Sorry I wasn't able to answer so mer but as I told you, I have to spend mornings in theraphy for the leg end I'm buried in FOIA affidavits. I've taken today from that to try to catch up with more than 3 weeks of letters.

Asking for the files on you is the easy part. Betting them may be more difficult.

You can write the same letter to the FBI and the CIA, but with the FBI you should also send a separate one to the New York Field Office. It can have the same words and can even be a carbon or zerox copy. (Te CIA's address is Washington, not

Give your name, any aliases, address and recent addresses of the past, Social Security number, and say that under both FOIA and PA you want copies of all records of any kind, however or wherever files on or about you. And that, really, is all you have to do. Both will probably claim backlogs, so you'll just have to wait. In time they'll tell you what they have, if anything, and how muc it costs, at 10¢ a page.

If the FRI has a file on you, the New York office will be what they call the #office of Origin," Other offices would report to it, for exemple, if they covered one of your speeches. (I'm sure they did less of this than most of us think they did because they didn't care all that much unless they expected to be hurt.)

However, the field offices kept FBIHQ informed, so they also could have files.

Sometimes the records you get indicate where other records are, so you can go back again and ask for them.

The CIA stonewalls even more than the FHI.

Above all don't argue about the JFK case with them or you'll get less. Let them think whatever they want to think. And don't use and strong language because they can stell you more if you turn them off.

I got some of the files on me, but they have more, and what they have can embarrase them so they sit tight and let me sue, which I'm not now in a position to do. Some of it is pretty wild, too!

If and when you get enything, if you'd like me to go over it and tall you if I see evidence of more, or explain anything, just send me copies and tell me what you want to know. I can tell you, for example, what the FRI's numbers mean.

Hope you and dnita are both well and happy.

est wishes and good luck,

August 1, 1982 Dear Harold, Since you are the experton the matter I am writing you this letter for some information. I am very desirous of obtaining any/all files the FBI and/or CIA probably have about me. Im sure they have them on me. lould you kindly inform me (since I'm totally ignorant about it) as to, in detail, to whom and to what address, etc, I should address my letter to? and also, could you kindly let me know some idea of what I should say in my letter to them? I would greatly appreciate this info very much, if you would be so bind to write me a letter with this info. Thanks much, Harold. Ted bandoff 1214 First avenue new york, n.y. 1002/ P.S. Did you mer obtain files on yourself if any? Thanks again.