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THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Sherbrooke gets aggressive with potholes

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WEEKEND EDITION

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FRIDAY, APRIL 5, 2019

SPA recommends euthanasia for Potton dogs

Record Staff

The Estrie Society for the Protection of Animals (SPA) has recommended that the three dogs that seriously injured a jogger in the Township of Potton on March 29, be euthanized.

The SPA Estrie reportedly transmitted its report to the Municipality on Wednesday.

After a few days of assessment, the agency concluded that the three dogs represent an "unacceptable level of risk" to public safety.

The decision, however, rests with the Municipality. Council should meet shortly to decide on the fate of the animals.

A 55-year-old woman was brutally attacked on Friday, March 29, while running on Ch de l'Aéroport and suffered serious, life threatening injuries. In latest reports, the victim is still in intensive care.

This story has shaken the entire community, including Mayor Jacques Marcoux, who knows the victim personally.

BU offers a Shakesperience like no other



COURTESY OF JESSICA RIDDELL

Over 20 students and members of the community, led by Dr. Jessica Riddell, participate in Shakesperience each year. They will be traveling to the Stratford Theatre Festival in June to see six plays and experience backstage tours and workshops. "The age range - 18 to 79 years young - provided an amazingly rich set of conversations about life through the lens of Shakespeare's plays."

By Emilie Hackett
Special to the Record

After obtaining her Doctorate in English Literature from Queen's University, Jessica Riddell began teaching at Bishop's University in 2009 and has made a significant difference at the University and in its English department. One of her latest achieve-

ments is the creation of the Shakesperience course, offered each spring since 2016. The one-week course is open to members of the community as well as students and includes a trip to the Stratford Theatre Festival and backstage tours.

Shakesperience will be happening intensively from June 8 to June 15, 2019,

where attendees will travel to the Stratford Theatre Festival in Ontario to see six plays, participate in workshops and private backstage tours, and have discussions with directors, actors, costume designers, and writers. This year's plays are Henry VIII, The Merry Wives of

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LOW 1



SATURDAY:
MIX OF SUN
AND CLOUDS

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LOW -2



SUNDAY:
SUNNY

HIGH 13
LOW 1



MONDAY:
RAIN

HIGH 5
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TUESDAY:
PERIODS OF
SNOW OR
RAIN
HIGH 5
LOW -3

Brother by David Chariandry



GOOD READS

LENNOXVILLE LIBRARY

In the first sentence of the acknowledgments section of his book, *Brother*, David Chariandry writes, “This short book took me a long time to write”. *Brother* is a substantial read and its brevity is not an indication of its depth. Rather, this carefully crafted novel, detailing ten years in a family’s life, is spare specifically because its characters are so confined by the grief and prejudice and poverty surrounding them that they have lost their ability to move forward. *Brother* is a story in stasis. There is not a lot to tell, but what there is, is heartbreaking.

Brother is the story of an immigrant family living on the outskirts of 1990’s Toronto amid that city’s burgeoning hip-hop scene. Scarborough (or, as it is otherwise called in the book, Scarbro or Scarberia or Scarlem or Scarbistan) is an unlikely Eden sought by West Indian parents; a better place to raise their new-

Canadian boys than amid the poverty of their homeland. Their dreams are scuttled when the decaying concrete project apartment home they inhabit becomes fatherless and the two young boys are left to be raised by their mother amid ever-diminishing circumstances.

Michael is the younger of the two brothers and the adult narrator of the story. He is a reluctant survivor, unable to heal as his scab of grief is repeatedly picked away by the people and circumstances that link him, inexorably, to two tragic incidents, ten years apart. He is caretaker to his increasingly failing mother and cannot risk losing the job he despises for fear of further jeopardizing their tenuous social and financial conditions. Francis is the ‘brother’ of the title, a thoughtful teenaged boy, too soon burdened with the mantle of adult responsibility. Aware and resentful of his role as father figure to his younger sibling, he struggles to equip Michael with the skills and sensibilities needed to survive a context that suspects (and too often hates) his gender and colour and social status. Francis is profoundly loyal and instinctively protective of those he loves. His efforts to ensure that Michael learn the unfathomable rules of acceptable male conduct, fostered in a community devoid of any positive examples, are hard to witness; hard to read. The lessons Francis offers his brother in male and macho and black are at odds with the intense, unspoken love he has for Jelly, his best friend and partner in hip-hop ambitions. It is sadly unsurprising that those two elements, same-sex love and the hip-hop music scene, conspire in the genesis of the novel’s great tragedy.

There are elements of Holden Caulfield in *Brother*; Duddy Kravitz too. We recognize the pain of young men who want to change their circumstances and who don’t possess the skills to do so. Chariandry, through the character of Michael, observes Francis’ keen gift of perception;

From the age of seven, Francis could read. He read books, of course, regularly and well into his teens. But he could also read the many signs and gestures around us. He could read the faces of the neighbourhood youth hanging around outside 7-11 and know when to offer a nod or else a sly joke or else just to keep moving and not just then attempt to meet a bruised pair of eyes. But especially, Francis could read our mother. He recognized her pride, but also the routes and tolls of her labours.

The brothers’ relationship with their mother is strained; an unquestionable

love made difficult by her pride and necessary absence. She is a woman confined by poverty and guilt, determined to be both parents to her boys and, according to Chariandry, “... one of those black mothers, unwilling to either seek or accept help from others...though it meant leaving her two boys alone at home.”

The other significant character in the novel is the city of Scarborough, mythologized beyond its other guise as a suburb one needs to get through in order to get to Toronto. In the same way that Ondaatje’s *In the Skin of a Lion* forever changes a reader’s impression of the Bloor Street viaduct, *Brother* will chronicle how an act of racist violence can change “a wasteland on the outskirts of a sprawling city” into the face of ugly humanity where the “stucco of a low-rise looked like the sole of an unwashed child; the rust on the balcony railings and fire exits of an apartment tower looked ugly and contagious, a bubbling rash.”

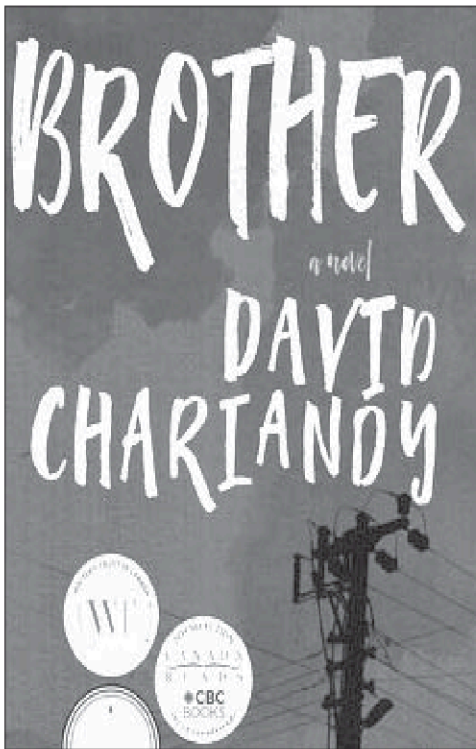
Brother succeeds on two levels. On one it is a disturbing record of the immigrant experience in urban Canada which, although primarily set in the 1990’s, is painfully reflected in today’s headlines. Bigotry, fear and racial profiling are everyday elements in *Brother*’s Scarborough, but they could just as easily define the Christchurch and Quebec and Charleston and Toronto of 2019. This novel will long live as an equal among its contemporaries like *The Book of Negroes* and *Indian Horse*, fictionalized versions of truths most Canadian don’t want to, but need to know.

On another level, *Brother* is a staggering example of literary beauty. It is not so much written as it is carved. There is no excess; no extra words. Chariandry crafts his sentences and chapters in precise, economical units that, when they don’t carry the narrative forward, comment on atmosphere. They provide context in exquisite and spare detail.

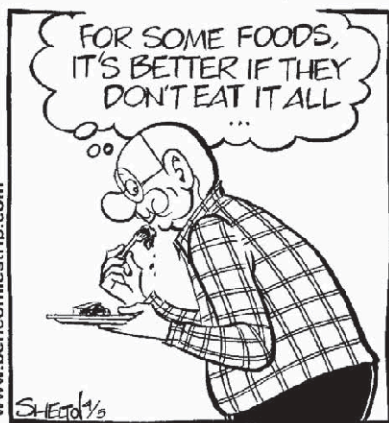
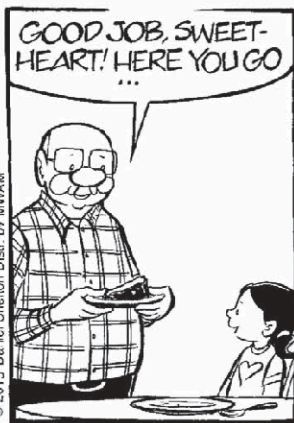
Brother does not provide us with a happy ending. It would be misleading, however, to say it doesn’t provide us with hope, though you really have to look for it. There is a lesson, too; a lesson about remembering and learning what Michael tells us on the first page, that “Memory’s got nothing to do with the old and grey and faraway gone. Memory’s the muscle-sting of now.”

Reviewed by Wade Lynch

This week’s review, by Wade Lynch, and last week’s by Claire Grogan, are taken from their presentations at the recent Lennoxville Library Canada Reads event.



Ben by Daniel Shelton



LOCAL NEWS

The thieves are especially looking for money, jewellery and electronics. Usually, they enter through a window and exit through the patio door.

Burglary wave in Lennoxville and Rock Forest

Record Staff

Sherbrooke Police are trying to identify the people behind roughly 50 robberies in Rock Forest and Lennoxville since the beginning of 2019. They thieves are targeting apartments

on the ground floor. The suspects knock on the door, and if there is no response, they enter and rob the place. If the tenant opens the door, the suspect claims that he was mistaken or looking for someone.

The thieves are especially looking for

money, jewellery and electronics. Usually, they enter through a window and exit through the patio door.

The SPS is warning homeowners against this wave of break-ins and believes the same suspects are behind them. They are asking tenants to be vig-

ilant and descriptions of people, vehicles, or license plates can be very helpful.

Any information on the crimes can be transferred to the SPS Criminal Investigation Division at 819-821-5544 or Crime Stoppers at 1-800-711-1800.

Local kennel club sniffing out best in show

Record Staff

The Club Canin de l'Estrie will be hosting a dog show next weekend from April 12 to 14 at the J. A. Lemay Arena in Windsor.

The club is expecting around 450 dogs representing more than 115 pure breeds. Competitors are coming from Quebec and also from Ontario and from the Eastern United States.

Visitors can freely circulate through the exhibitors and admire the dogs in the competition. It is even possible to meet directly with breeders to discuss the qualities and attributes of each breed.

The event starts at 8 a.m. on Friday (8:30 a.m. Saturday and Sunday) with a conformation test, where the dogs are judged at a stop and on the move according to the standard of their race.

The winner of each race then goes to the group competition (ex: shepherd, hunting dog etc). At the end of the competitions of the day, the winners of each group will try to obtain the title of Best in Show.

On Saturday and Sunday an obedience competition will take place, designed to demonstrate that a dog is a good pet. Basic exercises include walking, sitting, standing, rest and recall. At

a higher level, dogs must jump, obey signals and report only items with the smell of their master.

This year, rally obedience trials will be added to the schedule. This discipline combines agility and obedience. The course itself consists of various exercises chosen by the judge. The handler and their dog must perform U-turns, recalls, spirals and different figures.

CIUSSS de l'Estrie – CHUS looks to hire 575 before summer

Record Staff

The CIUSSS de l'Estrie-CHUS will have to hire 575 additional employees to meet its human resources needs this summer. This number represents approximately 4 per cent of all its 18,000 employees. To meet the needs, it requires 180 attendants, 180 nurses, 40

medical secretaries, and 60 social service professionals, among others.

The number is based on the number of current employees on employment insurance, workplace accident leave and summer vacation requests, according to the CIUSSS de l'Estrie-CHUS Human Resources department.

"These numbers may seem high, but

we should point out that we are missing 180 beneficiary attendants and we currently have 2,500 employed, which represents seven per cent of the total. On the other hand, we are missing six psychologists and that represents 20 per cent of the workforce", explained Josée Paquette, giving the numbers a context.

There are still 1,500 employees cur-

rently receiving employment insurance at the CIUSSS de l'Estrie-CHUS, which represents 7.7 per cent of employees. There are also 175 receiving benefits from the CNESST (Commission for standards, equity, health and safety at work) as a result of accidents at work.

Shakesperience

CONT'D FROM PAGE 1

Windsor, and Othello by Shakespeare, and Mother's Daughter, Billy Elliot, and Nathan the Wise. "The beauty of the Canadian theatre scene is we can find exceptional theatre closer to home – and the Stratford Festival is an incredible Canadian institution," said Riddell.

"I was inspired to create this course because teaching Shakespeare demands that we develop a deep understanding of both page and stage," explained Riddell. "It is so challenging to make Shakespeare come alive in the classroom. To be able to immerse ourselves in the world of the theatre is a transformative experience." Experiential learning is a philosophy that Riddell has aimed to apply in every course she teaches, having created other hands-on programs that range from editing academic papers for an undergraduate conference to interviewing Principal Michael Goldbloom in a podcast series.

Riddell has many awards to her name, including the 3M national Teaching Fellowship, the highest national recognition for excellence in university teaching and educational leadership. What sets her apart from the rest is her focus on student-faculty collaboration. "The best part of Shakesperience is that we are all collaborators, patrons, and producers of meaning. The level of

student engagement is unlike any other classroom experience I've had," she admitted. "We are together for eight days and we all transform – as learners, as audience members, and as people."

The immersive theatre course has been successful since its first edition and keeps growing every year. It is now offered as a three-credit course for all students in the Maple League: Acadia, Mount Allison, St. François-Xavier, and Bishop's. "I am always struck by the deep generosity and curiosity of all our Shakesperience participants and feel privileged to spend this time with such a diverse group of people," remarked Riddell.

Community members are also welcome to join. "The true value of this course is the equal mix of students and students of life. I aim for about a 50 per cent balance and cap the course at 25 students. Last year, we had 10 students of life, from new alumni to young professionals to retirees," she noted. "The age range – 18 to 79 years young – provided an amazingly rich set of conversations about life through the lens of Shakespeare's plays."

Those who wish to learn more about Shakesperience can consult www.bushakesperience.com. More information about registra-

tion is provided on the site. The application process has been extended to April 25. Fees include transportation to the Festival, as well as lodging and entry fees.



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Sherbrooke group advocating for free bus transportation outside of peak hours

By Gordon Lambie

Sherbrooke-based environmental group Les Amis de la Terre paid a visit to Sercovie on Du Conseil Street on Thursday morning to ask the service organization for its support on a project aiming to bring free bus service to Sherbrooke. The project, called "Vermeilleusement gratuit" proposes that Sherbrooke's Public Transit company, the STS, offer free service outside of peak hours in order to improve accessibility of public transit.

"We think we have found a solution," said Les Amis de la Terre representative Hubert Richard, who has been arguing in favour of free public transit in the city for several years. "What we are trying to do with this campaign is create a network of organizations that will be willing to support the STS and a mobilization for free transportation."

Richard acknowledged that there would be a cost associated with providing service for free part of the time, but he argued that with a baseline of community organizations agreeing in advance to support the initiative it could actually result in an increase in ridership and an eventual benefit to the transit network.

The campaign currently has the support of 13 organizations in the city including the Conseil régional de l'environnement de l'Estrie, the Sher-

brooke Archdiocese, the Association des locataires de Sherbrooke, and the AQDR, an organization dedicated to defending the rights of retired people.

Robert Tremblay, a member of the AQDR, was present to show his support for the initiative.

"It seems to me that it would not lose the city a lot of money," he said. "It will just increase the amount of people and the attractiveness of taking the bus."

Tremblay pointed out that several communities in Quebec have adopted similar programs for some or all of their citizens, including Laval and Longueuil, where residents over the age of 65 can ride the bus for free, and Saint-Hyacinthe, where bus service is free to all outside of peak hours.

Remi Demers, who is both the Executive Director of Sercovie and a member of Sherbrooke's city council, said that he intends to bring the proposal to his organization's Board of Directors on April 18, but said that he sees a rebate as a more likely response on the part of the transit company.

"Nothing is free," he said, pointing out that even existing "free" bus service in the city is paid for in other ways, such as the University of Sherbrooke building the cost into its student fees.

Speaking from the perspective of his work with Sercovie, Demers said that he foresees an openness to supporting the project, particularly from an environ-

mental point of view, but he also pointed out that it is hard to get people who don't take the bus to start up out of the blue. This, he said, is even more the case with a vulnerable population like seniors.

"Taking the bus is not as much a part of our culture in Sherbrooke as it is in Montreal," he said, adding that Sherbrooke, like much of the rest of North America, is struggling to adapt to the realities of an aging population.

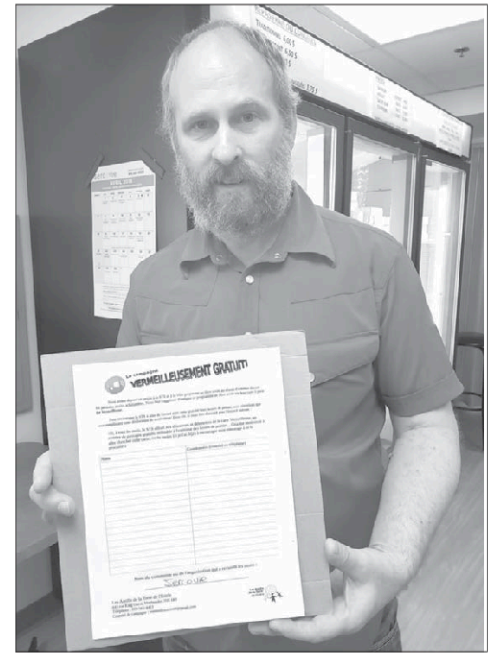
When reached for comment about the proposal, Marc Denault, President of the STS, told The Record he was not aware of the project from Les Amis de la Terre so far, but noted that there is a committee at work already to try to work out what he referred to as a "social pricing" plan.

"We're working on it," Denault said, explaining that the management has just been given the go-ahead by the company's board to form the committee which will look at different options including lower rates out of peak hours or for certain age groups.

"It certainly won't be free," he said, explaining that the focus of the committee is to come up with "a reliable long term option" by this fall, with the idea that the new concept, whatever it ends up being, will roll out in 2020.

"It is not an easy question," Denault said, offering the example of the city of Gatineau, which offers public transit pricing that varies depending on personal income. Although interesting in theory, the STS President pointed out that such a model requires a transit company to devote a large amount of energy to going through riders' financial information, something that he does not see as an efficient use of resources.

Asked about how many riders use the bus network outside of peak hours, Denault said that the STS doesn't currently have good figures on usage. The implementation, last year, of the "vermeiluse" transit pass is making gathering that kind of information easier, however, and as it becomes clearer who is



GORDON LAMBIE

Hubert Richard, who has long argued in favour of free public transit in Sherbrooke, says thirteen local organizations have already given their support for his new proposal.

taking the bus when, to where, and how often, the president said that it will become much easier to make decisions about network management that serve the users.

"We are close to 35,000 people right now, which is pretty impressive," he said. "Our goal is to reach 40,000 for this year which would be close to one Sherbrooke resident in four."

Richard, meanwhile, says that he still has some fifty local organizations he means to make his appeal to before the "Vermeilleusement gratuit" campaign comes to a close on April 22, Earth Day. The group is planning to hold a public demonstration downtown on that day to mobilize support for the idea, and is also preparing a series of other public events focused on asking residents and organizations alike the question, "if the STS offered free rides outside of peak hours through its vermeiluse card, would that encourage you to go get one?"

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Bloc leader Yves-François Blanchet visits Sherbrooke, April 15

Record Staff

The Executive Committee of the Sherbrooke Bloc Québécois will welcome the Party's leader, Yves-François Blanchet, to Sherbrooke for a 5 à 7 on April 15 at the Siboire Dépôt microbrewery. Party members and the public are invited to come meet the leader and discuss the defense of the rights of the Quebec nation, as well as its path towards independence.

The event begins at 5 p.m. at the Microbrewery Siboire Depot, 80 Depot St. Sherbrooke.



(BLOC QUÉBÉCOIS SHERBROOKE)

Bloc Québécois leader Yves-François Blanchet will be in Sherbrooke on April 15, in advance of this fall's federal election.

By Emilie Hackett
Special to the Record

COURTESY

SANDRA HORVATH

**Everyone
welcome!**

EDITORIAL

How do we know the bill violates religious rights? Well, a pretty good tip-off would be its invocation of the “notwithstanding clause” of the Canadian Charter of Rights and Freedoms.

Well, they’ve gone and done it

By Kyl Chhatwal

Last week, the CAQ tabled its controversial Bill 21, which bans the wearing of religious symbols by a series of public employees, including public school teachers and principals.

As a result, Quebec now has the dubious distinction of being, in the words of the philosopher Charles Taylor, the “only jurisdiction in North America” that openly violates the religious rights of its citizens.

How do we know the bill violates religious rights? Well, a pretty good tip-off would be its invocation of the “notwithstanding clause” of the Canadian Charter of Rights and Freedoms. This clause gives federal and provincial governments the extraordinary power of overriding Charter-protected rights, such as the freedom of expression or religion.

Does the government’s bill—and the specific version of secularism it represents—justify the damage done to the religious rights of Quebecers?

Premier Legault thinks so. “Our law is reasonable,” he claims, arguing that “a majority of Quebecers” support it, a boast that he backs up with recent polls.

However, these same polls also indicate a marked drop in support for the prospect of someone actually getting fired over this bill.

Which tells us two things. First, that Quebecers may agree on what state secularism should look like in principle, but not on the dirty means sometimes necessary to achieve it.

And second, that the CAQ has somehow gotten away with pitching its bill to voters without clearly outlining how it will be implemented or enforced.

“I envision that everyone [will conform to the bill],” Legault and his ministers have repeatedly told us, showing a confidence that is almost comically naïve.

Well, this confidence appears to be grossly misplaced. This week, in response to the tabling of Bill 21, at least two Montreal school boards, and one municipality (Montreal West), have publicly stated that they will refuse to comply with the bill if passed into law. In response, a couple of CAQ ministers gave conflicting answers on how the government would react to such dissidence—demonstrating its questionable grasp of

its own legislation.

Geneviève Guilbault, the Public Security Minister, told reporters on Tuesday that non-compliance would result in police involvement.

“People will advise police services,” she said, “it’s like the application of any other law.”

What “people” is she referring to exactly? Are students expected to snitch on their teachers, à la Cultural Revolution in Mao’s China? Will covert phone calls be made, and kippah-wearing teachers dragged, hand-cuffed, out of classrooms?

Next, Justice Minister Sonia LeBel muddied the waters by declaring that non-compliance would be a civil matter—in other words, no police.

When finally Legault waded in, he blamed the confusion on his ministers’ “inexperience,” then refused to provide any clarification whatsoever.

“I don’t think we should be talking about means at this moment in time,” he told reporters.

If not now, when should an open discussion on these “means” take place? Should we blindly accept any law without knowing the lengths to which the government will go to enforce it?

And what about the additional layers of bureaucracy that the bill will almost certainly generate? Suddenly, HR managers will be tasked with documenting the spiritual beliefs of their employees, as well as their associated clothing choices.

There will even be two classes of employees—those who have the right to wear religious symbols, and those (hired after the bill) who do not.

Will this require a series of creepy HR forms, where existing employees must officially declare their beliefs in order to retain these rights?

What happens when someone converts? Can the previously non-religious claim a right they have never before exercised?

Will there be a separate form on which they must detail the nature of their conversion? Will the government demand proof?

Finally, is all this religious accounting in the spirit of a truly secular state?

It is remarkable that Bill 21 has proceeded this far without the government being forced to answer any of these

tough questions. Now that people are demanding such answers, it has demonstrated little capacity, or desire, to provide them.

Leave such pedestrian concerns to bureaucrats; the CAQ is not interested in the practicalities of its bill, but merely the appearance of doing something about secularism (and the political boost that goes along with it).

The irony could hardly be more glaring. For a government so averse to symbols, it has given us a law that is nothing but.

Letters

An open letter to the Premier of Quebec concerning Bill 21

DEAR PREMIER LEGAULT,

As representatives of the Anglican Church, which has been present and active in Quebec for more than 250 years, we feel compelled to respond to your open letter, published in several of Quebec’s daily newspapers on Monday, April 1.

We share your conviction that “in a secular society—which we have been since the Quiet Revolution—common sense dictates that religion must not interfere with the affairs of the state. Nor the reverse.” We also agree with your observation that “state laicity respects freedom of religion and freedom of conscience. Everyone is free to practice the religion of his or her choice, and is also free not to practice a religion.”

However, rather than maintaining a religiously neutral state, Bill 21, An Act Respecting the Laicity of the State, would in fact legislate the very kind of governmental interference in religion that you claim to oppose.

As Christians, we believe that the earth and its creatures have an abiding relationship to their Creator. Seeking to participate and give expression to this relationship in some form is a part of being human. For some this will mean wearing religious symbols and attire—such as a hijab, yarmulke, or cross—objects that can be intrinsic to the practice of one’s faith, and which cannot be removed at a whim.

We therefore embrace the vision of Quebec as a secular state that is pluralistic, privileging no particular religion, yet creating the space in which Quebecers of whatever (or no) religious tradition can fully participate in public life and contribute to the common good, including as public servants.

We appreciate your recent call for the debate around this proposed legislation to be conducted in a manner that is respectful and not divisive. However, we know too well that proposed laws such as Bill 21 risk contributing to a climate of suspicion and fear of others—especially Muslim Quebecers—at a time when we need our government to help protect, rather than further and needlessly target, our neighbours. The horrific mass murder at the Grand Mosque in Quebec City in 2017 calls us to be mindful of how our debates might stoke the fires of fear, and put people’s lives at risk.

We agree with you, Premier, that it is time for Quebec society to move forward on this matter. However, our own experience has taught us there is another way to do so.

One of our church’s principles of dialogue with people of other religions is to “meet the people themselves and get to know their traditions.” This too is common sense, and has helped us change attitudes, challenge stereotypes, and build new relationships with people of other faith communities.

We have been enriched and blessed, not impoverished or threatened, by face-to-face exchanges with these neighbours who have now become friends. It is only in encountering our differences honestly and openly—rather than hiding or suppressing those differences—that we can hope to build a truly secular and pluralistic Quebec that provides all of its citizens with the opportunity to flourish.

YOURS SINCERELY,

THE RT. REV. MARY IRWIN-GIBSON
BISHOP OF MONTREAL

THE RT. REV. BRUCE MYERS
BISHOP OF QUEBEC

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COLUMNIST

Unless we live on a desert island, we are often challenged in our relationships with others and giving thanks for these challenges is probably the last thing we think of in the heat of the moment.

ONE COLUMN, FOUR VOICES

Open to the Spirit

Today's word: Thanks

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

1) April thanksgiving? No, we don't have to wait till October to celebrate this word. Meister Eckhart is quoted as saying that "if the only prayer you ever say is thank you, it would be enough." Saying thanks is an orientation of the spirit that recognizes that, beyond whatever extra comes our way, existence itself is the gift.

A friend shows up for dinner with yellow tulips - thank you! The phone rings with good news or an invitation - thanks! And not just the obvious things, for which our parents diligently taught us to send written notes, but thanks for all the everyday gifts so easily overlooked in my busy schedule. For water from the tap flowing instantly - hot or cold - at my bidding, who's to thank? Sunlight streams through the window, despite the wind and blowing snow. Thank you, universe, for warming me body and soul, and delighting me with seasonal natural beauty. Merci, merci beaucoup!

Lately I've found upgrading my gratitude practice helps counter-balance the incessant barrage of news about all that's going wrong with the world. I admire those who keep a gratitude journal. Most days I'd be thankful for the time just to find the journal and write my thanks down. But each night, if I don't fall asleep as my head hits the pillow, I do a quick gratitude review. Looking back on the day for any highlights, and sending that prayer of thanks to whomever comes to mind. Often it goes in no particular direction, or inward to remind me how I live in a continual state of abundance.

These days in a fit of pre-spring cleaning, I've been going through drawers and old files, rereading thank you notes from decades ago, some from children

long grown or people who are no longer part of my life. And with each note I read, I am blessed all over again, reminded of the power of thanks echoing down the years. I resolve not to overlook the least opportunity to express my thanks. Whoever receives it may be blessed, but I'm very clear that the act of saying thanks mostly blesses me.

2) A person I know decided to add something to his Lenten discipline this year. Each day he writes a letter of thanks to someone who has made a difference in his life. He has discovered that the more he is thankful, the more his own life feels blessed. I have certainly felt that way in my ministry.

On Sunday morning I take time to say thanks to specific people (and embarrass them) and people respond well. Children especially like being told "thanks" for the things they do... like ringing the bell or lighting the candle. I took a service at a writing friend's congregation recently, and they began the worship by inviting people to light candles of thanksgiving or concern. One young man lit a candle of thanks for the new baby whose birth was expected that week. It was quite moving to see the joy and excitement on his face.

I heard a story from an elementary school teacher recently. The children in her class had not been taught to say Thank You very well. She decided to try something. Whenever she passed out crayons, or books, or paper she would look them in the eyes and hold on until they said thank you. At first there were lots of tug of wars with the children. Soon however they caught on, and before long it became a badge of honour to say thank you at every opportunity. Gratitude was contagious.

Who would you like to say thanks to this week? I am certainly thankful for all of you!

3) As I sit here with the mid-afternoon sun streaming in my window, it's easy to be thankful for the day. The sky is a crisp blue. The birds are singing. Someone said they just saw their first robin of the season. But it's been a rough week for me, with all kinds of tensions and human drama.

Unless we live on a desert island, we are often challenged in our relationships with others and giving thanks for these challenges is probably the last thing we think of in the heat of the moment. That is why it can be so helpful to look back at past events and ask ourselves what we have learned from these most trying events. Where did we grow? How have we matured? What did we learn about ourselves and our capacity to endure? What did we learn about others? This taking a second look at past events, that St. Ignatius called The Examine, can help us nurture a sense of gratitude, even for the hard times. Past poverty may teach us to appreciate the things we have now. Difficult confrontations may teach us how to hone our ability to present our point of view effectively. Past abusive situations may prepare us to be ferocious defenders of others.

When we are able to rise above difficult situations and actually give thanks for these events, we know we have finally been set free of the power they have to keep us captive and miserable. A wise mystic once said "Love your enemies". When we can see past human actions we find obnoxious, destructive or evil, and see the hidden divinity in each human being, we are on our way. It reminds me of the words of Joan Osborne "What if God was one of us? Just a slob like one of us. Just a stranger on the bus. Tryin' to make his way home? And yeah, yeah, God is great. Yeah, yeah, God is good."

I give thanks for the life that is mine and the challenges that teach me to see the divine within the anger and chaos.

4) Would you like to know a secret to happiness? It is pretty simple. Focus on saying "Thanks" to others, and don't worry if anyone says it to you.

When we say thank you we are noticing with gratitude what is good. We can say thank you to God for the beauty of the day, or for our lives themselves. We can notice the food that is before us and give thanks to all of the people who brought it to us, and to the earth for producing it. We can give thanks for the people who are eating with us. We can give thanks for how good it tastes. What difference if we focused instead on who has not thanked us. Our meal would be miserable. No one thanked me for cooking. No one thanked me for setting the table. No one thanked me for producing the income that bought the food, or for carrying the groceries into the house. A simple change of focus makes us happy, full of gratitude, and at peace.

Why not try this as an experiment? Say thanks in every opportunity that you can. If you notice that someone has not said thanks to you, just notice it and move on. Say thanks to God that you were able to do that thing and say thanks for the relationship you have with the person who forgot to say thank you. Try that and you just may notice how much happier you are. Probably the people around you will be, too!

One word, four voices - and now it's your turn: What does saying thanks do for your spirit?

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

New business model for Marché de la Gare

Record Staff

Sherbrooke City Council has endorsed a new business model for the Corporation du Marché de la Gare.

The City will continue general and infrastructure maintenance, the installation of decorative elements in the Market, and collect the rent from com-

mercial rentals.

The corporation now has the mandate to coordinate the execution of the public contract, to develop an animation program, promote the market, and to collect rental income from the outside public market.

"This new formula will ensure the sustainability of the public market, which is a perfect place to create a link with

producers, processors and agri-food artisans. The public had expressed this desire and it was important for us to offer them this meeting place where local products can be accessible and showcased," commented Mayor Steve Lussier.

The Corporation will be able to count on \$60,000 in financial support from the City of Sherbrooke in 2019, but revenue from commercial leases previously paid

to Destination Sherbrooke will be retained by the City. With this new approach, the financial effort of the City will be reduced by \$59,200 annually.

This step is part of the process of transferring the management of the Marché de la Gare from Destination Sherbrooke to the Corporation du Marché de la Gare.

Country and western festival coming to Coaticook



COUNTRY CONNECTION

JESSIE PELLETIER AULIS

A few weeks after the announcement of the Festival New Country Brome, it is now the turn of Coaticook to announce that they will have their own Country and Western Festival. The first edition will take place from June 20 until June 24. It will be held at the Centre Sportif Desjardins (Polyvalente La Frontalière), 311 rue St-Paul Est.

Pierre-Andre Tremblay is very hopeful that this event will be very popular. This project was on his mind for a longtime.

"About ten years ago, I took part in a similar event in Branson, Missouri and when I came back, I started following the circuit of the festivals all over the Province of Quebec," he said during a telephone interview.

Although there are plenty of country music festivals in Quebec, we didn't have any locally. He kept thinking that such an event would be nice to have around here. He eventually started forming a committee that would collaborate to the project.

Among the collaborators and organising committee are the Knights of Columbus. "Other Festivals are organized by the Knights of Columbus. Some Knights have proposed the possibility of joining. It was accepted," said commit-

tee member Roch Letourneau (a Knight himself).

Yvon Desindes, Sylvain Landry, Serge Madore, Guy breault, Alain St-Onge and Christian Tremblay are also members of the organizing committee.

This new gathering for fans of country music and festivals will be a great addition and Pierre André Tremblay said they are expecting at least 2000 persons for their first edition. Some 30 artists have been enlisted to perform during the event.

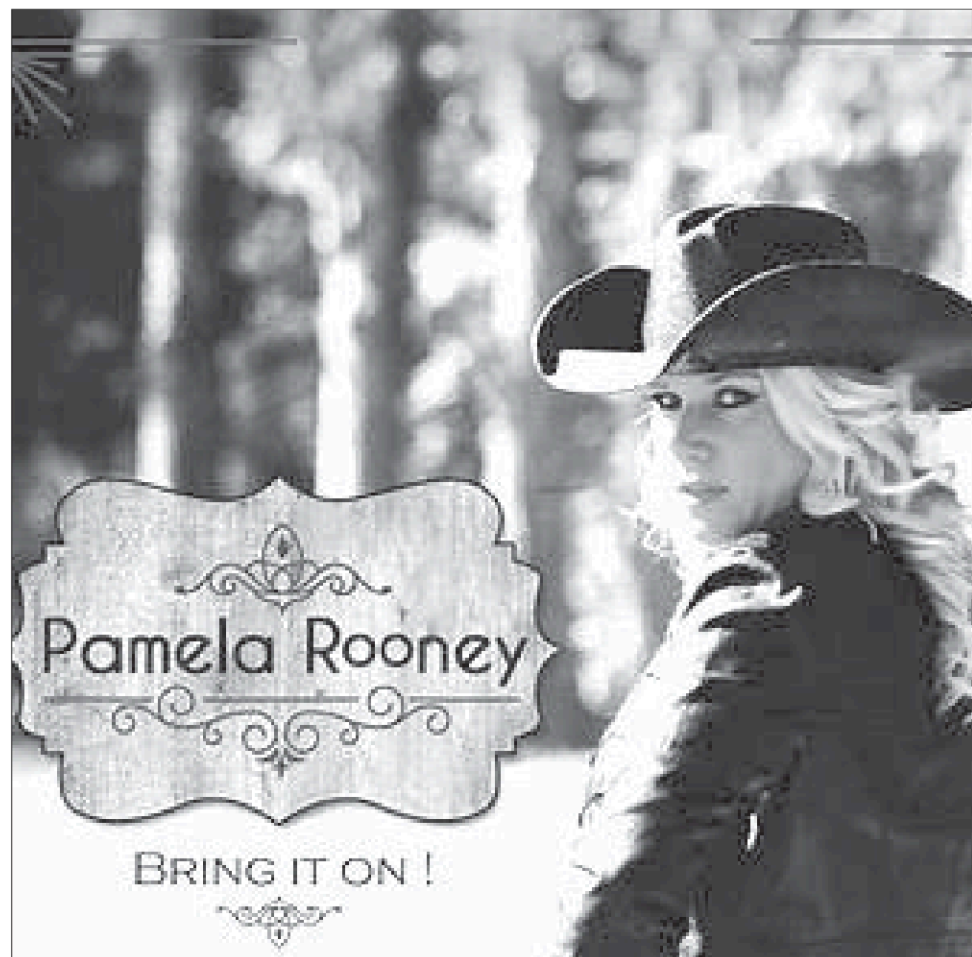
Their lineup is impressive and includes some local singers such as Sylvie Rogers and Valerie Crête and Patricia Teller. There's also Pierre Guillemette, Christian Lemieux, Jessie Mathieu Champagne, Réjean Audet, Alphonso Morota, the duo Jean and Solange and well-known country singer Pamela Rooney.

Festival Country & Western de Coaticook has also joined the Regroupement des Festivals Country Western Folklorique 2019, in order to make sure that they are on the right path. Most activities will be held inside, which is the perfect set up, no matter what Mother Nature will have to offer.

The greater part of the people following these festivals, do so with their RV's and Coaticook has planned everything to make them feel welcome. "Camping grounds will be available for RV's at what we call the Parc Laurence and other places close by," explained Letourneau.

"We want the profits to go back to the community. The Knights of Columbus are targeting young people, elderly and families," continued Letourneau.

They are proud to have some great sponsors such as the City of Coaticook, Caisse Desjardins, Cabico, as well as The Knights of Columbus, just to name a few.



COURTESY

"We are also proud to have on our team Yvon Desindes who is well-known in Coaticook for his implication at CIGN radio. He is the host of 'Le bonheur est dans le country' added Letourneau.

If anyone is interested in doing volunteer work during the event, they can reach the people in charge at 819-849-3675. The President of Festival Country and Western of Coaticook is proud of

this new project and is confident that it will turn out to be a huge success.

As part of the activities planned there will be a mechoi supper, a Country Mass at St-Edmond Church and some country line dancing with the Marie Pierre Verret line dancing school. Coaticook is certainly a wonderful setting for such an event and a great addition to celebrate country music.



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UdeS Orchestra invites Sherbrooke Youth Symphony Orchestra for season’s final show

Record Staff

The Université de Sherbrooke Orchestra (OUS) is inviting the general public to its last concert of the 2018-2019 season, on Sunday, April 7, at 3 p.m. at the UdeS Centre Culturel.

For the occasion, the OUS has invited the Sherbrooke Youth Symphony Orchestra (OSJS) to join them on stage for a grand concert.

Under the artistic direction of Hubert Tanguay-Labrosse, the OSJS will begin the concert alone on stage followed by the 1812 Overture, Op.49 by Piotr Ilych Tchaikovsky (1840-1893) and a work by Franz Liszt (1811-1886) Dance at the Village Inn (Waltz from

Mephisto) (episodes from Lenau's Faust).

The two ensembles will complete the concert together as they perform The Sadness of Spring (Jean Sibelius) and Hungarian March (Hector Berlioz).

François Bernier and the OUS

Created in September 2003 by conductor François Bernier, a lecturer at the École de musique, the orchestra has, year after year since its founding, gathered a growing number of instrumentalists who study at the School of Music, while welcoming musicians who continue their training in other university programs or at other educational institutions in Sherbrooke.

James Forest coming to Coaticook

Record Staff

The Pavillon des arts et de la culture de Coaticook will host singer songwriter James Forest on Friday, April 12 at 8 p.m.

Forest is a composer-songwriter, producer, multi-instrumentalist, singer and tireless traveler. Born in Quebec, he can be found throughout the world including India, Pakistan and Europe where he often lives for extended periods searching for the perfect words, sounds and moods for his productions. Forever bringing his deep and moving experi-

ences from around the globe to a sweet expression in his signature style, James takes you on a journey that is both from life and above it at the same time. Forest shows himself to be a true cinematic composer. His music truly reflects his expansive, universal sound. Stunning moods, massive soundscapes and moving arrangements. “James Forest doesn’t follow trends, instead, he writes songs with a freedom to create something that feels more authentic to him”- James Wilson, Indie Band Guru.

Doors open at 7 p.m.



THE

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Your week on TV

WEEKDAY MORNING																			
	Bell	Star		6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30				
WCAX	3	-	-	Channel 3 News Morning			CBS This Morning			Rachael Ray		The Doctors		The Price Is Right					
WPTZ	5	-	-	NBC5 News Today			Today			Live with Kelly and Ryan		Today 3rd Hour		Today With Hoda & Jenna					
CBMT	6	206	301	Daybreak			What He Ate	Beat Bugs	Becca's Bunch	The Furch	Wandering	Beat Bugs	Napkin Man	Daniel Tiger	Dragons' Den				
CHLT	7	107	718	F	Salut bonjour (N) (SC)										Bien (SC)	Les rénos	(9:59) Deux filles le matin	Le tricheur	Mario Dumont
				M															
				T															
				W															
			Th											Ça finit bien la semaine (SC)					
WMTW	8	-	-	WMTW News 8 at 6am			Good Morning America			Live with Kelly and Ryan		Steve		The View					
CKSH	9	108	-	Trullalleri	Ranger Rob	M. Magoo	Par ici	Var. Programs	Annedroides	RDI matin	Marina Orsini			Ricardo	Silence				
CKMI	11	-	-	Global News Morning						The Morning Show		Sarah's House	Donut Shwdwn	Holmes Inspection					
CFCF	12	205	312	Your Morning			Your Morning		Your Morning		Live with Kelly and Ryan		The Marilyn Denis Show		The View				
WVNY	22	-	-	Local 22 News This Morning			Good Morning America			The Dr. Oz Show		Paid Program	Var. Programs	The View					
WUTV	30	-	-	Paid Program		Paid Program	2 on Your Side Daybreak		Var. Programs	Forensic Files	Varied Programs		Couples Court	Couples Court	Face the Truth	Face the Truth			
CFKS	31	106	726	F	NVL	Moment V		Moment V		Moment V	NVL en bref	Moment V	NVL en bref	Histoire	Histoire	Scorpion "Mission sabotage"			
				M	NVL week-end									Infopublicité	Infopublicité				
				T	NVL	Moment V													
				W		Moment V													
			Th																
WUHF	-	363		Good Day Rochester			Good Day Rochester			Good Day Rochester		Judge Mathis		The Wendy Williams Show		Face the Truth	Face the Truth		
WETK	-	-		Classical	World News	Ready Jet Go!	Wild Kratts	Nature Cat	Curious	Let's Go Luna!	Daniel Tiger	Daniel Tiger	Pinkalicious	Sesame Street	Splash				
WCFE	-	-		Peg & Cat	Odd Squad	Curious	Let's Go Luna!	Daniel Tiger	Daniel Tiger	Wild Kratts	Dinosaur Train	Splash	Sesame Street	Pinkalicious	Arthur				
A&E	615	520		Paid Program		Paid Program	The First 48		The First 48		The First 48		The First 48		Varied Programs				
BRAVO		620	523	F	"Bridal Wave" (2015, Drama) Arielle Kebbel. ⚡					Flashpoint ⚡ (DVS)		"Bridal Wave" (2015, Drama) Arielle Kebbel. ⚡					Flashpoint ⚡ (DVS)		
				M	"Love, Again" (2015) Teri Polo, Paul Johansson. ⚡							"Love, Again" (2015) Teri Polo, Paul Johansson. ⚡							
				T	"Wedding Bells" (2016, Romance) Danica McKellar. ⚡							"Wedding Bells" (2016, Romance) Danica McKellar. ⚡							
				W	"Love in the Vineyard" (2016) Emmanuelle Vaugier. ⚡							"Love in the Vineyard" (2016) Emmanuelle Vaugier. ⚡							
				Th	"Autumn in the Vineyard" (2016) Rachael Leigh Cook. ⚡							"Autumn in the Vineyard" (2016) Rachael Leigh Cook. ⚡							
CNN	500	500		New Day With Alisyn			New Day With Alisyn			New Day With Alisyn		CNN Newsroom With Poppy		CNN Newsroom With Poppy		At This Hour-Kate			
DISC	520	505	F	Mayday "Bad Attitude" ⚡			Mayday "Explosive Evidence"			Mayday ⚡ (DVS)		Highway Thru Hell		North Woods Law ⚡		North Woods Law ⚡			
			M																
			T																
			W																
			Th																
HIST	522	506		Canadian Pickers			Ice Road Truckers			Yukon Gold		Ice Road Truckers		Pickers	Var. Programs	Security	Security		
PARMT	628	584		Bar Rescue			Bar Rescue			Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue			
RDI	126	730		(5:00) RDI matin										L'info		Isabelle Richer			
SHOW	616	521		Security		Security	Security	Security	Movie				Movie						
SLICE	601	562		ET Canada		Say Yes-Dress	Varied Programs												
TLC	521	560		Little People, Big World			Little People, Big World			7 Little	Var. Programs	7 Little	Varied Programs						
TSN	400	400	F	SportsCentre		SportsCentre ⚡			SportsCentre ⚡		SportsCentre ⚡		SportsCentre ⚡		SportsCentre	2019 World Men's Curling			
			M										SportsCentre	2019 Augusta National Masters Golf: Masters On The Range		SportsCentre	SportsCentre		
			T										SportsCentre						
			W										SportsCentre ⚡	SportsCentre ⚡		SportsCentre ⚡	SportsCentre		
			Th	2019 IIHF Women's World Hockey Championship					SportsCentre		SportsCentre		Acura at the Majors: Masters	2019 Masters					
YOUTH	551	542		Cloudy, Meat		Go Away Uni	Loud House	Loud House	SpongeBob	SpongeBob	Numb Chucks	Numb Chucks	Cloudy, Meat	Go Away Uni	Go Away Uni	Chuck's			

Your week on TV

WEEKDAY AFTERNOON														
	Bell	Star	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
WCAX 3	-	-	Across/ Fence	The Young and the Restless	Bold/Beautiful	The Talk	Let's Make a Deal		Family Feud	Family Feud	Channel 3	3 News		
WPTZ 5	-	-	NBC5 News	Daily Blast	Days of our Lives	Steve	Dr. Phil		The Ellen DeGeneres Show	NBC5 News	NBC5 News			
CBMT 6	206	301	CBC News Network	Escape to the Country	Grand Designs	Heartland	Bondi Vet	Bondi Vet	Murdoch Mysteries					
CHLT 7	107	718	(:13) Le TVA régional	Movie	Var. Programs	TVA nouvelles	Les feux de l'amour	Top modèles	(4:58) TVA nouvelles					
WMTW 8	-	-	News	Access	Strahan & Sara	General Hospital	The Ellen DeGeneres Show		WMTW News 8 at 4pm	WMTW News 8 at 5PM				
CKSH 9	108	-	F	Téléjournal	Second regard	Bonsoir bonsoir!	Virginie (SC)	Virginie (SC)	Belles histoires des	Entrée principale "Les meilleurs moments" (N)	Silence			
			M	Vocation	Lumière sur... (DVS) (SC)									
			T	Monde-parlait	Bonsoir bonsoir!									
			W	La facture										
			Th	L'épicerie										
CKMI 11	-	-	Global News	ET Canada	Days of our Lives	The Talk	Rachael Ray		Millionaire	The Young and the Restless	Global News			
CFCF 12	205	312	CTV News Montreal	The Social	Dr. Phil	The Dr. Oz Show		The Ellen DeGeneres Show	CTV News Montreal at 5					
WVNY 22	-	-	Hot Bench	Hot Bench	Strahan & Sara	General Hospital	The People's Court		Judge Judy	Judge Judy				
WUTV 30	-	-	The Steve Wilkos Show	Maury	Judge Mathis	The Doctors		Steve	Family Feud	Family Feud				
CFKS 31	106	726	Guerre-clans	Movie		Movie	Les Simpson		Les Simpson	Guerre-clans				
WUHF	-	363	The Steve Wilkos Show	Maury	Var. Programs	Divorce Court	Hot Bench	Hot Bench	Judge Judy	Judge Judy	The People's Court			
WETK	-	-	Dinosaur Train	Cat in the Hat	Sesame Street	Super Why!	Pinkalicious	Let's Go Luna!	Odd Squad	Varied Programs		World News		
WCFE	-	-	F	Nature "Forest of the Lynx"	Underground	Ready Jet Go!	Peg & Cat	Arthur  (EI)	Odd Squad	Odd Squad	Let's Go Luna!	Nature Cat	Daniel Tiger	Curious
			M	Antiques Roadshow 	Love Quilting									
			T	Secrets of the Dead 	Rick Steves									
			W	Finding Your Roots	Cooking									
			Th	NOVA 	Mountain Lake									
A&E	615	520	Varied Programs			Flashpoint			Varied Programs					
BRAVO	620	523	Movie			CNN Newsroom			CNN Newsroom					
CNN	500	500	Inside Politics			CNN Right Now			The Lead With Jake Tapper					
DISC	520	505	F	CSI: New York "Epilogue" 	CSI: New York 	Highway Thru Hell	MythBusters 		CSI: New York "Epilogue" 		CSI: New York 			
			M	CSI: Miami A severed leg.										
			W	CSI: Miami A severed leg.										
			Th	CSI: Crime Scene Investigat'n										
HIST	522	506	F	Canadian Pickers 	American Pickers 	Pawn Stars 	Pawn Stars 	Forged in Fire: Cutting Deeper	Counting Cars "Heavy Metal"	Mountain Men 				
			M	Forged in Fire 		War Junk "Vimy Ridge" 		Forged in Fire: Cutting Deeper	Counting Cars	Counting Cars				
			T	War Junk "Vimy Ridge" 		Pawn Stars 		Forged in Fire: Cutting Deeper	Counting Cars	Counting Cars				
			W	Pawn Stars 		Pawn Stars 		Forged in Fire: Cutting Deeper	Counting Cars	Counting Cars				
			Th	Rust Valley Restorers 		Pawn Stars 		Forged in Fire: Cutting Deeper	Counting Cars	Counting Cars				
PARMT	628	584	Bar Rescue			Bar Rescue			Bar Rescue					
RDI	126	730	Téléjournal	Les ex	Security	L'info	NCIS "Berlin"  (DVS)		NCIS "Revenge" 		NCIS "Double Blind" 			
SHOW	616	521	F	Security	Security	Security	Security	NCIS "Berlin" 		NCIS "Revenge" 		NCIS "Double Blind" 		
			M	Security	Security	Security	NCIS "Berlin" 		NCIS "Revenge" 		NCIS "Double Blind" 			
			T	Security	Security	Security	NCIS "Berlin" 		NCIS "Revenge" 		NCIS "Double Blind" 			
			W	Security	Security	Security	NCIS "Berlin" 		NCIS "Revenge" 		NCIS "Double Blind" 			
			Th	Security	Security	Security	Security	NCIS "Berlin" 		NCIS "Revenge" 		NCIS "Double Blind" 		
SLICE	601	562	Varied Programs			Say Yes-Dress			Varied Programs					
TLC	521	560	Say Yes			Say Yes			90 Day Fiancé: Before the 90 Days					
TSN	400	400	Varied Programs			My 600-Lb. Life			Varied Programs					
YOUTH	551	542	Assembly			Go Away Uni			SpongeBob					
			Assembly			Wayside			SpongeBob					

FRIDAY EVENING															APRIL 5, 2019		
	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM		
WCAX 3	-	-	Channel 3 News at Six (N)		CBS Evening News	Entertainment Tonight (N)	MacGyver Nicholas Helman resurfaces. (N) 		Hawaii Five-0 A search for a girl who purchased a gun. (N)		Blue Bloods Frank considers a tougher fitness test. (N) 		Channel 3 News	(:35) The Late Show With Stephen Colbert (N) 			
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) 	Wheel of Fortune (N) 	Blindspot The team races against the clock. (N) 		The Blacklist Aram attempts to gain leverage over Red.		Dateline NBC (N) 		NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) 			
CBMT 6	206	301	CBC Montreal News (N)	Just for Laughs: Gags	Schitt's Creek 	Coronation Street (N) 	marketplace (N) 	Under New Management	CBC Docs POV PTSD and suicide among paramedics.		The National (N) 		CBC Montreal News (N) 	Coronation Street 			
CHLT 7	107	718	(5:58) TVA nouvelles (N)	Le tricheur (N) (SC)	Ca finit bien la semaine (N) (SC)		Du talent à revendre 	(SC)	La liste noire: rédemption Tom et Nez sont en Russie.		TVA nouvelles (N)	(:35) Denis Lévesque (N) (SC)	(:35) *** "Gran Torino" (2008) Clint Eastwood. (SC)				
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) 	Jeopardy! (N) 	Fresh Off the Boat (N) 	Speechless (N) 	20/20 (N) 				WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live Ce-line Dion talks and performs.			
CKSH 9	108	-	(5:59) Le télé-journal Estrie	Le TJ Extra ICI Estrie (N)	Au suivant Des candidats ont une deuxième chance. (SC)		Prière de ne pas envoyer de fleurs (Season Finale) (N)		Ouvrez les guillemets	Les poilus (SC)	Le téléjournal (N) (SC)		(:06) "Le règne de la beauté" (2014) Marie-Josée Croze, Mélanie Thierry. (DVS) (SC)				
CKMI 11	-	-	Global National 	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	MacGyver Nicholas Helman resurfaces. (N) 		Hawaii Five-0 A search for a girl who purchased a gun. (N)		The Blacklist Aram attempts to gain leverage over Red.		Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N) 			
CFCF 12	205	312	(5:59) CTV News Montreal (N) 		etalk (N) 	The Big Bang Theory 	Blindspot The team races against the clock. (N) 		The Big Bang Theory 	The Big Bang Theory 	Blue Bloods Frank considers a tougher fitness test. (N) 		News-Lisa	CTV News Montreal (N)	The Big Bang Theory 		
WVNY 22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N) 	Fresh Off the Boat (N) 	Speechless (N) 	20/20 (N) 				Local 22 News (N)	(:35) Jimmy Kimmel Live Ce-line Dion talks and performs.			
WUTV 30	-	-	The Big Bang Theory 	Judge Judy 	Judge Judy 	Family Feud 	Last Man Standing 	The Cool Kids (N) 	Proven Innocent Violet has Ira Glass on her podcast. (N)		2 on Your Side at 10 (N)	Seinfeld "The Friars Club"	Two and a Half Men 	Two and a Half Men 	Last Man Standing 		
CFKS 31	106	726	Souper parfait	Souper parfait	Rire et délire	Rire et délire	Ambulances animales (N)	Les effaceurs (N)	Haute sécurité	Code 111	Gotham "Sœurs froides" Les enlèvements en série. 		Souper parfait	NVL (N)	Infopublicité		
WUHF	-	363	Modern Family 	Modern Family 	The Big Bang Theory 	The Big Bang Theory 	Last Man Standing 	The Cool Kids (N) 	Proven Innocent Violet has Ira Glass on her podcast. (N)		13WHAM News at 10 on Fox Rochester (N) (Live) 		DailyMailTV (N) 	The Simpsons 	Paid Program 		
WETK	-	-	PBS NewsHour (N) 		BBC News-night	Vermont This Week Special "Report From Washington"	Washington Week (N) 		Great Performances at the Met "La Traviata" Michael Mayer's "La Traviata." (N) 				BBC World News 				
WCFE	-	-	World News America	Nightly Business Report	PBS NewsHour (N) 		Mountain Lake Journal	New York Now 	Great Performances at the Met "La Traviata" Michael Mayer's "La Traviata." (N) 				Amanpour and Company				
A&E	615	520	(5:00) Live PD "Live PD -- 03.30.19" 						Live PD "Live PD -- 04.05.19" (N) 				Live PD 				
BRAVO	620	523	Bones The remains of a hoarder are discovered. 		Bones The team helps Cam solve a case. 		Bones Booth's girlfriend visits. 		Bones Remains are found at the Jersey Shore. 		Bones A skull and hands are discovered. 		Bones A death at a rock 'n' roll fantasy camp. 		Bones 		
CNN	500	500	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Cuomo Prime Time (N) 		CNN Tonight w/ Don Lemon		CNN Tonight w/ Don Lemon		Cooper 360		
DISC	520	505	Highway Thru Hell "Suicide Creek" 		MythBusters Deadliest Catch captains join the team. 		Heavy Rescue: 401 Eric at-tempts to keep his crew safe.		Hellfire Heroes The firefighters work overtime.		Mayday The maiden flight of the Airbus A320.		Mayday Thai Airways Flight 311 crashes. 		Highway Thru Hell		
HIST	522	506	American Pickers Frank cel-ebbrates his birthday. 		Swamp People 		Truck Night in America Drivers show off their power. 		Truck Hunters Truck builders restore two classics. 		Trucks Trans-formed	Rescue Trucks 	American Pickers Frank cel-ebbrates his birthday. 	Truck Hunters			
PARMT	628	584	Ink Master: Redemption	Ink Master: Redemption	Ink Master: Redemption	Ink Master: Redemption	*** "Friday" (1995) Ice Cube, Chris Tucker. Buddies in South Central L.A. ponder repaying a dealer. 				*** "Next Friday" (2000, Comedy) Ice Cube, Mike Epps, Justin Pierce. A young man lives with kin who won the lottery. 						
RDI	126	730	(5:59) Le national (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)		Les grands reportages (N) (SC)		Le téléjournal avec Pascale Nadeau (N) (SC)		Le téléjournal (N) (SC)		Le national (N) (SC)	(:31) Le na-tional (N)	(12:01) 24/60 (SC)		
SHOW	616	521	NCIS "Revenge" The team searches for Bodnar. 		NCIS An officer thinks he is be-ing followed. 		NCIS "Berlin" Investigating a Mossad officer's murder. 		*** "The Hunger Games" (2012, Science Fiction) Jennifer Lawrence, Josh Hutcherson, Liam Hemsworth. In a dystopian society, teens fight to the death on live TV. 						"Catching Fire"		
SLICE	601	562	Mexican Dynasties Jenny and Elan record new songs.		Mexican Dynasties "Grudges and Gefilte Fish"		Million Dollar Listing Los Angeles "Mile High Club" 		Married at First Sight "The End or the Beginning" (N) 		*** "American Pie" (1999, Comedy) Jason Biggs. Premiere. Teens agonize over losing their virginity. 				Married at First Sight 		
TLC	521	560	Say Yes to the Dress 		Say Yes to the Dress 		My 600-Lb. Life Teretha is confined to a bed. 		One Ton Family "Part 1" Three siblings work to lose weight. (N) 		One Ton Family "Part 2" The Perrios struggle with weight loss. (N) 				One Ton Family 		
TSN	400	400	SportsCentre (N) (Live) 		That's Hockey (N)		EOAN 2019 - On The Line (N) 	Road to Mad-den Bowl (N)	Top NFL Plays of 2018	MLS on TSN Pregame (N)	MLS Soccer LA Galaxy at Vancouver Whitecaps FC. From BC Place Stadium in Vancouver, British Columbia. (N) 		SportsCentre (N) 				
YOUTH	551	542	Henry Danger	Cousins, Life	Knight Squad	Game	** "Percy Jackson & the Olympians: The Lightning Thief" (2010) 			Star Falls 		Just Kidding	Just Kidding	Percy J			

Your week on TV

SATURDAY DAYTIME																		APRIL 6, 2019	
	Bell	Star	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	
WCAX 3	-	-	CBS This Morning: Saturday (N) 				Lucky Dog "Rhea" (N)	Dr. Chris: Pet Vet (N)	Innovation Nation	Hope in the Wild	AAF Football Memphis Express at San Antonio Commanders. From the Alamodome in San Antonio. (N)  (Live) 					At the Final Four (N)  (Live) 			
WPTZ 5	-	-	Teen Kids News (N)	Hanna Into the Wild	Vets Saving Pets	Champ Within	The Voyager	Earth Odyssey	Consumer 101 (N)	Naturally, Danny Seo	Women's Golf Augusta National Amateur Championship, Final Round. From Champions Retreat Golf Club in Augusta, Ga. (N)  (Live)					PGA Golf			
CBMT 6	206	301	The Furchester Hotel	PJ Masks 	True Rainbow	Addison 	What He Ate	(:36) Beat Bugs 	(:15) Bookaboo 	(:28) Stella and Sam	Our Montreal 		Absolutely Canadian 		The Nature of Things  (DVS)		World Rugby Sevens Series		
CHLT 7	107	718	(6:00) Salut bonjour week-end (N) (SC)				Bien (N) (SC)	Deux filles le matin (SC)		Propulsion (SC)	TVA nouvelles (N)	Chacun sa route (N)	Infopublicité (SC)	*** "Un boulot à l'italienne" (2003) Mark Wahlberg. Un voleur et son gang se préparent à reprendre de l'or volé.					
WMTW 8	-	-	Good Morning America (N) 		Jack Hanna	Ocean Treks	Hearts of Heroes	The Great Dr. Scott	Rock the Park	Vacation Creation	AAA Benéfits	Car Repair Secret!	Paid Program	Try Yoga	30 for 30 				
CKSH 9	108	-	(:13) M. Magoo (N)	Hôtel Transyl	(8:58) Les sapiens	(:22) Les sapiens	Science ou magie	Aventures de Tintin	Podium (N)	Estrie	Téléjournal	La facture (SC)	Urbania L'épisode sur les nouveaux riches.		Au suivant (SC)		Inspecteur Barnaby "Le trésor des Milson"		
CKMI 11	-	-	Fish'n Canada	Real Fishing	Adventure North	Fishful Thinking	Fish TV	Paid Program	Powerboat Television	Driving Television	Holmes Makes It Right "5 Years Old" 		Worst to First "Shelley & Mike" 		Leave It to Bryan	See No Evil A reporter is bludgeoned to death.	"Ace Ventura"		
CFCF 12	205	312	Your Morning Weekend 		Operation Smile 		One World Kitchen	Children's Villages	It Is Written	Cash Cab 	Sidelines	Sidelines "Science"	Moneytalk (N) 	Where To I Do? 	etalk 	The Social (N) 	MLS Soccer Chicago Fire at Toronto FC. (N)		
WVNY 22	-	-	Good Morning America (N) 		Jack Hanna	Ocean Treks	Hearts of Heroes	The Great Dr. Scott	Rock the Park (N)	Vacation Creation	Paid Program	Airfryer Oven	Paid Program	Paid Program	30 for 30 				
WUTV 30	-	-	PiYo Workout!	5 Makeup Tips 4 You	Cop Cam	Paid Program	Paid Program	LifeLock Protection	Paid Program	Cooking Emeril	Match Day	Bundesliga Soccer FC Bayern Munich vs Borussia Dortmund. (N)  (Live)		MLS Pre-game (N)		MLS Soccer Los Angeles FC at D.C. United.			
CFKS 31	106	726	Leurre juste	NVL week-end (N)	Marvel: les agents du S.H.I.E.L.D  (SC)		RPM		RPM Plus		Infopublicité	La guerre des clans	Taxi payant	Taxi payant	"11.6" (2013, Docudrame) François Cluzet. Un homme décide de voler 11,6 millions d'euros.				
WUHF	-	363	Xploration Space	Awesome Planet	Weird but True	Xploration DIY Sci	Paid Program	LifeLock Protection	Paid Program	Cooking Emeril	Match Day	Bundesliga Soccer FC Bayern Munich vs Borussia Dortmund. (N)  (Live) 		MLS Pre-game (N)		MLS Soccer Los Angeles FC at D.C. United.			
WETK	-	-	Live Better Now With	Rick Steves	Outdoor Journal	MotorWeek (N)	Lidia's Kitchen 	Jamie's Quick	Kimball's Milk Street	Martha Bakes 	Test Kitchen	Cook's Country	Woodwright	This Old House (N)	Ask This Old House	Antiques Roadshow (N) 	Woody Guthrie		
WCFE	-	-	Wild Kratts 	Wild Kratts 	Odd Squad	Odd Squad	Craft-Legacy	Greener World	This Old House 	Ask This Old House	Kimball's Milk Street	Cooking School	Martha Bakes 	Lidia's Kitchen 	Mexican Table	Cook's Country	Test Kitchen	My Greek Table	
A&E	615	520	Flipping Vegas Creepy coldblooded creatures.		Flipping Vegas 		Vacation Rental	Vacation Rental	Zombie House Flipping 		Casey Anthony's Parents Speak Crime victim's grandparents interviewed. 		Live PD "Live PD -- 05.12.18" Riding along with law enforcement. 						
BRAVO	620	523	Bones Getting the Grave-digger convicted. 		Bones "The Beginning in the End" 		Bones The team helps Cam solve a case. 		Bones Booth's girlfriend visits. 		Bones "The Maggots in the Meathead" 		Bones A skull and hands are discovered.		Blue Bloods "Hard Bargain" 		Blue Bloods Frank handles a PR crisis. 		
CNN	500	500	New Day Weekend		Smerconish (N) 		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		
DISC	520	505	Heavy Rescue: 401  (DVS)		Tanked "The Winds of Trade" 		North Woods Law "Excuses, Excuses" 		North Woods Law "Dead Moose Talking"		Homestead Rescue  (DVS)		Mayday Thai Airways Flight 311 crashes.		Mayday "Pilot vs. Plane"  (DVS)		Hellfire Heroes "Weather Extremes"		
HIST	522	506	Border Security 	Border Security 	Border Security 	Border Security 	Canadian Pickers "On the Cowboy Trail" 		Canadian Pickers  (DVS)		Rust Valley Restorers "Go Big or Go Home"		Rust Valley Restorers A 1964 Buick Riviera.		Rust Valley Restorers 		Rust Valley Restorers "Race to the Finish!"		
PARMT	628	584	Bar Rescue An owner parties too hard. 		*** "Friday" (1995) Ice Cube. Buddies in South Central L.A. ponder repaying a dealer.				** "Next Friday" (2000, Comedy) Ice Cube, Mike Epps. A young man lives with kin who won the lottery. 		* "Friday After Next" (2002, Comedy) Mike Epps, John Witherspoon. 		Ice Cube,		*** "Friday" 				
RDI	126	730	(5:30) RDI matin weekend (N) (SC)				L'info (N)	L'info (N)	L'info (N)	L'info (N)	Téléjournal	Humboldt: un an	Le national	L'info (N)	L'info (N)	L'info (N)	L'info (N)	L'info (N)	
SHOW	616	521	(7:00) "Text to Kill" (2015) Dina Meyer. 		Border Security 	NCIS The team searches for Bodnar.		** "Jack Ryan: Shadow Recruit" (2014) Chris Pine. Ryan uncovers a Russian plot to collapse the U.S. economy. 				*** "Skyfall" (2012, Action) Daniel Craig, Judi Dench, Javier Bardem. James Bond must track down and destroy a threat to M16.  							
SLICE	601	562	Paid Program 	PiYo Workout! 	Paid Program 	Paid Program 	Married at First Sight 		Mom 	** "The Break-Up" (2006) Vince Vaughn. A couple end their relationship, but neither is willing to move. 		** "Pitch Perfect 2" (2015, Musical Comedy) Anna Kendrick, Rebel Wilson.  							
TLC	521	560	Untold Stories of the E.R. "Dr. Robot" 		Untold Stories of the E.R. "Raging Reunion"		Untold Stories of the E.R. 		Untold Stories of the E.R. 		Untold Stories of the E.R. 		Untold Stories of the E.R. 		Untold Stories of the E.R. 		Untold Stories of the E.R. 		
TSN	400	400	SportsCentre 		SportsCentre 		SportsCentre 		SportsCentre	EOAN 2019 - On The Line 		2019 IIHF Women's World Hockey Championship vs Canada. (N) (Live) 		United States		SC 	Motoring TV 		
YOUTH	551	542	Go Away	Loud	Loud	Loud	Sponge.	Sponge.	Turtles	Loud	** "Ice Age: The Meltdown" (2006) 				Sponge.	Sponge.	Sponge.	Loud	

SATURDAY EVENING																		APRIL 6, 2019		
	Bell	Star	4 PM	4:30	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	
WCAX 3	-	-	The Final Four Show Analysts preview the upcoming NCAA Tournament games. (N)				2019 NCAA Basketball Tournament (Live) 		Auburn vs Virginia. (N)		2019 NCAA Basketball Tournament State. (N)  (Live) 		Texas Tech vs Michigan		Channel 3 News	Friends 	NCIS: N.O.			
WPTZ 5	-	-	(3:30) PGA Tour Golf Valero Texas Open, Third Round. (N)  (Live)				NBC5 News at 6	Nightly News	Jeopardy! 	Wheel of Fortune	Dateline NBC 		Dateline NBC 		Saturday Night Live (N) 		NBC5 News	(:29) Saturday Night Live (N) 		
CBMT 6	206	301	IAAF World Cross Country		Diving FINA Grand Prix: Canada Cup. (N)		Montreal News	Hockey Central	NHL Hockey Toronto Maple Leafs at Montreal Centre in Montreal. (N)  (Live) 		Canadiens. From the Bell				NHL Hockey Edmonton Oilers at Calgary Flames. From Scotiabank Saddledome in Calgary, Alberta, Canada. (N)					
CHLT 7	107	718	(3:47) ** "La stratégie Ender" (2013) Harrison Ford, Asa Butterfield. (DVS) (SC)				TVA nouvelles (N)	** "Bataille navale" (2012) Taylor Kitsch, Rihanna. La terre est attaquée par une force extraterrestre. (SC)				(:01) ** "Le justicier" (2014) Denzel Washington. Robert McCall vient à l'aide d'une jeune femme. (SC)				(:31) TVA nouvelles		"Feu par le feu"		
WMTW 8	-	-	World of X Games (N) 		Cooking Emeril	PiYo Workout!	WMTW News 8 at	World News	Larry King Sp.	Jeopardy! 	American Idol "209 (Top 20 Solos)" The top 20 finalists perform. 		20/20 (N) 		WMTW News 8		Rizzoli & Isles "There Be Ghosts"  			
CKSH 9	108	-	(3:00) Inspecteur Barnaby (DVS) (SC)		La semaine verte (N) (SC)		Téléjournal Estrie	La petite vie (SC)	Les enfants de la télé (SC)		Faire oeuvre utile (DVS) (SC)		Notre vie Rebecca encourage Kate. 		Le télé-journal	Doc humanité (N)		*** "Page 8" (2011) Bill Nighy. (SC)		
CKMI 11	-	-	(3:30) ** "Ace Ventura: Pet Detective" (1994) Jim Carrey. 		Focus Montreal		Global News at 6	Global National	Border Security	Border Security	Ransom "Black Dolphin"  (DVS)		Rookie Blue "Going Under"  (DVS)		Rookie Blue "Two Truths and a Lie" 		Global News		(:29) Saturday Night Live (N) 	
CFCF 12	205	312	MLS Soccer Chicago Fire at Toronto FC.		Seinfeld 	Big Bang Theory	CTV News Montreal		W5 Laser eye surgery; digital games.		Jann 	Big Bang Theory	"Aurora Teagarden Mysteries: Last Scene Alive" (2017) Candace Cameron Bure.		News-Rinaldo		CTV News Montreal	(12:05) Pop Life		
WVNY 22	-	-	World of X Games (N) 		Paid Program	Paid Program	World News	Local 22 News (N)	Extra (N) 		American Idol "209 (Top 20 Solos)" The top 20 finalists perform. 		20/20 (N) 		Local 22 News (N)		Extra 			
WUTV 30	-	-	MLS Soccer		PBC Face to Face	Raw Travel 	Big Bang Theory	Big Bang Theory	Two and Half Men	Two and Half Men	MasterChef Making English trifles. 		9-1-1 "Fight or Flight"  		2 on Your Side at 10	Big Bang Theory	Gordon Ramsay's 24 Hours to Hell	Larry King Special		
CFKS 31	106	726	(:15) ** "Drôles de blondes" (2004) Shawn Wayans. Deux agents du FBI veulent arrêter un ravisseur.				* "Régression" (2015, Suspense) Ethan Hawke, Emma Watson. Premiere.		(:45) ** "Apparences" (2000, Suspense) Harrison Ford, Michelle Pfeiffer. Une femme devient persuadée que sa maison est hantée.		NVL week-end		Infopublicité							
WUHF	-	363	MLS Soccer		PBC Face to Face	Paid Program	Paid Program	Paid Program	Big Bang Theory	Big Bang Theory	MasterChef Making English trifles. 		9-1-1 "Fight or Flight"  		WHAM News	Engagement	Gordon Ramsay's 24 Hours to Hell	ROH Wrestling		
WETK	-	-	Woody Guthrie All Star Tribute		Rick Steves	NewsHour Wk	Father Brown 	As Time Goes By		Keep-Appear	Rev. 	Upstart Crow 	Doc Martin "Nobody Likes Me" 		The Doctor Blake Mysteries 		Austin City Limits 		Bardo: A Night	
WCFE	-	-	Antiques Roadshow  (Part 3 of 3) 		Samantha Br	R. Steves' Europe	Brewed in New York	NewsHour Wk	Mountain Lake	New York Now 	Miss Marple "A Caribbean Mystery" Murder erupts in a tropical paradise. 		Jamestown 		Underground		Austin City Limits 			
A&E	615	520	(2:00) Live PD "Live PD -- 05.12.18"		Live PD "Live PD -- 03.29.19" 						(:06) Live PD: Roll Call		Live PD "Live PD -- 04.06.19" (N)  (Live) 				Live PD 			
BRAVO	620	523	Blue Bloods "A Deep Blue Goodbye" 		The Closer "Executive Order"															

Your week on TV

SUNDAY DAYTIME														APRIL 7, 2019						
	Bell	Star	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30		
WCAX	3	-	-	Channel 3 News Sunday Morning (N)	CBS News Sunday Morning (N) 			Face the Nation (N) 		The Inspectors	AAA Ben-efits	Paid Pro-gram	Power Air Fryer Oven	Religion & Identity	Bull Riding		Sides of Story	HS Basket-ball		
WPTZ	5	-	-	Sunday Today With Willie Geist (N) 	Meet the Press (N) 			Soledad O'Brien	On the Money (N)	Rizzoli & Isles "Dead Weight" 	Major Crimes "Flight Risk" 		Paid Pro-gram	Sports Gone Wild		PGA Tour Golf Valero Texas Open, Final Round. (N)  (Live)				
CBMT	6	206	301	Coronation Street 	Coronation Street 	Coronation Street 	Coronation Street 	Coronation Street 	Weekly-Wendy	Maamuita-au (N)	Our Montreal 		The Nature of Things   (DVS)		q Sting; David Foster; LP. (N)  		*** "The Little Prince" (2015) 			
CHLT	7	107	718	(6:00) Salut bonjour week-end (N) (SC)				"L'amour à vol d'oiseau" (2014) Jamie Dornan, Charlotte de Bruyne, Jan Declair. (SC)			TVA nouvelles (N)	La victoire de l'amour	Infopub-licité (SC)	*** "Madagascar, l'île des lémuriens"		"La princesse des cygnes: aventure chez les pirates!" (2016) (SC)				
WMTW	8	-	-	Good Morning America (N) 		This Week W/ George Stephanopoulos		Soledad O'Brien	Teen Kids News (N)	Made in Hollywood	Wild About Animals	John Hick-enlooper	5 Makeup Tips 4 You	AAA Ben-efits	PiYo Work-out!	Paid Pro-gram	Tummy Tuck	NBA	NBA Bas-ketball	
CKSH	9	108	-	Brigade animo	Sept nains et moi	(8:59) Mys-ticons 	(:29) Oniva! (N)	(9:59) Le jour du Sei-gneur (N) (SC)	Les coulisses du pou-voir (N) (SC)		Téléjournal	La semaine verte (SC)		Second regard (N)	Sous la coupole (DVS) (SC)		"Alexandre et sa journée"			
CKMI	11	-	-	Fishful Thinking	Mummies Alive "Otzi the Iceman"		Context: Beyond	Joel Osteen 	Paid Pro-gram	The West Block (N)	Focus Montreal	Entertainment Tonight (N) 		Remedy "Our Friend, Chaos"  (DVS)		The Baker Sisters	The Baker Sisters	Ice Road Truckers  (DVS)		
CFCF	12	205	312	Children's Villages	The Social (N) 	Operation Smile 		Context: Beyond	Church of the Rock		Question Period (N) 		SportsCentre (N) 		Bonacini's Italy 	One World Kitchen 	*** "Thor" (2011) Chris Hemsworth. Cast out of Asgard, the Norse god lands on Earth.			
WVNY	22	-	-	Good Morning America (N) 		This Week W/ George Stephanopoulos		What Mat-ters	The Key of David	Paid Pro-gram	Paid Pro-gram	Paid Pro-gram	Paid Pro-gram	Smokeless Grill	Paid Pro-gram	Larry King Sp.	More Hair	NBA	NBA Bas-ketball	
WUTV	30	-	-	The Ernest Angley Hour				FOX News Sunday With Chris Wallace (N)		Sharyl Attkisson	The Key of David	More Hair	PiYo Work-out!	Raw Travel 	Raceline	*** "Matchstick Men" (2003, Comedy) Nicolas Cage. A con man bonds with his daughter and plans a swindle.				
CFKS	31	106	726	Il est écrit	NVL week-end (N)	Marvel: les agents du S.H.I.E.L.D   (SC)		RPM (N)		RPM Plus (N)		Zone VL	Infopub-licité	Rire et délire	Rire et délire	*** "La matrice rechargée" (2003, Science-fiction) Keanu Reeves, Laurence Fishburne.				
WUHF	-	-	363	Wild America	Pathway to Victory	FOX News Sunday With Chris Wallace (N)		Sharyl Attkisson	Rochester Press Box	Cooking Emeril	Car Repair Secret!	More Hair	Cooking Emeril	Ring of Honor Wrestling (N) 	Modern Family 	Sore Joints?	Ring of Honor Wrestling (N) 			
WETK	-	-	-	Pinkali-cious	Curious George	Let's Go Luna!	Nature Cat 	Ready Jet Go!   (EI)	Wild Kratts 	Vermont This Week Special		Downton Abbey on Masterpiece 		Me, Dorothy ... and This Road to Oz 		"Wretches & Jabberers" (2010, Documentary)		Paul Simon		
WCFE	-	-	-	Wild Kratts "Kerhonk" 	Wild Kratts 	Washing-ton Week	Scully: World	Mountain Lake	New York Now 	NOVA "Emperor's Ghost Army" 		Nature Kalkalpen National Park in Austria.		Les Mis-erables	Grantchester on Master-piece  	Endeavour on Masterpiece Morse investigates a woman's murder. 				
A&E	615	520		(7:30) Hoarders	Hoarders "Doug & Ruth" 	Hoarders Sexual para-phernalia fills a home.		Hoarders "Three Amigos" Three brothers hoard together. 		The First 48			"The Fallen Angel" Shooting death in an Atlanta park. 					"Termina-tor 3"		
BRAVO	620	523		Blue Bloods "A Deep Blue Goodbye" 		Magnum P.I. "The Day It All Came Together"		The Rookie "Homefront"  (DVS)		Law & Order: Special Victims Unit 		Whiskey Cavalier   (DVS)		The Closer "Executive Order"  		The Closer "Executive Order"  		The Closer "Old Money"  		
CNN	500	500		Inside Politics (N)		State/Union		Fareed Zakaria GPS		Reliable Source		State/Union		Fareed Zakaria GPS		CNN Newsroom		CNN Newsroom		
DISC	520	505		Insane Pools: Off the Deep End 		Tanked Tanks inspired by moments in history.		North Woods Law "On Thin Ice" 		North Woods Law "Maine Freeze" 		Scaled A gangster-themed enclosure.		Cold Water Cowboys "King Of Turbot"		Highway Thru Hell "Cold Gold"		MythBusters Jr. Table-top gaming myths.		
HIST	522	506		Rust Valley Restorers "Race to the Finish!"		American Pickers "Big Money Racer" 		American Pickers 		Rust Valley Restorers "Race to the Finish!"		Counting Cars	Counting Cars 	Forged in Fire "The Kilij"  		Forged in Fire "Karabela"  		Forged in Fire "The Lion Spear"  		
PARMT	628	584		Bar Rescue A struggling military bar.		Bar Rescue "Momster's Ball" 		Bar Rescue 		Bar Rescue "Jon of the Dead"  		Bar Rescue A Cape Canaveral area bar. 		Bar Rescue "Fallen Angels"  		Bar Rescue "Bromancing the Stone"  		Bar Rescue Disaster ignites in the kitchen.		
RDI	126	730		(5:30) RDI matin weekend (N) (SC)				L'info (N)	L'info (N)	Les coulisses du pou-voir (N) (SC)		Téléjournal	Téléjournal	Podium (SC)	L'info (N)	L'info (N)	L'info (N)	L'info (N)	L'info (N)	
SHOW	616	521		*** "Fairfield Road" (2010, Drama) Jesse Met-calfe, Natalie Lisinska.  				*** "Skyfall" (2012, Action) Daniel Craig, Judi Dench, Javier Bardem. James Bond must track down and destroy a threat to MI6.  				** "Non-Stop" (2014, Action) Liam Neeson. An air marshal contends with a dire threat aboard a plane.  				** "Red 2" (2013)				
SLICE	601	562		Try Yoga!	Paid Pro-gram 	PiYo Work-out! 	Paid Pro-gram 	Mom 	Mom 	** "Two Weeks Notice" (2002, Romance-Comedy) Sandra Bullock, Hugh Grant.  			** "Pitch Perfect 2" (2015) Anna Kendrick. The Barden Bellas compete at the world championships.  						** "Foot-loose" 	
TLC	521	560		Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	My 600-Lb. Life "Aaron's Story" Aaron must learn to care for himself. 				My 600-Lb. Life "Desti-nee's Story" 		
TSN	400	400		Premier League Morn-ings (N) (Live) 		Premier League Soccer (N) (Live) 		Everton FC vs Arsenal FC.		SportsCentre 		SportsCentre 		SC 	NASCAR Cup	NASCAR Monster Energy Series Food City 500. (N) (Live)				
YOUTH	551	542		Go Away	Loud	Loud	Loud	Sponge.	Sponge.	Turtles	Ninjago	*** "Shrek 2" (2004) Voices of Mike Myers.				Sponge.	Sponge.	Sponge.	Loud	

SUNDAY EVENING														APRIL 7, 2019						
	Bell	Star	4 PM	4:30	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	
WCAX 3	-	-	HS Basketball		Superstar Renovation (N) 14		Channel 3 News	Weekend News	60 Minutes (N) 14		54th Academy of Country Music Awards Honoring achievement in coun-try music. (N) 14 (Live) 14				Channel 3 News	Outdoors-man	NCIS: N.O.			
WPTZ 5	-	-	(2:30) PGA Tour Golf Valero Texas Open, Final Round. (N) 14 (Live)				NBC5 News at 6	Nightly News	Ellen's Game of Games 14		World of Dance "The Duels 4" Elimination duels. (N) 14				Good Girls "Take Off Your Pants" (N) 14	NBC5 News	Soledad O'Brien	Castle 14		
CBMT 6	206	301	(3:00) *** "The Little Prince" (2015) 14		"Invisible Essence: The Little Prince" 14		When Calls the Heart "Prelude to a Kiss"		Heartland The family helps Will Vernon. 14		The Nature of Things (N) 14 (DVS)		The Fifth Estate (N) 14 (DVS)		The National (N) 14		Montreal News	Weekly-Wendy	q 14	
CHLT 7	107	718	(:01) ** "Flicka" (2006, Enfants) Alison Lohman, Tim McGraw. (DVS) (SC)				TVA nouvelles (N)	Vlog "PL Cloutier"	La voix "Les chants de bataille" Chaque coach envoie trois candidats. (N) (SC)		(:15) La vraie nature (N) (SC)		(:15) TVA nouvelles		(:45) ** "Adieu vie de jeune fille" (2012, Co-médie) Kirsten Dunst, Isla Fisher. (SC)					
WMTW 8	-	-	(3:30) NBA Basketball Oklahoma City Thunder at Minnesota Timberwolves. (N) (Live)				WMTW News 8 at	World News	America's Funniest Home Videos (N) 14		American Idol "210 (All-Star Duets)" (N) 14				(:01) Shark Tank (N) 14 (DVS)		WMTW News 8	Soledad O'Brien	Person of Interest	
CKSH 9	108	-	"Alexandre" 14	Mr. Bean (SC)	Les Chefs! (SC)		Téléjournal Estrie	Découverte (N) (SC)		Ici Laflaque (N)	Tout le monde en parle (N) (SC)						Le télé-journal	(10:55) Infomam	(:25) *** "Le dernier roi d'Ecosse"	
CKMI 11	-	-	"Stop the Wedding" (2016, Comedy-Drama) Rachel Boston, Niall Matter. 14				Global News at 6	Global National	Border Security	Border Security	Big Brother Canada (N) 14		Chicago Med "Tell Me the Truth" (N) 14	SEAL Team "Dirt, Dirt, Gucci" (N) 14		Global News	The West Block	Focus Montreal		
CFCF 12	205	312	(2:00) "Thor" 14		Mike & Molly 14	The Goldbergs 14	Big Bang Theory	CTV News Montreal (N) 14		Big Bang Theory	Big Bang Theory	World of Dance "The Duels 4" Elimination duels. (N) 14		The Enemy Within "Eye of Horus" (N)		News-Rinaldo	CTV News Montreal	South Park 14		
WVNY 22	-	-	(3:30) NBA Basketball Oklahoma City Thunder at Minnesota Timberwolves. (N) (Live)				World News	Local 22 News (N)	America's Funniest Home Videos (N) 14		American Idol "210 (All-Star Duets)" (N) 14				(:01) Shark Tank (N) 14 (DVS)		Local 22 News (N)	Graham Bensinger	Judge Judy 14	
WUTV 30	-	-	Inside PBC Boxing (N) 14		Raw Travel 14	More Hair 14	Ring of Honor Wrestling (N) 14		The Simpsons 14	Bob's Burgers	The Simpsons (N)	Bob's Burgers	Family Guy 14	Family Guy 14	2 on Your Side at 10		Sharyl Attkisson	Ring of Honor Wrestling (N) 14	Seinfeld 14	
CFKS 31	106	726	"Matrice" 14		(:45) ** "Sexte à New York 2" (2010) Sarah Jessica Parker, Kim Cattrall. Carrie Bradshaw et les filles visitent Abu Dhabi.						(:45) *** "Le dernier boy-scout" (1991) Bruce Willis. Un détective dénonce la corruption dans le milieu sportif.				"La nuit des enfants rois" (2011) Voices of Jeffrey Evan Thomas, Lauren Ashley Carter.				Moment V	
WUHF	-	363	Inside PBC Boxing (N) 14		Sore Joints? 14	L King Report	Ring of Honor Wrestling (N) 14		The Simpsons	Bob's Burgers	The Simpsons (N)	Bob's Burgers	Family Guy 14	Family Guy 14	WHAM News		Sharyl Attkisson	Engage-ment	Paid Program	2 Broke Girls 14
WETK	-	-	(3:30) Paul Simon's Concert in the Park 14		NewsHour Wk		2017 World Dances-port Grandslam		The Great British Baking Show 14		Call the Midwife (N) 14		Mrs. Wilson on Master-piece (N) 14		Unforgotten on Master-piece 14		Call the Midwife Barbara helps a widow.		Call the Midwife	
WCFE	-	-	Endeavour on Masterpiece "Arcadia" 14 (DVS)		Endeavour 14 (DVS)		on Masterpiece "Prey"		The Great British Baking Show 14		Call the Midwife (N)		Mrs. Wilson on Master-piece (N) 14		Unforgotten on Master-piece 14		Independent Lens Three boys who have a parent in prison. 14			
A&E	615	520	(3:30) *** "Terminator 3: Rise of the Machines" (2003) Arnold Schwarzenegger. 14				* "Gone in Sixty Seconds" (2000, Action) Nicolas Cage, Angelina Jolie. 14				** "Colombiana" (2011, Action) Zoe Saldana, Jordi Mollà, Lennie James. 14				(:01) ** "Step Brothers" (2008, Comedy) Will Ferrell, John C. Reilly. 14		** "Colombiana"			
BRAVO	620	523	Garage Sale Mysteries "Garage Sale Mystery Pilot" A string of burglaries hits town.				Garage Sale Mysteries "All That Glitters" Martin turns up murdered. 14				Killing Eve (Season Premiere) (N) 14		Chronicle Mysteries "Recovered" Alex investigates a disappearance. 14		Killing Eve 14		Chronicle Mysteries			
CNN	500	500	CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		Tricky Dick (N) 14		The Bush Years		Tricky Dick 14		Tricky	
DISC	520	505	MythBusters Jr. "Gravity Busters"		Big Bang Theory		Big Bang Theory	Big Bang Theory	Mighty Cruise Ships (N) 14 (DVS)		Expedition Unknown "Egypt Live" Josh gains access to a sarcophagus. (N) 14		Alaskan Bush People		Big Bang Theory		Big Bang Theory	Big Bang Theory		
HIST	522	506	American Pickers "The Joy of Sax" 14		American Pickers "Big Money Racer"		American Pickers 14		Forged in Fire "The Kilij" 14		Forged in Fire: Cutting Deeper (N) 14		The Curse of Oak Island: Digging Deeper		The Curse of Oak Island (N) 14		Lost Gold of World War II 14		Digging Deeper	
PARMT	628	584	Bar Rescue "Struck Out at the Dugout"		Bar Rescue "Storming the Castle" 14		Bar Rescue A management-heavy staff.		Bar Rescue "Brawlin' Babes" 14		Bar Rescue "Mississippi Rears" 14		Bar Rescue "Not Cleared for Takeoff"		Bar Rescue "Back to School" (N) 14		(:01) Wife Swap 14		Bar Rescue 14	
RDI	126	730	L'info (N)		Journal France 2	Le télé-journal	La facture (SC)	Le télé-journal	Humboldt: un an	Le national (N)	(:31) Le national		(:01) Découverte (N) (SC)		Le télé-journal	(:31) Les coulisses du pouvoir (SC)		Le national (N)	(:01) La semaine verte (SC)	Le télé-journal
SHOW	616	521	(3:30) ** "Red 2" (2013, Action) Bruce Willis, John Malkovich. 14				** "Real Steel" (2011, Action) Hugh Jackman, promoter and his son build a robot fighter. 14				Evangeline Lilly. A boxing		Marvel's Cloak and Dagger 14		(:02) Marvel's Cloak and Dagger (N) 14		(:04) ** "Red 2" (2013) Bruce Willis, John Malkovich. 14		Bruce Willis	
SLICE	601	562	(3:30) ** "Footloose" (2011) Kenny Wormald, Julianne Hough, Dennis Quaid. 14				** "Two Weeks Notice" (2002) Sandra Bullock, Hugh Grant, Alicia Witt. 14				Don't Be Tardy ...		Don't Be Tardy ...	Married to Medicine Los Angeles (N) 14		The Real Housewives of Atlanta (N) 14		Don't Be Tardy ...	Don't Be Tardy ...	Married to Med. LA
TLC	521	560	(3:00) My 600-Lb. Life "Destinee's Story" 14		My 600-Lb. Life "Jeanne's Story" Jeanne lives in an unhygienic household. 14		Sister Wives Family tensions run high. (N)		Sister Wives "Leaving Las Vegas" (N)		Sister Wives "Leaving Las Vegas" (N)		(:01) Seeking Sister Wife The Snowdens prepare to marry Vanessa. (N) 14		(:04) Sister Wives "Moving Meltdowns"		Sister Wives 14			
TSN	400	400	(2:00) NASCAR Monster Energy Series Food City 500. (N) (Live)			SportsCentre (N) (Live) 14			2019 World Men's Curling Championship Gold Medal Game: Teams TBA. (N) (Live) 14				SportsCentre (N) (Live) 14		SportsCentre (N) (Live) 14		SC With Jay			
YOUTH	551	542	Loud	Loud	Barbie	Cousins	*** "The Boxtrolls" (2014) 14				Game On	Star Falls	Star Falls	Star Falls	ReBoot	ReBoot	Assembly	Assembly	Boxtrolls	

Stanstead College presents comedy This Must Be the Place

Record Staff

Members of the public are invited to attend *This Must Be the Place*, a comedy by American playwright Monk Ferris, being presented by Stanstead College Friday and Saturday, April 12 and 13 at 7:30 p.m. Admission is free.

Directed by teacher Nicki Campbell, the production features performances by Stanstead College students Rosemarie Ladouceur (Magog, Que.), Phil Martel (Laval, Que.), Nicolas Del Rio Weinberg (Mexico City), Mackenzy St-Pierre (Ogden, Que.), Abby Murray (Stanstead, Que.), Sage Lovejoy (Coventry, Vt.), Bodie Nobes (St-Thérèse, Que.), Ali Barlow (Newport, Vt.) and Helen Yudo (Dollard-des-Ormeaux, Que.).

When world famous portrait artist Bob Zachary

plans a romantic evening to propose to April March, he doesn't figure on his plumber chum posing as him to lure a Las Vegas chorus girl to the house for a tryst, fashion designer Pomona Beaumont showing up seeking her niece debutante who is a client of Bob's, the niece ecstatically thinking that Bob is going to propose to her, a monstrous rejected suitor of April's showing up to wreak vengeance, Gloria's mother arriving to look for the missing Desmond diamonds (which vanished while in the custody of Pomona's long-missing daughter Clorinda) or the arrival of the weirdest private detective ever to stride onto a stage with drawn gun and an erroneous notion of who's who and what's what.

Come out and enjoy this whirlwind comedy in Pierce Hall on the campus of Stanstead College.



Magog welcomes spring with weekend of activities

Record Staff

The City of Magog is celebrating the arrival of spring with a diverse program of free or low-cost activities cultural activities on April 5, 6 and 7.

Indian dance show and workshop

Showing India from a different perspective, the show transports the audience to the heart of the vast country through traditional and modern Indian dances from different regions. The show is followed by a workshop exploring some Indian dance styles including Bhangra, Kalbeliya, and Bollywood for an evening filled with warmth and rich

colors. The family-friendly show takes place on Friday, April 5 at 7 p.m. in the Magog Community Centre at 95 Merry Street North. Attendance is \$5 for those with a valid resident's card, \$10 for non-residents, and those under 17 are admitted free. To reserve tickets, visit magog.qc.ca/billets.

Drawing in the sand live

Attend the interpretation of a tale drawn in sand on a light table. The performance art creation by artist Josée Courtemanche is captured by a camera in real time. In perpetual transformation, the image tells a story accompanied by the sound of the haunting music

of Charles Van Goidtsenhoven, in a show designed to delight the whole family. The performance takes place on Saturday, April 6 at 1:30 p.m. at the Espace culturel de Magog, 90 Saint-David Street.

Attendance is \$5 for those with a valid resident's card, \$10 for non-residents, and those under 17 are admitted free. To reserve tickets, visit magog.qc.ca/billets

Video game construction

Many young people dream of becoming video game creators and the opportunity to offer them a unique experience will be led by the Gros Joueurs team with a fun workshop where participants

manipulate small blocks that allow them to become both designers, level creators, and artists of a mobile game. The video game trades have never been so accessible. The workshop takes place on Sunday, April 7 from 1 p.m. to 4 p.m. at the Memphremagog Library, 90 Saint-David Street. The event is designed for kids over 8 years old and is free for all. No reservations are required. For more information call 819-843-3333 ext. 899

The City is also planning other activities upcoming this spring. For more information, please consult ville.magog.qc.ca/programmationculturelle.

Grégoire Ferland vernissage at Maison des arts et de la culture de Brompton

Record Staff

Between April 14 and June 2, the Maison des arts et de la culture de Brompton will host the solo exhibition 'Tegumentum' highlighting the recent works of the painter, sculptor and poet Grégoire Ferland.

In Latin, Tegumentum means what covers or what surrounds.

Through a masterful series of draped sculptures, the artist draws a parallel with the skin; this envelope which exercises multiple functions necessary for the survival of the individual and which preserves, like a manuscript, the rutted, scraped and overloaded drafts of an orig-

inal writing. Over the years, there are few mediums and creative processes Ferland has not mastered. In addition to the sculptures, the exhibition also offers large scale paintings, digital works and poems from his latest collections The Soul Does not Sleep (2017) and Flame lit in the snow (2018). movement is immanent in the work of Ferland, which explains that "it is probably the birth of natural reflex that animates the being. He can not help it. He must move."

The art critic John Grande, who has followed his career closely, writes of him: "His paintings and his sculptures reveal this dreamlike state of contemporary culture where rational consciousness

meets intuitive desire, like two joint forces in constant flux".

Metal sculptor, Ferland reinvents himself in this project with a series of sculptures oriented towards action and created by molding strips of fabric impregnated with resin. The duality created between joy and darkness, life and death, also covers figures and forms that permeate the paintings and the papers of the artist. The works presented have this in common: they speak of place, space, identity, body, human spirit and especially instinct.

Born in Saints-Ange, Quebec, Ferland led a double career as a painter and sculptor for the last 45 years. Self-taught,

he began his practice in his blacksmith shop in Cap-Health and has always been driven by the desire to create and express himself through the arts. Over the years, he has produced a prodigious work both in quantity and in diversity and quality. In addition to many individual and group exhibitions in Toronto, Montreal and Quebec, he also exhibited in New York, with a group of 14 Sculptors, then to Mexico, San Salvador and Bogota, where he lived for many years. Ferland gradually transferred his studio from Montreal to East Angus between 2006 and 2008. This former church, serves as a workshop, showroom and artists' residence.

Beatles Tribute at Cabaret Eastman

Record Staff

The Cabaret Eastman will host an acoustic tribute to The Beatles on Saturday, April 13. The concert is not only a tribute to the band, but the mammoth body of work created by Beatles Acoustic is not a tribute to the Beat-

les phenomenon, but to the large library of songs written by the band members in only a decade of existence

The band members for the tribute show include James Drouin (guitar, piano, voice), Yves Drouin (bass, voice), Sylvain Tanguay (bass, percussion, vocals), Robin Boucher (guitar, vocals) and

Andréanne Pouliot (drums, vocals).

Two generations of musicians will come together to share their passion for the music of the iconic band.

The upcoming show will feature the album Abbey Road and its B sides, focusing on the richness of the vocal harmonies and unique instrumentation.

Riddled with anecdotes and historical facts about the Fab Four, the show promises to cover the different epochs of the Beatles with energy and emotion, all done acoustically. The Tribute to the Beatles, a show not to be missed on Saturday, April 13, at Cabaret Eastman. The show begins at 8 p.m.



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Penny Ward
Consultant



Your week on TV

MONDAY EVENING													APRIL 8, 2019			
	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	
WCAX 3	-	-	Channel 3 News at Six (N)		CBS Evening News	Entertainment Tonight (N)	The Big Bang Theory �	Championship Central	2019 NCAA Basketball Tournament Final: Teams TBA. (N) � (Live) ��				Channel 3 News	Late Show-Colbert		
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) � ��	Wheel of Fortune (N) �	The Voice "The Battles, Part 3" (N) � ��		The artists perform dueling duets.		The Enemy Within "Decoded" (N) � �� (DVS)		NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) ��		
CBMT 6	206	301	CBC Montreal News (N)	Just for Laughs: Gags	Coronation Street (N) �	Coronation Street (N) �	Murdoch Mysteries Bracken-reid's son Bobby disappears.		(:01) Street Legal The defense presents their case. (N)		The National (N) � ��		CBC Montreal News (N)	Hello Goodbye ��	Coronation Street �	
CHLT 7	107	718	(5:58) TVA nouvelles (N)	Le tricheur (N) (SC)	Refuge animal (N) (SC)	Arrive en campagne (N)	Chicago Fire: Caserne 51 "Mise � feu par contact" �		Combien vaut cette maison? (SC)		TVA nouvelles (N)	(:35) Denis L�vesque (N) (SC)	(:35) Deux filles le matin "L'amour fou - partie 1"			
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) �	Jeopardy! (N) � ��	American Idol "211 (All-Star Duets)" (N) � ��				The Fix "Scandal" Maya obtains surveillance footage. (N)		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live � ��		
CKSH 9	108	-	(5:59) Le t�l�journal Estrie	(:31) RDI �conomie (N)	District 31 (N) (SC)	Les Morissette et moi	Les Chefs! Les aspirants-chefs sont jumel�s. (N) (SC)		Bonsoir bonsoir! (N) (SC)		Le t�l�journal (N) (SC)		(:05) Entr�e principale (SC)			
CKMI 11	-	-	Global National ��	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	The Neighborhood �	Schooled � �� (DVS)	9-1-1 "Dosed" An eating contest; a toddler pageant.		NCIS: New Orleans A Navy lieutenant has a fatal fall. (N)		Global News at 11	(:35) The Late Show With Stephen Colbert � ��		
CFCF 12	205	312	(5:59) CTV News Montreal (N) � ��		etalk (N) � ��	The Big Bang Theory ��	MasterChef Canada (Season Premiere) Home cooks audition for a white apron. (N) � �� (DVS)				The Fix "Scandal" Maya obtains surveillance footage. (N)		News-Lisa	CTV News Montreal (N)	The Daily Show	
WVNY 22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N) � ��	American Idol "211 (All-Star Duets)" (N) � ��				The Fix "Scandal" Maya obtains surveillance footage. (N)		Local 22 News (N)	(:35) Jimmy Kimmel Live � ��		
WUTV 30	-	-	The Big Bang Theory ��	Judge Judy � ��	Judge Judy � ��	Family Feud � ��	The Resident "Trial & Error" A drug trial goes awry. �		9-1-1 "Dosed" An eating contest; a toddler pageant.		2 on Your Side Seinfeld ��		Two and a Half Men �	Two and a Half Men �	Last Man Standing �	
CFKS 31	106	726	Souper parfait	Souper parfait	Rire et d�lire	Mets-y le paquet (N)	Total knock out Un professeur; une infirmiere. � (SC)		L'open mic de...	X-Files: aux fronti�res du r�el "Esprit vengeur" (SC)		Rire et d�lire	Souper parfait	NVL (N)	Moment V	
WUHF	-	363	Modern Family � ��	Modern Family � ��	The Big Bang Theory ��	The Big Bang Theory ��	The Resident "Trial & Error" A drug trial goes awry. �		9-1-1 "Dosed" An eating contest; a toddler pageant.		13WHAM News at 10 on Fox Rochester (N) (Live) ��		DailyMailTV (N) � ��	The Simpsons ��	Paid Program ��	
WETK	-	-	PBS NewsHour (N) � ��			The This Old House Hour � ��		Antiques Roadshow "Philbrook Museum Hour 1" (N)		Antiques Roadshow Lucy M. Lewis Acoma Pueblo pottery.		Independent Lens "The Providers" Providers offer care to all. (N) � �� (DVS)		Amanpour and Company (N) � ��		
WCFE	-	-	World News America	Nightly Business Report	PBS NewsHour (N) � ��		Antiques Roadshow "Philbrook Museum Hour 1" (N)		Antiques Roadshow Lucy M. Lewis Acoma Pueblo pottery.		Independent Lens "The Providers" Providers offer care to all. (N) � �� (DVS)		BBC World News ��		Amanpour and Company	
A&E	615	520	Live PD Presents	Live PD Presents	Live PD Presents	Live PD Presents	Live PD Presents	Live PD Presents	Live PD Presents	Live PD Presents	Live PD Presents	Live PD Presents	Live PD Presents	Live PD Presents	Live PD Presents	
BRAVO	620	523	CSI: Crime Scene Investigation Hunt down serial killer.		CSI: Crime Scene Investigation "Fahrenheit 932" ��		CSI: Crime Scene Investigation Investigate bombing. �		CSI: Crime Scene Investigation "To Halve and to Hold"		CSI: Crime Scene Investigation "Anonymous" � ��		CSI: Crime Scene Investigation "Unfriendly Skies" ��		CSI: Crime Scene	
CNN	500	500	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Cuomo Prime Time (N) ��		CNN Tonight w/ Don Lemon		CNN Tonight w/ Don Lemon		Cooper 360	
DISC	520	505	Highway Thru Hell "Bridge Out" �� (DVS)		MythBusters Testing a bathroom hand dryer. � ��		Gold Rush: Dave Turin's Lost Mine (N) ��		Gold Rush Parker flies in an Avenger warplane. (N) ��		Jade Fever (N)		Jade Fever (N)		Gold Rush ��	
HIST	522	506	The Curse of Oak Island: Digging Deeper � ��		The Curse of Oak Island � ��		Jesus: His Life Disciples gather for the Last Supper.		Jesus: His Life Pontius Pilate decides Jesus' fate. (N)		Knightfall The knights prepare to exact revenge. (N) �		Jesus: His Life Disciples gather for the Last Supper.		Jesus: His Life ��	
PARMT	628	584	Cops � ��	Cops � ��	Cops � ��	Cops � ��	Cops "Without a Paddle"	Cops "Pants Party" ��	Cops "Fighting to Lose"	Cops � ��	Cops (N) � ��	Cops � ��	Cops "Dirty Laundry" �	Cops � ��	Cops "Cheek to Cheek" �	
RDI	126	730	(5:59) Le national (N)	(:31) RDI �conomie (N)	(:01) 24/60 (N) (SC)		Les grands reportages "King Bibi" (N) (SC)		Le t�l�journal avec C�line Galipeau (N) (SC)		Mordus de politique (N) (SC)		Le national (N) (SC)		(:31) Le national (N)	
SHOW	616	521	NCIS Parsons' view of the team changes. �� (DVS)		NCIS Tony is determined to find Ziva. � �� (DVS)		NCIS Searching for Eli and Jackie's killer. �� (DVS)		*** "Bridesmaids: Unedited & Unrated" (2011) Kristen Wiig, Maya Rudolph. A maid of honor's life unravels as the big day approaches. � ��				NCIS A team member is a hit man's target. �� (DVS)			
SLICE	601	562	Vanderpump Rules � ��		The Real Housewives of Beverly Hills � ��		Vanderpump Rules Stassi unleashes her insecurities.		Vanderpump Rules Lisa ponders firing a staff member.		Summer House Kyle changes his behavior. (N) � ��		Vanderpump Rules Jax proposes to Brittany. � ��		Vanderpump Rules ��	
TLC	521	560	Say Yes to the Dress �	Say Yes to the Dress �	Say Yes to the Dress Omarosa wants a colorful gown.		My 600-Lb. Life "Supersized: Destinee's Story" Destinee seeks approval to transition. (N) � ��		My 600-Lb. Life "Octavia's Story" Octavia must make a difficult decision. � ��						My 600-Lb. Life � ��	
TSN	400	400	SportsCentre (N) (Live) ��		That's Hockey!		TSN Hockey: Playoff Fantasy Draft Special (N)		Best of March		2019 NCAA Basketball Tournament Final: Teams TBA. (N) (Live) ��				SportsCentre (N) ��	SC With Jay and Dan (N)
YOUTH	551	542	Henry Danger	Double Dare	*** "The SpongeBob SquarePants Movie" (2004) �				*** "The SpongeBob SquarePants Movie" (2004) �				Just Kidding	Just Kidding	SpongeBob	

TUESDAY EVENING													APRIL 9, 2019		
	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	Channel 3 News at Six (N)		CBS Evening News	Entertainment Tonight (N)	NCIS "Perennial" A naval hospital goes on lockdown.		The Code A soldier kills his commanding officer. ��		NCIS: New Orleans A Navy lieutenant has a fatal fall. (N)		Channel 3 News	(:35) The Late Show With Stephen Colbert � ��	
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) � ��	Wheel of Fortune (N) �	The Voice The artists perform dueling duets. (N) ��		The Village Katie faces key pregnancy decisions. (N) �		New Amsterdam The doctors must work without power. (N)		NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) ��	
CBMT 6	206	301	CBC Montreal News (N)	Just for Laughs: Gags	Schitt's Creek �	Coronation Street (N) �	Still Standing �� (DVS)	Still Standing �� (DVS)	Schitt's Creek (N) �	Catastrophe "Episode 6" (N) �	The National (N) � ��		CBC Montreal News (N)	True North Calling ��	Coronation Street �
CHLT 7	107	718	(5:58) TVA nouvelles (N)	Le tricheur (N) (SC)	(6:59) World of Dance: la comp�tition "4e ronde de duels" Les meilleurs danseurs s'affrontent. � (Part 2 of 2) (SC)		Dance: la comp�tition "4e ronde de duels" Les meilleurs danseurs s'affrontent. � (Part 2 of 2) (SC)		L'arme fatale Murtaugh suit Riggs au Mexique. � (SC)	blackish (N) ��	TVA nouvelles (N)		(:35) Denis L�vesque (N) (SC)	(:35) Deux filles le matin Alexandre Jardin. (SC)	
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) �	Jeopardy! (N) � ��	American Housewife (N)	The Kids Are Alright (N) �	Bonsoir bonsoir! (N)		The Rookie Nolan and Bishop answer a call. (N) �		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live � ��	
CKSH 9	108	-	(5:59) Le t�l�journal Estrie	(:31) RDI �conomie (N)	District 31 (N) (SC)	La facture (N) (SC)	Unit� 9: le documentaire -- les familles (DVS)				Le t�l�journal (N) (SC)		(:05) Entr�e principale (SC)		
CKMI 11	-	-	Global National ��	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	NCIS "Perennial" A naval hospital goes on lockdown.		The Code A soldier kills his commanding officer. ��		(:01) New Amsterdam "Sanctuary" (N) � �� (DVS)		Global News at 11 (N)	(:35) The Late Show With Stephen Colbert � ��	
CFCF 12	205	312	(5:59) CTV News Montreal (N) � ��		etalk (N) � ��	The Big Bang Theory ��	The Voice The artists perform dueling duets. (N) ��		The Village Katie faces key pregnancy decisions. (N) �		The Rookie Nolan and Bishop answer a call. (N) �		News-Lisa	CTV News Montreal (N)	The Daily Show
WVNY 22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N) � ��	American Housewife (N)	The Kids Are Alright (N) �	blackish (N) ��	Splitting Up Together �	The Rookie Nolan and Bishop answer a call. (N) �		Local 22 News (N)	(:35) Jimmy Kimmel Live � ��	
WUTV 30	-	-	The Big Bang Theory ��	Judge Judy � ��	Judge Judy � ��	Family Feud � ��	MasterChef The cooks pair up to make cupcakes. (N) �		Mental Samurai A new group of contestants competes. (N)		2 on Your Side Seinfeld ��		Two and a Half Men �	Two and a Half Men �	Last Man Standing �
CFKS 31	106	726	Souper parfait	Souper parfait	Rire et d�lire	Tout s'embellit avec Julie	Je suis chef Des candidats s'affrontent.		L'open mic de...	NCIS: Los Angeles Le NCIS part au Mexique. �			Souper parfait	NVL (N)	Moment V
WUHF	-	363	Modern Family � ��	Modern Family � ��	The Big Bang Theory ��	The Big Bang Theory ��	MasterChef The cooks pair up to make cupcakes. (N) �		Mental Samurai A new group of contestants competes. (N)		13WHAM News at 10 on Fox Rochester (N) (Live) ��		DailyMailTV (N) � ��	The Simpsons ��	Paid Program ��
WETK	-	-	PBS NewsHour (N) � ��		Born to Explore-Wiese	Weekends With Yankee	Finding Your Roots With Henry Louis Gates, Jr. ��		Reconstruction: America After the Civil War (Series Premiere) America after the Civil War. (N) � ��		Amanpour and Company (N) � ��		Nightly Business Report		
WCFE	-	-	World News America	Nightly Business Report	PBS NewsHour (N) � ��		Finding Your Roots With Henry Louis Gates, Jr. ��		Reconstruction: America After the Civil War (Series Premiere) America after the Civil War. (N) � ��		BBC World News ��		Amanpour and Company (N) � ��		
A&E	615	520	The First 48 "Officer Down" A killer targets the law. ��		Hoarders A woman must clean up or move out. ��		Hoarders Overload "Sandra" New homeowners must evict a hoarder. (N) � ��		(:01) The Toe Bro "Reptile Skin" (Season Finale) (N) �		(:04) The Toe Bro "Itchy to the Bone" � ��		Hoarders Overload ��		
BRAVO	620	523	The Closer "Star Turn" The Baylor family offers to settle.		The Closer The squad investigates a death. � ��		The Closer "Necessary Evil" Brenda and Fritz argue. �		The Closer Santa's entrance via zip line goes awry. ��		The Closer Brenda considers hiring a lawyer. � ��		The Closer Capt. Raydor focuses her efforts. � ��		The Closer � ��
CNN	500	500	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Cuomo Prime Time (N) ��		CNN Tonight w/ Don Lemon		CNN Tonight w/ Don Lemon		Cooper 360
DISC	520	505	Highway Thru Hell "Wind Storm" �� (DVS)		MythBusters The Indianapolis Motor Speedway. ��		Deadliest Catch "Unfinished Business" The captains return to Dutch Harbor. (N) � ��				Heavy Rescue: 401 "Beat Up and Bloody" (N)		Alaskan Bush People "Winter Is Here" ��		Heavy Rescue: 401
HIST	522	506	Jesus: His Life Disciples gather for the Last Supper.		Jesus: His Life Pontius Pilate decides Jesus' fate. ��		Knightfall The knights prepare to exact revenge. ��		Big Rig Warriors � ��		Big Rig Warriors (N) ��		American Pickers A collector is known as "the Colonel." �		Big Rig Warriors � ��
PARMT	628	584	Ink Master: Redemption "Master Canvas Call Out"		Bar Rescue A foul-mouthed owner needs to change.		Ink Master: Redemption	Ink Master: Redemption	Ink Master: Redemption	Ink Master: Redemption	Ink Master: Redemption	Ink Master: Redemption	Ink Master: Redemption	Ink Master: Redemption	Ink Master: Redemption
RDI	126	730	(5:59) Le national (N)	(:31) RDI �conomie (N)	(:01) 24/60 (N) (SC)		Les grands reportages "King Bibi" (N) (SC)		Le t�l�journal avec C�line Galipeau (N) (SC)		Mordus de politique (N) (SC)		Le national (N) (SC)		(:31) Le national (N)
SHOW	616	521	NCIS Gibbs and McGee travel to Afghanistan. �		NCIS "Once a Crook" A suspect from a 15-year-old case.		NCIS A Navy lieutenant goes missing. � �� (DVS)		Roswell, New Mexico "Cham-pagne Supernova" (N)		** "The Heat" (2013, Comedy) agent and a Boston cop go after a drug lord. � ��		Sandra Bullock, Melissa McCarthy. A federal agent and a Boston cop go after a drug lord. � ��		
SLICE	601	562	Summer House Stephen visits his family in Alabama. �		Vanderpump Rules Lisa ponders firing a staff member.		Summer House Kyle changes his behavior. � ��		The Real Housewives of Beverly Hills (N) � ��		Mexican Dynasties "Tres Is a Crowd" (N) � ��		Vanderpump Rules Jax and Brittany's engagement party.		Real Housewives/Beverly
TLC	521	560	Say Yes to the Dress �	Say Yes to the Dress �	Say Yes to the Dress � ��		Little People, Big World (N) � ��		(:02) 7 Little Johnstons "The Nightmare Before Christmas"				(:02) Sweet Home Sextuplets "We're Having Six-Tuplets"		Little People, Big World �
TSN	400	400	SportsCentre (N) (Live) ��		That's Hockey! Playoff Edition (N) (Live) ��		TSN Hockey: Playoff Fantasy Draft Special		TSN Hockey: Playoff Preview A preview of playoff hockey action. (N)		SportsCentre (N) ��		SportsCentre (N) (Live) ��		SC With Jay and Dan (N)
YOUTH	551	542	Henry Danger	Double Dare	*** "Charlotte's Web" (2006) Voice of Julia Roberts. �				"Bark Ranger" (2015) Lucius Hoyos, Zoe Fraser. � ��				Just Kidding		Charlotte

Your week on TV

WEDNESDAY EVENING														APRIL 10, 2019		
	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	
WCAX 3	-	-	Channel 3 News at Six (N)		CBS Evening News	Entertainment Tonight (N)	Survivor "Y'all Making Me Crazy" (N) 6		Million Dollar Mile (N) 6		SEAL Team A surprise bomb attack in Manila. (N) 6		Channel 3 News	(:35) The Late Show With Stephen Colbert 6		
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) 6	Wheel of Fortune (N) 6	Chicago Med Halstead lies to Manning about his gun. 6		Chicago Fire Mouch and Otis have a falling out. 6		Chicago P.D. Atwater's allegiances are tested. 6		NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) 6		
CBMT 6	206	301	CBC Montreal News (N)	Just for Laughs: Gags	NHL Hockey Conference Quarterfinal: Teams TBA. (N) 6 (Live) 6						The National (N) 6		CBC Montreal News 6	First Play Live	Coronation Street 6	
CHLT 7	107	718	(5:58) TVA nouvelles (N)	Le tricheur (N) (SC)	La poule aux oeufs d'or (N)	La voix extra (N) (SC)	La recrue "Plan B" Nolan et Talia perdent le contrôle. 6		Fugueuse Damien a de gros problèmes d'argent. (SC)		TVA nouvelles (N)	(:35) Denis Lévesque (N) (SC)	(:35) Deux filles le matin Jean-Marc Généreux. (SC)			
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) 6	Jeopardy! (N) 6	The Goldbergs Schooled (N) 6 (DVS)		Modern Family (:31) Single Parents (N)		Whiskey Cavalier Will, Frankie and Susan head to Spain.		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live 6		
CKSH 9	108	-	(5:59) Le télé-journal Estrie	(:31) RDI économie (N)	District 31 (N) (SC)	L'épicerie (N) (SC)	Dans l'oeil du dragon (N) (SC)		Bonsoir bonsoir! (N) (SC)		Le téléjournal (N) (SC)		(:05) Entrée principale (SC)			
CKMI 11	-	-	Global National 6	(:29) Global News at 6:30	Big Brother Canada (N) 6		Survivor "Y'all Making Me Crazy" (N) 6		(:01) Chicago P.D. Atwater's allegiances are tested. 6		SEAL Team A surprise bomb attack in Manila. (N) 6		Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N) 6		
CFCF 12	205	312	(5:59) CTV News Montreal (N) 6		etalk (N) 6	The Big Bang Theory 6	The Goldbergs (N) 6	Jann "Major Party Foul"	Grey's Anatomy Amelia and Link travel to New York. (N)		Whiskey Cavalier Will, Frankie and Susan head to Spain.		News-Lisa	CTV News Montreal (N)	The Daily Show	
WVNY 22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N) 6	The Goldbergs (N) 6	Schooled (N) 6 (DVS)	Modern Family (:31) Single Parents (N)		Whiskey Cavalier Will, Frankie and Susan head to Spain.		Local 22 News (N)	(:35) Jimmy Kimmel Live 6		
WUTV 30	-	-	The Big Bang Theory 6	Judge Judy 6	Judge Judy 6	Family Feud 6	Empire The Lyons try to support Andre. (N) 6 (DVS)		Star "Amazing Grace" Star's health worsens. (N) 6		2 on Your Side Seinfeld "The Wait Out" 6		Two and a Half Men 6	Two and a Half Men 6	Last Man Standing 6	
CFKS 31	106	726	Souper parfait	Souper parfait	Rire et délire	Rire et délire	Phil s'invite Phil s'invite chez Rémi-Pierre Paquin. (N)		L'open mic de...	APB : alerte d'urgence Gideon accompagne Murphy. 6		Rire et délire	Souper parfait	NVL (N)	Moment V	
WUHF -	-	363	Modern Family 6	Modern Family 6	The Big Bang Theory 6	The Big Bang Theory 6	Empire The Lyons try to support Andre. (N) 6 (DVS)		Star "Amazing Grace" Star's health worsens. (N) 6		13WHAM News at 10 on Fox Rochester (N) (Live) 6		DailyMailTV (N) 6	The Simpsons 6	Paid Program 6	
WETK -	-	-	PBS NewsHour (N) 6		Crossroads "Al Stirt"	Outdoor Journal	Nature How eggs nurture new life. (N) 6 (DVS)		NOVA Moai, giant statues on Easter Island. 6		Ozone Hole: How We Saved the Planet (N) 6		Amanpour and Company (N) 6		Nightly Business Report	
WCFE -	-	-	World News America	Nightly Business Report	PBS NewsHour (N) 6		Nature How eggs nurture new life. (N) 6 (DVS)		NOVA Moai, giant statues on Easter Island. 6		Ozone Hole: How We Saved the Planet (N) 6		BBC World News 6	Amanpour and Company (N) 6		
A&E 615	520		Storage Wars 6	Storage Wars 6	Zombie House Flipping "Historically Challenged" 6		Zombie House Flipping "The Waterlogged Cabin" 6		Zombie House Flipping "The Halfway House" (N) 6		(:01) Tiny House Nation "Empty Nest, Full House" (N)		(:04) Zombie House Flipping 6		Zombie Flip 6	
BRAVO 620	523		Unforgettable "Golden Bird" A teenager is murdered. 6		Unforgettable A second murder occurs at a crime scene.		Gone "Don't Go" A couple disappears from a campsite.		Killing Eve Carolyn offers Eve an opportunity. 6		Unforgettable Carrie and Al investigate a murder. 6		Unforgettable "Road Block" A single father is murdered.		Unforgettable "Lost Things"	
CNN 500	500		Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Cuomo Prime Time (N) 6		CNN Tonight w/ Don Lemon		CNN Tonight w/ Don Lemon		Cooper 360	
DISC 520	505		Highway Thru Hell "Christmas Wrap" 6 (DVS)		MythBusters Adam and Jamie use duct tape to survive.		Mayday Korean Air Cargo flight crashes. 6 (DVS)		Expedition Unknown Josh searches for a Nazi fortune.		Moonshiners Tickle is transferred to county jail. (N) 6		Heavy Rescue: 401 "Beat Up and Bloody"		Mayday "Bad Attitude"	
HIST 522	506		American Pickers Mike raves over a Volkswagen bus. 6		Lost Gold of World War II "What Lies Beneath" 6		Big Rig Warriors 6	Big Rig Warriors 6	Pawn Stars Vampire defense kit; James Whistler art. 6		American Pickers "Pick Like a Honey Badger" 6		American Pickers Mike raves over a Volkswagen bus. 6		Pawn Stars 6	
PARMT 628	584		Life or Debt A postal worker needs financial help. 6		Life or Debt Two yoga teachers need help. 6		Life or Debt Victor tries to save a Miami family. 6		Life or Debt Former pop star Aaron Carter needs help.		Life or Debt A single mom works to make ends meet.		Life or Debt A bankrupt preacher needs help. 6		Life or Debt 6	
RDI 126	730		(5:59) Le national (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)		Les grands reportages "Golds" (N) (SC)		Le téléjournal avec Céline Galipeau (N) (SC)		Mordus de politique (N) (SC)		Le national (N) (SC)	(:31) Le national (N)	(12:01) 24/60 (SC)	
SHOW 616	521		NCIS Gibbs must attend to family matters. 6 (DVS)		NCIS "Alibi" The team re-examines a hit-and-run. 6		NCIS "Oil & Water" An explosion occurs on an oil rig.		Absentia "Madness" (N) 6		The Magicians "The Secret Sea" Quentin yells at a plant.		★ ★ "A Million Ways to Die in the West" (2014, Comedy) Seth MacFarlane. 6			
SLICE 601	562		The Real Housewives of New York City 6		The Real Housewives of Beverly Hills 6		The Real Housewives of New York City "Shark Bait"		The Real Housewives of New York City (N) 6		Vanderpump Rules Lisa ponders firing a staff member.		Vanderpump Rules "Either Him or Me" 6		Housewives/ NYC	
TLC 521	560		My 600-Lb. Life "Annjeannette's addiction. 6		Story" Struggling with food		My 600-Lb. Life "Angela's Story" Texas. (N) 6		Angela's family can't go to		Dr. Pimple Popper Sisters have matching arm lumps.		My 600-Lb. Life Brittani wants a normal marriage. 6		My 600-Lb. Life 6	
TSN 400	400		SportsCentre (N) (Live) 6		That's Hockey!	Road to Mad-den Bowl (N)	NBA Basketball Dallas Mavericks at San Antonio Spurs. From the AT&T Center in San Antonio. (N) (Live)				NBA Basketball Sacramento Kings at Portland Trail Blazers. From Moda Center in Portland, Ore. (N) (Live)					
YOUTH 551	542		Henry Danger	Double Dare	★ ★ "Dr. Seuss' The Cat in the Hat" (2003) Mike Myers.					★ ★ "Dr. Seuss' The Cat in the Hat" (2003) Mike Myers.			Just Kidding	Just Kidding	Dr. Seuss-Cat	

THURSDAY EVENING													APRIL 11, 2019		
	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	Channel 3 News at Six (N)		CBS Evening News	Entertainment Tonight (N)	The Big Bang Theory 6		(:31) Young Sheldon 6	(:01) The Big Bang Theory	Fam "This Is Fam" 6	S.W.A.T. The team hunts for criminals re-enacting crimes.	Channel 3 News	(:35) Masters Highlights (N)	Late Show-Colbert
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) 6	Wheel of Fortune (N) 6	Superstore "Salary" (N)		A.P. Bio "Melvin" (N) 6	Brooklyn Nine-Nine (N)	Abby's "Free Alcohol Day"	Law & Order: Special Victims Unit "The Good Girl"	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) 6	
CBMT 6	206	301	CBC Montreal News (N)	Just for Laughs: Gags	NHL Hockey Conference Quarterfinal: Teams TBA. (N) 6 (Live) 6						The National (N) 6		CBC Montreal News (N)	Canadian Reflections (N)	Coronation Street 6
CHLT 7	107	718	(5:58) TVA nouvelles (N)	Le tricheur (N) (SC)	Du coeur et des bras	Révoons maisons (SC)	Le bon docteur Un patient fait face à un choix. 6 (N) (SC)		Philippe Bond II L'humoriste Philippe Bond. (SC)		TVA nouvelles (N)	(:35) Denis Lévesque (N) (SC)	(:35) ★ ★ "Im/mortel" (2015) Ryan Reynolds. (SC)		
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) 6	Jeopardy! (N) 6	Grey's Anatomy Amelia and Link travel to New York. (N)		(:01) Station 19 A blackout creates dangerous situations.		For the People Jay takes on his first drug case. (N) 6		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live 6	
CKSH 9	108	-	(5:59) Le télé-journal Estrie	(:31) RDI économie (N)	District 31 (N) (SC)	Infoman (N) (SC)	1res fois Les meilleurs moments de la saison 2019.		Bonsoir bonsoir! (N)		Le téléjournal (N) (SC)		(:05) Entrée principale (SC)		
CKMI 11	-	-	Global National 6	(:29) Global News at 6:30	Entertainment Tonight (N)	ET Canada	Big Brother Canada (N) 6		Superstore "Salary" (N)	Abby's "Free Alcohol Day"	Chicago Fire Mouch and Otis have a falling out. 6		Global News at 11 (N)	(:35) The Late Show With Stephen Colbert 6	
CFCF 12	205	312	(5:59) CTV News Montreal (N) 6		etalk (N) 6	The Big Bang Theory 6	The Big Bang Theory 6	(:31) Young Sheldon 6	(:01) Station 19 A blackout creates dangerous situations.		Law & Order: Special Victims Unit "The Good Girl"		News-Lisa	CTV News Montreal (N)	The Daily Show
WVNY 22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N) 6	Grey's Anatomy Amelia and Link travel to New York. (N)		(:01) Station 19 A blackout creates dangerous situations.		For the People Jay takes on his first drug case. (N) 6		Local 22 News (N)	(:35) Jimmy Kimmel Live 6	
WUTV 30	-	-	The Big Bang Theory 6	Judge Judy 6	Judge Judy 6	Family Feud 6	Gotham "Ruin" Gordon and Penguin must work together.		The Orville The Moclans are harboring a secret. (N) 6		2 on Your Side Seinfeld "The Jacket" 6	Two and a Half Men 6	Two and a Half Men 6	Last Man Standing 6	
CFKS 31	106	726	Souper parfait	Souper parfait	Rire et délire	Rire et délire	L'amour est dans le pré Les voyages se poursuivent. (N)		L'open mic de...	Imposteurs Maddie trouve refuge dans un endroit.		Rire et délire	Souper parfait	NVL (N)	Moment V
WUHF -	-	363	Modern Family 6	Modern Family 6	The Big Bang Theory 6	The Big Bang Theory 6	Gotham "Ruin" Gordon and Penguin must work together.		The Orville The Moclans are harboring a secret. (N) 6		13WHAM News at 10 on Fox Rochester (N) (Live) 6		DailyMailTV (N) 6	The Simpsons 6	Paid Program 6
WETK -	-	-	PBS NewsHour (N) 6		A View of My Daily Life with Sugge		Yellowstone Symphony 6		Suze Orman's Financial Solutions for You Finding financial solutions. 6		Happy Valley 6		Amanpour and Company (N) 6		Nightly Business Report
WCFE -	-	-	World News America	Nightly Business Report	PBS NewsHour (N) 6		New Tricks Case of a body found at Giston Mount. 6		Death in Paradise The team is forced to reopen a case.		Happy Valley 6		BBC World News 6	Amanpour and Company (N) 6	
A&E 615	520		The First 48 A selfless act leads to a man's murder. 6		The First 48 A man is found executed in the street. 6		The First 48 Drive-by shooters kill a young man. (N) 6		Hunting JonBenét's Killer: The notorious murder case. (N) 6		Untold Story Re-examining the		(:04) The First 48 Daylight execution; home shooting.		(12:03) The First 48 6
BRAVO 620	523		Criminal Minds A college student goes missing. 6		Chronicle Mysteries "Recovered" Alex investigates a disappearance. 6		In the Dark A pathologist joins Helen and Paul. 6		Project Runway (N) 6				Criminal Minds Murder in a community of sex offenders.		
CNN 500	500		Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Cuomo Prime Time (N) 6		CNN Tonight w/ Don Lemon		CNN Tonight w/ Don Lemon	Cooper 360	
DISC 520	505		Highway Thru Hell "In Deep" 6 (DVS)		MythBusters The Mythbusters test the clichés. 6		Garage Rehab "Coastal Cruizers" Golf cart industry.		Last Stop Garage (N)	Last Stop Garage (N)	American Chopper A build for a Vietnam memorial. (N)		Street Outlaws "Dust in the Wind" Racers are in Tucson, Ariz. (N) 6		
HIST 522	506		American Pickers A piece of space-age history. 6		Pawn Stars Vampire defense kit; James Whistler art. 6		American Pickers "Pick Like a Honey Badger" 6		Swamp People Troy goes to Cow Island. (N) 6		Truck Night in America "Mudder Truckers" (N) 6		Big Rig Warriors 6	Big Rig Warriors 6	Swamp People 6
PARMT 628	584		Lip Sync Battle 6	Lip Sync Battle 6	Lip Sync Battle 6	Lip Sync Battle 6	Lip Sync Battle 6	Lip Sync Battle 6	Wife Swap Fire chief wife swaps with at-home wife. (N)		Wife Swap A wife swaps with a stay-at-home dad. 6				
RDI 126	730		(5:59) Le national (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)		Les grands reportages "Main basse sur la ville" (N)		Le téléjournal avec Céline Galipeau (N) (SC)		Mordus de politique (N) (SC)		Le national (N) (SC)	(:31) Le national (N)	(12:01) 24/60 (SC)
SHOW 616	521		NCIS "Devil's Triad" Ellie adjusts to being on the team.		NCIS "Homesick" A mysterious illness. 6 (DVS)		NCIS "Gut Check" The Secretary of Navy is bugged. 6		NCIS "Fallout" Gibbs' friend is lost at sea. 6 (DVS)		Happy! The captivating Bebe DeBarge. (N) 6		★ ★ "Ted 2" (2015) Mark Wahlberg. Teddy bear Ted must legally prove his personhood.		
SLICE 601	562		The Real Housewives of Beverly Hills 6		Don't Be Tardy ... 6	Don't Be Tardy ... 6	Don't Be Tardy ... 6	Don't Be Tardy ... 6	Million Dollar Listing Los Angeles "Keys to the Castle"		Million Dollar Listing New York "Frankel-y Speaking"		Vanderpump Rules Lisa reconsiders employing James.	Million Dollar LA	
TLC 521	560		Say Yes to the Dress 6	Say Yes to the Dress 6	Say Yes to the Dress "Everything Is on the Line"		My 600-Lb. Life "Supersized: Annjeannette's Story" Annjeannette must change her habits. (N) 6		Untold Stories of the E.R. "Couch Creature" 6		Untold Stories of the E.R. "Heeled!" 6		My 600-Lb. Life 6		
TSN 400	400		(3:00) 2019 Masters Tournament (N) (Live) 6		First Round.		SportsCentre (N) (Live) 6		2019 Masters Tournament First Round. From Augusta National Golf Club in Augusta, Ga. 6				2019 Masters Primetime		SC With Jay and Dan (N)
YOUTH 551	542		Henry Danger	Double Dare	★ ★ ★ "The Aristocats" (1970) 6			(:45) ★ ★ ★ "The Aristocats" (1970) Voices of Phil Harris.			Game On 6	Just Kidding	Just Kidding	Aristocats	

What's On

MUSIC

April 6

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

April 6

To close its 20th and final season of concerts, on Saturday, April 6 at 3 p.m. in North Hatley's beautiful St. Elizabeth's Church, Estria will present a program of works for woodwind quintet and piano, by composers Antoine Reicha, Georges Bizet (Carmen Suite), Albert Roussel, Francis Poulenc and Maurice Ravel. Come and join this spectacular group of Eastern Townships musicians (Myriam Genest-Denis, flute; Étienne de Médicis, oboe; Pauline Farrugia, clarinet; Maude Lussier, french horn; Karine Breton, bassoon; and Tristan Longval-Gagné, piano) for an unforgettable final concert. To mark the occasion, all who attend will receive a gift of Estria's two quintet recordings with ATMA Classique, and a celebratory glass will be served after the concert. Admission to this event is \$15 (general) and \$10 (student and 60+). Please contact 819-842-1072 or estria@cogocable.ca for reservations or for more information.

April 6

Dance with Big River at the Hut A.N.A.F. Unit #318 300 St. Francis, Sherbrooke on Saturday, April 6, 2019 at 8:00 p.m. Admission: \$10. 18+ Welcome

April 6

On Saturday, April 6, from 1-5 p.m. at Burroughs Falls in Ayer's Cliff, we will be launching the "New" Country Music Appreciation Jam! Note: we have made some important new changes; entree fee is now \$10 without Buffet, however there'll still be table snacks, 1/2 and 1/2, and door prizes with a fun boobie prize! And now we'll get to listen and dance to a different featured band each month! On April 6 our featured band is, by popular demand "THE COUNTRY SWINGERS" Folks, this is one "Spring" event you won't want to miss, so come join us, and enjoy some good old Country Music. Please spread the word! Call 819-838-4912 for reservations. See y'all there!

April 13

8th annual Music Jamboree, for the benefit of the Children's Wish Foundation - Music Fest, will be held on Saturday, April 13 at the Stanstead Legion starting at noon. Big line-up of musicians will be playing all day. Hamburgers and hot dogs for sale. All proceeds donated to the Children's Wish Foundation - Music Fest (this is the last year for Music Fest as Peter and Chrissie will be retiring). For more information call the Legion 819-876-5844 or Elaine 819-876-1023. Thank you to Elaine McComb for putting this event on over the years and to Peter and Chrissie for their 25 years of work on Music Fest. Please come out and support such a worthy cause!

May 3 & 4

Intimate Music For the King's Chamber: The JUNO award winning directors of Ensemble L'Harmonie des saisons perform the intimate music of King Louis XIV, in an homage to the film "Tous les matins du monde," music from French Baroque composers Marais, Lambert and Charpentier, featuring

tenor Philippe Gagné. The ensemble offers two performances at the following times and venues: Granby: Galerie d'art Boréart, Friday, May 3, at 7:30 p.m., 279 rue Principale. Lac-Brome: Foyer of The Brome Lake Theater, Saturday, May 4, 2 p.m., 9 Mont-Echo. Presale tickets available at www.eventbrite.com, Brome Lake Books, or Bijouterie Gervais. Reservations: 450-539-1309. Adults: \$30 - Presale \$25, Students: \$10 and free for Children 12 and under.

EVENTS

April 5 & 6

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

April 6

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

April 6

John Luce Memorial Dart Tournament, "The Jolly," on Saturday, April 6 at The Hut, A.N.A.F. Unit 318, 300 St. Francis, Lennoxville. Registration at 1:30 p.m. Play starts at 2 p.m. Bring your own partner. Doubles men/men, ladies/ladies or mixed. Prizes. \$10 admission includes the dance featuring Big River. Proceeds will go to the Frontier Animal Society. Donations for the silent auction would be very much appreciated, please contact Danny Luce, Pete Sarasin or Nina Stubbart by visiting our Facebook event on where to drop off your items.. Everyone 18+ is welcome to come out and have fun and support the Frontier Animal Society and remember John.

April 7

13 Annual Parish of Brome Sugar on Snow Outreach Fundraiser - Sunday April 7. Holy Trinity Church Hall, Iron Hill - Admission \$7 for adults, \$4 for kids 10 and under - Admission includes, taffy, sleigh rides, petting zoo and coffee and doughnuts. From noon to 3 p.m. Can-teen on site - music with Ralph Steiner. Information Judy (450) 263-3025, Doug (450) 263-2579, Val (450) 204-7285.

April 7

Prom Fairies Bingo, Sunday, April 7. 12:00 p.m. Bottle caps, spinning wheel, fairy drop and opening of the cantine. 1:30 p.m. Bingo starts. Bring your dabbers! Adult and child winner each game! At Alexander Galt Regional High school, 1700 College St., Sherbrooke.

April 7

APRIL IS POETRY MONTH! -Come to the second annual BARDS AND BISCUITS reading, 1-2:30 p.m., at the North Hatley Library, 165 Rue Main Street, North Hat-

ley, with Steve Luxton, Derek Webster, Marjorie Bruhmuller, Ann Scowcroft and special guest Carolyn Marie Souaid! Presented by the Canada Council and the League of Canadian Poets.

April 7

Pre-Easter Brunch at the A.N.A.F. Unit 318, 300 St. Francis, Lennoxville on Sunday, April 7 from 10:30 a.m. to 12:30 p.m. Come enjoy eggs, pancakes, bacon, sausages, ham, potatoes, baked beans and much more. All welcome. Info: 819-346-9122.

April 7

Marché des Artisanats Dunham Workshop, Learn how to create Macramé Hangers! Learn 4 basic knots and create a plant hanger. April 7 at 1:30 p.m. Cost \$10. Cost includes all materials, refreshments, and participants take home what they create! 3786 Principale, Dunham. Parking behind Hôtel de Ville. Information: 450-295-2252; Facebook @marchedesartisanatsdunham; michilynnd@gmail.com Also, Every Sunday join our Introduction to Crochet workshop at 10 a.m. Cost \$5. Learn to crochet either soft shoes or a slouchy hats.

April 8

13th Annual Parish of Brome Sugar on Snow Outreach Fundraiser - Sunday April 7. Holy Trinity Church Hall, Iron Hill - Admission \$7 for adults, \$4 for kids 10 and under - Admission includes, taffy, sleigh rides, petting zoo and coffee and doughnuts. From noon - 3p.m. Can-teen on site - music with Ralph Steiner. Information Judy (450) 263-3025, Doug (450) 263-2579, Val (450) 204-7285.

April 10

On Wednesday, April 10, The Canadian Federation of University Women (CFUW), Sherbrooke and District, will welcome Vivienne Galanis and Nicole Robitaille as guests of its Speaker's Program. Mrs. Galanis and Mrs. Robitaille have both been volunteers with SANC for more than 40 years. Their presentation will focus on the mission and vision of SANC which has been helping immigrants and refugee claimants integrate into life in the Eastern Townships area since 1954. Our guest speakers will also discuss their personal experience as volunteers and talk about the upcoming fundraiser Buffet interculturel du SANC which will take place on May 4 and which aims at building bridges through a culinary adventure. <https://www.sanc-sherbrooke.ca/activite/buffet-interculturel-du-sanc/>. Everyone is welcome, Wednesday, April 10, at 2:45 p.m., St Andrew's Presbyterian Church Hall, 256 Queen St., Lennoxville. The venue is accessible to persons with reduced mobility.

April 10

The 1st Lennoxville Scouts annual Lawn & Garden Sale, in conjunction with Clarke & Sons of Lennoxville. We are taking orders until April 10. Pick-up/Delivery on April 13, 9 a.m. to noon only, at Clarke & Sons, 2881 College St., Lennoxville. Order forms available directly at Clarke & Sons in Lennoxville or from any Scouter from 1st Lennoxville group or by phone Melissa 819-562-4969 (please leave a message). Help support our local youth with your purchase of bird seed, soils, fertilizers, mulch and grass seed!

April 10

Osher Lifelong Learning Institute continues their Spring lecture season on Wednesday, April 10 from 1 p.m. to 2

★ TONIGHT: 5:00 → 9:00 PM

FAJITAS

CHICKEN OR BEEF

\$12.50

PLUS TWO SIDES

★ ★ ★ LATER AT 10:00 ★ ★ ★

KARAOKE

ALIONA Lion Pub & Brewery, Lennoxville

p.m. at the Hebard State Office Bldg, 100 Main St, Downtown Newport, 2nd FL Conference Rm. Ample free parking. Handicap access. Walk-ins \$5 US. Refreshments and conversation to follow. TOPIC: Benjamin Hank Kaestner, former Director of Spice Procurement at McCormick & Co., Inc. presents "The History of Spices". More info? www.learn.uvm.edu/osher or Suzi @ 802-673-9499.

April 13

Roast Turkey Supper on Saturday, April 13 at Beulah United Church, 967 Main St., Ayer's Cliff. Come and enjoy a delicious meal of roast turkey, homemade stuffing, mashed potatoes and gravy, peas and carrots, cranberry sauce, bread, tomato juice, coffee and tea and a slice of pie for dessert. Settings at 5 p.m. and 6:30 p.m. Reservations only so please call Dean Young 819-838-5815 or Wendell Cass 819-846-7180 to reserve your tickets. Adults \$15, 5-12 years old \$7, under 5 free. Everyone welcome! Thank you to everyone for your continued support of Beulah United Church.

April 13

12th annual Dart Tournament for the benefit of the Breast Cancer Society on Saturday, April 13 at the Old Lennoxville Golf Club. Starts at 1 p.m. Mixed doubles (bring your own partner). 5 games 301. \$5 per player. For information: Mary Dezan 819-823-2600. Everyone welcome.

April 13

Pre-Easter Supper to be held at "The Hut," A.N.A.F. Unit #318, 300 St. Francis Street, Lennoxville, on Saturday, April 13 at 5:30 p.m. Roast beef will be served. To reserve please contact Doreen Morissette, no later than April 10, at 819-821-2967.

April 14

Eaton Corner Museum Spring Brunch to be held at the Bulwer Community Centre on Sunday, April 14 from 11 a.m. to 1:30 p.m. Pancakes with maple syrup, scrambled eggs, ham, baked beans, potatoes, desserts, juice, tea/coffee. Price \$10 (children \$6).

May 14-24

Mental Health Estrie, in collaboration with the CIUSSS de l'Estrie-CHUS, invites the community to learn more about accessing mental health services! Events will take place in Haut-St-François (May 14), Brome-Missisquoi (May 16), Sherbrooke (May 17), Coaticook (May 21), and Memphremagog (May 24). A brief information session about the help available will be followed by a Q&A and an opportunity to meet local organizations serving your area. For more information and specific dates, times, and locations, please call Mental Health Estrie at 819-565-3777 or email mhe.info@bellnet.ca.

Local Sports

For me, exercising is just like eating, breathing and sleeping. You wouldn't go a day without breathing, thus it's not an option to miss a workout.

Best selling author/fitness advocate Felicia Pizzonia writes to inspire



A RUNNER'S MIND

CHRISTINE BLANCHETTE

Felicia Pizzonia caught the entrepreneurial spirit in high school when she created a business plan interwoven with her passion for helping others and led to writing her first book in 2009, *Babes in Business Suits: Success Secrets of the Top Women Entrepreneurs of the World*. It's an inspirational best selling book about women from all walks of life who share their success stories.

Today, Toronto resident Pizzonia is a successful entrepreneur, best selling author, avid fitness enthusiast and is Executive Director of the Get Fit, Eat Right, and Live Life, (GELtogether.org) which is a federal not-for-profit organization, educating kids on healthy initiatives and the child obesity campaign.

In a Q&A interview, Pizzonia tells of when she first started writing and how fitness plays a huge role in her daily life.

Q: When did your passion for writing begin?

A: I have always loved writing and at age six I wrote my first book titled, *Phylis the Mouse*. From there I wrote sev-

eral other books, however, I published my first book in 2009. The book was birthed from a vision I had while in Las Vegas, walking down the hallway of the Bellagio. I was in the midst of hosting a seminar with Bob Proctor, and during a break I was walking down the hallway with eight different women from all over the world as an army of glamour... that was when the idea hit me. *Babes in Business Suits* and the entire rough draft was written in three days. Today the book still sells thousands of copies annually and is celebrating 10 years with a 5-time best seller status, thanks to Ellen DeGeneres supporting the book.

Some of Pizzonia's other recent titles include, *Great Canadian Franchise Stories*, *North America's Top Doctors*, and *Delicious Words: the Power of the Spoken Word and Sales Psychology*. Her latest book is, *Mind Candy: How to Program the Subconscious Mind to Achieve Any Goal* (2018).

Q: Tell us about your work on the board of GELtogether.org?

A: I have a background in nutrition and live a healthy lifestyle. I felt that it was imperative to share this knowledge with our youth. I helped to develop the GELtogether brand and campaign, being that Canada still is in need of healthy living education as well as tools for our youth. The GEL campaign is a federal not-for-profit (which) I fused the power of a festival with seminars and entertainment all in one to educate and entertain people into healthy habits for life, body, mind and spirit.

Q: How do you maintain a healthy lifestyle?

A: I write everything down as it creates a mind tattoo. If you write it down, it gets done. When I am travelling I may cut down my workouts to a shorter, more intense workout, or if I really cannot fit it in, then I focus on fasting and meditation. For me, exercising is just like eating, breathing and sleeping. You wouldn't go a day without breathing, thus it's not an option to miss a workout.

Q: Tell us about your experience with meeting Ellen DeGeneres along with releasing *Mind Candy*?

A: *Mind Candy* is a recipe I created by harnessing all my experiences since I was 15 years old. At that time, I was homeless and my diet consisted of rice. I knew innately that this hardship would pass and used my experience as a massive stepping stone to build calluses in my mind. I knew without a doubt I would own multiple businesses and teach others through speaking and writing books. *Mind Candy* is the code to program your subconscious mind to achieve success; the *Mind Candy* code. Your life is a reflection of what you think - thoughts become things, everything stems from your mind. Everything you see is a precipitated thought. This past October, 2018 I had the pleasure to meet Ellen DeGeneres again on her show set to discuss an incredible project to be announced in 2020. I consider her an incredible friend and business associate who understands the power of the subconscious mind.

DeGeneres has bought over 2000 copies of *Babes in Business Suits* and *Mind Candy*.

Q: What is next for you?

A: I am excited to announce that my next book is scheduled for a Winter 2019/2020 release and it is titled *Heart-core Hustle*, how to live from your heart to achieve massive success.

Pizzonia is living her dream through her work as a best selling author, along with her unbridled passion for health and fitness.

www.runwithit.ca

Twitter: @christineruns

Instagram: [runwithit_christineblanchette](https://www.instagram.com/runwithit_christineblanchette)
Run With It on YouTube



COURTESY

Canada finds late gear to blank Swiss 6-0 at women's world hockey championship

By Donna Spencer
THE CANADIAN PRESS

The coach voiced his displeasure, the players got the message, and Canada posted a 6-0 win over Switzerland to start the women's world hockey championship Thursday.

Emily Clark scored twice to spark a four-goal burst in the third period.

Up 2-0, Canada outshot the Swiss 18-2 in the second period, but didn't score.

"I might have players throwing water bottles at me pretty soon," head coach Perry Pearn said. "To our players' credit, they listened."

"This is a great group of women because they're looking for accountability and they're OK with me being really honest with them from the accountability standpoint."

"As long as I'm fair and as long as I'm right in terms of holding them accountable for the right things, I think they'll buy in."

Natalie Spooner had a goal and an assist for Canada with Loren Gabel, Jamie Lee Rattray and Blayre Turnbull also scor-

ing at Metro Areena. Defender Laura Fortino contributed a pair of assists.

Shannon Szabados made six saves in net for her 20th career shutout and 50th win wearing the Maple Leaf. "It was a fun game for me personally," said the 21-year-old Ohio State netminder.

Canada takes on defending champion United States on Saturday in a Group A preliminary-round game.

Trailing 2-1 Finland after two periods, the Americans scored five unanswered goals in the third Thursday to down the host country 6-2.

Pearn stepped behind the Canadian women's bench this season after 21 years as an NHL assistant coach with multiple teams.

The Canadian women finished second in November's Four Nations Cup and won two of three games against the U.S. in February's Rivalry Series.

Pearn wants Canada to bring the hard, battling brand of hockey that won the series to Espoo. "We're more a blue-collar team than we are a white-collar team and when we grind like we did in the third period, you just wear teams down, you cre-

ate chances and I thought we completely controlled the third period," Pearn said.

All Group A teams and the top three from Group B will play quarterfinal games April 11.

The medal games are April 14, which is also voting day for Finland's parliamentary elections.

Poulin suffered a knee injury playing for Les Canadiennes de Montreal in their CWHL regular-season finale.

She dressed for the Clarkson Cup final March 24, but stayed in the bench supporting her teammates in a 5-2 loss to the Calgary Inferno.

The 28-year-old forward from Beauceville, Que., skated twice with the Canadian team upon landing in Finland.

"You're talking about one of the best players in the world and I think we're going to be really careful before we risk anything," Pearn said prior to Thursday's opener.

"We're in the round-robin phase right now. We're not in a pressure situation where we feel we have to put her in."

Gabel scored Canada's first goal in her world championship debut.

The 21-year-old Clarkson senior from Kitchener, Ont., won this year's Patty Kazmaier Award as the top player in NCAA Division 1 women's hockey.

She and Spooner both beat Brandli's glove with wrist shots 16 seconds apart in the first period.

Clark said Pearn's demands during second-period timeouts to find another gear came through loud and clear.

"Those first two periods we played just OK and we definitely weren't up to the bar that we wanted to be," Clark said.

"It was a matter of just sticking to our systems and getting pucks on the net and creating those chances instead of playing around the perimeter."

Canada and Switzerland met for the first time at the world championship since 2013. The expansion of the field shifted the Swiss into Group A, where they will face tougher competition in the preliminary round than they did in Group B.

"It's really hard, but for us, it's the best way to prepare for the quarters, and hopefully the semifinals and medal games," Brandli said.

Death



Thérèse McMorine
(née Lavallière)
1932-2019

Passed away in Richmond, QC, on April 2nd, 2019, at the age of 86 years, Thérèse McMorine (née Lavallière) beloved wife of Ian McMorine, dear mother of JoAnn (Jim Oakes), Carole (the late Jean-Yves Ouellet), Richard (Sharon Miller), Michael (Nancy Dupuis) and Robert (Samantha Mills), cherished grandmother of Melanie, Christopher, Philip, Travis, Jessica, Amanda, Mikaela, Gregory, Megan and Brendan. She leaves to mourn 11 great-grandchildren: Drew, Myah, Laurie, Jeremy, Elliot, Theodore, Arthur, Zachary, Felina, Ian, Caelan and also the 12th little one, due in July, along with nieces, nephews and other family and friends. Upon her request, there will be no funeral service. You are welcome to send your condolences to Ian McMorine c/o The Wales Home (506 RTE 243, Cleveland, QC J0B 2H0) or at www.coopfuneraireestrie.com.

COOPÉRATIVE FUNÉRAIRE DE L'ESTRIE
485 rue du 24 Juin, Sherbrooke QC
PHONE: 819-565-7646
FAX: 819-565-7844
www.coopfuneraireestrie.com

Death



John Herbert (Buddy) STICKLES
(1926-2019)

Passed away peacefully at the Grace Village on Sunday, March 31, 2019 at the age of 92. Predeceased by his wife Ruth McElroy. Loving father of Stephen (Debbie Bell) and Debbie. Cherished grandfather of Scott, Stephanie, Ryan, Kendra and great-grandfather of Ruby and Hannah. As per Buddy's wishes, there will be no visitation. Donations to the Multiple Sclerosis Society would be appreciated by the family.

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

In Memoriam

GARFAT, David: 1964-2010.
*Today brings memories
Of our loved one gone to rest,
He will never be forgotten
By the ones who loved him best.*
**Sadly missed,
GORDON & DONNA
(Dad & Mom)
AND FAMILY**

In Memoriam



HUDSON - In loving memory of Herbert Joseph Hudson who died March 31, 2011.
**Dearly loved
and always remembered,
NELLIE AND FAMILY**

In Memoriam

MORIN
April 6, 2019
Dear Jerome,
*Another year has passed us by and as each season changes so does my memories of all our good times.
Times shared as a family and with some very good friends, but they are also leaving us one by one.
I hope that you are all together chatting about old times, because they were special.
Like the sleigh rides (that hot chocolate was a must), St-Pat's parades, sugaring parties, Mother's Day, picnics, Father's Day, Corn Roasts, and all the birthdays with your méchoui of course.*
**Love forever,
your wife DOROTHY
AND FAMILY**

In Memoriam

SANBORN, Ona - In loving memory of a dear mother, grandmother and great-grandmother who passed away 42 years ago on April 5, 1977.
*The Sun has set on a busy life,
The end has come with no more strife.
She has found another home on high,
Though our memories of her will never die.
By the hand of God, she is crowned;
Peace she gave and peace she found.*
**In loving memory,
ERIC AND BEVERLEY,
DANNY, ERIKA,
ANDY & ELLY MAY**

Card of Thanks

NUGENT - My sincere thanks to all who have telephoned, emailed, sent cards and gifts especially for my 96th birthday. I miss my family and friends in Quebec.
**Love,
JOY**



Call 1-866-734-9425
or visit www.medicalert.ca

MedicAlert
Lets You Live Life.

Datebook

FRIDAY, APRIL 5, 2019

Today is the 95th day of 2019 and the 17th day of spring.

TODAY'S HISTORY: In 1792, George Washington cast the first presidential veto, striking down a bill that concerned representative apportionment among the states.
In 1933, President Franklin D. Roosevelt issued an executive order establishing the Civilian Conservation Corps.
In 1955, Winston Churchill resigned as prime minister of Great Britain due to failing health.
In 2010, an explosion at the Upper Big Branch coal mine in West Virginia killed 29 miners.

TODAY'S BIRTHDAYS: Thomas Hobbes (1588-1679), philosopher; Booker T. Washington (1856-1915), writer/educator; Spencer Tracy (1900-1967), actor; Bette Davis (1908-1989), actress; Gregory Peck (1916-2003), actor; Roger Corman (1926-), filmmaker; Colin Powell (1937-), U.S. Army general/diplomat; Mitch Pileggi (1952-), actor; Pharrell Williams (1973-), rapper/producer; Sterling K. Brown (1976-), actor; Hayley Atwell (1982-), actress; Lily James (1989-), actress.

TODAY'S FACT: Easter Island, located in the southeastern Pacific Ocean, was given its name by its first recorded European visitor, Dutch explorer Jacob Roggeveen, who first encountered it on Easter Sunday, on this day in 1722.

TODAY'S SPORTS: In 1984, Kareem Abdul-Jabbar of the Los Angeles Lakers scored his 31,420th career point, breaking the NBA's all-time scoring record.

TODAY'S QUOTE: "The world cares very little what you or I know, but it does care a great deal about what you or I do."
— Booker T. Washington

TODAY'S NUMBER: 2.43 — length (in miles) of the Akashi Kaikyo Bridge, linking the city of Kobe to Awaji Island in Japan. The bridge, which has the longest main span of any suspension bridge in the world, opened to traffic on this day in 1998.

TODAY'S MOON: New moon (April 5).

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

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

Church Services

Anglican

LENNOXVILLE

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

SHERBROOKE

Church of the Advent, 473 Bowen St. South, Sherbrooke. You are invited to pray with us on Sunday, April 7 at 11 a.m. Morning Prayer Service will be lead by Thomas Barton. Please note that on April 21, Easter Sunday Service of Holy Communion will be celebrated at 1 p.m.

Presbyterian

LENNOXVILLE

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

United

AYER'S CLIFF - MAGOG

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

LENNOXVILLE

Lennoxville United Church, corner of Queen and Church Street, welcomes you to worship with Rev. Linda Buchanan on Sunday, April 7 at 10:00 a.m. Sunday School is available. 819-565-8449; web-site - lennoxvilleunitedchurch.com.

RICHMOND

The Richmond-Melbourne Pastoral Charge, 247 Principale Sud, Richmond, invites you to join us for worship on Sunday, April 7 at 10:30 a.m. Rev. Mead Baldwin will be leading this Communion service. Everyone is welcome!

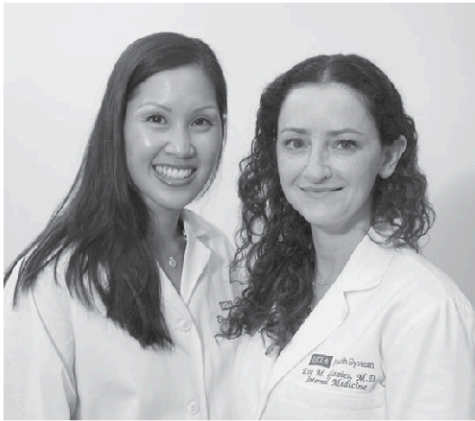
SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Terrill, 819-346-6373, www.plymouthtrinitychurch.org, welcomes all of you to our English-language service at 10:30 a.m. on Sunday, April 7. And don't forget our special Good Friday ecumenical service, April 19 at 10:30 a.m. All are welcome! Cordiale bienvenue à tout le monde. Minister: Rev. Samuel V. Dansokho.

WATERVILLE/NORTH HATLEY

Waterville/North Hatley United Church, Sunday, April 7, 11 a.m., with worship leader Carolyn Linde. Sunday School. Rev. Mead Baldwin 819-837-1112.

Trusting your gut on gut health



ASK THE DOCTORS

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

Dear Doctor: I read with interest your column about how sugar likely affects the gut, and I now have questions concerning antibiotic treatment. Are all gut bacteria eliminated? Can they be restored? Do probiotic supplements help the gut return to normal? I thought the body produces its own.

Dear Reader: In the same way that the discovery of penicillin launched a medical revolution in the late 1920s, the near-daily discoveries about the power and potential of the gut microbiome are now transforming our understanding of both health and disease.

The 10 trillion to 100 trillion micro-organisms that each of us harbors in our digestive tract consist of more than a thousand species with more than 3 mil-

lion genes. Not only do they play significant roles in digestion, synthesize vitamins and other nutrients, and coordinate with the immune system, research shows that our gut flora has a hand in regulating mood, weight, inflammation and certain disease processes.

So what happens to the gut microbiome after antibiotic treatment? Two well-regarded studies into the question, one performed in mice and one in healthy men, had similar answers. An outcome common to both studies was that, following antibiotic therapy, the numbers and diversity of the microbial communities were vastly reduced. The other was that once antibiotic therapy concluded, the gut microbiome began to quickly repopulate. However, in both the mouse and human studies, a comparison of pre- and post-therapy fecal samples revealed that the landscape of the new gut microbiomes had changed significantly.

The mouse study found that in addition to nearly eradicating the native microbes, antibiotic therapy reduced the metabolic rate of those that managed to survive. The antibiotics also caused certain changes to the environment of the gut itself. These two factors opened the door to repopulation of the mouse guts by new species, some of them potentially harmful.

The human study found that although the gut had repopulated the majority of its original species six

months after antibiotic therapy, nine common beneficial bacteria failed to return. At the same time, several potentially harmful bacteria made an appearance. The takeaway is that while the gut microbiome in most healthy adults is resilient in the face of antibiotics, the breadth and diversity of our microscopic partners do take a hit.

One new area of research is the use of fecal transplants to both restore the original ecosystem of the gut and protect against colonization by undesirable species. This was done in a recent study in patients undergoing intense cancer treatment. Using fecal samples that were frozen and stored prior to their procedures, patients recovered a significant portion of their pre-treatment gut flora.

When it comes to countering the effects of antibiotics with probiotic supplements, though, the jury is still out. One study found that while probiotic supplements successfully colonized the gut, they also delayed the return of native flora. Until we have definitive answers, time and diet look like best approach for gut recovery. That means eating from a wide range of fermented, cultured and fiber-rich foods, and limiting sugar and red meat, all of which have been shown to contribute to gut health.

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

SUDOKU

DIFFICULTY RATING: ★★★★★

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

4/5

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PREVIOUS SOLUTION

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

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

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

PREVIOUS SOLUTION

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4/6

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

DIFFICULTY RATING: ★★★★★

SUDOKU

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

Hostage to talkers

Dear Annie

FRIDAY, APRIL 5, 2019

Dear Annie: How do you politely handle “the talkers”? There seem to be a lot of them out there — you know, friends, people you meet at gatherings, etc., who talk nonstop and hardly allow you the time to say anything. Conversation should be a two-way street, not a monologue, but they don’t seem to get it.

For example, someone will talk on and on about a trip he took or will take, and yes, that is interesting to me, but I’d like to mention my trip, too, and he never comes up for air. Whatever I might have to say is of no interest to these talkers. When they pause, I am able to actually get a sentence in, but after they hear it, they just continue on with their monologue without commenting.

All this listening on my part is exhausting. I feel like a captive audience. So now I just don’t socialize as much. I have told a friend she talks too much, but she just laughed, as if it were cute or something. But with a stranger or someone I don’t know well, what should I say? — Tired Ears

Dear Tired Ears: Any relationship or encounter we have with people should be a two-way street. If you leave feeling drained after having talked with a friend, then perhaps it’s time to find a new friend — especially if you have been upfront with your friend and your comments have landed on deaf ears.

Also, be aware of whether you are listening to the talkers’ stories. Much of the time, we don’t listen to the other person because we are waiting to speak ourselves — the very thing you are addressing in your letter.

With a stranger or someone you don’t know, you can always politely interrupt him or her and exit the situation.

Unfortunately, there could be a medical reason for why your chatterbox friend can’t stop. Compulsive talking could be a sign of attention deficit hyperactiv-

ity disorder or anxiety. With that in mind, if the person is a really good friend, perhaps she is having a tough time and needs your friendship, but be firm in insisting that for your friendship to continue, your conversations must include both of you.

Dear Annie: Your reply to “Hurt, Frustrated and Appalled in Florida,” the woman whose husband agreed to host his daughter’s wedding at their house, did address the lack of communication and issues with his children. However, reading between the lines, I think this woman is afraid of having all those strangers in her home. A few suggestions might ease her mind. Remove items that might easily get broken or are valuable to an off-limits bedroom. Remove all medication and personal items from the bathrooms.

She should remember that this is a small wedding, with 65 guests. Probably only close family and friends will be invited. A generous spirit in this wedding process will go a long way toward improving the family relationships. — Tennessee Reader

Dear Tennessee Reader: Thank you for sharing your helpful hints. You are correct that a generous spirit will go a long way, not only during this wedding process but during her entire lifetime.

Dear Annie: I just read the letter from “Disconcerted About Vitamin D.” I have had a question for many years and have not found a definitive answer. Does the skin absorb the same vitamin D through glass — for example, when you’re riding in a car or sitting in front of a window?

Thank you for the service you provide in answering so many relevant questions. — A Daily Reader

Dear Daily Reader: Vitamin D is produced by the body when the skin is hit by UVB rays. Most glass windows block this wavelength, which means that you don’t reap the same health benefits that you would get from direct sunlight. But don’t get too much direct sunlight — for the sake of your skin.

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

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



Have a shapes scavenger hunt, taking turns finding shapes indoors and outdoors. Then make each shape with your body — kids and adults work together.

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LEARN AT PLAY, EVERY DAY.

Find more ways to learn at play as a family at www.FamilyLiteracyDay.ca

Family Literacy Day ABC Life Literacy Canada

Your Birthday

FRIDAY, APRIL 5, 2019

Emotions will be difficult to ignore this year. Make a point to revisit old goals and decide what’s really important to you moving forward. Nothing is out of reach if you go about getting what you want with finesse, intelligence and a positive attitude. Reach for the stars.

ARIES (March 21-April 19) — Don’t lose sight of who you are, what you want and how capable you are of taking charge. Don’t let anyone take control when it comes to getting what you want.

TAURUS (April 20-May 20) — A reserved attitude will serve you well, especially when dealing with government agencies, financial or medical institutions, or legal matters. Stick to facts, and offer as little personal information as possible.

GEMINI (May 21-June 20) — Don’t let someone from your past disrupt your day. An exaggerated opinion will lead you in the wrong direction. Make adjustments that will benefit you, not someone else.

CANCER (June 21-July 22) — Put greater emphasis on how you earn your living and handle your money. A decision should be made based on facts and figures, not on what someone is trying to sell you.

LEO (July 23-Aug. 22) — When opportunity knocks, be ready to take advantage. An open discussion with someone who has more experience than you will provide you with valuable insight. Trust in facts, not in hearsay.

VIRGO (Aug. 23-Sept. 22) — Don’t get angry; take the necessary action to counter any negative thing in your life. Controlling a situation is better than ignoring what’s going on around you. Romance is in the stars.

LIBRA (Sept. 23-Oct. 23) — Do your due diligence before you make a decision. Don’t expect everyone to like the choice you make. Follow what feels right, not what someone else wants you to do.

SCORPIO (Oct. 24-Nov. 22) — A change at home will add to your comfort and enhance your relationship with someone special. If you are creative in how you approach whatever you do, success will be yours.

SAGITTARIUS (Nov. 23-Dec. 21) — Listen to someone, but don’t be gullible. When in doubt, gather the facts and act only when you are certain that what you are doing is right. Someone you least expect will withhold the truth.

CAPRICORN (Dec. 22-Jan. 19) — Try something new, or use your skills differently to discover something that can be life-altering. A romantic gesture will improve your personal life and future.

AQUARIUS (Jan. 20-Feb. 19) — Trust in your ability to get things done. A positive change will take place if you put your energy into making physical adjustments that suit your needs.

PISCES (Feb. 20-March 20) — Offering or accepting help will lead to emotional problems. Don’t interfere or let others meddle. Making or listening to suggestions and being nonjudgmental are in your best interest.

SATURDAY, APRIL 6, 2019

Be open and receptive to new ideas, offers and information. The more you know, the easier it will be to make good choices when it comes to your personal and professional goals. If you put in the time, you will reap the rewards. Simplicity and moderation will pay off.

ARIES (March 21-April 19) — Take a close look at what others are doing and learn from what you see. If you expand your mind, interests and goals, you’ll be one step closer to achieving your dreams.

TAURUS (April 20-May 20) — Remain cool and take a wait-and-see approach when dealing with personal matters. Keep moderation in mind if celebrating or hanging out with indulgent friends.

GEMINI (May 21-June 20) — Someone will mislead you about his or her feelings or a joint money venture. Don’t feel the need to make a hasty decision. Gather the facts first.

CANCER (June 21-July 22) — Mix business with pleasure to come out a winner. The points you make with colleagues and a partner or loved one will make your life easier. Romance is highlighted.

LEO (July 23-Aug. 22) — Stubbornness will not help you solve a problem or get ahead. Be willing to compromise or work alongside others to get things done on time. Do your best and avoid controversy.

VIRGO (Aug. 23-Sept. 22) — You can make a change that will improve your personal life and future. An educational

pursuit, trip or serious communication regarding a lifestyle change looks promising.

LIBRA (Sept. 23-Oct. 23) — Don’t limit what you can do. Take care of responsibilities early and move on to something that you find personally gratifying. Fitness, proper diet and a little relaxation are encouraged.

SCORPIO (Oct. 24-Nov. 22) — Sign up for something that excites you. Learn something new or participate in an event that will help you connect to interesting people. Love and romance are on the rise.

SAGITTARIUS (Nov. 23-Dec. 21) — Take a look at the possibilities, but don’t let someone talk you into something that is costly or unhealthy. Home and personal improvements should be your priorities.

CAPRICORN (Dec. 22-Jan. 19) — Consider your current situation and contemplate the changes that will lead to a better life. You may not please everyone, but this time you must put yourself first.

AQUARIUS (Jan. 20-Feb. 19) — Keep busy. The more active you are, the less time you will have to fret over what everyone else is doing. Don’t make comparisons. Do what’s best for you.

PISCES (Feb. 20-March 20) — Don’t let anyone draw you into something you don’t want to do. Focus on a creative outlet that eases stress and encourages you to grow emotionally and spiritually.

Sunday’s horoscope on page 23

CELEBRITY CIPHER
by Luis Campos

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

“DUVR Y DLI 10 ... Y RVCVG DVRF
FB AUMAJ V. AUUVIV! NZ NBN ILYS,
'ZBM DLRR L IVV L NBMIV, OMPP FUV
GVXGYTVGLFBG BMF!'” — TVBGT
PBOVK

Previous Solution: “Often, people who can do, don't because they're afraid of what people that can't do will say about them doing.” — Trevor Noah
TODAY'S CLUE: A slenbo 3

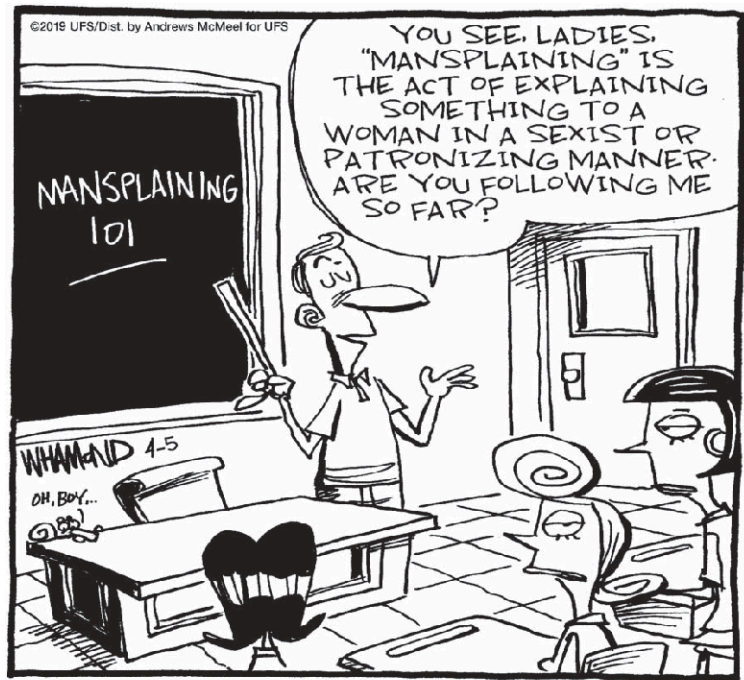
CELEBRITY CIPHER
by Luis Campos

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

“VR CTDXB DK, GDOW DK ZITPB
IZGZXYW. BJW FTTE ZXE BJW IZE.
BJW JDFJK ZXE BJW GTLK. BJW
CDXZ ZXE BJW YTGZEZ.” — WGGWX
EWFWXWSWK

Previous Solution: “When I was 10 ... I never went to Chuck E. Cheese! My mom said, ‘You wanna see a mouse, pull the refrigerator out!’” — George Lopez
TODAY'S CLUE: R equals Y

REALITY CHECK



HERMAN



“Does that say ‘help wanted’?”

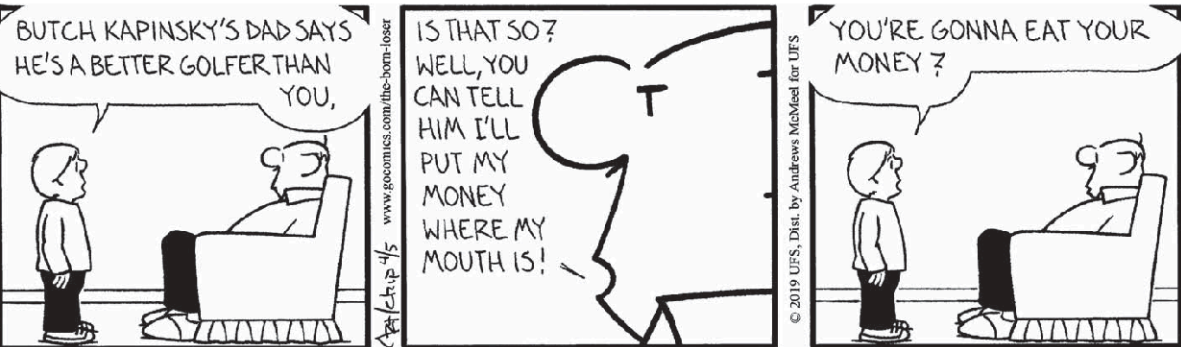
ALLEY OOP



ARLO & JANIS



THE BORN LOSER



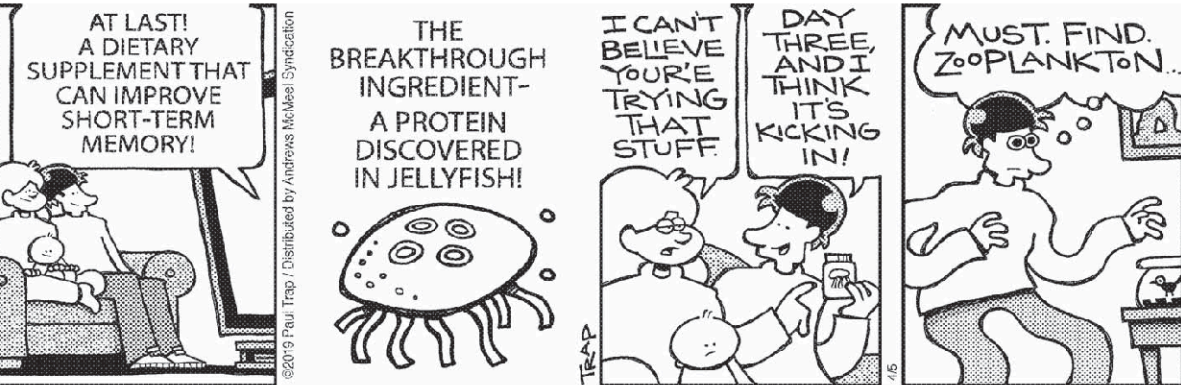
FRANK AND ERNEST



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E-MAIL: classad@sherbrookerecord.com
OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND NOON

001 Property for Sale

HOUSE ON GLEN-DAY. Large 27,400+ sq.ft. lot. Beautiful views, mature trees, backs onto protected woodlands. Health reasons. Call 819-640-9009.

065 Storage

BRAND NEW HEATED storage lockers with radiant floor heating, 5x10, 10x10 and 10x20. Also have non-heated units. Mini Entrepotage Lennoxville 819-562-8062.

145 Miscellaneous Services

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

275 Antiques

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

290 Articles For Sale

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

395 Home Improvement

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

AUCTION for the ESTATE OF ROBERT ELLIS
165 ch. Cedarville, Ogden, QC
Saturday, April 13 at 10 a.m.

Household and patio furniture, carpentry and power tools, ladders, large tap and dye sets, fishing augers and many other items too numerous to mention.

All must go!
Jerry Smith, Auctioneer
819-876-2918

Bulwer Golden Age

April 2: 74 members gathered at the Bulwer Community Center. Eight tables of 500 played, as well as 2 teams of carpet bowling, 1 table of cribbage and a table of Skip BO.

Everyone assembled for supper, grace was said by Norma Gill. Another wonderful meal prepared by Peggy Grapes and helpers, consisting of roast pork mashed potatoes, squash, applesauce, coleslaw, and homemade pickles and rolls. Vanilla cream puffs were served for desert.

Results of 500 were: Ladies 1st place Pat Decoteau, 2nd place Louise Peasley and low score Linda MacLeod. Men's 1st place Merrill Grenier, 2nd place George Peasley and low score Clayton Lackie.

Results of carpet bowling were: Black team (Doris, Jim and Allan) and Red team (Jean, Mary Lou and Reg) each won a game. Richard and Fred beat Colleen and Lynda at cribbage. As for Skip Bo, Mary Simons, Darlene Rogers and Paulette Painter each won a game.

Door prizes were won by Jean Naylor, Clyne MacDonald, Joanne Roberge, Serena Wintle, Evelyn Sutor, Clayton Lackie and June Morrison. Peggy's goodies were won by Merrill Grenier, Fern McConnell, Alberta Crawford and Lynda Coates.

Thank you to everyone who helped set up and clean up, it is always much appreciated.

Submitted by
Colleen Matthews

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THE RECORD, 6 MALLORY, SHERBROOKE, QUEBEC J1M 2E2



ENCAN SAWYERVILLE INC.
presents the

ANNUAL CONSIGNMENT SALE OF FARM MACHINERY

SATURDAY, APRIL 13, 2019 AT 9:30 A.M.



at Encan Coaticook

7726 Route Louis S. St-Laurent (between Coaticook & Compton)

TRACTORS

- 2000 Western Star 10-wheel truck, with Jaylor 2009 mixer, 2 augers, 1000 ft³;
- MF698, 2WD, cab
- MF255, 2WD, 2 s.h., platform
- MF245, 2500 hrs
- Agco Allis 8610, cab, 4X4, 3 s.h., trans. 32X32 with creeper
- New Holland TS115A, cab, 4x4, 2 s.h., trans 16x16

From a single producer. Jean-Claude Dumoulin:

- Case Tractor # CX100 with cab, 4x4, 6868 hrs with bucket
- 1966 Allis Chalmers #1400 tractor, 2x4, hydraulic, power steering
- Int. #784 tractor, 2x4, 6000 hrs
- Case #MXU100 tractor, 4x4, with cab, 16 speed, 4 turbo cylinders
- Int. #510 grain seeder, 13 disks
- Case Int. #350 roller harrow, 32 disks
- Kve plough, 3 rows with blade
- Kve # 4032 hay mower
- N.H. # BC5070 bay baler with hydraulic pole and bale thrower
- 3 rakes, Kve #9442T, N.H. #258 and #256
- Fella #TH540 tedder, hydraulic
- Hay wagons: 3 Valac, 1 Normand, 20', 4 wheels
- 10' airway with wheel and pole
- Desjardins dirt roller, 3 sections
- Pasture chain harrow
- Couture 84" snow blower
- Wood splitter
- Pronovost hydraulic dumping trailer
- New Idea manure spreader, 5x10, single wheels
- Round bale grip
- Bale carrier, 40' on wheels
- Harvests: oats Nice 25kl (4), barley Cyane (8)
- Small tools: impact 1/2, cutter wheel, césar, etc
- 3 electric heaters

From another producer:

- 2008 Case MX210 tractor, double wheels
- Ford 5000 tractor, 2x4
- Harrows: 2 Rotobeeche and a rotating Poettinger
- Poettinger #421A hay rake
- Hardi Gator 1000 gal. sprayer
- #710R grain box

Like new:

- Krone easycut # 320 disk mower
- JD457 round bale baler and JD348 square
- AG. Shield hay macerator
- Krone tedder, 4 shapers

MACHINERY

Hay balers:

- Ghel # 1310, round bales
- Int. mower, 3 pts

Ground machinery:

- 4 White harrows, 44 disks, pasture, with 10' teeth and 50 disks 12' Int.
- Wilrich 13' offset
- 2 ploughs: Kve 5 rows, trailing and 3-row Kve Stenomat with blades
- 6 row corn weeder
- J.D. #27 corn shredder, 6 rows
- 2 seeders: Case # 5100, one for grain and soy bean with millet box, 18 double disks

Manure equipment:

- 3 manure spreaders: Int #575 with hyd. panel, JD #780 hydro-push, NH #680
- Houle 24' liquid manure pump;

Rakes:

- 2 NH # 256 with pole
- NH # 56 and # 256
- Poettinger # 380, 1 shaper, 3 pts
- Claas MS3805 central

Silage blowers:

- Dion (2)
- New Holland # 27

Wagons:

- Couture, platform, 8X20'
- 2 Couture 20' tandem, 6 wheels with bale thrower

Other Machinery:

- Khun tedder, 4 shapers
- New Holland # 1412 mower with beater
- Pronovost P516 trailer, tandem axles
- Wood splitter
- Fransgard 4000 wood winch
- Vibro Kongskilde 2006 Triple K 12'
- 2 Surge vacuum pumps

MISCELLANEOUS EQUIPMENT:

- Anderson round ball grip
- MS T500 sprayer, pto pump, 50' ramp set of double wheels: 2X 15.5-38 and 240-80R46 (hub 3 3/4 dia.)
- 1000 u.s. gal. propane tank
- Electric animal scale
- Wick 11 hp straw chopper
- Bodco 9 hp silage cart
- 6 calf pens
- Victoria 20,000 watt generator
- 20' tin conveyor
- 2 Bodco cattle chutes and for trimming
- 5 hp 4' hay fan
- Round bale pick
- Lot of pickets, 1500 4" to 6" X 6' cedar
- Many small new and used tools.

*Many other items will be added to this list;
subject to change without notice.*

TERMS: cash or cheques from known buyers only.

Canteen on the premises! Everyone welcome!

*The site will be accessible as of Wednesday, April 10.

For information, call us at 819-849-3606

Some photos are available on our website at www.encansawyerville.com



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NEA Crossword Puzzle

ACROSS

1 Come down with

4 Cash dispenser

7 Have a cold

10 Ms. Hagen

11 Male swine

13 Swedish actress — Olin

14 Bark

15 Libretto feature

16 Sheik, usually

17 Fall and winter

19 Comes out on top

20 Chaps

21 Check endorser

23 Hey, you!

26 Try a mouthful

28 Clean air org.

29 Beat walker

30 Spout rhetoric

34 Nintendo fanatic

36 Use a straw

38 Tierra — Fuego

39 Stood wide open

41 Solar wind components

42 Trucker's load

44 Long, long time

46 Where hackles rise

47 — off (slowed)

51 Scamps

52 Shoe part

53 Library abbr.

55 Thickens

56 Jazzy — Fitzgerald

57 TV Tarzan

58 Garden tool

59 Rand of fiction

60 Born

DOWN

1 Fellow

2 Frat letters

3 Box sealer

4 Cheapen

5 Ontario city

Answer to Previous Puzzle

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

6 Foremost

7 Falcon's home

8 Senseless

9 Experiment rooms

12 Scrapes

13 Loophole finder

18 Invoice no.

22 On the summit

23 Fasten down a tent

24 Masseuse employer

25 Actor — Neill

27 Church part

29 Rocky ledge

31 "Much — About Nothing"

32 Dice throw

33 Metro RRs

35 Outlet

37 Perfectly

40 Sheriff's crew

41 Ready the press

42 Granny's brooch

43 Cider source

45 Shark domain

46 Close at hand

48 Kinks' tune

49 Not bumpy

50 Mete out

54 Wood ash product

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	
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51					52				53		54
55					56				57		
58						59			60		

4-5

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Your Birthday

SUNDAY, APRIL 7, 2019

A reserved attitude is favored. Mull over what you want to do and consider every angle before you decide to make a lifestyle change. Put more time and energy into earning your living and making wise purchasing decisions. Rearrange your life to suit your needs.

ARIES (March 21-April 19) — Before you make a change, be sure you have what it takes to succeed. The proper qualifications, drive and physical stamina will be required if you want to reach your goal.

TAURUS (April 20-May 20) — Look for an opportunity and turn it into something life-changing. You don't need to wait around for someone else to make the first move. Follow your heart and make things happen.

GEMINI (May 21-June 20) — Find out what's expected of you before you enter into a joint venture or offer to help someone. Don't let anyone take advantage of you, your skills or your generosity.

CANCER (June 21-July 22) — You may not like change, but it can be necessary to make progress, so be open to new possibilities and see what transpires. Love, romance and personal growth await you.

LEO (July 23-Aug. 22) — Concentrate on what's important. Refuse to let emotional drama dictate your actions and lead to regrettable choices. If you learn from your mistakes, you will be able to put your energy to good use.

VIRGO (Aug. 23-Sept. 22) — You've got

the moves, so don't hesitate. Attend events that will inspire you to expand your mind. Romance should be a priority, so don't go solo — take along a loved one or someone you're interested in.

LIBRA (Sept. 23-Oct. 23) — Sensibility will help you make wise choices. Money matters should be handled practically. Think big, but stick to your budget and be realistic. Reason and moderation are recommended.

SCORPIO (Oct. 24-Nov. 22) — Share the things that make you happy with a loved one to find creative, spiritual and emotional motivation. A promise will lead to a bright future.

SAGITTARIUS (Nov. 23-Dec. 21) — Trust in yourself, not in someone who is being overly nice to get something from you. Choose friends wisely and know when to walk away from a manipulative or indulgent person.

CAPRICORN (Dec. 22-Jan. 19) — Make domestic changes that suit your needs. Surround yourself with good people and a happy environment if you want to find the motivation to succeed and live a more fulfilling life.

AQUARIUS (Jan. 20-Feb. 19) — Make changes for the right reasons, not just because someone else is doing something. Time and money should be put into things that make you happy, not into someone else's dreams.

PISCES (Feb. 20-March 20) — Slow down and think matters through carefully. The right choice can lead to a better future, so don't let anyone push you in the wrong direction.

FRIDAY, APRIL 5, 2019

First principles for the first prize

By Phillip Alder

Elon Musk said, "I think it's important to reason from first principles rather than by analogy."

At the bridge table, following first principles will usually hold you in good stead. In today's deal, what is that North hand worth? Second, how should South play in four hearts after West leads the spade queen?

Aces are undervalued at four points. Also, a five-card suit is better than a four-bagger; and the heart 10 is worth about half a point. North should have opened one no-trump. (The Kaplan-Rubens method evaluates the hand at 15.35 points.) Then, using a transfer sequence, North would have played in four hearts. (Note that three no-trump can be defeated after a spade lead.)

In four hearts, declarer has five potential losers: two spades, one heart and two diamonds. Maybe the heart finesse will work, or the clubs might be 3-3, giving declarer a discard on the club king.

The original declarer won the first trick, played a heart to the king, crossed to his hand with a club and led a heart to the 10. However, East won with his queen and returned his last heart, which killed the contract.

Whenever declarer can ruff a loser in

North 04-05-19

♠ 8 7

♥ A K 10

♦ A 5 4

♣ K 9 7 6 5

West

♠ Q J 9 5

♥ 9 2

♦ K 8 3

♣ J 8 3 2

East

♠ K 10 4 2

♥ Q 6 4

♦ Q 10 9 7

♣ 10 4

South

♠ A 6 3

♥ J 8 7 5 3

♦ J 6 2

♣ A Q

Dealer: East

Vulnerable: Both

South	West	North	East
Pass	Pass	1♣	Pass
1♥	Pass	2♥	Pass
4♥	Pass	Pass	Pass

Opening lead: ♠ Q

Cucumber, fennel, apples and romaine sing in this salad

By America'S Test Kitchen

All too often, chopped salads wind up tasting mediocre and doused in dressing. We were set on creating a simple version that was fresh and flavourful.

We settled on a mix of flavours and textures, selecting cucumber, fennel, apples and romaine. Red onion added a bit of sharpness, and a modest amount of crumbled goat cheese offered a creamy textural contrast. We lightly salted the cucumber to remove excess moisture, allowing it to drain in a colander.

Poaching the chicken in a steamer basket enabled us to use no extra fat. Once the chicken cooled, we cut the breasts into chunks and combined the pieces with the other salad ingredients.

We decided to whisk the goat cheese into the dressing in place of some of the oil, and also found that marinating the heartier ingredients in the dressing for just five minutes before adding the romaine infused every component with flavour while still keeping it fresh and light. Use any sweet apple here, such as Fuji, Jonagold, Pink Lady, Jonathan, Macoun, or Gala.

FENNEL, APPLE AND CHICKEN CHOPPED SALAD Servings: 4

Start to finish: 1 hour, 45 minutes

1 cucumber, peeled, halved lengthwise, seeded, and sliced 1/2 inch thick

Salt and pepper

1 pound boneless, skinless chicken breasts, trimmed of all visible fat and pounded to 3/4 inch thickness

3 ounces goat cheese, crumbled (3/4 cup)

1/4 cup cider vinegar

1/4 cup minced fresh tarragon

1 tablespoon extra-virgin olive oil

2 Fuji, Gala, or Golden Delicious apples, cored, quartered, and sliced

crosswise 1/4 inch thick

1 fennel bulb, stalks discarded, bulb

halved, cored, and sliced 1/4 inch thick

1/2 cup finely chopped red onion

1 romaine lettuce heart (6 ounces), cut into 1/2 inch pieces

Toss cucumber with 1/2 teaspoon salt in colander and let drain for 15 to 30 minutes.

Whisk 4 quarts water and 2 tablespoons salt in Dutch oven until salt is dissolved. Arrange breasts, skinned side up, in steamer basket, making sure not to overlap them. Submerge steamer basket in water.

Heat pot over medium heat, stirring liquid occasionally to even out hot spots, until water registers 175 F, 15 to 20 minutes. Turn off heat, cover pot, remove from burner, and let sit until meat registers 160 F, 17 to 22 minutes. Transfer chicken to paper towel-lined plate and refrigerate until cool, about 30 minutes. (Chicken can be refrigerated for up to 2 days.)

Whisk goat cheese, vinegar, tarragon, and oil together in large bowl. Pat chicken dry with paper towels and cut into 1/2 inch pieces. Add chicken, cucumber, apples, fennel, and onion to dressing and gently toss to coat. Let sit at room temperature until flavours meld, about 5 minutes. Add lettuce and gently toss to coat. Season with pepper to taste. Serve.

Nutrition information per serving: 359 calories; 112 calories from fat; 12 g fat (5 g saturated; 0 g trans fats); 109 mg cholesterol; 477 mg sodium; 29 g carbohydrate; 7 g fiber; 20 g sugar; 32 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like Fennel, Apple, and Chicken Chopped Salad in "The Complete Diabetes Cookbook."

(The Associated Press)

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PRÉSIDENT CUP
2019**

**QUARTER
FINAL**

Sherbrooke

VIBE VS [Team Logo]

**APRIL 8th
at 7 p.m.
Game 3**

**APRIL 10th
at 7 p.m.
Game 4**

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