

Lewis, John.

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After setting Canadian records and finishing in the top-10 at Tokyo, Lewis was welcomed back to Belleville by more than 1,000 cheering citizens as he disembarked from the train at the old CN building on Station Street.

The late George Carver, former sports editor of The Intelligencer, described Lewis's homecoming with these words:

"The CN station was packed with citizenry as the big diesel locomotive eased to a halt at 6:30. Applause rang out as Lewis, wearing a 10-gallon cowboy Stetson hat, swung from the engineer's cab to be met by Mayor Jack Ellis and other dignitaries. 'Welcome home,

John,' the mayor said, 'The city is proud of you — and so are we.' A minute later, with tears glinting his eyes, John met his wife Sylvia who had presented him with a bouncing seven-pounds plus baby boy during his absence. With her were John's parents, smiling proudly though damp eyes."

Carr-Braint, smiling broadly, told Carver: "This is amazing. I am both proud and surprised."

Today, Lewis leaves no doubt Carr-Braint was a central figure in his success on the lifting dais.

"He was the mainstay, he was like a father figure. I really looked up to Ken," says Lewis.

Despite his incredible accomplishments, Lewis took a realistic view of his chosen sport.

"The only thing it didn't do was put bread and butter on the table," he says. "That's why I ended up moving here (Webster)."

With yet another award in his back pocket — the Tom Longboat Award as Outstanding Native Canadian Athlete for 1964 — Lewis visited his brothers, Joe and Gary, who were already living in upstate New York. On a whim, he dropped off a job application at Eastman Kodak.

"They asked me if I could start in two weeks," he says. "I said I could start in one."

Lewis last competed at the Toronto Open in 1966, then officially retired from the sport to concentrate on his job and raising his three children — John, Wayne and Melinda — with his wife, Sylvia.

As for any youngsters out there leafing through the pages of Superman, Batman or Tarzan comic books and dreaming of creating their own powerful physiques, Lewis offers some sage advice.

"You've got to be a non-smoker," he says. "You need lots of oxygen. I'd like to say eat all the right foods, but I just ate everything."

"I wasn't into all that other stuff (supplements, drugs). Whatever I did was all natural."

Lewis becomes the fifth member of the Apollo Barbell Club to be inducted into the Belleville Sports Hall of Fame. Preceding Lewis are Carr-Braint, the Walt brothers — Art and Gary — along with Price Morris.

The Sunday induction ceremonies begin at 1 p.m. on the Market Square. Lewis will be inducted along with track and field builder Bruce Faulds and a third individual who will be officially announced tomorrow.