

NAAFA NEWSLETTER

NATIONAL ASSOCIATION TO AID FAT AMERICANS, INC.

P.O. BOX 43 • BELLEROSE, NEW YORK 11426

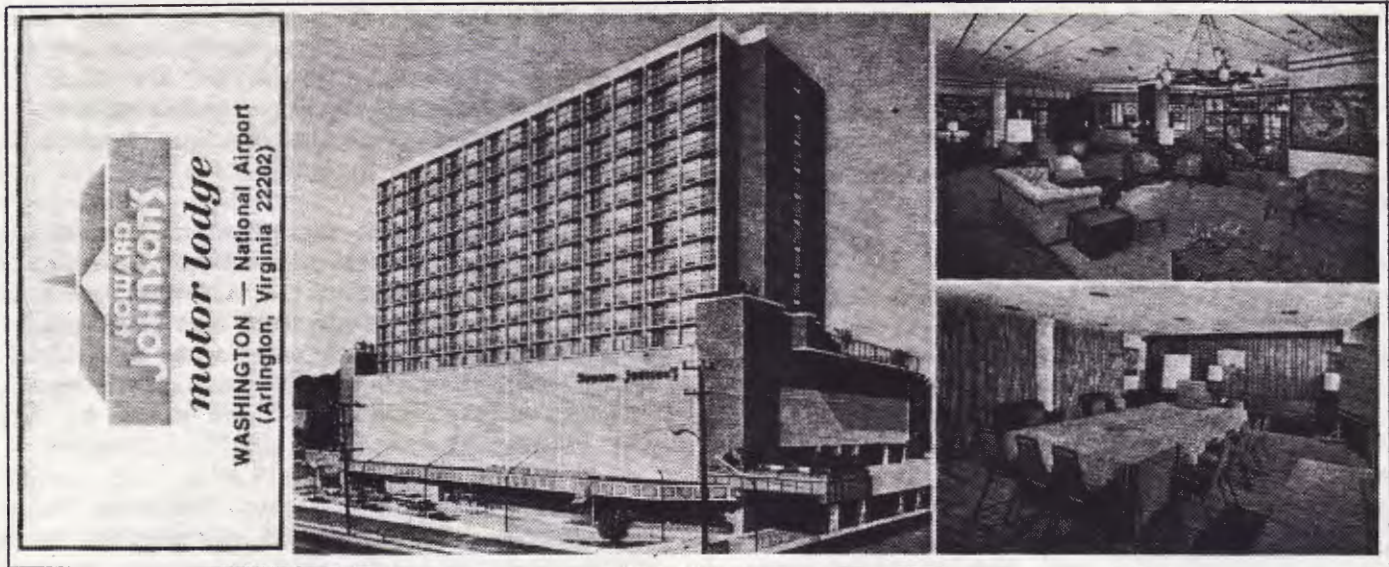
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Co-Editors this issue: William J. Fabrey and Lisbeth Fisher



MEMORIAL DAYS '78

A very inviting 1978 Convention package has been prepared by the Convention Committee, consisting of Judy Forlines, Chairperson; Linda Blackmon, Debby Schisler and Dick Schotter, all members of the host Chapter, Baltimore-Washington. The package consists of a 3-page invitation, describing the exciting events; a Convention reservation form; a room reservation card; a pictorial postcard of the Howard Johnson's Motor Lodge in which the Convention is being held; and a beautiful full-color brochure of Arlington, Virginia, overlooking Washington, D. C., which includes a map of Arlington and part of Washington. This entire package, describing the first NAAFA Convention to be held outside of New York, was mailed to all NAAFA members on April 11 via bulk mail. The NAAFA office has received many reservations from all over the U.S., but some members have reported not having received the mailing yet. This, by the way, does not mean that your post office has not yet received the package; it means that your post office has not yet had the opportunity to distribute their bulk mail. Since there is a reservation mailing deadline of May 8 (mainly to ensure your room reservations should you care to stay at the motel), the NAAFA office asks that you contact them immediately if you are interested in attending the Convention but have not yet received the Convention information. You may mail your reservation as late as May 20; however, we cannot then guarantee that you will be put up in the block of NAAFA rooms. Furthermore, if Howard Johnson's is unable to accommodate everyone, although we have made arrangements with another motel for any overflow, we cannot guarantee the low room rate of only \$20 per night (for up to 4 occupants). Also, if you mail your reservation after May 8, we cannot accept personal checks for the Convention reservations; money orders or certified checks should be made payable to NAAFA. Every effort will be made to put you up in Howard Johnson's, and it is likely you will be able to get a room there; however, we must advise you of the possibilities described above.

On May 14, the WASHINGTON POST SUNDAY MAGAZINE will be coming out with a long article on NAAFA, and we expect many requests for NAAFA literature from the Wash-

(Continued on Page 2)

ington and surrounding areas. Included in the literature will be information about the Convention. Since there has already been such a tremendous response to the member mailing, we expect this to be one of the biggest and best Conventions yet. Included in the festivities are a 5-hour bus tour of the Nation's capital and surrounding areas on Saturday afternoon (May 27); a "Spring Fling" (dance) on Saturday night, featuring a hot and cold snack buffet, cash bar, midnight 50-50 raffle, and popular recorded music; rap sessions Sunday morning on subjects of interest to NAAFA members; a buffet style luncheon at 1 p.m.; followed by speakers (including Patricia McKay Baker, Ph.D., who has been teaching a course at the Ohio State University entitled "Surviving Overweight"), presentation of the Distinguished Achievement Awards, an opportunity to ask members of the Board of Directors of NAAFA questions you may have had on your mind, and the ever-popular NAAFA fashion show, featuring NAAFA members modelling outfits from the Annapolitan Shop in Annapolis, Maryland; and last, but not least, a pool party, with NAAFA having exclusive use of the Howard Johnson's pool Sunday night. The cost of the bus tour is \$12 to NAAFA members; the dance \$7; the luncheon \$12; and the pool party \$6. Take all four, and you pay only \$32. Non-member are welcome, but they must pay a higher rate.

The Convention Committee and other members of the Baltimore-Washington Chapter have worked very hard to offer you the best weekend possible. Howard Johnson's is comfortably furnished with rooms containing either one king-size bed or two double beds. Here is your opportunity to meet some of the hundreds of NAAFA members, have a really super time, and be totally comfortable in your surroundings!

BOARD MEETINGS

The final Board meeting for this fiscal year will take place on Friday evening, June 23. The first item of business at this meeting will be the counting of the election ballots. The four nominees with the highest number of votes will begin their 3-year Board terms at the September meeting.

Any NAAFA member is welcome to attend Board meetings. Please call 212 776-8120 a few days before the date to ascertain the time and place of the meeting.

This year, four Board seats will be vacated by Board members Ellen Dobson, Bill Fabrey, Sheila Goodman, and Dianne Rubinstein. The remaining Board members form the Election Committee. They are Lisbeth Fisher, Chairperson; Howard Clist, Ernest Harff, Cathy McLain, Matthew Madigan and Michael Simpson.

The 1978 Election Committee presented some revisions to the existing Election Rules and Manual to the Board, most of which were passed. Copies of the Election Rules and Manual are available to anyone interested in becoming a Petition Candidate.

The nominees who accepted the nominations of the Election Committee are Carlos Allen, Edith Callahan, Bill Fabrey, Sheila Goodman, Joyce Maloney and Ken Wachtel. NAAFA members will be receiving a ballot during the first week of June, and counting of the ballots will take place at the June 23 Board meeting.

There are presently six nominees for four seats. If anyone is interested in becoming a petition candidate, you must contact the NAAFA office immediately, since one of the revisions of the Election Rules and Manual was a change in the timetable. In order to be a candidate, you must have been a member of NAAFA for at least a year and must be willing and able to attend ten Board meetings during the year (none in July and August). If you wish to become a Petition Candidate, you must have the signatures of 25 NAAFA members (whose membership must be current), and the petition must reach the Chairperson of the Election Committee at the NAAFA office no later than May 1. Since this Newsletter was somewhat delayed, petitions will be accepted until May 17, but no later. Again, if you wish to become a petition candidate, you must contact the NAAFA office immediately for any further instructions. If no one is available to take your call, be sure to leave a message with our telephone "valet," and someone will return your call at the earliest opportunity.





NAAFA MARRIAGE COVERED BY WASHINGTON POST

When NAAFans Peggy Greensfelder and Russell Williams were wed on February 18 at the St. Rose of Lima Catholic Church in Baltimore, Maryland, not only were relatives, friends and other NAAFA members present, but so was the press.

Adrienne Cook, a reporter for the WASHINGTON POST, attended the wedding and the reception that followed. Many pictures were taken, and as mentioned elsewhere in this Newsletter, the WASHINGTON POST SUNDAY MAGAZINE will run a long article written by Adrienne on May 14, which will undoubtedly contain an account of this beautiful wedding, as well as photographs.

Peggy, former Chairperson of the Baltimore-Washington Chapter for several years, and Russell, Treasurer of the Chapter since 1976, honeymooned in the Pennsylvania-Dutch country.

Russell, who is a teacher, reported to us of his success at the Maryland State Teachers Association of getting a resolution passed that the Association publicly objects to all forms of discrimination, including that of size. We reported this information to you in the Sep.-Oct. 1977 Newsletter.

Peggy and Russell will make their home in Hagerstown, Maryland, and will continue to be active in the chapter.

TELEPHONE ANSWERING MACHINE

As many of you know, the NAAFA office is equipped with a telephone "valet." We know there are many people who hate to talk to a machine. However, since NAAFA is basically a volunteer organization, we must ask your indulgence when

you hear a recording at the end of the receiver.

We will answer your call at our earliest opportunity if you will leave a message. However, if you don't tell us you called, we'll never know and won't be able to get back to you. If you will slowly give us your name and phone number and/or a message, we will get back to you as soon as is humanly possible. In some instances we may not be able to get back to you the same day, but we will return your call.

At times, you will receive a "human" reply during all hours. At other times, you will get the recording for prolonged periods of time. This only means that, like other human beings, we may have personal problems to attend to, or we may just be so busy taking care of the building volume of mail being received in the NAAFA office, we have to leave the machine on while we get some work done, and call you back at a more convenient time. We hope that you will make use of this service and not be offended by it. It is just another way in which NAAFA is trying to serve you better. Remember, there was a time (not so long ago) when NAAFA didn't even have a phone!

COMING SOON

In upcoming issues of the NAAFA Newsletter, we will review FAT & THIN, by Anne Scott Beller; we will tell you how to obtain our new buttons, "How Dare You Presume I'd Rather Be Thin" and "Fat Can Be Beautiful;" we will review "Fat Works," which is currently on view in Bloomingdale's in New York, and is the creation of Jane Olsen (fat sculpture in the form of pillows, fabric wall murals, toilet seat covers, etc.); the latest on Oral Roberts University's discrimination case; a long overdue President's message; information about group travel and group insurance; more newspaper articles, including a continuation of the series on the dangers of the liquid protein diet; announcement of several contests, including a logo contest and a contest to give the Newsletter a classier name (all the contests have prizes!); review of NAAFA-Date; publicity, publicity, publicity; and much, much more!

PRODUCTS AND SERVICES MENTIONED IN THE NAAFA NEWSLETTER APPEAR FOR PURPOSES OF INFORMATION ONLY. NAAFA DOES NOT ENDORSE ANY PRODUCT OR SERVICE.

CHAPTER NEWS

At the last Board meeting, the Board approved the appointment of the following Chairpersons Pro-Tem:

- Connecticut--Claire Connelly
- Kansas--Mildred Ray
- Michigan--Cheryl Lee Barnum
- New Mexico--Mary A. Seibert
- Ohio--Diane C. R. Bagchi
- Oregon--Rosalie Hollingsworth
- South Carolina--Diane Whitmire
- Washington--Alice Hall

NAAFA presently has 23 chapters, with applications to be considered at the next Board meeting for Arizona, and Fresno and Los Angeles, California, and Nassau County, New York.

With NAAFA continuing to grow at its present rate, there are many areas large enough to start chapters. All that is needed is someone with the drive and inspiration to get a chapter going. If you are interested in starting a chapter in your area, simply request an application to form a local chapter from our Chapters Coordinator, Mike Simpson, at the NAAFA address. There is a particular need for one or two chapters in New Jersey (perhaps one in Northern New Jersey and one in Southern New Jersey).

In California, Cliff Folsom is trying to revitalize the San Francisco Chapter, and John Vassar would like to hear from anyone who would like to get the Sacramento Chapter more active. Cliff is coming to the Convention.

In the recently reorganized Connecticut Chapter, Claire Connelly has sent out a questionnaire to all area members as to when and where they would like to meet.

Florida's Chairperson Pro-Tem, Jackie Adams, has held a few meetings, and she reports that there will be an upcoming article about NAAFA in the MIAMI HERALD. Jackie and some of her chapter members will be attending the Convention.

In Kentucky, Ike Smith reports that his chapter has had a couple of meetings, and he will be attending the NAAFA Convention.

In Maryland, the Baltimore-Washington Chapter, chaired by Judy Forlines, is not only busily working on the Convention, they also found time to throw a dance on April 22!

Massachusetts Chairperson Pro-Tem, Rosalie Rita Silva, reported a successful first meeting and announced that

future meetings will be held on Sundays once a month.

Cheryl Lee Barnum, Chairperson Pro-Tem of the Michigan Chapter, has announced that their first meeting will be held on May 22 in Detroit. Cheryl and others from Michigan will be attending the Convention.

In New York, the Greater New York Chapter held a meeting on April 26, at which Jocelyn Burrell displayed and discussed her fashions. Dave Schwartz, Chairperson, reports that the chapter is planning a dance sometime in May. Chairperson Pro-Tem of the Westchester County Chapter, Patricia Coles, worked very hard with other members of her chapter to throw a successful dance on April 29. Pat reports that their next function will be a meeting/social on June 17.

North Carolina Chairperson Pro-Tem, Rosalie Radcliffe, has sent some very interesting Newsletters to her members, and has urged them all to attend the Convention. She and some others from her area have already placed their reservations.

Ohio Chairperson Pro-Tem Diane Bagchi is attending the Convention, and our guest speaker, Patricia McKay Baker, Ph.D., also hails from that area.

In Pennsylvania, Edith Callahan has held several meetings of the Philadelphia Chapter, and she reports that all meetings will be held on the last Sunday of each month, except this May, when many of the chapter's members plan to attend the convention. Ken Woessner, Chairperson of the Pittsburgh Chapter, reports that several meetings have been held, and he has sent out some very interesting newsletters.

There is presently a need for someone to receive information from the various chapters and to act as a clearinghouse to write "Chapter Chatter," which is an informative bulletin sent to the various chapter chairpeople as an aid in exchanging chapter ideas. Anyone interested in this voluntary position must be able to type, have access to a copy machine, and (needless to say), be able to spell! If you would like to try your hand at such a project, please write the NAAFA office.

**HOW DARE
YOU PRESUME
I'D RATHER BE
THIN**

NAAFA-DANCE HUGE SUCCESS

The second NAAFA-Dance held on March 18 was another huge success. Like the dance held on October 22, over 100 people attended the dance held at the Dancing Oasis in Manhattan.

Chairperson of the dance, Lisbeth Fisher, would like to thank the many people who helped out: to members of the Baltimore-Washington Chapter, Judy Forlines, Karl Neidersuh, Debby Schisler and Dick Schotter, for making the decorations; to Sheila Goodman and Ernest Harff for managing to control the hordes of people who converged upon the entrance and yet still keep track of the badly-needed admission fees (after all, this was a fund-raising dance); to Bill Fabrey and Nick Tolliver for providing us with continuous music; and finally, to Matt Madigan and his clean-up committee (consisting of most of those already mentioned above) for doing an excellent job.

Congratulations to new NAAFA member (he joined that night!) Lloyd Ingram for winning the 50-50 raffle, and to the other lucky people who walked off with the non-monetary prizes. As with the last dance, members and non-members attended from distances near and far.

Although the Chapters have previously run most of the social functions in NAAFA, there is obviously a need for this kind of socializing within NAAFA. Therefore, without interfering with Chapter functions, NAAFA may strive to hold fund raising dances every few months. This is one way in which NAAFA can help its members to get together and give them an opportunity to socialize in an atmosphere of total acceptance. We shall continue to fight other forms of fat discrimination, but we believe that this is one of the best ways to fight the social stigma the fat person and the admirer of the fat person encounter in life.



FAT CHANCE GIVEN TO FAT CHANCE MAGAZINE

by Babe Stevens

The FAT CHANCE Committee met November 16 to set up guidelines for the publication of FAT CHANCE, hopefully sometime during the first six months of 1978.

The brainchild of the late Naomi Shadowitz, FAT CHANCE will be the magazine which offers you your chance to speak out on fat. The committee, chaired by Sheila Goodman, along with Carlos Allen, Mike Simpson and FAT CHANCE Editor, Babe Stevens, suggests that anyone may submit material to FAT CHANCE, whether a NAAFA member or not, as long as it relates in some way to fat.

So send in a story, cartoon, article, recipe, pattern, drawing, photo, poem-- whatever--perhaps even an anecdote for the proposed "Fat Lip" column suggested by Carlos Allen. The "Fat Lip" column will show you how you deal with (or wish you had dealt with!) a fat put-down.

Ned Sonntag submitted this charming art work for "Fat Lip," and perhaps his image will give you some ideas. And, to flourish, it is ideas that FAT CHANCE needs-- your ideas.



Why not give it a chance. Send material to:

Babe Stevens, Editor
FAT CHANCE
NAAFA
P. O. Box 43
Bellerose, New York 11426

A few things to remember: please write legibly, or better yet TYPE, double-spaced, and on one side of the paper only; send the original or a good copy, but be sure to save one for yourself because, as a rule, material will not be returned unless specifically requested and only if an adequately stamped, self-addressed envelope is included; put your name and address, and if feasible, your phone number, on every page and/or item. Thanks!

PERSONAL ADS

New Pendleton wool blazer, milk chocolate, herringbone weave, 46. LB's Club-house Collection. Furness, 1309 Grant, Denver 80203. \$25.00.

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SEEKING PLUMP PRINCESS

Sincere N.Y.C. artist, 34, 5' 8", would like to share a warm and lasting friendship with a Charming Young Zaftig Female. Reply to Department 106, NAAFA, P. O. Box 43, Bellerose, New York 11426.

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Looking for tall Caucasian or American Indian male. 21-29 years old. Over 300 pounds. Pop/Rock music minded. Reply to: RELT, 4412 Connecticut Street, Gary, Indiana 46409.

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WANTED--(ACTING) RECORDING SECRETARY!

Nature of Position: Voluntary.

Minimum Requirements: Must be a NAAFA member.

Time Required: 7-14 hours per month.

Responsibilities: To take minutes at monthly Board meetings when the regular Recording Secretary is absent. Possibly to assume the position of permanent Recording Secretary if the opportunity arises. Board meetings are usually held on a Friday night, in the New York Metropolitan area, often in midtown Manhattan.

Nature of Minutes: The required minutes can be taken in long or shorthand, but must be transcribed on a typewriter for distribution by mail prior to the next Board meeting.

Privileges: The Recording Secretary is one of NAAFA's Officers. As such, participates in events that determine NAAFA policy and direction in the fat liberation movement. Opportunity to see history in the making. Chance to serve a worthy cause. Listing of name on NAAFA's official letterhead.

Need: Immediate. If you feel that you would be interested in the above position, please call 212 776-8120 and leave your name and phone number with our telephone valet or write to us at the NAAFA office.

COMMERCIAL ADS

Soft, comfortable clothes designed with you in mind.

Jocelyn Burrell
Realm of Possibility
303 Park Ave. South
(Lower Level)
N.Y., N.Y. 10010
212 777-8987
Mon.-Fri. 1-6 p.m.

CLASSIFIED AD RATES

Commercial Ads: 25 cents/word, 10-word minimum. Department number available at \$4/issue.

Non-Commercial Ads: 10 cents/word, 10-word minimum. Department number available at \$2/issue.

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

DIETER'S PRAYER

(Author Unknown)

Strict is my diet. I must not want.
It maketh me to lie down at night hungry.
It leadeth me past the confectioners.
It trieth my willpower.
It leadeth me in the paths of starvation
for my figure's sake.
Yea, though I walk through the aisles of
the pastry department, I will buy no
sweet rolls, for they are fattening.
The cakes and the pies, they tempt me.
Before me is a table set with green beans
and lettuce.
I filleth my stomach with liquids.
My days quota runneth over.
Surely calories and weight charts will
follow me all the days of my life,
And I will dwell in the fear of scales
forever.

[Ed. Note: The above verse amused us, and we felt it would hit home for the many NAAFA members who have dieted in vain so many times, and even those who are presently dieting. It somehow evokes a true understanding of the agonies of dieting, and we thought you might enjoy our sharing it with you.]