

With years of experience in the field
We provide services that fit your specific
needs, values, traditions and budget!

SHANNON PAXTON
Funeral director &
pre-arrangement specialist



THE
RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897



WEEKEND EDITION

\$1.75 + TAXES + TAXES

PM#0040007682

FRIDAY, MARCH 31, 2023

Survey wants data on access to health and social services in English

By Bird Bouchard

The Community Health and Social Services Network is seeking respondents for a wide-ranging online survey, funded by Health Canada, about access to health services offered in English.

The survey hopes to hear from English-speaking residents of Quebec. The hope is to better understand the public's opinions about health and social services access for anglophone communities in the various regions of Quebec.

The survey asks questions ranging from age, the language spoken at home, comfortability with carrying out

CONT'D ON PAGE 3

Local eateries join Dixville Foundation to raise funds to support autistic needs



LAWRENCE BELANGER

By Lawrence Belanger
Local Journalism Initiative

Dixville Foundation Director General Don Warnoltz, along with Christian Frechette, Director General of Louis Luncheonette Restaurants, and Jean-Pierre Oddo, owner of Les Vraies Richesses bakery, launched

a fundraising campaign on Thursday for the Dixville Foundation, coinciding with Autism Awareness Month, also known as Autism Acceptance Month.

During April, Les Vraies Richesses will be selling a special pastry bearing the logo of the Dixville Foundation, and for every pastry sold, \$1 will be donated to the Foundation. Meanwhile, Louis

Luncheonette Restaurants will donate \$1 for every poutine sold during the first week of April (1-7). The proceeds will fund the Foundation's multitude of projects and resources.

"Contrary to many other establishments, which would write a cheque to a healthcare institution,"

CONT'D ON PAGE 3



Book now and get
\$800*

One bedroom apartments & nursing rooms
— AVAILABLE —

Surrounded
BY EVERYTHING YOU NEED

125 Queen, Sherbrooke | 819 562-0875 | lerenaisance.ca



L' RENAISSANCE
RETIREMENT
Manoir St-Francis



*For a limited time, get a \$800 gift on your lease

The Record e-edition

There for you
24-hours-a-day
7-days-a-week.
Wherever you are.

Access the full edition of the Sherbrooke Record as well as special editions and 30 days of archives.

Renew or order a new 12-month print subscription and get a 12-month online subscription at no additional cost or purchase the online edition only for \$137.50

Record subscription rates
(includes Quebec taxes)

For print subscription rates,
please call 819-569-9528
or email us at
billing@sherbrookerecord.com

12 month web only: \$137.50
1 month web only: \$12.37

Web subscribers have access to the daily Record as well as archives and special editions.

Subscribing is as easy as 1,2,3:

1. Visit the Record website: www.sherbrookerecord.com
2. Click e-edition.
3. Complete the form and wait for an email activating your online subscription.

Weather



TODAY:
SUNNY

HIGH OF 5
LOW OF 1



SATURDAY:
RAIN

HIGH OF 10
LOW OF 12



SUNDAY:
SUNNY

HIGH OF -2
LOW OF -9



MONDAY:
A MIX OF SUN
AND CLOUD

HIGH OF 9
LOW OF 1



TUESDAY:
CLOUDY

HIGH OF 10
LOW OF 2

Olga Dies Dreaming

By Xochitl Gonzalez



GOOD READS LENOXVILLE LIBRARY

Reviewed by Melanie Cutting

“I like to be in America
Okay, by me in America
Ev'rything free in America
For a small fee in America!” (sung-spoken in a lilting and tuneful manner, if possible)

Apart from singing along with the immortal words and music of “West Side Story,” play and movie quoted above, there was really not much I grew up knowing about Puerto Rico. I was raised on the east coast of the US at a time ('50 and '60s) when Puerto Rico, i.e. “Rich Port”, was a popular spot for Americans to spend their holidays; in fact, my tiny Aunt Ida used to go so often that she was literally brown as a berry, and not a whole lot bigger, either. Although I recently saw a travel ad attempting to lure tourists back to...

“Puerto Rico,
You lovely island . . .
Island of tropical breezes.
Always the pineapples growing,
Always the coffee blossoms blowing”
My sense is that that ship has sailed. Other Caribbean, and even more far-flung, destinations have clearly taken over that sun-splashed crown; in eastern Canada, the Dominican Republic is the current undisputed champion of sunny vacation destinations, followed closely by Mexico’s tourist havens, such as Cancun and Puerto Vallarta.

So it was of considerable interest to me to pick up *Olga Dies Dreaming*, written by first-time author Xochitl (pronounced “So-cheel”) Gonzalez, and published in 2021. Thanks to her skill at depicting well-rounded individuals and interesting plots, it took me no time to immerse myself in this novel focused almost exclusively on characters of Puerto Rican heritage and, in particular, those of the Puerto

Rican diaspora living in New York City.

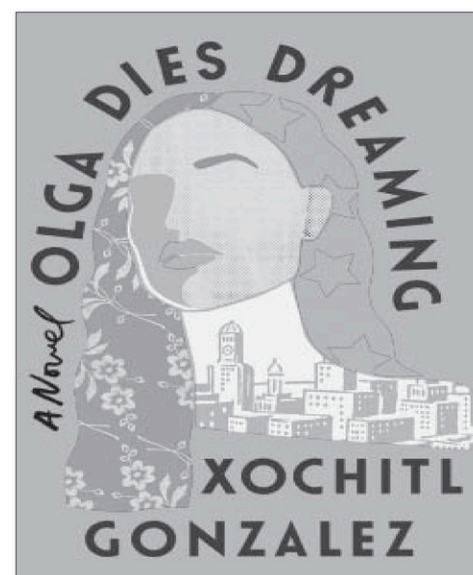
The book opens in the summer of 2017, when we meet Olga on the job as an upscale, in-demand, wedding planner, who lives in Brooklyn but typically works in Manhattan. She is young, roughly late thirties, and has an equally successful brother, Pedro “Prieto” Acevedo who is a rising star in municipal politics. They are surrounded by their extended family members, among them their “abuela”, or grandmother. Although not as young as she once was, she continues to care for the siblings as she always has. Many years before, her daughter had made the rash decision to leave the US for good, and her contact with the Acevedo clan is both cryptic and infrequent, since she is essentially in hiding. With her departure, she also abandoned her husband, who has not fared as well as their children, and taken to drugs as a coping mechanism. Olga and Prieto have learned to live without her, and certainly do not appreciate the preachy letters that arrive on an irregular basis to give them unsolicited advice on life and love.

Looming over this time and place is the infamous Hurricane Maria, and both Olga and Prieto have secrets that will have to come out if they are ever to be whole again.

As the story line proceeds to 2025, Puerto Rico is still in the grip of ineptitude. However, when the obvious solution to the island’s power problem arises (solar power), the revolution finally begins. “Her mother had told her that when this day came Olga would be proud...but the pride that welled was not related to her mother. Her mother had anticipated the cause and effect, but it was not her mother who had ushered in this metamorphosis, this force...This was by, of and for the people.”

Meanwhile, in the real world of 2023, Latinx culture is enjoying a renaissance of sorts, thanks in no small part to people such as American songwriter, actor, singer, filmmaker, rapper, and playwright of Puerto Rican heritage Lin-Manuel Miranda (do either “Hamilton”, “Encanto”, or “In the Heights” strike a chord with you?) Of course, venerable performers such as Chita Rivera and Rita Moreno, both of Puerto Rican descent, have helped in this vital resurgence.

One of the reasons I enjoy reading is to learn about other cultures, and



this book, the first for Ms. Gonzalez, provided at least a start in that direction. By drawing me into her fictional but compelling and reality-based world, I gained far more insight into the culture and people of Puerto Rico than I would have by reading an island travelogue. The author brings to life both her handful of central characters and the wide range of supporting players we meet along the way. Do we like them all? Of course not, but we do find them fascinating.

“Life can be bright in America
If you can fight in America
Life is all right in America
If you’re all white in America”
West Side Story, 1961
Olga Dies Dreaming is available in hardcover at the Lennoxville Library.

LENOXVILLE LIBRARY NEWS

Autism Awareness Month at the Library

Join local autistic researcher and activist Marjorie Désormeaux-Moreau for an informal discussion of representations of Autistic people in literature. (In English: Thursday, April 6th. In French: Thursday April 13th. 7pm). Free and open to all.

The Library is hiring!

Do you love working with children? Do you like to organise creative activities that stimulate the imagination?

We are hiring a Summer Youth Activities coordinator. 30 hours a week for 14 weeks, June-August. \$20 an hour.

Details on our website.

Ben by Daniel Shelton



Local News | *"When you have autism or another intellectual disability, it's [for] a lifetime," said Warnoltz, speaking after the conference.*

Dixville Foundation

CONT'D FROM PAGE 1

Warnoltz said Dixville works with families and individuals on their specific needs.

"When you have autism or another intellectual disability, it's [for] a lifetime," said Warnoltz, speaking after the conference.

"We run regular activities," said Warnoltz, whose organization works with around 1,400 families and individuals annually. He described how the Foundation provides things like specialized equipment, school preparation, respite services for families, summer camp stays, zootherapy, and more. "Computers are quite popular, often as communication devices," he added. "There are a lot of needs out there that people don't recognize, and we try to help as many people as possible."

"We've even had people ask for work shoes because they got a chance to get a job but they can't afford the work boots."

The organization also runs a recreational community center, known as the "Drop-In Center," in Lennoxville, where people can go to socialize and participate in user-organized activities.

"If we can support [autistic] people in the community," reasoned Warnoltz, "there's less of a need for them to go out to the specialized services." By

helping facilitate recreation, breaking individual isolation, and creating friendships, autistic peoples' quality of life improves.

To his knowledge, no one on the Dixville Foundation's board is autistic, but some have children who are. "One thing that's unique about our board of directors," noted Warnoltz, was that between them was "over well over 200 years of experience working in the field."

The organization also runs a recreational community center, known as the "Drop-In Center," in Lennoxville, where people can go to socialize and participate in user-organized activities.

Charities like the Dixville Foundation spend the month of April focused on raising awareness of Autism Spectrum Disorders,

while autism self-advocacy groups promote broader societal and cultural acceptance of people with autism.

According to the Autism Self-Advocacy Network, "Autism is a neurological variation that occurs in about 1-2 per cent of the population and is classified as a developmental disability. Although it may be more common than previously thought, it is not a new condition and exists in all parts of the world, in both children and adults of all ages."

The terms "autistic" and "autism spectrum" often are used to refer inclusively to people who have an official diagnosis of the autism spectrum or who self-identify with the autistic community.

The business representatives also spoke about the value of supporting autistic members of the community, which included members of their businesses and families.

"We have autistic employees, and we wanted to make a difference," said Frechette. "It's important to me because many people are autistic," he continued. "These are people who...can integrate constructively into society." According to him, this is Louis Luncheonette's 2nd year of fundraising with the Dixville Foundation.

Oddo, the owner of "Les Vraies

Richesses" artisanal bakeries, said his awareness of autism advocacy stemmed from his experiences raising an autistic son. He is aware of what a family can go through and the challenges of raising a child with

According to the Autism Self-Advocacy Network, "Autism is a neurological variation that occurs in about 1-2 per cent of the population and is classified as a developmental disability."

differences. Warnoltz encourages would-be volunteers for the Foundation to look at their website (fondationdixville.org), and see what they're doing. "We're always looking for volunteers for events," he added. Autistic people and their families can also make requests for financial assistance on the website.

Health and social services

CONT'D FROM PAGE 1

a conversation in French, whether someone has a family doctor and how satisfied they are with the availability of health and social services in English in their region.

Jennifer Johnson, Executive Director with CHSSN, highlighted they will be able to compare responses between the Francophone and Anglophone communities.

"We will be able to see if English speakers are identifying even more challenges than the Francophone population," she said.

She added the survey has been done every five years for the past 20 years. However, it has always been done via the phone. She said she's hopeful the new online format will help reach a wider audience, in particular young adults.

Johnson said they're an important demographic to reach because they are in the age range that might be caretakers for both the younger and older population.

"We didn't have adequate data from the population of those 40 and under,"

she said. "Hopefully this online format makes the demographic more comfortable and willing to take the survey."

In an effort to try to get the word out in the Eastern Townships, the local organization is partnering with Townshippers' Association.

According to Maggie Severs, Executive Director of Townshippers' Association, her wish is that the English-speaking community will take advantage of this opportunity and not view the survey as an inconvenience.

"The implications are really important. Everybody always wants

to have their voices heard on different platforms but often view surveys as an inconvenience," said Severs. "Our voices and experiences will have influence on the larger systems in place."

She added there's "an incredible need" for services offered in English.

"When you're in a situation that has to do with your health, something that might be high stress or life threatening, you need somebody to be able to explain that to you in a way that you're going to understand," said Severs.

Johnson said because the survey

is done once every half decade, this will also be the first time data will be available on how people access services in a post pandemic world.

"Because of the labour shortages and the extraordinary pressures the pandemic put on the health system, it has become difficult for everyone to access services across the board. The results should be interesting," she said.

The survey can be found at chssn.org/crop-2023.

The CHSSN ensures all answers will remain strictly confidential and is estimated to take approximately 10 minutes.



BUYING CEDAR LOGS

Call for specs and prices.

GOODRIDGE LUMBER

Albany, Vermont Tel. 802-755-6298





Jesse Bryant
Sales Manager

Let our readers know about your products & services

Tel.: 450-242-1188
Fax: 450-243-5155
email: jbryant@sherbrookerecord.com

The Shack is back

By Bird Bouchard

Returning for the first time since 2019, members of the North Hatley Curling Club are excited for the return of their Spring Mixed Bonspiel 'The Shack'.

According to Club president Marc Cote, the Bonspiel got its name because of its sugar shack and maple product theme, which lines up perfectly with the sugaring off season.

"This is definitely our showpiece event," said Cote. "There is sugar on snow Friday night, a cabane a sucre brunch on Saturday and the finalists are bagged onto the ice on Sunday. This is probably one of the most unique events in the region."

Running from March 30 to April 2, the Bonspiel is maxed out with 16 teams, including five from the United States (Belfast, ME, Merrimack Valley, NH and Cape Cod/Potomac), one team from Montreal (Baie D'Urfe) and a handful of locals (North Hatley, Danville, Sherbrooke, Border).

Cote assured this year's event will once again have a strong focus on the maple theme. He added the club has set up a sugar house and decorated the clubhouse to make it appear more rustic.

Long time club member Marty Rourke admitted the event is a little

untraditional for what one would typically see in the area. He highlighted the fact the curlers are not playing for money but rather playing for fun and camaraderie.

"I'm glad we've gone to this model. People win prizes that have all been donated at the end of the week and we're not playing for money. It's really what curling at our level should be about, making some new friends from near and far," said Rourke.

According to Rourke, 'The Shack' is about having as much fun off the ice as it is about having fun on the ice.

"Everyone wants to go out and play well and win, but you also want to make some great friends. We have some good food and entertainment as well. It's a really good time over four days at the club."

In addition to the maple theme and curling action, 'The Shack' will also have local artist Trevor McKinven, who will be around drawing caricatures throughout the weekend. The club's kitchen and bar will be open to the public throughout the weekend.

The Bonspiel will kick-off with games played Thursday night from 6:30 p.m. until 11 p.m. The games will then continue Friday from 2-midnight, Saturday from 9 a.m. until 10 p.m. with the C and D finals taking place Sunday at 9 a.m. The A and B finals will follow.



PHOTOS COURTESY

Bob McVitty pours sugar on snow during The North Hatley Curling Club's Spring Mixed Bonspiel 'The Shack' in 2019. The local Bonspiel, with a maple product theme, returns for the first time since 2019 and runs from March 30 to April 2.

THE

RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

126 years

is really something to celebrate!



Print Subscription promotion!
Get a **FREE** annual e-edition subscription.

ONLINE SUBSCRIPTION
only **\$10.78** Monthly plus taxes

Subscribe today!

Call us: 819-569-9528

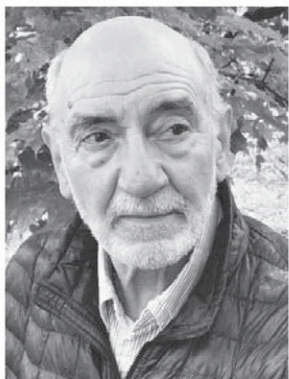
billing@sherbrookerecord.com • Sign up: www.sherbrookerecord.com

Take Advantage Of Our Monthly Payment Plan

It Matters Now More Than Ever. In Print. Online. Local. *prices may vary



Nephtys: the on and off of tattooing



NICK FONDA

In Egyptian mythology, the goddess Nephtys was associated with the dead, just as her sister Isis was linked to life.

The Nephtys Tatoo Parlour on Queen Street in Sherbrooke's Lennoxville Borough evokes its namesake. Located in a still-stately, grey-stone, century-old house that was once a doctor's home and office, its front door opens to spacious rooms hung with dramatic artwork and punctuated with sculptures including an upright, life-size replica of an Egyptian sarcophagus. It is arguably the Townships' most high-end tattoo parlour, and also one of the very few that offers tattoo removal.

Annie Ferland manages the tattoo parlour and, when a client requests it, removes tattoos—although not, so far, any that have been carefully created by one of the half-dozen artists who work at Nephtys.

"One of our artists is on maternity leave right now," says Annie Ferland, "but normally we have six artists on staff full time and one who works here part time. We also regularly have guest artists who will be with us for periods of a few days or more."

Among her other managerial tasks, she vets potential artists.

"Our guest artists can be well-known, at least within their field," she explains. "But we're also approached by young artists looking to start work. I always ask to see their portfolio. If someone can draw in charcoal or paint, if that person shows artistic ability on paper, they can probably learn to inject ink into skin. Buying a home tattoo kit and practicing once or twice on an unwitting younger cousin doesn't qualify you to work in a parlour."

(Home tattoo kits can be bought on-line for as little as \$100.)

"People have different reasons for getting a tattoo," she says. "Sometimes it's just for the heck of it; sometimes it's to indicate an interest or passion. One of our clients came in after running a marathon. He wanted a tattoo that looked like the imprint of a running shoe on his calf with the number 42 underneath it."

Often, tattoos are linked to family. On her left arm, Annie has photographic quality tattoos of her mother and her grandparents.

"At times getting a tattoo is a way of remembering someone who has passed away," she says. "A memorable example was a man who survived a serious accident that claimed the life of his wife. He initially wanted a tattoo that would depict the trauma he'd lived through. We talked about it and as he realized that his son would be seeing that tattoo every day he reconsidered and opted for something else."

"We won't tattoo anyone under the age of 16," she says, "and even then, only with parental approval. At the other end of the spectrum, we had a client who came in to get her first tattoo at the age of 82. She came in with her daughter and one of her grand-daughters and she wanted a tattoo of the names of her three grandchildren. Later, she came in a couple of times to have decorative scrollwork done around the names."

Annie points out that a tattoo is a luxury, and that a client is most likely to be satisfied if they take the time to find an artist whose work they like.

Sometimes the client and artist will work out a price for a particular project. More often the client can expect to pay an average of \$150 per hour to be tattooed, although rates vary and in centres like Montreal can go up to \$250 per hour.

Getting a tattoo is relatively painless. The needles that push ink into the dermis—the middle of the three main layers of skin—are very fine and hurt no more than a pinprick. Tattooing sessions however can be lengthy, often running for five or six hours or even longer.

Removing tattoos is more painful and, although individual sessions are short, overall, the process is much longer.

At one time, people wanting to remove a tattoo had to resort to skin grafts. The very first attempt at using a laser to remove a tattoo was made by a doctor in New York in 1967. Early laser treatments often left scars that were sometimes as bad as the tattoo itself and it wasn't until the 1980s that the procedure started to have more acceptable results.

"Today," Annie Ferland says, "laser removal, properly carried out, is safe, efficient, and leaves healthy, unblemished skin."

The demand for tattoo removal is growing.

"In part," Annie explains, "it's because tattoos have become increasingly popular over the last couple of decades. When Nephtys opened in 1998, it was the only place in Sherbrooke to get a tattoo. Now there are at least two dozen tattoo parlours offering their services."

"There are several reasons that might prompt someone to decide to remove a tattoo," she continues. "It could be prompted by a breakup—who wants walk around with their ex's name under their skin? One of my clients was a woman who changed religion from Catholic to Muslim, a faith doesn't allow women to wear tattoos. Sometimes a client realizes that a tattoo was a youthful



ANNIE FERLAND

error or that a prominent tattoo is in conflict with a new job. Sometimes the tattoo is just too ugly to keep, often because it was done by what we call a scratcher, someone with a home tattoo kit who should not be doing tattoos at all."

"If the tattoo is a very recent mistake," she explains, "the client may have to wait. I won't work on a tattoo that isn't at least three months old. Prior to that the ink is insufficiently settled to be removed."

"I always assure myself that the client is in good health and doesn't have any skin problems that might lead to complications," she says.

"I begin with a thorough disinfection," she explains. "The chair, the equipment, the client's skin all have to be disinfected. If there is hair—for example on a man's forearm—it has to be removed because the hair will act like a wire conducting electricity and burn the follicle which is in the skin. Both the client and I don glasses similar to those used by welders to protect our eyes. I also have to be sure that there is nothing metallic or mirror-like that might reflect the laser's beam."

"I have to adjust the strength of the laser according to the client's skin and the ink that has to be removed. I use one of two lenses. One is for black ink, which is removed quite easily. The other is for coloured ink which goes deeper into the dermis and is harder to remove. Some colours are more difficult than others to erase; green, for example, is almost impossible."

"What the laser does," she says, "is

strike an ink molecule and cause it to explode. Over the next few days, the body's white blood cells, in particular the macrophages, will collect the shattered ink and expel it through sweat or urine. The skin will show a slight redness and swelling for a few days, a sign that the immune system is working."

Removing a tattoo is more painful than getting it.

"It feels a little like being splattered with hot bacon grease," says Annie Ferland, "and a session never lasts more than 25 minutes. Multiple sessions, at least a few weeks apart, are required and, with each one, the tattoo fades a little more."

Removing a tattoo is also more expensive than having one done. The exact price varies according to the "pulsation" involved but a session will cost a minimum of \$100."

Taught to do laser removal by a predecessor, Annie Ferland keeps up-to-date on dermatology by extensive reading and occasional consultations with two plastic surgeons. Recently, thanks to a colleague who'd been left with a nasty scar on his forearm and who volunteered to be a guinea pig, she discovered that laser treatment can remove scar tissue or greatly shrink it. She also wants to look into its possible use to remove stretch marks.

For the tattoo you've always wanted—or to get rid of the one you can no longer tolerate—Nephtys is located at 170 Queen Street. In either case, a deposit is required and all work is done on a cash-only basis.

EDITORIAL

The format of a My Take is 150 words – no more, no less – to express an opinion on a different topic each week. This week's topic was pride jerseys.

My Take: By Bird Bouchard

Let's stop forcing people who aren't an ally to wear the colours they don't support.

How can a member of the LGBTQ+ community feel safe when they aren't sure if someone wearing their colours is actually supportive or dangerous? Are these athletes supporters or just wearing the jersey and "doing their jobs"?

Pride Night in NHL arenas are taken as seriously as Pink Shirt Day. When the puck drops, the attention is

immediately shifted to the game itself. Even the players who wear the jerseys (by choice or not) and take the time to come out for 10 minutes during warmups with a rainbow themed hockey stick choose to ditch the act by the time the game starts. They almost always return to traditional jerseys and traditional black or white tape.

Pride Night shouldn't be forced on misogynistic, homophobic and rude people in the spotlight.

My Take: By Matthew McCully

I suppose I should have stronger feelings about the rejection of Pride jerseys by NHLers, but I give zero pucks what hockey players think.

Play your game, score your goals, then sashay away.

I don't get my recipes from the bank teller, and I don't want my politics from the 'jocks without frocks' camp.

I've got more important things to think about, and frankly, so do you.

Get to work on the misogyny

and your culture of violence and hazing, and then we'll move on to homophobia, transphobia, and more importantly, the ripple effect of sharing your asinine opinion publicly when, if we're being honest here, these days hockey is synonymous with litigation, not church.

Also, I don't appreciate the virtue signalling on the part of the league as a whole, trying to cash in on all the rainbow goodness.

Eat a bag of Skittles.

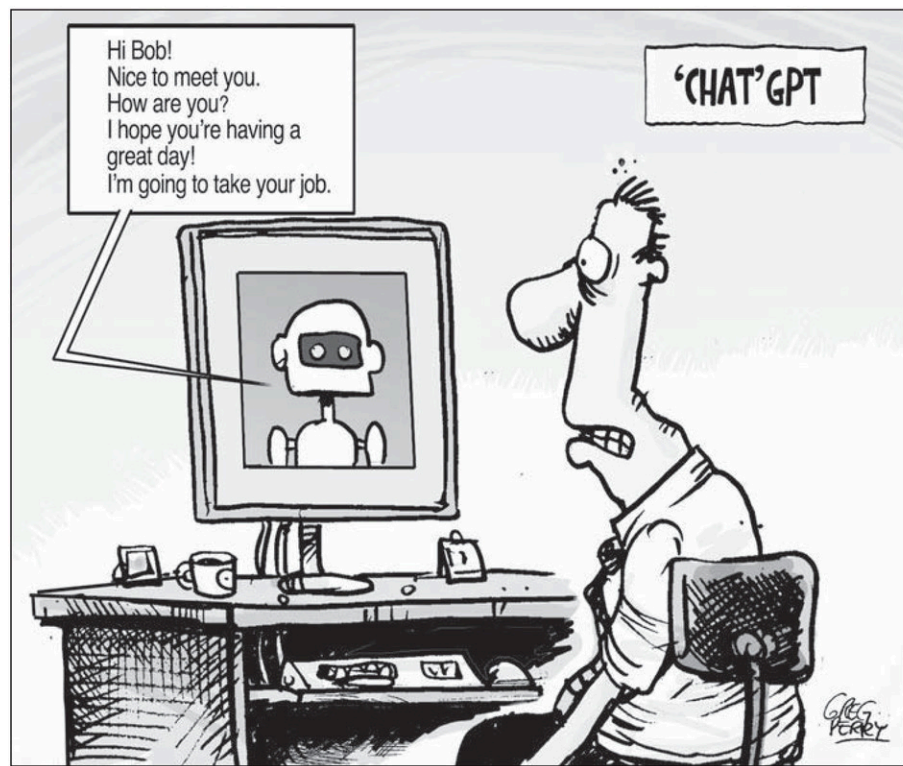
My Take: By Lawrence Belanger

Sports-related inclusivity initiatives seem self-congratulatory, indicating a worldview that says "look gays, you've won!", ignorant of the cultural warfare being perpetrated by the reactionary right against the modest gains in equality that have been made in some parts of the world.

Some act as if these symbolic acts lead to tangible and material improvements in the lives of the people in question, but I fail to see

how. If players can refuse and whole teams can backpedal, then how is it showing that the NHL, as an institution, is supportive of the LGBT community?

It's not that NHL players should be compelled to take part in wearing Pride jerseys, but it shows if they need to be compelled in the first place, there's still a long way to go before we can pat ourselves on the back about how accepting we are of LGBT people.



Letters

LETTER TO THE EDITOR:

I was elated to see the letter in Wednesday, March 29 issue, by Mary Goodfellow. Finally, I thought...not just me who had an issue with Canada Post services. On January 3 rd, I returned a gift to sender via Canada Post here in St Felix...was that too early? Too obvious? A box shortly after Christmas and a return to a major sender.

The clerk told me to keep my tracking number..preciously! Um..have there been issues?

This tracking number I know my heart and the package is still in St . Felix waiting...according to tracking...the little icon truck never moves!

Talked with clerk, and was told that if driver doesn't scan at his depot stop.. no indication then that it has moved. Is this a loop hole..what no follow up possible?

Of course, as I was told, that if a truck is in an accident, items can be lost. If any items are saleable....are evaluated..

The next step is make a written complaint to Canada Post and this will be investigated.

So the sender (as the tracking number had to be done by original order) of my gift made a complaint...and I made phone calls to no avail-always passing the buck!

For such a respectable entity...are there no concrete follow-up concerns for the public?

Are there no tec-savvys to foresee a possible discrepancy in a code bar scanning method?

Still checking to see if the little truck ever moves!

MARION BEARD
ST FELIX

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

THE RECORD

6 Mallory, Sherbrooke, Quebec J1M 2E2

FAX: 819-821-3179

E-MAIL: newsroom@sherbrookerecord.com

WEBSITE: www.sherbrookerecord.com

SHARON McCULLY PUBLISHER (819) 569-9511
MATTHEW McCULLY MANAGING EDITOR (819) 569-6345
SERGE GAGNON CHIEF PRESSMAN (819) 569-4856
JESSE BRYANT ADVERTISING MANAGER (450) 242-1188

DEPARTMENTS
ACCOUNTING (819) 569-9511
ADVERTISING (819) 569-9525
CIRCULATION (819) 569-9528
NEWSROOM (819) 569-6345

PRINT SUBSCRIPTIONS

For print subscription rates, please call 819-569-9528 or email us at billing@sherbrookerecord.com

ON-LINE SUBSCRIPTIONS

QUEBEC:	1 YEAR	119.59	5.98	11.93	\$137.50
	1 MONTH	10.76	0.54	1.07	\$12.37

Rates for out of Quebec and for other services available on request.

The Record is published daily Monday to Friday. Back copies of The Record are available.

The Record was founded on February 9, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.

PM#0040007682

Return undeliverable Canadian addresses to The Record, 6 Mallory Street, Sherbrooke, QC J1M 2E2

Member

ABC, CARD, CNA, QCNA

KNOWLTON OFFICE

5B VICTORIA STREET, KNOWLTON, QUEBEC, JOE 1V0
TEL: (450) 242-1188

C COLUMNIST

During the last few years I have often quoted UN Secretary General António Guterres in these articles.

Long-awaited UN synthesis climate report tells it like it is: We're on thin ice



DOUGLAS NADLER

“Humanity is on thin ice—and that ice is melting fast... Concentrations of carbon dioxide are at their highest levels in at least 2 million years. The climate time bomb is ticking... Today’s IPCC report is a how-to guide to defuse the climate time bomb... It is a survival guide for humanity.” – UN Secretary General António Guterres tinyurl.com/Guterres-video

During the last few years I have often quoted UN Secretary General António Guterres in these articles. As the leader of the UN he should inspire people and countries to take notice of grave humanitarian and ecological situations. He advises us to act on impending crises. His voice is one for solidarity and the courage to face existential threats.

But who listens to him? Certainly not global north societies. This is a source of great sadness for me and many others who have recognized for decades the looming encirclement of a multitude of crises that are now at the point of being unleashed full-blown upon this world. The Intergovernmental Panel on Climate Change (IPCC) report that was released a week ago is being called a “survival guide.” This is NOT hyperbole. “The choices and actions implemented in this decade will have impacts now and for thousands of years,” the IPCC declares. tinyurl.com/ipcc-ar6-syr

The recent first water conference given by the UN in 50 years points us to the immediate task of giving urgent relief to the accumulative wrongs wrought against the most needy. The IPCC points out the extreme scenarios that are gaining higher and higher scientific confidence, whereby the global south finds it increasingly difficult to cope with the many cascading crises, including sea level rises, that will upend already fragile communities.

The IPCC report published this month links achieving the UN Sustainable Development Goals to the immediate reduction of carbon dioxide levels: “Climate change has reduced food security and affected

water security due to warming, changing precipitation patterns, reduction and loss of cryospheric elements, and greater frequency and intensity of climatic extremes, thereby hindering efforts to meet Sustainable Development Goals.” Goal 6 targets clean water and sanitation. Places like Africa cannot meet clean water and sanitation goals unless the rich nations get their act together. The report is a must-read! tinyurl.com/ipcc-ar6

Bill McKibben’s book *The End of Nature*, published in 1989, was the first book aimed at raising public awareness

The recent first water conference given by the UN in 50 years points us to the immediate task of giving urgent relief to the accumulative wrongs wrought against the most needy.

of the catastrophic direction in which the accumulation of carbon dioxide pollution would take us: where we are now, on the cusp of ecological and societal collapse. (Tellingly, the secretive scientific papers written by fossil fuel companies had laid out the dangers back in the 1970s.)

Now that McKibben is over 60 years old, he has co-founded Third Act (thirdact.org), the purpose of which is to bring the wisdom and huge financial clout of the richest living generation to put pressure on governments and financial institutions to stop loaning obscene amounts of money to the oil and gas industries that in turn accelerate new levels of production. It is well known that institutions such as Royal Bank of Canada and Bank of America are financing climate destruction. Recent protests have brought older people to the banks to demand the cessation of those loans or else lose the billions of dollars that the over-sixties generations control. As McKibben recently said in an interview with Democracy Now!, “If we can get that message through, if we can remind people today of the connection between cash and carbon—literally,

somebody who has \$125,000 in those banks is producing more money, because it’s being lent out for pipelines and frack wells... Five thousand dollars in the bank produces more carbon than flying back and forth across the country. So we need these banks to start acting responsibly. And we need it—well, the IPCC said we’re in the last act of this drama unless we stand up and move fast. That’s one of the things that Third Act is really about.”

The UN report just published ties together all the IPCC’s other reports to show that it is now or never that humanity must act to ensure wellbeing for all creatures on Earth. The last part of the report includes a strategy for achieving a vast reduction of carbon dioxide emissions in order to make the second half of this century tolerable—for there is the means for us to do so. If we fail in this, we face a grim and harrowing future. Please see the graphics included in the report.

One of the scientists who worked on the IPCC 6th Assessment Report is Joëlle Gergis, who has just published *Humanity’s Moment: A Climate Scientist’s Case for Hope*. In a recent conversation with *The Revelator*, Gergis said: “The 2020s will be remembered as the decade that determined the fate of humanity. We can each choose to be part of the critical mass that will change the world. And when we do, it will bring profound meaning and purpose to our lives... We know exactly what we need to do, we just need governments all over the world to urgently implement policy to avert disaster... The IPCC has very clearly laid out a path towards stabilizing the Earth’s climate. For that to happen we need ordinary citizens to vote for politicians who will take real leadership, and also be prepared to do whatever we can in our own lives to live more sustainably on the planet.” tinyurl.com/revelator-gergis

The famous investigative journalist Daniel Ellsberg, a lifelong activist against nuclear weapons, was interviewed recently for a *New York Times* piece, “The Man Who Leaked the Pentagon Papers Is Scared.” In the interview he expressed his fear that we are living in the most dangerous time for humanity. He questioned the ability of governments to stop nuclear war as well as climate chaos. Guterres’s role is to shine a beacon of courage and activism at the UN and the world, but without all of us in the west saying enough is enough, nothing will change.

The secretary general tells it as it is, and the IPCC deals in unadorned language too: “The likelihood of abrupt and irreversible changes and

their impacts increases with higher global warming levels... Climatic and non-climatic risks will increasingly interact, creating compound and cascading risks that are more complex and difficult to manage.”

In a stark graphic, the IPCC shows the levels of generational climate risk. A person born in 1950 has had nowhere close to the existential risk of a person born in 2020. The IPCC shows us unequivocally by how much every ton of CO2 is estimated to increase global heating.

tinyurl.com/ipcc-ar6-temperatures

It’s vital for each of us to think about our individual carbon budget, which crucially reflects our ecological footprint. For example, if you are a 50-plus-year-old North American and have been flying, in keeping with your financial abilities, since you were 20, you have probably busted your carbon budget. The mindset of North Americans to shamelessly pollute has no equal in the rest of the world. Carbon budgets are not only for governments to rein in. Massive consumption levels by North Americans are increasingly out of line. Are we purposely undereducated and incurious?

The famous investigative journalist Daniel Ellsberg, a lifelong activist against nuclear weapons, was interviewed recently for a New York Times piece, “The Man Who Leaked the Pentagon Papers Is Scared.”

It is interesting to note that the graphs that accompany the report include both Canadians and Americans as North Americans, who contribute to the largest carbon levels. Canadians are the equal to American profligacy. Please read the IPCC report and transform your everyday activities and goals to reflect what is at stake: everything. tinyurl.com/ipcc-ar6

“At first I thought I was fighting to save rubber trees, then I thought I was fighting to save the Amazon rainforest. Now I realise I am fighting for humanity.” – Chico Mendes

Running without a watch benefits



A RUNNER'S MIND

CHRISTINE BLANCHETTE

My Fitbit tracking device is as much a part of my gear as shoes, and clothing, especially now in this techno-driven world. Running without a watch seemed not ideal. For instance, how would I know how well or how poorly I was running? What would be my heart rate, how many calories I would burn, and the list goes on. It was one day, my Fitbit needed charging and I had no time to wait. I decided to just workout and not worry about time. I laced up my shoes and went for it. After my workout, it helped me to concentrate more on my breathing and overall running effort. I felt

great and thought I will run/walk watchless again! At the beginning, I thought it would be mentally tough to not rely on my watch as it was my guide/tracker.

It was also perfect timing as coming back after a wrist injury, it also helped me to run without any pressure around the track which my physio had given me the green light. These days, my workouts are to run slowly around the track once and do walk breaks until I am fully recovered.

Running watch less, it was a feeling of exhilaration as the pressures of time disappeared which allowed me to relax and just enjoy the moment. I didn't really miss it on that day after all as I have a new training goal, to rely more on listening to my body instead. It can also help with your overall performance and an opportunity to recharge your batteries. Overall, what I learned from running watchless is that I can still perform well without knowing exactly how fast or slow I am running. I would recommend it to others to try it.

I am looking forward to participating in the Vancouver Sun Run without a watch and being in tune with my body.



CHRISTINE BLANCHETTE



ROUND 1 • GAME 2
SATURDAY APRIL 1 6PM





30%
off

- 24" x 24" tiles
- Matte finish
- Made in Italy

3 COLORS

FLORDECO
COLLECTION



Discount of
\$1
/sq.ft.

Reg. \$3.69
\$2.69
sq.ft.

- 7" x 48" planks
- 5 mm thickness
- 25 years residential warranty

8 COLORS

ALTITUDE
COLLECTION



Discount of
\$1.36
/sq.ft.

Reg. \$8.75
\$7.39
sq.ft.

- 3/4" thickness
- Matte finish
- Made in Quebec

1 COLOR

NOBLESSE
COLLECTION

YOUR LOCAL FLOORING AND DECORATION SPECIALIST!

COUVRE-PLANCHERS M. DOYON

2485, Rue King Est, Sherbrooke, QC, J1G 5G9 • T | 819-791-5551 • cpmdoyon@flordeco.ca

Prices valid from March 16 to April 16, 2023

RBQ# 8244-6238-04

Obituaries

Death



Raymond Royce COMEAU

May 12, 1938 - March 26, 2023

It is with sadness and great joy that we share knowing Raymond has passed onto his Heavenly home due to him, receiving Christ as his Savior.

Son of Victor and Anna, brother to 17 siblings of which four are still with us. He leaves to mourn his children Perry (Sue-Lane), Kenny (Linda), Danny (Nicole), Karen (Jackie), John (Peggy); also his thirteen grandchildren and nine great-grandchildren.

A private service followed by the burial in Hatley will be held at a later date.

In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace that he lavished on us.

Ephesians 1:7-8A

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

Death



Larry KEEBLE

1960 - 2023

Passed away, peacefully with his remaining family by his side, at the Santa Cabrini Hospital in Montreal, QC, on March 27, 2023, at the age of 62.

Larry was the son of the late Wilfred Keeble and the late Evelyn Wilson and leaves to mourn his brothers and sisters Richard (Christine), twin sister Lorraine, the late David (Barbara), Debbie (Bertrand), the late Jeffrey (Kim) and Beverly (Ross), as well as many aunts, uncles, nephews, nieces, cousins, other friends, and relatives.

A private graveside service will be held at the Ayer's Cliff Cemetery in the Spring.

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

Death



Edward LOWRY

1947 - 2023

At the La Maison Au Diapason, on March 21, 2023, at the age of 75, Mr. Edward Lowry passed away, husband of Mrs. Louise Graves. He was the son of Madelaine Ramkin, the late Edith Dalgarno and the late Percy Lowry. Mr. Lowry was Worshipful Master of Brome Lake Masonic Lodge #35 and Past Patron Order of Eastern Star, Owls Head Chapter #35 proud member.

Besides his wife and soulmate Louise, he leaves to mourn his daughters Kelly (Dan) and Jenifer (Rizwan); his stepsons Daniel (Amy), Christian (Louise), Roch (Geneviève); his grandchildren Fizza (Feroze), Sehar, Irum (Alex), Elizabeth (Chris), Meighan (Max), Steve (Carolane), Mark (Roxanne) and special Poppa to Devon; his great-grandchildren Kaylee, Desmond, Luka; and his nieces, nephews and other family and friends.

The family wishes to thank the staff of the La Maison Au Diapason for the good care given.

Cremation was held in Granby at Les Jardins Funéraires Bessette Crematorium. The family will receive condolences at LES RÉSIDENCES ET JARDINS FUNÉRAIRES BESSETTE OF WATERLOO, Saturday, April 8, 2023, from 1 p.m. to 3 p.m., followed by a Masonic and O.E.F. service at 3 p.m. in the chapel.

Interment will be held at the Frost Village Cemetery at a later date. We invite you to share memories and messages to the family through our website: www.famillebessette.com.

In lieu of flowers, donation to the Au Diapason Foundation would be appreciated. Online gifts - Fondation Au Diapason Soins palliatifs (imakeanonlinedonation.org).

Les Résidences Funéraires Bessette
5034 Foster St., Waterloo QC
PHONE: 450-539-1606

FAX: 450-539-3035
www.famillebessette.com
Member of the C.T.Q.

Obituaries

March 27 to March 31, 2023

Raymond Royce COMEAU - March 26, 2023

Larry KEEBLE - March 27, 2023

Ross LADD - February 6, 2023

Edward LOWRY - March 21, 2023

Recognized

around

the world



Around the house, around the world,

and around the clock,

a MedicAlert bracelet around your wrist

is the life-saving link to your

emergency medical information.

MedicAlert

ALWAYS ON CALL

www.medicalert.ca

For more information

1-800-668-1507

WALES
RÉSIDENCE · HOME

www.waleshome.ca

Are you a senior looking for a clean, safe, and vibrant homelike environment wherein to live and enjoy your retirement? Are you a senior's friend or family member and want to ensure their final years are replete with excellent healthcare and meaningful connections? If you answered "yes" to either of these questions, the Wales is the place for you!

Brendalee Piironen
Executive Director
819-826-3266 ext. 247
bpironen@waleshome.ca

506 Route 243 North,
Cleveland, QC J0B 2H0

Death

Ross LADD

**March 28, 1931
- February 6,
2023**

**P r o u d
Townshipper
and son of
Brome County.**



Beloved husband of Mary Ann (née Staples). Loving father of Shawn and Kelly. Devoted grandfather to Katherine and Phillip and great-grandfather to Sofia.

He loved his family, Hockey Night in Canada, Major League Baseball, and popcorn.

The last living child of Archie and May (née Frizzle) Ladd, at once fiercely outspoken and gently funny, we will not see his like again.

Life member, past Service Officer, past President, Legion Branch #23, Knowlton, QC. Lieutenant and Civilian Instructor, 725 Squadron, Air Cadets.

A graveside ceremony will be held at the Capital Funeral Home & Cemetery in Nepean, ON on Saturday, April 1, 2023 at 11 a.m. followed by a reception. Condolences and Sharing Memories at www.capitalmemorial.ca

**Capital Funeral Home & Cemetery
3700 Prince of Wales Dr.
Nepean, ON K2C 3H2
613-909-7381**

In Memoriams

KING - In memory of Sylvia Hayes King who passed away on April 2, 2014.

*We little knew that day
God was going to call your name,
In life, we loved you dearly,
In death, we do the same.
It broke our hearts to lose you,
You did not go alone,
For part of us went with you,
The day God called you home.
You left us peaceful memories,
Your love is still our guide,
And although we cannot see you,
You are always at our side.
Our family chain is broken,
And nothing seems the same,
But as God calls us one by one,
The chain will link again.*

Lovingly remembered by her husband

ROLAND

and her children

**DIANE, DEBBIE, PETER
AND THEIR FAMILIES**

RICHARDS, Nelson: April 1, 1927 - October 10, 1996.

BILLING RICHARDS, Marion: June 30, 1926 - April 1, 2022

*Sadly missed along life's way,
Quietly remembered every day.
No longer in our lives to share,
But in our hearts, you're always there.*

With love from

YOUR FAMILY



Church Services

Presbyterian

LENNOXVILLE

"The Coronation of the King." You are warmly welcome to worship with us at St. Andrew's this Palm Sunday at 10:30 am. There will be a Good Friday service at 7:00pm. To watch online go to the YouTube website and search "St. Andrew's Lennoxville" and click on the picture of our church for online services. The Word of Grace radio broadcast can be heard each Sunday morning on the community station CJMQ - 88.9 at 8:30 am. It can be accessed at any time at www.cjmq.fm.

United

**AYER'S CLIFF- MAGOG-
GEORGEVILLE PASTORAL CHARGE**

All are welcome to join our Sunday morning hybrid worship services. Beulah United Church, 967 Main St., Ayer's Cliff, at 9:15 a.m. St. Paul's United Church, 211 Pine St., Magog, at 11:15 a.m. Sunday, April 2 - Palm Sunday Worship Service. Thursday, April 6 - Maundy Thursday Communion Service at Beulah United at 6 p.m. Friday, April 7 - Good Friday MEDITATION with Organ at St. Paul's United Church, Magog at 11 a.m., welcome coffee and tea at 10 a.m. This worship is held together with Plymouth-Trinity United and supported by the St. Francis Cluster in the region. Sunday, April 9 - Easter Sunrise Service at Cassville Church site (corner of Hwy 143 and Cassville Road) at 6:10 a.m. and festive Easter celebrations at Beulah United at 9:15 a.m. and at St. Paul's United at 11:15 a.m. If you would like more information, call Sue Young 819-578-8851 or Tammy Callaway 819-843-3778. Our minister, Rev. Angelika Piché, can be reached by phone 819-993-1554 or email apiche.pasteure@gmail.com

LENNOXVILLE

Lennoxville United Church, corner of Queen and Church, welcomes you to worship on April 2 at 10 a.m., Palm Sunday, worship with Bruce Gilbert. Good Friday Ecumenical Worship Service: Churches in the Lennoxville area are coming together to worship on Good Friday, April 7, at 7 p.m. at St. Andrew's Presbyterian Church at 256 Queen St. This will be a service of readings, prayers and music, followed by a time of fellowship with hot cross buns. All are welcome.

United

RICHMOND

Richmond-Melbourne Pastoral Charge, 247 Principale Sud, Richmond, will be having a Palm Sunday service on April 2 at 10:30 a.m. Shirley Knutson will be leading this worship service. Everyone is welcome!

SHERBROOKE

The Plymouth-Trinity United Church community of faith, at 380 Dufferin in Sherbrooke, 819-346-6373 and www.plymouthtrinitychurch.org, invites one and all to join us in person to worship in our sanctuary at 10:45 a.m. on April 2 for Palm Sunday. This is also a service of baptism, presentation, and reception. All are welcome! Or connect by telephone or the internet via Zoom. Check the website, or call, for details. Our parking lot is open (follow the signs), but please drive slowly through the construction zone. Joignez-vous à nous dans le sanctuaire à 10h45 le dimanche, 02 avril; ou par Zoom. Téléphonnez-nous ou consultez notre site web pour les détails. Cordiale bienvenue à tout le monde. Minister: Samuel V. Dansokho.

WATERVILLE-NORTH HATLEY

The Waterville-North Hatley Pastoral Charge, 460 rue Principale, Waterville, welcomes you to worship services at 11 a.m. on Palm Sunday, April 2 and Easter Sunday, April 9 (with Communion). Minister: Mead Baldwin.



Date Book

FRIDAY, MARCH 31, 2023

Today is the 90th day of 2023 and the 12th day of spring.

TODAY'S HISTORY: In 1889, the Eiffel Tower was dedicated in a ceremony in Paris.

In 1930, the Motion Picture Production Code was adopted to regulate mature content in movies.

In 1968, President Lyndon Johnson declared a halt to bombing missions over North Vietnam and closed a televised speech with the announcement that he would not run for reelection. In 1995, singer-songwriter Selena was murdered by the former president of her fan club.

TODAY'S BIRTHDAYS: Rene Descartes (1596-1650), philosopher/mathematician; Joseph Haydn (1732-1809), composer; Mary Abigail Dodge (1833-1896), writer; Jack Johnson (1878-1946), boxer; Cesar Chavez (1927-1993), labor leader; Gordie Howe (1928-2016), hockey player; Liz Claiborne (1929-2007), fashion designer; Herb Alpert (1935-), musician; Christopher Walken (1943-), actor; Al Gore (1948-), former U.S. vice president/senator; Angus Young

(1955-), guitarist/songwriter; Ewan McGregor (1971-), actor; Jessica Szohr (1985-), actress.

TODAY'S FACT: Gustave Eiffel designed the interior structure of New York's Statue of Liberty.

TODAY'S SPORTS: In 1975, Hall of Fame basketball coach John Wooden announced his retirement during the postgame press conference after leading his UCLA Bruins to a 92-85 win over the Kentucky Wildcats and earning his NCAA-record 10th national title.

TODAY'S QUOTE: "It is only prudent never to place complete confidence in that by which we have even once been deceived." - Rene Descartes, "Meditations on First Philosophy"

TODAY'S NUMBER: 2,212 - Broadway performances in the 15-year run of "Oklahoma!" The Rodgers and Hammerstein hit debuted on this day in 1943.

TODAY'S MOON: Between first quarter moon (March 28) and full moon (April 5).



NEA Crossword Puzzle

- ACROSS**
- 1 TV's Hawkeye
 - 5 Proposal response
 - 8 Matterhorn
 - 11 Laissez- —
 - 13 Belief
 - 14 Himalayan gazelle
 - 15 Was a secretary
 - 16 Prestigious TV award
 - 18 Pen points
 - 20 Canary abodes
 - 21 Shallow dish
 - 23 Rubber-stamps
 - 24 Mr. DiMaggio
 - 25 Athletics channel
 - 27 Wood for furniture
 - 31 Ancient
 - 32 Bug repellent
 - 33 Jane Austen title
 - 34 Nail containers
 - 36 Q.E.D. part
 - 38 Talented
- DOWN**
- 1 Near the stern
 - 2 Place
 - 3 Immerse briefly
 - 4 Coliseum
 - 5 Puppy noises

Answer to Previous Puzzle

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

- 6 Flight dir.
- 7 Loud kiss
- 8 Beside oneself
- 9 Veinlike deposit
- 10 Settles up
- 12 Fixed copy
- 17 Stitch loosely
- 19 Request earnestly
- 21 Guided a raft
- 22 Narrow shelf
- 23 Smallest Great Lake
- 24 Prank
- 26 Andes nation
- 28 AOL message
- 29 Generously
- 30 Winslet or Moss
- 35 Ignores
- 37 Wyoming range
- 43 Sticky
- 45 Run — of
- 46 Opal and topaz
- 47 Lhasa —
- 48 Truckers' trucks
- 49 Harness piece
- 51 Forest mom
- 53 Bart, to Lisa
- 54 Souffle ingredient
- 55 Mr. Durocher

SUDOKU

DIFFICULTY RATING:☆☆☆☆☆

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

3/31

© 2023 Dist. by Andrews McMeel Syndication for UFS

PREVIOUS SOLUTION

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

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

Do just one thing

by Danny Seo



When it comes to beer, is it better to go with canned or glass-packaged brews? The answer is aluminum. While both materials are easily recyclable, the likelihood that an aluminum can put into the recycling stream will actually get recycled is much higher than glass. And while it does take more energy to make cans, they are infinitely recyclable, lighter to transport and worth more to recyclers. And of course, drinking from the can or bottle is a greener alternative to single-use cups.

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

Your Birthday

FRIDAY, MARCH 31, 2023

Use your downtime wisely. Your aim should be to ease stress, have fun and chase your desired happiness. Look on the bright side of life and use your energy to seize the moment and take what you want. It's time to rethink your objective and make adjustments that encourage success. Make every move count.

ARIES (March 21-April 19) – You'll get a bird's-eye view of what's possible. Channel your energy into constructive projects. Avoiding arguments and providing hands-on help will give you the leverage you need.

TAURUS (April 20-May 20) – Outside interference is likely. Focus on what you want to accomplish, not on criticism or negativity directed your way. A personal change will give you needed confidence.

GEMINI (May 21-June 20) – A quiet approach will help defuse conflict. Rely on your skills and people who owe you favors, and the result will be better than anticipated. The goal is to finish what you start with time to spare.

CANCER (June 21-July 22) – Don't overthink matters. Use your imagination, go directly to the source and stay within your budget. Patience will be necessary to avoid a run-in with someone who can disrupt your life.

LEO (July 23-Aug. 22) – Head in a direction you can call your own. Sum up what others think or want from you. Offer suggestions, solutions and insight, but don't take on a burden that doesn't belong to you.

VIRGO (Aug. 23-Sept. 22) – Learn through observation and repetition. Express your creativity, adjust to what's

trending and make your mark. Set the standard. If you lead, others will follow. Romance is in the stars.

LIBRA (Sept. 23-Oct. 23) – Don't let anger flourish. Take advantage of what you have and whom you know. Call in favors and press forward with your plans. A partnership will have more to offer than first anticipated.

SCORPIO (Oct. 24-Nov. 22) – Feelings will surface, and moods will alter quickly if you or someone else reneges or makes a last-minute change. Try not to be consumed by mayhem when you will need a calm space to be creative.

SAGITTARIUS (Nov. 23-Dec. 21) – Say yes to social invitations, games of chance and people who stimulate your mind and enhance your life. Sign up for a challenge that allows you to express yourself.

CAPRICORN (Dec. 22-Jan. 19) – Slow down, go over every detail and adjust whatever needs it. Don't expect anyone to do what you want or back your plans. Fly solo and do what you do best. Romance is a possibility.

AQUARIUS (Jan. 20-Feb. 19) – Consistency is necessary if you are going to get things done on time. If you stop worrying or relying on others, your day will run smoothly. Be wary of sharing personal information.

PISCES (Feb. 20-March 20) – Put your energy to good use and make positive changes at home. Convenience and comfort will make for a stress-free environment that allows you to recharge and get back out there with vim and vigor.

SATURDAY, APRIL 1, 2023

Hang in there. Set your sights on your destination and let your intelligence and passion lead to success. Engage in something that brings you joy, surrounds you with people who make you proud and feeds your heart to the brim. Refuse to falter because someone else loses their way. Offer a lifeline, but don't give away your soul.

ARIES (March 21-April 19) – Keep an open mind, listen respectfully to what others say and offer positive solutions to existing problems. Getting along and maintaining peace will encourage positive results.

TAURUS (April 20-May 20) – Emotions will interfere with your plans. Turn a negative into a positive. Lay down some ground rules that motivate and inspire others to strive for peace over chaos and love over hate.

GEMINI (May 21-June 20) – Choose to do what's in your best interest. Trust your gut feeling and put your heart into something that makes you feel good about who you are and what you accomplish.

CANCER (June 21-July 22) – Pick up the pace and knock things off your to-do list. Putting your energy to good use will ease stress and encourage you to change your lifestyle to accommodate pastimes and people you enjoy.

LEO (July 23-Aug. 22) – You don't have to stand alone. Open conversations with people you trust to give good advice. You may not like what you hear, but it will help you. The possibilities are endless.

VIRGO (Aug. 23-Sept. 22) – Pay attention to how you present yourself to the

world; the feedback you get will lift your spirits. Changing your surroundings will spark your imagination and give you something to think about.

LIBRA (Sept. 23-Oct. 23) – Idle time will lead to trouble. Keep your thoughts secret for now. Gather facts and assess situations before revealing your intentions. Physical fitness and discipline will pay off.

SCORPIO (Oct. 24-Nov. 22) – Refuse to let work problems upset your downtime. Focus on love and personal improvements rather than allowing outside influences to ruin your day. Enjoy a creative activity with a loved one.

SAGITTARIUS (Nov. 23-Dec. 21) – You can have it all if you say no to anyone trying to interfere with your plans. Make changes at home that help you keep track of your expenses. A financial gain is apparent.

CAPRICORN (Dec. 22-Jan. 19) – Distance yourself from unpredictable individuals. A change you make at home should help you solve an emotional issue. Learn to say no when necessary. Avoid joint ventures, lending and borrowing.

AQUARIUS (Jan. 20-Feb. 19) – Put your energy where it will do some good. Nurture relationships and your health. Handle money wisely and investigate how to use your skills in an unusual way to bring in more cash.

PISCES (Feb. 20-March 20) – Change your surroundings to suit your needs. Get rid of things you don't need or use. Giving possessions away will encourage you to do more in your community to help those less fortunate.

Sunday horoscope on page 16

How to win the shame game

Dear Annie

FRIDAY, MARCH 31, 2023

Dear Annie: I have a 40-year-old child who is transitioning from male to female. I was told of this decision by email. We haven't had much in-person discussion about this, but each time I post a picture or a memory, I feel I'm being scolded by them saying, "That's not who I am anymore," as if anything we did together or any memory I have doesn't exist.

I invite her to spend time with me and my husband so we can all adjust to our new roles but get turned down – except for holidays. I'm very confused about this whole thing. I'm not young, but I try to be flexible and accepting of people's choices and feel that everyone has a right to happiness. I just don't know how to make it work. To top it off, I am seriously ill and may die before the transition is complete and may never know this person or have a relationship with her. – Confused Mom

Dear Confused Mom: Your love for your child is clear to me, and you need to make sure it is clear to her as well. Tell her in no uncertain terms that you

love her, support her and are doing all that you can to educate yourself on what it means to be transgender.

Then, you need to walk the walk. I am guessing your daughter is exhausted by having to explain her identity to people. Show her that you are putting in the work by proactively learning about transgender issues.

And finally, of course your memories with your daughter pre-transition are still valid. I am guessing they are very special to her as well. But instead of yearning for the old days, focus on celebrating the fact that your daughter is now fully embracing who she is.

Dear Annie: I am a mature male who works out almost daily. I watch what I eat, consuming a lot of fruits, veggies, whole grains and lean meats. As a result, I am lean and have a BMI around 21. I frequently receive the "You are too skinny" comment from people who have a BMI of at least 30. I just usually listen and change the subject.

Annie, I do not body-shame others, nor do I insist that others work out as much as I do. And I NEVER comment on someone's weight, whatever it might

be. I am tired of being (wrongly) judged and am looking for an appropriate response. – Fit in Florida

Dear Fit: I'd like to think the people who are making these sorts of comments toward you are doing so out of love and concern. That said, I can sense your frustration and rightly so; it's not appropriate to make remarks regarding either side of the weight spectrum.

The next time you find yourself the target of a body-shaming speech or wisecrack, try responding with something like, "My health is really important to me. I'm proud of my lifestyle and my body," or "I appreciate your concern, but you should know that I am amazingly healthy the way I am." By directly addressing these comments in the moment, you can hopefully avoid having repeat discussions in the future – while simultaneously dishing out some food for thought.

"How Can I Forgive My Cheating Partner?" is out now! Annie Lane's second anthology – featuring favorite columns on marriage, infidelity, communication and reconciliation –

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.



Robert Frenette, 19 from Woodstock, New Brunswick, along with Katie Neu, 17 of Kitchener, Ontario, are two youths who share one thing in common. They have been bullied. They also work for change. The adversity they faced in school has propelled them to create **BullyingCanada.ca** - an anti-bullying website for youth and by youth. The website offers tips for a **bystander**, **victim** and **bully**. The site also features a database of links to other anti-bullying websites.

Subscribe to the free e-newsletter "Youth Voices" that highlights anti-bullying work around the country by emailing to: Subscribe@BullyingCanada.ca
More information contact them by email at: Info@BullyingCanada.ca
or visit their website www.BullyingCanada.ca

CELEBRITY CIPHER

by Luis Campos

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

"I J O W J Y J W W C U N L , O H O Y E W D W ,
N J M Y J I A D U H , C N D A D H X G K I P ,
J H R Y J W W W J Y M - I U N N J I A D U H ,
A P O A D W G E W J I N J A ." - T U P O H H
W J F O W A D O H F O I P

Previous Solution: "There's no such thing as aging, but maturing and knowledge. It's beautiful, I call that beauty." — Celine Dion

TODAY'S CLUE: *S equals M*

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.

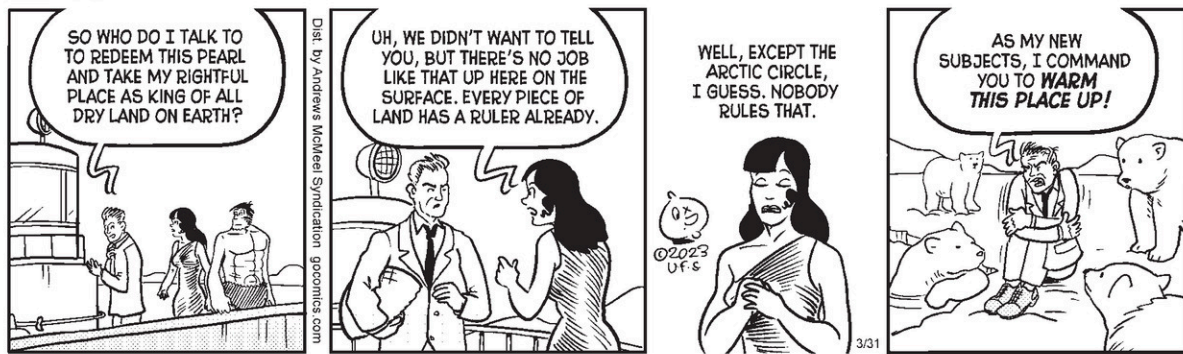
"G F N R F M E A P R E H N D P Z K R X F M R ,
E O E H R N D P Z K R N D D G , E I D H R A V
N D P Z K R P F I K , E Z P E O R A V N D P Z K R
T D D P ." - M K D G D H E G R F I K R H

H equals M : *U N T O S A V O L*

self-correction, that is my secret." — Johann Sebastian Bach

Previous Solution: "Ceaseless work, analysis, reflection, writing much, endless

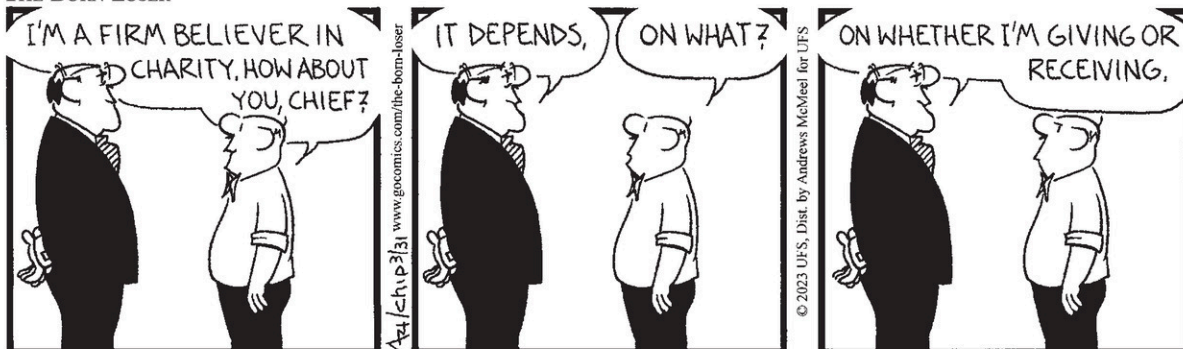
ALLEY OOP



ARLO & JANIS



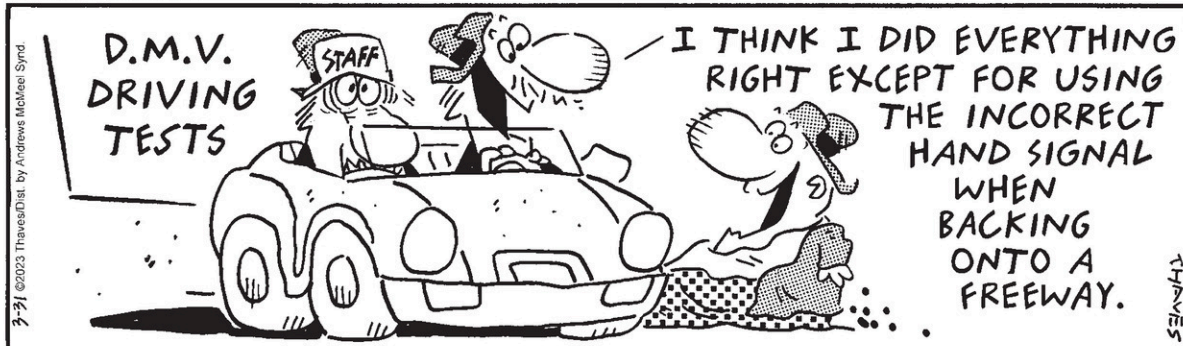
THE BORN LOSER



REALITY CHECK



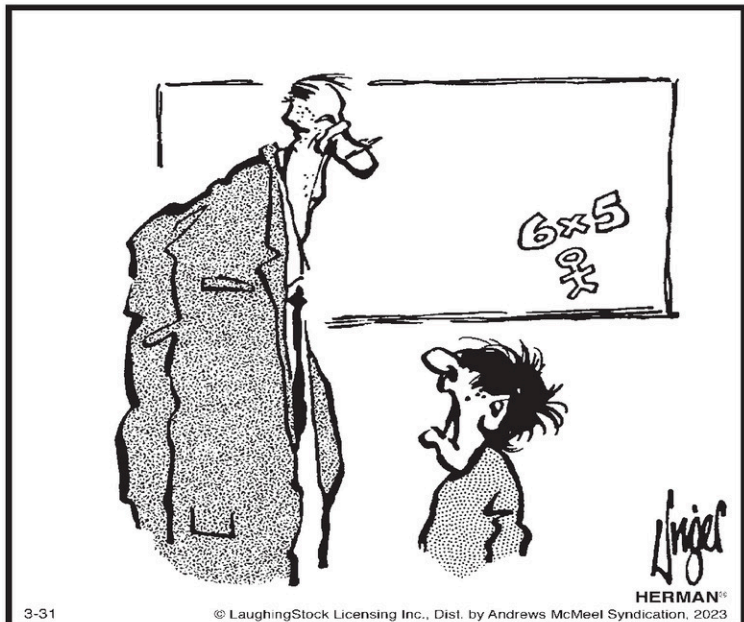
FRANK AND ERNEST



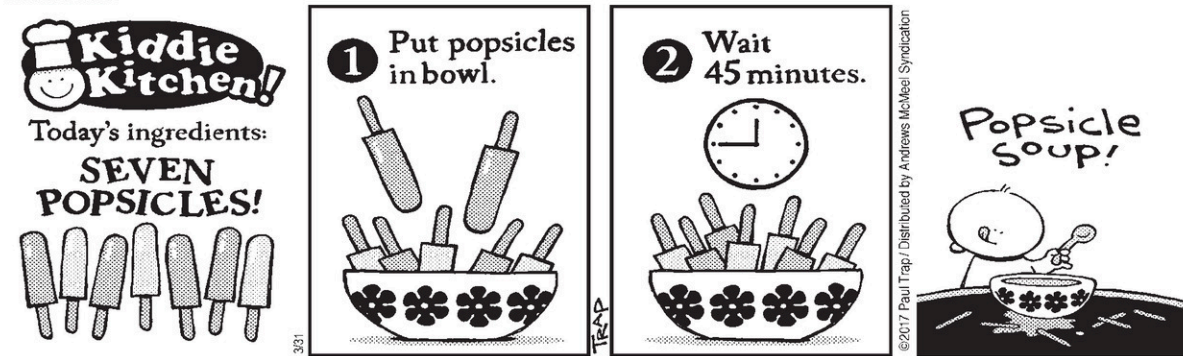
GRIZZWELLS



HERMAN



THATABABY



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

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

CLASSIFIED

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

030 Property Wanted **030** Property Wanted

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

LOOKING TO PURCHASE: a house or small acreage to build on, preferably near a creek/river, within 5 minutes of **Danville**. We have 3 miniature horses to accommodate either on or adjacent (possible lease from neighbour). Call Lana Horan 613-347-1123(h) or 250-402-9914(c).

035 For Rent **035** For Rent

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

100 Job Opportunities **100** Job Opportunities

145 Miscellaneous Services **145** Miscellaneous Services

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

160 Music **160** Music

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

275 Antiques **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.

275 Antiques **275** Antiques

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

290 Articles for Sale **290** Articles for Sale

HAY FOR SALE – Early cut, under cover, dry hay. Round bales 4x4. Good quality. \$45/bale. For more information call 819-640-8591.

276 Arts & Crafts **276** Arts & Crafts

DUNHAM CRAFTS MARKET is open year-round Thursday and Friday afternoons, Saturday 10-6 and Sunday 10-5. Open Easter Monday. Family fun! 3786 rue Principale. 450-295-2252. Facebook @marchedesartisanatsdunham.

295 Articles Wanted **295** Articles Wanted

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

340 Rummage Sales **340** Rummage Sales

RICHMOND
 Rummage Sale on Saturday, April 1 from 8 a.m. to noon at St. Anne's Anglican Church, Main St. South. Small kitchen appliances, records, DVDs, pictures, oil paintings, dishes (some old), Fiesta dinnerware, (Linens, clothes, \$5 bag sale), toys, small furniture, jewellery.

AUCTION

Easter Weekend Auction Sale for the estate of Mr. Bill Murray and other consignors to be held at the

**Richmond Community Centre
 820 Gouin Street, Richmond QC J0B 2H0
 Saturday April 8th, 2023 at 9:30 a.m.**

To include: Antiques of all kinds; Large selection of tobacco tins; Advertising items; China cabinets; Cast iron; Corner cupboard; Beautiful selection of glassware including: many pieces of Carnival, Mary Gregory, Vaseline glass, Cranberry, opalescent, etc. Collection of 18 wooden duck decoys carved & hand painted by the late Elmer Andrews of Lennoxville QC and so much more!

Preview: Friday, April 7th from 5-8 p.m. and starting at 8 a.m. the morning of the sale. For more information and to view some pictures, please visit our website or contact the auctioneers.

**BSB Auction Services
 Stephen & Genevieve
 Richmond, Quebec
 info@bsbauctions.com
 819-826-1120 / 819-469-2180
 www.bsbauctions.com**

ANNUAL CONSIGNMENT SALE OF FARM MACHINERY

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

SATURDAY, APRIL 8 AT 9:30 A.M.

See our website for the list, as well as the photos of the items that have been entered to the auction. Drop off your items on Saturday, April 5 and 7. This auction will take place in person only. See you there!




For information, contact
 Tel. 819-849-3606
 Email: sawyerville@saestrie.ca
 www.encansawyerville.com



THE RECORD

819-569-9525 - 450-242-1188
classad@sherbrookerecord.com



**COOK for Meals on Wheels in North Hatley
 10-12 hours a week**

Our mission is to promote and coordinate mutual aid and volunteer work in the community thus making it easier for seniors (65+), people presenting a geriatric profile or people convalescing to continue living in their own homes with the best quality of life possible.

Responsibilities

- Plan the menus, keeping in mind senior clients' needs, food allergies and dietary restrictions;
- Do the purchase of groceries and the supplies respect the budget allocated by the organization.
- Prepare meals in a clean and sanitary area, respecting the regulations pertaining to restaurant hygiene, ensure that all other personnel of the kitchen (volunteer) also respect these regulations and ensure that equipment is working properly and that the work area is clean at all times.
- Work in collaboration with volunteers who help with the meal preparation.

Requirements

- Strong interest in community involvement
- Experience with seniors (an asset)
- Good organisational skills, ability to work autonomously and responsibly
- Good interpersonal and communication skills
- Respect confidentiality /Discretion
- Bilingualism (minimal)

Salary: \$19.50 per hour

Please forward your application and letter of intent to Bridget Suitor at assistantdg@communityaid.ca. **Deadline for application: April 1st, 2023. Starting date: as soon as possible.**
Only candidates selected for interviews will be notified.

**Email your classified ad to us!
 Fast and convenient!
classad@sherbrookerecord.com**

NEA Crossword Puzzle

Your Birthday

SUNDAY, APRIL 2, 2023

emotional outlook can serve you well when dealing with a loved one. Express your concerns, honor your promises and vow to work with those you care about most. Speak from the heart.

LIBRA (Sept. 23-Oct. 23) - Initiate changes at home that will make your life easier. Freeing up time will give you a chance to help a cause you believe in or a friend in need. Your input can make a difference.

SCORPIO (Oct. 24-Nov. 22) - Make your move. Romance is in the stars; how you react to an overture will determine what happens next. A lifestyle change will encourage significant opportunities.

SAGITTARIUS (Nov. 23-Dec. 21) - Be honest with yourself and the people you love. Don't hide your feelings; share them, and you'll be able to resolve problems. A social event will expand your circle of friends.

CAPRICORN (Dec. 22-Jan. 19) - Distance yourself from anyone asking too many questions. Look inward and consider what you'd like to change. Adopting a new look or adjusting your living arrangements will pay off.

AQUARIUS (Jan. 20-Feb. 19) - Observe, consider your options and be prepared to do things differently. The changes you make will increase your cash flow and give you hope for a better future.

PISCES (Feb. 20-March 20) - You'll accomplish much if you do your spring cleaning or tidy up loose ends. Focus on your money, living space and relationships. A proposal or change to your domestic arrangements looks promising.

Get the facts before you act. Time is on your side, and your ability to come to an honest conclusion before you implement change or confront someone will be essential this year. Don't waste time on people and things that don't matter to you. Seize the moment and make the most of each day. A positive attitude will promote good results.

ARIES (March 21-April 19) - Rethink your strategy and revisit experiences that can help you make better decisions. Focus on home, family and taking care of your obligations before someone complains.

TAURUS (April 20-May 20) - Make plans with someone who shares your concerns. Getting involved in something that can change someone's life will be rewarding. Don't share your feelings until you are sure it's warranted.

GEMINI (May 21-June 20) - Preparation will save you money. Put your heart and soul into something that will bring in more cash. Home improvements can be affordable if you do the work yourself.

CANCER (June 21-July 22) - Your decisions will impact others, and you'll get better results if you work alone. Look up the latest trends and use what you discover to make life easier. Don't make empty promises.

LEO (July 23-Aug. 22) - Make a list of what's important to you. Big ideas will excite you, but put a budget in place before you agree to something you may not need to do. Think about adjustments you could make.

VIRGO (Aug. 23-Sept. 22) - An

Answer to Previous Puzzle

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

- ACROSS**
- 1 Shapiro of NPR
 - 4 Music genre
 - 8 Jazzy refrain
 - 12 San Francisco hill
 - 13 McClurg of sitcoms
 - 14 Not in use
 - 15 Startled cries
 - 16 Go to earth
 - 17 Person, place or thing
 - 18 Extend a mine shaft
 - 20 Served soup
 - 22 Els or Kovacs
 - 23 Frat letter
 - 24 Noise
 - 28 Turn sharply
 - 31 Great weight
 - 34 Swing off-course
 - 35 Zeus' spouse
 - 36 Down Under birds
 - 37 Strong alkali
- DOWN**
- 1 Battery terminal
 - 2 Skiff user
 - 3 Peer Gynt creator
 - 4 Fix a shoe
 - 5 Wednesday's god
 - 6 British FBI

- 38 Some poems
 - 39 Jaunty lid
 - 40 Mouthed off
 - 42 Gigantic
 - 44 Salsa go-with
 - 48 Lots and lots
 - 51 Boiling mad (hyph.)
 - 52 Zhivago's love
 - 53 Pitcher in a basin
 - 55 Qty.
 - 56 Part of the range
 - 57 Lemony taste
 - 58 Doctor's payment
 - 59 Cross the creek
 - 60 - 500
 - 61 Say incorrectly
- 7 Capsize, with "over"
 - 8 Orange peels
 - 9 Adored
 - 10 Chimney pipe
 - 11 Manage for oneself
 - 19 Harvests the crops
 - 21 Loan abbr.
 - 25 "The Mammoth Hunters" heroine
 - 26 Flowery months
 - 27 Gets bills
 - 29 Anger
 - 30 Vapor
 - 31 Casino action
 - 32 Thurman of "The Golden Bowl"
 - 33 Shambled
 - 35 Rookie surfer
 - 40 Noncom
 - 41 Vim
 - 43 Lacking sense
 - 45 Irritate
 - 46 "Iliad" writer
 - 47 Shellfish-eating mammal
 - 48 Remove snow
 - 49 Volcanic emission
 - 50 Abominable Snowman
 - 51 Split in two
 - 54 Not at all ruddy

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

FRIDAY, MARCH 31, 2023

The downs and ups of a bridge declarer

By Phillip Alder

The average often passes unnoticed; it is the abnormal that is highly visible. For example, it is hard to overlook a basketball player. But short people can attract attention too. As Max Kauffmann said, "He's very superstitious - he thinks it's unlucky to walk under a black cat."

There are bridge deals where staying low works well. Given that big hint, how would you plan the play on this deal in both six and seven hearts after West leads a trump?

Even though it is a great contract, it isn't easy to reach six hearts. In this auction, South overbid. He opened with a strong, artificial two clubs and then followed with a jump rebid to show a solid suit. Understandably, that was enough to persuade North to shoot slamward.

There is no problem in seven hearts - except that you cannot make the contract with this layout. Needing to find the spades 3-3, you draw trumps, play a spade to dummy's king, cash the spade ace and ruff a spade. When West discards, you cannot do better than play a club to dummy's king and try the diamond finesse. Still no luck: down two.

		North	03-31-23
		♠	A K 6 5 3
		♥	4 2
		♦	8 7 2
		♣	K 4 2
West		East	
♠	10 4	♠	Q J 9 7
♥	8 7 6	♥	5 3
♦	K J 6 5	♦	10 9 4 3
♣	J 9 8 5	♣	Q 10 7
		South	
		♠	8 2
		♥	A K Q J 10 9
		♦	A Q
		♣	A 6 3
		Dealer: South	
		Vulnerable: Both	
South	West	North	East
2♣	Pass	2♠	Pass
4♥	Pass	4NT	Pass
5♠	Pass	5NT	Pass
6♦	Pass	6♥	All Pass
Opening lead: ♥ 8			

In six hearts, though, you need only a 4-2 spade break. After drawing trumps, you should duck the first round of spades.

Suppose East switches to a diamond (his best defense). Win with the ace, play a spade to dummy's king, cash the ace (discarding a club), ruff a spade, return to dummy with a club to the king and jettison your last loser, the diamond queen, on the established spade six.



Friday, March 31, 2023

The Townships Outlet

Linking the Townships' 41,000-member English-speaking community

A story of song and joy

BU singers back in full force



MATTHEW MCCULLY

This may look like a hold-up, but what you are actually looking at is a sell-out. Pictured here are 120 performers on Wednesday evening rehearsing the grand finale of the BU Singers' spring concert, this year featuring special guests from Champlain, and one university principal. The show sold out within hours of box office opening.

FULL STORY INSIDE

 Marché Plouffe	<i>Choices</i>	<i>Quality</i>	<i>Services</i>
	OUR PROFESSION: GROCER		OUR COMMUNITY: YOU
	SERVING YOU FOR OVER 50 YEARS		
	Bromont: 450.534.5373	Granby: 450.378.9926	Farnham: 450.293.3123
		Bedford: 450.248.2968	Sherbrooke: 819.346.2229
			Rock Forest: 819.564.7733
			Magog: 819.843.9202
			Waterloo: 450.539.2833

BU singers back in full force

By Matthew McCully

For the first time since 2019, the Bishop's University singers returned to the stage for a one-night-only concert, performing to a sold-out crowd at Centennial Theatre on Thursday night.

If you were lucky enough to snag a ticket, what you likely saw was one of the largest choir ensembles in the school's history, featuring singers from Champlain College, a surprise performance from outgoing BU

Principal and Vice-Chancellor Michael Goldbloom, and waves of contagious joy spreading across the stage, more energetic with each number, as 120 voices were finally free to sing together again.

At the helm was Jamie Crooks, who had passed on the reins as choir director to Fannie Gaudette in 2014.

"It was so much fun working together again. He's conducting, I'm back at the piano, just like old times," Gaudette said in a phone interview Tuesday.

"We didn't have big choirs for a really long time," she said, "we were scared it would be hard to build this world back."

But in experienced hands, the show appeared effortless.

(The Record was lucky enough to attend Wednesday night's dress rehearsal, as last minute details were worked out and final touches added)

The programme covered every musical genre imaginable, and was curated with the help of outgoing Principal Goldbloom.

"He picked a few songs in the show, some of his favourites," Gaudette said.

And, surprisingly, in all the years he was at the university, Goldbloom never thought to try out for the choir, instead waiting till the last show under his tenure to sing "The Impossible Dream", an inspiring song consistent with the message he shared regularly with the BU community while at the school.

In previous years, students grew into the choir during their time at BU, developing more each year. "A whole

CONT'D ON PAGE 3



CRMagog
 Copie Rapide Magog
PRINTING • PHOTOCOPIES
 Email : imprimerie@imprimeriecrm.ca
 73 Lasalle Street Tel.: 819 868-0877
 Magog (Quebec) Fax: 819 843-7365
 J1X 1L4

Sharon McCully
 Publisher-Editor

QCNA
 AJRQ

Canadian Media
 Circulation
 Audit

The Townships Outlet
 6 Mallory, Sherbrooke, QC J1M 2E3

Advertising: classad@sherbrookerecord.com, 819-569-9525
 Newsroom: newsroom@sherbrookerecord.com, 819-569-6345
 Subscriptions: billing@sherbrookerecord.com, 819-569-9528

A member of QCNA Printing: The Record

QUINN
 LES ANIMAUX DOMESTIQUES

PURINA

AGRICULTURAL & PET SUPPLIES
 Let our experience and service benefit you!
We deliver
POULTRY DATES NOW AVAILABLE!!!
 60 chemin Roy, Magog Tel.: (819) 843-9601
www.animaleriequinn.com

MEDIC ALERT

MedicAlert
 ALWAYS ON CALL
www.medicalert.ca

For more information
1-800-668-1507

BU Singers back in full force

CONT'D FROM PAGE 2

generation of students, they have never been in a choir before. We used to have this momentum," Gaudette said.

Leaning on the tradition of inviting alumni back to sing during choir shows, for this show, Gaudette chose a recent graduate, Andrew Rutherford, to give him the opportunity to shine.

"In the good old days, he would have been a superstar, and done four choir shows."

And along with the other soloists, some new, some seasoned veterans, shine he did.

"We are really spoiled for this show," Gaudette said, "we have a fantastic band," Gaudette said, referring to the eight-piece group. "What's more festive than a brass section?" she added.

Adding to the excitement of the night, the second half of the show featured performers in full costume

sharing a number from *The Drowsy Chaperone*, which the musical theatre concentration will be putting on in June.

According to Gaudette, tickets are likely to sell as quickly as Thursday's choir show did.

While coordinating 120 singers is no easy task, Gaudette said the students worked incredibly hard this semester. "They were so dedicated, so reliable, they worked really hard, they showed, 'we care!'"

"They all came back," Gaudette said, referring to long-time community members like Tom Matthews, now with over 50 years of experience with the choir, elbow to elbow with young students on stage for the first time.

It was a good mix, Gaudette said, "It magically all came back together."

"The power of music," Gaudette said. "Joyful."



Anthony Hébert



Olivier Hébert



David Robitaille and Robert-Étienne Siméon



Alex Cattaneo and Mathieu Tarlo

What's On

April 1

Township Toddlers annual benefit **30th Anniversary Celebration** Beef and Pork Mechoui supper and dance April 1. Supper 5 p.m. - 6:30 p.m. \$20 per person, children ages 6-12 \$10. Arts and Craft Auction following. Salle Chevaliers de Colombe de Cowansville, 224 Christophe-Colombes, Cowansville, 450-253-5080. Dance 9 p.m. - 12 p.m. Music: Smoking Country Band. Thank-you for your support. All profits to purchase equipment for Montreal Children's Hospital and Community. Information Ross 450-775-8498.

April 1

IOOF Pancake Supper on April 1, 2023 at the Sawyerville Community Centre (4 Chemin Randboro, Sawyerville). 2 Seatings: 4:30 p.m. to 5:30 p.m. and 5:30 p.m. to 6:30 p.m. Tickets are \$20 for people ages 12+, \$10 for people ages 6-11 years old, children 5 & under eat free. Take-out option also available. To reserve your tickets, please call Barry Berwick at 819-889-2597. When calling to reserve, please let us know if you are dining-in and which seating you prefer, or if you are taking out. Menu includes pancakes, eggs, 3 meats, and baked beans.

April 1

The Boundary Book Store, located at 4 Principal in Stanstead (Beebe), is open April 1 from 9 a.m. to 12 p.m. We have a large variety of books in both French and English. We also accept donated books, games, puzzles and DVDs throughout the year 24/7. Bring them when you visit or in large cases, call for possible pick-up 819-571-7949. We DO NOT accept magazines, VHS tapes, cassette tapes, records, encyclopedias or textbooks. Please bring your bags.

April 2

Uplands Cultural and Heritage Centre, located at 9 Speid street, Lennoxville, is pleased to announce the opening of two exhibits in its art gallery in April. "Si aujourd'hui pour demain" is an immersive exhibition of audio photos by Philippe-Emmanuel David and Angèle Courville, presented in three parts in Sherbrooke: at the Baobab neighbourhood café, at the Pierre-Gobeil Cultural Centre, and at Uplands. Bring your mobile device and headphones to fully experience the exhibit. "Sketch ensemble" showcases the incredible drawing talents of artists from our community. We invite you to join us for the vernissage on April 2 from 2-4 p.m.

April 3

Canadian Club of the Yamaska Valley meeting at 2 p.m., on Monday,

April 3, at the Auberge West Brome, 128 Route 139. Dr. Valerie Behan-Pelleter will present "Of Mites and Men: Illustrating How the Microscopic Can be Fascinating." (This topic is far more interesting than you may think/ no "ick" factor!) Valerie has published over 150 research projects and has offered many lectures, including at the Osher/OLLI series in Newport, Vt. There is a "Q & A" after the lecture followed by a coffee/tea 'social'. To enjoy an AWB luncheon please reserve at 450-266-7552/1-888-902-7663. Canadian Club information available at 450-243-6524. The session is free to members/\$10 fee for non-members.

April 11

The Canadian Federation of University Women will be holding a breakfast meeting on Tuesday, April 11 at Hope Community Church, 102 Queen St., Lennoxville. Meeting will take place in the basement, access from the parking lot. Doors will open at 8:30. Our speaker will be Joan Westland and she will begin her talk at 10 a.m. Ms. Westland has extensive international experience in community development having worked in Russia, Central and South America, Africa as well as in Mexico. In 1982, she became the first woman elected mayor of Bolton Est in Quebec. Her topic will be: My take on advocacy and inclusive communities: a personal perspective.

April 14

Brome Hall Rummage Sale 330 Stagecoach Road, Brome on Friday, April 14, 1 p.m. to 6 p.m., and Saturday, April 15, 9 a.m. to 4p.m. Doors will be open for donations April 3 to April 14 from 6 a.m. to 6 p.m. Cash only. Don't forget your bags! Info: 450-242-1085 or 450-521-1866.

April 16

Snow Outreach Fundraiser on Sunday, April 16 at Holy Trinity Church Hall, Iron Hill from noon to 3 p.m. Admission \$10 for adults, \$6 for children 10 and under. Admission includes, taffy, sleigh rides, coffee, and doughnuts. Activities for the children. Canteen on site. Music with Ralph Steiner. Info: Doug 450-263-2579, Winston 450-263-3372, Val 450-204-7285.

Thursdays, Fridays, Saturdays & Sundays

Dunham Crafts Market is open year-round Thursday and Friday afternoons, Saturday 10-6 and Sunday 10-5. Open Easter Monday. Family fun! 3786 rue Principale. 450-295-2252. Facebook @ marchedesartisanatsdunham.

BU Singers back in full force



TO PLACE A LISTING

Deadline is Wednesdays at noon. \$8 per insertion (30 words or less). Notices must be prepaid (we accept Visa or Mastercard).

Send in your notice by email to: classad@sherbrookerecord.com or call 819-569-9525.

Upcoming tributes to Elvis Presley



COUNTRY CONNECTION
JESSIE PELLETIER

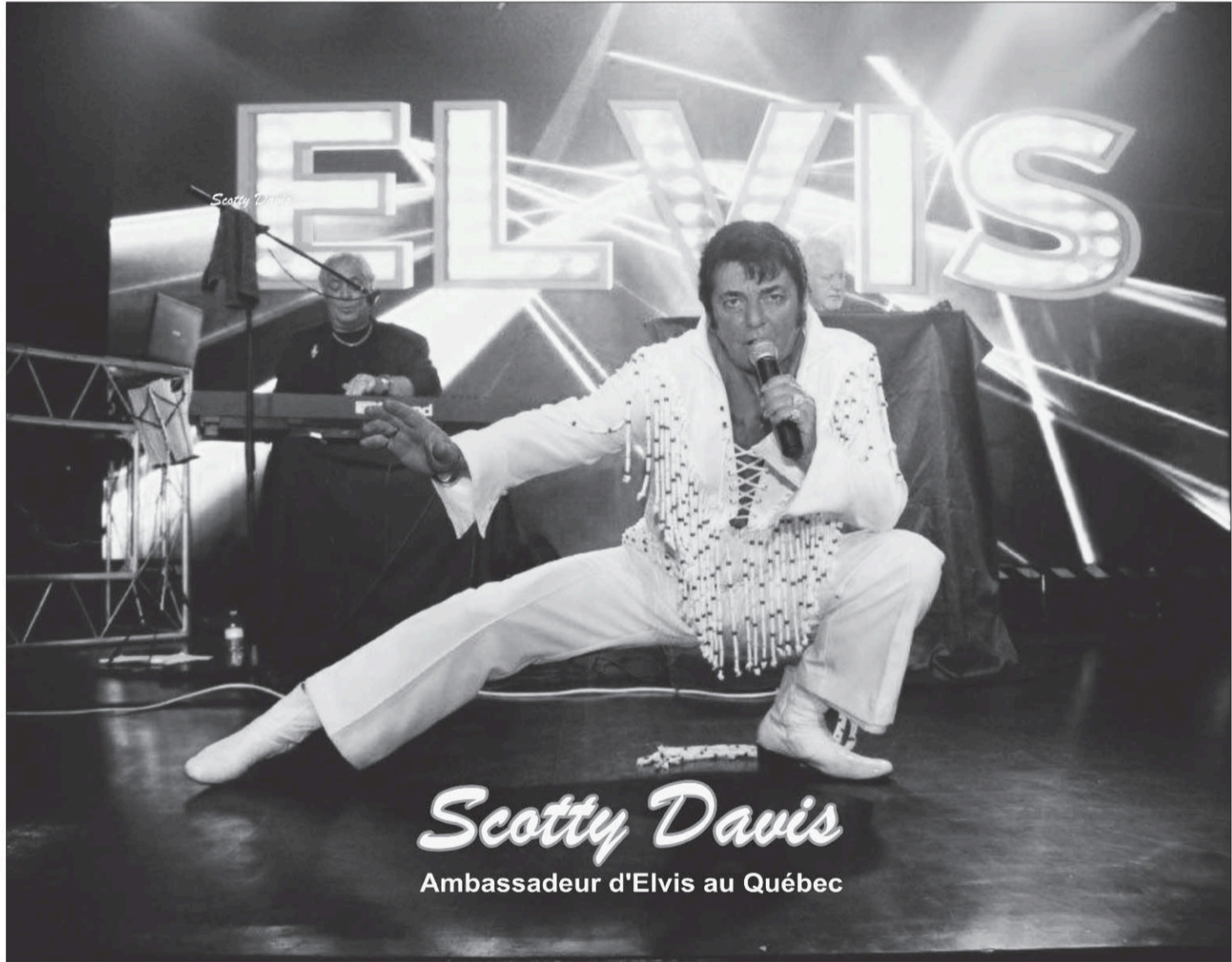
The last twelve months have included a lot of Elvis Presley news. First the new movie with Austin Butler, then the death of Lisa Marie Presley (Elvis's daughter) has contributed to bring his music back to mind.

People from 15 to 35 have discovered his music and his story creating a new craze. The legion in Stanstead will feature an Elvis show with Mark Shelton on May 20, and now local musician Stephane Sevigny has announced a special event to be held at Burrough's Falls called 'The Elvis Fan Jam' on May 13, 2023, starting at 1 p.m.

"There are big things cooking with the 50th anniversary of the death of Elvis coming. Graceland will have celebrations and everywhere in United States and Canada impersonators will get together to remember The King," stressed Sevigny in an interview.

This is why he is putting together this event that he hopes will grow bigger in the coming years. He intends to put in the effort to make this happen.

"Quebec City used to hold a huge event for impersonators and collectors of Elvis memorabilia. Steeve Laperriere, the organizer, passed away last fall so



Scotty Davis
Ambassadeur d'Elvis au Québec

COURTESY

the event won't be presented anymore."

Sevigny saw the opportunity to bring such a gathering here in The Townships. He has five years to make it as big as theirs. This is also why he has been looking for partners to help

achieve that.

"We will kick off the day at 1p.m. with singers and impersonators who will sing Elvis' music. Everyone is welcome to participate. We will work with music tracks, so we'll have a huge

choice of material for the singers to choose from," he said.

There will be collectors and some sales booths on site. There will also be antique cars as well as food. Hot dogs

CONT'D ON PAGE 6



184 Queen Street, Sherbrooke (downtown Lennoxville)

819-822-1838



www.cjmq.fm



email: cjmqnews@yahoo.ca

THE BROADCAST VOICE OF THE EASTERN TOWNSHIPS

CJMQ offers a 365 days-per-year, 24 hour programming life with a vast selection of DJs and shows as well as quality variety programming. This benefits our listeners who have a unique opportunity to enjoy a quality, relevant English-language broadcast.

Report News: 819-570-2094

Advertising: 819-570-2094



Elvis Presley

CONT'D FROM PAGE 5

and hamburgers were the things Elvis liked to eat, according to Sevigny.

In a future event he would like to bring Shawn Klush who, according to Sevigny, is the best ever Elvis impersonator in the United States.



NATHALIE CREVIER

But he also added that local Steeve Elvis Dusseault will perform in the afternoon.

“At night we are proud to present the Elvis ambassador in Quebec the well-known Scotty Davis who will perform his Elvis show. Scotty is celebrating his 45th anniversary in a career impersonating Elvis,” stated the organizer.

Scotty Davis is extremely proud of his enduring career. He has received many honours from the industry. He is also known as the artist who has donated the most money and time to help charitable organizations in the greater Montreal area.

He provided entertainment for over 1,700 fundraiser suppers and he currently helps feed many homeless in the area where he lives. A good part of the profits from the sale of his five albums goes towards charities.

“I learned a long time ago that in life it is important to give some time and money to help others. I always did that,” he mentioned.

The singer said he was happy to be part of this event which might be his last show in Quebec for a while since he has contracts for the next two years performing in France, in Germany, Japan and the Philippines.

Davis started performing at a very young age. His mother was a singer in

Montreal, and she gave him his first Elvis record ‘Don’t Be Cruel’ when he was 12.

“By the time I was 14, I was already performing. Elvis is the one I credit for wanting to be a singer. I think that Elvis was like a machine-created, exploited and even over-exploited by Colonel Parker.

People have to realize that Elvis was a soul singer. Something magical happened every time he opened his mouth to sing. He was a phenomenon and one of a kind,” explained Davis of his love for the King.

He also stressed that from the moment he puts on his Elvis suit, in his mind and body, he is Elvis. The magic lasts throughout the whole show until it’s all over and he takes the suit off. Then he gets back being Scotty Davis.

“I get all my stage outfits in the United States where there’s a store which specializes in replicating all of Elvis clothes. They have the same patterns and fabrics as the originals. They are very costly, selling at around \$3,000. They make up to 20 costumes a week,” said Davis.

He knows 360 Elvis songs by heart and never gets tired of singing them. Davis is also an entrepreneur. He tried working with a manager for a while but was disappointed that he was

the one doing most of the work, like finding the jobs and the ideas.

So, he went on managing his own career. Being a singer is what he did all his life. He also shared that he had a chance to perform with Shawn Klush.

He can spend a lot of time having his picture taken with his fans, wearing his stage costume. And just like Elvis he loves talking to people. He can stay as long as there are people remaining.

He said that fans were always the most important to Elvis and it’s the same for him. They are the ones who spend their hard-earned money to come and see him and buy his records.

What does he expect from that show and what do people expect?

“It’s simple. I expect a packed house and I will give them a top show. They will feel as if it was a real Elvis performance. I also own a limousine and we’ll sell tickets. The winners will have a 20 to 25-minute ride for six people with me, and I’ll sing. That money will go to a charity,” he concluded.

Scotty Davis is well respected by his peers. Needless to say, Elvis is his hero.

Admission 20\$

Information: 819-577-5673 or info@arttyss.com

Your week on TV

WEEKDAY MORNING															
	Bell	Star	6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	
WCAX	3	-	Channel 3 News Morning		CBS Mornings				Rachael Ray		Sherri		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	Mighty	PAW Patrol	(:18) Big Blue	Rusty Rivets	Glowbies	Remy & Boo	Paddington	True Rainbow	Heartland		
CHLT	7	107	718	F	Salut bonjour (N) (SC)								Le meilleur pâtissier		(10:59) Mario Dumont (N)
				M									(9:59) Marie-Claude (N) (SC)		
				T											
				W									(9:59) Ça finit bien la semaine		
Th															
WMTW	8	-	-	MAINE'S TOTAL COVERAGE	Good Morning America			Live with Kelly and Ryan			Tamron Hall		The View		
CKSH	9	108	-	Ranger Rob	(:29) Zafari	Var. Programs	Agent Binky	Paf le chien	Mehdi et Val	Le national	On va se le dire		Ricardo	5 chefs dans	
CKMI	11	-	-	Global News Morning					The Morning Show		Property Brothers		Rachael Ray		
CFCF	12	205	312	CTV Your Morning	Your Morning	Your Morning	Your Morning	Your Morning	Live with Kelly and Ryan		The Marilyn Denis Show		The View		
WVNY	22	-	-	ABC22 News this Morning at 6	Good Morning America				D. Barrymore	D. Barrymore	Paid Program		The View		
WUTV	30	-	-	Varied Programs	The National Desk			The National Desk			Judge Mathis	The 700 Club	iCRIME	iCRIME	
CFKS	31	106	726	F	Noovo Le Fil	Noovo Le Fil	Les déba	Sports 30 (N)	Souper parfait	Big Brother	La semaine des 4 Julie	(:01) "Princesse incognito" (2019) Natalie Hall. (SC)			
				M	Noovo Le Fil (SC)		Sports 30 (N)		Ça c'est drôle!	Ça c'est drôle!	Ça c'est drôle!	"Enquêtes d'amour: une fiancée trop parfaite" (2020)			
				T	Noovo Le Fil	Noovo Le Fil	Les déba		Survivor	La semaine des 4 Julie	(:01) "Pop Star" (2013) Christian Serratos, Ross Thomas. (SC)				
				W							(:01) "Platinum" (2014, Comédie Musicale) Shane Harper. (SC)				
Th											(:01) "Coup de foudre et chocolat" (2019) Fiona Gubelmann.				
WUHF	-	363	-	Good Day Rochester	Good Day Rochester			Good Day Rochester			Judge Mathis		Karamo		
WETK	-	-	-	Classical	World News	Molly of Denali	Alma's Way	Wild Kratts	Curious	Daniel Tiger	Rosie's Rules	Sesame Street	Work It Out	Donkey Hodie	Pinkalicious
WCFE	-	-	-	Nature Cat	Xavier Riddle	Arthur	Odd Squad	Molly of Denali	Alma's Way	Wild Kratts	Curious	Daniel Tiger	Rosie's Rules	Sesame Street	Work It Out
A&E	615	520	-	Jeremiah	Joni: Table Tal	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Varied Programs			
CNN	500	500	-	CNN This Morning	CNN This Morning			CNN This Morning			CNN Newsroom	CNN Newsroom	At This Hour-Kate		
DISC	520	505	F	Mayday Flight AirAsia 8501.								Highway Thru Hell		CSI: NY "Hide Sight" (N) (SC)	
			M												
			T												
			W												
Th															
DRAMA	620	523	F	"Thicker Than Water" (2019, Suspense) Kayleigh Choiniere. (N)								Flashpoint "Exit Wounds" (N)		Flashpoint "Exit Wounds" (N)	
			M	"A Beautiful Place to Die: A Martha's Vineyard Mystery" (N)											
			T	"Riddled With Deceit: A Martha's Vineyard Mystery" (2020)											
			W	"Ships in the Night: A Martha's Vineyard Mystery" (2021) (N)											
Th	"Martha's Vineyard Mysteries: Poisoned in Paradise" (2021)														
HIST	522	506	-	Big Timber	Rust Valley Restorers			Canada	Var. Programs	Big Timber	Rust Valley Restorers		Border	Border	
PARMT	628	584	-	Bar Rescue	Bar Rescue			Bar Rescue		Bar Rescue	Bar Rescue		Bar Rescue		
RDI	126	730	-	(5:00) D'abord l'info						Le national	L'info maintenant				
SHOW	616	521	-	The Outer Limits	Varied Programs										
SLICE	601	562	-	ET Canada	Say Yes-Dress	Love It or List It	Varied Programs			Income Property		Varied Programs			
TLC	521	560	-	The Jennifer Hudson Show	Varied Programs										
TSN	400	400	F	SportsCentre	SportsCentre (SC)			SportsCentre (SC)			SportsCentre (SC)		SportsCentre (SC)		
			M												
			T												
			W												
Th															
YOUTH	551	542	-	Cloudy, Meat	Numb Chucks	Squirrel	SpongeBob	SpongeBob	Loud House	Go Away Uni	Squirrel	Sidekick	Numb Chucks	Cloudy, Meat	SpongeBob

Your week on TV

WEEKDAY AFTERNOON															
Bell	Star	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30		
WCAX	3	-	Channel 3	The Young and the Restless	Bold/Beautiful	The Talk		Let's Make a Deal		Channel 3 News at Four		Channel 3	News at 5:30p		
WPTZ	5	-	NBC5 News	Daily Blast	NBC News Daily	The Jennifer Hudson Show		Dr. Phil		The Kelly Clarkson Show		NBC5 News	NBC5 News		
CBMT	6	206	301	CBC News Network	Escape to the Country	Family Feud	Convenience	Being Erica		Call the Midwife		Save With Jamie			
CHLT	7	107	718	(11:58) TVA nouvelles	Movie			TVA nouvelles	Les feux de l'amour	Top modèles		(4:58) TVA nouvelles			
WMTW	8	-	-	MAINE'S TOTAL COVERAGE	GMA3-Need to Know	General Hospital		The Jennifer Hudson Show		MAINE'S TOTAL COVERAGE		MAINE'S TOTAL COVERAGE			
CKSH	9	108	-	F	Téléjournal	Silence	La semaine verte (SC)	Les nouvelles enquêtes de Miss Fisher (SC)		Grantchester (N) (DVS) (SC)		On va se le dire (N) (SC)			
				M			Savourer (SC)								
				T			De monstre à citoyen (SC)								
				W			Le cri du rhinocéros (SC)								
				Th			L'épicerie	La facture							
CKMI	11	-	-	Global News	ET Canada	Karamo		The Talk	D. Barrymore	D. Barrymore	Carnival Eats	The Young and the Restless	Global News		
CFCF	12	205	312	CTV News Montreal	The Social			Dr. Phil	Bob-Abishola	Sheldon	Big Bang	Big Bang	CTV News Montreal at 5		
WVNY	22	-	-	Hot Bench	Hot Bench	GMA3-Need to Know		General Hospital		The People's Court	Judge Judy	Judge Judy	Judge Judy		
WUTV	30	-	-	The Steve Wilkos Show	Maury			Judge Mathis		The People's Court	Family Feud	Family Feud	Family Feud		
CFKS	31	106	726	Castle	Les passages de l'espoir			Movie			Les Simpson	Les Simpson	(4:58) Noovo Le Fil 17		
WUHF	-	-	363	The Steve Wilkos Show	Maury			True Crime	Divorce Court	Hot Bench	Hot Bench	Judge Judy	Judge Judy	The People's Court	
WETK	-	-	-	Elinor	Nature Cat	Elementary	Xavier Riddle	Odd Squad	Varied Programs				World News		
WCFE	-	-	-	F	Donkey Hodie	Pinkalicious	American Masters "In the Making" J'Nai Bridges; Rissi Palmer.		Nature (DVS)		NOVA (DVS)		Secrets of the Dead (DVS)		
				M	Let's Learn (DVS)		NOVA (DVS)	Nature (DVS)	Antiques Roadshow (DVS)	Old House	This Old H'se	New York Now	Mountain Lake		
				T			In a Different Key A woman worries about her son's future.	Frontline (DVS)	(:15) Frontline (Part 2 of 4) (DVS)		History With				
				W			Secrets of the Dead (DVS)	Earth Emergency	Finding Your Roots	Legacy List With Matt Paxton	Celebrity Antiques Road Trip				
				Th			Generation A: Portraits	A Good Life (DVS)	Death in Paradise (DVS)	Midsomer Murders (DVS)	Agatha Christie's Poirot (DVS)				
A&E	615	520		Varied Programs				The First 48	Varied Programs			The First 48	Var. Programs		
CNN	500	500		Inside Politics With John King	CNN Newsroom	CNN Newsroom		CNN Newsroom		The Lead With Jake Tapper		The Lead With Jake Tapper			
DISC	520	505	-	F	CSI: NY "Scared Stiff" (DVS)	Bones (DVS)		Bones (DVS)		CSI: NY "Hide Sight" (DVS)		CSI: NY "Scared Stiff" (DVS)	Highway Thru Hell "Off Road"		
				M											
				T											
				W											
				Th	CSI: New York (DVS)						CSI: New York (DVS)				
DRAMA	620	523		Movie		Flashpoint		Varied Programs							
HIST	522	506	-	F	NCIS: Los Angeles "Payback"	Ancient Aliens (DVS)	The UnXplained (DVS)	The UnXplained (DVS)		History's Greatest Heists With		NCIS: Los Angeles "Payback"			
				M		American Pickers (DVS)	American Pickers (DVS)	American Pickers "Big Tex"	American Pickers (DVS)						
				T		Pawn Stars "The Pawnerator"	Pawn Stars (DVS)	Pawn Stars (DVS)	Pawn Stars (DVS)						
				W		Forged in Fire (DVS)	Forged in Fire (DVS)	Forged in Fire (DVS)	Forged in Fire "Deadly Duo"						
				Th		Counting Cars (DVS)	Salvage Kings (DVS)	FBI: Most Wanted "Predators"	FBI: Most Wanted "Reveille"						
PARMT	628	584		Bar Rescue	Bar Rescue	Varied Programs									
RDI	126	730		Téléjournal	Mordus de politique	Var. Programs		L'info maintenant		Isabelle Richer		En direct avec Patrice Roy			
SHOW	616	521	-	F	Lost Girl "Into the Dark" (DVS)	Lost Girl "Flesh and Blood"	NCIS "Blast From the Past"	NCIS "The Artful Dodger" (DVS)		NCIS A dead thief turns up.		NCIS "Patience" (DVS)			
				M	Private Eyes (DVS)	Private Eyes (DVS)	FBI "Identity Crisis" (DVS)	FBI "Partners in Crime" (DVS)	FBI "Exposed" (DVS)	FBI "Scorched Earth" (DVS)					
				T	Rookie Blue "Takedown" (DVS)	Rookie Blue "Butterflies" (DVS)	NCIS "Troll" (DVS)	NCIS "The Lost Boys" (DVS)	NCIS "Neverland" (DVS)	NCIS Gibbs fights for his life.					
				W	"A Wife's Nightmare" (2014) Jennifer Beals. (DVS)		FBI "Most Wanted" (DVS)	FBI "Conflict of Interest" (DVS)	FBI "What Lies Beneath" (DVS)	FBI "Appearances" (DVS)					
				Th	Andromeda (DVS)	Andromeda (DVS)	FBI: Most Wanted "Gladiator"	FBI: Most Wanted (DVS)	FBI: Most Wanted (DVS)	FBI: Most Wanted (DVS)					
SLICE	601	562		Varied Programs	Best Cake	Best Cake	Property Bros.	Var. Programs	King	King		Varied Programs			
TLC	521	560		Varied Programs											
TSN	400	400		Varied Programs								Around/Horn	Interruption		
YOUTH	551	542		Loud House	Squirrel	Numb Chucks	Sidekick	Nerds	Cloudy, Meat	Var. Programs	Casagrandes	SpongeBob	SpongeBob	Loud House	Loud House

FRIDAY EVENING													MARCH 31, 2023	
Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX	3	-	-	Channel 3 News at Six (N)	CBS Evening News	Entertainment Tonight (N)	S.W.A.T. "Stockholm" The team hunts a wanted fugitive.	Fire Country Jake is suspected of being an arsonist.		Blue Bloods Erin is accused of causing a suicide. (N)		Channel 3 News	(:35) The Late Show With Stephen Colbert (DVS)	
WPTZ	5	-	-	NBC5 News at 6 (N)	NBC Nightly News	Jeopardy! (N)	Wheel of Fortune (N)	Lopez vs Lopez (N)	Grand Crew (N)	Dateline NBC (N)		NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N)	
CBMT	6	206	301	CBC Montreal News (N)	Rick Mercer Report (N)	Coronation Street (N)	Coronation Street (N)	Marketplace (DVS)	Push "Out of Tune" (N)	The Nature of Things (N)	The National (N)	CBC Montreal News (N)	Baroness von Sketch Show	Coronation Street (N)
CHLT	7	107	718	(5:58) TVA nouvelles (N)	(:29) Le tricheur (N)	(6:59) Ça finit bien la semaine (N) (SC)	Le monde à l'envers (N) (SC)		J.E. (N) (SC)	TVA nouvelles (N)	(:35) Du talent à revendre (N) (SC)	(:35) "Les évadés de Prétoria" (2020) Daniel Radcliffe.		
WMTW	8	-	-	MAINE'S TOTAL	ABC World News	Wheel of Fortune (N)	Jeopardy! (N)	Shark Tank A smoothie-making machine. (N)	(:01) 20/20 A college student is murdered. (N)			MAINE'S TOTAL	(:35) Jimmy Kimmel Live! (DVS)	
CKSH	9	108	-	(5:59) Le télé-journal Estrie	(:31) Zone économie (N)	Au suivant La fébrilité est à son comble. (SC)	Les petits tannants (Season Finale) (N) (SC)	Discussions avec mes	Le grand rire de... (N)	Le téléjournal (N) (SC)		(:05) Le télé-journal Estrie	(:34) "Ville Neuve" (2018) Robert Lalonde. Première.	
CKMI	11	-	-	Global National (N)	(:29) Global News at 6:30	ET Canada (N)	Entertainment Tonight (N)	S.W.A.T. "Stockholm" The team hunts a wanted fugitive.	Fire Country Jake is suspected of being an arsonist.	Crime Beat Homocide analyst John Allore. (N)		Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (DVS)	
CFCF	12	205	312	(5:59) CTV News Montreal (N) (Live) (DVS)	etalk (N)	The Big Bang Theory (N)	Shark Tank A smoothie-making machine. (N)	(:01) The Spencer Sisters "The Virtuoso's Vexation" (DVS)	(:01) 20/20 A college student is murdered. (N)	Blue Bloods Erin is accused of causing a suicide. (N)		CTV National News	CTV News Montreal (N)	The Big Bang Theory (N)
WVNY	22	-	-	ABC22 News at 6 (N) (Live)	ABC World News	ABC22 News at 7 (N) (Live)	Inside Edition (N)	Shark Tank A smoothie-making machine. (N)		(:01) 20/20 A college student is murdered. (N)		ABC22 News at 11 (N)	(:35) Jimmy Kimmel Live! (DVS)	
WUTV	30	-	-	The Big Bang Theory (DVS)	Judge Judy (DVS)	Judge Judy (DVS)	Family Feud (DVS)	WWE Friday Night SmackDown (N) (Live)		The National Desk	The National Desk	Seinfeld "The Betrayal" (N)	Two and a Half Men (N)	Two and a Half Men (N)
CFKS	31	106	726	Souper parfait	(:29) Ça c'est drôle!	Ça c'est drôle!	Sur ta rue (N) (DVS) (SC)	Les justiciers (N) (DVS) (SC)	Chicago Police Une équipe enquête sur une agression.	Noovo Le Fil 22 (N) (SC)	La confrérie "La chute"	*** "Le rocher" (1996, Action) Nicolas Cage, Ed Harris. (DVS) (SC)	Sean Connery, Sean Connery, (DVS) (SC)	
WUHF	-	-	363	Modern Family (N)	Young Sheldon (N)	The Big Bang Theory (DVS)	The Big Bang Theory (DVS)	WWE Friday Night SmackDown (N) (Live)		13WHAM News at 10 on Fox Rochester (N) (Live)	iCRIME With Elizabeth	The Simpsons (N)	Relieve foot pain WalkFit!	
WETK	-	-	-	PBS NewsHour (N)	BBC World News Today	BBC World News Today	Vermont This Week (N)	Washington Week (N)	Billy Joel: Live at Yankee Stadium Billy Joel performs at Yankee Stadium. (DVS)	Festive Europe (N)	Amanpour and Company (N)	Amanpour and Company (N)	BBC World News (N)	
WCFE	-	-	-	World News America	BBC World News Today	PBS NewsHour (N)	Mountain Lake Journal	New York Now (DVS)	Joni Mitchell: The Library of Congress Gershwin Prize for Popular Song (N)	American Masters "Roberta Flack" The life and career of Roberta Flack. (DVS)		Amanpour and Company (N)		
A&E	615	520		The First 48 A father is shot dead while driving. (DVS)		The First 48 Two friends are found executed in a car. (DVS)	The First 48 A woman is shot dead in her hotel room.	The First 48 A Tulsa, Okla., teen is fatally shot. (DVS)	(:01) The First 48 A father of two is gunned down. (DVS)	(:04) The First 48 A groom-to-be is gunned down. (DVS)		(12:03) The First 48 (DVS)		
CNN	500	500		Situation Room With Wolf	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	CNN Special Program (DVS)	CNN Special Program (DVS)	CNN Tonight (N) (Live)	CNN Tonight (N) (Live)		Cooper 360		
DISC	520	505		Highway Thru Hell "Dead Man's Curve" (DVS)	Mayday "Deadly Solution" Flight AirAsia 8501.	Street Outlaws: Fastest in America "Cali Nate's Secret Weapon" Cali Nate has a secret weapon.	Street Outlaws: Fastest in America "Cali Nate's Secret Weapon" Cali Nate has a secret weapon.	Street Outlaws: Fastest in America "Cali Nate's Secret Weapon" Cali Nate has a secret weapon.	Homestead Rescue Misty constructs a greenhouse.	Homestead Rescue Misty constructs a greenhouse.		Homestead Rescue		
DRAMA	620	523		Chicago P.D. A seemingly innocent man is gunned down.	Chicago P.D. The team must bring down a drug dealer. (DVS)	Chicago P.D. Ruzek and Atwater must make an arrest.	Chicago P.D. Voight receives a special request. (DVS)	Chicago P.D. Ruzek and Burgess find a child alone. (DVS)	Chicago P.D. Ruzek and Burgess find a child alone. (DVS)	Chicago P.D. "Unforgiven" A cop is murdered. (DVS)		Chicago P.D. (DVS)		
HIST	522	506		Ancient Aliens The obelisks' technological purpose. (DVS)	The UnXplained Superhuman feats never cease to amaze. (DVS)	The UnXplained "Devastating Disasters" (DVS)	The UnXplained "Devastating Disasters" (DVS)	The UnXplained "Devastating Disasters" (DVS)	Ancient Aliens A look at the Mutual UFO Network. (N)	History's Greatest Heists With Pierce Brosnan (DVS)		Ancient Aliens (DVS)		
PARMT	628	584		Ink Master The artists tattoo over scars. (DVS)	Ink Master Asian tattoos send the judges reeling. (DVS)	Ink Master Allies become enemies. (DVS)	Ink Master The artists must tattoo each other. (DVS)	Ink Master The artists must tattoo each other. (DVS)	Ink Master The artists engrave human skulls. (DVS)	Ink Master "Eyes of the Beholder" Eyelid tattoos. (DVS)		Ink Master (DVS)		
RDI	126	730		(5:55) Zone économie (N) (SC)	24/60 (N) (SC)	Les grands reportages Des forces d'apparence inégale.	Le téléjournal avec Céline Galipeau (N) (SC)	Le téléjournal avec Céline Galipeau (N) (SC)	Le téléjournal (N) (SC)	Le national (N) (SC)	(:31) Le national (N)	(12:01) 24/60 (SC)		
SHOW	616	521		NCIS NCIS and ATF partner up on a case. (DVS)	NCIS A terror group holds a Marine hostage. (DVS)	FBI The team investigates a Muslim's murder. (DVS)	** "Fast Five" (2011, Action) Vin Diesel, Paul Walker, Jordana Brewster. Dom Toretto and company ramp up the action in Brazil. (DVS)	** "Fast Five" (2011, Action) Vin Diesel, Paul Walker, Jordana Brewster. Dom Toretto and company ramp up the action in Brazil. (DVS)	** "Fast Five" (2011, Action) Vin Diesel, Paul Walker, Jordana Brewster. Dom Toretto and company ramp up the action in Brazil. (DVS)	** "Fast Five" (2011, Action) Vin Diesel, Paul Walker, Jordana Brewster. Dom Toretto and company ramp up the action in Brazil. (DVS)		** "Fast & Furious 6" (DVS)		
SLICE	601	562		The King of Queens (N)	The King of Queens (N)	The Real Housewives of Miami "Hot Mic in Miami" (N)	Top Chef A football-themed team challenge. (N)	The Real Housewives of Durban (N)	Married at First Sight "Poised for Battle" Pastor Cal asks some tough questions. (N)	The King of Queens (N)		The King of Queens (N)	Top Chef (DVS)	
TLC	521	560		90 Day Fiancé: The Other Way (N)	90 Day Fiancé: The Other Way (N)	90 Day Fiancé: The Other Way "More to Love: For Every Joy There Is a Price To Be Paid" With bonus scenes. (N)	90 Day Fiancé: The Other Way "More to Love: For Every Joy There Is a Price To Be Paid" With bonus scenes. (N)	90 Day Fiancé: The Other Way "More to Love: For Every Joy There Is a Price To Be Paid" With bonus scenes. (N)	90 Day: Other "Seeking Brother Husband" "It's Raining Men" (N)	90 Day: Other "Seeking Brother Husband" "It's Raining Men" (N)		90 Day: Other	90 Day: Other	
TSN	400	400		SportsCentre (N) (Live)	2023 Miami Open Tennis ATP Semifinals. (N) (Live)	SC (N)	2023 NCAA Women's Basketball Tournament Second Semifinal: Iowa vs South Carolina. (N)	2023 NCAA Women's Basketball Tournament Second Semifinal: Iowa vs South Carolina. (N)		SportsCentre (N) (Live)		SportsCentre (N) (Live)		
YOUTH	551	542		SpongeBob	Transformers: ** "The Karate Kid" (2010, Drama) Jaden Smith, Jackie Chan. (DVS)		Star Falls (N)	Next Step	Degrassi	Degrassi		Loud House		

Your week on TV

SATURDAY DAYTIME APRIL 1, 2023

Bell	Star	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	
WCAX 3	-	CBS Saturday Morning (N) (SC)				Lucky Dog "Billy"	Innovation Nation	Mission Unstoppable	Hope in the Wild	Paid Program	NWSL Soccer Portland Thorns FC at Kansas City Current. From Children's Mercy Park in Kansas City, Kan. (N) (SC)				At the Final Four (N) (SC)			
WPTZ 5	-	Earth Odyssey	Ocean Mysteries	Teen Kids News (N)	The Voyager	Earth Odyssey	Wild Child (E)	Globetrotters	One Team	Women's Golf Augusta National Amateur, Final Round. From Augusta, Ga. (N) (Live) (SC)				PGA Golf				
CBMT 6	206	301	(:18) Big Blue (N)	Rusty Rivets (N)	Dino Ranch (N)	(:36) PJ Masks (N)	Kingdom Force (N)	True Rainbow	Bravest Knight	(:25) Dot (N)	Our Montreal (SC) (DVS)		World Rugby Sevens Series		FIS Snowboard World Cup		FIS Snowboard World Cup	
CHLT 7	107	718	(6:00) Salut bonjour week-end (N) (SC)				Bien (N) (SC)	Les gags (SC)	Papa marteau (SC)	Le guide de l'auto	TVA Nouvelles (N)	180 (N) (SC)	Infopublicité (SC)	En tout cas (SC)	*** "Détestable moi 2" (2013, Enfants) Voices of Steve Carell, Kristen Wiig. (DVS) (SC)			
WMTW 8	-	-	Good Morning America (N) (SC)		Good Morning America (N) (SC)		Wildlife Nation	oh baby! (SC)	Hearts of Heroes	Vets Saving Pets	Bundesliga Soccer Bayern Munich vs Borussia Dortmund. (N) (N)		Hky Pre-game	NHL Hockey: Bruins at Penguins				
CKSH 9	108	-	Le village enchanté	Monde jurassique	Famille magique	Les derniers	Les Bien-venue..	L'effet secondaire	Ricardo (SC)	5 chefs dans	Téléjournal	La facture (SC)	De monstre à citoyen (SC)	Crimes parfaits "Entre deux eaux" (SC)		Inspecteur Lewis "Le noeud de l'énigme"		
CKMI 11	-	-	Fish'n Canada	Instill the Catch	Paid Program	Fishful Thinking	Paid Program	Paid programming. (SC)	Paid Program	Paid Program	Save My Reno	Entertainment Tonight (N) (SC)	"Chasing Waterfalls" (2021, Romance) Busby, Christopher Russell. (SC) (DVS)		Cindy		Rock Solid Builds (N)	
CFCF 12	205	312	CTV Your Morning Weekend (N) (SC)		Corner Gas (N)	Corner Gas (N)	Paid Program	Paid Program	Written Canada	Moneytalk (N) (SC)	Evolving Vegan "Los Angeles, CA" (N)		* "Blue Streak" (1999) Martin Lawrence. Thief tries to retrieve a cache from a police station.		Corner Gas (N)	Corner Gas (N)		
WVNY 22	-	-	Good Morning America (N) (SC)		Good Morning America (N) (SC)		Paid Program	Paid Program	Paid Program	Paid Program	Bundesliga Soccer Bayern Munich vs Borussia Dortmund. (N) (N)		Hky Pre-game	NHL Hockey: Bruins at Penguins				
WUTV 30	-	-	Nutrisystem - Lose Weight. Feel Great!		Nutrisystem - Lose Weight. Feel Great!		Emeril Forever Pans	Nutrisystem	Never Fear	True Crime 2023	The National Desk		Raw Travel (N)	Boy's High School Basketball The Throne National Championship, Final: Teams TBA. (N)		MLB Pre-game		
CFKS 31	106	726	Trois designs, une	Trois designs, une	Noovo Le Fil week-end (N) (SC)	RPM Luc-Olivier testera le Nissan Z 2023.		RPM plus L'intelligence artificielle. (SC)	Infopublicité (SC)	Infopublicité (SC)	L'amour est dans le pré (DVS) (SC)		*** "Zoolander" (2001, Comédie) Ben Stiller, Owen Wilson, Will Ferrell. (DVS) (SC)					
WUHF -	-	363	Xploration Space	Awesome Planet	Second Chance	Xploration DIY Sci	Emeril Forever Pans	Nutrisystem	Never Fear	True Crime 2023	The National Desk (N) (Live) (SC)		Rochester Press Box	Boy's High School Basketball The Throne National Championship, Final: Teams TBA. (N)		MLB Pre-game		
WETK -	-	-	Pain Secrets: The Science of Everyday Pain		Outdoor Journal	MotorWeek (N)	Samantha Br	Greener World	Mediterranean	TasteMAKERS (SC)	Test Kitchen	Cook's Country	Craft-Legacy	This Old House (N)	Ask This Old House	Antiques Roadshow "Did Grandma Lie?"	60s Pop, Rock	
WCFE -	-	-	Wild Kratts (SC)	Curious George	Work It Out	Daniel Tiger	Weekend-Yank	Greener World	This Old House (N)	Ask This Old House	Kimball's Milk Street	Sara's Weeknight	Mexican Table	Moveable Feast	My Greek Table	Cook's Country	Test Kitchen	Lucky Chow (N)
A&E 615	520		Zombie House Flipping "Tampa: Jean"		Zombie House Flipping (N) (SC)		Zombie House Flipping (N) (SC)	Zombie House Flipping "Tampa: Tarpon"	24 Hour Flip (N) (N) (SC)		Secret Sauce	Secret Sauce	The First 48 "Caught in the Middle" (SC)		The First 48 (N) (SC)			
CNN 500	500		CNN This Morning		Smerconish (N) (SC)		CNN Newsroom (N)		CNN Newsroom		CNN Newsroom		CNN Newsroom		Smerconish (SC)			
DISC 520	505		Mayday A flaw on the infamous DC-10 airline.		Mayday "Fanning the Flames" (DVS)		Mayday Air Midwest Flight 5481 crash.		Mayday Southern Airways Flight 242 lands.		Mayday "Air India: Explosive Evidence"		Mayday "Mixed Signals" (DVS)		Naked and Afraid "Eaten Alive"		Naked and Afraid "Fire and Fury" (SC)	
DRAMA 620	523		Fear Thy Neighbor (N) (DVS)		Bones Remains of a motorcycle racer. (N)		Bones A college-basketball player dies.		Bones A woman's car is run off the road. (N)		Bones Max goes on trial for murder. (N)		Bones The murder of an aspiring singer. (N)		Bones Serial killer strikes. (SC) (DVS)		East New York "Pound of Flesh" (N)	
HIST 522	506		Paid Program (N)	Border Security	Big Timber "Hot Fun in the Summertime" (N)		Rust Valley Restorers "Hit to Pass: Part 1"		American Pickers "Wheels and Deals"		Pawn Stars "Home Run Deals" (N)		Forged in Fire (N) (SC)		Dirty Old Cars (N)	Dirty Old Cars (N)	Salvage Kings "Groovy Baby" (N)	
PARMT 628	584		Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	
RDI 126	730		(6:00) D'abord l'info (N) (SC)				L'info main-tenant	L'info main-tenant	L'info main-tenant	Les décrypteurs	Téléjournal	Téléjournal	Le national	L'info main-tenant	L'info main-tenant	L'info main-tenant	L'info main-tenant	
SHOW 616	521		(7:00) "Waking Up to Danger" (2021) (N)		*** "Fast & Furious 6" (2013, Action) Vin Diesel, Paul Walker. Hobbs offers Dom and crew a full pardon for their help. (N) (SC) (DVS)				*** "Furious 7" (2015, Action) Vin Diesel, Paul Walker. A dead man's brother seeks revenge on the Toretto gang. (N) (SC) (DVS)				*** "Fast Five" (2011, Action) Vin Diesel. (N)					
SLICE 601	562		Income Property	Income Property	Will & Grace	Will & Grace (N)	Will & Grace (N)	Will & Grace (N)	Engagement	Engagement	*** "My Best Friend's Wedding" (1997) Julia Roberts, Dermot Mulroney. (N) (SC) (DVS)		*** "50 First Dates" (2004, Romance-Comedy) Adam Sandler, Drew Barrymore. (N) (SC) (DVS)					
TLC 521	560		Four Weddings "... And a Drum Circle" (N)		Untold Stories of the E.R. "Perfect Storm"		Untold Stories of the E.R. (N) (SC)		Untold Stories of the E.R. "Raging Reunion"		Dr. Pimple Popper "A Spoonful of Cyst" (N)		Dr. Pimple Popper (N) (DVS)		Dr. Pimple Popper "Thick-Skinned" (N)		90 Day Fiancé: The Other Way (N)	
TSN 400	400		SportsCentre (SC)		SportsCentre (SC)		SportsCentre (SC)		SportsCentre (SC)		SportsCentre (SC)		SportsCentre (SC)		2023 World Men's Curling Championship Canada vs Switzerland. Round Robin, Session 1.			
YOUTH 551	542		Sponge.	Sponge.	Patrick	Loud	Sponge.	Croods	Dragons	Mighty 1s	*** "Shrek" (2001) Voices of Mike Myers.				Monster	Best	Squirrel	Patrick

SATURDAY EVENING APRIL 1, 2023

Bell	Star	4 PM	4:30	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	The Final Four Show Analysts preview the upcoming NCAA Tournament games. (N)				2023 NCAA Men's Basketball Tournament First Semifinal: San Diego State vs Florida Atlantic. (N) (SC)				2023 NCAA Men's Basketball Tournament Second Semifinal: Miami vs Connecticut. (N) (N) (Live) (SC)				Channel 3 News	The Song (N) (SC)	Opry		
WPTZ 5	-	(3:30) PGA Tour Golf Valero Texas Open, Third Round. (N) (N) (Live) (SC)				NBC5 News at 6	Nightly News	Jeopardy! (N) (SC)	Wheel of Fortune	The Wall "Travis and Michael" (N) (SC)	Weakest Link (N) (SC)		Saturday Night Live (N) (N) (SC)		NBC5 News	(:29) Saturday Night Live (N) (SC)		
CBMT 6	206	301	Figure Skating World Championships - Gala. From Saitama, Japan. (Taped) (N) (SC)			CBC Montreal	Hockey Night	NHL Hockey Toronto Maple Leafs at Ottawa Senators. From the Canadian Tire Centre in Kanata, Ontario. (N) (N) (Live) (SC)				NHL Hockey Anaheim Ducks at Edmonton Oilers. From Rogers Place in Edmonton, Alberta. (N) (N) (Live) (SC)						
CHLT 7	107	718	(:03) *** "Le retour de papa" (2015, Comédie) Will Ferrell, Mark Wahlberg. (DVS) (SC)	TVA Nouvelles (N)		*** "Assaut sur Londres" (2016, Action) Gerard Butler, Aaron Eckhart. (DVS) (SC)		Reeves, Michael Nyqvist. (DVS) (SC)		Keanu		(:28) TVA Nouvelles	(:10:58) *** "Vrai mensonge" (1994) Arnold Schwarzenegger.					
WMTW 8	-	-	(3:00) NHL Hockey Boston Bruins at Pittsburgh Penguins. (N) (N) (Live) (SC)		MAINE'S TOTAL	World News	*** "The Ten Commandments" (1956, Historical Drama) Charlton Heston, Yul Brynner, Edward G. Robinson. Moses leads the enslaved Jews to the Promised Land. (N) (SC)				MAINE'S TOTAL	The Good Doctor						
CKSH 9	108	-	(3:00) Inspecteur Lewis (SC)	La semaine verte (N) (SC)		TJ Estrie	La petite vie	En direct de l'univers (N) (SC)	Professeur T (N) (SC)	Enquêtes à Morecambe (DVS) (SC)		Le télé-journal (N)	Doc humanité Le combat inspirant d'Ensaf Haidar. (N)	"Fleur de neige"				
CKMI 11	-	-	Rock Solid Bld.	Property Brothers: Forever Home	Carnival Eats	Global News at 6	Global National	The New Reality (N)	Border Security	Family Law Ira wants his wife Helen moved.	Nurses "Chaos Magnet" (SC) (DVS)	Private Eyes "Dead Air" (SC) (DVS)	Global News	(:29) Saturday Night Live (N) (SC)				
CFCF 12	205	312	Seinfeld (N)	Seinfeld (N)	Big Bang Theory	Big Bang Theory	CTV News Montreal (N) (N) (Live) (SC)	W5 "The Cash Cows; Sounds Farm" (N)	"Darrow & Darrow: Body of Evidence" (2018, Comedy) Kimberly Williams-Paisley. (N)		A Cut Above "Chain-saw Soapbox Derby"		News-Rinaldo	CTV News Montreal	Big Bang Theory			
WVNY 22	-	-	(3:00) NHL Hockey Boston Bruins at Pittsburgh Penguins. (N) (N) (Live) (SC)		World News	ABC22 News	*** "The Ten Commandments" (1956, Historical Drama) Charlton Heston, Yul Brynner, Edward G. Robinson. Moses leads the enslaved Jews to the Promised Land. (N) (SC)				ABC22 News	Weather Viral						
WUTV 30	-	-	MLB Baseball San Francisco Giants at New York Yankees. From Yankee Stadium in the Bronx, N.Y. (N) (N) (Live) (SC)		MLB Post Game	MLS Soccer Seattle Sounders FC at LA Galaxy. From Dignity Health Sports Park in Carson, Calif. (N) (SC)	The National Desk				Farmer Wants a Wife (N) (SC) (DVS)	Under Eye Bags?						
CFKS 31	106	726	(3:55) *** "L'enfant qui voulait être roi" (2019) Louis Ashbourne Serkis, Rebecca Ferguson. (DVS) (SC)		*** "L'homme d'acier" (2013, Action) Henry Cavill, Amy Adams. Clark apprend qu'il est doté de pouvoirs extraordinaires. (DVS) (SC)		*** "Total Recall: mémoires programmées" (2012) Colin Farrell, Kate Beckinsale. Premiere. (DVS) (SC)		"Haute sécurité"									
WUHF -	-	363	MLB Baseball San Francisco Giants at New York Yankees. From Yankee Stadium in the Bronx, N.Y. (N) (N) (Live) (SC)		MLB Post Game	MLS Soccer Seattle Sounders FC at LA Galaxy. From Dignity Health Sports Park in Carson, Calif. (N) (SC)	News at 10		Big Bang Theory	Farmer Wants a Wife (N) (SC) (DVS)	National Desk							
WETK -	-	-	(3:30) '60s Pop, Rock & Soul (My Music Presents) (N) (SC)	PBS News Weekend	As Time Goes By	Keep-Appear	Still Open All Hours	My Hero (N) (SC)	Sister Boniface Mysteries "Scoop!"	Death in Paradise "Christmas 2022"		RFDS: Royal Flying Doctor Service	ACL Presents: Americana 21st	Front Row Boston (N)				
WCFE -	-	-	Antiques Roadshow "Did Grandma Lie?"		Connect NY (N) (SC)	R. Steves' Europe	PBS News Weekend	Mountain Lake	New York Now	Midsomer Murders (N) (Part 1 of 2) (SC)	Agatha Christie's Poirot (N) (SC)	Silent Witness A man seeks revenge. (SC)	ACL Presents: Americana 21st	Caverns Sess				
A&E 615	520		The First 48 (N) (SC)		The First 48 "Street Law; Standing Up"		The First 48 "Flight Risk; Trapped" (SC)		The First 48 Daytime killing in New Orleans.		The First 48 A young mother gunned down.		The First 48 "Uncommon Valor" (N) (SC)		(:01) The First 48 (N) (SC)	(:04) The First 48 "Cranked" (N) (SC)	The First 48 (SC)	
CNN 500	500		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		The Mark Twain Prize for American Humor		Eva Longoria	Anthony Bourd.	Anthony			
DISC 520	505		Naked and Afraid "Frozen and Afraid" Laura Zerra tries to survive. (SC)		Naked and Afraid "Naked Gets Weird"		Naked and Afraid "No Safety in Numbers" Two pairs of survivalists tough it out. (SC)		Naked and Afraid "Swamp Don't Care"		Naked and Afraid "Eaten Alive"		Naked and Afraid "Fire and Fury" (SC)		Naked and Afraid			
DRAMA 620	523		Bones Remains of a motorcycle racer. (N)		Bones A college-basketball player dies.		Bones A woman's car is run off the road. (N)		Bones Max goes on trial for murder. (N)		Bones The murder of an aspiring singer. (N)		Bones Serial killer strikes. (SC) (DVS)		East New York "Pound of Flesh" (N)		Bones Remains of a motorcycle racer. (N)	
HIST 522	506		Pawn Stars "The Pawn-erator" (SC)		American Pickers "Picture Perfect Pick"		The Food That Built America (N) (SC)		NCIS: Los Angeles A soldier is found dead.		NCIS: Los Angeles "Fighting Shadows"		S.W.A.T. "Old School Cool" (SC) (DVS)		S.W.A.T. "Provenance" (SC) (DVS)		S.W.A.T. A terminally ill inmate escapes. (N)	
PARMT 628	584		Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	
RDI 126	730		L'info	L'info	Le télé-journal	L'épicerie (N) (SC)	Le télé-journal	Découverte (N) (SC)	(:31) Le national	(:01) Les grands reportages (N) (SC)	Le télé-journal (N) (SC)	La facture (N) (SC)	Le télé-journal (N)	Le national (N)	Le national (N)	Journal France 2	Le télé-journal	
SHOW 616	521		(3:00) *** "Fast Five" (2011, Action) Vin Diesel, Paul Walker. (N) (SC) (DVS)		*** "Fast & Furious 6" (2013) Vin Diesel, Paul Walker. Hobbs offers Dom and crew a full pardon for their help. (N) (SC) (DVS)				*** "Furious 7" (2015, Action) Vin Diesel, Paul Walker. A dead man's brother seeks revenge on the Toretto gang. (N) (SC) (DVS)				"Fate of Furious"					
SLICE 601	562		*** "My Best Friend's Wedding" (1997, Romance-Comedy) Julia Roberts, Dermot Mulroney. (N) (SC) (DVS)		*** "50 First Dates" (2004) Adam Sandler. A man falls for a woman who has short-term memory loss. (N)				*** "Fifty Shades Freed" (2018) Dakota Johnson. Dark events surround Christian Grey and new wife Anastasia.				*** "Fifty Shades Freed" (2018) (N)					
TLC 521	560		90 Day Fiancé: The Other Way (N)		90 Day Fiancé: The Other Way (N)		Seeking Brother Husband (N)	Say Yes to the Dress (N) (SC)	Say Yes to the Dress (N) (SC)	90 Day Fiancé: The Other Way (N)		90 Day Fiancé: The Other Way (N)		90 Day Fiancé: The Other Way (N)		Say Yes, Dress		
TSN 400	400		World Men's Curling Champ.		SportsCentre (N) (Live) (SC)	SC (SC)	SC (SC)	2023 World Men's Curling Championship Canada vs Italy. Round Robin, Session 2. (N) (Live) (SC)		NCAA Men's Basketball Tournament		SportsCentre	Formula 1 Grand Prix Sunday (N) (SC)					
YOUTH 551	542		Sponge.	Sponge.	Sponge.	Sponge.	*** "The Angry Birds Movie" (2016) (N)				*** "The Angry Birds Movie" (2016) (N)				The Hardy Boys (N)	Degrassi	Degrassi	Danger

Your week on TV

SUNDAY DAYTIME													APRIL 2, 2023					
Bell	Star	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	
WCAX	3	-	-	Channel 3 News Sunday Morning (N)	CBS News Sunday Morning (N) (LIVE)	Face the Nation (N) (LIVE)	You Can Quote Me	PBR Bull Riding (N) (LIVE)	Boys & Girls High School Basketball	We Need to Talk (N)	HBCU All-Star Pregame Show (N) (LIVE)							
WPTZ	5	-	-	Sunday Today With Willie Geist (N) (LIVE)	Meet the Press (N) (LIVE)	NBC 5 In Depth	Soledad O'Brien	Chicago Fire "Leaders Lead" (LIVE)	IndyCar Racing PPG 375 (N) (LIVE)	PGA Tour Golf Valero Texas Open, Final Round (N) (LIVE)								
CBMT	6	206	301	Coronation Street (LIVE)	Coronation Street (LIVE)	Coronation Street (LIVE)	Coronation Street (LIVE)	Rosemary Barton Live (N) (LIVE)	Our Montreal (N) (LIVE)	Maamuitau	Exhibitionists	"Romeo and Juliet" (2018, Drama) Sara Farb, Antoine Yared (N) (LIVE) (DVS)						
CHLT	7	107	718	(6:00) Salut bonjour week-end (N) (SC)		*** "Les Choristes" (2004, Drama) Gérard Jugnot, François Berléand (DVS) (SC)		TVA Nouvelles (N)	La victoire de l'amour	(:15) *** "Shrek" (2001, Enfants) Voices of Mike Myers, Eddie Murphy, Cameron Diaz (SC)	(:03) Colombo "La griffe du crime" (SC)							
WMTW	8	-	-	Good Morning America (N) (LIVE)	This Week W/ George Stephanopoulos	Soledad O'Brien	TOTAL MAINE	Free Enterprise	Hearts of Heroes	Teen Kids News (N)	Retire Now TV	Paid Program	AAA Benefits	Finding Adventure	NCAA Women's Championship Special (N)	NCAA Tourn.		
CKSH	9	108	-	Le village enchanté	Les Croods	Makinium (N) (SC)	Par ici la magie	(9:59) Le jour du Seigneur (N) (SC)	Les coulisses du pouvoir (N) (SC)	Téléjournal	La semaine verte (SC)	L'épicerie (SC)	Savourer (SC)	Inspector Barnaby (LIVE) (SC)				
CKMI	11	-	-	Paid Program Paid programming (LIVE)	Paid Program	Paid Program	Joel Osteen (N)	Paid Program	The West Block (N)	The New Reality	Property Brothers "Terin & Bryan"	Worst to First "Lyndsay & John"	Masters of Flip "Miniature Margins"	Food-Bucket	Food-Bucket			
CFCF	12	205	312	etalk (LIVE)	The Social (N) (LIVE)	Cash Cab (LIVE)	Paid Program	Jade Fever	Church of the Rock (LIVE)	Question Period (N) (LIVE)	W5 "The Cash Cows; Sounds Farm" (LIVE)	*** "Cast Away" (2000, Drama) Tom Hanks, Helen Hunt. A courier company executive is marooned on a remote island (LIVE)						
WVNY	22	-	-	Good Morning America (N) (LIVE)	This Week W/ George Stephanopoulos	What Matters	The Key of David	True Crime 2023	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	NCAA Women's Championship Special (N)	NCAA Tourn.		
WUTV	30	-	-	The Ernest Angley Hour	FOX News Sunday (N) (LIVE)	Sharyl Attkisson	The Key of David	Paid Program	Ideal Prostate	The National Desk	PBA Bowling USBC Masters, Finals. From Detroit (N) (LIVE)							
CFKS	31	106	726	Pompier: la relève	Génies de la vitesse	Noovo Le Fil week-end (N) (SC)	RPM L'analyse complète de véhicules (N)	RPM plus La Chevrolet Spark EV 2016 (N)	Infopublicité (SC)	Infopublicité (SC)	Flashpoint "Retraite impossible" (LIVE) (SC)	*** "Tequila Sunrise" (1988, Policier) Mel Gibson, Michelle Pfeiffer, Kurt Russell (SC)						
WUHF	-	363	-	Science Now (LIVE)	True Crime 2023	FOX News Sunday (N) (LIVE)	Sharyl Attkisson	Rochester Press Box	Go Nitro (LIVE)	Outdoorsman	The National Desk (N) (LIVE)	PBA Bowling USBC Masters, Finals. From Detroit (N) (LIVE)						
WETK	-	-	-	Wild Kratts (LIVE)	Curious George	Work It Out	Daniel Tiger	Sesame Street	Rosie's Rules	Weekend-Yank	Vermont This Week	Joni Mitchell: The Library of Congress Gershwin Prize for Popular	Irma Thomas -- Soul Queen of New Orleans	John Sebastian				
WCFE	-	-	-	Arthur (E) (LIVE)	Wild Kratts (LIVE)	Washington Week	Getting Dot Older	Mountain Lake	New York Now	Samantha Br	Seeing Canada (LIVE)	NOVA Phenomenon of quantum entanglement.	"Tuning the Brain With Music" (2019) (LIVE) (SC)	Adventures of T-Man (LIVE) (SC)	A Good Life Adults living with I/DD (LIVE) (SC)			
A&E	615	520	-	24 Hour Flip "South Bound Stinky" (LIVE)	24 Hour Flip (LIVE) (SC)	Zombie House Flipping (LIVE) (SC)	Zombie House Flipping "Dallas: Melrose"	Zombie House Flipping "Dallas: Melrose"	Storage Wars (LIVE) (SC)	Storage Wars (LIVE) (SC)	Storage Wars (LIVE) (SC)	Storage Wars (LIVE) (SC)	Storage Wars (LIVE) (SC)	Storage Wars (LIVE) (SC)	Storage Wars (LIVE) (SC)	Storage Wars (LIVE) (SC)	Storage Wars (LIVE) (SC)	Storage Wars (LIVE) (SC)
CNN	500	500	-	CNN This Morning	State of Union	Fareed Zakaria GPS	Inside Politics	State of Union	Fareed Zakaria GPS	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom
DISC	520	505	-	Mayday "Ripped Apart" (LIVE) (DVS)	Mayday "Fatal Flaw" (LIVE) (DVS)	Mayday Autopilots and computerized systems.	Mayday "Scratching the Surface"	Mayday The bombing of Pan Am Flight 103.	Mayday Flight 394 crashes into the sea.	Lone Star Law Saving an owl; poaching case.	Lone Star Law Oyster boats are inspected.							
DRAMA	620	523	-	Chicago Fire "One Minute" (LIVE) (DVS)	Chicago Fire "Hanging On" (LIVE) (DVS)	Chicago Fire "Rear View Mirror" (LIVE)	Chicago Fire Thanksgiving at the firehouse.	Chicago Fire "Leaving the Station" (LIVE)	Chicago Fire "It Ain't Easy" (LIVE) (DVS)	Chicago Fire "Mon Amour" (LIVE) (DVS)	Chicago Fire Casey faces a difficult choice.							
HIST	522	506	-	Paid Program	Border Security	Pawn Stars "The Pawn-erator" (LIVE) (SC)	Salvage Kings "Groovy Baby" (LIVE)	History's Greatest Heists With	NCIS: Los Angeles A soldier is found dead.	NCIS: Los Angeles "Fighting Shadows"	S.W.A.T. "Old School Cool" (LIVE) (DVS)	S.W.A.T. "Provenance" (LIVE) (DVS)						
PARMT	628	584	-	Bar Rescue "Demolition Man" (LIVE)	Bar Rescue "Dragon Lady" (LIVE)	Bar Rescue "Raising Arizona" (LIVE)	Bar Rescue (LIVE)	Bar Rescue "Ice, Mice, Baby" (LIVE)	Bar Rescue "Down and Out in Las Vegas"	Bar Rescue An owner parties too hard (LIVE)	Bar Rescue (LIVE)	Bar Rescue (LIVE)						
RDI	126	730	-	(6:00) D'abord l'Info (N) (SC)		L'Info maintenant	L'Info maintenant	Les coulisses du pouvoir (N) (SC)	Téléjournal	Téléjournal	Les décodeurs	L'Info maintenant	L'Info maintenant	L'Info maintenant	L'Info maintenant	L'Info maintenant	L'Info maintenant	L'Info maintenant
SHOW	616	521	-	"A Mother on the Edge" (2019, Suspense) Debs Howard, Shalyn Ferdinand (LIVE) (DVS)		*** "Fast & Furious Presents: Hobbs & Shaw" (2019, Action) Dwayne Johnson. A lawman and an operative battle a superhuman soldier (LIVE)		NCIS Classified Navy software is stolen (LIVE)	NCIS: Hawaii "Family Ties" (LIVE) (DVS)	NCIS: Los Angeles "A Farewell to Arms" (LIVE)								
SLICE	601	562	-	Income Property	Income Property	Will & Grace (LIVE)	Engagement	Engagement	*** "My Best Friend's Wedding" (1997) Julia Roberts. A food critic seeks to sabotage her buddy's nuptials (LIVE)	*** "50 First Dates" (2004) Adam Sandler. A man falls for a woman who has short-term memory loss (LIVE) (DVS)	*** "Fool's Gold" (LIVE) (SC)							
TLC	521	560	-	Say Yes to the Dress (LIVE)	Return to Amish (LIVE)	Return to Amish "Daniel, My Brother" (LIVE)	Return to Amish "Fannie, Are You OK?" (LIVE)	Darcey & Stacey "Roasted & Ghosted"	Darcey & Stacey "Hello & Goodbye" (LIVE)	Darcey & Stacey "Gin & Toxic" (LIVE)	Seeking Brother Husband (LIVE)							
TSN	400	400	-	SportsCentre (LIVE)	SportsCentre (LIVE)	SportsCentre (LIVE)	SportsCentre (LIVE)	SportsCentre (LIVE)	SportsCentre (LIVE)	SportsCentre (LIVE)	SportsCentre (LIVE)	SportsCentre (LIVE)	SportsCentre (LIVE)	SportsCentre (LIVE)	SportsCentre (LIVE)	SportsCentre (LIVE)	SportsCentre (LIVE)	SportsCentre (LIVE)
YOUTH	551	542	-	Sponge.	Sponge.	Super	Loud	** "The Angry Birds Movie" (2016) (LIVE)	** "Hotel Transylvania" (2012) (LIVE) (DVS)	Barbie	Super	Squirrel	Patrick					

SUNDAY EVENING													APRIL 2, 2023					
Bell	Star	4 PM	4:30	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX	3	-	-	College Basketball 2023 HBCU All-Star Game. (N) (LIVE)	Channel 3 News	Weekend News	60 Minutes (N) (LIVE)	2023 CMT Music Awards Celebrating country music. (N) (LIVE)	Channel 3 News	Investigate TV	Game Time							
WPTZ	5	-	-	(2:30) PGA Tour Golf Valero Texas Open, Final Round. (N) (LIVE)	NBC5 News at 6	Nightly News	Dateline NBC (LIVE)	Magnum P.I. "Dark Skies" (N) (LIVE)	The Blacklist "Dr. Laken Perillos, Pt. 2"	NBC5 News	Soledad O'Brien	9-1-1 (LIVE)						
CBMT	6	206	301	"My Childhood, My Country"	The Great Canadian Baking Show (LIVE)	Dragons' Den (LIVE)	Best In Miniature "Child's Play" (N) (LIVE)	A Year on Planet Earth (N) (LIVE)	Essex County (N) (LIVE)	CBC Montreal	Maamuitau (N)	Rugby Sevens						
CHLT	7	107	718	(3:03) Colombo "La griffe du crime" (SC)	Vlog (N) (SC)	Poule-oeufs	TVA Nouvelles (N)	Sortez-moi d'ici (N) (SC)	La voix "Les directs" (N) (Part 3 of 4) (SC)	La vraie nature (N) (SC)	TVA Nouvelles (N)	*** "Opération infiltration" (2018) John David Washington.						
WMTW	8	-	-	(3:30) 2023 NCAA Women's Basketball Tournament Final: Teams TBA. (N) (LIVE)	MAINE'S TOTAL	World News	America's Funniest Home Videos (N) (LIVE)	American Idol "606 (Hollywood Week Part 1) Alumni return as mentors. (N) (LIVE)	The Company You Keep (N) (LIVE)	MAINE'S TOTAL	Soledad O'Brien	The Rookie (LIVE)						
CKSH	9	108	-	(3:00) Inspecteur Barnaby (LIVE) (SC)	La table de Kim "La bienveillance" (N)	TJ Estrie	Découverte (N) (SC)	Les aventures du	Tout le monde en parle (N) (DVS) (SC)	(:18) Le téléjournal	(10:55) Infoman	(:25) *** "Anomalisa" (2015)						
CKMI	11	-	-	Scott's Vacation House Rules	48 Hours (LIVE)	Global News at 6	Global National	60 Minutes (N) (LIVE)	FBI A mass casualty incident (LIVE)	CSI: Vegas The death of a prestigious chef.	The Blacklist "Dr. Laken Perillos, Pt. 2"	Global News	The West Block	Global National				
CFCF	12	205	312	Seinfeld (LIVE)	Seinfeld (LIVE)	Big Bang Theory	Big Bang Theory	CTV News Montreal (N) (LIVE)	Sullivan's Crossing A camper goes missing.	Celebrity Jeopardy! (LIVE) (DVS)	Magnum P.I. "Dark Skies" (N) (LIVE)	The Company You Keep (N) (LIVE)	News-Rinaldo	CTV News Montreal	Big Bang Theory			
WVNY	22	-	-	(3:30) 2023 NCAA Women's Basketball Tournament Final: Teams TBA. (N) (LIVE)	World News	ABC22 News	America's Funniest Home Videos (N) (LIVE)	American Idol "606 (Hollywood Week Part 1) Alumni return as mentors. (N) (LIVE)	The Company You Keep (N) (LIVE)	ABC22 News	Graham Bensinger	Graham Bensinger						
WUTV	30	-	-	Big Bang Theory	Big Bang Theory	Two and Half Men	Two and Half Men	The National Desk	Next Level Chef (LIVE) (DVS)	The Simpsons (LIVE)	Ice Age-Great	Bob's Burgers	HouseBroken (LIVE)	The National Desk	Sharyl Attkisson	Big Bang Theory	Big Bang Theory	
CFKS	31	106	726	"Tequila Sunrise"	* "Heure limite 3" (2007, Action) Jackie Chan, Chris Tucker. (DVS) (SC)	(:29) Big Brother Célébrités (N) (DVS) (SC)	Survivor Québec "Dimanche: la grande première, semaine 1"	Survivor Québec	*** "G.I. Joe: les représailles" (2013) Dwayne Johnson. Des survivants se liguient pour contrer des plans.									
WUHF	-	363	-	To Be Announced		Next Level Chef (LIVE) (DVS)	The Simpsons (LIVE)	Ice Age-Great	Bob's Burgers	HouseBroken (LIVE)	News at 10 Sharyl Attkisson	The National Desk (N) (LIVE)	Big Bang Theory					
WETK	-	-	-	(3:30) John Sebastian's Folk Re-wind (My Music Presents) (LIVE)	PBS News Weekend	Help! We Bought a Village	Midsomer Murders "The Flying Club"	Call the Midwife (N) (LIVE)	Sanditon on Masterpiece (N) (LIVE)	Marie-Antoinette "Pick a Princess" (N)	Our Miracle Years "Episode 2"	Call the Midwife						
WCFE	-	-	-	In a Different Key A woman worries about her son's future.		Sanditon on Masterpiece (LIVE) (DVS)	Death in Paradise (LIVE)	Call the Midwife (N) (LIVE)	Sanditon on Masterpiece (N) (LIVE)	Marie-Antoinette "Pick a Princess" (N)	Halifax: Retribution	Midsomer Murders						
A&E	615	520	-	(2:30) *** "Hacksaw Ridge" (2016) Andrew Garfield. (LIVE) (SC)	** "Jack Reacher: Never Go Back" (2016, Action) Tom Cruise, Cobie Smulders, Aldis Hodge. (LIVE) (SC)	** "The Accountant" (2016) Ben Affleck, Anna Kendrick. An agent tracks an accountant who works for criminals. (LIVE) (SC)	(:04) City Confidential "The Telltale Creek"	"The Accountant"										
CNN	500	500	-	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	Eva Longoria	Eva Longoria	Heaven's Gate	Eva Longoria	Eva Longoria						
DISC	520	505	-	Lone Star Law "Small Town Troubles"	Lone Star Law "Caught in the Act"	Gold Rush "Panama Canal Jackpot"	Naked and Afraid: Solo "Surviving Solo"	Naked and Afraid "Sucker Punched in South Africa" A Tribes' episode. (N) (LIVE) (DVS)	Naked and Afraid: Solo "Surviving Solo"	Chicago Fire "Leaving the Station" (LIVE)	Ride Nancy Travis; Tiera Skovbye. (N) (LIVE)	Chicago Fire "Mon Amour" (LIVE)	Chicago Fire "Professional Courtesy" (LIVE)	Ride (LIVE)				
DRAMA	620	523	-	Chicago Fire "One Minute" (LIVE)	Chicago Fire "Hanging On" (LIVE)	Chicago Fire "Rear View Mirror" (LIVE)	Chicago Fire "Two Families" (LIVE)	Chicago Fire "Leaving the Station" (LIVE)	Ride Nancy Travis; Tiera Skovbye. (N) (LIVE)	Chicago Fire "Mon Amour" (LIVE)	Chicago Fire "Professional Courtesy" (LIVE)	Ride (LIVE)						
HIST	522	506	-	S.W.A.T. A terminally ill inmate escapes. (LIVE)	American Pickers "Detroit Dreaming"	History's Greatest Heists With	Forged in Fire "Best in Damascus" (LIVE)	History's Greatest of All Time With Peyton	History's Greatest Heists With	The Curse of Oak Island (N) (LIVE)	History's Greatest Heists With	Curse-Island						
PARMT	628	584	-	Bar Rescue (LIVE)	Bar Rescue "Taken for Granted" (LIVE)	Bar Rescue "Saving Post 6216" (LIVE)	Bar Rescue (LIVE)	Bar Rescue "Wreck It Ralph" (LIVE)	Bar Rescue "A Bar to Take Pride In" (LIVE)	Bar Rescue "Loveless in Loveland" (N)	Bar Rescue "Raising Arizona" (LIVE)	Bar Rescue (LIVE)						
RDI	126	730	-	L'Info	L'épicerie (SC)	Le télé-journal	La facture (SC)	Le télé-journal	Zone économie "Édition spéciale: impôts" (N)	Le national (N)	(:01) La semaine verte (N) (SC)	Le télé-journal	Les coulisses du pouvoir (SC)	Le national (N)	Le national	Journal France 2	Le télé-journal	
SHOW	616	521	-	FBI A security agent is fatally shot. (LIVE)	CSI: Vegas "Story of a Gun" (LIVE) (DVS)	** "The Fate of the Furious" (2017) Vin Diesel, mysterious woman forces Dom to betray the crew. (LIVE)	** "Collateral Beauty" (2016, Drama) Will Smith, Edward Norton. (LIVE) (DVS)	SWV & Xscape: The Queens of R&B (N)	Neighborhood	Neighborhood	Man With a Plan With a Plan With a Plan	SWV & Xscape: The Queens of R&B (N)	"Collateral"					
SLICE	601	562	-	(3:30) * "Fool's Gold" (2008) Matthew McConaughey, Kate Hudson. (LIVE) (DVS)	** "The Fate of the Furious" (2017) Vin Diesel, mysterious woman forces Dom to betray the crew. (LIVE)	** "Collateral Beauty" (2016, Drama) Will Smith, Edward Norton. (LIVE) (DVS)	SWV & Xscape: The Queens of R&B (N)	Neighborhood	Neighborhood	Man With a Plan With a Plan With a Plan	SWV & Xscape: The Queens of R&B (N)	"Collateral"						
TLC	521	560	-	90 Day Fiancé: The Other Way (LIVE)	90 Day Fiancé: The Other Way (LIVE)	90 Day Fiancé: The Other Way Nicole's frustrations come to a head. (LIVE)	90 Day Fiancé: The Other Way Kris and Jeymie tie the knot. (N) (LIVE)	Seeking Brother Husband (N) (LIVE) (DVS)	90 Day Fiancé: The Other Way (N) (LIVE)	90 Day: Other								
TSN	400	400	-	World Men's Curling Champ.	NCAA Women's Tournament	SportsCentre (N) (LIVE)	2023 World Men's Curling Championship Norway vs Canada. Round Robin, Session 5. (N) (LIVE)	SportsCentre (N) (LIVE)	The Masters Official Film (N) (LIVE)	SC With Jay Onrait								
YOUTH	551	542	-	Sponge.	Sponge.	Sponge.	Sponge.	** "Hotel Transylvania" (2012) (LIVE)	** "Hotel Transylvania" (2012) (LIVE)	The Hardy Boys (LIVE)	Degrassi	Degrassi	Danger					

Your week on TV

MONDAY EVENING													APRIL 3, 2023			
Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM		
WCAX	3	-	-	Channel 3 News at Six (N)	CBS Evening News	Entertainment Tonight (N)	The Neighborhood	Championship Central	2023 NCAA Men's Basketball Tournament Final: Teams TBA. (N) (Live) (CC)			Channel 3 News	(:34) The Tonight Show Starring Jimmy Fallon (N) (CC)	Late Show-Colbert		
WPTZ	5	-	-	NBC5 News at 6 (N)	NBC Nightly News	Jeopardy! (N) (CC)	Wheel of Fortune (N) (CC)	The Voice "The Battles Part 3"	The artists perform dueling duets.			Quantum Leap Ben leaps unexpectedly close to home. (L)	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) (CC)		
CBMT	6	206	301	CBC Montreal News (N)	Rick Mercer Report (L)	Coronation Street (N) (L)	Family Feud Canada (CC)	Murdoch Mysteries "The Long Goodbye - Part One"	Plan B Philip's sure he has the perfect Plan B. (N) (L)			The National (N) (L) (CC)	CBC Montreal News (N)	Maamuitaau (CC) Coronation Street (L)		
CHLT	7	107	718	(5:58) TVA nouvelles (N)	(:29) Le tricheur (N)	(6:59) In-défendable (N)	La tour (N) (SC)	Hôpital New Amsterdam "Dans le feu de l'action" (L)	Alertes "Cannibale" Une opération filature se prépare.			TVA nouvelles (:35) La tour (N) (SC)	(:05) La joute (N) (SC)	"Rock'n nonne 2"		
WMTW	8	-	-	MAINE'S TOTAL	ABC World News	Wheel of Fortune (N) (L)	Jeopardy! (N) (L) (CC)	American Idol "607 (Hollywood gala animé par René Simard.	Week Part 2) Contestants face a duets challenge. (N) (L) (CC)			The Good Doctor "A Blip" (N) (L) (DVS)	MAINE'S TOTAL	(:35) Jimmy Kimmel Live! (L) (CC)		
CKSH	9	108	-	(5:59) Le télé-journal Estrie	(:31) Zone économie (N)	Stat (N) (DVS) (SC)	L'oeil du cyclone	Galas ComediHa! 2021 Un gala animé par René Simard.	Histoires à mourir debout Le meurtre de Virginie Pelletier.			Le téléjournal (N) (SC)	(:05) Le télé-journal Estrie	(:34) On va se le dire		
CKMI	11	-	-	Global National (N) (L)	(:29) Global News at 6:30	ET Canada (N)	Entertainment Tonight (N)	9-1-1 "Cursed" A fading movie star must be helped.	NCIS "Peacekeeper" A Navy reservist's body is found. (L)			NCIS: Hawai'i A cold case involving WWII-era bones. (L)	Global News at 11 (N)	(:35) ET Canada	Late Show-Colbert	
CFCF	12	205	312	(5:59) CTV News Montreal (N) (Live) (CC)	etalk (N) (L) (CC)	The Big Bang Theory (L)	The Big Bang Theory (L)	Bob Hearts Abishola (L)	Night Court (N) (L)	Shelved (N) (L) (CC)	The Good Doctor "A Blip" (N) (L) (DVS)	CTV National News	CTV News Montreal (N)	(12:05) The Daily Show		
WVNY	22	-	-	ABC22 News at 6 (N) (Live)	ABC World News	ABC22 News at 7 (N) (Live)	Inside Edition (N) (L) (CC)	American Idol "607 (Hollywood gala animé par René Simard.	Week Part 2) Contestants face a duets challenge. (N) (L) (CC)			The Good Doctor "A Blip" (N) (L) (DVS)	ABC22 News at 11 (N)	(:35) Jimmy Kimmel Live! (L) (CC)		
WUTV	30	-	-	The Big Bang Theory (L)	Judge Judy (L) (CC)	Judge Judy (L) (CC)	Family Feud (L) (CC)	9-1-1 "Cursed" A fading movie star must be helped.	(01) 9-1-1 A thunderstorm rolls over Los Angeles. (L)			The National Desk	The National Desk	Seinfeld "The Dealership"	Two and a Half Men (L)	Two and a Half Men (L)
CFKS	31	106	726	Souper parfait	Le fabuleux printemps	Survivor Québec (N)	Combien tu m'aimes? (N)	Les imposteurs Le Cabaret Super Sexe. (N)	La semaine des 4 Julie (N) (DVS) (SC)			(9:59) Noovo Le Fil 22 (N)	Les débats	Survivor Québec	Le fabuleux printemps	NCIS: Los Angeles (L)
WUHF	-	363	-	Modern Family (L)	Young Sheldon (L)	The Big Bang Theory (L)	The Big Bang Theory (L)	9-1-1 "Cursed" A fading movie star must be helped.	(01) 9-1-1 A thunderstorm rolls over Los Angeles. (L)			13WHAM News at 10 on Fox Rochester (N) (Live) (CC)	iCRIME With Elizabeth	The Simpsons (L)	Paid Program (CC)	
WETK	-	-	-	PBS NewsHour (N) (L) (CC)	BBC News Out	BBC News Out	This Old House (L) (CC)	Antiques Roadshow Rolls Royce Wraith center caps.	La Frontera With Pati Jinich (Season Premiere) (N) (L) (CC)			Hidden Saudi Arabia Saudi Arabia's hidden gems. (L) (CC)	Amanpour and Company (N) (L) (CC)	BBC World News (L)		
WCFE	-	-	-	World News America	BBC News Out	PBS NewsHour (N) (L) (CC)	Antiques Roadshow Rolls Royce Wraith center caps.	La Frontera With Pati Jinich (Season Premiere) (N) (L) (CC)			Antiques Roadshow John Wayne mug collection. (L) (CC)	BBC World News (L)	Amanpour and Company (N) (L) (CC)			
A&E	615	520	-	The First 48 A man is brutally beaten to death. (CC)	The First 48 New Orleans detectives hunt a killer. (CC)	The First 48 A killer prowls the streets of Atlanta. (CC)	The First 48 A killer prowls the streets of Atlanta. (CC)	The First 48 A murder victim's friends hide a secret. (CC)			(:01) The First 48 Old habits die hard for a young father. (CC)	(:04) The First 48 A teenager is gunned down. (L) (CC)	(12:03) The First 48 (CC)			
CNN	500	500	-	Situation Room With Wolf	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	Anderson Cooper 360 (N)	CNN Tonight (N) (Live) (CC)			CNN Tonight (N) (Live) (CC)	CNN Tonight (N) (Live) (CC)	Cooper 360			
DISC	520	505	-	Highway Thru Hell A familiar face switches teams.	Mayday "Afghan Nightmare" National Airlines Flight 102.	Homestead Rescue "Bus, Sweat and Tears" Bus-dwelling Virginia homesteaders. (N) (L) (DVS)	Homestead Rescue "Bus, Sweat and Tears" Bus-dwelling Virginia homesteaders. (N) (L) (DVS)	Heavy Rescue: 401 (N) (L) (DVS)			Homestead Rescue "Burned Out" (DVS)	Homestead Rescue "Burned Out" (DVS)	Homestead Rescue			
DRAMA	620	523	-	Chicago Fire A man dies in a fire set by a teenager. (L)	Chicago Fire Dawson shares a secret with Shay. (L)	Chicago Fire Dawson tries to help her brother. (L)	The Girl Before Jane receives shocking news. (N) (L) (DVS)	(20) Chicago Fire (L) (DVS)			(:14) Chicago Fire Cruz decides to make a confession. (L) (CC)	(12:08) Chicago Fire (L)				
HIST	522	506	-	American Pickers Breathing life into Harleys and Indians.	History's Greatest Heists With Pierce Brosnan (CC)	The Curse of Oak Island "A Quadrilateral Move" (CC)	History's Greatest Mysteries "The Loch Ness Monster"	History's Greatest Mysteries "Who is the Zodiac Killer?"			History's Greatest Mysteries "The Loch Ness Monster"	History's Greatest Mysteries "The Loch Ness Monster"	History's Greatest Mysteries "The Loch Ness Monster"			
PARMT	628	584	-	Life or Debt A postal worker needs financial help. (CC)	Life or Debt Two yoga teachers need help. (CC)	Life or Debt Facing the truth about bank accounts. (CC)	Life or Debt A couple has \$300,000 in debt. (CC)	Life or Debt A meatball maker is close to ruin. (CC)			Life or Debt A Long Island DJ needs help. (CC)	Life or Debt A Long Island DJ needs help. (CC)	Life or Debt (CC)			
RDI	126	730	-	(5:55) Zone économie (N) (SC)	24/60 (N) (SC)	Les grands reportages (N) (SC)	Le téléjournal avec Céline Galipeau (N) (SC)	Le téléjournal (N) (SC)			Le téléjournal (N) (SC)	Le national (N) (:31) Le national (N)	(12:01) 24/60 (SC)			
SHOW	616	521	-	FBI "Invisible" Kidnappers try to become famous. (L)	FBI "Apex" A struggle to find justice for victims. (L)	FBI: Most Wanted The team investigates two homicides. (L)	Bel-Air Will pushes Carlton to take a stance. (N) (L)	All American Jordan connects with his grandfather. (L)			FBI A judge and her daughter are murdered. (L)	FBI "Partners in Crime" (L)				
SLICE	601	562	-	The King of Queens (L)	The King of Queens (L)	SWV & Xscape: The Queens of R&B (L) (CC)	Summer House "Panic at the Disco" (L) (CC)	Summer House The girl's night turns sour for Lindsay. (L) (CC)			Summer House A confrontation opens a rift. (N) (CC)	The King of Queens (L)	The King of Queens (L)	Summer House (L)		
TLC	521	560	-	Darcey & Stacey Florian faces a tough decision. (L)	Darcey & Stacey Darcey sends Aniko off to college. (L)	Darcey & Stacey "Gin & Toxic" (L)	Darcey & Stacey "Changing Plans & Body Slams" Stacey's bachelorette party turns ugly. (N) (L)	Seeking Brother Husband (L) (DVS)			Seeking Brother Husband (L) (DVS)	Darcey & Stacey (L)				
TSN	400	400	-	SportsCentre (N) (Live) (CC)	College GameDay (N) (Live) (CC)	2023 NCAA Men's Basketball Tournament Final: Teams TBA. (N) (Live) (CC)	2023 NCAA Men's Basketball Tournament Final: Teams TBA. (N) (Live) (CC)	SC With Jay Onrait (N) (Live) (CC)			SC With Jay Onrait (N) (Live) (CC)	SC With Jay Onrait (N) (Live) (CC)				
YOUTH	551	542	-	Loud House	Young Dylan	"Snow Day" (2022) Ky Baldwin. (L) (DVS)	Loud House	Loud House	Driving Me	Next Step	Degrassi	Degrassi	Degrassi	Danger Force		

TUESDAY EVENING													APRIL 4, 2023			
Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM		
WCAX	3	-	-	Channel 3 News at Six (N)	CBS Evening News	Entertainment Tonight (N)	FBI: International An American architect is abducted. (N)	FBI Scola searches for terrorists. (N) (CC)	FBI: Most Wanted The teams hunt down fugitive terrorists.			Channel 3 News	(:35) The Late Show With Stephen Colbert (L) (CC)			
WPTZ	5	-	-	NBC5 News at 6 (N)	NBC Nightly News	Jeopardy! (N) (L) (CC)	Wheel of Fortune (N) (L) (CC)	American Auto (N) (L)	The Voice The artists perform dueling duets. (N) (CC)			That's My Jam Celebrities play musical games. (N) (L)	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) (CC)		
CBMT	6	206	301	CBC Montreal News (N)	Rick Mercer Report (L)	Coronation Street (N) (L)	Family Feud Canada (CC)	This Hr. Has 22 Minutes	Just for Laughs: Gags	Halifax Comedy Festival	Casual "Bottles" (L)	The National (N) (L) (CC)	CBC Montreal News (N)	This Hr. Has 22 Minutes	Coronation Street (L)	
CHLT	7	107	718	(5:58) TVA nouvelles (N)	(:29) Le tricheur (N)	(6:59) In-défendable (N)	La tour (N) (SC)	9-1-1 "Les gens qui sauvent" Un délit de fuite. (N) (L)	Je4n-Michel Des petits moments parfaits de la vie.			TVA nouvelles (:35) La tour (N) (SC)	(:05) La joute (N) (SC)	(12:05) "Le guérisseur"		
WMTW	8	-	-	MAINE'S TOTAL	ABC World News	Wheel of Fortune (N) (L)	Jeopardy! (N) (L) (CC)	The Rookie A dangerous prisoner needs surgery. (L)	Will Trent Neo-Nazis are planning an attack. (L)			Will Trent A magician is murdered. (L) (DVS)	MAINE'S TOTAL	(:35) Jimmy Kimmel Live! (L) (CC)		
CKSH	9	108	-	(5:59) Le télé-journal Estrie	(:31) Zone économie (N)	Stat (N) (DVS) (SC)	La facture (N) (SC)	Eaux turbulentes Marianne et Charles vont à un mariage.	François Bellefeuille - Le plus fort au monde: l'histoire			Le téléjournal (N) (SC)	(:05) Le télé-journal Estrie	(:34) On va se le dire		
CKMI	11	-	-	Global National (N) (L)	(:29) Global News at 6:30	Big Brother Canada (N) (DVS)	FBI: International An American architect is abducted. (N)	FBI Scola searches for terrorists. (N) (L) (DVS)			FBI: Most Wanted The teams hunt down fugitive terrorists.	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (L) (CC)			
CFCF	12	205	312	(5:59) CTV News Montreal (N) (Live) (CC)	etalk (N) (L) (CC)	The Big Bang Theory (L)	9-1-1: Lone Star Mateo helps a family member in need. (N)	The Rookie: Feds A mysterious caller makes a threat. (L)			The Rookie Bank robbery leads to citywide manhunt.	CTV National News	CTV News Montreal (N)	(12:05) The Daily Show		
WVNY	22	-	-	ABC22 News at 6 (N) (Live)	ABC World News	ABC22 News at 7 (N) (Live)	Inside Edition (N) (L) (CC)	The Rookie A dangerous prisoner needs surgery. (L)	Will Trent Neo-Nazis are planning an attack. (L)			Will Trent A magician is murdered. (L) (DVS)	ABC22 News at 11 (N)	(:35) Jimmy Kimmel Live! (L) (CC)		
WUTV	30	-	-	The Big Bang Theory (L)	Judge Judy (L) (CC)	Judge Judy (L) (CC)	Family Feud (L) (CC)	9-1-1: Lone Star Mateo helps a family member in need. (N)	(01) Accused A brother has a big decision to make. (N)			The National Desk	The National Desk	Seinfeld (L) (CC)	Two and a Half Men (L)	Two and a Half Men (L)
CFKS	31	106	726	Souper parfait	Le fabuleux printemps	Survivor Québec (N)	Combien tu m'aimes? (N)	Ma première maison (N)	Ma première maison (N)	La semaine des 4 Julie (N) (DVS) (SC)	(9:59) Noovo Le Fil 22 (N)	Les débats	Survivor Québec	Le fabuleux printemps	NCIS: Los Angeles (L)	
WUHF	-	363	-	Modern Family (L)	Young Sheldon (L)	The Big Bang Theory (L)	The Big Bang Theory (L)	9-1-1: Lone Star Mateo helps a family member in need. (N)	(01) Accused A brother has a big decision to make. (N)			13WHAM News at 10 on Fox Rochester (N) (Live) (CC)	iCRIME With Elizabeth	The Simpsons (L)	Paint Like A	
WETK	-	-	-	PBS NewsHour (N) (L) (CC)	BBC News Out	Ask This Old House (L) (CC)	Finding Your Roots With Henry Louis Gates, Jr. (N)	American Experience "The Sun Queen" (N) (L)			Frontline Taliban victory in Afghanistan. (N) (CC)	Amanpour and Company (N) (L) (CC)	BBC World News (L)			
WCFE	-	-	-	World News America	BBC News Out	PBS NewsHour (N) (L) (CC)	Finding Your Roots With Henry Louis Gates, Jr. (N)	American Experience "The Sun Queen" (N) (L)			Frontline Taliban victory in Afghanistan. (N) (CC)	BBC World News (L)	Amanpour and Company (N) (L) (CC)			
A&E	615	520	-	Neighborhood Wars (L) (CC)	Neighborhood Wars (L) (CC)	Neighborhood Wars (L) (CC)	Neighborhood Wars (L) (CC)	Neighborhood Wars (L) (CC)	Neighborhood Wars (L) (CC)	Neighborhood Wars (L) (CC)	Neighborhood Wars (L) (CC)	Neighborhood Wars (L) (CC)	Neighborhood Wars (L) (CC)	Neighborhood Wars (L) (CC)	Neighborhood Wars (L) (CC)	
CNN	500	500	-	Situation Room With Wolf	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	Anderson Cooper 360 (N)	CNN Tonight (N) (Live) (CC)			CNN Tonight (N) (Live) (CC)	CNN Tonight (N) (Live) (CC)	Cooper 360			
DISC	520	505	-	Highway Thru Hell An extreme arctic blast descends.	Mayday "Killer Attitude" (DVS)	Outback Opal Hunters "Dreams Coming True" (N)	Gold Rush (N) (L) (DVS)	Gold Rush (N) (L) (DVS)			Homestead Rescue "Smoky Mountain Fury"	Homestead Rescue "Smoky Mountain Fury"	Homestead Rescue			
DRAMA	620	523	-	Chicago Med Goodwin is forced to make changes. (L)	Chicago Med Dr. Charles learns a troubling fact. (L)	Chicago Med A patient refuses to take an HIV test. (L)	Chicago Med Ethan tends to a man without symptoms. (L)	Chicago Med A new doctor arrives at Chicago Med. (L)			Chicago Med Justice is sought for Dr. Charles. (L)	Chicago Med (DVS)				
HIST	522	506	-	Pawn Stars Rick sets his sights on a musket rifle. (L)	History's Greatest Mysteries "The Loch Ness Monster"	History's Greatest Mysteries "Who is the Zodiac Killer?"	Pawn Stars A signed Mark Buerhle jersey. (N) (L) (CC)	The Food That Built America "The Chicken Coup" (N) (L)			Pawn Stars Rick sets his sights on a musket rifle. (L)	Pawn Stars (L) (CC)				
PARMT	628	584	-	Ink Master: Angels Megan Jean Morris guest judges.	Ink Master: Angels "Can't Nail a Cactus" (L) (CC)	Ink Master: Angels Hunting for Atlanta's best artist.	Ink Master: Angels The Angels land in Savannah, Ga.	Ink Master: Angels The Angels hit Oklahoma City. (L) (CC)			Ink Master: Angels "The Biggest Little City in the World"	Ink Master: Angels (L) (CC)				
RDI	126	730	-	(5:55) Zone économie (N) (SC)	24/60 (N) (SC)	Les grands reportages (N) (SC)	Le téléjournal avec Céline Galipeau (N) (SC)	Le téléjournal (N) (SC)			Le téléjournal (N) (SC)	Le national (N) (:31) Le national (N)	(12:01) 24/60 (SC)			
SHOW	616	521	-	NCIS Gibbs asks the team to help a DEA agent. (L)	NCIS "Incognito" A Marine is found dead in Quantico. (L)	NCIS: Hawai'i A cold case involving WWII-era bones. (L)	Gotham Knights Turner and Harper find potential leads.	NCIS "Troll" A Navy ensign is murdered. (L) (DVS)			NCIS "The Lost Boys" A terrorist group buys bombs. (L)	NCIS "Never-land"				
SLICE	601	562	-	The King of Queens (L)	The King of Queens (L)	Summer House A confrontation opens a rift. (L) (CC)	The Real Housewives of New Jersey "Pizza Gate" (L)	The Real Housewives of New Jersey (N) (L) (CC)			The Real Housewives: Ultimate Girls Trip (N) (L) (CC)	(:15) The King of Queens (L)	(:45) The Real Housewives of New Jersey (L) (CC)			
TLC	521	560	-	Return to Amish Kenneth tests his basketball skills. (L)	1000-Lb. Sisters Amy's big surprise stuns everyone. (L)	1000-Lb. Sisters "Can't Have Your Cake and Eat it Too"	1000-Lb. Sisters Amy, Chris and Amanda chat. (N) (L)	Return to Amish Maureen confides in Sabrina. (N) (L)			Darcey & Stacey The twins help out their sick father. (L)	1000-Lb. Sisters (L)				
TSN	400	400	-	SportsCentre (N) (Live) (CC)	NBA Basketball Toronto Raptors at Charlotte Hornets. From Spectrum Center in Charlotte, N.C. (N) (Live) (CC)	SportsCentre (N) (Live) (CC)	SportsCentre (N) (Live) (CC)	SportsCentre (N) (Live) (CC)			SportsCentre (N) (Live) (CC)	SC (N) (CC)	SC With Jay Onrait (N)			
YOUTH	551	542	-	Dragons Nine	Kamp Koral	*** "Shrek 2" (2004) Voices of Mike Myers. (L)	Young Dylan	Make It Pop	Make It Pop	Next Step	Degrassi	Degrassi	Degrassi	Danger Force		

Your week on TV

WEDNESDAY EVENING													APRIL 5, 2023		
Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	
WCAX 3	-	Channel 3 News at Six (N)		CBS Evening News	Entertainment Tonight (N)	Survivor "Survivor With a Capital S" (N) (DVS)		FBI: International "Hail Mary" Vo goes under cover.		True Lies The family takes a trip to Mexico. (N) (DVS)		Channel 3 News	(:35) The Late Show With Stephen Colbert (DVS)		
WPTZ 5	-	NBC5 News at 6 (N)	NBC Nightly News	Jeopardy! (N) (DVS)	Wheel of Fortune (N) (DVS)	Chicago Med Archer clashes with Charles. (N) (DVS)		Chicago Fire A familiar face returns to Firehouse 51. (N)		Chicago P.D. Ruzek earns the Becks' trust. (N) (DVS)		NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (DVS)		
CBMT 6	206	301	CBC Montreal News (N)	Rick Mercer Report (DVS)	Coronation Street (N) (DVS)	Family Feud Canada (DVS)	Still Standing "Hope, BC" (DVS)	Still Standing (DVS)	CBC Winnipeg Comedy Festival "Die Laughing" (N) (DVS)	The National (N) (DVS)		CBC Montreal News (N)	Land and Sea (DVS)	Coronation Street (DVS)	
CHLT 7	107	718	(5:58) TVA nouvelles (N)	(:29) Le tricheur (N)	(6:59) In-défendable (N)	La tour (N) (SC)	Doc Un nouveau virus bouleverse les plans.	Je4n-Michel (SC)	Le bonheur (N) (SC)	TVA nouvelles (N)	(:35) La tour (SC)	(:05) La joute (N) (SC)	"Evan le tout-puissant" (DVS)		
WMTW 8	-	-	MAINE'S TOTAL	ABC World News	Wheel of Fortune (N) (DVS)	Jeopardy! (N) (DVS)	The Conners (N) (DVS)	The Goldbergs (N) (DVS)	Abbott Elementary (N) (DVS)	(:32) Not Dead Yet (N)	(:01) A Million Little Things "Father's Day" (N) (DVS)	MAINE'S TOTAL	(:35) Jimmy Kimmel Live! (DVS)		
CKSH 9	108	-	(5:59) Le télé-journal Estrie	(:31) Zone économie (N)	Stat (N) (DVS) (SC)	L'épicerie (N) (SC)	Les enfants de la télé On présente des extraits inédits.	François Bellefeuille - Le plus fort au monde: l'histoire	Le téléjournal (N) (SC)			(:05) Le télé-journal Estrie	(:34) On va se le dire		
CKMI 11	-	-	Global National (N) (DVS)	(:29) Global News at 6:30	ET Canada (N)	Entertainment Tonight (N)	Survivor "Survivor With a Capital S" (N) (DVS)	Big Brother Canada (N) (DVS)	Lingo (DVS)	True Lies The family takes a trip to Mexico. (N) (DVS)		Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (DVS)		
CFCF 12	205	312	(5:59) CTV News Montreal (N) (Live) (DVS)		etalk (N) (DVS)	The Conners (N) (DVS)	The Masked Singer Songs from hit Warner Bros. films.			True Lies The family takes a trip to Mexico. (N) (DVS)		CTV National News	CTV News Montreal (N)	(12:05) The Daily Show	
WVNY 22	-	-	ABC22 News at 6 (N) (Live)	ABC World News	ABC22 News at 7 (N) (Live)	Inside Edition (N) (DVS)	The Conners (N) (DVS)	The Goldbergs (N) (DVS)	Abbott Elementary (N) (DVS)	(:32) Not Dead Yet (N)	(:01) A Million Little Things "Father's Day" (N) (DVS)	ABC22 News at 11 (N)	(:35) Jimmy Kimmel Live! (DVS)		
WUTV 30	-	-	The Big Bang Theory (DVS)	Judge Judy (DVS)	Judge Judy (DVS)	Family Feud (DVS)	The Masked Singer Songs from hit Warner Bros. films.		(:01) Farmer Wants a Wife (N) (DVS)	The National Desk	The National Desk	Seinfeld "The Cartoon" (DVS)	Two and a Half Men (DVS)	Two and a Half Men (DVS)	
CFKS 31	106	726	Souper parfait	Le fabuleux printemps	Survivor Québec (N)	Combien tu m'aimes? (N)	Au chalet de Rémi (N)	Au chalet de Rémi (N)	La semaine des 4 Julie (N) (DVS) (SC)	(9:59) Noovo Le Fil 22 (N)	Les débats	Survivor Québec	Le fabuleux printemps	NCIS: Los Angeles (DVS)	
WUHF	-	363	Modern Family (DVS)	Young Sheldon (DVS)	The Big Bang Theory (DVS)	The Big Bang Theory (DVS)	The Masked Singer Songs from hit Warner Bros. films.		(:01) Farmer Wants a Wife (N) (DVS)	13WHAM News at 10 on Fox Rochester (N) (Live) (DVS)	iCRIME With Elizabeth	The Simpsons (DVS)	Paid Program (DVS)		
WETK	-	-	PBS NewsHour (N) (DVS)		BBC News Out	Ireland With Michael (DVS)	Nature Hares and rabbits; swamp rabbits. (DVS)		NOVA "Arctic Sinkholes" Explosions in Siberia. (DVS)	Beneath the Polar Sun (DVS)		Amanpour and Company (N) (DVS)	BBC World News (DVS)		
WCFE	-	-	World News America	BBC News Out	PBS NewsHour (N) (DVS)		Nature Hares and rabbits; swamp rabbits. (DVS)		NOVA "Arctic Sinkholes" Explosions in Siberia. (DVS)	Secrets of the Dead Leonardo da Vinci's ideas. (DVS)		BBC World News (DVS)	Amanpour and Company (N) (DVS)		
A&E	615	520	The First 48 Detectives investigate a murder. (DVS)		The First 48 Two men are gunned down in Mobile, Ala. (DVS)		The First 48 A woman is beaten and stabbed to death. (DVS)		The First 48 A stolen bicycle leads to a shooting. (DVS)	(:01) The First 48 "Along Came a Killer" (DVS)		(:04) The First 48 "Trap House" (DVS)	(12:03) The First 48 (DVS)		
CNN	500	500	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		CNN Tonight (N) (Live) (DVS)	CNN Tonight (N) (Live) (DVS)		CNN Tonight (N) (Live) (DVS)	Cooper 360		
DISC	520	505	Highway Thru Hell Clearing a jackknifed semi.		Mayday "Deadly Myth" (DVS)		Pit Bulls and Parolees A dog rescued from the cane fields.		Moonshiners (N) (DVS)		To Be Announced	Homestead Rescue The Raney's have traversed America. (DVS)	Homestead Rescue (DVS)		
DRAMA	620	523	Bones Booth's son finds a finger. (DVS)		Bones A dismembered body is discovered. (DVS)		Magnum P.I. (DVS)		The Spencer Sisters (DVS)		Bones The murder of a young British heiress. (DVS)	Bones The murder of a young British heiress. (DVS)	Bones (DVS)	Bones (DVS)	
HIST	522	506	Forged in Fire Forging weapons from Midnight Suns. (DVS)		Pawn Stars A signed Mark Buerhle jersey. (DVS)		The Food That Built America "The Chicken Coup" (DVS)		Salvage Kings The boys go out on their own mission. (N)	Dirty Old Cars (DVS)	Dirty Old Cars (DVS)	Salvage Kings The boys go out on their own mission. (DVS)	Dirty Old Cars (DVS)		
PARMT	628	584	Deadliest Warrior "William Wallace vs. Shaka Zulu"		Deadliest Warrior Conqueror against annihilator. (DVS)		Deadliest Warrior Comanche vs. the Mongol. (DVS)		Deadliest Warrior The stealthy Apache vs. the Gladiator. (DVS)	Deadliest Warrior Fighter versus the warrior. (DVS)	Deadliest Warrior Super soldiers. (DVS)	Deadliest Warrior Super soldiers. (DVS)	Deadliest Warrior (DVS)		
RDI	126	730	(5:55) Zone économie (N) (SC)		24/60 (N) (SC)		Les grands reportages (N) (SC)		Le téléjournal avec Céline Galipeau (N) (SC)		Le téléjournal (N) (SC)	Le national (N) (SC)	(:31) Le national (N) (SC)	(12:01) 24/60 (SC)	
SHOW	616	521	FBI "Closure" Dana puts her career in jeopardy. (DVS)		FBI "Little Egypt" A bomb detonates at a restaurant. (DVS)		FBI: International The team heads to Morocco. (DVS)		FBI "Most Wanted" OA and Maggie team up with the FBI. (DVS)		FBI "Conflict of Interest" An American diplomat is killed. (DVS)	FBI OA must protect a leader from Egypt. (DVS)	FBI "Appearances" (DVS)		
SLICE	601	562	The King of Queens (DVS)	The King of Queens (DVS)	The Real Housewives of New Jersey (DVS)		Vanderpump Rules Lisa and Ariana plan a bridal shower. (DVS)		Vanderpump Rules (N) (DVS)		The Real Housewives of Miami "Hot Mic in Miami" (DVS)	The King of Queens (DVS)	The King of Queens (DVS)	Vanderpump Rules (DVS)	
TLC	521	560	Dr. Pimple Popper Remi has alligator-like skin. (DVS)		Dr. Pimple Popper "A Head of Cauliflower Bumps" (DVS)		Dr. Pimple Popper Behind-the-scenes secrets. (N) (DVS)		Dr. Pimple Popper "Holy Cyst?" (DVS)		(:02) Dr. Down Below "From the Waist Down" (DVS)	(:02) Stuck Brittany loses a sex toy in her rectum. (DVS)	Dr. Pimple Popper (DVS)		
TSN	400	400	SportsCentre (N) (Live) (DVS)		2023 World Men's Curling Championship United States vs Canada. Round Robin, Session 14. (N) (Live) (DVS)				SportsCentre (N) (Live) (DVS)		SportsCentre (N) (Live) (DVS)	Masters Primetime (N) (Live) (DVS)	SC With Jay Onrait (N)		
YOUTH	551	542	Super Wish	Patrick Star	"Anne of Green Gables: Fire & Dew" (2017) Ella Ballentine. (DVS)				Danger Force	Danger Force	Danger Force	Next Step	Degrassi	Degrassi	Danger Force

THURSDAY EVENING													APRIL 6, 2023		
Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	
WCAX 3	-	Channel 3 News at Six (N)		CBS Evening News	Entertainment Tonight (N)	Young Sheldon (DVS)	(:31) Ghosts (DVS)	(:01) So Help Me Todd Todd takes an experimental drug. (DVS)		CSI: Vegas "Burned" A father and son are killed. (DVS)		Channel 3 News	2023 Masters Highlights (N)	Late Show-Colbert	
WPTZ 5	-	NBC5 News at 6 (N)	NBC Nightly News	Jeopardy! (N) (DVS)	Wheel of Fortune (N) (DVS)	Law & Order Price and Maroun look for a cult leader. (N)		Law & Order: Special Victims Unit "Bubble Wrap" (N)		Law & Order: Organized Crime "Tag:GEN" (N) (DVS)		NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (DVS)		
CBMT 6	206	301	CBC Montreal News (N)	Rick Mercer Report (DVS)	Coronation Street (N) (DVS)	Family Feud Canada (DVS)	Canada's Ultimate Challenge Players go for broke. (DVS)		Just for Laughs "Ronny Chieng: On Guard" (N) (DVS)		The National (N) (DVS)	CBC Montreal News (N)	Canadian Reflections (N)	Coronation Street (DVS)	
CHLT 7	107	718	(5:58) TVA nouvelles (N)	(:29) Le tricheur (N)	(6:59) In-défendable (N)	La tour (N) (SC)	La recrue "La vie et la mort" Lopez a été élevée. (N)		Quépop Le terreau fertile des grandes voix. (SC)		TVA nouvelles (N)	(:35) La tour (SC)	(:05) La joute (N) (SC)	"Le chemin du pardon" (DVS)	
WMTW 8	-	-	MAINE'S TOTAL	ABC World News	Wheel of Fortune (N) (DVS)	Jeopardy! (N) (DVS)	Station 19 Bailey and Carina go under cover. (N) (DVS)		Grey's Anatomy A bull rider has severe injuries. (N) (DVS)		(:01) Diane Sawyer Interview (N) (DVS)	MAINE'S TOTAL	(:35) Jimmy Kimmel Live! (DVS)		
CKSH 9	108	-	(5:59) Le télé-journal Estrie	(:31) Zone économie (N)	Stat (N) (DVS) (SC)	Infoman (N) (DVS) (SC)	Zénith Demi-finale des Boomers. (N) (DVS)		Le dernier placard vieillir gai (N)		Le téléjournal (N) (SC)	(:05) Le télé-journal Estrie	(:34) On va se le dire		
CKMI 11	-	-	Global National (N) (DVS)	(:29) Global News at 6:30	Big Brother Canada (N) (DVS)		Abbott Elementary (N) (DVS)	(:31) Ghosts (DVS)	(:01) So Help Me Todd Todd takes an experimental drug. (DVS)		CSI: Vegas "Burned" A father and son are killed. (DVS)	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (DVS)		
CFCF 12	205	312	(5:59) CTV News Montreal (N) (Live) (DVS)		Call Me Kat (N) (DVS)	Young Sheldon (DVS)	Station 19 Bailey and Carina go under cover. (N) (DVS)		Grey's Anatomy A bull rider has severe injuries. (N) (DVS)		(:01) Alaska Daily (DVS)	CTV National News	CTV News Montreal (N)	(12:05) The Daily Show	
WVNY 22	-	-	ABC22 News at 6 (N) (Live)	ABC World News	ABC22 News at 7 (N) (Live)	Inside Edition (N) (DVS)	Station 19 Bailey and Carina go under cover. (N) (DVS)		Grey's Anatomy A bull rider has severe injuries. (N) (DVS)		(:01) Diane Sawyer Interview (N) (DVS)	ABC22 News at 11 (N)	(:35) Jimmy Kimmel Live! (DVS)		
WUTV 30	-	-	The Big Bang Theory (DVS)	Judge Judy (DVS)	Judge Judy (DVS)	Family Feud (DVS)	Next Level Chef The chefs create appetizers. (N) (DVS)		Animal Control (N) (DVS)	(:31) Call Me Kat (N) (DVS)	The National Desk	The National Desk	Seinfeld "The Strong Box" (DVS)	Two and a Half Men (DVS)	Two and a Half Men (DVS)
CFKS 31	106	726	Souper parfait	Le fabuleux printemps	Survivor Québec (N)	Combien tu m'aimes? (N)	L'amour est dans le pré La beauté du Mexique. (N)		La semaine des 4 Julie (N) (DVS) (SC)	(9:59) Noovo Le Fil 22 (N)	Les débats	Survivor Québec	Le fabuleux printemps	NCIS: Los Angeles (DVS)	
WUHF	-	363	Modern Family (DVS)	Young Sheldon (DVS)	The Big Bang Theory (DVS)	The Big Bang Theory (DVS)	Next Level Chef The chefs create appetizers. (N) (DVS)		Animal Control (N) (DVS)	(:31) Call Me Kat (N) (DVS)	13WHAM News at 10 on Fox Rochester (N) (Live) (DVS)	iCRIME With Elizabeth	The Simpsons (DVS)	Paid Program (DVS)	
WETK	-	-	PBS NewsHour (N) (DVS)		BBC News Out	Rick Steves' Europe (DVS)	Made Here (N) (DVS)	Made Here (N) (DVS)	(:01) Made Here (DVS)	(:32) Made Here (DVS)	"Beauty on the Wing: Life Story Monarch Butterfly" (DVS)	Amanpour and Company (N) (DVS)	BBC World News (DVS)		
WCFE	-	-	World News America	BBC News Out	PBS NewsHour (N) (DVS)		Death in Paradise A true crime podcaster is murdered. (DVS)		Call the Midwife Nancy harbors a secret. (DVS)		Astrid A museum employee is found dead. (DVS)	BBC World News (DVS)	Amanpour and Company (N) (DVS)		
A&E	615	520	The First 48 Man shot near former girlfriend's home. (DVS)		The First 48 "Dark Places" (DVS)		The First 48 A stranger guns down a new father. (DVS)		After the First 48 A case of cousin against cousin. (N) (DVS)		(:01) City Confidential A twisted tale of terror. (N) (DVS)	(:04) The First 48 A man is found dead in his truck. (DVS)	(12:03) The First 48 (DVS)		
CNN	500	500	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		CNN Tonight (N) (Live) (DVS)		CNN Tonight (N) (Live) (DVS)	CNN Tonight (N) (Live) (DVS)	Cooper 360		
DISC	520	505	Highway Thru Hell "Blown Away" (DVS)		Mayday Questions arise after a plane crashes. (DVS)		BattleBots (N) (DVS)				Lego Masters Australia (DVS)		BattleBots (DVS)		
DRAMA	620	523	Chicago P.D. A young pregnant woman is murdered. (DVS)		Chicago P.D. Upton gets immersed in a robbery case. (DVS)		Chicago P.D. The team pursues a ruthless crime ring. (DVS)		Sullivan's Crossing A camper goes missing. (N) (DVS)		Ride (DVS)	Chicago P.D. Upton searches for a missing family. (DVS)	Chicago P.D. (DVS)		
HIST	522	506	Counting Cars 1978 Lincoln Continental Town Car. (DVS)		Salvage Kings The boys go out on their own mission. (DVS)		Dirty Old Cars (DVS)	Dirty Old Cars (DVS)	Swamp People A storm is headed for the swamp. (N)		Swamp People: Serpent Invasion "Judas Snake" (N) (DVS)	Kings of Pain "Hundred Tiny Screams" (DVS)	Swamp People: Serpent (DVS)		
PARMT	628	584	Auction Hunters (DVS)	Auction Hunters (DVS)	Auction Hunters (DVS)	Auction Hunters (DVS)	Auction Hunters (DVS)	Auction Hunters (DVS)	Auction Hunters (DVS)	Auction Hunters (DVS)	Auction Hunters (DVS)	Auction Hunters (DVS)	Auction Hunters (DVS)	Auction Hunters (DVS)	
RDI	126	730	(5:55) Zone économie (N) (SC)		24/60 (N) (SC)		Les grands reportages (N) (SC)		Le téléjournal avec Céline Galipeau (N) (SC)		Le téléjournal (N) (SC)	Le national (N) (SC)	(:31) Le national (N) (SC)	(12:01) 24/60 (SC)	
SHOW	616	521	FBI: Most Wanted The task force chases a twisted killer. (DVS)		FBI: Most Wanted Kristin opens up to her ex-husband. (DVS)		FBI: International "Snakes" A couple flees to Albania. (DVS)		FBI: Most Wanted A famous lifestyle guru is murdered. (DVS)		FBI: Most Wanted A prized Kentucky racehorse is stolen. (DVS)	FBI: Most Wanted "Run-Hide-Fight" (DVS)	FBI: Most Wanted (DVS)		
SLICE	601	562	The King of Queens (DVS)	The King of Queens (DVS)	Vanderpump Rules (DVS)		The Real Housewives of Miami "Hot Mic in Miami" (DVS)		The Real Housewives of Miami "Destination: Divorce" (DVS)		The Real Housewives: Ultimate Girls Trip (DVS)	(:15) The King of Queens (DVS)	(:45) The Real Housewives of Miami (DVS)		
TLC	521	560	Hoarding: Buried Alive "Unbelievable" Brad; Mary. (DVS)		World's Fattest Man: Ten Years On (DVS)		My 600-Lb. Life "Julian's Story" Julian must overcome a food addiction. (DVS)				My 600-Lb. Life "Larry's Journey" Larry's surgery could be another chance. (DVS)		My 600-Lb. Life (DVS)		
TSN	400	400	SportsCentre (N) (Live) (DVS)		2023 World Men's Curling Championship Canada vs Scotland. Round Robin, Session 17. (N) (Live) (DVS)				SportsCentre (N) (Live) (DVS)		SportsCentre (N) (Live) (DVS)	Masters Primetime (N) (Live) (DVS)	SC With Jay Onrait (N)		
YOUTH	551	542	Best & Bester	Loud House	** "Home" (2015) Voices of Jim Parsons. (DVS)				Frogger "Hop Aboard" (DVS)		Loud House	Next Step	Degrassi	Degrassi	Danger Force



NOW IN STORES and ONLINE



A new Saturday newspaper to help you plan your weekend and learn more about our Townships' communities and the people who make them special

INTERESTING FEATURES

COLUMNS

WEEKLY NEWS RECAP

TRIVIA

TOWNSHIPS EVENTS CALENDAR

TIPS FOR SHOPPING LOCALLY AND MUCH MORE



**Watch for it throughout the
Townships every Saturday at your
local newsstand and online at
www.sherbrookerecord.com**

**BROUGHT TO YOU BY PUBLISHERS OF THE RECORD, AND WITH
THE SUPPORT OF THE COMMUNITY MEDIA STRATEGIC SUPPORT FUND***