

Sunday 21st June '92

Dear Lois & Peter,

Happy winter (or summer) solstice!

From here on, the days will start to get longer - but not necessarily warmer. However I always think that it is good to get past the shortest day.

David and Ann have colds, Beth has a flute playing engagement, Graeme, Bronnie & Les have a better offer, and the rest of the family are temporarily overseas - so we will have a quiet day. We may even go to the Victoria Market.

The Chicago Bulls triumph was given a reasonable amount of space on our sports pages and on the T.V., but more space was given to the curious way that their supporters celebrated - shooting police, looting shops, jumping on cars, etc. I guess that the media overstated the situation. They usually do.

I have survived the first week of my rehabilitation program without problems. They haven't caught up to my level of fitness yet. (I was doing a fair amount of exercising and walking before the program started.) However, with three weeks of progressive increase to 90, no doubt they will catch up. So far I have been advanced ahead of the others who started on the same day (including a 36 year old.) A series of lectures is included in the program - on understanding coronary artery disease, lifestyle management, diet, and principles of exercise. It is all very professional and thorough. On Wednesday I was wired up for sound so that my progress could be watched on a monitor as I exercised. I have to fast for 12 hours before going in the morning so that they can extract some more blood, which they say is for testing. I hope that I still have enough left after three previous tests in hospital.

I put the video-recorder on this morning to record business Sunday, as usual. When I checked, what I had was the U.S. Open golf (3rd round), which obviously was considered more important for us to see. Many of the leaders, including Gil Morgan, had poor rounds. The Australians were nowhere. (Greg Norman did not even qualify to start in the tournament).

(later). We have had lunch and have had your phone call later. Thanks. Glad to hear that you both saw the exciting final (and that you dodged the celebrations both in the city and on Seaville. As I mentioned, it is a nice sunny day, no clouds in the sky and no wind, so we are about to go out for our constitutional.

Love, Gene X X
and Steph.

Love with the bird!