



**Local MS
association
hosting race for
research**

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FRIDAY, MAY 26, 2023

**Quebec
will require
economic
immigrants
to speak
French
before
arriving:
Legault**

By Jacob Serebrin
The Canadian Press

Months after saying that accepting more than 50,000 immigrants a year would be “suicidal” for Quebec, the province’s premier is considering increasing the number of immigrants who arrive in the province to 60,000 a year.

Premier Francois Legault said that will be possible after an immigration

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**Wales Home shows off new
independent living complex,
celebrates CHSLD transition**



PHOTOS MATTHEW MCCULLY

By Matthew McCully
Local Journalism Initiative

It was a big week for the Wales home. The care facility held an open house on Thursday afternoon for

its new independent living complex, The Ross, and also announced that it has been selected as one of five CHSLDs (long-term care homes) in the province to now be subsidized by the provincial government.

By 2025, all 30 CHSLDs in the province will follow suit.

Wales Home Executive Director Brendalee Piironen explained to The Record that the transition is a positive

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Weather



TODAY:
SUNNY

HIGH OF 19
LOW OF 6



SATURDAY:
SUNNY

HIGH OF 24
LOW OF 9



SUNDAY:
SUNNY

HIGH OF 27
LOW OF 10



MONDAY:
SUNNY

HIGH OF 23
LOW OF 5



TUESDAY:
A MIX OF SUN
AND CLOUD

HIGH OF 30
LOW OF 10

The Mill on the Floss: an enduring classic



GOOD READS

LENNOXVILLE LIBRARY

Reviewed by Spencer Nadeau

Casual readers may have preconceived notions or “red flags” when it comes to certain genres of literature. For example, I am sure that the Victorian age scares off quite a few readers because of the daunting length of the era’s novels and the painstaking detail given to ordinary life. While both of these characteristics indeed present, they should not deter readers from enjoying the period’s famed writers and their works. Besides Charles Dickens, arguably the most famous writer of Victorian England was George Eliot. In her lifetime, Eliot, nee Mary Ann Evans, wrote seven novels in the period from the late 1850s to the late 1870s. Her second novel, *The Mill on the Floss* (1860) is the subject of my review this week.

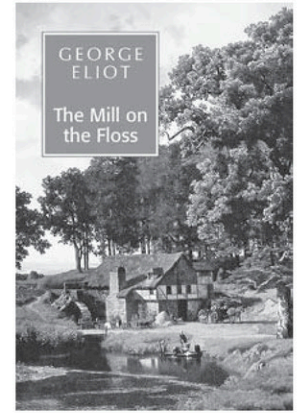
The Mill on the Floss follows the story of the Tulliver family—especially the siblings Maggie and Tom. The novel is broken up into seven books that each trace key moments in the lives of the siblings and the entire family. The Tulliver family makes their living on Dorlcote Mill on the River Floss in St Ogg’s, England. Mr. Tulliver, a simple and hardworking man, wants nothing but to provide for his family, give his son Tom a good education and provide Maggie with unconditional fatherly love. Mrs. Tulliver is the typical good Victorian housewife.

The novel spans approximately fifteen years, and there are numerous key narrative points that the story revolves around. First, the growing up of Tom and Maggie. Tom is not very academically inclined; however, he is able to piece together the necessary skills to make a living and provide for his mother and father. Second, the

financial problems of Mr. Tulliver. A deep-seated rivalry with a Mr. Wakem leads Mr. Tulliver into a legal battle for possession of Dorlcote Mill. Things do not end well for the Tullivers as they are driven into poverty, which is the worst thing possible for a family with connections to upper class Victorian society. The final major piece of the novel is the love life of Maggie Tulliver. As Maggie grows up, she secretly becomes infatuated with Mr. Wakem’s son, Philip. Her feelings are forbidden by the family and her brother Tom threatens to banish her from the family. Her second love is with a prominent St Ogg’s resident, Stephen Guest, who is already promised to Maggie’s cousin Lucy Deane.

Eliot excels in realism and the depiction of English countryside life. The action of the story is by no means grand, but the strength of Victorian realism is in its focus on the details of life and in the potential for readers to connect with the thoughts, minds, and lives of the main characters. Family plays such an important role in *The Mill on the Floss*—especially how complicated familial relations can become with issues surrounding money and love. Throughout the story many minor characters come and go, and this is true to life for us all. Eliot’s strongest character is Maggie Tulliver. From when she is a little girl who struggles to fit in and ends up running away to live with the gypsies at age nine to her later secret walks by the Floss with Philip Wakem, her character is compelling and invites us to wonder what will happen to her next.

Structurally, the novel does have its flaws. In my copy of the novel there is a particularly helpful afterword by Jane Smiley, who notes that Eliot placed too much effort in developing Tom and Maggie’s childhood compared to their young adulthood. I concur with Smiley’s observation as I found the early parts of the novel to drag on while the concluding books of the novel felt quite rushed. Smiley also notes that Eliot herself was aware of this flaw after the fact and was unable to revise it as the novel was originally published in three separate volumes in Blackwood’s Magazine. Coming in at just under 600 pages, *The Mill on the Floss* focuses on nine-year-old Maggie for more than 300 pages which leaves little room for a more complex representation of her



as a young woman and Tom as a young man. This is not to say that the second half of the novel is devoid of key details as there is a continued emphasis on the developing relationship between Tom and Maggie, which does go through dramatic shifts as the action progresses..

At its core, *The Mill on the Floss* is a Victorian, rural English coming-of-age novel that we can all relate to. Sure, we aren’t in rural Victorian England, but the experiences of love and family drama are timeless and they speak to us today. The actions of the story can be quite forgettable but Eliot’s strength in character development helps the reader enjoy a seemingly dense novel. I know I felt daunted by all the stereotypes of the Victorian novel; however, once I got into *The Mill on the Floss* the lives of Tom and Maggie Tulliver captivated me. At the end of 600 pages, I was craving more of the Tulliver family.

The Mill on the Floss is available through the Lennoxville Library’s inter-library loan service.

NEWS FROM THE LENNOXVILLE LIBRARY

Author Event

Tea with Joanne Pocock, author of Geneva’s Scrapbook

Saturday, May 27th at 4pm
(Lennoxville United Church Upper Hall)

Free event. All are invited to come hear Joanne Pocock in conversation with Eastern Townships Research Centre Director Jody Robinson.

Geneva’s Scrapbook is a coming-of-age story set in the rural Eastern Townships during Quebec’s politically turbulent ’70s and ’80s. This stirring memoir is an artful blending of research, spiritual pilgrimage, and love song.

Ben by Daniel Shelton



Local News

A Université de Sherbrooke matching scheme will amplify participants' fees and donations, association CEO René McKay said.

Local MS association hosting race for research

By Jack Wilson

The Association de la sclérose en plaques de l'Estrie – the region's multiple sclerosis (MS) association will host its annual charity race, La Grande Course, June 4 for the first time since before the pandemic. The event will fund Université de Sherbrooke research into the disease, which afflicts about one in 400 Canadians.

MS is an autoimmune disease affecting the central nervous system. Symptoms are often unpredictable and can include extreme fatigue, vision problems, difficulty walking and cognitive impairment. Researchers have not yet cured the disease.

"All of the money we make from

registration fees will go 100 per cent toward research," said Samuel Rousseau-Robidoux, the association's deputy director and head of research. The organization anticipates about 450 participants this year, he said. On top of sign-up fees, the fundraiser will accept donations at the event and online. Rousseau-Robidoux said he expects the run to raise \$10,000.

A Université de Sherbrooke matching scheme will amplify participants' fees and donations, association CEO René McKay said. "We inject money into the research fund, but thanks to the faculty of medicine, there's a matching program," he said.

The races will begin on the university campus and include a children's 1 km race, alongside 3.5 km, 5.5 km, 10 km and 20 km races. Both runners and walkers are invited.

Past races funded a study into anti-inflammatory molecules in central nervous system cells. "More precisely, the project studied a protein that would play an immune role on certain pro-inflammatory cells appearing to be responsible for the brain plaque development characteristic of MS," Rousseau-Robidoux said. That study won Marjan Gharagozloo a prize for the best doctoral thesis in health sciences at the Université de Sherbrooke.

Races have also paid for a study into cats' walking patterns following spinal cord injuries. "The benefit of the project is to eventually better



PHOTOS COURTESY

understand how to optimize the recovery of walking patterns," for patients with MS, Rousseau-Robidoux said.

This year's event will contribute to a study into regenerating neurons and axons to reconstruct the functional connections between the brain and muscles. Viktoriia Bavykina, a Ukrainian Université de Sherbrooke student who arrived in Canada in 2022,

will spearhead that study as part of her master's degree.

The fundraiser will also funnel donations into a second study investigating the effect of exercise on MS patients' brains. This study will actively involve the association, which provides physical training to patients.

Rousseau-Robidoux hopes the race will "help research into understanding multiple sclerosis at flourish."



Economic immigrants to speak French

CONT'D FROM PAGE 1

reform that will require the vast majority of people who come through the province's economic immigration system to speak French before they arrive.

"From the moment we are able to, because there's real openness on the part of the federal government, say that the increase is only francophones, or people who have mastered French, that completely changes the situation," he told reporters Thursday in Quebec City.

Legault said the potential rise in immigration would come entirely from an increase in the number of people accepted through the Quebec-controlled economic immigration stream.

Sixty-five per cent of immigrants to Quebec come through the economic stream, which is controlled by the province, with the rest coming through the federally-controlled family reunification and refugee programs.

Legault said that when he described increased immigration as suicidal last year, he believed that the federal government would require increases in those two categories if Quebec accepted

more economic immigrants.

"I thought, at the time, that the federal government wouldn't permit us to increase only the percentage of economic immigrants and, so far, with the discussion we've had with the federal government, they are more than open to accept that, so it's changing the picture completely," he said.

If the increased threshold is adopted, Legault said immigration levels would rise gradually to reach 60,000 people a year by 2027.

The actual number of immigrants the province accepts could be even higher, he said, because that figure doesn't include people who come through a fast-track program for graduates of Quebec universities.

However, that program – which currently requires applicants to have a higher level of French than many workers who would be accepted under the province's new plan and is open to graduates of all Quebec post-secondary institutions – will be restricted to students who graduate from programs taught in French, or who attended high school in French.

Legault said that as premier of Quebec his primary responsibility is to protect the province's French character.

"Since the last 10, 15, 20 years, we see that the percentage of people speaking French is decreasing, so we have to do something and I think it's important that we request that they speak French before being accepted," he said.

Christine Frechette, Quebec's Minister of Immigration, Francization and Integration, said the reform – which will go ahead whether the province decides to increase its immigration threshold or not – will change the way Quebec selects immigrants, moving away from a point system that rewards, but does not require, knowledge of the French language.

The point system will be replaced by a system where certain criteria, such as French language knowledge, must be met.

She said that under the new

plan, 96 per cent of people who apply to immigrate to Quebec through the economic stream will be required to speak French before coming to the province, by 2027.

That would increase the number of all immigrants to Quebec who speak French from 68 per cent in 2022, to 72 per cent by 2027, if the increase is adopted, or 70 per cent by 2027, if the number of immigrants remains at 50,000 people a year.

Legault said he's not yet committed to the increase, adding that he wants to consult with experts before it is adopted.



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ONE COLUMN, THREE VOICES

Open to the Spirit

Today's word: "Virtue"

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

1) The closest I can come in Judaism to the idea of virtue, is the concept of middot: loosely translated as "character traits". These traits are discussed in Jewish ethics and in the practice of Musar, the self-reflexive path of Jewish learning and values. The middot are often divided into 13 core traits such as patience, humility, order, cleanliness and diligence, yet these then connect with many other traits and values each with its own collection of conversations and stories about how to use them in our lives. In Musar, we hold onto the idea that every person has a mixture of these different traits that make up their personality and their way of interacting with the world. Everyone is different, and some people have more of some traits and less of others, offering both blessings and challenges. Some people, for example, are naturally modest and humble, yet may get impatient easily. Others might be prone to anger, but are able to calmly put things in perspective. While we can label some things as more positive or negative, Musar instead sees

all of the traits as our "curriculum" of life, offering us an opportunity to master these traits as we go through our lives.

Part of this mastery means recognizing that life involves constantly weighing these virtues and knowing when to raise them up or dial them down. For example, when helping someone in need it is important to raise up our humility and listening skills, yet when being interviewed for a job, a bit of pride is just as important as humility. Anger is not helpful when comforting a mourner, yet it can be just the spark that is needed when fighting for social justice. Every trait can have its place in our lives, we just need to know how to utilize it best.

So with this in mind, what does it mean for a person to have virtue? How can a person live a life of values and be a person of moral character? We should definitely have a system of moral codes that we follow, a set of virtues that control how we live our lives. We can always tell ourselves or others that the way to live with virtue is to do or act in different ways, and set out certain tasks that we need to follow. But the reality is that being

good should not be so complicated, it should just be how we are. This is summed up well in the well used Yiddish phrase: Zai a Mentch, "Be A Mentch". On the one hand, this means to live purposely with a system of ethics and values, and work each day to be the best person we can be, yet the more literal translation makes it even more clear. "Be a person". We know that we are the most virtuous person we can be when we simply honour the fullness of who we are, when we honour all of our qualities instead of searching for perfection, simply always trying to be better. This is what it means to be good, and in this way of thinking about things, the more virtuous we become the more human we can be.

This philosophy is summed up well in a statement by Rabbi Israel Salanter the founder of the Musar movement:

"When I was a young man, I wanted to change the world. But I found it was difficult to change the world, so I tried to change my country. When I found I couldn't change my country, I began to focus on my town. However, I discovered that I couldn't change the town, and so as I grew older, I tried to change my family. Now, as an old man, I realize the only thing I can change is myself, but I've come to recognize that if long ago I had started with myself, then I could have made an impact on my family. And, my family and I could have made an impact on our town. And that, in turn, could have changed the country and we could all indeed have changed the world."

2) Our word today, virtue, speaks of the quality of being morally good. This was something we were taught to aspire to as children. We were taught these values in Sunday School, or around the kitchen table. A list of 7 virtues: humility, charity, gratitude, chastity, temperance, patience, and diligence, has been used in the church since the 6th century. These were qualities we aspired to and celebrated. People who were virtuous were held in high regard, and we elected politicians on the basis of their example of virtue.

Nowadays, in some places virtues are ridiculed. People are called names, like a "goody two shoes" if they are virtuous. Patience is also a target. There is a line I despise in a recent commercial on television: "I want what I want when I want it". It seems to celebrate greediness, not charity. We see politicians who lie constantly, yet this is never held against them for some reason. The value of "truth" was even made fun of by a comedian who started using the term "truthiness". Truthiness is the belief or assertion that a particular statement is true based on the intuition or perceptions of some individual or individuals, without regard to evidence, logic, intellectual examination, or facts. In other words, if they say it is true, regardless of science or proof, then

they are believed. Where is the virtue in that?

Last Sunday In church I was telling the children a story. I was using the metaphor that we were called to be candles of light in a dark world. I would mention a value and ask if it was darkness or light. This went well until I mentioning sharing. 2 children said darkness and I was gobsmacked. The teachers in the congregation said that sharing was not encouraged. Sharing lunch food is not permitted, in case someone has allergies. I understand but I was still a bit stunned, that they were taught that sharing was a bad thing.

Another example is the recent acts of violence in the nation to our south. People who simply knock on the wrong door, or drive up the wrong driveway in a rural community are shot at. C.S. Lewis once wrote, "We mock honor and wonder why we have traitors in our midst." I amend that only slightly: We mock virtue and wonder why our world is filled with random acts of violence. For many the privilege of owning a gun and using it whenever they feel like, supersedes the value of human life.

It's time to bring back virtue as an ideal to be celebrated. Let's hear stories of sharing and caring, gratitude and humility, patience and diligence, once again.

Once again we have only 2 voices, but each one is filled with wisdom. What does virtue mean to you?

Virtue
BY GEORGE HERBERT

Sweet day, so cool, so calm, so
bright,
The bridal of the earth and sky;
The dew shall weep thy fall to-
night,
For thou must die.

Sweet rose, whose hue angry and
brave
Bids the rash gazer wipe his eye;
Thy root is ever in its grave,
And thou must die.

Sweet spring, full of sweet days
and roses,
A box where sweets compacted lie;
My music shows ye have your
closes,
And all must die.

Only a sweet and virtuous soul,
Like season'd timber, never gives;
But though the whole world turn
to coal,
Then chiefly lives.

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

GLIMPSES OF THE PAST



Fonds Jacques et Irénée Langevin. Musée d'histoire de Sherbrooke

For Quebec musicians, May is synonymous with the very popular Festival des harmonies et orchestres symphoniques du Québec. Every year, the festival welcomes thousands of visitors to Sherbrooke. During the four-day festival, competitions, shows and musical activities of all kinds are held on the Université de Sherbrooke campus. Almost 100 years ago, in 1929, Sherbrooke hosted the first musical festival, organized by the newly formed Association des fanfares amateurs de la province de Québec. Over the years, other municipalities introduced their own musical ensembles to join the seven already existing in Sherbrooke. The event has always been a big hit, so much so that today it's a tradition.

WANT TO LEARN MORE?

Visit the bilingual exhibit, The '20 are crazy?, in the American Biltrite room of the Musée d'histoire de Sherbrooke.

275 Dufferin, Sherbrooke
Informations : 819-821-5406
Mhist.org

M H I S T
MUSÉE D'HISTOIRE DE SHERBROOKE

Wales Home

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one, and other than an improvement in staffing, residents won't notice a difference.

"There will be no more private CHSLDs after what happened at the Herron. It's done," Piironen said. "We always have to look at things, you know, when there's something negative, you've got to see a positive out of it, and for health care on the whole, this is really a positive thing for CHSLDs."

So, what does it mean?

For starters, this new agreement is exclusive to the CHSLD section of Wales Home and will have no impact whatsoever on other services or departments of the home.

"We maintain our status of being private, it really doesn't change anything," Piironen said. "The perks it brings to us of being a 'privé-conventionné', is we get to benefit from the programs," she explained, like the oral health program.

There was a lot of work to be done, Piironen added, because Wales Home is a unique facility.

"I believe we're the only CHSLD that's in an RPA," she said, which meant a lot needed to be done to determine how funding would be allotted to the home.

"We had to work with our architects and take all the footprints of the Wales Home and determine how much the CHSLD uses. We had to weigh the laundry for a week to determine that 85 per cent of the laundry is used by the CHSLD," she explained.

"What's the percentage of the kitchen, what's the percentage of the living room?"

The actual work part of it, was a good solid year," the executive director said.

According to Piironen, when the initial meetings took place, she wasn't sure if Wales would be selected or not.

"We were hopeful. I was optimistic because I was chosen to sit on committees by the government, I was one of the people selected for that, so I was optimistic, but it took a year of processing."



PHOTOS MATTHEW MCCULLY

Lena Ross cutting the ribbon at the open house on Thursday for the new independent living complex at the Wales Home

Piironen said the transition also involved figuring out how all the employees and all the collective agreements would fit into the puzzle, and then sign people up, de-register people from the RAMQ, register them on the government insurance plans, the government pension plans, all that. "It's heavy."

When you have a permit to operate a CHSLD, whether you're private, whether you're public, or whether you're PPP, everyone's on the same page, Piironen said.

"You have to follow the exact same rules," so operating with government support is a positive change.

On the recruitment front, Piironen said immigration has really taken a long time. "We've been working on

that for a year-and-a-half. We've had people that should have been here last summer, but because of the war in Ukraine, governments slowed everything down and just focused on getting people out of Ukraine, so that had an impact on us."

Things are now back on track, she said, minus the hiccup of the recent government strike.

"So now that that's done, we should start seeing people, from now until Christmas.

They are on their way."

Welcome to The Ross

As if the daily running of the Wales Home in a time of Covid while transitioning the CHSLD weren't enough, simultaneously construction crews were hammering away on a new six-floor, 42-apartment independent living complex on the property.

On Thursday afternoon, well over 50 people from near and far got to tour the new building.

In a speech during the open house Norman Carson, president of the Wales Home Board of directors, explained how the building came about.

"Charlie Ross (deceased) was a founding member of the foundation here at the home at the time, and a huge supporter of the Wales Home. He had a dream of being able to offer such living accommodations, and he shared his views with members of the different boards. He said to Brendalee one day, "you have to think outside the box and build a separate building/home for independent living."

"Well Lena (addressing Charlie's wife), we're honoured to have such a building. And the Ross family name will live on forever right

here."

Carson remembered the initial meetings that took place five plus years ago, which started with the idea of a few rooms being added on to existing buildings, to possibly a couple of small independent units up near the pond, and then maybe an entire new floor added to the Shaw-Manning building.

"Well, you now have in front of you a complete complex of six floors of seven rooms each, along with an amazing amenities level."

"When we began construction in the fall of 2019, the word Covid did not exist," Carson explained.

"Explosion of construction costs, delays in material deliveries, delays in work due to forced shutdowns," the president said the project was nearly a year behind schedule.

He credited the work done by retired engineer Mark Gaudet, chairman of buildings and grounds committee, Patrick Nolan, head of the maintenance department, and Piironen for going above and beyond to keep the project on track.

The amenities floor includes a bowling alley, a cinema, a kitchenette, a gym, pool, sauna and hot tub.

There are also two elevators, and geothermal heating and cooling, as well as state-of-the-art fire protection features on each floor.

The idea, according to Piironen, was to provide a home-like welcoming environment for the people occupying the space, as well as their families.

The first residents moved in Dec. 15, even though the building wasn't complete.

There are currently 26 vacant apartments available in The Ross, Piironen said.



Brendalee Piironen unveiling the plaque honouring Charlie and Lena Ross, mounted at the entrance to the new Ross building.

EDITORIAL

Sherbrooke has undermined its own pledge to be a “green” city even though it frequently and prominently mentions it, including on the city’s website.

Sherbrooke destroys amphibian breeding wetland and shames us all



DOUGLAS NADLER

drainage ditch can be devastating.”
 - JJ Apodaca, CEO of the Amphibian and Reptile Conservancy

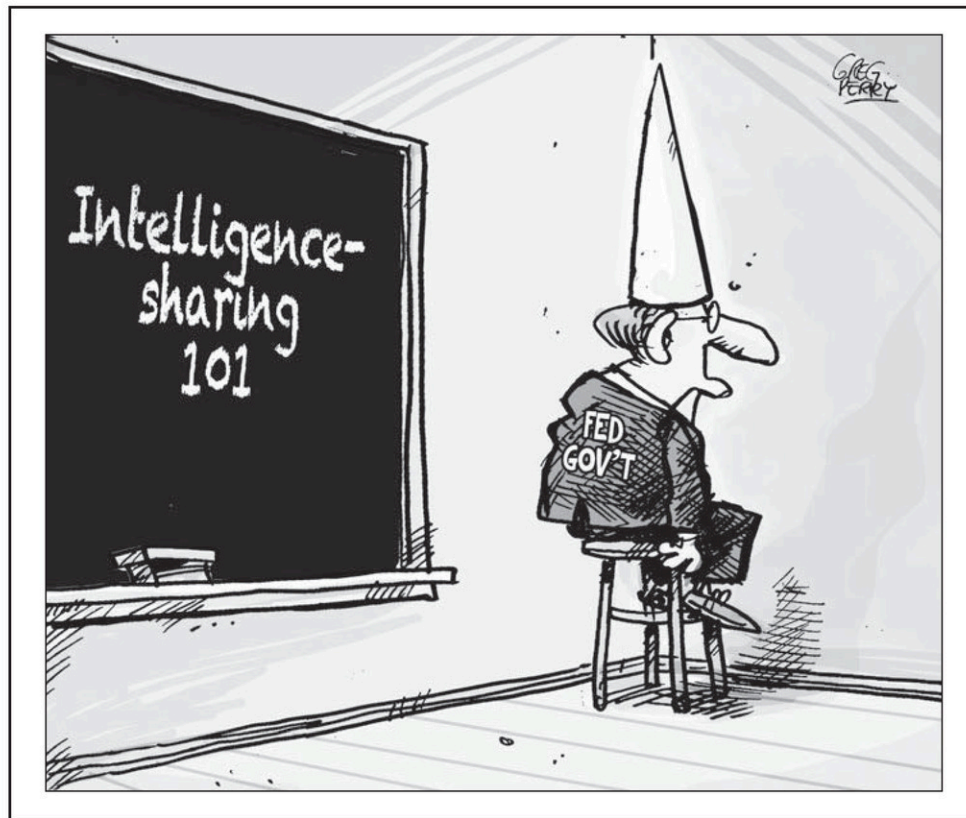
Please read Dr. Apodaca’s full article, “Why Tiny Ponds and Singing Frogs Matter So Much.”
tinyurl.com/Frogs-in-wetlands

Sherbrooke’s rationale for causing the decimation of local frog and other amphibian populations in a wetland on Rue St Francis is strikingly misinformed, and those who allowed this unforgivable destruction to go forward must be held accountable. Human selfishness and self-inflicted under-education by Sherbrooke’s employees are at the heart of the problem.

The city claims that beavers had raised the level of water in the provincial protected wetland. We are told that the original culvert was clogged as a result of the beavers’ activities, and that by recently digging a ditch and restoring the cleaned-out culvert, Sherbrooke had brought the water back to its original level.

Tragically, the city neglected to take into account that April and May are the breeding period for frogs and that lowering the water level at such a time would lead to the deaths of thousands of them. Amphibians around the world are increasingly being threatened with extinction—including here in Sherbrooke. Any work affecting the wetland (if it were to proceed) should never have been done in the spring. That is the simple part, and in any case the road was not in jeopardy in the month of May.

Few believe the city’s explanation regarding the road’s maintenance except perhaps Sherbrooke’s administration and its workers spouting words on road safety. A new and in my view inexplicably granted permit on the boundary line of the wetland would enable the permit holder to lower the water level on the proposed construction site by connecting its drainage ditch to the culvert. In late 2022 this same permit holder cut down two huge white pine trees that graced



the site. When they were alive, these two trees naturally “drained” excess water, but with their destruction a higher level of water appeared. Yeah, trees’ roots take up water. I thought we all learned that fact when we were 6 years old. The beavers undoubtedly raised the water level, but they presented no recent threat to the road.

The beavers were removed, by the way. A little investigation tells us that beavers give birth in the spring. After these beavers were trapped and taken away, was a brand new house built for them elsewhere so that they could raise their young?

It has wisely been said that we cannot solve our problems with the same thinking we used when we created them. To put it succinctly, if the culvert was set too low 25 years ago, why repeat the error now? And if there have been changes to the wetland, is it so difficult to have some flexibility and adjust the culvert accordingly so that wildlife has a chance to survive?

Has not biodiversity awareness grown? Could not Sherbrooke have placed the culvert at a higher level and hence save the frogs from death while letting out excess water safely, including any from the new construction site?

To his credit, when I expressed my concerns to Claude Charron, Sherbrooke City Councillor and President of the Borough of Lennoxville, he strongly empathized with the plight of the frogs and immediately set about trying to untangle the mess.

Joanie Bellerose, City Councillor and Chair of the Committee for the Environment and Mobility, told me: “You are correct in saying that the work schedule did not take into account the amphibian breeding period and that we would do well to educate workers and adapt to the needs of our environment.”

Sherbrooke is now an outlier to the aims and progressive thoughts and actions of The United Nations Convention on Biological Diversity (COP15), which took place in Montreal last December and set out various targets and goals to save and protect biodiversity. tinyurl.com/COP-15-targets

The city is failing in the following targets:

Target 4: “Ensure urgent management actions, to halt human induced extinction of known threatened species and for the recovery and conservation of species, in particular threatened species...”

Target 11: “Restore, maintain and enhance nature’s contributions to people, including ecosystem functions and services...”

Target 12: “Significantly increase the area and quality and connectivity of, access to, and benefits from green and blue spaces in urban and densely populated areas sustainably, by mainstreaming the conservation and sustainable use of biodiversity, and ensure biodiversity-inclusive urban planning, enhancing native biodiversity, ecological connectivity and integrity, and improving human health and well-being and connection to nature and contributing to inclusive and sustainable urbanization and the provision of ecosystem functions and services.”

Target 14: “Ensure the full integration of biodiversity and its multiple values into policies, regulations, planning and development processes...”

Target 21: “Ensure that the best available data, information and knowledge are accessible to decision makers, practitioners and the public to guide effective and equitable governance, integrated and participatory management of biodiversity, and to strengthen communication, awareness-raising, education, monitoring, research and knowledge management...”

All of Nature is connected and interdependent. Wetlands might seem to the uneducated eye to be a muddy, inconvenient mess, but they are vital areas for biodiversity. If humanity is to survive and thrive, we must embrace the protocol agreed in Montreal and act with urgency to protect threatened and vulnerable species.

Sherbrooke can still raise the culvert and in so doing respect biocivilizations. Many of us demand that it do so, and thus salvage its hugely tarnished reputation. We will not go away.

THE RECORD

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COLUMNIST

Having the right puppies supplies ready to go will help your puppy be safe, happy, and successful as they adapt to their new life living with humans.

How to prepare for the arrival of your new puppy



MARY MACLACHLAN CPDT-KA
CERTIFIED PROFESSIONAL
DOG TRAINER
PARAGON POOCH PET SERVICES

No parent in their right mind would bring home a newborn baby with having nothing prepared: no diapers, no clothes, no bed or food. Yet some people will bring home a puppy on a whim then soon find themselves struggling with messes, chewed furniture and troublesome behaviour. A bit of forethought and preparation towards supplies and equipment, service providers, and home rules and routines will go a long way to make life with a new puppy easier for everyone.

Puppy supplies and equipment

Having the right puppies supplies ready to go will help your puppy be safe, happy, and successful as they adapt to their new life living with humans.

- **Crate:** A crate is an indispensable behaviour management tool; it facilitates housetraining and prevents puppy misbehaviour by keeping your dog safely confined when you're not there to supervise. It allows you to sleep peacefully at night and enjoy dinner and a movie without worrying about what the pup is destroying.

- **Enclosure/baby gates:** This is another extremely useful management tool that gives the puppy more space to move around while still limiting their options to safe areas where they can be supervised.

- **Collar, leash, harness**
- **Toys for play:** balls, squeaky toys, stuffies, tug toys. Make sure there are no parts that your puppy can chew or rip off and swallow such as buttons or plastic eyes.

- **Chews and food toys:** Nylabones, Bully Sticks, and the like that are made for safe chewing; Kongs and other safe toys that are made to hold kibble or soft food for your puppy to work at to get the food out

- **Food and water bowls**
- **Grooming:** Choose combs and brushes appropriate for your dog's type of coat (ask a groomer or vet), shampoo and conditioner, scissors, nail clippers,

cotton balls, and toothbrushes. Start using these tools on your puppy early, pairing the experience with tasty treats so she forms a positive association with the task.

- **Poop bags, paper towels and enzyme cleaner -** If and when you let your guard down and your puppy messes in the house, you need to clean up the mess thoroughly to remove as much odour as possible to dissuade your puppy from soiling in the same place again.

Puppy care service providers

- **Veterinarian:** If you don't already have a vet, you need to actively find one as soon as possible. There is a current veterinarian shortage since the pandemic and many clinics aren't taking on new clients. Be sure they follow fear-free protocols including allowing you to always stay with your pup during clinic visits.

- **Trainer:** Enrol early in a puppy socialization class. Classes with popular trainers may fill and force you onto a waiting list that causes your puppy to miss out on this training during this crucial stage of their development. The American Veterinary Society of Veterinary Behaviourists says puppies can start puppy classes as early as 7-8 weeks of age, and that life-threatening risks of under-socialization far outweigh the very minimal risk of exposure to germs in a well-run puppy class. Find an experienced trainer who is a member of and/or certified by organizations that use science-based, force-free methods.

- **Groomer:** Don't wait until your puppy's fur is matted or overgrown to make an appointment with a groomer. Like veterinarians, there is a shortage of groomers since the pandemic and you might need to wait a couple of months to get an appointment. It's a good idea to take your puppy to the groomer before they need a full treatment so that they can have a gentle initiation to some of the equipment and care procedures. Be sure the groomer is committed to force-free handling.

- **Dog walker/sitter:** If you are away from home for more than three hours, make arrangements for someone to care for your puppy. Even an adult dog shouldn't be left alone all day on a regular basis. Take the time to do your research, check references and credentials to find professionals who have knowledge and skills in force-free handling especially since they'll be caring for your dog in your absence.

Puppy rules and routines

Bringing your new pup home can be stressful for canines and humans alike. Agreeing on rules and routines before the pup arrives and ensuring everyone follows them makes the transition easier for all. Consistency and predictability will help reduce

everyone's stress. Here are some things to decide before the new pup comes to live in your home:

Allowed on the furniture?

Allowing a dog up on your bed or couch does not make them dominant over you. Dogs simply like to be comfortable just like we do. It's a personal preference. I don't have my dogs up on furniture simply because I don't like the extra housework that comes with it. The rule, however, needs to be black and white. Dogs don't understand "sometimes", and inconsistency is confusing and unfair to the dog.

Which areas or rooms will be off limits?

I make my kitchen a "No Fly Zone" because it's dangerous to have a dog underfoot when cooking and it can limit the chances of your dog stealing food off of counters.

How to play with the dog

Make sure all family members know how to play appropriately with the puppy and refrain from teasing and encouraging the puppy to bite or jump on people.

CONT'D ON PAGE 8

THE RECORD

Job opportunity - Reporter

The Record is seeking a full-time reporter to work in its newsroom thanks to funding provided by the Local Journalism Initiative, a Canadian Heritage program, administered in Quebec through the Quebec Community Newspapers Association.

The Record is the only English-language daily newspaper serving the Eastern Townships and has been recognized as the 'Voice of the Eastern Townships' for 125 years. It covers some 27 communities with significant English-speaking populations situated throughout the vast territory of the Eastern Townships.

To fulfil this mandate, The Record is seeking a bilingual reporter with excellent English-language writing skills who understands the mandate of community journalism and the important role the newspaper plays in keeping readers informed on the social, political, economic issues that concern them in their daily lives. This would include covering municipal council meetings, school board meetings, environmental and agricultural consultations, the courts and researching subjects that affect the community.

Given the vast territory, the successful candidate would need to be bilingual, flexible, have access to a vehicle and able to work well with the newsroom team to produce stories of the highest standard for both print and the web.

Qualifications

The ideal candidate is:

- a graduate of a college or university journalism program and/or significant professional experience working as a journalist
- an excellent communicator in English with a good working ability in French
- familiar with basic computer software including InDesign
- a capable photographer
- a licensed driver, preferably with a car

An ability to work some evenings and weekends is essential (with time off provided during the week as compensation).

Appreciation of community journalism and familiarity with the Eastern Townships are strong assets.

Applicants are invited to send a one-page covering letter along with a résumé to Sharon McCully, Publisher, The Record, at outletjournal@sympatico.ca

Deadline for application: Immediate

New puppy

CONT'D FROM PAGE 7

How to handle misbehaviour

Prevention is the best policy, but mistakes are sure to happen. When they do, make sure that all family members understand how to stop undesired behaviour calmly and redirect the puppy to something more appropriate.

Don't forget the finances

Too many pets are abandoned or surrendered to shelters when owners find themselves unable to afford their care. The average Canadian spends between \$1,395 - \$4,270 up front. After covering the initial one-time expenses to settle your pup into your home, there are also annual costs to keep in mind. Food, vet visits, and on-going essentials can add up. In Canada, the cost of owning a dog prices out to an average of \$460 - \$3,140 per year (*Information sourced from rover.com).

One must also consider the cost of housing, especially during our current housing crisis. Make sure you can find and afford housing that allows dogs. Ensure you are prepared for the financial as well as time commitment before you bring a puppy into our family. Pets are for life, not convenience.

As you can see, taking on responsibility for the life of another living creature requires serious forethought and preparation as well as commitment. The way you care



BRIANNA CURTIS

for your pup will determine whether they spend the rest of her life sharing companionship and love with you or end up unhappy, unwanted and perhaps homeless. Be prepared to give your dog the lifelong loving home they so deserve.

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

Mary MacLachlan is a certified professional dog trainer living in Sherbrooke and is the proud owner of Paragon Pooch Pet Services. She is dedicated to helping dogs and their human companions build stronger relationships based on clear communication, trust and play.

THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897



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Obituaries

Death



Rose Rita CRYAN

Rose Rita Cryan passed away peacefully on May 9, 2023 at the age of 88 in Montreal. She was born in Leeds, Quebec on September 29, 1934. Rose was the daughter of the late Thomas Cryan and the late Cleophee Marie Paradis.

She is survived by her sister Edna (late Claude St. Jean), sister Stella (Bob Burnham) and brother Urbain (late Carol Weston), as well as many nieces and nephews.

She was predeceased by her sister Florence (Fred Becker), sister Gertrude (late Phillipe Dubreuil) and brother Lewis (late Stella Talbot).

Rose enjoyed a lengthy career with RBC starting as a bank teller in Ontario and then onto British Columbia where she worked as a loans officer for many years. After retirement she moved across the country to Kentville, Nova Scotia. Rose was an exceptional seamstress and created many beautiful curtains, bedspreads and duvets for her brother Urbain and the family's Country Inn in Wolfville.

The later years of her life were spent in Montreal where she was able to spend time with her sisters and their families, as well as making new friends at her seniors home, Residence Les Cascades, on the border of Riviere-des-Prairies.

Rose loved the little things in life and lived it to the best of her ability. Her greatest joys were time spent with family, coffee with friends, her little trailer in Washington and kittens.

She will be missed.

Death



Murray H. DEWING

June 15, 1955 – May 19, 2023

Passed away peacefully at his residence, Friday, May 19, 2023, at the age of 67.

Dear son of Howard (Margaret) and Joyce (predeceased). Beloved husband of Gloria (nee Peltier) of 45 years. Loving father of Greg (Joyce), Sandra, Patrick and Andrew (Amanda). Cherished 'grumpa' of William, Nick, Olivia, James, Claressa, Kiara and Christopher. Survived by his brother Larry (Lynne), sister-in-law Delores (Tom), brothers-in-law Kenneth, Clifford (Rose), Urban (Ethel), Fred, Michael (Cindy), Darin (Connie), predeceased by mother-in-law Rose Peltier, father-in-law Gregory Peltier, sisters-in-law Barbara, Sandra and brothers-in-law Gary and Kevin. As per Murray's wishes, cremation was held and there will be no visitation or service.

If desired, donations may be made directly to the Heart & Stroke Foundation and would be appreciated by his family.

Arrangements have been entrusted to Ranger's Cremation and Burial Services Ltd. Online condolences can be posted at www.RangersSudbury.com

Death

Graveside Service

Leona Smith COATES

A graveside service will be held for the late Leona Coates (nee Smith) on Saturday, June 3, 2023 at 11:00 a.m. at the Bury Protestant Cemetery, followed by a lunch at the Lawrence Community Center.

Cemetery Meetings

BROOKBURY GRACE UNITED CEMETERY

The annual general meeting for the Brookbury Grace United Cemetery Association will be held at the Brookbury Hall, 571 Brookbury Road, on Tuesday, May 30 at 1 p.m. Everyone is welcome.

COMPTON CEMETERY CO.

Compton Cemetery Co. 95th annual meeting will be held on Wednesday, May 31, 2023 at 6:30 p.m. at the Compton Cemetery (Cochrane Road Gate), Compton, QC. Please bring a lawn chair. In case of rain, it will be held in the garage at Mahlon Grapes', 6580 Rte. Louis St. Laurent, Compton, QC. All interested are invited to attend.

MASSAWIPPI CEMETERY

The annual general meeting of the Massawippi Cemetery Association will be held in the old Massawippi Town Hall on Route 208 at 10:00 a.m. On Friday, June 9.

CONTINUED ON PAGE 10

Anne HOVEY-EMSLIE

Anne Hovey-Emslie, née Hawthorne, passed away in Hospice on May 8, 2023, at 91 years of age.

She was born Ruth Annabel Hawthorne in Sweetsburg, Quebec on November 15, 1931, to Walter Hawthorne and Hilda Moynan. She had graduated from McGill University and started her 30-year teaching career in Beebe, Quebec when she married Allan Hovey in 1952 and they moved to Derby Line, Vermont.

Mom is lovingly survived by her 6 daughters - Linda, Barbara, Beverley, Susan, Kathy and Laurie, with their many children and grandchildren and her brother John and his wife Denny Hawthorne and their family.

In 1970, Mom married Harold Emslie and moved back to Beebe until Harold died in 1979. Harold is survived by his children John, Edith and David and their families, who are also part of our extended family; Frances and Bob died earlier.

In 1984, Mom married Tony Hubert who predeceased her in 1990. Tony is survived by his sons Dave and Ken and their families who are included in our extended family.

Our brother, Kenneth, died in 1962. Our father died in 1967 and Mom's sister, Jane, predeceased her in 1992.

Mom and Harold "Pop" purchased a second home in Sarasota, Florida in 1978 and Mom eventually came to live here at Orange Acres year-round for 45 years.

A burial will be scheduled for late August this year in the Derby, Vermont cemetery with family in attendance.

OBITUARIES

May 22 to May 26, 2023

Marilyn BURNHAM-CYR - May 17, 2023

Rose Rita CRYAN - May 9, 2023

Murray H. DEWING - May 19, 2023

Anne HOVEY-EMSLIE - May 8, 2023



www.waleshome.ca

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IN MEMORIAM



TARA HILTON

May 24, 1968-May 25, 2020

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

Forever in our hearts.

- NORA & DON HILTON (parents)
- KRISTA (TOM, JOY, IVY) (sister)
- MARTIN DEVITT (husband)
- GRAHAM, GRACE, ELISE (children)



IN MEMORIAM



JOHN WESLEY NICHOL

May 26, 2022

*I've finished all life has for me.
I've been invited to the great hunting ground,
Where every day is a wondrous day to hunt.
To fill your heart with every wish.
Don't worry or feel sad for me,
For I'm hunting with the Master of the Hunt.
For all those who think of me,
Know I am on a great hunt
And happy as can be.*

Lovingly remembered by his
FAMILY AND FRIENDS

Card of Thanks

KNOWLES, Helen - A graveside service for our mom, Helen Knowles, took place in Drummondville, QC, May 19, 2023 by Rev. Reg. Jennings. Relatives and friends talked of their many memories. Poppies were put with the urn, and a rose from Ann and Ellis. Thank you to Rev. Jennings, Helen's nephew Len, Debbie, Ann and Ellis, Freda, Linda for your kind words, Helen's Catering, and Hugh and Barb for their help.

THE KNOWLES FAMILY



Do just one thing



Did you know that in vacation destinations like Fiji and the Caribbean, a lot of the money you spend while visiting doesn't support the local economy? It often ends up in the pockets of global corporations that run hotels, restaurants and entertainment areas. To support locals, consider dining at small restaurants, hiring guides who live at the destination and buying locally made items to bring back. Buying and supporting local is very much part of sustainable travel.

Several options for treating misery of motion sickness



ASK THE DOCTORS

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

Dear Doctors: If a flight I'm on has turbulence or if it descends too fast and the pressure drops, I get very nauseated. Why does that happen? I've tried motion sickness medication, but it makes me feel like I am in a tunnel. Even the nondrowsy kind knocks me out to where I can't function. What else can I do?

Dear Reader: As many travelers reading your question know, you have been experiencing motion

sickness. Nausea is one of several unpleasant symptoms associated with the condition. Additional effects can include feeling dizzy or lightheaded, sweating, headache and vomiting. These symptoms can arise when someone is a passenger in a moving vehicle, such as a car, bus, train, boat, amusement park ride or aircraft. It's possible, but less common, for the person who is operating the vehicle to also experience motion sickness. For some people, vertiginous visuals in a film can bring on the symptoms.

Motion sickness occurs when the information that your eyes are relaying to the brain differs from what it is learning from the inner ear, the muscles and the joints. Each plays a role in the complexities of spatial awareness, which allows us to remain upright, to move deliberately and to both maintain and regain balance. In the face of conflicting input from multiple sources, the brain struggles to put together a logical narrative. And for some people, the result of this prolonged disconnect is the misery of motion sickness.

While motion sickness medication can be effective, it can have side effects. These include the sedative effect that you have experienced. It also can cause dry mouth, constipation, dizziness, blurred vision and nausea.

For people who can't tolerate medications that contain a drug called dimenhydrinate (check the ingredient labels), which is an antihistamine, those containing another drug, meclizine, can be a better option. It, too, is an antihistamine, but it causes less drowsiness.

If over-the-counter medications aren't working, ask your doctor if a prescription medication might be right for you. They may also recommend vitamin B6, which can be helpful for nausea.

Many people turn to natural remedies to manage motion sickness. Research shows that ginger and chamomile, as a tea or other beverage or in a hard candy, can help fend off nausea. Some people swear by anti-nausea wristbands, which trigger an acupuncture pressure point and are widely available over the counter.

Behavioral changes are also important. A window seat allows you a view of the horizon. By looking at a fixed point, you give your brain a frame of reference from which to unscramble the mixed signals it is getting. Turbulence can feel more pronounced at the back of the plane, so opt for a forward seat close to or over the wing near the plane's center of gravity. Use the vent above your seat to circulate the air around you. And be kind to your stomach. Avoid large meals and fatty foods, and stay hydrated.

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

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

Church Services

Presbyterian

LENNOXVILLE

This week is Pentecost Sunday. The sermon, based on 1 Peter 2: 4-12, is entitled: "The church in exile: Building, belonging, battling." You are warmly welcome to worship with us at St. Andrew's on Sunday at 10:30 am. To watch online go to the YouTube website and search "St. Andrew's Lennoxville" and click on the picture of our church for online services. The Word of Grace radio broadcast can be heard each Sunday morning on the community station CJMQ - 88.9 at 8:30 am. It can be accessed at any time at www.cjmq.fm.

United

AYER'S CLIFF- MAGOG- GEORGEVILLE PASTORAL CHARGE

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

United

LENNOXVILLE

Lennoxville United Church, corner of Queen and Church. May 26 - Messy church: "Let's plant a seed!" from 5 p.m. to 7p.m., doors open at 4:45 p.m. We will have a picnic style supper together and have activities around plants and flowers! All are welcome! Author Event: Lennoxville Library and Shore Press are hosting Tea with Joanne Pocock, author of Geneva's Scrapbook: A memoir of coming of age in the Eastern Townships, Saturday, May 27 at 4 p.m. at Lennoxville United Church. Free and open to all. Sharon McCully of The Record writes, "Joanne's insight into the rural character and sense of connection among Eastern Townshippers sheds light on the enduring vitality of these resilient minority language communities. Geneva's Scrapbook is beautifully written with images and smells that conjure the warmth of a country kitchen. We welcome you to worship on March 28 at 10 a.m., Pentecost, with with Rev. Scott Patton. All are welcome.

United

SHERBROOKE

The Plymouth-Trinity United Church community of faith, at 380 Dufferin in Sherbrooke, 819-346-6373 and www.plymouthtrinitychurch.org, invites one and all to join us in person for Pentecost, in our sanctuary at 10:45 am on Sunday, May 28. There will be Communion. (Or connect by telephone or the internet via Zoom.) Check the website, or call, for details. Joignez-vous à nous dans le sanctuaire à 10h45 le dimanche, 28 mai; ou par Zoom. Téléphonez nous ou consultez notre site web pour les détails. Cordiale bienvenue à tout le monde. Minister: Samuel V. Dansokho.



Peace. Faith. Love.

SUDOKU

DIFFICULTY RATING: ★★★★★

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5/26

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PREVIOUS SOLUTION

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

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PREVIOUS SOLUTION

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S/27

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DIFFICULTY RATING: ★★★★★

SUDOKU

Your Birthday

FRIDAY, MAY 26, 2023

Put your energy where it counts and restore your faith in yourself and your long-term plans. Rest assured that taking a minimalistic approach to money, possessions and lifestyle will pay off and give you added energy and a less stressful life. Eliminating what's no longer necessary will free up time for you to enjoy what life offers. Simplicity is the key to your success.

GEMINI (May 21-June 20) – Choose a path that motivates you. Listen to suggestions and decide what's best for you. Weigh the pros and cons, stick to a budget you can afford and push your way forward.

CANCER (June 21-July 22) – Refuse to let anyone take you for granted or manipulate your emotions. A change of heart will give you space to find happiness. You must think ahead and come up with innovative plans.

LEO (July 23-Aug. 22) – Work alone, and you'll get things done correctly. Expect others to interfere with your plans or try to take control if you are too easygoing. Keep a low profile for the best results.

VIRGO (Aug. 23-Sept. 22) – You'll surpass your potential if you seek an expert's advice. You'll receive information that can change your life. Don't stop until you are happy with the results. Work to help others.

LIBRA (Sept. 23-Oct. 23) – Offer people suggestions, not hands-on help. Your time is valuable and is best spent on something that will benefit you. Make domestic changes conducive to expanding your interests.

SCORPIO (Oct. 24-Nov. 22) – A

professional change will take you in a different direction. Press forward alone. Don't waste time arguing with someone who can't grasp your vision. Seek out people who can help you.

SAGITTARIUS (Nov. 23-Dec. 21) – Bypass anything or anyone distracting you. Concentrate on what you can do at a price you can afford. Weigh the pros and cons, then contact people who can fill you in before you begin.

CAPRICORN (Dec. 22-Jan. 19) – Alter your surroundings to meet your demands. Confirm what's possible and get things started. Surprise a loved one with a thoughtful word, act or gift. Treat others with respect and kindness.

AQUARIUS (Jan. 20-Feb. 19) – Forge ahead until you are happy with the results. Leave no room for criticism or for someone to step in and make you look bad. Challenge yourself to get fit and be healthier.

PISCES (Feb. 20-March 20) – Consider how to use your skills to bring in more money. A trendy look will attract attention and make you feel more like socializing. Romance or a new friendship will lift your spirits.

ARIES (March 21-April 19) – Get involved in something that moves you. Volunteer your skills or time; you'll make a difference and meet people who inspire you. Make plans with someone who enjoys a physical challenge.

TAURUS (April 20-May 20) – Be responsible. Don't do anything to jeopardize your position, health or financial well-being. Update your appearance or lifestyle to fit your age and expectations. Make sure your motives are valid before you start something new.

SATURDAY, MAY 27, 2023

Think before you speak, and avoid emotional problems with those you live or work with this year. Doing some research will help keep you out of trouble. Get your facts straight and put your time and energy into improving your life. Traveling and attending conferences and observation could be necessary if you want to make a difference in your community.

GEMINI (May 21-June 20) – Stop, reevaluate what's happening around you and avoid doing something unwise. Choose discipline over emotional mayhem. Do something that you find satisfying or that will benefit you.

CANCER (June 21-July 22) – Pitch in and help others. Express your concerns and suggest solutions. An interesting idea will lead to a new way to spend time and make extra cash. Try not to take on too much or stretch your budget.

LEO (July 23-Aug. 22) – Rethink your financial strategy. You'll have to tighten your purse strings if you want to save money. Don't let others define or change you. Make your intentions and desires clear.

VIRGO (Aug. 23-Sept. 22) – Be receptive to information that comes your way, but verify its validity before you share it with others. Be energetic but not aggressive in all things today.

LIBRA (Sept. 23-Oct. 23) – Rearrange your home to suit your needs. Sort and declutter. Don't let laziness set in when you know you'll feel better once you have everything in order. Keep busy and learn as you go.

SCORPIO (Oct. 24-Nov. 22) – Fill in the blanks, and you'll get your answer.

You can fix an emotional situation if you share your feelings. Don't let your secretive nature stand between you and something you want. Love is favored.

SAGITTARIUS (Nov. 23-Dec. 21) – Don't fold under pressure. Someone will use emotional manipulation to push you in a questionable direction. Put your energy into something that will strengthen your position.

CAPRICORN (Dec. 22-Jan. 19) – Head to a place that puts your mind at ease and brings you the comfort and confidence you require to move forward. Focus on home, family and improving your relationships with others.

AQUARIUS (Jan. 20-Feb. 19) – Stick close to home. Bypass situations that are extreme, tense or indulgent. Observe rather than get involved in something that can disrupt a relationship. Keep the ball rolling.

PISCES (Feb. 20-March 20) – Put every ounce of your energy into what's important to you. Turn an idea into a way to save money and live with less tension. Spend time pampering yourself and relaxing with a loved one.

ARIES (March 21-April 19) – Don't overdo it or let anyone take advantage of you. Relax, rethink your plans and adjust whatever is slowing you down. Don't structure your life to suit others when success is your responsibility.

TAURUS (April 20-May 20) – Think big and get involved in something that makes you feel good about yourself. Hard work will make a difference and provide insight into how you want to live your life and spend your time.

Sunday horoscope on page 16

Snubbed by my former Pastor

Dear Annie

FRIDAY, MAY 26, 2023

Dear Annie: I'm potentially facing an aggressive and lethal type of cancer (esophageal), for which I'm being biopsied next week. I've known about this for just a few weeks. My former pastor and his wife were my friends, though there's been a noticeable distance in the last year. They helped me through my ex-hubby's death, as I'd been caregiving for him for years and sharing a home. Then they helped my close friend while she was dying of cancer.

Despite the year of much less contact, I still felt bonded to them and reached out to the pastor to help me with my illness and possible death. I wrote this plea for help on Facebook Messenger, and you can see when a person views a message. He saw it. He chose not to respond, which stunned and hurt me. I just wanted someone who knew me to be there for spiritual guidance in this most challenging time.

I racked my brain for why he and his wife have been distant when we had

been tight. The wife was friends with me on Facebook, and I thought about what posts I made that they might take offense to. Then it hit me like a ton of bricks! The timeline of single-word responses from her to none at all was directly aligned with my coming out of the closet as a bisexual woman after hiding it until I was 56. While I see why a conservative pastor might have an issue with my sexuality, my heart can't understand how they could've liked me a lot before this announcement and then dropped me like a hot rock after, particularly in a situation like this.

I confronted the pastor about this revelation, and he didn't refute it. I'm angry that our congenial relationship has dissolved because I'm finally true to myself. I don't have time left to harbor resentment, but it's challenging! I don't want to be a hater, and I suppose that will keep me from acting like they are. I'm wondering if I should write them a letter to recount the blessings they bestowed on me when we were friends and let them know how painful it was to then be snubbed by them at my time of need, or just let it go. Now that I know

they are so narrow-minded, I know I'm not missing anything by their absence. – Flummoxed by the Leader of the Flock

Dear Flummoxed: I deeply admire your resilience, positive attitude and ability to see what's most important in this situation: your personal peace. Your Facebook message already fell upon deaf ears, and especially now that you know why, I vote you just let it go. Focus on yourself and your health. Lean on those in your circle who know, love and accept all of you. You said it best yourself; while it's no doubt disappointing to learn why your former friends have turned their backs on you, you can feel confident knowing you're not losing out from their lack of presence in your life.

Dear Annie: You gave a nice answer to "Undecided," the woman who did not know what to study in college. I'm a professional astronomer, which is also a tough field to work in as a professional. After teaching college for 18 years, I would add a little bit to your answer if it comes up again.

Yes, follow your passion. If you do, your life won't be "work"; it will be

fun, stimulating and fulfilling. But it's always good to have a backup plan in case things don't work for one reason or another. That's why universities offer minors and double majors. I strongly encourage students to follow their passions but also to have something else in hand just in case things don't work out. Keep up the good work! – Astronomy Prof

Dear Astronomy Prof: Lovely advice! I heard from many readers encouraging "Undecided" to follow her dreams, but you're right that it is wise to be ready for any outcome. Hope for the best; prepare for the worst.

"How Can I Forgive My Cheating Partner?" is out now! Annie Lane's second anthology – featuring favorite columns on marriage, infidelity, communication and reconciliation – is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information.

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

Date Book

FRIDAY, MAY 26, 2023

Today is the 146th day of 2023 and the 68th day of spring.

TODAY'S HISTORY: In 1865, the last Confederate forces fighting the Civil War surrendered in New Orleans, Louisiana.

In 1868, the Senate failed for the second time by only one vote to convict President Andrew Johnson in his impeachment trial, resulting in his acquittal.

In 1923, the first 24 Hours of Le Mans sports car race began near the town of Le Mans, France.

In 1972, President Richard Nixon and Soviet leader Leonid Brezhnev signed the Anti-Ballistic Missile Treaty.

TODAY'S BIRTHDAYS: Al Jolson (1886-1950), singer/actor; Dorothea Lange (1895-1965), photographer; John Wayne (1907-1979), actor; Peggy Lee (1920-2002), singer-songwriter/actor; Miles Davis (1926-1991), jazz musician; Stevie Nicks (1948-), singer-songwriter; Pam Grier (1949-), actress; Sally Ride (1951-2012), astronaut; Lenny Kravitz (1964-), singer-songwriter; Helena Bonham Carter (1966-), actress; Matt Stone (1971-), screenwriter/TV producer; Lauryn Hill (1975-), singer-songwriter; Ben Zobrist (1981-), baseball player.

TODAY'S FACT: Only two U.S. presidents in history went on to serve in Congress after having held the nation's highest office: John Quincy Adams and Andrew Johnson.

TODAY'S SPORTS: In 1959, Pittsburgh Pirates pitcher Harvey Haddix pitched what would have been the longest perfect game in history - 12 innings - only to lose 1-0 in the 13th.

TODAY'S QUOTE: "I made the record that my life had me make. Each one is like a diary." - Lenny Kravitz

TODAY'S NUMBER: 28,231 - parole passes given to Confederate soldiers by Gen. Ulysses S. Grant after their 1865 surrender at Appomattox Court House in Virginia.

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

SATURDAY, MAY 27, 2023

Today is the 147th day of 2023 and the 69th day of spring.

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

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

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

TODAY'S BIRTHDAYS: "Wild Bill" Hickok (1837-1876), lawman/gambler; Dashiell Hammett (1894-1961), author; Rachel Carson (1907-1964), biologist/environmentalist; Hubert Humphrey (1911-1978), politician; Vincent Price (1911-1993), actor; Sam Snead (1912-2002), golfer; Henry Kissinger (1923-), politician; Louis Gossett Jr. (1936-), actor; Adam Carolla (1964-), TV

personality/radio host; Paul Bettany (1971-), actor; Jack McBrayer (1973-), actor; Andre 3000 (1975-), rapper/actor; Jamie Oliver (1975-), chef/activist; Chris Colfer (1990-), actor.

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

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

TODAY'S QUOTE: "My way of learning is to heave a wild and unpredictable monkey-wrench into the machinery." - Dashiell Hammett, "The Maltese Falcon"

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

TODAY'S MOON: First quarter moon (May 27).

SUNDAY, MAY 28, 2023

Today is the 148th day of 2023 and the 70th day of spring.

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

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

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

TODAY'S BIRTHDAYS: Jim Thorpe (1888-1953), multisport athlete; Ian Fleming (1908-1964), author; Jerry West (1938-), basketball player/executive; Rudy Giuliani (1944-), politician; Gladys Knight (1944-), singer-songwriter; John Fogerty (1945-), singer-songwriter; Kylie Minogue (1968-), singer-songwriter; Marco Rubio (1971-), politician; Elisabeth Hasselbeck (1977-), TV personality.

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

TODAY'S SPORTS: In 1957, Major League Baseball's National League owners unanimously approved the moves of the Brooklyn Dodgers and New York Giants to Los Angeles and San Francisco, respectively.

TODAY'S QUOTE: "Spring may take our loves and flowers, / So Autumn leaves us friends and wine." - Thomas Moore, "Spring and Autumn"

TODAY'S NUMBER: 10 million - members and supporters of Amnesty International in more than 150 nations.

TODAY'S MOON: Between first quarter moon (May 27) and full moon (June 3).

NEA Crossword Puzzle

ACROSS

- 1 Rabbit's feet
- 5 Final letter
- 8 Ernst & Young staffer
- 11 Wall climbers
- 13 "Exodus" character
- 14 Chinese dynasty
- 15 Pansy part
- 16 Remind too often
- 17 Swing voter (abbr.)
- 18 Fragrant blossom
- 20 Hero sandwich
- 22 Kid who rode Diablo
- 24 Ms. Hagen of films
- 25 Mr. Woosnam of golf
- 26 Joule fractions
- 28 Vain dudes
- 32 Friar's title
- 33 Dry and withered
- 34 Stair part
- 35 Mailed out
- 37 Entertainer - Falana
- 39 Part of TNT
- 40 Inspired verse
- 41 Pitcher
- 42 Very long time
- 43 Luau dish
- 45 Contempt
- 47 Yawning gulf
- 50 This, in Barcelona
- 51 Phaser blast
- 52 Tenet
- 54 Account entries
- 58 Hirt and Pacino
- 59 Jaunty lid
- 60 Gladden
- 61 Tigger's friend
- 62 Furtive
- 63 Float ingredient

DOWN

- 1 Orange seed
- 2 Wide st.
- 3 Humor
- 4 Marine mammals
- 5 Silly

Answer to Previous Puzzle

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

- 6 Time span
- 7 Rowing crew
- 8 "Wool" on clay sheep
- 9 Twinge
- 10 Gibb or Rooney
- 12 Cuts the cake
- 19 Rhine nymph
- 21 Clumsy ones
- 22 Felt for
- 23 Pointless
- 24 Futile
- 25 In that case (2 wds.)
- 27 Get taller
- 29 River mammal
- 30 Madonna role
- 31 Rotate
- 36 Cookbook amts.
- 38 Polar bear domain
- 44 Leaves unmentioned
- 46 Courtroom rituals
- 47 Ivan or Nicholas
- 48 Bright ring
- 49 Lhasa -
- 50 Television award
- 53 - ammoniac
- 55 Help wanted abbr.
- 56 Glove sz.
- 57 Mexican Mrs.

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

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.

“YV YVOV NGC FVOV CL HL CFV JVRC
YV EZA, ZAH YV RFLGDH CZPV LGO
VAVOIS ZAH XKNOLMV LGO RCZCV LW
JVXAI.” — DVAAS POZMXCU

Previous Solution: “Anyone who tells you fatherhood is the greatest thing that can happen to you, they are understating it.” — Mike Myers

TODAY'S CLUE: *K equals M*

CELEBRITY CIPHER

by Luis Campos

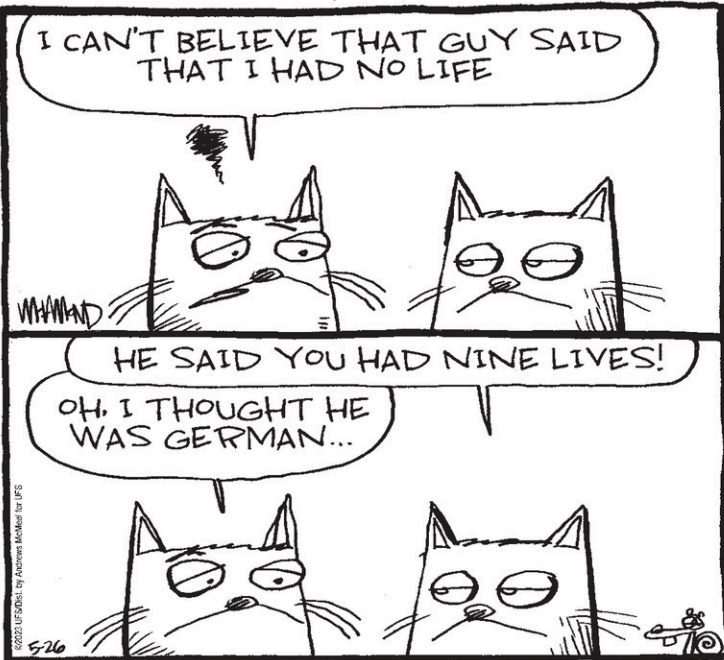
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“DVG SN JWLSGJXJEG CRSLR SP
CJ LDE'G LVJDGJ YMVNJZOJN, CJ LI
DG ZJDNG, GRVY MIR ZYOJ YP
SG, XDHJ DODSZDAZJ GY YGRJVN.”
— OSELJEG FVSLJ

TODAY'S CLUE: *X equals W*

Previous Solution: “We were put here to do the best we can, and we should take our energy and improve our state of being.” — Lenny Kravitz

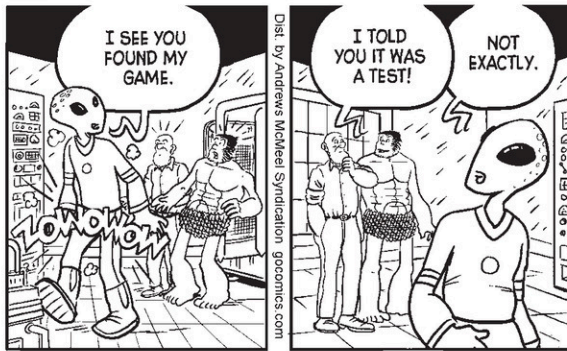
REALITY CHECK



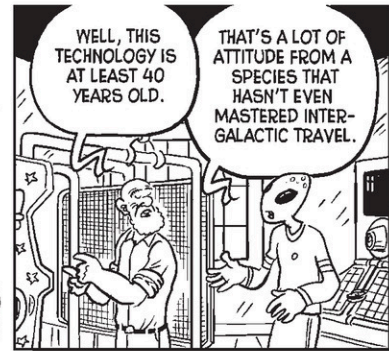
HERMAN



ALLEY OOP



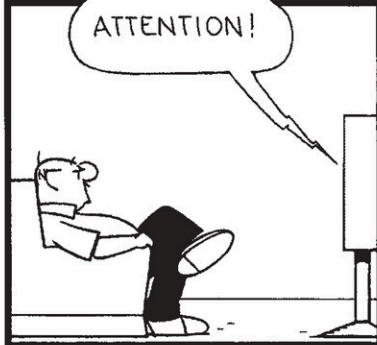
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ARLO & JANIS



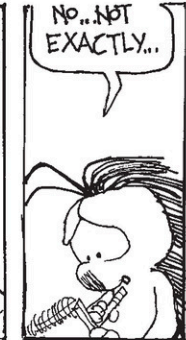
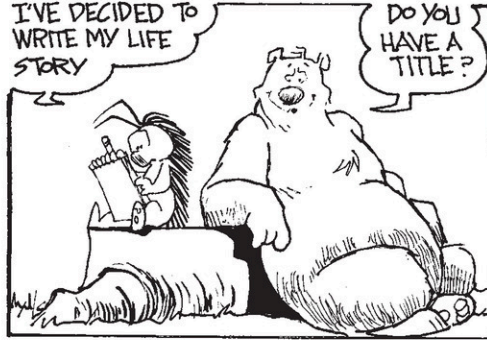
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340 Garage Sales **340** Garage Sales

BROME

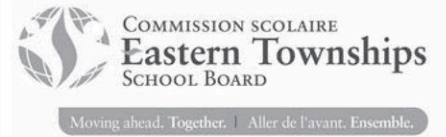
Cancer Walk Sale to benefit the BMP Foundation for the 2023 Cancer Walk and the Yamaska Valley Optimist Club for the kids. Saturday, June 17, 8 a.m. to 4 p.m., Brome Hall, 330 Stagecoach Road. Drop off: from June 10 to 17. INFO: Louise Gélinas 450-521-9478. Note: Items can be left in the front entrance of the hall if no one is there. No electronics, tires, or big furniture such as couches, etc.

KNOWLTON

Moving Sale, 8 Academy Lane, corner Victoria, Knowlton. Antiques, furniture, glassware, garden accessories, clothing, home decor, exercise equipment and so much more. Saturday & Sunday, May 27 & 28, from 9 a.m. to 4 p.m.

LENNOXVILLE

St. George's Church, Lennoxville (84 Queen St.), is hosting a Garage Sale on May 26 from 9 a.m. to 6 p.m. and May 27 from 9 a.m. to 3 p.m. with the fill a bag/box beginning at 1 p.m. All proceeds from the sale will go to the parish's Bicentennial Restoration Fund.



PUBLIC NOTICE

Notice is hereby given that, at the meeting of the Council of Commissioners to be held on **June 27th, 2023**, the By-Law establishing:

B014-THE EXAMINATION OF COMPLAINTS ON MATTERS OTHER THAN SERVICES RENDERED TO STUDENTS

will be considered for adoption. A copy of the By-Law may be examined at the office of the undersigned.

Given in Magog, Quebec, this **24th** day of **May 2023**.

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

WORDS

- AID
- ARTHRITIS
- AUTOIMMUNE
- BIOLOGICS
- CHRONIC
- CORTICOSTEROID
- C-REACTIVE
- DACTYLITIS
- DISABILITY
- DISEASE
- FLARE
- GOUT
- HEAT
- INFLAMMATION
- OSTEOARTHRITIS
- PAIN
- PROGRESSIVE
- REMISSION
- RHEUMATOID
- RHEUMATOLOGIST
- SJOGRENS
- SPLINT
- STRETCH
- THERAPY

Find the words hidden vertically, horizontally, diagonally, and backwards.

NEA Crossword Puzzle

Your Birthday

SUNDAY, MAY 28, 2023

find will take you by surprise.
SCORPIO (Oct. 24-Nov. 22) – It's up to you to bring about change. Discuss what you want to do with someone who's easy to work with. Use your imagination and surprise a loved one. A get-together will change your feelings.

SAGITTARIUS (Nov. 23-Dec. 21) – You shouldn't mislead people to spare their feelings. Either tell the truth or don't say anything. A financial challenge will surface if you let temptation set in.

CAPRICORN (Dec. 22-Jan. 19) – Start a home improvement project or change your living arrangements. Take a partnership to the next level. Be open about your feelings and plans. Shared expenses will lead to savings.

AQUARIUS (Jan. 20-Feb. 19) – Keep your thoughts to yourself. Redefine your idea of success. Do what feels right for you, not what someone else wants. Rethink your methods and make adjustments.

PISCES (Feb. 20-March 20) – A realistic approach to life, love and relationships is to your benefit. Consider what you can and want to do, and sign up for what you can afford to take on.

ARIES (March 21-April 19) – Sign up for something challenging, invigorating or competitive. Pumping yourself up to meet demands will make you feel alive. Protect yourself and your ideas from interference and manipulation.

TAURUS (April 20-May 20) – Plan to have fun with people who share your interests. Consider making a positive lifestyle change. Don't let anger set in if someone heads in a different direction. Go your own way.

Sticking to what and who you know best will make your life easier. Refuse to let outside interference upset your emotional well-being. Value close relationships and do your part to ensure you maintain your reputation and position. Don't let circumstances control how you respond. Your actions will determine how well you do this year. Play to win.

GEMINI (May 21-June 20) – Don't reveal secrets or share your concerns or intentions. Be a good listener and take care of unfinished business before you move on to something new. Think about updating your appearance.

CANCER (June 21-July 22) – A change will lift your spirits. By looking at the big picture, you'll get a clear idea of how to make a difference. Romance is on the rise and will encourage greater intimacy.

LEO (July 23-Aug. 22) – Mull over financial concerns regarding a joint venture or cause. Choose a path that doesn't deter others from pitching in and donating what they can. Uncertainty will get in the way.

VIRGO (Aug. 23-Sept. 22) – Head in the direction that feels comfortable. Start conversations, and you'll discover who agrees with your ideas. Dazzle everyone with your detailed plans; you'll get the backing you require.

LIBRA (Sept. 23-Oct. 23) – Check out a place that makes you feel at home. Schedule meetings with someone who can offer the lowdown on a project you wish to pursue. A gift, reward or special

Answer to Previous Puzzle

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

- ACROSS**
- 1 Milk qty.
 - 4 Music notation
 - 8 Previously cut
 - 12 Tell an untruth
 - 13 Ferris wheel
 - 14 Fir
 - 15 "Stock" ending
 - 16 Joy Adamson lioness
 - 17 Penny —
 - 18 Was adventurous
 - 20 Scold
 - 22 Right this minute
 - 24 Honey wine
 - 27 Group of peers
 - 30 Not at home
 - 33 Funny Charlotte
 - 35 On the briny
 - 36 Note after fa
 - 37 Diner order
 - 38 Weirdo
 - 39 Golf bag item
 - 40 Amount borrowed
 - 41 Do the wrong thing
- DOWN**
- 42 Celebration
 - 43 Tune from an opera
 - 44 "Star Wars" guru
 - 46 Fore opposite
 - 48 Wyo. neighbor
 - 50 Written assignment
 - 54 WWW addresses
 - 57 Talk wildly
 - 60 Stock on hand, for short
 - 61 Pawn
 - 62 Feverish chill
 - 63 Foot digit
 - 64 Some narcs
 - 65 Troupe
 - 66 USN officer

- 10 Freshly painted
- 11 Social Register word
- 19 New Age singer
- 21 A Vanderbilt
- 23 Squander
- 25 Vine support
- 26 — Lama
- 27 Newscaster — Pauley
- 28 Excessive interest
- 29 Fashionably dated
- 31 Big problems
- 32 Queen of the Misty Isles
- 34 Mediterranean landmark
- 40 Back muscles
- 42 Brief craze
- 45 They may be floppy
- 47 Honored in style
- 49 Saudi native
- 51 Building lot
- 52 Soon, to a poet
- 53 Montand of the movies
- 54 TV band
- 55 Caviar, actually
- 56 Arith. term
- 58 Khan of note
- 59 Habit wearer

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FRIDAY, MAY 26, 2023

Two cooks stir the pot

By Phillip Alder

Homer claimed, "Light is the task when many share the toil." However, he was unaware of Alder's Law of Cliches: "For every statement, there is an equal and opposite restatement." In this case, we have the antithetical "Too many cooks spoil the broth."

In a bridge deal, there are two defenders. Occasionally one must plan the defense on his own, but more often the two have to work together. If one fails to pedal correctly, their tandem bicycle crashes.

Defending against five spades, West led the club two: three, jack, queen. Declarer tried the spade queen, but West won with the ace and switched to the heart queen. Gratefully, declarer won with the ace, drew the last trump and claimed, conceding a trick to East's diamond ace. How do you assess the blame for the defenders' failure to defeat the contract?

The bidding was tricky. West was right to show his second suit over two spades. This made it easy for East, who knew about the double fit, to go to the five-level. To defeat five hearts, the defenders must organize a diamond ruff, which is difficult to do. North understandably sacrificed in five spades. The culprit was East. The club-two

North		05-26-23	
♠ 10 9 7 6 4			
♥ 6			
♦ J 10 3			
♣ K 9 6 3			
West	East		
♠ A 5	♠ 3		
♥ K Q 9 8 5	♥ J 10 7 4		
♦ K Q 9 8 5	♦ A 7 4 2		
♣ 2	♣ J 7 5 4		
South			
♠ K Q J 8 2			
♥ A 3 2			
♦ 6			
♣ A Q 10 8			
Dealer: West			
Vulnerable: East-West			
South	West	North	East
	1♥	Pass	2♥
2♠	3♦	4♠	5♥
Pass	Pass	5♠	All Pass
Opening lead: ♣ 2			

lead must be a singleton. So East's priority, as his play is irrelevant in the club suit, is to make a suit-preference signal. At trick one, East should play the club four, telling West that he, East, holds a diamond honor, not a top heart.

West will switch to a diamond at trick three to get his ruff, and the defenders finish with a plus score. Then, as Elbert Hubbard wrote, "Two grins grow where there was only a frown before."



Friday, May 26, 2023

The Townships Outlet

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

New Sherbrooke History Museum exhibit takes detailed look at the 1920s



JACK WILSON

Record Staff

Dubbed the roaring twenties, frivolity, glamour and entertainment are three elements that come to mind when thinking about

the 1920s.

But is that the full reality?

The Mhist - Musée d'histoire de Sherbrooke tries to answer that question with a new exhibition, aptly named *Folles, les années 1920*?

In a press release about the new exhibit, Mhist Executive Director David Lacoste discusses the complexity of the flapper era.

"One hundred years later, what perspective do we keep of these so-

called "roaring" years?" Lacoste asks.

"To use popular examples, we can quickly think of the luxury and opulence of *Gatsby*, but why not the

CONT'D ON PAGE 2

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Joanne Pocock to Speak about her Townships Memoir Geneva's Scrapbook in Lennoxville

On Saturday May 27 the Lennoxville Library will partner with Shoreline Press and the Eastern Townships Resource Centre to host an author event featuring author Joanne Pocock in conversation with Jody Robinson, Executive Director of the Eastern Townships Research Centre.

As a sociologist Joanne Pocock has devoted her professional life to better understanding the experience of Quebec's English speakers and the challenges that they face. Organisations like the Townshippers' Association use her evidence-based research and analysis to add scientific weight to their advocacy work on behalf of anglophones.

With her research credentials and her PhD in sociology, it might surprise some to see that her newest publication is written in a very different register. Geneva's Scrapbook: the art of piecing a life together is personal and poignant. It tells of her own coming of age in places like Waterville, Hatley, and Lennoxville during the politically turbulent '70s and '80s, weaving her story into the lived experience of generations of Townshipper women, in particular the Gaelic speaking Megantic County "Downhomers" driven from their homes in Scotland's Western Isles during the Highland Clearances of the 1820s and forced to adapt to a very different way of life in rural Quebec.

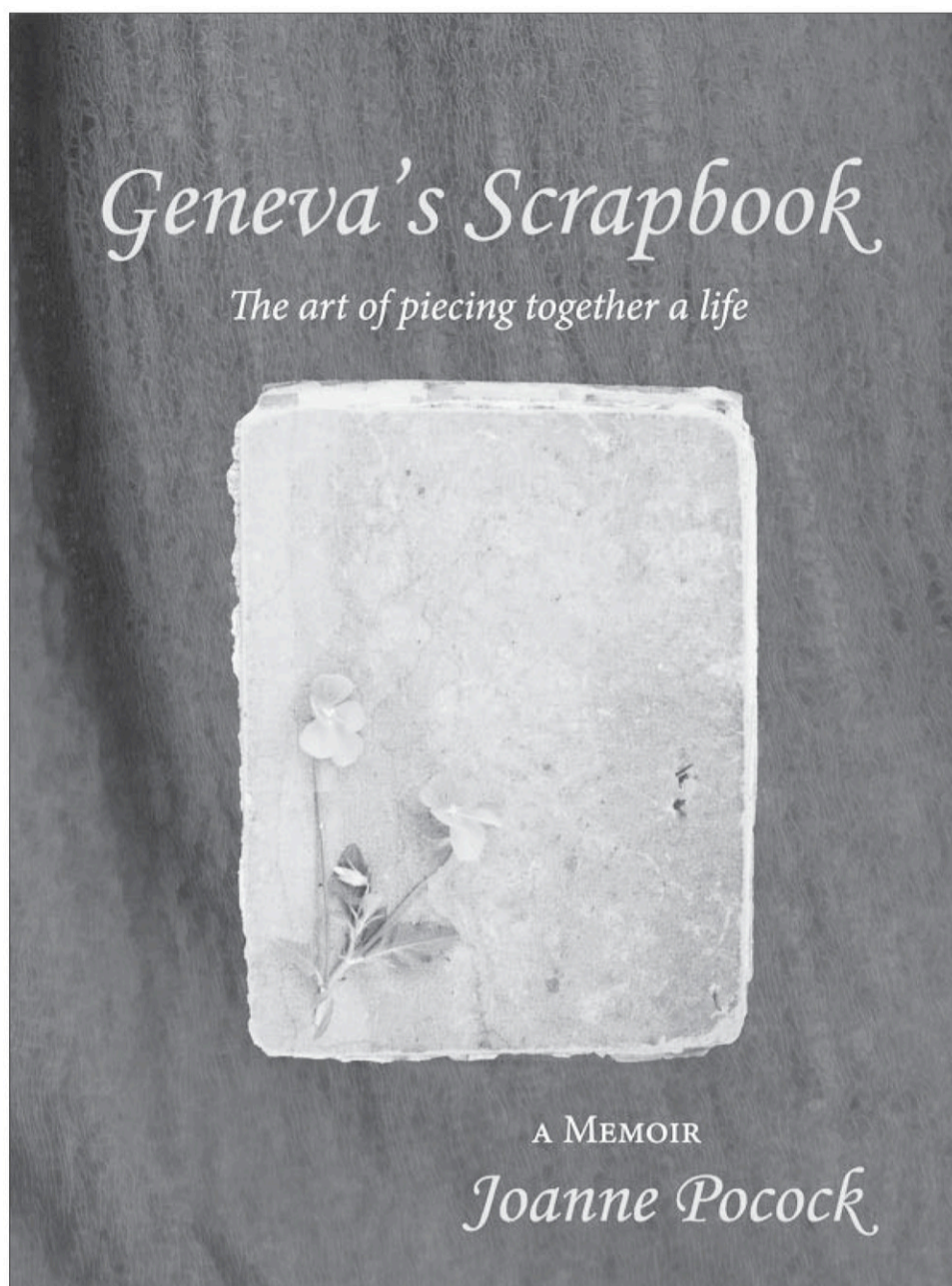
The result, as Sharon McCully, publisher of The Record puts it, is a book full of "insight into the rural character and sense of connection among Eastern Townshippers that sheds light on the enduring vitality of these resilient minority language communities," but it is also

"beautifully written with images and smells that conjure the warmth of a country kitchen." Far from being at odds, Pocock's sociological inquiry and her personal, poetic memoir writing inform and nourish each other. Her career as a researcher and advocate for minority language communities is the natural and logical continuation of her desire to probe and question the historical context and various factors that shaped her family and her community.

The May 27 event will be an informal and wide-ranging conversation between Pocock and Jody Robinson of the Eastern Townships Resource Centre about Geneva's Scrapbook, the genesis of the book, the writing process, the historical context that inspired it, the transmission of knowledge between generations of women, and the importance of personal narrative in telling the story of a people. As an archivist and historian who leads an organisation dedicated to the preservation of materials showing the development of the Eastern Townships and its English-speaking communities from the beginning of colonisation to the present, and a Townshipper herself, Robinson is well-poised to engage with these questions. The dialogue between two generations of Townships women promises to be a lively and fascinating deep-dive into what it means to belong to this place.

The event starts at 4 p.m. on Saturday May 27 and will be held in the Upper Hall of the Lennoxville United Church. Tea and pastries will be served starting at 3:30 p.m. It is free and open to the public.

Submitted by Christian Collins
Coordinator, Lennoxville Library



COURTESY

New Sherbrooke History Museum

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A member of QCNA Printing: The Record

duty," he says. darkness of Peaky Blinders? The 1920s are certainly a mixture of both, between modernity and tradition, between entertainment and social duty," he says.

After the horrors of war and the Spanish flu pandemic, some wanted more freedom, others wanted to return to "the good old days". Sherbrooke residents were no exception in this search for a new way of life. Sherbrooke was growing, neighborhoods were being created, factories were being built, culture was flourishing and... social movements were taking shape!

"The exhibition Folles, les années

1920s? is the Sherbrooke portrait of a decade that had to deal with a multitude of upheavals and changes," adds Marie-Eve Gingras, coordinator and project manager at the Mhist. "Of course, there is the festive side with its feathers, its Charleston dresses with beads and sequins, but the 1920s are much more complex than that. The reintegration of veterans was not easy, infant mortality was still very high, labour movements were beginning to organize, and women were demanding their place in the public sphere, whether in the labour market or in culture, for example."

By showcasing dozens of photographs and some 40 carefully chosen artefacts, the Mhist is offering an exhibition full of contrasts that sheds new light on a period in history that is often idealized in the collective imagination.

Were the 1920s really roaring? Come and judge for yourself by visiting the exhibition presented at the Sherbrooke History Museum, running until Oct. 22, 2023.

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Remembering Drummondville's First Families

A very special Heritage Tea and Talk

Record Staff

The Centre for Access to Services in English (CASE-MCQ) is joining forces with the Société d'histoire de Drummond and the St. George's Church Foundation for a traditional English tea of scones and other classic baked delights, with more than the usual trimmings! The tea is just one part of this unique commemorative event, prepared with the support of the City of Drummondville, to introduce some of the fascinating characters, sites, and anecdotes from Drummondville's early history.

Through photos, videos, old letters, and family heirlooms, the Watts-Sheppard family and episodes from the second half of the 1800's will be magically brought to life.

The event will start with a formal commemoration ceremony of the Robert Nugent Watts bridge, presided over by Mayor Stéphanie Lacoste and other officials. Afterwards, the English tea will revive a tradition long held and appreciated by the women

of Drummondville, who for decades would put on a tea once a week after a round of golf. Guests will sit down to classic, buttery scones, Devonshire

Through photos, videos, old letters, and family heirlooms, the Watts-Sheppard family and episodes from the second half of the 1800's will be magically brought to life.

cream, an array of fancy cookies and baked goods, coffee, and specially blended teas, both hot and iced.

During the tea, there will be an exclusive sneak-peak of an upcoming bilingual virtual exhibition about Drummondville's lost Grantham Hall, once the residence of Robert Nugent Watts, his wife Charlotte, and their children. Robert was the cousin and heir of Drummondville's founder, Frederick George Heriot, and both Robert and Charlotte contributed much to the town (among other things, Robert was the first breeder of pure-bred horses in Canada; Charlotte was a painter). Chantal Proulx, a local historian working on a book about Grantham Hall and the Watts-Sheppard family, will present some fascinating artefacts including jewelry and old letters from the family archives. The day will be capped off by a visit to St. George's Church, to learn about the history of the site following the devastating fire of 1863, and how the Watts-Sheppard family were instrumental in its rebuilding.

Besides the Mayor and other elected officials, some other very special guests will be in attendance,

including descendants of the Watts family visiting Drummondville especially for the event, and David More, historian and prize-winning author of a number of historical novels who has also penned the family history.

The organizers would also like to thank the Club de Golf Drummondville for their generous support.

All are invited to attend this bilingual event which helps us make a meaningful connection with the fascinating and nuanced history of Drummondville, through photos, artefacts, interviews, special guests... and the classic teatime treat of mouth-watering scones.

The event will take place on Wednesday, June 14 between 2 p.m. and 5 p.m. at the Drummondville Golf Club, located at Chemin du Golf.

The cost is: Adults - \$20; Seniors - \$15; Students - \$10. Space is limited so please make a reservation by email: casemcq.project.agent@gmail.com

Orford Musical Festival takes on Schubert theme for 2023

Record Staff

The Orford Music Festival will run this summer from June 14 to Aug. 5, centred on the works of 19th century Austrian composer Franz Schubert. Programming will include both free and paid concerts.

Orford Musique, a classical music

school, is organizing the festival, which typically sees almost 25,000 participants. Performers in the free concerts will consist of the school's students and instructors, while professional artists will play in the paid performances. The festival incorporates classical and jazz music.

The 40 free performances over

the course of the festival will be played across the Eastern Townships, including in Orford, Magog and Stanstead. Many of those concerts will take place outdoors.

The festival will also feature two visual arts exhibitions on July 7.

Tickets to the dozen paid concerts go for \$50 or \$60. Those performances will include piano

ensembles, ballet, chamber music and larger ensembles. Around half of the performances include music by Schubert.

The festival will also feature two "Schubertiades," piano concerts incorporating performances and anecdotes of Schubert's life over tea and coffee. Tickets to those events are \$20.

What's On

May 26

Live music at the North Hatley Legion with Wayne Doucet on Friday, May 26 from 7 p.m. to 11 p.m. Info: 819-842-2933 after 2 p.m. All Welcome. 18+.

May 27

1st Lennoxville Scouts will be holding their annual bottle drive on Saturday, May 27 from 9 a.m. to noon in the parking lot of Provigo Robert Lafond, 169 Queen St., Lennoxville. If you cannot make it in person and would like your bottles or cans picked up, please call Marisa in advance at 819-822-2948, so she can schedule your pickup. Please take note that the **Lawn & Garden Fundraiser will not be held this year.**

May 27

Dance at the Ives Hill Hall on Saturday, May 27 from 7 p.m. to 11 p.m. Music by the Country Swingers. Admission \$10. Canteen open. All welcome.

May 27

We are back! Country Dance in the Church Hall at Holy Trinity Anglican Church, 409 South St., Cowansville on Saturday, May 27 from 7 p.m. to 11 p.m. Music by Keepinn' it Country. Donations \$10. Benefit for Food Bank. No masks obligated, wear at your own discretion. Door prizes!

May 28

Antique & Crafts Market at the Lac-Brome Museum, sponsored by the BCHS. May 28, June 25, July 23, August

20, from 9 a.m. to 4 p.m. on the Museum grounds. Rain or shine. Free to the public. For vendor information, call 450 243-6782 ext. 1.

June 2 & 3

Creek Church Rummage Sale, 278 West Bolton. Drop Off days: May 31 and June 1, 9 a.m. to 1 p.m. Sale June 2, 9 a.m. to 1 p.m., and June 3, Bag Day, 9 a.m. to 1 p.m. Please note: NO ELECTRONICS OR FURNITURE.

June 6

Scott Woods Band - Old Fashioned Hoedown on June 6 at 7 p.m. at the Richmond Regional High School. Proceeds from this event go towards Trenholm United Church and Melbourne Ridge Cemetery Fund. For tickets and information call: Debra at

819-826-2781. Tickets are also available at Friperie Le Walk-in, 486 Principale N., Richmond.

Thursday to Sunday

Summer Art Exhibits at Uplands. Visit Uplands, located at 9 Speid Street, Sherbrooke (Lennoxville), and discover our latest exhibit featuring recent works by artists Darren Millington (paintings) and Marko Savard (ceramics). Our art gallery is open Thursday to Sunday from 10:00 AM to 4:30 PM. Admission is free. For nature lovers, come and see the new outdoor exhibit showcasing stunning photographs of the Townships landscape by François Lafrance. This exhibit is accessible anytime.

Riding shotgun with the Moonshine Riders



COUNTRY CONNECTION

JESSIE PELLETIER

He was barely 18 and already working as a cameraman on my TV show *Visage d'Artiste*. The world of television, videos, and music always fascinated Michel Savoy. This was years ago.

Fast forward to June 18, 2020. This is exactly when Savoy's world stopped turning. It was the day he lost his 18-year-old son Jonatan to a heartbreaking accident.

Savoy had a very hard time coping with the loss of his child. Work was not enough to help him get through his grief. He quickly came to the conclusion that he had to find a project in order to help him through these difficult times, which led to the web series *Moonshine Riders*.

"I knew I needed to find something to occupy my mind. It was such a hard time for me. Since I was very young I had been working with video cameras. I was lucky to have very avant-garde grandparents. My father also had a recording studio and I learned to edit videos.

In my case producing videos has

CONT'D ON PAGE 5



PHOTOS MICHEL SAVOY

Moonshine_Moonshine Riders family photo



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The Moonshine Riders

CONT'D FROM PAGE 4

never been work but rather a place to use my creativity. I have a facility with technology like some people can paint or sculpt," he stressed in an interview.

Self-employed, Savoy had the chance to evolve rapidly. Producing corporate and special events videos he always followed the evolution of the industry and kept buying new equipment to stay on top, but the arrival of analog technology would change everything.

"At one point the market took a new turn with the arrival of cell phones. People started filming themselves so I sold my business in 2010 and concentrated on finding a service that people needed. I founded N4 Wireless Solutions and it is growing continuously," he stated.

In the months following the tragedy in 2020 as he was looking to create something, one night his wife told him to check a video that had been made for the song Blinding Lights. He did, and it was the inspiration he needed to take that first step towards healing.

"I called my friend Simon Ouellet and asked him if he still owned his Dodge Charger 1969 (like the General Lee in Dukes of Hazard). I wanted to create something, but I was not sure what it would be. We agreed to meet," he said.

Ouellet showed up with other friends who also owned vintage vehicles. They filmed and started editing and adding music to the videos, and this is how Moonshine Riders (the web series) was born.

They soon got in touch with David Leblanc, a drone specialist able to shoot scenes like you see in the movies Fast and Furious. The team was getting bigger and bigger.

"Leblanc asked me where I would like to film and I told him the Bromont airport would be fantastic. He got back to me saying that he had the OK for Bromont and that he knew a pilot Frank Fournelle who owned an acrobatic airplane," he said.

"I was excited to see things coming together so we called everyone. This



PHOTOS MICHEL SAVOY

Moonshine_Filming on University Boulevard

was just before the pandemic stopped everything. They all showed up, I guess the stars were aligned for that project. People were coming from Quebec, Three Rivers. They were all bringing friends willing to participate even though no one was getting paid," stressed Savoy.

Of course the web series ended up being inspired by the televised show The Dukes of Hazard. You have your typical police cars pursuing the allegedly bad guys including the making and trafficking of moonshine. There are some very daring and exciting scenes.

Every time they film they get permission from the city where they are, they work with the police as well. They get the permits they need so it is done safely and respecting the law.

Their lieutenant Doug is inspired by the character Boss Hog who is currently modifying a car to transform it into a

police car. It will be the exact replica of a police car.

Savoy stated this has been a great therapy for him. He found some peace in using his creativity to the maximum. "All these people coming together from everywhere, sharing the same passion, brings so much energy to the project." Furthermore, his younger son Benjamin is following in his footsteps and helps when it is time to edit. Savoy is grateful for this bonding time with his son.

Some guys have even been stopped by Provincial Police just to tell them that they follow the web series. The plan now is to be able to find sponsors and give 100 per cent of that money to different charities such as The Canadian Cancer Society or others.

Savoy will make it happen. One of the episodes was filmed on University Boulevard where the police had

blocked the road in order to let them do the filming.

Savoy said they have such great collaboration from the authorities (city, police) and it is like that everywhere they shoot a video (Stukely, Eastman, Magog, Sherbrooke). He is pretty thankful for that.

Of course, music plays a huge supporting role in the videos. Savoy turned to good friend, musician Christian Lemieux, who wrote the theme song (We're not afraid of cops). There has been a lot of collaboration with Lemieux but also with Pierre Cormier from the BB Boomer's Band. Cormier was willing to help and provided Savoy with a lot of vintage music.

There's also Ernest Lafond (Officer Bud) who bought his own police car.

CONT'D ON PAGE 5



Michel Savoy



Late Frank Wilcott

The Moonshine Riders

CONT'D FROM PAGE 5

"Since we all have jobs sometimes we are lacking time, but we have Pierre Audet who takes care of notifying everybody when there's a shooting and he synchronizes everything. In a future episode we will have our Daisy Duke. We looked for quite a while but now we found her," explained Savoy.

They filmed six episodes in 18 months because they can only do it during summer. Savoy who is very savvy provides scenes where we see a General Lee jumping in the air. Some of these cars are valued to \$100,000 but like Savoy said: No General Lee has been sacrificed yet. Trick cameras are great. According to Savoy it's like a jam. We all work together and the results are quite interesting. He is also delighted with the work of brothers Simon and Patrick Ouellet. Their chemistry is fantastic, according to Savoy.

They will release the 7th edition on Friday May 26, 2023. This is a very special episode. It is a tribute to the late François Wilcott (the moonshiner).

"This guy had very low self-esteem and it made him feel good to have a part in our web series. Everyone liked him. He was always in a good mood and made people laugh. He died earlier in the web series but I had enough stock shots to include him until the 5th one with his family's consent," explained Savoy.

Wilcott was a close friend of Nicolas Jeanson (Dredneck). The whole gang

was pretty shocked to lose him. They decided that this episode would be a tribute to their friend.

Even Sylvain Dubreuil, owner of one of the cars, came back from Florida to be part of this tribute. At the end of this episode, you can see 200 cars in a parade in memory of Wilcot. Needless to say it is very impressive.

Savoy also said that the first episode got 25,000 views, 20,000 followers on TikTok and 100,000 views all platforms included. He also has plans to have the web series translated in English although it's easy to know what is going on by just watching it.

Narrator Philippe Lacombe is a former radio host and now owner of school (Ca Clique) really does a fantastic job. Here's a non-exhaustive list of the people involved in the project. This will give you the idea of the scale of this project.

François Wilcott - (Wilcott) Moonshine Maker (RIP) (1978-2021)

Simon Ouellet (Jack Duke) Dodge Charger 1969

Sylvain Dubreuil (Whisky Duke) - Dodge Charger 1969

D-R Dubreuil (Matrix Duke) -Dodge Charger 1969

Dany Prévost (Dan Duke) Dodge Charger 1969 -Bumblebee

Éric Jeanson - (The Vicking)Chevrolet Camaro 1979

Vincent Longpré - (Vinnie) Dodge Charger 1966

Nicolas Jeanson (Drednek) Oldsmobile Delta 88 1967

Nicholas Dostie (Candy man) - Ford Mustang 1970

Patrick Ouellet (Lieutenant Dog) St-Hude's police

Ernest Lafond (Bud) St-Hude's police

Sébastien Grimard - (Cosco P. Coltrane) Actor- Policeman in the village of Hazzard

Max St-Onge Sheriff Contra Costa) - Crown Victoria 2011

Normand Breton (Uncle NESS) -Moonshine Maker

Pierre Deschambault (the collector), Harley Davidson FXCWC Rocker 2008

Pierre Audet (LE WÉZIN) Automobile maintenance

Christian Chenier - (Mike Night) K2000 (Knight Rider)

Daniel Parent - (Wilnott)Moonshine dealer

Frank Fournelle - (FRANK T-MZ) Acrobatic plane and actor

Martin Côté - (Cocotte) Nascar Pilot

Mathieu Lafond -(Blake) Moonshine dealer

Marcel Deschamps - (Angello) customer

Catherine Parent - (Maria) customer

Mélanie Lacroix - (MEL) Actress-Moonshine dealer

Véronique Stock - (RIF) Moonshine dealer

Myriam Bergeron - Dixie Duke Actress- the Duke's cousin

Joanie Bilodeau - Marguerite Duke



MICHEL SAVOY

Late Frank Wilcott

Actress

More people have expressed their desire to join the group. I invite you to check Michel Savoy's work on YouTube at lesmoonshineriders.com.

Savoy has always done impressive work since he was a teenager and it just got better.

Note:

By the way the Mark Shelton show left the Stanstead Legion with a nice profit of \$9,344. It was a great success. Another Brad Crawford and friends tour de force.

This coming Saturday Brent Sheldon will play a benefit dance at the Stanstead Legion for Rosie, who has been having severe heart issues. Please continue to be generous.

Your week on TV

WEEKDAY MORNING															
	Bell	Star	6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	
WCAX	3	-	Channel 3 News Morning		CBS Mornings				Rachael Ray		Sherri		The Price Is Right		
WPTZ	5	-	NBC5 News Today		Today				Live with Kelly and Mark		Today 3rd Hour		Today-Hoda / M Roland-Garros		
CBMT	6	206 301	Daybreak		Various	PAWPatrol/ (45) ..	Various	Rivets/ (45) Pa..	Various	Various	Various	True/M True	Various		
CHLT	7	107 718	Salut bonjour								Variées		Mario Dumont		
WMTW	8	-	MAINE'S TOTAL		Good Morning America				Live with Kelly and Mark		Tamron Hall		The View		
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Th	Variées	Variées	Variées	Variées	Variées	Variées	Variées		Au gré du vent		Ricardo	5 chefs dans			
CKMI	11	-	Global News Morning						The Morning Show		Property Brothers		Rachael Ray		
CFCF	12	205 312	CTV Your Morning		Morning	Morning	Morning	Morning	Live with Kelly and Mark		The Marilyn Denis Show		The View		
WVNY	22	-	ABC22 News this Morning at 6		Good Morning America				Barrymore	Barrymore	Various	JointFood/ Paid..	The View		
WUTV	30	-	Various	Various	The National Desk		The National Desk		Judge Mathis		The 700 Club		iCRIME	iCRIME	
CFKS	31	106 726	NoovoLe/ Ça c..	NoovoLe/ Ça c..	NoovoLe/ Sport.	Sports 30	Souper parfait	Survivor/ Ça c'e..	Ca c'est drôle!	Ca c'est drôle!	Cinémas				
WUHF	-	363	Good Day Rochester		Good Day Rochester		Good Day Rochester		Judge Mathis		Sherri		Karamo		
WETK	-	-	Classic-Stretch	BBC News	Molly of Denali	Alma's Way		Curious	Daniel Tiger	Rosie's Rules	Sesame Street	Work It	Donkey Hodie	Pinkalicious	
WCFE	-	-	F	Nature Cat	Xavier Riddle	Arthur	Odd Squad	Molly of Denali	Alma's Way	Wild Kratts	Curious	Daniel Tiger	Rosie's Rules	Sesame Street	Work It
			M	Nature Cat	Xavier Riddle	Arthur	Odd Squad	Molly of Denali	Alma's Way	Wild Kratts	Curious	Daniel Tiger	Rosie's Rules	Sesame Street	Work It
			T	Nature Cat	Xavier Riddle	Arthur	Odd Squad	Molly of Denali	Alma's Way	Wild Kratts	Curious	Daniel Tiger	Rosie's Rules	Sesame Street	Work It
			W	Nature Cat	Xavier Riddle	Arthur	Odd Squad	Molly of Denali	Alma's Way	Wild Kratts	Curious	Daniel Tiger	Rosie's Rules	Sesame Street	Work It
Th	Nature Cat	Xavier Riddle	Arthur	Odd Squad	Molly of Denali	Alma's Way	Wild Kratts	Curious	Daniel Tiger	Rosie's Rules	Sesame Street	Work It			
A&E	615	520	David Jeremiah	Joni: Tabl	Storage/Parking	Storage/Parking	Storage/Parking	Storage/Parking	Storage/Parking	Various	Storage/ First 48	F Tu Storage	Storage/ First 48	F Tu Storage	
CNN	500	500	CNN This Morning		CNN This Morning		CNN This Morning		CNN News Central		CNN News Central		CNN News Central		
DISC	520	505	F	Mayday	Highway Thru Hell	Highway Thru Hell	Highway Thru Hell	Highway Thru Hell	Bones		Bones		CSI: NY		
			M	Mayday	Highway Thru Hell	Highway Thru Hell	Highway Thru Hell	Highway Thru Hell	Bones		Bones		CSI: NY		
			T	Mayday	Highway Thru Hell	Highway Thru Hell	Highway Thru Hell	Highway Thru Hell	Bones		Bones		CSI: NY		
			W	Mayday	Highway Thru Hell	Highway Thru Hell	Highway Thru Hell	Highway Thru Hell	Bones		Bones		CSI: NY		
Th	Mayday	Highway Thru Hell	Highway Thru Hell	Highway Thru Hell	Highway Thru Hell	Bones		Bones		CSI: NY					
DRAMA	620	523	Movies			Flashpoint		Movies				Flashpoint			
HIST	522	506	F	History Erased		Rust Valley Restorers		Backroad Truckers		History Erased		Rust Valley Restorers		Border	Border
			M	Restoration Garage		Rust Valley Restorers		History Erased		Restoration Garage		Rust Valley Restorers		Border	Border
			T	Restoration Garage		Rust Valley Restorers		History Erased		Restoration Garage		Rust Valley Restorers		Border	Border
			W	Restoration Garage		Rust Valley Restorers		History Erased		Restoration Garage		Rust Valley Restorers		Border	Border
Th	Restoration Garage		Rust Valley Restorers		History Erased		Restoration Garage		Rust Valley Restorers		Border	Border			
PARMT	628	584	Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue / M Yellowstone		Bar Rescue / M Yellowstone		
RDI	126	730	(5:00) D'abord l'info					Le national		L'info maintenant					
SHOW	616	521	F	The Outer Limits		Lost Girl		Lost Girl		Lost Girl		Lost Girl		Lost Girl	
			M	The Outer Limits		Private Eyes		Private Eyes		Private Eyes		Private Eyes		Private Eyes	
			T	The Outer Limits		Rookie Blue		Rookie Blue		Rookie Blue		Rookie Blue		Rookie Blue	
			W	The Outer Limits		☿ "Cheer Squad Secrets" (20)		☿ "Rock, Paper, Scissors: The Way of the Tossor" (07)		☿ "Along Came a Nanny" (14)					
Th	The Outer Limits		Andromeda		Andromeda		Andromeda		Andromeda		Andromeda				
SLICE	601	562	ET Canada	Say Yes-Dress	Love It or List It		Various	Various	Various	Various	Income Property		Various	Various	
TLC	521	560	The Jennifer Hudson Show		Various	Tu Obsession		Various	Various	Various	W Extreme Co		Various	W Extreme Co	
TSN	400	400	(5:30) Sports	F SportsCentre		F SportsCentre		F SportsCentre		F SportsCentre		F SportsCentre		F SportsCentre	
YOUTH	551	542	Cloudy, Meat	Numb Chucks	Squirrel	SpongeBob	SpongeBob	Loud House	Various	(25) Squirrel/ (50.. (15) Nerds	(40) Chucks	(05) Best/ (05) Cl..	(35) SpongeBob		

Your week on TV

WEEKDAY AFTERNOON															
	Bell	Star	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30	
WCAX	3	-	Channel 3/ (15) T...	The Young and the Restless	Bold/Beautiful	The Talk	Let's Make a Deal	Channel 3 News at Four	Channel 3 News	News at 5:30p					
WPTZ	5	-	NBC5 News	Daily Blast Live	NBC News Daily	The Jennifer Hudson Show	Dr. Phil	The Kelly Clarkson Show	NBC5 News	NBC5 News					
CBMT	6	206	301	CBC News Network	Escape/M Absolutely Canadian	Coronation	Coronation/ Cre..	Being Erica	Frankie Drake Mysteries	Food Fight Club					
CHLT	7	107	718	(12:00) TVA nouvelles	Cinéma	(45) Tom/ (45) P..	Variées	Les feux de l'amour	Top modèles	TVA nouvelles					
WMTW	8	-	-	MAINE'S TOTAL	GMA3: What You Need to Know	General Hospital	The Jennifer Hudson Show	MAINE'S TOTAL	MAINE'S TOTAL	MAINE'S TOTAL					
CKSH	9	108	-	F	TJ (N)	Question	Bonsoir bonsoir!	Agatha Raisin (N)	On va se le dire	Silence					
				M	TJ (N)	Coeur DPJ	Culturama	**** "Le journal de Bridget Jones" ('01)	On va se le dire	Silence					
				T	TJ (N)	Question	Bonsoir bonsoir!	* "Le brio" ('17) (P)	On va se le dire	Silence					
				W	TJ (N)	Question	Bonsoir bonsoir!	**** "Les innocentes" ('16)	On va se le dire	Silence					
Th	TJ (N)	Question	Bonsoir bonsoir!	**** "Maman" ('96)	On va se le dire	Silence									
CKMI	11	-	-	Global	ET Canada	Karamo	The Talk	Barrymore	Barrymore	Carnival Eats	The Young and the Restless	Global			
CFCF	12	205	312	CTV News Montreal	The Social	Dr. Phil	Bob Heart	Young Sheldon	Big Bang	Big Bang	CTV News Montreal at 5				
WVNY	22	-	-	Hot Bench	Hot Bench	GMA3: What You Need to Know	General Hospital	The People's Court	Judge Judy	Judge Judy	Judge Judy	Judge Judy			
WUTV	30	-	-	The Steve Wilkos Show	Maury	Judge Mathis	Maury	The People's Court	Family Feud	Family Feud	You Bet	Family Feud			
CFKS	31	106	726	Chicago Med	Les passages de l'espoir	Cinéma			Les Simpson	Les Simpson	Noovo Le Fil 17				
WUHF	-	363	-	The Steve Wilkos Show	Maury	TrueCrime/ Pa..	Divorce Court	Hot Bench	Hot Bench	Judge Judy	Judge Judy	The People's Court			
WETK	-	-	-	Elinor	Nature Cat	Elementary	Xavier Riddle	Odd Squad	Various	Various	Various	W Trolley	America		
WCFE	-	-	-	F	Let's Learn	Meadowmount	Music & Might	Wild Scandinavia	NOVA	Hacking Your Mind					
				M	Let's Learn	Tuskegee Air	Misty Exper	Antiques Roadshow	This Old House	Old House	New York Now	Mountain Lake			
				T	Let's Learn	American	American	Wild Scandinavia	Asian Americans	Asian Americans	Armed With Language				
				W	Let's Learn	NOVA	Secrets of the Dead	Finding Your Roots	Lidia Celebrates America (SP)	Celebrity Antiques Road Trip					
Th	Let's Learn	Lucy Worsley-Royal	Lucy Worsley-Royal	Death in Paradise	Midsomer Murders	Midsomer Murders									
A&E	615	520	-	Various	Tu Storage	First 48/ Storage	Tu Storage	Various	RoadWars/ I Su..	Various	Neighbor./ Cou..	Various	Neighbor./ Cou..		
CNN	500	500	-	Inside Politics With John King	CNN News Central	CNN News Central	CNN News Central	CNN News Central	The Lead With Jake Tapper	The Lead With Jake Tapper					
DISC	520	505	-	F	CSI: Miami	Bones	Bones	CSI: NY	CSI: NY	Highway Thru Hell					
				M	CSI: NY	Bones	Bones	CSI: NY	CSI: NY	Highway Thru Hell					
				T	CSI: NY	Bones	Bones	CSI: NY	CSI: NY	Highway Thru Hell					
				W	CSI: NY	Bones	Bones	CSI: NY	CSI: NY	Highway Thru Hell					
Th	CSI: NY	Bones	Bones	CSI: NY	CSI: NY	Highway Thru Hell									
DRAMA	620	523	-	Movies	Flashpoint	Various	Various	Various	Various						
HIST	522	506	-	F	NCIS: Los Angeles	Ancient Aliens	The UnXplained	Ancient Aliens	NCIS: Los Angeles						
				M	NCIS: Los Angeles	Rust Valley Restorers	Restoration Garage	History's Greatest Mysteries	History's Greatest Mysteries	NCIS: Los Angeles					
				T	NCIS: Los Angeles	Rust Valley Restorers	Restoration Garage	The Food That Built America	The Food That Built America	NCIS: Los Angeles					
				W	NCIS: Los Angeles	Rust Valley Restorers	Restoration Garage	Lost Car Rescue	Salvage Kings	NCIS: Los Angeles					
Th	NCIS: Los Angeles	Rust Valley Restorers	Restoration Garage	Alone: Frozen	Alone: Frozen	Alone: Frozen									
PARMT	628	584	-	Bar Rescue / M Yellowstone	Bar Rescue / M Yellowstone	Bar Rescue / M Yellowstone	Bar Rescue / M Yellowstone	Bar Rescue / M Yellowstone	Bar Rescue / M Yellowstone	Th Auction	Various	Th Auction			
RDI	126	730	-	TJ	V La parole/Mordus de politique	V L'info	L'info maintenant	Isabelle Richer	(55) En direct avec Patrice Roy						
SHOW	616	521	-	F	Lost Girl	Lost Girl	NCIS	NCIS	NCIS	NCIS					
				M	Private Eyes	Private Eyes	Private Eyes	Magnum P.I.	Magnum P.I.	Magnum P.I.					
				T	Rookie Blue	Rookie Blue	Rookie Blue	NCIS	NCIS	NCIS					
				W	(11:00) * "Along Came a Nanny"	* "Framed by My Husband" ('21)		FBI	FBI	FBI					
Th	Andromeda	Andromeda	Andromeda	FBI: Most Wanted	FBI: Most Wanted	FBI: Most Wanted									
SLICE	601	562	-	Various	Various	F Love It/Big Brother Canada	Buying and Selling	King	King	Various	Various	Various	Various		
TLC	521	560	-	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various		
TSN	400	400	-	(11:30) Sports	F SportsCentre	F Top Raptors /	F (50) 2023 FIFA U-20 World Cup	SC/ NBA Today	M NBA Today	Various	Various	Around	Pardon		
YOUTH	551	542	-	Loud House	Various	Numb Chucks	(25) Sidekick/ (5..	(15) Go Away Un	(35) Bakugan/ (4..	Various	Casagran	SpongeBob	SpongeBob	Loud House	Loud House

FRIDAY EVENING													MAY 26, 2023		
	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX	3	-	-	Channel 3 News at Six (N)	CBS Evening News (N)	Entertainment Tonight (N)	**** "Star Trek Into Darkness" ('13) Zachary Quinto, Karl Urban, Chris Pine. Capt. James Kirk hunts a one-man weapon of mass destruction. (P)	Channel 3 News	(35) The Late Show With Stephen Colbert						
WPTZ	5	-	-	NBC5 News at 6 (N)	NBC Nightly News (N)	Jeopardy! (N)	Wheel of Fortune (N)	That's My Jam	Dateline NBC (N)	NBC5 News at 11 (N)	(35) The Tonight Show Starring Jimmy Fallon				
CBMT	6	206	301	CBC Montreal News (N)	Rick Mercer Report	To Be Announced	NHL Hockey Eastern Conference Final, Game 5: Teams TBA (N) (Live)	The National (N)	CBC Arts: Exhibitionists	Coronation Street					
CHLT	7	107	718	TVA nouvelles (N)	Sucré salé (N)	Chicago Fire: caserne 51 "Qu'est-ce qu'on fera ensuite"	**** "Le flic de Beverly Hills 3" ('94) Judge Reinhold, Héctor Elizondo, Eddie Murphy.	TVA nouvelles (N)	(35) Sucré salé	(05) Du talent à revendre (N)	(05) **** "L'oubli" ('13)				
WMTW	8	-	-	MAINE'S TOTAL (N)	ABC World News (N)	Wheel of Fortune (N)	Jeopardy! (N)	Soul of a Nation Special (N)	20/20	MAINE'S TOTAL (N)	(35) J. Kimmel "Jason Bateman; Ali Wong; Stray Kids"				
CKSH	9	108	-	Le téléjournal Estrie (N)	Zone économie (N)	Au suivant	* "Mon année Salinger" ('20) Sigourney Weaver, Douglas Booth, Margaret Qualley. (P)	Le téléjournal (N)	Sports (N)/(05) TJ/Estrie	(35) * "Nulle trace" ('21) Monique Gosselin. (P)					
CKMI	11	-	-	Global National (N)	Global News at 6:30 (N)	ET Canada (N)	Entertainment Tonight (N)	**** "Star Trek Into Darkness" ('13) Zachary Quinto, Karl Urban, Chris Pine. Capt. James Kirk hunts a one-man weapon of mass destruction. (P)	Global News at 11 (N)	(35) The Late Show With Stephen Colbert					
CFCF	12	205	312	CTV News Montreal (N) (Live)	etalk (N)	The Big Bang Theory	Shark Tank	Cross Country Cake Off (N)	East New York "Pilot"	CTV National News (N)	CTV News Montreal (N)	(05) The Big Bang Theory			
WVNY	22	-	-	ABC22 News at 6 (N)	ABC World News (N)	ABC22 News at 7 (N)	Inside Edition (N)	Soul of a Nation Special (N)	20/20	ABC22 News at 11 (N)	(35) J. Kimmel "Jason Bateman; Ali Wong; Stray Kids"				
WUTV	30	-	-	The Big Bang Theory	Judge Judy	Judge Judy	Family Feud	WWE Friday Night SmackDown (N)	The National Desk	The National Desk	Seinfeld	Two and a Half Men	Two and a Half Men		
CFKS	31	106	726	Souper parfait	Ça c'est drôle!	MacLeod à volonté (N)	Sur ta rue (N)	Les justiciers	Chicago Police "L'enlèvement" (N)	Noovo Le Fil 22 (N)	MacLeod à volonté	* "Force armée" ('16) Jade Ewen, Steven Seagal.	The Simpsons	Prostate Health	
WUHF	-	363	-	Modern Family	Young Sheldon	The Big Bang Theory	The Big Bang Theory	WWE Friday Night SmackDown (N)	13WHAM News at 10 on Fox Rochester (N) (Live)	iCRIME - Vargas (N)	The Simpson	Prostate Health			
WETK	-	-	-	PBS NewsHour (N)	BBC News Today	BBC News Today	Vermont This Week (N)	Washington Week (N)	Country Pop Legends (My Music)	Rick Steves	Amanpour and Company (N)	BBC News			
WCFE	-	-	-	BBC News America	BBC News Today	PBS NewsHour (N)	Mountain Lake Journal	New York Now	Great Performances "Anything Goes"	Amanpour and Company (N)					
A&E	615	520	-	The First 48 "Insider; Pointless"	The First 48 "Cold Betrayal"	The First 48 "A Beautiful Life" (N)	The First 48 "Devil's Trail"	The First 48 "Gangland"	(05) The First 48 "Out of the Darkness"	(05) The First 48					
CNN	500	500	-	Situation Room (N) (Live)	E. B. OutFront (N) (Live)	Cooper 360 (N) (Live)	The Whole Story with (N)	CNN Tonight (N) (Live)	Anderson Cooper 360	Whole					
DISC	520	505	-	Highway Thru Hell "Back in the Saddle"	Mayday "Vertigo"	Street Outlaws: Locals Only "Murder in New England"	Street Outlaws: Locals Only "Ground Chuck"	Maritime Masters "Dishing Up Dreams" (N)	Homestead "Home Sweet Homestead: Future of the Forty"	Homestead Rescue					
DRAMA	620	523	-	Chicago P.D. "Anthem"	Chicago P.D. "Sisterhood"	Chicago P.D. "Profiles"	Chicago P.D. "Breaking Point"	Chicago P.D. "Confidential"	Chicago P.D. "Captivity"	Chicago P.D.					
HIST	522	506	-	Ancient Aliens "Recovering the Ark of the Covenant"	The UnXplained "Mysterious Ancient Ruins"	The UnXplained "The Bermuda Triangle and Beyond"	The UnXplained "Secrets of the Founding Fathers"	Ancient Aliens "The Crop Circle Code"	Ancient Aliens "Journey to Immortality"	Ancient Aliens					
PARMT	628	584	-	Yellowstone "Kill the Messenger"	Yellowstone "No Good Horses"	Yellowstone "The Long Black Train"	Yellowstone "Coming Home"	(05) Yellowstone "The Remembering"	(05) Yellowstone "A Monster Is Among Us"	(05) Yellowstone					
RDI	126	730	-	(55) Zone économie (N)	24/60 (N)	G. reportages "Les attaques terroristes de Copenhague"	Le téléjournal avec Céline Galipeau (N)	Le téléjournal (N)	Le national (N)	Le national (N)	24/60				
SHOW	616	521	-	NCIS "Once Upon a Tim"	NCIS "Crossing the Line"	FBI "Kayla"	**** "Ocean's Eleven" ('01) Matt Damon, Andy Garcia, George Clooney.	**** "Ocean's Eleven" ('01) Matt Damon, Andy Garcia, George Clooney.							
SLICE	601	562	-	The King of Queens	The King of Queens	The Real Housewives of Miami "Apology Not Accepted"	Top Chef "Goodbye, London!" (N)	The Real "Betrayal at the Palace" (N)	Married at First Sight "Whiskey a No-No" (N)	The King of Queens	Top Chef				
TLC	521	560	-	Hillsong: The Newest Revelations	Match Me Abroad "Matchmaker, Matchmaker"	90 Day Fiancé: The Other Way (N)	More to Love: Tell All Part 2"	90 Day: Other (N)	Match Me Abroad "Make Me a Match"	90 Day: Other	90 Day: Other				
TSN	400	400	-	(4:50) U-20 World Cup New Zealand vs. Argentina (N) (Live)	That's Hockey! (N)	ISC (N)	2023 WHL Road to Nas	Memorial Cup Pregame (N)	2023 Memorial Cup Hockey TBA at Kamloops Blazers (N) (Live)	SportsCentre (N) (Live)					
YOUTH	551	542	-	SpongeBob	Popularity	**** "The SpongeBob Movie: Sponge Out of Water" ('15)	Loud House	Danger Force	Star Falls	The Next Step	Degrassi	Degrassi	Danger Force		

Your week on TV

SATURDAY DAYTIME MAY 27, 2023

	Bell	Star	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30		
WCAX	3	-	CBS Saturday Morning (N)				Lucky Dog	Innovation Nation (N)	Mission (N)	Hope in the Wild (N)	Paid Program	Organic	WNBA Basketball Connecticut Sun at New York Liberty (N) (Live)	PGA Tour Golf						
WPTZ	5	-	(7:00) Today (N)	News-Kids Edition (N)	Teen Kids News (N)	Ocean Mysteries	Earth Odyssey	Wild Child (N)	Play It (N)	One Team-Sports	Earth Odyssey	The Voyager	Transform	2023 Senior PGA Championship Third Round (N) (Live)						
CBMT	6	206 301	Kingdom/ Mittens	Rivets/(45) Paddington (N)	DinoRanch	PJMasks/ Kingdom	Super (N)/ Rivets	(:35) True	Molly/(15) Addison	Dot/ Ollie/ Love M	Our Montreal (N)	Absolutely Canadian	Things "Body Language Decoded"	CBC Docs POV		Rock's Spaceman				
CHLT	7	107 718	(6:00) Salut bonjour week-end (N)				Bien	Arrive en campagne	Trois fois par	Le guide de l'auto (N)	Nouvelles (N)	180 (N)	Infopublicité	En tout cas	*** "Sortilège" (11) Vanessa Hudgens, Alex Pettyfer.		Cinéma			
WMTW	8	-	Good Morning America (N)		Good Morning America (N)		Wildlife Nation	oh baby! (N)	Hearts of Heroes	Vets-Pets	Paid Program	Retire Now TV	Paid Program	Paid Program	Paid Program	Paid Program	College Softball			
CKSH	9	108	L'agent/ Le village	Monde (N)	Famille (N)	Les derniers	Science/(15) Le pire du	L'effet/(40) L'effet	Ricardo	5 chefs dans	TJ (N)	Pas une de plus (N)	Hors de contrôle (N)	Crimes parfaits "Pour l'éternité"	Les enquêtes de Foyle "L'école du meurtre"					
CKMI	11	-	Fish'n Canada	Instill the Catch	Paid Program	Fishful Thinking	Island of Bryan for Business	Open	Paid Program	Paid Program	Save My Reno	Entertainment Tonight (N)	* "Fit for a Prince" (21) Jonathan Keltz, Melinda Michael, Natalie Hall.		Rock Solid Builds (N)					
CFCF	12	205 312	CTV Your Morning Weekend (N)		Corner Gas	Paid Program	Paid Program	How It's Made	Written Canada (N)	Moneytalk (N)	Mary Ma. (N)	The Guild Garage (N)	**** "13 Going on 30" (04) Mark Ruffalo, Judy Greer, Jennifer Garner.		Corner Gas	Corner Gas				
WVNY	22	-	Good Morning America (N)		Good Morning America (N)		Paid Program	Paid Program	Relief	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	College Softball			
WUTV	30	-	House Call TV: New Hope For Aging Joints		Best Mattress I've Ever Had!		Paid Program	True Crime 2023	Paid Program	Never Fear	The National Desk	Bathroom Too Much?	Organic	Ideal Prostate	WalkFit!	Raw Travel	Big Bang			
CFKS	31	106 726	Ma petite vie (N)	Trois fois plus (N)	Les jeux fous d'Ellen		RPM "Acura Integra Elite A-Spec 2023"	Integra Elite	RPM plus		Infopublicité	Infopublicité	La famille est	Couples à bouffe	*** "Méchant menteur" (02) Paul Giamatti, Amanda Bynes, Frankie Muniz.					
WUHF	-	363	Xploration Space	Awesome Planet	Pets	Xploration DIY Sci	Paid Program	True Crime 2023	Paid Program	Never Fear	The National Desk (N) (Live)	Outdoorsman (N)	Go Nitro	Spotlight on America (Live)	The National Desk (N) (Live)	Hire Me, Rochester				
WETK	-	-	(7:00) Bacharach	Rick Steves	Outdoor Journal	MotorWeek (N)	To Dine For	Greener World	Mediterranean	TasteMAKE ASK	Test Kitchen	Cook's Country	Craftsman	This Old House	Antiques Roadshow "Spokane Hour 2"	Fascism in Europe				
WCFE	-	-	Wild Kratts	Curious George	Work It Out Wombats!	Daniel Tiger	Weekends	Greener World	This Old House	Ask This Old House	Milk Street	Sara's	Mexican	Moveable Feast	My Greek Table	Cook's Country	Test Kitchen	Lidia's Kitchen		
A&E	615	520	Zombie House Flipping "Bumby"		Zombie House Flipping "Hourglass"		Zombie House Flipping "Tampa: Temple Hill"		Zombie House Flipping "The Animal House"		Zombie House Flipping "The School House"		Neighborhood Wars	Neighborhood Wars	Neighborhood Wars	Neighborhood Wars	Road Wars	Road Wars		
CNN	500	500	CNN This Morning (N)		Smerconish (N) (Live)		CNN Newsroom (N)		CNN Newsroom (N)		CNN Newsroom (N)		CNN Newsroom (N)		CNN Newsroom (N)		Smerconish			
DISC	520	505	Mayday "Fanning the Flames"		Mayday "Dead Weight"		Mayday "Southern Storm"		Mayday "Air India: Explosive Evidence"		Mayday "Mixed Signals"		Mayday "Fatal Distraction"		Mayday "Phantom Strike"		CSI: NY "And Here's to You, Mrs. Azrael"			
DRAMA	620	523	Fear Thy Neighbor "Sin City Shootout"		Bones "The Doom in the Gloom"		Bones "The Blood From the Stones"		Bones "The Maiden in the Mushrooms"		Bones "The Party in the Pants"		Bones "The Pathos in the Pathogens"		Bones "The Secret in the Siege"		Bones "The Secrets in the Proposal"			
HIST	522	506	Border Security	Border Security	Big Timber "The Gambler"		Rust Valley Restorers "The Naked Truth"		American Pickers "The Sport of Picking"		Pawn Stars "Sports Collectibles"		Forged "Championship Short Swords"		Dirty Old Cars		Dirty Old Cars		Car Rescue "Student Becomes Master"	
PARMT	628	584	Bar Rescue "Pie Hard"		Yellowstone "A Thundering"		Yellowstone "New Beginnings" (05)		Yellowstone "The Reek of Desperation" (10)		Yellowstone "Only Devils Left" (10)		Yellowstone "Touching Your Enemy" (20)		Yellowstone "Blood the Boy" (25)		Yellowstone			
RDI	126	730	(6:00) D'abord l'info (N)				L'info (N)	L'info maintenant	L'info (N)	L'info maintenant	TJ (N)	TJ	Le national hebdo (N)	L'info (N)	L'info (N)	L'info maintenant	L'info (N)	L'info maintenant		
SHOW	616	521	(7:00) * "Death of a Cheerleader" (19)		* "Daddy's Perfect Little Girl" (21) Matt Wells, Tracy Shreve, Hattie Kragten.				**** "Ocean's Thirteen" (07) Brad Pitt, Matt Damon, George Clooney.				**** "Ocean's Eleven" (01) Matt Damon, Andy Garcia, George Clooney.							
SLICE	601	562	The HEAT	The HEAT	The HEAT	Income Property	Jillian and Justin "Coming Home"	**** "Won't You Be My Neighbor?" (18)				**** "13 Going on 30" (04) Mark Ruffalo, Judy Greer, Jennifer Garner.				* "What a Girl Wants" (03) Amanda Bynes.				
TLC	521	560	Gypsy Wedding "Don't Mess With the Nest"		My Big Fat American Gypsy Wedding		Gypsy "Nukkie and Pookie (Finally) Say I Do"		Crack Addicts "A Tough Nut, the Case, Wise"		Dr. Pimple "Bubble, Bubble, Ear's in Trouble!"		Dr. Pimple "A Head of Cauliflower Bumps"		Dr. Pimple Popper "The Never-Ending Keloids"		You, Me & My Ex			
TSN	400	400	(7:00) 2023 IIHF World Championship Semifinal: Teams TBA (N) (Live)		SportsCentre		SportsCentre		2023 IIHF World Championship Semifinal: Teams TBA (N) (Live)				Top 40 Wild (N) (Live)		(15:00) 2023 FIFA U-20 World Cup Brazil vs. Nigeria					
YOUTH	551	542	SpongeBob	SpongeBob	Patrick Star	Loud House	SpongeBob Croods	Dragons	Kamp Koral	* "The SpongeBob Movie: Sponge Out of Water"				Monster	Best	Squirrel	Patrick Star			

SATURDAY EVENING MAY 27, 2023

	Bell	Star	4 PM	4:30	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	
WCAX	3	-	(3:00) PGA Tour Golf Charles Schwab Challenge, Third Round (N) (Live)				Channel 3 News (N)	CBS News (N)	Entertainment Tonight (N)	CSI: Vegas		Blue Bloods "First Blush"	48 Hours		Channel 3 News (N)	The Song	Opry (N)			
WPTZ	5	-	(1:30) Senior PGA (N) (Live)		Track and Field USATF LA Grand Prix (N) (Live)		NBC5 News (N)	NBC News (N)	Jeopardy!	Wheel of Fortune	Byron Allen Presents: The Comedy and Music Superfest		Password "Martin Short & Jimmy Fallon"		NBC5 News (N)	Saturday Night Live				
CBMT	6	206 301	To Be Announced				News (N)	TBA	TBA	Hockey Night (N)	NHL Hockey TBA at Vegas Golden Knights From T-Mobile Arena in Las Vegas. (N) (Live)		To Be Announced		Just for Laughs					
CHLT	7	107 718	(3:45) *** "La note parfaite 2" (15) Rebel Wilson, Hailee Steinfeld, Anna Kendrick.				Nouvelles (N)	*** "Mécaniques fatales" (18) Robert Sheehan, Hugo Weaving, Hera Hilmar. (P)				*** "John Wick: chapitre 3 Parabellum" (19) Halle Berry, Ian McShane, Keanu Reeves.				(:35) Nouvelles	Cinéma			
WMTW	8	-	(3:00) College Softball		MyDestina	Commitment 2024	MAINE'S TOTAL (N)	World News (N)	Wheel of Fortune	Jeopardy!	NHL Hockey TBA at Vegas Golden Knights From T-Mobile Arena in Las Vegas. (N) (Live)		MAINE'S TOTAL (N)		The Good Doctor "Disaster"					
CKSH	9	108	(3:00) Les enquêtes "L'école du meurtre"		La semaine verte (N)		TJ Estrie (N)	Un gars, une fille	Les enfants de la télé		Pour importer "René Richard Cyr" (N)		Dans les eaux du Grand Nord (N)		Le TJ (N)	Doc humanité "50/50: le documentaire"	*** "L'exception à la règle" (16)			
CKMI	11	-	(3:30) Rock Solid (N)		Property Brothers "Paola and Michelle"		Carnival Eats	Global (N)	Global (N)	The New Reality (N)	Border Security	* "The Love Club: Nicole" (23) Marcus Rosner, Chantel Riley, Brittany Bristow. (P)		Departure "Runaway"		Global (N)	Saturday Night Live			
CFCF	12	205 312	Seinfeld	Seinfeld	Big Bang		CTV News Montreal (N) (Live)	W5 "Narco Avocados"	* "Martha's Vineyard Mysteries: Poisoned in Paradise" (21) Sarah Lind, Jesse Metcalfe.		Heavy Rescue: 401 "Big, Mean and Heavy"		News (N)		CTV News (05) Big Bang					
WVNY	22	-	(3:00) College Softball		TBA	Paid Program	World News (N)	ABC22 News (N)	Extra (N)	NHL Hockey TBA at Vegas Golden Knights From T-Mobile Arena in Las Vegas. (N) (Live)		ABC22 News (N)		Weather Gone Viral "River of Rain"						
WUTV	30	-	USFL Football Birmingham Stallions vs. New Orleans Breakers From Protective Stadium in Birmingham, Ala. (N) (Live)				MLB Baseball Boston Red Sox at Arizona Diamondbacks From Chase Field in Phoenix. (N) (Live)				The National Desk		Special Forces "Test of Character"							
CFKS	31	106 726	(55) **** "Argo" (12) Bryan Cranston, Alan Arkin, Ben Affleck.				**** "Signes" (02) Joaquin Phoenix, Cherry Jones, Mel Gibson. (P)				(45) *** "Mission: Los Angeles" (11) Michelle Rodriguez, Ramon Rodriguez, Aaron Eckhart. (P)				(15) * "Regression" (15) Emma Watson, Ethan Hawke.					
WUHF	-	363	USFL Football Birmingham Stallions vs. New Orleans Breakers From Protective Stadium in Birmingham, Ala. (N) (Live)				MLB Baseball Boston Red Sox at Arizona Diamondbacks From Chase Field in Phoenix. (N) (Live)				News at 10		Big Bang		Special Forces "Test of Character"		National			
WETK	-	-	(3:30) Rick Steves Fascism in Europe		Festive Europe	Weekend (N)	As Time Goes By	Keep-Appear	Still Open All Hours	Upstart Crow	Sister Boniface "Lights, Camera, Murder!"		Death in Paradise		The Seaside Hotel "New Plans"		Austin City Limits "Brittany Howard"		Front Row Boston	
WCFE	-	-	(3:30) Antiques Roadshow "Spokane Hour 2"		Wild Rivers	Samantha "St. Augustine, Florida"	Weekend (N)	Mountain Lake	New York Now	Midsomer "Death in Disguise: Part 1"	Midsomer "Death in Disguise: Part 2"		Silent Witness "Fraternity: Part 2"		Austin City Limits "Brittany Howard"		My Music With			
A&E	615	520	The First 48 "Kiss of Death"		The First 48		The First 48 "Last Stop: Paradise; Bad Blood"		The First 48 "Into Thin Air: Love and Lies"		The First 48 "House of Cards"		The First 48 "Fatal Mistake"		The First 48 "Buried Secrets"		(05) The First 48 "A Bad Run-In; Inferno"		(05) The First 48	
CNN	500	500	CNN Newsroom (N)		CNN Newsroom (N)		CNN Newsroom (N)		CNN Newsroom (N)		Heaven's Gate		Heaven's Gate		Heaven's Gate		Heaven's "The Exit"		How It	
DISC	520	505	CSI: NY "Sweet 16"		CSI: NY "Raising Shane"		CSI: NY "Silent Night"		CSI: NY "Obsession"		CSI: NY "And Here's to You, Mrs. Azrael"		CSI: NY "Sweet 16"		CSI: NY "Raising Shane"		CSI: NY "Silent Night"		CSI: NY	
DRAMA	620	523	Bones "The Doom in the Gloom"		Bones "The Blood From the Stones"		Bones "The Maiden in the Mushrooms"		Bones "The Party in the Pants"		Bones "The Pathos in the Pathogens"		Bones "The Secret in the Siege"		Bones "The Secrets in the Proposal"		Bones "The Doom in the Gloom"		Bones	
HIST	522	506	Pawn Stars "Fender Vendor"		American Pickers "Pool Hall Picking"		Dirty Old Cars		Dirty Old Cars		NCIS: Los Angeles "Defectors"		NCIS: Los Angeles "Internal Affairs"		S.W.A.T. "Fences"		S.W.A.T. "Ghosts"		S.W.A.T. "Crews"	
PARMT	628	584	(3:30) Yellowst. Yellowst.	(:35) Yellowstone "Behind Us Only Grey"	(:45) Yellowstone "Enemies by Monday"	(:50) Yellowstone "Sins of the Father"	(:55) Yellowstone "You're the Indian Now"	(:55) Yellowstone "Freight Trains and Monsters"	Yellowstone "An Acceptable Surrender"		Yellowstone "Going Back to Cali"		(05) Auction							
RDI	126	730	L'info (N)	L'info	TJ (N)	L'épicerie (N)	TJ (N)	Découverte	National (N)	G. reportages "Le deuil en héritage" (N)	Le TJ (N)	Pas une de plus	TJ (N)	National (N)	National (N)	Journal (N)	Le téléjournal			
SHOW	616	521	**** "Ocean's Twelve" (04) Brad Pitt, Matt Damon, George Clooney.				**** "Ocean's Thirteen" (07) Brad Pitt, Matt Damon, George Clooney.				**** "Lucy" (14) Morgan Freeman, Choi Min-sik, Scarlett Johansson.				**** "Atomic Blonde" (17) James McAvoy, Charlize Theron.					
SLICE	601	562	(3:00) * "What a Girl Wants" (03)		**** "Won't You Be My Neighbor?" (18)				**** "13 Going on 30" (04) Mark Ruffalo, Judy Greer, Jennifer Garner.				*** "American Wedding" (03) Alyson Hannigan, January Jones, Jason Biggs.				* "What a Girl Wants" (03) Colin Firth, Amanda Bynes.			
TLC	521	560	You, Me & My Ex		You, Me & "An Excursion Gone Wrong"		Match Me Abroad		Match Me Abroad "Make Me a Match"		90 Day Fiancé (N)		90 Day Fiancé (N)		90 Day Fiancé (N)		90 Day Fiancé			
TSN	400	400	E60 (N)	SC	SC	Memorial C (N)	2023 Memorial Cup Hockey Teams TBA (N) (Live)				MLS Soccer Vancouver Whitecaps FC at St. Louis City SC (N) (Live)		SportsCentre (N) (Live)		SC	SC				
YOUTH	551	542	SpongeBob	SpongeBob	SpongeBob	SpongeBob	* "The SpongeBob Movie: Sponge Out of ..."				**** "The LEGO Movie" (14)				Popularity	Degrassi	Degrassi	Danger		

Your week on TV

SUNDAY DAYTIME			MAY 28, 2023															
Bell	Star	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	
WCAX	3	-	-	Channel 3 News Sunday Morning (N)	CBS News Sunday Morning (N)	Face the Nation (N)	You Can Quote Me	Paid Program	H2O X5	The 2023 World's Strongest Man (N)	Course Record (N)	One Shot Away (N)	PGA Tour Golf					
WPTZ	5	-	-	Vermont City Marathon 2023 (N)			NBC 5 In Depth	Soledad O'Brien (N)	IndyCar Series Pre-Race (N) (Live)	2023 Indianapolis 500 (N) (Live)								
CBMT	6	206	301	Coronation Street	Coronation Street	Coronation Street	Coronation Street	Coronation Street	Rosemary Barton Live (N) (Live)	Our Montreal			Maamuitaa	Exhibitions	Track and Field Diamond League: Rabat (N)			
CHLT	7	107	718	(6:00) Salut bonjour week-end (N)			*** "Le prince et moi" (04) Luke Mably, Ben Miller, Julia Stiles.		Nouvelles (N)	Victoire-amour (N)	* "Rufus et le royaume d'Alyne" (20) Christy Tate, Tyler Charles Beck. (P)			* "Le chemin du retour" (08) Peter Coyote.				
WMTW	8	-	-	(7:30) Formula 1 Racing Monaco Grand Prix From Circuit de Monaco in Monaco. (N) (Live)				Soledad O'Brien (N)	TOTAL MAINE	Teen Kids News (N)	Free Enterprise	Hearts of Heroes	Entertainers: With Byron Allen (N)	Paid Program	Paid Program	Paid Program	Formula 1 Racing	
CKSH	9	108	-	(05) Paf/ (15) Le village	Makinium (N)	Sous les mers (N)	Marika/ (45) Par ici	Le jour du Seigneur (N)	Les coulisses du pouvoir (N)	TJ (N)	La semaine verte	L'épicerie	Les quatre (N)	Les saveur (N)	Inspecteur Lewis "Le dernier voyage"			
CKMI	11	-	-	Paid Program	Paid Program	Paid Program	Paid Program	Joel Osteen	Paid Program	The West Block (N)	The New Reality	Buying and Selling "Fran & Rocky"	Rust Valley Restorers "Go Big or Go Home"	Masters of Flip "Think Pink"	Big Food Bucket List	Big Food Bucket List		
CFCF	12	205	312	etalk	The Social (N)	Cash Cab	Paid Program	Paid Program	Church (N)	Question Period (N)	W5 "Narco Avocados"	*** "The Witches" (20) Octavia Spencer, Stanley Tucci, Anne Hathaway.		Corner Gas				
WVNY	22	-	-	(7:30) Formula 1 Racing Monaco Grand Prix From Circuit de Monaco in Monaco. (N) (Live)				Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Formula 1 Racing
WUTV	30	-	-	The Ernest Angley Hour		FOX News Sunday (N)	Sharyl Attkisson	The Key of David	Bathroom Too Much? (N)	Paid Program	The National Desk		Big Bang	Big Bang	Two and a Half Men	Two and a Half Men	MLS Soccer	
CFKS	31	106	726	(7:30) Qui sait	Un safari près	Route en dérouté (N)	Bienvenue (N)	RPM "Mazda CX-50 Turbo 2023"	RPM plus (N)	Infopublicité	Infopublicité	Survivor Québec		*** "Les Pierrafeu" (94) Elizabeth Perkins, Rick Moranis, John Goodman.				
WUHF	-	-	363	Science Now	Ministries (N)	FOX News Sunday (N)	Sharyl Attkisson	Rochester Press Box	Go Nitro	Outdoorsman (N)	The National Desk (N)	Rochester Press Box	Outdoorsman (N)	Spotlight on America	Hire Me, Rochester	MLS Soccer		
WETK	-	-	-	Wild Kratts	Curious George	Work It Out Wombats!	Daniel Tiger	Sesame Street	Rosie's Rules	Weekends	Vermont This Week	Made Here	Profile	Great Performances "Anything Goes" (20) Country Pop Legends (My Music)				
WCFE	-	-	-	Arthur	Wild Kratts	Washington in Week	Getting Dot Older	Mountain Lake	New York Now	Samantha	Outside: Beyond	NOVA "Your Brain: Who's in Control?"	Pearl Harbor -- Into the Arizona	Elvis and the USS Arizona	Endeavour on Masterpiece "Terminus"			
A&E	615	520	-	Lakefront Luxury	Lakefront Luxury	Lakefront Luxury	Lakefront Luxury	Zombie House Flipping "Orlando: Church"	Zombie House Flipping "Dallas: Melrose"	Zombie House Flipping "Killian"	Road Wars	*** "The Legend of Tarzan" (16) Christoph Waltz, Samuel L. Jackson, Alexander Skarsgård.						
CNN	500	500	-	CNN This Morning (N)	State of Union (N)	Fareed Zakaria GPS (N)	Fareed Zakaria GPS (N)	Inside Politics (N)	State of Union	Fareed Zakaria GPS	CNN Newsroom (N)	CNN Newsroom (N)	CNN Newsroom (N)	CNN Newsroom (N)	CNN Newsroom (N)	CNN Newsroom (N)		
DISC	520	505	-	Mayday "Who's Flying The Plane?"	Mayday "Scratching the Surface"	Mayday "Lockerbie Disaster"	Mayday "Blown Apart"	Mayday "Crash Course"	CSI: NY "The Lying Game"	CSI: NY "Some Buried Bones"	CSI: NY "Heart of Glass"	Chicago Fire "Hiding Not Seeking"	Chicago Fire "Down Is Better"	Chicago Fire "A Man's Legacy"				
DRAMA	620	523	-	Chicago Fire	Chicago Fire "Foul Is Fair"	Chicago Fire "Slamigan"	Chicago Fire "Law of the Jungle"	Chicago Fire "The F Is For"	Chicago Fire "Internal Affairs"	Chicago Fire "Down Is Better"	Chicago Fire "A Man's Legacy"							
HIST	522	506	-	Paid Program	Border Security	Pawn Stars "Money in the Bankshot"	Car Rescue "Student Becomes Master"	History's "The Dunbar Armored Depot Heist"	NCIS: Los Angeles "Defectors"	NCIS: Los Angeles "Internal Affairs"	S.W.A.T. "Fences"	S.W.A.T. "Ghosts"						
PARMT	628	584	-	Bar Rescue "Zero Drunk Thirty"	(5:55) Yellowstone "Cowboys and Dreamers"	Yellowstone "All for Nothing"	Yellowstone "The Beating"	(05) Yellowstone "I Killed a Man Today"	(10) Yellowstone "Meaner Than Evil"	(15) Yellowstone "The World Is Purple"	(20) Yellowstone "Half the Money"							
RDI	126	730	-	(6:00) D'abord l'info (N)	L'info (N)	L'info maintenant	Les coulisses du pouvoir (N)	TJ (N)	TJ	La parole (N)	L'info (N)	L'info maintenant	L'info (N)	L'info maintenant	L'info (N)	L'info maintenant		
SHOW	616	521	-	(7:00) * "Bury the Past" (21) Sarah Allen.	**** "Atomic Blonde" (17) James McAvoy, Eddie Marsan, Charlize Theron.			**** "Lucy" (14) Morgan Freeman, Choi Min-sik, Scarlett Johansson.			NCIS "In the Spotlight"		NCIS: Hawaii "Cabin Fever"	NCIS: Los Angeles				
SLICE	601	562	-	The HEAT	The HEAT	**** "About a Boy" (02) Rachel Weisz, Toni Collette, Hugh Grant.			**** "13 Going on 30" (04) Mark Ruffalo, Judy Greer, Jennifer Garner.			* "What a Girl Wants" (03) Colin Firth, Kelly Preston, Amanda Bynes.		**** "About a Boy" (02) Hugh Grant.				
TLC	521	560	-	Say Yes to the Dress "Crazy Uncle Randy"	Say Yes "Randy Will Show You the Door"	1000-Lb. "Greatest Thing Since Sliced Bread"	1000-Lb. Sisters "A Lot of Cooks in the Kitchen"	1000-Lb. Sisters "Proof Is in the Pudding"	1000-Lb. Sisters "Forbidden Fruit"	Match Me "Matchmaker, Matchmaker"	Match Me "Matchmaker, Matchmaker"	Match Me "Matchmaker, Matchmaker"	Match Me "Matchmaker, Matchmaker"	Match Me "Matchmaker, Matchmaker"	Match Me "Matchmaker, Matchmaker"	Match Me "Matchmaker, Matchmaker"		
TSN	400	400	-	2023 IIHF World Championship (Live)	2023 IIHF World Championship Bronze Medal: Teams TBA (N)	SportsCentre	SportsCentre	SportsCentre	SC	2023 IIHF World Championship Gold Medal: Teams TBA From Nokia Arena in Tampere, Pirkanmaa, Finland. (N) (Live)	2023 IIHF World Championship Gold Medal: Teams TBA From Nokia Arena in Tampere, Pirkanmaa, Finland. (N) (Live)	2023 IIHF World Championship Gold Medal: Teams TBA From Nokia Arena in Tampere, Pirkanmaa, Finland. (N) (Live)	2023 IIHF World Championship Gold Medal: Teams TBA From Nokia Arena in Tampere, Pirkanmaa, Finland. (N) (Live)	2023 IIHF World Championship Gold Medal: Teams TBA From Nokia Arena in Tampere, Pirkanmaa, Finland. (N) (Live)	2023 IIHF World Championship Gold Medal: Teams TBA From Nokia Arena in Tampere, Pirkanmaa, Finland. (N) (Live)	2023 IIHF World Championship Gold Medal: Teams TBA From Nokia Arena in Tampere, Pirkanmaa, Finland. (N) (Live)		
YOUTH	551	542	-	SpongeBob	SpongeBob	Super Wish	Loud House	*** "Sherlock Gnomes" (18)			**** "The LEGO Movie" (14)			Barbie	Loud House	Popularity		

SUNDAY EVENING			MAY 28, 2023															
Bell	Star	4 PM	4:30	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX	3	-	-	(3:00) PGA Tour Golf Charles Schwab Challenge, Final Round (N) (Live)	Channel 3 News (N)	CBS News (N)	60 Minutes (N)	60 Minutes (N)	Let's Make a Deal Primetime	NCIS: Los Angeles "Flesh & Blood"	Channel 3 News (N)	Investigate TV	Game Time					
WPTZ	5	-	-	2023 Senior PGA Championship Final Round (N) (Live)	NBC5 News (N)	NBC News (N)	Dateline NBC	Magnum P.I. "Birthright"	The Blacklist "The Nowhere Bride" (N)	NBC5 News (N)	Soledad O'Brien	9-1-1						
CBMT	6	206	301	The Nature of Things "Fox Tales"	Escape to the Country "Worcestershire"	Baking Show "Canada Week"	To Be Announced	NHL Hockey Eastern Conference Final, Game 6: (N) (Live)	The National (N)	Maamuitaa	CBC Docs	POV						
CHLT	7	107	718	(3:00) * "Le chemin du retour" (08)	Vlog	Poule-oeufs (N)	Nouvelles (N)	La magie des stars (N)	Les grands ComédiHa de Miké Ward	Les grands bien-cuits	La vraie nature	Nouvelles (N)	Chirurgie (N)	(05) Ados et anxieux	Cinéma			
WMTW	8	-	-	(3:30) Formula 1 Racing Monaco Grand Prix	MAINE'S TOTAL (N)	World News (N)	America's Funniest Home Videos	America's Funniest Home Videos	The Conners	The Conners	The Conners	The Conners	MAINE'S TOTAL (N)	Soledad O'Brien (N)	The Rookie			
CKSH	9	108	-	(3:00) Inspecteur Lewis "Le dernier voyage"	Les chefs!	TJ Estrie (N)	Découverte	Les poilus (N)	L'autre midi à la table d'à côté (N)	tres fois	Le TJ (N)	Sports (N)	(3:55) *** "Moi, Daniel Blake" (16) Dave Johns.	Cinéma				
CKMI	11	-	-	Rock Solid Builds "Oh Me Nerves"	48 Hours	Global (N)	Global (N)	60 Minutes (N)	FBI "Unreasonable Doubt"	NCIS: Los Angeles "Flesh & Blood"	The Blacklist "The Nowhere Bride" (N)	Global (N)	The West Block	Global National				
CFCF	12	205	312	Seinfeld	Seinfeld	Big Bang	Big Bang	CTV News Montreal (N) (Live)	Farming "Let The Dating Begin" (N) (P)	*** "Aquaman" (18) Amber Heard, Willem Dafoe, Jason Momoa. Aquaman must save Atlantis from his power-hungry brother.		News (N)	CTV News (N)	(05) Big Bang				
WVNY	22	-	-	(3:30) Formula 1 Racing Monaco Grand Prix	World News (N)	ABC22 News (N)	America's Funniest Home Videos	America's Funniest Home Videos	The Conners	The Conners	The Conners	The Conners	ABC22 News (N)	Graham Bensinger	Graham Bensinger			
WUTV	30	-	-	(3:00) MLS Soccer Portland Timbers at Sporting Kansas City (N) (Live)	RaceDay (N)	NASCAR Cup Series Coca-Cola 600 From Charlotte Motor Speedway in Concord, N.C. (N) (Live)	NASCAR Cup Series Coca-Cola 600 From Charlotte Motor Speedway in Concord, N.C. (N) (Live)	NASCAR Cup Series Coca-Cola 600 From Charlotte Motor Speedway in Concord, N.C. (N) (Live)	NASCAR Cup Series Coca-Cola 600 From Charlotte Motor Speedway in Concord, N.C. (N) (Live)	NASCAR Cup Series Coca-Cola 600 From Charlotte Motor Speedway in Concord, N.C. (N) (Live)	NASCAR Cup Series Coca-Cola 600 From Charlotte Motor Speedway in Concord, N.C. (N) (Live)	NASCAR Cup Series Coca-Cola 600 From Charlotte Motor Speedway in Concord, N.C. (N) (Live)	NASCAR Cup Series Coca-Cola 600 From Charlotte Motor Speedway in Concord, N.C. (N) (Live)	NASCAR Cup Series Coca-Cola 600 From Charlotte Motor Speedway in Concord, N.C. (N) (Live)	NASCAR Cup Series Coca-Cola 600 From Charlotte Motor Speedway in Concord, N.C. (N) (Live)			
CFKS	31	106	726	*** "La galerie des coeurs brisés" (20) Dacre Montgomery, Utkarsh Ambudkar, Geraldine Viswanathan.	Mets-y le paquet (N)	Vendre ou rénover au Québec (N)	Survivor Québec (N)	Survivor Québec (N)	Survivor Québec (N)	Survivor Québec (N)	Survivor Québec (N)	Survivor Québec (N)	Survivor Québec (N)	Survivor Québec (N)	Survivor Québec (N)	Cinéma		
WUHF	-	-	363	(3:00) MLS Soccer Portland Timbers at Sporting Kansas City (N) (Live)	RaceDay (N)	NASCAR Cup Series Coca-Cola 600 From Charlotte Motor Speedway in Concord, N.C. (N) (Live)	NASCAR Cup Series Coca-Cola 600 From Charlotte Motor Speedway in Concord, N.C. (N) (Live)	NASCAR Cup Series Coca-Cola 600 From Charlotte Motor Speedway in Concord, N.C. (N) (Live)	NASCAR Cup Series Coca-Cola 600 From Charlotte Motor Speedway in Concord, N.C. (N) (Live)	NASCAR Cup Series Coca-Cola 600 From Charlotte Motor Speedway in Concord, N.C. (N) (Live)	NASCAR Cup Series Coca-Cola 600 From Charlotte Motor Speedway in Concord, N.C. (N) (Live)	NASCAR Cup Series Coca-Cola 600 From Charlotte Motor Speedway in Concord, N.C. (N) (Live)	NASCAR Cup Series Coca-Cola 600 From Charlotte Motor Speedway in Concord, N.C. (N) (Live)	NASCAR Cup Series Coca-Cola 600 From Charlotte Motor Speedway in Concord, N.C. (N) (Live)	NASCAR Cup Series Coca-Cola 600 From Charlotte Motor Speedway in Concord, N.C. (N) (Live)			
WETK	-	-	-	(2:20) Country Pop Legends (My Music)	Weekend (N)	Help! We Bought a Village	Midsomer "Death of a Hollow Man: Part 1"	National Memorial Day Concert 2023 (N) (Live)	National Memorial Day Concert 2023	National Memorial Day Concert 2023	National Memorial Day Concert 2023	National Memorial Day Concert 2023	National Memorial Day Concert 2023	National Memorial Day Concert 2023	Memorial Day			
WCFE	-	-	-	(3:00) Endeavour "Terminus"	Music From Meadowmount Show	The Tuskegee Airmen: Return to Ramitelli	The Seabees on Iwo Jima	National Memorial Day Concert 2023 (N) (Live)	National Memorial Day Concert 2023	National Memorial Day Concert 2023	National Memorial Day Concert 2023	National Memorial Day Concert 2023	National Memorial Day Concert 2023	National Memorial Day Concert 2023	La Otra Mirada "Portraits in Pastel Tones"			
A&E	615	520	-	*** "Hacksaw Ridge" (16) Sam Worthington, Luke Bracey, Andrew Garfield. Medic Desmond Doss becomes a hero during World War II.	WWE's Most Wanted "The Snake" Roberts	WWE's Most Wanted "Bret 'Hitman' Hart"	WWE's Most Wanted "Goldberg" (N)	Stone Cold Takes "Stone Cold Front" (N)	(05) WWE's Most "Sgt. Slaughter; Iron Sheik"	(05) WWE's Most "Sgt. Slaughter; Iron Sheik"	(05) WWE's Most "Sgt. Slaughter; Iron Sheik"	(05) WWE's Most "Sgt. Slaughter; Iron Sheik"	(05) WWE's Most "Sgt. Slaughter; Iron Sheik"	(05) WWE's Most "Sgt. Slaughter; Iron Sheik"	(05) WWE's Most "Sgt. Slaughter; Iron Sheik"			
CNN	500	500	-	CNN Newsroom (N)	CNN Newsroom (N)	CNN Newsroom (N)	CNN Newsroom (N)	The 2010s "Peak TV"	The 2010s	The 2010s	The 2010s	The 2010s	The 2010s	The 2010s	The 2010s			
DISC	520	505	-	CSI: NY "The Lying Game"	CSI: NY "Some Buried Bones"	CSI: NY "Heart of Glass"	Expedition: Back "Great Josh!"	Naked and Afraid: Last Hides Than Friends" (N)	One Standing "More Race to Survive: Alaska "The Wall"	Expedition: Back "Great Josh!"	Naked and Afraid							
DRAMA	620	523	-	Chicago Fire	Chicago Fire "Foul Is Fair"	Chicago Fire "Slamigan"	Chicago Fire "Law of the Jungle"	Chicago Fire "The F Is For"	Ride "Andalusians" (N)	Chicago Fire "Down Is Better"	Chicago Fire "A Man's Legacy"							
HIST	522	506	-	S.W.A.T. "Crews"	American Pickers "The Alabama Slamma"	Built America "Holiday Treats"	Car Rescue "Student Becomes Master"	History's "The Dunbar Armored Depot Heist"	Mysteries "The Lost Colony of Roanoke"	Drilling Down "Closing In" (N)	Mysteries "The Search For Noah's Ark"	Drilling Down						
PARMT	628	584	-	(3:20) Yellowst. "Phantom Pain"	(3:55) Yellowstone "See Is You"	(4:00) Yellowstone "All I See Is You"	(5:00) Yellowstone "Winning or Learning"	(5:00) Yellowstone "Under a Blanket of Red"	(5:55) Yellowstone "I Want to Be Him"	Bar Rescue "Changing of the Guards" (N)	Bar Rescue "Game Over"	Bar Rescue						
RDI	126	730	-	L'info (N)	L'épicerie	TJ (N)	Le téléjournal	National (N)	Le national	La semaine verte (N)	Le TJ (N)	Les coulisses du pouvoir	National (N)	National (N)	Journal (N)	TJ (N)		
SHOW	616	521	-	(3:30) NCIS: LA	NCIS: FBI "Sisterhood"	CSI: Vegas "Dead Memories"	*** "Atomic Blonde" (17) James McAvoy, Eddie Marsan, Charlize Theron.	A Town Called Malice "Ghost Town" (N)	(10) Bupkis	(4:55) *** "Out of Sight" (98) Jennifer Lopez, Ving Rhames, George Clooney.								
SLICE	601	562	-	(3:00) *** "About a Boy" (02) Rachel Weisz, Hugh Grant.	*** "American Reunion" (12) Alyson Hannigan, Chris Klein, Jason Biggs.	The Real Housewives of Atlanta (N)	Summer House "New Roomies, New Beef" (N)	Housewives "The Buck Stops in Birmingham"	Summer House "New Roomies, New Beef"	Summer House "New Roomies, New Beef"	Summer House "New Roomies, New Beef"	Summer House "New Roomies, New Beef"	Summer House "New Roomies, New Beef"	Summer House "New Roomies, New Beef"	Summer House "New Roomies, New Beef"			
TLC	521	560	-	90 Day Fiance: The Other Way "Where There Is Love There Is Life and Tell All Part 1"	90 Day Fiance: The Other Way "Tell All Part 2"	90 Day Fiance: The Other Way "Tell All Part 3"	90 Day Fiance: The Other Way "Tell All Part 3"	90 Day Fiance: The Other Way "Tell All Part 3"	Match Me "Matchmaker, Matchmaker"	Match Me "Matchmaker, Matchmaker"	Match Me "Matchmaker, Matchmaker"	Match Me "Matchmaker, Matchmaker"	Match Me "Matchmaker, Matchmaker"	Match Me "Matchmaker, Matchmaker"	Match Me "Matchmaker, Matchmaker"			
TSN	400	400	-	SportsCentre (N) (Live)	SC	2023 Memorial Cup Hockey TBA vs. Kamloops Blazers (N)	MLS Soccer Columbus Crew at Nashville SC (N) (Live)	MLS Soccer Columbus Crew at Nashville SC (N) (Live)	SportsCentre (N) (Live)	SportsCentre (N) (Live)	SportsCentre (N) (Live)	SportsCentre (N) (Live)	SportsCentre (N) (Live)	SportsCentre (N) (Live)	SportsCentre (N) (Live)			
YOUTH	551	542	-	SpongeBob	SpongeBob	SpongeBob	SpongeBob	**** "The LEGO Movie" (14)			*** "Sherlock Gnomes" (18)			Star Falls	Degrassi	Degrassi	Danger	

Your week on TV

MONDAY EVENING

MAY 29, 2023

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX	3	-	Channel 3 News at Six (N)		CBS Evening News (N)	Entertainment Tonight (N)	The Neighborhood	Bob Hearts Abishola	A Grammy Salute to The Beach Boys				Channel 3 News (N)	(35) The Late Show With Stephen Colbert	
WPTZ	5	-	NBC5 News at 6 (N)	NBC Nightly News (N)	Jeopardy! (N)	Wheel of Fortune (N)	American Ninja Warrior ANW	Women's Championship (N)	Weakest Link "The Twins Edition"				NBC5 News at 11 (N)	(35) The Tonight Show Starring Jimmy Fallon	
CBMT	6	206	301	CBC Montreal News (N)	Rick Mercer Report	To Be Announced		NHL Hockey Vegas Golden Knights at TBA (N) (Live)				The National (N)	Maamuitau	Coronation Street	
CHLT	7	107	718	TVA nouvelles (N)	Sucré salé (N)	Si on s'aimait encore (N)	Un zoo pas comme les (N)	Hôpital New Amsterdam "Refuges" (N)	Pierre-Luc Pomerleau		TVA nouvelles (N)	(35) Sucré salé	(05) *** "Cinquante nuances plus sombres" (17) Jamie Dornan, Dakota Johnson.		
WMTW	8	-	-	MAINE'S TOTAL (N)	ABC World News (N)	Wheel of Fortune (N)	Jeopardy! (N)	Celebrity Family Feud	Celebrity Family Feud		Celebrity Family Feud		MAINE'S TOTAL (N)	(35) Jimmy Kimmel Live!	
CKSH	9	108	-	Le téléjournal Estrie (N)	Zone économie (N)	Question de jugement (N)	La Maison-Bleue (N)	Les chefs! (N)	Bonsoir bonsoir! (N)		Le téléjournal (N)		Sports (N)/(05) TJ/Estrie	(35) Ruptures	
CKMI	11	-	-	Global National (N)	Global News at 6:30 (N)	ET Canada (N)	Entertainment Tonight (N)	Family Law "I Now Pronoun You" (N)	NCIS "Face the Strange"		NCIS: Hawai'i "Rescuers"		Global News at 11 (N)	(35) The Late Show With Stephen Colbert	
CFCF	12	205	312	CTV News Montreal (N) (Live)	etalk (N)	The Big Bang Theory	American Ninja Warrior ANW	Women's Championship (N)	Thunder Bay "The Hive" (N) (SF)		CTV National News (N)		CTV News Montreal (N)	(05) The Big Bang Theory	
WVNY	22	-	-	ABC22 News at 6 (N)	ABC World News (N)	ABC22 News at 7 (N)	Inside Edition (N)	Celebrity Family Feud	Celebrity Family Feud		Celebrity Family Feud		ABC22 News at 11 (N)	(35) Jimmy Kimmel Live!	
WUTV	30	-	-	The Big Bang Theory	Judge Judy	Judge Judy	Family Feud	MasterChef "Regional Auditions - The Northeast"	Gordon Ramsay's Food Stars		The National Desk	The National Desk	Seinfeld	Two and a Half Men	Two and a Half Men
CFKS	31	106	726	Souper parfait	Le fabuleux (N)	Survivor Québec (N)	Combien tu m'aimes? (N)	Vendre ou rénover au Québec "Un débat enflammé" (N)	Idées grandeur (N)	Idées grandeur (N)	Noovo Le Fil 22 (N)	Les débatteurs (N)	Survivor Québec	Le fabuleux	*** "La belle-mère" (19)
WUHF	-	-	363	Modern Family	Young Sheldon	The Big Bang Theory	The Big Bang Theory	MasterChef "Regional Auditions - The Northeast"	Gordon Ramsay's Food Stars		13WHAM News at 10 on Fox Rochester (N) (Live)		CRIME - Vargas (N)	The Simpsons	Paid Programming
WETK	-	-	-	PBS NewsHour (N)	BBC News	This Old House	Antiques Roadshow "Little Rock Hour 1"	Antiques Roadshow "Little Rock Hour 2"	The Tuskegee Airmen: Return to Ramitelli		Amanpour and Company (N)		BBC News		
WCFE	-	-	-	BBC News America	BBC News Out	PBS NewsHour (N)	Antiques Roadshow "Little Rock Hour 1"	Antiques Roadshow "Little Rock Hour 2"	National Memorial Day Concert 2023				Amanpour and Company (N)		
A&E	615	520	-	Hoarders "Peggy"			Hoarders "Linda & Kerry"	Hoarders "Lia" (N)				(05) Hoarders "Lonnie & Linda"	(05) Hoarders		
CNN	500	500	-	Situation Room (N) (Live)	E. B. OutFront (N) (Live)	Cooper 360 (N) (Live)	CNN Primetime (N) (Live)	CNN Tonight (N) (Live)	CNN Tonight (N) (Live)		CNN Tonight (N) (Live)		CNN Tonight (N) (Live)	Cooper 360	
DISC	520	505	-	Highway Thru Hell "Uphill Battle"	Mayday "Ghost Plane"	Race to Survive: Alaska "Beyond the Breaking Point"	Deadliest Catch "In Need of Rescue"	To Be Announced				Homestead Rescue "All the Pretty Horses"	Homestead Rescue		
DRAMA	620	523	-	Chicago Fire "Put White on Me"	Chicago Fire "When They See Us Coming"	Chicago Fire "Where I Want to Be"	Chicago Fire "The Strongest Among Us"	Chicago Fire "Looking for a Lifeline"	Chicago Fire "The Chance to Forgive"		Chicago Fire "The Chance to Forgive"		Chicago Fire	Chicago Fire	
HIST	522	506	-	American Pickers "Crazy Collections"	American Pickers "Picture Perfect Pick"	American Pickers "Big Bucks Bubbles"	American Pickers "Corvette Me Not"	History's Greatest Mysteries "The Assassination of JFK"	History's Greatest Mysteries "The Body on Somerton Beach"		American Pickers		American Pickers	American Pickers	
PARMT	628	584	-	Yellowstone "All I See Is You"	Yellowstone "Winning or Learning"	Yellowstone "Under a Blanket of Red"	Yellowstone "I Want to Be Him"	Yellowstone "Keep the Wolves Close"	Yellowstone "No Kindness for the Coward"		Yellowstone		Yellowstone	Yellowstone	
RDI	126	730	-	(55) Zone économie (N)	24/60 (N)	Les grands reportages (N)	Le téléjournal avec Céline Galipeau (N)	Elections Alberta 2023 (N)				Le national (N)			
SHOW	616	521	-	Magnum P.I. "Six Paintings, One Frame"	Magnum P.I. "Sudden Death"	FBI: Most Wanted "These Walls"	Bupkis	(35) Magnum P.I. "I Saw the Sun Rise"	Magnum P.I. "From the Head Down"	Magnum P.I. "The Woman Who Never Died"		The Woman Who Never Died"			
SLICE	601	562	-	The King of Queens	The King of Queens	Housewives-Atlanta "The Buck Stops in Birmingham"	Below Deck Sailing Yacht "Smoke on the Water"	Below Deck Sailing Yacht "Cheers to Boobies" (N)	Summer House "Reunion Part 1" (N)		The King of Queens	The King of Queens	Below Deck Sailing Yacht	Below Deck Sailing Yacht	
TLC	521	560	-	90 Day Fiancé	90 Day Fiancé	90 Day Fiancé (N)	You, Me & My Ex "Where's the Ex-it?" (N)	90 Day Fiancé (N)				Match Me Abroad "Find Me a Find"	90 Day Fiancé	90 Day Fiancé	
TSN	400	400	-	SportsCentre (N) (Live)	That's Hockey! (N)	E60	SC	Memorial Cup Pregame (N)	2023 Memorial Cup Hockey Teams TBA (N) (Live)				SportsCentre (N)	SC With Jay Onrait (N)	
YOUTH	551	542	-	Popularity	Danger (N)	*** "Journey 2: The Mysterious Island" (12)	Popularity	Loud House	Driving Me	The Next Step	Degrassi	Degrassi	Degrassi	Danger Force	Danger Force

TUESDAY EVENING

MAY 30, 2023

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX	3	-	-	Channel 3 News at Six (N)	CBS Evening News (N)	Entertainment Tonight (N)	FBI "Sins of the Past"	FBI: International "Glimmers and Ghosts"	FBI: Most Wanted "Processed"				Channel 3 News (N)	(35) The Late Show With Stephen Colbert	
WPTZ	5	-	-	NBC5 News at 6 (N)	NBC Nightly News (N)	Jeopardy! (N)	Wheel of Fortune (N)	America's Got Talent "Auditions 1" (N) (SP)	Hot Wheels "Cyber Slicker vs. Power Charged" (N) (P)				NBC5 News at 11 (N)	(35) The Tonight Show Starring Jimmy Fallon	
CBMT	6	206	301	CBC Montreal News (N)	Rick Mercer Report	To Be Announced		NHL Hockey Eastern Conference Final, Game 7: Teams TBA (N) (Live)				The National (N)	This Hour Has 22 Minutes	Coronation Street	
CHLT	7	107	718	TVA nouvelles (N)	Sucré salé (N)	Si on s'aimait encore (N)	Autiste, maintenant	9-1-1 "Cocktail explosif" (N)	Le restaurant "L'ADN d'un restaurant" (N) (P)	TVA nouvelles (N)		(35) Sucré salé	(05) *** "Un amour infini" (14) Gabriella Wilde, Alex Pettyfer.		
WMTW	8	-	-	MAINE'S TOTAL (N)	ABC World News (N)	Wheel of Fortune (N)	Jeopardy! (N)	Wheel "Phil Rosenthal, Carla Hall and Jet Tila"	Celebrity Jeopardy!		The Game Show Show "Sex, Love or Money?" (N) (SF)		MAINE'S TOTAL (N)	(35) Jimmy Kimmel Live!	
CKSH	9	108	-	Le téléjournal Estrie (N)	Zone économie (N)	Question de jugement (N)	Police avant-gardiste (N)	Le suspect (N)	Bonsoir bonsoir! (N)		Le téléjournal (N)		Sports (N)/(05) TJ/Estrie	(35) Faits divers	
CKMI	11	-	-	Global National (N)	Global News at 6:30 (N)	ET Canada (N)	Entertainment Tonight (N)	FBI "Sins of the Past"	FBI: International "Glimmers and Ghosts"		FBI: Most Wanted "Processed"		Global News at 11 (N)	(35) The Late Show With Stephen Colbert	
CFCF	12	205	312	CTV News Montreal (N) (Live)	etalk (N)	The Big Bang Theory	Wheel "Phil Rosenthal, Carla Hall and Jet Tila"	Celebrity Jeopardy!	The Big Bang Theory	The Big Bang Theory	CTV National News (N)	CTV News Montreal (N)	(05) The Big Bang Theory		
WVNY	22	-	-	ABC22 News at 6 (N)	ABC World News (N)	ABC22 News at 7 (N)	Inside Edition (N)	Celebrity Jeopardy!	The Game Show Show "Sex, Love or Money?" (N) (SF)	ABC22 News at 11 (N)		(35) Jimmy Kimmel Live!			
WUTV	30	-	-	The Big Bang Theory	Judge Judy	Judge Judy	Family Feud	Beat Shazam (N)	Don't Forget the Lyrics! (N)		The National Desk	The National Desk	Seinfeld	Two and a Half Men	Two and a Half Men
CFKS	31	106	726	Souper parfait	Le fabuleux (N)	Survivor Québec (N)	Combien tu m'aimes? (N)	Je viens vers toi (N)	NCIS: Hawai'i "Retour aux sources" (N)	Noovo Le Fil 22 (N)	Les débatteurs (N)	Survivor Québec	Le fabuleux	Cinéma	
WUHF	-	-	363	Modern Family	Young Sheldon	The Big Bang Theory	The Big Bang Theory	Beat Shazam (N)	Don't Forget the Lyrics! (N)		13WHAM News at 10 on Fox Rochester (N) (Live)		CRIME - Vargas (N)	The Simpsons	Paint Like A
WETK	-	-	-	PBS NewsHour (N)	BBC News	Ask This Old House	Finding Your Roots "Songs of the Past"	Lidia Celebrates "Flavors That Define Us" (N) (SP)	Frontline "After Uvalde: Guns, Grief & Texas Politics" (N)		Amanpour and Company (N)		BBC News		
WCFE	-	-	-	BBC News America	BBC News Out	PBS NewsHour (N)	Finding Your Roots "Songs of the Past"	Lidia Celebrates "Flavors That Define Us" (N) (SP)	Frontline "After Uvalde: Guns, Grief & Texas Politics" (N)		BBC News		Amanpour and Company (N)		
A&E	615	520	-	Neighborhood Wars	Neighborhood Wars	Neighborhood Wars	Neighborhood Wars	Neighborhood Wars	Neighborhood Wars	Neighborhood Wars	Road Wars (N)	Road Wars	(05) Road Wars	(35) Road Wars	(05) Neighbor.
CNN	500	500	-	Situation Room (N) (Live)	E. B. OutFront (N) (Live)	Cooper 360 (N) (Live)	CNN Primetime (N) (Live)	CNN Tonight (N) (Live)	CNN Tonight (N) (Live)		CNN Tonight (N) (Live)		CNN Tonight (N) (Live)	Cooper 360	
DISC	520	505	-	Highway Thru Hell "Prove Yourself"	Mayday "Invisible Killer"	Aussie Gold Hunters: Mine SOS "The Gibsons"	Gold Rush: Parker's Trail "There's Gold Everywhere" (N)	Gold Rush: White Water "In Death's Shadow" (N)	Homestead Rescue "The Wild Year"				Homestead Rescue	Homestead Rescue	
DRAMA	620	523	-	Chicago Med "The Ghosts of the Past"	Chicago Med "In the Name of Love"	Chicago Med "Just a River in Egypt"	Chicago Med "A Needle in the Heart"	Chicago Med "It May Not Be Forever"	Chicago Med "I Will Do No Harm"		Chicago Med		Chicago Med	Chicago Med	
HIST	522	506	-	Pawn Stars "Rap Kings; Rock Legends"	Pawn Stars "Rick's Big Shot"	Pawn Stars "Jumpin' Jake Flash"	Pawn Stars Do America "Southern Charms" (N)	The Food That Built America "Candy Revolution"	The Food That Built America "A Dish Best Served... Soft"		Pawn Stars Do America		Pawn Stars Do America	Pawn Stars Do America	
PARMT	628	584	-	Ink Master Grudge Match "Quitters and Outfitters"	Ink Master Grudge Match "TKO"	Ink Master Grudge Match "Tattoo Yourself"	Ink Master Grudge Match "Old Dogs, Old Tricks"	Ink Master Grudge Match "All Bark and No Bite"	Ink Master Grudge Match "Mano Y Mano"		Ink Master Grudge Match		Ink Master Grudge Match	Ink Master Grudge Match	
RDI	126	730	-	(55) Zone économie (N)	24/60 (N)	G. reportages "Corée du Nord: la dynastie nucléaire" (N)	Le téléjournal avec Céline Galipeau (N)	Le téléjournal (N)				Le national (N)	Le national (N)	24/60	
SHOW	616	521	-	NCIS "Perennial"	NCIS "Hail & Farewell"	NCIS: Hawai'i "Breach"	Gotham Knights "Poison Pill" (N)	NCIS "Bears and Cubs"	NCIS "Silent Service"		NCIS				
SLICE	601	562	-	The King of Queens	The King of Queens	Below Deck Sailing Yacht "Cheers to Boobies"	Summer House "Reunion Part 1"	The Real Housewives of New Jersey "Reunion Part 1"	Ballroom Dancing Queens "Sabi-tage!" (N)		The King of Queens	The King of Queens	Housewives of NJ	Housewives of NJ	
TLC	521	560	-	Doubling Down "A Love Song for Everyone"	7 Little Johnstons "Reindeer Games"	7 Little Johnstons "More to Love; Desperately Seeking Santa" (N)	7 Little Johnstons "Little House of Horrors" (N)	Doubling Down "Like a Room Without a Roof" (N) (SP)	You, Me & My Ex "Where's the Ex-it?"		7 Little Johnstons		7 Little Johnstons	7 Little Johnstons	
TSN	400	400	-	SportsCentre (N) (Live)	That's Hockey! (N)	2022 Legends of Hockey Best Defense is Offense	Memorial Cup Pregame (N)	2023 Memorial Cup Hockey Teams TBA (N) (Live)				SportsCentre (N)	SC With Jay Onrait (N)		
YOUTH	551	542	-	Dragons Nine	Kamp Koral	*** "Bruno & Boots: This Can't Be Happening at Macdonald..."	Young Dylan	Young Dylan	Make It Pop	The Next Step	Degrassi	Degrassi	Degrassi	Danger Force	Danger Force

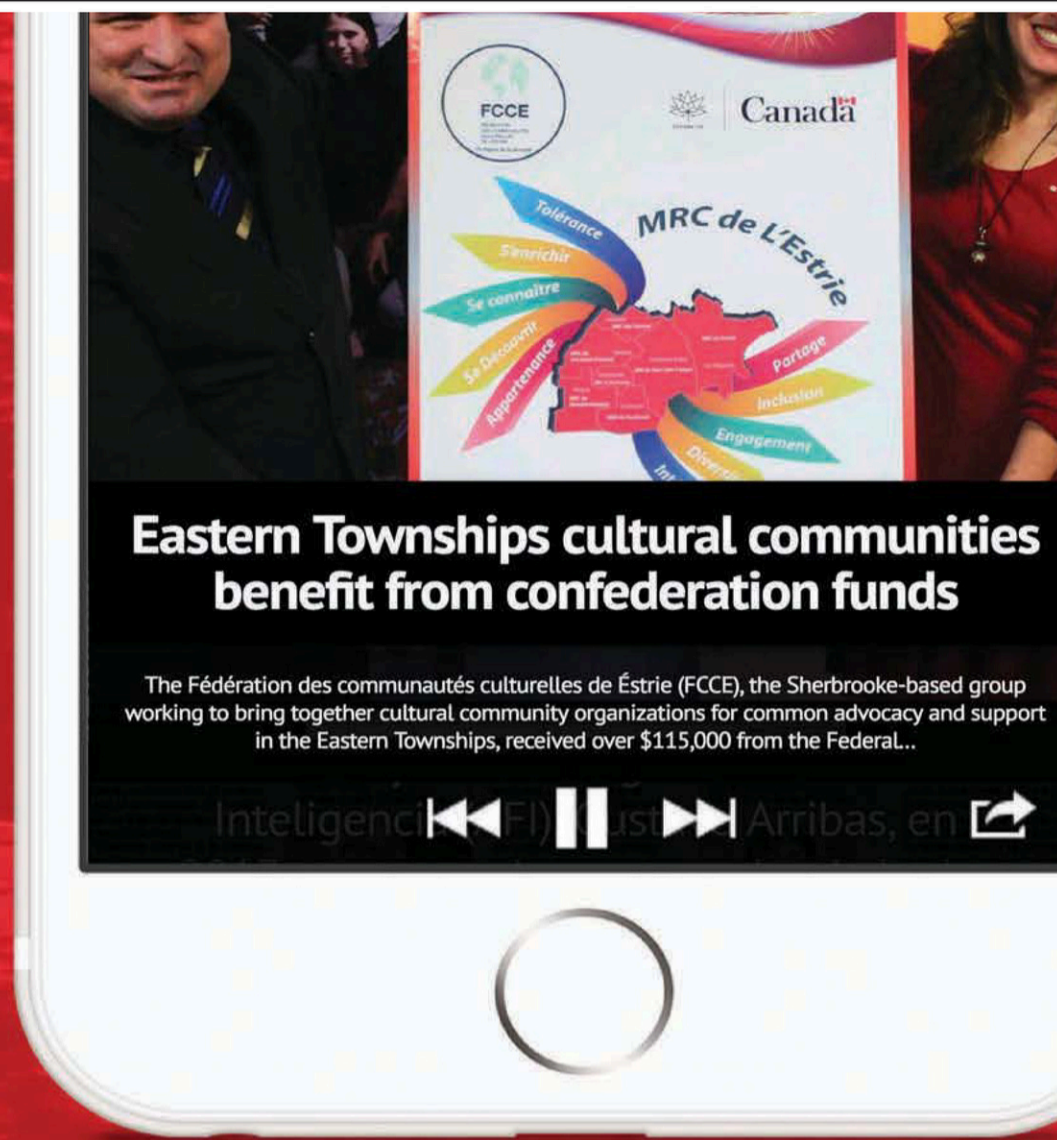
Your week on TV

WEDNESDAY EVENING														MAY 31, 2023		
	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	
WCAX	3	-	Channel 3 News at Six (N)		CBS Evening News (N)	Entertainment Tonight (N)	60 Minutes (N)		Homeward Bound: A Grammy Salute to the Songs of Paul Simon			Channel 3 News (N)	(35) The Late Show With Stephen Colbert			
WPTZ	5	-	NBC5 News at 6 (N)	NBC Nightly News (N)	Jeopardy! (N)	Wheel of Fortune (N)	Night Court	Night Court	Chicago Fire "Something for the Pain"	Chicago P.D. "Long Lost"		NBC5 News at 11 (N)	(35) The Tonight Show Starring Jimmy Fallon			
CBMT	6	206	301	CBC Montreal News (N)	Rick Mercer Report	To Be Announced		To Be Announced		NHL Hockey Dallas Stars at Vegas Golden Knights (N) (Live)			The National (N)			
CHLT	7	107	718	TVA nouvelles (N)	Sucre salé (N)	Si on s'aimait encore (N)	Arrive en campagne (N)	Doc "Un secret encombrant" (N)	Chefs de bois "L'arrivée" (N) (DS)	TVA nouvelles (N)	(35) Sucre salé (N)	(05) *** "Cake Aniston" (P)	(14) Adriana Barraza, Jennifer Aniston			
WMTW	8	-	MAINE'S TOTAL (N)	ABC World News (N)	MAINE'S TOTAL (N)	Jeopardy! (N)	The 1619 Project "Democracy; Justice" Black America's centuries-long fight to democratize America.					MAINE'S TOTAL (N)	(35) Jimmy Kimmel Live!			
CKSH	9	108	-	Le téléjournal Estrie (N)	Zone économie (N)	Question de jugement (N)	L'épicerie (N)	Dans l'oeil du dragon (N)	Bonsoir bonsoir! (N)		Le téléjournal (N)	Sports (N)/(05) TJ/Estrie	(35) Le monstre			
CKMI	11	-	-	Global National (N)	Global News at 6:30	ET Canada (N)	Entertainment Tonight (N)	Fantasy Island "Gwenivere of Glendale"	Family Law "I Now Pronoun You"	Top Chef Canada "Welcome to Season X" (N)		Global News at 11 (N)	(35) The Late Show With Stephen Colbert (N)			
CFCF	12	205	312	CTV News Montreal (N) (Live)	etalk (N)	The Big Bang Theory	MasterChef (N)	Gordon Ramsay's Food Stars (N)	The Big Bang Theory	The Big Bang Theory	CTV National News (N)	CTV News Montreal (N)	(05) The Big Bang Theory			
WVNY	22	-	-	ABC22 News at 6 (N)	ABC World News (N)	ABC22 News at 7 (N)	Inside Edition (N)	The 1619 Project "Democracy; Justice" Black America's centuries-long fight to democratize America.				ABC22 News at 11 (N)	(35) Jimmy Kimmel Live!			
WUTV	30	-	-	The Big Bang Theory	Judge Judy	Judge Judy	Family Feud	MasterChef (N)	Gordon Ramsay's Food Stars (N)	The National Desk	The National Desk	Seinfeld	Two and a Half Men	Two and a Half Men		
CFKS	31	106	726	Souper parfait	Le fabuleux (N)	Survivor Québec (N)	Combien tu m'aimes? (N)	Je viens vers toi (N)	Transplante "Ainsi va la vie" (N)	Noovo Le Fil 22 (N)	Les débatteurs (N)	Survivor Québec	Le fabuleux	Cinéma		
WUHF	-	-	363	Modern Family	Young Sheldon	The Big Bang Theory	The Big Bang Theory	MasterChef (N)	Gordon Ramsay's Food Stars (N)	13WHAM News at 10 on Fox Rochester (N) (Live)	iCRIME - Vargas (N)	The Simpsons	Paid Programming			
WETK	-	-	-	PBS NewsHour (N)	BBC News	Ireland With Michael	Nature "Attenborough's Wonder of Song"	NOVA "Why Ships Crash"	Secrets of the Dead "Abandoning the Titanic"		Amanpour and Company (N)	BBC News	Amanpour and Company (N)	BBC News		
WCFE	-	-	-	BBC News America	BBC News Out	PBS NewsHour (N)	Nature "Pandas: Born to Be Wild"	NOVA "Why Ships Crash"	Secrets of the Dead "Abandoning the Titanic"		BBC News	Amanpour and Company (N)	BBC News	Amanpour and Company (N)		
A&E	615	520	-	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam (N)	Court Cam (N)	I Survived a Crime (N)	I Survived a Crime (N)	(05) Court Cam	(35) Court Cam	(05) Court Cam		
CNN	500	500	-	Situation Room (N) (Live)	E. B. OutFront (N) (Live)	Cooper 360 (N) (Live)	CNN Primetime (N) (Live)	CNN Tonight (N) (Live)	CNN Tonight (N) (Live)	CNN Tonight (N) (Live)	CNN Tonight (N) (Live)	CNN Tonight (N) (Live)	CNN Tonight (N) (Live)	Cooper 360		
DISC	520	505	-	Highway Thru Hell "Downhill Slide"	Mayday "Gimli Glider"	Bush Wreck Rescue	Expedition Unknown "Mystery of the Flooded Pyramid"	Louisiana Law "Big Game Busts"	Homestead Rescue "Abandoned & Alone"	Homestead Rescue	Homestead Rescue	Homestead Rescue	Homestead Rescue	Homestead Rescue		
DRAMA	620	523	-	Bones "The Lady on the List"	Bones "The Woman in White"	Bones "The Nazi on the Honeymoon"	Bones "The Dude in the Dam"	Bones "The Cheat in the Retreat"	Bones "El Carnicero en el Coche"	Bones	Bones	Bones	Bones	Bones		
HIST	522	506	-	Forged in Fire "Headhunter's Revenge"	Forged in Fire "Crushed Car Challenge"	Forged in Fire "Supersized: Sword"	Dirty Old Cars "Dirty Old Cars"	Salvage Kings "Going It Alone"	Lost Car Rescue	Dirty Old Cars	Dirty Old Cars	Dirty Old Cars	Dirty Old Cars	Dirty Old Cars		
PARMT	628	584	-	Deadliest Warrior "Roman Centurion vs. Rajput"	Deadliest Warrior "Persian Immortal vs. Celt"	Deadliest Warrior "Vlad the Impaler vs. SunTzu"	Deadliest Warrior	Deadliest "George Washington vs. Napoleon Bonaparte"	Deadliest Warrior "Pirate vs. Knight"	Deadliest Warrior	Deadliest Warrior	Deadliest Warrior	Deadliest Warrior	Deadliest Warrior		
RDI	126	730	-	(55) Zone économie (N)	24/60 (N)	Les grands reportages "URSS: l'effondrement"	Le téléjournal avec Céline Galipeau (N)	Le téléjournal (N)	Le national (N)	Le national (N)	24/60	24/60	24/60	24/60		
SHOW	616	521	-	FBI "American Idol"	FBI "An Imperfect Science"	FBI: International "A Tradition of Secrets"	Brave New World "Pilot" (N) (P)	(05) FBI "Closure"	FBI "Little Egypt"	FBI	FBI	FBI	FBI	FBI		
SLICE	601	562	-	The King of Queens	The King of Queens	The Real Housewives of New Jersey "Reunion Part 1"	Vanderpump Rules "Reunion Part 1"	Vanderpump Rules "Reunion Part 2" (N)	The Real Housewives of Miami "Apology Not Accepted"	The King of Queens	The King of Queens	Vanderpump Rules	Vanderpump Rules	Vanderpump Rules		
TLC	521	560	-	Dr. Pimple Popper "The Lipoma Psychic"	Dr. Pimple Popper "My Third Eye"	Dr. Pimple Popper (N)	Dr. Pimple Popper "Zombie Skin" (N)	Crack Addicts "A Cold One; The Books; Corn" (N)	Dr. Pimple Popper "Tumor Takeover"	Dr. Pimple Popper	Dr. Pimple Popper	Dr. Pimple Popper	Dr. Pimple Popper	Dr. Pimple Popper		
TSN	400	400	-	SportsCentre (N) (Live)	That's Hockey! (N)	SC	SC	Memorial Cup Pregame (N)	2023 Memorial Cup Hockey Teams TBA (N) (Live)	SportsCentre (N)	SC With Jay Onrait (N)	SC With Jay Onrait (N)	SC With Jay Onrait (N)	SC With Jay Onrait (N)		
YOUTH	551	542	-	Trolls	Patrick Star	*** "Over the Hedge" (06)	Danger Force	Danger Force	Popularity	The Next Step	Degrassi	Degrassi	Degrassi	Danger Force		

THURSDAY EVENING														JUNE 1, 2023		
	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	
WCAX	3	-	-	Channel 3 News at Six (N)	CBS Evening News (N)	Entertainment Tonight (N)	Young Sheldon	Ghosts	So Help Me Todd "Against All Odds"		CSI: Vegas "Eyeballs"	Channel 3 News (N)	(35) The Late Show With Stephen Colbert			
WPTZ	5	-	-	NBC5 News at 6 (N)	NBC Nightly News (N)	Jeopardy! (N)	Wheel of Fortune (N)	The Blacklist "The Hat Trick" (N)	The Blacklist "Blair Foster" (N)	Magnum P.I. "The Breaking Point"	NBC5 News at 11 (N)	(35) The Tonight Show Starring Jimmy Fallon				
CBMT	6	206	301	CBC Montreal News (N)	Rick Mercer Report	NHL Hockey		Straits		The National (N)	CBC Montreal News (N)	Canadian Reflections	Coronation Street			
CHLT	7	107	718	TVA nouvelles (N)	Sucre salé (N)	Si on s'aimait encore (N)	Les rénos d'Hugo (N)	La recrue "Remise en cause" (N)	S.W.A.T. "Drone meurtrier"	TVA nouvelles (N)	(35) Sucre salé (N)	(05) *** "Contrebande" (12) Kate Beckinsale, Mark Wahlberg	(35) Jimmy Kimmel Live!			
WMTW	8	-	-	MAINE'S TOTAL (N)	ABC World News (N)	Wheel of Fortune (N)	Jeopardy! (N)	NBA (N)	2023 NBA Finals Game 1: Teams TBA (N) (Live)		MAINE'S TOTAL (N)	(35) Jimmy Kimmel Live!				
CKSH	9	108	-	Le téléjournal Estrie (N)	Zone économie (N)	Question de jugement (N)	Valeur ajoutée (N)	Lou et Sophie Chaleurs (N) (FS)	Bonsoir bonsoir! (N)		Le téléjournal (N)	Sports (N)/(05) TJ/Estrie	(35) Outlander: le chardon et le tartan "Bouleversements" (N)			
CKMI	11	-	-	Global National (N)	Global News at 6:30 (N)	ET Canada (N)	Entertainment Tonight (N)	The Blacklist "The Hat Trick" (N)	The Blacklist "Blair Foster" (N)	CSI: Vegas "Eyeballs"	Global News at 11 (N)	(35) The Late Show With Stephen Colbert				
CFCF	12	205	312	CTV News Montreal (N) (Live)	etalk (N)	The Big Bang Theory	Young Sheldon	Night Court	Children Ruin Everything	Bob Hearts Abishola	The Big Bang Theory	The Big Bang Theory	CTV National News (N)	CTV News Montreal (N)	(05) The Big Bang Theory	
WVNY	22	-	-	ABC22 News at 6 (N)	ABC World News (N)	ABC22 News at 7 (N)	Inside Edition (N)	NBA (N)	2023 NBA Finals Game 1: Teams TBA (N) (Live)		ABC22 News at 11 (N)	(35) Jimmy Kimmel Live!				
WUTV	30	-	-	The Big Bang Theory	Judge Judy	Judge Judy	Family Feud	Alert: Missing Persons Unit	Animal Control	Animal Control	The National Desk	The National Desk	Seinfeld	Two and a Half Men	Two and a Half Men	
CFKS	31	106	726	Souper parfait	Le fabuleux (N)	Survivor Québec (N)	Combien tu m'aimes? (N)	La famille est dans le pré (N)	Couples à boutte (N)	Qui sait chanter? "Stéphanie C."	Noovo Le Fil 22 (N)	Les débatteurs (N)	Survivor Québec	Le fabuleux	Cinéma	
WUHF	-	-	363	Modern Family	Young Sheldon	The Big Bang Theory	The Big Bang Theory	Alert: Missing Persons Unit	Animal Control	Animal Control	13WHAM News at 10 on Fox Rochester (N) (Live)	iCRIME - Vargas (N)	The Simpsons	Paid Programming		
WETK	-	-	-	PBS NewsHour (N)	BBC News	Rick Steves' Europe	Fred and Emile	Made Here "Communities and Consequences"	Made Here	Rick Steves Art of Europe "Stone Age to Ancient Greece"	Amanpour and Company (N)	BBC News	Amanpour and Company (N)	BBC News		
WCFE	-	-	-	BBC News America	BBC News	PBS NewsHour (N)	Death in Paradise	Grantchester on Masterpiece	Grantchester on Masterpiece	Grantchester on Masterpiece	BBC News	Amanpour and Company (N)	BBC News	Amanpour and Company (N)		
A&E	615	520	-	60 Days In "General Population"	60 Days In "The Gambit"	60 Days In "Pain, Pads & Police"	60 Days In "Who Runs the Pod?"	60 Days In "Inmate or Civilian"	(05) 60 Days In "Never Going Back"	(05) 60 Days In	(05) 60 Days In	(05) 60 Days In	(05) 60 Days In	(05) 60 Days In		
CNN	500	500	-	Situation Room (N) (Live)	E. B. OutFront (N) (Live)	Cooper 360 (N) (Live)	CNN Primetime (N) (Live)	CNN Tonight (N) (Live)	CNN Tonight (N) (Live)	CNN Tonight (N) (Live)	CNN Tonight (N) (Live)	CNN Tonight (N) (Live)	CNN Tonight (N) (Live)	Cooper 360		
DISC	520	505	-	Highway Thru Hell "Casualties of War"	Mayday "Behind Closed Doors"	This Is Mark Rober "Elephant Toothpaste"	Mark Rober's Revengers "High Science"	How the Universe Works "The Moons of Saturn"	Homestead Rescue "Trust or Die"	Homestead Rescue	Homestead Rescue	Homestead Rescue	Homestead Rescue	Homestead Rescue		
DRAMA	620	523	-	Chicago P.D. "Allegiance"	Chicago P.D. "Homecoming"	Chicago P.D. "New Normal"	Chicago P.D. "Endings"	Ride "Andalusians"	Chicago P.D. "Payback"	Chicago P.D.	Chicago P.D.	Chicago P.D.	Chicago P.D.	Chicago P.D.		
HIST	522	506	-	Alone: Frozen "Bone Cold"	Alone: Frozen "Outfoxed"	Alone: Frozen "On Thin Ice"	Alone: Frozen "The Last Hope"	Alone: Frozen "The Bitter End"	Alone: Frozen "50 Day Freeze"	Alone: Frozen	Alone: Frozen	Alone: Frozen	Alone: Frozen	Alone: Frozen		
PARMT	628	584	-	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters		
RDI	126	730	-	(55) Zone économie (N)	24/60 (N)	Les grands reportages	Le téléjournal avec Céline Galipeau (N)	Le téléjournal (N)	Le national (N)	Le national (N)	24/60	24/60	24/60	24/60		
SHOW	616	521	-	FBI: Most Wanted "Patriots"	FBI: Most Wanted "Tough Love"	FBI: Most Wanted "Inherited"	Bupkis (N)	(35) Code 404 (N)	(05) FBI: Most Wanted "Hustler"	FBI: Most Wanted "Chattanooga"	FBI: Most Wanted	FBI: Most Wanted	FBI: Most Wanted	FBI: Most Wanted		
SLICE	601	562	-	The King of Queens	The King of Queens	Vanderpump Rules "Reunion Part 2"	The Real Housewives of Miami "Apology Not Accepted"	Real Housewives "Brujeria in the Bahamas" (N)	Below Deck Sailing Yacht "Cheers to Boobies"	The King of Queens	The King of Queens	Real Housewives	Real Housewives	Real Housewives		
TLC	521	560	-	My 600-Lb. Life "Brandon's Story"	My 600-Lb. Life "Brandon's Story"	Crack Addicts "A Cold One; The Books; Corn"	Dr. Pimple "Supersized: Amputation Deliberation" (N)	Hoarding: Buried Alive "Not a Safe Place"	Hoarding: Buried Alive "Leading a Double Life"	Crack Addicts	Crack Addicts	Crack Addicts	Crack Addicts	Crack Addicts		
TSN	400	400	-	SportsCentre (N) (Live)	That's Hockey! (N)	E60	SC (N)	Memorial Cup Pregame (N)	2023 Memorial Cup Hockey Tiebreaker: Teams TBA (N) (Live)	SportsCentre (N)	SC With Jay Onrait (N)	SC With Jay Onrait (N)	SC With Jay Onrait (N)	SC With Jay Onrait (N)		
YOUTH	551	542	-	Best & Bester	Loud House	* "Vampire Dog" (12) Ron Pederson, Alan Bratt, Amy Matysio.	Frogger "Hasta la Vista, Sista!"	Max & Shred	The Next Step	Degrassi	Degrassi	Degrassi	Degrassi	Danger Force		

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Eastern Townships cultural communities benefit from confederation funds

The Fédération des communautés culturelles de Estrie (FCEE), the Sherbrooke-based group working to bring together cultural community organizations for common advocacy and support in the Eastern Townships, received over \$115,000 from the Federal...

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