

RITA B. WINSON

Journalists only can email:  
rita@tortureinamerica.co.uk

Dear Sir or Madam,

I am a British and French citizen who arrived in the U.S. as a child. When I was 21 years old and suffering from attention deficit (ADHD) I went to see a psychologist. I was heavily brainwashed and held as a psychological hostage for 12 years. When I say held as a psychological hostage, this was not prostitution. Rather, when you are brainwashed all of the memories of your identity are erased. This means your childhood, adolescence, family history, nationality, etc. It is almost as if you are not there. However, you function almost normally and work and attend university. Your behavior is being controlled and you have no free will although you are not aware anything is wrong at the time. The reason I believe you are unaware that anything is wrong is that your brain chemistry has changed. You go into what Pavlov calls the third stage of brain change or the "Ultra Paradoxical Stage." What this means is that in certain instances bad becomes good and vice versa. Therefore, taking orders constantly which would normally be construed as bad becomes good. It is also very interwoven with Stockholm Syndrome so that the person who is using drugs and interrogation to brainwash you, is seen as your friend. You do not perceive that you are being tortured but rather helped. I was kept in this state for 12 years and any expert in brainwashing will verify this as true.

It took me 12 years to come out of this and remember who I am. I have had the most amazing medical treatment available in the world for the last 12 years. No one has ever done this before, that is survive long term brainwashing and write an entire book about what it is like over a 10 year period. My book entitled The Winson Story is now almost 500 pages with over 100 pages of photographs.

My book also contains my Father's writings of his experiences as a British POW on the Burma-Siam Railway and excerpts from my parents fabulous lives during the latter part of the British Empire. I enclose the following documentation:

1. Photograph of my parents, Queen Mary;
2. Poem to my Father, Burma POW camp;

3. Burma Railway photo;
4. Photograph of Mummy, Bangkok Polo;
5. Childhood photograph, U.K.;
6. My school, U.K.;
7. Photograph **BEFORE BRAINWASHING**;
8. Huxley quote;
9. Photograph **AFTER BRAINWASHING**;
10. Photograph **TODAY** after 13 years of medical treatments;
  
13. Letter from the High Commissioner for Human Rights at the United Nations, Geneva;
14. Letter from the European Court of Human Rights, Strasbourg;
15. Letter from the Foreign Office, London;
16. Letter from Dr. Gordon Turnbull and Dr. Betty Tylden, two world renowned experts in brainwashing, London;
17. Letter from Dr. Colin Ross, a Canadian expert in mind control experiments the U.S. government performs on humans;
18. Letter from Dr. Philip James, a world renowned scientist;
19. Letter from Dr. Edward Teller, the inventor of the hydrogen bomb, to my doctor of 12 years on the properties of hyperbaric oxygen. This treatment is the only reason I am still alive;
20. Carte d'Invalidite (disability card) with an 80% incapacity rating from the French Government;
21. My new French consular registration card inscribed with the words "Le titulaire de cette carte est place sous la protection consulaire de la France." **This means that I have received diplomatic protection from the French Government.**

22. What I wrote about Bluebird/The CIA Doctors.

23. An "excerpt" from my book about my parents' fabulous lives during the British Empire.

A neurophysiologist at Oxford University has recently written a book on brainwashing entitled "Brainwashing: The Science of Thought Control." I have commented on this book in my book since it explains it very well.

Yours Sincerely,

  
Rita Winson

TE TO SOLICITORS: VOLUMINOUS MEDICAL RECORDS  
AVAILABLE UPON REQUEST



Photographed on board  
R.M.S. "QUEEN MARY."

My Parents, Queen Mary 1957

To My Friend, George Winson of the British Battalion

From His Friend, Destin S.V.J. Woodbridge  
2/15 Field Regt. 8th  
Australian Division A.I.F.

Tanyin P.O.W. Camp Burma 14-3-43

**"OUR FRIENDS"**

Friend Winson let us dream of the many places we have been

Memory's album full of faces, full of scenes

and full of places

Here a mountain, valley green, there a desert, laughing

stream

Comrades who have come and gone, lingering

like an echo's song

Soft on some tropic gypsy breeze, a breath of perfume

through the trees

A fragrant frangipani clings, a scent of oleanda brings

The murmured litany of honey bees and all the kindred

mysteries

Sombre death, glorious birth, ceaseless strife unfolded

beneath the gown of life

George, my friend, it seems you've scanned Cheops

Cleopatra's Egypt camsin fanned

Temples of Osiris, tombs of Amon-Ra, into the realms of

bloody-handed Kali-Ka

stars

The call to arms! A million men must let their pulsing

blood again

Dye the jewelled fields of Thyre,

build the faggots, heap the pyre,

Of memories with the fevered corpse of all our past and

ancient thoughts

And as we stand with naked sword at rendezvous with yellow

horde

Behind us coming up the sun, back fleet we to our life begun

A lady now with silvering hair who wed a man her son

to bear

As swiftly tossed the day on high

our childhood quickly scampering by

And early life as swift, as soon, as daylight fast becomes

the moon

And thus as now we stand to face, to win or lose our

greatest race

Of the Supreme Ironist we crave a boon, that ere

the light becomes the gloom

He conjures from the past our friends that we may drink

to life that ends

To life that ends as unearthed roots

as men would die with tight laced boots

And so, friend Winson, give me pledge, whether desert,

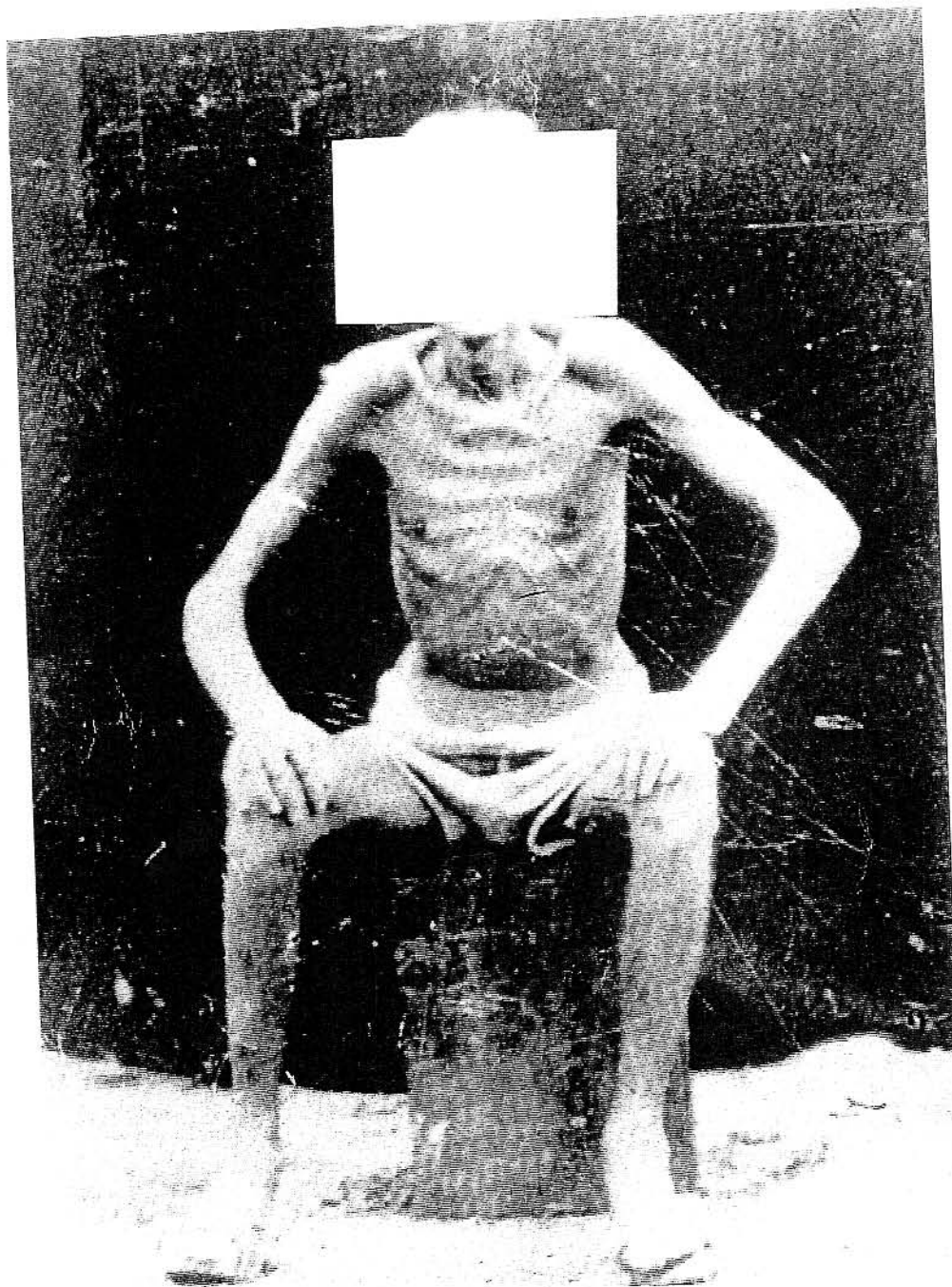
snow, by foam or hedge

Your time has come, your mind you'll send and

I will hear and come my friend

For we are two, Romani of Allah

until our dust has reached Valhalla



Burma Railway photo

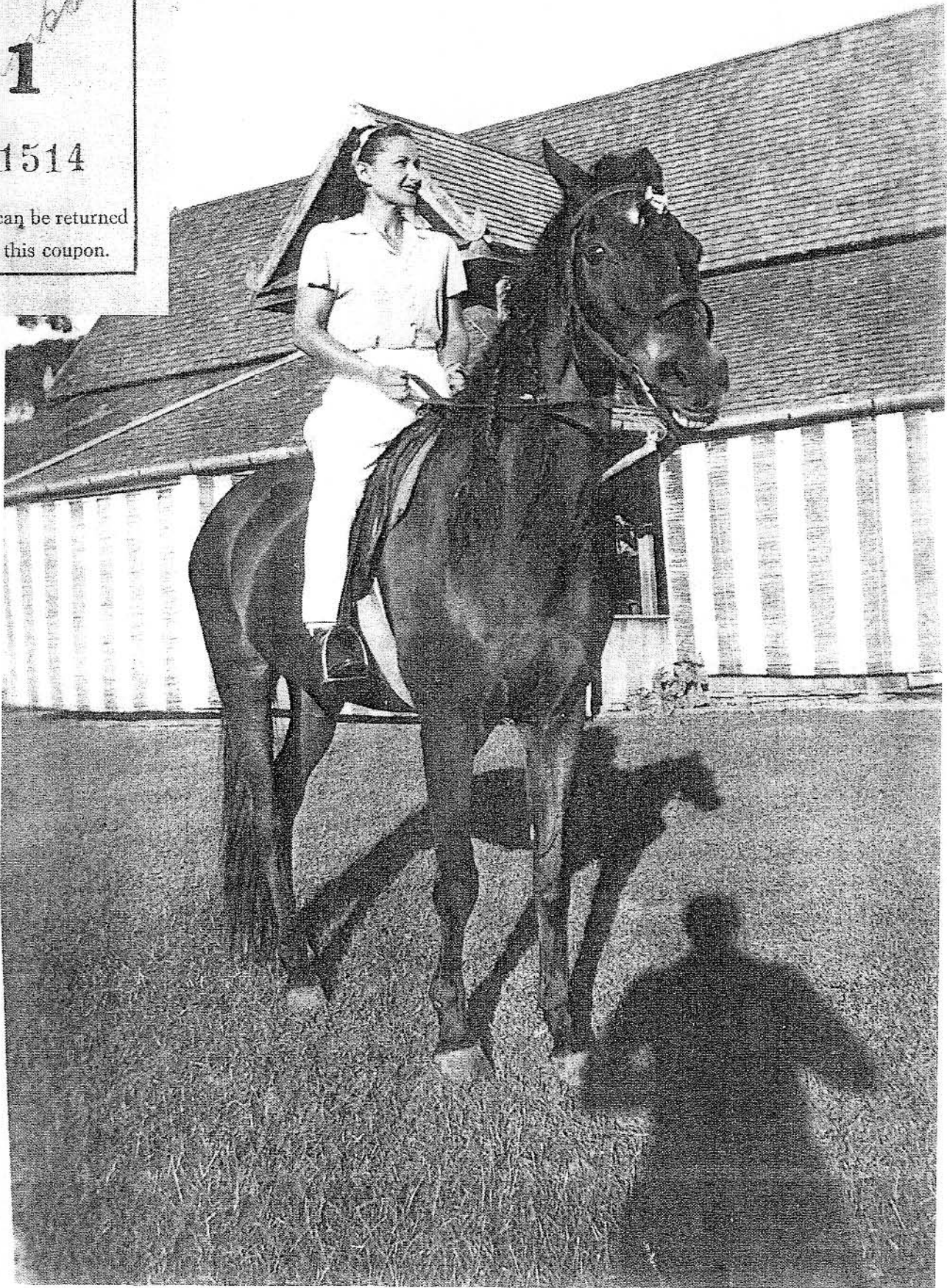


BANGKOK RIDING &  
POLO CLUB

1 cs. **1**

No. 1514

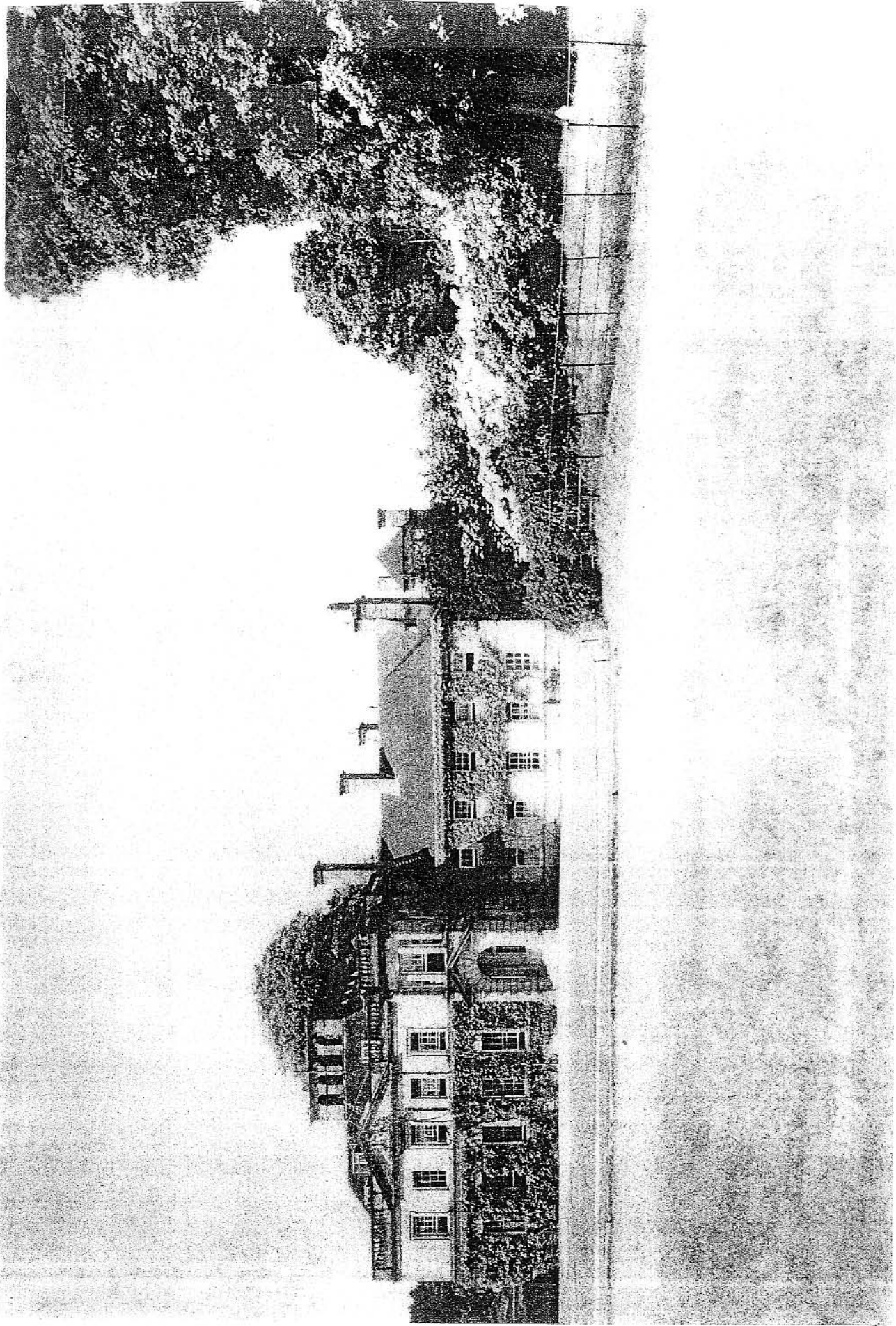
No cash can be returned  
against this coupon.



Mummy with Merry Christmas who has just had her mane  
plaited and looks pleased, *BANGKOK Polo*



Childhood Photo, U.K.



My school, Michael Hall, Forest Row, East Sussex, 1966

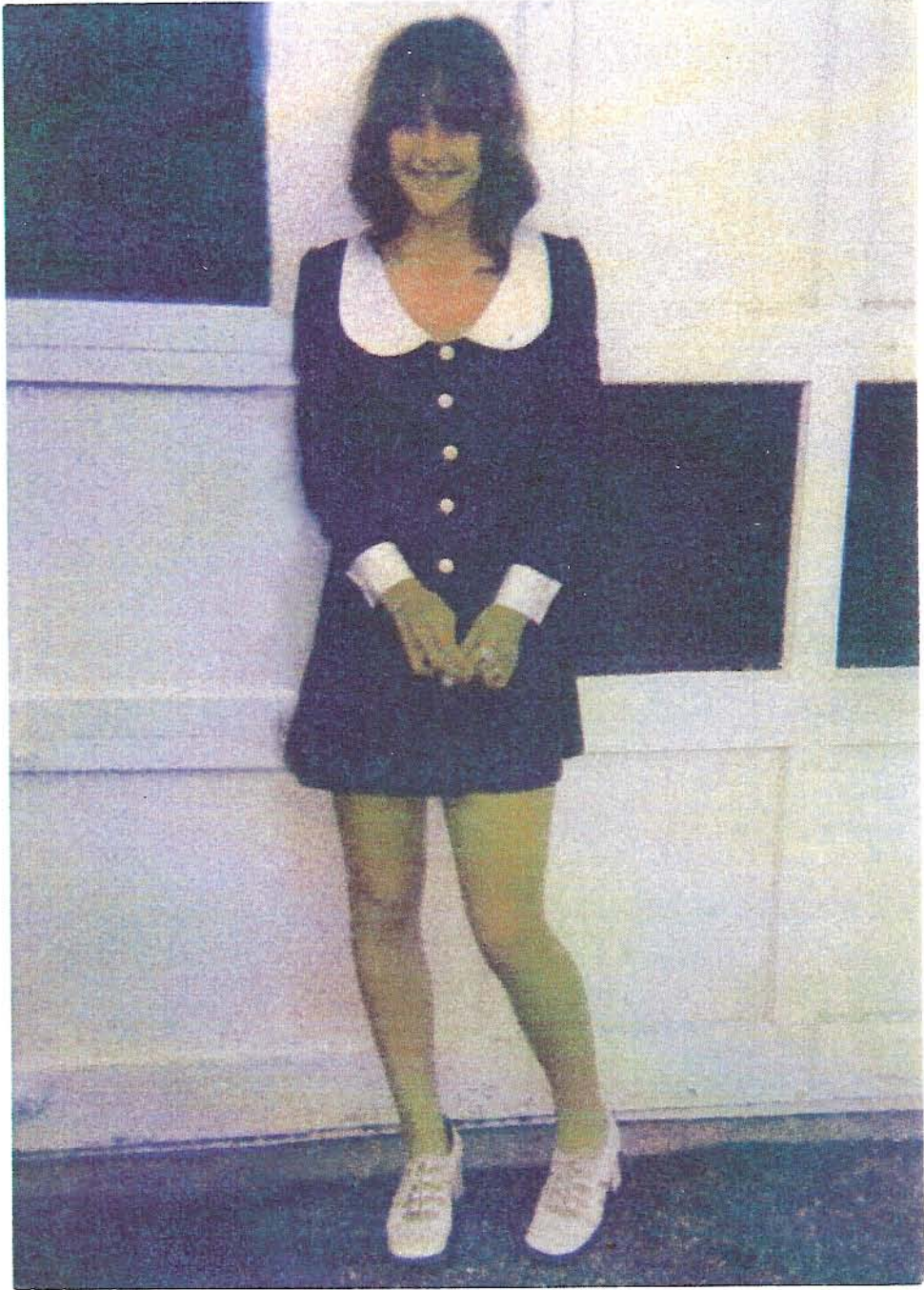


Photo Before Brainwashing

## PHOTO AFTER BRAINWASHING

OR

### THE MIRAGE PHOTO \*

\*The reason I call these photograph the Mirage Photo is because this person never really existed. While it was me, I had been kept at such a controlled level of trauma for such an extended period of time that many of my behavior patterns had been altered.

This is what brainwashing is, the alteration of a person's behavior patterns. In my case, it was used to dramatically alter my appearance, among other things.

This is slavery at its most sophisticated.

"The nature of psychological compulsion is such that those who act under constraint remain under the impression that they are acting on their own initiative. The victim of mind-manipulation does not know that he is a victim. To him the walls of his prison are invisible and he believes himself to be free"<sup>1</sup>

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<sup>1</sup> Huxley, Aldous. Brave New World Revisited. New York: Harper & Row, 1958

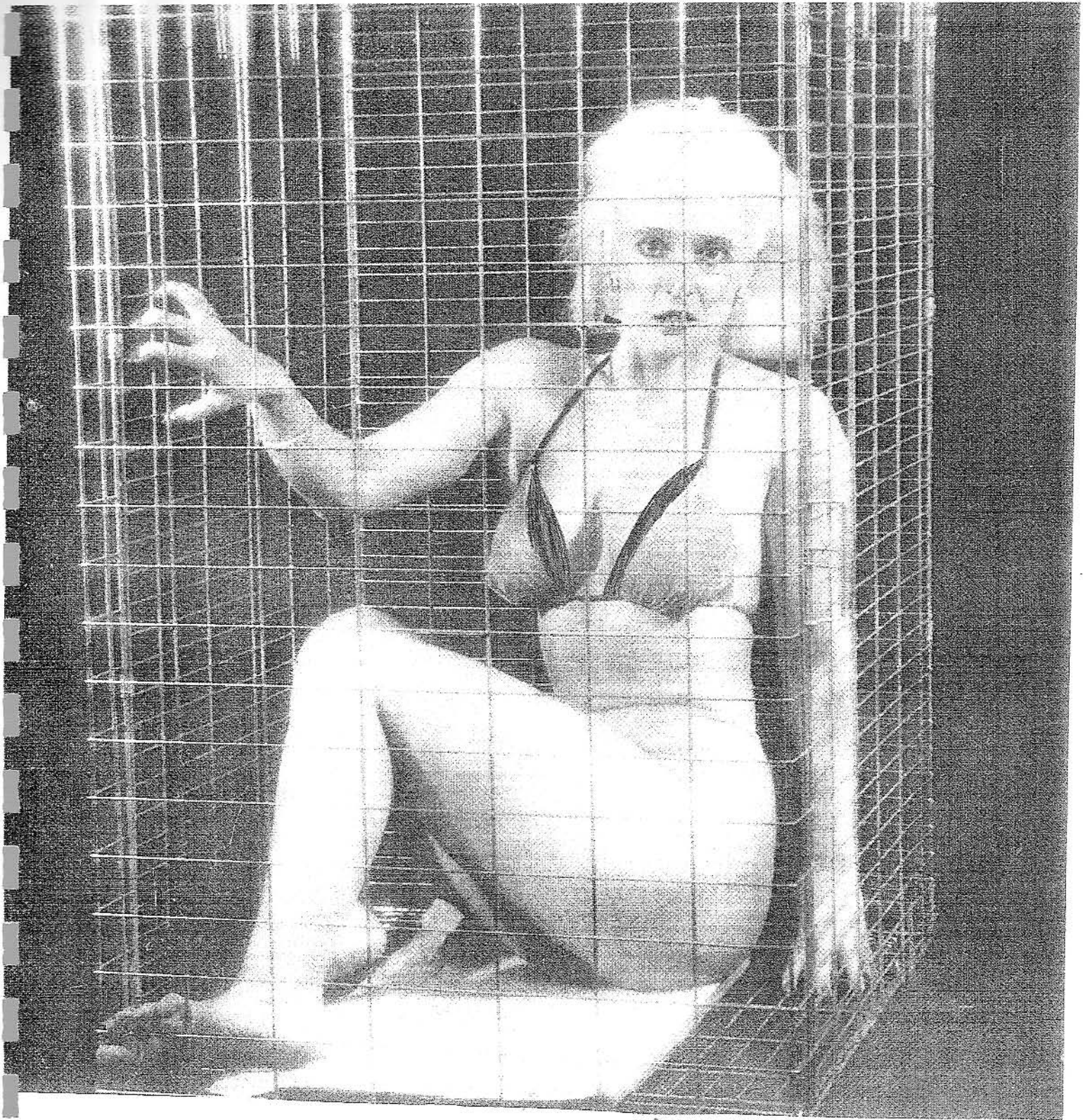


Photo After Brainwashing;  
Held as psychological hostage for 12 years



Today after **13** years of medical treatments

(1)

Richard A. Neubauer, M.D., P.A.  
Nuclear Department  
4001 Ocean Drive, Suite 102  
Lauderdale-By-The-Sea, FL 33308  
(954) 771-4000

## NUCLEAR MEDICINE LABORATORY WORKSHEET

PATIENT: **Winson, Rita**  
DOB: 04-15-59  
DOCTOR: Neubauer  
DIAGNOSIS: Chronic Silicon Encephalopathy

DATE: 05-12-99  
EXAM: BRAIN SPECT

### NUCLEAR SPECT BRAIN IMAGING:

**TECHNICAL:** Intravenous radiotracer of cerebral blood flow, reflecting regional perfusion by uptake into active (mainly cortical) areas of functioning cells and blood-brain barrier. Rapid infusions of (pre, 10.0 and post, 22.8) mCi Tc 99m HMPAO (Ceretek) via an indwelling IV catheter in a tranquil environment. Whole head video cine. SPECT tomographic reconstructions in three planes, with added computerized colorization for enhancement of cortical mapping. 3-D reconstruction and display of the surfaces of the brain.

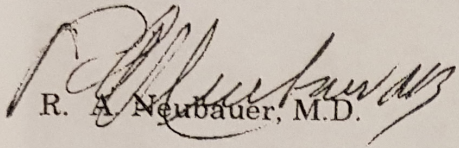
**SCANS:** After the injection of 10.0 mCi Tc 99m HMPAO (Ceretek), a SPECT scan was done. Again, there were multiple areas of hypoperfusion particularly in the frontal lobes, the left basal ganglia, hypothalamus and the left occipital lobe. The deficits in the right frontal and the left frontal were significant on the sagittal views. On the coronals, the patchy areas of the left temporal parietal zones were marked. On the 3-D reconstruction, again the frontal lobe hypoperfusion was noted. There were some areas of low perfusion on temporal parietal on the right lateral. On the left lateral, the patchiness was noted in the occipital and on the left lateral, the temporal parietal and frontal lobes again were significantly hypoperfused. This was compared with a film done on 03-26-99. The pattern was essentially the same.

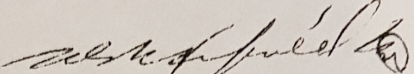
After one hour of hyperbaric oxygenation, at 1.5 ATA, 22.8 mCi Tc 99m HMPAO (Ceretek) were injected. A significant filling in of all of the patchy areas was noted, especially the right and left frontal lobes. The deficits in the temporal parietal on the left were better perfused. On the 3-D reconstruction, there was considerable filling in of all the patchy areas. They did not completely disappear but more noticeable in the left lateral and frontal areas.



(2)

DIAGNOSIS: Chronic silicon encephalopathy with significant improvement after hyperbaric oxygen therapy. The pattern of 03-26-99 was virtually unchanged up to 05-14-99. The major improvement occurred after the single treatment of hyperbaric oxygenation.

  
R. A. Neubauer, M.D.

  
W. Maxfield, M.D.

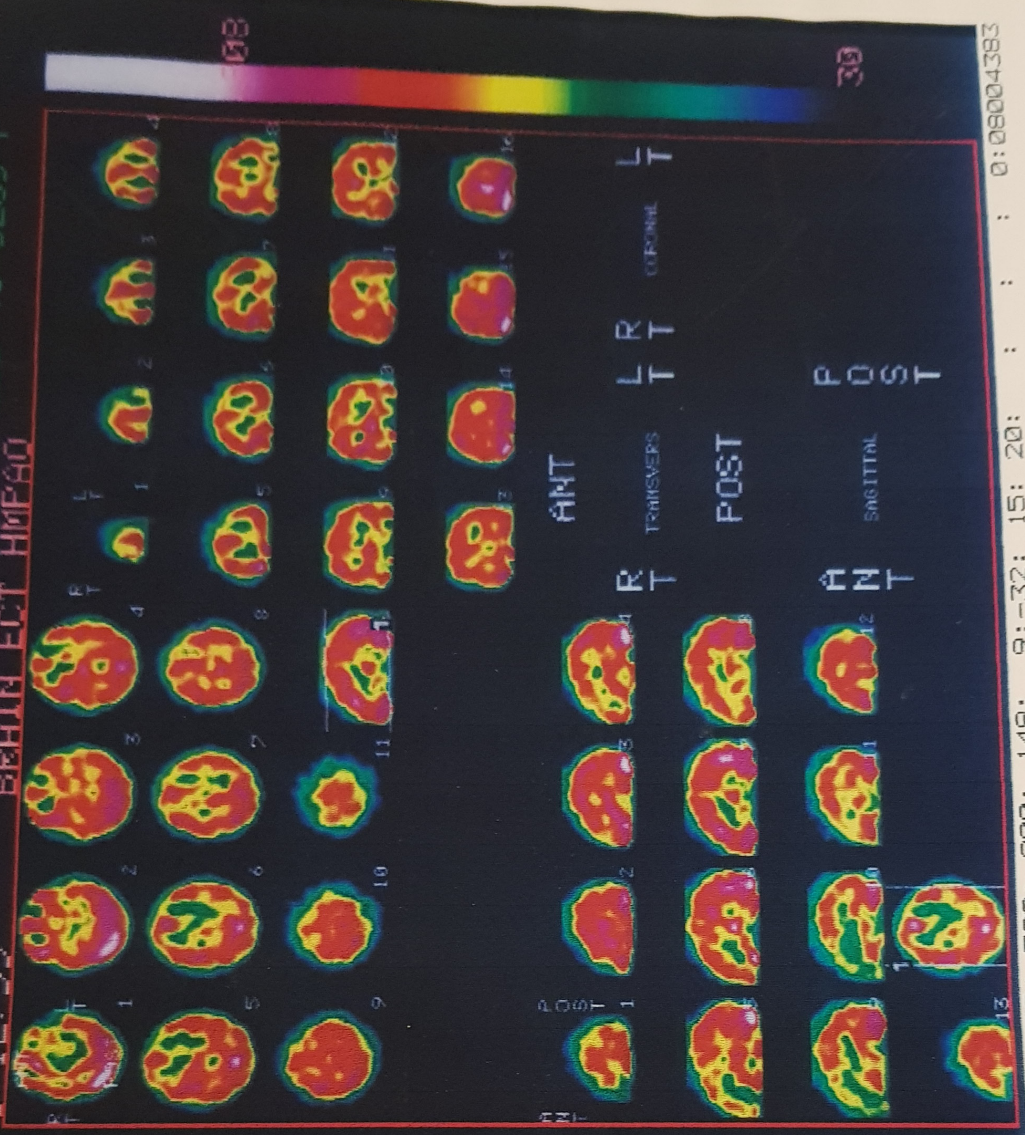
RAN/mpd

STUDY 17

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WINSON.RITH LIVER FILTER  
5/12/99  
BRAIN ECT HMPAO

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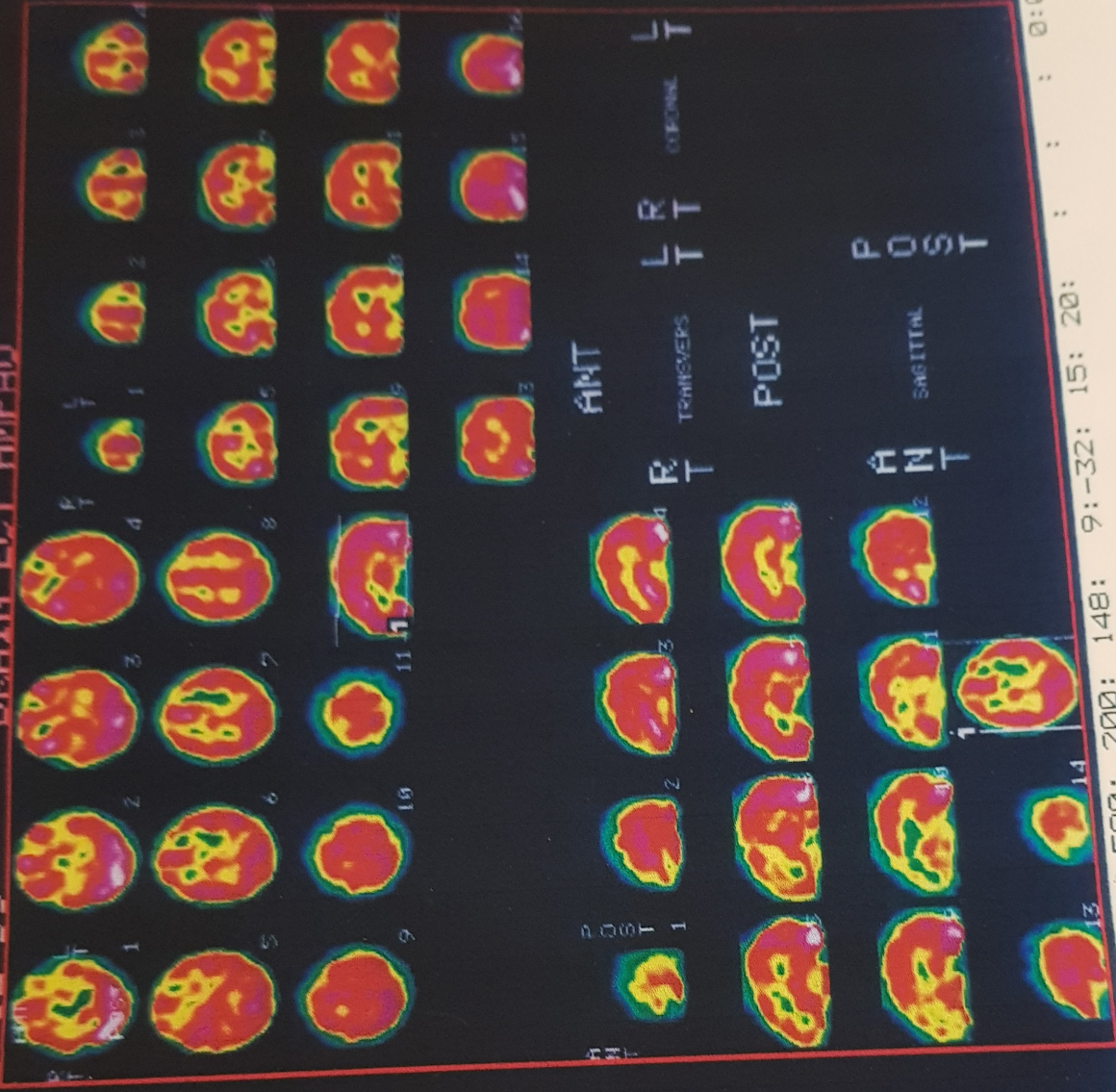
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WINSON, RITA LIVER FILTER  
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STUDY 18

18:30 3D\_ROT

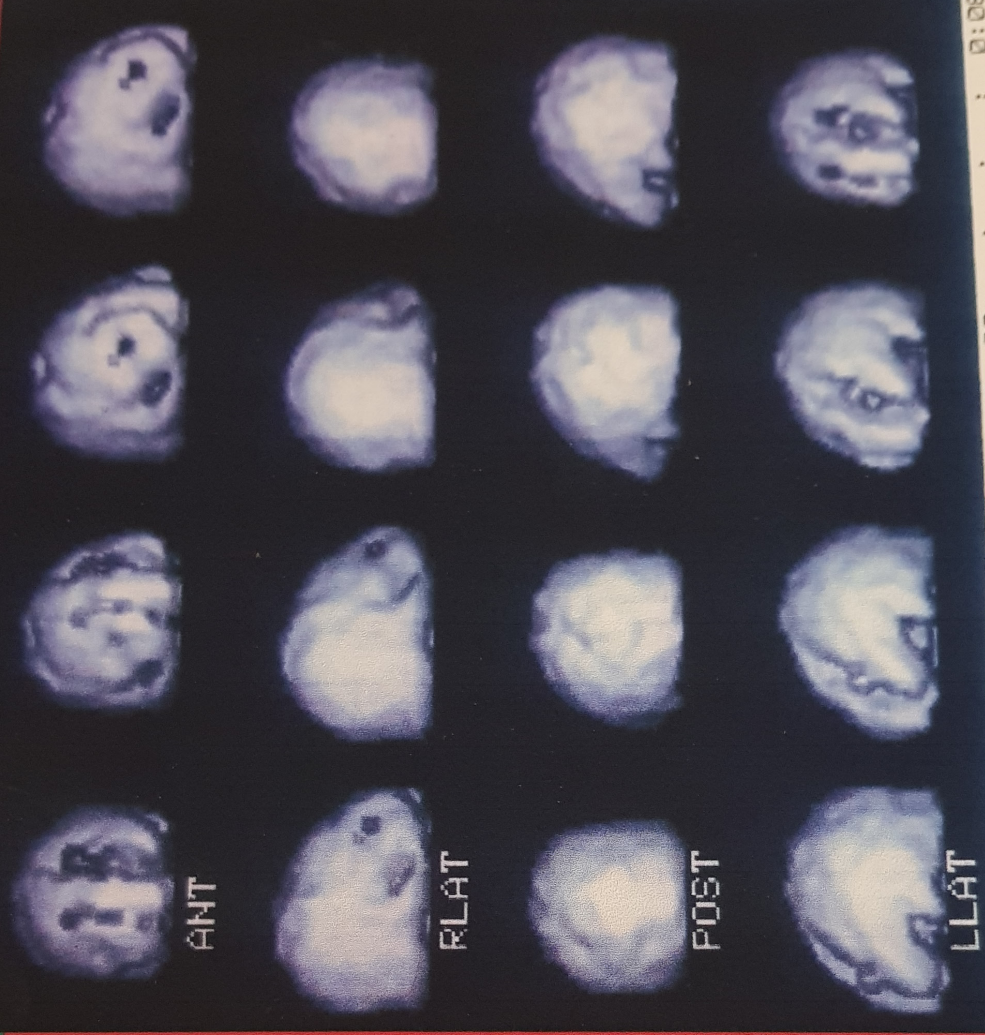
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WINSON, RITA LIVER FILTER  
5/12/99

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BRAIN ECT HMP40

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Téléfax: (41-22)-917.90.22  
Télégrammes: UNATIONS, GENEVE  
Téléx: 41 29 62  
Téléphone: (41-22)-917.91.04  
Internet: www.unhchr.ch

Address:  
Palais des Nations  
CH-1211 GENEVE 10

REFERENCE: G/SO 229/31

Dear Sir/Madam,

After careful consideration of the contents of your communication, I sincerely regret having to inform you that the United Nations Office of the High Commissioner for Human Rights is not in a position to assist you in the matter raised by your communication, for reasons indicated on the back of this letter. Accordingly, I return your communication herewith.

Please accept my apologies for not replying to you in a more personal manner. You may understand that, while I appreciate your reasons for writing to us, the existing procedures require that I ascertain whether certain preliminary criteria are satisfied before proceeding with the examination of a communication.

For information about the procedures for the examination of individual complaints about human rights violations, please consult our website: [www.unhchr.ch](http://www.unhchr.ch), first click on *programme*, then on *communications/complaints*. If you have difficulty accessing our website, please write to the UNHCHR, Information Office PW-RS-011, 1211 Geneva 10, and ask for Human Rights Fact Sheets no. 7, 15 or 17.

Yours sincerely,

  
Hamid Gaham  
Chief  
Support Services Branch

- Domestic remedies do not appear to have been exhausted.
- The Committee against Torture is not in a position to review the evaluation of facts and evidence by the national courts and/or administrative authorities of States parties.
- The Committee against Torture can only examine alleged violations of human rights committed by States parties that have accepted the competence of the Committee against Torture to receive individual communications under article 22 of the Convention against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment.
- The events complained of occurred prior to the entry into force of the Convention for the country concerned.
- The events complained of fall outside the scope of the Convention against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment .
- Your complaint is being examined or has been examined by the European Court of Human Rights or by the Inter-American Commission on Human Rights.
- The State party concerned has entered a reservation to the Convention against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment, due to which your complaint cannot be examined.
- The Committee can only examine individual communications presented by the alleged victims themselves or by duly authorised representatives.
- Your description of the facts does not appear to substantiate your claim that your rights under the Convention have been violated.
- Your communication does not provide sufficient details as to the facts of your case, and/or as to how your Convention rights have been violated.
- Please note that the working languages of the United Nations Secretariat are English, French and Spanish. You are therefore kindly requested to use either of these languages in any future correspondence.

COUR EUROPEENNE  
DES  
DROITS DE L'HOMME

CONSEIL DE L'EUROPE  
STRASBOURG

EUROPEAN COURT  
OF  
HUMAN RIGHTS

COUNCIL OF EUROPE  
STRASBOURG

17 August 2004

ECHR-LE0.1R  
KMR/gz

**Our Ref. PN21498**  
**WINSON v. United States of America**

Dear Madam,

I acknowledge receipt of your letter of 5 August 2004, the contents of which have been noted.

It has been included in the file concerning the above application.

Yours faithfully,  
For the Registrar

K. Reid





Foreign &  
Commonwealth  
Office

20 June 2002

Human Rights Policy Department  
King Charles Street  
London SW1A 2AH  
<http://hrpd.fco.gov.uk>

Dear Ms. Winson,

Thank you for your recent correspondence seeking details of assistance available to British citizens who have been victims of torture.

In instances of this type, we direct enquiries to the Medical Foundation for the Victims of Torture (MFVT). The MFVT can provide assistance, support and rehabilitation services to anyone in the UK who has been the victim of torture, irrespective of nationality. You can write to them at the following address:

Medical Foundation for the Victims of Torture  
96-98 Grafton Road  
London NW5 3EJ  
Great Britain

I hope this information proves helpful to you. I wish you every success with your search for help.

Yours sincerely,

*for* David Geer  
Human Rights Policy Department

**Rita Winson**

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— Original Message —

**From:** Gordon Turnbull (Dr)

**To:** Rita Winson

**Sent:** Wednesday, April 21, 2004 4:28 AM

**Subject:** RE: Misc.

Dear Rita,

There is no charge at all for the interest that I'm showing in your book. As I understand it you asked me to look at your book to see what I thought of it so far because you've explained that it is still in a state of evolution. Betty Tylden is a friend who has had a special interest in the area of brainwashing and cults and traumatic stress for many years. She is an amazing woman who is now about 85 years young! In fact, Betty Tylden worked as the registrar ( junior psychiatrist in training) in London with William Sargent during the Blitz in London during World War II. We often discuss things. It so happens that where I work for the first half of the week...at Ticehurst in East Sussex.....is only a stone's throw away from where she lives and works ....in Sevenoaks in Kent. So, there's no hassle involved in talking to Betty Tylden and certainly no question of asking for fees.

What we think so far is that your book IS a book 'in evolution' and that it probably represents your bid to find out about your own identity as it re-emerges after a period when it has been stifled and suppressed by other influences. Because it's still evolving and the work is not yet complete we don't think it's ready for publication at present. It may reach that point very soon though. So, the question of reviewing your book for publishing purposes doesn't really apply at the moment.

One thing I need to know is.....I'm assuming that the copy of your book that you sent to me isn't the only copy.....can you reassure me about that? I presume that you've got it all tied up on a computer file. Also, do you want me to send it back to you at some stage?

I think that you are doing just the right thing in writing your book. When I was looking after the released British hostages from the Lebanon in the early 1990s I always encouraged them to write things down...as marker points along the way of progress I suppose. The good thing about writing things down is that you can review what you have written and you can definitely begin to say " these things happened to me in the past".....that gives you the option of moving on. After all you can close a book down, put it back on the shelf, and get on to do something else!

One more thing that I think I've found out over the years is that writing by hand is more evocative than writing via a typewriter or computer. Dictation has some of the same advantages but there is not the transference of written words onto paper that you can see when you dictate. Dictation is much less visible and other people get the job of making it come alive!

So, good to review things. Obviously the process of therapy while you are writing is going to be good if you have a good therapeutic relationship. I know that you appreciate that it's not possible for us to become involved in any form of therapy. Are you currently seeing a therapist? I think that the attitude towards trauma reactions is so much more sophisticated in the States than it is over here.

Best wishes, Gordon

7/15/2004

----- Original Message -----

From: "rossinst" <[rossinst@rossinst.com](mailto:rossinst@rossinst.com)>

To: <[rita1@rightlinkusa.com](mailto:rita1@rightlinkusa.com)>

Sent: Wednesday, April 27, 2005 4:01 PM

Subject: Your April 20 Letter

- > Dear Rita,
- > I read the material you enclosed with your April 20 letter. First,
- > thank you, it is very complimentary to my book, BLUEBIRD.
- > Your writing is clear and readable and you should be able to find an
- > audience. The more the message gets out in a variety of formats,
- > treatments and media, the better. You are adding a level of subtlety to
- > the more obvious mind control experimentation that is part of the whole
- > picture. Good work!
- > In terms of any kind of endorsement or jacket blurb, I have to say 'No'
- > because I have a policy of not endorsing uncorroborated mind control
- > accounts. It's a blanket policy - nothing to do with your own
- > experience or writing.
- > Realistically, I won't be able to read the entire manuscript in the
- > foreseeable future.
- > Thanks for contacting me.
- > Colin Ross
- >
- >
- >

----- Original Message -----

From: "Philip James" <p.b.james@dundee.ac.uk>

To: <Rita1@rightlinkusa.com>

Sent: Monday, August 15, 2005 4:33 AM

Subject: Brain washing

Dear Rita

Thank you for your note - I am sorry to learn that you have been subject to such abuse. Anyone who doubts the ability of programming to damage the brain should study the Nazis. The book I am writing is - not surprisingly - on the brain and the importance of oxygen!

Best wishes

Philip

*Edward Teller*  
*P.O. Box 808, L-0*  
*Livermore, CA 94551*

**Notes to the Friends of Physics: January 10, 1996, Ocean Medical Center**

Because of profound physiologic properties, certain of which are mentioned below, hyperbaric oxygenation should be much more widely used in the United States as it is in other countries throughout the world. Further animal studies would tend to collaborate the large amount of emerging clinical data. There are minimal side effects to this procedure. I have written to Newt Gingrich strongly urging him to have this fully investigated by the National Institute of Health and any other institutions that may lend support to it. There are over 2,000 centers in China. There were 3,000 in the former Soviet Union. There are 21 centers in Cuba, and yet less than 300 centers in the United States.

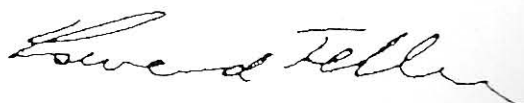
One-fifth of the air we breath is oxygen, thus the oxygen pressure is one-fifth of an atmosphere.

Hyperbaric oxygen treatment consists of giving the patient 1-2 hours of pure oxygen at approximately 1.5 to 2.5 atmospheres of oxygen, that is minimally 7.5 times the usual pressure. The purpose is to help damaged tissue by the availability of oxygen.

The question is often asked how this can be accomplished because oxygen in the blood is bound to the hemoglobin in the red cells which are already 98% saturated under normal conditions. The answer is that under hyperbaric conditions a moderate amount of additional oxygen is dissolved in the blood plasma, cerebral spinal fluid, bone, lymph and urine (Henry's Law). This added oxygen has, in technical terms, a higher chemical potential. This means that it is more easily transferred to tissue requiring oxygen. In a substantial injury, for instance a broken bone, the damaged place may be cut off from blood supply and its healing must wait for the slower process of re-vascularization (or repairing the blood supply). If hyperbaric oxygen is given through the lungs to the blood, the oxygen dissolved in the fluid of the blood, the oxygen dissolved in the fluid of the blood can diffuse through tissues over a distance of several dozens of cell diameters and become available for healing in a more prompt fashion.

Other situations can be treated in a similar way. For instance, in a stroke an area of the brain that might consist of not very many cells is cut off from oxygen and may either die or continue to vegetate without being active. In the latter case, it is important to deliver oxygen in order to restore normal functioning. In the course of time, such repair does occur in a spontaneous fashion. Hyperbaric oxygen treatment makes this recovery considerably more likely by providing oxygen to the damaged area. Not only can this result in a more speedy recovery, but it may prevent the dying parts of the brain that may be caused by protracted lack of oxygen.

Your interest in Hyperbaric Oxygenation is appreciated by your host, my friend, R.A. Neubauer, M.D.



Edward Teller

RÉPUBLIQUE FRANÇAISE

MINISTÈRE DES AFFAIRES SOCIALES,  
DU TRAVAIL ET DE LA SOLIDARITÉ

---

Préfecture d

---

*(Direction des affaires sanitaires et sociales)*

CARTE D'INVALIDITÉ

*(article 173 du Code de la famille et de l'aide sociale)*

AIDE SOCIALE AUX AVEUGLES ET GRANDS INFIRMES

Département d PARIS

N° 2507067

NOM WINSON

Prénoms RITA BLANCHE

Demeurant 1288 RUE DE L'UNIVERSITE  
CONSULAT DE FRANCE EN FLORIDE  
75007 PARIS 07

Né(e) le 15.04.1958 FLORIDE

Nationalité FRANCAISE

Taux en pourcentage de l'incapacité 80%

~~Article 9 du Code des pensions militaires d'invalidité et des victimes de la guerre~~

Valable du 01.03.2005 au 01.03.2010

Délivrée par le Préfet d

PARIS

le

12.04.2005

Maison Départementale  
des Personnes Handicapées

MDPH

Michèle P...  
Directrice

Signature du Titulaire



Liberté • Égalité • Fraternité

RÉPUBLIQUE FRANÇAISE

CONSULAT GENERAL à MIAMI

Espirito Santo Plaza, # 1050

1395 Brickell Avenue

Miami, Floride 33131

tel : 305 403 4150 fax : 305 403 4151

*Le titulaire de cette carte est placé  
sous la protection consulaire de la France.*





Liberté - Égalité - Fraternité  
RÉPUBLIQUE FRANÇAISE

CONSULAT GENERAL

MIAMI

CERTIFICAT  
D'INSCRIPTION AU REGISTRE DES FRANÇAIS  
ETABLIS HORS DE FRANCE  
ET DE RESIDENCE

Nous, VINOGRADOFF Philippe CONSUL GENERAL, certifions que  
Mademoiselle Rita, Blanche WINSON  
Née le 15 avril 1959 à CORAL GABLES, FLORIDE (ETATS-UNIS-D'AMERIQUE)  
est inscrite sur le registre des Français établis hors de France

MIAMI, le 01 février 2007



March, 2005

**BLUEBIRD: DELIBERATE CREATION OF MULTIPLE  
PERSONALITY BY PSYCHIATRISTS<sup>i</sup>**

**THE CIA DOCTORS: HUMAN RIGHTS VIOLATIONS BY  
AMERICAN PSYCHIATRISTS<sup>ii</sup>**

This is a book on mind control experiments the U.S. government performs on humans via CIA sponsored psychiatrists.

According to Dr. Ross "The major goal of the Cold War mind control programs was to create dissociative symptoms and disorders, including full multiple personality disorder. The Manchurian Candidate is fact, not fiction, and was created by the CIA in the 1950s under Bluebird and Artichoke mind control programs. Experiments with LSD, sensory deprivation, electro-convulsive treatment, brain electrode implants and hypnosis were designed to create amnesia, depersonalization, changes in identity and altered states of consciousness."

Dr. Ross then discusses the history of government mind control experiments on humans. According to Dr. Ross many of the German Nazi scientists "could not qualify for immigration visas into the United States after the war." They "were secretly brought into the United States without State Department scrutiny or approval." They were brought into the country under a program called Project Paperclip. "It seems unlikely that no psychiatrists were included in the recruitment programs, especially since the OSS was already testing and interested in the same mind control methods studied in the death camps." The Office of Strategic Services (OSS) is the precursor of the CIA.

In the chapter entitled "Cold War Mind Control Experimentation" Dr. Ross states "the major body of information about mind control and the building of the Manchurian Candidate is presented. The experiments began during World War II and at least some elements of the programs, such as non-lethal weapons, have continued up to the present...Subjects of LSD experiments included children as young as five years old, and brain electrodes were implanted in children as young as eleven years of age. Four of the CIA's MKULTRA subprojects were on children, a fact which has not been publicly documented before."

"According to my definition, the Manchurian Candidate is an experimentally created dissociative identity disorder that meets the following four criteria:

created deliberately;  
a new identity is implanted;  
amnesia barriers are created; and  
used in simulated or actual operations.

My experiences would fit into three of these criteria extremely well. The fourth would not apply since my brainwashing had nothing to do with the U.S. government and I was not used in any type of operations. However, the blond bombshell was created deliberately. This became my new identity the main behaviors being bodybuilding and studying psychology. These are two behaviors that never would have occurred if I had not been brainwashed. An amnesia of such severity was created that I have spent the last decade trying to restructure my original identity. That is the reason there are so many photographs in my book. The photographs have been enormously helpful in bringing back memories of who I was originally, before the brainwashing.

Dr. Ross then mentions that there are different compounds which cause amnesia. I do not know what medications Marty gave me or I cannot remember. However, amnesia as to my identity has been the most damaging part of the entire brainwashing. My behavior, on the other hand, reverted to my pre-brainwashing behavior within a few months of separating from Marty which would have been 12 years ago.

Dr. Ross then discusses the various government mind control experiments namely Bluebird, Artichoke, MKULTRA and MKSEARCH and a few less known experiments. The techniques used were interrogation, hypnosis and many different drugs. There is a section on LSD experiments and the use of brain electrode implants. It is all quite fascinating and this book should be read by anyone interested in mind control and amnesia. However, there is little in these chapters that is similar to my own experience.

It should be noted that human mind control experiments, similar to those performed in the Nazi death camps are widespread throughout universities in the U.S. From the back cover of Dr. Ross' book:

"The funding of the experiments by the CIA, Army, Navy and Air Force is proven from CIA documents and the doctors' own publications. Bluebird proves that there was extensive political abuse of psychiatry in North America throughout the second half of the twentieth century, perpetrated not by a few renegade doctors, but by leading psychiatrists, psychologists, pharmacologists, neurosurgeons and medical schools."

From Dr. Ross' chapter on the LSD experiments:

"Like the Tuskegee Syphilis Study and the radiation experiments, the LSD research violated the requirements for informed consent which had been in place since the Nuremberg trials. At Nuremberg, Nazi doctors who experimented with mescaline in the death camps were regarded as war criminals. A decade later, such research was conducted by the leading figures in academic psychiatry in North America, and published in the leading medical journals."

"Various aspects of the overall research program were parceled out via different sub-projects and under other cryptonyms besides MKULTRA, but the overall goal was clear; to control the mind and behavior and to create dissociation, through a combination of drugs, sensory isolation, hypnosis, brain electrode implants, electric shock and beaming different kinds of energy at the brain. The ability to create limited controlled amnesia through a variety of methods was a primary goal of the mind control programs."

The chapter on brain electrode implants is particularly gruesome with the use of buttons on a remote transmitter box to control behavior. There is mention of a book entitled Physical Control of the Mind: Toward A Psycho-Civilized Society by Dr. Jose Delgado. "In it he described his vision of evolution. Delgado believed that control of the human brain through remote stimulation of implanted electrodes offered man another step up the evolutionary ladder."

This is another example of a human predator, an instinctually-driven animal, probably of peasant stock, and how they prey on their patients:

"Dr. Heath did extensive research on which subjects with implanted brain electrodes in place, had hallucinogens introduced directly into their brains. Subjects were monitored by EEG, self-report and clinical observation for their reactions. The hallucinogenic drugs he introduced into patients' brains in this manner included LSD, mescaline, psilocybin and a substance he called taraxein which he extracted from the blood of patients diagnosed with schizophrenia."

I thought this was interesting since I have always wondered about the cults, although I know little about them:

"Dr. West devoted four decades to study, writing and experimentation on dissociation, hypnosis, communist mind control, hallucinogens, sensory

deprivation, and methods of social influence; he concluded that the methods used by destructive cults result in the creation of new identities and dissociated states. The same methods, when applied to experimental subjects under Bluebird, Artichoke and MKULTRA, also resulted in the creation of amnesia, new identities and dissociated states. This was the Manchurian Candidate Program.”

Dr. Ross has a chapter on Dr. Ewen Cameron and his experiments in depatterning the brain. It sounds as if depatterning erases everything. “...patients were depatterned, which meant they were reduced to a vegetable state through a combination of massive amounts of electroconvulsive shock, drug-induced sleep and sensory isolation and deprivation. When fully depatterned, patients were incontinent, unable to feed themselves, and unable to state their name, age, location or the current date.” This creature is obviously a high scoring human predator. The type of creature that in my Father’s day they used to shoot. I am not sure who came up with the idea of educating them and letting them roam around freely, but it is not a good one. These depatterning experiments started in the 1930s and continued through the 1960s. I wonder how many people were depatterned and turned into vegetables in a 30-year time span? What is really interesting is that every major psychiatric journal gave eulogies of veneration. This somehow makes one think of Jonestown.

The ending quote from this chapter:

“Medical experimentation by the Department of Psychiatry at McGill resulted in death, psychoses, vegetable states, organic brain damage, and permanent loss of memory among other damages. It resulted in the creation of amnesia, identity disturbances and depersonalization among other dissociative symptoms. Dr. Ewen Cameron was the main figure in these activities.”

It was during the late 1950s that my parents stayed at the Waldorf Astoria which they absolutely adored. They could not have imagined a conference of this nature, in between cocktail parties and spending afternoons having tea in the Starlight room of the Waldorf. “Besides being a researcher on the genetics of schizophrenia, Dr. Kety did experiments with LSD. On November 8 and 9, 1958, he participated in a Scottish Rite Conference at the Waldorf Astoria Hotel in New York; he chaired a morning session on November 8. Presenters included: Dr. Hudson Hoagland of the Worcester Foundation for Experimental Biology (MKULTRA Subproject 8 on LSD, 1953), who was personally recommended to J. Edgar Hoover by G.H. Estabrooks; Dr. Jacques Gottlieb, LSD and phencyclidine researcher (see Chapter 7); Dr. Franz Kellman; and Dr. John Whitehorn.” It does sound like an interesting

conference on mind control experiments on humans although I prefer the teas.

This is a particularly interesting mind control experiment entitled "The Total Encounter Capsule."

"The Capsule is a specially constructed, soundproof, windowless, but continuously lighted and ventilated room, eight by ten feet...The Capsule group is under constant observation...It was decided, as the ground rules for the first groups were being drawn up, that the patients would participate in the Capsule without clothes...During the first six months of operation of the Capsule forty-seven patients participated in seventeen groups...Since the Capsule first became operational in August 1968, it has been the preferred place for the administration of LSD."

In the movie "The Manchurian Candidate" there were a few scenes that were very dissimilar to my own experience. This is another example of what I have not been able to comprehend:

"A specific counterintelligence technique to be used against enemy agents. This particular use of hypnosis would be more complicated and more difficult than the rather simple case which I outlined in the preceding paragraphs, but is, I assure you, quite practical. I will take a number of men and will establish in them through the use of hypnosis the condition of split personality. Consciously they will be ardent communists, fanatical adherence adherence to the party line, ready and eager to submit to any discipline which the party may prescribe. Unconsciously, they will be loyal Americans just as grimly determined to thwart the communists at every turn in the road."

Marty did try to hypnotize me although he was never successful. As in Trilby and the aforementioned film the hypnotic subjects are unaware of their behaviors. Although Marty did manage to create a split personality in me, with severe amnesia and behaviors that were vastly different than my pre-brainwashing behaviors, I was always aware of my behavior. Therefore, when I come across hypnosis it is puzzling since it is unfamiliar.

I found the quote from Brave New World Revisited particularly applicable, "To him the walls of his prison are invisible and he believes himself to be free." I therefore found this next paragraph particularly interesting. "Dr. Estabrooks was also very well connected in academia. He corresponded with Aldoux Huxley, and his brother, Sir Julian Huxley. Aldoux Huxley described a science fiction world of the future in which citizens were controlled with the drug soma in his book Brave New World. Gordon Wasson wrote a book on the hallucinogenic mushroom amanita

muscaria entitled Soma: Divine Mushroom of Immortality. Wasson was also the contractor on MKULTRA Subproject 58, which funded an expedition to Mexico to collect hallucinogenic mushrooms. In a symposium sponsored at Colgate College by Dr. Estabrooks on April 7, 1962, Aldoux Huxley gave an evening talk at 8:00 p.m. entitled "Human Potentialities."

This is an example of a real-life vampire. Come into my laboratory and I will depattern your brain and turn you into a vegetable with no memories at all. "In Linda's case, depatterning was achieved through 102 electroconvulsive therapy (ECT) treatments...the amount of electricity introduced into Linda MacDonald's brain exceeded by 76.5 times the maximum amount recommended in the ECT Guidelines...Dr. Cameron's depatterning technique resulted in permanent and complete amnesia. To this day, Linda MacDonald is unable to remember anything from her birth to the time she entered the Allan Memorial Institute in 1963...Linda was reduced to a vegetable state by the depatterning. She was completely disoriented, and didn't know her name, age or where she was. She didn't recognize her children. She couldn't read, drive, cook or use a toilet. Not only did she not know her husband, she didn't even know what a husband was."

Ms. MacDonald is an amazing survival story since she has regained her ability to function since her depatterning in 1963. However, she remains mindless with no memory of her original identity: "In her childhood and adolescence Linda was a singer. She and her sister made a record at the Chateau Laurier, a famous old Ottawa hotel. Commenting on the tape, Linda said to me: It's funny to listen to the other Linda - no way you would guess the voice on the tape is the same person." This is particularly interesting to me. When I look at the "blond" photographs I am now looking at another person, someone who does not exist, the "idealized image" of a deranged peasant. When I look at the photographs prior to my brainwashing I am almost but not quite that person. As I have stated before my pre-brainwashing behavior returned within a few months of separating from Marty however I have spent the last decade retrieving memories and trying to understand what happened to me. I put the whole story together last year, in 2004, when I was 44-45 years old and 24 years after I was first brainwashed. It is almost impossible to come out of this and takes an enormous amount of discipline over a very long period of time. It is really good to realize that Dr. Ross understands this issue so well since very few psychiatrists do.

Having developed a severe amnesia solely for my identity and familial history somehow allowed Marty to manipulate my behavior. Marty did not use ECT, he solely used psychiatric medications and interrogation techniques. The question that comes to mind is whether or not

hyperbaric oxygen creates a repatterning of the brain. I miraculously found hyperbaric oxygen when I was near death from the implant illness. I have used it to treat an encephalopathy caused by the implants. However, has it also helped me to recover my original identity and familial history. I would think that it has done just that. I spent years and years on an almost daily basis talking and emailing Mummy and Daddy and other relatives, taking notes and gathering photographs. During this period I was not consciously aware that I was trying to regain my identity since I did not fully understand I had lost it. I had just developed an enormous curiosity as to my family history. I did not understand this until the year 2004. A very brilliant British psychiatrist suggested that I read Battle for the Mind by Dr. William Sargant and everything fell into place. I was also probably ready psychologically to handle all this since it is rather difficult to come to the realization that I had been mindless for a very long time. I had recently recontacted my Father. The relationship with both of my parents became as it was when I was a child when they both did what I wanted them to do. This never really stopped with my Mother although I had been out of contact with my Father for a very long time. They both devoted about 5 years on an almost daily basis to supplying me with information about my family history. They were of course unaware that I had been brainwashed since they could not have imagined anything quite so bizarre. On second thought, perhaps my Father knew although my Mother had never heard of brainwashing. Due to their extensive travels, the information gathering was extremely complex in detail and I gathered several thousand pages of notes. I gathered so much information, quite a lot of which I never knew prior to being brainwashed, that I shall be writing a second book about my parents' lives. I have a feeling this book will be much more pleasurable to write.

Just to clarify this issue, the memories started in 1995. I first remembered my childhood, then my parent's lives and the British Empire and slowly over the years I remembered my adolescence and put everything together about the brainwashing. When I first separated from Marty in 1993 I really had no idea anything was wrong at all which seems extremely scary to me right now. However, when you are mindless it really does not bother you since you are unaware of anything being wrong.

"On January 20, 1984 the Canadian government delivered its first formal protest about MKULTRA to the U.S. State Department." All Canadian citizens who were victims are being compensated in the sum of \$100,000. Although this is not a lot of money if one considers the damages, it is quite good of the Canadian government considering the victims could number into the thousands and they were victims of experiments of the U.S. government.



What is interesting here is that the government uses their own military as experimental subjects:

“Colonel William R. Jordan was one of 34 men who received LSD at Fort Benning, Georgia...We had periods of lucidity and almost total awareness that we were being experimented on...the long term side effects included periods of transitory confusion, vertigo and epileptic seizures...Dr. Dirk estimated that about 1,500 Army subjects took part in LSD experiments at Fort Benning and other locations. Other estimates put the figure at 4,000 subjects...Thousands of other LSD subjects might have similar stories to tell, and those subjects represent only a small subset of the mind control drug experiments, since the Army alone lists over 130 mind control drugs it tested in the 1950s, '60s and '70s.

In the chapter on Patty Hearst “Donald DeFreeze systematically transformed Patty Hearst into a Manchurian Candidate bank robber. She took on a new identity and received a new name, Tania. As Tania she was emotionally disconnected from her past and her family, espoused revolutionary doctrine that was completely alien to her, and participated in the robbery of the Hibernia Bank in the Sunset District of San Francisco on April 15, 1974.” When one starts understanding brainwashing it becomes easier to explain. You develop a Stockholm Syndrome for the brainwasher, and an idolatrous relationship develops. One does not actually have to be physically imprisoned for this to occur. Instead of perceiving the situation for what it is, that is your life is somehow in danger, you perceive it to be a positive situation and you therefore take orders from the brainwasher since you perceive the orders as being the right thing to follow. Therefore, any behavior can be manipulated. In my case I developed a Stockholm Syndrome for Marty the psychologist and basically did everything he wanted me to do. This included dramatically changing my appearance, studying psychology for 8 years and forgetting that I had been studying literature which I adored, rejecting my family, allowing myself to be implanted with grotesque breast implants, etc. Due to the duration of two decades, one decade with Marty and another decade to recover memories, the magnitude of this crime is unparalleled. The easy explanation again is Dr. Sargants' that is good becomes bad and bad becomes good. It is an actual change of perception in the brain. This is obviously a survival mechanism to cope with trauma too overwhelming. In my case, I believe I was very easily traumatized since I had been so sheltered all of my life and had never been exposed to aggression.

The worse part of “therapy” with Marty is that my health has been destroyed for life, incredible to believe! I had just spoken to my best friend who is about to go skiing. This reminded me of all the sports I was

involved in prior to being brainwashed. These included bicycle riding, roller skating, playing tennis, the trampoline and gymnastics and swimming. I suppose I could still play croquet without becoming too exhausted.

“Dr. West testified that Patty Hearst had a new identity deliberately created by Donald DeFreeze. All four expert witnesses testified that Patty Hearst had been brainwashed using classical mind control techniques. She did not meet the full criteria for a Manchurian Candidate because she did not have amnesia. By the diagnostic rules of the American Psychiatric Association, she developed dissociative disorder not otherwise specified (DDNOS) rather than full dissociative identity disorder (DID). Since 1994, dissociative identity disorder has been the official name for multiple personality disorder in American psychiatry.

DDNOS is a category that includes incomplete or partial forms of dissociative identity disorder. DDNOS cases either do not have amnesia or the identity states are not fully formed and crystallized. A full Manchurian Candidate meets the American Psychiatric Association criteria for dissociative identity disorder. A Manchurian Candidate without amnesia would meet criteria for DDNOS.”

However, Dr. Ross also states that Ms. Hearst took on a new identity with totally new behaviors. This is obviously someone who has no need to rob a bank, the behavior being totally incongruous with her original identity. She also became “emotionally disconnected from her past and her family, espoused revolutionary doctrine that was completely alien to her...”

This case study is the most similar to what happened to me and probably to members of cults, although the setting is totally different. You take on a new identity with an amnesia for your prior identity and display behaviors which are incongruous to your original identity. Why then is this not an amnesia and what is the definition of amnesia? Is the fact that she was “disconnected” from her family not amnesia?

In the chapter on Sirhan Sirhan Dr. Ross states: “The dissociated assassin state did not have a fully formed separate identity, and therefore the clinical diagnosis would be DDNOS instead of multiple personality disorder.” Again, I suppose this would have to do with the level of amnesia. Maybe this is the answer to the puzzle I have. In the film “The Manchurian Candidate” Raymond has married the woman he loves dearly, a few days later he kills her and her father and the next day he is in an absolute state of agony when he reads about the murders in the newspapers since he cannot believe someone would have killed his beautiful wife. He has no memory of having killed her, which is total

amnesia a “Manchurian Candidate.” In the fiction, Trilby, she has absolutely no idea that she is a world famous singer since she always sings while she is in an hypnotic trance. Therefore, my amnesia was not a fully crystallized amnesia since I was always aware of everything I did although when I look at my university degree in psychology hanging on the wall, I find it hard to believe, but I do remember studying psychology endlessly. That really sounds nasty to not even know what you are doing. It is one thing to be turned into another person with different behaviors and another thing entirely to not be aware of those behaviors.

“By the time he killed John Lennon, Chapman had transformed his identity into Holden Caulfield from The Catcher in the Rye.” Firstly, the reference to this book brought back memories of J.B. Salinger and the phenomenal amount of literature I had read during the three year period prior to the brainwashing. This also made me realize that Marty, apart from being a psychopath, probably also suffers from dissociative disorder not otherwise specified since he transformed whatever prior identity he might have had into Svengali and brainwashed some of his patients to have behaviors similar to characters in Trilby. I just remembered the many times he told me to sing with very disappointing outcomes.

This is one of the best endings I have ever read in a book:

“If more information about the Manchurian Candidate was declassified by the CIA and other intelligence agencies, this would help me in my clinical study of multiple personality disorders. The available Manchurian Candidate documents were declassified in the 1970s. It is time, I think, for another round of declassification. I close this section of Bluebird with a request for more documents. My call, I believe, would be answered by William Donovan, if I read him accurately.”

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<sup>i</sup> Ross, Colin A. Bluebird: Deliberate Creation of Multiple Personality by Psychiatrists. Richardson, Texas: Manitou Communications, 2000.

<sup>ii</sup> Ross, Colin A. The CIA Doctors: Human Rights Violations by American Psychiatrists. Richardson, Texas: Manitou Communications, 2006.

**For anyone interested in the actual documents obtained under the Freedom of Information Act detailing government mind control experiments they can be found at the website: [www.tranceformation.com](http://www.tranceformation.com)**

## EXCERPTS

Krung Thep, City of Angels, unending paradise. Lunch was always at the Oriental, basking in the sun on the bank of the Chao Phraya River. As was the British custom the women were expected to go home after lunch where they would often play mahjong so as not to expose themselves to the scorching sun of the tropics. Maman found this routine immoderately tiresome preferring to go to the Polo Club and ride her horse, Merry Christmas. Though she usually stayed within the confines of the Polo Club on occasion she would gallop into Sampheng, the native Thai market. She could be found there drinking the Chinese coffee, mingling with the natives and bargaining for silk, causing shock among the British officers. The vibrant shantung would be neatly wrapped and taken to her proficient seamstress in her small home on the edge of the jungle. The shantung would be transformed into the most dazzling suits and dresses. How lucky it was to find her seamstress who had been raised by Sacre Coeur nuns and spoke French. They would have Thai coffee together and go behind her house where there was an area where all of the wild animals were kept that had been captured from the jungle, mainly tigers waiting for export.

My parents had a two story home which was pale pink with teak floors and wrought iron balconies and separate quarters for their six full-time servants in the Amphur District. The heat of the tropics could only lead one to throw open all shutters and watch as the tropical birds flew through the house perching momentarily within its confines. Jaga, the gardener, was Malay and Dad so enjoyed a chance to converse since he had become proficient during his many years in Singapore and Malaya prior to the war. "Jangan terlalu pedas ya" he would say in Baha Malay since Jaga's wife, Aya, was the Thai cook. There were many evenings when her nam prik phao was enjoyed by all. The garden enveloped their home with a large backyard pond of koi carp and lotus flowers, orchids everywhere as well as mamoung thong, rambutan and lychee trees. In the evening the servants often sat in the garden shrouded by the sapphire blue sky and its twinkling diamonds creating works of art from fruit intricately carved for parties the following day. The servants lived in a small house behind the main house where the kitchen was located and had a pet toukee.

There were the coup d'etat and the one in May 1950 near the Temple of the Emerald Buddha when the Prime Minister was taken by gunpoint to a battleship anchored on the Chao Phraya River by elements of his own navy but fortunately his power was restored within 36 hours. My parents always stayed indoors during these coup d'etat.

The weekends were always reserved for adventure. Their good friend, the Chinese compadore from Continental always threw lavish Chinese parties, Yaowarat Road, the main street of Chinatown with its air of the unknown and the total darkness that could fall so suddenly once the sun went down. Sapphires and rubies in Chantaburi acquired for trifles.

Visits to the splendid Phuket and on their way driving by emerald green rice paddies swaying in the breeze being plowed by water buffalo. The rice paddies that are part of the timeless process of the cycle of life in rural Thailand. As the water buffalo plough the fields at the beginning of May throughout the Central Plains which stretch to the horizon on either side of the Chao Phraya River.

Hua Hin, to see their friend, the Oxford educated Thai prince and grand games of golf on the quiet, peaceful, lovely greens of the palace of Klai Klongwan, a guest house on the palmfringed white sands of a beach, galloping bareback on horses in the virgin sand with the scent of frangipani filling the air, the weekly tons of Siamese rice to be shipped throughout the world momentarily forgotten. Hua Hin had been developed as a resort at the turn of the century by Prince Chakrabongse and his Russian wife for their summer palace. The Railway line was completed with easy access to Bangkok with the Victoria Railway Hotel nearby. The golf course had been the first in the country, overlooking the Gulf of Thailand with a temple and a lovely topiary garden.

Snaking through the jungle rivers with the compadore, motionless heat of the overhanging trees, almost total darkness with the sounds of the jungle and the thousands of monkeys screeching to be fed bananas hands stretched upward from the motorboat, the stealth of the jungle and the heat...the heat of Saigon after the war, she had been the most beautiful woman of all French society in Saigon. Her boutique on La Rue Catinat as she lay on her velvet couch, surrounded by her library of books in red leather with gold titles, untouched she lit her beautiful lamp to light her long pipe, her beauty long gone ravaged by opium, he listened to her stories in wonder staring at a face of parchment enveloped in opium vapors blending with the dense heat, the heat of the jungle.

Riding elephants into Chang Mai, the infamous Golden Triangle, visiting the hilltribes whose source of income was opium cultivation. The Hnongs were of Sino-Tibetan origin and they were always greeted by the wide red grins of the natives from years of betelnut. Driving in the Wiley jeep into Cambodia and the spectacular Ankor Wat, the ruins of the great Khmer civilization.

The Thai Minister of Commerce had lent his bungalow on the shoreline of the ocean in Sattahip to my parents. Unknown to Maman the ocean was

full of sharks and as she was swimming rather far out Dad had to dash into the ocean and calmly tell her to come out. It was only once she was safely ashore that he told her she had been encircled.

The daily routine was always interesting. There would be the occasional 7 foot python slithering into the house which Jaga always said would bring good luck since snakes guard the house. Buddhist monks draped in saffron robes came for daily donations or Buntabat. The servants shopping for tropical fruit in the river at the floating market and of course street vendors with Khanom that Dad was so fond of. The festival of Loy Krathong and the little boats floating on the river with offerings of flowers, incense and candles to honor the water spirits. Lepers would escape from the colony and be found wandering the streets near the post office on New Road begging for money at the car window and trying to look inconspicuous cloaked in black covering what was left of their faces... The escape from Singapore, climbing the low cliffs of St. Johns Island, the leprosarium, a white robed figure clinging to the diamond shaped heavy wire fence, singing to the wind, madness the only escape from the advancing Japanese army.

The constant parties, the most memorable of which were at the Siam Grand Palace where the reigning Dynasty, the Chakris, would have parties for the British which were like an Oriental court or play. Entertained by the classical Thai dance drama as the dancers moved in a fluid pattern of symbols, glittering with gold braid and jewels with the sounds of the soi sam sai in haunting poignancy with his Majesty, the King of Thailand, playing his ukelele on the dias in front of all in the enormous ballroom. The Chakris would be the longest reigning monarchs living only to serve their people and the palace located on Rattanakosin Island was the heart of Thailand.

As they were living in paradise there was the hell of the war lurking in Dad's mind, the Burma Siam Railway. He had served in His Majesty's Service for almost a decade when the Japanese began bombing from Johore Baru endeavoring to destroy the Singapore Yatch Club near Kepple Harbour a young Malay boy was hit and his feet were blown off the small white bones of his lower legs protruding through the sarong tightly wrapped to stop the bleeding "tuan sahaya tidak jalan lagi" and the war had commenced. The Japanese zero fighter planes very fast and quick in turning and Dad with his tommygun could actually see the pilots they were flying so low. The Major and the Punjabi driver were in a monsoon ditch and the Major was up to his pistol holster in water. The Subadar (Punjabi officer with Punjabi troops) quickly said "the bombers are arriving over our barracks and have just hit Bidadari cemetery throwing coffins and bodies all over the place." That was the day the Punjabi cook's head was blown off next to the cookhouse, when a plane

dropped a British 500 lb. bomb taken from Alor Setar RAF drome as everyone had left for Java. To immediately take on the guise of a native, no shirt, darkened skin, around his head a Malay songket with only a Colt 45 for protection. Absconding the perturbed billowing white madness of St. Johns Island onto a huge wooden barge manned by two Malay sailors he blended. Landing on the coast of Sumatra he made his way across the jungle island to Padang, sheltered by the Dutch Consul, the safety was fleeting. The Japanese advanced from Sibolga north of Padang and he was captured. The transport was the Japanese vessel the English Maru, from Sumatra to Burma, shipped as non-living creatures, the filth and stench of the holds, seeing nothing, Dad again escaped and slept under the deck anchor winch drenched in oil, watching the dead bodies being thrown overboard. Listening to the bombing and watching ships around him sinking.

The Burma Siam Railway began in Thanbuzyat in the Burma jungle. June 1942 and 6 months after the start of the Japanese conquest of Southeast Asia. The purpose of the Railway from Thailand to Burma was a substitute for the long sea route to Rangoon intended as transportation for the planned invasion of British India. Death was king and dysentery, cholera, pellagra, beriberi, malaria, typhoid and cold-blooded torture and murder were his courtiers. The mansoons came and the stench of the waterlogged rotting bodies, the thousands of flies that would lay their eggs in your wounds which would hatch into maggots overnight, crawling and eating your flesh. Building the Railway in the scorching sun over a dozen streams from a dozen prison camps. Watching his body slowly melt away until he could feel the very fuel of existence being taken from his organs, all that was left.

The constant marching through jungles skeletal figures from hell only to be jeered at by faces behind masks of kendo. Those endless years of filth, rats, insects crawling everywhere, careful always not to injure yourself with the chunkal attached to your hands for blood poisoning would set in, weeks in the death hut, watching the dying writhing in pain, somehow escaping as no one ever did come out of the death hut, covered in carbuncles, watching the madness of brain malaria everywhere, gangrene limbs disappearing along with the intestinal lining, tropical ulcers to the bone. The sadists forcing work from men so ill they were carried in rice sacks to be placed by the track and forced to work, dying by the Railway, being buried until no graves could be dug. In Tavoy there was the news from Rangoon, a slip of paper had been smuggled in news from the BBC. If you were caught smuggling anything of course you were bayoneted. After Tavoy a radio was built by Les and the BBC news came in from India. Les was awarded the OBE for his heroics and the enormous danger he had placed upon himself by building the radio as he would hide behind the rice sacks to listen to the

news dreading the thought of the Kempitae and the poor fellows that had been thrown into the latrine eyes gouged out and bones broken for the last radio.

He refused to bow to his captures, retained his dignity with an artillery cap which enabled him to salute and so he always maintained a sense of control over them and they seemed to keep a distance. After the Railway there was the airport, Tan Son Huit, which they were then forced to build. Finally Saigon and an empty French barracks, hardwood floors felt like heaven after years of bamboo and dirt, barefoot, in filthy geestrings, their garb for so many years, bearded, and emaciated the French were horrified.

The allies had the sea-lanes covered and heavily bombed, Saigon was free. Dad would stay for the war-crimes prosecutions to identify his former captors. Haunted he was drawn back to Kanchanaburi to the allied war cemetery and to nearby Tamarkan and the bridge. There was duty in Kanchanaburi and the cemeteries of the ones he remembered rotting next to him, of his friends and comrades, tens of thousands of young strong men who had died, to see their graves. He would weed and plant Thai flowers on the graves of the ones he knew and take pictures with the names on the tombstones to send to their families. The families of his comrades who never knew what had happened to their sons wept in gratitude to know one had survived with the strength to return so they could see at least in death there was dignity and finally peace for those who were held by the ones who obeyed giri. To them torturing their prisoners would have enhanced their giri as did their own punishments of bushido to be performed in perfection as seppuku which was the tradition for many centuries.

Dad volunteered to stay in Saigon to identify war criminals. Afterward he would go to see General Gracy saluting "may I have a word with you?" The General invited Dad to his office where Dad showed him a letter from Continental Grain about his new position in Bangkok. General Gracy "The War Office in London must demobilize you IPSOFACTO. There is a Danish vessel from Copenhagen 30 December 1945 you shall be on it." Sailing out of Saigon into the China Seas down to the Gulf of Siam and Bangkok.

It was there he decided only to experience the beauty of the world. The job with Continental Grain was fabulous and he would meet my mother in Paris and they would embark on the most wonderful life. They would meet at Molitor and after a whirlwind courtship which included quite a lot of Chartreuse, a beautiful diamond ring and flying to London to meet Dad's family, Dad would return to Bangkok and Maman to Paris. After obtaining all of the necessary shots at the Pasteur Institute and having a



new wardrobe made suitable for the tropics and of course a very special white silk dress for disembarking in Bangkok, all arrangements were made with Messagerie Maritime and Maman was off to Poole. Of course her family was horrified and one brother, Uncle Charles, disowned her for a period of time. Auntie Roma said very tactfully "if the weather does not suit you, you will of course let me know and I shall make sure that you return safely to Paris." She would divorce Cyrille, her French husband who was mortified and would continue to write to her for a very long time in Bangkok. Even her dressmaker said "How can you leave us and go to the end of the earth?" The hotel did not wake her in time and so running late they arranged for a Rolls Royce to take her to the plane. At the hotel in Rangoon, Burma, poor Maman forgot to put down the mosquito net and was bitten horribly overnight. This was the last stop before Bangkok and as at every overnight stop on the way a very well timed letter from George was waiting for Maman. This letter said "this is your last overnight stay before arriving and at the next stop you will be in my arms." She did have a very interesting man to sit next to throughout the voyage who was returning from a visit to his family in England to Kowloon and had such interesting tales about Hong Kong which unfortunately they would never visit. At the overnight stop in Karachi Maman would commence a life long love affair with curry flavors.

Sailing on the George Washington from Yokohama to Hawaii to see Abbott and Costello the Royal Hawaiian in Oahu to the parties in Carmel where they were known as the Brandy Alexander twins to Texas and Mexico, Guadalajara for the beautiful peacocks, Acapulco for rock diving, Taxco de Alarcon for silver, surrounded by bougainvillea petals falling into the water echoing the hoofs of the donkeys on the cobblestones and the chimes at dusk, faithful and rose colored. New York, the Waldorf Astoria and Central Park where they would purchase the very well travelled Lincoln which was shipped all over the world.

Too see the colorfully painted houses and the whitewashed walls in elegant Lisbon the nostalgia of the former colonial empire along the shores of the Tagus River and always the influences of Empire, Goa, Macau, Angola the scent of cinnamon and always to be found a good cup of cha and the palm lined boulevard Avenida da Liberdade. Sintra and Castelo de Pena driving through the forest to the top of the mountain the Moorish influences and coral colored fountains. Cascais where Maman adored the bullfights since they do not kill the bulls in Portugal which they attended together with friends from Continental who were working in Portugal. The Bay of Cascais and exploring a little fishing village, freshly caught fish cooked the same day. Coimbra listening to fado in little village restaurants having originated from the former African colonies and now sung by the Portugese.

The monkeys in Gibraltar and of course have their film stolen by a mischevious one as the windows of the Renault had been left open fortunately as Dad threw the monkey something to eat it dropped the camera. Exploring the fort to the very top with its 16 inch guns which reminded Dad of the guns in Singapore and how Whitehall had made the decision to defend Singapore by sea with no air support which would be their downfall, they would spend the night at a small inn not far from the fort in Gibraltar.

Madrid and the bullfights the sublime spectacle of corrida de toros with the artistic pageantry and pedigreed bloodlines of bulls whose bearing can only be described as noble charging the ever annoying muleta. But first there is the opening paseillo in which mounted alguacillos unchanged in attire since the 16th century commence the ceremony of pasodoble, followed in stride by the elegant and courageous Matador de Toros. The white handkerchief is signalled and the bull is released charging towards the matador. So begins their dance of life and death into the center of the arena until the final masterful faena which the matador will perform when his sword sinks into the area between the bulls shoulder blades. Sometimes it is almost as if they are both stars in the arena, each applauded for their bravery with the audience never quite knowing until the end who will survive.

Flamenco in Andalusia de Noche or Barcelona and trying to learn Catalan and the ancient language of Euskera in the Basque country. The song of flamenco with its melodic oriental influences, the lament of a tormented life sung by a tortured voice full of despairing emotion. The accompanying dance of flamenco expresses itself through the emotion of the song, while the dancer has a freedom of form through complex footwork, finger-snaps, clapping and the lively castanets.

Driving from France to Spain from Biarritz to San Sebastian dazzled by the Bay of Biscay and watching the hearty old men passing the sunny days absorbed in the Basque sport of pelota. Bagneres-de-Luchon to visit Uncle Charles and Tante Jean and see little Denis who was spending his summer vacation with them who was always so excited to see his exotic travelled auntie and uncle.

The Citadel of the Moorish kings in Alhambra and the grand "Red Fort" with its adjoining gardens of cypress, orange trees, roses and fountains and graceful arches, the Pyrenees and Andorra for the most beautiful wool sweaters woven in grey and green. Located on the sparkling blue Mediterranean Casino de Monte Carlo, Grasse with the greatest perfumes on earth, Cannes and the beaches La Cote d'Azur and the feel of the silk wallpaper and the sand as the seagulls dived to take bread from your hands, Nice and La Promenade, Marseilles and Hotel Noel. Paris, London

Burlington Arcade and Regent Street for Balkan sobraines and scented Turkish cigaretts and the steamer trunk that my father still owns, river boats on the Thames, Fortnum and Mason for tea, Seville Row for the most perfectly tailored suits, riding the trains at Victoria Station, Rome, the Vatican and the catacombes, climbing to the edge of Mt. Vesuvio in Pompeii to light a cigarette in the smoldering ashes and overlooking the Bay of Naples, the bars and the erotic frescoes, days on the Grand Canal in gondolas and on some evenings following the orchestra of Venice in full operatic splendor making its way through the Canal. Florence, Padova, Milan, Lenzerheide and the greatest skiing in the Rhaetian Alps and the Pennine Alps in Zermatt. Zurich to buy gold, Geneva for Swiss watches and Lausagne for the best French food in Switzerland and of course having all of the intricacies of their travels arranged by Thomas Cook.

Maman also kept Dad so entertained with stories of her childhood. Born prior to the Russian Revolution in her grandfather's villa in the bed that had once been owned by Napoleon and Countess Maria Walewska. She spent her childhood wrapped in astrakhan skating along with the Siberian winds on a frozen lake in the gardens of Lazienki Park gazing up into the windows of Lazienki Palace envisioning the evening parties...the parties at her grandfather's "Jozefow Villa" during the summer the baroque sculptures, the doors thrown open to connect the salons. The busts of Chopin marble glittering to the sounds of Lizst and reflecting in the mirrors with stands surrounded by Venetian glass and the cascading fountains echoing the memory of Copernicus while listening to the chirping of canaries fluttering in their golden cages and the antelopes hanging from the wall in the large corridor...the large corridor which led to the salons surrounded in stained glass overlooking the 23 bungalows on the estate, the gardens of lilacs and the Alsatian dogs kept in a section of the gardens` fenced off with wrought iron. This beautiful summer villa along with all the other properties owned by Mummy's family were totally destroyed in Nazi bombings.

There were also those memories of life prior to the war...the azure seas of Malta in 1935, Paradise Bay aptly named melons from overhanging trees to be picked as one walked along the beach and swam across to the great caves...Cairo 1938, the Sweetwater Canal from Alexandria camped in the desert for days in tents the hot dry days and cold nights. The Egyptian barracks in Cairo and the blow guns used to burn off the bugs from the iron bedsteds and the posh Royal Heliopolis Sporting Club surrounded by secret service as King Farouk swam that day with a powerful overhead stroke. The fanciful Heliopolis theatre, an indoor theatre without a roof the lovely dark night sky above huge palm trees impeding the light from the stars sitting at small tables drinking Egyptian coffee drowned in the

beauty and the charm. It had been lovely to return in 1947 the mystic of Shepherds and the flying boats landing on the Nile.

Life in Kedah where he had become friends with the son of a Raja who was a Siad and who had three lovely wives. Evenings the Bugati would arrive and Dad would be taken to an enormous house on stilts and dinner would be served sitting on rattan mats. The Raja had attended Oxford and liked nothing better than to discuss Sir Richard Winstead's book on the Malay language with Dad. His sister, the Rani owned her own rubber plantation between Keda and Jitra and he had been introduced to the Raja by his friend McCauley who also owned rubber plantations. To perfect his Malay Dad would attend Bang Sanawan every night the Malay opera and due to his diligence in attempting to perfect the language become friends with the chief actor from Java whose brother was in the Dutch Parliament.

It was such a gilded life and in my childhood I thought that is what life was. I am just so very sorry I missed most of it and would have a life of sheer misery.

①



**British Consulate  
Orlando**

Suite 2110, SunTrust Center  
200 South Orange Avenue  
Orlando, Florida 32801

Telephone: (407) 254-3300  
Fax: (407) 254-3333  
[www.britainusa.com/orlando](http://www.britainusa.com/orlando)

17th November 2006

Ms Rita Winson  
125 Zamora Avenue  
Apt 302  
Coral Gables, FL 33134

Dear Ms Winson

I refer to the correspondence you have sent to the British Consulates in Orlando and Miami, as well as to the Foreign and Commonwealth Office in London in relation to your personal circumstances.

I have reviewed your case and concluded that, although you hold tri-nationality including British citizenship and as you were born and continue to reside in the United States, we are not able to provide consular assistance to you in accordance with existing Foreign Office policy on dual nationals. As you are primarily a national of the United States, you should look to the US authorities for assistance.

I understand that you wish to reside in the United Kingdom, which is an option always open to you as a British Citizen and I enclose a leaflet entitled "Going To Live Abroad" which you may find helpful as it has some useful addresses for British nationals intending to return to the United Kingdom to reside.

You will understand that due to the strict limitations on UK consular assistance available to dual nationals, we are unable to assist you further. Please be advised that our consular staff are busy providing consular support and I would therefore be grateful if you would not continue to send correspondence to us.

Yours Sincerely,

*Rebecca Budgen*

REBECCA BUDGEN  
British Vice-Consul



Mrs Rita B Winson  
125 Zamora Ave Apt 302  
Coral Gables  
Florida 33134  
USA

If you get in touch  
with us, tell us this  
reference number

2  
OIU PW858413B

Our address

The Pension Service  
Tyneview Park  
IPC OIU  
Room TC201  
Newcastle upon Tyne  
NE98 1BA England

Our phone  
number

(0191) 21 82300

Our fax number

(0191) 21 87307

Textphone users

(0191) 21 87280

International code

(+44 191)

Opening hours

8am to 8pm

e-mail TVP.OIU

@thepensionservice.gsi.gov.uk

Website [www.thepensionservice.gov.uk](http://www.thepensionservice.gov.uk)

Date 3 April 2007

Dear Mrs Winson

### About Mrs Sabine Winson

Thank you for your recent correspondence regarding your mother's UK State Pension.

As you did not tell us your mother had died on 26 January 2003, payment of her pension continued to be made to her bank account until 16 October 2006. Entitlement to UK pension ceases on death. Because you did not tell us your mother had died we have paid UK State Pension amounting to £6,371.49 which your mother was not entitled to receive.

As there was no entitlement to this money it remains the property of the Secretary of State. The Department for Work and pensions requires it to be repaid in full.

As power of attorney you are responsible for repaying this amount.

### How to pay money you owe us

You should send a crossed cheque or money order for £6,371.49 in sterling. It should be made payable to 'The Department for Work and Pensions'. Cash should not be sent through the post.

The Pension Service is part of the  
Department for Work and Pensions



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**What happens next**

Our enquiries show you did not report your mother's death to us. Since her death in 2003 we have written to you as power of attorney notifying you of changes in the rate of her pension several times. Each time a leaflet was enclosed telling you about changes in your mother's circumstances you should report to us, including her death.

Also despite contacting this office on several occasions recently, enquiring about your mother's pension, you did not tell us she had died. When our officer telephoned and asked to speak to your mother you led us to believe your mother was still alive.

I believe you have deliberately concealed your mother's death in order to continue to receive payment of her UK pension. Payments were sent to a bank account in her name. I believe you did not tell the bank of her death and the account remained open to facilitate this.

The Department for Work and Pensions is committed to investigating as thoroughly as possible all cases involving fraud and pursuing recovery of public funds through either criminal prosecution or civil proceedings.

If you do not repay the full amount due within 28 days from the date of this letter then our overseas fraud unit will report this matter to the appropriate USA Police Dept.

**If you want more information**

If you want to know more about anything in this letter, please get in touch with us. The phone number and address are at the top of this page.

Yours sincerely



Linda Matthews  
Fraud Manager  
International Pension Centre

SENDER'S COPY

RETAIN THIS COPY FOR YOUR RECORDS

SRF

Not all services and options are available to all destinations. Excess postage cannot be shipped using this Air Waybill.

Package up to 150 lbs./68 kg. Excess postage will be added to the invoice for FedEx Member.

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1 From  
Date 4/30/07  
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Sender's Name PITA WINSON  
Phone 305-447-1584

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Address 125 CAMORA AVE, #302  
Address  
City CORAL GABLES  
State FL  
Country U.S.A.  
Recipient's Name LINDA MATTHEWS  
Company THE PENSION SERVICE  
Address INTERNATIONAL PENSION CNTR.  
Address TYNEVIEW PARK, #17PC-070  
City NEWCASTLE-UPON-TYNE  
Country GREAT BRITAIN  
ZIP NE98-1DA  
Recipient's Tax ID number for Customs purposes

Receptionist  
Front desk

5 Packaging  
FedEx Envelope  FedEx Pak  FedEx Tube   
Other  FedEx 10kg Box  FedEx 25kg Box

2 To  
Recipient's Name  
Company  
Address  
City  
Country  
ZIP

3 Shipment Information  
Total Packages  
Total Weight  
Commodity Description  
Country of Manufacture  
Country of Origin  
Total Value for Customs Purposes

69:30  
69:30 AM  
3 min

7a Payment Bill Information  
Sender Acct. No.  
Third Party  Recipient  Cash  Credit Card

7b Payment Bill details and fees for  
Sender Acct. No.  
Third Party  Recipient

4 Express Package Service  
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Or in the U.S., call 800.247.4747. Outside the U.S., call your local FedEx office.





Mrs Rita Winson  
125 Zamora Avenue Apt 302  
Coral Gables  
Florida 33134  
USA

If you get in touch  
with us, tell us this  
reference number

NINO PW858413B

5

Our address

The Pension Service  
Tyneview Park  
IPC OIU  
Room TC201  
Newcastle upon Tyne  
NE98 1BA England

Our phone  
number

(0191) 21 82765

Our fax number

(0191) 21 87307

Textphone users

(0191) 21 87280

International code

(+44 191)

Opening hours

8am to 8pm

e-mail TVP.OIU

@thepensionsservice.gsi.gov.uk

Website [www.thepensionsservice.gsi.gov.uk](http://www.thepensionsservice.gsi.gov.uk)

Date 17 May 2007

Dear Mrs Winson

#### About Mrs Sabine Winson

Thank you for your recent e-mails. A Power of Attorney is a legal document and which passed responsibility for your mother's affairs to you. You were responsible for informing us of your mother's death.

You failed to do so and as a result obtained £6,371.49 in UK State Pension after her death, which neither you nor she was entitled to receive. You then tried to continue this by telling us your mother was still alive.

The Department for Work and Pensions is committed to protecting public funds. The money remains the property of the Secretary of State. We must ask you to repay UK State Pension amounting to £6,371.49 as soon as possible.

It is unreasonable to expect us to wait for publication of your book. Neither publication nor sales are guaranteed.

#### How to repay the money you owe us.

You can make a payment by cheque or money order which should be in sterling, crossed and made payable to 'The Department for Work and Pensions'. Cash should not be sent through the post.

The Pension Service is part of the  
Department for Work and Pensions



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Alternatively if you prefer electronic payments can be made using the following details.

Sort code           40-34-18  
Account number   52732130  
Account name      DWP, International Department  
IBAN                IBAN GB24MIDL40341852732130  
Swift                MIDLGB21

HSBC Bank, 110 Grey Street, Newcastle upon Tyne NE1 6JG

You must ask your bank to include the following details with the payment:

- The name of the person who has been overpaid (Mrs Sabine Winson)
- Their national insurance number (PW858413B). if you do not include this information we may not be able to link the payment and the amount will remain outstanding.
- The type of benefit being returned (RP)

#### What happens next

If you cannot repay £6,371.49 to us within 6 weeks from the date of this letter, we will pursue the matter with Coral Gables Police Department.

#### If you want more information

If you want to know more about anything in this letter, please get in touch with us. The phone number and address are at the top of this page.

Yours sincerely



Linda Matthews  
International Pension Centre

7



MINISTÈRE DES AFFAIRES ÉTRANGÈRES  
CONSULAT GENERAL DE FRANCE A MIAMI

Miami, le 8 juin 2007

Madame,

J'ai bien reçu votre courrier en date du 3 juin 2007 dans lequel vous me faites parvenir des documents provenant du Service des Pensions du Gouvernement Britannique.

Concernant votre dette envers le Service des Pensions Britanniques ce consulat vous encourage à les contacter afin d'étudier les éventuelles possibilités d'échelonner le remboursement de cette somme. Puisque vous n'êtes pas en mesure de régler la somme de £6,371.49 immédiatement, votre contact, Madame Linda Matthews, pourrait accepter un règlement en plusieurs fois.

Concernant votre demande de secours occasionnel, je suis au regret de vous informer que nos budgets ne nous permettent malheureusement pas, à l'heure actuelle, d'organiser votre retour en France.

Je vous prie de croire, Madame, en mes salutations les plus distinguées.

Sonia DENHAM,  
Chargée des affaires sociales

Rita B. Winson  
125 Zamora Avenue, # 302  
Coral Gables, FL 33134

8



Liberté • Égalité • Fraternité  
RÉPUBLIQUE FRANÇAISE

CONSULAT GÉNÉRAL DE FRANCE À LONDRES

21 Cromwell Road London SW7 2EN

Tél : (+44) 02076731200

ecrim.londres-61h@diplomatie.gouv.fr

<http://www.ambfrance-uk.org/Consulat-general-a-Londres.html>

*Le titulaire de cette carte est placé sous la protection consulaire  
de la France*

9

Registre des Français établis hors de France

Nom : WINSON

Prénom usuel :

Né(e) le : 15-02-1961

Inscrit(e) jusqu'au :  
22-10-2018

NUMIC : 01961155



15 November 2018

Mrs Rita Wilson  
123 Street  
New York  
NY 10001

Dear Mrs Wilson,

Yours faithfully,  
[Signature]

I understand that you wish to reside in the United Kingdom, and I am happy to see that you have chosen the United Kingdom as your country of residence.

Yours faithfully,  
[Signature]