slaughter"	Waco: The Aftermath "Truths and Consequences"	Ink Master "Ink Master Explosion"						
RDI	126	730	(55) Economie (N)	24/60 (N)	G. reportages "Crash aérien: alerte aux fumées toxiques" (N)	Le téléjournal avec Céline Galipeau (N)	Le téléjournal (N)	Le national (N)	Le national (N)	24/60					
SHOW	616	521	NCIS "Being Bad"	NCIS "Privileged Information"	FBI "Scar Tissue"	A Town Called Malice "I Want to Know What Love Is"	(20) *** "Jurassic World" (15) Bryce Dallas Howard, Irrfan Khan, Chris Pratt.								
SLICE	601	562	The King of Queens	The King of Queens	The Real Housewives of Miami "Stars and Cigars"	Top Chef "Hands Off" (N)	The Real "Time for an Intervention" (N)	Married at First Sight "Love Is Up in the Air" (N)	The King of Queens	Top Chef					
TLC	521	560	You, Me & My Ex "Great Expectations"	90 Day "Love in Paradise: I Like Big Boats and I Cannot Lie"	90 Day Fiancé: The Other Way No Bone, but It Cuts Deep" (N)	More to Love: The Tongue Has	90 Day: Other "Welcome to the Brotherhood"	90 Day: Other	90 Day: Other	90 Day: Other					
TSN	400	400	SportsCentre (N) (Live)	That's Hockey! (N)	SC	NBA (N)	NBA Basketball Cleveland Cavaliers at New York Knicks (N) (Live)	SportsCentre (N) (Live)	SC						
YOUTH	551	542	SpongeBob	Popularity	*** "Happy Feet" (06)	Loud House	Danger Force	Star Falls	The Next Step	Degrassi	Degrassi	Danger Force			

Your week on TV

SATURDAY DAYTIME			APRIL 22, 2023																
	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 Saturday Morning (N)				Lucky Dog (N)	Innovation Nation (N)	Mission (N)	Hope in the Wild (N)	Transform	Paid Prog.	Pickleball Newport Beach Shootout (N) (Live)	FIA Formula E Racing Berlin E-Prix	PGA Tour Golf				
WPTZ	5	-	(7:00) Today (N)	News-Kids Edition (N)	Teen Kids News (N)	Ocean Mysteries	Earth Ody. (N)	Wild Child (N)	Play It (N)	One Team Sports (N)	Earth Odyssey	The Voyager	Soledad O'Brien (N)	Rossen Reports	Open House NYC	Outdoorsman	Motorcycle Racing		
CBMT	6	206 301	Kingdom/Mittens	Rivets/(:45) Paddington	DinoRanch/PAW Patrol	PJMasks/Kingdom	Super (N)/Rivets	(:35) True	Molly/(:15) Addison	Dot/Ollie/Love M	Our Montreal (N)	Married to the Game (N)		The Nature of Things	CBC Docs POV				
CHLT	7	107 718	(6:00) Salut bonjour week-end (N)				Bien (N)	Les gags	Numéros 1 (N)	Le guide de l'auto (N)	Nouvelles (N)	180 (N)	Infopublicité	Tom & Jerry /(:45) #*** "Détestable moi" (:10)	# "Spider-Man 2"				
WMTW	8	-	Good Morning America (N)		Good Morning America (N)		Wildlife Nation	oh baby! (N)	Hearts of Heroes (N)	Vets-Pets (N)	Paid Prog.	Retire Now TV	Paid Prog.	Paid Prog.	Paid Prog.	Rossen Reports	XFL D.C. Defenders at San Antonio Brahmas (N)		
CKSH	9	108	L'agent/Le village	Monde (N)	Famille (N)	Les derniers	Science/(:15) Le pire du	L'effet/(:40) L'effet	Ricardo (N)	5 chefs dans	TJ (N)	La facture	Au-delà des va ton corps" (N)	Comment (N)	Crimes parfaits "Bain de minuit"	Poquelin "Post mortem" (N)			
CKMI	11	-	Fish'n Canada (N)	Instill the Catch	Paid Prog.		Fishful Thinking	Island of Bryan Stone	Paid Prog.		Paid Prog.	Save My Reno	Entertainment Tonight (N)	# "Love at Sunset Terrace" (:20) Carlo Marks, Meghan Heffern, Ellen Woglom.		Rock Solid Builds			
CFCF	12	205 312	CTV Your Morning Weekend (N)		Corner Gas	Corner Gas	Paid Prog.		How It's Made	Written Canada (N)	Moneytalk (N)	Evolving Vegan "Mexico City, MX" (N)	#** "Men in Black II" (:02) Will Smith, Rip Tom, Tommy Lee Jones.		Remarkable Women	XFL D.C. Defenders at San Antonio Brahmas (N)	Corner Gas	Corner Gas	
WVNY	22	-	Good Morning America (N)		Good Morning America (N)		Paid Prog.		Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Remarkable Women	XFL D.C. Defenders at San Antonio Brahmas (N)			
WUTV	30	-	Nutrisystem - Lose Weight. Feel Great!		Relief from Inflammation		Paid Prog.		Emeril	Ninja Woodfire	Identity Theft	The National Desk		Two and a Half Men	Two and a Half Men	Big Bang	Big Bang	The National Desk	
CFKS	31	106 726	Ma petite vie (N)	Trois fois plus (N)	Noovo Le Fil week-end (N)	RPM "Volkswagen Golf GTI 2022" (N)		RPM plus "RPM+ 8"		Infopublicité		Infopublicité	La famille est	Couples à bouffe	#** "Drôle de père" (:99) Joey Lauren Adams, Jon Stewart, Adam Sandler.				
WUHF	-	363	Xploration Space	Awesome Planet	Pets	Xploration DIY Sci	Paid Prog.		Emeril	Ninja Woodfire	Identity Theft	The National Desk (N) (Live)		Hire Me, Rochester	Go Nitro	Go Nitro	Go Nitro	The National Desk (N) (Live)	
WETK	-	-	(7:00) The Keto Diet	Last of the Breed		Memory Makeover With Daniel Amen, MD		Daniel Amen, MD		Test Kitchen		Cook's Country	The Letter: A Message for Our Earth				Ken Burns: The National Parks		
WCFE	-	-	Wild Kratts	Curious George	Work It Out Wombats!	Daniel Tiger	Weekends	Greener World	This Old House	Ask This Old House	Milk Street	Sara's	Mexican	Moveable Feast	My Greek Table	Cook's Country	Test Kitchen	Lidia's Kitchen	
A&E	615	520	Zombie House Flipping "Tampa: Spring Hill"		Zombie House Flipping "Bradley"		Zombie House Flipping "Dallas: Melrose"		Zombie House Flipping "Tampa: Larkin" (N)		24 Hour Flip "Flippin' Union" (N)		Neighborhood Wars	Neighborhood Wars	Neighborhood Wars	Neighborhood Wars	Road Wars	Road Wars	
CNN	500	500	CNN This Morning (N)		Smerconish (N) (Live)		CNN Newsroom (N)		CNN Newsroom (N)		CNN Newsroom (N)		CNN Newsroom (N)		CNN Newsroom (N)		Smerconish		
DISC	520	505	Mayday "Fatal Focus"		Mayday "Steep Impact"		Mayday "Carnage In Sao Paulo"		Mayday "Deadly Silence"		Mayday "9/11: The Pentagon Attack"		Mayday "Disaster at Tenerife"		Mayday "Killer Attitude"		CSI: New York "The Fall"		
DRAMA	620	523	Fear Thy Neighbor "Family Values"		Bones "The Tough Man in the Tender Chicken"		Bones "The Dwarf in the Dirt"		Bones "The Foot in the Foreclosure"		Bones "The Gamer in the Grease"		Bones "The Goop on the Girl"		Bones "The X in the File"		East New York "In the Bag"		
HIST	522	506	Paid Prog.		Border Security	Big Timber "Mountain High"	Rust Valley Restorers "Cab-Over Budget"		American Pickers "Cars! Cars! Cars!"		Pawn Stars "Cars for Gold"		Forged "Armed Forces Tournament Part 2"		Dirty Old Cars	Dirty Old Cars	Lost Car Rescue		
PARMT	628	584	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	
RDI	126	730	(6:00) D'abord l'info (N)		L'info (N)		L'info (N)	L'info (N)	L'info (N)	L'info (N)	L'info (N)	L'info (N)	L'info (N)	L'info (N)	L'info (N)	L'info (N)	L'info (N)	L'info (N)	
SHOW	616	521	# "V.C. Andrews' Fallen Hearts" (:19) Kelly Rutherford, Annalise Basso, Jason Priestley.		#*** "Jurassic Park" (:93) Laura Dern, Jeff Goldblum, Sam Neill. Cloned dinosaurs run amok at an island-jungle theme park.		#*** "The Lost World: Jurassic Park" (:97) Julianne Moore, Pete Postlethwaite, Jeff Goldblum.		#*** "The Heat" (:04) Jennifer Aniston, Philip Seymour Hoffman, Ben Stiller.		#*** "Charlie St. Cloud" (:10) Zac Efron.								
SLICE	601	562	The HEAT	The HEAT	The HEAT	Income Property	Income Property "Lysa & Jen"	#** "Liar Liar" (:97) Maura Tierney, Jennifer Tilly, Jim Carrey.		#** "Along Came Polly" (:04) Jennifer Aniston, Philip Seymour Hoffman, Ben Stiller.		#*** "Charlie St. Cloud" (:10) Zac Efron.							
TLC	521	560	Say Yes to the Dress		Dr. Pimple Popper "Pain in the Neck"		Dr. Pimple "Lookin' for Love in Lumpy Places"		Dr. Pimple "Adventures in Pimplepopping"		My 600-Lb. Life "Dominic's Story"		My 600-Lb. Life "Ashley T's Story"						
TSN	400	400	(7:30) 2023 Barcelona Open Tennis ATP Semifinal From Real Club de Tennis Barcelona 1899 in Barcelona, Spain. (N) (Live)		SC		SC	SC (N)	SC	PGA Tour Golf									
YOUTH	551	542	SpongeBob	SpongeBob	Patrick Star	Loud House	SpongeBob	Croods	Dragons	Mighty 1s	#*** "Happy Feet" (:06)		CitizenKid	Best	Squirrel	Patrick Star			

SATURDAY EVENING			APRIL 22, 2023																	
	Bell	Star	4 PM	4:30	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	
WCAX	3	-	(3:00) PGA Tour Golf Zurich Classic of New Orleans, Third Round (N) (Live)		Channel 3 News (N)		CBS News (N)	Entertainment Tonight (N)	NCIS: Los Angeles "The Body Stitches"	48 Hours		48 Hours		Channel 3 News (N)	The Song	Opry (N)				
WPTZ	5	-	LPGA Tour Golf The Chevron Championship, Third Round (N) (Live)		NBC5 News (N)		NBC News (N)	Jeopardy!	Wheel of Fortune	The Wall "Christiana and Nic"	Weakest Link "The Twins Edition"		SNL "Issa Rae; Justin Bieber" (N)	NBC5 News (N)	Saturday Night Live					
CBMT	6	206 301	NHL Hockey Vegas Golden Knights at Winnipeg Jets (N) (Live)		Hockey Night (N)		NHL Hockey Toronto Maple Leafs at Tampa Bay Lightning	To Be Announced		Laughs: Gags										
CHLT	7	107 718	(3:30) #*** "Spider-Man 2" (:04) Kirsten Dunst, James Franco, Tobey Maguire.	Nouvelles (N)		#*** "Top Gun" (:86) Kelly McGillis, Anthony Edwards, Tom Cruise.	(:45) #*** "La momie" (:17) Russell Crowe, Annabelle Wallis, Tom Cruise.	(:55) Nouvelles	#*** "Un jour sans lendemain" (:14)											
WMTW	8	-	(3:00) XFL Football D.C. Defenders at San Antonio Brahmas (N) (Live)	MAINE'S TOTAL (N)		World News (N)	Wheel of Fortune	Jeopardy!	NHL Hockey New Jersey Devils at New York Rangers From Madison Square Garden in New York. (N) (Live)	MAINE'S TOTAL (N)		The Good Doctor "Faces"								
CKSH	9	108	(3:00) Poquelin "Post mortem" (N)	Economie (N)		TJ Estrie (N)	Un gars, une fille	Les enfants de la télé	Professeur T "Sophie sait tout" (N)	Enquêtes à Morecambe (N)		Le TJ (N)	Doc humanité "Ferme familiale" (N)	# "L'odyssée" (:16) Lambert Wilson.						
CKMI	11	-	(3:30) Rock Solid	Property Brothers "Michelle & Brian"		Carnival Eats	Global (N)	Global (N)	The New Reality (N)	Border Security	True Story (N)		Private Eyes "Angie Get Your Gun"	Global (N)	Saturday Night Live					
CFCF	12	205 312	Seinfeld	Seinfeld	Big Bang	Big Bang	CTV News Montreal (N) (Live)	W5 "Broken"	# "Crossword Mysteries: Terminal Descent" (:21) Brennan Elliott, Lacey Chabert.		A Cut Above "Opposite Day" (N)		News (N)	CTV News (N)	(:05) Big Bang					
WVNY	22	-	(3:00) XFL Football D.C. Defenders at San Antonio Brahmas (N) (Live)	World News (N)		ABC22 News (N)	Extra (N)	NHL Hockey New Jersey Devils at New York Rangers From Madison Square Garden in New York. (N) (Live)	ABC22 News (N)		Gone Viral "The Power of Fire & Water"									
WUTV	30	-	MLB Baseball New York Mets at San Francisco Giants From Oracle Park in San Francisco. (N) (Live)		USFL Football Memphis Showboats vs. Birmingham Stallions From Protective Stadium in Birmingham, Ala. (N) (Live)		The National Desk		Farmer Wants a Wife "Barn Dance Romance"		Paid Prog.									
CFKS	31	106 726	#** "Comment savoir" (:10) Owen Wilson, Paul Rudd, Reese Witherspoon.		# "USS Indianapolis" (:16) Tom Sizemore, Thomas Jane, Nicolas Cage.		(:05) #*** "Indiana Jones et la dernière croisade" (:89) Sean Connery, Denholm Elliott, Harrison Ford.	(:35) #** "Le choc des Titans" (:10)												
WUHF	-	363	MLB Baseball New York Mets at San Francisco Giants From Oracle Park in San Francisco. (N) (Live)		USFL Football Memphis Showboats vs. Birmingham Stallions From Protective Stadium in Birmingham, Ala. (N) (Live)		News at 10/Big Bang (N)		Farmer Wants a Wife "Barn Dance Romance"		National (N)									
WETK	-	-	(3:00) Ken Burns: The National Parks	Rick Steves	Weekend (N)	As Time Goes By	Keep-Appear	Still Open All Hours	My Hero	Sister Boniface "Queen of the Kitchen"	Death in Paradise		RFDS: Royal Flying Doctor Service	Austin "Sarah Jarosz; Billy Strings"	Front Row Boston					
WCFE	-	-	Antiques Roadshow (N)	Seeing Canada	Rick Steves Art "The Modern Age"	Weekend (N)	Mountain Lake	New York Now	Midsomer "Written in Blood: Part 2"	Agatha Christie's "Triangle at Rhodes"		Silent Witness "In a Lonely Place: Part 1"		Austin "Sarah Jarosz; Billy Strings"	Caverns					
A&E	615	520	The First 48 "Murder in Tremé"	The First 48 "Bleeding Heart"	The First 48 "Bad Attitude; Strapped"	The First 48 "Child's Play; Bad Intentions"	The First 48 "The House on Madrona Street"	The First 48 "Dangerous Business"	The First 48 "The Other Wife"	(:05) The First 48 "Last Run; The Showdown"	(:05) The First 48 "Movie"									
CNN	500	500	CNN Newsroom (N)		CNN Newsroom (N)		CNN Newsroom (N)		Eva L "Nuevo Leon"		Eva Longoria "Oaxaca"		Heaven's Gate		Heaven's Gate					
DISC	520	505	CSI: New York "The Dove Commission"		CSI: New York "Crimes & Misdemeanors"		CSI: New York "Supply and Demand"		CSI: New York "On the Job"		CSI: New York "The Dove Commission"		CSI: New York "Crimes & Misdemeanors"		CSI: New York "Supply and Demand"		CSI: New York			
DRAMA	620	523	Bones "The Tough Man in the Tender Chicken"		Bones "The Dwarf in the Dirt"		Bones "The Foot in the Foreclosure"		Bones "The Gamer in the Grease"		Bones "The Goop on the Girl"		Bones "The X in the File"		East New York "In the Bag"		Bones "The Tough Man in the Tender Chicken"		Bones	
HIST	522	506	Pawn Stars "Chum Goes to Hollywood"		American Pickers "The King of Signs"		Dirty Old Cars	Dirty Old Cars	NCIS: Los Angeles "Kolcheck, A."	NCIS: Los Angeles "Chernoff, K."	S.W.A.T. "Quandary"		S.W.A.T. "Zodiac"		S.W.A.T. "Farewell"		S.W.A.T.			
PARMT	628	584	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters		
RDI	126	730	L'info (N)	L'info	TJ (N)	L'épicerie (N)	TJ (N)	Découverte (N)	National (N)	G. reportages "Climat: tous manipulés?"	Le TJ (N)	La facture (N)	TJ (N)	National (N)	National (N)	Journal (N)	Le téléjournal			
SHOW	616	521	#** "Jurassic Park III" (:01) William H. Macy, Téa Leoni, Sam Neill.		#** "Jurassic World" (:15) Bryce Dallas Howard, Irrfan Khan, Chris Pratt. Man-made dinosaurs go on a rampage at an island resort.		#** "Jurassic World: Fallen Kingdom" (:18) Bryce Dallas Howard, Jeff Goldblum, Chris Pratt.													
SLICE	601	562	(3:00) #*** "Charlie St. Cloud" (:10) Zac Efron.	#** "Liar Liar" (:97) Maura Tierney, Jennifer Tilly, Jim Carrey.		#** "Along Came Polly" (:04) Jennifer Aniston, Philip Seymour Hoffman, Ben Stiller.		#** "Bad Teacher" (:11) Justin Timberlake, Jason Segel, Cameron Diaz.		#** "Charlie St. Cloud" (:10) Amanda Crew, Zac Efron.										
TLC	521	560	Husband "Three's a Crowd, but Four ..."		Seeking-Husband "Two Men and a Baby"		Husband "Welcome to the Brotherhood"		90 Day Fiancé: The Other Way		90 Day Fiancé: The Other Way		90 Day Fiancé: The Other Way		90 Day Fiancé: The Other Way		90 Day Fiancé		90 Day: Other	
TSN	400	400	(3:00) PGA Tour Golf Zurich Classic of New Orleans, Third Round (N) (Live)		SportsCentre (N) (Live)		NBA (N)	NBA Basketball Milwaukee Bucks at Miami Heat (N) (Live)	NBA Basketball Memphis Grizzlies at Los Angeles Lakers (N) (Live)											
YOUTH	551	542	SpongeBob	SpongeBob	SpongeBob	SpongeBob	#** "Dr. Seuss' the Lorax" (:12)	#** "Dr. Seuss' the Lorax" (:12)	The Hardy Boys		Degrassi	Degrassi	Degrassi	Degrassi	Degrassi	Degrassi	Degrassi	Degrassi	Danger	

What's On

April 22

Join us to celebrate the 5th Anniversary of Marché des Artisanats Dunham on Saturday, April 22, 2023! Refreshments. \$100 gift certificate and other prizes. Meet the artisans. 10 a.m. to 5 p.m. Everyone welcome! 3786 rue Principale, Dunham. Facebook @ marchedesartisanatsdunham. Info 450-295-2252.

April 23 to April 28

Clothing Exchange 2023. All are welcome. Free used clothes. Collection of clothes on Sunday, April 23, 9 - 10 a.m., and April 24 to 26, 9 - 11 a.m. Distribution: Thursday, April 27 and Friday, April 28, 3 p.m. to 7 p.m. Where: Oasis Christian Centre, 219 rue Queen, Sherbrooke. Information: 819-342-0950.

April 26

The St Francis Valley Naturalists' Club presents: The Science and Safety of Solar Eclipse Viewing. On April 8th, 2024, a total solar eclipse will plunge the Eastern Townships into darkness for a few moments and it will be possible to observe the stars and the solar corona in the middle of the afternoon. Élodie Lescure, an MSc student in Astrophysics at Bishop's University will describe solar and lunar eclipses, rare astronomical phenomena

and wonders of nature. She will also discuss how to adequately prepare for observing a total solar eclipse. 7 p.m., Wednesday, April 26, 2023 at Amédée Beaudoin Community Centre, Lennoxville. Admission is free. Please note: this is a scent-free event.

April 29

Flea Market at Brome Hall, 330 Stagecoach Road, Brome on Saturday, April 29, 9 a.m. to 3 p.m. Lunch: \$8. Tacos, dessert, coffee, tea, or soft drinks. Cash only. Info: 450-242-1085/450-531-1866.

April 29

Saturday, April 29 is Canadian Independent Bookstore Day! Come support your local indie bookstore, Black Cat Books (168-E Queen Street). There will be sales and giveaways, you won't want to miss it! Black Cat Books will also be hosting an author reading event on Saturday, May 6 at 2 p.m. with local author Tanya Bellehumeur-Allatt who will be reading from her book, Peacekeeper's Daughter

April 29

Benefit Concert by Cedar Bay Ensemble on Saturday, April 29 at Creek United Church, 278 Brill Road, West Bolton, at 2 p.m. In aid of

earthquake victims of Syria and Turkey. Suggest donation \$20.

May 7

Lennoxville United Church's Service of Hope will be held at 10 a.m. on Sunday, May 7, 2023. You may dedicate a flower in support of or in memory of, a family member or friend who has been touched by cancer by calling F. Noble at 819-348-9118. You are also invited to join Robbie Hinds who will be shaving his head that day, in person, at Lennoxville United in support of Leucan's "Shaved Head Challenge." Offerings will be shared between Leucan and La Maison Aube Lumière. Refreshments will follow the service.

May 11, 12 & 13

We're b-a-c-k! The Lennoxville UCW's Spring Rummage Sale will be held on Thursday, May 11 from 10 a.m. to 7 p.m., on Friday, May 12 from 10 a.m. to 5 p.m., and on Saturday, May 13 there will be a reduced-price Bag Sale from 9:30 a.m. to noon. We will gladly accept donations of almost everything except large pieces of furniture and electronics. Please bring your contributions to Lennoxville United Church, 6 Church Street (Borough of Lennoxville) during office hours: 8:30 a.m. to noon and 1 p.m. to 3 p.m., Tuesday through Friday.



Thank you
for saving moments,
funding breakthroughs
and saving lives.



* The heart and / icon is a trademark of the Heart and Stroke Foundation of Canada.

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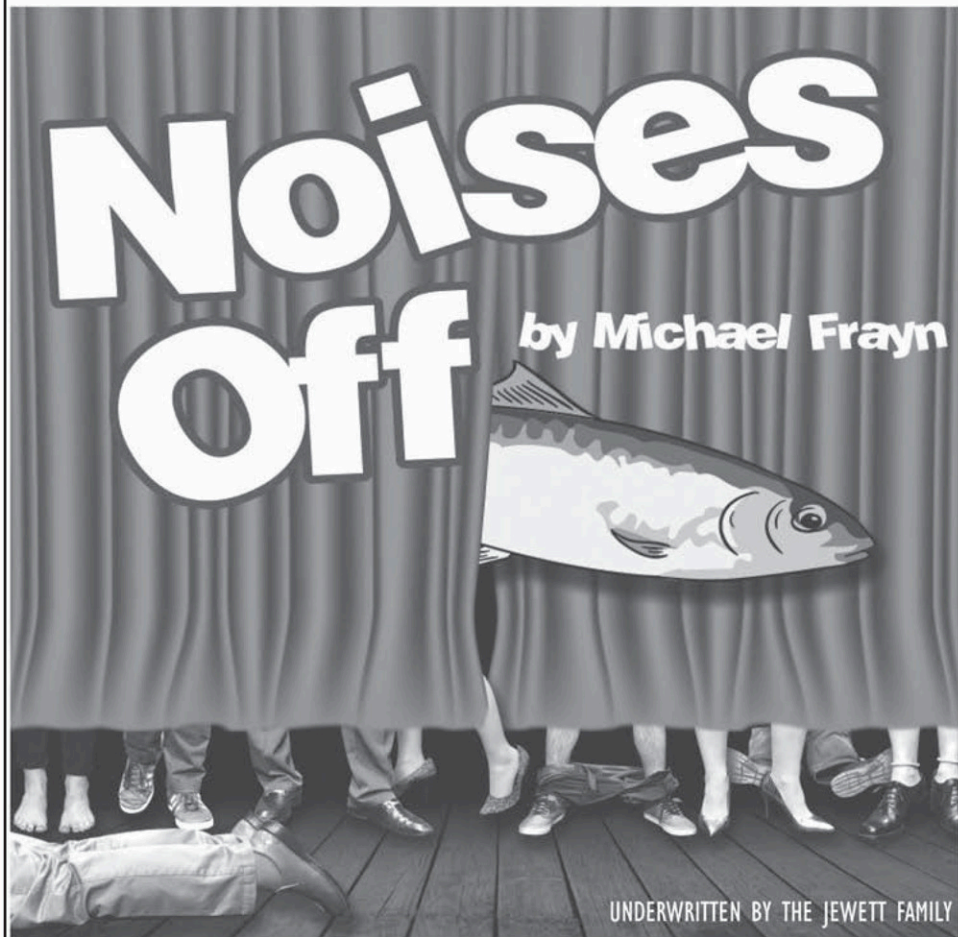
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by Michael Frayn



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Québec

Your week on TV

SUNDAY DAYTIME																	APRIL 23, 2023	
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)			Face the Nation (N)		You Can Quote Me	Paid Prog.	Memory	PBR Bull Riding	Course Record (N)	One Shot Away (N)	PGA Tour Golf		
WPTZ	5	-	-	Sunday Today With Willie Geist (N)	Meet the Press (N)			NBC 5 In Depth	Soledad O'Brien (N)	Chicago Fire "Until Your Feet Leave the Ground"	The Best of Greatest Sports Legends		USFL Football New Jersey Generals vs. Pittsburgh Maulers From Tom Benson Hall of Fame Stadium in Canton, Ohio. (N) (Live)		Maulers From Tom Benson			
CBMT	6	206	301	Coronation Street	Coronation Street	Coronation Street	Coronation Street	Coronation Street	Coronation Street	Rosemary Barton Live (N) (Live)	Our Montreal (N)	Maamuitaa	Exhibitionists	CBC Docs POV (N)		The Nature of Things		
CHLT	7	107	718	(6:00) Salut bonjour week-end (N)				*** "Les racines de l'espoir" (14) David DeSanctis, William Zabka, Kristoffer Polaha. (P)				Nouvelles	Victoire-amour (N)	*** "Moins cher la douzaine" (03) Bonnie Hunt, Piper Perabo, Steve Martin.		(05) Colombo "Meurtre en musique"		
WMTW	8	-	-	Good Morning America (N)	This Week With George Stephanopoulos (N)			Soledad O'Brien (N)	TOTAL MAINE	Free Enterprise	Hearts of Heroes	Teen Kids News (N)	NBA (N)	NBA Basketball Cleveland Cavaliers at New York Knicks (N)	Basketball (N)		Basketball (N)	
CKSH	9	108	-	(05) Paf/Le village (15)	Les Croods (N)	Makinium (N)	(35) Marika/Oniva! (45)	Le jour du Seigneur (N)	Les coulisses du pouvoir (N)	TJ (N)	Economie	L'épicerie	Manger "Le bleu"	*** "Meurtres à Sarlat" (16) Cécile Bois. (P)				
CKMI	11	-	-	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Joel Osteen (N)	Paid Prog.	The West Block (N)	The New Reality	Property Brothers "Shaly & Leonel"	Worst to First "Katharine & Darius"	Masters of Flip "Two's a Crowd"	Big Food Bucket List	Big Food Bucket List		
CFCF	12	205	312	etalk	The Social (N)	Written Canada	Paid Prog.	Jade Fever	Church of the Rock	Question Period (N)	W5 "Broken"	*** "Ghostbusters" (84) Dan Aykroyd, Harold Ramis, Bill Murray.		Corner Gas				
WVNY	22	-	-	Good Morning America (N)	This Week With George Stephanopoulos (N)			What Matters	The Key of David	Paid Prog.	Paid Prog.	Paid Prog.	NBA (N)	NBA Basketball Cleveland Cavaliers at New York Knicks (N)	Basketball (N)			
WUTV	30	-	-	The Ernest Angley Hour	FOX News Sunday (N)			Sharyl Attkisson	The Key of David	Paid Prog.	Ideal Prostate	PBA Bowling WSOB XIV World Championship, Finals (N) (Live)	NASCAR RaceDay (N)	NASCAR Cup Series GEICO 500 (N) (Live)				
CFKS	31	106	726	(7:30) Qui sait	Génies (N)	Noovo Le Fil week-end (N)	RPM	RPM plus (N)	Infopublicité	Infopublicité	Survivor Québec	*** "L'hôtel Grand Budapest" (14) F. Murray Abraham, Mathieu Amalric, Ralph Fiennes.		NASCAR Cup Series GEICO 500 (N) (Live)				
WUHF	-	-	363	Science Now	Identity Theft	FOX News Sunday (N)	Sharyl Attkisson	Rochester Press Box	Go Nitro	Outdoorsman	PBA Bowling WSOB XIV World Championship, Finals (N) (Live)	NASCAR RaceDay (N)	NASCAR Cup Series GEICO 500 (N) (Live)					
WETK	-	-	-	Young Forever With Mark Hyman, MD			John Denver's Rocky Mountain High			Vermont This Week	Hi Neighbor! The Story	Great Performances		Next at the Kennedy Center	John Denver's Rocky Mountain High			
WCFE	-	-	-	Arthur	Wild Kratts	Washington Week	Getting Dot n Older	Mountain Lake	New York Now	Samantha	Outside: Beyond	Changing Planet "Episode 1" (SP)		The Age of Nature "Awakening"	The Age of Nature "Understanding"			
A&E	615	520	-	Flipping Vegas "Black Market House"	24 Hour Flip "Flippin' Union"			Zombie House Flipping "Tampa: Larkin"	Zombie House Flipping "The Smoke House"	Zombie House Flipping "Orangewood"	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars		
CNN	500	500	-	CNN This Morning (N)	State of Union (N)			Fareed Zakaria GPS (N)	Inside Politics (N)	State of Union	Fareed Zakaria GPS	CNN Newsroom (N)	CNN Newsroom (N)					
DISC	520	505	-	Mayday "Dangerous Approach"	Mayday "Murder in the Skies"			Mayday "River Runway"	Mayday "Deadly Solution"	Mayday "Afghan Nightmare"	CSI: New York "The Closer"	CSI: New York "What You See Is What You See"	CSI: New York "Summer in the City"					
DRAMA	620	523	-	Chicago Fire "Always"	Chicago Fire "Wow Me"			Chicago Fire "Just Drive the Truck"	Chicago Fire "Apologies Are Dangerous"	Chicago Fire "The Nuclear Option"	Chicago Fire "Madmen and Fools"	Chicago Fire "One More Shot"	Chicago Fire "Real Never Waits"					
HIST	522	506	-	Paid Prog.	Border Security	Pawn Stars "Chum Goes to Hollywood"	Lost Car Rescue	Greatest Heists "The Pierre Hotel Robbery"	NCIS: Los Angeles "Chernoff, K."	NCIS: Los Angeles "S.W.A.T. "Quandary"	S.W.A.T. "Zodiac"							
PARMT	628	584	-	Bar Rescue	Bar Rescue "Punch-Drunk & Trailer-Trashed"			Bar Rescue "Empty Bottles Full Cans"	Bar Rescue "Hard Heads and Softballs"	Bar Rescue "Antisocial Media"	Bar Rescue "Bar Over Troubled Water"	Bar Rescue "Jon Ain't Afraid of No Ghost"						
RDI	126	730	-	(6:00) D'abord l'info (N)	L'info (N)	L'info maintenant	Les coulisses du pouvoir (N)	TJ (N)	TJ (N)	La parole (N)	L'info (N)	L'info maintenant	L'info maintenant	L'info maintenant	L'info maintenant			
SHOW	616	521	-	Movie	*** "Kong: Skull Island" (17) Samuel L. Jackson, Brie Larson, Tom Hiddleston.			*** "The Mummy" (17) Russell Crowe, Annabelle Wallis, Tom Cruise.			NCIS "Stranger in a Strange Land"	NCIS: Hawaii "Bread Crumbs"	NCIS: Los Angeles					
SLICE	601	562	-	The HEAT	The HEAT	*** "Liar Liar" (97) Maura Tierney, Jennifer Tilly, Jim Carrey.	*** "Along Came Polly" (04) Jennifer Aniston, Philip Seymour Hoffman, Ben Stiller.			*** "Charlie St. Cloud" (10) Amanda Crew, Donald Logue, Zac Efron.		*** "Leap Year" (10) Amy Adams.						
TLC	521	560	-	Four Weddings "... and Men in Kilts"	Four Weddings "... and a School Bus"			Weddings "... and the Leaning Tower of Eiffel"	Gypsy Wedding "You Don't Know Gypsy!"	My Big Fat American Gypsy Wedding	Gypsy "The Gypsy Ball: A Night to Remember"	You, Me & My Ex "Great Expectations"	90 Day Fiancé					
TSN	400	400	-	SportsCentre	SportsCentre			2023 Barcelona Open Tennis Final (N) (Live)			SC	Must See SC	SC	Best Fan Moments	PGA Tour Golf			
YOUTH	551	542	-	SpongeBob	SpongeBob	Super Wish	Loud House	*** "Dr. Seuss' the Lorax" (12)			*** "The Croods: A New Age" (20)		Barbie	Super Wish	Loud House	Popularity		

SUNDAY EVENING																	APRIL 23, 2023	
Bell	Star	4 PM	4:30	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX	3	-	-	(3:00) PGA Tour Golf Zurich Classic of New Orleans, Final Round (N) (Live)	Channel 3 News (N)			CBS News (N)	60 Minutes (N)	The Equalizer "No Way Out" (N)	East New York "The Harder They Fall" (N)	NCIS: Los Angeles "Sensu Lato" (N)	Channel 3 News (N)	Investigate TV	Game Time (N)			
WPTZ	5	-	-	LPGA Tour Golf The Chevron Championship, Final Round (N) (Live)	NBC5 News (N)	NBC News (N)	Dateline NBC (N)			Magnum P.I. "Charlie Foxtrot" (N) (SF)	The Blacklist "The Troll Farmer, Pt. 3" (N)	NBC5 News (N)	Soledad O'Brien	9-1-1				
CBMT	6	206	301	Escape to the Country "Warwickshire"	The Great Canadian Baking Show "Finale"			Dragons' Den		To Be Announced		NHL Hockey Edmonton Oilers at Los Angeles Kings (N)	Maamuitaa	CBC Docs POV				
CHLT	7	107	718	(3:05) Colombo "Meurtre en musique"	Vlog (N)	Poule-oeufs (N)	Nouvelles (N)	Sortez-moi d'ici (N)	Les grands bien-cuits ComediHa! (N)	La vraie nature	Nouvelles (N)	Chirurgie (N)	(05) Ados et anxieux (N) (P)	Cinéma				
WMTW	8	-	-	(3:30) NBA Basketball Sacramento Kings at Golden State Warriors (N) (Live)	MAINE'S TOTAL (N)	World News (N)	America's Funniest Home Videos (N)	American Idol "612 (Top 20) are revealed. (N)	Following America's overnight vote, the top 20 are revealed. (N)		MAINE'S TOTAL (N)	Soledad O'Brien (N)	The Rookie					
CKSH	9	108	-	(3:00) *** "Meurtres à Sarlat" (16) (P)	Les chefs!	TJ Estrie (N)	Découverte (N)	Les poilus (N)	Tout le monde en parle (N)		(20) Le TJ (N)	(50) Sports (N)	(55) Infoman (N)	(25) *** "Chinatown" (74)				
CKMI	11	-	-	Scott's Vacation "Canoe Club"	48 Hours	Global (N)	Global (N)	60 Minutes (N)	The Equalizer "No Way Out" (N)	The Blacklist "The Troll Farmer, Pt. 3" (N)	NCIS: Los Angeles "Sensu Lato" (N)	Global (N)	The West Block	Global National				
CFCF	12	205	312	Seinfeld	Seinfeld	Big Bang	Big Bang	CTV News Montreal (N) (Live)	Sullivan's Crossing "Boiling Point" (N)	East New York "The Harder They Fall" (N)	Magnum P.I. "Charlie Foxtrot" (N) (SF)	The Rookie	News (N)	CTV News (N)	(05) Big Bang			
WVNY	22	-	-	(3:30) NBA Basketball Sacramento Kings at Golden State Warriors (N) (Live)	World News (N)	ABC22 News (N)	America's Funniest Home Videos (N)	American Idol "612 (Top 20) are revealed. (N)	Following America's overnight vote, the top 20 are revealed. (N)		ABC22 News (N)	Graham Bensinger	Graham Bensinger					
WUTV	30	-	-	(3:00) NASCAR Cup Series GEICO 500 From Talladega Superspeedway in Talladega, Ala. (N) (Live)	Next Level Chef "Sugar and Tea and Rum"	Simpsons (N)	The Great North (N)	Burgers (N)	Family Guy (N)	The National Desk	Sharyl Attkisson	Big Bang	Big Bang					
CFKS	31	106	726	(05) *** "The Family Fang" (15) Jason Bateman, Christopher Walken, Nicole Kidman.	Mets-y le paquet	Vendre ou rénover au Québec (N)	Survivor Québec (N)	Survivor (N)	*** "Instinct de survie" (17) Mandy Moore, Chris Johnson, Claire Holt.	(25) *** "Sharknado 4: le 4e réveil" (16)								
WUHF	-	-	363	(3:00) NASCAR Cup Series GEICO 500 From Talladega Superspeedway in Talladega, Ala. (N) (Live)	Next Level Chef "Sugar and Tea and Rum"	Simpsons (N)	The Great North (N)	Burgers (N)	Family Guy (N)	News at 10	Sharyl Attkisson	The National Desk (N)	Big Bang					
WETK	-	-	-	(3:00) John	Aging Backwards 4	Weekend (N)	Help! We Bought a Village	Midsomer "The Killings of Copenhagen"	Call the Midwife (N)	Sanditon on Masterpiece (N) (F)	Marie-Antoinette "Deus Ex Machina" (N)	Our Miracle Years	Call the Midwife					
WCFE	-	-	-	The Age of Nature "Changing"	Music From Meadowmont Show	Sanditon on Masterpiece	Death in Paradise	Call the Midwife (N)	Sanditon on Masterpiece (N) (F)	Marie-Antoinette "Deus Ex Machina" (N)	Halifax: Retribution	Midsomer Murders						
A&E	615	520	-	*** "Hacksaw Ridge" (16) Sam Worthington, Luke Bracey, Andrew Garfield. Medic Desmond Doss becomes a hero during World War II.	WWE Rivals		WWE Rivals	WWE Rivals	WWE Rivals	(05) WWE Rivals	(05) WWE Rivals							
CNN	500	500	-	CNN Newsroom (N)	CNN Newsroom (N)	CNN Newsroom (N)	CNN Newsroom (N)	Whole (N)	Eva L "Jalisco" (N)	Heaven's "The Exit" (N)	The Whole Story with Eva L							
DISC	520	505	-	CSI: New York "The Closer"	CSI: New York "What You See Is What You See"	CSI: New York "Summer in the City"	Heavy Rescue: 401 "Nature Of The Beast"	Naked and Afraid "Not Today, Satan" (N)	Naked and Afraid: Solo (N)	Naked and Afraid "Haunted and Hungry"	Heavy Rescue: 401 "Nature Of The Beast"	Naked and Afraid						
DRAMA	620	523	-	Chicago Fire "Always"	Chicago Fire "Wow Me"	Chicago Fire "Just Drive the Truck"	Chi. Fire "Apologies Are Dangerous"	Chicago Fire "The Nuclear Option"	Ride "When it Rains..." (N)	Chicago Fire "One More Shot"	Chicago Fire "Real Never Waits"							
HIST	522	506	-	S.W.A.T. "Farewell"	American Pickers "Big Bucks Bubbles"	Built America "Thanksgiving Dinner"	Lost Car Rescue	Greatest Heists "The Pierre Hotel Robbery"	Drilling "European Connections"	Curse of Oak Island "Roman Around" (N)	Mysteries "The Assassination of JFK"	Curse of Oak Island						
PARMT	628	584	-	Bar Rescue "Don't Tell Mom the Bar is Dead"	Bar Rescue	Bar Rescue "Saving GI Jodi"	Bar Rescue	Bar Rescue "Gutterball!"	Bar Rescue "Viva La Casona"	Bar Rescue "3rd Pocket's a Charm" (N)	Bar Rescue "Pool House Rock"	Bar Rescue						
RDI	126	730	-	L'info (N)	L'épicerie	TJ (N)	La facture	TJ (N)	Le téléjournal	National (N)	Le national	Economie	Le TJ (N)	Les coulisses du pouvoir	National (N)	National (N)	Journal (N)	Le téléjournal
SHOW	616	521	-	(3:30) NCIS: FBI "Pride & Prejudice"	CSI: Vegas "Fractured"	*** "Kong: Skull Island" (17) Samuel L. Jackson, Brie Larson, Tom Hiddleston.			A Town Called Malice "Daddy Cool" (N)		(15) *** "The Mummy" (17) Russell Crowe, Annabelle Wallis, Tom Cruise.							
SLICE	601	562	-	(3:00) *** "Leap Year" (10) Amy Adams.	*** "The Boy Next Door" (15) Ryan Guzman, John Corbett, Jennifer Lopez.	*** "Leap Year" (10) Matthew Goode, Adam Scott, Amy Adams.			*** "Neighbors 2: Sorority Rising" (16) Zac Efron, Rose Byrne, Seth Rogen.		*** "The Boy Next Door" (15) Ryan Guzman, Jennifer Lopez.							
TLC	521	560	-	90 Day Fiancé: The Other Way	90 Day Fiancé: The Other Way	90 Day Fiancé: The Other Way "The Tongue Has No Bone, but It Cuts Deep"	90 Day Fiancé: The Other Way "The Glow Soon Becomes Ashes" (N)	90 Day Fiancé: The Other Way "The Glow Soon Becomes Ashes" (N)	Husband "Parents Just Don't Understand" (N)	90 Day Fiancé: The Other Way (N)	90 Day: Other							
TSN	400	400	-	(3:00) PGA Tour Golf Zurich Classic of New Orleans, Final Round (N) (Live)	SportsCentre (N) (Live)	NBA Basketball Boston Celtics at Atlanta Hawks (N) (Live)	SportsCentre (N) (Live)	SportsCentre (N) (Live)	SportsCentre (N) (Live)	SportsCentre (N) (Live)	Must See SC	Jay Onrait (N)						
YOUTH	551	542	-	SpongeBob	SpongeBob	SpongeBob	SpongeBob	*** "The Croods: A New Age" (20)		*** "The Croods: A New Age" (20)		Hardy Boys "The Key"	Degrassi	Degrassi	Danger			

Your week on TV

MONDAY EVENING														APRIL 24, 2023	
	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 (N)	Entertainment Tonight (N)	The Neighborhood	Bob Hearts Abishola	NCIS "Unusual Suspects"		NCIS: Hawai'i "Curtain Call"		Channel 3 News (N)	(35) The Late Show With Stephen Colbert	
WPTZ	5	-	NBC5 News at 6 (N)	NBC Nightly News (N)	Jeopardy! (N)	Wheel of Fortune (N)	The Voice "The Knockouts Part 2" (N)				That's My Jam (N)		NBC5 News at 11 (N)	(35) The Tonight Show Starring Jimmy Fallon (N)	
CBMT	6	206 301	CBC Montreal News (N)	Rick Mercer Report	Straights	NHL Hockey	Toronto Maple Leafs at Tampa Bay Lightning (N) (Live)				The National (N)		CBC Montreal News (N)	Maamuitau	Coronation Street
CHLT	7	107 718	TVA nouvelles (N)	Le tricheur (N)	Indéfendable (N)	La tour (N)	Hôpital New Amsterdam "Guerre de territoire" (N)		L'île de l'amour (N)		TVA nouvelles (N)	(35) La tour (N)	(05) La joute (N)		Cinéma
WMTW	8	-	MAINE'S TOTAL (N)	ABC World News (N)	Wheel of Fortune (N)	Jeopardy! (N)	American Idol "613 (Top 12 Reveal)" (N) (Live)				The Good Doctor "A Beautiful Day" (N)		MAINE'S TOTAL (N)	(35) Jimmy Kimmel Live!	
CKSH	9	108	Le téléjournal Estrie (N)	Zone économie (N)	Un gars, une fille (N) (P)	La Maison-Bleue (N)	Les chefs! (N)		Bonsoir bonsoir! (N)		Le téléjournal (N)		Sports (N)/(05) TJ/Estrie	(35) Ruptures	
CKMI	11	-	Global National (N)	Global News at 6:30 (N)	ET Canada (N)	Entertainment Tonight (N)	9-1-1 "Death and Taxes" (N)		NCIS "Unusual Suspects"		NCIS: Hawai'i "Curtain Call"		Global News at 11 (N)	(35) The Late Show With Stephen Colbert	
CFCF	12	205 312	CTV News Montreal (N) (Live)		etalk (N)	The Big Bang Theory	The Big Bang Theory	Bob Hearts Abishola	Night Court	Shelved (N) (SF)	The Good Doctor "A Beautiful Day" (N)		CTV National News (N)	CTV News Montreal (N)	(05) The Daily Show (N)
WVNY	22	-	ABC22 News at 6 (N)	ABC World News (N)	ABC22 News at 7 (N)	Inside Edition (N)	American Idol "613 (Top 12 Reveal)" (N) (Live)				The Good Doctor "A Beautiful Day" (N)		ABC22 News at 11 (N)	(35) Jimmy Kimmel Live!	
WUTV	30	-	The Big Bang Theory	Judge Judy	Judge Judy	Family Feud (N)	9-1-1 "Death and Taxes" (N)		Fantasy Island "Peaches & The Jilted Bride" (N)		The National Desk	The National Desk	Seinfeld	Two and a Half Men	Two and a Half Men
CFKS	31	106 726	Souper parfait	Le fabuleux (N)	Survivor Québec (N)	Combien tu m'aimes? (N)	Vendre ou rénover au Québec "Changement de plan?"		Le grand move (N)	Le grand move (N)	Noovo Le Fil 22 (N)	Les débats (N)	Survivor Québec	Le fabuleux	* "Je veux ton bébé..." (18)
WUHF	-	363	Modern Family	Young Sheldon	The Big Bang Theory	The Big Bang Theory	9-1-1 "Death and Taxes" (N)		Fantasy Island "Peaches & The Jilted Bride" (N)		13WHAM News at 10 on Fox Rochester (N) (Live)		iCRIME - Vargas (N)	The Simpsons	Paid Programming
WETK	-	-	PBS NewsHour (N)		BBC News Out	This Old House	Antiques "Shelburne Museum Hour 1" (N)		Roadshow: VT "Antiques Roadshow"		Antiques Roadshow		Independent Lens "Free Chol Soo Lee" (N)	Amanpour and Company (N)	Company (N)
WCFE	-	-	BBC News America	BBC News Out	PBS NewsHour (N)		Antiques "Shelburne Museum Hour 1" (N)		Music From Meadowmount Show (N)				Independent Lens "Free Chol Soo Lee" (N)	Amanpour and Company (N)	
A&E	615	520	The First 48 "Last Rap"		The First 48 "What Lies Beneath; Pistol Whipped"		The First 48 "Deadly Dispute; Heart to Heart"		The First 48 "For Love and Honor; The Dark Side of Love"		The First 48 "Late Night Ambush; Fire & Fury"		(05) The First 48 "Standing Ground"	(05) The First 48	
CNN	500	500	Situation Room (N) (Live)		E. B. OutFront (N) (Live)		Cooper 360 (N) (Live)		CNN Primetime (N) (Live)		CNN Tonight (N) (Live)		CNN Tonight (N) (Live)		Cooper 360
DISC	520	505	Highway Thru Hell "The Toll"		Mayday "Deadly Display"		Homestead Rescue "Rubble With a Cause" (N)				Heavy Rescue: 401 "Deep, Steep and Stuck" (N)		Homestead Rescue "Off Grid: The Raney Way"		Homestead Rescue
DRAMA	620	523	Chicago Fire "Santa Bites"		Chicago Fire "Let Him Die"		Chicago Fire "Ambush Predator"		Chicago Fire "Three Bells"		Chicago Fire "Nobody Touches Anything"		Chicago Fire "Chopper"		Chicago Fire
HIST	522	506	American Pickers "Naughty and Nice"		History's Greatest Mysteries "The Lost Colony of Roanoke"		The Curse of Oak Island		Mysteries "The 'Missingest' Man in America" (N)		Mysteries "Blackbeard's Lost Treasure" (N)		History's-Mysteries "The 'Missingest' Man in America"		History's-Mysteries
PARMT	628	584	Wife Swap "Parker vs. Moss"		Wife Swap "Fussell vs. Rodriguez"		Wife Swap "Levine vs. Williams"		Wife Swap "Akinbode vs. Mullis"		Wife Swap "Sharrer vs. Peete"		Wife Swap "DiCesare vs. Brown"		Wife Swap
RDI	126	730	(55) Zone économie (N)		24/60 (N)		G. reportages "Enquêtes criminelles: affaire Jubillar" (N)		Le téléjournal avec Céline Galipeau (N)		Le téléjournal (N)		Le national (N)	Le national (N)	24/60
SHOW	616	521	FBI "Clean Slate"		FBI "Uncovered"		FBI: Most Wanted "Taxman"		Bel-Air "Let the Best Man Win" (N)		(05) All American "Mask Off" (N)		FBI "Never Trust a Stranger"		FBI
SLICE	601	562	The King of Queens	The King of Queens	Will & Grace	Will & Grace	Below Deck Sailing Yacht "Worst Vacation Ever"		Below Deck Sailing Yacht (N)		Summer House (N)		The King of Queens	The King of Queens	Below Deck Sailing Yacht
TLC	521	560	You, Me & My Ex "Great Expectations"		90 Day Fiancé		90 Day Fiancé "Love in Paradise: Rump Shaker" (N)		You, Me & My Ex "Un-expected News" (N)		90 Day "Love in Paradise: Pillow Talk: Rump Shaker" (N)		Seeking Brother Husband "Parents Just Don't Understand"		90 Day Fiancé
TSN	400	400	SportsCentre (N) (Live)		NBA Tip-Off (N)	NBA Basketball	Milwaukee Bucks at Miami Heat (N) (Live)						NBA Basketball Memphis Grizzlies at Los Angeles Lakers (N) (Live)		
YOUTH	551	542	Popularity	Danger Force	* "Monster High: The Movie" (22) Ceci Balagot, Miia Harris.			Popularity	Loud House		Driving Me	The Next Step	Degrassi	Degrassi	Danger Force

TUESDAY EVENING														APRIL 25, 2023	
	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 (N)	Entertainment Tonight (N)	FBI "Sisterhood" (N)		FBI: International "Dead Sprint" (N)		FBI: Most Wanted "Bad Seed" (N)		Channel 3 News (N)	(35) The Late Show With Stephen Colbert	
WPTZ	5	-	NBC5 News at 6 (N)	NBC Nightly News (N)	Jeopardy! (N)	Wheel of Fortune (N)	Night Court	Lopez vs Lopez (N)	The Wall "Turner and Shelby" (N)		Weakest Link "I Feel Like You're Trolling Me" (N)		NBC5 News at 11 (N)	(35) The Tonight Show Starring Jimmy Fallon	
CBMT	6	206 301	CBC Montreal News (N)	Rick Mercer Report	NHL Hockey	First Round: Teams TBA (N) (Live)				Straights	The National (N)		CBC Montreal News (N)	This Hour Has 22 Minutes	Coronation Street
CHLT	7	107 718	TVA nouvelles (N)	Le tricheur (N)	Indéfendable (N)	La tour (N)	9-1-1 "Etre forts, être unis" (N) (FS)		L'île de l'amour (N)		TVA nouvelles (N)	(35) La tour (N)	(05) La joute (N)		(05) *** "Sanctum"
WMTW	8	-	MAINE'S TOTAL (N)	ABC World News (N)	Wheel of Fortune (N)	Jeopardy! (N)	The Rookie "Going Under" (N)		The Rookie: Feds "Bloodline" (N)		Will Trent "Nothing Changed Except for Everything" (N)		MAINE'S TOTAL (N)	(35) Jimmy Kimmel Live!	
CKSH	9	108	Le téléjournal Estrie (N)	Zone économie (N)	Un gars, une fille (N)	La facture (N)	Eaux turbulentes "Démantèlement" (N)		Bonsoir bonsoir! (N)		Le téléjournal (N)		Sports (N)/(05) TJ/Estrie	(35) Faits divers	
CKMI	11	-	Global National (N)	Global News at 6:30 (N)	Big Brother Canada (N)		FBI "Sisterhood" (N)		FBI: International "Dead Sprint" (N)		FBI: Most Wanted "Bad Seed" (N)		Global News at 11 (N)	(35) The Late Show With Stephen Colbert	
CFCF	12	205 312	CTV News Montreal (N) (Live)		The Rookie "Going Under" (N)		9-1-1: Lone Star "Tongues Out" (N)		The Rookie: Feds "Bloodline" (N)		Will Trent "Nothing Changed Except for Everything" (N)		CTV National News (N)	CTV News Montreal (N)	(05) The Daily Show (N)
WVNY	22	-	ABC22 News at 6 (N)	ABC World News (N)	ABC22 News at 7 (N)	Inside Edition (N)	The Rookie "Going Under" (N)		The Rookie: Feds "Bloodline" (N)		Will Trent "Nothing Changed Except for Everything" (N)		ABC22 News at 11 (N)	(35) Jimmy Kimmel Live!	
WUTV	30	-	The Big Bang Theory	Judge Judy	Judge Judy	Family Feud (N)	9-1-1: Lone Star "Tongues Out" (N)		Accused "Samir's Story" (N)		The National Desk	The National Desk	Seinfeld	Two and a Half Men	Two and a Half Men
CFKS	31	106 726	Souper parfait	Le fabuleux (N)	Survivor Québec (N)	Combien tu m'aimes? (N)	Je viens vers toi (N)		NCIS: Hawai'i "La recrue" (N)		Noovo Le Fil 22 (N)	Les débats (N)	Survivor Québec	Le fabuleux	Cinéma
WUHF	-	363	Modern Family	Young Sheldon	The Big Bang Theory	The Big Bang Theory	9-1-1: Lone Star "Tongues Out" (N)		Accused "Samir's Story" (N)		13WHAM News at 10 on Fox Rochester (N) (Live)		iCRIME - Vargas (N)	The Simpsons	Supertotics
WETK	-	-	PBS NewsHour (N)		BBC News Out	Ask This Old House	Finding Your Roots "Fashion's Roots"		My Grandparents' War "Toby Jones" (N)		Frontline "America and the Taliban" (N)		Amanpour and Company (N)		BBC News
WCFE	-	-	BBC News America	BBC News Out	PBS NewsHour (N)		Finding Your Roots "Fashion's Roots"		My Grandparents' War "Toby Jones" (N)		Frontline "America and the Taliban" (N)		BBC News	Amanpour and Company (N)	
A&E	615	520	Neighborhood Wars	Neighborhood Wars	Neighborhood Wars	Neighborhood Wars	Neighborhood Wars	Neighborhood Wars	Neighborhood Wars	Neighborhood Wars	Road Wars (N)	Road Wars (N)	(05) Road Wars	(35) Road Wars	(05) Neighbor.
CNN	500	500	Situation Room (N) (Live)		E. B. OutFront (N) (Live)		Cooper 360 (N) (Live)		CNN Primetime (N) (Live)		CNN Tonight (N) (Live)		CNN Tonight (N) (Live)		Cooper 360
DISC	520	505	Highway Thru Hell "Hell In The Canyon"		Mayday "Deadly Mission"		Outback Opal Hunters (N)		Gold Rush: Parker's Trail "Devil's Paradise" (N)		Gold Rush: White Water "Total Annihilation" (N)		Homestead Rescue "The Bears and the Bees"		Homestead Rescue
DRAMA	620	523	Chicago Med "Backed Against the Wall"		Chicago Med "What You Don't Know"		Chicago Med "Lesser of Two Evils"		Chicago Med "The Poison Inside Us"		Chicago Med "Be My Better Half"		Chicago Med "When to Let Go"		Chicago Med
HIST	522	506	Pawn Stars "Detective Rick Tracy"		History's-Mysteries "The 'Missingest' Man in America"		History's Greatest Mysteries "Blackbeard's Lost Treasure"		Pawn Stars "The Mad Pawner" (N)		The Food That Built America "Peanut Butter Battle" (N)		Pawn Stars "Detective Rick Tracy"		Pawn Stars
PARMT	628	584	Ink Master: Angels "Music City Ink"		Ink Master: Angels "Moons Over Miami"		Ink Master: Angels "Atomic Angels"		Ink Master: Angels "Mess With an Angel, Get the Horns"		Ink Master: Angels "Golden Gate Angels"		Ink Master: Angels "Steel City Showdown"		Ink Master: Angels
RDI	126	730	(55) Zone économie (N)		24/60 (N)				Le téléjournal avec Céline Galipeau (N)		Le téléjournal (N)		Le national (N)	Le national (N)	24/60
SHOW	616	521	NCIS "Pay to Play"		NCIS "Enemy Combatant"		NCIS: Hawai'i "Spies, Part 1"		Gotham Knights "A Chill in Gotham" (N)		NCIS "Love Boat"		NCIS "Philly"		NCIS
SLICE	601	562	The King of Queens	The King of Queens	Below Deck Sailing Yacht		Summer House		The Real Housewives of New Jersey (N)		The Real Housewives "Tantric Tantrums" (N)		(15) The King of Queens	(45) The Real Housewives of New Jersey	
TLC	521	560	Return to Amish "Smooth Oper-Ada"		7 Little Johnstons "Lotsa Little Lovin'"		7 Little Johnstons "More to Love: Love on the Brain" (N)		7 Little Johnstons "Om Sweet Home" (N)		Return to Amish "Johnny B. Goode" (N)		You, Me & My Ex "Un-expected News"		7 Little Johnstons
TSN	400	400	SportsCentre (N) (Live)		That's Hockey! (N)	NBA Basketball	Atlanta Hawks at Boston Celtics (N) (Live)				SportsCentre (N) (Live)		SportsCentre (N) (Live)		SC With Jay Onrait (N)
YOUTH	551	542	Dragons Nine	Kamp Koral	*** "Cloudy With a Chance of Meatballs" (09)			Young Dylan	Make It Pop		Make It Pop	The Next Step	Degrassi	Degrassi	Danger Force

Your week on TV

WEDNESDAY EVENING													APRIL 26, 2023		
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 (N)	Entertainment Tonight (N)	Survivor "Under the Wing of a Dragon" (N)	FBI "Protégé" (N)	True Lies "Bitter Sweethearts" (N)	Channel 3 News (N)	Channel 3 News (N)	(35) The Late Show With Stephen Colbert			
WPTZ	5	-	-	NBC5 News at 6 (N)	NBC Nightly News (N)	Jeopardy! (N)	Wheel of Fortune (N)	Carol Burnett: 90 Years of Laughter + Love (N)	Chicago P.D. "This Job" (N)	NBC5 News at 11 (N)	NBC5 News at 11 (N)	(35) The Tonight Show Starring Jimmy Fallon			
CBMT	6	206	301	CBC Montreal News (N)	Rick Mercer Report (N)	NHL Hockey First Round: Teams TBA (N) (Live)			Strays (N)	The National (N)	CBC Montreal News (N)	Land and Sea (N)	Coronation Street (N)		
CHLT	7	107	718	TVA nouvelles (N)	Le tricheur (N)	Indéfendable (N)	La tour (N)	Doc "Le jeune espoir" (N)	L'île de l'amour (N)	TVA nouvelles (N)	(35) La tour (N)	(05) La joute (N)	(05) **** "Les visiteurs" (93)		
WMTW	8	-	-	MAINE'S TOTAL (N)	ABC World News (N)	Wheel of Fortune (N)	Jeopardy! (N)	The Conners (N)	The Goldbergs (N)	Abbott Elementary (N)	Not Dead Yet (N)	A Million Little Things "Tough Stuff" (N)	MAINE'S TOTAL (N)	(35) Jimmy Kimmel Live!	
CKSH	9	108	-	Le téléjournal Estrie (N)	Zone économie (N)	Un gars, une fille (N)	L'épicerie (N)	Dans l'oeil du dragon (N)	Bonsoir bonsoir! (N)	Le téléjournal (N)	Sports (N)	(05) (35) Le monstre			
CKMI	11	-	-	Global National (N)	Global News at 6:30 (N)	ET Canada (N)	Entertainment Tonight (N)	Survivor "Under the Wing of a Dragon" (N)	Big Brother Canada (N)	Accused "Samir's Story" (N)	Global News at 11 (N)	Global News at 11 (N)	(35) The Late Show With Stephen Colbert (N)		
CFCF	12	205	312	CTV News Montreal (N) (Live)	etalk (N)	The Conners (N)	The Masked Singer "Battle of the Saved" (N)	Weakest Link (N)	True Lies "Bitter Sweethearts" (N)	CTV National News (N)	CTV News Montreal (N)	(05) The Daily Show (N)			
WVNY	22	-	-	ABC22 News at 6 (N)	ABC World News (N)	ABC22 News at 7 (N)	Inside Edition (N)	The Conners (N)	The Goldbergs (N)	Abbott Elementary (N)	Not Dead Yet (N)	A Million Little Things "Tough Stuff" (N)	ABC22 News at 11 (N)	(35) Jimmy Kimmel Live!	
WUTV	30	-	-	The Big Bang Theory (N)	Judge Judy (N)	Judge Judy (N)	Family Feud (N)	The Masked Singer "Battle of the Saved" (N)	Farmer Wants a Wife "Is There Room for One More?" (N)	The National Desk (N)	The National Desk (N)	Seinfeld (N)	Two and a Half Men (N)	Two and a Half Men (N)	
CFKS	31	106	726	Souper parfait (N)	Le fabuleux (N)	Survivor Québec (N)	Combien tu m'aimes? (N)	Je viens vers toi (N)	Transplanté "Nuances de beige" (N)	Noovo Le Fil 22 (N)	Les débatteurs (N)	Survivor Québec (N)	Le fabuleux (N)	Cinéma (N)	
WUHF	-	-	363	Modern Family (N)	Young Sheldon (N)	The Big Bang Theory (N)	The Big Bang Theory (N)	The Masked Singer "Battle of the Saved" (N)	Farmer Wants a Wife "Is There Room for One More?" (N)	13WHAM News at 10 on Fox Rochester (N) (Live)	iCRIME - Vargas (N)	The Simpsons (N)	Paid Programming (N)		
WETK	-	-	-	PBS NewsHour (N)	BBC News Out (N)	BBC News Out (N)	Ireland With Michael (N)	Nature "Treasure of the Caribbean" (N)	NOVA "Chasing Carbon Zero" (N)	Iconic America "Fenway Park" (N) (P)	Amanpour and Company (N)	BBC News (N)	Amanpour and Company (N)		
WCFE	-	-	-	BBC News America (N)	BBC News Out (N)	PBS NewsHour (N)	Nature "Treasure of the Caribbean" (N)	NOVA "Chasing Carbon Zero" (N)	Iconic America "Fenway Park" (N) (P)	BBC News (N)	Amanpour and Company (N)	BBC News (N)	Amanpour and Company (N)		
A&E	615	520	-	The First 48 "Body of Evidence" (N)	First 48 "Nightmare in Greedy Grove; Good Man Down" (N)	The First 48 "The Visitor" (N)	The First 48 "The Visitor" (N)	The First 48 "Teardrops; Almost Home" (N)	The First 48 "Graveyard Love" (N)	(05) The First 48 "The Chase; One Shot" (N)	(05) The First 48 "The Chase; One Shot" (N)	(05) The First 48 "The Chase; One Shot" (N)			
CNN	500	500	-	Situation Room (N) (Live)	E. B. OutFront (N) (Live)	Cooper 360 (N) (Live)	Cooper 360 (N) (Live)	CNN Primetime (N) (Live)	CNN Tonight (N) (Live)	CNN Tonight (N) (Live)	CNN Tonight (N) (Live)	Cooper 360 (N) (Live)			
DISC	520	505	-	Highway Thru Hell "Hell and High Water" (N)	Mayday "Free Fall" (N)	Moonshiners "Overhaul in Overalls" (N)	Moonshiners: American Spirit (N)	Louisiana Law "Spotlight Killers" (N)	Homestead Rescue "The Hill of Death" (N)	Homestead Rescue "The Hill of Death" (N)	Homestead Rescue "The Hill of Death" (N)	Homestead Rescue "The Hill of Death" (N)			
DRAMA	620	523	-	Bones "Bones on the Blue Line" (N)	Bones "The Mastodon in the Room" (N)	Magnum P.I. (N)	Magnum P.I. (N)	The Spencer Sisters (N)	Bones "The Proof in the Pudding" (N)	Bones "The Proof in the Pudding" (N)	Bones "The Proof in the Pudding" (N)	Bones "The Proof in the Pudding" (N)			
HIST	522	506	-	Forged in Fire "Revolutionary War Forge" (N)	Pawn Stars "The Mad Pawner" (N)	The Food That Built America "Peanut Butter Battle" (N)	Dirty Old Cars (N)	Dirty Old Cars (N)	Lost Car Rescue "Bootleg Buggy" (N)	Dirty Old Cars (N)	Dirty Old Cars (N)	Dirty Old Cars (N)	Lost Car Rescue (N)		
PARMT	628	584	-	Deadliest Warrior "Vampires vs. Zombies" (N)	Deadliest Warrior "Saddam Hussein vs. Pol Pot" (N)	Deadliest Warrior "Shaolin Monk vs. Maori" (N)	Deadliest Warrior "Spartan vs. Ninja" (N)	Deadliest Warrior "Spartan vs. Ninja" (N)	Deadliest Warrior "George Washington vs. Napoleon Bonaparte" (N)	Deadliest Warrior "George Washington vs. Napoleon Bonaparte" (N)	Deadliest Warrior "George Washington vs. Napoleon Bonaparte" (N)	Deadliest Warrior "George Washington vs. Napoleon Bonaparte" (N)	Deadliest Warrior "George Washington vs. Napoleon Bonaparte" (N)		
RDI	126	730	-	(55) Zone économie (N)	24/60 (N)	G. reportages "Les camps secrets du pouvoir chinois" (N)	Le téléjournal avec Céline Galipeau (N)	Le téléjournal (N)	Le national (N)	Le national (N)	Le national (N)	24/60 (N)			
SHOW	616	521	-	FBI "Brother's Keeper" (N)	FBI "Fathers and Sons" (N)	FBI: International "Don't Say Her Name Again" (N)	FBI "Discord" (N)	FBI "Walk the Line" (N)	FBI "Leverage" (N)	FBI "Leverage" (N)	FBI "Leverage" (N)	FBI "Leverage" (N)			
SLICE	601	562	-	The King of Queens (N)	The King of Queens (N)	The Real Housewives of New Jersey (N)	Vanderpump Rules (N)	Vanderpump Rules (N)	The Real Housewives of Miami "Stars and Cigars" (N)	The King of Queens (N)	The King of Queens (N)	Vanderpump Rules (N)			
TLC	521	560	-	Dr. Pimple Popper "The Incredible Bulk" (N)	Dr. Pimple Popper "Stucco on You" (N)	Dr. Pimple Popper "Pop Ups: Raw Meat Mass" (N)	Dr. Pimple Popper "Ear Brain" (N)	The Man With No Jaw (N)	Dr. Mercy "Mercy Mercy Me" (N)	Dr. Pimple Popper "The Incredible Bulk" (N)	Dr. Pimple Popper "The Incredible Bulk" (N)	Dr. Pimple Popper "The Incredible Bulk" (N)			
TSN	400	400	-	SportsCentre (N) (Live)	That's Hockey! (N)	NBA Basketball New York Knicks at Cleveland Cavaliers (N) (Live)	NBA Basketball New York Knicks at Cleveland Cavaliers (N) (Live)	NBA Basketball Miami Heat at Milwaukee Bucks (N) (Live)	NBA Basketball Miami Heat at Milwaukee Bucks (N) (Live)	NBA Basketball Miami Heat at Milwaukee Bucks (N) (Live)	NBA Basketball Miami Heat at Milwaukee Bucks (N) (Live)	NBA Basketball Miami Heat at Milwaukee Bucks (N) (Live)			
YOUTH	551	542	-	Trolls (N)	Patrick Star (N)	**** "Shrek 2" (04) (N)	Danger Force (N)	Danger Force (N)	Popularity (N)	The Next Step (N)	Degrassi (N)	Degrassi (N)	Danger Force (N)		

THURSDAY EVENING													APRIL 27, 2023		
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 (N)	Entertainment Tonight (N)	Young Sheldon (N)	Ghosts (N)	So Help Me Todd "Gloom and Boom" (N)	The Last Last Late Late Show (N)	Channel 3 News (N)	Channel 3 News (N)	(35) The Late Show With Stephen Colbert		
WPTZ	5	-	-	NBC5 News at 6 (N)	NBC Nightly News (N)	Jeopardy! (N)	Wheel of Fortune (N)	Law & Order "Private Lives" (N)	Law & Order: Special Victims Unit "Bend the Law" (N)	Law & Order: Special Victims Unit "Bend the Law" (N)	NBC5 News at 11 (N)	NBC5 News at 11 (N)	(35) The Tonight Show Starring Jimmy Fallon		
CBMT	6	206	301	CBC Montreal News (N)	Rick Mercer Report (N)	NHL Hockey First Round: Teams TBA (N) (Live)			Strays (N)	The National (N)	CBC Montreal News (N)	Canadian (N)	Coronation Street (N)		
CHLT	7	107	718	TVA nouvelles (N)	Le tricheur (N)	Indéfendable (N)	La tour (N)	La recrue "Chaud bouillant" (N)	L'île de l'amour (N)	TVA nouvelles (N)	(35) La tour (N)	(05) La joute (N)	Cinéma (N)		
WMTW	8	-	-	MAINE'S TOTAL (N)	ABC World News (N)	Wheel of Fortune (N)	Jeopardy! (N)	2023 NFL Draft Round 1 Teams make their first round picks in the 2023 NFL draft. (N) (Live)					MAINE'S TOTAL (N)	(05) Jimmy Kimmel Live!	
CKSH	9	108	-	Le téléjournal Estrie (N)	Zone économie (N)	Un gars, une fille (N)	Infoman (N)	Lou et Sophie "Deux connes" (N) (P)	Bonsoir bonsoir! (N)	Le téléjournal (N)	Sports (N)	(05) (35) Outlander-tartan "Les fantômes du passé" (N)			
CKMI	11	-	-	Global National (N)	Global News at 6:30 (N)	Big Brother Canada (N)	Abbott Elementary (N)	Ghosts (N)	So Help Me Todd "Gloom and Boom" (N)	Fire Country "Where There's Smoke..." (N)	Global News at 11 (N)	Global News at 11 (N)	(35) The Late Show With Stephen Colbert		
CFCF	12	205	312	CTV News Montreal (N) (Live)	etalk (N)	The Big Bang Theory (N)	Young Sheldon (N)	The Conners (N)	Night Court (N)	Call Me Kat (N)	CTV National News (N)	CTV News Montreal (N)	(05) The Daily Show (N)		
WVNY	22	-	-	ABC22 News at 6 (N)	ABC World News (N)	ABC22 News at 7 (N)	Nexstar Draft Special (N)	2023 NFL Draft Round 1 Teams make their first round picks in the 2023 NFL draft. (N) (Live)			ABC22 News at 11 (N)	ABC22 News at 11 (N)	(05) Jimmy Kimmel Live!		
WUTV	30	-	-	The Big Bang Theory (N)	Judge Judy (N)	Judge Judy (N)	Family Feud (N)	Next Level Chef "Bake It 'til You Make It" (N)	Animal Control (N)	Call Me Kat (N)	Seinfeld (N)	Two and a Half Men (N)	Two and a Half Men (N)		
CFKS	31	106	726	Souper parfait (N)	Le fabuleux (N)	Survivor Québec (N)	Combien tu m'aimes? (N)	La famille est dans le pré (N)	Couples à boutte (N)	Qui sait chanter? "Eliane MC" (N)	Noovo Le Fil 22 (N)	Les débatteurs (N)	Survivor Québec (N)	Cinéma (N)	
WUHF	-	-	363	Modern Family (N)	Young Sheldon (N)	The Big Bang Theory (N)	The Big Bang Theory (N)	Next Level Chef "Bake It 'til You Make It" (N)	Animal Control (N)	Call Me Kat (N)	iCRIME - Vargas (N)	The Simpsons (N)	Paid Programming (N)		
WETK	-	-	-	PBS NewsHour (N)	BBC News Out (N)	BBC News Out (N)	Rick Steves' Europe (N)	Made Here "Champlain College Student Showcase" (N)	Made Here "Health & The Hive: A Beekeepers Journey" (N)	Empowered (N)	Empowered (N)	Amanpour and Company (N)	BBC News (N)	Amanpour and Company (N)	
WCFE	-	-	-	BBC News America (N)	BBC News Out (N)	PBS NewsHour (N)	Death in Paradise (N)	Call the Midwife (N)	Astrid "The Man Who Never Was" (N)	BBC News (N)	Amanpour and Company (N)	BBC News (N)	Amanpour and Company (N)		
A&E	615	520	-	The First 48 "Dangerous Company" (N)	The First 48 "Green-Eyed Monster" (N)	The First 48 "Down a Dark Highway" (N)	The First 48 "Down a Dark Highway" (N)	The First 48 "Bad Influence & Vicious Circle" (N)	City Confidential "Devastation in Delta Township" (N)	(05) The First 48 "Friends and Enemies" (N)	(05) The First 48 "Friends and Enemies" (N)	(05) The First 48 "Friends and Enemies" (N)			
CNN	500	500	-	Situation Room (N) (Live)	E. B. OutFront (N) (Live)	Cooper 360 (N) (Live)	Cooper 360 (N) (Live)	CNN Primetime (N) (Live)	CNN Tonight (N) (Live)	CNN Tonight (N) (Live)	CNN Tonight (N) (Live)	Cooper 360 (N) (Live)			
DISC	520	505	-	Highway Thru Hell "Wreck and Rebuild" (N)	Mayday "Deadly Inclination" (N)	BattleBots (N)	BattleBots (N)	Lego Masters Australia (N)	Homestead Rescue "Ozark Mountain Misery" (N)	Homestead Rescue "Ozark Mountain Misery" (N)	Homestead Rescue "Ozark Mountain Misery" (N)	Homestead Rescue "Ozark Mountain Misery" (N)			
DRAMA	620	523	-	Chicago P.D. "Life Is Fluid" (N)	Chicago P.D. "Natural Born Storyteller" (N)	Walker "Daddy Was a Bank Robber" (N)	Sullivan's Crossing "Rock and a Hard Place" (N)	Ride "When it Rains..." (N)	Chicago P.D. "Push the Pain Away" (N)	Chicago P.D. "Push the Pain Away" (N)	Chicago P.D. "Push the Pain Away" (N)	Chicago P.D. "Push the Pain Away" (N)			
HIST	522	506	-	Counting Cars "Alice and the Beast" (N)	Dirty Old Cars (N)	Dirty Old Cars (N)	Lost Car Rescue "Bootleg Buggy" (N)	Swamp People "The Marina Monster" (N)	Swamp People "Snakin' Ain't Easy" (N)	Swamp People "Snakin' Ain't Easy" (N)	Swamp People "Snakin' Ain't Easy" (N)	Swamp People "Snakin' Ain't Easy" (N)			
PARMT	628	584	-	Auction Hunters (N)	Auction Hunters (N)	Auction Hunters (N)	Auction Hunters (N)	Auction Hunters (N)	Auction Hunters (N)	Auction Hunters (N)	Auction Hunters (N)	Auction Hunters (N)	Auction Hunters (N)		
RDI	126	730	-	(55) Zone économie (N)	24/60 (N)	G. reportages "Lafarge: une fabrique d'espions" (N)	Le téléjournal avec Céline Galipeau (N)	Le téléjournal (N)	Le national (N)	Le national (N)	Le national (N)	24/60 (N)			
SHOW	616	521	-	FBI: Most Wanted "Ghosts" (N)	FBI: Most Wanted "Predators" (N)	9-1-1 (N)	FBI: Most Wanted "Hairtrigger" (N)	FBI: Most Wanted "Caesar" (N)	FBI: Most Wanted "Invisible" (N)	FBI: Most Wanted "Invisible" (N)	FBI: Most Wanted "Invisible" (N)	FBI: Most Wanted "Invisible" (N)			
SLICE	601	562	-	The King of Queens (N)	The King of Queens (N)	Vanderpump Rules (N)	The Real Housewives of Miami "Sing and Shout" (N)	The Real Housewives of Miami "Sing and Shout" (N)	The Real Housewives "Tantric Tantrums" (N)	(15) The King of Queens (N)	(45) The Real Housewives of Miami "Sing and Shout" (N)	(45) The Real Housewives of Miami "Sing and Shout" (N)			
TLC	521	560	-	1000-Lb. Sisters "Apple of My Eye" (N)	Dr. Pimple Popper "Peh-DUN-kyoo-LAY-ted" (N)	Dr. Pimple Popper "Alligator Arms" (N)	Dr. Pimple Popper "Supersized: Cyst Over Troubled Water" (N)	Hoarding: Buried Alive "Hoo, This Reeks!" (N)	Hoarding: Buried Alive "This Is Garbage Land" (N)	Hoarding: Buried Alive "This Is Garbage Land" (N)	Hoarding: Buried Alive "This Is Garbage Land" (N)	Dr. Pimple Popper (N)			
TSN	400	400	-	(5:00) College GameDay (N) (Live)	NFL Draft Countdown (N) (Live)	2023 NFL Draft Round 1 Teams make their first round picks in the 2023 NFL draft. (N) (Live)	2023 NFL Draft Round 1 Teams make their first round picks in the 2023 NFL draft. (N) (Live)	2023 NFL Draft Round 1 Teams make their first round picks in the 2023 NFL draft. (N) (Live)	2023 NFL Draft Round 1 Teams make their first round picks in the 2023 NFL draft. (N) (Live)	2023 NFL Draft Round 1 Teams make their first round picks in the 2023 NFL draft. (N) (Live)	2023 NFL Draft Round 1 Teams make their first round picks in the 2023 NFL draft. (N) (Live)	2023 NFL Draft Round 1 Teams make their first round picks in the 2023 NFL draft. (N) (Live)			
YOUTH	551	542	-	Best & Bester (N)	Loud House (N)	**** "Bruno & Boots: This Can't Be Happening at Macdonald..." (N)	Frogger "Frogs Legs" (N)	Loud House (N)	The Next Step (N)	Degrassi (N)	Degrassi (N)	Degrassi (N)	Danger Force (N)		

Obituaries

Death

Death

Death

Death



Hugh AUGER

September 7, 1933 - March 31, 2023

Hugh passed away peacefully at the age of 89, after a long and fulfilled life, leaving behind his wife H el ene (Gagn e), daughters Bonnie (Greg Dunning), Catherine, Anne Marie (Gervais Carpentier), grandchildren Lia, John, Alexandre, Nicolas, niece Deborah Auger, daughter of late brother Desmond. Hugh was also brother to the late Maureen (Camil Boisvert) and uncle to late nephew Michael.

Born in St-Ferdinand, Hugh was the son of Irish and French parents. Charles Auger and Lena Haggerty ran the American Hotel in Black Lake. He attended school in Drummondville, Thetford Mines, Stanstead, and North Bay. At UNB, he got his BBA and B.Ed., while excelling at sports: football QB, track & hockey team captain, Athlete of the Year.

Hugh's career began in the early 60s: high school teacher in Thetford Mines, school administrator at St-Hubert Air Force Base, principal for Vaudreuil Catholic. He then moved the family from Hudson to NATO HQ in SHAPE, Belgium to be principal of the Canadian Forces school in 1968. After completing his M. Ed from McGill, he returned to Qu ebec to direct the Lennoxville District School Board, later named as Director General for the Eastern Townships Regional School Board. He moved his family back to Europe for two years when he became Asst. Dir. of Education in Lahr, Germany for the Canadian Forces. In 1995, he retired and started serving on boards such as Global TV, Champlain Regional College, and Universit e de Sherbrooke.

His accomplishments: Linguistic school boards, all-day bilingual kindergarten, non-smoking policy, French 2nd language elementary program, Co-op program in secondary schools, Professional University Certificate Program. His awards: Distinguished Service (Association of Administrators of English Schools of Qu ebec); Outstanding Leadership in Public Administration for Excellence ( cole nationale d'administration publique), Honorary Life Membership (Canadian Education Association). In 1996, Hugh received an Honorary Doctor of Civil Law degree from Bishop's University.

Hugh's pleasures and treasures: Driving his White Mercedes Benz. Listening to country rock music. White wine. Clementines. Blueberry pie. Annual pilgrimages to Ogunquit, Hollywood Beach, Albany, Boston, l' le. Fishing and sugar camp and cruises with the cousins. The Hudson deck in the summer Christmas Eve, Easter, Thanksgiving with family and friends at home in Sherbrooke.

To the man who defied medical odds with his lust for life.... Hughie, Dad, Poppa, Grand-papa, Mr. Auger, Hughes! With love from your family, for whom you prayed for every night.

The funeral will take place on Tuesday April 25 at 11am in Black Lake (Thetford Mines) at  glise Saint-D sir  du Lac-Noir, 425 St. D sir . Visitations: Monday April 24th (7pm to 9pm), and Tuesday (9-10.45am) at the R sidence fun raire Guy Ferland de la Maison J.A. Savoie et Fils, 831 St-Louis, Black Lake (Thetford Mines).

Condolences can be made to the Fondation Champlain et Manoir-de-Verdun (1325 Crawford, Verdun QC H4H 2N6), <https://champlain-manoir.org/en/online-donation/>, where Hugh received wonderful palliative care to live his final weeks in peace and comfort.



Ghislain CARON

1934 - 2023

On April 13, 2023, in his home in Sherbrooke and surrounded by his loving family, Mr. Ghislain Caron at the age of 88. He was the son of the late G d on Caron and the late Claire Lessard as well the beloved husband of Mrs. Donna Paquette.

May his forefathers greet him with arms wide open with beers in hands and wines in the other and finally greet his brothers Jean-Luc, G rard, and sisters Juliette, Ir ne, Aim e who had departed this plain of existence before him. Safe trip dad, we miss you already.

Ghislain leaves to mourn his loving children Paul (Linda Pelletier), Richard (Huguette), Janet (Bernard Charland) and Dean (Maryse); his grandchildren Genevi ve (Vincent Bouchard), Vanessa (Pier Yves Bilodeau), Chantal and Christian; also his grandgrandchildren Hugo, Camille and Zo e, his brother and sister Gilberte (the late Jean-Louis Roy), Paula and Robert (Lise Fradette). He was also the brother-in-law of Jean (the late Bob Wright) and Douglas (Sylvie Roy), many nephews, nieces, great-niece, great-nephew, as well as his aunts, uncles, cousins, other friends and relatives.

Visitation will be held on 2023, Saturday June 3 from 1 p.m. to 3 p.m. A memorial service will follow at Steve Elkas Chapel.

The family would like to thank Dr. Marc Bezeau for his kind and compassionate care and the personnel and home care of the CSSS DE L'Estrie and CSDE for care given to Ghislain during the last years.

As a memorial tribute, donations to the Petits-fr eres de Sherbrooke (<https://www.petitsfreres.ca/formulaire-de-don-2022/>).

STEVE L. ELKAS FUNERAL HOME
4230 Bertrand-Fabi, Sherbrooke QC
PHONE: 819-565-1155

FAX: 819-820-8872
info@steveelkas.com
www.steveelkas.com

Obituaries

April 17 to April 21, 2023



Hugh AUGER - March 31, 2023

Ronald BELL - April 14, 2023

Ghislain CARON - April 13, 2023

Gary Lynn COWAN - April 15, 2023

Clivea (Newfield) JORY - April 11, 2023

Dorothy (nee Salisbury) SOLES - April 16, 2023



Fondation de Soins **VILLAGE GRACE**
GRACE VILLAGE Care Foundation

The mission of the Grace Village Care Foundation is to support the compassionate care of the elderly through the provision of charitable funds to Massawippi Retirement Communities (Grace Village).

To donate or for information:
Emma Muise
Foundation Coordinator
Tel: (819) 569-0546 x5033
Grace Village Care Foundation
1515 Pleasant View St.
Sherbrooke, QC, J1M 0C6
gvfoundation@masscom.ca

Church Services

Presbyterian

LENNOXVILLE

On the Emmaus Road: Would you know him?" Rev. Parker's sermon this week is based on Luke 24: 13-35. You are warmly welcome to worship with us at St. Andrew's on Sunday at 10:30 am. To watch online go to the YouTube website and search "St. Andrew's Lennoxville" and click on the picture of our church for online services. The Word of Grace radio broadcast can be heard each Sunday morning on the community station CJMQ - 88.9 at 8:30 am. It can be accessed at any time at www.cjmq.fm.

United

AYER'S CLIFF- MAGOG- GEORGEVILLE PASTORAL CHARGE

All are welcome to join our Sunday morning hybrid worship services. Beulah United Church 967 Main St. Ayer's Cliff at 9:15 a.m. St. Paul's United Church 211 Pine St Magog at 11:15 a.m. If you would like more information, call Sue Young 819-578-8851 or Tammy Callaway 819-843-3778. Our minister, Rev. Angelika Piché, can be reached by phone 819-993-1554 or email apiche.pasteure@gmail.com



LENNOXVILLE

Lennoxville United Church, corner of Queen and Church, welcomes you to worship on April 23 at 10 a.m., Easter 3, with Rev. Scott Patton. Baptism by Rev. Ron Coughlin. All are welcome. Cornerstone Foodbank: Just a gentle reminder, we continue to strive to support the Corner Stone Foodbank and all non-perishable items are welcome for the boxes found at both entrances. we will hold a collection for the food bank on April 30. 2023 Service of Hope at Lennoxville United on May 7 at 10:00 a.m. to benefit La Maison Aube Lumière and Leucan. For flower dedications or to join Robbie Hinds that day as he shaves his head (in person) at LUC for the Leucan Shaved Head Challenge, please call Frankie at 819-348-9118. There will be pink boxes by the entrances for your spare change donations for Leucan and Maison Aube Lumière. Thank you for your support for these important causes. The Rummage Sale will be on Thursday, May 11, 10 a.m. -7:30 p.m., Friday, May 12, 10 a.m. - 5 p.m., and Saturday, May 13, 8:30 a.m. - noon, so now is the time to start searching in your closets! We accept all items and for all seasons. The door on church street side is opened during office hours from Tuesday to Friday 8:30 a.m. - noon and 1 p.m. - 3 p.m. and Sunday morning. If the door is locked, please ring the doorbell. Please leave items in the men's cloak room.

SHERBROOKE

The Plymouth-Trinity United Church community of faith, at 380 Dufferin in Sherbrooke, 819-346-6373 and www.plymouthtrinitychurch.org, invites one and all to join us in person in our sanctuary at 10:45 am on Sunday, April 23. There will be Children's Church. Or connect by telephone or the internet via Zoom. Check the website, or call, for details. Joignez-vous à nous dans le sanctuaire à 10h45 le dimanche, 23 avril; ou par Zoom. Téléphonnez-nous ou consultez notre site web pour les détails. Cordiale bienvenue à tout le monde. Minister: Samuel V. Dansokho.

WATERVILLE-NORTH HATLEY

The Waterville-North Hatley Pastoral Charge, 460 rue Principale, Waterville, welcomes you to Sunday service at 11 a.m. (with Sunday School) on April 23. Minister: Mead Baldwin.

Your Birthday

FRIDAY, APRIL 21, 2023

Emotions will be your driving force this year. Recognize that you must look at every angle and go over every detail before making decisions that can influence your position, reputation and prospects. If you use your intelligence and live up to your promises, success will follow.

TAURUS (April 20-May 20) - Take care of personal problems before you help others. You'll do better with less stress, a clear head and a good understanding of what's possible. Reach out, and you'll make a difference.

GEMINI (May 21-June 20) - Refuse to let others push you in an undesirable direction. Put your time and effort into increasing your income and winning over people who can influence your future.

CANCER (June 21-July 22) - Let helping others be your trademark, and something good will transpire. Your kindness, hands-on help and wisdom will encourage others to make the most of what they've got.

LEO (July 23-Aug. 22) - If something doesn't interest you, take a pass. You owe it to yourself to look for opportunities that feature something you know and do well. Discuss your options with someone who knows you well.

VIRGO (Aug. 23-Sept. 22) - You can do anything you set your mind to if you believe in yourself and your attributes. Discuss your plans, set up meetings and listen to the suggestions you receive.

LIBRA (Sept. 23-Oct. 23) - You'll learn

plenty if you observe others. Take a crash course to increase your qualifications to fit what's trending in today's market. A reunion or conference will offer interesting proposals.

SCORPIO (Oct. 24-Nov. 22) - Different directions will beckon you. The people you meet will introduce you to options that previously were out of reach. Learn all you can and map out a solid plan.

SAGITTARIUS (Nov. 23-Dec. 21) - Stay home and tidy up loose ends. Taking care of personal business will help you make room for the people and activities you enjoy most. Romance will enhance a special relationship.

CAPRICORN (Dec. 22-Jan. 19) - You'll score big with the people you encounter today. Your wisdom, help and influence will make a difference to someone who can offer something worthwhile in return.

AQUARIUS (Jan. 20-Feb. 19) - Use your connections to get what you want. Don't waste time trying to get people to see and do things your way. Follow your path and give others the freedom to do as they please.

PISCES (Feb. 20-March 20) - You're in a perfect position, so don't hesitate to act. Reach out, start a conversation, and negotiate and barter for what you feel you deserve. Mix business with pleasure.

ARIES (March 21-April 19) - Take a moment to follow the dots and figure out what you want before you head in a different direction. Seek knowledge and wisdom from someone you trust to guide you along the way.

SATURDAY, APRIL 22, 2023

Being set in your ways will keep you on the right track. Put your energy into getting things done on time and enthusiastically inspiring others. You'll come full circle and recognize what you enjoy doing most. The possibilities are endless this year, but the risk of injury or illness is high if you don't take precautions.

TAURUS (April 20-May 20) - Take advantage of what's available and proceed with clarity. You don't have to buy love or support; a kind word or gesture is sufficient. You must be intelligent and resourceful today.

GEMINI (May 21-June 20) - Rethink your plans and consider your options. Time spent researching possibilities will give you the inside scoop on what and how to get your way. Romance is in the stars. Be confident!

CANCER (June 21-July 22) - It's up to you to bring about change. Your hard work will take you in the right direction and help you surpass anyone who tries to get in your way. Take the time to relax.

LEO (July 23-Aug. 22) - Emotion and opportunity will fuel your fire. Direct your energy into helping others. The more you offer, the higher the return. Romance is on the rise. Your actions will determine what happens next.

VIRGO (Aug. 23-Sept. 22) - Keep a level head and your emotions under control. A problem with someone close to you will make you question your next move. You can have fun without compromising your reputation.

LIBRA (Sept. 23-Oct. 23) - Get your priorities straight. Redesign your lifestyle to fit what you are trying to

achieve. An opportunity to partner with someone will save you money and make your journey more fun.

SCORPIO (Oct. 24-Nov. 22) - Someone's intellect and uniqueness will draw your attention. Step out of your comfort zone and try something you've never done before. Take care of expenses or time-sensitive documents.

SAGITTARIUS (Nov. 23-Dec. 21) - Spend more time getting to know someone who interests you. A look at your options will shed light on possibilities. Distance yourself from criticism and negativity. Romance is favored.

CAPRICORN (Dec. 22-Jan. 19) - Open your doors and entertain friends and family. Adjust your living arrangements or make home improvements, but be careful not to go over budget. Be blunt and take charge.

AQUARIUS (Jan. 20-Feb. 19) - Think before making a move. You'll face opposition if you discuss your plans with a friend, relative or loved one. Leave nothing up to others. Trust your instincts and share what's necessary.

PISCES (Feb. 20-March 20) - Take pride in who you are and how you treat others. Observation will help you recognize who and what you are competing against and how to proceed. You will prosper if you take care of yourself.

ARIES (March 21-April 19) - Overreacting will slow you down. Look for the positive in everything and everyone; it will help you maintain control and reach your target market. Physical exertion will pay off.

MS lives here.

Multiple sclerosis never hits just one person. It affects the entire family.

MS Multiple Sclerosis Society of Canada

1-800-268-7582 www.mssociety.ca

Sunday horoscope on page 23

Date Book

FRIDAY, APRIL 21, 2023

Today is the 111th day of 2023 and the 33rd day of spring.

TODAY'S HISTORY: In 1836, Texas forces under the command of Sam Houston defeated Mexican forces at the Battle of San Jacinto.

In 1918, Germany's "Red Baron," fighter ace Baron Manfred von Richthofen, was shot down and killed near Amiens, France.

In 1960, the new city of Brasilia officially became Brazil's capital.

In 1992, murderer Robert Alton Harris became the first person executed by the state of California in 25 years.

TODAY'S BIRTHDAYS: Charlotte Bronte (1816-1855), author/poet; Anthony Quinn (1915-2001), actor; Elizabeth II (1926-2022), British monarch; Charles Grodin (1935-2021), actor; James Dobson (1936-), evangelist/author; Patti LuPone (1949-), actress/singer; Andie MacDowell (1958-), actress; Rob Riggle (1970-), actor/comedian; James McAvoy (1979-), actor;

Tony Romo (1980-), football player/sportscaster; Robbie Amell (1988-), actor.

TODAY'S FACT: April 21, 753 B.C., is traditionally regarded as the date of the founding of Rome by the mythological twins Romulus and Remus.

TODAY'S SPORTS: In 1980, Rosie Ruiz won the women's division of the Boston Marathon with a time of 2:31:56. The title was stripped eight days later, when officials learned that Ruiz had started the race just a mile before the finish line.

TODAY'S QUOTE: "Happiness quite unshared can scarcely be called happiness; it has no taste." - Charlotte Bronte, "Jane Eyre"

TODAY'S NUMBER: 70 - years Queen Elizabeth II ruled Great Britain, making her the longest-reigning monarch in the country's history.

TODAY'S MOON: Between new moon (April 19) and first quarter moon (April 27).

SUDOKU

DIFFICULTY RATING:☆☆☆☆☆

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

4/21

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PREVIOUS SOLUTION

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

HOW TO PLAY:

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

50th Anniversary



Happy 50th Anniversary wishes on April 21 to Syd & Shirley

Love and best wishes from your family



Dream job doesn't quite pay the bills

Dear Annie

FRIDAY, APRIL 21, 2023

Dear Annie: I've been married for a long time, and we have teenagers now. When they were young, I took a full-time position working in a school so that I could be on the same schedule as them and we wouldn't have to worry about care during the summer and on winter or spring breaks.

Taking this position cut my salary in half. But I have been at the same school for quite some time now and have fallen in love with it. I love my job. I love my co-workers. I love going to work every day. Now that our kids are approaching their college years, my husband has been pressing me about getting a new job so that my salary could be what it used to be. My issues are this:

No. 1: I've been out of the corporate workforce for so long that I feel I cannot compete with the recent college grads requiring less training or salary and are more up to date on technology and computer programs.

No. 2: I love my job. How many people are blessed enough to say that? It would break my heart to leave.

I understand the financial responsibility and all, but it's the fact I love my job that makes me not want to leave, and my husband just doesn't seem to care or understand. Please give me some advice! - Unsure

Dear Unsure: It's rare that a job can give you (SET ITAL) everything (END ITAL) you want, but it sounds like this job checks 90% of your boxes. I love how passionate you are about your career, and it sounds like the position is a great fit for you.

It is, however, important to address the financial side of things. If you keep your current job, does it put your family in a difficult position? Does your husband resent being the main breadwinner? If you do the math and agree to cut back on some spending, your husband might come around. Really let him know how important your job is to you - and that loving what you do is a gift that should be treasured, not demeaned, even if it means having to make a few financial sacrifices.

Send your questions for Annie Lane to dearannie@creators.com.

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.

“ ES GPKKJYN FJKFJN PY FWIIPBK
PB FJKFJN. PN PY GJYN NW VPDA
SWXFYJIL XV, TXYN SWXFYJIL WLL
ZBT EWHJ WB.” — ZBTPJ EZDTWMJII

Previous Solution: “My grandmother lived to 104 years old. ... Her favorite hobby was collecting birthdays.” — George Takei

TODAY'S CLUE: *K equals A*

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.

“ SR HRC EXC WXEKTWO ZXH RM
VMXXSD THCXMWCW WITH DRJM
FRJHCMD RK TCW AXNJCD, TCW
MTFOXW RM TCW MRZNHFX.”
— COXRSRMX MRRWXYXEC

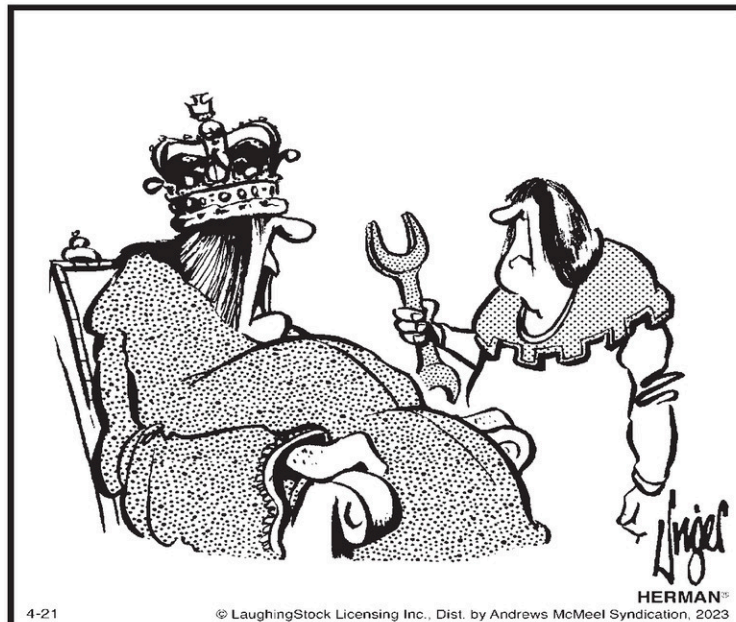
TODAY'S CLUE: *K equals A*

Previous Solution: “My biggest regret is rolling in regret. It is best to pick yourself up, dust yourself off and move on.” — Andie MacDowell

REALITY CHECK



HERMAN



ALLEY OOP



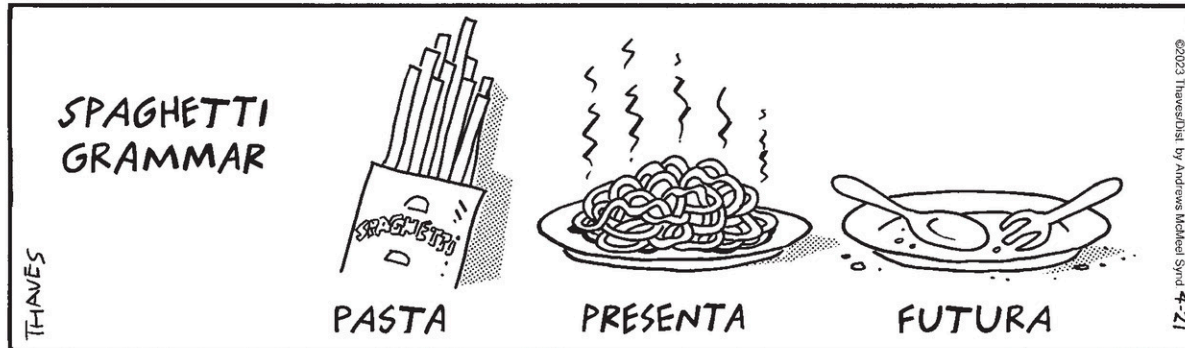
ARLO & JANIS



THE BORN LOSER



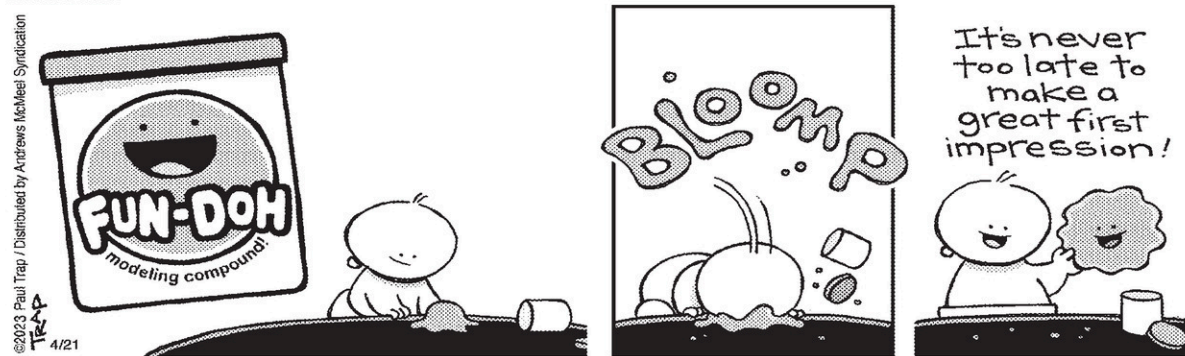
FRANK AND ERNEST



GRIZZWELLS



THATABABY



Diabetes The New EPIDEMIC. React Now! Diabetes Québec. Information and donations: (514) 259.3422 or 1.800.361.3504 www.diabete.qc.ca

NEA Crossword Puzzle

Answer to Previous Puzzle

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

ACROSS

39 Shake-

speare title word

40 Circular current

41 Poet's contraction

42 Psyche components

43 Before, to Blake

45 With regret

47 Twinkle

50 Sicilian landmark

51 Latin trio?

52 Evergreen tree

54 Stogie

58 Arith. term

59 Daisy — Scraggs

60 Get hitched quick

61 Barely make do

62 Make a typo

63 Montand of the movies

DOWN

1 Insurance grp.

2 Balloon filler

3 Hwys.

- 1 Damage
- 5 Calendar abbr.
- 8 PC bailout key
- 11 Golden touch king
- 13 Make top honors
- 14 "The Simpsons" bartender
- 15 Welles or Bean
- 16 Charged particle
- 17 Percent ending
- 18 Raise
- 20 Jokesters
- 22 Stage awards
- 24 Sweater letter
- 25 Cosmonaut's station
- 26 Costa —
- 28 Give out sparingly
- 32 Flamenco cheer
- 33 Obstacle
- 34 Big city problem
- 35 Diary opener
- 37 — — for keeps

1	2	3	4		5	6	7		8	9	10	
11				12		13			14			
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32				33					34			
35			36		37			38		39		
40					41					42		
			43	44			45		46			
47	48	49				50						
51				52	53			54		55	56	57
58				59				60				
61				62					63			

Date Book

SATURDAY, APRIL 22, 2023

Today is the 112th day of 2023 and the 34th day of spring.

TODAY'S HISTORY: In 1889, the Oklahoma Land Rush began at high noon as thousands of settlers were allowed into the state to claim land.

In 1954, live television broadcasting of the U.S. Senate's Army-McCarthy hearings began.

In 1970, an estimated 20 million Americans participated in nationwide demonstrations marking the first Earth Day.

In 2000, federal agents seized 6-year-old Elian Gonzalez from his relatives' house in Miami to return him to his father in Cuba.

TODAY'S BIRTHDAYS: Immanuel Kant (1724-1804), philosopher; Vladimir Lenin (1870-1924), Soviet leader; J. Robert Oppenheimer (1904-1967), physicist; Bettie Page (1923-2008), model/actress; Aaron Spelling (1923-2006), screenwriter/producer; Glen Campbell (1936-2017), singer-songwriter; Jack Nicholson (1937-), actor; John Waters

(1946-), filmmaker; Peter Frampton (1950-), singer-songwriter; Jeffrey Dean Morgan (1966-), actor; Amber Heard (1986-), actress; Marshawn Lynch (1986-), football player; Machine Gun Kelly (1990-), rapper.

TODAY'S FACT: The Senate's Army-McCarthy hearings were the first nationally televised congressional inquiry.

TODAY'S SPORTS: In 2004, former professional football player Pat Tillman was killed by friendly fire while serving as an Army Ranger in Afghanistan.

TODAY'S QUOTE: "Morality is not the doctrine of how we may make ourselves happy, but how we may make ourselves worthy of happiness." — Immanuel Kant

TODAY'S NUMBER: 9.7 — percentage of Oklahoma's population that is Native American, according to the U.S. Census Bureau.

TODAY'S MOON: Between new moon (April 19) and first quarter moon (April 27).

SUDOKU

DIFFICULTY RATING: ★★★★★

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

4/22

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PREVIOUS SOLUTION

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

HOW TO PLAY:

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

Call Sherbrooke: (819) 569-9525 between 8:30 a.m. and 4:30 p.m.
 E-mail: classad@sherbrookerecord.com
 or Knowlton: (450) 242-1188 between 9:00 a.m. and noon

CLASSIFIED

Deadline: 12:30 p.m. one day prior to publication
 Or mail your prepaid classified ads to
 The Record, 6 Mallory, Sherbrooke, Quebec J1M 2E2

- 030 Property Wanted
- 030 Property Wanted
- 035 For Rent
- 035 For Rent
- 145 Miscellaneous Services
- 145 Miscellaneous Services
- 275 Antiques
- 275 Antiques

I am looking for **WOOD LOTS** to buy for hunting, 30 to 200 acres. Please call or text 819-481-2433.

BEAUTIFUL STUDIOS for rent in Sawyerville. Ideal for seniors. Starts \$395/month. Private bathroom and closet. Included: laundry facility, electricity, WIFI, food prep area, meal service available. No smoking. www.Novallian.com. Call Ben for info 819-446-7791.

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

BUYING COLLECTABLES. Coins, Comics, War Medals, Silver Cutlery & Tea Sets, Gold, Jewelry, Watches, Stamps, Records, Judaica. Olympic & Military Items. WE MAKE HOUSE CALLS. Fully Vaccinated. **43 YEARS OF TRUST.** Ron 514-996-6798.

- 100 Job Opportunities
- 100 Job Opportunities
- 100 Job Opportunities
- 100 Job Opportunities

- 160 Music
- 160 Music

LOOKING FOR ADVANCED or professional pianist, violinist, and cellist to meet to play great repertoire with the flute. Possible concerts. Email with subject 'Music' to douglasnadler62@gmail.com

- 276 Arts & Crafts
- 276 Arts & Crafts

Join us to celebrate the **5TH ANNIVERSARY** of **Marché des Artisans Dunham** on Saturday, April 22, 2023! Refreshments. \$100 gift certificate and other prizes. Meet the artisans. 10 a.m. to 5 p.m. Every-one welcome! 3786 rue Principale, Dunham. Facebook @marchedesartisansdunham. Info 450-295-2252.

- 295 Articles Wanted
- 295 Articles Wanted

LICENSE PLATE COLLECTOR looking to buy Quebec license plate. Please call Daniel at 450-278-0517.

- 340 Garage Sales
- 340 Garage Sales

LENNOXVILLE
 Accepting donations for Garage Sale. St. George's, Lennoxville (84 Queen St.) is currently accepting donations for its parish garage sale to take place in late May. No televisions, furniture, or very large items. Please call the church at 819-346-5564 to schedule a drop off time. Please do not leave items outside the church.

NOTICE

Notice is given that **Mr. Marcel C Roy**, of 4 Sunset Street, Stanstead, Quebec, J0B 3E2, died on May 3rd, 2022. An inventory of the deceased's property was made by the liquidator of the estate, Deanna Bunnell Roy, on April 10, 2023.

This inventory may be consulted by interested parties, directly with Deanna Bunnell Roy, located at 4 Sunset Street, Stanstead, Quebec, J0B 3E2.

EMPLOYMENT

-SECRETARY-

Year-Round/
Part-Time

For More Information
Ayerscliffair.com
 Or Facebook



PUBLIC NOTICE OF BY-ELECTION

Poll of June 4, 2023

PUBLIC NOTICE is hereby given to electors of the **Eastern Townships School Board (ETSB)**:
 The following position is open for nominations:

- **One (1) Commissioner,**
 Electoral Ward #4 - **Composed of the following municipalities:** Béthanie, Bonsecours, Eastman, Granby, Roxton, Roxton Falls, Roxton Pond, Saint-Alphonse-de-Granby, Saint-Joachim-de-Shefford, Sainte-Anne-de-la-Rochelle, Sainte-Cécile-de-Milton, Shefford, Stukely-Sud, Warden and Waterloo.

May be elected to the above position, anyone who, on polling day:

- ✓ Is entitled to have his/her name entered on the ETSB list of electors;
- ✓ Has been domiciled on the ETSB territory for six months or more.

Nomination papers for this position must be filed from **April 25 to 30 (5PM), 2023**, at the office of the Returning Officer, or other locations indicated, as per the following schedule (preferably on an appointment basis):

Date	Time	Location
Tues.-Sat., April 25 to 29, 2023	between 9AM-12PM	Office of the Returning Officer - 340, Saint-Jean Bosco St., Magog QC
Wednesday, April 26, 2023	between 1PM and 4PM	Waterloo Elementary School - 5, Clark Hill St., Waterloo QC
Thursday, April 27, 2023	between 1PM and 4PM	Parkview Elementary School - 50, Lorne St., Granby QC
Sunday, April 30, 2023	between 2PM and 5PM	Office of the Returning Officer - 340, Saint-Jean Bosco St., Magog QC

If more than one candidate files nomination papers for the **same position**, an election will be held on **June 4, 2023** from 10 AM to 8 PM and an advance poll will be held on **May 28, 2023**, from 12 PM to 8 PM.

A revision period of the electoral list will be held on **May 8, 2023** (from 12 PM - 6 PM) and also on **May 16, 2023** (from 7 PM to 10 PM) at the **Parkview Elementary school** located at 50, Lorne Street in Granby, if this electoral ward is up for election.

An elector who has no child admitted to educational services provided in a French *centre de services scolaires* or in an English school board which covers their home address may choose to exercise or revoke their right to vote at an English language school board. This choice is made by sending a signed "Notice of option or revocation" (available online - see link below) to the Returning Officer of the ETSB **at the latest May 16, 2023 (10 PM)**.

I nominate to act as Election Clerk, **Mr. Éric Campbell** as well as nominate him as an assistant authorized to receive nomination papers.

For details on the electoral process, including the document "*Running as a candidate in school elections*", go to www.etsb.qc.ca/school-elections-2023/

Contact information for the Returning Officer:

SuzAnne Tremblay
 340, Saint-Jean-Bosco
 Magog QC J1X 1K9
 Telephone: (819) 868-3100, # 55025
 Fax: (819) 868-2286
 Email: tremblays@etsb.qc.ca

Given in Magog, on the 14th day of April 2023
 SuzAnne Tremblay,
 Returning Officer

THE RECORD

Job Opportunity

The Record is seeking a dynamic, focused **Marketing and Sales Representative** to present its print and digital packages to advertisers and institutions.

The successful candidate will have an understanding of digital technology, social media platforms, video advertising and the various tools and strategies employed to expand the reach of print advertising, and the bilingual communication skills required to convey the benefits of digital options to local businesses.

Candidates must have access to a vehicle.

Salary plus commission.

The Record is the Eastern Township's only English-language daily newspaper, serving the region since 1897.

Interested applicants should send a cover letter and resume as soon as possible to Sharon McCully, Publisher, The Record, outletjournal@sympatico.ca

NEA Crossword Puzzle

Your Birthday

SUNDAY, APRIL 23, 2023

Answer to Previous Puzzle

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

- ACROSS**
- 1 Verne captain
 - 5 Certainty
 - 9 Big bird
 - 12 Operatic prince
 - 13 Comics dog
 - 14 Big tub
 - 15 Sweat spot
 - 16 Chances
 - 17 Geologic time period
 - 18 Pick out
 - 20 Pitch suddenly
 - 22 Chaucer offering
 - 23 — Diego
 - 24 Alpaca kin
 - 27 Pulls gently
 - 31 Classified wd.
 - 34 Branch
 - 35 Pass over
 - 36 Rapper — E. Fresh
 - 38 Bradley or Sharif
 - 40 Some
 - 41 Rigatoni kin
 - 42 Where Nairobi is
 - 44 "Gosh!"
 - 46 "Fernando" band

- 49 Inexpensive
 - 52 Gourmet delicacies
 - 54 Shock
 - 55 Thought
 - 58 Jog
 - 59 Tavern fare
 - 60 Dogpatch cartoonist
 - 61 Reverberate
 - 62 Fish eggs
 - 63 Health resorts
 - 64 "Candida" playwright
- DOWN**
- 1 Robins' bills
 - 2 Long-plumed heron
 - 3 Cash, casually (var.)
 - 4 "1984" author
 - 5 Yard fraction
 - 6 Arithmetic verb
 - 7 Scotland Yard div.
 - 8 Physicist Nikola —
 - 9 Constantly

- 10 Artist — Chagall
- 11 Ogden locale
- 19 Scottish Highlander
- 21 Golden rule word
- 23 "Cosmos" host
- 25 Quit napping
- 26 Silent performer
- 28 Thurman of "The Golden Bowl"
- 29 Tonic go-with
- 30 Messy place
- 31 Cutting tool
- 32 Luau dish
- 33 Famous mummy
- 37 Prefix with byte
- 39 Meg or Nolan
- 43 Subsidies
- 45 Homer's works
- 47 Canoe wood
- 48 Island farewell
- 49 Tyrant
- 50 Moon ring
- 51 Thrust-and-parry sword
- 52 Exhausts
- 53 Put in the attic
- 56 Skip over water
- 57 Clean air org.

1	2	3	4		5	6	7	8		9	10	11
12					13					14		
15					16					17		
18				19				20	21			
	22						23					
			24		25	26			27	28	29	30
31	32	33		34					35			
36			37		38			39		40		
41					42				43			
			44	45				46		47	48	
49	50	51					52					53
54				55	56	57			58			
59				60					61			
62				63					64			

Take a serious look at what's happening around you and how you can use your skills, intelligence and energy to bring about positive change. Your contributions will make a difference and draw positive attention. Set the stage for what's to come and live up to your promises, and everything else will fall into place. Choose to be helpful, not critical.

TAURUS (April 20-May 20) – Stand tall and be proud of who you are and what you offer. A plan will pan out if you work to make it happen. Live up to your potential; you'll make an impression.

GEMINI (May 21-June 20) – Face sensitive issues head-on. Your honesty will encourage an important conversation. A steady pace forward will inspire others to help you. You have what it takes, so get moving!

CANCER (June 21-July 22) – Speak up, take a leadership position and do your best to stay within budget when helping others. Negotiate on your behalf to ensure that you get a fair deal. Avoid risky situations.

LEO (July 23-Aug. 22) – Stop and rethink your next move. Consider how good an offer is before deciding to get involved. Be wary of anyone trying to push you into something, and demand specifics if someone's being vague.

VIRGO (Aug. 23-Sept. 22) – Seek knowledge and start a new endeavor. Broaden your interests, pick up skills and connect with influential people. Tell your story and inspire others. Don't let your emotions get in the way.

LIBRA (Sept. 23-Oct. 23) – Get out

and have fun. Participation will lead to information and a connection to someone who can further your pursuits. Ask a direct question and give frank answers. Honesty will be key.

SCORPIO (Oct. 24-Nov. 22) – Love and entertainment will be costly. Put a cap on spending and what you put up with from others. A change of heart will encourage you to live life your way and to let go of what isn't working.

SAGITTARIUS (Nov. 23-Dec. 21) – Be guarded in your response to anyone prying into your affairs. Personal information given out too freely will put you in a vulnerable position. Protect your secrets.

CAPRICORN (Dec. 22-Jan. 19) – Ignore what others do and focus on what makes you happy. Make yourself comfortable and build a retreat that eases stress and is a welcoming environment for your loved ones.

AQUARIUS (Jan. 20-Feb. 19) – Take inventory and weed out what's of no use to you. Decluttering will make your life easier and your stress level lower. Refuse to let a friend or relative influence your decisions.

PISCES (Feb. 20-March 20) – Refuse to let others limit you. Consider what you enjoy doing, and add skills to your repertoire. Don't let love or a sensitive situation cost you. Spend time with people who share your interests.

ARIES (March 21-April 19) – Consider your goal and develop a feasible, cost-efficient plan. Don't battle with the opposition when you can gain far more by doing what you do best. Romance is in the stars; share your feelings.

FRIDAY, APRIL 21, 2023

Always try to help out partner

By Phillip Alder

When defending, not only is it important to watch all of the cards like a hawk, but also it pays to make your partner's life easy whenever possible.

In today's deal, how should the defense go against six spades after West leads the heart king?

Following the weak two-bid, North's jump to five spades asked his partner to go on to six with good trumps. Despite his minimum, South did have a powerful suit.

At first glance, the slam looks easy. South wins the heart lead in the dummy, discards his two heart losers on dummy's top clubs and then plays a trump to the king and ace, losing only one spade trick. However, a closer examination shows that the defenders have a resource.

West led the club jack after winning with the trump ace. Seeing no reason to do anything else, East discarded a diamond. Declarer ruffed, drew trumps and claimed.

True, East made a mistake. Ruffing with the spade nine was indicated – it couldn't hurt. Here it doesn't hurt East, but it definitely hurts South. He has to overruff with the spade jack, but then West's spade 10 is promoted as the

		North	04-21-23
		♠ 8 2	
		♥ A 7 6	
		♦ A K Q J	
		♣ A K Q 5	
West		East	
♠ A 10 3		♠ 9 5	
♥ K Q 9		♥ J 5 4 3	
♦ 10 3		♦ 8 5 4 2	
♣ J 10 7 4 3		♣ 8 6 2	
		South	
		♠ K Q J 7 6 4	
		♥ 10 8 2	
		♦ 9 7 6	
		♣ 9	
		Dealer: South	
		Vulnerable: Both	
South	West	North	East
2♠	Pass	5♠	Pass
6♠	Pass	Pass	Pass
Opening lead: ♥ K			

setting trick.

However, West has a clever way to protect his partner from error. While South is cashing dummy's club winners, West should follow suit not with the three, four and seven, but with the three, seven and 10. When West wins with the spade ace, he leads not the club jack but the club four. As dummy's five is winning the trick, East has to ruff to keep declarer from obtaining another discard. This effects the uppercut trump promotion.

LET'S VOLUNTEER



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NATIONAL VOLUNTEER WEEK
April 16-22, 2023

49th
EDITION

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