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FRIDAY, MAY 27, 2022

Quebec reports 29 fewer in hospital

Record Staff

There were 1,315 people in hospitals across Quebec with COVID-19 as of Thursday's update from public health. This marked a decrease of 29 patients compared to the information available on Wednesday.

The number of people in intensive care also decreased slightly, reaching 43 after a drop of two.

There were 12 new deaths recorded for a total of 15,390 since the start of the pandemic.

The number of health care workers absent for COVID-related reasons dropped below 4,000 for the first time since Public Health began reporting on them. As of Thursday there were 3,998 out on preventive withdrawal, in isolation, awaiting test results, or other similar reasons.

In the Eastern Townships the level of COVID-19 hospitalization has varied very little over the last three days. After having decreased by one from Tuesday to Wednesday, the total went back up by one to 114 on Thursday, with three in Intensive care. Meanwhile the region recorded another Covid-related death, bringing the local total to 622 since the start of the pandemic.

Language advocates frustrated with the passing of Bill 96



MICHAEL BORIERO

By Michael Boriero

The writing has been on the wall for quite a while when it comes to Bill 96, the Quebec government's legislation bolstering the Charter of the French language, but it still sent shockwaves through the English-speaking community when it passed

on Tuesday.

Quebec Community Groups Network (QCGN) President Marlene Jennings released a personal statement following the announcement from the National Assembly. Despite the QCGN's best efforts, the government simply ignored the concerns of many Quebecers, she noted.

"We are deeply disappointed and frustrated that Bill 96 was adopted today without any significant improvements since it was first tabled. It does not reflect our vision of an inclusive Quebec where French is the common language," Jennings said in the statement.

CONT'D ON PAGE 3

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danielle St-Vincent
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dstvincent@dstvincent.com



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Residential Real Estate Broker
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RISK OF A
THUNDERSTORM

HIGH OF 24
LOW OF 17



SATURDAY:
RISK OF A
THUNDERSTORM

HIGH OF 19
LOW OF 11



SUNDAY:
MAINLY SUNNY

HIGH OF 23
LOW OF 12



MONDAY:
CLOUDY WITH
SHOWERS

HIGH OF 23
LOW OF 15



TUESDAY:
MAINLY CLOUDY

HIGH OF 21
LOW OF 22

Black Cake by Charmaine Wilkerson



GOOD READS LENOXVILLE LIBRARY

Reviewed by Melanie Cutting

A great summer read! Have you ever found yourself channel surfing (does anyone still do this?) and stopped on The Hallmark Channel just long enough to see if you recognize any of the actors in the movie snippet they are showing? If you answered yes, then you know how I felt about *Black Cake* when I was scouring my home library for a book to review. Following a LONG hiatus when our five guest reviewers carried the reviewing load, I wanted/needed something not terribly demanding to ease my way back into reviewer mode. I had been given this book as a gift a while ago, but had been “busy” reading two of my book club books (typically more obscure than your garden variety best seller) and had barely looked at it. However, when I realized that *Black Cake* would likely be a less onerous read and perhaps even a crowd-pleaser, I had my Hallmark Channel moment and selected it as the perfect re-introduction to reviewer mode, since it didn’t encourage any great expectations on my part. It is certainly more challenging than a paperback romance novel but less so than a typical book club book— and best of all, it is graced with a colourful, glitzy cover.

This novel covers many crowd-pleasing themes, chief among them the intricacies of family; how the passage of time affects our relations with friends and relatives; racism in different parts of the world and in various time periods; the significance of food (hence the title); the overwhelming need to look after

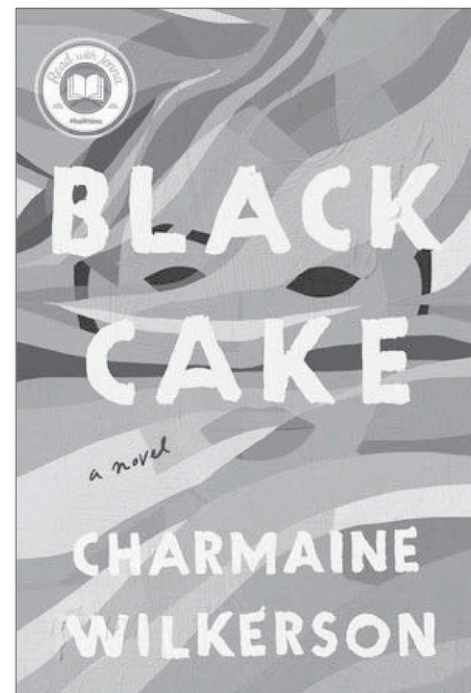
our environment, in particular the oceans; and finally, the importance of acting in a timely fashion or risk losing the opportunity to act at all. There is also an underlying mystery, and, well, everybody loves a mystery.

The book begins in 1965, as the prologue entitled “Then” sets the scene of the mysterious, apparently violent disappearance of a young woman on her wedding day on an unnamed island in the Caribbean (Jamaica, incognito). This is followed by a quick trip through time to “Now”, the first chapter. Set in southern California, 2018, the reader is introduced to the two principal characters: Byron, a young black man who is expecting the imminent arrival of his “little” sister, Benny, short for Benedetta, whom he hasn’t seen or spoken to for eight years. The occasion is the formal playing of a recorded message from their recently deceased mother, Eleanor “Elly” Bennett. (Bert Bennett, their dad, had died six years earlier; Benny had been conspicuously absent from the funeral, further aggravating the estrangement between the two siblings.)

Byron, an esteemed ocean scientist and media personality who is engaged in mapping the ocean floor, is still subject to the off-handed bigotry endemic to North American culture: he is randomly and regularly stopped by the police, and routinely passed over for promotion at his job.

Byron’s sister Benny has eschewed attendance at a prestigious university in favour of travel and art school. This decision, as well as her non-traditional love life, has spawned the family conflict that resulted in years of isolation.

Over the next several chapters, we are introduced to Elly’s early life “in a town that bordered on the sea”. She is not Elly at this point, but rather Covey. Her father, Johnny “Lin” Lyncook, is a descendant of the Chinese laborers who ended up on the island when they were brought over to Panama to work on the railroad and demanded to be sent to a safer place. Many of these Chinese immigrants became successful merchants, but unfortunately not Lin, who had a weakness for gambling and drinking, which led to the exit of Covey’s mother, Mathilda. Covey though, becomes best



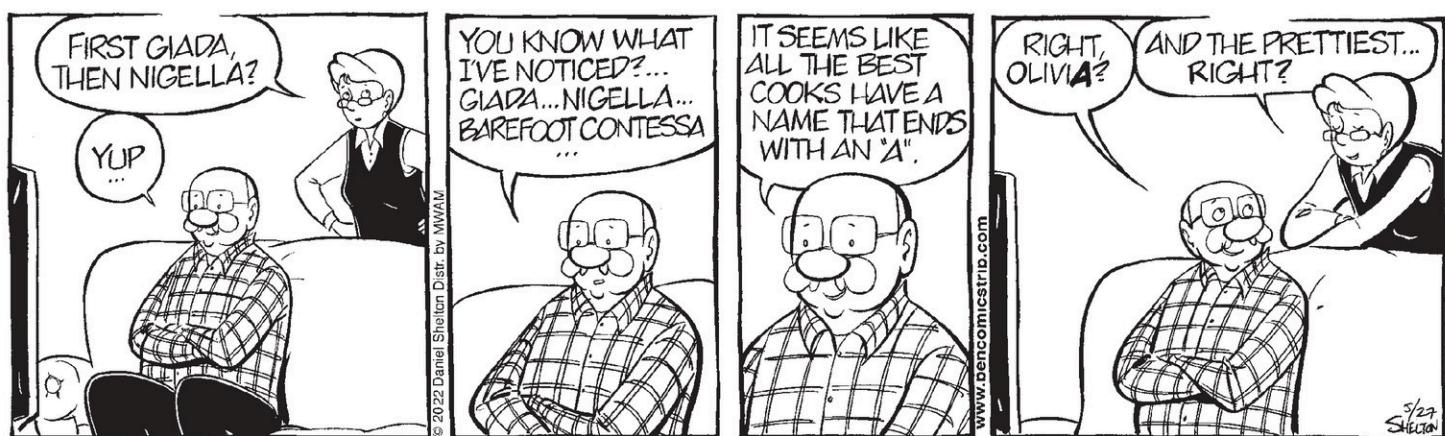
friends with Bunny, and they spend the majority of their time swimming and surfing, until Lin, in order to pay off his numerous debts, arranges a marriage between Covey and a local island thug.

It is tempting to continue with the convoluted history of Covey following her wedding day in 1965 (the “Then” of the Prologue) but frankly, that would take the fun out of reading the full story of Byron, Benny, Covey, Bunny, Marble, and their interactions over the years leading up to the present. Suffice it to say that I was pleasantly surprised by both the story plotline and the quality of the writing.

This 2022 semi-autobiographical first novel by Wilkerson, a talented young American writer who has lived in Jamaica and is presently based in Italy, is 384 pages, but due to the layout (lots of white space), is probably only about 300 word-filled pages, max. Each chapter is very short, often a page or less, so the reader has the sense of whipping through the book at lightning pace. For those afflicted with a short attention span (me), it is pretty gratifying.

Since I will be donating this book to the Bibliothèque Lennoxville Library, it will be available for any library members who are looking for a good summer read to transport them away from the trials and tribulations of our current world situation.

Ben by Daniel Shelton



Local News

Although it's too early to tell what repercussions the bill will have in the province, Cutting believes it will lead to an exodus of "highly qualified, very ambitious, potential leaders" for the English-speaking community.

Saint-Denis-de-Brompton mayor calls new fire protection service agreement a win-win

By Michael Boriero

Although it hasn't been accepted by every resident in the small town of Saint-Denis-de-Brompton, Mayor Daniel Veilleux is confident that a new fire protection and first responder service agreement with the city of Sherbrooke will be beneficial in the long run.

On May 3, the town reached an agreement in principle with Sherbrooke to merge its emergency response services, effectively dissolving the current team of volunteer firefighters and first responders in Saint-Denis-de-Brompton. Veilleux said it was the best option.

It will also solve a burgeoning budget problem, he explained to The Record. According to Veilleux, the town will save upwards of \$23 million over the span of this 20-year tentative agreement with Sherbrooke. It also keeps the town from activating a borrowing bylaw.

"Now with the option submitted to go with the city of Sherbrooke, we have more services and more coverage at a lower cost, so we don't need to go through a borrowing bylaw and that was unanimously accepted by the town council," Veilleux said in a

phone interview.

The town had been looking for ways to revamp its fire protection services. There were several options on the table, including the possibility of building a new combined town hall and fire hall, as well as brand new equipment and fire trucks. But it was going to be a costly initiative.

The town council was going to have to submit a borrowing bylaw to fund the development project. But the price for construction has skyrocketed since the pandemic, Veilleux said, sharing that the original estimated analysis went from \$5.5 million to \$9.6 million.

And that doesn't include the cost of hiring permanent firefighters, and obtaining new fire trucks and necessary equipment. Veilleux said that a new truck jumped from \$700,000 to about \$1.2 million. It has also proven to be extremely difficult to attract firefighters to the small town.

"We explained to people that it's difficult to recruit firefighters because the salary for firefighters in Saint-Denis-de-Brompton is a lot less, around \$26 per hour, while firefighters in Sherbrooke and Magog make about \$40 per hour, so recruitment is difficult here," said

Veilleux.

The Comité d'opposition de Saint-Denis-de-Brompton (CoSDDB), a committee formed by concerned residents, has been vocal about the town's lack of transparency. The CoSDDB believes the merger will not create a safer environment due to delayed response times.

According to CoSDDB spokesperson Michel Inkel, the distance between the town and Sherbrooke is significant enough to push response times by at least an additional 10 minutes. He argues that while the town may be saving money, it isn't worth putting residents at risk.

It will also leave passionate volunteer workers out in the cold, Inkel told The Record on Friday. The CoSDDB held a protest last week demanding the town hold a referendum in order to gauge how many residents are in favour of the merger. But Veilleux has no obligations.

The mayor said the town doesn't need to hold a referendum because there is no borrowing bylaw in place. The agreement will save people money and provide even better service and coverage than the past decade, he added, so why would they need to bring this to a vote.

The CoSDDB, however, has filed an online petition, which has gained over 600 signatures since the agreement was announced in early May. Veilleux, though, isn't certain why the committee is claiming the town hasn't been transparent. He said the details have been out since 2021.

The town has also held several public information sessions, Veilleux explained, where they've discussed the fact that the town has grown in size, which is part of the reason why they needed to address the emergency services. They needed to adapt in 2022, he said.

The mayor noted that they are still working on the file, and they will have more answers to the residents' concerns. But, at the end of the day, it is residents that would have felt the brunt of the cost hikes, construction, equipment, and hiring workers, Veilleux continued.

"There are just 2,000 residences to pay for all of that, so for us, we have an agreement that will respect our budget without increasing municipal taxes and providing us with much better protection coverage," he said, adding they will also have protection round the clock now.

Bill 96

CONT'D FROM PAGE 1

The English-speaking community is in favour of uplifting and protecting the French language in the province and across Canada, she continued. However, Jennings added, there are more effective and inclusive ways of going about it without sacrificing fundamental rights.

"This far-reaching bill affects many areas of activity: commerce, employment, education, access to public services, expression in many contexts and the functioning of our legal system," said Jennings, adding the government has created a 'charter free zone.'

She also expressed her frustration with the bill limiting services in English to Quebecers eligible to attend English schools, saying it isn't "community self-identification" and "revokes the right to access services in English for some 300,000 to 500,000 English-speaking Quebecers."

According to Jennings, there remains a plethora of concerns. The QCGN is opposed to increasing the powers of the Office de la langue française. The organization also disagrees with "limiting access to justice for English-speaking Quebecers," and creating more barriers.

"In looking ahead, the QCGN in partnership with others will continue to rally Quebecers against this ill-conceived legislation and to bring attention to its shortcomings," said Jennings, sharing that the next phase of the campaign will begin on Thursday evening at a protest in Montreal.

QCGN Director General Sylvia Martin-Laforge said that after more than a year spent trying to work with the government, none of the organization's proposed alterations to the legislation were accepted by Quebec. This will impact businesses and human rights, she explained.

"No reasonable amendment or consideration was really taken into account with the passing of this law

[...] so the disappointment is pretty palpable," Martin-Laforge told The Record in an interview Thursday, adding there is no question that legal challenges are on the horizon.

Townshippers' Association President Gerald Cutting said that while the bill in its current form protects the French language, it also limits, and in some cases criminalizes, the use of English in certain contexts. He expects to see many challenges, especially in the area of justice.

Although it's too early to tell what repercussions the bill will have in the province, Cutting believes it will lead to an exodus of "highly qualified, very ambitious, potential leaders" for the English-speaking community. They will in all likelihood want to

leave the province, he said.

It's also effectively closing the door on immigration, Cutting noted, adding that unless a person is already French-speaking, who will really want to come to Quebec now. Immigrants will not only need to deal with Bill 96, but there is also Bill 21 that imposes more restrictions, he said.

"All in all I think there may be victories in the courts and there may be some backpedaling that might be done, but I certainly don't expect it to happen. I think what we see is exactly what the CAQ government had announced when it came into power," Cutting said in a phone interview.



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Open to the Spirit

Today's word: Imagination

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

1) "Imagination is more important than knowledge." Einstein's quote applies not just to the creative arts, but to all that is humanly conceived first as idea, then reality. Through the power of imagination we invent and implement new ways of being in the world. Whatever is not derived directly from nature – be it a fork for eating or the computer screen I use at this moment – is a product of human imagination. We live in a world we have invented. And that applies to our social context as well.

I've always been intrigued by the insight from Einstein, whose mind ranged the outer limits of the physical universe. With a depth of knowledge many of us can hardly imagine, grounded in a vision so profound he struggled to articulate it, he prized imagination more. It was his thought experiments that led him to discover new working theories that shape our knowledge today.

This week I'm reminded of Einstein's other celebrated quote, "We cannot solve our problems with the same thinking we used when we created them." Most all the social ills that plague us result

from a failure of moral imagination. Perhaps even a bankruptcy presaged by decades of neglecting the teaching of the humanities as core to human development. But that's another bandwagon for another day.

With yet again the horrific news coming from not only Ukraine but Texas – which could be anywhere USA – we watch as the media flails about struggling to make sense out of how we got here. It's become routine now when the "unthinkable" happens: retreat into the news mode, rehearse all known facts, distract from root causes with exhaustive details – what was the shooter wearing, how did he get the weapon, what model gun was it this time? Yet without a moral will, all we know of how these things happen from the more than 3,500 mass shootings since Sandy Hook a decade ago, has failed to stem the tide of this particular version of 21st century human sacrifice. Instead at least on a political level the will seems to learn to resign to the inevitable. Is more knowledge really what we need?

The human imagination is curious, always seeking, exploring. Who gets to decide what world we live in? What thought experiments might create the world we long for, where our children are not required to risk their lives for

learning? What new frame of mind must emerge to transform the status quo. We need the larger hive mind for this. Where do we begin? Dare we imagine a world where this carnage is obsolete? I pray we have it in us. Be it so!

2) As faith is the conviction for the existence of things unseen, according to the author of Hebrews 11:1, so then imagination must play a large part in strengthening faith. Sometimes we equate imagination with a disconnection to reality, as in "it's not true, you just made it up." However that would be to disregard the role imagination plays in growing our awareness of the universe we live in and the potential we have for innovating and improving the human condition.

Without imagination we would not keep striving for a more peaceful world or an end to pollution or a more equitable sharing of the earth's resources. We would sink into cynicism and a selfish striving for personal betterment. Indeed imagination may be our greatest link to our spiritual core. It is the tool we use to create and the sign that points to a universe that is in a continual state of recreating itself.

If you have ever been lost into a creative activity that calls on your imagination you will know the calm and peace that can descend upon you as deep as a silent meditation. It is our imagination that can bring us closest to experiencing / seeing the face of God.

3) In the prayers of the Jewish morning service, we say mechadesh b'chol yom tamid ma'aseh b'resheit – giving thanks to the one who "renews daily the work of creation." While this prayer may be directed towards God, it is just as much a reminder for us. We really do need this simple intention to remember that each and every day is a new opportunity to look at what we receive and get creative. Using our imagination is a necessary part of life, but is so much more than a commandment for children or artists. It is a reminder that we should always leave space to sit, to dwell in the beautiful moments of being unsure, of questioning and of potential, where the only way to move forward is to step up and try something new. It is an opportunity, like the story of creation in Genesis, to take the potential, the "blank page" we see in front of us, and turn it into something that has never been made before. It doesn't matter if what we create is perfect. What matters most is the process.

In some ways I like to think that by using our imagination, we become partners with God. This act can inspire us to be present in the moment, and to be willing to work with the tools we have in front of us to solve problems and answer even the most challenging questions. It can help us to follow our actions, our "brush strokes" to where they lead us. Holding on to this intention also can help us remember that all that we do in our lives is inherently connected with the lives

and the work of others and also with the mysteries of life that are within and beyond us.

Using our imagination asks us to simply step up and be creative. Be ok with mistakes, hold on to the questions. Like the moment when Moses asks God about God's name, and God replies, ehyeh asher ehyeh, "I will be what I will be." Create, imagine, and then leave it up to the cosmos to make use of what you have brought into the world. Take a breath. It will be what it will be.

4) When I was young I had a book filled with animal pictures from all around the world; kangaroos, lizards, giraffes, elephants, and all sorts of exotic birds. I remember thinking if God was the Creator, what an awesome imagination he must have had. This is true not only for animals, but some amazing geography; the view from the top of a mountain, the Northern lights in a dark sky, an ocean beach at sunset, a flower garden in spring. From God's imagination, beauty appears.

Before change can take place in our world, someone has to imagine it. I recently read the story of a Canadian Grade 10 student, Sohila Sidhu, who is earning accolades for a new artificial pancreas prototype which could help people manage diabetes. She is a science superhero, but her story begins when she watched her mother struggle with gestational diabetes, and she to watch her mom inject herself with insulin, often in uncomfortable circumstances. She used her imagination, and thought of a better way to handle this dilemma. Then she studied science with passion. She joined a Science club and began experiments. She worked hard at what was she needed and, Voila, her experiment became an invention, won awards, and the world for people like her mom can be changed.

John Lennon put this idea into his song, "Imagine". Here are some of the lyrics, "Imagine there's no countries. It isn't hard to do. Nothing to kill or die for, and no religion too, imagine all the people, living life in peace." That became an anthem for anti war protests and peace marches. A generation of activists were imagining a better world. I think we can learn a lesson from the Canadian teenager Sohila. We begin with imagination of course, but then we add study and hard work. We can create a better world. You may say I'm a dreamer, but I'm not the only one. Maybe some of you readers can join us, and our world can live as one.

One word, 4 voices. What does imagination mean to you?

Rev. Mead Baldwin pastors the Waterville & North Hatley pastoral charge; Rabbi Boris Dolin leads the Dorshei-Emet community in Montreal; Rev. Lee Ann Hogle ministers to the Ayer's Cliff, Magog & Georgeville United Churches; Rev. Carole Martignacco, Unitarian Universalist is retired from ministry with UUEstrie and now resides in St. Andrews-by-the-Sea NB, but keeps one foot in the Townships by continuing with this column.

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Quebec to start vaccinating contacts of monkeypox cases as 25 infections confirmed

By Jacob Serebrin
The Canadian Press

Quebec will be the first Canadian province to launch a vaccination campaign against the monkeypox virus, interim public health director Dr. Luc Boileau said Thursday, adding that 25 cases of the disease have been confirmed in the Montreal area.

The province has received doses of the smallpox vaccine Imvamune from the federal government and could begin administering shots to people as early as Friday, Boileau said. Thirty suspected cases of the disease are under investigation in addition to the 25 confirmed cases, he added.

While he described the outbreak as serious, he said the disease is much less transmissible than COVID-19 and that authorities are hopeful it can be

eradicated in the province.

"We are not facing a new disease that is akin to the coronavirus," he said. "We are not in a situation where very strong and widespread contagion will happen very quickly, but it remains serious and we have to contain it as quickly as possible."

Boileau said officials will administer doses of the Imvamune vaccine to people who have had close contact or who live with those who have presumed cases of the disease. The vaccine, however, will not be given to people who have active cases of monkeypox, Boileau said, as it is too late to make a difference.

Dr. Caroline Quach, the chair of Quebec's immunization committee, told the news conference that the vaccine — which was approved in 2020 for the prevention of smallpox and other orthopox viruses — has

been shown to prevent monkeypox in animal studies. The vaccine, she said, will ideally be administered within four days of an exposure but could be administered up to two weeks after.

"Data have shown that if you give it within four days, you have a very good effectiveness in preventing the illness," Quach said. "If you administer it between Day 5 and 14, it might not prevent disease, but it might modify the evolution."

Boileau said the majority of monkeypox cases in the province are among adult men who have been in close sexual contact with people who have the disease. However, he said, one case has been detected in an individual under 18 years old. All of the cases in the province are in the greater Montreal area.

Monkeypox symptoms consist primarily of skin lesions on the

mouth and genitals, and they can also include fever and headaches, as well as joint and muscle pain, Boileau said. People who have suspected cases, as well as those who live with them, should isolate, he added. They should also wear a mask, cover their lesions and avoid sharing clothing, bedding or utensils with others.

The disease is primarily spread by direct contact with lesions, Quach said, adding that it can also be transmitted by respiratory droplets.

On Wednesday, the Public Health Agency of Canada said all confirmed cases of monkeypox in the country have been detected in Quebec.

Public health officials in Toronto have said they were investigating four suspected cases of the disease, including one "probable" case that is linked to Montreal.

Late flu season not hitting as hard as pre-Covid

By Gordon Lambie

The public health department in the Eastern Townships says that although there is an elevated number of influenza cases in the region at the moment, this unusual late flu season is not hitting as hard in terms of cases as those before the COVID-19 pandemic.

In a written response to The Record's questions about the flu in the region, a representative of the CIUSSS de l'Estrie — CHUS said that the first cases of the influenza virus were reported in the region toward the end of March, and have been on the rise since then.

For the week of the 8 to the 14 of May there were 86 cases of influenza

confirmed by testing in the Estrie region. That total accounts for about one third of all the flu cases reported in the region in the 2021-22 year.

All but 30 of the cases were in the Sherbrooke area, and 55 out of the 86 were recorded in children aged 1 to 11 years old.

Despite anecdotal accounts of a flu that is presenting over a slightly longer duration than normal, CIUSSS de l'Estrie — CHUS communications representative Marie-Eve Nadeau said that there is not enough data at this point to verify whether or not that is actually true. Nadeau pointed out that the hospital network can only record data when people become sick enough that they come to the hospital, and since the recommendation for the flu

is to stay home until symptoms pass, most cases are not being recorded.

Those cases of the influenza virus that have been identified in the region through testing have been type A, one of two forms responsible for the regular seasonal flu.

"Currently, the spread of the influenza virus is increasing, but remains lower than that observed during the last influenza season preceding the COVID-19 pandemic," the communications representative wrote, sharing that the distinctive lateness of the season is likely linked to the roll back of the measures used to control the COVID-19 pandemic.

Flu symptoms and their severity can vary with age and health status. The main symptoms include sudden

fever, between 39°C and 40°C (102°F and 104°F), sudden cough, sore throat, muscle or joint pain, extreme fatigue, and headaches. Symptoms can also include nausea, vomiting, diarrhea and abdominal pain, with these latter symptoms being more likely in children. In older adults, feeling weak and confused sometimes may be the only symptoms.

Because of the similarity to COVID-19 symptoms and the fact that the virus generally passes on its own, the current recommendation is for those experiencing flu symptoms to self-isolate. Persistent or increasing pain when breathing and/or a fever that is getting worse or has lasted for over five days may be signs that it is time to go see a doctor.

A march against Alzheimer's

By Aiden Wilson

Special To The Record The Alzheimer's Society Of The Eastern Townships Is Having A Fundraising Walk On May 28 To Help Fight The Terrible Disease.

The Walk Takes Place All Over Canada In Over 400 Communities. The Local Initiative Will Take Place In Downtown Sherbrooke At Parc Jacques-Cartier, Starting At 10:30 A.M.

The Event Consists Of A 3.5 Km Walk Where Participants Take To The Trail To Raise Awareness, Carrying Signs Sharing Who They Walk For In A Show Of Solidarity For Friends And Loved Ones Affected By Alzheimer's.

Director Of Development At The Société Alzheimer De L'estrie, Sandra Asselin, Said All The Money Raised Goes Towards Research And Support In The Eastern Townships. The Goal For The Upcoming Walk Is To Raise \$15,000.

Asselin Encouraged People To Come Out And Get Active For The Cause As It's A Problem That Can't Be Solved Without The Help Of Communities Coming Together In Unison.

According To The Ig Wealth Management Walk For Alzheimer's

Website, Over 500,000 Canadians Currently Live With Dementia, With The Annual Cost On The Healthcare System Being Over \$10 Billion.

The Event Encourages People To Take Part In The Solution And Make A Difference For People In Need By Spreading Awareness.

Asselin Said Those Who Wish To Participate Can Sign Up In Advance, Or At The Event For \$15 Per Person, With Teams Of 4 To 12 Even Receiving A Gift Basket Upon Reaching A Donation Milestone.

In Collaboration With Provigo Le Marché, The Baskets Include Assorted Sandwiches, Cheese, Snacks And A Few Surprises!

Anyone Who Simply Wishes To Donate Can Do So Too, Asselin Explained, With Any Contribution Being Greatly Appreciated By The Society.

The Walk Itself Will Start At 10:30 A.M. Around The Beautiful Promenade Du Lac-Des-Nations.

After Being In Limited Contact For Two Years The Team Plans To Make What They Say Will Be A "Unifying And Festive" Day By Including A Mini



SANDRA ASSELIN

A 3.5km walk will take place this weekend at Jacques Cartier Park, organized by the Société Alzheimer de l'Estrie.

Celebration After The Walk!

Participants Are Encouraged To Bring A Picnic Lunch And Enjoy The Live Performance By Singer Vincent Poirier Under The Pavilion At Parc Jacques-Cartier.

Anyone Wanting To Sport The Name During The Walk Or Just Take Home A Memento Can Get A T-Shirt For \$15 At The Société Alzheimer De L'estrie Office In Sherbrooke.

According To The Organization, Alzheimer's Societies Across Canada Have Donated Over \$59 Million In Biomedical And Quality Of Life Research Since 1989, With Events Like This Making It All Possible.

For More Information And Signups People Can Find Them On Their Website At: Alzgiving.ca/Site/Tr?Pg=Entry&Fr_id=3963

Or By Phone At: 819 821-5127, #108

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 mass shootings

My Take: By Aiden Wilson

The travesties that have become all too common from the American media are some of the worst examples of sensationalization in our day and age. You think it would be so widespread if not for the 15 minutes of fame given to the perpetrators, every time? It's so commonplace for these abhorrent acts to grip the nation and stir up debate that it's become like clockwork among the cultural zeitgeist. Yet

every single time it seems the conversation goes nowhere beyond sorrow; never towards any form of solution to this epidemic. In fact, I'd go as far to say it encourages it, giving those who commit these vile acts an entire nation's worth of attention, with nothing done to stop the next beast inspired to do the same. It's a never-ending cycle perpetuated by our desensitization to the horror, and won't change until we do.

My Take: By Michael Boriero

Well, here we go again. Yet another devastating mass shooting in the United States. It's terrifying how desensitized and numb we've all become when this happens now.

people were shot that day, resulting in 10 deaths. I'm just bracing myself now for the next inevitable mass shooting.

It's the same old, classic response, too. Rinse and repeat, right? There's a shooting, which in this case claimed 21 lives, mostly children, we talk about it, nothing is solved, and repeat.

Does that come off as morbid and bleak? Maybe. But I have no reason to believe anything will change unless the country finally comes down hard on gun laws. And that won't happen.

There was a mass shooting only two weeks ago in Buffalo. Thirteen

And please, we need stop with the 'it's not guns, it's mental health' argument. It has always been about the guns.

My Take: By Cassie MacDonell

The tragic loss of life at Robb Elementary School reignited the fire under the age-old gun control debate. Why, after each mass shooting, does the United States government address the situation, but no large, concrete actions are taken related to gun control?

shooting. Collierville shooting. Hialeah shooting. San Jose shooting. Colorado Springs shooting. Indianapolis FedEx shooting. Rock Hill shooting. Boulder shooting.

Magnificent Mile shooting. Laguna Woods church shooting. Buffalo shooting. Pittsburgh shooting. Columbiana shooting. New York Subway attack. Sacramento shooting. Normandale Park shooting. Oxford High School

We are shocked after each of these events, even though mass shootings are becoming more frequent. The mass shootings listed above are from the last two years in the United States alone, amassing a total of 86 victims. I don't want to ask any more questions. Serious conversations are needed, and they are needed before the list gets longer.



My Take: By Gordon Lambie

There is a tendency to deflect when we hear about mass shootings in the United States. People say things like, "I'm glad I live in Canada," as if being on the other side of the border makes us immune.

afternoon trying to contact friends and former classmates during the shooting at Dawson.

I was just about to start high school when 13 students were murdered at Columbine and even though that happened in another country, it had a distinct impact on the way I viewed the world.

Since then I've participated in lockdowns in schools, and heard my own children talk about what they are supposed to do if someone shows up at their school with a gun.

Seven years later I spent an anxious

When I think about what happened this past week in Texas, "glad" is the last word that comes to mind.

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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
GORDON LAMBIE ASSOCIATE EDITOR (819) 569-6345
SERGE GAGNON CHIEF PRESSMAN (819) 569-4856
JESSE BRYANT ADVERTISING MANAGER (450) 242-1188

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ACCOUNTING (819) 569-9511
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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

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C COLUMNIST

Congress has declined to pass significant new gun legislation after dozens of shootings, including those that occurred during periods like this one, with Democrats controlling the House of Representatives, Senate and presidency.

After mass shootings like Uvalde, national gun control fails – but states often loosen gun laws

By Christopher Poliquin
Assistant Professor of Strategy,
University of California, Los Angeles

Assistant Professor of Strategy, University of California, Los Angeles Calls for new gun legislation that previously failed to pass Congress are being raised again after the May 24, 2022, mass shooting at an elementary school in the small town of Uvalde, Texas.

An 18-year-old shooter killed at least 19 fourth grade students and two teachers at Robb Elementary School, marking the deadliest school shooting in the U.S. in a decade.

The U.S. has been here before – after shootings in Tucson, Aurora, Newtown, Charleston, Roseburg, San Bernardino, Orlando, Las Vegas, Parkland, El Paso, Boulder, and 10 days earlier at a grocery store in Buffalo, N.Y.

Gun production and sales in the U.S. remain high, following a purchasing surge during the COVID-19 pandemic. In 2021, the firearms industry sold about six guns for every 100 Americans.

Senator Chris Murphy of Connecticut was among the Democratic politicians who pleaded for action on gun control as horrifying details of the Uvalde school shooting unfolded.

“What are we doing?” Murphy asked other lawmakers, speaking from the Senate floor on the day of the shooting. “Why are you here if not to solve a problem as existential as this?”

Congress has declined to pass significant new gun legislation after dozens of shootings, including those that occurred during periods like this one, with Democrats controlling the House of Representatives, Senate and presidency.

This response may seem puzzling given that national opinion polls reveal extensive support for several gun control policies, including expanding background checks and banning assault weapons.

In October 2021, 52 per cent of people polled by Gallup said that they thought firearm sales laws should be made more strict.

But polls do not determine policy. I am a professor of strategy at UCLA and have researched gun policy. With my co-authors at Harvard University, I’ve studied how gun laws change following mass shootings.

Our research on this topic finds there is legislative activity following these tragedies, but it’s at the state level. Restrictions loosened

Stricter gun laws at the national level are more popular among Democrats than Republicans, and major new legislation would likely need votes from at least 10 Republican senators. Many of these senators represent constituencies opposed to gun control.

Despite national polls showing majority support for an assault weapons ban, not one of the 30 states with a Republican-controlled legislature has such a policy.

U.S. Texas Senator Ted Cruz said on May 24 that more gun control laws could not have prevented the Uvalde attack, explaining “that doesn’t work, it’s not effective, it doesn’t prevent crime.”

The absence of strict control policies in Republican-controlled states shows that senators crossing party lines to support gun control would be out of step with the views of voters whose support they need to win elections.

But a lack of action from Congress doesn’t mean gun laws are stagnant after mass shootings.

To examine how policy changes, we assembled data on shootings and gun legislation in the 50 states between 1990 and 2014. Overall, we identified more than 20,000 firearm bills and nearly 3,200 enacted laws. Some of these loosened gun restrictions, others tightened them, and still others did neither or both – that is, tightened in some dimensions but loosened in others.

We then compared gun laws before and after mass shootings in states where mass shootings occurred, relative to all other states.

Contrary to the view that nothing changes, state legislatures consider 15% more firearm bills the year after a mass shooting. Deadlier shootings – which receive more media attention – have larger effects.

In fact, mass shootings have a greater influence on lawmakers than other homicides, even though they account for less than 1% of gun deaths in the United States.

As impressive as this 15% increase in gun bills may sound, gun legislation can reduce gun violence only if it becomes law. And when it comes to enacting these bills into law, our research found that mass shootings



do not regularly cause lawmakers to tighten gun restrictions.

In fact, we found the opposite. Republican state legislatures pass significantly more gun laws that loosen restrictions on firearms after mass shootings.

In 2021, Texas Governor Greg Abbott signed a new law that eliminated a requirement for Texans to obtain a license or receive training to carry handguns. This came two years after a 2019 mass shooting at a Walmart in El Paso.

That’s not to say Democrats never tighten gun laws – there are prominent examples of Democratic-controlled states passing new legislation following mass shootings.

California, for example, enacted several new gun laws following a 2015 mass shooting in San Bernardino. Our research shows, however, that Democrats don’t tighten gun laws more than usual following mass shootings.

After the Buffalo shooting in early May 2022, New York Governor Kathy Hochul said that she would work to increase the age for legal gun purchasing from 18 to 21 “at a minimum.” Ideology governs response

The contrasting response from Democrats and Republicans is indicative of different philosophies regarding the causes of gun violence and the best ways to reduce deaths.

While Democrats tend to view social factors as contributing to violence, Republicans are more likely to blame the individual shooters.

Cruz, for example, has said that stopping individuals with criminal records from committing violence could help prevent mass shootings.

Politicians favoring looser restrictions on guns following mass shootings frequently argue that more people carrying guns would allow law-abiding citizens to stop perpetrators.

In fact, gun sales often surge after mass shootings, in part because people fear being victimized.

Democrats, in contrast, typically focus more on trying to solve policy and societal problems that contribute to gun violence.

For both sides, mass shootings are an opportunity to propose bills consistent with their ideology.

Since we wrote our study of gun legislation following mass shootings, which covered the period through 2014, several additional tragedies have energized the gun control movement that emerged following the December 2012 shooting at Sandy Hook Elementary School in Connecticut. These include the May 2022 shooting at the Tops grocery store in Buffalo, as well as the Uvalde school massacre.

While President Joe Biden issued executive orders in 2021 with the goal of reducing gun violence, action in Congress remains elusive. States, meanwhile, have been more active on the issue.

Student activism following the 2018 shooting at Marjory Stoneman Douglas High School in Parkland, Florida, did not result in congressional action but led several states to pass new gun control laws.

With more funding and better organization, this new movement is better positioned than prior gun control movements to advocate for stricter gun policies following mass shootings. Public outcry and devastation over the Uvalde shootings will likely provide fuel to this advocacy work.

But with states historically more active than Congress on the issue of guns, both advocates and opponents of new restrictions should look beyond Washington for action on gun policy. This is an updated version of an article originally published on Theconversation.com March 21, 2021.

SCHOOL PAGE

Exciting news from ADS

After a fun filled month of April at ADS Elementary School, collecting bottles and cans for the Endangered Species of Canada Fund, we are happy to announce that our families and community members were very generous with their donations. We had some families go door to door in their communities collecting cans. We had families cleaning up their garages. We had cans coming from everywhere!

Thanks to the help of our Cycle 2 and 3 students, we were also able to collect all the can tabs as well. These can tabs were sent off to the Ronald McDonald Fund, where they will receive the profit from the melted aluminum. Once they are melted, these tabs will go towards the fabrication of wheelchairs. All this was possible because of one Grade 4 student who felt it was our duty as humans to help out these poor animals. Thank you, Nathan, for this amazing idea and thank you to all the students who helped. We were able to donate more than 18,200 can tabs to the Ronald McDonald

Fund and \$500 was donated to The Endangered Species of Canada Fund. Very good job to all students involved in this project!

On May 5, we were finally able to welcome parents and community members to our Cycle 2 and Cycle 3 Science Fair and bake sale. Students worked really hard at preparing their science experiments. After weeks of hard work, students set up in their classrooms and the hallways of the school and presented their work to parents, staff and other students. Overall it was a very great success and parents really enjoyed seeing their children's great effort. Parents and staff donated goodies to go towards a bake sale that was raising money for the Grade 6 graduation. After a complete sell out, the Grade 6 students were able to raise over \$462 to go towards the preparation of their graduation. Congratulations to all the students who participated in this awesome Science Fair!

Written by: Rose McCann, Leona Majeau, Marie-Lee Dube

CONT'D ON PAGE 9



PHOTOS COURTESY OF ADS



Class of 2022

The Record will be publishing a keepsake special section for E.T.S.B. High School Graduates of 2022

The Record wants to honour the E.T.S.B. High School Graduates of 2022 with a special section on June 21.

We are inviting proud parents, grandparents, aunts, uncles, friends and neighbours to send a message of congratulations – **FREE OF CHARGE** – to be published in this section.

Email your submission, with the graduate's name and high school, to classad@sherbrookerecord.com before June 14, 2022



PHOTOS COURTESY OF ADS



ADS school page

CONT'D FROM PAGE 8

On May 19, ADS celebrated a spirit Country day when ADS encouraged students and staff members to come to school dressed up as cowgirls and cowboys. Many students and staff participated and you could hear a lot of country music being played throughout the school. Very fun and successful day! Thank you to the organizers.

On May 20, ADS had the special pleasure to welcome the Earth Rangers via zoom! Earth Rangers is a Canadian organization aimed at teaching children all about biodiversity and about wildlife. Classes were able to participate in different activities throughout the presentation, and learn about many different types of animals. Students were very impressed by the presentation and are looking forward to having them back, hopefully in person, this time next year.

On April 29, students and teachers were offered a very special treat to sweeten them all up! The students and staff enjoyed some fun time outside as they devoured their delicious beaver tails. Thank you very much to Ms. Whalen and Ms. Cindy for stepping up to help those working in the food truck, as well as to those who organized this special treat! It was very delicious.

Our K4 students, at ADS, were busy being astronauts as they explored their very own solar system in the classroom. We will soon be diving into the month of June as we explore the amazing wonders of the Ocean. Through play, we will be learning, having fun, and enjoying many hands-on activities with our very own under the sea/beach dramatic play area. We will also have a camping site equipped with everything a little camper would need to explore and discover.

Once again this year, ADS participated in the Energy Cubes for the Grand Defi Pierre Lavoie. Students were encouraged to exercise both at school and at home. From May 2nd to May 23rd students colored cubes and made sure to stay active with their friends but also at home with their families. Great job everyone!

On May 26, ADS welcomed a very talented magician from Montreal: Mr. Patrice Meunier. Mr. Meunier entertained both students and staff with a variety of magic tricks and comical entertainment, which was very well received. Thank you very much, Mr. Meunier, for such a spectacular show, and all the great laughs. Both students and staff very much enjoyed your presentation.

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ACTIVITÉS TOUTE LA FIN DE SEMAINE

Activities during the whole weekend



CONCERTS AVEC LES HONEYSUCKLE SISTERS ET LE ALMUT ELLINGHAUS JAZZ ENSEMBLE AU PARC COLDBROOK

Concert with the Honeysuckle Sisters and the Almut Ellinghaus Jazz Ensemble in the Coldbrook Park.



Obituaries

Death

Phyllis Edna (Buchanan) HAMILTON

Phyllis Hamilton died peacefully on March 21, 2022, in her home in Ottawa, at 96 years of age. She was active until about a month before, when she started to have several smaller health issues, which together made it too difficult to continue kidney dialysis, and she died of kidney failure. Her family misses her very much.

Phyllis was born in Cowansville, Quebec, and lived most of her life in Cowansville and Granby. She graduated from the nursing programme at the Royal Victoria Hospital in Montreal as a registered nurse in 1947. Later in life, she spent many years nursing in the pediatric department at the Brome Missisquoi Hospital in Cowansville. She and husband, Ken, were married for 56 happy years. They were involved in many volunteer community service activities together, and also enjoyed travelling.

Phyllis was very proud of her United Empire Loyalist background, and while still living in the Townships, along with Ken, was very active in the St. John Branch of the Loyalist organization. She and Ken were also very active in the Canadian Club, as well as the United Church in Granby, all the time they lived there. Ken died in 2004.

Phyllis' four children, Heather, Wendella, Ian and Dawn, all survive her. Ian's, and daughter-in-law, Candace's, (Silliphant) children, John Kenneth and Michael, from St. John, New Brunswick, are her treasured grandchildren. Phyllis's parents, Gladys and Charles Buchanan of Cowansville, her two sisters, Ardice Buchanan and Mary Mandigo, brother-in-law Royce Mandigo, nephew Brian Mandigo, and infant brother Keith, all predeceased her. Her son-in-law, Heather's husband, David Gill, (Coaticook and Montreal), died in 2019. Her niece Brenda Mandigo Schumann, and nephew Brett Mandigo, survive her, as well as her first cousins Junior Harvey, and wife Barbara of Cowansville, and Norma Wark (Jones) of Vermont, both also in their 96th year.

Phyllis was devoted to her family. In 2012, she moved to Ottawa to be close to her daughters, Heather and Dawn, and lived independently in a seniors' residence, where she was very happy. In the first few years in Ottawa, she attended luncheon meetings of the Canadian Club, and frequently enjoyed concerts at the National Arts Centre with Heather. She loved to go out for meals and shopping with her daughters.

While in Ottawa, Phyllis finished her second book, an English History of Granby, and also wrote an autobiography for her family. Although the pandemic restricted many of her activities, she was still usually able to satisfy her addiction to playing Bridge two or three times a week. Phyllis loved to read, and still devoured as many books as possible. She spent many hours every day in good weather sitting on her south-facing balcony, enjoying the view from the 16th floor, the warm sunshine, and the lovely flowers she grew there. Phyllis determinedly did walking laps of the long hallway outside her apartment every evening for years to stay fit and mobile, until the last month. She still stood straight and tall, and only recently had to occasionally use a cane or walker. Her beloved cat, Gemma, who followed her everywhere, and gave her constant furry companionship, predeceased her by two years.

A graveside ceremony will take place in summer 2022 at Granby United Church Pinewood Cemetery, where she will be buried with husband Ken. Friends are welcome to attend, and the date will be announced closer to summer.

In Phyllis' memory, donations can be sent to the Kidney Foundation of Canada at: <https://kidney.ca/Get-Involved/Make-a-Gift/In-Memory-Tribute-Donations>

Messages of condolence and remembrance can be sent to her family at: hamiltonh@explornet.ca

Death

Death

Death



Julie Katherine FONTAINE

February 18, 1960 -
May 6, 2022

It is with profound sadness that the family of Julie

Katherine Fontaine announce her peaceful passing on Friday, May 6, at the age of sixty-two years.

She will be lovingly remembered by her children Meagan and Ryan, her sisters Elizabeth, Carol, Deborah and Christine, as well her nephews Paxton, Simon, Trevor and niece April. She will also be dearly missed by her dear friends and the devoted staff at the Wales home.

Julie will be remembered as a devoted mother and friend. Known for her sharp, curious, and intelligent mind and as a deeply caring person who very often put the needs of others before her own. A one of a kind.

A Celebration of Life will be held in the autumn.

Memorial donations may be made in Julie's name to Parkinson's Canada, 4211 Yonge Street, Suite 316, Toronto, ON M2P 2A9 or the Dixville Foundation, 34 rue Queen, Sherbrooke, QC, J1M 1H9

The family wishes to send a special thank you to the staff at the Hôtel-Dieu Hospital for their care and compassion.



Elaine Catherine (nee MacLeod) MACMILLAN

February 12,
1941 - January
12, 2022

Loving and devoted wife of the late Angus Peter Mac Millan, mother of Gordon (Candace), grandmother of Rebecca (Ben), Chelsea (Mike), great-grandmother to Lucas. Left to mourn is her sister Carol (Lloyd) Darlington and sister-in-law Sarah (late Murray) MacDonald, nephew Keith, nieces Marilyn (Dan Savage), Lori Darlington, Sheryl Darlington and many great-grand nieces and nephews and many friends.

As per Elaine's wishes, there will be no visitation. A public graveside service will be held at the Gould Cemetery on June 4, 2022 at 11 a.m.

In lieu of flowers, donations to the Gould Cemetery (c/o Kylie Côté, 9 Robert-Peel St., Sherbrooke, QC, J1M 1W9) would be appreciated by the family.

The family would also like to thank the former St. Paul's Rest Home in Bury, and for the excellent care the last 8 years at the CHSLD Weedon.

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OBITUARIES

May 23 to 27, 2022

Gordon ANDRUSIAK - May 15, 2022

Philip BENOIT SR. - May 11, 2022

Julie Katherine FONTAINE - May 6, 2022

Phyllis Edna (Buchanan) HAMILTON - March 21, 2022

Idabelle Bessie (née Mitson) McKENNA - May 12, 2022

James Ernest QUILLIAMS - May 19, 2022

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Death



**James Ernest
QUILLIAMS**
1931 - 2022

It is with profound sadness we announce the passing of James Ernest

Quilliams on May 19, 2022, at the CHUS Fleurimont. Born November 3, 1931, to parents Ernest Henry Quilliams and Ferne Nancy Towne Quilliams.

He leaves to mourn his loving wife Barbara (Buzzell) Quilliams; his brother Henry (Pat); his brothers-in-law & sisters-in-laws Rodney, Winnie, June, Lynford, many nieces and nephews in the United States, other family and friends.

He was also the brother to the late Betty, Iris, Thelma, Gerald and the brother-in-law to the late Marguerite, Austin, Winston, and Bruce.

Visitation will take place at St-Paul's United Church (211 rue des Pins, Magog) on Monday, May 30 from 1 p.m. to 2 p.m., followed by the funeral service at 2 p.m. The wearing of masks is encouraged and appreciated. Committal at the Cherry River Cemetery.

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In Memoriam



Tara Hilton

May 24, 1968 - May 25, 2020

In memory of a much-loved daughter, sister, wife and mother.

*Not a day goes by when you are not loved and missed,
Held in our hearts forever.*

- NORA & DON HILTON (parents)
- KRISTA (Tom, Joy, Ivy) (sister)
- MARTIN DEVITT (husband)
- GRAHAM, GRACE, ELISE (children)

Cemetery Meeting

COMPTON CEMETERY CO.

Compton Cemetery Co. 94th annual meeting will be held on Tuesday, May 31, 2022 at 6:30 p.m. at the Compton Cemetery (Cochrane Road Gate), Compton, QC. Please bring a lawn chair. In case of rain, it will be held in the garage at Mahlon Grapes', 6580 Rte. Louis St. Laurent, Compton, QC. All interested are invited to attend.

Memorial & Graveside Service

TALBOT - The family of the late Douglas Talbot of Granby, and formerly of Warden, will receive condolences on Saturday, May 28 from 2 p.m. to 4:30 p.m. at 211 rue Principale, Warden at the Grand Roue Cafe. A graveside service will be held on Monday, May 30 at 11 a.m. at the North Shefford Cemetery.



Card of Thanks

WILLIAMS, Fred - On behalf on myself and the family, I wish to thank everyone for their visitation, cards and donations. Special thanks to Penny and Gina at the Cass Funeral Home for making a difficult situation easier. Thanks also to Dr. Margariit and the staff of the CLSC in Coaticook. Fred was always treated with dignity and respect. R.I.P. Fred.

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Caffeine sensitivity grows as people age



ASK THE DOCTORS

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

Dear Doctors: I think that as I get older, I may be developing a sensitivity to caffeine. If that's actually something that can happen, it will make me very sad. I have always loved my cup of coffee in the morning, but now I find that it makes me a bit racy. I would love to understand why.

Dear Reader: We join you, along with billions (yes, billions-with-a-b) of people throughout the world in your devotion to caffeine. Whether it's coffee, tea or other caffeinated beverages, we humans love the lift it gives. Recent data estimate that 85% of adults in the United States consume caffeine in some form each day. Caffeine stimulates the central

nervous system. Due to its physiological effects, as well as its potential for abuse, it is considered a drug. In fact, caffeine withdrawal, which can cause headache, anxiety, insomnia and depression, is a recognized disorder. At the same time, research continues to link coffee and tea, the two most widely consumed caffeinated drinks, to a range of physical and cognitive benefits.

As you have come to suspect, it is indeed possible to develop caffeine sensitivity. Due to certain changes that take place in our bodies as we grow older, this becomes more common as we age. Research shows that older adults clear caffeine from the body more slowly than younger people. In one study, coffee drinkers between the ages of 65 and 70 took 33% longer to metabolize caffeine than did younger participants. A slower clearance rate means the same amount of coffee that someone has been habitually drinking would have an amplified effect. This can cause unpleasant symptoms such as anxiety, irritability, jumpiness, difficulty with sleep, sleeplessness and the "racy" feeling that you describe in your letter.

Caffeine is rapidly and completely absorbed by the body. In fact, within 45 minutes of drinking a cup of coffee, 99% of the caffeine it contains has been absorbed. It makes its way from the digestive tract to the bloodstream, where it can reach peak levels within 15 minutes of consumption.

After a few hours, certain enzymes in the liver begin to metabolize, or break down, the caffeine. This occurs gradually, and in a series of steps. In a healthy young adult, it takes about six hours for the liver to cut the amount of circulating caffeine in half. But as people age, the enzymes involved in caffeine metabolism grow less efficient. This leads to the slower clearance rate that we discussed earlier. Other factors, such as pregnancy, certain medications and being a smoker can also slow the rate at which caffeine is metabolized.

When someone becomes sensitive to caffeine, it can become necessary to rethink consumption in order to avoid the adverse effects. An 8-ounce cup of coffee delivers between 80 and 100 milligrams of caffeine. Research shows that for older adults, amounts in the range of 50 to 100 mg are well-tolerated. To manage caffeine sensitivity, try limiting yourself to one cup a day. And if multiple cups are your routine, consider switching to a half-caf blend.

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

(Send your questions to askthedoctors@mednet.ucla.edu, or write: Ask the Doctors, c/o UCLA Health Sciences Media Relations, 10960 Wilshire Blvd., Suite 1955, Los Angeles, CA, 90024. Owing to the volume of mail, personal replies cannot be provided.)

In Memoriam

Your generous contribution will help finance research into lung disease such as asthma, emphysema, chronic bronchitis and lung cancer.

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Presbyterian

LENNOXVILLE

St. Andrew's is now worshipping in our sanctuary each Sunday morning as well as continuing with the online services at 10:30 a.m. with Rev. Nigel Parker. Go to the You tube web site and search "St. Andrew's Lennoxville" and click on the picture of our church for online services. The Word of Grace broadcast can be heard each Sunday morning on the community station CJMQ - 88.9 FM at 8:30 a.m. It can be accessed anytime at www.cjmq.fm. PO Box 404, Sherbrooke, QC, J1M 1Z6.

United

AYER'S CLIFF - MAGOG-GEORGEVILLE PASTORAL CHARGE

Rev. Lee Ann Hogle welcomes everyone to Beulah United Church in Ayer's Cliff -Worship service at 9:15 a.m. and to St. Paul's United Church, Magog -Worship Service 11:15 a.m. If you would like to join us on zoom, please call Mel Bryant at St. Paul's in Magog 819-843-3778 or Sue Young for Beulah United Church 819-838-5815 to receive the zoom link. You can also visit our Pastoral Charge web site <https://amgunited.wixsite.com/amgunited>

LENNOXVILLE

Lennoxville United Church at the corner of Queen and Church St. welcomes you to a "Celebration of Ministry" on Sunday, May 29 at 10 a.m. All are welcome. Refreshments will be served in the Lower Hall after the service.

RICHMOND

Richmond-Melbourne United Church, 247 Principale Sud, Richmond, will be having a Sunday service on May 29 at 10:30 am. Rev. Wayne Beamer will be leading worship. Everyone is welcome! Masks are optional.

SHERBROOKE

The Plymouth-Trinity United Church community of faith, at 819-346-6373 and www.plymouthtrinitychurch.org in Sherbrooke, holds no worship service this Sunday, May 29, but encourages you to attend a service held by one of our sibling United Churches in the area; find internet and telephone connection details on our website, or call. Save the date: On June 5 at 3pm at P-T, the Choeur des Sangs mêlés offer a by-donation concert for the Rodriguez-Flores family, living in our building since November 8. Nous n'organiseront pas de culte ce dimanche 29 mai, mais nous vous encourageons d'assister à un culte d'une autre Eglise Unie! Téléphonnez-nous ou consultez notre site web pour les détails de connexion internet et téléphone. Cordiale bienvenue à tout le monde. Minister: Samuel V. Dansokho.



Datebook

FRIDAY, MAY 27, 2022

Today is the 147th day of 2022 and the 69th day of spring.

TODAY'S HISTORY: In 1937, San Francisco's Golden Gate Bridge opened to pedestrian traffic.

In 1941, recent German victories in World War II prompted President Franklin D. Roosevelt to proclaim an "unlimited national emergency."

In 1999, a United Nations tribunal indicted Yugoslav President Slobodan Milosevic for crimes against humanity.

In 2006, a 6.3-magnitude earthquake on the island of Java, Indonesia, killed nearly 6,000 people and injured more than 38,000.

TODAY'S BIRTHDAYS: "Wild Bill"

Hickok (1837-1876), lawman/gambler; Dashiell Hammett (1894-1961), author; Rachel Carson (1907-1964), biologist/environmentalist; Hubert Humphrey (1911-1978), politician; Vincent Price (1911-1993), actor; Sam Snead (1912-2002), golfer; Henry Kissinger (1923-), politician; Louis Gossett Jr. (1936-), actor; Adam Carolla (1964-), TV personality/radio host; Paul Bettany (1971-), actor; Jack McBrayer (1973-), actor; Andre 3000 (1975-), rapper/actor; Jamie Oliver (1975-), chef/activist; Chris Colfer (1990-), actor.

TODAY'S FACT: President Franklin D. Roosevelt and British Prime Minister Winston Churchill were not only Allied leaders in World War II; they were seventh cousins once removed, through Roosevelt's mother.

TODAY'S SPORTS: In 1968, Major League Baseball awarded Montreal, Canada, the first MLB franchise outside the United States (Montreal Expos).

TODAY'S QUOTE: "If a man says a thing often enough, he is very likely to acquire some sort of faith in it sooner or later." - Dashiell Hammett, "The Second-Story Angel"

TODAY'S NUMBER: 1,046 - height (in feet) of the Chrysler Building in New York City, the tallest building in the world when it opened to the public on this day in 1930.

TODAY'S MOON: Between last quarter moon (May 22) and new moon (May 30).

SATURDAY, MAY 28, 2022

Today is the 148th day of 2022 and the 70th day of spring.

TODAY'S HISTORY: In 1830, President Andrew Jackson signed the Indian Removal Act into law.

In 1937, the government of Germany formed the automobile company that would later be known as Volkswagen.

In 1961, English lawyer Peter Benenson's article "The Forgotten Prisoners" was published in London, forming the basis for the human rights organization Amnesty International.

TODAY'S BIRTHDAYS: Thomas Moore (1779-1852), poet; Jim Thorpe (1888-

1953), multisport athlete; Ian Fleming (1908-1964), author; Jerry West (1938-), basketball player/executive; Rudy Giuliani (1944-), politician; Gladys Knight (1945-), singer-songwriter; John Fogerty (1968-), singer-songwriter; Marco Rubio (1971-), politician; Elisabeth Hasselbeck (1977-), TV personality.

TODAY'S FACT: Leonardo Da Vinci's biographer described "The Last Supper" as "ruined" by deterioration in 1556, less than 60 years after the painting's completion. Da Vinci's masterpiece was put back on display in Milan, Italy, on this day in 1999, after a 22-year restoration.

League Baseball's National League owners unanimously approved the moves of the Brooklyn Dodgers and New York Giants to Los Angeles and San Francisco, respectively.

TODAY'S QUOTE: "Surround yourself with human beings, my dear James. They are easier to fight for than principles." - Ian Fleming, "Casino Royale"

TODAY'S NUMBER: 7 million - members and supporters of Amnesty International in more than 150 nations.

TODAY'S MOON: Between last quarter moon (May 22) and new moon (May 30).

TODAY'S SPORTS: In 1957, Major

SUDOKU

DIFFICULTY RATING: ★★★★★

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

5/27

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PREVIOUS SOLUTION

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

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

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

PREVIOUS SOLUTION

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

DIFFICULTY RATING: ★★★★★

SUDOKU

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

Your Birthday

FRIDAY, MAY 27, 2022

Pull out all the stops, and force issues that will clear up unfinished business. Cutting ties with the past will give you the freedom to use your knowledge, skills and experience to branch out and do something interesting. Protect your health, position and reputation.

GEMINI (May 21-June 20) – Take a leadership position, and find a way to express your beliefs, opinions and plans. Show compassion and offer solutions that will help you gain support. Don't sit on the sidelines.

CANCER (June 21-July 22) – Keep life simple, your responsibilities doable and your spending moderate. You don't have to impress anyone; just be yourself. Don't fear change when it's time to embrace new beginnings.

LEO (July 23-Aug. 22) – Pay attention to what you say and do to avoid jeopardizing your position or reputation. Live up to your promises and focus on personal improvements. If you want to excel, updates are necessary.

VIRGO (Aug. 23-Sept. 22) – Be the instigator, and you'll gain points. Your suggestions and the changes you initiate will stimulate conversation and help you make headway. Put your energy and intelligence to work.

LIBRA (Sept. 23-Oct. 23) – Push for what you want. Expand your interests and seek out allies. The information you accumulate will help you craft an impressive strategy. Personal growth and romance are on the rise.

SCORPIO (Oct. 24-Nov. 22) – Address

your responsibilities, and search for a way to delegate some of the work. It's up to you to say when something is too much or ask for help. Speak up and defend your position.

SAGITTARIUS (Nov. 23-Dec. 21) – Take it upon yourself to get things done. If you count on someone other than yourself, you will be disappointed. Channel your energy where it will do the most.

CAPRICORN (Dec. 22-Jan. 19) – Spend more time nurturing meaningful relationships and making your home comfortable and convenient. Don't hesitate to initiate change or to do things differently.

AQUARIUS (Jan. 20-Feb. 19) – Disregard what others do; focus on what's important to you. Changing how you use your money, skills and intelligence will lead you in an entertaining and fruitful direction.

PISCES (Feb. 20-March 20) – It's OK to dream, but don't lose sight of what's tangible. Ask someone trustworthy for advice before buying something you don't need or that cannot help you. Get your facts straight.

ARIES (March 21-April 19) – Be careful not to let your emotions take control. Be smart and deliver precise information to avoid being blamed for spreading inaccuracies.

TAURUS (April 20-May 20) – Decisiveness will be required to get where you want to go. Leave nothing to the imagination or to chance. Know what and who you are up against, and do your best. Believe in yourself.

SATURDAY, MAY 28, 2022

Do your due diligence. Take a leadership position and be clear about what you want to see happen. Set the pace and call on those you trust to uphold the same level of perfection that you offer. Set the stage for a year filled with accomplishments, love, laughter and the success you desire. Don't put someone else in charge of your happiness.

GEMINI (May 21-June 20) – Doors will open if you get involved in projects or causes that you feel you can help. An energetic approach will make others want to pitch in and help you achieve your goal. A personal gain is near at hand.

CANCER (June 21-July 22) – Take pride in what you do, but don't go overboard. Plan your actions and follow through with precision. Kind words and gestures will set a precedent for others to follow. You can make a difference.

LEO (July 23-Aug. 22) – Take care of your responsibilities. Acting, instead of talking about what you will do, will help you gain the respect you deserve. Be open to suggestions and prepared to try new things.

VIRGO (Aug. 23-Sept. 22) – Change what makes you unhappy. Don't wait for someone to do the work for you. A change will lift your spirits and point you in a positive direction. Make do with what you have.

LIBRA (Sept. 23-Oct. 23) – Bide your time. Initiate a strategy that is safe, cost-efficient and stress-free. Take a minimalist approach to how you live and what you do; you'll realize what makes you happy. Invest in yourself.

SCORPIO (Oct. 24-Nov. 22) – What you should do and what you want to do will be in conflict if you neglect your responsibilities. Unfinished business will weigh heavily upon you. Tie up loose ends.

SAGITTARIUS (Nov. 23-Dec. 21) – State what you are willing to do or spend before you agree to participate in a joint venture. Spend more time tending to domestic and personal matters before starting something new.

CAPRICORN (Dec. 22-Jan. 19) – Sign up for something mentally stimulating. Your participation and contribution will make an impression. Enjoy celebrating or spending downtime with a loved one.

AQUARIUS (Jan. 20-Feb. 19) – Evaluate your lifestyle. Consider what isn't working for you while also taking a look at the changes that will make your life better. Don't let someone make decisions for you.

PISCES (Feb. 20-March 20) – You are in a better position than you realize. Don't put up with someone's negativity or manipulation. Consider what you enjoy doing and incorporate it into your daily routine.

ARIES (March 21-April 19) – Put your best foot forward and take control. Set high standards, offer precise instructions and oversee every detail. Put your reputation on the line, and you'll come out a winner.

TAURUS (April 20-May 20) – You'll find it difficult to hide your emotions. Proceed alone if it will help you get things done on time to your specifications. Don't fret about what others do; focus on your efforts.

Sunday horoscope on page 16

Boyfriend keeps me at arm's length from his family

Dear Annie

FRIDAY, MAY 27, 2022

Dear Annie: I am a recovering alcoholic with almost three years of sobriety.

I have a wonderful boyfriend with whom I spend many enjoyable hours. Occasionally, he is asked to join his friends for a drink. On several occasions, he has told them that he doesn't drink out of respect for me, adding, "You know ..." and looking directly at me. His friends all respond with a conspiratorial nod.

I've told him quite often that this embarrasses me, both for mentioning it and for having told his friends! What is the proper response in this situation, aside from bursting into tears from shame (which I actually did once)?! – Sober and Embarrassed

Dear Sober and Embarrassed: Congratulations! Three years of sobriety is a huge accomplishment, and you should be proud.

Give your boyfriend some alternatives to use when asked for a

drink: "Thanks, but I'm not drinking at the moment," or, "How about we grab lunch instead?" He probably feels awkward declining and doesn't want to come across as rude.

Dear Annie: I wanted to ask this question to see what others think.

My boyfriend hasn't involved me in his family and we have been together for seven years. He has met my family and my kids but is very private about his own family. I know his friends, but I have never been introduced to his dad, and I'm not allowed to come around his house when his dad is there.

It's really taking a toll on me, and I feel I am not good enough. Any advice? – Feeling Shut-In

Dear Feeling Shut-In: Perhaps the issue here lies not with you but with your boyfriend and his father. Is their relationship healthy and close, or strained and complicated? Seeing he has introduced you to his friends, I'd venture to say he wants you involved in his life. When it comes to his family, he might not know how to.

Talk with your boyfriend about how you're feeling. After seven years together, it's time to break the ice on the family front.

Dear Annie: Your readers seem to have a variety of problems. Because of my career path, I've read a lot of problem-solving and self-help books over the years. They all have good ideas.

However, there are two that sit high above the heap. Both are written by the same person, Dale Carnegie. The books are "How to Stop Worrying and Start Living" and "How to Win Friends and Influence People." I know they would help a lot of your readers because they solve actual problems. They were written years ago, but I'm sure they can still be found in libraries and bookstores. I highly recommend them. – Bookworm

Dear Bookworm: Thank you for these recommendations. They're two very popular titles, indeed, and just in time for summer reading lists.

"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.



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



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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.

"KSNPN JW CUKSJCE VUPN WUDZ -
WKKJWILJCE KSXC KSN IJPWK
WDTTDZNC RJKN JCKU KSN GDJTL
IPXCFIDPKNP." — YJCTNCK BPJTN

Previous Solution: "I've realized that I'm probably just perfect and it's everybody else around me that's got issues." — Scott Disick

TODAY'S CLUE: F equals I

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.

"S'E Y UPMUCP CMRPN. ... S
XWSTG UPMUCP YNP MTP MZ BMH'K
BNPYXPXK VNPYXSMTK. ... XWPO'NP
STXPNPKXSTB YTH STXNSBLSTB."
— BCYHOK GTSBW X

TODAY'S CLUE: Z equals F

Previous Solution: "There's nothing more soul-satisfying than the first succulent bite into the juicy frankfurter." — Vincent Price

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



GRIZZWELLS



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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

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|----------------------------|---------------------------|------------------------------|------------------------------|-----------------------------------|------------------|---------------------|-------------------------|
| 030 Property Wanted | 040 Wanted to Rent | 100 Job Opportunities | 100 Job Opportunities | 145 Miscellaneous Services | 160 Music | 275 Antiques | 340 Garage Sales |
|----------------------------|---------------------------|------------------------------|------------------------------|-----------------------------------|------------------|---------------------|-------------------------|

I am looking for WOOD LOTS to buy for hunting, 30 to 200 acres. Please call or text 514-533-0149. Budget: \$500,000.

WANTED TO RENT: Small house in the country, English speaking area near Sherbrooke, suitable for a retired couple to garden. On an existing farm would be perfect. Email rjgrieve44@gmail.com or call 506-378-0603.

SEEKING LIVE-IN CAREGIVER, assist senior woman in Bromont, Quebec in private household. Keep records of daily activities, provide personal care, accompany to medical appointments, plan, prepare and serve meals, housekeeping and maintain. Room and board, vacation 1 day/month, 1st year 4% / wages. English speaking. Completion of secondary school, first aid and CPR training. Min. 2 years experience as full-time care giving home support, and related occupation. Temp. employment contract of 2 years, 40 hrs/wk, \$16.00/hr. Please send cv to sdprid22@gmail.com.

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



Job Opportunity: Intervener

Mental Health Estrie is a grassroots not-for-profit organization committed to providing information, support, education and advocacy to English-speaking caregivers and individuals affected by mental illness in Estrie.

Term: Contract position four days a week with the possibility of five.
Place of work: Sherbrooke (Borough of Lennoxville)
Job Description: Facilitation of peer support groups and one-on-one support. Social media management, management of ongoing projects.

Requirements: Bilingual - English 5/5 written & spoken, French 3/5 minimum; Diploma in Special Care Counselling or Degree in Psychology or a related field or equivalent experience; experience coordinating workshops and activities; strong skills in communications and networking; proficiency with Microsoft Office and social media (Facebook); possess a valid driver's license. Familiarity with health system / services and the regional issues of the English-speaking community in the Estrie region is an asset;

Tasks include: Field telephone calls. Provide information and referral services via telephone, email, in person and ongoing one-on-one support as needed; plan and facilitate peer support group meetings; research, plan and organize workshops. Manage: ongoing projects, website, social media, print and radio communications; maintain statistics, and prepare reports.

The successful candidate: is able to work collaboratively and autonomously; has strong organizational and time management skills; has excellent active listening skills and respects confidentiality; has an understanding of the challenges of managing life with a mental illness; is sensitive, empathetic and encouraging; is motivated, innovative, dynamic and attentive to detail.

To Apply: Send an English letter of intent, a CV, and references by **May 31st 2022** to:
Tanya Gibson, Executive Director,
Mental Health Estrie
at mhe.info@bellnet.ca.

Applications received without a letter of intent will not be retained and only those selected for an interview will be contacted. **Interviews will take place in Sherbrooke.**

STEVE L. ELKAS

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819-565-1155

2 DAY ANTIQUE AUCTION


Excellent 2-Day Live Antique Auction
from the personal collection
of Mr. Jean Gagnon from Chesterville, QC
Saturday & Sunday, May 28 & 29, 2022
at 9:30 a.m. each day
This live auction will be held at the
Richmond Community Centre
820 Gouin Street, Richmond, QC, J0B 2H0

An impressive selection of early Quebecois & Canadian antiques to include: Gameboards & checker boards; Great selection of hand carved sugar molds, butter molds & 19th century butter churns in original color & condition; Early 1800's wooden washing machine with wringer in museum quality; Dome-top wooden trunks and document boxes; Pine lift-top desks, school benches and washstands; Spinning wheels and wool winders; Primitive wooden firkins in original green & blue paint; Treenware to include: butter paddles, spoons, ladles, scoops & funnels; Blue flowered crocks; Cast iron toys and banks; Tin toys from Japan; Lovely selection of primitive cutlery boxes in original color; Artwork by Quebec painters; Large selection of framed pictures and religious prints; Wooden hand tools; Wall boxes; Salt boxes; 19th century child's wagon; 1880's American rocking horse in original paint; Brass bells & school bells and many more rare and hard to find items.

Preview: Friday, May 27 from 5-8 p.m. and starting at 8 a.m. each morning of the sale.
Debit, credit, cash & cheques with proper I.D. A 10% buyer's premium will apply to all purchases.

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NEA Crossword Puzzle

Your Birthday

SUNDAY, MAY 29, 2022

of pace will give you a chance to digest what's happening around you. Consider what you can do to make a difference, then implement necessary changes.

SAGITTARIUS (Nov. 23-Dec. 21) – Embrace life and the activities that matter to you. Encourage the people you love to participate in your plans. Handle sensitive matters carefully to avoid unnecessary spending and health risks.

CAPRICORN (Dec. 22-Jan. 19) – Make plans and don't worry about who joins in. Offer to others the same freedom you wish for yourself. A personal change you make will fetch compliments. Romance is in the stars.

AQUARIUS (Jan. 20-Feb. 19) – Don't let anyone bully you. Taking the most comfortable path will ease stress and give you the confidence to say no to anyone trying to push you in a direction you don't want to go.

PISCES (Feb. 20-March 20) – You'll thrive on change and new beginnings. Connecting with an old friend will give you plenty to think about. Don't disregard your emotions or intuition when it comes to love; do what's best for you.

ARIES (March 21-April 19) – Assess what you want to achieve, and you'll come up with a plan to help you reach your objective on time. Go full speed ahead in order to miss any chance of someone slowing you down.

TAURUS (April 20-May 20) – Emotions will surface, and discussions will lead to resolutions. Don't hold back; let others know how you feel and what you want. Clear the air, and you'll discover unexpected common ground.

Watch out for people who want to control you or make you look bad. Step into the spotlight and ward off any misconception that arises. You must set high standards and live up to your promises if you want to reap the rewards. Broaden your spectrum, and you will weaken anyone who tries to compete with you. Don't reveal personal information.

GEMINI (May 21-June 20) – Put your mark on whatever you do, otherwise someone will try to take credit for your work. Being generous is admirable, but you should think twice before giving away your secrets. Protect your health.

CANCER (June 21-July 22) – Clear your head and pitch in and help. Do your part to make your community, family or the planet a better place. Your efforts can make a difference and open a window of opportunity.

LEO (July 23-Aug. 22) – Improve your qualifications or seek out people who can offer insight into trends or help you use your attributes innovatively. Taking a fresh approach to an old method or idea will turn heads.

VIRGO (Aug. 23-Sept. 22) – Make travel, educational pursuits and personal growth your priorities. Physical and emotional changes will leave you feeling good about yourself and encourage you to try new things.

LIBRA (Sept. 23-Oct. 23) – Being a good listener and observer will help you avoid being taken advantage of. Don't be afraid to ask for what you want, and be willing to settle for what's fair. Intelligence will be a must.

SCORPIO (Oct. 24-Nov. 22) – A change

Answer to Previous Puzzle

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

- ACROSS**
- 1 Novelist — Follett
 - 4 Bit of paint
 - 7 Stroke lightly
 - 10 Paris thirst- quencher
 - 11 PC system
 - 13 Type of pasta
 - 14 Son of Val and Aleta
 - 15 Lap dog, for short
 - 16 Bard's river
 - 17 Crafty sort
 - 19 Alaskan city
 - 20 Turmoil
 - 21 Excludes
 - 23 Blackjack
 - 26 Water sprite
 - 28 Honor society letter
 - 29 Flaming
 - 30 Small amount
 - 34 Generously
 - 36 Bruce — of kung fu
 - 38 Hosp. personnel
 - 39 Fired up
 - 41 Rackets
 - 42 Reaches across
- DOWN**
- 1 Large green parrot
 - 2 Organs of hearing
 - 3 Now, to Caesar
 - 4 Fooled
 - 5 Windflower
 - 6 Tour de France vehicle
 - 7 Basketball move
 - 8 Ion sources
 - 9 Fork feature
 - 12 Office copier brand
 - 13 More wacky
- 44 Stale**
- 46 Bandleader — Kenton**
- 47 Modernized**
- 51 Helpful tip**
- 52 Tall flower**
- 53 Extinct bird**
- 55 In addition**
- 56 Shade**
- 57 Cologne conjunction**
- 58 "— Jude"**
- 59 Exec**
- 60 Dejected**

- 18 Villain's laugh
- 22 Tiny pest
- 23 IRS form expert
- 24 Resistance unit
- 25 Little swallow
- 27 Like gossip
- 29 Reynolds or Gosling
- 31 Shapiro of NPR
- 32 1980 Turner launch
- 33 Super- man's emblem
- 35 Shed (hyph.)
- 37 Washing away
- 40 Astro- naut's garb (hyph.)
- 41 Banned bug spray
- 42 Subway entrance
- 43 Bright flower
- 45 Concen- trated beam
- 46 Persian monarch
- 48 High school dance
- 49 Down Under birds
- 50 Portuguese title
- 54 Arithmetic verb

1	2	3		4	5	6		7	8	9	
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FRIDAY, MAY 27, 2022

Anticipate the danger

By Phillip Alder

Half of almost any battle is recognizing the potential dangers. Sometimes it is fatal to rush headlong down a path, however safe it appears to be. You should pause and consider the potential traps. As someone wrote many years ago, "Quidquid agas, prudenter agas, et respice finem." (Whatever you do, do cautiously, and look to the end.)

On today's deal, almost everyone would go down in six spades because they wouldn't spot the danger. Would you have seen it without the advantage of looking at all 52 cards?

South, with only three losers, was worth his strong and artificial two-club opening. North, holding 14 points, asked, "Did you say one club or two, partner?" When assured it was definitely two clubs, North gave a positive response. Then, after South showed five or more spades, North launched into Blackwood. He tabled his cards, sure that South would be claiming the slam almost immediately.

However, it didn't work out like that. Declarer won the heart lead in hand and played a trump. West won with the ace and led a second heart, East's ruff defeating the slam.

South started grumbling, suggesting North should have bid six no-trump, not six spades. North agreed, but he

		North	05-27-22
		♠	K 10 4
		♥	A Q J 7 4
		♦	J 4
		♣	K 8 2
West		East	
♠	A	♠	5 3 2
♥	10 9 8 5 3	♥	6
♦	10 9	♦	8 7 6 5 2
♣	J 9 5 4 3	♣	Q 10 7 6
		South	
		♠	Q J 9 8 7 6
		♥	K 2
		♦	A K Q 3
		♣	A
Dealer: South			
Vulnerable: Neither			
South	West	North	East
2♣	Pass	2♥	Pass
2♠	Pass	4NT	Pass
5♥	Pass	6♠	All Pass
Opening lead: ♥ 10			

pointed out that South could have played better. As a 5-1 heart break was more probable than a 6-1 diamond split (and very likely given that North had bid hearts), South should have cashed the club ace at trick two. He would have crossed to dummy with a diamond to the jack and discarded his second heart on the club king. Only then would it have been safe to lead a trump.

Friday, May 27, 2022

The Townships Outlet

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

Clear your weekend schedule: farmers' markets are back



COURTESY OF THE MARCHÉS D'ICI - LAC-BROME FACEBOOK PAGE

By Cassie MacDonell
Local Journalism Initiative

The Eastern Townships is slowly thawing, which means farmers' markets have returned for the good weather. Townshippers flock to these markets to buy local produce and spend time with the community. To get a sense of what the markets will look like in the Eastern Townships this year,

Sutton Market, Lennoxville Farmers' Market, North Hatley's Farmers' Market, and Brome Lake Farmers' Market provided a sneak peek on what to expect.

Sutton Market

Markets have been a staple in the Eastern Townships for a long time, such as the case in Sutton. Dana Cooper,

coordinator of the Sutton Market, said the market in Sutton is one of the oldest in Quebec, turning 52 years old this year.

Cooper explained the market is still going strong, and offers a mix of artists, artisans, food, and agriculture. "We'd like to keep that alive. We feel like it offers our community a bit of everything," she said.

A little bit of everything indeed, as Cooper listed off a long line of products and services that can be found at the market. Food-wise, she mentioned that the market sells products such as maple syrup, honey, mushrooms, sprouts, coffee, and Vietnamese cashews. The market also sells produce from local farmers. "Our pillars are our

CONT'D ON PAGE 3

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Top Gun Maverick on Cruise control at hyper speed in sequel 36 years in the making

By Christine Blanchette and John Moe.

From the moment Kenny Loggins' iconic 80s hit, Danger Zone began pulsating through the Dolby sound system in sync with the fighter jet opening visuals, it was like being on a ride we would enjoy for a long time. By the end of the two hour and seventeen minutes run time for Top Gun Maverick, we were surprised that much time had elapsed, it was so fun to be there.

Cruise is back, better than ever, an indefatigable example of the highest level possible in action movies, on his own version of Cruise control, never settling for anything less than the best from himself and those around him. So, how does one critique a movie that was enjoyable from start to finish? The short answer is, you don't. It was a feel-good experience that left us wanting to thank the cast and crew for allowing us to escape our world to share an adventure for the ages. With multiple storylines, subplots, and touching moments to keep you riveted, the movie barely eases off the throttle between its many spectacular action scenes, until you find yourself, along with a myriad of others, applauding at the end to a movie screen showing the credits.

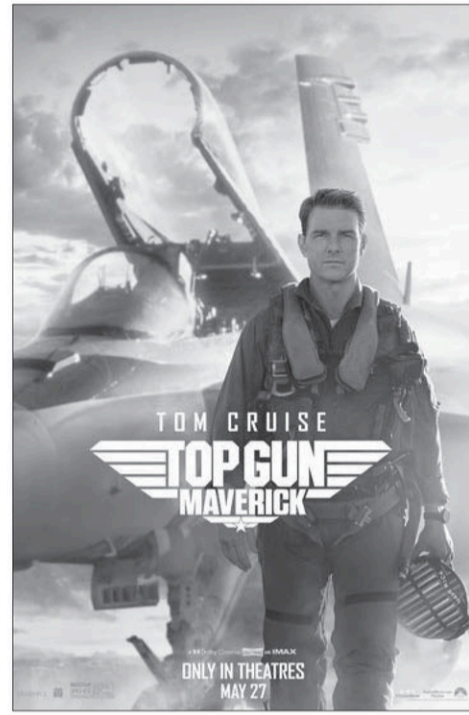
To make a sequel 36 years after

the original Top Gun, with the same star looking natural in leather, helmetless while still playfully trying to keep pace on his kawasaki with an F18 fighter jet on the nearby runway, well, it defies logic. Tom Cruise never looks out of place, never too old, not even when he finds himself teaching in a classroom and later airborne with the latest Top Gun pilots, who he is charged with training for an almost impossible mission. Indeed, while Top Gun Maverick stays true to its original style, there are exciting elements which remind one of Cruise's other great action franchise, as he is known for doing many of his own stunts while getting out of extremely tight situations.

Though it's not essential to watch the original Top Gun to stay current with the storylines of Top Gun Maverick, your viewing experience will be enhanced by knowing the historical totality of the franchise. Top Gun Maverick, which opens in theatres on Friday, May 27th, skillfully interjects flashbacks into relevant moments, effectively educating the uninitiated. Pete "Maverick" Mitchell is basically the same guy he was back in the 80s. His need for speed and his love for flying prevented him from being promoted in the Navy. Even his old rival, Lt. Tom "Ice Man" Kazansky, is an Admiral in Top Gun Maverick.

Played by Val Kilmer, the two pilots grow to develop a tight bond between them, despite Maverick still being a Captain. Kilmer's Ice Man understood that getting promoted would mean being grounded, which Maverick would never have accepted.

Miles Teller is Bradley "Rooster" Bradshaw, the embittered son of Nick "Goose" Bradshaw, who died tragically in the original Top Gun. Teller strongly resembles Anthony Edwards' Goose. Top Gun Maverick takes a deep dive into the interpersonal relationship between Maverick and Rooster. Jennifer Connolly is Penny, who has obvious history with Maverick and is mother to teen daughter, Lyliana Wray's Amelia. Together the three present a relationship which delivers some of the more humorous moments. Teller has solid support from Monica Barbaro, Glen Powell, Jay Ellis and Greg Tarzan Davis, all of them solid as Top Gun pilots. Ed Harris is entertaining as Rear Admiral Chester Cain, going through the conundrum of whether to kick Maverick out of the Navy or make him a Top Gun instructor. Other superiors, namely Jon Hamm as Adm. Beau 'Cyclone' Simpson and Charles Parnell, as Adm. Solomon 'Warlock' Bates come to similar crossroads with Maverick, who takes just about everything to the line or just over.



Skillfully directed by Joseph Kosinski, Top Gun Maverick was written by Ehren Kruger, Eric Warren Singer, and Christopher McQuarrie and produced by Jerry Bruckheimer. Essentially, Maverick needs to come to terms with his past, while dropping his fear of letting others down. He undergoes a transformation that will shape his legacy forever.

Our Rating: four stars

Hollywood has arrived at Waterloo Elementary!

For the fourth year running the five-year-old Kindergarten (K5) students of Waterloo Elementary School have been busy honing their acting skills and performing in their very own movie. The tradition, started in 2018 by Miss Natalie Barr and her team, has resulted in three amazing movies so far (the 2021 edition was canceled due to the pandemic), and has raised some important funds to support the Preschool team.

The movie project started as a way to help students with their early literacy development, but has proven to do even more, encompassing all preschool developmental

skills. Through work with teachers and parents students practice reading their lines, learn about expressing and understanding emotions, and gain appreciation for stories and storytelling.

Parents are an invaluable part of the process, running lines with their child and helping them practice reading with proper pauses and passionate intonation. Miss Natalie is aware that she and her students could never achieve the final product without the support from her K5 parents. "As a teacher I know first-hand the positive impact parents can have on their child's experience at school and their learning. With a project such as the K5 movie, the support and encouragement of these student's parents is paramount to be able to pull this all together and have such an incredible final product. It is a great way for parents to begin the educational journey with their children and we thank them very much for their support," expressed Miss Barr.

This year's movie, Adventures of Fairy Tales, features fifteen amazing actors who will portray Goldilocks, Red Riding Hood, Jack and the Beanstalk, Hansel and Gretel and Cinderella as you've never seen them before!

The world exclusive premiere will be held on June 1, 2022

at Maison de la Culture, 441 rue de la Cour, Waterloo. Tickets are \$5 and can be purchased by calling (450) 539-0162. All proceeds will go to raise funds for Preschool learning materials.

Submitted by Waterloo Elementary School

CRMagog
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

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Farmers' markets

CONT'D FROM PAGE 1

local organic farmers. They are definitely a huge draw," said Cooper.

Aside from food, the Sutton Market sells items such as wool, linens, cedar furniture, jewelry, paintings, vintage and crystal glassware, second-hand books, and even chair massages. Live music will play in the background while shoppers browse. "It's a little bit of everything," she laughed. "We've got a little vintage camper van who comes selling second-hand clothing and accessories," she added.

Copper also explained that the Sutton Market will educate people about its purpose. "(We try) to educate the population about why we say 'buy local' and why it's good for our economy and community."

Cooper finished with a nod to the Sutton community. "I love the job. I've been in this community for 15 years, and I'm all about supporting our local growers, keeping the whole scene vibrant, and getting out to socialize and get people involved."

The market takes place every Saturday between 8 a.m. and 1 p.m. for the months of June, July, August, and on September 3 on Curley Street in Sutton. For the month of May and after Labor Day, the market will run from 9 a.m. to 1 p.m.

Lennoxville Farmers' Market

The Lennoxville Farmers' Market is back, and this year has a new Board of Directors. Camille Lussier, one of five of the Lennoxville Farmers' Market Board of Directors, explained what the market means to the community. "The community can come to shop, (get) their groceries, buy local, enjoy fresh vegetables, and encourage local artists. (People can) find everything they need," said Lussier.

She reported that the Lennoxville Farmers' Market will have three vegetable growers, a winery, a bakery, a pizza-bite stand, honey, and cut flowers. "The Lennoxville Farmers Market is mainly a food market, but we have some artists as well," she added. Being located at Square Queen, which boasts a small stage, the group has

also planned for some local musicians and performances.

June 4 will mark the day of the first market, which will have a plant sale theme. "We will have a couple of different plants so people can plant them in their own garden or do a floral arrangement," said Lussier. The following Saturday, the market will be part of Lennoxville's annual Friendship Day event.

Lussier is excited for these Saturdays, and hopes the market becomes an event that the community will anticipate every week. "We are five dynamic young people, and we want to bring the market upward. We want to make it a popular occasion every Saturday morning, so everyone comes, enjoys, has food, has lunch, does their groceries, and has a good time," she said happily. Lussier is a vegetable grower from Cookshire, so she looked forward to being part of the Lennoxville community. "We have the market at heart," she added.

Extending from June 4 to Oct. 15, the Lennoxville Famers' Market will be a weekly Saturday occurrence at Square Queen, 152 Queen Street, from 10 a.m. to 1 p.m.

North Hatley's Farmers' Market

North Hatley's Farmers' Market is putting an emphasis on local culinary experiences this year.

Sofia van Zuiden, who is helping organize the market, gave more insight about what the weekly market will entail. "This year we decided to focus mainly on food, and food related products, kitchen things. There are less artisans, and there are more merchants. This could be a weekly grocery shop if you wanted it to be," van Zuiden explained. She added that attendees should expect to browse 20 to 25 vendors.

At the market, shoppers can expect to find breads, pastries, prepared food, cheese, meat, smoked fish, spices, and more. Music and artists will accompany the shopping experience.

The North Hatley Farmers' Market will be at Parc de la rivière every



PHOTOS COURTESY OF THE MARCHÉS D'ICI - LAC-BROME FACEBOOK PAGE

Saturday from 10 a.m. to 12 p.m., from June 18 to Oct. 15.

Brome Lake Farmers' Market

The Lac-Brome Farmers' Market will have around 20 producers, with products ranging from organic produce to bakery breads. "Pretty

much all the producers are from the region of Brome-Missisquoi," said Amélie Dion, representing the Brome Lake Farmers' Market.

Meat is on the menu, as Dion spoke of many different options that will be available at the market. "We have lamb, veal, chicken, rabbit, pretty much every kind of meat. Raw pieces, and also prepared food like sausages and charcuterie," she listed. Honey, wine, fruits, ciders, flowers, vegetables, smoked fish, maple water beverages, and mushrooms will also be sold.

Ready-to-eat foods, which are foods prepared so they can be consumed as-is, will be sold. Although there will occasionally be live music and activities at the market, Dion explained that the organizers want to put the spotlight on the vendors. "For us, the main focus is on the sales of the producers. It's like a workplace where they can have all the attention of their clients. But we'll punctually have special activities like bands, but not necessary every week." For example,

Renaissance Lac Brome, a conservation association, will be educating marketgoers about the importance of preserving water quality in Lac-Brome.

Visit the Brome Lake Farmers' Market every Saturday from June 4 to Oct. 8, from 8:30 a.m. to 12:30 p.m., in the parking lot of Theatre Lac-Brome.



Adopting a dog from a shelter



MARY MACLACHLAN CPDT-KA

CERTIFIED PROFESSIONAL
DOG TRAINER

PARAGON POOCH PET SERVICES

There are many good reasons to adopt a dog from a shelter or rescue organization, as opposed to getting a puppy from a breeder. The top reason is that you are saving a life. You are also freeing up space and resources for another animal in need of shelter. If you've decided to take this route to bring a dog into your family, read on to learn about where to go, what to ask, and what to expect once your new family member is safe in your home.

Choosing a shelter

A well-run animal rescue organization can better help you find the pet you wish to bring into your family in terms of physical and mental health, behaviour, and temperament. Good shelters have the animals' welfare as their top priority and they strive to place them in the most safe, caring and appropriate home environments.

Take note of the shelter staff. Are they polite, gentle with the animals, and friendly to visitors? Are they knowledgeable about the animals in their care (this can depend on how long a pet has been at the shelter)? Is the shelter over-crowded? Is it clean? Do the animals have opportunities for exercise, enrichment and socialization with people and other dogs? All these factors contribute greatly to the animals' physical and mental health while living at the shelter.

Find out what the shelter does to support adopters and help ensure a good fit with the pet. Many shelters ask adopters to complete an application form to help match the animals in their care with the most suitable family. They may also charge an adoption fee to help offset the costs of caring for the animals and running the shelter. Ask if the dogs are vaccinated, sterilized and microchipped. Have they had a health check by a veterinarian? Has a qualified trainer done a behaviour assessment to identify any needs or issues with the dog? Make sure you can get a copy of the health records and any assessments done. Ask if the shelter allows a trial period of adoption and if they will take the dog back if things don't work out. Also ask if the shelter provides adoption support such as home visits or sessions with a qualified trainer.

Some rescue organizations will have more resources than others, and may or may not be able to provide all

the services described above. Shelters should, however, ensure that they are not over stretched by taking on more animals than they can care for.

Choosing a dog

Before searching for a dog to adopt, you should have already set some criteria for the kind of dog that would be best suited to you and your lifestyle. Consider the size of the dog, energy levels, and temperament. Don't get too hung up on the breed make-up. Shelter staff often have to guess at what breeds the dogs are and there may be no way of knowing for sure. There is more variation of temperament within a breed than across breeds, so focus on the dog you see in front of you and determine if that's the dog for you or not. It's best for you and other family members to meet the dog in person to see how the dog connects with you. You want everyone to have a bit of a say in this big decision, including the dog.

If that goes well, check the dog's health records to check for recent exams, health ailments, and any medication the dog needs. Understand that the health checks done by the shelters often won't include bloodwork or allergy tests; so the information may not be complete. If a behavioural assessment was done, what behaviour problems were noted, what training does the dog have and how does the dog react to people and other dogs? If possible, ask about the dog's history including:

- Living environment - rural, urban, family with young kids, in a home or outside, other pets;
- Experience with cats - is the dog safe around cats? Each cat is different and dogs often don't behave the same in a home as they do in a shelter environment;
- Continuity - how many homes has the dog had including previous owners and fosters.

Ask questions and do your research, but also keep an open mind in terms of a dog's behaviour. Don't mistake a dog's grief for long-term behaviour issues. A dog's behaviour in a shelter won't necessarily be the same as when they are settled into a new home.

What to expect when the dog is home

Keep in mind your new dog's history and the major changes to the dog's social life, environment, and routine. Every thing will be new and strange to them. Give them time and space to find their way. Take time off work and from other commitments to be with the dog while it settles. You need to be present to develop your bond and help your dog navigate new experiences safely and smoothly.

There is a general "Rule of Three" when adopting a rescue dog:

- It takes 3 days for a new dog to get over the shock of moving homes;
- It takes 3 weeks for a new dog to get used to his new home and family, routine, rules, and boundaries;
- It takes 3 months for him to fully settle into his new life.

What's On

May 27 & 28

Rummage Sale, sponsored by St. George's Parish Guild, at St. George's Church Hall, 84 Queen St., on Friday, May 27 from 9:30 a.m. to 4:30 p.m. Bag sale on Saturday, 9 a.m. to 12 noon. Covid restrictions will be applied. Everyone welcome.

May 27, 2022

Ukraine Fundraiser Rock and Roll Dance Party (in conjunction with the Canadian Red Cross) featuring The Random Chance Band, on Friday, May 27 at Auberge Lakeview Inn, 50 rue Victoria, Lac-Brome. Tickets \$20 per person, Doors open at 7 p.m. Music begins at 8 p.m. Tickets available at the door or reserve by calling Alka 450-931-1111 or Larry 514-210-8843. Canadian Red Cross will issue a tax receipt for additional donations of \$20 or more.

May 28

Silent Auction in Georgeville on Saturday, May 28 at the Community Hall, 4680 ch. de Georgeville. Hundreds of items: art, framed prints, lamps, rugs, antiques, linens, glassware, one-of-a-kind treasures. Cash and cheques only, bring your own bags. Opens 9:30 a.m., last bids 11:30 a.m. Benefit for the 2 village churches.

May 28

Dance at the Ives Hill Hall on Saturday, May 28 from 7 p.m. to 11 p.m. Music by the Country Swingers. Refreshments available. Admission \$10. All welcome. Covid protocol in place.

May 29

You are invited to a free breakfast

conference, sponsored by The User Committee members of La Pommeraiie, at the Royal Canadian Legion, 2 Curley Street, Sutton on Sunday, May 29 from 10 a.m. to 12 p.m. There are two invited speakers, pastries and coffee. Come and learn about the many benefits of becoming a volunteer in the community. We will be waiting for you! The User Committee of the Pommeraiie.

May 31

Tea & Talk will meet in person outside on May 31 at 2pm at the Canot-Kayak Park, 220 rue Principal Sud. Bring your own lawn chair. A social afternoon for seniors in the greater Richmond/Danville community to get together. And talk! Tell a friend to make it double the fun. Contact for info: Alice Weare at 819-826-5488 or by email to richmondclc@etsb.qc.ca.

June 4 & 5

Townships Grandmother's annual plant sale!! All proceeds will go to the Stephen Lewis Foundation Grandmothers Campaign. Africa is still in the grips of not only the HIV AIDS pandemic, but now, COVID pandemic, as well. Donations of all kinds of plants are welcome - annuals, perennials, vegetables, houseplants, herbs, bulbs and seeds, etc. They may be delivered earlier, 8 rue Gagne, Sutton, or pick up is possible - call us at 450-538-5294. Selling of plants will begin on June 4 and 5 and will continue the following weekends if plants remain. Chairs will be available to sit, relax and chat with your gardening friends, and possibly there will be a cool summer drink, too. 8, rue Gagne, Sutton, 450-538-5294.



SOFIA POTANINA

Dogs may have separation-related problems that will need special training to help them overcome this fear. If a dog has not lived in a home, they may also need housetraining. Be ready to support your dog during this adjustment period to help them be happy and successful in their new life with you.

Giving a rescue dog a second chance in life can be very rewarding. Indeed, rescues are my favourite breed! As

with any adoption, you should do your due diligence in making an informed decision and preparing your home and family for meeting the various needs of your new four-legged family member.

Do you have questions or comments regarding dog behaviour or training? Are there topics you would like me to discuss in future articles? Feel free to contact me at: mary@paragonpooch.com.

A genuine country girl



COUNTRY CONNECTION
JESSIE PELLETIER

Nathalie Trepanier is a genuine country girl and there's no question of urban living for her. Her parents moved to Tingwick when she was four and she grew up surrounded by the best nature has to offer. That tranquility and serenity always made her happy and it still does.

Trepanier is a singer who also plays guitar, piano, harmonica and a little drum. From the time she was just a tiny girl, she has been exposed to a lot of music, mainly country.

"On my mother's side of the family everyone including aunts, uncles and cousins could sing and play an instrument. Any reason was good enough to throw a party. We each took turn at singing, passing the guitars around and harmonizing with the one who was performing until early morning" she said in a recent interview.

Trepanier also remembered how she would close her bedroom door and use her hairbrush as a microphone, trying to replicate the songs she was listening to. She was dreaming of a having a career in show business.

"Of course, my aunts encouraged
CONT'D ON PAGE 6



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Country girl

CONT'D FROM PAGE 1

me to sing and play guitar. My family always supported my talent as a singer and musician. I was certain that I could do this outside of my bedroom, on a stage in front of a crowd” she stressed.

It remained a dream until high school music class, where she opted to play the guitar in order to improve herself further. While the teacher was busy with other students, Trepanier who could already play guitar enough to accompany herself, would sing some songs.

“When my teacher realised that I could sing, she said it was great that I would be able to sing four songs at the end of the school year’s show. I did and my family was right there to support me again” the singer said.

She was a teenager and her taste had changed from country to soft rock. With a guitarist, she did gigs from time to time, but she was also studying to become an auxiliary nurse, so she wasn’t available often.

After obtaining her diploma, she worked in healthcare for 35 years. In fact, she has just retired at the end of 2021. She is now free to consider music her main occupation and that makes her happy.

Through the years, she took many singing classes and even classical singing lessons with famous opera singer

Dorothe Vallée. According to Trepanier, it taught her how to breathe as well as different techniques to improve her voice.

She also had the occasion to record two jingles, one for Chrysler and one for a computer company whose name has slipped her mind. She considers that those to have been a great experience.

The talented singer has a bubbly personality, she loves people and they are drawn to her. She exudes a zest for life and this is somehow contagious. She’s a bit of a perfectionist, just enough to always want to improve. She likes having fun but she can also get into a very serious conversation about changing the world and still be very comfortable. Singing allows her to share her feelings which she does it very well.

To really understand her ability to convey her emotions, you have to hear her sing “Louise,” a Bonnie Raitt number. I guess this is what they call pouring your heart out.

In her early twenties, Trepanier joined her cousin Genevieve to form the band Armagnac, which was supposed to be an all-girls band. But it turned out different.

“We had to create our repertoire, learn the songs, find the gigs and practice. We ended-up with guys in the

band. We were performing classic rock, which was far away from the country music from my childhood but that’s what it was’ she explained.

“We played the bar circuit, special events, corporative events, some festivals. We were really busy. After a while, we changed our lead guitar and the band’s name changed as well. From that time on, it was The Whizz Band. We kept a similar repertoire and for quite a while, we worked everywhere and were on the road a lot” she recalled.

The last band she played with was with her better half Yves Tremblay and two other musicians who both had the same name, Stephane Laroche, no relation. They played for happy hour in micro brasseries and bistros.

It is never easy to work full time, raise a family and be part of a band. And if you are a healthcare worker, there’s a good chance that you will work every second weekend, so all of this made it impossible for Trepanier to keep singing in a band. A gig once in a while was a better avenue for the singer who loved and missed people.

Music was always on her mind and the passion for music in her heart. Although not in the business full time, she kept honing her skills. She decided to attend a Jazz Camp two years in a row.

“I was not a jazz singer but I was persuaded that it would help me. And it did. I got out of there with a lot more confidence, a much better control of my voice. I was also more familiar with partitions and phrasing. I went back to my classic rock music with a lot more nuance, more texture in my voice” Trepanier stressed.

At one point, she was invited by Dany Boudreau to record a duet with him, but it didn’t amount to anything. Now that she’s free like a bird, she’s working on a very special project. She’s working on the possibility to sing on a cruise ship next winter. In the meantime, she keeps on doing gigs.

She likes the freedom of retirement and the kids gone. She’s free to do what she feels like doing. Like a star, she was meant to shine and she does.

Among other things, she has done several duet gigs with Richard Gelo Lepine. Slowly getting back to her roots as she has been adding some country music to her classic rock repertoire.

“I think that for a while, I forgot how much I liked country music. I have been learning new country songs and incorporating them to my actual show. I am anxious to perform this coming Friday from 6 p.m. to 10 p.m. with Gelo at The AIMG Bar in Val des Sources” she concluded.

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		The Doctors		The Price Is Right			
WPTZ	5	-	NBC5 News Today		Today				Live with Kelly and Ryan		Today 3rd Hour		Today With Hoda & Jenna			
CBMT	6	206	301	Daybreak	Dot	Dino Ranch	Kingdom	Paddington	(:16) Glowbies	Wonder			Future History	Future History		
CHLT	7	107	718	F	Salut bonjour (N) (SC)											
				M												
				T												
				W												
				Th												
WMTW	8	-	-	WMTW News 8 at 6am	Good Morning America				Live with Kelly and Ryan		Tamron Hall		The View			
CKSH	9	108	-	Romy & Bou	Ranger Rob	Sonic Boom	Agent Binky	Tom Sawyer	Belle				Ricardo	5 chefs dans		
CKMI	11	-	-	Global News Morning					The Morning Show		Property Brothers: Buying		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	-	-	Local 22 News This Morning	Good Morning America				The Drew Barrymore Show		Var. Programs	Paid Program	The View			
WUTV	30	-	-	Varied Programs		The National Desk		The National Desk		The 700 Club		Judge Mathis	Judge Jerry	Judge Jerry		
CFKS	31	106	726	F	Noovo Le Fil	Noovo Le Fil	Noovo Le Fil	Sports 30 (N)	Souper parfait	À table avec	Ça c'est drôle!	Ça c'est drôle!	(:01) "Une idylle d'automne" (2016) Rachael Leigh Cook.			
				M	Noovo Le Fil (SC)		Sports 30 (N)		Ça c'est drôle!		"Au coeur de l'amour" (2011, Drame) Ashley Williams. (SC)					
				T	Noovo Le Fil	Noovo Le Fil	Noovo Le Fil		À table avec		(:01) "Jusqu'au bout de la vérité" (2017) Hannes Jaenicke.					
				W							(:01) "Une romance sans fin" (2019, Comédie) Jen Lilley. (SC)					
				Th							(:01) "Croisière romantique" (2019) Autumn Reeser. (SC)					
WUHF	-	-	363	Good Day Rochester		Good Day Rochester		Good Day Rochester		Judge Mathis		The Wendy Williams Show	Judge Jerry	Judge Jerry		
WETK	-	-	-	Classical	World News	Molly of Denali	Wild Kratts	Elementary	Alma's Way	Curious	Daniel Tiger	Donkey Hodie	Elinor	Sesame Street	Pinkalicious	
WCFE	-	-	-	Nature Cat	Xavier Riddle	Arthur	Molly of Denali	Wild Kratts	Elementary	Alma's Way	Curious	Daniel Tiger	Donkey Hodie	Elinor		
A&E	615	520	-	Jeremiah	Joyce Meyer	Varied Programs										
CNN	500	500	-	New Day With John Berman	New Day With John Berman	New Day With John Berman			CNN Newsroom With Poppy		CNN Newsroom With Poppy		At This Hour-Kate			
DISC	520	505	F	Mayday "Fatal Delivery"		Highway Thru Hell		Highway Thru Hell		Homicide Hunter: Kenda		Homicide Hunter: Kenda		CSI: NY		
			M							Bones "The He in the She"		Bones				
			T													
			W													
			Th													
DRAMA	620	523	F	"Darrow & Darrow" (2017) Kimberly Williams-Paisley. (DVS)				Flashpoint		"Darrow & Darrow" (2017) Kimberly Williams-Paisley. (DVS)				Flashpoint		
			M	"The Winter Palace" (2022) Danica McKellar, Neal Bledsoe. (DVS)						"The Winter Palace" (2022) Danica McKellar. (DVS)						
			T	"Valentine in the Vineyard" (2019) Rachael Leigh Cook. (DVS)						"Valentine in the Vineyard" (2019) Rachael Leigh Cook. (DVS)						
			W	"Brace for Impact" (2016) Kerry Condon. (DVS)						"Brace for Impact" (2016) Kerry Condon. (DVS)						
			Th	"Run to Me" (2016, Suspense) Claire Forlani. (DVS)						"Run to Me" (2016, Suspense) Claire Forlani. (DVS)						
HIST	522	506	History Erased		Canadian Pickers		Lords of the Ocean		Timber Kings		Rust Valley Restorers		History Erased			
PARMT	628	584	Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue			
RDI	126	730	D'abord l'info		D'abord l'info		D'abord l'info		Le national		L'info maintenant					
SHOW	616	521	The Outer Limits		Lost Girl		Private Eyes		Private Eyes		Movie		Varied Programs			
SLICE	601	562	ET Canada	First Dates	Save My Reno	Save My Reno	Varied Programs				Income Property		Varied Programs			
TLC	521	560	Varied Programs													
TSN	400	400	F	(5:00) 2022 Roland-Garros Tennis Early Round Coverage, Day 6. From Roland Garros Stadium in Paris. (N) (Live)												
			M	SportsCentre	SportsCentre		SportsCentre		SportsCentre		SportsCentre		SportsCentre		SportsCentre	
			T													
			W													
			Th													
YOUTH	551	542	Sidekick	Numb Chucks	Squirrel	SpongeBob	SpongeBob	Loud House	Wayside	Squirrel	Nerds	(:40) Sidekick	Cloudy, Meat	Go Away Uni		

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	Days of our Lives	Tamron Hall	Dr. Phil	The Ellen DeGeneres Show	NBC5 News	NBC5 News					
CBMT 6	206	301	CBC News Network	Escape to the Chateau: DIY	Coronation St.	Var. Programs	Murdoch Mysteries	Call the Midwife	Varied Programs					
CHLT 7	107	718	(11:58) TVA nouvelles	Movie	TVA nouvelles	Les feux de l'amour	Top modèles	(4:58) TVA nouvelles						
WMTW 8	-	-	WMTW News 8 at Noon	GMA3-Need to Know	General Hospital	The Ellen DeGeneres Show	WMTW News 8 at 4pm	WMTW News 8 at 5PM						
CKSH 9	108	-	F	Téléjournal	Question	Bonsoir bonsoir! (DVS) (SC)	Inspecteur Lewis Le meurtre d'une jeune gardienne. (SC)	On va se le dire (SC)	Silence					
			M	Pharmachien	Une famille pour toutou (SC)	** "Le défi d'une mère" (2004, Drame) Mary-Louise Parker.								
			T	Question	Bonsoir bonsoir! (DVS) (SC)	*** "M. Holmes" (2015) Ian McKellen. (DVS) (SC)								
			W			*** "Q.I." (1994) Tim Robbins, Meg Ryan. Première. (SC)								
			Th			** "Vous allez rencontrer un bel et sombre inconnu" (2010)								
CKMI 11	-	-	Global News	ET Canada	Days of our Lives	The Talk	The Drew Barrymore Show	Carnival Eats	The Young and the Restless	Global News				
CFCF 12	205	312	CTV News Montreal	The Social	Dr. Phil	Big Bang	Big Bang	The Ellen DeGeneres Show	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	Judge Judy	Judge Judy		
WUTV 30	-	-	The Steve Wilkos Show	Maury	Maury	Judge Mathis	The People's Court	Family Feud	Family Feud	Bet Your Life	Bet Your Life	Bet Your Life		
CFKS 31	106	726	Chicago Med	Supergirl	Movie	Les Simpson	Les Simpson	Noovo Le Fil	Noovo Le Fil					
WUHF	-	363	The Steve Wilkos Show	Maury	Var. Programs	Divorce Court	Hot Bench	Hot Bench	Judge Judy	Judge Judy	The People's Court			
WETK	-	-	Dinosaur Train	Clifford-Dog	Sesame Street	Donkey Hodie	Daniel Tiger	Let's Go Luna!	Odd Squad	Varied Programs		World News		
WCFE	-	-	F	Sesame Street	Pinkalicious	Great Performances "Merry Wives" A Shakespearean comedy.	Nature (DVS)	NOVA "Ice Age Footprints" (N)	Colombia -- Wild and Free (N)					
			M			Elvis and the USS Arizona (N)	Misty-Ho Chi Minh Trail	National Memorial Day Concert 2022 (N) (DVS)	Last Ring Home	New York Now	Mountain Lake			
			T			Silent Sacrifice: Stories of Japanese American Incarceration	Alternative Facts: The Lies	American Experience Bubonic plague in San Francisco. (N)						
			W			Colombia -- Wild and Free (N)	First Civilizations (N) (DVS)	Finding Your Roots	To Be Announced	To Be Announced				
			Th			The Story of China With Michael Wood (N) (DVS)	Death in Paradise (N) (DVS)	Midsomer Murders (DVS)						
A&E	615	520	Varied Programs									The First 48		
CNN	500	500	Inside Politics With John King	CNN Newsroom-Ana Cabrera	CNN Newsroom With Alisyn	CNN Newsroom With Alisyn	The Lead With Jake Tapper	The Lead With Jake Tapper						
DISC	520	505	F	CSI: NY "Dead Reckoning" (N)	Homicide Hunter: Kenda	Homicide Hunter: Kenda	CSI: NY (N) (DVS)	CSI: NY "Dead Reckoning" (N)	Highway Thru Hell					
			M		Bones "The He in the She" (N)	Bones (N) (DVS)								
			T											
			W											
			Th											
DRAMA	620	523	Movie		Flashpoint	Varied Programs								
HIST	522	506	F	Border	Border	Forged in Fire (N) (DVS)	Alone Taking a look back. (N)	Alone The survivalists make quick decisions.	Proof-There	The UnXplained (DVS)				
			M			Rust Valley Restorers (N)	Forged in Fire (N) (DVS)	American Pickers (N)	American Pickers (N) (DVS)	American Pickers (N)				
			T					Pawn Stars "Put a Cork in It"	Pawn Stars (N) (DVS)					
			W					Forged in Fire (N) (DVS)	Forged in Fire (N) (DVS)	Forged in Fire (DVS)				
			Th					Alone The survivalists make quick decisions.	Proof-There	Engineering-World				
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 (N) (DVS)	Private Eyes (N) (DVS)	NCIS "Shooter" (DVS)	NCIS (N) (DVS)	FBI "This Land Is Your Land"	NCIS "Shooter" (DVS)					
			M			Private Eyes (N) (DVS)	Private Eyes (N) (DVS)	FBI: Most Wanted "Covenant"						
			T					NCIS: Los Angeles (N)						
			W											
			Th											
SLICE	601	562	Varied Programs	Love It or List It	Property Brothers	King	King	Varied Programs	Below Deck	Var. Programs				
TLC	521	560	Varied Programs											
TSN	400	400	SportsCentre	SportsCentre	Varied Programs	This Just In	NBA Today	NFL Live	Around/Horn	Interruption				
YOUTH	551	542	SpongeBob	Loud House	Squirrel	Ollie's Pack	Nerds	Wayside	Var. Programs	SpongeBob	SpongeBob	Loud House	Casagrandes	Danger Force

FRIDAY EVENING														MAY 27, 2022	
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)	Come Dance With Me "Musical Magic" (N) (N) (DVS)	(:01) Magnum P.I. "Judge Me Not" (N) (DVS)	Blue Bloods "Reality Check" Danny partners with Anthony.	Channel 3 News	(:35) The Late Show With Stephen Colbert (N) (DVS)					
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News	Jeopardy! (N) (N) (DVS)	Wheel of Fortune (N) (N) (DVS)	The Blacklist Red and Cooper square off. (N) (DVS)	Dateline NBC (N) (N) (DVS)	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) (DVS)					
CBMT 6	206	301	CBC Montreal News (N)	Rick Mercer Report (N)	To Be Announced	NHL Hockey Colorado Avalanche at St. Louis Blues. Western Conference Second Round, Game 6. (If necessary). (N) (Live) (DVS)	The National (N) (N) (DVS)	CBC Montreal News (N)	Exhibitionists (DVS)	Coronation Street (DVS)					
CHLT 7	107	718	(5:58) TVA nouvelles (N)	(:29) Sucré salé (N) (SC)	(6:59) Du talent à revendre (Season Finale) (N) (N)	** "Le temps d'un vol" (2012) Sam Worthington. Une négociatrice est confrontée d'un policier suicidaire. (DVS) (SC)	TVA nouvelles (N)	(:35) Sucré salé (N)	(:05) La liste noire L'unité spéciale passe à l'action. (N)	(12:05) "Soirée de jeux"					
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) (N) (DVS)	Jeopardy! (N) (N) (DVS)	Heritage	(:01) 20/20 "The Perfect Lie" A family discusses a deadly secret.	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live! (N) (DVS)					
CKSH 9	108	-	(5:59) Le téléjournal Estrie	(:31) Zone économie (N)	100 génies On s'aventure dans les extrêmes.	Galas ComediHa! 2017 (SC)	Les petits rois Adaboy et Julep tiennent le coupable.	Le téléjournal (N) (SC)	(:05) Le téléjournal Estrie	(:34) "La passion d'Augustine" (2015) Céline Bonnier.					
CKMI 11	-	-	Global National (N) (N)	(:29) Global News at 6:30	ET Canada (DVS)	Entertainment Tonight (N)	Come Dance With Me "Musical Magic" (N) (N) (DVS)	(:01) The Blacklist Red and Cooper square off. (N) (DVS)	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N) (DVS)					
CFCF 12	205	312	(5:59) CTV News Montreal (N) (N) (DVS)	Local 22 News (N)	Local 22 News (N)	Inside Edition (N) (N) (DVS)	Heritage	(:01) 20/20 "The Perfect Lie" A family discusses a deadly secret.	Local 22 News (N)	(:35) Jimmy Kimmel Live! (N) (DVS)					
WVNY 22	-	-	The Big Bang Theory (N) (DVS)	Judge Judy (N) (DVS)	Judge Judy (N) (DVS)	Family Feud (N) (DVS)	WWE Friday Night SmackDown (N) (Live) (DVS)	Fox 29 News at 10 (N)	Seinfeld "The Blood" (N) (DVS)	Two and a Half Men (N) (DVS)	Two and a Half Men (N) (DVS)				
WUTV 30	-	-	The Big Bang Theory (N) (DVS)	Judge Judy (N) (DVS)	Judge Judy (N) (DVS)	Family Feud (N) (DVS)	WWE Friday Night SmackDown (N) (Live) (DVS)	Fox 29 News at 10 (N)	Seinfeld "The Blood" (N) (DVS)	Two and a Half Men (N) (DVS)	Two and a Half Men (N) (DVS)				
CFKS 31	106	726	Souper parfait (SC)	Taxi payant (SC)	Ça c'est drôle!	** "Le nouvel agent" (2003, Suspense) Al Pacino, Colin Farrell, Bridget Moynahan. Un génie de l'informatique fait partie d'une mission. (DVS) (SC)	Noovo Le Fil 22 (N) (SC)	** "X-Files: je veux y croire" (2008) David Duchovny. Mulder et Scully poursuivent leur quête de la vérité.	DailyMailTV (N) (N) (DVS)	The Simpsons (N) (DVS)	Blast Grime Away				
WUHF	-	363	Modern Family (N) (DVS)	Young Sheldon (N) (DVS)	The Big Bang Theory (N) (DVS)	The Big Bang Theory (N) (DVS)	WWE Friday Night SmackDown (N) (Live) (DVS)	13WHAM News at 10 on Fox Rochester (N) (Live) (DVS)	DailyMailTV (N) (N) (DVS)	The Simpsons (N) (DVS)	Blast Grime Away				
WETK	-	-	PBS NewsHour (N) (N) (DVS)	BBC World News Today	BBC World News Today	Vermont This Week (N)	Washington Week (N) (N) (DVS)	Suze Orman's Ultimate Retirement Guide Planning for retirement. (N) (DVS)	Festive Europe	Amanpour and Company (N) (DVS)	BBC World News (N) (DVS)	Amanpour and Company (N) (DVS)			
WCFE	-	-	World News America	BBC World News Today	PBS NewsHour (N) (N) (DVS)	Mountain Lake Journal	New York Now (N) (DVS)	Great Performances Company comes to Broadway. (N) (DVS)	Beyond the CANVAS (N)	BBC World News (N) (DVS)	Amanpour and Company (N) (DVS)				
A&E	615	520	The First 48 "The Dark Trail" (N) (DVS)	The First 48 A 23-year-old man is shot dead. (N) (DVS)	The First 48 A tenant's eviction does not go well. (N) (DVS)	The First 48 "Monster" A detective tracks a sadistic killer. (N) (DVS)	(:01) The First 48 Detectives investigate a murder. (N) (DVS)	(:04) The First 48 A man is gunned down in his car. (N) (DVS)	(12:03) The First 48 (N) (DVS)						
CNN	500	500	Situation Room With Wolf	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	Don Lemon Tonight (N) (Live) (DVS)	Don Lemon Tonight (N) (Live) (DVS)	CNN Special Report (N) (DVS)	Newsroom						
DISC	520	505	Highway Thru Hell "Blown Away" (N) (DVS)	Heavy Rescue: 401 Mitch works with his older brother.	Street Outlaws: America's List "Point Break" Ryan gets a rerun. (N) (DVS)	Heavy Rescue: 401 Mitch works with his older brother.	Street Outlaws: America's List "Point Break" Ryan gets a rerun. (N) (DVS)	Heavy Rescue: 401 Mitch works with his older brother.	Dirty Jobs (N) (DVS)						
DRAMA	620	523	Bones Investigating a headless corpse. (N) (DVS)	Bones A U.S. senator's corpse is discovered. (N) (DVS)	Bones An escape artist's corpse is found. (N) (DVS)	Almost Paradise Alex goes undercover. (N) (DVS)	Bones Arastoo makes a significant decision. (N) (DVS)	Bones Remains are found at a fish farm. (N) (DVS)	Bones (N) (DVS)						
HIST	522	506	The UnXplained The history of burying the dead. (N) (DVS)	Ancient Aliens Exploring symbol of the keyhole. (N) (DVS)	Ancient Aliens A report on Aerial Phenomena. (N) (DVS)	The UnXplained Examining the existence of curses. (N) (DVS)	Ancient Aliens Encounters with shadowy entities. (N) (DVS)	The UnXplained The history of burying the dead. (N) (DVS)	The UnXplained (N) (DVS)						
PARMT	628	584	Ink Master Artists tattoo in difficult spots. (N) (DVS)	Ink Master Teams must tattoo epic battle scenes. (N) (DVS)	Ink Master The artists must tattoo epic battle scenes. (N) (DVS)	Ink Master The artists must use sidewalk chalk. (N) (DVS)	Ink Master The coaches face off; mermaid tattoos. (N) (DVS)	Ink Master The artists face the opposing coach. (N) (DVS)	Ink Master (N) (DVS)						
RDI	126	730	(5:55) Zone économie (N) (SC)	24/60 (N) (SC)	Les grands reportages (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	NCIS A controversial crime scene. (N) (DVS)	NCIS "Honor Thy Father" A fire on a U.S. Navy ship. (N) (DVS)	FBI A search for an abducted chemist. (N) (DVS)	** "X-Men: Apocalypse" (2016, Action) James McAvoy, Michael Fassbender, Jennifer Lawrence. Professor X and Raven battle the immortal mutant Apocalypse. (N) (DVS)	Married at First Sight "Are You In, or Are You Out?" Preparing for the final decision. (N) (DVS)	Top Chef (N) (DVS)	Top Chef (N) (DVS)						
SLICE	601	562	The King of Queens (N) (DVS)	The King of Queens (N) (DVS)	Below Deck Down Under "Prom Night" (N) (DVS)	Top Chef The chefs head to Tuscon, Ariz. (N) (DVS)	The King of Queens (N) (DVS)	The King of Queens (N) (DVS)	Married at First Sight "Are You In, or Are You Out?" Preparing for the final decision. (N) (DVS)	Top Chef (N) (DVS)					
TLC	521	560	The Family Chantel David and Annie; Tom and Emma.	The Family Chantel "Pillow Talk: Breaking Bread" (N)	90 Day Fiancé "More to Love: If I Have To Turn This Car Around" With bonus scenes. (N) (DVS)	90 Day Fiancé (N) (DVS)	90 Day: The Single Life "Pillow Talk: Tell All Part 1" (N) (DVS)	90 Day Fiancé (N) (DVS)	90 Day Fiancé (N) (DVS)	90 Day Fiancé (N) (DVS)	90 Day Fiancé (N) (DVS)				
TSN	400	400	SportsCentre (N) (Live) (DVS)	That's Hockey!	CFL Preseason Football Toronto Argonauts at Ottawa Redblacks. From TD Place Stadium in Ottawa. (N) (Live) (DVS)	SportsCentre (N) (Live) (DVS)	SportsCentre (N) (Live) (DVS)	SportsCentre (N) (Live) (DVS)	SC (N) (DVS)						
YOUTH	551	542	** "Journey to the Center of the Earth" (2008) (N)	** "Journey to the Center of the Earth" (2008) (N)	** "Journey to the Center of the Earth" (2008) (N)	Driving Me	Carnival Eats	Degrassi	Degrassi	iCarly (N) (DVS)					

Your week on TV

SATURDAY DAYTIME

MAY 28, 2022

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) (L)			Lucky Dog (E)	Innovation Nation	Mission Unstoppable	Hope in the Wild	Paid Program	We Need to Talk (N) (L)	UEFA Champions League Today (N) (L)			UEFA Champions League: Final		
WPTZ	5	-	-	Teen Kids News (N)	Ocean Mysteries	Vets Saving Pets	The Voyager	Earth Odyssey	Earth Odyssey	2022 Roland-Garros Tennis Third Round. (N) (L) (Live)			2022 Senior PGA Championship Third Round. (N) (L) (Live)					
CBMT	6	206	301	True Rainbow	Paddington	The Wonder Gang	Mighty Express (N)	(:02) PJ Masks (N)	(:17) Big Blue (N)	Bravest Knight	(:25) Molly of Denali	Our Montreal (DVS)	Absolutely Canadian (N) (L)	World Rugby Sevens Series London - Day 1.	FIVB Beach Volleyball World Tour			
CHLT	7	107	718	(6:00) Salut bonjour week-end (N) (SC)				Bien (N) (SC)	Arrive en campagne	Rénover pour louer	Le guide de l'auto	TVA nouvelles (N)	180 (N) (SC)	Infopublicité (SC)	** "Shrek 4: il était une fin" (2010) Voices of Mike Myers. (SC)		"Transformers: la face cachée de la lune"	
WMTW	8	-	-	Good Morning America (N) (L)		Good Morning America (N) (L)		Wildlife Nation	oh baby! (N) (L)	Hearts of Heroes	Free Enterprise	AAA Benefits	Retire Now TV	Identity Theft	Skin Care	Relief	Skin Care	WNBA Basketball: Aces at Sky
CKSH	9	108	-	Transylvanie	(:29) Sous les mers	14 mille millions	(:29) Van-Lab (N)	Famille magique	Organisation	Ricardo (SC)	5 chefs dans	Téléjournal	CHSLD: au front (N)	Cinecittà, de Mussolini à la Dolce Vita (N)	Joanna Joanna et son mari sont interrogés.		Les enquêtes de Vera "Voix silencieuses" (L)	
CKMI	11	-	-	Fish'n Canada	Instill the Catch	Paid Program	Fishful Thinking	Donut Showdown	Paid Program	Paid Program	The Wealthy	Save My Reno	Entertainment Tonight (N) (L)	** "Love on Harbor Island" (2020, Romance) Morgan Kohan, Marcus Rosner. (DVS)		Fire Masters (L)	Seinfeld (L)	
CFCF	12	205	312	CTV Your Morning Weekend (N) (L)		Operation Smile (L)		Paid Program	Paid Program	Written Canada	Moneytalk (N) (L)	Holmes on Homes "Brick-A-Brack" (L)	*** "Hitch" (2005) Will Smith. Premiere. A smooth-talker helps a shy accountant woo an heiress. (L) (DVS)			WNBA Basketball: Aces at Sky		
WVNY	22	-	-	Good Morning America (N) (L)		Good Morning America (N) (L)		Free Pans	Free Pans	Under Eye Bags?	Paid Program	Free Pans	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	WNBA Basketball: Aces at Sky
WUTV	30	-	-	Cindy Crawford's Skin-care Secrets		Forgetful? Try THIS trick!		Skin Care	Emeril Forever Pans	5 Makeup Tips 4 You	Identity Theft	Raw Travel (L)	Alopecia Secrets	** "The Love Letter" (1999, Romance) Kate Capshaw, Blythe Danner, Ellen DeGeneres.			"Dreamer: Inspired by a True Story" (2005)	
CFKS	31	106	726	Nouveau décor,	D'inventable à for	Noovo Le Fil week-end (N) (SC)		RPM La nouvelle Honda Civic 2022.	RPM plus Des voitures anciennes. (SC)			Infopublicité (SC)	Infopublicité (SC)	La famille est	SPCA en action	** "Robin des bois" (1991) Patrick Bergin. Un hors-la-loi prend la défense des villageois.		
WUHF	-	-	363	Xploration Space	Awesome Planet	Second Chance	Xploration DIY Sci	Skin Care	Emeril Forever Pans	5 Makeup Tips 4 You	Identity Theft	The National Desk (N) (Live)	Go Nitro (L)	Go Nitro (L)	Judge Judy (L)	Judge Judy (L)	** "Becoming Jane" (2007) Anne Hathaway.	
WETK	-	-	-	(7:00) The Collagen Diet With Dr. Josh Axe		Outdoor Journal	MotorWeek (N)	Epic Trails	Greener World	Kimball's Milk Street	Welcome-Farm	Test Kitchen	Cook's Country	Woodsmith	This Old House (L)	This Old House (L)	Antiques Roadshow (L) (Part 3 of 3)	Ken Burns-Civil
WCFE	-	-	-	Hero Elementary	Alma's Way	Curious George	Daniel Tiger	Weekend-Yank	Greener World	This Old House (L)	Ask This Old House	Kimball's Milk Street	Sara's Weeknight	Project Fire	Lidia's Kitchen (L)	Kevin Belton's Cook	Cook's Country	Test Kitchen
A&E	615	520	-	Zombie House Flipping "Catalpa" (L)		Zombie House Flipping "The Speed Flip"		Zombie House Flipping (L)	Zombie House Flipping "Bradley" (L)	Zombie House Flipping (L)	Lakefront Luxury (L)	Lakefront Luxury (L)	Accused: Guilty or Innocent? (L)		*** "The Shawshank Redemption" (1994, Drama) Tim Robbins, Morgan Freeman. (L) (DVS)			
CNN	500	500	-	New Day We		Smerconish (N) (L)		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		
DISC	520	505	-	Mayday Tragic story from the Vietnam War.		Mayday Plane in the Mediterranean.		Mayday Adam Air Flight 574.		Mayday American Eagle Flight 41-84.		North Woods Law (DVS)		North Woods Law "Glen vs. Wild"		North Woods Law A severed finger is found.		
DRAMA	620	523	-	Chicago P.D. "My Way" (DVS)		Chicago P.D. "The Docks" (DVS)		Chicago P.D. "A Beautiful Friendship" (L)		Chicago P.D. Burgess meets her new partner.		Chicago Fire "Warm and Dead" (L)		Chicago Fire "A Little Taste" (DVS)		Chicago Fire "Nazdarovya!" (DVS)		Chicago Fire "Viral" (L) (DVS)
HIST	522	506	-	Paid Program (L)	Paid Program (L)	Salvage Kings "Snowball's Chance" (L)		Rust Valley Restorers "The Naked Truth" (L)		Rust Valley Restorers Mike plans an auction.		Pawn Stars An epic Star Wars collection.		Forged in Fire (L)		Forged in Fire "M1905 Springfield Bayonet"		Pawn Stars "Sci Fi Finds" (DVS)
PARMT	628	584	-	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Yellowstone "Daybreak" A ranch owner defends his land. (L)			(:10) Yellowstone Jamie meets with the governor. (L)			(:19) Yellowstone "No Good Horses" (L)		(:24) Yellowstone "The Long Black Train"		(:23) Yellowstone
RDI	126	730	-	D'abord l'info (N) (SC)		D'abord l'info (N)		L'info maint-tenant (N)	L'info maint-tenant (N)	L'info maint-tenant (N)	L'info maint-tenant (N)	Téléjournal	Téléjournal	Le national	L'info maint-tenant (N)	L'info maint-tenant (N)	L'info maint-tenant (N)	L'info maint-tenant (N)
SHOW	616	521	-	"Dying to Be You"		** "Warcraft" (2016, Fantasy) Travis Fimmel, Paula Patton. A king, a warrior and a wizard battle hulking orc invaders. (L) (DVS)				** "Batman v Superman: Dawn of Justice" (2016, Action) Ben Affleck, Henry Cavill. Batman embarks on a personal vendetta against Superman. (L) (DVS)				** "X-Men: Apocalypse" (2016) (L)				
SLICE	601	562	-	Paid Program (L)	Paid Program (L)	Paid Program (L)	Paid Program (L)	Top Chef The chefs head to Tucson, Ariz.		*** "Hitch" (2005) Will Smith. A smooth-talker helps a shy accountant woo an heiress. (L) (DVS)			** "Just Go With It" (2011) Adam Sandler. A man's careless lie spins out of control. (L) (DVS)					
TLC	521	560	-	My Addiction	My Addiction	My Addiction	My Addiction	My 600-Lb. Life "Lucas' Journey" (L)			My 600-Lb. Life "Isaac's Journey" Isaac learns to take care of himself. (L)			90 Day: The Single Life (L)		90 Day: The Single Life (L)		
TSN	400	400	-	(5:00) 2022 Roland-Garros Tennis Early Round Coverage, Day 7. From Roland Garros Stadium in Paris. (N) (Live)						2022 Roland-Garros Tennis Early Round Coverage, Day 7. From Roland Garros Stadium in Paris. (N) (Live)								
YOUTH	551	542	-	Sponge.	Sponge.	Patrick	LEGO City	Croods	Loud	Dragons	Casagran	*** "Stuart Little 2" (2002) Geena Davis. (L)			Squirrel	Cloudy	Sponge.	Sponge.

SATURDAY EVENING

MAY 28, 2022

Bell	Star	4 PM	4:30	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM		
WCAX	3	-	-	(3:00) UEFA Champions League Final: Liverpool vs Real Madrid.		PGA Tour Golf Charles Schwab Challenge, Third Round. (N)		Channel 3 News	Carcass	Magnum P.I. "Those We Leave Behind" (L)	Blue Bloods "On the Arm" (DVS)	48 Hours (N) (L)		Channel 3 News	Friends (L)	The Song "Styx" (L)				
WPTZ	5	-	-	Senior PGA	Track and Field Prefontaine Classic. From Eugene, Oregon. (N)	NBC5 News at 6	Nightly News	Jeopardy! (L)	Wheel of Fortune	Transplant "Scars" (N) (L)	Dateline NBC (L)	NBC5 News		(:29) Saturday Night Live (L)						
CBMT	6	206	301	Track and Field Wanda Diamond League - Eugene. From Eugene, Oregon. (L)			CBC Montreal	Hockey Night	NHL Hockey Second Round: Teams TBA. (N) (L) (Live)			To Be Announced			Just for Laughs					
CHLT	7	107	718	(3:09) ** "Transformers: la face cachée de la lune" (2011) Shia LaBeouf. (DVS) (SC)			TVA Nouvelles (N)	* "Pixels" (2015, Comédie) Adam Sandler, Kevin James, Michelle Monaghan. (DVS) (SC)			(:32) ** "Warcraft" (2016) Travis Fimmel. Un roi et un guerrier puissant défendent le monde d'Azeroth.			(:03) TVA Nouvelles	(:33) ** "Nom de code: novembre"					
WMTW	8	-	-	WNBA Basketball: Aces at Sky		Paid Program	Homes & Estates	WMTW News 8	World News	Wheel of Fortune	Jeopardy! (L)	America's Funniest Home Videos (L)	Shark Tank An approach to skin care.		The Rookie The team races to stop bombs.		WMTW News 8	Castle "Kick the Ballistics" (L)		
CKSH	9	108	-	(3:00) Les enquêtes de Vera (L) (SC)		La semaine verte (N) (SC)		Téléjournal Estrie	Lâcher prise	Les enfants de la télé (SC)	Pour exporter "Pier-Luc Funk" (N)	Enquêtes à Morecambe (N)	Le télé-journal	Doc humanité (DVS) (SC)	The Twilight Zone, la quatrième dimension					
CKMI	11	-	-	(3:30) Fire Masters	Property Brothers "Carson & Leah"	Carnival Eats	Global News at 6	Global National	ET Canada Weekend (N) (L)	The New Reality (N)	Border Security	Private Eyes "Six Feet Blunder"	Ransom A sociopath targets diabetics. (L)	Global News		(:29) Saturday Night Live (L)				
CFCF	12	205	312	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	CTV News Montreal (N) (L)	W5 Controversy of girls transitioning. (L)	"No Good Deed" (2020) Michelle Borth, Mark Rendall. Premiere. (L) (DVS)		Highway Thru Hell "Blown Away" (L)		News-Rinaldo	CTV News Montreal	Big Bang Theory				
WVNY	22	-	-	WNBA Basketball: Aces at Sky		Paid Program	Paid Program	World News	Local 22 News (N)	Paid Program	Paid Program	America's Funniest Home Videos (L)	Shark Tank An approach to skin care.	The Rookie The team races to stop bombs.		Local 22 News (N)	Weather Gone Viral			
WUTV	30	-	-	"Dreamer: Inspired by a True Story"		The National Desk		Big Bang Theory	Big Bang Theory	MLB Baseball Philadelphia Phillies at New York Mets. From Citi Field in Flushing, N.Y. (N) (L) (Live)			Fox 29 News	Big Bang Theory	I Can See Your Voice (L) (DVS)	Paid Program				
CFKS	31	106	726	(:15) ** "Le temps n'est rien" (2009, Drame sentimental) Rachel McAdams, Eric Bana. Premiere. (SC)			*** "Le jeu de l'imitation" (2014) Benedict Cumberbatch, Keira Knightley. Premiere. (DVS) (SC)			* "Le garçon d'à côté" (2015) Jennifer Lopez, Ryan Guzman. Premiere. (DVS) (SC)			(:05) *** "La main qui berce l'enfant" (1992) (DVS) (SC)							
WUHF	-	-	363	(3:00) ** "Becoming Jane" (2007) Anne Hathaway. (L)		Rochester Press Box	National Cherry Blossom Festival (L)	MLB Baseball Philadelphia Phillies at New York Mets. From Citi Field in Flushing, N.Y. (N) (L) (Live)	News at 10			Game Time	I Can See Your Voice (L) (DVS)	National Desk						
WETK	-	-	-	(3:30) Ken Burns: The Civil War The Civil War 25th anniversary.		PBS News Weekend	As Time Goes By	Keep-Appear	Still Open All Hours	Upstart Crow (L)	Father Brown "The Final Devotion" (L)	Death in Paradise (L)		The Seaside Hotel	Austin City Limits (L)	Front Row Boston (L)				
WCFE	-	-	-	Antiques Roadshow (L) (Part 3 of 3)		Real Road Adv	R. Steves' Europe	Scenic Railway	PBS News Weekend	Mountain Lake	New York Now (L)	Midsomer Murders "Let Us Prey" (L)	Endeavour on Masterpiece Racial tensions escalate in Oxford.		(:37) Silent Witness (L) (Part 2 of 2)	Austin City Limits (L)				
A&E	615	520	-	(2:00) "The Shawshank Redemption"		*** "John Wick: Chapter 2" (2017, Action) Keanu Reeves. Legendary hit man John Wick takes on deadly killers in Rome. (L) (DVS)			*** "John Wick: Chapter 3 - Parabellum" (2019) Keanu Reeves. Hit man John Wick battles the world's top assassins. (L) (DVS)			(:04) *** "John Wick" (2014, Action) Keanu Reeves. (L) (DVS)								
CNN	500	500	-	CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		The Seventies (L)		The Eighties (L)						
DISC	520	505	-	North Woods Law "Best of Bronson"		Deadliest Catch: Bloodline		Deadliest Catch "Brother in the Bight"		Scrap Kings "Barny Bats" (N)		The Guild Garage	The Guild Garage	Texas Metal "Mom-Ster Truck" (N)	North Woods Law (DVS)	North Woods				
DRAMA	620	523	-	Chicago Med "Us" (L) (DVS)		Chicago Med "Hearts" (L)		Chicago Med "Inheritance" (DVS)		Chicago Med "Disorder" (DVS)		Walker Liam contemplates a career move.		Walker Hoyt comes home from prison. (L)		Walker "A Tale of Two Families" (L)		Chicago P.D. "My Way" (DVS)	Chicago P.D. (L)	
HIST	522	506	-	American Pickers (L) (DVS)		American Pickers "Big Tex" (L)		The Food That Built America (L)		The Fast History of		Alone "Drop Shock" The survivalists make quick decisions. (L)		History's Greatest Mysteries (L)		History's Greatest Mysteries (L)		S.W.A.T. "Good Cop" (L) (DVS)	S.W.A.T. (L) (DVS)	
PARMT	628	584	-	(3:23) Yellowstone	Yellowstone "The Remembering" (L)	(:27) Yellowstone (L)		(:31) Yellowstone The heat turns up on Rip.		Yellowstone "The Unravelling: Pt. 2" (L)		Yellowstone "A Thundering" (L)		Yellowstone "New Beginnings" (L)		Yellowstone "The Reek of Desperation" (L)		Yellowstone "Only Devils Left" (L)		
RDI	126	730	-	L'info	Arrêt culturel	Le télé-journal	L'épicerie (N) (SC)	Le télé-journal	Découverte à la défense des géants. (N)	(:31) Le national		(:01) Les grands reportages (SC)		Le télé-journal	Le télé-journal	Le télé-journal	Le national (N)	Le national (N)	Journal France 2	Le télé-journal
SHOW	616	521	-	(3:00) ** "X-Men: Apocalypse" (2016, Action) James McAvoy. (L) (DVS)		** "Warcraft" (2016, Fantasy) Travis Fimmel, Paula Patton. A king, a warrior and a wizard battle hulking orc invaders. (L) (DVS)				** "Batman v Superman: Dawn of Justice" (2016) Ben Affleck, Henry Cavill. Batman embarks on a personal vendetta against Superman. (L) (DVS)										
SLICE	601	562	-	*** "Hitch" (2005) Will Smith. A smooth-talker helps a shy accountant woo an heiress. (L) (DVS)				** "Just Go With It" (2011) Adam Sandler. A man's careless lie spins out of control. (L) (DVS)				** "We're the Millers" (2013) Jennifer Aniston. A dealer goes to Mexico with a fake family to score drugs.				*** "Hitch" (2005) Will Smith. (L)				
TLC	521	560	-	90 Day: The Single Life (L)		90 Day Diaries "Indecent Proposal" (L)		90 Day Diaries "The Perfect Storm" (L)		90 Day Fiancé David and Annie watch. (L)		90 Day Fiancé (L)		90 Day Fiancé (L)		90 Day Fiancé (L)		90 Day Fiancé (L)		
TSN	400	400	-	(1:00) 2022 Roland-Garros Tennis Early Round Coverage, Day 7. (N) (Live)				SportsCentre (N) (Live)		MLS Soccer Chicago Fire FC at Toronto FC. From BMO Field in Toronto. (N) (Live)				MLS Soccer Vancouver Whitecaps FC at Sporting Kansas City. (N) (Live)						
YOUTH	551	542	-	Sponge.	Sponge.	Dragons	Warped!	* "Annie" (2014, Children's) Jamie Foxx. (L) (DVS)			* "Annie" (2014, Children's) Jamie Foxx. (L) (DVS)			The Hardy Boys (L)		iCarly				

Your week on TV

SUNDAY DAYTIME			MAY 29, 2022														
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	WNBA Basketball Phoenix Mercury at Atlanta Dream. (N) (LIVE)	PGA Tour Golf Charles Schwab Challenge, Final Round. (N) (LIVE)								
WPTZ	5	-	-	NBC5 VT City Marathon Coverage (N)			NBC 5 In Depth	Soledad O'Brien	IndyCar Series Pre Race (N) (LIVE)	2022 Indianapolis 500	The 106th running of the Indianapolis 500. (N) (LIVE)						
CBMT	6	206	301	Coronation Street (N)	Coronation Street (N)	Coronation Street (N)	Coronation Street (N)	Coronation Street (N)	Coronation Street (N)	Rosemary Barton Live (N) (LIVE)	Our Montreal (SC)	Maamuitau	Exhibitionists (N)	Junior Baking Show (N) (LIVE)	FIVB Beach Volleyball World Tour		
CHLT	7	107	718	(6:00) Salut bonjour week-end (N) (SC)			"Au nom de la terre" (2019, Drama) Guillaume Canet, Veerle Baetens. Premiere. (SC)			TVA nouvelles (N)	La victoire de l'amour	Bien (SC)	Infopublicité (SC)	** "Les schtroumpfs: le village perdu" (2017, Enfants) Voices of Demi Lovato. (SC)			
WMTW	8	-	-	Good Morning America (N) (LIVE)	This Week W/ George Stephanopoulos		Soledad O'Brien	TOTAL MAINE	Outback Adv	Hearts of Heroes (EI)	Teen Kids News (N)	Made in Hollywood	Heart of a Missionary: The Story	Meet Blink	Skin Care	Relief	Formula 1 Racing
CKSH	9	108	-	Transylvanie	Sous les mers	Makinium (N) (SC)	(:44) Onival (N)	(9:59) Le jour du Seigneur (N) (SC)	Les coulisses du pouvoir (N) (SC)	Téléjournal	La semaine verte (SC)	L'épicerie (SC)	La main à la pâte (N)	La main à la pâte (N)	Les nouvelles enquêtes de Miss Fisher		
CKMI	11	-	-	Holmes Makes It Right "Building Castles"	Paid Program	Paid Program	Joel Osteen (N)	Paid Program	The West Block (N)	The New Reality	Rust Valley Restorers "Rustang to Mustang"	ET Canada Weekend (SC)	** "The Evil Twin" (2021, Suspense) Emily Piggford, Ish Morris, Cory Lee. (DVS)				
CFCF	12	205	312	etalk (N) (LIVE)	Operation Smile (N) (LIVE)	Paid Program	Paid Program	Church of the Rock	Question Period (N) (LIVE)	Heavy Rescue: 401 (N) (LIVE)	Hellfire Heroes "Miracles and Mayhem" (N) (LIVE)	** "Hancock" (2008, Action) Will Smith, Charlize Theron, Jason Bateman. (LIVE) (DVS)					
WVNY	22	-	-	Good Morning America (N) (LIVE)	This Week W/ George Stephanopoulos		What Matters	Paid Program	Free Pans	Paid Program	Paid Program	Blair Underwood	Free Pans	Paid Program	Skin Care	Paid Program	Formula 1 Racing
WUTV	30	-	-	The Ernest Angley Hour	FOX News Sunday (N) (LIVE)	Sharyl Attkisson	The Key of David	Paid Program	Under Eye Bags?	Two and a Half Men	Two and a Half Men	Raw Travel Ftb.	United by Ftb.	USFL Football Birmingham Stallions vs Pittsburgh Maulers. (N) (LIVE)			
CFKS	31	106	726	D'historique à magnifique (SC)	Noovo Le Fil week-end (N) (SC)	RPM La Polestar 2 présentée par Samuel.	RPM plus Un moteur de Honda. (N) (SC)	Infopublicité (SC)	Infopublicité (SC)	Flashpoint Sam est enlevé. (N) (SC)	*** "Interstellaire" (2014, Science-fiction) Matthew McConaughey, Anne Hathaway. (SC)						
WUHF	-	363	-	Science Now (SC)	Alopecia Secrets	FOX News Sunday (N) (LIVE)	Sharyl Attkisson	Rochester Press Box	Go Nitro (SC)	Outdoorsman	Paid Program	Paid Program	Rochester Press Box	United by Ftb.	USFL Football Birmingham Stallions vs Pittsburgh Maulers. (N) (LIVE)		
WETK	-	-	-	Hero Elementary	Alma's Way	Curious George	Daniel Tiger	Donkey Hodie	Mister Chris	Weekend-Yank	Vermont This Week	Death in the Wilderness: A Love Story		Great Performances Company comes to Broadway. (N) (LIVE)		The Big Band Years (My Music Presents) Big Band hits. (LIVE)	
WCFE	-	-	-	Arthur (EI)	Wild Kratts (SC)	Washington Week	Canada Files (N)	Mountain Lake	New York Now (SC)	Samantha	Weekend-Yank	NOVA Prehistoric footprints in New Mexico.	"Last Ring Horn" (DVS)	The War Bad news; Ardennes counterattack. (LIVE) (DVS)	The War (LIVE)		
A&E	615	520	-	Flipping Down South (N) (LIVE)	Triple Digit Flip (N) (LIVE)	Triple Digit Flip (N) (LIVE)	**** "The Shawshank Redemption" (1994, Drama) Tim Robbins. An innocent man goes to a Maine penitentiary for life in 1947. (LIVE)				*** "The Green Mile" (1999, Drama) Tom Hanks, David Morse. (LIVE)						
CNN	500	500	-	Inside Politics	State of Union	Fareed Zakaria GPS	Reliable Sources Brian	State of Union	Fareed Zakaria GPS	CNN Newsroom	CNN Newsroom						
DISC	520	505	-	Mighty Cruise Ships "Marina"	Mighty Cruise Ships (DVS)	Mighty Cruise Ships Luxurious cruise ship.	Mighty Cruise Ships "AIDAnova"	Lone Star Law "Guns and Meth"	Lone Star Law "Wild Riders" (DVS)	Lone Star Law "No License to Kill"	Lone Star Law "Hunter Games" (DVS)						
DRAMA	620	523	-	Chicago Med "Hearts" (N) (LIVE)	Chicago Med "Inheritance" (DVS)	Chicago Med "Disorder" (N) (LIVE)	Walker Liam contemplates a career move.	Walker Hoyt comes home from prison. (N) (LIVE)	Walker The days surrounding Emily's death.	CSI: Crime Scene Investigation (N) (LIVE)	CSI: Crime Scene Investigation (N) (LIVE)						
HIST	522	506	-	Paid Program (N) (LIVE)	Paid Program (N) (LIVE)	American Pickers "Booms & Busts" (N) (LIVE)	American Pickers "Fiddles and Picks" (N) (LIVE)	The Fast History of	Alone Taking a look back. (N) (LIVE)	Alone "Drop Shock" The survivalists make quick decisions. (N) (LIVE)	Lost Gold of the Aztecs (N) (LIVE)	Lost Gold of the Aztecs "Buried Below" (N) (LIVE)					
PARMT	628	584	-	Bar Rescue "Bar Over Troubled Water" (SC)	(8:58) Bar Rescue A riverside bar in Florida.	Yellowstone Kayce tracks down evidence.	(:05) Yellowstone "Blood the Boy" (SC)	(:15) Yellowstone Tensions escalate between the families. (SC)	(:24) Yellowstone John and Rip seek revenge.	(:32) Yellowstone "Enemies by Monday"	(:36) Yellowstone						
RDI	126	730	-	D'abord l'info (N) (SC)	D'abord l'info (N) (SC)	L'info maintenant	L'info maintenant	Les coulisses du pouvoir (N) (SC)	Téléjournal	Téléjournal	La parole aux	L'info maintenant	L'info maintenant	L'info maintenant	L'info maintenant	L'info maintenant	L'info maintenant
SHOW	616	521	-	"College Datin"	"Cold Spring" (2013) Sean Patrick Flanery. Roy and Sara's marriage is heading for divorce. (LIVE)	** "G.I. Joe: Retaliation" (2013, Action) Dwayne Johnson, Bruce Willis, Channing Tatum. (LIVE) (DVS)		FBI: International "Left of Boom" (N) (LIVE)	FBI: International "Left of Boom" (N) (LIVE)	FBI: "Kayla" A retired agent is shot. (N) (LIVE)	NCIS: Hawaii "Switchback" (DVS)						
SLICE	601	562	-	Paid Program (N) (LIVE)	Paid Program (N) (LIVE)	Paid Program (N) (LIVE)	Paid Program (N) (LIVE)	** "Just Go With It" (2011) Adam Sandler. A man's careless lie spins out of control. (LIVE) (DVS)	** "Maid in Manhattan" (2002) Jennifer Lopez. A politician mistakes a hotel maid for a wealthy woman. (LIVE)	** "The Back-up Plan" (2010) (LIVE)							
TLC	521	560	-	My 600-Lb. Life: Where Are They Now?	Unexpected "What You Do Is Not Hard"	Unexpected Emersyn leaves Erica's home.	Unexpected Kylen gives birth. (LIVE)	Little People, Big World (N) (LIVE)	Little People, Big World (N) (LIVE)	90 Day: The Single Life (N) (LIVE)	90 Day: The Single Life (N) (LIVE)						
TSN	400	400	-	(5:00) 2022 Roland-Garros Tennis Round of 16. From Roland Garros Stadium in Paris. (N) (LIVE)													
YOUTH	551	542	-	Sponge.	Sponge.	Loud	Loud	*** "Stuart Little 2" (2002) Geena Davis. (LIVE)	* "The Nut Job" (2014) Voices of Will Arnett. (LIVE)	Barbie	Cloudy	Sponge.	Sponge.				

SUNDAY EVENING			MAY 29, 2022																
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	-	-	(2:00) PGA Tour Golf Charles Schwab Challenge, Final Round. (N) (LIVE)			Channel 3 News	60 Minutes (N) (LIVE)	The Equalizer (N) (LIVE)	NCIS: Los Angeles "A Land of Wolves" (N) (LIVE)	S.W.A.T. "Crisis Actor" (N) (LIVE)	Channel 3 News	Investigate TV	Game Time					
WPTZ	5	-	-	2022 Senior PGA Championship Final Round. (N) (LIVE)			NBC5 News at 6	Nightly News	Weakest Link (N) (LIVE)	Weakest Link (N) (LIVE)	American Ninja Warrior	Twelve female competitors face off. (N) (LIVE)		NBC5 News	Soledad O'Brien	Castle (N) (LIVE)			
CBMT	6	206	301	World Rugby Sevens Series	To Be Announced	When Calls the Heart "The Dance" (N) (LIVE)	NHL Hockey Second Round: Teams TBA. (N) (LIVE)	Just for Laughs	The National (N) (LIVE)	CBC Montreal	Maamuitau (N) (LIVE)	Free Reins (N) (LIVE)							
CHLT	7	107	718	(3:47) ** "Alvin et les Chipmunks: la suite" (2009) (SC)	Poule-oeufs	TVA Nouvelles (N)	Les gags (N) (SC)	Vlog (N) (SC)	LOL :- (N) (SC)	*** "Une étoile est née" (2018) Bradley Cooper. Une vedette de musique country tombe en amour. (DVS) (SC)	(:45) TVA Nouvelles	(:15) L'île fantastique Une animatrice a une envie de manger. (N)							
WMTW	8	-	-	(3:30) Formula 1 Racing Monaco Grand Prix. From Circuit de Monaco in Monaco. (SC)	WMTW News 8 at	World News	America's Funniest Home Videos (N) (LIVE)	Celebrity Family Feud (N) (LIVE)	Celebrity Family Feud (N) (LIVE)	The \$100,000 Pyramid (N) (LIVE)	WMTW News 8	Soledad O'Brien	Major Crimes						
CKSH	9	108	-	Les nouvelles enquêtes de	Les chefs! Une entrée de poisson.	Téléjournal	Découverte (SC)	Les poilus (N)	L'autre midi à la table d'à côté (N)	Les soirées carte blanche	Le télé-journal	(:35) Tout simplement country (N) (SC)	(:35) "Un beau soleil intérieur" (2017) (SC)						
CKMI	11	-	-	Property Brothers "Tom & TJ"	48 Hours (N) (LIVE)	Global News at 6	Global National	60 Minutes (N) (LIVE)	The Equalizer (N) (LIVE)	NCIS: Los Angeles "A Land of Wolves" (N) (LIVE)	S.W.A.T. "Crisis Actor" (N) (LIVE)	Global News	The West Block	Global National					
CFCF	12	205	312	Seinfeld (N) (LIVE)	Seinfeld (N) (LIVE)	Big Bang Theory	Big Bang Theory	CTV News Montreal (N) (LIVE)	Corner Gas	Corner Gas	MasterChef (N) (LIVE)	Gordon Ramsay's Road Trip Gordon Ramsay travels through Europe. (N) (LIVE)	News-Rinaldo	CTV News Montreal	Big Bang Theory				
WVNY	22	-	-	(3:30) Formula 1 Racing Monaco Grand Prix. From Circuit de Monaco in Monaco. (SC)	World News	Local 22 News (N)	America's Funniest Home Videos (N) (LIVE)	Celebrity Family Feud (N) (LIVE)	Celebrity Family Feud (N) (LIVE)	The \$100,000 Pyramid (N) (LIVE)	Local 22 News (N)	Graham Bensinger	Graham Bensinger						
WUTV	30	-	-	USFL Football: Stallions vs Maulers	NASCAR RaceDay (N) (LIVE)	NASCAR Cup Series Coca-Cola 600. (N) (LIVE)	NASCAR Cup Series Coca-Cola 600. (N) (LIVE)	NASCAR Cup Series drivers invade Charlotte Motor Speedway for the	Fox 29 News	The National Desk	Big Bang Theory								
CFKS	31	106	726	(2:00) *** "Interstellaire" (2014) Matthew McConaughey.	(:25) "L'empereur de New York" (2014) Robin Williams.	(:15) *** "Course Express" (2012) Joseph Gordon-Levitt, Michael Shannon. (DVS) (SC)	(:10) ** "Chapeau noir" (2015) Chris Hemsworth. Un détenu traque un puissant réseau de cybercriminalité.	(:40) "Quand le piège se referme..." (2017)											
WUHF	-	363	-	USFL Football: Stallions vs Maulers	NASCAR RaceDay (N) (LIVE)	NASCAR Cup Series Coca-Cola 600. (N) (LIVE)	NASCAR Cup Series drivers invade Charlotte Motor Speedway for the	News at 10	Big Bang Theory	Big Bang Theory	Paid Program								
WETK	-	-	-	Big Band Yrs	Aging Backwards 2: Connective Tissue	PBS News Weekend	Asian Americans "Breaking Through"	Midsomer Murders "Let Us Prey" (SC)	National Memorial Day Concert 2022 (N) (LIVE)	National Memorial Day Concert 2022 (N) (LIVE)	National Memorial Day Concert 2022 (N) (LIVE)	Thou Shalt Not Kill (N) (LIVE)	Midsomer Murders						
WCFE	-	-	-	(3:30) The War The war with Japan. (N) (LIVE) (DVS)	Lucy Worsley Investigates (N) (LIVE)	Death in Paradise (N) (LIVE)	National Memorial Day Concert 2022 (N) (LIVE)	National Memorial Day Concert 2022 (N) (LIVE)	Thou Shalt Not Kill (N) (LIVE)	Midsomer Murders									
A&E	615	520	-	(2:00) *** "The Green Mile" (1999, Drama) Tom Hanks, David Morse. (LIVE)	The First 48: Homicide Squad Atlanta	The First 48: Homicide Squad Atlanta	The First 48: Homicide Squad Atlanta	The First 48: Homicide Squad Atlanta	The First 48: Homicide Squad Atlanta	The First 48: Homicide Squad Atlanta	The First 48: Homicide Squad Atlanta	The First 48: Homicide Squad Atlanta	The First 48: Homicide Squad Atlanta	The First 48: Homicide Squad Atlanta	The First 48: Homicide Squad Atlanta	The First 48: Homicide Squad Atlanta	The First 48: Homicide Squad Atlanta		
CNN	500	500	-	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	AC360 Special Re	Carlton McCoy	Carlton McCoy	AC360 Special Re	Nomad							
DISC	520	505	-	Hoffman Family Gold: Pay Dirt (SC)	Gold Rush: Freddy Dodge's Mine	Gold Rush: Dave Turin's Lost Mine (SC)	Mysterious Planet Ethiopian Highlands.	Naked and Afraid XL (N) (LIVE)	Cal Fire It's a race to put down fires. (N)	Mysterious Planet Ethiopian Highlands.	Naked and Afraid								
DRAMA	620	523	-	CSI: Crime Scene Investigation (N) (LIVE)	CSI: Crime Scene Investigation (N) (LIVE)	CSI: Crime Scene Investigation (N) (LIVE)	CSI: Crime Scene Investigation (N) (LIVE)	Almost Paradise "Pistol Whip" (N) (LIVE)	CSI: Crime Scene Investigation (N) (LIVE)	CSI: Crime Scene Investigation (N) (LIVE)	CSI: Crime Scene Investigation (N) (LIVE)	CSI: Crime Scene Investigation (N) (LIVE)	CSI: Crime Scene Investigation (N) (LIVE)	CSI: Crime Scene Investigation (N) (LIVE)	CSI: Crime Scene Investigation (N) (LIVE)	CSI: Crime Scene Investigation (N) (LIVE)	CSI: Crime Scene Investigation (N) (LIVE)		
HIST	522	506	-	Lost Gold of the Aztecs (DVS)	Lost Gold of the Aztecs "Weeping Cave"	Lost Gold of the Aztecs (DVS)	Lost Gold of the Aztecs (DVS)	Lost Gold of the Aztecs (DVS)	Lost Gold of the Aztecs (DVS)	Lost Gold of the Aztecs (DVS)	Forged in Fire "Double Trouble Blades"	Lost Gold of the Aztecs (DVS)	Alone (N) (LIVE)						
PARMT	628	584	-	(3:36) Yellowstone	(:44) Yellowstone (SC)	(:45) Yellowstone Teeter joins the bunkhouse. (SC)	(6:53) Yellowstone (SC)	(7:53) Yellowstone "Going Back to Cali"	(8:58) Yellowstone (SC)	Bar Rescue A failing bar in Gibsonton, Fla.	(10:59) Bar Rescue (SC)	Bar Rescue (SC)							
RDI	126	730	-	L'info	L'épicerie (SC)	Le télé-journal	Le télé-journal	Le télé-journal	Le national (N) (LIVE)	(:31) Le national	(:01) La semaine verte (N) (SC)	Le télé-journal	Les coulisses du pouvoir (SC)	Le national (N) (LIVE)	Le national (N) (LIVE)	Journal France 2	Le télé-journal		
SHOW	616	521	-	NCIS: Los Angeles "Genesis" (N) (LIVE)	NCIS "All or Nothing" (N) (LIVE)	** "Valerian and the City of a Thousand Planets" (2017, Science Fiction) Dane DeHaan, Cara Delevingne, Clive Owen. (LIVE) (DVS)	** "G.I. Joe: Retaliation" (2013, Action) Dwayne Johnson, Bruce Willis, Channing Tatum. (LIVE) (DVS)	Love Match Atlanta "Sage the Day" (N) (LIVE)	Love Match Atlanta (N) (LIVE)	Neighborhood	Neighborhood	Love Match Atlanta "Sage the Day" (N) (LIVE)	Love Match						
SLICE	601	562	-	(3:00) * "The Back-up Plan" (2010) Jennifer Lopez.	** "Maid in Manhattan" (2002) Jennifer Lopez. A politician mistakes a hotel maid for a wealthy woman. (LIVE)	Love Match Atlanta "Sage the Day" (N) (LIVE)	Love Match Atlanta (N) (LIVE)	Neighborhood	Neighborhood	Love Match Atlanta "Sage the Day" (N) (LIVE)	Love Match								
TLC	521	560	-	90 Day: The Single Life (N) (LIVE)	90 Day Fiancé (N) (LIVE)	90 Day Fiancé "If I Have to Turn This Car Around" Thais has no patience for John. (LIVE)	90 Day Fiancé "Facing the Firing Squad" Miona gives Jibri an ultimatum. (N) (LIVE)	(:01) Unexpected "He Thinks He's a Man" (N) (LIVE)	(:02) 90 Day Fiancé (N) (LIVE)	90 Day Fiancé (N) (LIVE)									
TSN	400	400	-	(1:00) 2022 Roland-Garros Tennis Round of 16. From Roland Garros Stadium in Paris. (N) (LIVE)															
YOUTH	551	542	-	Sponge.	Sponge.	Rugrats	Danger	** "The LEGO NINJAGO Movie" (2017) (LIVE)	Sponge.	The Hardy Boys (N) (LIVE)	6teen (N) (LIVE)	Max	Stanley	Degrassi	Degrassi	iCarly			

Your week on TV

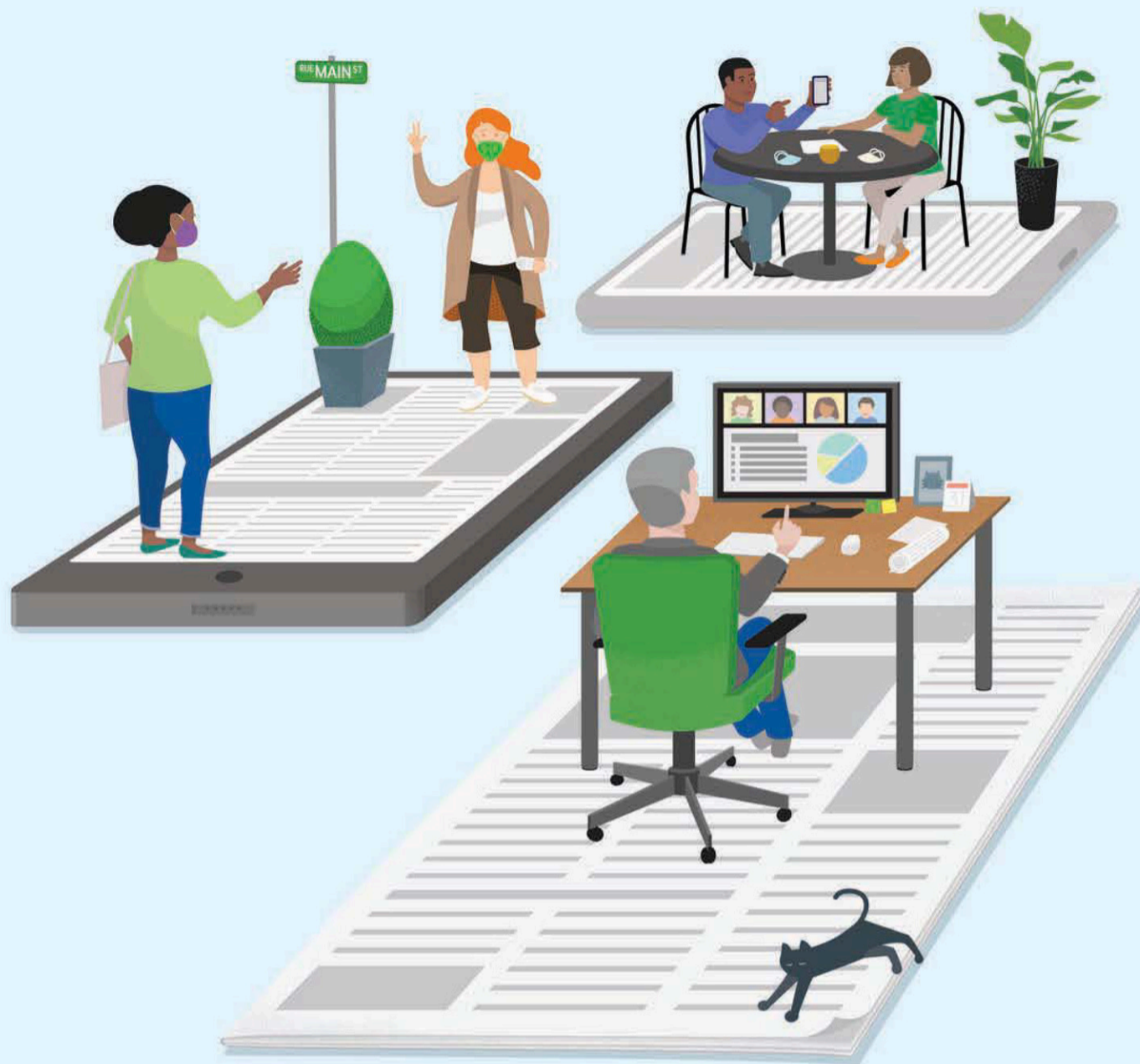
MONDAY EVENING													MAY 30, 2022		
Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	
WCAX	3	-	-	Channel 3 News at Six (N)	CBS Evening News	Entertainment Tonight (N)	The Neighborhood	Bob Hearts Abishola	NCIS The team discovers terrorists on a boat.	NCIS: Hawai'i "Gaijin" A Japanese soldier is killed.	Channel 3 News	(:35) The Late Show With Stephen Colbert			
WPTZ	5	-	-	NBC5 News at 6 (N)	NBC Nightly News	Jeopardy! (N)	Wheel of Fortune (N)	American Ninja Warrior "ANW ninjas face off. (N) (DVS)	All Star Spectacular "All-star	Weakest Link Contestants play trivia for \$1 million.	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon			
CBMT	6	206	301	CBC Montreal News (N)	Rick Mercer Report	NHL Hockey Conference Final: Teams TBA. (N) (Live)			Just for Laughs: Gags	The National (N) (DVS)	CBC Montreal News (N)	Maamuitau	Coronation Street		
CHLT	7	107	718	(5:58) TVA nouvelles (N)	(:29) Sucre salé (N) (SC)	(6:59) 5 gars pour moi (N)	Un zoo pas comme les	Hôpital New Amsterdam Reynolds reçoit une offre. (N)	L'île de l'amour (N) (SC)	TVA nouvelles (N)	(:35) Sucre salé (SC)	(:05) "Quand Charlie tombe amoureux" (2019) Martin Freeman, Melissa Rauch. (SC)			
WMTW	8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N)	Jeopardy! (N)	*** "Zootopia" (2016) Voices of Ginnifer Goodwin, Jason Bateman. Premiere. Animated. Police rabbit Judy Hopps joins forces with a wily fox.		The Conners (DVS)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live!			
CKSH	9	108	-	(5:59) Le télé-journal Estrie	(:31) Zone économie (N)	Question de jugement (N)	La Maison-Bleue (N)	Les chefs! (N) (SC)	Bonsoir bonsoir! (N) (DVS)	Le téléjournal (N) (SC)	(:05) Le télé-journal Estrie	(:34) Ruptures Mireille s'entête à ne pas parler.			
CKMI	11	-	-	Global National (N)	(:29) Global News at 6:30	ET Canada (N)	Entertainment Tonight (N)	The Neighborhood	Abbott Elementary	NCIS The team discovers terrorists on a boat.	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert			
CFCF	12	205	312	(5:59) CTV News Montreal (N)	etalk (N) (DVS)	The Big Bang Theory	American Ninja Warrior "ANW ninjas face off. (N) (DVS)	All Star Spectacular "All-star	Weakest Link Contestants play trivia for \$1 million.	La Flamme	CTV News Montreal (N)	The Daily Show			
WVNY	22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N) (DVS)	*** "Zootopia" (2016) Voices of Ginnifer Goodwin, Jason Bateman. Premiere. Animated. Police rabbit Judy Hopps joins forces with a wily fox.	The Conners (DVS)	Local 22 News (N)	(:35) Jimmy Kimmel Live!				
WUTV	30	-	-	The Big Bang Theory	Judge Judy	Judge Judy	Family Feud	Don't Forget the Lyrics! "Rock and Soul" (N)	Beat Shazam Teams test their musical knowledge. (N)	Fox 29 News at 10 (N)	Seinfeld "The Slicer"	Two and a Half Men	Two and a Half Men		
CFKS	31	106	726	Souper parfait	Le fabuleux printemps	Après OD dans l'Ouest	Le jour J "Repos aux îles"	Vendre ou rénover au Québec "Aveuglés!" (N) (SC)	Tous pour un chalet "Chambres" (N)	Noovo Le Fil 22 (N) (SC)	Le fabuleux printemps	Après OD dans l'Ouest	"L'école du pêcheur" (2016) Ryan Newman. (DVS) (SC)		
WUHF	-	363	-	Modern Family	Young Sheldon	The Big Bang Theory	The Big Bang Theory	Don't Forget the Lyrics! "Rock and Soul" (N)	Beat Shazam Teams test their musical knowledge. (N)	13WHAM News at 10 on Fox Rochester (N) (Live)	DailyMailTV (N) (DVS)	The Simpsons	NEW Ninja Cookware!		
WETK	-	-	-	PBS NewsHour (N) (DVS)	BBC World News Outside	This Old House	Antiques Roadshow "Musical Scores" (N) (DVS)	Antiques Roadshow Pot; Ottoman zarf; desk set. (DVS)	"Searching for Home, Coming Back From War" (2015, Documentary) Brandon Deaton.	Amanpour and Company (N) (DVS)					
WCFE	-	-	-	World News America	BBC World News Outside	PBS NewsHour (N) (DVS)	Antiques Roadshow "Musical Scores" (N) (DVS)	Antiques Roadshow Pot; Ottoman zarf; desk set. (DVS)	Unsettled History: America, China and the Doolittle Tokyo Raid	Amanpour and Company (N) (DVS)					
A&E	615	520	-	Janet Jackson. Janet becomes a sex-icon. (DVS)	Janet Jackson. Janet finds herself blacklisted. (DVS)	Biography: Bobby Brown "Birth and Rebirth" (DVS)	Biography: Bobby Brown (N) (Part 2 of 2)	Biography: Bobby Brown (N) (Part 2 of 2)	(:01) Origins of Hip-Hop "Fat Joe" (Series Premiere) (N) (DVS)	(:04) Biography: Bobby Brown "Birth and Rebirth"	Biography: Bobby Brown				
CNN	500	500	-	Situation Room With Wolf	Erin Burnett OutFront (N)	"Julia" (2021, Documentary) José Andrés. Premiere. (DVS)	"Julia" (2021, Documentary) José Andrés. (DVS)	"Julia" (2021, Documentary) José Andrés. (DVS)	Julia (2021, Documentary) José Andrés. (DVS)	Julia (2021, Documentary) José Andrés. (DVS)	Julia (2021, Documentary) José Andrés. (DVS)	Julia (2021, Documentary) José Andrés. (DVS)	Julia (2021, Documentary) José Andrés. (DVS)	Julia (2021, Documentary) José Andrés. (DVS)	
DISC	520	505	-	Highway Thru Hell Torrential rain and a raging river.	Heavy Rescue: 401 "I've Seen My Share"	Hoffman Family Gold (N) (DVS)	Gold Rush: Dave Turin's Lost Mine (N) (DVS)	Gold Rush: Dave Turin's Lost Mine (N) (DVS)	Gold Rush: Dave Turin's Lost Mine (N) (DVS)	Heavy Rescue: 401 "I've Seen My Share"	Hoffman Family Gold				
DRAMA	620	523	-	Chicago Fire Casey continues to investigate Nesbitt. (DVS)	Chicago Fire Casey is in dangerous territory. (DVS)	Chicago Fire Boden's job is on the line. (DVS)	Chicago Fire Brett and Chili help a stabbing victim. (DVS)	Chicago Fire Casey harbors doubts about Jack Nesbitt. (DVS)	Chicago Fire A fire leads to a joint investigation. (DVS)	Chicago Fire "Category 5"					
HIST	522	506	-	American Pickers Original Hollywood hotrods. (DVS)	American Pickers "Cadillac Man" (DVS)	American Pickers The guys come across car collections. (DVS)	American Pickers "Road to Restoration" (N) (DVS)	Rust Valley Restorers "Scorched Earth" (DVS)	American Pickers "Cadillac Man" (DVS)	American Pickers					
PARMT	628	584	-	Marriage Rescue "You Guys Are Screwed" (DVS)	Marriage Rescue A couple's threesome goes wrong. (DVS)	Marriage Rescue Two couples struggle after infidelity. (DVS)	Marriage Rescue Married partners fight over business. (DVS)	Marriage Rescue Newlyweds deal with resentment. (DVS)	Marriage Rescue A wife suspects her husband is lying. (DVS)	Marriage Rescue					
RDI	126	730	-	(5:55) Zone économie (N) (SC)	24/60 (N) (SC)	Les grands reportages "L'affaire Jean-Claude Romand"	Le téléjournal avec Céline Galipeau (N) (SC)	Le téléjournal (N) (SC)	Le national (N) (DVS)	(:31) Le national (N)	(12:01) 24/60 (SC)				
SHOW	616	521	-	NCIS "Kill the Messenger" A lieutenant is murdered. (DVS)	NCIS "So It Goes" Ducky and Bishop go to London. (DVS)	FBI An alt-right provocateur is murdered. (DVS)	FBI A college student's body is found. (DVS)	FBI: Most Wanted Investigating a series of homicides. (DVS)	NCIS "Twenty Klicks" Gibbs and McGee travel to Russia. (DVS)	NCIS "Kill the Messenger"					
SLICE	601	562	-	The King of Queens	The King of Queens	Love Match Atlanta "Unappetizing Clients" (DVS)	Below Deck Sailing Yacht "Budding Boatman" (DVS)	Below Deck Sailing Yacht "Smashley" (N) (DVS)	Below Deck Down Under (N) (DVS)	The King of Queens	The King of Queens	Below Deck Sailing Yacht			
TLC	521	560	-	90 Day: The Single Life (DVS)	90 Day: The Single Life "Pillow Talk: Tell All Part 1" (DVS)	90 Day: The Single Life The cast gangs up on Jesse. (N)	(:01) 90 Day: The Single Life "The Singles Tell More" (DVS)	(:03) The Family Chantel A look back at Season 3. (N)	(:05) 90 Day: The Single Life "Pillow Talk: Tell All Part 2" (DVS)	90 Day: The Single Life					
TSN	400	400	-	SportsCentre (N) (Live)	That's Hockey (N)	NHL Hockey (N) (Live)			SportsCentre (N) (Live)	SportsCentre (N) (Live)	SC With Jay Onrait (N)				
YOUTH	551	542	-	Patrick Star	Dragons Nine	Danger Force	Side Hustle	The Hardy Boys "Captured!"	Henry Danger	Henry Danger	6teen	6teen	Degrassi	Degrassi	iCarly "iPilot"

TUESDAY EVENING													MAY 31, 2022		
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 "Under Pressure" Maggie goes under cover. (DVS)	FBI: International A possible security breach is faced. (DVS)	FBI: Most Wanted A man is using napalm-style bombs. (DVS)	Channel 3 News	(:35) The Late Show With Stephen Colbert				
WPTZ	5	-	-	NBC5 News at 6 (N)	NBC Nightly News	Jeopardy! (N)	Wheel of Fortune (N)	America's Got Talent "Auditions 1" (Season Premiere) Variety	(:01) Dancing With Myself "Open Those Pods" (DVS)	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon				
CBMT	6	206	301	CBC Montreal News (N)	Rick Mercer Report	NHL Hockey Conference Final: Teams TBA. (N) (Live)			Just for Laughs: Gags	The National (N) (DVS)	CBC Montreal News (N)	Interrupt This Program	Coronation Street		
CHLT	7	107	718	(5:58) TVA nouvelles (N)	(:29) Sucre salé (N) (SC)	(6:59) 5 gars pour moi (N)	Escouade 99 (N) (SC)	9-1-1 Une mauvaise blague entre adolescents. (DVS)	L'île de l'amour (N) (SC)	TVA nouvelles (N)	(:35) Sucre salé (SC)	(:05) * "CHIPS" (2017, Comédie) Michael Peña, Dax Shepard. (DVS) (SC)			
WMTW	8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N)	Jeopardy! (N)	Holey Moley King Parthur's Court; Polecano. (N) (DVS)	The Chase Buzzy Cohen acts as the chaser. (N) (DVS)	Who Do You Believe? A battle over Michelle Nichols. (DVS)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live!			
CKSH	9	108	-	(5:59) Le télé-journal Estrie	(:31) Zone économie (N)	Question de jugement (N)	Révisseur (N)	Beautés meurtrières "D'une humeur assassine" (N) (DVS)	Bonsoir bonsoir! (N) (DVS)	Le téléjournal (N) (SC)	(:05) Le télé-journal Estrie	(:34) Faits divers Paulo et Francine sont suspects.			
CKMI	11	-	-	Global National (N)	(:29) Global News at 6:30	ET Canada (N)	Entertainment Tonight (N)	FBI "Under Pressure" Maggie goes under cover. (DVS)	FBI: International A possible security breach is faced. (DVS)	FBI: Most Wanted A man is using napalm-style bombs. (DVS)	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert			
CFCF	12	205	312	(5:59) CTV News Montreal (N)	etalk (N) (DVS)	The Big Bang Theory	Holey Moley King Parthur's Court; Polecano. (N) (DVS)	The Big Bang Theory	The Big Bang Theory	(:01) Dancing With Myself "Open Those Pods" (DVS)	Lisa LaFlamme	CTV News Montreal (N)	The Daily Show		
WVNY	22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N) (DVS)	Holey Moley King Parthur's Court; Polecano. (N) (DVS)	The Chase Buzzy Cohen acts as the chaser. (N) (DVS)	Who Do You Believe? A battle over Michelle Nichols. (DVS)	Local 22 News (N)	(:35) Jimmy Kimmel Live!			
WUTV	30	-	-	The Big Bang Theory	Judge Judy	Judge Judy	Family Feud	Crime Scene Kitchen Bakers scour the kitchen for clues. (DVS)	(:01) So You Think You Can Dance (DVS)	Fox 29 News at 10 (N)	Seinfeld "The Betrayal"	Two and a Half Men	Two and a Half Men		
CFKS	31	106	726	Souper parfait	Le fabuleux printemps	Ça c'est drôle!	Clash "Conflit latent" (N)	Transplanté Bash se bat pour l'héritage de Bishop. (N)	Justice à L.A. Mark poursuit une vedette. (N) (DVS)	Noovo Le Fil 22 (N) (SC)	Le fabuleux printemps	"La reine du bal" (2018, Suspense) Zoe McLellan, Allie MacDonald. (DVS) (SC)			
WUHF	-	363	-	Modern Family	Young Sheldon	The Big Bang Theory	The Big Bang Theory	Crime Scene Kitchen Bakers scour the kitchen for clues. (DVS)	(:01) So You Think You Can Dance (DVS)	13WHAM News at 10 on Fox Rochester (N) (Live)	DailyMailTV (N) (DVS)	The Simpsons	Ukraine in Crisis!		
WETK	-	-	-	PBS NewsHour (N) (DVS)	BBC World News Outside	Ask This Old House	Finding Your Roots With Henry Louis Gates, Jr. (DVS)	American Experience "Mr. Tornado" (DVS)	Frontline "Police on Trial" Aftermath of the death of George Floyd. (N) (DVS)	Amanpour and Company (N) (DVS)					
WCFE	-	-	-	World News America	BBC World News Outside	PBS NewsHour (N) (DVS)	Finding Your Roots With Henry Louis Gates, Jr. (DVS)	Finding Your Roots With Henry Louis Gates, Jr. (DVS)	Frontline "Police on Trial" Aftermath of the death of George Floyd. (N) (DVS)	Amanpour and Company (N) (DVS)					
A&E	615	520	-	Biography: Bobby Brown "Birth and Rebirth" (DVS)	Biography: Bobby Brown (Part 2 of 2)	Biography: Bobby Brown "Passion and Pain" (N) (DVS)	Biography: Bobby Brown "Loss and Found" (DVS)	Biography: Bobby Brown "Loss and Found" (DVS)	(:01) Bobby Brown: Every Little Step "New Beginnings"	(:04) Biography: Bobby Brown "Passion and Pain"	Biography: Bobby Brown				
CNN	500	500	-	Situation Room With Wolf	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	Deadliest Catch (N) (DVS)	Deadliest Catch: Bloodline (N) (DVS)	Expedition Deep Ocean (N) (DVS)	Heavy Rescue: 401 Snow squalls attack Highway 402. (DVS)	Deadliest Catch				
DISC	520	505	-	Highway Thru Hell "Edge Of Disaster" (DVS)	Heavy Rescue: 401 Snow squalls attack Highway 402. (DVS)	Chicago Med Maggie breaks protocol to help a friend. (DVS)	Chicago Med April receives unfortunate news. (DVS)	Chicago Med Dr. Choi and Dr. Charles help a patient. (DVS)	Chicago Med An apartment complex is quarantined. (DVS)	Chicago Med					
DRAMA	620	523	-	Chicago Med Dr. Manning faces repercussions. (DVS)	Chicago Med Dr. Charles sinks his teeth into a case. (DVS)	Chicago Med Maggie breaks protocol to help a friend. (DVS)	Chicago Med April receives unfortunate news. (DVS)	Chicago Med Dr. Choi and Dr. Charles help a patient. (DVS)	Chicago Med An apartment complex is quarantined. (DVS)	Chicago Med					
HIST	522	506	-	Rust Valley Restorers "Scorched Earth" (DVS)	Pawn Stars An 1842 Book of Mormon. (DVS)	American Pickers "Road to Restoration" (N) (DVS)	Pawn Stars A sword from World of Warcraft. (N) (DVS)	The Food That Built America German-American brewers. (DVS)	Pawn Stars A poster by Henri de Toulouse-Lautrec. (DVS)	Pawn Stars					
PARMT	628	584	-	Tattoo Nightmares	Tattoo Nightmares	Tattoo Nightmares	Tattoo Nightmares	Tattoo Nightmares	Tattoo Nightmares	Tattoo Nightmares	Tattoo Nightmares	Tattoo Nightmares	Tattoo Nightmares	Tattoo Nightmares	
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) (DVS)	(:31) Le national (N)	(12:01) 24/60 (SC)				
SHOW	616	521	-	NCIS A vessel is commandeered by pirates. (DVS)	NCIS A therapist is murdered. (DVS)	FBI OA must stop an arms dealer. (DVS)	Ghosts (DVS)	Killing It "Pilot" (DVS)	(:15) Bust Down "Bad Hang" (Series Premiere) (N) (DVS)	(10:50) NCIS A research scientist is murdered. (DVS)	(11:50) NCIS (DVS)				
SLICE	601	562	-	The King of Queens	The King of Queens	Below Deck Sailing Yacht "Smashley" (DVS)	Below Deck Down Under (DVS)	The King of Queens	The King of Queens	The King of Queens	The King of Queens	The King of Queens	The King of Queens	The King of Queens	
TLC	521	560	-	Welcome to Plathville Kim shares a shocking revelation. (DVS)	Welcome to Plathville (DVS)	Little People, Big World (N) (DVS)	Little People, Big World "Battle Ground" (N) (DVS)	(:01) Welcome to Plathville "Missed Myself" (N) (DVS)	(:02) 90 Day: The Single Life "Pillow Talk: Tell All Part 2" (DVS)	Little People, Big World					
TSN	400	400	-	SportsCentre (N) (Live)	That's Hockey (N)	NBA Basketball			SportsCentre (N) (Live)	SportsCentre (N) (Live)	SC With Jay Onrait (N)				
YOUTH	551	542	-	Rugrats	Croods	"Legends of the Hidden Temple" (2016) (DVS)	Danger Force	Henry Danger	Henry Danger	6teen	6teen	Degrassi	Degrassi	iCarly	

Your week on TV

WEDNESDAY EVENING													JUNE 1, 2022		
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)	Let's Make a Deal Primetime (N) (H) (D)	The Price Is Right at Night (H) (D)	S.W.A.T. "Keep the Faith" Hondo returns as leader. (H)	Channel 3 News	(:35) The Late Show With Stephen Colbert (H) (D)				
WPTZ	5	-	-	NBC5 News at 6 (N)	NBC Nightly News	Jeopardy! (N) (H) (D)	Wheel of Fortune (N) (H) (D)	Chicago Med Med gets a new compliance officer. (H)	Chicago Fire Firehouse 51 gets in the holiday spirit. (H)	Chicago P.D. Voight and Halstead strategize together. (H)	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (H) (D)			
CBMT	6	206	301	CBC Montreal News (N)	Rick Mercer Report (H)	Coronation Street (N) (H)	Still Standing (H) (DVS)	Movie (H) (D)	The National (N) (H) (D)	CBC Montreal News (N)	Land and Sea (H) (D)	Coronation Street (H) (D)			
CHLT	7	107	718	(5:58) TVA nouvelles (N)	(:29) Sucre salé (N) (SC)	(6:59) 5 gars pour moi (N)	Les gags (N) (SC)	S.W.A.T. Des douzaines de trousseaux d'ADN. (H)	L'île de l'amour (N) (SC)	TVA nouvelles (N)	(:35) Sucre salé (SC)	(:05) ** "Divergence: insurgés" (2015) Shailene Woodley, Theo James. (SC)			
WMTW	8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) (H) (D)	Jeopardy! (N) (H) (D)	The Conners (H) (DVS)	The Goldbergs (H) (D)	Abbott Elementary (H) (D)	(:31) Home Economics	Press Your Luck Players from Maryland and California. (H)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live! (H) (D)	
CKSH	9	108	-	(5:59) Le télé-journal Estrie	(:31) Zone économie (N)	Question de jugement (N)	L'épicerie (N) (SC)	Dans l'oeil du dragon (N) (DVS) (SC)	Bonsoir bonsoir! (N) (DVS) (SC)	Le téléjournal (N) (SC)	(:05) Le télé-journal Estrie	(:34) Témoin à charge (DVS) (SC)			
CKMI	11	-	-	Global National (N) (H)	(:29) Global News at 6:30	ET Canada (N) (H) (D)	Entertainment Tonight (N)	The Wall Wives Carmen and Toni take on the wall. (N) (H)	Bull "The Invisible Woman" A series of anthrax attacks. (H)	Family Law (H) (DVS)	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N) (H) (D)			
CFCF	12	205	312	(5:59) CTV News Montreal (N) (H) (D)	etalk (N) (H) (D)	The Big Bang Theory (H)	MasterChef The audition battles continue. (N) (H) (D)	(:01) Holey Moley The Fishing Hole; Polecano. (N) (H)	Young Sheldon (H) (D)	The Big Bang Theory (H)	Lisa LaFlamme	CTV News Montreal (N)	The Daily Show		
WVNY	22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N) (H) (D)	The Conners (H) (DVS)	The Goldbergs (H) (D)	Abbott Elementary (H) (D)	(:31) Home Economics	Press Your Luck Players from Maryland and California. (H)	Local 22 News (N)	(:35) Jimmy Kimmel Live! (H) (D)	
WUTV	30	-	-	The Big Bang Theory (H)	Judge Judy (H) (D)	Judge Judy (H) (D)	Family Feud (H) (D)	MasterChef The audition battles continue. (N) (H) (D)	(:01) So You Think You Can Dance "Auditions Show 3"	Fox 29 News at 10 (N)	Seinfeld "The Apology" (H) (D)	Two and a Half Men (H) (D)	Two and a Half Men (H) (D)		
CFKS	31	106	726	Souper parfait	Le fabuleux printemps	Ça c'est drôle! (H) (DVS) (SC)	** "Larry Crowne" (2011) Tom Hanks, Julia Roberts. Premiere. Un homme perd son emploi et retourne à l'université. (H) (DVS) (SC)	Noovo Le Fil 22 (N) (SC)	Le fabuleux printemps	"Jesse Stone: l'enfant disparu" (2009, Policier) Tom Selleck, Kathy Baker. (SC)	DailyMailTV (H) (D)	The Simpsons (H) (D)	NEW Ninja Cookware!		
WUHF	-	363	-	Modern Family "Sleeper"	Young Sheldon (H)	The Big Bang Theory (H) (D)	The Big Bang Theory (H) (D)	MasterChef The audition battles continue. (N) (H) (D)	(:01) So You Think You Can Dance "Auditions Show 3"	13WHAM News at 10 on Fox Rochester (N) (Live) (H) (D)	DailyMailTV (H) (D)	The Simpsons (H) (D)	NEW Ninja Cookware!		
WETK	-	-	-	PBS NewsHour (N) (H) (D)	Vermont Local Primary Debates 2022 (N)	Nature Relationship between humans and horses. (H) (D)	NOVA OSIRIS-REX attempts to grab an asteroid. (H) (D)	NOVA OSIRIS-REX attempts to grab an asteroid. (H) (D)	NOVA OSIRIS-REX attempts to grab an asteroid. (H) (D)	NOVA OSIRIS-REX attempts to grab an asteroid. (H) (D)	Amanpour and Company (N) (H) (D)	BBC World News (H) (D)	Amanpour and Company (N) (H) (D)	BBC World News (H) (D)	
WCFC	-	-	-	World News America	BBC World News Outside	PBS NewsHour (N) (H) (D)	Nature Relationship between humans and horses. (H) (D)	NOVA OSIRIS-REX attempts to grab an asteroid. (H) (D)	NOVA OSIRIS-REX attempts to grab an asteroid. (H) (D)	NOVA OSIRIS-REX attempts to grab an asteroid. (H) (D)	NOVA OSIRIS-REX attempts to grab an asteroid. (H) (D)	NOVA OSIRIS-REX attempts to grab an asteroid. (H) (D)	NOVA OSIRIS-REX attempts to grab an asteroid. (H) (D)	NOVA OSIRIS-REX attempts to grab an asteroid. (H) (D)	
A&E	615	520	-	The First 48 A child's birthday party turns deadly. (H) (D)	The First 48 A man is shot in front of his family. (H) (D)	The First 48 A man gunned down in his car. (H) (D)	The First 48 A man gunned down in his car. (H) (D)	The First 48 A man gunned down in his car. (H) (D)	The First 48 A man gunned down in his car. (H) (D)	The First 48 A man gunned down in his car. (H) (D)	(:01) The First 48 Homicide detectives must find a victim. (H) (D)	(:04) The First 48 A young man shot dead in his van. (H) (D)	(12:03) The First 48 (H) (D)		
CNN	500	500	-	Situation Room With Wolf	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	Anderson Cooper 360 (N)	CNN Tonight (N) (Live) (H) (D)	Don Lemon Tonight (N) (Live) (H) (D)	Don Lemon Tonight (N) (Live) (H) (D)	Don Lemon Tonight (N) (Live) (H) (D)	Don Lemon Tonight (N) (Live) (H) (D)	Cooper 360		
DISC	520	505	-	Highway Thru Hell "Close Calls" (H) (DVS)	Heavy Rescue: 401 Andrew's team wrestles difficult cargo. (H) (D)	Expedition Unknown (N) (H) (D)	Expedition Unknown (N) (H) (D)	Expedition X Jess and Phil venture into the Ozarks. (N) (H) (D)	Josh Gates Tonight (N) (H) (D)	Heavy Rescue: 401 Andrew's team wrestles difficult cargo. (H) (D)	Expedition Unknown	Expedition Unknown	Expedition Unknown		
DRAMA	620	523	-	CSI: Crime Scene Investigation "Dead Woods" (H) (D)	CSI: Crime Scene Investigation "The Greater Good" (H) (D)	CSI: Crime Scene Investigation "Merchants of Menace" (H) (D)	CSI: Crime Scene Investigation "Merchants of Menace" (H) (D)	CSI: Crime Scene Investigation "Hero to Zero" (H) (D)	CSI: Crime Scene Investigation "Hero to Zero" (H) (D)	CSI: Crime Scene Investigation "Hero to Zero" (H) (D)	CSI: Crime Scene Investigation "Hero to Zero" (H) (D)	CSI: Crime Scene Investigation "Hero to Zero" (H) (D)	CSI: Crime Scene Investigation "Hero to Zero" (H) (D)	CSI: Crime Scene Investigation "Hero to Zero" (H) (D)	
HIST	522	506	-	Forged in Fire Bone Daddy Fantasy Seax. (H) (D)	Forged in Fire Turning old nails into a pristine knife. (H) (D)	Forged in Fire Creating a knife from a mangled vehicle. (H) (D)	Forged in Fire Creating a knife from a mangled vehicle. (H) (D)	Forged in Fire Forging the top blades of China. (N) (H) (D)	Forged in Fire Bladesmiths forge Damascus knives. (H) (D)	Forged in Fire Bladesmiths forge Damascus knives. (H) (D)	Forged in Fire Bone Daddy Fantasy Seax. (H) (D)	Forged in Fire Bone Daddy Fantasy Seax. (H) (D)	Forged in Fire Bone Daddy Fantasy Seax. (H) (D)	Forged in Fire Bone Daddy Fantasy Seax. (H) (D)	
PARMT	628	584	-	Deadliest Warrior Assassin vs. leader. (H) (D)	Deadliest Warrior Attila the Hun vs. Alexander the Great. (H) (D)	Deadliest Warrior Crazy Horse against Pancho Villa. (H) (D)	Deadliest Warrior Crazy Horse against Pancho Villa. (H) (D)	Deadliest Warrior "Viking vs. Samurai" (H) (D)	Deadliest Warrior Monk and Maori. (H) (D)	Deadliest Warrior Monk and Maori. (H) (D)	Deadliest Warrior Fighter versus the warrior. (H) (D)	Deadliest Warrior Fighter versus the warrior. (H) (D)	Deadliest Warrior Fighter versus the warrior. (H) (D)	Deadliest Warrior Fighter versus the warrior. (H) (D)	
RDI	126	730	-	(5:55) Zone économie (N) (SC)	24/60 (N) (SC)	Les grands reportages Hitler attaque la Belgique. (N) (H) (D)	Le téléjournal avec Céline Galipeau (N) (SC)	Le téléjournal (N) (SC)	Le téléjournal (N) (SC)	Le téléjournal (N) (SC)	(:31) Le national (N) (H) (D)	(12:01) 24/60 (SC)			
SHOW	616	521	-	NCIS "Semper Fortis" An officer is killed in a hit and run. (H) (D)	NCIS "Grounded" An elevated terrorist threat. (H) (D)	FBI A judge and her daughter are murdered. (H) (D)	Angelyne Angelyne swallows a band, whole. (H) (D)	(:10) NCIS "Out of the Darkness" Ziva surprises Gibbs. (H) (D)	(:10) NCIS "Out of the Darkness" Ziva surprises Gibbs. (H) (D)	(:10) NCIS "Out of the Darkness" Ziva surprises Gibbs. (H) (D)	(:10) NCIS "Out of the Darkness" Ziva surprises Gibbs. (H) (D)	(:10) NCIS "Out of the Darkness" Ziva surprises Gibbs. (H) (D)	(:10) NCIS "Out of the Darkness" Ziva surprises Gibbs. (H) (D)	(:10) NCIS "Out of the Darkness" Ziva surprises Gibbs. (H) (D)	
SLICE	601	562	-	The King of Queens (H) (D)	The King of Queens (H) (D)	The Real Housewives of Beverly Hills (H) (D)	The Real Housewives of Beverly Hills (H) (D)	The Real Housewives of Beverly Hills (H) (D)	The Real Housewives of Beverly Hills (H) (D)	The Real Housewives of Beverly Hills (H) (D)	The King of Queens (H) (D)	The King of Queens (H) (D)	Real Housewives/Beverly Hills (H) (D)		
TLC	521	560	-	My Feet Are Killing Me Dr. Brad removes growths. (H) (D)	My Feet Are Killing Me "Monstrous Mystery Growth" (H) (D)	Dr. Pimple Popper (N) (H) (D)	My Feet Are Killing Me "Horse Heels" (N) (H) (D)	Save My Skin "A Face Oddity" (N) (H) (D)	Save My Skin "A Face Oddity" (N) (H) (D)	Save My Skin "A Face Oddity" (N) (H) (D)	Hoarding: Buried Alive (H) (D)	Dr. Pimple Popper (H) (D)	Dr. Pimple Popper (H) (D)		
TSN	400	400	-	SportsCentre (N) (Live) (H) (D)	That's Hockey (N) (H) (D)	NBA Basketball (N) (H) (D)	SportsCentre (N) (Live) (H) (D)	SportsCentre (N) (Live) (H) (D)	SportsCentre (N) (Live) (H) (D)	SportsCentre (N) (Live) (H) (D)	SportsCentre (N) (Live) (H) (D)	SportsCentre (N) (Live) (H) (D)	SC With Jay Onrait (N) (H) (D)		
YOUTH	551	542	-	Side Hustle	SpongeBob	** "Shrek the Third" (2007) Voices of Mike Myers. (H) (D)	Henry Danger	Henry Danger	6teen (H) (D)	6teen (H) (D)	Degrassi	Degrassi	iCarly (H) (D)		

THURSDAY EVENING													JUNE 2, 2022		
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 (H) (D)	(:31) United States of AI	(:01) Ghosts "Therapy" (H) (D)	B Positive (H) (D)	Her Majesty the Queen: A Gayle King Special (N) (H) (D)	Channel 3 News	(:35) The Late Show With Stephen Colbert (H) (D)		
WPTZ	5	-	-	NBC5 News at 6 (N)	NBC Nightly News	Jeopardy! (N) (H) (D)	Wheel of Fortune (N) (H) (D)	Law & Order (H) (DVS)	Law & Order: Special Victims Unit (H) (DVS)	Law & Order: Organized Crime (H) (DVS)	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (H) (D)			
CBMT	6	206	301	CBC Montreal News (N)	Rick Mercer Report (H)	Coronation Street (N) (H)	Still Standing (H) (DVS)	Movie (H) (D)	The National (N) (H) (D)	CBC Montreal News (N)	Canadian Reflections (N)	Coronation Street (H) (D)			
CHLT	7	107	718	(5:58) TVA nouvelles (N)	(:29) Sucre salé (N) (SC)	(6:59) 5 gars pour moi (N)	Arrive en campagne (N)	Doc "L'accident de train" Un accident de train survient. (N) (H) (D)	L'île de l'amour (N) (SC)	TVA nouvelles (N)	(:35) Sucre salé (SC)	(:05) *** "Nous" (2019) Lupita Nyong'o. Une famille est attaquée par des inconnus. (H) (D)			
WMTW	8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) (H) (D)	Jeopardy! (N) (H) (D)	Jimmy Kimmel Live! (N) (H) (D)	(:31) NBA Countdown	2022 NBA Finals Game 1: Teams TBA. (N) (H) (D)	WMTW News 8 at 11 (N)	(12:05) Jimmy Kimmel Live!			
CKSH	9	108	-	(5:59) Le télé-journal Estrie	(:31) Zone économie (N)	Question de jugement (N)	Six degrés (N)	Prrière de ne pas envoyer de fleurs "Bianca Gervais" (H) (D)	Bonsoir bonsoir! (N) (DVS) (SC)	Le téléjournal (N) (SC)	(:05) Le télé-journal Estrie	(:34) Zone rouge: la menace Ebola "Décontamination" (H) (D)			
CKMI	11	-	-	Global National (N) (H)	(:29) Global News at 6:30	ET Canada (N) (H) (D)	Entertainment Tonight (N)	The Neighborhood (H) (D)	(:31) United States of AI	(:01) Ghosts "Therapy" (H) (D)	United States of AI (H) (D)	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (H) (D)		
CFCF	12	205	312	(5:59) CTV News Montreal (N) (H) (D)	etalk (N) (H) (D)	The Big Bang Theory (H)	MasterChef Alexander Weiss; the chefs file fish. (N) (H) (D)	MasterChef The chefs work with WWE superstars. (N) (H) (D)	2022 NBA Finals Game 1: Teams TBA. (N) (H) (D)	Transplant (H) (D)	Lisa LaFlamme	CTV News Montreal (N)	The Daily Show		
WVNY	22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N) (H) (D)	Jimmy Kimmel Live! (N) (H) (D)	(:31) NBA Countdown	2022 NBA Finals Game 1: Teams TBA. (N) (H) (D)	Local 22 News (N)	(12:05) Jimmy Kimmel Live!			
WUTV	30	-	-	The Big Bang Theory (H)	Judge Judy (H) (D)	Judge Judy (H) (D)	Family Feud (H) (D)	MasterChef Alexander Weiss; the chefs file fish. (N) (H) (D)	MasterChef The chefs work with WWE superstars. (N) (H) (D)	Fox 29 News at 10 (N)	Seinfeld "The Strike" (H) (D)	Two and a Half Men (H) (D)	Two and a Half Men (H) (D)		
CFKS	31	106	726	Souper parfait	Le fabuleux printemps	Ça c'est drôle! (H) (DVS) (SC)	SPCA en action	La famille est dans le pré plus! (H) (D)	Les jeux fous d'Ellen "Claci! Claci! Floc!" (N) (H) (D)	Noovo Le Fil 22 (N) (SC)	Le fabuleux printemps	"Un héritage sinistre" (2019) Andrea Roth. Une mère de famille s'attache à un étudiant. (H) (D)			
WUHF	-	363	-	Modern Family	Young Sheldon (H)	The Big Bang Theory (H) (D)	The Big Bang Theory (H) (D)	MasterChef Alexander Weiss; the chefs file fish. (N) (H) (D)	MasterChef The chefs work with WWE superstars. (N) (H) (D)	13WHAM News at 10 on Fox Rochester (N) (Live) (H) (D)	DailyMailTV (H) (D)	The Simpsons (H) (D)	Ukraine in Crisis! (H) (D)		
WETK	-	-	-	PBS NewsHour (N) (H) (D)	Vermont Local Primary Debates 2022 (N)	Auto Road to the Sky	Made Here "Wilderness and Spirit: A Mountain Called Katahdin" (H) (D)	Made Here "Maine's 'Great Mountain.'" (H) (D)	Death in Paradise A lottery winner is found dead. (H) (D)	Thou Shalt Not Kill (H) (D)	BBC World News (H) (D)	Amanpour and Company (N) (H) (D)	BBC World News (H) (D)	Amanpour and Company (N) (H) (D)	
WCFC	-	-	-	World News America	BBC World News Outside	PBS NewsHour (N) (H) (D)	Atlantic Crossing on Masterpiece "A Queen Returns" (H) (D)	Death in Paradise A lottery winner is found dead. (H) (D)	Thou Shalt Not Kill (H) (D)	Thou Shalt Not Kill (H) (D)	BBC World News (H) (D)	Amanpour and Company (N) (H) (D)	BBC World News (H) (D)	Amanpour and Company (N) (H) (D)	
A&E	615	520	-	The First 48 A gruesome discovery inside a car. (H) (D)	The First 48 A thief kills a man in his home. (H) (D)	After the First 48 "Devil's Trail" (N) (H) (D)	Accused: Guilty or Innocent? (N) (H) (D)	(:01) Interrogation Raw "A Betrayal of Trust" (N) (H) (D)	(:04) The First 48 A parking lot drug deal turns deadly. (H) (D)	(:04) The First 48 A parking lot drug deal turns deadly. (H) (D)	(:04) The First 48 A parking lot drug deal turns deadly. (H) (D)	(:04) The First 48 A parking lot drug deal turns deadly. (H) (D)	(:04) The First 48 A parking lot drug deal turns deadly. (H) (D)	(:04) The First 48 A parking lot drug deal turns deadly. (H) (D)	
CNN	500	500	-	Situation Room With Wolf	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	Anderson Cooper 360 (N)	CNN Tonight (N) (Live) (H) (D)	Don Lemon Tonight (N) (Live) (H) (D)	Don Lemon Tonight (N) (Live) (H) (D)	Don Lemon Tonight (N) (Live) (H) (D)	Don Lemon Tonight (N) (Live) (H) (D)	Cooper 360		
DISC	520	505	-	Highway Thru Hell "Reunited" (H) (DVS)	Heavy Rescue: 401 "It's a Rush Every Time" (H) (D)	Pig Royalty Kannen competes; Tyler meets his hero. (H) (D)	Walker (N) (H) (D)	Pets & Pickers Goobs wins the RAPS team's hearts. (N) (H) (D)	Louisiana Law "Fowl Play" A captain is caught. (N) (H) (D)	Heavy Rescue: 401 "It's a Rush Every Time" (H) (D)	Pig Royalty (H) (D)	Pig Royalty (H) (D)	Pig Royalty (H) (D)	Pig Royalty (H) (D)	
DRAMA	620	523	-	Chicago P.D. A mass shooting takes place. (H) (D)	Chicago P.D. The team helps retired Cmdr. Perry. (H) (D)	Walker (N) (H) (D)	Chicago P.D. A case hits close to home with Olinsky. (H) (D)	Chicago P.D. "The Number of Rats" (H) (DVS)	Chicago P.D. "There's My Girl" A cafe is bombed. (H) (D)	Chicago P.D. "There's My Girl" A cafe is bombed. (H) (D)	Chicago P.D. "There's My Girl" A cafe is bombed. (H) (D)	Chicago P.D. "There's My Girl" A cafe is bombed. (H) (D)	Chicago P.D. "There's My Girl" A cafe is bombed. (H) (D)	Chicago P.D. "There's My Girl" A cafe is bombed. (H) (D)	
HIST	522	506	-	The Engineering That Built the World (H) (DVS)	The Proof Is Out There (H) (D)	The Proof Is Out There (H) (D)	Alone "Ultimate Moments" Taking a look back. (H) (D)	Alone The survivalists make quick decisions. (H) (D)	Alone "Consequences" Participants rush to secure food. (N) (H) (D)	Alone "Consequences" Participants rush to secure food. (N) (H) (D)	The Proof Is Out There (H) (D)	Alone "Consequences" (H) (D)	Alone "Consequences" (H) (D)	Alone "Consequences" (H) (D)	
PARMT	628	584	-	Auction Hunters (H) (D)	Auction Hunters (H) (D)	Auction Hunters (H) (D)	Auction Hunters (H) (D)	Auction Hunters (H) (D)	Auction Hunters (H) (D)	Auction Hunters (H) (D)	Auction Hunters (H) (D)	Auction Hunters (H) (D)	Auction Hunters (H) (D)	Auction Hunters (H) (D)	
RDI	126	730	-	(5:55) Zone économie (N) (SC)	24/60 (N) (SC)	Le national (N) (SC)	Élections Ontario 2022 "La soirée" (N) (SC)	Le national (N) (SC)	Élections Ontario 2022 "La soirée" (N) (SC)	Le national (N) (SC)	Le national (N) (SC)	(:31) Le national (N) (H) (D)	Le national (N) (SC)		
SHOW	616	521	-	NCIS "Check" Two of Gibbs' ex-wives show up. (H) (D)	NCIS "The Enemy Within" A rescue mission in Syria. (H) (D)	FBI A couple goes on a robbery spree. (H) (DVS)	Devils (N) (H) (D)	NCIS "Into the Light" A possible terrorist plot is revealed. (H) (D)	NCIS "House Rules" The city's internet is shut down. (H) (D)	NCIS "House Rules" The city's internet is shut down. (H) (D)	NCIS "House Rules" The city's internet is shut down. (H) (D)	NCIS "House Rules" The city's internet is shut down. (H) (D)	NCIS "Check" (H) (D)		
SLICE	601	562	-	The King of Queens (H) (D)	The King of Queens (H) (D)	The Real Housewives of Beverly Hills (H) (D)	The Real Housewives of Beverly Hills (H) (D)	Below Deck Down Under "Squid Games" (H) (D)	Below Deck Sailing Yacht "Smashley" (H) (D)	The King of Queens (H) (D)	The King of Queens (H) (D)	Below Deck Down Under (H) (D)	Below Deck Down Under (H) (D)	Below Deck Down Under (H) (D)	
TLC	521	560	-	Unexpected Lilly and Lawrence tour a wedding venue. (H) (D)	Unexpected Kylan and Jason bring baby Xavier home. (H) (D)	90 Day Fiancé Loren and Alex; Molly and Kelly. (H) (D)	90 Day Fiancé Robert and Anny; Tim and Veronica. (H) (D)	90 Day Fiancé Robert and Anny; Tim and Veronica. (H) (D)	90 Day Fiancé Robert and Anny; Tim and Veronica. (H) (D)	90 Day Fiancé Robert and Anny; Tim and Veronica. (H) (D)	90 Day Fiancé David and Annie; Molly and Cynthia. (H) (D)	90 Day Fiancé David and Annie; Molly and Cynthia. (H) (D)	90 Day Fiancé David and Annie; Molly and Cynthia. (H) (D)	90 Day Fiancé David and Annie; Molly and Cynthia. (H) (D)	
TSN	400	400	-	SportsCentre (N) (Live) (H) (D)	That's Hockey (N) (H) (D)	To Be Announced (N) (H) (D)	SportsCentre (N) (Live) (H) (D)	SportsCentre (N) (Live) (H) (D)	SportsCentre (N) (Live) (H) (D)	SportsCentre (N) (Live) (H) (D)	SportsCentre (N) (Live) (H) (D)	SportsCentre (N) (Live) (H) (D)	SC With Jay Onrait (N) (H) (D)		
YOUTH	551	542	-	Frogger "Hop Aboard" (H) (D)	"Vampire Dog" (2012) Amy Matysio. (H) (DVS)	Henry Danger	Henry Danger	6teen (H) (D)	6teen (H) (D)	Degrassi	Degrassi	iCarly (H) (D)			



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