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Lennoxville Residents' Association disbands

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THE RECORD

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FRIDAY, MAY 28, 2021

Curfew lifts May 28

Outdoor gatherings permitted

Record Staff

After Thursday night, Quebecers will no longer need to rush to get home by 9:30 p.m. The first step in the Quebec government's deconfinement plan begins Friday, with the curfew lifted, and outdoor gatherings permitted with up to eight people, or groups from a maximum of two different residences. Restaurants can open patios, and bars will follow in the coming weeks, along with the loosening of other restrictions related to sports and other leisure activities.

Quebec reported 436 new cases of COVID-19, bringing the total number of people infected since the beginning of the pandemic to 368,899. There are currently 4,977 active cases in the province. Ten new deaths were reported in the last day, for a total of 11,115.

Hospitalizations decreased by five for a total of 394, and there are 96 patients in intensive care, down five from the day before.

In the Estrie region 40 new cases were reported, bringing the number of active cases to 402.

No new deaths were reported locally.

To date, 57 per cent of the population eligible for COVID-19 vaccination in Estrie has received at least one dose.

Ayer's Cliff milk company hits major milestone



COURTESY

La Pinte owners Pascal Valade and Remi Ducharme

By Michael Boriero

La Pinte, a milk company that produces quality jersey milk in the Eastern Townships, opened

its doors five years ago, and in that time, it has recovered and reused more than one million glass bottles, saving them from being dropped into a recycling bin or trash can.

"It's something nice to know for the customer because they buy one or two bottles a week, but they don't necessarily understand the bigger

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Weather



TODAY:
MIX OF SUN
AND CLOUD

HIGH 12
LOW 3



SATURDAY:
CLOUDY

HIGH 11
LOW 6



SUNDAY:
CLOUDY

HIGH 14
LOW 5



MONDAY:
CLOUDY

HIGH 17
LOW 7



TUESDAY:
CLOUDY

HIGH OF 21
LOW OF 10

Countdown in South Dakota



GOOD READS LENNOXVILLE LIBRARY

By Vincent Cuddihy

James Dover Grant has published 35 Jack Reacher books under the pen name of Lee Child, most of which are novels. Grant started his writing career working for Granada Television and was involved in shows like Prime Suspect and Cracker. When Granada let him go, he moved to New York and started the Reacher books. He is turning the franchise over to his brother Andrew so he can concentrate on writing other things.

Unlike most novelists who write detective series, Child does not place his protagonist in a large city as a means of providing diversity of characters and plot. Reacher is a homeless person who moves from place to place, largely at random. He does not even carry a suitcase; he just buys new clothes every few days and donates the old ones to a local charity. Finding clothes to fit is more of a chore; at six foot five and 250 pounds, buying off the rack can't be easy.

61 Hours (2010) begins at 2:55 on a snowy afternoon in a prison outside Bolton, South Dakota. A lawyer is visiting an inmate who provides him with instructions for 14 crimes that the lawyer will pass on to someone else who will set these crimes into action. Thus begins the countdown of 61 hours: everything that is going to happen will happen by 3:55 in the morning three days later.

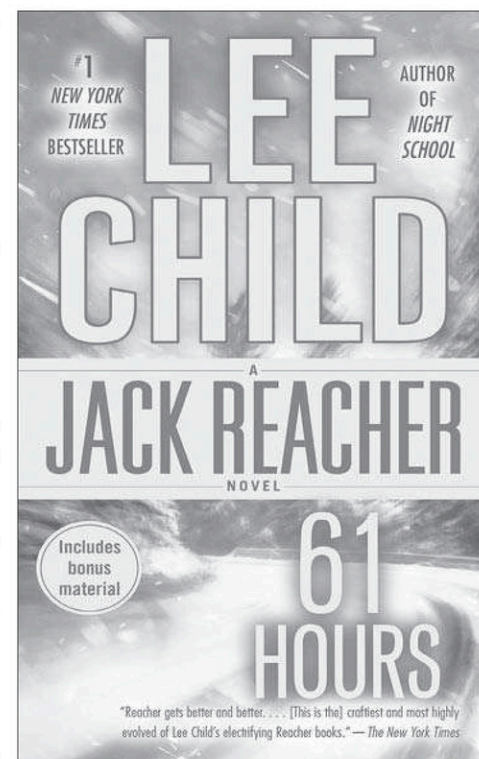
At this time, Reacher is asleep on a bus heading west on I-90. He is with a group of seniors from Seattle who are heading for Mount Rushmore on their way back home. An eastbound car skids on a frozen overpass, causing the bus driver to flinch and lose control, ending up with the nose of the bus in a culvert and the rear end jutting

out into the highway. As the only non-senior, apart from the driver, Reacher disembarks and plants flares in the highway behind the bus in an effort to prevent it from being rear ended. The driver is able to contact local police who inform him that the highway has been closed at Rapid City. The police will send help, but not for a couple of hours. In the meantime, the challenge will be to keep the elderly passengers warm.

Eventually a prison bus shows up to take the passengers into town, where billets have been arranged for all of them except Reacher. The deputy chief of police will take him in. He thinks Reacher can help with a problem. In addition to the prison to the north of Bolton, there is also an abandoned cold war military installation to the west of town. Recently it has been occupied by a bike gang and its entourage. The bikers are suspected of running a meth lab, although the police have not been able to find anybody who is delivering ingredients. Furthermore, the DEA's satellites which search for fumes that are characteristic of meth labs, have not detected any in the Bolton area.

There is, however, a witness who has both seen a biker selling a package of drugs and can identify him. She is also willing to testify, but she refuses to go into witness protection. Her name is Janet Slater. She grew up in Bolton and has retired to her family home after finishing her career as head librarian at Yale University. The trial is not scheduled for another month, which means the Bolton PD has to protect her for that time. A former mayor had made a Faustian deal with the company that runs the prison, which is a combined county jail, state prison and federal penitentiary: if there is a riot or an escape, all the Bolton PD must go to stations to create a perimeter around the prison and to replace guards in the sentry towers, so no one will be left to guard Janet Slater.

Andrew Peterson, the deputy chief, thinks Reacher might be helpful because he is a former army officer. He might have contacts that can tell them what the military had used the old facility for. Reacher calls his former office, the 110th Military Police HQ in Rock Creek, VA. He contacts Major Turner who has his old job, including his old metal desk with a round dent in the side. She has heard a story that the dent was caused by Reacher smashing a colonel's head into the desk. Why



he did this and why he wasn't court martialled is an interesting story by itself. Turner starts digging out the half century old paperwork that reveals what the installation was to be used for.

Child does a really good job of building and maintaining tension. Nevertheless, I would caution against reading this book in the wintertime. Child's descriptions of the effect of the wind and the cold are sharply reminiscent of what you have probably read in works by Jack London or Alexander Solzhenitsyn. The cold at least has the virtue of numbing the flesh; thawing out can be even more painful.

I really can't understand how Tom Cruise was cast in the role of Reacher in the 2012 film. Reacher's size is not just a physical attribute, it is an essential part of his mentality. "All his life, to be taller had been to be better. More dominant, more powerful, more noticed, more advantaged. You got credibility, you got treated with respect, you got promoted faster, you earned more, you got elected to things." You can imagine Reacher's frustration when he finds himself in a chamber with five foot six inch ceilings facing a fully upright and extremely ruthless opponent who is only four feet eleven.

61 Hours is available at the Lennoxville Library. Members are invited to join the Adult Summer Reading Club after June 21st.

Ben by Daniel Shelton



Local News

Like Belford, Pankovitch said that he doesn't feel like there is a pressing need for the LRA's presence in the local political sphere at this point in time.

Lennoxville Residents' Association disbands

By Gordon Lambie

The Lennoxville Residents' Association (LRA) is no more. Having once counted as many as 1,300 members, the citizens' advocacy group has made the decision to formally disband after several years of inactivity.

"We haven't done much in the last few years," said Tim Belford, one of the founding members of the group and a longtime member of its executive committee. "There was less and less reason for us to be active."

The LRA first formed in 2012 in response to a plan by then Mayor of Sherbrooke Bernard Sévigny to reduce the number of councilors in the city, out of concern that reduced representation would lead to a loss of the community's voice in municipal affairs.

"Its time has come and gone," Belford said noting that although Sévigny's plan did eventually preserve Lennoxville when it went ahead in 2017, much of the centralization of services that the organization was concerned about went ahead anyway.

Steve Pankovitch, who served as president of the association for much of its time in operation, said that the decision to dissolve the organization

officially was a combination of recent inactivity and the administrative elements of being a formally recognized group.

"We were just paying fees to the government out of funds donated by the membership, and not much else," the former president said, explaining that with the dissolution, the remaining \$175 the organization had in its account was donated to Community Aid.

Like Belford, Pankovitch said that he doesn't feel like there is a pressing need for the LRA's presence in the local political sphere at this point in time. Looking back on the organization's work over the years, however, he painted a slightly more positive picture of outcomes. Specifically, he underlined the role the group played in borough beautification.

Asked if the association might not have a role to play in the current conversation around the bilingual status of municipalities and with a municipal election coming up in the fall, Pankovitch argued that the formal dissolution of the group should not be seen as a sign that its past members no longer care or have forgotten how to speak up if they need to.

"Our voices are still here, they're just not formally here," he said,



Tim Belford and Steve Pankovitch representing the Lennoxville Residents Association at a public consultation in 2014

differentiating between the ability to meet and advocate for an issue as a group, and doing so through the official structure of an organization.

Belford, meanwhile, suggested that if the group was to rally around a cause again, it would need to find a way to bring in new membership and

leadership.

"A couple of us are getting beyond helping," he said, noting that between younger members being busy with work and home life and older members beginning to feel the challenges of age, it was getting more difficult to get together in any kind of regular way.

CHUS Foundation connects patients and their families through technology

Record Staff

Thanks to the Virtual Encounters between Users and Their Loved Ones project, hospitalized patients at the CIUSSS de l'Estrie-CHUS can talk to a loved one on video via an electronic tablet.

Since May 20, 2021, 34 tablets have been available on the floors of the Fleurimont and Hôtel-Dieu hospitals in Sherbrooke, thanks to a \$50,000 contribution from the CHUS Foundation.

"It was important for the CHUS Foundation to contribute to this project, which provides a little closeness to

patients and their loved ones. We know that in these difficult times, a simple video call can make all the difference for people in hospital who are lonely every day," said Martin Clermont, Executive Director of the Fondation du CHUS in a press release.

With the current pandemic, visits to

hospitals are restricted to family caregivers, which increases the loneliness and isolation of hospitalized people. With the help of hospital staff, patients can arrange a virtual meeting with a loved one, who is notified in advance by email of when and how the video call will work via the Zoom application.

Quebec shortens delay between doses of Oxford AstraZeneca vaccine to eight weeks

The Canadian Press

Quebec is shortening the delay between first and second doses of the Oxford-AstraZeneca COVID-19 vaccine to eight weeks.

The Health Department said today in a news release second doses of the vaccine will start being administered at walk-in clinics on May 29.

Quebec had established a delay of 16 weeks between first and second doses of all COVID-19 vaccines authorized in Canada.

The Health Department says the decision to shorten the delay for

AstraZeneca is based on advice from the province's immunization committee.

Quebec stopped administering first doses of that vaccine on May 13 over concerns about rare cases of blood clots. It had previously been limited to people 45 and over.

While the government recommends people receive two doses of AstraZeneca, people who have received a first dose of that vaccine can choose to receive a booster shot of a different vaccine, but they will have to wait 16 weeks between doses.

Quebec says it has 148,100 doses of the AstraZeneca vaccine in stock.



THE RECORD

Brome County NEWS



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Open to the Spirit

Today's word: Acceptance

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

1) Isn't the struggle to be accepted one of the greatest challenges we face in our teen years? We want to fit in, have friends and be appreciated. Often this desire has us compromising on who we truly are and what we believe. It may begin in our youth but the search for acceptance can be a life-long endeavor. We are social animals. We thrive on social interaction. Hasn't Covid-19 brought the point home to us? How many of us make important choices in our lives based on pleasing our parents, our social circle or the expectations we put upon ourselves as we try to fit into the society we are a part of?

Unconditional love has been defined as being able to care for someone without any expectations regarding that person's behaviour or the care they may have for us. Not many of us can manage that but we like to hope that is how God cares for us. We like to imagine that acceptance and care for the person we are right now, comes with no judgments about our past mistakes or our innate flaws.

To my mind the first step towards authentic living that finds a balance between receiving acceptance from others and being true to ourselves is

self-love. We are each imperfect clay vessels and life is our school. The trials, tribulations and joys of life all leave their mark. When we fall, fail or face rejection the first step to recovery is to get back up, check in with our inner moral compass, that holy centre where the Spirit of Life resides and make adjustments in line with our true values. To borrow a quote from Mission Impossible, this appears to be our mission and we have obviously chosen to accept it. We each have a unique and valuable mission to carry out. And the first step to success is self-acceptance

2) One of the gifts of daily mindfulness training is the practice of acceptance. You begin with accepting in the moment minute changes to your physical, mental and emotional well-being. With nonjudgmental awareness, allowing thoughts, feelings or sensations arise and recede without any need for meaning, or making any effort to change. If a noise interrupts the silence, acknowledging it and letting it pass through your consciousness. Like waves on the ocean, letting what is most impermanent - our momentary experience - come and go as it will.

Imagine you are sitting in the most relaxed position you can find in a comfortable setting. "Nothing to do, nowhere to be, just feeling some space around you" is how in our Zoom group meditation circle we ease our-

selves into the vast inner stillness. We breathe all day long without thinking, but now our attention turns to welcoming each breath as gift, a life-sustaining rhythm, an in and out exchange with all that breathes, becoming aware of our connection to all that is. Symbolically it helps to open the hands - and with them heart, mind and spirit - to whatever life chances to send our way right now, and again right now, and now again. If disturbing thoughts or memories cloud your peace - or the nagging to-do list intrudes - just let it pass through. Welcome even your worries, says the guru, but you don't need to invite them to stay for tea.

Whatever arises, the goal is to calmly receive it with one hand, and let go with the other. Without attachment or burden. Why is this useful? I find if I begin the day consciously practicing acceptance - of self with all my wild uncontrollable thoughts, and my setting with all that happens beyond my control around me - I can choose to return to it anytime throughout the day. In the midst of a temporary upset or obstacle or challenge, simply opening my hands - or even thinking of opening my hands - reminds me.

Like physical training, I find it helps to make acceptance a daily practice. And it helps when faced with the unexpected disappointment or challenge. To return often to mindful acceptance is not to acquiesce to or ignore what needs attention. I find I am most responsive if I am not carrying what needs to be put to rest. Minor irritations are more likely to remain so, tension is slower to build, easier to release, freeing the spirit to more wonder, gratitude, and awe. Now I can accept that!

3) I have some knowledge of what it means to not be accepted. I remember being 12 and moving to a new school where I was unknown. I wore glasses and was a classic nerd, and it didn't help that I ripped my pants jumping over a fence on the first school day in September. I survived though. Many people don't. I had a conversation with one of them years ago. She had tried to join the church at confirmation, but came from a poor family and struggled in school. The minister then had a habit of giving tests to the class on church history. The tests were meant to be easy, but she failed and quit the class. I still flinch when I remember her words; "I'm not good at anything, I even failed church".

Over the years I have celebrated the journey our church has made to be more accepting of people who were once thought as different. My liberal attitudes about the role of women, gay ordination and marriage, and our understanding of the Bible are not universal. I have faced judgment at times from others. Once I had encouraged some seekers to try our denomination. They enjoyed the church experience. This acceptance did not remain after I moved on. One friend, a lawyer kept attending for a while until the minister who followed me got angry over the liberal changes. During a worship service he told everyone to stand and repeat an ancient creed, and said if they couldn't, they didn't belong. My friend left and never came back. Too

many churches still see the world as, believers, or sinners. They forget the mission of Jesus.

The early church offered acceptance and inclusion to all; The Samaritan woman at the well, the Ethiopian eunuch, even Roman soldiers. One of my favourite parables tells the story of a banquet, where there were empty places, so the master told his servants to go to the highways and byways, and bring in the poorest of the poor. All were accepted. All celebrated together.

I have seen the faces of people who shared their struggles with me; I am gay, I am transgender, I am pregnant and have no partner. When I told them I loved and accepted them, and so did God, and also our church, the fear turned to a radiant smile. God loves and accepts all of us. So should we.

4) Many faith traditions have a ritual of saying blessings in the morning. Waking up and seeing the light of day, we can give thanks for the blessings of life, of safety and of course for the food we eat to give ourselves the energy we need to go about our day. Along with these very practical prayers, we also can hope that our day will be one that is fulfilling and has meaning. We might hope that we are productive (a personally challenging one during these pandemic times) or that our relationships stay strong and healthy. There are more than enough hopes to go around, and at the beginning of our day, anything is possible.

But it is at the end of the day, when we are ready for bed that the other side of this prayer experience takes place. Looking back at the events of the day, the joys and challenges, the ups and downs, we can take a moment to reflect on what went well and what did not. Were you able to accomplish all that you set out to do? Are you feeling happy or disappointed? More often than not, looking back, no day is perfect, and most days there may even be some regrets.

In the Jewish tradition, there is a beautiful prayer which is said before we go to bed, a prayer of reflection, but primarily one of acceptance. Right before we close our eyes, we give thanks to God for life, and with a liturgical deep breath, we accept the day for what was, a mixture of successes and failures, blessings and challenges. But above all we are asked to look back and know with the same faith that we can aim for perfection, we can also accept that we tried our best. We forgive those who might have hurt us, and we forgive ourselves for possibly not doing our best. We accept that each day is different, and above all, the end of each day leads to new beginnings.

When the lights go out and the sun starts to set, we can accept that no matter what happened during our day, we can wake up to a fresh start.

One word, four voices, what does acceptance mean to you?

Rev. Mead Baldwin pastores 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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La Pinte

CONT'D FROM PAGE 1

picture," said La Pinte co-owner Remi Ducharme.

When Ducharme and his business partner Pascal Valade were brainstorming ideas, they decided to bring back bottled milk, which has long since disappeared in Quebec. They were inspired by milk companies that run a similar concept in Ontario and New England.

According to Ducharme, a glass bottle can be reused up to 30 times before losing its integrity, as long as it is sufficiently cleaned and disinfected. He told The Record that they are able to wash, sanitize, and re-bottle milk in-house at their facility in Ayer's Cliff.

"If you use the glass bottle and put it in the recycling bin, it makes no sense because it's a heavy material," said Ducharme. "But if you use the glass bottle and you have the facility to retake those bottles, wash them, sanitize them, it's something very interesting for the environment."

Ducharme explained that when the company was established in 2016, he and Valade were skeptical as to whether Quebecers would be willing to buy in to their philosophy. However, they knew that people were becoming more environmentally conscious.

"The thing we didn't know at the time was if the people in Quebec were ready for that kind of product because we know it's a much bigger effort for customers, you know, to rinse the bottle, bring them back to the point of sale, so we didn't know if it was going to work," he said.

They were surprised when their bottled milk started to take off. They realized they had struck a chord with consumers seeking to reduce their ecological footprint. The quality of milk is also different in a bottle, he said, it stays fresh, compared cartons or bagged products.

"It means a lot more work, you know, it's not easy to retake the bottles and manage all that," said Ducharme. "It's something else, it's a complicated thing, it's not an easy thing to do, but we believe it's the right thing to do."

The process doesn't work, though, unless customers completely commit to returning La Pinte bottles back to their point of sale, like an IGA, Metro or Provigo. However, he told The Record that more than 80 per cent of their bottles come back to their facility.

There is also a contingency plan for when a glass bottle accidentally shatters during transportation. Ducharme said they collect the

broken bottles at their facility and ship it to a trusted recycling company in Montreal's South Shore.

They also collect any of their bottles that have been left on the shelf for too long. But instead of throwing away the milk, Ducharme said it is quickly given to two organizations in the Eastern Townships to give their products a second life before it expires.

"We make sure to take the milk that's unsold before the [expiration] date and we bring those bottles to La Grande Table in Sherbrooke and Cépop in Magog, so those organizations can cook with the milk and add value to a milk that's approaching the end of its life," said Ducharme.

Cépop is a non-profit organization that promotes "the social integration and employability of individuals through work-based training in ecological urban agriculture and food services." La Grande Table

provides hot meals to families and children in need.

Ducharme acknowledged that some of La Pinte's customers are likely purchasing their milk out of nostalgia. But for the most part, he said, people in the region want to something local, something they can understand, and something that uses responsible packaging.

The past five years have flown by, Ducharme continued. He remembers purchasing their facility, which used to be an old bowling alley, like it was yesterday. It has been a humbling experience, he said, but people have been supportive since day one.

"I'm very proud to be part of that kind of initiative and I'm pretty happy that we have employees and people around us that are there for us and they make a big difference for us," said Ducharme.



SECRETARY

- 15 hours/week

Lennoxville & District Community Aid is a non-profit organization. The mission is to promote and coordinate services and volunteer work thus making it easier for seniors over 65 to continue living in their own homes. We are looking for an experienced candidate to fill this position.

RESPONSIBILITIES:

Under the supervision of the Coordinator of Human Resources, the candidate will perform the following duties and responsibilities;

- Answer to correspondence and various information requests;
- Perform administrative tasks (mailings, letters copies, calls, billing, notices, etc.);
- Order supplies;
- Establish and maintain filing systems (paper and computerized);
- Prepare documents (information to volunteers or clients, publicity, activity reports etc.);
- Assist team members in drafting projects, surveys, funding applications, etc.;
- Make bank deposits

TRAINING AND EXPERIENCE REQUIRED:

- DEP Secretarial studies or any other diploma relevant to the position
- Knowledge of Microsoft applications
- Proficiency in French and English, (written and spoken min. 4/5)
- Knowledge of community organisations and social media
- 2 to 3 years of experience in a similar field

KEY SKILLS:

- Great listening skills
- Strong interest to be involved with and for the community
- Capacity to develop trusting relationships with clients and the team member
- Organized and well-structured
- Dynamic and proactive personality
- Respect confidentiality.
- Adhere to the values of the organization.

Starting date: June 2021

Candidates must send a presentation letter along with their curriculum vitae at the latest May 31st, 2021 to

Sylvie Gilbert Fowlis at: direction@communityaid.ca

Only candidates selected for interviews will be notified.



COORDINATOR OF HUMAN RESOURCES

- 21 hours/week

Lennoxville and District Community Aid is a non-profit organisation that promotes and coordinates services and volunteer work making it easier for seniors to continue to live in their own homes.

Working in collaboration with the Director General, the person holding this position ensures the optimal management of the human resources of the organization (establishing objectives, evaluations, staff improvement, skill development and discipline). In collaboration with the Director General, the person works in drawing up, reviewing job descriptions as well as recruiting staff. Its management practices must promote operational efficiency and follow-up in accordance with Community Aid's mission, policies and objectives.

In collaboration with the Director General as assigned by the Board, this person will work in establishing and reviewing internal and external policies, while solely responsible for the implementation of these policies related to staff.

She provides feedback to the Director General on: the overall functioning of all departments, improvement of client satisfaction, and response to problems in Community Aid's client operations. She collaborates in developing formal complaints procedure.

Participates in the preparation of promotional tools and updates the Web site.

Sits as an ex-officio member on the Administrative Board, Executive Committee and at the Annual General Meeting.

TRAINING AND EXPERIENCE REQUIRED:

The person has a College degree diploma (DEC), a University Certificate or an undergraduate University degree or a combination of training and work experience related to the job as well as experience in working with personnel development and mobilization of staff and team engagement. This person is familiar with the community environment, and is known for his/her professional approach.

KEY SKILLS:

She demonstrates leadership and has good communication skills. She also has excellent skills in developing and maintaining harmonious and productive relationships with staff.

Good organisational and listening skills.

Demonstrate leadership, initiative and a good sense of planning.

Has a team spirit, an ease with adaptation and is dynamic.

Respect of confidentiality.

Sound knowledge of Outlook, Word, Excel, Publisher, and social media

Bilingual (written and oral; English and French), 4/5 minimum.

Please forward your application to Sylvie Gilbert-Fowlis at: direction@communityaid.ca

Deadline for applications: June 3rd, 2021. **Starting date:** June/July 2021.

Only candidates selected for interviews will be notified.

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 the topic was working from home.

My Take: By Gordon Lambie

Now is the time to start thinking about what to hold on to from this pandemic period, and what to let go of. It comes in all sorts of forms, from considering what role masks are going to continue to play in our lives, to flexibility around the idea of working from home.

Obviously some jobs are always going to require in-person interaction, because Zoom just doesn't work for laying brick, but

there is a strong suggestion that there might be some value to letting people continue to work at a distance, at least part of the time.

There's debate over distraction and oversight, and with the unpredictable element of parenthood thrown into the mix what works one day might not the next, but if the work is getting done in the end, does it really matter where?

It's at least worth asking the question.

My Take: By Matthew McCully

I really admire people who can set up a dedicated workspace in their home and be productive.

I am not one of them.

I had to quarantine a few times during the pandemic, and when working from home I felt there was no beginning, middle or end to the workday.

I'm not disciplined enough to follow a schedule and know when to say when.

Also, dogs are terrible co-workers. Just terrible.

On the flip side, I bet there are millions of people who, over the past year, have realized they can accomplish twice as much without the hustle and bustle of the office distracting them.

So what happens now?

The traditional work model has been flipped upside down, some thought temporarily.

I pity the employers that have to balance the demands of staff on a large scale now that working from home is a possibility.

My Take: By Michael Boriero

With Quebec easing back to normal life this summer, one can only imagine businesses will start to bring their employees back into the office.

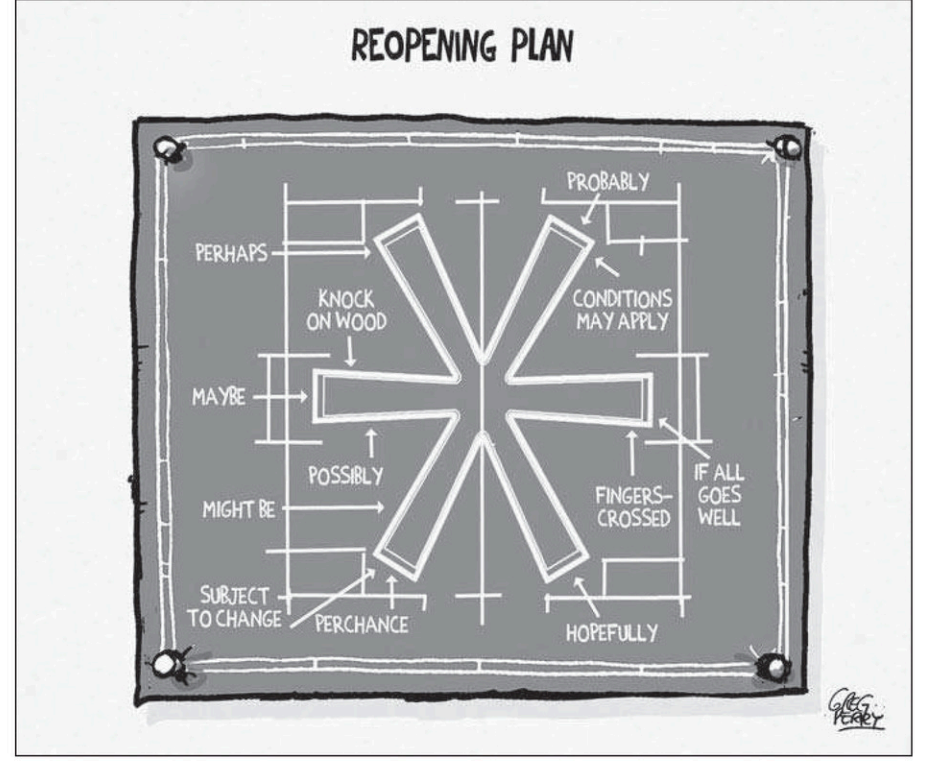
I have to admit, this is one of the things that has interested me throughout the entire pandemic because I think most people realized working remotely isn't so bad.

It was relatively easy once everyone got the hang of Zoom meetings. You didn't even really have to get out of

bed, or brush your teeth, which I admit to doing on several occasions.

My poor hygiene aside, I think all-in-all it wasn't a terrible experience. That being said, living alone was the real challenge. The lack of human interaction weighed on me.

My guess is we'll see a hybrid schedule going forward, but office buildings will not disappear anytime soon. We're not meant to live our lives staring at a screen.



My Take: By Taylor McClure

I've been working from home the last few months and it's not always the easiest. I'm the type of person that is connected to their office space; in that space I feel more motivated, focused, and organized. When I'm taken out of this space, I feel out of routine and that I'm not doing enough, even though I continue to fulfill my responsibilities. I think of my colleagues that are actually

working in the office, and the stress that comes with that during a pandemic, and I push myself to do more, sometimes maybe too much, and to help fill in the gaps. While being able to work with my cat and working an eight-hour shift in my pyjamas is nice and dandy, there is also a sense of guilt that comes along with it. I can't wait to step foot in the office again.

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

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C
COLUMNIST

Safina's chapters on whales are grouped under the heading "Families." We learn about the close-knit life of the whales and how unique each family is.

Learning from other species reveals that we are all one



DOUGLAS NADLER

"There is no folly of the beasts of the earth which is not infinitely outdone by the madness of men."

— Herman Melville, *Moby Dick*

Carl Safina's book *Becoming Wild: How Animal Cultures Raise Families, Create Beauty and Achieve Peace* is an intimate tapestry of the lives of three animal species. What makes these animals who they are? Safina visits sperm whales, macaws and chimpanzees, and with the help of scientists and naturalists he examines their families in the context of culture. For example, sperm whales have complex communications that enable extended families to stay together. A certain group or "clan" of these whales will only communicate with members of that clan. Water is an incredible conduit for sound, and as whales move across the oceans they can listen and respond to other members many kilometres away. This also enables them to come to the defence of their young extremely quickly.

But how they come to the defence of their young is determined by learning that is specific to that group of whales. "Genes determine what can be learned, what we might do," Safina

explains. "Culture determines what is learned, how we do things... Social learning is special. Social learning gives you information stored in the brains of other individuals. You're born with genes from just two parents; you can learn what whole generations have figured out." Culture presupposes that there is innovation in a group. Safina gives us many examples of how just one animal can impart to others a new way of interaction in the world. So there is both the process of learning and conformity. He goes on to define culture as "information and behavior that flows socially and can be learned, retained, and shared... Innovation is to culture what mutation is to genes; it's the only way to make any progress, the root of all change."

Becoming Wild is all about the amazing cultures found in Nature – not just human culture. Tragically, until recently humans thought they were the only beings on the planet that had culture. That anthropocentric belief was challenged in 1970 by Roger Payne's recording of the song of the whales, and when Payne and Scott McVay published "Songs of Humpback Whales" in *Science* journal the following year, humans' attitude to cetaceans changed – well, except that the industrial killing of the great whales continued. People began to question strongly the need to destroy these sentient creatures. Did margarine have to contain whale oil? Was whale oil really needed for face cream or for lubricating machinery?

It has always struck me that one of the great perversities perpetrated by fossil fuel corporations and their lobbyists is their active and unremitting ability to help kill off whales, something that men in boats projecting harpoons could never quite manage. You'd be correct in assuming that things should have

improved once whales were no longer murdered for their oil to light up houses, because fossil fuels took over that task. However, as the oceans lost large numbers of whales, the boats had to go further and further in search of their prey. The cost in fossil fuels to travel to the Antarctic to hunt made whaling almost prohibitive, but that cost was filling the coffers of the petroleum industry. That is not to say that the petroleum industry pushed the hunters to destroy the whales, but it is part of a web of deceit and greed that has brought us to our ecological crisis. Safina puts it succinctly: "Energy is always a moral matter. It has tended to reward immoral behaviour."

What kept the butchery going was the "respectable" quasi-scientific but highly political International Whaling Commission established in 1946. Unbelievably, it was set up to stop the all-out extermination of whales so that commercial whaling could continue! Quotas were arbitrarily established and then countries lied about their catches. A moratorium in 1979 came and went. Only public outrage saved the whales... or did it?

Safina's chapters on whales are grouped under the heading "Families." We learn about the close-knit life of the whales and how unique each family is. All the members of a clan use specific clicking sounds known as codas, which identify them and enable them to pass on information. New skills for hunting fish are shared within the clan. Whale cultures teach the young not only how to survive, but also their way of life. When the adults are killed in grotesque numbers, the adolescents have not yet been given the opportunity to learn these life skills. Genes are not enough for survival. Fragmentation of families destroys the ability to be innovative. If culture is home, as Safina puts

it, whales lose their homes when families are torn apart. He reluctantly says, "It means something acutely awful, I think: that the human species has made itself incompatible with the rest of life on Earth." To say this is to send a jolt of horror through the reader. Whales have responded to the question of how we can best live where we are. Will humans do the same?

To this day the Japanese still demand the slaughter of whales for "research." Arguing that whales are killing too many fish brings to mind the spurious rant that wolves must be decimated to save the livestock industry. To bring it closer to our human "home," when Indigenous groups lose their languages and land, all is lost.

Scientists now know that sperm whales help keep the oceans healthy and enriching for many species, and that they are a key species for slowing down the climate crisis. When these whales dive, guided by sonar, into the great depths, they capture massive volumes of squid. In doing so they bring to the surface many nutrients, but just as importantly they usually defecate before they dive, and their excreta become an important source of nutrients for wildlife and for the propagation of plankton that soak up carbon dioxide.

Recently a lot of effort has been made to celebrate the lives of animals. David Attenborough's documentaries and others such as *My Octopus Teacher* are all trying to undo the self-imposed calamity humans find themselves in. *Becoming Wild* does the same. It is available at the Lennoxville library.

A second article exploring Carl Safina's book will look at the cultures of macaws and chimpanzees and how beauty and peace are integral to their existence.

Echaquan's care at Quebec hospital should have been taken more seriously: head nurse

The Canadian Press

The head nurse at a Quebec hospital where Joyce Echaquan died last September told a coroner's inquest today the Indigenous patient's care should have been taken more seriously.

Echaquan, a 37-year-old Atikamekw mother of seven, filmed herself on Facebook Live as a nurse and an orderly were heard insulting and mocking her at the hospital in Joliette, Que., shortly before she died last Sept. 28.

She had arrived at the hospital two days earlier with severe stomach pains, but staff had listed her as going through withdrawal, which influenced her treatment plan.

Head nurse Josee Roch testified today that Echaquan's condition was somewhat trivialized by hospital staff.

She says that on the morning of Echaquan's death, she had received an uncommon visit from a liaison nurse who had said requests to transfer Echaquan to the hospital's reanimation room were refused.

Roch, who is testifying for a second day, says she had not asked to see Echaquan's medical records and her assistant had offered assurances the patient's condition was being looked after.

Under questioning from the inquiry counsel, Roch said she should have gone to the reanimation room herself.

The video shot by Echaquan had captured the attention of hospital management, including Roch, who said she had questioned staff about it.

Roch faced several questions today

about a phone call with a nurse who had testified earlier during the coroner's inquest. The inquiry lawyer questioned Roch about whether she had discussed her testimony with that witness.

The inquiry also heard that Roch had carpooled to the hearings with two other witnesses.

Roch admitted to having chatted with the assistant head nurse on the phone, but denied they had discussed their testimony.

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Thank you!

Today marks the beginning of the gradual easing of the lockdown in Québec. I would like to thank all Quebecers for their efforts, sacrifices, and solidarity over the past 15 months.

It is thanks to you that we have made it through this third wave that has been so devastating elsewhere.

Québec's sweeping mobilization to vaccinate the most vulnerable individuals in the first months of 2021 has saved many lives.

Your courage, discipline, and solidarity have meant that our children were able to remain in school as long as possible.

As I said last year, brighter days lie ahead. However, we still have two collective missions to accomplish.

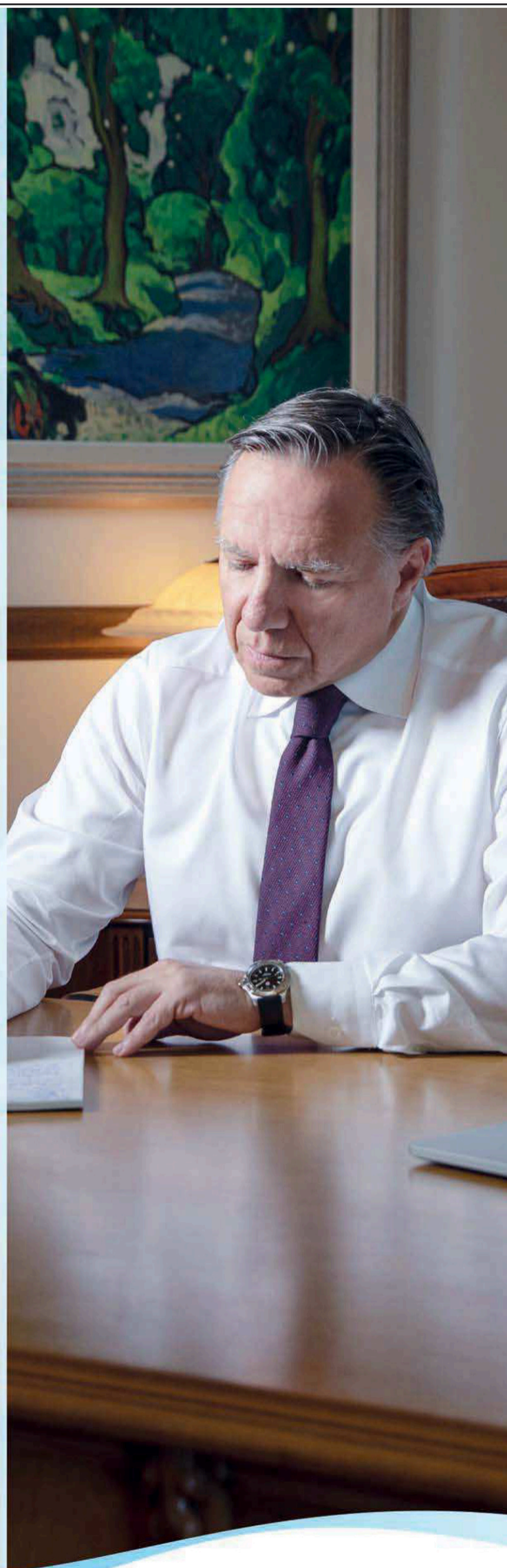
Our first mission is to continue to obtain the first and second doses of the vaccine. Vaccination is our passport to freedom and a return to normal life by the start of the new school year.

Our second mission is to remain cautious and abide by the rules governing the gradual easing of the lockdown. Let us not spoil our summer by slackening our efforts too quickly.

Enjoy the easing of the lockdown!



François Legault,
Premier of Québec



Obituaries

Death



Audrey Coates Allanson (1931-2021)

Passed away at the Wales Home, Richmond, QC, on May 23, 2021 at the age of 89. Audrey Coates Allanson was the daughter of the late Clifford Coates and the late Irene Berwick and the loving wife of Bruce D. (Bud) Allanson, of Sherbrooke.

Mrs. Allanson leaves in mourning her husband Bruce D. 'Bud' Allanson; her sons: Mark (Linda Aleksa) and Peter (Karen Goulet); her grandchildren: Brent (Tammy), Meghan (Joel), the late Curtis; Matthew (Maureen) and Steven (Jenny); her 4 great-grandchildren; her brother: Malcolm 'Mac' (Jean) -Sherbrooke, Brenda Oxborough - Ottawa; her sisters-in-law: Beverley (the late Paul Blouin), the late Bernice (the late Carol Hodge); as well as many nieces, nephews other friends and relatives.

The family would like to thank everyone at the Wales Home for their kind and professional care given to Mrs. Coates Allanson.

As a memorial tribute, donations to the Wales Home Foundation, 506 Rte 243 N, Cleveland, QC, J0B 2H0, would be appreciated.

Due to the COVID pandemic, a private graveside service (by invitation) will be held at the Elmwood Cemetery, Sherbrooke at a later date.

STEVE L. ELKAS FUNERAL HOME
4230 Bertrand-Fabi, Sherbrooke QC
info@steveelkas.com

PHONE: 819-565-1155
FAX: 819-820-8872
www.steveelkas.com

Death

Death

Death



Robert Coleman (1949-2021)

Robert Ralph Coleman passed away suddenly at home May 21st, 2021 at the age of 71. Robert "Bob" was predeceased by his parents Ralph Coleman and Phyllis Faye Ord.

Beloved and devoted father of Kelly (Chris), Robin, Jodi (Brad), Mike, and Travis (Lori). Robert will be fondly remembered and greatly missed by his grandchildren: Amber (Trevor), Gregory, Chloe (Xavier), Daphnee, Tyler (Alex), Madryk, Lexis, Hailey, Rosalie, Lielle, and Griffin, as well as his great grandson Mason. Robert loved his family dearly and didn't miss an occasion to share just how proud he was of his children and grandchildren.

He also leaves to mourn his sister Hope (late Peter Kutney), his dear friend Linda Hoy, Doris (late Darcy Eryou), his Auntie Gert, cousins, nieces, nephews, and many friends.

As per his wishes, there will be a private ceremony with family at a later date, where he will be laid to rest beside his parents. Robert loved the town of Bury, where he raised his family. If you would like to make a memorial donation, donations to the Pope Memorial Elementary School Playground Fund would be greatly appreciated: 523 Stokes Bury, QC, J0B 1J0.

Robert was a charismatic and loveable soul who enjoyed singing and laughing with friends and family. He loved to work on his farm with his children, grandchildren and friends. He remained closely connected to his family and friends throughout the pandemic through daily phone calls. He will be greatly missed by all.

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www.casshomes.ca

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Douglas Earl Garfat (1933-2021)

Passed away peacefully at the Hotel-Dieu Hospital in Sherbrooke on Monday, May 17, 2021 in his 87th year. Son of the late John Garfat and Freda Wannerton. He is survived by his beloved wife of 63 years, Carrol Brown. Dear father of Tony (Jill Fletcher), Dwight (Nancy Kerr), Gail, Darlene (Steve Marrotte) and Nelson (Line Madore). Grandfather of Jennifer-Rae Garfat, Bobbie-Jo King, Rebecca-Lee Garfat (deceased), Dustin Garfat, Randi-Lynn Garfat,

Anastasia Markey, Trevor Patton, Matthew Patton, Adam Patton, Tareva Patton, Schuyler Marrotte, Kyshia Marrotte, Ayla Marrotte, Sabrina Garfat, Cody Garfat and great-grandfather of eleven. He also leaves to mourn his passing, his brother, Ron (Eileen Henderson), sister-in-law, Donna (Embury) Garfat, brother-in-law, Stan Brown (Pat Decoteau) and many nieces and nephews. He was predeceased by siblings Gordon, Dorothy Mackey Colby, Frances Chaplin and Ginny (David McLachlan). The family would like to thank the staff at the Wales Home, especially Norton 3, for their compassionate care. A graveside service and burial of ashes will be held at the Huntingville Cemetery at a later date. As a memorial tribute, a donation to the Wales Home Foundation, 506 Route 243 Nord, Cleveland, QC J0B 2H0 or The Huntingville Cemetery Association, PO Box 325, Succ. Lennoxville, Sherbrooke, QC J1M 1Z5 would be appreciated by the family.

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Stanley MacDonald (1934-2021)

It is with deep sorrow that we announce the sudden passing of Stanley MacDonald (87), at his home in Ste. Catherine de Hatley, on Sunday, May 16, 2021.

Stanley was a vibrant and generous person with a deep love of the land. He grew everything in abundance from tomatoes, to flowers to giant pumpkins! He worked for many years as a butcher at the Lebaron stores in North Hatley and Ayer's Cliff while also supplying several of the other local grocery stores with vegetables. His giant pumpkins and squash placed very highly at the weighing-in event every year!

In his youth, Stan was an avid skier and snowmobiler and loved restoring old cars. He was also a member of the Eastern Townships Vintage Auto Club.

He is predeceased by his wife Benita, mother Monna and father Alec (Alexander). He leaves to mourn his children, daughter Lin (Colin late), son Lyle (Larene), brother Eldon & sister-in-law Janet, grandchildren Mark (Caroline), Kevin (Marie), Alex (Jen), Lisa (Gavin), and 3 great grandchildren: Madison, Ryan & Brandon. He will also be sorely missed by his niece, Gina (Dwight) and nephew Michael (Karen), and step-grandsons Trent (Stacie), Cody and Josh Ackerson.

Due to Covid-19 restrictions, a Memorial service will be held at a later date.

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Death



Jannetje Binnekamp Dezan
1935-2021

It is with great sadness that we announce the passing of Jannetje Binnekamp Dezan at the Magog Hospital on May 20, 2021, at the age of 85, daughter of the late Hendrikjan Binnekamp and the late Antonia Kandewetering. Beloved wife of the late Maurice Dezan.

She leaves to mourn her son Douglas and her grandchildren Ashley, Philip, and Andrew. She will be missed by many extended members of the Binnekamp and Dezan families, other relatives and friends.

The family will gather privately at the Cass Funeral Home, 900 Clough, Ayer's Cliff, Qc, on Sunday, June 13th, 2021 from 1 to 3 p.m.

In lieu of flowers, contributions in Mrs. Dezan's memory may be made to the Massawippi Cemetery, in care of Mr. Tom Schopflocher, 610 Ch. Harvey, Hatley, Qc. JOB 4B0.

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Death



Priscilla Jean Parker
1959-2021

On May 23, 2021, Priscilla (Pris) Jean Parker, age 61, passed away peacefully at CHUS

Fleurimont with her sister Geraldine and nephew Stephen Morrow by her side.

Daughter of the late Archie and the late Evadna Sheldon Parker. Loving mother of Travis, the late Janis and her cat Patches.

Dear sister of late Robin, Wilie (late Patsy), Joyce (Larry), Roy (Sharon), Cecil (Cheryl), Lillian, Norma, Wilford, Geraldine (Steve), late James, late David (Cindy), Debbie (Jose), Doug (Cathy), Donald (Liz), Ken (Nancy), Randy and Mark (Pauline) as well as many nieces, nephews whom she loved dearly. Also, many aunts, uncles, cousins and friends.

Priscilla had a heart of gold with her last words of encouragement: "a bravery will make us all stronger people". FLY HIGH SIS. You took a piece of our heart. (JJ) A graveside service will be held at a later date at the Brookside cemetery in Fitch Bay.

She will be buried next to her mom.

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Church Services

Presbyterian

LENNOXVILLE

St. Andrew's Presbyterian Church, Lennoxville. We are pleased to welcome you into the Church every Sunday at 10:30 a.m. for Morning Worship. You can view Rev. Susan Smith's weekly message on our facebook page, Saint Andrew's Presbyterian Church/community/my services.

The Word of Grace broadcast can be heard each Sunday morning on the community station CJMQ - 88.9 FM at 8:30AM. It can accessed anytime at www.cjmq.fm

United

LENNOXVILLE

Lennoxville United Church. Facebook Live: Prayer and Reflection with Rev. Linda. Every Sunday @ 10 a.m. & Wednesday @ 10 a.m. Available Live through Linda Buchanan's Facebook Page or Lennoxville United Church Facebook Page. Video available afterwards through Linda Buchanan's Facebook Page or Lennoxville United Church Facebook Page or Lennoxville United's Website <http://lennoxvilleunitedchurch.com/>

SHERBROOKE

The Plymouth-Trinity United Church community of faith, at 819-346-6373 and www.plymouthtrinitychurch.org in Sherbrooke, welcomes you to our 10:45 a.m. worship service on Sunday, May 30 - whether you are in Sherbrooke, the greater St Francis area, or on the other side of the world. Connect via the Internet, or by telephone (long distance charges will apply): Check our website or call us for details (our building is closed). Joignez-vous à nous pour notre culte du dimanche, 30 mai, à 10h45! Le culte est diffusé en ligne ou par téléphone (avec frais interurbains). Voir les détails sur notre site web ou téléphonez-nous (notre bâtiment est fermé). Cordiale bienvenue à tout le monde. Minister: Samuel V. Dansokho.

United

AYER'S CLIFF, MAGOG, GEORGEVILLE

The Ayer's Cliff Magog Georgeville Pastoral Charge has decided to keep our church buildings closed for the foreseeable future. You are all invited to join us for our Sunday worship services on Zoom at 10:45 a.m. If you would like to join us 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> to find the link our YouTube channel

Death



Heather Florence Rothney
1958 - 2021

On May 25, 2021, after a lengthy and hard-fought battle with cancer, Heather Florence Rothney of Lennoxville, QC (formerly of Inverness, QC.) ended the journey she began in 2018 when first diagnosed. Heather, born on September 16th, 1958 in Sherbrooke, QC, passed away peacefully at the Maison Aube Lumière, surrounded by family. She was the daughter

of the late Bruce Rothney and Marion Kelso. Heather leaves to mourn her two sons, Christopher and Gregory Wright of Inverness, QC; her siblings Richard (Rick) Rothney of Vancouver, BC; Karen of Vancouver, BC; Melanie of Kitimat, BC; Trudy of Victoria, BC; and the father of her two children Jim Wright of Inverness. Heather was predeceased by her older brother Kenneth (Ken) of Vancouver, BC in 2020. She leaves many nieces and nephews both here and in BC. She cherished a special relationship with her niece Jennifer of Victoria, BC. Heather leaves as well many cousins, aunts, uncles, friends, and colleagues. Heather cherished her friendship with, Brenda Trenfield, Janice Vaudry Carey and Geraldine McGurk and many others whom she encountered during her lifetime.

Due to the COVID pandemic, a private service (by invitation) will be held at the Steve L. Elkas Complex, Sherbrooke, Quebec on Saturday, May 29, 2021 at 1:00 p.m., followed by the burial of ashes at Christ Church Lower Ireland. The service will available online at FUNERAWEB.TV In lieu of flowers, donations to the Canadian Cancer Society, 3330 King-Ouest, suite 130, Sherbrooke, QC, J1L 1C9 or The Maison Aube Lumiere, 3071, 12th Ave. North, Sherbrooke, QC, J1H 5H3 would be appreciated by the family. A special thank you to all the health care workers who guided her through her illness.

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Death

SUDOKU

DIFFICULTY RATING:☆☆☆☆☆

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5/28

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PREVIOUS SOLUTION

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

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

Card shower



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on June 5.**

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100th birthday,
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Sherbrooke, QC J1M 0C6**



Happy 40th Anniversary



**Walter & Barbara (Drew) Hartwell
May 30, 1981**



Your Birthday

FRIDAY, MAY 28, 2021

Stay on top of your spending habits this year. Look for alternative ways to bring in cash. Physical action will help you get things done. Listen to reason, verify facts and don't rely on someone to do things for you. Indecisiveness is a red flag. Back away from questionable situations. Be direct and personable.

GEMINI (May 21-June 20) - Take care of your responsibilities. If you let someone do things for you, disappointment will follow. Keep your plans and budget reasonable. Take responsibility for your actions and words.

CANCER (June 21-July 22) - Don't jump to conclusions. Go directly to the source and get information in writing. Your meticulous nature will keep you ahead of the competition. An open mind will be necessary.

LEO (July 23-Aug. 22) - A steady pace and a curious mind will help you distinguish between what's authentic and what isn't. Keep your wits about you to ensure no one takes advantage of your kindness or generosity.

VIRGO (Aug. 23-Sept. 22) - You'll accomplish the most if you find yourself a quiet cubbyhole where you can focus without interruptions. It's OK to distance yourself from drama and people who insist on making life difficult.

LIBRA (Sept. 23-Oct. 23) - Channel your emotional energy into something constructive. Idle time will lead to an unnecessary argument. Bide your time and think matters through. Focus will be difficult, but worth the effort.

SCORPIO (Oct. 24-Nov. 22) - Let go of sentimentality. A minimalist approach will lead you to peace of mind and the

opportunity to achieve your goals. Stop spinning your wheels and start making things happen.

SAGITTARIUS (Nov. 23-Dec. 21) - Common sense will be your saving grace. If you let someone pressure or tempt you into something outlandish, you will have regrets. Change what's necessary, and believe only what's verified.

CAPRICORN (Dec. 22-Jan. 19) - Share your thoughts and feelings, and make decisions in conjunction with people you love. The changes you make will bring you closer to the lifestyle you want.

AQUARIUS (Jan. 20-Feb. 19) - Uncertainty is the enemy. Use your ingenuity and do the research necessary to help you gain perspective regarding something you want to pursue. A positive domestic change is featured.

PISCES (Feb. 20-March 20) - Look at every angle of a situation before you make a decision. Listen to your inner voice, not to someone filling your head with unrealistic pursuits. If you want to make a change, do it on your own.

ARIES (March 21-April 19) - Look at the big picture before trying something new. Having a good sense of what you want and what's available will help you choose a path that leads to victory. Think and work hard.

TAURUS (April 20-May 20) - Don't cross boundaries. An unnecessary change will leave you second-guessing your next move. Do what you can without compromising your beliefs, integrity or financial budget. Stick to what you know.

SATURDAY, MAY 29, 2021

You'll gain perspective if you do your research before getting involved in other people's plans. Express your needs and wants, and don't feel guilty because you want to follow your heart instead of someone else's path. Concentrate on what's important to you, and you will reach your destination of choice. Take control instead of being controlled.

GEMINI (May 21-June 20) - You have the drive to make things happen. Don't give in to pushy people. Be realistic and set goals based on your needs and what you are willing to do to succeed. Don't take unnecessary risks.

CANCER (June 21-July 22) - Hold on tight and enjoy the ride. Embrace opportunities and see where they lead. Start a creative hobby or consider studying something that stimulates your mind and encourages you to do better.

LEO (July 23-Aug. 22) - Initiate what you want to do. Don't wait for someone to take control. Concentrate on what will bring you closer to the people you love and the things you enjoy doing. Don't worry about the naysayers!

VIRGO (Aug. 23-Sept. 22) - Do something that makes you feel good. Do some volunteer work or help a friend or relative. The change you make in someone's life will impact yours, as well. You can make a difference!

LIBRA (Sept. 23-Oct. 23) - Bullies and liars, beware. You'll have a short fuse and a harsh tongue. Remember to send out warning vibes to those who tend to upset you. You're on a mission, and anyone who gets in your way will be dealt with abruptly.

SCORPIO (Oct. 24-Nov. 22) - Live

within your budget. Don't buy into a misleading sales pitch. Legal, financial and medical issues will pose a problem if you are imprecise.

SAGITTARIUS (Nov. 23-Dec. 21) - Don't be fooled by what others say or promise. Ask questions, and make what you want and need clear. A change you or someone close to you makes will limit your ability to get things done.

CAPRICORN (Dec. 22-Jan. 19) - Seize the moment, and activate your plans. Take care of everything on your to-do list, and it will make you feel good. A lifestyle change will give you more space and add to your comfort.

AQUARIUS (Jan. 20-Feb. 19) - Your drive will surpass your expectations and help you master whatever you set out to do. Family time or romancing a loved one will lead to closer relationships and plans.

PISCES (Feb. 20-March 20) - Take care of what and who matters to you. Don't take risks that can disrupt your life. If you need help, ask. If you can help others, do so. Maintaining balance will encourage better days ahead.

ARIES (March 21-April 19) - Don't let emotions ruin your day. Explosive action will not get you what you want. Use intelligence, finesse and persistence instead of brute force. Pay your dues and take care of your responsibilities.

TAURUS (April 20-May 20) - Let your heart lead the way. Live, laugh and be happy. Make a point to sign up for things that bring you closer to your dreams. A friend or relative will offer valuable help or insight.

**Sunday horoscope
on page 15**

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.

“ K C J K I C L F W C X F H R C , G J X C Y N X C G ,
G F N U Y L F Y N O F Z , J O O F G N J Z F I I H , R C
F Y C C Z H R N Y C U S H F Z U P B U S X C Z Y F I . ”
— O L T N G Y F X N I I C T

Previous Solution: “I’ve noticed, in the ebbs and flows of success and popularity, so much of it is fraudulent and to be distrusted.” — Paul Bettany

TODAY’S CLUE: *n s i s e b a g*

CELEBRITY CIPHER by Luis Campos

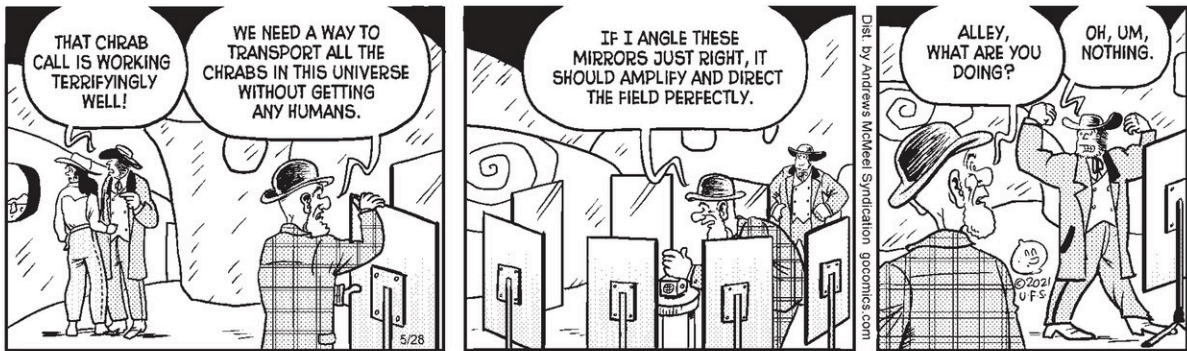
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“ E W T E I O D B W M A P U E I L R B Y L
P K S I W V A R S M E P P U B M M A . M T L Z S M W
K D L I M T L V R K S W T , B I Y E W ’ M Z S M W
T L B C L I U A . ” — R L U E M M B L W T L V E Y J L

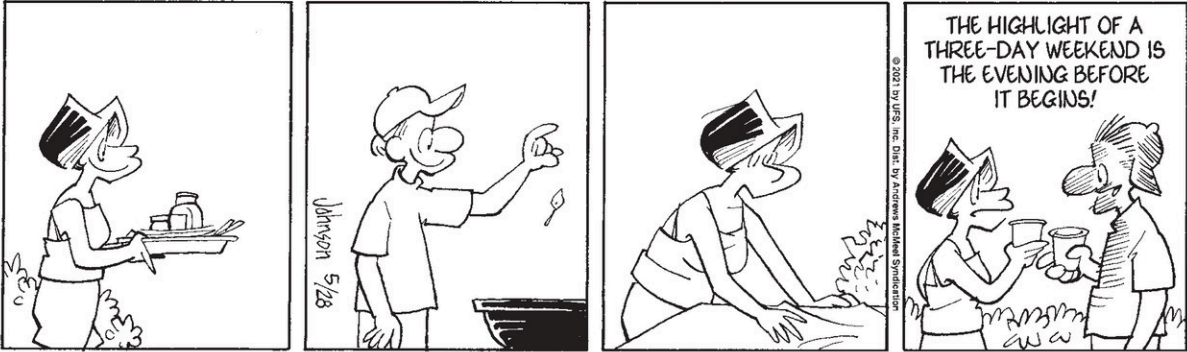
TODAY’S CLUE: *O e q u a l s K*

Previous Solution: “People have maybe, sometimes, said that I can, occasionally, be a teeny bit edgy and judgmental.” — Christa Miller

ALLEY OOP



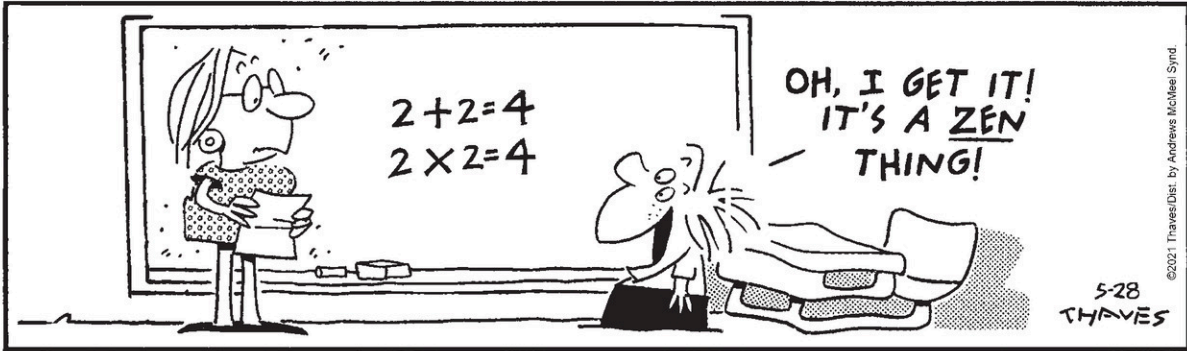
ARLO & JANIS



THE BORN LOSER



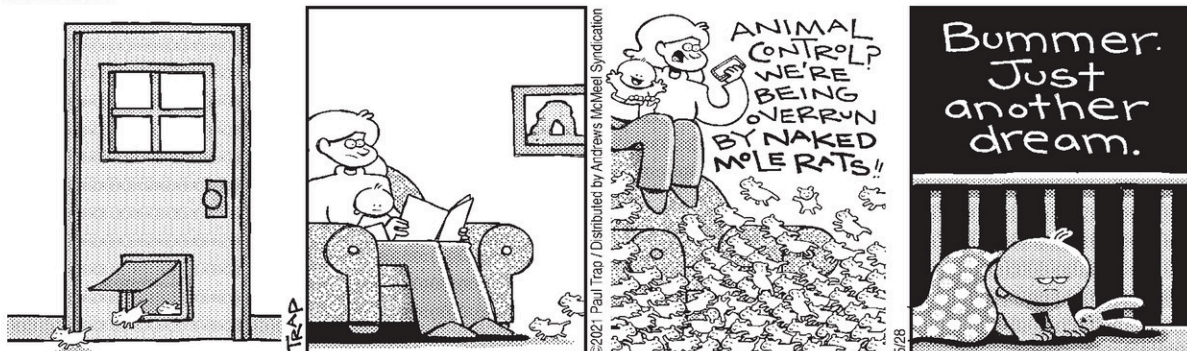
FRANK AND ERNEST



GRIZZWELLS



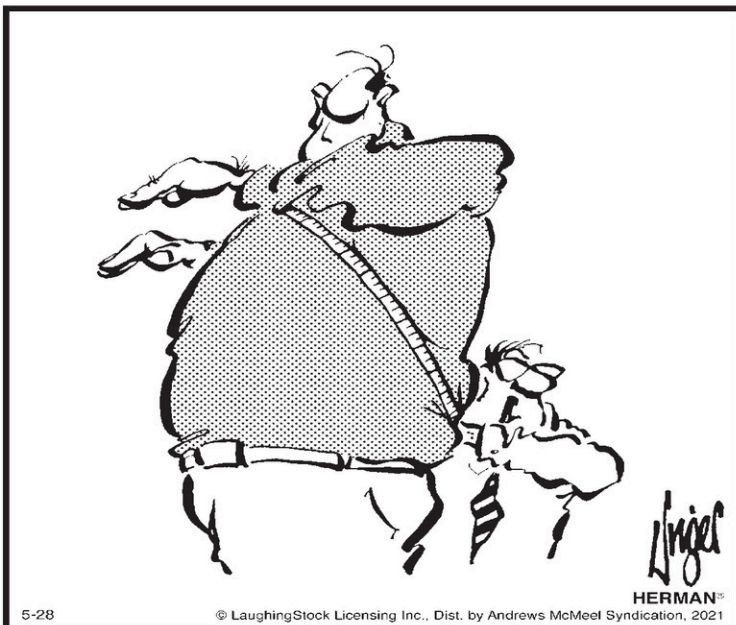
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Bidding begins on May 31st and closes on June 6th at noon.

Visit our website for the full catalog and further information. If you have any questions, please don't hesitate to contact us.

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Can't stand his mustache

Dear Annie

FRIDAY, MAY 28, 2021

Dear Annie: How do I tell a guy I just started dating that I can't stand his mustache? First of all, it is not attractive at all. Then there is the matter of how, when he kisses me, it feels like sharp spikes going into my skin. I have dated and kissed other guys with mustaches and did not feel the same discomfort, so I'm not sure what the deal is.

I like him and enjoy his company. I don't want to hurt his feelings. What can I do? - 'Stache-Scratched

Dear 'Stache-Scratched: Speak up in behalf of your upper lip. After all, it would be hurtful to your new boyfriend if you wriggled away whenever he went in for a kiss and he didn't know why. There are plenty of remedies he could try - such as trimming less often and softening it with conditioner or coconut oil - short of shaving his mustache. Although you'd prefer he just shave it because you don't like the way it looks, that's not your call. To insist that a partner change his or her appearance is to be controlling. You can politely make your feelings known. (For example, you could say, "I would love to see you without a mustache. I bet you'd look even handsomer.") But ultimately, it's up to him. Who knows? With time, the mustache might actually grow on you.

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

NEA Crossword Puzzle

Answer to Previous Puzzle

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

- ACROSS**
- 1 Family members
 - 4 Shutter part
 - 8 Funny person
 - 11 Broad
 - 12 Salmon variety
 - 13 Spanish gold
 - 14 Leather punches
 - 15 Petri dish contents
 - 16 Actress — Delaney
 - 17 Of nutrition
 - 19 Entertainer Della —
 - 21 Fairy tale being
 - 22 Vigor's partner
 - 23 Miss a syllable
 - 26 Brown bear
 - 29 Father's lad
 - 30 Nasty mood
 - 32 Wept over
 - 34 First name in perfume
 - 36 All-purpose trucks
 - 38 Large green parrot
 - 39 Martial art
 - 41 Thin, as clouds
 - 43 Pecs' neighbors
 - 44 Jaunty cap
 - 45 Simple dessert (hyph.)
 - 48 Late, great crooner
 - 52 Caesar's greeting
 - 53 Revival shout
 - 55 Shipboard quaff
 - 56 "Call — — cab"
 - 57 Horse color
 - 58 Dexterity
 - 59 W-2 info
 - 60 Withhold
 - 61 Masseuse employer
- DOWN**
- 1 Fruit or bird
 - 2 Lazing about
 - 3 Like Russian dolls
 - 4 Neck warmer

- 5 Sluggish
- 6 Cry of discovery
- 7 Sweltering
- 8 Stopped sleeping
- 9 Bearded flower
- 10 Weighty book
- 11 Crumple
- 18 Stein fillers
- 20 Qatar ruler
- 22 November verb
- 23 PC bailout key
- 24 Peek
- 25 Machu Picchu founder
- 26 Light-weight toy
- 27 Bering Sea birds
- 28 Hold on to
- 31 Squirrel staples
- 33 Doris or Dennis
- 35 Out loud
- 37 Ballet lake
- 40 On deck
- 42 Reflections
- 44 Like an old piano
- 45 Berry products
- 46 Poetic twilights
- 47 Bend forward
- 48 Playwright O'Casey
- 49 Corner
- 50 Sub — (secretly)
- 51 Era
- 54 Stooze with bangs

	1	2	3		4	5	6	7		8	9	10
11					12					13		
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56					57					58		
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Your Birthday

SUNDAY, MAY 30, 2021

Make lifestyle decisions that will put your mind at ease. Size up your situation and determine what you want. It's up to you to act on your thoughts, intentions and plans. Don't wait for someone to step up and take charge. Love and honesty go hand in hand.

GEMINI (May 21-June 20) - Take care of money and health matters first. Show dedication to those who are supportive and offer sound advice. Look at any risks involved before you step into restrictive situations.

CANCER (June 21-July 22) - Mull over documents and investments. A unique loophole or option will help you make a move that will ease stress. Don't trust anyone to take care of personal matters for you.

LEO (July 23-Aug. 22) - Use common sense to figure out a way to counter any obstacle that stands in your way. Stick to the truth, and verify what others say. A romantic gesture will bring you closer to a loved one.

VIRGO (Aug. 23-Sept. 22) - Keep things in perspective. Take control and bring about the changes you want. Don't feel that you must give in to others when you have your own responsibilities to fulfill.

LIBRA (Sept. 23-Oct. 23) - Set goals, and take care of your responsibilities quickly and efficiently. Do something that makes you happy, and surround yourself with positive people who encourage you to explore possibilities.

SCORPIO (Oct. 24-Nov. 22)

- As soon as you take care of your responsibilities, restrictions will evaporate. Be open to suggestions and willing to do things differently, and you'll quickly be on the road to victory.

SAGITTARIUS (Nov. 23-Dec. 21) - Keep your eye on everything and everyone. Be wary of temptation and false claims. Make a promise to do your best for yourself and for those you love. Find creative ways to lower your overhead.

CAPRICORN (Dec. 22-Jan. 19) - Put your energy where it counts. Nurturing others will make a difference. All work and no play will lead to loneliness. Make sure to have some fun! Help others when you can.

AQUARIUS (Jan. 20-Feb. 19) - Personal improvements will lead to unexpected gains. Don't overdo it physically or take health risks, but strive to look and be your best. The little touches you add will appeal to upbeat people.

PISCES (Feb. 20-March 20) - You'll become engaged in an argument if you aren't willing to compromise or share equally. Consider the consequences, then come up with a fair plan. Keeping the peace will help you gain approval.

ARIES (March 21-April 19) - Look at the possibilities. Discuss your intentions with people who will offer honest answers. Don't leave yourself open for abuse or disappointment. Take charge, and don't look back.

TAURUS (April 20-May 20) - Question everything and everyone. Stay on top of what others are doing and how it could affect your life. Be blunt about what you want to happen to avoid unwanted surprises.

NEA Crossword Puzzle

- ACROSS**
- 1 Sicilian sputer
 - 5 ABC rival
 - 8 Peak
 - 12 "Excuse me!"
 - 13 Portion of a circle
 - 14 ER picture (hyph.)
 - 15 Tiber city
 - 16 Soak through
 - 18 After-bath wear
 - 20 Prefix meaning "recent"
 - 21 Led to the altar
 - 22 1920s style (2 wds.)
 - 25 Cobra cousin
 - 28 Czar name
 - 29 Rock star, say
 - 33 Steeds
 - 35 Centuri-on's moon
 - 36 Taft's state
 - 37 Even chance
 - 39 Guru's practice
 - 40 Scoop out water
 - 42 Cookbook amt.
 - 43 Pony, often
 - 46 Title of respect in India
 - 49 Foot-pound relative
 - 50 Line of stitches
 - 53 Does a surfboard stunt (2 wds.)
 - 56 Perfume holder
 - 58 Opera solo
 - 59 Yalie
 - 60 Adams or McClurg
 - 61 Under-stands
 - 62 Knock
 - 63 Fill the hull

- DOWN**
- 1 Corn serving
 - 2 Explorer - Heyerdahl
 - 3 Nautilus skipper
 - 4 Protozoan (Var.)
 - 5 Upper limit
 - 6 Starr of the comics
 - 7 Block from view
 - 8 Cutting tool (Var.)
 - 9 Gullet
 - 10 Hubby
 - 11 Got a load of
 - 17 Beaded shoe
 - 19 A Great Lake
 - 23 Boob tubes
 - 24 Lubricates
 - 25 Mariner's hello
 - 26 Area of London
 - 27 Stuffed shirt
 - 30 Use bath powder
 - 31 Burden of proof
 - 32 Reindeer herder
 - 34 Cleansing agent
 - 37 Quirk
 - 38 Bullring yells
 - 40 Trade
 - 41 Bassett or Lansbury
 - 44 Home, in the phone book
 - 45 Carouse
 - 46 Layered haircut
 - 47 One in a million
 - 48 - - for keeps
 - 51 Verdi opera
 - 52 Hotel staff
 - 54 Invisible substance
 - 55 Puppy bite
 - 57 Protective shelter

Answer to Previous Puzzle

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

FRIDAY, MAY 28, 2021

The last was also the youngest

By Phillip Alder

When the masterpoint scheme was started in 1936 by the American Bridge League (now the American Contract Bridge League), 10 players were awarded the rank of life master based on their tournament record. The last survivor of that group was Sam Fry, Jr., who died in 1991.

Fry won a silver medal at the 1959 Bermuda Bowl world team championship and collected six national titles, including the Spingold Knockout Teams (three times) and the Vanderbilt Knockout Teams (once).

In 1966, a Columbia University team played a match against four experts who were Columbia alumni. The experts lost the 20-board match despite Fry's excellent play on this deal. Against three no-trump, West led a fourth-highest spade five, and East put up the 10. What did Fry (South) do?

Fry might have bid three clubs at his second turn, but he liked his strong spade holding for no-trump purposes. He decided to take a gamble on the diamond suit. (Note that if Fry had rebid three clubs, North would probably have signed off in three no-trump and immediately lost five diamond tricks.)

Fry started by winning the first trick with the spade ace! This didn't cost a trick because he could always finesse

		North	05-28-21
		♠ K 6 2	
		♥ K 8	
		♦ Q 10 5	
		♣ K J 7 5 4	
West		East	
♠ Q 8 7 5 3		♠ 10 4	
♥ Q 9 6 2		♥ J 7	
♦ A 9 4		♦ K J 8 7 3	
♣ 6		♣ Q 8 3 2	
		South	
		♠ A J 9	
		♥ A 10 5 4 3	
		♦ 6 2	
		♣ A 10 9	
Dealer: South			
Vulnerable: Neither			
South	West	North	East
1♥	1♠	2♣	Pass
2NT	Pass	3NT	All Pass
Opening lead: ♠ 5			

against West's marked spade queen later.

Next, Fry ran the club 10. East won with the queen and could have switched profitably to a diamond, but understandably he thought declarer had the diamond ace and West the club ace. Therefore, East returned a spade, expecting to establish his partner's suit. But Fry immediately claimed nine tricks: three spades, two hearts and four clubs.

1	2	3	4		5	6	7		8	9	10	11
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39					40	41				42		
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May 28, 2021

The Townships Outlet

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

Congratulations from the Lampe Foundation



MATTHEW MCCULLY

By Matthew McCully

Lampe Foundation Co-President Heather Bowman had to offer her congratulations to the foundation's spring award recipients from a distance this year.

Since 1993 the community-based non-profit has been supporting local students in the continuation of their studies with financial assistance and mentoring.

Under normal circumstances a reception would be held to recognize

the hard work and dedication of the scholarship winners in person. This year, a phone call to each of the winners had to suffice, Bowman said.

While giving a nod to this year's recipients, Bowman also extended her thanks to the Lampe Foundation board

members, as well as the many donors who help the foundation continue its mission to support local students in their education and enable them to contribute meaningfully to society.

See this year's award recipients on pages 3-5.

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Ways Mills to host duck race this weekend

By Gordon Lambie

The water in Ways Mills will be turning yellow this coming Saturday afternoon, May 29, as 100 rubber ducks are dropped into the river in the community's first charity duck race.

According to organizer Nicole Poitras the sale of the ducks already succeeded in raising \$2,000 which will be split between the winners of the race and the Ways Mills Union Church.

"The two churches are basically tourist attractions," Poitras said, explaining that she got involved with the committee that looks after the Union Church shortly after moving the community in 2017. Although it and the neighbouring Church of the Epiphany have services a few times per year, she said they mainly operate as rental spaces for people looking to celebrate big moments like weddings or baptisms in picturesque surroundings.

"There are no regular masses and there have not been for several years," she said noting that the lack of a dedicated worship community has led to a decrease in the amount of donations that the committee can then

put towards building maintenance. "In 2019 we brought in \$140 in donations, but we can't really do anything with that."

Poitras said that the idea of a duck race came from a friend who lives in Markham, Ontario where a similar but larger-scale event takes place every year.

"I ordered a bunch of ducks, and it only took three days to sell them," she said, noting that the idea proved an excellent way to get people involved in fundraising.

Each duck sold for \$20, and the organizer said that the first, second, and third place ducks will be taking home cash prizes of \$500, \$300 and \$200, respectively.

Planned carefully with Covid in mind, Poitras said that the committee has made a day of the event, with a plan to open the church for visits, a plant sale, and an outdoor hotdog lunch. Thanks to donations from local farmers and businesses, the proceeds from the plant and food sales will also be contributing to the fundraising cause.

Poitras said that visitors are going to be encouraged to stick to their



FACEBOOK

own family bubbles, and that security has been hired to help make sure that people respect social distancing measures.

Activities in Ways Mills get started

at 11 a.m. with the ducks crossing the starting line at 2 p.m.

"(The Church) needs a little loving, so this will be a way to invest some time in it before it starts to fall apart."

'Tis the season for public markets

Record Staff

The summer season of farmers' markets is officially underway in the Eastern Townships.

Public markets make it possible for the entire population to find varied, quality and delicious local products, which contributes greatly to the vitality of regions throughout Quebec.

"Local agriculture, the local economy and meeting with Quebec producers and processors is increasingly at the heart of consumers' concerns," explained Isabelle Brodeur, President of the Association des marchés publics du Québec (AMPQ) in a press release. "Summer farmers' markets are definitely the right place for everyone to enjoy summer locally!" she said.

Opening of public markets in the Eastern Townships :

- Marché public de Valcourt- June 24
- Marché local de Stanstead- June 19
- Marché de la Gare de Sherbrooke- June 19
- Marché Villageois de Sawyerville Villager's Market, Cookshire-Eaton - July 3
- Marché fermier de la Clé des Champs de Saint-Camille- June 17
- Racine Locavore Market, Racine - May 22
- North Hatley Country Market - June 5
- Melbourne Country Market- May 22
- Mansonville Public Market - May 22
- Magog Public Market- May 23
- Marché de la Petite École, Lingwick - June 11



COURTESY

- des collines de Sainte-Catherine-de-Hatley - June 25
- Compton Evening Market, Compton - June 17
- Ayer's Cliff Country Market, Ayer's Cliff - June 27

The growing popularity of farmers' markets
There are currently more than 140

public markets in Quebec.

"Since the beginning of the pandemic, Quebecers' interest in food produced by local farmers has not waned, and Quebec's public markets are excellent places to discover them and encourage the local economy," commented Ghislain Gervais, President of Sollio Groupe Coopératif.

The economic and social benefits of public markets are significant. According to a survey conducted by MCE conseils, public markets generate the equivalent of 1,093 full-time jobs and contribute directly and indirectly to Quebec's GDP to the tune of \$145 million.

The AMPQ's mission is to support the emergence, development and promotion of Quebec's public procurement network for the benefit of local communities and Quebec agri-food producers and artisans. The Association has more than 140 member farmers' markets across Quebec.

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- Lennoxville Public Market - June 19
- Marché public Lac-Mégantic - June 12
- Marché public d'Eastman- June 12
- Marché public de Dudswell - June 26
- Marché public

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Lampe Foundation

spring award recipients May 2021

Lampe-Tillotson Physician 1
Scholarship: Anya Bussière-Fillion

Lampe-Tillotson Physician 1
Scholarship: Olivia Page

Sherbrooke Hospital Health
Scholarship: Catherine-Marie Blais

Eileen Healy Scholarship for
Leadership: Julianne Cairns

Helen F.M. Armstrong Scholarship:
Kendra Buchner

École de réadaptation Scholarship:
Laurie Morelli-Valiquette

Ouida Romon-Moliner Scholarship
for Science: Alexandra Lechasseur,

Barbara Sample Allatt Scholarship:
Vanessa Bedard

Marlis and Sigrid Wehr Mature
Student Scholarship: Kelley Nichols

Lampe/North Hatley Village
Improvement Scholarship:
Maya Goodin

Jan and Diana Kuilman
Scholarship: Carolyn Coddington

Sherbrooke Hospital Health
Scholarship:
Tessa McDonald

École de réadaptation Scholarship:
Geneviève Gauvin-Perreault

Sherbrooke Hospital Health
Scholarship: Nilofar Sherzad

École de réadaptation Scholarship:
Melike Tutuncu

A word from our recipients

Ouida Romon -Moliner Scholarship for Science Alexandra Lechasseur

Currently studying at: Champlain College Lennoxville -
Pure and Applied Sciences



My name is Alexandra Lechasseur, I am a graduating student in pure and applied sciences from Champlain College in Lennoxville. Next September, I will be attending university in Montreal at UdeM or McGill (to be determined, since I did not receive the response for McGill yet), and I chose to go into the field of architecture and do a bachelor's degree. Then, I would like to continue my studies by completing a master in architecture as well, to allow me to be a certified architect. I would really love to create beautiful buildings that are eco-responsible and energy efficient. Making aesthetically pleasing construction available for people of all economic classes would also be a great achievement for me. Overall, I wish to revisit the way we think about the organization of cities to make them more adapted to our changing reality. Finally, I am very grateful and honored to have received this scholarship which will help me financially for my first year of studies.

Lampe-Tillotson Physician 1 Scholarship Anya Bussière-Fillion

Currently studying at: Université de Sherbrooke -
Medicine



Ever since secondary 3, I have dreamed of becoming a doctor. My passion for human biology and my strong desire to help others made the decision easy for me; studying medicine just felt right. As such, after completing Health Sciences at Champlain Regional College in 2 years, I applied in medicine and I was accepted by the 4 Quebec universities that offer the program. I aspire to become an emergency doctor. However, the program is quite expensive and so is living on my own away from home. Receiving this bursary has really been such a blessing for me and it takes an enormous weight off my shoulders. I would like to thank everyone who has made it possible for students like me to receive this much appreciated financial aid.

Recurring scholarships for spring 2021

*In recognition of these recipients who have had
their scholarships renewed:*

Sherbrooke Hospital Health Scholarship- Sandra Laroche,
Rosalie Wubbolts, Mercedes Langlois

Lampe - Tillotson Physician 2 Scholarship- Kathy Nodzynski



"Lighting the way to a brighter future"

Who we are...

- We are a community-based non-profit organization that is dedicated to supporting and encouraging qualified students from the Eastern Townships and across Canada, with financial assistance and mentoring.
- We provide support through heritage scholarships for students who have demonstrated their ability to serve their communities as leaders.
- We offer designated awards such as the Sherbrooke Hospital Foundation scholarships for Townshippers who are training to become health professionals in the Townships.

Show your support for our future leaders by donating to our heritage fund.

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The Lampe Foundation

1760 ch d'Ayer's Cliff, Ste-Catherine-de-Hatley, QC, J0B 1W0
<https://lampefoundation.org/donate/>

**Congratulations to all our
spring scholarship recipients!**

Lampe Foundation spring award recipients May 2021

Jan and Diana Kuilman Scholarship
Carolyn Coddington
Champlain Regional College Lennoxville Nursing



I am currently an LPN working at the CHUS and returned to college last year to get my RN degree. I plan on continuing my studies to obtain my bachelor's degree in Nursing. I hope to continue working with the CIUSSS de L'Estrie in either maternity, cardiology, or home healthcare. I am extremely grateful to be awarded this scholarship to help with my finances so I can continue to focus on my studies.

École de réadaptation Scholarship
Geneviève Gauvin-Perreault
Current School: University of Sherbrooke
Physiotherapy



I'm thrilled to receive this scholarship because it will allow me to fully enjoy my last year of university and learn more during my internships without worrying about my weekly expenses due to my apartment and school fees.

I hope in the future I will be able to open and manage a multidisciplinary clinic offering services such as physiotherapy, occupational therapy and kinesiology, ideally in the Eastern Townships, where I want to practice my profession. While living in this beautiful part of the province, that I fell in love with during my studies, I plan on enjoying outside activities such as hiking, kayaking, biking and visiting vineyards as much as I can.

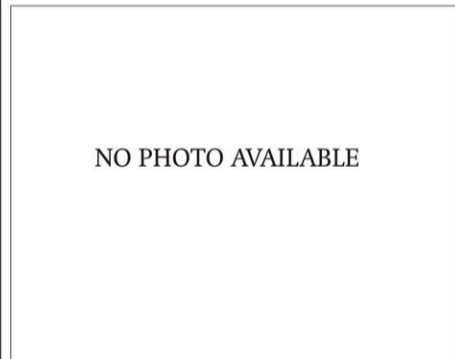
Thank you again for this scholarship.

Helen F.M. Armstrong Scholarship
Kendra Buchner
Current school: Bishop's University Education & Drama



Hi, I'm Kendra! I'm from Pefferlaw, Ontario and I'm a first year Education & Drama student at Bishop's. My goal is to become a high school drama teacher and my time at Bishop's has only made my love for the arts flourish. I am so incredibly grateful and honoured to receive this scholarship from the Lampe Foundation. They are a great foundation as they are investing in the future of youth across many subjects!

Marlis and Sigrid Wehr Mature Student Scholarship
Kelley Nichols
Current School: Champlain College Lennoxville -
Special Care Counselling



I was lost for words when I received the call from Heather Bowman that I was being recognized for the Marlis & Sigred scholarship. After a couple of careers and exploring different cities, I have found my way back to the townships to my original stomping grounds where I look forward to building the skills, tools and knowledge to pursue a career in the broad field of special care counselling.

Eileen Healy Scholarship for Leadership
Julianne Cairns
Current School: Bishop's University - Psychology, Neuroscience




I am a second-year psychology student at Bishop's University. Since elementary school, I have been passionate about community service, art and education. From an early age my primary career goals have included serving my community through a career in healthcare. I am interested in various healthcare fields, especially medicine. I am exceptionally interested in substance-abuse related psychiatry. I look forward to furthering my education to achieve this goal and to serve my community. I am extremely grateful to the Lampe Foundation for the incredible honour of being awarded the Eileen Healy Scholarship.

Sherbrooke Hospital Health Scholarship
Catherine-Marie Blais
Current school: Université de Sherbrooke Sciences
infirmières



After a career change, I began studying for my Bachelor of Science in Nursing degree. I had a growing need to help people, to make a difference in their lives. I realized that the human side was necessary to achieve my educational goals and to fully develop myself. This profession opens the door to a multitude of choices, as I will be able to work with patients, teach future nurses, and even do clinical research. This academic scholarship is of major importance to me, as it will encourage me to pursue this dream and make it come true as quickly as possible. I am sincerely honored to have been selected and I would like to thank you for your financial support for the year 2021.

cfuw  fcfdu THE POWER OF WOMEN WORKING TOGETHER. LA PUISSANCE AU FÉMININ. ENSEMBLE POUR RÉUSSIR.

**CFUW Sherbrooke & District
would like to congratulate all
Lampe scholarship winners.**
*You have a brighter future
because of Lampe!*

École de réadaptation Scholarship

Laurie Morelli Valiquette

Université de Sherbrooke Maîtrise en Physiothérapie



MICHELLE BOULAY PHOTOGRAPHE

Laurie is a 3rd year student in physiotherapy with a great sensibility towards marginalized populations. With a background in political science (e.g. BSc Political Sciences, U of Sherb.; MSc. Political Sciences, UQAM;), she has a great understanding of the power dynamics that can happen within the health system but also between therapist and patient. In that way, she aims to practice with a more collaborative approach with her patients and she is always in the quest to find the best way to treat each particular patient by thinking a little bit outside the box. She is really happy to receive the LAMPE scholarship because it will help her support her dream to contribute in a positive way to the Eastern Townships

Lampe - Tillotson Physician 1 Scholarship

Olivia Page

Current school: Université de Montréal Medicine



Ever since I was 8 years old, I have dreamt of becoming a doctor. I believe that our goal on this earth is to love and help people; I think that the best way that I can help is by going into healthcare.

I am ever so grateful to receive the Tillotson-Physician scholarship. This is such a huge blessing in my life. It allows me to worry less about finances and focus more on learning so that I can be a good physician. I'd like to thank everyone who supported me, and the generous donors from the Lampe Foundation.

Lampe - North Hatley Village Improvement Scholarship

Maya Goodin

Champlain Regional College Lennoxville Nursing



My name is Maya Goodin and I grew up in Bury, Quebec. I went to Alexander Galt Regional High School in Lennoxville and now I am currently completing my first year of nursing at Champlain. After college, I plan to go to university in Nursing to get my certification to become a nurse practitioner. My goal is to work as a family care provider and also help those in need of mental health support.

I am beyond grateful for this award as it will help a lot with school fees for the upcoming semesters and aid me in achieving my dreams!

Sherbrooke Hospital Health Scholarship

Tessa McDonald

Université de Sherbrooke - Masters of Nursing leading to a Nurse Practitioner in primary care



I am currently finishing my first year of study at the Université de Sherbrooke in the Master of Nursing leading to the specialized Nurse Practitioner in primary care title (IPSPL). I am also working part-time in primary care in a clinic as well as working in a cardiovascular and pulmonary rehabilitation program. Since the beginning of my studies in nursing, my goal was to become a nurse practitioner in primary care. My goal is to work in a setting such as a GMF as well as to continue working for the rehabilitation program. I have a specific interest in community care. As a longtime resident of the Townships, I have every intention to stay and practice in the region and help improve access to care for both the English and French members of our communities.

École de réadaptation Scholarship

Melike Tutuncu

University of Sherbrooke Occupational Therapy

NO PHOTO AVAILABLE

My name is Melike Tutuncu and I'm a third-year occupational therapy student. I'm originally from Montreal. I moved to Sherbrooke 3 years ago to study my dream job and discover a new place.

One of my goals in the future is to travel across the Canada to be able to learn about occupational therapy outside of Québec. I've got a hunger to learn and improve myself as a professional, but also as a human being.

I'm really honored and happy to receive this scholarship. It will help me to fulfill a part my project through traineeship.

Barbara Sample Allatt Scholarship

Vanessa Bedard

Champlain College Special Care Counselling



who helps others who are struggling with addictions, as I was surrounded with a lot of loved ones suffering from alcoholism or substance abuse. I lost my best friend at just 16 years old due to addictions. I made it a goal for me to continue and never give up on people who are struggling and who truly need help. As the pandemic keeps going on and on, I realized that it was time for me to follow my dreams and to finally go to college and afterwards to university, to truly have the tools and the skills to approach others. I do understand them and I do not judge them for their decisions. It will not be easy, but I made it my goal to succeed and to achieve anything I put my heart and mind into.

With the energy and the positivity I have, I know I can make a difference in this world and I know I can change the lives of many others. My heart is too big to not open it and to reach out to this beautiful world out there with so many lost souls. I will bring sunshine to their darkness and help them conquer their fear and their pain. This bursary means the world to me. I am so thankful and honored that you have chosen me, I will never forget this and will keep paying it forward as I have been doing it all my life.

Thank you so much, Lampe Foundation, for the bursary.

I am a proud 34 year old mother of 2 beautiful sons and have been with my better half for 14 years. He has been my wings to grow and live a happy life. All my life I have been helping others in need, in many different ways by giving them time, food, clothes, different items, finding them a home or giving them money. I have donated to many animal societies as well since I am an animal lover. Growing up was not very easy for me as I have Adhd, and back in the 90s it was not well recognized. It still didn't stop me from learning and graduating high school. Ever since I was little I wanted to become someone

Sherbrooke Hospital Health Scholarship

Nilofar Sherzad

Champlain Regional College - Lennoxville Nursing



I am a second-year nursing student at Champlain Regional College - Lennoxville. I always wanted to be a nurse since when I was a kid in Pakistan. After moving in Canada back in 2016, I was a bit disappointed after being rejected due to not having a French background. I struggled a lot, studied hard, took French courses, and then entered in nursing program. My goal is to become a practitioner nurse and work as a family nurse, and open my own clinic. I am honored that I received this award and scholarship from the Lampe Foundation. It is a big help, especially for immigrants and for those who are far away from family.

With summer right around the corner it's time to get sun safe prepared



A RUNNER'S MIND

CHRISTINE BLANCHETTE

As the immortal Yogi Berra would say, I have that feeling of déjà vu all over again. It happens every year in late spring, a beautiful day turns hot and I notice active people out and about in summer wear minus hats, sunglasses and more than likely, sunscreen. It's a rite of passage for many who quickly find out what happens to unprotected skin after hours of exposure. Sunburn is no joke, beginning with dryness, redness and blistering that can require medical attention and even lead to heat exhaustion or melanoma skin cancer.

Working out on sunny days can be a challenge for some to stay sun safe while keeping hydrated, yet you don't need to avoid the sun entirely. Protecting yourself from the sun's harmful rays is more important than getting a tan. Sun block lotion with high UV protection is a lot safer than

tanning oil. The most vulnerable areas to the sun are your head, face, neck, back, chest and both sides of your legs. You might think that covers just about everything however, I was at the beach one particularly hot summer day when I applied sun block lotion to my exposed skin except for one ankle that had wet sand on it. Hours later I found myself in pain from sunburn on my unprotected ankle.

Preparation is the key; first always check the weather conditions before heading out which will allow you to protect yourself while putting the brakes on premature ageing.

Here are my sun safe preparation tips, along with some hydration advice from registered dietitian and sport nutritionist, Kara Marshall:

Run in shady areas and trails where possible to stay cool.

Run early to avoid the heat from 11 a.m. to 4 p.m.

Wear UV protective sunglasses.

Wear a hat and sun protective clothing such as a long shirt to keep you covered.

Apply proper sun block lotion.

Eat hydration foods such as melon, citrus fruits, berries and grapes.

If you are a coffee drinker, have one cup of water for each cup of coffee to stay hydrated.

Carry a sports drink for electrolytes, or bring a water bottle with you and find a run route that has water places to fill your bottle.

When it comes to drinking enough



MAARTEN VAN DEN HEUVEL/UNSPLASH

water, Marshall says, "That would depend on a number of factors such as humidity, intensity of activity, clothing worn, if a belt/backpack is on, heat acclimatization, etc., but in general, the recommendation is about 3/4 to 1 cup every 15-20 minutes. I am also more likely to recommend electrolytes

with hot weather and to consider freezing water bottles ahead of time to help cool the body as they defrost and make the liquid more palatable."

These tips should help you to be sun ready and enjoy your activity from walking your dog to catching a few rays in the backyard.

Dear Annie

FRIDAY, MAY 28, 2021

Dear Annie: I read your column in my local paper, and you seem to respond in an unbiased manner, so I am turning to you for advice.

Over the past few months, I have received invitations to a 1-year-old's birthday party, a graduation and a wedding reception (not the wedding). In each case, the inviter was an acquaintance whom I know casually. I don't consider any of them to be a close friend, especially the graduate, whom I am "friends" with on social media but haven't seen or spoken to in over a year and a half.

All of the invitations were sent electronically. I am wondering whether the new world of technology has cheapened the tradition of celebrations. I can't help but feel that the invitations were not sincere and I was just included on mass lists of invitees gathered from social media. Receiving them has made me feel used, in a way.

I do not plan on attending any of the events. The dilemma I am facing is whether to send gifts. I was

always taught that if I receive an invitation to an event, I should give a present even if I am unable to attend. However, I am confused about what is expected in situations such as these.

I want to do the right thing but not feel taken advantage of. - Unsure in Texas

Dear Unsure: An invitation is not an obligation. That goes for both gifts and attendance. You should worry about buying a gift only if you're going to attend, and you should attend only if you truly care to. If not, sending your regrets and best wishes is more than sufficient.

Dear Annie: How do I tell a guy I just started dating that I can't stand his mustache? First of all, it is not attractive at all. Then there is the matter of how, when he kisses me, it feels like sharp spikes going into my skin. I have dated and kissed other guys with mustaches and did not feel the same discomfort, so I'm not sure what the deal is.

I like him and enjoy his company. I don't want to hurt his feelings. What can I do? - 'Stache-Scratched

Dear 'Stache-Scratched: Speak up in behalf of your

upper lip. After all, it would be hurtful to your new boyfriend if you wriggled away whenever he went in for a kiss and he didn't know why. There are plenty of remedies he could try - such as trimming less often and softening it with conditioner or coconut oil - short of shaving his mustache. Although you'd prefer he just shave it because you don't like the way it looks, that's not your call. To insist that a partner change his or her appearance is to be controlling. You can politely make your feelings known. (For example, you could say, "I would love to see you without a mustache. I bet you'd look even handsomer.") But ultimately, it's up to him. Who knows? With time, the mustache might actually grow on you.

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

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



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Maurice St-Jacques still playing to the beat of his own drum



Maurice St-Jacques, J.P. Coté, Mario Bilodeau and Michel St-Pierre

COURTESY

Well known to the many music fans who have seen him perform at the Burrough's Falls dance hall during the country music appreciation jams, Maurice St-Jacques is a drummer by choice, but he doesn't mind playing his harmonica or the accordion when he has a chance.

Whether he is jamming with a band or not, you'll see him go up again and play his accordion to entertain people during the intermission or at any given time. They love it and always ask for more. The man loves country music and has a special affection for our Quebec folk music.

St-Jacques has always been the life of the party and pleasing music fans has always been one of his great pleasures in life. Like all the other musicians, this pandemic has put a halt to his activities, but if you go by his house, you might still hear him play his accordion on the deck or inside with the windows wide open.

Playing is something he does at any gathering; he loves music and needs it as much as the air he breathes. He is an entertainer, and he has always found himself comfortable on a stage.

Born in Sherbrooke, St-Jacques was raised with three brothers and two

sisters in a family who loved music. On his father's side everybody could play an instrument, mainly fiddle. According to him the many family parties, where music was a must, served as the influence that made him want to be a musician.

"My father wanted us to learn how to play music so he bought an accordion, a guitar and a fiddle with the hope that we would pick it up. I was six. My late brother Normand and I learned to play accordion, but we were not interested in learning guitar or fiddle" he shared.

One of St-Jacques' uncles played

CONT'D ON PAGE 8



COUNTRY CONNECTION

JESSIE PELLETIER

Maurice St-Jacques

CONT'D FROM PAGE 7

drums and it inspired the young boy to want to learn. He explained how he saved his money and bought his first drum, hoping he would be good at it. Indeed, he had found his instrument of choice and was good at it so he decided he would have a musical career.

"I was determined to learn, and I did. By the time I turned 14, I formed my first band called the Rock'n'Roll Kids," he reflected. "We played everywhere in the Townships. I remember that we played in a hall in Coaticook alternately with Levis Bouliane and his band. They played one set and we'd play the following. We were young, we had fun and this would be the start of a long career in music. The band included my friends Jean-Guy Drouin, Gerard and Lucien Jeanson and Armand Carroll."

After that first group, St-Jacques went and played with The Midnighters for a while and soon after he ended-up with the band The Colibris. The band got a contract for their own show on CHLT radio. The show was broadcast live at seven in the morning, so they had to set-up very early. He has fond memories of that time.

He then went on the road with Quebec singer Jacques Michel for four years, then played with local Ti-Gars Plante. Eventually he started playing with The Corvair Combo. He

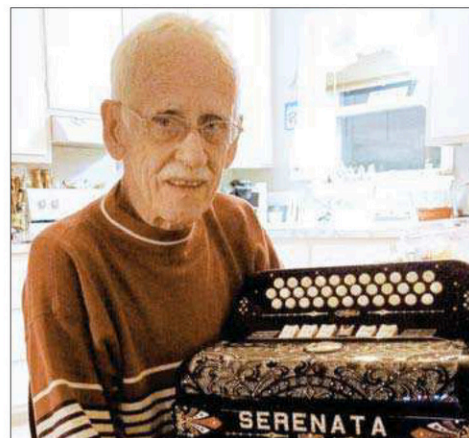
performed any musical genres from jazz and international music to Latin, pop and country.

"I have played with many musicians all over the province of Quebec. I've tackled many musical styles and I think that my eclectic taste and my versatility are the reasons why I never lacked any work. For a good part of my life, I earned my living playing music" explained St-Jacques.

He recalled playing at the popular Beausite in Deauville, the Auberge des Pins, the New Magog, in Magog and at the Flamingo (New Wellington Hotel). He has also played with Edna Desrobert (Sister Edna) a talented singer and stand-up comic who performed every weekend dressed as a nun.

He also played with the well-known Jamaican singer Gene Cooper for years. Cooper who also played the organ, was very much in demand on the bar circuit. That gig lasted for many years until St-Jacques started playing at Hotel Union, in Sherbrooke.

"When I decided to team up with J.P. Coté, Mario Bilodeau and Michel St-Pierre, it was a change of repertoire since we decided to specialize in country music. I had never had the occasion to play country music really but it had always been the music that touched my heart and soul. I loved



COURTESY

every minute of playing with that band. We also played a lot at Grange Albert in Ascot Corner where the public were country music fans" he said.

St-Jacques, who still plays today every chance he gets, said that sadly technology kind of made it harder for full piece bands to find work.

"We had the best era as musicians when we could find jobs very easily. We were barely done with a gig that already we had something else booked. Actually we were booked months in advance. Maybe bands stayed together longer and maybe people went out to listen to music a lot more" he commented about the situation, with fewer places to play and less pay, that musicians go through today.

Only his late brother Robert followed in his footsteps and became a drummer as well. St-Jacques has two sons and both are good drummers as well, but they have never been interested in being entertainers. They strictly play for their own pleasure.

"I think that in order to become

What's On

EVENTS

June 8

Online presentation: Pain and Your Brain - Learn how to train your brain to reduce pain. Tuesday, June 8, 10 a.m. to 11:30 a.m. on Zoom. Phone-in option available. Free and for everyone. To register, email: ml@townshippers.org. Sponsored by Townshippers' Association.

a musician, you need a certain sensitivity to understand what the notes are trying to say, and you also need to have a very good ear. Music is simply in you I believe, you just have to realize it. I grew up surrounded by music and all the family parties we had just prompt my desire to learn and play" he explained.

Parallel to his musical career, St-Jacques worked twenty years as the technical service director for the Ascot municipality, a job that he enjoyed tremendously but it didn't stop him from playing music.

"I love Alan Jackson and Willie Nelson; I find them inspiring. I was always a musician and I'll go on playing forever. These days I play accordion and harmonica more than my drums, but I have music burning in me!" he shared.

I guess this conversation could go on and on because it is clear that St-Jacques has so many fond memories of his life of music. If you want to talk music, he is the man you're looking for!

Class of
2021

The Record will be publishing a keepsake special section for E.T.S.B. High School Graduates of 2021

The Record wants to honour the E.T.S.B. High School Graduates of 2021 with a special section on June 15.

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 8, 2021

OPERATION BACKPACK

Equipped to Learn

Operation Backpack is serving children at Lennoxville Elementary, Alexander Galt and Grade 6 students from our community schools attending Galt for the first time with a new backpack and school supplies.

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Charitable receipts will be issued for donations of \$10 or more

You did it!

And the community wants to celebrate with you



Send us a pic of yourself in your **prom attire** or a pic of you with an **"I did it" look**, with the information below and your name will be entered in a draw for a **Smart phone**.

Grad's name:

E.T.S.B. High School:

Name one goal you hope to accomplish in the next five years:

Entries must be received at classad@sherbrookerecord.com by **5 o'clock, June 8**. Winner of the draw will be announced June 15 in a special souvenir section dedicated to the Class of 2021 made possible with the support of the *Community Media Consortium* and the *Government of Canada*.



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The CHUS Foundation Provides Hospital With Direct Digital Mammography Units

Thanks to two major donations, the CHUS Foundation has been able to acquire two direct digital devices used to detect and diagnose breast conditions for treatment. The new technology makes it possible to reduce radiation and perform mammographies without compression, thus decreasing pain for users. These devices are also more accurate and require less handling, resulting in a faster process.

The Foundation also contributed to the redevelopment of the mammography waiting room of Sherbrooke's Hôtel-Dieu Hospital thanks to its donors.

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2018-2022 Major Fundraising Campaign

Townships on the menu

This sandwich serves best in a wrap but can also be served in between 2 slices of bread, in a croissant, or on top of crackers.

Chickpea Salad Sandwich



CORA LOOMIS
REGISTERED DIETITIAN

Chickpea Salad Sandwich
Approx. 4 sandwiches
15-20 minutes prep time

- Ingredients**
- 1 can of chickpeas (approx. 425 g), drained and rinsed
 - 2 stalks of celery, finely chopped
 - 3 green onions, finely chopped
 - 1/2 red (or yellow or orange) sweet pepper, finely chopped
 - 1/4 cup of dill pickles, finely chopped (60 ml)
 - 3 tablespoons of mayo (45 ml)
 - 1 clove of garlic, finely chopped (or crushed)
 - 1 1/2 teaspoons of dried mustard (7,5 ml) *put less if you don't want as much of a kick
 - 1 teaspoon of varech (seaweed) powder (5 ml) *optional, but adds great flavour!
 - 1/2 teaspoon of dried dill (2,5 ml)
 - 1 tablespoon of fresh lemon juice (15 ml)
 - Salt and pepper, to taste

Instructions

1. Place the drained and rinsed chickpeas in a large bowl and smash



with a potato masher (you can leave some of the chickpeas whole for more texture)

2. Add all the other ingredients and mix together.
 3. Store in the fridge for max 5 days.
- For more tasty recipes, visit [https://](https://coraloomis.com/ressources-resources/recettes-recipes/)

coraloomis.com/ressources-resources/recettes-recipes/

I hope you enjoy, and happy picnicking this summer!
www.coraloomis.com
Cheers,
Cora

Your week on TV

WEEKDAY MORNING

	Bell	Star	6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30				
WCAX	3	-	Channel 3 News Morning		CBS This Morning				Rachael Ray	The Doctors		The Price Is Right						
WPTZ	5	-	NBC5 News Today		Today				Live with Kelly and Ryan	Today 3rd Hour		Today With Hoda & Jenna						
CBMT	6	206 301	Daybreak		Dot	What He Ate	Paddington	(:17) Glowbies	Remy & Boo	(:35) PJ Masks	Kingdom	True Rainbow	Dragons' Den					
CHLT	7	107 718	F	Salut bonjour (N) (SC)								(9:59) MasterChef (N) (SC)	Le tricheur		Mario Dumont			
			M									(9:59) Deux filles le matin						
			T															
			W															
			Th											(9:59) MasterChef (N) (SC)				
WMTW	8	-	WMTW News 8 at 6am		Good Morning America				Live with Kelly and Ryan		Tamron Hall		The View					
CKSH	9	108	Esme & Roy	Romy & Bou	Sonic Boom	Belle	Tom Sawyer	Tintin	Heartland		Heartland		Ricardo		5 chefs dans			
CKMI	11	-	Global News Morning				The Morning Show		Property Brothers		Rachael Ray							
CFCF	12	205 312	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		Paid Program		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	Sports 30 (N)	Sports 30	Guerre-clans	Guerre-clans	Supergirl (SC)		"Mon fiancé mystère" (2020) Natalie Hall, Nicki Whitely. (SC)						
			M	Noovo Le Fil (SC)								Petits meurtres sur le campus (DVS) (SC)						
			T	Noovo Le Fil	Noovo Le Fil							"Petits meurtres et confidences: l'art du meurtre" (2018) (SC)						
			W									"Jusqu'au bout de la vérité" (2017) Hannes Jaenicke. (SC)						
			Th									"Le chien qui a sauvé l'été" (2015, Enfants) Dean Cain. (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	Xavier Riddle	Curious	Daniel Tiger	Donkey Hodie	Elinor	Sesame Street	Pinkalicious	Pinkalicious			
WCFE	-	-	Nature Cat	Odd Squad	Curious	Elinor	Donkey Hodie	Wild Kratts	Elementary	Sesame Street	Pinkalicious	Arthur						
A&E	615	520	Paid Program		Joyce Meyer	Parking Wars	Parking Wars	Parking Wars	Parking Wars	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 "Deadly Distraction"		Mayday (DVS)		Mayday "Mixed Signals"		Highway Thru Hell		North Woods Law		Lone Star Law (DVS)				
			M									Bones Brennan is hospitalized.		Bones "The Friend in Need"				
			T															
			W															
			Th															
DRAMA	620	523	F	"Second Opinion" (2018) Joanne Kelly. (DVS)				Flashpoint (DVS)		"Second Opinion" (2018) Joanne Kelly. (DVS)				Flashpoint (DVS)				
			M	"The Queen of Sin" (2018) Christa B. Allen. (DVS)						"The Queen of Sin" (2018) Christa B. Allen. (DVS)								
			T	"I Was Lorena Bobbitt" (2020) Dani Montalvo. (DVS)						"I Was Lorena Bobbitt" (2020) Dani Montalvo. (DVS)								
			W	"Twisted" (2018, Suspense) Elisabeth Harnois. (DVS)						"Twisted" (2018, Suspense) Elisabeth Harnois. (DVS)								
			Th	"Mean Queen" (2018, Suspense) Zoe McLellan. (DVS)						"Mean Queen" (2018, Suspense) Zoe McLellan. (DVS)								
HIST	522	506	Salvage Kings		Canadian Pickers		Ice Road Truckers		Yukon Gold		Timber Kings		Shatner's Weird or What?					
PARMT	628	584	Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue					
RDI	126	730	RDI matin				RDI matin				Le national		L'info		Isabelle Richer			
SHOW	616	521	The Outer Limits				Private Eyes		Lost Girl		Ransom		Movie		Varied Programs			
SLICE	601	562	ET Canada		Say Yes-Dress		Love It or List It		Varied Programs		Love It or List It		Varied Programs					
TLC	521	560	Varied Programs															
TSN	400	400	F	SportsCentre		SportsCentre (DVS)		SportsCentre (DVS)		SportsCentre		2021 IIHF World Championship Kazakhstan vs Canada. (N) (Live) (DVS)		SportsCentre				
			M									2021 IIHF World Championship Czech Republic vs Denmark. (N) (Live) (DVS)						
			T	2021 IIHF World Championship										2021 IIHF World Championship Slovakia vs Czech Republic. (N) (Live) (DVS)		SportsCentre		
			W	(5:00) 2021 Roland-Garros Tennis Day 4: Men's and Women's Second Round. (N) (Live) (DVS)														
			Th	(5:00) 2021 Roland-Garros Tennis Day 5: Men's and Women's Second Round. (N) (Live) (DVS)														
YOUTH	551	542	Go Away Uni	Cloudy, Meat	Cloudy, Meat	Squirrel	SpongeBob	Loud House	Nerds	Numb Chucks	Go Away Uni	Squirrel	Cloudy, Meat	Max & Shred				

Your week on TV

WEEKDAY AFTERNOON														
Bell	Star	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30	
WCAX 3	-	Across/ Fence	The Young and the Restless	Bold/Beautiful	The Talk	Let's Make a Deal	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 Country	Schitt's Creek	Convenience	Frankie Drake Mysteries	Call the Midwife	Jamie's Meals	Coronation St.				
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	**** "Annie Hall" (1977) Woody Allen. Premiere. (SC)	Bonsoir bonsoir!	On va se le dire (SC)	Silence					
			M	Pharmachien	**** "Jeff vit chez maman" (2011) (SC)	Mr. Bean	Une famille pour toutou (N)							
			T	Question	**** "La fille dans le parc" (2007) Sigourney Weaver. (SC)	Bonsoir bonsoir!								
			W	**** "Vicky Cristina Barcelona" (2008) Javier Bardem. (SC)										
			Th	"Henri Henri" (2014, Drame) Catherine De Sève. (SC)										
CKMI 11	-	-	Global News	ET Canada	Days of Lives	Var. Programs	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	The Dr. Oz Show	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			
WUTV 30	-	-	The Steve Wilkos Show	Maury	Judge Mathis	The People's Court	Millionaire	Family Feud	Family Feud	Family Feud	Family Feud			
CFKS 31	106	726	Médium	Seal team: coeur et courage	Movie		Les Simpson	Les Simpson	(4:58) Noovo Le Fil 17					
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	Let's Learn	Inside the Met	Inside the Met	Life at the Waterhole	NOVA	NOVA (DVS)	Human: The World Within				
			M	National Memorial Day Concert 2021	Send Me	Debt of Honor: Disabled	Korea: The Never-Ending War			New York Now	Mountain Lake			
			T	Let's Learn	Life at the Waterhole	Asian Americans	Lucy Worsley's Royal Photo	Masterpiece: 50 Fabulous Years!	You-Invited					
			W	NOVA (DVS)	Human: The World Within	Extra Life: A Short History	Tulsa: The Fire and the Forgotten	Tulsa						
			Th	Korea: The Never-Ending War	Death in Paradise	Inspector Morse	Morse and Lewis pose as cricket players.							
A&E	615	520	Varied Programs											
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	Situation Room With Wolf						
DISC	520	505	F	CSI: New York	CSI: New York "Zoo York"	Homicide Hunter: Kenda	Homicide Hunter: Kenda	CSI: New York	CSI: New York "Zoo York"					
			M			Bones Brennan is hospitalized.	Bones "The Friend in Need"							
			T		CSI: Miami "Felony Flight"									
			W		CSI: New York "Bad Beat"									
			Th											
DRAMA	620	523	Movie		Flashpoint	Varied Programs								
HIST	522	506	F	Security	Security	Forged in Fire (DVS)	Ancient Aliens (DVS)	Ancient Aliens (DVS)	Ancient Aliens (DVS)	Ancient Aliens (DVS)				
			M			American Pickers	American Pickers	American Pickers	American Pickers "Say Soho"					
			T			Pawn Stars	Pawn Stars (DVS)	Salvage Kings	Pawn Stars (DVS)					
			W			Forged in Fire	Forged in Fire	Forged in Fire	Forged in Fire					
			Th			Rust Valley Restorers	Rust Valley Restorers	Rust Valley Restorers	Rust Valley Restorers					
PARMT	628	584	Bar Rescue	Bar Rescue	Varied Programs									
RDI	126	730	Téléjournal	Mordus de politique	Var. Programs	L'info					En direct avec Patrice Roy			
SHOW	616	521	F	Lost Girl "Caged Fae"	Border Sec.	Border Sec.	NCIS "Witch Hunt"	NCIS "Once a Hero"	FBI "Exposed" (DVS)	NCIS "Witch Hunt"				
			M	Private Eyes (DVS)	Lost Girl "Subterranean"	Ransom "The Return"	FBI: Most Wanted "Dopesick"							
			T											
			W											
			Th											
SLICE	601	562	Varied Programs	Love It or List It	Income Property	Varied Programs								
TLC	521	560	Varied Programs											
TSN	400	400	Varied Programs											
YOUTH	551	542	Loud House	Casagrandes	Ollie's Pack	Squirrel	Nerds	Cloudy, Meat	LEGO City	SpongeBob	SpongeBob	Loud House	Loud House	Casagrandes

FRIDAY EVENING													MAY 28, 2021	
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 Dick Van Dyke Show -- Now in Living Color!	Magnum P.I. Magnum must find a missing wife.	Blue Bloods Baez finds a corpse in her front yard.	Channel 3 News	(:35) The Late Show With Stephen Colbert				
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N)	Wheel of Fortune (N)	The Blacklist Red tries to move some precious cargo.	Dateline NBC "Secrets in the Smoky Mountains" A son uncovers a dark family conspiracy.	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N)				
CBMT 6	206	301	CBC Montreal News (N)	Rick Mercer Report	NHL Hockey First Round: Teams TBA. (N) (Live)			The National (N)	CBC Montreal News (N)	CBC Arts: Exhibitionists	Coronation Street			
CHLT 7	107	718	(5:58) TVA Nouvelles (N)	(:29) Sucre salé (N) (SC)	Du talent à revendre "Les 2es résultats en direct" (N)	** "Les sacrifiés 2" (2012, Action) Sylvester Stallone, Jason Statham, Jet Li. (SC)		TVA nouvelles (N)	(:35) Sucre salé (SC)	(:05) La liste noire Raymond avertit le FBI d'une mort. (N)	(12:05) "Transit"			
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N)	Jeopardy! (N)	NBA Countdown (N)	NBA Basketball Brooklyn Nets at Boston Celtics. Brooklyn and Boston tip off in Game 3 of their first-round set. The Nets lead the series 2-0. (N)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live! (N)				
CKSH 9	108	-	(5:59) Le télé-journal Estrie (N)	(:31) Zone économie (N)	100 génies "Sports et loisirs" Les sports et loisirs.	"Bon Cop, Bad Cop" (2006) Colm Feore, Patrick Huard. Deux policiers aux caractères opposés travaillent ensemble.		Le téléjournal (N) (SC)	(:05) Le télé-journal Estrie (N)	(:34) *** "Félix et Meira" (2014) Martin Dubreuil. (SC)				
CKMI 11	-	-	Global National (N)	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	The Blacklist Red tries to move some precious cargo.	48 Hours The disappearance of a Georgia teacher.	Border Security: America	Border Security: America	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert		
CFCF 12	205	312	(5:59) CTV News Montreal (N)	etalk (N)	The Big Bang Theory (N)	Superman & Lois "Pilot" (Series Premiere) Superman and Lois return to Smallville. (N)	The Big Bang Theory (N)	Blue Bloods Baez finds a corpse in her front yard.	News-Lisa	CTV News Montreal (N)	The Big Bang Theory (N)			
WVNY 22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N)	NBA Countdown (N)	NBA Basketball Brooklyn Nets at Boston Celtics. Brooklyn and Boston tip off in Game 3 of their first-round set. The Nets lead the series 2-0. (N)	Local 22 News (N)	(:35) Jimmy Kimmel Live! (N)				
WUTV 30	-	-	The Big Bang Theory (N)	Judge Judy (N)	Judge Judy (N)	Family Feud (N)	WWE Friday Night SmackDown From "The Thunderdome" at Yuengling Center in Tampa, Fla. (N) (Live)	2 on Your Side at 10	Seinfeld "The Masseuse"	Two and a Half Men	Two and a Half Men	Last Man Standing		
CFKS 31	106	726	Souper parfait	Souper parfait	Bootcamp: le parcours extrême (SC)	Huissiers (SC)	Les coulisses du palais (N)	Sur les traces d'un tueur en série "Les victimes oubliées"	Noovo Le Fil 22 (N) (SC)	** "Meurtre en équation" (2002) Sandra Bullock. Premiere. Une détective tente de démasquer deux adolescents.				
WUHF	-	363	Modern Family (N)	Modern Family (N)	The Big Bang Theory (N)	The Big Bang Theory (N)	WWE Friday Night SmackDown From "The Thunderdome" at Yuengling Center in Tampa, Fla. (N) (Live)	13WHAM News at 10 on Fox Rochester (N) (Live)	DailyMailTV (N)	The Simpsons	Paid Program			
WETK	-	-	PBS NewsHour (N)	Profile "Geoff Tabin, M.D."	Vermont This Week (N)	Washington Week (N)	Henry Louis Gates, Jr. -- Uncovering America Life and work of Henry Louis Gates Jr.	Relieving Stress With Yoga With Peggy Cappy (N)	Amanpour and Company (N)	BBC World News				
WCFE	-	-	World News America	BBC World News Today	PBS NewsHour (N)	Mountain Lake Journal	New York Now	Inside the Met (Series Finale) The Met's financial reality. (N)	One Voice: The Songs	One Voice: The Songs	BBC World News	Amanpour and Company (N)		
A&E	615	520	The First 48 A young man is killed walking home.	The First 48 Detectives rely on the public's help.	The First 48 Two fatal shootings are investigated.	The First 48 Two fatal shootings are investigated.	The First 48 Murder of a beloved neighbor; robbery.	(:01) The First 48: Playing With Fire (N)	(:04) The First 48 A homeless man is gunned down.	(12:03) The First 48				
CNN	500	500	Situation Room With Wolf	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	Cuomo Prime Time (N)	Don Lemon Tonight (N) (Live)	Marvin Gaye's Anthem	Cooper 360					
DISC	520	505	Highway Thru Hell A familiar face switches teams.	Heavy Rescue: 401 Sonny and his new boss.	Aussie Gold Hunters A high-speed pursuit of poachers.	Aussie Gold Hunters "Episode 1" (DVS)	Aussie Gold Hunters "Episode 2" (DVS)	Bering Sea Gold "The Heat is Off" (DVS)	Aussie Gold Hunters					
DRAMA	620	523	Law & Order: Special Victims Unit (DVS)	Rebel "Race" Cruz goes against Rebel's advice.	Bones Death of a failed male model. (DVS)	Bones Brennan serves on a jury. (DVS)	Bones The murder of a food scientist. (DVS)	Bones The murder of a high school principal.	Bones (DVS)					
HIST	522	506	Ancient Aliens "William Shatner Meets Ancient Aliens" William Shatner hosts special guests. (DVS)	Ancient Aliens Examining the omitted Book of Enoch.	History's Greatest Mysteries (N) (Part 1 of 2)	Ancient Aliens Strange, inexplicable phenomena.	Ancient Aliens The key to immortality. (DVS)	Ancient Aliens						
PARMT	628	584	That Awkward	That Awkward	*** "Back to the Future Part II" (1989) Michael J. Fox, Christopher Lloyd. Marty's time traveling is threatened by a dangerous rival.	*** "Back to the Future Part III" (1990, Comedy) Michael J. Fox, Christopher Lloyd, Mary Steenburgen. Marty McFly visits the Old West to save the imperiled Doc.								
RDI	126	730	(5:55) Zone économie (N) (SC)	(:01) 24/60 (N) (SC)	Les grands reportages Sanjay Gupta est en Italie. (N)	Le téléjournal avec Pascale Nadeau (N) (SC)	Le téléjournal (N) (SC)	Le national (N) (SC)	(:31) Le national (N)	(12:01) 24/60 (SC)				
SHOW	616	521	NCIS The NCIS try to clear a Marine's name.	NCIS McGee takes things into his own hands.	FBI "Exposed" An investigative journalist is murdered.	*** "Overlord" (2018, Horror) Jovan Adepo, Wyatt Russell, Pilou Asbaek. American soldiers battle Nazis and an army of the undead.	*** "Pacif Rim" (2013) Charlie Hunnam.							
SLICE	601	562	The King of Queens	The King of Queens	Million Dollar Listing New York (N)	Top Chef "Portland-ia" A dish with hipster ingredients.	Married at First Sight "Face to Face" Meeting with friends and families. (N) (DVS)	Top Chef "Portland-ia" A dish with hipster ingredients.	Married at First Sight					
TLC	521	560	90 Day Fiancé: Happily Ever After? "Damage Control" Angela's surgery doesn't go as planned.	90 Day Fiancé: Happily Ever After? "More to Love: Love Takes Hostages" Jovi reveals big news.	90 Day Fiancé: Happily Ever After? "More to Love: Love Takes Hostages" Jovi reveals big news.	90 Day Fiancé	Extreme Sisters Patrix goes on a date.	90 Day Fiancé	90 Day Fiancé					
TSN	400	400	SportsCentre (N) (Live)	NBA Basketball New York Knicks at Atlanta Hawks. Eastern Conference, First Round, Game 3. (N) (Live)	NBA Basketball Los Angeles Clippers at Dallas Mavericks. (N) (Live)									
YOUTH	551	542	Hunter Street	Side Hustle	Drama Club	Drama Club	The Hardy Boys (N)	** "Nanny McPhee" (2005) Emma Thompson.	Degrassi	Degrassi	Game			

Your week on TV

SATURDAY DAYTIME

MAY 29, 2021

Bell	Star	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	
WCAX	3	-	-	CBS This Morning: Saturday (N) (LIVE)				Lucky Dog (N) (E)	Innovation Nation	Mission Unstoppable	Hope in the Wild	Transform	We Need to Talk (LIVE)	UEFA Champions League Today (N) (LIVE)		UEFA Champions League Soccer		
WPTZ	5	-	-	(7:00) Today (N) (LIVE)	News-Kids Edition	Teen Kids News (N)	Ocean Mysteries	Earth Odyssey	Wild Child (E)	Earth Odyssey	One Team	Vets Saving Pets	The Voyager	Major Crimes "Rules of Engagement" (LIVE)	Dew Tour (N) (LIVE)		Senior PGA	
CBMT	6	206	301	(:07) Remy & Boo (LIVE)	What He Ate	Dino Ranch (LIVE)	(:48) Rusty Rivets (LIVE)	PJ Masks (LIVE)	True Rainbow	Kingdom Force	(:26) Molly of Denali	Our Montreal (N) (LIVE)	CBEL on CBC: Our Game A look into Canada's basketball league. (N) (LIVE)		Beach Volleyball FIVB World Tour. (LIVE)			
CHLT	7	107	718	(6:00) Salut bonjour week-end (N) (SC)				Bien (SC)	Deux filles le matin "Vivre ensemble"	Les rénos d'Hugo	TVA nouvelles (N)	Hors Québec (N)	Infopublicité (SC)	Les looney tunes (LIVE)	*** "Duma" (2005) Alexander Michaletos. Un garçon apprivoise un jeune guépard. (DVS) (SC)		College Softball: Sooners vs Huskies	
WMTW	8	-	-	Good Morning America (N) (LIVE)		Good Morning America (N) (LIVE)		Ocean Treks	Sea Rescue (LIVE)	Hearts of Heroes (E)	Free Enterprise	PiYo Workout!	Retire Now TV	The Grit of Greenwood - Tulsa's	World of X Games (N) (LIVE)		College Softball: Sooners vs Huskies	
CKSH	9	108	-	Les aventures	(:28) Sonic Boom	(8:59) L'agent Jean	Les sages	Le pire du pire (N)	L'effet secondaire	Ricardo (SC)	5 chefs dans ma	Téléjournal	Le rêve olympique	Doc humanité (N) (SC)	Belgravia Anne livre un secret à Caroline.		Inspecteur Barnaby "Le village fantôme"	
CKMI	11	-	-	Fish'n Canada	Real Fishing	Paid Program	Fishful Thinking	The Baker Sisters	Paid Program	Powerboat Television	Wealthy Life	Entertainment Tonight (N) (LIVE)	Big Rig Warriors	"Surprised by Love" (2015, Romance) Campbell. (DVS)		Hilarie	Fire Masters	
CFCF	12	205	312	Your Morning Weekend (N) (LIVE)		Operation Smile (LIVE)		Paid Program	Paid Program	Written Canada	Moneytalk (N) (LIVE)	Mary-Kitchen	Mary-Kitchen	Seinfeld	Seinfeld	Seinfeld	Seinfeld	MLS Soccer
WVNY	22	-	-	Good Morning America (N) (LIVE)		Good Morning America (N) (LIVE)		Hearts of Heroes (E)	Free Enterprise	Ocean Treks	Sea Rescue (LIVE)	Sexual Abuse	Paid Program	PiYo Workout!	Easy Indoor	World of X Games (N) (LIVE)		College Softball: Sooners vs Huskies
WUTV	30	-	-	The Best Kept Secret To Air Fryer Cooking		The Best Kept Secret To Air Fryer Cooking		Easy Indoor	BISSELL	Copper Chef Titan	BISSELL	Raw Travel (N) (LIVE)	Skin Care	Ring of Honor Wrestling (N) (LIVE)	Two and a Half Men	Two and a Half Men	The Spring League Football	
CFKS	31	106	726	Maison jackpot	Flips à Palm	Noovo Le Fil week-end (N) (SC)		RPM Le Buick Encore GX 2020. (SC)	RPM plus Des véhicules moins polluants.	RPM plus Des véhicules moins polluants.	Infopublicité (SC)	Infopublicité (SC)	La famille est	Un safari près	** "Sabrina" (1995) Harrison Ford. Un millionnaire s'éprend de la fille de son chauffeur.		The Spring League Football	
WUHF	-	-	363	Xploration Space	Awesome Planet	Weird but True	Xploration DIY Sci	Easy Indoor	BISSELL	Copper Chef Titan	BISSELL	Ring of Honor Wrestling (N) (LIVE)	The Best Kept Secret To Air Fryer Cooking	5 Makeup Tips 4 You (LIVE)		The Spring League Football		
WETK	-	-	-	Overcoming Anxiety, Depression, Trauma		Outdoor Journal	MotorWeek (LIVE)	Samantha Br	Greener World	Moveable Feast	Lidia's Kitchen (LIVE)	Test Kitchen	Cook's Country	Woodsmith	This Old House (LIVE)	Ask This Old House	Antiques Roadshow (LIVE)	Ken Burns-Park
WCFE	-	-	-	Wild Kratts (LIVE)	Wild Kratts (LIVE)	Odd Squad	Odd Squad	Craft-Legacy	Greener World	This Old House (LIVE)	Ask This Old House	Simply Ming (LIVE)	Project Fire	Lidia's Kitchen (LIVE)	Field Trip With	Cook's Country	Test Kitchen	Jacques Pépin
A&E	615	520	-	Flipping Vegas "Dream House" (LIVE)		Flipping Vegas (LIVE)		Sell This House! (LIVE)	Sell This House! (LIVE)	Zombie House Flipping (LIVE)	Storage Wars (LIVE)	Storage Wars (LIVE)	Storage Wars (LIVE)	Storage Wars (LIVE)	Storage Wars (LIVE)	Storage Wars (LIVE)	*** "Wanted" (2008) James McAvoy, Morgan Freeman. (LIVE)	
CNN	500	500	-	New Day We		Smerconish (N) (LIVE)		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		
DISC	520	505	-	Mighty Planes "Trump 757" (DVS)		Mighty Planes The C-17 Globemaster III.		Mighty Planes "Omega 707" (DVS)		Mighty Planes "NOAA" (DVS)		Mighty Planes "Trump 757" (DVS)		Mighty Planes The C-17 Globemaster III.		North Woods Law "No Room for Error" (DVS)		
DRAMA	620	523	-	Bones The murder of a high school principal.		Bones The team keeps a case from Brennan.		Bones "The Nazi on the Honeymoon" (LIVE)		Bones Death of a failed male model. (LIVE)		Bones Brennan serves on a jury. (LIVE)		Bones The murder of a food scientist. (LIVE)		Chicago Fire "One Hundred" (LIVE)		Chicago Fire "Some Make It, Some Don't" (LIVE)
HIST	522	506	-	Paid Program (LIVE)	Paid Program (LIVE)	Salvage Kings "Proof Is in the Sales" (LIVE)		SEAL Team "Rolling Dark" (DVS)		SEAL Team "Pattern of Life" (DVS)		Pawn Stars	Pawn Stars	Forged in Fire "The Cane Sword" (LIVE)		Forged in Fire "Charlemagne's Sword" (LIVE)		Pawn Stars Figurines from The Simpsons.
PARMT	628	584	-	Tattoo Night.	Tattoo Night.	Tattoo Night.	Tattoo Night.	Tattoo Night.	Tattoo Night.	Bar Rescue "Taken for Granted" (LIVE)	Yellowstone "Daybreak" A ranch owner defends his land. (LIVE)		(10) Yellowstone Jamie meets with the governor. (LIVE)		(24) Yellowstone			
RDI	126	730	-	RDI matin weekend (N) (SC)		RDI matin weekend (N) (SC)		L'info (N) (SC)	L'info (SC)	L'info (N) (SC)	L'info (SC)	Téléjournal	Téléjournal	Le national	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)
SHOW	616	521	-	Schitt's Creek (LIVE)	Schitt's Creek (LIVE)	Schitt's Creek (LIVE)	Schitt's Creek (LIVE)	*** "Pacific Rim" (2013) Charlie Hunnam, Diego Klattenhoff. Humans pilot giant robots to fight monstrous creatures. (LIVE) (DVS)				** "The Last Witch Hunter" (2015) Vin Diesel. An immortal warrior battles the resurrected Witch Queen. (LIVE)				"Kong: Skull" (LIVE)		
SLICE	601	562	-	Late Nite Eats (LIVE)	Paid Program (LIVE)	Paid Program (LIVE)	Paid Program (LIVE)	Mom (LIVE)	Mom (LIVE)	* "Sweet November" (2001, Romance) Keanu Reeves. A kooky gamin changes a selfish ad man's outlook on life. (LIVE)		*** "The Bourne Identity" (2002) Matt Damon. An amnesiac agent is marked for death after a botched hit. (LIVE)						
TLC	521	560	-	Doubling Down With the Derricos (LIVE)		Doubling Down With the Derricos (LIVE)		Doubling Down With the Derricos (LIVE)		Doubling Down With the Derricos (LIVE)		Doubling Down With the Derricos (LIVE)		Untold Stories of the E.R. "Creepy Crawlies" (LIVE)		Untold Stories of the E.R. (LIVE)		Untold Stories of the E.R. "Clueless" (LIVE)
TSN	400	400	-	SportsCentre (LIVE)		2021 IIHF World Championship Switzerland vs Russia. From Elektrum Olympic Centre in Riga, Riga, Latvia. (N)				SportsCentre (LIVE)		Open Gym (N) (LIVE)	2021 IIHF World Championship Slovakia vs Denmark. From Elektrum Olympic Centre in Riga, Riga, Latvia. (N) (LIVE)				MLS Soccer	
YOUTH	551	542	-	Loud	Casagran	Archibald	Sponge.	TrollsTopia	Loud	Casagran	LEGO City	** "Nanny McPhee" (2005) (LIVE) (DVS)		Sponge.	Cloudy	Archibald	TrollsTopia	

SATURDAY EVENING

MAY 29, 2021

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	-	-	UEFA Champions League Soccer Manchester City vs Chelsea.		PGA Tour Golf Charles Schwab Challenge, Third Round. (N)		Channel 3 News	Friends (LIVE)	Magnum P.I. (LIVE)		48 Hours (LIVE)		48 Hours (LIVE)		Channel 3 News	NCIS A murder is livestreamed on an app.	
WPTZ	5	-	-	(3:00) 2021 Senior PGA Championship Third Round. (N) (LIVE)		NBC5 News at 6	Nightly News	Jeopardy! (LIVE)	Wheel of Fortune	NHL Hockey First Round: Teams TBA. (N) (LIVE)				NBC5 News	(:29) Saturday Night Live (LIVE)			
CBMT	6	206	301	Track and Field Diamond League. From Doha, Qatar. (Taped) (LIVE)				CBC Montreal	Hockey Central	NHL Hockey First Round: Teams TBA. (N) (LIVE)				NHL Hockey First Round: Teams TBA. (N) (LIVE)				
CHLT	7	107	718	(:03) *** "Hommes en noir" (1997, Action) Tommy Lee Jones, Will Smith. (DVS) (SC)				TVA nouvelles (N)	** "Monstres sur roues" (2016, Aventures) Lucas Till, Jane Levy, Rob Lowe. (DVS) (SC)		(:32) * "Pixels" (2015, Comédie) Adam Sandler, Kevin James. (DVS) (SC)		(:39) TVA nouvelles		(:09) ** "La légende de Tarzan" (2016) Alexander Skarsgard.			
WMTW	8	-	-	College Softball: Sooners vs Huskies		Paid Program	Paid Program	WMTW News 8 at	World News	Wheel of Fortune	Jeopardy! (LIVE)	Celebrity Family Feud (LIVE)	The Chase Three new contestants compete.		The Good Doctor (LIVE)	WMTW News 8	Castle The death of a pool shark. (LIVE)	
CKSH	9	108	-	(3:00) Inspector Barnaby (DVS) (SC)		La semaine verte (N) (SC)	Téléjournal Estrie	Le rêve olympique	Les enfants de la télé (SC)	Pour emporter "Martin Matte" (N)	Témoins à charge (N) (DVS) (SC)	Le téléjournal	Doc humanité "Zoo: une cage dorée?" (N)	(29) Dre Grey, leçons d'anatomie (N) (LIVE)				
CKMI	11	-	-	(3:30) Fire Masters	Island of Bryan "Open for Business"	Save My Reno	Global News at 6	Global National	The New Border Security	"Color of Love" (2021) Deborah Joy Winans. An African American widow with two kids.	Ransom A sociopath targets diabetics. (LIVE)		Global News	(:29) Saturday Night Live (LIVE)				
CFCF	12	205	312	MLS Soccer		Big Bang Theory	Big Bang Theory	CTV News Montreal (N) (LIVE)	W5 Stories of child abuse; Nick Nurse.	"Aurora Teagarden Mysteries: An Inheritance to Die For" (2019) (LIVE) (DVS)	Highway Thru Hell "Return To Sender"	News-Rinaldo	CTV News Montreal (12:05) Seinfeld					
WVNY	22	-	-	College Softball: Sooners vs Huskies		Paid Program	Paid Program	World News	Local 22 News (N)	Extra (N) (LIVE)	Celebrity Family Feud (LIVE)	The Chase Three new contestants compete.	The Good Doctor (LIVE)	Local 22 News (N)	Weather Gone Viral			
WUTV	30	-	-	(3:00) The Spring League Football Sea Lions vs Blues. From Rice Stadium in Houston. (N)		Big Bang Theory	Big Bang Theory	MLB Baseball Atlanta Braves at New York Mets. From Citi Field in Flushing, N.Y. (N) (LIVE)	2 on Your Side at 10		Big Bang Theory	Name That Tune "Episode 4" (LIVE)	Paid Program					
CFKS	31	106	726	(2:00) ** "Sabrina"	(:35) ** "Blonde et élégante 2: rouge, blanche" (2003) Reese Witherspoon. (SC)	blanc et (SC)	*** "Hitch" (2005) Will Smith. Première. Un conseiller montre à un homme comment séduire une femme.		** "Sale prof" (2011, Comédie) Cameron Diaz, Justin Timberlake. Première. (DVS) (SC)		** "Date prévue" (2010, Comédie) Robert Downey Jr. (SC)							
WUHF	-	-	363	(3:00) The Spring League Football Sea Lions vs Blues. From Rice Stadium in Houston. (N)		Ring of Honor Wrestling (N) (LIVE)	MLB Baseball Atlanta Braves at New York Mets. From Citi Field in Flushing, N.Y. (N) (LIVE)	WHAM News	Game Time	Name That Tune "Episode 4" (LIVE)	ROH Wrestling							
WETK	-	-	-	(3:30) Ken Burns: The National Parks (LIVE)		As Time Goes By	Keep-Appear	Still Open All Hours	My Hero (LIVE)	Death in Paradise (LIVE)	Miss Fisher's Murder Mysteries (LIVE)	Shakespeare and Hathaway -- Private	Austin City Limits (LIVE)	Underground				
WCFE	-	-	-	Antiques Roadshow (Part 4 of 4) (LIVE)		Samantha Br	R. Steves' Europe	Scenic Railway	NewsHour Wk	Fest. Films-N.Y.	New York Agatha Christie (LIVE)	Inspector Morse "Deceived by Flight" Morse and Lewis pose as cricket players. (LIVE)	Austin City Limits (LIVE)	Underground				
A&E	615	520	-	(2:30) *** "Wanted" (2008) (LIVE)	** "Jack Reacher" (2012, Action) Tom Cruise, Rosamund Pike. A former military investigator probes a sniper attack. (LIVE)				Biography: Ultimate Warrior WWE Hall of Famer Ultimate Warrior. (LIVE)		(:01) Biography: Macho Man Randy Savage A story of a charismatic man. (LIVE)		Ultimate Warrior					
CNN	500	500	-	CNN Newsroom		CNN Newsroom		CNN Newsroom		The Eighties (LIVE)	The Nineties (LIVE)	The Seventies (LIVE)	Story of Late Night	Late Night				
DISC	520	505	-	North Woods Law "Weed Whackers" (DVS)		North Woods Law "Antlers and Antics" (DVS)		North Woods Law "Weed It and Reap" (DVS)		North Woods Law "Excuses, Excuses" (DVS)		North Woods Law "Baiters Beware" (DVS)		North Woods				
DRAMA	620	523	-	Chicago Fire "The People We Meet" (LIVE)		The Closer "Identity Theft" (DVS)	The Closer "Smells Like Murder" (LIVE)	The Closer A shooting leaves one dead.	The Closer A woman is stabbed to death.	The Closer "The Life" (DVS)	The Closer "Make Over" (DVS)	The Closer "Dead Man's Hand" (LIVE)	The Closer (LIVE)					
HIST	522	506	-	American Pickers (LIVE)		American Pickers "Pick This Way" (LIVE)	History's Greatest Mysteries Hunting down Shackleton's lost ship. (LIVE) (DVS)		Ancient Aliens (LIVE)		SEAL Team "Rolling Dark" (DVS)	SEAL Team "Pattern of Life" (DVS)	SEAL Team "Containment" (DVS)	SEAL Team (LIVE)				
PARMT	628	584	-	(3:24) Yellowstone	(:34) Yellowstone (LIVE)	(:38) Yellowstone Jamie works some legal magic. (LIVE)	(6:52) Yellowstone "The Remembering"	(7:53) Yellowstone (LIVE)	Yellowstone The heat turns up on Rip.	Yellowstone "The Unravelling: Pt. 2" (LIVE)	Bar Rescue "Come Home to Roost"	Bar Rescue (LIVE)						
RDI	126	730	-	L'info (N) (SC)	La parole aux	Le téléjournal	L'épicerie (N) (SC)	Le téléjournal	Découverte "Planète Terre 2: les déserts"	(:31) Le national	(:01) Les grands reportages (SC)	Le téléjournal	Le rêve olympique	Le téléjournal	Le national (N)	Le national (N)	Journal France 2	Le téléjournal
SHOW	616	521	-	(3:30) *** "Kong: Skull Island" (2017, Adventure) Tom Hiddleston. (LIVE) (DVS)		*** "Pacific Rim" (2013) Charlie Hunnam, Diego Klattenhoff. Humans pilot giant robots to fight monstrous creatures. (LIVE) (DVS)				** "Pacific Rim Uprising" (2018) John Boyega. Young pilots unite to battle otherworldly monsters. (LIVE)				*** "The Last Witch Hunter" (2015) (LIVE)				
SLICE	601	562	-	* "Sweet November" (2001) Keanu Reeves. A kooky gamin changes a selfish ad man's outlook on life. (LIVE)		*** "The Bourne Identity" (2002) Matt Damon. An amnesiac agent is marked for death after a botched hit. (LIVE)				*** "The Hangover" (2009, Comedy) Bradley Cooper, Ed Helms. (LIVE) (DVS)				*** "The Bourne Identity" (2002, Action) Matt Damon. (LIVE)				
TLC	521	560	-	Untold Stories of the E.R. "Dr. Bikini" (LIVE)		Dr. Pimple Popper (LIVE)	Dr. Pimple Popper (LIVE)	Dr. Pimple Popper "An American Tail" (LIVE)	Dr. Pimple Popper "Don't Sweat It!" (LIVE)	Dr. Pimple Popper (LIVE)	Dr. Pimple Popper "Cystic River" (LIVE)	Dr. Pimple Popper "Leave It to Nevus" (LIVE)	Dr. Pimple Popper (LIVE)					
TSN	400	400	-	MLS Soccer		SportsCentre (LIVE)		Road to Qatar	SC (LIVE)	April Play	UFC 261: Encore (N) (LIVE)		Boxing Nordine Oubaali vs. Nonito Donaire. (N) (LIVE)					
YOUTH	551	542	-	Loud	Casagran	Drama	Drama	** "The Boss Baby" (2017) (LIVE) (DVS)		*** "Shrek" (2001) Voices of Mike Myers.		Max	Make,	Degrassi	Degrassi	iCarly (LIVE)		

Your week on TV

SUNDAY DAYTIME			MAY 30, 2021														
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) (SC)			Face the Nation (N) (SC)	All In With Laila Ali	AAA Benefits	Skin Care	One Shot Away	PGA Tour Originals	PGA Tour Golf Charles Schwab Challenge, Final Round. (N) (Live) (SC)			
WPTZ	5	-	-	Sunday Today With Willie Geist (N) (SC)	Meet the Press (N) (SC)		NBC 5 In Depth	Soledad O'Brien	Indianapolis 500 Pre-Race (N) (Live)	2021 Indianapolis 500 The 105th running of the Indianapolis 500. From Indianapolis Motor Speedway. (N) (Live)							
CBMT	6	206	301	Coronation Street (N)	Coronation Street (N)	Coronation Street (N)	Coronation Street (N)	Coronation Street (N)	Rosemary Barton	Maamuita- au (SC)	Our Montreal (SC)	The Nature of Things (DVS)	Natalie Portman; Dan Fogelman. (N) (SC)		First Play Live	Exhibitionists	
CHLT	7	107	718	(6:00) Salut bonjour week-end (N) (SC)				** "Le juge" (2014, Drame) Robert Downey Jr. Hank Palmer revient dans la petite ville de son enfance. (SC)				Téléthon Opération Enfant Soleil 2021 Le Téléthon Opération Enfant Soleil. (N) (SC)					
WMTW	8	-	-	Good Morning America (N) (SC)	This Week W/ George Stephanopoulos		Soledad O'Brien	Teen Kids News (N)	Made in Hollywood	Wild About Animals	Tummy Tuck	NBA	NBA Basketball New York Knicks at Atlanta Hawks. Eastern Conference, First Round, Game 4. (N) (Live) (SC)				
CKSH	9	108	-	Les aventures Sonic Boom	VanLab (SC)	Code Max (SC)	(9:59) Le jour du Seigneur (N) (SC)	Les coulisses du pouvoir (N) (SC)	Téléjournal	La semaine verte (SC)	L'épicerie (SC)	La table de Kim "Virginie Fortin" (N)		Inspecteur Lewis "Le sommeil éternel" (N)			
CKMI	11	-	-	Airport-Zero	Paid Program	Paid Program	Operation Smile (N)	Joel Osteen (N)	Paid Program	The West Block (N)	The New Reality	Worst to First "Debbie & Carson"		Rust Valley Restorers "Blast From the Past" (DVS)	"Galentine's Day Nightmare" (2021) Camille Stopps, Anthony Grant. Premiere. (SC) (DVS)		
CFCF	12	205	312	etalk (N) (SC)	Operation Smile (N) (SC)	Paid Program	Paid Program	Church of the Rock	Question Period (N) (SC)	W5 Stories of child abuse; Nick Nurse. (N)	Highway Thru Hell Reloaded (DVS)		** "Thor: The Dark World" (2013) Chris Hemsworth, Natalie Portman. (N) (DVS)				
WVNY	22	-	-	Good Morning America (N) (SC)	This Week W/ George Stephanopoulos		What Matters	The Key of David	Sexual Abuse	Sexual Abuse	Paid Program	NBA	NBA Basketball New York Knicks at Atlanta Hawks. Eastern Conference, First Round, Game 4. (N) (Live) (SC)				
WUTV	30	-	-	The Ernest Angley Hour	FOX News Sunday With Chris Wallace (N)		Sharyl Attkisson	The Key of David	The Best Kept Secret To Air Fryer Cooking	Ring of Honor Wrestling (N) (SC)	World of Waves	* "The Three Musketeers" (2011) Matthew MacFadyen. D'Artagnan and friends must foil Richelieu's anarchist plot.					
CFKS	31	106	726	Australia Zoo: le défi des Irwin	Noovo Le Fil week-end (N) (SC)		RPM Le Ford Explorer ST 2020. (SC)	RPM plus Le réseau du Circuit Électrique.	Infopublicité (SC)	Infopublicité (SC)	Flashpoint Un adolescent se déchaine. (N)	** "Bean: l'ultime film catastrophe" (1997) Rowan Atkinson, Peter MacNicol. (SC)					
WUHF	-	-	363	Wild America	Floor Police	FOX News Sunday With Chris Wallace (N)	Sharyl Attkisson	Rochester Press Box	Ring of Honor Wrestling (N) (SC)	Comedy.TV (N) (SC)	The Best Kept Secret To Air Fryer Cooking	Judge Judy (N)	Judge Judy (N)	Go Nitro (SC)	Go Nitro (SC)		
WETK	-	-	-	Hero Elementary	Xavier Riddle	Curious George	Daniel Tiger	Donkey Hodie	Elinor Wonders	Weekend-Yank	Vermont This Week	Made Here	Made Here	Inside the Met The Met's financial reality.	One Voice: The Songs	One Voice: The Songs	Henry Louis Gates, Jr. -- Uncovering America
WCFE	-	-	-	Wild Kratts	Wild Kratts	Washington Week	Scully: World	Mountain Lake	New York Now (SC)	Canada	Articulate-Jim	Life at the Waterhole (N) (SC)	Korea: The Never-Ending War Korean War's importance in history. (N) (SC)		Military Family While Time Stands Still		
A&E	615	520	-	Hoarders "Margie" Margie's home has 500 tons of clutter. (N) (SC)			Hoarders "Tim" Tim sees value in repurposing materials. (N) (SC)			Gotti: Godfather & Son John Gotti Jr.'s childhood and youth. (Part 1 of 2) (SC)		Gotti: Godfather & Son Gotti Jr. resolves to quit the mob. (Part 2 of 2) (SC)					
CNN	500	500	-	Inside Politics		State-Union	Fareed Zakaria GPS		Reliable Source	State-Union	Fareed Zakaria GPS		CNN Newsroom				
DISC	520	505	-	Mighty Trains "North Rail Express"		Mighty Trains "Glacier Express"	Mighty Trains "The Canadian"	Mighty Trains "The Shinkansen"	Mighty Trains "North Rail Express"	Mighty Trains "Glacier Express"	Lone Star Law "Crash Course" (DVS)		Lone Star Law "Back Road Bait"				
DRAMA	620	523	-	Chicago Fire "The People We Meet"		The Closer "Identity Theft" (DVS)	The Closer "Smells Like Murder"	The Closer A shooting leaves one dead. (N)	The Closer A woman is stabbed to death. (N)	The Closer A 12-year-old boy is found dead.	The Closer Several old cases are reviewed. (N)		The Closer Deadly domestic violence case.				
HIST	522	506	-	Paid Program (N)	Paid Program (N)	Rust Valley Restorers "Unlikely Alliances" (N)	Rust Valley Restorers "Transformer Truck" (N)	Backroad Truckers (N) (DVS)	Counting Cars "Alice Cooper's Dream" (N)	Forged in Fire (N) (SC)	Forged in Fire "Casino Challenge" (N) (SC)		Pawn Stars A chair with a strange feature.				
PARMT	628	584	-	Ink Master	Ink Master	Ink Master	Ink Master	Ink Master	Ink Master	Yellowstone Kayce settles into his new role.	(:10) Yellowstone Kayce and Rip come to blows. (SC)		(:18) Yellowstone "The Reek of Desperation" (N)		(:26) Yellowstone (N)		
RDI	126	730	-	RDI matin weekend (N) (SC)	RDI matin weekend (N) (SC)	L'info (N) (SC)	L'info (SC)	Les coulisses du pouvoir (N) (SC)	Téléjournal	Téléjournal	La parole aux	L'info (N) (SC)	L'info (N) (SC)	L'info (SC)	L'info (SC)	L'info (SC)	
SHOW	616	521	-	Schitt's Creek (N)	Schitt's Creek (N)	Schitt's Creek (N)	Schitt's Creek (N)	Schitt's Creek (N)	Schitt's Creek (N)	** "Pacific Rim Uprising" (2018) John Boyega, Jing Tian. Young pilots unite to battle otherworldly monsters. (N) (SC)		Rutherford Falls (N)	Rutherford Falls (N)	(:40) FBI The CEO of a brokerage firm is killed. (N)		(:35) MacGyver (N)	
SLICE	601	562	-	Paid Program (N)	Paid Program (N)	Paid Program (N)	Paid Program (N)	First Dates (N)	* "Sweet November" (2001, Romance) Keanu Reeves. A kooky gamin changes a selfish ad man's outlook on life. (N)		** "Won't You Be My Neighbor?" (2018) Joanne Rogers, Bill Isler. (N) (DVS)		*** "Bridget Jones's Diary" (2001) (N)				
TLC	521	560	-	Say Yes to the Dress (N) (SC)	Say Yes to the Dress "Love At First Flight" (N)	90 Day Fiancé: Happily Ever After? Brandon and Julia escape the farm. (N)		90 Day Fiancé: Happily Ever After? "Indecent Proposal" Angela begins a transformation. (N)		90 Day Fiancé: Happily Ever After? Jovi's mom criticizes Yara's parenting. (N)							
TSN	400	400	-	SportsCentre (SC)	2021 IIHF World Championship Italy vs Canada. From Arena Riga in Riga, Latvia. (N) (Live) (SC)			SportsCentre (SC)	SC (SC)	2021 IIHF World Championship Sweden vs Slovakia. From Elektrum Olympic Centre in Riga, Latvia. (N) (SC)		NBA Basketball					
YOUTH	551	542	-	Loud	Casagran	Mighty 1s	Sponge.	TrollsTopia	Loud	Casagran	LEGO City	** "The Boss Baby" (2017) (N) (DVS)		Barbie	Cloudy	Mighty 1s	TrollsTopia

SUNDAY EVENING			MAY 30, 2021																	
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) (SC)			Weekend News	60 Minutes (N) (SC)	*** "Gladiator" (2000, Historical Drama) Russell Crowe, Joaquin Phoenix. A fugitive general becomes a gladiator in ancient Rome. (N)		Channel 3 News				Greta Van Susteren	NCIS "On Fire" (N)				
WPTZ	5	-	-	2021 Senior PGA Championship Final Round. (N) (Live)			NBC5 News at 6	Nightly News	Ellen's Game of Games (N) (SC)		NHL Hockey First Round: Teams TBA. (N) (Live)				NBC5 News	Soledad O'Brien	Castle (N) (SC)			
CBMT	6	206	301	** "Rise of the Guardians" (2012) Voices of Chris Pine, Alec Baldwin. (N) (SC)			Anne With an E (N) (DVS)	NHL Hockey First Round: Teams TBA. (N) (Live) (SC)				The National (N) (SC)		CBC Montreal	Rosemary Barton	q (N) (SC)				
CHLT	7	107	718	(12:30) Téléthon Opération Enfant Soleil 2021 (N) (SC)			Poules-oeufs	Téléthon Opération Enfant Soleil 2021 Le Téléthon Opération Enfant Soleil. (N) (SC)										TVA nouvelles (N)	** "Le livre d'Henry" (2017, Drame) Naomi Watts, Jaeden Lieberher. Premiere. (SC)	
WMTW	8	-	-	(3:30) NBA Basketball Phoenix Suns at Los Angeles Lakers. (N) (Live) (SC)			WMTW News 8 at	World News	America's Funniest Home Videos (N)	Celebrity Family Feud (DVS)	The Chase (N) (DVS)	To Tell the Truth (N) (DVS)		WMTW News 8	Soledad O'Brien	Major Crimes				
CKSH	9	108	-	(3:00) Inspecteur Lewis (DVS) (SC)		Dans l'oeil du dragon	Téléjournal	Découverte "Planète Terre 2: les prairies"	Les poilus (N)	Tout le monde en parle (Season Finale) (N)		Le téléjournal	(:35) Info-mag		(:05) "Le redoutable" (2017) Louis Garrel. Premiere. (SC)					
CKMI	11	-	-	48 Hours "Lizzie Borden Took an Axe" (N)		48 Hours (N) (DVS)	Global News at 6	Global National	60 Minutes (N) (SC)	FBI A young girl is kidnapped. (N) (SC)	NCIS: Los Angeles "Yellow Jack" (N)		NCIS: New Orleans "A Changed Woman"		Global News	The West Block	Global National			
CFCF	12	205	312	"Thor Dark"	The Goldbergs (N)	Seinfeld (N)	Big Bang Theory	CTV News Montreal (N) (SC)	*** "Thor: Ragnarok" (2017, Action) Chris Hemsworth. Thor must battle the mighty Hulk and the all-powerful Hela. (N) (SC)		Big Bang Theory	Big Bang Theory	News-Rinaldo	CTV News Montreal	South Park (N)					
WVNY	22	-	-	(3:30) NBA Basketball Phoenix Suns at Los Angeles Lakers. (N) (Live) (SC)			World News	Local 22 News	America's Funniest Home Videos (N)	Celebrity Family Feud (DVS)	The Chase (N) (DVS)	To Tell the Truth (N) (DVS)		Local 22 News (N)	Graham Bensing	Judge Judy (N)				
WUTV	30	-	-	Ring of Honor Wrestling (N) (SC)	Raw Travel (N)	NASCAR RaceDay	NASCAR Cup Series Coca-Cola 600. NASCAR Cup Series drivers head to Charlotte Motor Speedway for the enduring Coca-Cola 600. (N) (Live) (SC)	*** "Danny Ocean 13" (2007) George Clooney. Des escrocs s'attaquent au propriétaire d'un hôtel-casino. (N)		(:35) *** "40 ans et encore puceau" (2005) Steve Carell, Catherine Keener. (SC)										
CFKS	31	106	726	** "Les vacances de M. Bean" (2007) Rowan Atkinson. (SC)			(:45) *** "The Family Fang" (2015) Nicole Kidman. Annie et Baxter enquêtent sur leurs parents disparus. (SC)	*** "Danny Ocean 13" (2007) George Clooney. Des escrocs s'attaquent au propriétaire d'un hôtel-casino. (N)				(:35) *** "40 ans et encore puceau" (2005) Steve Carell, Catherine Keener. (SC)								
WUHF	-	-	363	Ring of Honor Wrestling (N) (SC)	Outdoorsman	NASCAR RaceDay	NASCAR Cup Series Coca-Cola 600. NASCAR Cup Series drivers head to Charlotte Motor Speedway for the enduring Coca-Cola 600. (N) (Live) (SC)	National Memorial Day Concert 2021 (N) (SC)		National Memorial Day Concert 2021 (N) (SC)		National Memorial Day Concert 2021 (N) (SC)		WHAM News	Big Bang Theory	Big Bang Theory	Paid Program			
WETK	-	-	-	Henry Louis Gates Jr. -- Uncovering	Rick Steves	NewsHour Wk	A Place to Call Home "New Adventures" (N)	The Great British Baking Show (SC)	National Memorial Day Concert 2021 (N) (SC)		National Memorial Day Concert 2021 (N) (SC)		National Memorial Day Concert 2021 (N) (SC)		Call the Midwife (N) (SC)	Memorial Day				
WCFE	-	-	-	Remember Pearl Harbor The attack on Pearl Harbor. (N) (SC)	"Last Ring"	On Home Ground: Life After Service	Surrender on the USS Missouri (N) (SC)	National Memorial Day Concert 2021 (N) (SC)		National Memorial Day Concert 2021 (N) (SC)		National Memorial Day Concert 2021 (N) (SC)		Independent Lens "The Donut King" The life story of Ted Ngoy.						
A&E	615	520	-	Biography: Rowdy Roddy Piper The story of one of the villains. (N) (SC)			Biography: Ultimate Warrior WWE Hall of Famer Ultimate Warrior. (N) (SC)			Biography: Mick Foley The multifaceted career of Mick Foley. (N) (SC)		(:02) WWE's Most Wanted Treasures (N)		WWE's Most Wanted Treasures		Mick Foley				
CNN	500	500	-	CNN Newsroom		CNN Newsroom	CNN Newsroom	CNN Newsroom	Story of Late Night	Story of Late Night	United Shades		Story of Late Night		Late Night					
DISC	520	505	-	Lone Star Law "Deceived" (DVS)		Lone Star Law "High Desert Drama"	Lone Star Law "Gulf Recon" (DVS)	Undercover Billionaire: Comeback City	BattleBots: Bounty Hunters (N) (SC)	Naked and Afraid XL "That All You Got, Louisiana?" (N) (DVS)	Homestead Rescue (SC)		Bones (N)							
DRAMA	620	523	-	House "Family Practice" (DVS)		House "You Must Remember This" (N)	House "Two Stories" (N) (DVS)	House A patient develops a severe rash.	House "Bombshells" (N) (DVS)	Queen of the South "Todo Lo Que Toco"	House "Out of the Chute" (DVS)	House "Family Practice" (DVS)		House (N)						
HIST	522	506	-	American Pickers "Midwest Mayhem"		American Pickers (N) (DVS)	Forged in Fire (N) (SC)	Forged in Fire "Casino Challenge" (N)	Tulsa Burning: The 1921 Race Massacre Black Wall Street. (N) (SC)	America's Book of Secrets (N) (SC)	Beyond Oak Island "Midwest Millions"		Forged in Fire (SC)							
PARMT	628	584	-	(:26) Yellowstone (SC)	(:33) Yellowstone (SC)	(:39) Yellowstone Jamie moves to protect the ranch. (SC)	(:48) Yellowstone "Resurrection Day"	(:55) Yellowstone (SC)	Yellowstone "Enemies by Monday"	Yellowstone "Sins of the Father" (SC)	*** "Saving Private Ryan" (1998, War) Tom Hanks. (SC)									
RDI	126	730	-	L'info (N) (SC)	L'épicerie (SC)	Le téléjournal	Le téléjournal	Le téléjournal	Le rêve olympique	Le national (N)	(:31) Le national	(:01) La semaine verte (N) (SC)	Le téléjournal	(:31) Les coulisses du pouvoir (SC)	Le national (N)	Le national (N)	Journal France 2	Le téléjournal		
SHOW	616	521	-	(:35) MacGyver	NCIS NCIS tracks a stolen laptop. (N)	NCIS: Los Angeles "Impostor Syndrome"	NCIS: New Orleans "Choices" (N)	** "Pacific Rim Uprising" (2018) John Boyega. Young pilots unite to battle otherworldly monsters. (N)		Rutherford Falls	Rutherford Falls	(:10) FBI "Short Squeeze" (N)	(:12) MacGyver							
SLICE	601	562	-	(:30) *** "Bridget Jones's Diary" (2001) Joanne Rogers, Bill Isler. (N) (DVS)	*** "Won't You Be My Neighbor?" (2018) Joanne Rogers, Bill Isler. (N) (DVS)		*** "Bridget Jones's Diary" (2001) Renée Zellweger, Colin Firth. (N) (DVS)		** "The Hangover Part II" (2011, Comedy) Bradley Cooper, Ed Helms. (N) (DVS)		*** "Bridget Jones's Diary" (2001) Renée Zellweger. (N)									
TLC	521	560	-	90 Day Fiancé: Happily Ever After? Angela's surgery doesn't go as planned. (N)			90 Day Fiancé: Happily Ever After? Mike's mom pushes Natalie's buttons. (N)		90 Day Fiancé: Happily Ever After? "Fear and Loathing" Kalani seeks legal counsel. (N)		(:04) Extreme Sisters "It's Time to Let Go"		(:04) 90 Day Fiancé: Happily Ever After?		90 Day Fiancé					
TSN	400	400	-	(:30) NBA Basketball Phoenix Suns at Los Angeles Lakers. (N)	SportsCentre	Sunday Night Baseball Countdown (N)	MLB Baseball Atlanta Braves at New York Mets. From Citi Field in Flushing, N.Y. (N) (Live) (SC)	SportsCentre (N) (Live) (SC)		April Play	SC With Jay Onrait									
YOUTH	551	542	-	** "The Boss Baby" (2017) (N) (DVS)			*** "Shrek" (2001) Voices of Mike Myers.		Food	The Hardy Boys (N)	Star Falls	Max	Make,	Degrassi	Degrassi	Sam &				

Your week on TV

MONDAY EVENING													MAY 31, 2021		
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	Bull Bull mounts a difficult trial defense. (N) (DVS)	Tulsa 1921: An American Tragedy (N) (DVS)	Channel 3 News	(:35) The Late Show With Stephen Colbert (N) (DVS)				
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) (DVS)	Wheel of Fortune (N) (DVS)	American Ninja Warrior "Qualifiers 1" (Season Premiere) A new season begins. (N) (DVS) (DVS)	(:01) Small Fortune "Semper Fly" (Series Premiere) (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)	NHL Hockey Second Round: Teams TBA. (N) (Live) (DVS)			The National (N) (DVS)	CBC Montreal News (N)	Maamuitau (N) (DVS)	Coronation Street (N) (DVS)				
CHLT 7	107	718	(5:58) TVA Nouvelles (N)	(:29) Sucré salé (N) (SC)	(6:59) Si on s'aimait (N)	Van aventure "Lac St-Jean" (N) (DVS)	Chicago Fire: caserne 51 "Infection" (N) (DVS) (SC)	Combien vaut cette maison? (N) (DVS)	TVA nouvelles (N) (DVS)	(:35) Si on s'aimait (SC)	(:05) Sucré salé (SC)	(:35) "OVNI: sur la piste extraterrestre" (2018) (SC)			
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) (DVS)	Jeopardy! (N) (DVS)	*** "The Princess and the Frog" (2009, Children's) Voices of Anika Noni Rose, Bruno Campos, Keith David. (N) (DVS)	The Good Doctor The team travels to Guatemala. (N) (DVS)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live! (N) (DVS)					
CKSH 9	108	-	(5:59) Le télé-journal Estrie	(:31) Zone économie (N)	Question de jugement (N)	Discussions avec mes	Dans l'oeil du dragon (N) (SC)	Bonsoir bonsoir! (N) (DVS) (SC)	Le téléjournal (N) (SC)	(:05) Le télé-journal Estrie	(:34) Ruptures La requête de divorce d'Anne.				
CKMI 11	-	-	Global National (N) (DVS)	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	The Neighborhood	Call Your Mother (N) (DVS)	Bull Bull mounts a difficult trial defense. (N) (DVS)	(:01) Small Fortune "Semper Fly" (Series Premiere) (N) (DVS)	Global News at 11 (N)	(:34) The Tonight Show With Stephen Colbert (N) (DVS)			
CFCF 12	205	312	(5:59) CTV News Montreal (N) (DVS)	etalk (N) (DVS)	The Big Bang Theory (N) (DVS)	American Ninja Warrior "Qualifiers 1" (Season Premiere) A new season begins. (N) (DVS) (DVS)	The Good Doctor The team travels to Guatemala. (N) (DVS)	The Good Doctor The team travels to Guatemala. (N) (DVS)	News-Lisa	CTV News Montreal (N) (DVS)	The Daily Show				
WVNY 22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N) (DVS)	*** "The Princess and the Frog" (2009, Children's) Voices of Anika Noni Rose, Bruno Campos, Keith David. (N) (DVS)	The Good Doctor The team travels to Guatemala. (N) (DVS)	Local 22 News (N)	(:35) Jimmy Kimmel Live! (N) (DVS)					
WUTV 60	-	-	The Big Bang Theory (N) (DVS)	Judge Judy (N) (DVS)	Judge Judy (N) (DVS)	Family Feud (N) (DVS)	Hell's Kitchen Aspiring chefs begin the competition. (N) (DVS)	HouseBroken (N) (DVS)	Duncanville (N) (DVS)	2 on Your Side at 10 (N) (DVS)	Seinfeld "The Stall" (N) (DVS)	Two and a Half Men (N) (DVS)	Two and a Half Men (N) (DVS)	Last Man Standing (N) (DVS)	
CFKS 61	106	726	Souper parfait	Souper parfait	Ça c'est drôle!	Clash (DVS) (SC)	Vendre ou rénover au Québec (SC)	Madame Lebrun Germaine a des problèmes à régler.	Noovo Le Fil 22 (N) (SC)	La boutique des secrets "Le meurtre de la grange" Sandra demande l'aide de Jennifer. (N) (DVS) (SC)					
WUHF -	363		Modern Family (N) (DVS)	Modern Family (N) (DVS)	The Big Bang Theory (N) (DVS)	The Big Bang Theory (N) (DVS)	Hell's Kitchen Aspiring chefs begin the competition. (N) (DVS)	HouseBroken (N) (DVS)	Duncanville (N) (DVS)	13WHAM News at 10 on Fox Rochester (N) (Live) (DVS)	DailyMailTV (N) (DVS)	The Simpsons (N) (DVS)	Arthritis & Neck Pain		
WETK -	-	-	PBS NewsHour (N) (DVS)	This Old House (N) (DVS)	Ask This Old House (N) (DVS)	Antiques Roadshow An Otto Georgi painting; Kiddush cup.	Tulsa: The Fire and the Forgotten The 1921 Tulsa race massacre. (N) (DVS)	Tulsa: The Fire and the Forgotten The 1921 Tulsa race massacre. (N) (DVS)	Tulsa Revisited, A PBS	Amanpour and Company (N) (DVS)	BBC World News (N) (DVS)				
WCFE -	-	-	World News America	BBC World News Outside	PBS NewsHour (N) (DVS)	Antiques Roadshow An Otto Georgi painting; Kiddush cup.	Tulsa: The Fire and the Forgotten The 1921 Tulsa race massacre. (N) (DVS)	Tulsa: The Fire and the Forgotten The 1921 Tulsa race massacre. (N) (DVS)	Tulsa Revisited, A PBS	BBC World News (N) (DVS)	Amanpour and Company (N) (DVS)				
A&E 615	520		(5:00) ** "The Lost World: Jurassic Park" (1997, Adventure) Jeff Goldblum, Julianne Moore. (N) (DVS)	** "Den of Thieves" (2018, Crime Drama) Gerard Butler, Pablo Schreiber, O'Shea Jackson Jr. Elite lawmen try to bring down a gang of tactical thieves. (N) (DVS)						(:04) Biography: Stone Cold Steve Austin The story of Stone Cold Steve Austin. (N) (DVS)					
CNN 500	500		Situation Room With Wolf	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	Dreamland: The Burning of Black Wall Street (N) (DVS)	Anderson Cooper 360 (N) (DVS)	Newsroom							
DISC 520	505		Highway Thru Hell "Burning Treasure" (DVS)	Heavy Rescue: 401 A rolled-over load of scrap metal.	Gold Rush: Freddy Dodge's Mine Rescue (N) (DVS)	Homestead Rescue: Raney Ranch "Stairway to Heaven" (N) (DVS)	Jade Fever Larry scrambles for generator parts. (N) (DVS)	Homestead Rescue A couple has a toxic salt water well. (N) (DVS)	Bones (N) (DVS)						
DRAMA 620	523		Chicago Fire Casey and Severide are at odds. (N) (DVS)	Chicago Fire Kidd is surprised to be transferred. (N) (DVS)	Chicago Fire Brett must make a lifesaving decision. (N) (DVS)	Chicago Fire Dawson must make a tough decision. (N) (DVS)	Chicago Fire An investigation into the school fire. (N) (DVS)	Chicago Fire Casey butts heads with a new chief. (N) (DVS)	Chicago Fire (DVS)						
HIST 522	506		American Pickers "The Lost Tapes: Part 1" (DVS)	American Pickers A VW with a Hollywood pedigree. (N) (DVS)	Rust Valley Restorers "In Rust We Trust" (N) (DVS)	Pawn Stars A We Buy Gold sign from the 1900s. (N) (DVS)	Salvage Kings A salvage in an abandoned hospital. (N) (DVS)	Rust Valley Restorers "In Rust We Trust" (N) (DVS)	American Pickers (N) (DVS)						
PARMT 628	584		Yellowstone "The Beating" Jamie has a major revelation. (N) (DVS)	Yellowstone Monica has a harrowing ordeal. (N) (DVS)	Yellowstone Jamie confronts his past. (N) (DVS)	Yellowstone John sits down at the negotiating table. (N) (DVS)	Bar Rescue (N) (DVS)	Bar Rescue (N) (DVS)	Bar Rescue (N) (DVS)						
RDI 126	730		(5:55) Zone économie (N) (SC)	(:01) 24/60 (N) (SC)	Les grands reportages "Ovnis: une affaire d'États" (N)	Le téléjournal avec Céline Galipeau (N) (SC)	Le téléjournal (N) (SC)	Le national (N) (SC)	(:31) Le national (N)	(12:01) 24/60 (SC)					
SHOW 616	521		NCIS "Driven" A highly classified robotic vehicle. (N) (DVS)	NCIS "Suspicion" Intelligence officer is killed. (N) (DVS)	FBI "Scorched Earth" A search for a serial bomber. (N) (DVS)	** "The Man From U.N.C.L.E." (2015) Henry Cavill, Armie Hammer. A CIA agent and a KGB agent join forces to thwart evil. (N) (DVS)	FBI: Most Wanted A former informant must be protected. (N) (DVS)								
SLICE 601	562		The King of Queens (N) (DVS)	The King of Queens (N) (DVS)	Below Deck Sailing Yacht "Total Ship Show" (N) (DVS)	Below Deck Sailing Yacht Ali makes a difficult decision. (N) (DVS)	The Real Housewives of New York City (N) (DVS)	The King of Queens (N) (DVS)	The King of Queens (N) (DVS)	Below Deck Sailing Yacht (N) (DVS)					
TLC 521	560		sMothered Britanni reveals her new body to Mary. (N) (DVS)	Seeking Sister Wife "Deeper and Deeper" (N) (DVS)	Seeking Sister Wife Dimitri plans a surprise for Chrissy. (N) (DVS)	(:01) sMothered Lisa and Lauren plan an insemination. (N) (DVS)	(:05) sMothered (N) (DVS)	(:05) Extreme Sisters "It's Time to Let Go" (N) (DVS)	Seeking Sister Wife (N) (DVS)						
TSN 400	400		(4:00) MLB Baseball Boston Red Sox at Houston Astros.	Baseball Tonight (N) (Live) (DVS)	MLB Baseball Pittsburgh Pirates at Kansas City Royals. From Kauffman Stadium in Kansas City, Mo. (N) (Live) (DVS)		NBA Basketball Utah Jazz at Memphis Grizzlies. (N) (DVS)	SC With Jay Onrait (N) (DVS)							
YOUTH 551	542		Henry Danger	Tooned In (N) (DVS)	"Blurt" (2018) Jace Norman.	Henry Danger	Max & Shred	The Hardy Boys (N) (DVS)	Degrassi	Degrassi	Make It Pop	Max & Shred	Blurt (2018)		

TUESDAY EVENING													JUNE 1, 2021		
Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	
WCAX 3	-	-	Channel 3 News at Six (N)	CBS Evening News	Entertainment Tonight (N)	NCIS A body is found frozen in a food truck. (N) (DVS)	FBI Jess LaCroix and his team help OA. (N) (DVS)	FBI: Most Wanted A search for a terrorist's wife. (N) (DVS)	Channel 3 News	(:35) The Late Show With Stephen Colbert (N) (DVS)					
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) (DVS)	Wheel of Fortune (N) (DVS)	America's Got Talent "Auditions 1" (Season Premiere) Variety acts audition. (N) (DVS)	(:01) New Amsterdam "Fight Time" (N) (DVS) (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)	NHL Hockey Second Round: Teams TBA. (N) (Live) (DVS)			The National (N) (DVS)	CBC Montreal News (N)	Interrupt This Program (N) (DVS)	Coronation Street (N) (DVS)				
CHLT 7	107	718	(5:58) TVA Nouvelles (N)	(:29) Sucré salé (N) (SC)	(6:59) Si on s'aimait (N)	La dérape "Athéna" (N)	Hôpital New Amsterdam Max est ralenti. (N) (DVS)	Escouade 99 (N) (SC)	Complexe G (SC)	TVA nouvelles (N) (DVS)	(:35) Si on s'aimait (SC)	(:05) Sucré salé (SC)	(:35) ** "Saine et sauve" (2012) Jason Statham.		
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) (DVS)	Jeopardy! (N) (DVS)	Mike Tyson: The Knockout (Series Finale) Examining Mike Tyson's conviction. (N) (DVS)	To Tell the Truth Jimmy Kimmel; Andrea Savage. (N) (DVS)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live! (N) (DVS)					
CKSH 9	108	-	(5:59) Le télé-journal Estrie	(:31) Zone économie (N)	Question de jugement (N)	Au coeur de la DPJ (N)	Galas ComediHa! 2016 (SC)	Bonsoir bonsoir! (N)	Le téléjournal (N) (SC)	(:05) Le télé-journal Estrie	(:34) Trop (DVS) (SC)	(12:04) Trop (DVS) (SC)			
CKMI 11	-	-	Global National (N) (DVS)	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	NCIS A body is found frozen in a food truck. (N) (DVS)	FBI Jess LaCroix and his team help OA. (N) (DVS)	(:01) New Amsterdam "Fight Time" (N) (DVS) (DVS)	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N) (DVS)				
CFCF 12	205	312	(5:59) CTV News Montreal (N) (DVS)	etalk (N) (DVS)	The Big Bang Theory (N) (DVS)	LEGO Masters Building a LEGO Day Parade float. (N) (DVS)	Young Sheldon (N) (DVS)	Bob Hearts Abishola (N) (DVS)	The Big Bang Theory (N) (DVS)	The Big Bang Theory (N) (DVS)	News-Lisa	CTV News Montreal (N) (DVS)	The Daily Show		
WVNY 22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N) (DVS)	Mike Tyson: The Knockout (Series Finale) Examining Mike Tyson's conviction. (N) (DVS)	To Tell the Truth Jimmy Kimmel; Andrea Savage. (N) (DVS)	Local 22 News (N)	(:35) Jimmy Kimmel Live! (N) (DVS)					
WUTV 60	-	-	The Big Bang Theory (N) (DVS)	Judge Judy (N) (DVS)	Judge Judy (N) (DVS)	Family Feud (N) (DVS)	LEGO Masters Building a LEGO Day Parade float. (N) (DVS)	Mental Samurai A robotics researcher and his fiancée. (N) (DVS)	2 on Your Side at 10 (N) (DVS)	Seinfeld (N) (DVS)	Two and a Half Men (N) (DVS)	Two and a Half Men (N) (DVS)	Last Man Standing (N) (DVS)		
CFKS 61	106	726	Souper parfait	Souper parfait	Ça c'est drôle!	Clash "Le rival"	Les jeux fous d'Ellen (N) (DVS) (SC)	Justice à L.A. Le témoin clé de Mark est emprisonné. (N)	Noovo Le Fil 22 (N) (SC)	** "Nora Roberts: les flammes du passé" (2007) Alicia Witt. Un pyromane menace une investigatrice. (DVS) (SC)					
WUHF -	363		Modern Family (N) (DVS)	Modern Family (N) (DVS)	The Big Bang Theory (N) (DVS)	The Big Bang Theory (N) (DVS)	LEGO Masters Building a LEGO Day Parade float. (N) (DVS)	Mental Samurai A robotics researcher and his fiancée. (N) (DVS)	13WHAM News at 10 on Fox Rochester (N) (Live) (DVS)	DailyMailTV (N) (DVS)	The Simpsons (N) (DVS)	Paid Program (N) (DVS)			
WETK -	-	-	PBS NewsHour (N) (DVS)	Points North	Rural Free Delivery	Extra Life: A Short History of Living Longer "Behavior" (N) (DVS)	Philly D.A. Krasner recruits law students. (N) (DVS)	Frontline Syrian militant abu Mohammed al Jolani. (N) (DVS)	Amanpour and Company (N) (DVS)	BBC World News (N) (DVS)					
WCFE -	-	-	World News America	BBC World News Outside	PBS NewsHour (N) (DVS)	Extra Life: A Short History of Living Longer "Behavior" (N) (DVS)	Philly D.A. Krasner recruits law students. (N) (DVS)	Frontline Syrian militant abu Mohammed al Jolani. (N) (DVS)	BBC World News (N) (DVS)	Amanpour and Company (N) (DVS)					
A&E 615	520		(5:00) Inside Story: Ferris Bueller's Day Off (N) (DVS)	Jeff Foxworthy: Stand-Up Guy (N) (DVS)	Jeff Dunham: Talking Heads The comic makes ventriloquism hip again. (N) (DVS)		(:01) Biography: Shawn Michaels Wrestler Shawn Michaels' wild life. (N) (DVS)	Jeff Dunham							
CNN 500	500		Situation Room With Wolf	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	Cuomo Prime Time (N) (DVS)	Don Lemon Tonight (N) (Live)	Don Lemon Tonight (N) (Live)	Cooper 360						
DISC 520	505		Highway Thru Hell An extreme arctic blast descends. (N) (DVS)	Heavy Rescue: 401 "I'm On My Way" (DVS)	Gold Rush: Dave Turin's Lost Mine (DVS)	Gold Rush: Dave Turin's Lost Mine (N) (DVS) (DVS)	Deadliest Catch "Restricted Zone" (N) (DVS) (DVS)	Homestead Rescue "Burned Out" (DVS)	Bones (N) (DVS)						
DRAMA 620	523		Chicago Med A baby is born with an addiction. (N) (DVS)	Chicago Med Dr. Choi treats an anorexic woman. (N) (DVS)	Chicago Med A patient's family may be abusing her. (N) (DVS)	Chicago Med Dr. Rhodes learns alarming information. (N) (DVS)	Chicago Med Dr. Charles learns a troubling fact. (N) (DVS)	Chicago Med A patient refuses to take an HIV test. (N) (DVS)	Chicago Med (DVS)						
HIST 522	506		Pawn Stars A 1960s car or 1920s rum-running boat. (N) (DVS)	Pawn Stars A chair with a strange feature. (N) (DVS)	Pawn Stars Rare wrestling figure; Eclipse windmill. (N) (DVS)	History Erased Examining the history of cats and dogs. (N) (DVS)	Snack-Sized (N) (DVS)	Snack-Sized (N) (DVS)	Pawn Stars A chair with a strange feature. (N) (DVS)	Pawn Stars (DVS)					
PARMT 628	584		Ink Master (N) (DVS)	Ink Master (N) (DVS)	Ink Master (N) (DVS)	Ink Master (N) (DVS)	Ink Master (N) (DVS)	Ink Master (N) (DVS)	Ink Master (N) (DVS)						
RDI 126	730		(5:59) Zone économie (N) (SC)	(:01) 24/60 (N) (SC)	Les grands reportages Intercepter des communications. (N)	Le téléjournal avec Céline Galipeau (N) (SC)	Le téléjournal (N) (SC)	Le national (N) (SC)	(:31) Le national (N)	(12:01) 24/60 (SC)					
SHOW 616	521		NCIS A terrorist with a chemical weapon. (N) (DVS)	NCIS A young sailor's body is found. (N) (DVS)	FBI "Invisible" Kidnappers try to become famous. (N) (DVS)	Clarice The team goes to Tennessee. (N) (DVS)	Strange Angel Susan gets to know Maggie better. (N) (DVS)	FBI: Most Wanted A single mother goes on a rampage. (N) (DVS)	NCIS "Blowback" (N) (DVS)						
SLICE 601	562		The King of Queens (N) (DVS)	The King of Queens (N) (DVS)	Below Deck Sailing Yacht (N) (DVS)	The Real Housewives of New York City (N) (DVS)	The Real Housewives of New York City "How Nude" (N) (DVS)	The Real Housewives of Beverly Hills (N) (DVS)	The King of Queens (N) (DVS)	The King of Queens (N) (DVS)	Housewives/ NYC				
TLC 521	560		Doubling Down With the Derrios (N) (DVS)	7 Little Johnstons Jonah is the first Johnstons to turn 21. (N) (DVS)	7 Little Johnstons Amber presses Anna for details. (N) (DVS)	Little People, Big World Matt finishes his capsule sandbox. (N) (DVS)	Doubling Down With the Derrios "Derrico Inferno" (N) (DVS)	(:02) 7 Little Johnstons "Holiday Hangover" (N) (DVS)	7 Little Johnstons (N) (DVS)						
TSN 400	400		SportsCentre (N) (Live) (DVS)	NBA Basketball Boston Celtics at Brooklyn Nets. Eastern Conference, First Round, Game 5. (If necessary). (N) (Live) (DVS)	NBA Basketball Los Angeles Lakers at Phoenix Suns. Western Conference, First Round, Game 5. (If necessary). (N) (Live) (DVS)										
YOUTH 551	542		Henry Danger	Tooned In (N) (DVS)	SpongeBob	SpongeBob	Danger Force	Henry Danger	Henry Danger	Henry Danger	Degrassi	Degrassi	Make It Pop	Max & Shred	Sam & Cat

Your week on TV

WEDNESDAY EVENING														JUNE 2, 2021	
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)	Kids Say the Darndest Things (N) (DVS)		SEAL Team (DVS)		S.W.A.T. Tan's wedding planning hits a snag.		Channel 3 News	(:35) The Late Show With Stephen Colbert (DVS)		
WPTZ 5	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) (DVS)	Wheel of Fortune (N) (DVS)	Chicago Med Manning helps a mother in need.		Chicago Fire Severide and Casey look for answers.		Chicago P.D. The team must bring down a drug dealer.		NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (DVS)		
CBMT 6	206	301	CBC Montreal News (N)	Rick Mercer Report (DVS)	NHL Hockey Second Round: Teams TBA. (N) (Live) (DVS)					The National (N) (DVS)		CBC Montreal News (N)	First Play Live Coronation Street (DVS)		
CHLT 7	107	718	(5:58) TVA Nouvelles (N)	(:29) Sucre salé (N) (SC)	(6:59) Si on s'aimait (N)	Les gags (N) (SC)	S.W.A.T. Le S.W.A.T. infiltre une prison. (N) (SC)	Dominic Paquet: Rien qu's'une gosse (SC)		TVA nouvelles (N)	(:35) Si on s'aimait (SC)	(:05) Sucre salé (SC)	(:35) ** "Pouvoirs" (2016) Jacob Latimore. (SC)		
WMTW 8	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) (DVS)	Jeopardy! (N) (DVS)	Press Your Luck Contestants from California. (N) (DVS)		The \$100,000 Pyramid (N) (DVS)		A Million Little Things Sophie leans on Rome. (N) (DVS)		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live! (N) (DVS)		
CKSH 9	108	-	(5:59) Le téléjournal Estrie	(:31) Zone économie (N)	Question de jugement (N)	L'épicerie (N) (DVS)	Comment tu t'appelles? (N) (DVS) (SC)	Bonsoir bonsoir! (N) (DVS) (SC)		Le téléjournal (N) (SC)		(:05) Le téléjournal Estrie	(:34) Le siège Un geste irréversible. (DVS) (SC)		
CKMI 11	-	Global National (N) (DVS)	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	Kids Say the Darndest Things (N) (DVS)		SEAL Team (DVS)		S.W.A.T. Tan's wedding planning hits a snag.		Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N) (DVS)		
CFCF 12	205	312	(5:59) CTV News Montreal (N) (DVS)		etalk (N) (DVS)	The Big Bang Theory (N) (DVS)	MasterChef Guest judge Emeril Lagasse. (DVS)	The \$100,000 Pyramid (N) (DVS)		Law & Order: Special Victims Unit (DVS)		News-Lisa	CTV News Montreal (N) (DVS)	The Daily Show	
WVNY 22	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N) (DVS)	Press Your Luck Contestants from California. (N) (DVS)		The \$100,000 Pyramid (N) (DVS)		A Million Little Things Sophie leans on Rome. (N) (DVS)		Local 22 News (N)	(:35) Jimmy Kimmel Live! (N) (DVS)		
WUTV 30	-	The Big Bang Theory (DVS)	Judge Judy (N) (DVS)	Judge Judy (N) (DVS)	Family Feud (N) (DVS)	MasterChef Guest judge Emeril Lagasse. (DVS)		Crime Scene Kitchen Bakers scour the kitchen for clues.		2 on Your Side (N) (DVS)	Seinfeld "The Dinner Party"	Two and a Half Men (N) (DVS)	Two and a Half Men (N) (DVS)	Last Man Standing (N) (DVS)	
CFKS 31	106	726	Souper parfait	Souper parfait	Ça c'est drôle! (DVS) (SC)	Comédie sur mesure	Mets-y le paquet	Roast battle: L'open mic le grand duel		Noovo Le Fil 22 (N) (SC)	"L'ombre de mon jumeau" (2017) Brigid Brannagh, Timothy Granaderos. Ashley fait la connaissance de Tyler. (SC)				
WUHF	-	363	Modern Family (DVS)	Modern Family (DVS)	The Big Bang Theory (DVS)	The Big Bang Theory (DVS)	MasterChef Guest judge Emeril Lagasse. (DVS)	Crime Scene Kitchen Bakers scour the kitchen for clues.		13WHAM News at 10 on Fox Rochester (N) (Live) (DVS)		DailyMailTV (DVS)	The Simpsons (DVS)	Paid Program (DVS)	
WETK	-	-	PBS NewsHour (N) (DVS)		Out and About	Outdoor Journal	Life at the Waterhole (Series Finale) (N) (DVS)	NOVA European ship from the 15th century. (N) (DVS)		Human: The World Within "React" (Series Finale) (N) (DVS)		Amanpour and Company (N) (DVS)	BBC World News (N) (DVS)	BBC World News (N) (DVS)	
WCFE	-	-	World News America	BBC World News Outside	PBS NewsHour (N) (DVS)		Life at the Waterhole (Series Finale) (N) (DVS)	NOVA European ship from the 15th century. (N) (DVS)		Human: The World Within "React" (Series Finale) (N) (DVS)		BBC World News (N) (DVS)	Amanpour and Company (N) (DVS)	Amanpour and Company (N) (DVS)	
A&E	615	520	Court Cam (DVS)	Court Cam (DVS)	Court Cam (DVS)	Court Cam (DVS)	Court Cam (DVS)	Court Cam (N) (DVS)	Court Cam (N) (DVS)	Court Cam P (DVS)	Court Cam P (DVS)	(:04) Court Cam (DVS)	(:34) Court Cam (DVS)	(12:03) Court Cam (DVS)	
CNN	500	500	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)	Cuomo Prime Time (N) (DVS)		Don Lemon Tonight (N) (Live)		Don Lemon Tonight (N) (Live)	Cooper 360		
DISC	520	505	Highway Thru Hell A tanker crashes in Fraser Canyon.		Heavy Rescue: 401 A compromised trailer breaks apart.		Bering Sea Gold "A Dredge Full of Dollars" (DVS)			Expedition X Chasing Bigfoot's origin story. (N) (DVS)		Josh Gates Tonight Josh explores Discovery&. (DVS)	Bones (DVS)		
DRAMA	620	523	CSI: Crime Scene Investigation "Go to Hell" (DVS)		CSI: Crime Scene Investigation "Living Doll" (DVS)		CSI: Crime Scene Investigation "Dead Doll" (DVS)		The Handmaid's Tale "Testimony" (N) (DVS)	(:15) CSI: Crime Scene Investigation "A la Cart" (DVS)		(:15) CSI: Crime Scene Investigation "Go to Hell" (DVS)	CSI: Crime Scene Investigation (DVS)		
HIST	522	506	Forged in Fire A recreation of a legendary broadsword.		Forged in Fire: Beat the Judges "The No Can Can" (DVS)		Forged in Fire "Casino Challenge" (DVS)		Forged in Fire "Deadly Duo" (N) (DVS)	Assembly Required: Special Edition "Scoop and Haul" (DVS)		Forged in Fire Smiths must forge keys to unlock boxes.	Forged in Fire: Beat		
PARMT	628	584	Wife Swap (DVS)		Wife Swap (DVS)		Wife Swap (DVS)		Wife Swap (DVS)	** "Jack Reacher" (2012, Action) Tom Cruise, Rosamund Pike, Robert Duvall. A former military investigator probes a sniper attack. (DVS)			Robert Duvall.		
RDI	126	730	(5:59) Zone économie (N) (SC)		(:01) 24/60 (N) (SC)		Les grands reportages Le chef de la Gestapo à Lyon.	Le téléjournal avec Céline Galipeau (N) (SC)		Le téléjournal (N) (SC)		Le national (N) (DVS)	(:31) Le national (N) (DVS)	(12:01) 24/60 (SC)	
SHOW	616	521	NCIS A cache of dismembered human remains.		NCIS "Iceman" A Marine on life support. (DVS)		FBI "Apex" A struggle to find justice for victims.	Clarice Clarice must prove she's fit for duty. (DVS)		Reprisal "The Horpus Horrendous" (N) (DVS)		(:15) FBI: Most Wanted "Hairtrigger" (DVS)	(:15) NCIS (DVS)		
SLICE	601	562	The King of Queens (DVS)	The King of Queens (DVS)	The Real Housewives of New York City "How Nude" (DVS)		The Real Housewives of Beverly Hills (DVS)	The Real Housewives of Beverly Hills (DVS)		Family Karma Anisha freezes her eggs. (N) (DVS)		The King of Queens (DVS)	The King of Queens (DVS)	Real Housewives/Beverly Hills (DVS)	
TLC	521	560	Dr. Pimple Popper "Nose No Bounds" (DVS)		Dr. Pimple Popper Brandon has lumps on his head.		Dr. Pimple Popper Jennifer has a bump on her forehead.	Dr. Pimple Popper "Pain in the Neck" John has a large lump on his neck. (N) (DVS)		Save My Skin "Blister Act" Ryan's rare skin disease. (N) (DVS)			Dr. Pimple Popper (DVS)		
TSN	400	400	SportsCentre (N) (Live) (DVS)		NBA Basketball Atlanta Hawks Round, Game 5. (If necessary). (N) (Live) (DVS)		NBA Basketball New York Knicks. Eastern Conference, First Round, Game 5. (If necessary). (N) (Live) (DVS)	NBA Basketball Memphis Grizzlies at Utah Jazz. Western Conference, First Round, Game 5. (If necessary). (N) (Live) (DVS)					SC With Jay Onrait (N) (DVS)		
YOUTH	551	542	Henry Danger	Tooned In (N)	Junior Chef Showdown (DVS)		Junior Chef Showdown (N)	Henry Danger	Henry Danger	Degrassi	Degrassi	Make It Pop	Max & Shred	Junior Chef	

THURSDAY EVENING														JUNE 3, 2021	
Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	
WCAX 3	-	Channel 3 News at Six (N)		CBS Evening News	Entertainment Tonight (N)	Young Sheldon (DVS)	(:31) United States of AI	(:01) Mom (DVS)	B Positive (DVS)	Clarice "Motherless Child" Catherine Martin escapes. (N)		Channel 3 News	(:35) The Late Show With Stephen Colbert (DVS)		
WPTZ 5	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) (DVS)	Wheel of Fortune (N) (DVS)	Manifest "Duty Free" Ben's actions test his marriage. (N)		Law & Order: Special Victims Unit (Season Finale) (N)		Law & Order: Organized Crime (Season Finale) (N) (DVS)		NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (DVS)		
CBMT 6	206	301	CBC Montreal News (N)	Rick Mercer Report (DVS)	NHL Hockey Second Round: Teams TBA. (N) (Live) (DVS)					The National (N) (DVS)		CBC Montreal News (N)	Canadian Reflections (N) (DVS)	Coronation Street (DVS)	
CHLT 7	107	718	(5:58) TVA Nouvelles (N)	(:29) Sucre salé (N) (SC)	(6:59) Si on s'aimait (N)	Les rénos d'Hugo (N)	** "Une promenade inoubliable" (2002) Shane West. Un jeune délinquant tombe amoureux de la fille d'un pasteur.			TVA nouvelles (N)	(:35) Si on s'aimait (SC)	(:05) Sucre salé (SC)	(:35) *** "Indiana Jones et la dernière croisade"		
WMTW 8	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) (DVS)	Jeopardy! (N) (DVS)	Station 19 Andy and Sullivan's marriage is tested. (DVS)		Grey's Anatomy Jo makes a life-changing decision. (DVS)		(:01) Rebel Lana confronts Grady about his past. (N) (DVS)		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live! (N) (DVS)		
CKSH 9	108	-	(5:59) Le téléjournal Estrie	(:31) Zone économie (N)	Question de jugement (N)	Six degrés (DVS) (SC)	Prière de ne pas envoyer de fleurs "Messmer"		Bonsoir bonsoir! (N)	Le téléjournal (N) (SC)		(:05) Le téléjournal Estrie	(:34) Feux Une folle passion. (DVS) (SC)		
CKMI 11	-	Global National (N) (DVS)	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	Border Security: America (DVS)	(:31) United States of AI	(:01) NCIS: Los Angeles The team assists the DOJ. (DVS)		Clarice "Motherless Child" Catherine Martin escapes. (N)		Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (DVS)		
CFCF 12	205	312	(5:59) CTV News Montreal (N) (DVS)		etalk (N) (DVS)	The Big Bang Theory (N) (DVS)	Station 19 Andy and Sullivan's marriage is tested. (DVS)	Grey's Anatomy Jo makes a life-changing decision. (DVS)		(:01) Rebel Lana confronts Grady about his past. (N) (DVS)		News-Lisa	CTV News Montreal (N) (DVS)	The Daily Show	
WVNY 22	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N) (DVS)	Station 19 Andy and Sullivan's marriage is tested. (DVS)		Grey's Anatomy Jo makes a life-changing decision. (DVS)		(:01) Rebel Lana confronts Grady about his past. (N) (DVS)		Local 22 News (N)	(:35) Jimmy Kimmel Live! (N) (DVS)		
WUTV 30	-	The Big Bang Theory (DVS)	Judge Judy (N) (DVS)	Judge Judy (N) (DVS)	Family Feud (N) (DVS)	Beat Shazam Three teams of two compete. (DVS)		HouseBroken (DVS)	Duncanville (DVS)	2 on Your Side (N) (DVS)	Seinfeld "The Raincoats"	Two and a Half Men (N) (DVS)	Two and a Half Men (N) (DVS)	Last Man Standing (N) (DVS)	
CFKS 31	106	726	Souper parfait	Souper parfait	Ça c'est drôle! (DVS) (SC)	La famille est dans le pré	Un safari près drôle!	Catastrophe (DVS) (SC)	(:40) Ça c'est drôle!	Noovo Le Fil 22 (N) (SC)	"L'intuition d'une mère" (2015) Josie Bissett. Une femme entreprend de démasquer un voisin asocial. (SC)				
WUHF	-	363	Modern Family (DVS)	Modern Family (DVS)	The Big Bang Theory (DVS)	The Big Bang Theory (DVS)	Beat Shazam Three teams of two compete. (DVS)	HouseBroken (DVS)	Duncanville (DVS)	13WHAM News at 10 on Fox Rochester (N) (Live) (DVS)		DailyMailTV (DVS)	The Simpsons (DVS)	Paid Program (DVS)	
WETK	-	-	PBS NewsHour (N) (DVS)		Second Wind: The Tale of a Sailor (DVS)		Made Here (N) (DVS)	Made Here (DVS)		Made Here "Speedway Maine" Short track auto racing in Maine. (DVS)		Amanpour and Company (N) (DVS)	BBC World News (N) (DVS)		
WCFE	-	-	World News America	BBC World News Outside	PBS NewsHour (N) (DVS)		New Tricks "It Smells of Books" Death of a professor. (DVS)	Death in Paradise A rum distillery owner is murdered. (DVS)		Press on Masterpiece "Two Worlds" (DVS)		Press on Masterpiece "Resonance" (DVS)	Amanpour and Company (N) (DVS)		
A&E	615	520	The First 48 A man is killed in front of his fiancée. (DVS)		The First 48 A man killed in a motel room; stabbing. (DVS)		The First 48 Masked gunmen terrorize a family. (DVS)	The First 48 Presents Critical Minutes (N) (DVS)		(:01) Nightwatch The EMT team must band together. (N) (DVS)		(:04) The First 48 A murder in front of a school. (DVS)	(12:03) The First 48 (DVS)		
CNN	500	500	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)	Cuomo Prime Time (N) (DVS)		Don Lemon Tonight (N) (Live)		Don Lemon Tonight (N) (Live)	Cooper 360		
DISC	520	505	Highway Thru Hell Clearing a jackknifed semi.		Heavy Rescue: 401 A semi stalls in a dangerous spot.		Bitchin' Boot Camp The final two are ready. (N) (DVS)	Street Outlaws: America's List Top 20 list is in place. (N) (DVS)		Street Outlaws America's List up and running. (N) (DVS)		Street Outlaws America's List up and running. (N) (DVS)	Street Outlaws (DVS)		
DRAMA	620	523	CSI: Crime Scene Investigation (DVS)		CSI: Crime Scene Investigation "Cockroaches" (DVS)		CSI: Crime Scene Investigation (DVS)	** "Beaches" (1988, Drama) Bette Midler, Barbara Hershey, John Heard. Two women from different worlds, best friends for life. (DVS)		Alone "The Hunted" (Season Premiere) Contestants contend with grizzly bears. (N) (DVS)		(:45) ** "Beaches" (1988, Drama) Bette Midler. (DVS)	Forged in Fire (DVS)		
HIST	522	506	Assembly Required: Special Edition "Scoop and Haul" (DVS)		Forged in Fire "Deadly Duo" (DVS)		Mountain Men "Freedom" Jake's first lion hunt ends.	Swamp People Ashley hunts alone for the first time. (N) (DVS)		Alone "The Hunted" (Season Premiere) Contestants contend with grizzly bears. (N) (DVS)		The Proof Is Out There (DVS)	Forged in Fire (DVS)		
PARMT	628	584	Catch a Contractor (DVS)		** "Jack Reacher" (2012, Action) Tom Cruise, Rosamund Pike, Robert Duvall. A former military investigator probes a sniper attack. (DVS)			Catch a Contractor (DVS)		Catch a Contractor (DVS)		Catch a Contractor (DVS)	Catch a Contractor (DVS)		
RDI	126	730	(5:59) Zone économie (N) (SC)		(:01) 24/60 (N) (SC)		Les grands reportages Charlie Chaplin était espionné.	Le téléjournal avec Céline Galipeau (N) (SC)		Le téléjournal (N) (SC)		Le national (N) (DVS)	(:31) Le national (N) (DVS)	(12:01) 24/60 (SC)	
SHOW	616	521	NCIS "Cover Story" A petty officer is murdered. (DVS)		NCIS "Brothers in Arms" Director's contact is killed. (DVS)		FBI "Most Wanted" OA and Maggie team up with the FBI. (DVS)	** "Limitless" (2011) Bradley Cooper, Robert De Niro. A writer takes a mind-enhancing drug. (DVS)		FBI: Most Wanted A gang leader plots turf wars. (DVS)		(:15) The King of Queens (DVS)	(:45) Million Dollar Listing New York (DVS)		
SLICE	601	562	The King of Queens (DVS)	The King of Queens (DVS)	The Real Housewives of Beverly Hills (DVS)		Family Karma Anisha freezes her eggs. (DVS)	Million Dollar Listing New York (N) (DVS)		Million Dollar Listing (DVS)	(:45) The King of Queens (DVS)	(:15) The King of Queens (DVS)	(:45) Million Dollar Listing New York (DVS)		
TLC	521	560	(5:00) My 600-Lb. Life "John & Lonnie's Story" (DVS)		Dr. Pimple Popper Tony has large growths on his nose. (DVS)		Dr. Pimple Popper Dr. Lee reopens her office. (N) (DVS)	My 600-Lb. Life "Doug's Story" Sneaking food is Doug's last vice. (DVS)		Family by the Ton (DVS)			Dr. Pimple Popper (DVS)		
TSN	400	400	SportsCentre (N) (Live) (DVS)		That's Hockey! (N) (DVS)		WNBA Basketball Las Vegas Aces at New York Liberty. From Barclays Center in Brooklyn, N.Y. (N) (Live) (DVS)	SportsCentre (N) (Live) (DVS)				SportsCentre (N) (Live) (DVS)	SC With Jay Onrait (N) (DVS)		
YOUTH	551	542	Henry Danger	Tooned In (N)	SpongeBob	SpongeBob	Danger Force	Henry Danger	Henry Danger	Degrassi	Degrassi	Make It Pop	Max & Shred	True Jackson	

advertorial

Cass funeral homes: with you, every step of the way



Les Résidences funéraires Cass have been in the Eastern Townships for 100 years. A great story of complicity with the families here.

More than 5 years ago, the Coopérative funéraire de l'Estrie bought the assets of the Résidences funéraires Cass. We then made a commitment to keep the name and DNA of the Residences funéraires Cass: to serve families in the region's Anglophone and Francophone communities.

We were also committed to working with people well anchored in the community: Penny Ward, Frank Wilson, Gina McDonald, Gabriel Gourdeau Stringer and Josée Duquette form a caring team specialized in all stages of grief.

Our commitments have been respected. After all, a funeral cooperative must meet the needs of all its members and bereaved families.

Plan ahead: why not?

Pre-arranged funeral arrangements can also help meet our needs. For several reasons!

Planning and paying for everything in advance takes the pressure off our families when death occurs. Sometimes our children live outside the province or the country. Sometimes a second marriage creates tension over who will take care of the funeral expenses.



Most of the time, it's just a matter of clearing things up, making things easier. For many, the simple act of making advance funeral arrangements brings peace of mind. "A settled case! », tell us some families we met.

The law in Quebec governs prior arrangements. 90% of the money must be placed in trust on behalf of the buyer. In other words, whatever happens over the years, the money invested is always recognized as belonging to the person who bought the contract. A contract is refundable at any time and is

immune to price increases over the years.

The prearranged contract is always in favor of the person who buys it: it can even move with you to a funeral cooperative member of the Federation. There are 20 all over Quebec.

Becoming a member of the Coopérative funéraire de l'Estrie: is it interesting for me?

As Résidences funéraires Cass was purchased by the Cooperative, you can become a member of the cooperative and benefit from the advantages at Cass. Among other things, a 5% discount on the price of prior funeral arrangements.

You become a member by simply paying \$ 20 (for your entire life!) To buy a share in the Coopérative funéraire de l'Estrie.

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Our team members ready to serve you!

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Les résidences funéraires

Cass
Funeral Homes

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