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Families of MKUltra victims taking legal action

By Ann Davidson

Growing up, Alison Steel agonized over the reality that her mother was never able to recognize her as her daughter, and that from the time Alison was five years old. It was only when Steel was able to access her mother's medical records, much later on, that she realized what had happened to her mother and was able to forgive her. Over the years, the two had a relationship, but Steel describes her mother as being devoid of emotion.

As was recently explored in a report by senior CBC investigative reporter Elizabeth Thompson, Steel's mother was one of the victims of a heinous human experiment conducted and supervised by Dr. Ewen Cameron at the Allan Memorial Institute of McGill University during the 1950's. According to Thompson's report, and past reporting by former Fifth Estate host Adrienne Clarkson, many of the patients treated by Cameron and his team of psychiatrists were being used as human subjects for experimentation in a brainwashing project that was a collaboration of the CIA, McGill University, the Rockefeller Institute.

Under the guise of Project MKUltra Cameron and his colleagues used an electro-shock therapy device called Page-Russell that was known for having been used to torture prisoners of war. The patients were given barbiturates like curare and LSD. Cameron referred to the procedure as "psychic driving". His "driving" experiments consisted of putting a subject into a drug-induced coma for weeks at a time (up to three months in one case) while playing tape loops of noise or simple statements. According to the Alliance for Human Research Protection these experiments were typically carried out on patients who had entered the institute for minor problems such as anxiety disorders

and postnatal depression; many suffered permanent debilitation after these treatments.

Steel's mother became a part of the project when she fell into a long depression after the birth of Alison's younger sister, who was born with spina bifida and immediately removed from her care. Steel's sister lived at the Butters Home in Austin until her death six months later.

In light of the horrific treatment she was subjected to, Steel says that she now understands why her mother came to behave the way she did. Although now she can forgive her mother for the "different" behaviour she remembered from the time she was a young child until the day her mother died, she wants to work with other victims and co-victims to push the government for a public and formal apology.

In the wake of the most recent set of news stories, Steel connected with Marilyn Rappaport whose sister was also a patient of Cameron. Rappaport had started a Facebook page called "Survivors Allied Against Government Abuse" (SAAGA) for victims of brainwashing experiments that were conducted at the Allan and, since December of 2017 over 40 individuals have come forward with similar stories.

Driven by that momentum, the group is now building a class action lawsuit against both the Federal and Provincial governments, headed by Rappaport.

It is thought that over 250 patients were used during the 1950's and 1960's for Cameron's testing despite having never given consent for these treatments.

In victimology there is a principle that for every victim there is an average of fourteen co-victims. This principle is applied to those who have lost loved ones from murder. In the case of the MKUltra victims at the Allan, Steel



PHOTO BY ANN DAVIDSON

After recovering her mother's medical file several years ago, TBL's Alison Steel, was finally able to forgive her mother for a lifetime of not remembering who Alison was.

believes the same principle should apply. Many patients were never able to remember who their family members were. So often they were never able to work or cope with day to day life management. Families were broken, with some children placed in foster families. Some of the fostered children suffered from abuse.

Both Steel and Rappaport say that their loved ones never regained the abil-

ity to recognize the relationship with them. Steel's mother did not know that she was her daughter. Rappaport's sister, who is still alive at 77 years old, is adamant that Rappaport is not her sibling.

"My sister's mind is her prison," Rappaport said, explaining that her sister has been institutionalized for most of her life after receiving 107 electric shock treatments of Page-Russell,

CONT'D ON PAGE 3



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Brome County Community Bulletin Board

June 2

Knowlton Lions Club Community Wide Garage Sale. The sale will take place Saturday, June 2, from 8 a.m. to 2 p.m. at Place Knowlton (Dépanneur Rouge), 483 Knowlton Rd. We will be accepting donations at our trailer located on the parking lot of Place Knowlton on Thursday, May 31 and Friday, June 1 from 10 a.m. to 4 p.m. For those who wish to encourage us, we accept just about anything in good condition: toys, curios, crockery, sporting and gardening equipment, etc. (please no books, ski equipment, TV's hide-a-beds, clothing or large appliances).

June 2

Knowlton Harmony Band conducted by Susan Reininger, Spring Concert at 7:30 p.m. in Community Centre, 270 Victoria St., Ville de Lac Brome. Special guests student band from Heroes Memorial conducted by Laura Barr. Hum along to songs from Sound of Music and other popular tunes. Donation \$10.

June 3

The Sutton Junction Community Hall invites you to the launch of its 125th Anniversary, which will be marked throughout the year at community events. On Sunday, June 3 at 10:30 a.m. there will be the unveiling of a mural created by the artists belonging to the group "Les Beaux Lundis", the launch of Héritage Sutton's 28th sketchbook, focusing entirely on Sutton Junction, as well as an exhibition of old photos followed by a "Son et Brioches" concert under the direction of Stanley Lake. Entry fee: \$5. Coffee, tea and pastries will be served after the concert.

June 3

Legion 99 Cowansville, 120 Blvd. Davignon. Breakfast, June 3, 9 a.m. to 12:30 p.m. \$8 per person.

June 4

Monday, June 4, Avante's women under 40 "HAPPY", the documentary. 1 p.m. FREE! Brome Lac Community centre, 270, rue Victoria, Knowlton. avanteoutreach@outlook.com

June 9

Legion 99 Cowansville, 120 Blvd. Davignon. Hamburger Steak Supper. Saturday, June 9, 5:30 to 7 p.m. \$15 ticket, \$13 for Legion members.

Information: 450-263-3543. Everyone welcome!

June 16

The annual Yamaska Valley Optimist Club Cancer Walk garage sale benefiting the BMP Foundation and the bake sale benefitting the YVO club. These 2 events will be held simultaneously on Saturday, June 16. Time: 8 a.m. to 4 p.m. Place: United Church, 234 Knowlton Road. Drop off of articles: June 9, 14 and 15 from 9 a.m. to noon. No electronics, sofas, tires For information: Louise Gélinas 450-243-5317.

CHURCH BULLETINS

ALL SAINTS ANGLICAN CHURCH - DUNHAM

Sunday services at 10 a.m. - all welcome! The Reverend Sinpoh Han. Information: 450-295-2045.

ANGLICAN PARISH OF BROME

Services are at 9 a.m. First Sunday of the month - Holy Trinity, Iron Hill; second Sunday of the month - St. John the Evangelist, Brome; third Sunday of the month - Church of the Ascension, West Brome; fourth Sunday of the month - St. Aidan, Sutton Junction. Canon Tim Smart, rector. Information: 450-538-8108.

BEDFORD PASTORAL CHARGE OF THE UNITED CHURCH OF CANADA

You are warmly welcomed to join us each Sunday for an uplifting spiritual experience. We welcome you and your ideas as we provide a safe place where individually we seek out a greater purpose for our lives. Every Sunday at 10 a.m. join our community in either Bedford, Stanbridge East or Mystic. Services in Bedford and Stanbridge East are followed by coffee and snacks. The address for each church can be found on our website bedfordpastoral.org For more information please contact Wendy Near at the church office on Thursday and Friday from 9 to 11 a.m. by phone 450-248-3044 or call 450-248-2739, or by email at Bedford.pastoral@yahoo.ca

CALVARY UNITED CHURCH SUTTON

A warm welcome awaits you at our Sunday worship service in Sutton at Grace Anglican Church at 9 a.m. followed by a coffee hour at 10 a.m. in the church hall. Information: 450-538-

0530.

COWANSVILLE COMMUNITY BAPTIST CHURCH

Cowansville Community Baptist Church meets Sundays at 10 a.m., 137 rue John, Cowansville. Everyone is welcome.

CREEK/WATERLOO PASTORAL CHARGE

Sunday, June 3 - worship and music: Sacrament of Holy Communion at both worship services. Creek United, 278 Brill Rd., West Bolton, service and Sunday school at 9 a.m.; St. Paul's United, 4929 Foster, Waterloo, service including baptisms at 10:30 a.m. Reverend Dave Lambie, minister. For information or to leave a message call: 450-539-2129.

EMMANUEL UNITED CHURCH

Come together for a thoughtful and spiritual experience and give yourself a good start to the week. Sunday worship is at 10:30 a.m. Sunday School is every third Sunday of the month. We serve the United Church communities of Brigham, East Farnham, Farnham and Cowansville, but really anyone can find a home here. Give it a try and sample a Sunday. Wheelchair accessible. Worship Leader: Frances Jones Church Office: 450-263-0204 website: emmanuelcowansville.ca

ÉGLISE CATHOLIQUE ST. ÉDOUARD CATHOLIC CHURCH

366 Knowlton Road, Knowlton. You are invited to participate in a bilingual Mass Sundays at 10:30 a.m. Christian meditation is now on Wednesday afternoons from 2:30 p.m. to 3:30 p.m. (side door). The group is now bilingual and has been formed to introduce meditation to newcomers. We welcome beginners and experienced meditators. Regular attendance not required. For information call Linda Spear: 450-538-2506.

JAMES ANGLICAN CHURCH - FOSTER

We open our doors to welcome you on Sunday, June 3 at 9:15 a.m. for a Service of Holy Communion, George Campbell officiating, at the little church on the hill, 725 Lakeside, Foster. Please join us afterwards in the hall to visit over refreshments. Everyone is welcome.

GRACE ANGLICAN CHURCH

52 Principale sud, Sutton, welcomes everyone for Sunday services at 10:30 a.m. All welcome. Canon Tim Smart, rector. Information: 450-538-8108 or visit our website at: www.gracechurchsutton.org.

GRANBY UNITED CHURCH

Where God Unites all Children. Be a part of the family. 101 rue Principale, Granby. Please call 450-372-1417 for information and to confirm time of our services. guc-eug@bellnet.ca.

KNOWLTON-MOUNTAIN VALLEY PASTORAL CHARGE

Serving the regions of Knowlton, Bolton Centre, Mansonville and Vale Perkins. Worship service at 11 a.m. at Knowlton United Church, 234 Knowlton Road (450-243-6078). A warm welcome is extended to all. Handicapped access available. Should you require the services of the minister, please contact the Rev. Steve Lawson at 450-242-1993.

LIVING HOPE CENTER

Living Hope Center, a full Gospel church, meets on Sundays at 10 a.m. at 127 Principal behind the Princess Theatre in Cowansville. For more information, call pastor Tony Farrugia at 450-295-3573. Come and worship the Lord Jesus Christ with us.

ST. GEORGE'S ANGLICAN CHURCH

130 Principale, Granby, welcomes everyone for Sunday service at 11 a.m. All welcome. Bienvenue a tous. Reverend Richard Gauthier, rector. Information: 450-372-2197.

ST. PAUL'S ANGLICAN CHURCH

24 St. Paul's Road, Knowlton. St. Paul's is a dynamic, diverse community pursuing and serving Jesus in the Eastern Townships. 8 a.m. and 10 a.m. Sunday services (traditional, contemporary and modern music and format) Please check out our new website: www.stpaulsknowlton.ca. Everyone welcome! Telephone: 450-242-2885.

TRINITY ANGLICAN CHURCH

409 South Street, Cowansville. All Sunday services are at 10:30 a.m. Come and join us as we endeavor to learn and practice God's loving will. We'd love to welcome you. Reverend George Campbell. Information: 450-955-3325 (leave message).



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MKUltra victims

CONT'D FROM PAGE 1

preventing her from getting a job or living independently. "She became incontinent and put into a sleep room where she was administered barbiturates. This was done without parental consent."

Rappaport's parents had to foot the bill for treatment on their daughter to which they never consented. In 1993 they were given \$100,000 by the Ministry of Justice. Rappaport says that the amount barely paid for what her parents were burdened with, to say nothing about the lifelong emotional burden.

"It's hard to visit her because she denies the relationship between us. They erased her memory," the SAAGA founder said. "This was not a healing

treatment, it was an experiment," Rappaport continued, adding that it was only after her sister's memory was erased that she, still a teenager, was asked to sign a consent form.

Both Steel and Rappaport are revulsed that their loved ones were tortured on Canadian soil, apparently with the blessing and knowledge of the government. Although the pair recognize that \$100,000 in compensation was paid out to the families of 77 former patients, they estimate that the real number of patients was probably upwards of 250.

According to Steel, letters to Members of Parliament have been drafted and sent by members of the newly formed SAAGA, including one to

Brome-Missisquoi MP, Denis Paradis. They are seeking an apology from the government as well as compensation.

Rappaport, meanwhile, said wants people to know what she and this group are doing and urges people to step up with their stories. The SAAGA Facebook page is public and is meant to be their first step as a way to connect to what has become a support group for the class action suit. At the same time, she said, there is a mechanism that will serve to protect anonymity and confidentiality.

More information about the SAAGA group and the class action lawsuit is available on the group's Facebook page, Survivors Against Allied Government Abuse.

TBL plans to amend regulations at Tiffany Park

By Ann Davidson

A May 22nd announcement by the Town of Brome Lake (TBL) about plans to amend regulations related to the use of the boat ramp at Tiffany Park has caused a stir amongst local fishermen. The advisory stated that a new policy will lead to the closure of the boat launch near the small beach at Tiffany Park on Lakeside Road to motorized boats, prompting a strong reaction from members of the Eastern Townships Hunting and Fishing Club Facebook page.

While the advisory suggests that motor boat owners head to the Knowlton Marina or Domaine des Érables and pay the necessary costs to launch, many have voiced the feeling that they should have a right to free access to Brome Lake. Some quipped about the "tree-hugging hippies" calling the shots, making reference to the town's decision to try to protect the natural habitat of several species of fish including the Yellow Walleye, and one person even suggested that poaching walleye is an excuse for the town to remove the only free access to the lake and make boaters pay \$30 at the campsite.

The TBL notice mentioned that "Safety and aquatic wildlife protection issues have prompted the Town to adopt such a measure. The location is not under surveillance," but according to Pierre Beaudoin, spokesperson for local conservation organization Renaissance Lac Brome (RLB), the issue of wildlife protection is not the main reason. He cited the town's decision as being based on a combination of mainly for the safety of the users, with better use of the restricted parking space for non-motorized water activities and wildlife protection being secondary factors. The notice also mentions that there is already a regulation that prohibits motorized watercraft from navigating on the creek near Tiffany Park and that those who do not comply to the rules are subject to being ticketed.

Although people with non-motorized craft such as canoes, kayaks, and Stand Up Paddleboards (SUPs) will still be able to navigate the water in the Quilliams stream and access the lake under the new regulation, TBL Mayor Richard Burcombe said that there is concern that boaters having to travel under the bridge to get to the lake raises the potential for "unfortunate incidents".

"The development of this site limits the possibilities and is a matter of concern for Council," Burcombe said, "That's one of the reasons why we are going in that direction."

Beaudoin said that the project to close the boat ramp is strictly a decision by the town. The lake's watchdog association, which aims to protect the quality of the water for all aquatic and terrestrial beings, will not interfere with the Town's policy on this matter. Beaudoin added, however, that RLB has been conducting fish inventories at Brome Lake since 2011, including ones of Yellow Walleye populations in 2016 and 2017. Although the results are not yet completed, Beaudoin said that preliminary data indicates that the Walleyes in the lake are relatively young; younger than what is found in other lakes in the region, with very few being over four years old.

That in mind, the RLB spokesperson said that the organization does believe that fishing is putting pressure on the Walleye population. At this point, he said that they have not detected any particular problem in other species such as the yellow perch and smallmouth bass. A full report on the situation with the Walleyes is expected

CONT'D ON PAGE 5

AUDIAPASON

By Vicki Taylor,
Administration and
Communication Coordinator

Coping with grief

Grief is what you think and feel inside when someone you love dies. It's the numbness, sadness, anger, regret all rolled up into one. It's the pain in your gut and a hole in your chest. Everybody grieves inside when someone they love dies. Grief is the natural psychological, behavioral, social and physical response which helps the mourner recognize the loss and get ready for the larger and often longer experience of mourning. To that effect, grief is actually the beginning part of mourning.

How do you mourn? How to you cope with the loss, the grief, the pain? If you feel like you can't go through it on your own, there are precious resources that are offered free of charge to residents of the Brome-Missisquoi and Haute-Yamaska communities.

L'Équipe d'accompagnement Au Diapason offers bereavement support in both English and French to adults, teenagers and children. The goal is to support and facilitate the grieving process by breaking the isolation. Whether in groups or individually, the sessions aim to help recognize, validate and express emotions that we feel and to develop a better knowledge and understanding of the normal stages of grief.

Mourning is a universal phenomenon. It is necessary and painful and it will take the necessary time. It does help to talk about it, to exteriorize your feelings. It can help you cope with your grief.

For more information on
Au Diapason, visit
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LETTERS

Tiffany Beach boat ramp

DEAR EDITOR:

According to local paper La Voix de l'Est, TBL is going to close down the only boat ramp that non-lake-side residents had to launch their boats. Tiffany Beach boat ramp will be closed by the town, their reason being is that a recent survey denoted that the seize of walleye had diminished, and by closing the Tiffany ramp it would discourage fishermen from going on the lake and fishing large walleye essential to reproduction. Non-lakeside residents of TBL who wish to go fishing or boating on Brome lake will have to use the 2 private boat ramps located at either ends of the lake at 30.00 a shot. Easy maths say 10 usages at 30.00 each = 300.00 . 20 launches in one season 600.00. Nice treatment on the part of the town towards the less fortunate non-lakeside dwellers. Mr Burcombe, what are the alternatives for these people? Do you really believe they are the ones responsible for the loss of large Walleye? How

are you going to punish the 500 lake-side dwellers from using the lake and catching overseize Walleye? This is beyond your jurisdiction, control of fish catch and seize is the responsibility of the fish and game department, not yours or the towns. It is your responsibility however to report the incident to the authorities and to make sure they do something about it. Punishing part of the population by forcing them to pay 30.00 a shot to launch their boats is, in my opinion, selective taxing and should be stopped immediately. Most fishermen respect the law and its the fish and game departments job to make sure they do.

Your job, Mr. Burcombe, would be to ensure the sewage pump house, on Lakeside, Victoria, and Bondville do not send raw sewage into the lake during severe rain fall.

LARRY INGOLD
KNOWLTON

Freedom to say thank you

DEAR EDITOR:

It would appear that we don't have to look too far to see that our world has far too many differences brewing at the same time, all over the world. What will it take for those with the capacity to be welcoming, try a little harder to be accepting of those who arrive on our doorstep, with little in life except their being, and at times even that is almost spent. Most people do not migrate through choice but through circumstance. Natural disasters, brutal regimes, or persecution for their religion head the list. Prosperous countries will be inconvenienced by having others arriving in great numbers, but those who should

be willing to give up some of their wealth and comforts so that others can have better chance in life to succeed and contribute, pay back, their hosts. Talent is not readily apparent, but those who must fight to live, have something in them that pushes them to be successful if given the chance.

Canada has had its successes in being a host country, and it is now up to others to walk side by side in letting the unfortunates have what host countries enjoy.

Freedom to breathe, to work, and be able to say thank you for your generosity.

DAVID EDMOND

Knowlton Lions Club Community wide Garage Sale

Once again this year the Knowlton Lions Club will be holding their very successful annual garage sale. This community centered activity has become a tradition since its inception in 2004. It's spring cleaning time; think of us.

The sale will take place Saturday, June 2, from 8 a.m. to 2 p.m. at Place Knowlton (Dépanneur Rouge), 483 Knowlton Rd. We will be accepting donations at our trailer located on the parking lot of Place Knowlton on Thursday, May 31 and Friday, June 1 from 10 a.m. to 4 p.m. For those who wish to encourage us, we accept just about anything in good condition: toys, curios, crockery, sporting and gardening equipment etc. (Please no books, ski equipment, TV's, hide-a-beds, clothing or large appliances). If you would like to donate a large item, please bring to the trailer a photo with a small description and a suggested price of the item to sell, with your name and phone number. We will put the info on a peg board at the sale and buyers will contact the seller. The seller gives the money to the Lions.

Last year the large crowd of buyers at the opening was impressive. Over \$10,000 was raised from selling articles donated by our generous supporters who also came in large numbers to purchase said items, which brings our total over the years to nearly \$100,000.

For general information contact Sue at 450-242-9896.



COURTESY

A sample of the items that were at a previous sale.

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BCN RATES & DEADLINES COMMUNITY CALENDAR

Brome County News Community Calendar is reserved for non-profit organizations only. **Deadline is noon on Fridays.** Must be pre-paid. Up to 40 words: \$8, 41-70 words: \$12, 71-100 words: \$15, all prices include taxes. **Special rates:** \$2 off for 2 insertions, 1 BCN and 1 in the Friday Record "What's On" section. Please forward notices to 5-b Victoria St., Knowlton, QC JOE 1V0, email: bcnnews@qc.aibn.com, or fax: (450) 243-5155. Visa and Mastercard accepted.

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Words of hope

Tiffany Park

CONT'D FROM PAGE 3

within a few weeks. Beaudoin reminded people that RLB's mission relates to the quality of the water in Brome Lake and its tributaries. "We support the goal of better protecting walleye populations in order to preserve the biodiversity of eco-systems, one of the factors for good water quality." He said, going on to say that when it comes to public safety and use of park

space, it is not the responsibility of RLB and they do not intend to comment on the subject.

Members of the public can learn more and voice their concerns at an information meeting scheduled to take place tonight, May 29, at 7 p.m. in the Centre Lac-Brome community centre. The new regulation is expected to come into force in the first weeks of June.

Follow The Sherbrooke Record on Facebook and Twitter!

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Call for Student Bursary Applications

By Louise Smith

Students graduating from high school, going into technical programs, or attending university have a chance to apply to various bursaries sponsored by the local and provincial women's institutes. Applicants can be male or female. Locally, the Missisquoi County Bursary is available to all students who are furthering their education. The deadline is August 15th. Also locally,

the Fordyce Women's Institute Bursary is for a high school student who is furthering their education.

Then there is the Frances Taylor Memorial Bursary which is open to all students who are furthering their education and who are in financial need.

To get an application, or for any questions, please contact Norma Sherrer, 450-263-3448 or norma4qwi@gmail.com.

Cowansville Optimist Club Fundraiser on June 16

By Louise Smith

On June 16 the Cowansville Optimist Club will be holding a fundraiser dance at the Salle du Club de l'Age d'Or at 154 rue Principale in Cowansville. Local folk-rock group The Cavemen will provide the

music and delicious desserts will be available at the dance.

The Cowansville club is the first French women's Optimist Club in North America and Ilze Epnors is the President. It was formally inducted on March 9, 2018, but the night of June 16 will be the official charter evening.

There will be about 35 minutes of official business before the party begins.

The club meetings are conducted in French but most of the members are bilingual. The club is student-centered, and funds raised will be used to support programs for children. The Optimist Club will sponsor a French-speaking

Opti-Genie competition in the fall and an oral speaking competition in local schools.

The club's email address is: cluboptimistebm@gmail.com. Tickets are only \$30 and they are going fast. Please contact Ilze Epnors at 450-522-9954 or 450-776-4843.

Heroes' Angel Garden Looking for Sponsors

By Louise Smith

If you walk around the property of Heroes' Memorial School in Cowansville you will see the makings of gardens everywhere. These plots, known as the Heroes' Angel Gardens, are a community supported project and currently looking for individuals or organizations who would like to help out.

Anne Stairs, the principal of Heroes' Memorial, has recently donated upright planters which are on the grounds outside the main entrance on Davignon Boulevard. The gardens don't have any sponsors yet but they are looking for donations of any kind, preferably financial, to allow the students to purchase seeds, plants, mulch, and other necessity items. Melissa Carter is supervising the gardens. Anyone interested in the project can contact her at carterm@etsb.qc.ca.

Looking ahead, anyone who would also like to weed during the summer can join the Heroes' Garden helpers through Melissa Carter.



PHOTO BY LOUISE SMITH

Melissa Carter is the teacher working with the Heroes' Angel Garden project.



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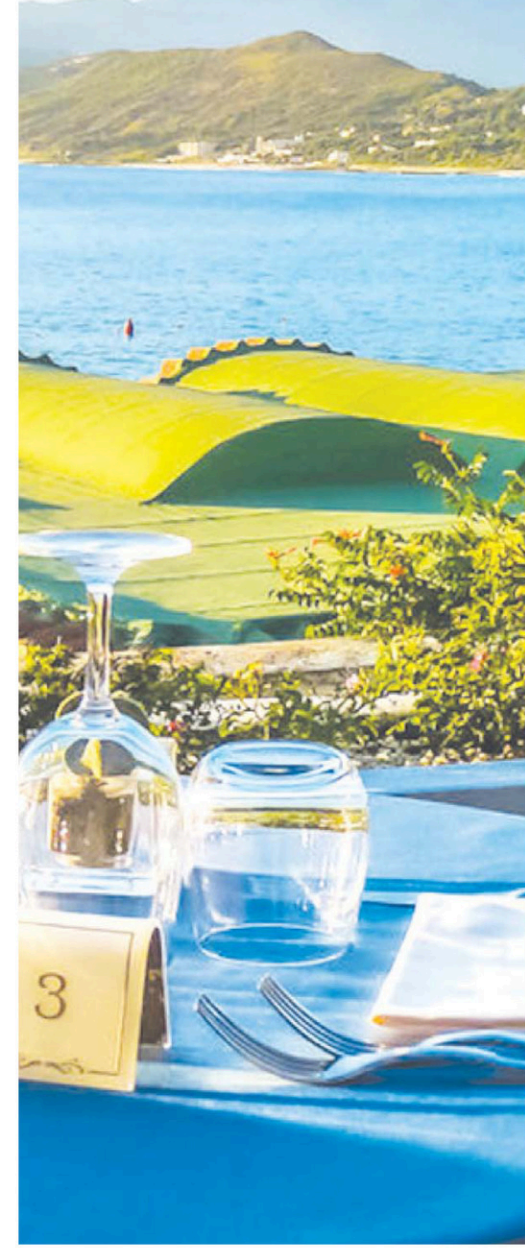

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Avante June Newsletter

Submitted by
The Avante Women's Centre

It's beginning to feel a lot like summer, and with summer there's a huge variety of things to do in Brome-Missisquoi, so we tend to slow down our own programming in June. In fact, we are only open on Tuesdays through Thursdays over the summer and close the centre during the construction holiday in July.

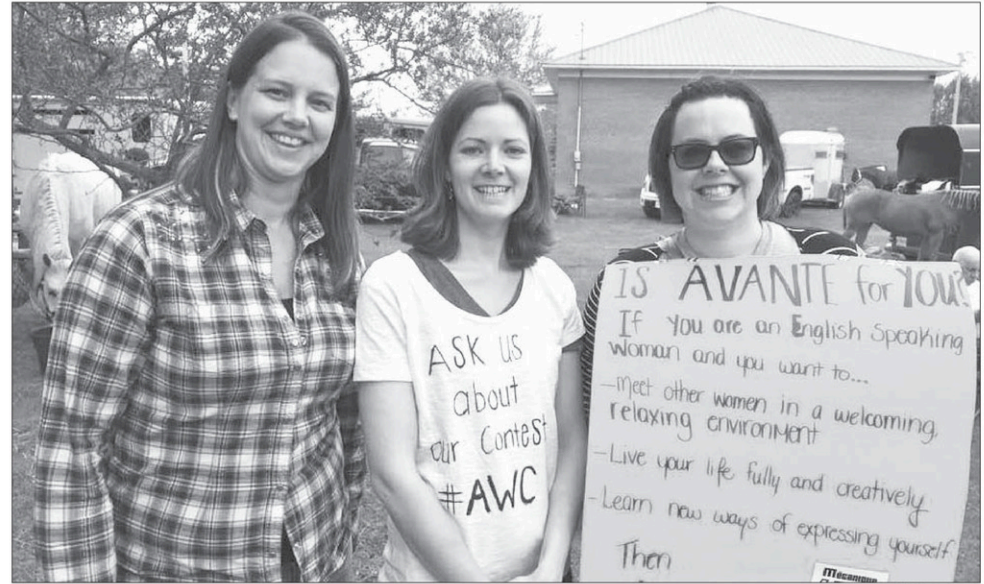
Before that, however, we have a few special events planned. A reminder to our members that our Annual General Meeting will be held at the centre on Tuesday, June 5, starting at 6:30 p.m. when we review our activities over the past year, reflect on what we have accomplished, and announce our plans of action for the next year. The AGM also always includes the election of our Board of Directors.

Another special event in June is our annual Potluck Summer Salad Luncheon to celebrate the end of our programming and wish everyone a happy summer until we meet again in the fall. This year, we will be sharing the event with you in Knowlton at the Lac Brome Community Centre on Monday, June 18, starting at noon. Bring a bowl of your favorite salad and learn about what's going on in our area!

Christine is still pretty active in June,

offering a variety of workshops for women under 40 in both Knowlton and Bedford. On Monday, June 4th at the Lac Brome Community Centre, she will be showing the documentary "Happy", highlighting what makes people happy around the world, starting at 1 p.m. On Wednesday, June 13th, Lynn Osborne from the Yamaska Literacy Council will be Christine's guest at our centre in Bedford, to take part in a book swap. You are invited to bring a book you love, share why you love it, then swap it! From 6 p.m. to 8 p.m. the following Tuesday, June 19, Breezey and Brenda will be explaining the purpose and benefits of different essential oils at our centre in Bedford starting at 6 p.m. then on Thursday, June 28, Christine is back at the Lac Brome Community Centre with Lynn Osborne to explore the concept of Bullet Journaling; a combination of goal setting, agenda and diary, all in one. The workshop begins at 6 p.m.

There will be one more session of our regular programming with Barb coming to Knowlton on Monday, June 11, for a coffee break from 1:30 p.m. to 3:30 p.m. Learn what the recommendations are for keeping your home healthy with our topic of Home Security. On Tuesday, June 12th, Barb's DIY is "stick stuff". Try your hand at creating satisfying works of art with sticks and twigs! Please call



COURTESY

to register. All materials will be provided with a \$2 suggested donation. Gayl is still working on turning the blocks made this past winter during her sewing and quilting classes into a beautiful quilt, and invites you to join her on Thursday, June 21 from 6 p.m. to 8 p.m. Many hands make light work.

Our ever popular Soup Café will be on Thursday, June 14th. Come at noon to enjoy a bowl of delicious homemade soup with bread while chatting with other women from the area.

Avante Women's Centre strives to provide services to English speaking women in Brome-Missisquoi. We offer workshops, courses and information sessions in English as well as information on resources and referrals to other social services in our area. Our centre is located at 15 rue du Pont in Bedford, and we can be reached at (450)248-0530 weekdays from 9:30-4pm. We can also be contacted through our website, www.avantewomenscentre.org and Facebook page.

Pet of the Week — Lucas



Hi! I'm another young guy, one to one and a half years old, weighing about 35 lbs with short beige/gold fur and a 'golden' personality! I don't get riled up about cats or other dogs and I'm kind of shy, sweet and non-pushy with humans. Maybe you would like me to join your household? I have been here for three weeks now, not long compared to many of my friends here (some of them have been here for years but always remaining hopeful - it took three years for one of my friends who left recently!) but I am hoping to 'luck out' and be in my own home sooner than that! Please come and visit us - dogs & cats - at the SPCA Montérégie, 178, ch. du Vide, Ste-Angèle-de-Monnoir (exit 37 on autoroute 10). Adoption hours are 2 - 4 p.m. on Thursdays & Saturdays.

450-460-3075

www.spamonteregie.com

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Serving others

By David Edmond

A courtesy within the capability of each and every one of us. From our early years until our final days we can practice benevolence to our fellow man.

Some of us are blessed in life to have the means to cope with hardships thrown at us along the way. Others are not so fortunate.

To those in need a lending hand is sought. Sometimes it takes money, sometimes it takes material goods.

Some of us will say that neither of these two are conveniently available, however two helping hands are offered.

For many a problem in life, for those in need, can be answered by those willing to share their time and talent.

Sharing knowledge, sharing time, can be the greatest gift of all,

to the downtrodden and unfortunate.

Each of us are blessed with talents that can be opportune. A gift of being re-assuring, can be all that is required.

Some of us can instill in others a sense of hope and a belief that what they face is something that can be overcome.

If each of us would only truly search within ourselves, just what we have at hand to offer to our neighbour.

The world today is so diverse, the problems are so many. The greatest of these, and sad to say, is man's inhumanity to man.

If all of us, regardless of race or religion, could only recognize that each of us just wants to lead a life that's full.

I'm sure that those of us who've offered of ourselves, have been rewarded thousand fold by being recognized and thanked.

Ingeborg Fulford celebrating every moment at 86

All Dressed Up for Trinity Sunday



PHOTO BY LOUISE SMITH

By Louise Smith

Ingeborg Fulford celebrates every moment of life. This past week she celebrated her 86th birthday but after a car accident a few years ago, every day and every moment has to be celebrated as well as the birthdays. Now in a wheelchair, her house has been adapted to meet her new needs and she is focusing on what she can do independently and not on what she cannot do.

A few months ago she wrote an article on the difficulties on entering buildings in Cowansville including the medical clinic on River Street. A copy of that article was given to the clinic and the doors to the clinic will soon be changed.

Ingeborg is an example of how change can be made in a community one "step" at a time.



PHOTO BY LOUISE SMITH

By Louise Smith

Lorane McKenzie knows how to dress for Trinity Sunday. McKenzie, a Licensed Lay Worship Leader, was in Cowansville to preach on Sunday at Emmanuel United Church. It was Trinity Sunday and the colours for that day were white and gold. She decided to dress for the occasion with her outfit being shades of white and gold even down to her shoes and purse!

Richford-Sutton VT 105A Bridge 3 Closure to begin June 4, 2018

The Vermont Agency of Transportation (VTTrans) will be rehabilitating the Richford-Sutton Bridge, located at Bridge 3 on VT 105A over the Missisquoi River, directly on the United States and Canadian border between Richford, VT in Franklin County and Sutton, Province of Quebec. This project will rehabilitate the existing bridge which has deteriorating components in the deck, superstructure, and substructure elements. **The bridge closure period is from June 4 for a maximum of 150 days after.**

Detour: During construction the bridge will be closed to traffic and detoured around the project utilizing VT 105 and VT 139 to the Richford-Abercorn border crossing in Richford, VT on VT 139. If you have any questions regarding this project you may contact the **project outreach manager, Jacqueline Dagesse, at 802-324-5522 or jdagesse@eivtech.com.**

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PUBLIC NOTICE

COMING INTO FORCE
 FAUBOURG LAC-BROME
 SCAOPI
 (RESOLUTION 2018-04-144)

- At the regular sitting of April 3, 2018, the municipal council adopted resolution 2018-04-144 concerning the "Faubourg Lac-Brome" specific construction, alteration or occupancy proposals for an immovable (SCAOPI) project located at 710, Lakeside Road, Brome Lake.
- The purpose of this resolution is to allow the implementation of a housing project.
- This resolution received the approval of the Brome-Missisquoi RCM on May 15, 2018, by adoption of its resolution #177-0518 declaring resolution 2018-04-144 in accordance with the objectives of its Land use and development plan as well as to the provisions of the Brome-Missisquoi RCM's complementary document.
- Any person may consult resolution 2018-04-144 at town hall, located at 122 Lakeside Road, during regular office hours, Monday to Friday, between 8 a.m. and noon and 1 p.m. and 4:30 p.m.

This resolution comes into force in the manner provided for by Law.

Given at Brome Lake
 This May 29, 2018

Edwin John Sullivan, B. Sc. LL. B.
 Attorney
 Town Clerk

QCNA Blanket Classified Ads

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Personals
 ELKE MANN - We are trying to reach Elke Mann originally from Germany on a family matter. Please contact Rick Perkins at 807-633-8198 or rperkins@tbaytel.net.

290 Articles For Sale

RIDEAU MEMORIAL GARDENS in "Gardens of Christus" 2 side by side plots. Must sell, recently widowed, moving west. Good price. Call 450-242-1840.

340 Garage Sales

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Asparagus with hollandaise gets a remake with dill

By America's Test Kitchen

The combination of asparagus and hollandaise is quintessential in French cooking. Steamed asparagus is typically used, but the combination gets even better when the asparagus is roasted; the browning adds deep flavour to the sweet and verdant vegetable.

This complexity called out for a hollandaise with a bit more character than our lemon-scented standby, so we decided to use our Foolproof Mustard-Dill Hollandaise; tasters thought its zingy, herbal flavour woke up the dish. When roasting the asparagus, America's Test Kitchen discovered that thicker spears held up better to the high heat. Peeling the bottom halves of the stalks - just enough to expose the creamy white flesh - delivered consistently tender and visually appealing asparagus.

To ensure a hard sear on our spears,

we preheated the baking sheet and resisted the urge to give it a shake during roasting. This recipe works best with thick asparagus spears that are between 1/2 and 3/4 inch in diameter. Do not use pencil-thin asparagus; it overcooks too easily.

ROASTED ASPARAGUS WITH MUSTARD-DILL HOLLANDAISE

Servings: 4 to 6

Start to finish: 20 minutes

- 2 pounds thick asparagus, trimmed
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Foolproof Mustard-Dill Hollandaise

- 3 large egg yolks
- 2 tablespoons lemon juice
- Salt
- Pinch cayenne pepper, plus extra

- for seasoning
- 16 tablespoons unsalted butter, melted and still hot (180 degrees)
- 1 tablespoon whole-grain mustard
- 1 tablespoon minced fresh dill

Adjust oven rack to lowest position, place rimmed baking sheet on rack, and heat oven to 500 degrees. Peel bottom halves of asparagus spears until white flesh is exposed, then toss with oil, salt, and pepper in bowl.

Transfer asparagus to preheated sheet and spread into single layer. Roast, without moving asparagus, until undersides of spears are browned, tops are bright green, and tip of paring knife inserted at base of largest spear meets little resistance, 8 to 10 minutes.

To prepare hollandaise, process egg yolks, lemon juice, 1/4 teaspoon salt, and cayenne in blender until frothy, about 10 seconds, scraping bottom and sides of blender jar as needed. With

blender running, slowly add hot butter and process until hollandaise is emulsified, about 2 minutes. Adjust consistency with hot water as needed until sauce slowly drips from a spoon. Add 1 tablespoon whole-grain mustard and 1 tablespoon minced fresh dill to hollandaise and pulse until combined but not smooth, about 10 pulses. Season with salt and extra cayenne to taste.

Transfer asparagus to serving dish and drizzle with hollandaise. Serve.

Nutrition information per serving: 200 calories; 160 calories from fat; 18 g fat (9 g saturated; 1 g trans fats); 97 mg cholesterol; 228 mg sodium; 7 g carbohydrate; 3 g fiber; 3 g sugar; 4 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit www.americastestkitchen.com. Find more sauce recipes and pairing suggestions in "Just Add Sauce."

(The Associated Press)

Death

Allan (Red) TURNBULL

Allan was born on January 25, 1928 in Verdun, Quebec. At the age of 16 he went to work at the MacGillivray Farm in Knowlton. Allan spent his happiest years showing and breeding his prized Ayrshire cattle at numerous fairs around Canada and the United States. Allan could always be found in the barn at the Brome Fair and was also very involved with the Sutton Curling Club.

Allan was a proud and long serving Master Mason of Brome Lake Lodge #35.

Allan passed away peacefully on May 10, 2018 at the Manoir Brome, he was 90 years old and will be dearly missed by his family and friends. Allan is survived by his sister Joyce Turnbull Lowe (Jim), his nephew James Lowe (Meta) and his niece Sharon Lowe (Doug).

Allan's family would like to thank the staff of the Manoir Brome for their kindness and care in Allan's final days. Thank you to the members of Lodge #35 for their visitations and support over the years.

As per Allan's wishes, there will be no service. A private family gathering will take place at a later date at his sister's home.

Death



Russell Irwin HAINES

1934 - 2018

Husband - Father - Brother - Uncle - Friend

We are broken hearted to announce the passing of Russell Haines. He lost his courageous year long battle to Mesothelioma Saturday May 19 surrounded by his family. Devoted husband and companion of 60 years to Pearle, the most amazing father to Margy and Andrew, Conor and Andrea, Cameron and Jacqui, and Beth. Loving big brother to David (Elsa) of Knowlton, QC. Proud and loving Grandfather to Chad, Marlene, Conor Peter,

Cameron, Russell, Mackenzie, Aidan, Matthew and Abbey. Russell (The Bear) was born in Montreal, Quebec to Minnie and Irwin Haines. It is there that he met his future wife Pearle (with an "e") at the infamous Maples Inn on the Lakeshore in Pointe Claire.

He played football for the Lakeshore Flyers in Montreal and after being named the most valuable lineman was drafted to the Saskatchewan Roughriders in 1958. Our Mother followed shortly thereafter where they created many fond memories of their time in Regina. We are all Roughrider fans to this day. He ended his football career with the BC Lions.

Once their family grew to include children, they moved back home to Montreal where they raised their family on Queens Road in Valois. He coached hockey as well as football in Valois for the Valois Colts. He was a plumber, electrician, arborist and anything and everything else that was required around the home front. We spent amazing summers at Valois pool as a family. When not at Valois pool he packed us all up in the station wagon and off we went to PEI.

His professional career was spent working in the steel industry. He spent the majority of his career with Lasco where he was in sales covering Quebec and eastern Canada. He loved working for Lasco and fostered great relationships and friendships with his colleagues and clients.

An avid sportsman, he loved skiing and hockey, golf and fishing. He spent winters with his family skiing at Owl's Head in the Eastern Townships. Was in many hockey leagues - Pointe Claire and Westlake Oldtimers and also played with Air Canada pilots. He golfed at Beaconsfield Golf Club in Montreal and at Glasgow Hills in PEI. He and his sons had many wonderful fishing trips to Club Canot Rouge in northern Quebec.

He retired with his wife Pearle to their beautiful cottage retreat on the ocean in Prince Edward Island. They missed Montreal but they never looked back.

What an amazing life we had as a family with our father. The biggest gift we received was learning to love life and enjoy every day. He always had a big smile on his face and his positivity and love of life stayed with him throughout his difficult year.

Death

Death



Thérèse BERNARD
(1931-2018)

In Granby, on May 10th, 2018, Thérèse Bernard has passed away after a long illness at the age of 86, longtime resident of West Brome.

She leaves three sisters: Marie Brouillette of Granby, Cécile from Brossard and Denise; and four brothers Jacques, Michel, Louis and Prosper (Francine), as well as many nieces and nephews.

The Aquamation was carried out by the Bio-Crématorium Le Sieur of Granby.

Funeral service on Saturday, June 2, 2018 from 9:00 to 10:30 a.m. at:

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www.lesieur.ca - info@lesieur.ca

Member of the CTQ

A tribute to her life will be celebrated that same day at 10:30 a.m. in the Chapel Le Sieur. The urn will then be transported to Mgr Pelletier Cemetery, Granby.

Donations to the Alzheimer's Foundation of Granby and area would be appreciated. Forms will be available at the Complexe Le Sieur.

The family wishes to thank the staff of La Villa Bonheur for their dedication.



Dans le respect de l'être cher et de l'environnement.

Cemetery Meeting

MANSONVILLE CEMETERY COMPANY
The Mansonville Cemetery Company will hold their annual general meeting on May 31, 2018, 7:30 p.m., at 302 Principal, Mansonville (downstairs).

lation between the ages of 45 and 70 are prescribed statins, so the fact that several of the brands now available do not appear to affect the CYP3A4 enzyme is good news. The statins that remain on the no-grapefruit list are atorvastatin (Lipitor), lovastatin (Mevacor) and simvastatin (Zocor). And while the current literature suggests that rosuvastatin (Crestor) and pravastatin (Pravachol) as well as a few other statin drugs have limited or no interaction with furanocoumarins, we urge you to check with your pharmacist or physician before adding grapefruit to your diet.

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

Talk to your doctor before taking a statin with grapefruit juice

ASK THE DOCTORS

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

Dear Doctor: Years ago, I was told not to consume grapefruit or grapefruit juice with statins. Now I understand that this restriction no longer applies. Is this correct?

Dear Reader: The reason people are warned to steer clear of grapefruit when taking statins, which are drugs that lower cholesterol, is that certain compounds within the fruit and its juice affect the way the medications are absorbed. Known as furanocoumarins, they interfere with the metabolic processes that break down a range of medications, including statins. And while you're correct that there are now a few brands of statins that don't interact with those compounds, it's important to check with your pharmacist or physician regarding your particular

prescription before adding grapefruit to your diet.

Statins are a class of drugs that get broken down with the help of an enzyme known as CYP3A4, which is found in the gastrointestinal tract and liver. It's a process that controls how much of a drug is released into the bloodstream, and it is factored into the calculations used to determine drug dosages. What happens in the presence of furanocoumarins, which are found not only in grapefruit but also in pomegranates and Seville oranges, is the work of that key enzyme is inhibited. As a result, a larger amount of the drug than is intended enters the blood and accumulates in the body. In the case of statins, too much of the drug in the body can lead to grave complications, such as increased risk of damage to the liver and muscles, which can lead to kidney failure.

Grapefruit is a good source of vita-

min C and has a bit of potassium as well, so patients often ask if there's a minimum amount they can safely consume while taking statins. Unfortunately, with many statins, the answer is still no. That's because we each secrete a different amount of the CYP3A4 enzyme in the small intestine. The same glass of grapefruit juice that would be safe for one person would be dangerous for someone else.

Interestingly, that same compound that generates an overabundance of statins in the blood will decrease the available amount of a few other drugs, including fexofenadine, an allergy medicine sold under the brand name Allegra. Apple juice and orange juice have the same effect on fexofenadine, which is why the labels on both the prescription-level and over-the-counter varieties of the drug carry a warning against taking it with any fruit juices.

An estimated 20 percent of the popu-

Girls Worlds Project at Farnham Elementary

By Louise Smith

The Avante Women's Centre has been sponsoring programs for girls in various schools for about ten years. It started with support from the Townshippers' Association and, this year, a grant from the Women's Inter-Council of Canada helped support programs in Butler and Farnham Elementary Schools. Karen Smith from Avante was in charge of the program.

The girls met after school and learned how to cook and do other activities. A recipe book was given to the girls as a wrap up gift. In Farnham, the girls in Ms. Akroyd's class loved the program. Lilly Ann said it was fun to be with her friends and cooking with them. She wished Girls World would go

on. Megane thought it was awesome because they were always able to bring food home too. She thought Karen and the other leaders were super nice to have done Girls World. Marie-Jane loves cooking and thought that being in Girls World would help her do more cooking at home. Her favourite recipe was the chicken parmesan pizza. Laurence thought that they all learned how to share doing the tasks in the kitchen. Melody thought it was fun and she liked that she was taught to cook things that were delicious. And Florence just loved Girls World and all the food that they made from the healthy muffins to the chicken pizza and more.

With endorsements like these, the program has a healthy future prospect for years to come.



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PHOTOGRAPHY : © STEVE PELLERIN

NEXT STARTS :

- ✓ June 4, 2018
- ✓ August 27, 2018

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