

NAAFA Newsletter

VOLUME IX ISSUE #3 DECEMBER 1982 ROUND-UP ISSUE

NAAFANS IN THE NEWS



ELISABETH WILLIAMS



ROBERT KASSELL



DONNA RYAN

What do Donna Marie Ryan, Robert Kassel, Elisabeth Williams and a "Fat Can Be Beautiful" bumper sticker all have in common? They were all "stars" of national publicity during 1982.

Donna Marie Ryan, the former Chairperson of the Chicago Chapter of NAAFA, was featured in a PM Magazine television segment entitled Proud To Be Fat. The show, taped in May, was originally aired in the Chicago area on June 30, 1982. The local response was excellent and the segment was syndicated and shown on Thanksgiving in 76 cities around the country.

Proud To Be Fat was aimed at portraying an average day in the life of a "liberated" fat person. Donna, and other members of the Chicago Chapter, were shown in a selection of activities that included a NAAFA meeting.

How did it feel to be followed by a camera crew all day? "Terrific!" says Donna. "At first I was a little uncomfortable, but as the day ran on, I felt great. It really makes you feel like someone important."

Donna, an attractive blonde who works in the offices of a Chicago hospital, was shown at work, home, shopping and at the NAAFA meeting. "Of course, it wasn't all filmed that way," Donna explained. "Char [Chairperson Charlene Smilow] and I met the TV crew at Lane Bryant at 9 AM before the store opened." The TV viewer saw Donna choosing dresses but "Char and I had already selected the clothes and had hidden them in the racks."

After a lunch break, the crew continued the taping at Donna's place of business and at her home where an interview was conducted.

Later that evening, the Chicago Chapter recreated a meeting/social gathering that featured a plump belly dancer. Chapter members, including

Charlene, David Whiteis, Paul Ernsberger and others were interviewed.

After 13 hours of interviews and taping, the material was condensed into a segment lasting about 5 minutes.

The end results...a very positive picture of an attractive large woman feeling good about herself and not apologizing for her size to anyone!

Many NAAFA members were able to see this show due to the advance notice mailed by the Publicity Committee to all members. Unfortunately, due to bulk mail postal delays, some members received the notice after Thanksgiving. The Committee hopes that the show will be rerun at a future date.



Sometimes NAAFA has advance notice of publicity and occasionally there is sufficient time to advise members. But in the case of the National Enquirer story about NAAFA last winter, everyone was surprised.

A free-lance reporter called the NAAFA office and was referred to several members for interviews in the fall of 1981. He was unable or unwilling to reveal where his article would be published. Photographs were then requested by him and a photo session was organized before a local chapter dance. Those members posing were advised that NAAFA did not know where or how the photographs would be used.

Almost all the pictures taken were posed shots of people dancing. At one point, however, the photographer said that he had to reload film. His "models", Elisabeth Williams and Robert Kassel relaxed, and in a moment of less formal dancing were caught by the photographer in the now "famous" National Enquirer photograph.

"I hope you're not going to use that one!" said Elisabeth, annoyed at the photographer's trick.

But the photograph was selected to illustrate the article that appeared in the Enquirer several months later.

"Surprised? Certainly I was surprised to find myself on page 7 of the National Enquirer in one of their typical sensationalistic photographs," said Elisabeth. "At first I was worried about what people would think, but that didn't last long with so many friends and others responding so positively to the picture and article."

Elisabeth, a nurse, continued, "My sister spotted me in the paper and my patient recognized me too. I got a lot of compliments. I guess most people expect photos like that in the Enquirer."

Robbie found out about the article from a friend who called and said, "You're famous!" He bought the paper and wondered if he should show it to his co-workers. "No one at work spotted the article but I heard from relatives and some of my father's friends."

"I thought it was great...very exciting," said Robbie. "I'm glad they spelled my name right at least, even if the pose was unflattering. On to People Magazine!"

NAAFA received several thousand letters about the article, most requesting more information about NAAFA. (Elisabeth got a number of love letters too.) Many of our new members this year originally heard about NAAFA from the Enquirer.

Of course, there were a few negative letters. One woman wrote that NAAFA couldn't be "for real". She accused the paper of splicing two photos together because she couldn't believe that an attractive man would dance with a fat woman. Perhaps she should attend a NAAFA convention sometime!



NAAFA's "FAT CAN BE BEAUTIFUL" bumper sticker was featured in the July 20 issue of Family Circle Magazine in an article entitled "Bumper Crop of Bumper Stickers". The writer, Elizabeth Randolph, found some NAAFA materials in her files while researching this article on the many bumper stickers available today. She called and asked if we wished to have our bumper sticker included in her article.

Member Lois Tressler of Florida designed the bumper sticker years ago and has kept NAAFA supplied with this popular item as one of her many donations to NAAFA.

Many requests were received from Family Circle readers who were sent NAAFA literature along with the sticker.

[The sticker is available from the NAAFA office for \$1 each. --Ed.]

The NAAFA office receives one to two calls from the media every day. Most of the calls result in local publicity about NAAFA, fat, or fat liberation. It is especially exciting when one of the calls leads to nation-wide publicity like these three stories. ❖

editorial



MANAGING EDITOR
NANCY SUMMER

Welcome to the new NAAFA Newsletter. We have a new staff with a bunch of new ideas that we hope you will enjoy and find interesting. But rather than waste space telling you about them...we would rather SHOW you!

A number of special people have joined the staff. Paul Ernsberger, whose writing is familiar to most NAAFA's now, will be our Health Editor. Starting with our next issue, Paul's column will be a regular feature.

Peggy Williams of Maryland is our Activism/Legislative Editor. She will be bringing us information about this more serious aspect of NAAFA's activities. Peggy is no newcomer to this field. She and her husband Russell made NAAFA headlines when they conducted a campaign to remove offensive anti-fat posters from their local shops...and won! Peggy also testified at the Maryland House Committee on Environmental Matters in 1979 about fat discrimination. Her testimony, along with others, helped to secure funding for a study of this problem.

June Bailey, author of Fat Is Where Its At, will be answering personal questions and offering advice. This feature will begin soon...this month you can read her review of Walter Cronkite's Universe.

There are additional departments that are begging for editors, columnists and writers. You may be the volunteer we're looking for. Please write us if you're interested....or if you have any other ideas.

This issue is a transition issue. We hope you like it and we welcome your suggestions. ❖

activism

GREAT FALLS...NOTHING TO CHEER ABOUT!

--Russell Williams
Maryland

In the past year there have been two national news stories concerning teenage girls who, for reasons relating to their size, were forbidden to participate in certain public school activities. In the situation in Great Falls, Montana, it was reported that overweight girls were not allowed to be on the drill team, and in the June '82 issue of BBW Magazine, readers were asked to write to the principal of the school and express their concern about this situation.

In September I phoned the Principal of the Great Falls High School and inquired about both the current situation and the public response to the news stories about it. The Principal stated that only a few letters had been received and that people did not fully understand the school's program.

The Principal explained that the drill team is part of a course offered for graduation credit and that any girl, regardless of size, may take the course, participate in all nonpublic activities, and get full credit. As part of the course, doctors determine, by use of skin calipers, the percentage of body fat that each girl has, and those girls whose bodies are more than 23% body fat are encouraged to lose weight until they have between 20% and 23% body fat. Any girl who has reached the standard or who is making progress toward the standard is allowed to participate in the public activities of the drill team. Only those overfat girls who are not making progress are not allowed to participate in the public drill team activities, but even they are allowed to participate in all other activities of the class and to get full credit toward graduation.

I asked about girls who had less than 20% body fat. The Principal informed me that they were encouraged to gain weight. I asked if they were forbidden to participate in the drill team's public activities unless they were making progress. He said that underfat girls could participate in public drill team activities regardless of their progress or lack of progress in reaching the body fat standard.

(After writing the above, I read it to the Principal for verification and he said that it is correct.)

What shall we make of the program? First, in my opinion, since the restrictions apply only to overfat girls, it is certainly unequally applied and therefore discriminatory. If the restrictions were equally applied, then research suggests that some of the underfat girls would find themselves unable to reach the standard and therefore be forced to undergo a mirror image of the counselling,

questioning, and rejection that the overfat girls (who are not making progress) must tolerate from friends, family and perhaps school officials.

Second, the whole, thorough, medically supervised program reminds me somewhat of that old practice of bleeding sick patients to cure them. Bleeding, as a cure for illness, is a logical medical practice as long as certain invalid assumptions about the nature and function of blood are accepted.

Telling people to diet is a reasonable medical practice as long as one assumes that food intake has no effect on metabolism, that metabolism is unrelated to size, that in dieting only fatty tissue is lost, and that most people who lose weight will keep it off for the rest of their lives.

However, as Bennett and Gurin have pointed out in The Dieter's Dilemma, all of the above assumptions are invalid. Therefore, the reasoning behind the program is invalid and therefore, in my opinion the program itself is invalid.

What does dieting really do? It seems to make the body more fuel efficient and raise the setpoint (the weight at which a person's body tends to stabilize). What is this program really doing? Research suggests that in cases of the overfat girls, it is likely to raise their setpoints and cause them to be fatter adults than they would be had they not become involved in the program. I know that if I wanted to take chubby teenage girls and make them beautiful fat adults (and did not care what happened to their minds) I would recommend that they enroll in this course. As someone once stated in another context, "...forgive them, for they know not what they do."

Finally, if the above, ongoing program raises strong emotions of approval or condemnation, do not suffer in silence. Write! A short note will do, but let school officials know how you feel. The address is:

The Principal
Great Falls High School
20th Street and 3rd Avenue South
Great Falls, Montana 59405

I would appreciate receiving copies of your letters. Please mail it to the NAAFA office, attention Russell Williams.

[Editor's Note: In our next issue we will cover the cheerleading events in Pennsylvania.] ♦

LEGISLATIVE COMMITTEE OPENINGS

NAAFA's Legislative Committee is currently seeking members from all over the U.S. who have some legal knowledge and/or abilities. The function of the committee is intended to be the study of laws, lobbying, and possible testifying; and also to administer NAAFA's Legal Research and Defense Fund (LRDF). Interested NAAFAns should write to NAAFA, stating their interest and qualifications.

f.a. focus

THE PROBLEMS WITH "F.A." (FAT ADMIRER)

(Or: No, dammit, I did NOT join NAAFA to "score"!)

--David Whiteis
Chicago, Ill.



This entire "F.A." business is beginning to wear a little thin on me (sorry about that; couldn't resist!) and I thought I might be able to share some of the reasons why.

First of all, let me say that yes, I am attracted to large women, although not exclusively, and let me also say that the free-flowing social intercourse at NAAFA events has been a source of great joy to me since I joined. Any

healthy, red-blooded American man who does not happen to be gay would relish the opportunity to spend so much time around so many women he finds attractive, and so many of whom seem willing to take a chance on him, as well. I'd be lying if I tried to pretend that I haven't gotten an awful lot of enjoyment out of that.

Unfortunately, though, too many NAAFA folks seem to see this organization as a singles' club for fat women and male F.A.'s, with an underlying assumption running around in there somewhere that both are somehow "desperate", can't find companionship in the "real world" and so must resort to monthly meetings and a couple of conventions a year to get any kind of satisfying love life going. Sorry, but I resent that stereotype, both for my own sake and --even more-- for the way it condescends to fat women, NAAFA members or otherwise.

This was driven home to me with piledriver force at the recent NAAFA convention in Columbus, Ohio. I can't even remember how many people came to me and said, "Oh, how nice that you're here because you're attracted to fat women!"

I tried to explain that this was not my primary reason for going to Columbus; heck, I'm from Chicago, and I certainly don't need to spend over \$200 to drive all the way to Columbus in a loyal but rapidly aging Datsun just to meet women of any shape or size! I told of my long-standing commitment to fat liberation, of how I've been moved almost to tears time and time again by lis-

tening to and watching people starve themselves, torture themselves, and hate themselves because of this incredible burden society has laid on them; I told of the satirical song called "Weight Watchers" that I wrote back in the mid-1970's and how I've sung it for coffee houses and clubs from New England to Northern Minnesota for years, long before I ever knew such a thing as NAAFA existed. And I tried to explain how I wanted to participate in some of the Columbus workshops, and to maybe share some of my own ideas on activism and social change, along with my many years of experience as an activist and community organizer, with people who shared with me the dreams of working toward a society devoid of pressures such as the ones put on fat people today.

After which long-winded discourse I usually got a smile, and this answer, "Uh, huh. Like I said, I'm really glad that you came all the way to Columbus because you like fat women!"

Ever get the feeling that you were talking to a wall?

But WHY is it so hard for people to conceive of my being in NAAFA for any other reason than that? Why did acquaintances of mine who saw me on a TV spot featuring NAAFA, in which I specifically said, "I'm here because I agree with what this group is trying to do, and I want to be a part of it," come to me and leer, "Hey, I see you're a member of a fat girls' club; Betcha score a lot!"?

Part of it, I'm afraid, is the feminine --but NOT feminist, which I'll go into in a minute-- orientation of NAAFA. For whatever reason, the majority of NAAFA members are single women. [About 55% -Ed.] The most obvious cause of this particular syndrome, of course, is that women in our society suffer more oppression in general from the powers that be, and if a woman is a member of a minority --racial, cultural, sexual orientation, or even body shape-- things are only so much worse. But that can't explain all of it. I've worked with many groups --nuclear disarmament groups here in Chicago, for instance-- which were predominantly female, and never once did it occur to anyone that I had joined for the express purpose of sexually relating to the female members.

I think it has to do with our basic view of why NAAFA exists in the first place. I'm not asking anyone to jump up and share my activist tendencies with me at the exclusion of all the social benefits of NAAFA, but I am getting a little tired of hearing things like "People aren't in NAAFA to win any big sociopolitical victories because for a lot of us, simply getting out and having a good time is victory enough!"

Well, statements like that actually beg a very fundamental question: WHY IS THIS SO???? How can someone tell me that he or she (and again, in NAAFA's case, it's usually "she") is so ostracized that she needs a monthly meeting to get any kind of social life, and THEN look at me and say she's not concerned about the larger issue, i.e., the way society treats fat people? That's roughly like James Meredith finally getting admitted into the University of Mississippi, then turning around and

c.o.b.'s corner

ARE FAT PEOPLE WORTH THE EFFORT?

William J. Fabrey, Chairman of the Board

saying he just wanted to go to college, and all the problems he had down there in the '60's had nothing to do with the way that particular institution, and society in general, treated Black people. Well, Meredith obviously knew a lot better than that; maybe it's time for us to start knowing a few things, too.

It really comes down to something as simple as this: Whenever someone tells me "I'm lonely and burdened down with scars because I'm fat," I answer very firmly: "No, that is not true. You are lonely and burdened down with scars because of THE WAY SOCIETY TREATS FAT PEOPLE! There's a big difference." The difference, of course, is that the blame gets shifted to where it belongs and "I" becomes "we", with the possibility of doing something about it.

And exactly what was my point with that crack earlier about NAAFA's feminism, or lack thereof? Well, put quite simply, women all over the world are realizing that many of the lies they've been fed for generations are exactly that --lies-- and that the primary one is the lie about a woman being worthless or somehow inadequate unless and until she "has" a man. It is, purely and simply, a lie. Successful, happy people abound in the world who have active social lives, satisfying careers, and well-adjusted self-images without being tied to a "significant other" of either sex. And if your so-called "friends" make you feel weird or different because of your new-found freedom and sense of self-worth, well then, kiddo, it's time to make some new friends!

I realize that this is extremely over-simplified; I'm trying to present the bones of an idea, a skeleton on which the fruits of discussion, debate, and thought can be hung to create a living, breathing direction for NAAFA to move in. It seems to me, though, that most people begin to move to change society when and only when they realize that they're getting nowhere trying to change themselves as individuals, acting like the causes rather than the victims of the problem. Blacks stop trying to pass for white; gays come out of the closet; women stop bending to every whim and mercurial fancy of their male-dominated environment. Fat people will have to realize that they, too --even the small percentage whose bodies will actually let them take off significant amounts of weight and keep it off-- must look beyond themselves as individuals, look into some of the root causes of their oppression and then try to CHANGE some of these causes, before they can hope to attain any kind of strong footing in this world.

Easier said than done? Well, of course! But the sooner we stop looking at NAAFA as primarily as social club and start asking questions like "Why do we NEED NAAFA as a social club?", the sooner we can get to work on some of these societal-based problems that have driven us all to come together under this one roof.

And the sooner NAAFA members will be able to interact freely with each other without having their motives questioned. ❖

Three years ago I was doing one of my "odd jobs" for NAAFA--busily typing one of our "Distinguished Achievement Award" certificates in the office of a NAAFA member who had a typewriter with an extra-wide carriage. A secretary in the office who knew of my connection with NAAFA, stopped by the desk at which I was working and asked the question, "Are fat people worth all that effort?"

I paused for a moment, looked up at the questioner, no Twiggy herself, and said, "Of course they are!" She looked sceptical, and returned to her desk. "Why," I marveled to myself, "would a woman wearing a size 18 1/2 - 20 1/2 dress ask such a question?" And then I remembered why NAAFA was formed.

Of course! Most fat people don't feel that they are worth any effort. That's why many have a hard time believing NAAFA really exists when they first hear about us--why so many feel NAAFA is a "cop-out".

That's why we fat admirers (or those for whom weight in a date is unimportant) have such trouble finding fat people to date who are any fun! That's why billions of dollars' worth of diet products and get-thin-quick weight loss schemes and gimmicks are peddled each year. That's why it took 65 years for the fashion industry to discover that a market exists for attractive "ample-sized" clothing.

OK--We've made some progress, thanks to NAAFA, and also some open-minded researchers in the medical field, normal competitive forces in the fashion industry, as well as various independent fat-rights groups. Let's not leave out the relatively recent birth of fashion magazines such as BBW (Big Beautiful Woman) and It's Me, catering primarily to the fashion needs of fat women.

So today it's at least possible to date a fat person with self-esteem. And, you can buy a glossy magazine on the newsstand that doesn't apologize for publishing photos of gorgeous fat women (and occasionally, men too), in attractive youthful fashions. There's even an increase in fat pornography. (Regardless of your feelings about this phenomenon, it does tend to put fat women on a more equal footing with those of more average size!)

But--here's the rub--most fat people, even today, believe that they are "temporarily fat" and will start living just as soon as they finally lose those "extra" pounds. They still feel that fat people are not worth "all that effort." That's what we're up against.

We are now enmeshed in a "fat revolution" in people's attitudes toward obesity. We in NAAFA are on the front lines of that struggle, which began more than 13 years ago. Let's make it work! ❖

review

A REVIEW: Walter Cronkite's UNIVERSE



(A television program aired Tuesday, August 24, 1982)

June M. Bailey
Fairview Park, Ohio

Mr. Reporter, I didn't get his name, at 208 pounds was described as obese because he was 20% over his "normal" weight. No height was given. He did not appear to be obese, just a little jiggly in the abdomen, and didn't even border on "paunchy". He was just the regular news reporter type you usually see on network television.

He interviewed a Dr. Theodore B. Van Itallie of the Obesity Research Center at St. Luke's Hospital in New York. The Doctor is skinny and wears his hair funny because he hasn't realized that some people think balding men are attractive. [Perhaps we need a NAABA--National Association to Aid Balding Americans--Ed.] He said the Center deals with behavior modification. My favorite thorn. I, personally, am very well behaved.

Mr. Reporter took himself to the Center so he could find out what this is all about, make a television program, have his behavior modified and have his weight controlled--or something.

They put him in this steel cylinder, which he described as being like a coffin in a monster movie. I don't know if it had movable sides but I do know they couldn't have crammed me into it like they did him. They put the "coffin" in a drawer and left it in there long enough to make me really nervous. If they did that to me I would have put on an act that would have made Houdini look bad. This contraption supposedly measures "radioactive emissions from lean tissue". I figured it out. It tells them how much fat he doesn't have.

They also did a Basal Metabolism Rate and discovered he expends 1800 calories a day by breathing. (If one could breathe twice as fast, could one get up to 3600 calories a day? PANT PANT PANT).

Then they measured the water content of the body so one should not submit to this on a day when one is bloated. The skin fold test is done with a formidable looking steel instrument. I prefer to do that one with my fingers. They don't really FOLD the skin, they just kind of pinch it to see how much humiliation they can cause you. They would have their hands full with me.

But wait, don't order yet! You also get some fat cells withdrawn with a needle so they can tell if you have fat cells which are TOO BIG or TOO MANY. (Maybe NAAFA could get these really big hypodermic needles with the NAAFA logo on them to sell as a fundraiser. We could all become fat cell junkies and

daily remove some of our fat cells until we are all thin.)

Mr. Reporter was already having some problems. His fat cells were too big and too many. They showed a slide of the fat cells under a microscope. I thought they were kind of cute, nice and round and clinging fondly to each other.

Wait a moment: Mr. Reporter's blood pressure was fine. Darn it, I thought all obese people have high blood pressure. I must be dumb.

Uh,oh, he was in trouble again. Cholesterol level didn't meet the prescribed expectations.

Sooooo, he had to sit down with a counselor. She was thin (what else?). She told him to write down what he eats, who he eats with, what he does when he eats, what time of day he eats and the calorie content of the foods he eats. (Yawn.) He had to promise to keep this log on a daily basis because this is important for "calorie management goals". The excitement was building and I could hardly keep from nodding off to sleep. I hoped he didn't decide to manage his calories so well that he couldn't find time to do his heavy breathing.

Mr. R. had another little problem. Seems his job keeps him on the run and he has to eat at his typewriter, in the car and all kinds of other kinky places. Now, I ask you, who would do a thing like that? He also, and please don't spread this around, didn't put down the correct calorie content of some of the foods he ate. Horrors! A gentle chiding from the counselor reminded him that 2 eggs do not equal 118 calories. He had to go through a bit of group therapy which I think must be the behavior modification part. A very attractive fat woman was there and told how she lost control in a Chinese restaurant. I guessed she ate everything including the chopsticks and the fortune in her cookie. She was supposed to feel guilty but she sure was smiling. Good for her!

Dr. Ted said that the number of fat cells is genetic. Don't celebrate yet. He also said that fat cells can be manufactured by eating "too much". I got confused at this point. Is it really either, neither, or both?

Ready for the big finish? I wasn't. Mr. Reporter placed a big, clear plastic bag filled with big chunks of animal fat on his desk top. This was supposed to illustrate the amount of fat he lost. Hold on! He said he was told that his loss of fat MAY add years to his life. I usually like to get that statement in writing. If all the MAYS we are promised were put end to end there would be enough to make belts for every fat man, woman and child in the world.

What the whole thing amounted to was no NEW information, another ho-hum diet, unflattering pictures of fat people, another way to spend money trying to get thin AND the big bag of animal fat which grossed me out so that I could hardly eat my ice cream. I did, however, "manage" to "manage" my "calorie management goal" which was to eat my ice cream; but it didn't glide down like it usually does..

Walter Cronkite's UNIVERSE will hear from me. ♦

Paula Johnson and Neil Dachis of Maryland were married on March 21, 1982 in a traditional ceremony at the Mishkan Torah Congregation in Greenbelt, Maryland.



The bride wore a white princess line gown with a Queen Ann collar. The bodice was accented with lace appliques and the train and skirt were encircled by two tiers of lace. Her veil was chapel length. The gown was an original designed by Paula and Stephanie of O'Hara Enterprises of Rockville, Md. The groom was dashing in his grey tuxedo and grey silk ascot.

Neil is in his first year of Law School at the University of Baltimore. Paula was recently elected to a term on the national Board of Directors. Both are members of the Baltimore-Washington Chapter and are active members of NAAFA's Publicity Committee. They are currently residing in the Baltimore area. ♦

NAAFA BABIES

Congratulations to Philip Bloom and Ellen Dobson Bloom of Brooklyn, New York on the birth of their first child, Ruby Samantha, born July 9, 1982. Ellen is a former member of the Board of Directors and the current Chairperson of the Grievance Committee.

Belated congratulations to Brooklyn members Ken and Sara Solomon on the birth of a daughter, Ann DeMoss Solomon on October 25, 1981. Ken and Sara have been married 5 years and originally met through NAAFA at a New York Chapter dance.



TREASURER SUSAN HOEY



RECORDING SECRETARY
ANGELA CAPIELLO

BOARD ELECTS NEW OFFICERS

Susan Hoey of New York was elected by the Board of Directors to the position of Treasurer at the March 1982 meeting. She succeeds Dianne Rubinstein who did not seek a new term. Previously, Ms. Hoey had served as Assistant Treasurer and bookkeeper of NAAFA. As Treasurer, she will retain her former duties.

Angela Capiello of Long Island was elected to the position of Recording Secretary at the December 1982 meeting. Angela succeeds Barbara Donahue who did not seek reelection and agreed to serve until a replacement could be found. Angela also serves as NAAFA's official Librarian of the Dr. Ethel Weiss-Shed Memorial Library.

COMMITTEE APPOINTMENTS

Paul Ernsberger of Chicago has been appointed as Chairperson of NAAFA's Health Committee.

Bunny Peckham of Long Island, New York succeeds Florane Sclar as Chairperson of the Fund-raising Committee.

A new position, Committee Co-ordinator, has been created to help organize and stimulate NAAFA committees. Sherry Kessler of Ann Arbor, Mich. has been named to this important post. [The Committee Co-ordinator is actually the Chairperson of the Committee on Committees. --Ed.]



PAUL
ERNSBERGER



BUNNY
PECKHAM



SHERRY
KESSLER

from the committees

NEW NAAFA OFFICE OPENS

Office Move Committee Report

NAAFA moved into its new national headquarters in February 1982, and with the addition of a new full-time employee in June, the office became fully operational.

A new computerized membership procedure was also initiated. Run by Noel Nyman of Seattle, Washington, it speeds up the processing of membership material while cutting down on some of the work involved.

The office is located in a converted 2 bedroom apartment in a business/residential neighborhood. The Office Move Committee looked for a place with enough space to work, storage capacity, and room to hold Board of Directors meetings. An apartment was a likely choice considering the high rents in commercial office buildings.

The "livingroom" is the Board room and doubles as the Volunteer Service workroom. The huge NAAFA banner, donated last year by the Washington State Chapter of NAAFA, adorns one of the walls. The Board table was recently made and donated by member Fletcher Pence of St. Croix. The Board of Directors have been holding meetings in the office since January 1982, saving the rental fees previously paid for meeting space.



BOARD MEETS IN NEW OFFICE

The two bedrooms have been converted into smaller offices. The Dr. Ethel Weiss-Shed Memorial Library is housed in the larger room along with xerox equipment and files. The other smaller room is our (paid) secretary's private office. Much of the kitchen is used for storage of supplies and publications.

Donations from members in response to the January fundraising drive have been used in the expense of equipping the office, setting up phones, and in the move itself. Although most of the labor was donated by a volunteer crew (Bill Fabrey, Mel Tanditash, Susan Hoey, Lisbeth Fisher, Nancy Summer and Elisabeth Williams) miscellaneous expenses such as truck rental were incurred by the move.

Donations of furniture and fixtures have been made by Lisbeth Fisher, Nancy Summer, Bunny



PRES. SHEILA GOODMAN & C.O.B. BILL FABREY

Peckham (Bunny secured 15 folding chairs from the Great Neck, NY VFW Hall!) and Ann Marie Budano.

Founder Bill Fabrey admitted that NAAFA's first office in 1969 was located in a spare bathroom but soon required additional space. It was moved to the basement storage area of an apartment building. Except for seven months in 1977 when the office was in Ossining, New York in an office building, it has been located in someone's home. This move to an outside office enables it to function without interfering with the home life of any member, not will the demands of a home have any effect on the running of the office.

"Our new office supervisor is not a member," stated Bill Fabrey. "We ran ads in the local papers and hired the best possible applicant. Not only does Elaine Knechtel have previous work experience with associations, she is a capable and efficient clerical worker with good office skills," he said.

Noel Nyman, who computerized the mailing list of the NAAFA-DATE program, has been instrumental in computerizing the entire membership list. "We don't have to run envelopes off by hand on the old addressograph machine any longer. It was a very time consuming task. Thanks to Noel, we can apply a set of gummed, presorted mailing labels to our envelopes..." Bill explained.

Many of these behind-the-scenes changes won't be obvious to the members right away, if ever. But the Office Move Committee hopes that as the office gains experience with the new systems, these changes will result in a saving of time and money and will make the office more responsive to NAAFA members. ❖



VOLUNTEERS HARD AT WORK IN NEW SECRETARIAL OFFICE

GRAND OPENING FESTIVITIES

On February 13-14, 1982, NAAFA celebrated the grand opening of its new office with the fundraising "For Love and NAAFA Weekend" sponsored by the Long Island Chapter.

The weekend included a Long Island Chapter Valentine's Eve Dance on Saturday night, a Sunday brunch at the Merry Pedlar Restaurant in Floral Park, New York, followed by a group discussion on "Should NAAFA take an active stand against dieting?" The gathering then moved on to the new office for a champagne party and the Grand Opening Ceremonies.

The guest speaker for Sunday afternoon was Sherry Cohen, author of Making It Big. Ms. Cohen, an animated and lively speaker, compared publicity about NAAFA to dropping a pebble in a pond and watching the ripples change the surface of the water. For each person who actually joins NAAFA, many more hear our message and learn from it. Changing people's attitudes, she said, is sometimes as easy as making them aware of a situation.



AUTHOR SHERRY COHEN AND
HUSBAND LARRY

After the champagne toast and some brief words from NAAFA officers, Founder and Chairman William J. Fabrey and Vice President Florane Sclar cut the red ribbon across the doorway to the new secretarial office. Nancy Summer, Chairperson of the sponsoring chapter, presented a chapter check for \$500 that represented the profits for the weekend and a donation from the Long Island Chapter to Treasurer Susan Hoey.

On display in the office was NAAFA's Fatabilia collection. The collection is filled with many different items, all relating to fatness. Many of the assorted statues, t-shirts, mugs, posters and pictures have been donated by members. It was a rare treat to see so much of the collection displayed.

The group discussion of whether or not NAAFA should take an active stand against dieting proved quite interesting. Most in attendance (whether they personally believed in dieting or not) seemed to agree that it was important that NAAFA leave the matter up to personal choice. "I don't diet now," one woman explained, "but I wouldn't have considered joining last year if I thought I had to be against dieting to be a member."

The Office Move Committee and the Long Island Chapter wish to express their thanks for the support of everyone who participated in the weekend. ❖

SOME GUESTS AT THE "LOVE AND NAAFA WEEKEND":



ROBERT KASSELL AND DIANE RAPHAEL (NY)



KAREN JONES (MICH.)



BOB AND JUDY SPONAUIGLE (PA)



PEGGY FOX (VA) & DIANNE WRIGHT (MD)

One resident of Maryland, as well as two from Long Island were the winners of the 1982 election for three seats on the Board of Directors. Paula Johnson Dachis, from Pikesville, Maryland, and Angela Cappiello, from New Hyde Park, New York sat on the Board for the first time when it had its first meeting of the year on September 24. Lisbeth Fisher, a long-time Board member, retained her existing seat.

Candidates Neil Dachis, from Pikesville, Md., and Dale M. Silverberg, from Philadelphia, Pa. failed to muster enough votes to win, but drew respectable support from the voters. NAAFA members cast a total of 343 ballots, with the following results: Lisbeth Fisher, 262 votes; Angela Cappiello, 197; Paula Johnson Dachis, 196; Dale M. Silverberg, 170; Neil Dachis, 165.

In the last Newsletter (Vol. IX, Issue #2) it was reported that the nominees included NAAFAs Erich Goode and Joyce Maloney, as well as Neil Dachis, Paula Johnson Dachis, and Dale M. Silverberg. However, Goode and Maloney subsequently declined the nomination and candidates Cappiello and Fisher ran on the basis of petitions that they submitted in behalf of their candidacies.

IN ADDITION...

Board member Mel Tanditash resigned from his Board seat at the September 1982 meeting due to personal reasons.

Susan Hoey's appointment to fill the vacant seat was confirmed at the October meeting. Ms. Hoey will serve on the Board until the next election in June 1983. ❖

1983 ELECTION NOTICE

The 1983 Election Committee (consisting of A. Cappiello, P. Dachis, L. Fisher, S. Goodman, N. Summer, and E. Williams) reports that any NAAFA member interested in running for the Board of Directors in the annual election next June should immediately submit a letter of interest, together with a list of qualifications, to the Chairperson of the Election Committee, c/o NAAFA, PO Box 43, Bellerose, N.Y. 11426. It is also encouraged that would-be candidates contact any members of the above committee by phone, in order to save time.

To be eligible for the Board, a nominee must have been a member of NAAFA for at least a year as of January, 1983; must be at least 21 years of age; and must be able to attend 7-10 meetings a year, usually held in the New York area.

PAULA DACHIS IS SWORN IN BY CHAIRMAN WILLIAM J. FABREY AT THE COLUMBUS CONVENTION. THE BANNER, DONATED BY THE WASHINGTON STATE CHAPTER, USUALLY HANGS IN THE NAAFA OFFICE.



Marianne Gluck resigned as Editor of the Newsletter in a memo written in September.

"After much consideration it is with deep regret that I must at this time resign as Editor of the NAAFA Newsletter.

I say "with deep regret" because this has been a difficult decision to make. Editing the Newsletter has meant a lot to me and I've put a lot of myself into it; but I also wish to be fair to the members of NAAFA and the members of the Board who have been very patient and have given me their support. Therefore I must at this time say that I can not fulfill my commitment as Editor due to pressing personal reasons, combined with the incompatibilities of time amongst the staff of the Newsletter.

I have learned much in my short time as Editor and if it becomes necessary, I will make myself available as a consultant to whomever the Board selects as the new Editor.

Although I am resigning as Editor of the Newsletter, I would like to continue to contribute my creative skills to some other project, committee, or publication with a less demanding schedule.

Thank you again for all your considerations."

Marianne Gluck

In a move to reorganize the way in which the Newsletter is produced, the position of Editor was not filled. Nancy Summer, Chairperson of the Monthly Mailing Committee, was appointed Managing Editor of the Newsletter and Chairperson of the Newsletter Committee. A number of Department Editors have been appointed by Ms. Summer, with more to follow.

"After producing a couple of Monthly Mailing publications, I discovered that the job of Editor was a rough one," Summer commented. "I thought that by splitting up the responsibilities along the lines used by professional newspapers and magazines, the Newsletter might end up being less of a task for any one volunteer. I hope I'm right. All we can do is try it and see what happens." ❖



convention

NEXT TWO CONVENTION SITES NAMED

Sites for the 1983 and 1984 national conventions were approved in recent Board of Directors meetings. They are:

1983 - New York City

1984 - Seattle, Washington

The Seattle proposal, made by the Washington State Chapter, was approved in September. Several factors were considered. Most important was the fact that NAAFA has not yet had a West Coast convention. The success and high attendance at the San Francisco Chapter's regional gathering, "Fatworks", last July and the strength of the chapter in the Seattle area also prompted the decision. The actual date will be announced later.

The bidding was then opened to local chapters for the 1983 site. At the November meeting, three proposals were considered: the University Hilton in Columbus, Ohio; Howard Johnsons' in Arlington, Virginia; and the La Guardia Marriott in Queens, New York. After 2 hours of hot debate, the New York site was approved in a close vote: 4 in favor, 3 opposed, 1 abstention.

Eleven factors were considered in making the decision. They included the prices of functions, rooms, airfare, the number of members within driving distance, availability of volunteers for the convention committee, hotel extras and outside attractions.

The proposal for a Labor Day Weekend Convention at the La Guardia Marriott was made by members of the Long Island Chapter with support from several Queens members. The hotel is located near La Guardia Airport approximately 20 minutes from Manhattan.

The deciding factors were:

- There is a large number of potential experienced volunteers in the bi-chapter area.
- Airfare costs from many areas were substantially lower than to Columbus or Arlington.
- 43% of NAAFA's membership lives within a 5 hour drive of New York, versus the 13% and 11% near the other locations.
- Perhaps most important, there has not been a New York convention since 1977, while both the 1978 and 1979 conventions were in Arlington and the 1982 was in Columbus.

A proposal for the 1985 site has been received from the Dallas Chapter, but the decision for 1985 will be made at a later date.

[Editor's Note: The NAAFA office has requested that you do not call for Convention information. Details will appear in future Newsletters or will be mailed separately as they are finalized.] ♦

letters

LETTERS TO THE EDITOR

Dear Editor,

The Convention '81 Newsletter arrived- a spectacular issue!

Being from Minneapolis is like being in the Siberia of the organization. Had I some time (I work two jobs!) I'd help set up a chapter here. But I'm in contact with nobody. Fat people that I have talked to seem to harbor a considerable degree of self-contempt and think attitudes to the contrary are somewhat interesting, but never-the-less, slightly nuts. This doesn't make me cynical. It just shows the magnitude of the problem.

I know, of course, that there are enlightened and reasonable people out there. Please pass my name along to any interested persons in my vicinity.

Keep up the good work.

Yours,

Robert Baum
2819 S. 8th Street
Minneapolis, MN 55454



NAAFA NEWSLETTER

Publisher

The National Association to Aid Fat Americans, Inc.

Managing Editor

Nancy Summer

Health Editor: Paul Ernsberger
Activism/Legislative Editor: Peggy Williams
Advice: June Bailey

Photography

Anna Cannizzaro William Fabrey Russell Williams
Ira Cohen Nancy Summer

Publications Committee

Sheila Goodman, Marvin Grosswirth, Rosalie Radcliffe

Copyright © 1982 National Association To Aid Fat Americans, Inc., P.O. Box 43, Bellerose, N.Y. 11426. All rights reserved. Nothing may be reprinted in whole or in part without written permission from NAAFA, Inc.

PERSONAL ADS

Single, attractive, green-eyed female, 33; wishes to write, meet Jewish male from 30-50 years old. Write: Judy Finkelstein, 100 North Dawes Ave., Kingston, Pa. 19704.

Attractive NY male, 48, white, tall, slim, would enjoy hearing from a very busty, warm affectionate woman. Enjoy theatre, movies, dancing, interesting conversation. Call John 212 847-2416.

Attractive, Brooklyn blonde, 5'3", 185 lbs, desires to meet men for dates and friendship. If you are an honest, loving man, over 5'5" and about 200 lbs. I want to meet you. Call Michelle at 212 331-8017

Caucasian male, 45, 6 foot, 210 lbs., author, teacher, would like to meet heavy female who is interested in a possible relationship. Call Jerry, 212 849-4122.

White male, never married, Christian, born in Europe on March 6, 1950, 5' 9 1/2", 163 lbs., dark brown hair and brown eyes, erudite and versatile, desires to hear from a Rubenesque Caucasian Christian lady, 18-34, over 350 lbs. Write Pekras/ C. Vanneson, PO Box 217, Staten Island, NY 10314.

Single white male, 29, 5'8" wishes to meet very heavy woman, 20-30 for dates and long-term friendship. All letters answered. Can travel. Write PO Box 4433, Union City, NJ 07087.

Single white male, bi-sexual, 38, pensioned, mild handicap, quiet, 5'10", 290 lbs. (reducing), solid, many interests, exercises, dislikes sports, fairly good looking, light hair and eyes. I seek a person for whatever develops, any race, single. Write: Box 184, 310 Franklin Street, Boston, Mass. 02110.

Blackman: 37, wants hefty blonde; who wants a star in her crown; to reach her gold; 25-36, 5'2" to 5'9". Photo!! Write Dept. 150, c/o NAAFA, PO Box 43, Bellerose, NY 11426

PRODUCTS AND SERVICES MENTIONED IN THE NAAFA NEWSLETTER APPEAR FOR PURPOSES OF INFORMATION ONLY. STATEMENTS MADE BY ADVERTISERS DO NOT NECESSARILY REFLECT OR AGREE WITH OFFICIAL NAAFA POLICY OR PURPOSE, NOR DOES NAAFA ENDORSE ANY PRODUCT OR SERVICE.

Are You Angry With NUTRI/SYSTEM???

Have you been misled, cheated, deceived, swindled, mistreated, abused and insulted?

Would you like to join a class action suit against Nutri/System?

Call: (212) 288-0035

#2D, 240 E. 79th St., NYC 10021

CLASSIFIED AD RATES

Commercial Ads: 50¢ a word, 10 word minimum. Department number available at \$25 per issue. (Contact NAAFA for display rates.)

Non-Commercial Ads: 25¢ a word, 10 word minimum. Department number available at \$10 per issue.

Non-members must pay commercial rates for personal ads.

All ads are accepted for publication provided they are not against NAAFA's purpose. They may include personals, wanted to buy or sell, employment notices, meeting announcements, and many other items.

NAAFA reserves the right to refuse advertisements it deems unsuitable.



NAAFA FORWARDING SERVICE

Often readers of this Newsletter wish to write to NAAFA members who are featured in photos or articles. However, NAAFA's mailing list is strictly confidential. Fortunately, NAAFA's office is able to forward such mail. A \$5 fee is charged for each personal letter that is forwarded. The \$5 fee covers office expenses and includes a tax-deductible donation of \$3 to assist NAAFA in its general purposes.

Members who wish to have personal letters forwarded should seal their letters in an envelope that has the addressee's name and proper postage affixed to it. Enclose this envelope in a mailing envelope and mail to NAAFA, PO Box 43, Bellerose, New York 11426 along with the proper fee.

Non-confidential mail to committees is, of course, forwarded free of charge. This mail should not be sealed in an inner envelope.

ARTICLES THAT APPEAR IN THIS NEWSLETTER DO NOT NECESSARILY REFLECT THE OFFICIAL POLICIES OF THE NATIONAL ASSOCIATION TO AID FAT AMERICANS, INC. UNLESS SPECIFICALLY NOTED. PLEASE CONTACT THE NAAFA OFFICE IF YOU REQUIRE INFORMATION ABOUT SPECIFIC NAAFA POLICIES.