

I feel Weider should be able to give you much on what I did both in writing and strength. He always was envious of me and told everyone I was a very powerful man, so I have no need to blow my own horn here--- Although what I have written may sound a tad like doing so.

Fred Howill --- poor old Fred. Has been very ill. Recently went to the docs and was told he had a melanoma on his right jaw and had it removed. This cancer, as you know, is very virulent. Fred is now waiting to see if it has metastasized. If it has-----.

I pray for him although I am not a religious man. Poor old Fred. He has previously had several basal cell carcinomas removed from his face, the result of following a cadden's advice to get "all the sun you can."

I have a couple of shots here of me. I may have sent you one with me and Liederma and Goodrich I also have one of me and Weider and Pug somewhere or the other, plus one that I was taken of me at the Collection. I will rack them out and let you have them.

BUT I MUST HAVE THEM BACK. They are the only shots I have left of my glory days and I want Vera to have them when I am gone. Which, I think -- indeed HOPE isnt too far away. I am just getting sick and fed up and tired of coping with all the bullshit going on today.

Had a letter from Grimek recently in which he told me he met up with the wonderful Ann who now calls Grimek MY PAL. John says he took Mrs W out on the dance floor and popped the question to her " Why dont you get Joe out dancing. " Her reply " HE'S TOO TIRED ALL THE TIME. "

Nuff said.

I suggest you grab hold of some Canadian papers and see the fussing feuding and fighting going on over steroid use. It is at the same decibel level as Watergate here. Seems Brother Ben Johnson has been on the bloody muck since christ knows when --- way way back to 1980 and knew full well what he was taking and why, and loved it. It would also seem there isnt a single bloody so called athlete who isnt propped up with a pill or a hundred each time he steps onto the track or lifting platform or whatever. Nice world we live in when people have to resort to cheating to win a trophy or whatever.

I'll let up on you here.

HOPE TO HEAR FROM YOU SOON. Dont tell me you have been busy. I KNOW YOU HAVE. But if you write to others, then drop me a line or half a dozen,

best as always to you and yours,

*Chas*