



Le Mercien

La voix des Mercier d'Amérique

The voice of the Merciers of North America

A word of the president

Part of the objectives of an association such as ours is to broadcast the history of our ancestors who became famous in their own field.

The association has already published many articles of interest and will continue to do so, as long as each of you will forward your family histories.

We have been privileged to receive articles describing achievements, both great and modest, of our ancestors as well as those of living members.

(continuing on page 4)

Eugène A. (Gene) Mercier relates the family history of which his father Alfred Mercier, who became the New England champion in 1934, has coupled with Yvon Robert from Montréal in several regional cities of Québec and the United States of America. The *Le Mercien* Editing Committee is happy to publish the exploits of Alfred Mercier, the humble but great sportsman who honoured his own family and of whom his extended Mercier family is so rightly proud of. Congratulations to the author Gene and to the president Pierre-Paul who translated Gene's article for the french version of *Le Mercien*.

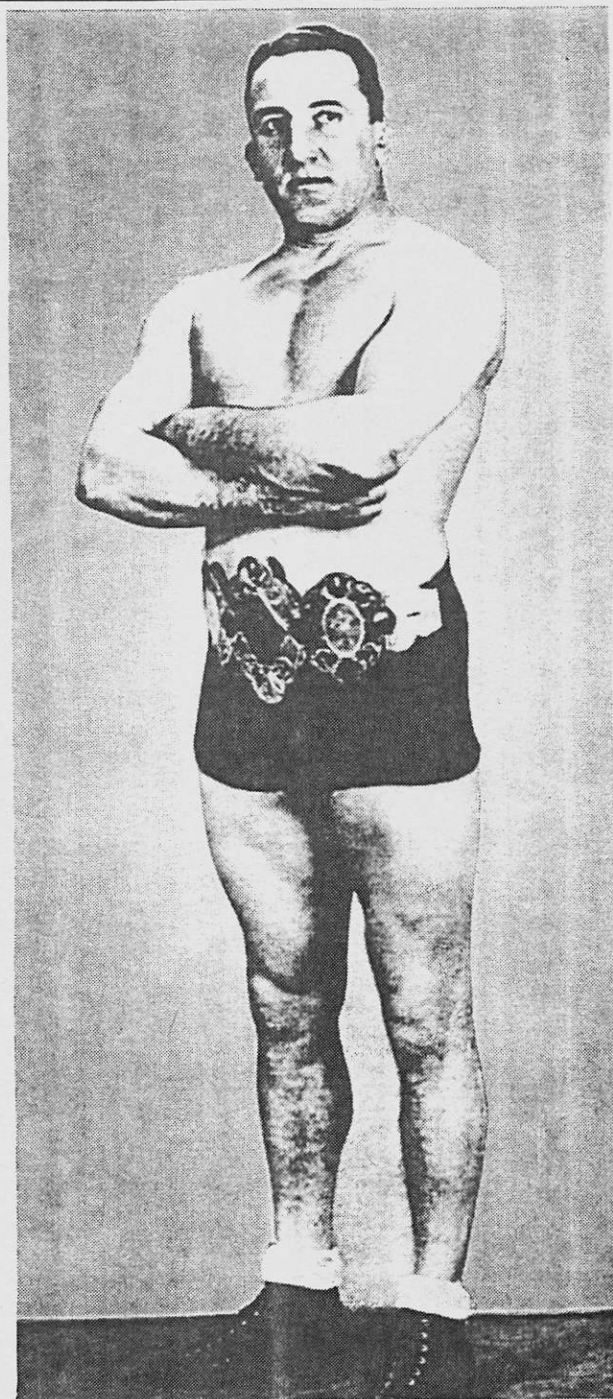
The Editing Committee

ALFRED MERCIER -->

"Champion amongst men"

The wrestler Alfred Mercier descends at the ninth north american generation (G 9) of the ancestral couple Jullien et Marie Poulin. He belongs to the Jean and Barbe Montmagnier's line (branch).

(continuing on page 9)



**Conseil d'administration
et Bureau de la présidence de l'AMAN
Board of administrators
and Bureau of AMAN**

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Messages

Afin de hâter la correspondance avec la direction, veuillez communiquer directement avec les membre préposés aux divers services de l'AMAN.

In order to hasten communications with the management, please contact directly the members in charge of the AMAN's Services.

Si vous déménagez, veuillez avertir le trésorier au moins six semaines à l'avance.

If you plan to move, please inform the treasurer at least six weeks ahead of time.

Cotisation / Membership :

Annuelle / Yearly : 20 \$

À vie / Life (65 ans et +/65 years and over): 125 \$

À vie / Life (moins de 65 ans/less than 65 ans): 250 \$

Veuillez faire parvenir vos commentaires et suggestions à l'une des adresses indiquées en bas de page.

Please send your comments and suggestions to either address listed below.

**Le Mercien - Dates de tombée saisonnières
Seasonal deadlines**

Numéro Number	Saison Season	Date limite Deadline
1	Printemps / Spring	1er mars / March 1st
2	Été / Summer	1er juin / June 1st
3	Automne / Autumn	1er septembre / September 1st
4	Hiver / Winter	1er décembre / December 1st

Comité du bulletin : Le Mercien

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Pierre Mercier, Sainte-Foy (publicité/publicity)	(418) 657-1607
Paul-Émile Mercier, Charlesbourg (photographies/pictures)	(418) 623-2787

Association des Mercier d'Amérique du Nord

AMAN
C.P. 6700
Sillery (Québec) Canada
G1T 2W2

Adresse du site/ Site address : genealogie.org/famille/Mercier

Adresse électronique/Electronic mail : preville@qc.aira.com

ÉDITORIAL

Let us be interdependant

Since the launching of the AMAN VISION 2000 consolidation campaign — at the beginning of 1999 —, our young family association has made several small but solid steps which indicate the solidarity status of its members. Our bookkeeper, Benoît and our treasurer, Jean Mercier, informed the administrators that :

- several new members have since joined the ranks of our young family association;
- some thirty regular members have decided to become life members by paying a global fee of 125 \$ for people over 65 years of age and 250 \$ for the young persons (below 65 years);
- few former members have reintegrated AMAN's fold;
- a small number of legitimate members have opted for the **commander's** grade;
- several business Mercier people think of sponsoring officially special events such as publicity campaign or special Mercier shows in their own environment.

One will object that the number of recently recruited members is rather low if consideration is given to the cost and effort displayed by sending an invitation letter to some 8000 Mercier households during the last special campaign mentioned above. Agreed! But it must be remembered that most starting family associations behave more or less like the hare and the turtle in the LaFontaine fable. They sometimes make rapid moves which could not be made. But it is better late than ever. One must learn to crawl before walking.

The administrators have decided to move slowly and to split regional committees in small

local units in order to bring the members to meet and exchange verbally more frequently at lower cost. AMAN administrators, therefore, appeal to the interdependence and desire of young women and men, who have reached the retirement age and are willing to do benevolent work to help them to achieve that consolidation work. They need people like you, who interdependant to fulfill the AMAN's mission and objectives.

Please :

- call your regional director whose telephone number is on page 2 or
- communicate with members whose electronic mail address is found on page 4.

Thank you in anticipation.

Ernest Mercier

Do you come to Trois-Rivières by bus?

If you wish to travel by bus to participate to the Merciers' reunion on saturday, august the 26th, please register soon and send your cheque to the order of AMAN to the treasurer.

**Mr Jean Mercier,
7402 des Platanes,
Charlesbourg (Québec) G1G 5L3
Tél.: (418) 623-0439**

Thank you for your cooperation and quickness (see pages 7 and 8)

INTERNET

Dans le dernier numéro de **La Souche**, organe officiel de la Fédération des familles-souches québécoises, on retrouve une chronique de Guy Fréchet qui a pour titre: Internet: abondance et rareté.

L'auteur révèle le coffre aux signets et les activités des principaux sites.

À tout seigneur tout honneur le site de la **Fédération des familles-souches québécoises** peut être consulté fréquemment. Nous vous demandons de bien vouloir nous indiquer les informations relatives à la page Web de votre association pour les mises à jour que nous nous efforçons de faire le plus souvent possible. Merci à Françoise Morin, de Drummondville, pour son travail de gardienne du site et de ses secrets.

<http://www.mediom.qc.ca~ffsq>

Le site infobèse par excellence (ce qui n'est pas toujours nécessairement péjoratif), est sûrement celui de **Cyndi's** aux États-Unis. Qu'on en juge: il comporte des liens vers plus de 62 000 sites sur Internet où il est question de généalogie ou d'histoire de famille. À ajouter bien évidemment à ses signets: <http://www.CyndisList.com/>

Le Centre de généalogie francophone d'Amérique a pour principal objectif de... "développer une plate-forme sur l'inforoute pour les chercheurs, les généalogistes et les historiens de même que pour les auteurs et les éditeurs d'ouvrages consacrés à la généalogie et à l'histoire des familles francophones d'Amérique". Un site d'un intérêt primordial.
<http://www.genealogie.org>

Gen-Médias, ou la Centrale Internet de généalogie, de Sylvain Lavoie, est aussi bien présent dans le paysage. Le site se présente comme... "la plaque-tournante francophone des sites généalogiques, héraldiques et d'histoire".
<http://multimania.com/genmedias/>

Le site **FrancoGène**, une initiative de Denis Beaugard, est... "votre porte d'entrée vers la généalogie francophone dans Internet". Il s'agit

d'un immense chantier où les informations d'intérêt abondent.

<http://www.genealogie.com/index.html>

À voir aussi le site du **PRDH** (Programme de recherche en démographie historique de l'Université de Montréal) qui présente les 700 000 mariages de 1621 à 1799 de leur banque de données. Les consultations sommaires sont gratuites, les consultations plus approfondies sont offertes par abonnement (tarifs raisonnables).

<http://www.genealogie.umontreal.ca>

À ces adresses de sites, j'ajoute celles-ci :

<http://www3.sympatico.ca/olivier.mercier/genealogie.html>

<http://www.mat.ulaval.ca/pages/morin/genealogy.html>

Il y a sûrement beaucoup d'autres sites à consulter. Ce serait intéressant de savoir qu'ils existent et de pouvoir les consulter. Pour les faire connaître, rien de plus facile. Veuillez fournir l'information par le courriel suivant: benoitbmercier@hotmail.com. L'adresse du site et le nom de la personne qui a fourni l'information apparaîtront dans le prochain bulletin de liaison *Le Mercien*.

Merci et à la prochaine.

Benoît Mercier

(Following of page 1 Word of the president)

The pride of our extended family and of an association such as ours is created and maintained through the discovery of our heritage and its publication.

Our heritage is real and important. It is up to us to dig it up and to make it accessible to the present generation.

Please, keep those family histories coming to us. We will publish them so that the extended Mercier family will be aware and become even prouder to be part of it.

Pierre-Paul Mercier

AMAN Annual Meeting

The administrators call together members and friends of the *Association des Mercier d'Amérique du Nord (AMAN)* to the sixteenth general annual meeting, which will take place on Saturday August the 16th, at the Restaurant *Le Sieur de la Violette*, 6500 Blvd Royal, Trois-Rivières-Ouest, QC, Tel.: (819) 373-2200
Lionel Mercier, secretary

P.S. Please note that a 50 members quorum is required in order to amend the regulations at the next meeting.

ORDER OF THE DAY

1. Opening and welcome
2. Adoption of the order of the day
3. Reading and adoption of the minutes of the last meeting (sept. 25th 1999) at Montmagny
4. Report of the President Pierre-Paul Mercier
5. Treasurer's report and tabling of the financial report ended June 30th 2000
6. Endorsement of administrators' acts
7. Change to AMAN's regulations
8. Nomination of an accountant
9. Election of the administrators
10. Other items
 - a) handling of life certificates
11. Meeting place in 2001 and 2002
13. End of the meeting

Meeting Program

- | | |
|---------|--------------------------------------|
| 10 h | Registration |
| 10 h 30 | AMAN annual meeting |
| 12 h | Lunch |
| 13 h | Visit of the Pierre-Boucher Museum |
| 14 h 30 | Visit of the Forges du Saint-Maurice |
| 16 h 30 | End of the Reunion |

Changes Regulations Modifications au règlement

Article 9 Membres page 9

Article 9.01 remplacer le (4) par (6) à la première ligne et ajouter après membres à vie, "membres commanditaires, et membres commandeurs" à la fin de la 3e ligne.

Article 9.06 ajouter les définitions suivantes:

9.06 Tout organisme qui contribuera de façon régulière au financement d'activités de l'AMAN sera appelé membre **commanditaire**.

9.07 Toute personne qui souscrira un montant d'argent fixé par le Conseil d'administration pour l'exécution d'oeuvres régulières de l'AMAN sera appelé membre **commandeur**.

Article 10.09 Quorum

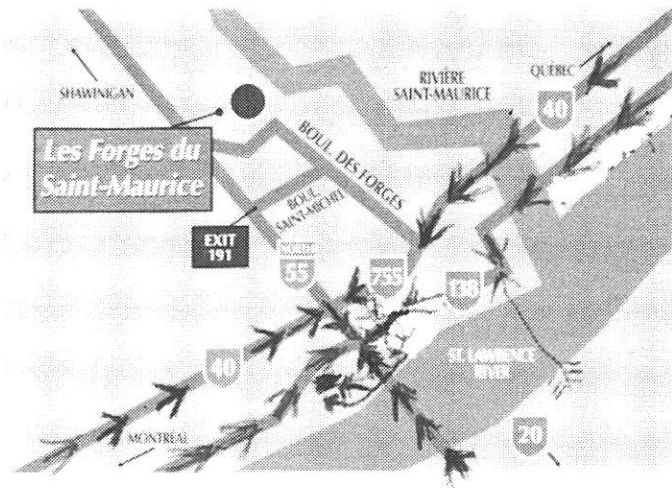
Remplacer la partie de phrase suivante : "d'au moins 50 membres"... par l'énoncé suivant:

"la présence du moindre des deux nombres, soit 25 membres ou 10 pour cent des membres en règle" constitue un quorum pour une telle assemblée.

How to reach the meeting place

Coming from Montréal and Québec by the autoroute 40 — on the north shore of the St. Lawrence River — please take route 55 or 755 North, South — depending of your starting point — in direction of the **Pont Laviolette**. When reaching **Trois-Rivières-Ouest**, please turn to the right on boulevard Royal (Route 755) then to the right under the viaduc (Bridge approach). The Restaurant **Le sieur de la Violette** is on the west side of the bridge (see the opposite map).

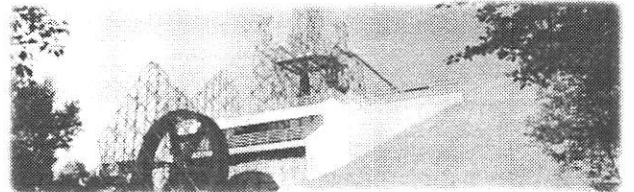
Coming from Sherbrooke, Victoriaville, Drummondville and Québec by autoroute 20, please take route 155 or 161 North — depending of your starting point — in direction of Trois-Rivières. At the oulet of Pont Laviolette at Trois-Rivières-Ouest, please turn to the right and then to the right again under the bridge viaduct to reach the restaurant located at 6500 boulevard Royal.



INFORMATION / RESERVATIONS

Les Forges du Saint-Maurice National Historic Site

10000 Boulevard Royal
Trois-Rivières (Québec)
Canada G1T 2W2
Tel: (819) 378-5116
Fax: (819) 378-5117
T 800-463-6769



AMAN needs your help

I, undersigned, wishes to help : soussigné, suis prêt à aider l'AMAN

- as member of a local telephone chain:
- as recruiter of new members
- as collector of articles for *Le Mercien*
- as solicitor of AMAN sustaining (sponsoring) members

Name

Address

Zip (postal) code

Telephone

Fax

Internet

E-mail

AMAN
C.P. 6700
Sillery, QC
Canada G1T 2W2
(418) 653-2137
(418) 688-9820
(418) 653-6387

www.genealogie.org/famille/mercier

preville@qc.aira.com

Hotel Reservations

Auberge des gouverneurs

965, rue Hart
Trois-Rivières
1-888-910-1111
Minimum : 79 \$

Delta

1-800-268-1133
Minimum : 65 \$

Auberge Godefroy

17575 boul. Bécancour
St-Grégoire
1-819-233-2200
Minimum : 135 \$

*Please reserve early because
there are few vacancies in
August.*

Meeting 2000 Mercier

Cost of participation

The total cost of participation, including registration, coffee and juices as well as the lunch and the entry fee at the Forges of the St. Maurice will be :

- **twenty** dollars for adults;
- **ten** dollars for children below 10 years of age.

Transportation cost in the city and to the Pierre-Boucher Museum and Forges du Saint-Maurice is not included in total cost.

Autobus leaving from Québec

There will be a bus from Québec to Trois-Rivières if the number of passengers coming from the East is sufficient. The minimum ticket cost will be 20 \$ for each of the 25 passengers and 25 \$ if there are only 20 passengers. The departure will take place at 8 h 30 in the parking lot of the Quatre-Bourgeois, Commercial Centre adjacent to the Duplessis Boulevard (Entry by the de Bourgogne Street South).

The bus fare includes the transportation cost in Trois-Rivières and the admission charge to the Forges du Saint-Maurice. Please reserve at Mrs Françoise Bélanger, tel.: (418) 628-2995.

Please fill in the form on page 8 and register early by sending your cheque to the order of AMAN to Jean Mercier, 7402 des Platanes, Charlesbourg, QC, G1G 5L3 before August the 15th.

Why should we come to Trois-Rivières?

To pay homage to :

- Marie Poulin, wife of Jullien
- François-Marc-Antoine Le Mercier, rival de Montcalm et ami de Bigaud
- Marie Gélinas Mercier, peintre
- Monique Mercier, peintre
- Céline Mercier Rousseau, professor

How to get there

Follow Highway 40 toward Trois-Rivières. Then take route 55 North until exit 191 (Boulevard Saint-Michel). Follow the signs for the Forges du Saint-Maurice.

Registration coupon

Enclosed is my cheque of _____ \$ to the order of AMAN for the retisgration

_____ persons at the 2000 Merciers reunion in Trois-Rivières.

_____ adults at 20 \$ _____

_____ children below 10 years at 10 \$ _____

TOTAL _____ \$

Member name _____ Number : _____ Telephone : _____

Please send your envelope to Mr Jean Mercier, 7402 des Platanes, Charlesbourg, QC, G1G 5L3 Telephone : (418) 623-0439

Please reserve _____ places for transportation by bus from Québec-Trois-Rivières and return
Enclosed is my chèqe of _____ \$



Congratulations / Hommage Salutations et félicitations



M. Jules Mercier, chef adjoint, Division commerciale, Service de l'évaluation de la CUM (à gauche) en compagnie de M. Pierre Delisle, président du CIQ.

"M. Jules Mercier, membre de l'Ordre des administrateurs agréés du Québec depuis 1990, a obtenu récemment le PRIX MÉRITE du Conseil interprofessionnel du Québec (CIQ).

En 1992, ses fonctions professionnelles l'amène à s'inscrire au secteur immobilier pour en devenir le président de 1993 à 1995. Par sa constante implication, il a apporté une importante contribution à la promotion de la profession d'administrateur agréé. D'ailleurs, au fil des ans, sa participation aux différents comités et activités du secteur immobilier contribue grandement à accroître le rayonnement du secteur au sein de l'industrie immobilière.

À titre de membre du Bureau de direction de l'Ordre et ce, depuis 1993, monsieur Mercier a généreusement accepté de siéger sur le comité de coordination des affaires professionnelles ainsi que sur le comité des structures de l'Ordre en ne ménageant aucun effort et aucune disponibilité de son temps. D'ailleurs, en 1995, l'Ordre lui remettait le prix Reconnaissance attestant de son haut niveau de compétence, de son apport à la profession d'administrateur ainsi que de sa grande implication dans les orientations de l'Ordre."

Family patrimony
The wrestler Alfred Mercier (1900-1973)
by Eugene Alfred Norbert Mercier, life member

The Early Years

Our Mercier family is descendant from Jean and Barbe Montmagnier the fourth son of the pilgrims Jullien Mercier and Marie Poulin. It is interesting to note that Barbe's father Charles Motmagnier married Marie Poulin Mercier when both were widowed. This union then made Charles Montmagnier both father-in-law and stepfather to Jean. It is assumed that their son Julien and his wife Agnes Meunier migrated from Beaupré to the south side of the St. Lawrence River in search of more fertile and plentiful farmlands in the area of Berthier-sur-Mer and St. François du Sud, both very near the settlement of Montmagny. Our family records begin here. Another interesting note here is that we know that François one of the two sons of Julien and Agnes married Louise-Françoise Mercier, a second cousin one generation removed.¹

She was the daughter of Joseph Mercier, a descendant of the Paschal line. François and Françoise's only son was Jean François. Church baptismal documents for Jean François show that Joseph Mercier, the child's grandfather was also his godfather.

The Founding of Saint-Fabien de Rimouski

We know very little of Jean François and his wife Thérèse Bonneau except that they had six sons and two daughters.² Far too many boys for their small farm to sustain them in the area of Montmagny. One of the sons, my great great grandfather Bernard migrated, along with his growing family, east to a settlement which had become the parish of St. Fabien by decree of the bishop of Quebec in December, 1828. Bernard purchased in 1838 a large track of land in an area called St. Fabien-sur-Mer. The land is one of the most scenic in the area and overlooks the St. Lawrence River on what is now called Anse de Mercier and Pointe a Mercier on all certified maps of the area.

The St. Fabien parish, along with other parishes made up the civil municipality of Bic which was dissolved in 1847. It was not until 1855 when a new law established St. Fabien as a municipality. A council was established and Bernard was named as the first mayor from 1855 to 1857. One of his sons, Georges-Théophrase Mercier served with his father as the first secretary-treasurer.² We the descendants now see a tendency toward politics in our Mercier line.

Note that Bernard was the brother of Jean-Baptiste. This Jean-Baptiste was the father of Honoré Mercier, the Prime Minister of Quebec from 1887 to 1891. Bernard's son Norbert, whose name I carry, was first cousin to Honoré which makes me Honore's his first cousin, three generations removed.¹ (See Relationship chart) Norbert's son Elzear, my grandfather's brother, became the ninth mayor of St. Fabien serving from 1889 to 1891.²

A search for riches and for work

Again the family farm had become too small for all of the family and therefore my grandfather Georges, not inclined to farming looked for other ways to support his family. Having heard the family legend of a distant cousin, years earlier, having gone to the United States and become a very wealthy man in Louisiana, Georges went to Louisiana in search of wealth and work.³ Having found no cousins and no work to his liking he returned to St. Fabien. The legend of a wealthy Mercier who left no known heirs to his fortune persists to this day. Years later Georges followed his brother, Samuel, and immigrated to Massachusetts in 1888 with his wife and children and easily found work on the railroad, a budding industry in that era. They had four children at that time.

—>

A Champion among men

My father Alfred Joseph was born in Ware, Massachusetts on January 1, 1900. He was the youngest child in a family of nine siblings.⁴ He grew up in Ware but came to Springfield, Mass. in 1919 after serving in the military during WW1. The depression came and in 1931 he found himself out of work so he turned to sports and found out he was good enough to become a professional wrestler. The reader must keep in mind that in those days, wrestling was an athletic event, a sport, not the theatrics it is today. My mother always said, "Dad would turn over in his grave if he saw the performances of today's wrestlers." My father was a very devout and humble man who loved his family deeply and cherished his Canadian heritage. He and my mother, Aldea Courtois, born in St. Claud in 1904, were married in our French parish of St. Joseph in Springfield in 1932. In 1934 Al Mercier became the New England Heavyweight Wrestling Champion.⁵ Thus our depression days were over. Dad began wrestling a lot in Quebec and Eastern Canada. He was a good friend of the then Canadian Champion, Yvon Robert, and they wrestled often at the Forum in Montreal, in Quebec City and many other places in P.Q. I have several scrap books of articles from Montreal and Quebec news papers telling about their matches. He most enjoyed wrestling in the Trois-Pistols, Montmagny and the Rimouski area where very many of his Mercier, Coulombe, Gagnon, Rioux, Roi and Bellavance cousins resided. What is amazing is that he knew them all. He and Yvon Roberts were inseparable for sometime and Dad introduced Robert to the wrestling circuit in New England.

When television came on the scene about 1940 wrestling became a show and he would have no part in that. He then worked on the railroad until he retired and died in July, 1973. He left us with a legacy of great love for his church, his family, and his Canadian heritage.

My sister Dolores (member #238) and I, born in 1936 and 1933 respectively, have kept in contact thru the years with our distant cousins which is tes-

timony to the fact we will pass on the legacy of a "Champion Among Men" to our children and grandchildren.

I thank our AMAN family, its founder Ernest Mercier, and its more recent officers for making it possible for me to meet and know even more of my Canadian cousins and to pass my father's legacy to our children and grandchildren. I also particularly thank our President Pierre Paul who asked that I write this article to share my story with all *Le Mercien* readers and the whole Mercier family.

I would enjoy hearing in either French or English from other Merciers who may have an interest in additional information.

My postal address:

Eugène Mercier
57, Jamestown Road
Somers, CT, 06071
Courriel : eugmer@yahoo.com

¹ Relationship Chart

² Reference from, *Histoire de St. Fabien*, page 111, par Marielle Coulombe en collaboration avec Monique Coulombe, Claire Fournier, Michel Lavoie

³ Legend of Basile P. Mercier

⁴ Family of Georges W. Mercier

⁵ Al Mercier, Heavyweight wrestling Champion of New England, 1934.

1. La terre de Julien Mercier, III G, — les lots 36 et 37 du cadastre actuel de Saint-François-du-Sud — est la propriété de Paul-Émile Campagna et de Michel Lamonde. E.M.
2. Thérèse Bonneau descend à la 4e génération nord-américaine du couple ancestral Pierre Bonneau et Madeleine Gignard. Elle est de la lignée (branche) d'Augustin et Geneviève Gagné. La terre ancestrale d'Augustin et le monument des Bonneau se trouve entre Saint-François et La Durantaye, à quelques kilomètres à l'ouest de la terre concédée à Jullien Mercier.

Condoléances aux familles Mercier dont l'un des membres est décédé récemment.

Deepest sympathy to Mercier families that have lost a member recently.

Nom - Name	Inhumation - Burial	Endroit - Place
Remy R. Ross (époux de Marie Sarah Mercier)	2000-03-22	Beauport, QC
Jean M. Lemieux (époux de Linda Mercier)	2000-04-15	Cap-St-Ignace, QC
Colette Mercier	2000-04-15	Ste-Foy, QC
Thérèse Mercier Bédard	2000-04-22	Ste-Foy, QC
Noëlla Mercier Fournier	2000-04-27	Charlesbourg, QC
Antonio Mercier	2000-05-02	N.-D.-du-Rosaire, Montmagny, QC
Lucie Mercier Desrochers	2000-05-19	St-Nicolas, QC
Georgette Guay Mercier	2000-05-31	Bienville, QC

Responsable : Isabelle Mercier Dufour

Graines de santé / Health Seeds

La vitamine E prévient le cancer de la prostate

Le lien est devenu évident¹

Des scientifiques du Fred Hutchinson Cancer Research Center in Seattle, Washington, USA, ont demandé récemment à 1 300 hommes — dont une moitié était atteinte et l'autre moitié exempte du cancer de la prostate — quel supplément ils prenaient chaque jour ?

La réponse fut que la vitamine E était beaucoup plus fréquente chez les hommes qui ne souffraient pas du cancer de la prostate.

Selon l'auteur de cette étude, Alan Kristal, Dr PH (Cancer, Biomarkers & Prevention, Oct 1999), cette découverte corrobore celles d'autres chercheurs et suggère que la vitamine E protège les hommes contre le cancer de la prostate (PREVENTION, April 2000, page 66).

La scientifique Densie Webb, PhD, RD, se demande, à la page 73 du même numéro de PREVENTION, quelle sorte de vitamine E il faut prendre quotidiennement comme supplément alimentaire. Est-ce la vitamine E naturelle ou la vitamine E synthétique ?

Des nutritionnistes recommandent de consommer chaque jour un supplément de 100 à 400 unités internationales (IU) de vitamine E pour :

- prévenir les attaques cardiaques, les cataractes et la maladie d'Alzheimer ;
- renforcer son système immunitaire ;
- prévenir le cancer de la prostate et les crises cardiaques subséquentes à un premier infarctus.

On sait que, d'une part :

- quatre cents (400) IU de vitamine E naturelle, extraite des plantes, équivalent à 688 IU de vitamine E synthétique, extraite des sous-produits du pétrole ;
- la vitamine E synthétique affiche parfois le qualificatif « naturelle » parce qu'elle contient une touche de vitamine E extraite des plantes ;
- il est difficile, pour ne pas dire impossible, de consommer 400 IU de vitamine E naturelle même si on ne consomme que des aliments riches en vitamine E.

On ne connaît pas, d'autre part :

- le nombre exact d'unités internationales (IU) de vitamine E que chaque personne qui s'alimente de façon rationnelle doit ajouter à son régime quotidien pour prévenir les maladies mentionnés plus haut ;
- l'influence de la vitamine E sur la fluidité du sang et sur la tension artérielle.

En conséquence, les consommateurs qui décident de prévenir le cancer de la prostate en ajoutant un supplément de vitamine E à leur régime alimentaire doivent lire les étiquettes des produits du commerce et se renseigner auprès de leur pharmacien s'ils veulent acheter cette vitamine au meilleur coût possible.

Ernest Mercier, PhD, agronome

¹ Rapport de Ernest Mercier à la **Section Québec / Appalaches** de la **Division du Québec** de la **Société canadienne du cancer** le mardi 13 juin 2000.

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Rencontre des Mercier - 2000 - Mercier's Reunion

Soyons solidaires

Nous voulons tous que la rencontre des Mercier à Trois-Rivières, le samedi 26 août 2000, soit une réussite complète comme la réunion de 1999 à Montmagny, QC.

En conséquence, aidons Céline Mercier-Rousseau à établir, de façon aussi précise que possible, le nombre de réservations à faire pour le lunch et la visite aux Forges du Saint-Maurice ainsi qu'au Musée de Trois-Rivières.

Pour les Mercier et apparentés qui projettent de se rendre à Trois-Rivières par autobus en partance de Québec, aidons Françoise Mercier-Bélanger à établir le nombre approximatif de passagers qui seront à bord si l'on peut louer un autobus pour le voyage comme on l'a fait les années passées (voir les détails à la page 6).

C'est la première rencontre des Mercier à Trois-Rivières. Elle doit être une réussite.

Soyons solidaires!

Merci beaucoup

La Direction

Let us stand together

We all want the Mercier reunion, at Trois-Rivières, on Saturday August the 26th 2000, be a complete success as the 1999 meeting was in Montmagny, QC.

Consequently, let us help Céline Mercier-Rousseau to determine, as precisely as possible, the number of reservations to be made for the lunch and the visit the Forges of the St. Maurice as well as the Trois-Rivières Museum.

For the Merciers and relatives who plan to go to Trois-Rivières from Quebec, let us help Françoise Mercier-Bélanger to establish the number of passengers who will be on board if a bus can be rented as it was done for the last years (See details on page 6).

It is the first time the Merciers meet in Trois-Rivières. It must be a success.

Let us be interdependent.

Thank you very much.

The Management