

NAAFA NEWSLETTER

NATIONAL ASSOCIATION TO AID FAT AMERICANS, INC.

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

212 776-8120

VOLUME VIII

JANUARY-FEBRUARY 1980

Issue No. 1

Editor: Rosalie I. Radcliffe



"Abundant Beauty" Sculpture by Peter Rubino Awarded NAAFA's Founder, William J. Fabrey

FOUNDER HONORED AT TENTH ANNIVERSARY

by Lisbeth Fisher

Months before the Convention, the Board of Directors had authorized a special award to be conferred upon NAAFA's Founder William J. Fabrey. NAAFA's Tenth Anniversary Convention Celebration seemed the appropriate time to do it.

Since Bill is a true fat admirer, it wasn't an easy task selecting just the right item. After visiting many art stores, haunting art galleries, and viewing countless paintings, trophies, awards and sculptures, I was led to sculptor Peter Rubino by an article in a local newspaper. Peter prefers the large, female art form. Previously working with the more traditional figure, he's been forced to turn to more contemporary sculpture, as the demand hardly exists for the Rubens-type, realistic form. He was delighted, therefore, when I presented him with our dilemma--a need for a very special large female nude, but very limited funds. When I first met him at his gallery in New York, I was impressed by a series of modern, but

obviously full-figured sketches of female nudes hanging on one wall. Many of his current sculptures were on display in the gallery, and there was no doubt that, whether traditional or contemporary, Peter Rubino prefers to sculpt the bountiful woman. He had prepared two sketches of possible poses for the award we had in mind. One was reclining, and one was standing in a graceful dance position. While the reclining figure was very round and sensuous, I felt that the upright figure was more appropriate. Several months of work were involved in the creation and fulfillment of this work, and I think you'll agree that Mr. Rubino did an admirable job.

Phone calls were made to raise funds for this venture, and many calls and meetings had to be set with Peter. It was through the generosity of the following members that this award was made possible: Natalie Allon, Linda Blackmon, Edith and Joseph Callahan, Howard and Natalie Clist, Ira Cohen, Patricia Coles, Ellen Dobson Bloom, Jane Goetz, Marvin Grosswirth, Wilma Kuns, Lois Mace, Joyce Maloney, Ohio Chapter, Rosalie Radcliffe, Dianne Rubinstein, Florane Sclar, Audrey Smith, Davea Wallis, Peggy and Russell Williams, and others who prefer to remain anonymous. Many thanks to them and also Peter Rubino, who created a glorious sculpture at minimal cost.

(continued on Page 2)

One of the main problems, of course, was trying to keep the award a secret from Bill Fabrey. It wasn't easy, because of necessary preparations, and the presentation couldn't be placed on the program. However, the designated time at the convention finally arrived--and the difficulty of keeping the surprise until the very last minute. It was decided that I would give a membership report, which would lead into the award presentation. The following is the speech I delivered at that time:

"Fellow NAAFANS: On June 13, 1969, NAAFA was officially founded by a small, but determined group of ten people, with a post office box address in Westbury, NY, and a makeshift office in the founder's home. On January 18, 1977, 7½ years later, the membership had grown to 300, thanks to the untiring efforts of many volunteers. Since that number had remained the same for several years, with old members dropping out and new ones joining, it was decided to open an official office with a full-time secretary to run it. On February 15, 1977, an office was opened in Ossining, NY. Every effort was made to attract new members, retain current ones, and entice former members to rejoin. By August of 1978, NAAFA had outgrown the Ossining office and the headquarters were moved to the present Bellerose, NY, locale. As I stand here before you today, NAAFA's membership has grown to nearly 1,500--almost five times that of only 2½ years ago! We have members in 48 states (Hawaii and Alaska--we'll get you yet!); in Canada, the Virgin Islands, Belgium, Korea, and Australia. [Hawaii has since joined the ranks.]

"My friends, there is among us today a very special individual, to whom we all owe a debt of deepest gratitude. Although NAAFA is officially ten years old, he worked for its formation for a long time prior to that. He is, by profession, a sales engineer, and a darned good one at that. He has, however, tirelessly devoted every minute of his spare time to found and foster an organization to fight the despicable discrimination against fat people that is so rampant in this country. Often surviving on only 2-3 hours of sleep, he considers himself lucky when he gets 5!

"Ladies and gentlemen, our hero has often gone unsung. Why, he hasn't even so much as received the Distinguished Achievement Award! It is appropriate, therefore, that today, as we celebrate our Tenth Anniversary, we finally give recognition to this man. A very special award has been made possible through the generosity of many members. We want to honor this man who has helped so many of us and never once asked for thanks.

"Bill Fabrey, Founder and President of NAAFA . . . this award, sculpted by Peter Rubino, is being presented to you with



deepest gratitude from the NAAFA membership on this 2nd day of September, 1979. The plaque on the revolving base reads as follows: 'Awarded at the 10th Anniversary Celebration of NAAFA to William J. Fabrey, Founder and President, 1979.'

As a final note, NAAFA's Board of Directors has several proposals it is considering. A great deal of interest has been shown in this sculpture, and it is thought that a limited series of it might be offered to NAAFA members; or that it be given only once in a while as a very special award; or that notecards be printed with a picture of the statue on them. If you have any ideas, please be sure to write to the Board of Directors, c/o the NAAFA office. While the sculptor gives a name to each piece of work created by him, NAAFA may give the award itself a name. Suggestions such as "Billy," "3B" (for Big Beautiful Billie--after all, the statue is of the feminine gender), etc. have been made. Again, if you have any ideas, please let us hear them.

NOMINATIONS MADE FOR JUNE ELECTION

On February 7, the 1980 Election Committee made its nominations for the upcoming election in June. A total of 12 NAAFA members were nominated. Those accepting the nomination include: Evie Cohen, Margaret McLaughlin, Matthew Madigan, Florane Sclar, Adalane Smith, and Davea Wallis. The following individuals declined to run: Linda Blackmon, Ellen Bloom, Howard Clist, Rosalie Radcliffe, Michael Simpson, and Russell Williams. At the present time, there will be two seats on the Board of Directors that will be contested in the June election.

Candidates for the Board of Directors must meet the requirements described in the article on Page 5 of the September-October, 1979, Newsletter. There is provision for petition candidates. A petition candidate must present to the Chairperson of the Election Committee a petition for his or her candidacy signed by at least 25 NAAFA members; and the petition, together with all of the items listed in Part III. B. of the NAAFA Election Rules and Manual, must be postmarked no later than May 15. Those who desire a copy of the Rules may request it, provided they enclose a SASE.

NEW APPOINTEES

At a recent meeting the Board of Directors approved appointments made by President William J. Fabrey. Ernest Harff (New York) will serve with Mike Simpson as Co-Chairperson of the Local Chapters Committee. Karl Niedershuh (Virginia) was appointed Chairperson of the Health Committee.

FIND OUT WHAT OTHERS ARE DOING

The groups listed below have outstanding chapter publications. Other chapters or individual members may find them helpful and good reading. If interested, write to the chapter(s) of your choice with a self-addressed, stamped envelope for information concerning the addition of your name to their mailing lists.

Illinois & Wisconsin [No Title]
c/o Audrey Smith, Chairperson
3092 South Lyman
Chicago, IL 60608

Baltimore-Washington [B-WC Quarterly]
P.O. Box 308
Arlington, VA 22210

Long Island [Fatpourri]
P.O. Box 88
Sayville, NY 11782

North Carolina [No Title]
P.O. Box 3084
Chapel Hill, NC 27514

CAN YOU TYPE?

Volunteers are desperately needed to type envelopes for NAAFA's Fashion Directory. It is not necessary that you live in New York. If you can provide the typewriter and skills, NAAFA will provide the rest. Contact the NAAFA office for additional information.

WOOLEYS BECOME NAAFA ADVISORS

NAAFA is happy to announce that Drs. O. Wayne and Susan C. Wooley have consented to serve as NAAFA Advisors. Those attending the 1979 Convention will remember their presentation, "An Indictment of Dieting".

The Wooleys operate the Clinic for Eating Disorders, which is part of the Department of Psychiatry at the University of Cincinnati College of Medicine. If they were to select a motto for their work, it might read: Warning! Dieting can be hazardous to your health.



DR. O. W. WOOLEY

Orland Wayne Wooley, Ph.D., born in Louisiana, received his B.S. in Psychology (1964) from Louisiana State University and his Ph.D. in Clinical Psychology (1969) from the University of Illinois. A member of the American Psychological Association, he is a teacher, lecturer, writer, researcher and counselor.



DR. S. C. WOOLEY

Susan Clark Wooley, Ph.D., born in New York, received her B.A. in Philosophy (1964) from Antioch College and her Ph.D. in Clinical Psychology (1969) from the University of Illinois. She is a member of the American Psychosomatic Society, the American Psychological Association, the American Association for the Advancement of Behavior Therapy, and is involved in the same professional activities as her husband, whom she married in 1965.

Susan Wooley is a living testimony to the clinic's success. She has "been through it all trying to lose weight, but nothing worked. If the people you care about don't care [if you're fat], what's there to worry about? And if they do care--no one can spend his or her life being someone else's ideal."

"Dieting often does as much good as holding your breath," claims Wayne Wooley. "It's contrary to what the body is geared to do."

The clinic staff try to get people accustomed to the reality of their weight. They offer no magic diets or promise of weight loss. After attending 15 weekly sessions, most of the 200 patients they've seen in the past five years showed no more than an average weight loss of four pounds. What the clinic does offer is peace of mind. The message is clear: If it feels good to eat that hamburger, maybe it would be better to go ahead and eat it instead of trying to starve. These two psychologists have found that dieting seldom does any good in the long run for many of their clients.

NAAFA's Advisory Board is a group of physicians, psychiatrists, psychologists, and sociologists who endorse our purposes and are willing to give their time to aid the membership. Guidance and advice, within their particular fields of specializations, are readily available.

CONVENTION DIARY

By Donna Ryan

Friday, August 31, 1979Noon

Well, I'm on my way to the 1979 NAAFA Convention (my first) in Washington, D.C. Frankly, I'm a little scared.... First, this plane flight is TERRIFYING me (the stewardess has brought me FOUR Dramamine already) and what if, when I get there, nobody talks to me? What if? What if? Why am I so self-conscious and insecure? Cut this out. No more self-pity. I made up my mind to go, to really see what NAAFA is all about, to have a good time. AND I'm going to!

4:00 PM

I'm here! I'm here! Washington is beautiful, tho' a bit hot, but my room is cool. At registration I met a girl who came all the way from Montana. (Gee, that must have been a long flight...Wonder how many Dramamine she needed!)

1:00 AM

Tonight there was a cocktail party in the Ballroom. Met men and women (fat and not) from all over the country. Everyone's so friendly and nice (all my fears were unwarranted); among this group, size doesn't matter AT ALL. (Wish it could be that way everywhere.)

Saturday, September 1st

A busy day! After viewing video tapes of Phil Donahue, 60 Minutes, Good Morning America, Taxi, and several local shows, I went to see the Fatabilia display and bought a few books at the Book Service sale.

The afternoon Rap Sessions were interesting. I picked up a few beauty and fashion hints at the "Image Building for the Fat Woman" session, and realized in the "Awareness" session that some NAAFA members have devised ingenious and clever ways of dealing with size and the discrimination of it. Suddenly, MY weight-related problems don't seem so bad to me at all!

The dance started tonight at 8:30. I heard a man say that he'd never seen so many "BEAUTIFUL PLUMPLINGS" at one time. It was a pleasure to dance and not be told (incredulously), "Gee, you're so light on your feet!"

Sunday, September 2nd

The Chapters Meeting, conducted by Mike Simpson, addressed various problems that local chapters have, and served as a forum for ideas for activities.

The buffet luncheon in the Ballroom was followed by the Annual Meeting and Fashion Show. Bill Fabrey, NAAFA Founder, was surprised by the presentation to him of a 15" bronze-like statue artistically depicting a nude "plumpling". Guest speak-

(continued on Page 6)

CONVENTION PICTURE KEY

1. Nancy Bierlin, Gloria Noll, Jackie Clark, Helena Scott, and Edith Callahan, S.E. Pennsylvania Chapter members, were ready to welcome and register delegates in the Hospitality Suite.
2. Lisbeth Fisher was also on hand in the Hospitality Suite to sell items from the Book Service.
3. Susan Rhodenbaugh, Geri Carmichael, and Susan and Wayne Wooley chat during Friday night's Get-Acquainted Cocktail Party.
4. NAAFAns Janet Iudici and Vera Cangelosi captured by our photographer at the party.
5. Olaf Jorgensen (all the way from the West Indies) poses with Lisbeth Fisher at the cocktail party.
6. Dick Schotter begins one of the popular rap sessions where many persons shared personal ideas, problems, pain and joy, of the fat world.
7. Betty Cordell, Wilma Kuns, and Wayne Gehres relax in the hotel lobby.
8. Debbie Schisler and Cathy Schultz relax during a break in activities. (Yes, Debbie, we agree that "Good Things Come in Large Packages, too!")
9. Members gather in the Ballroom for a Saturday afternoon rap session.
10. Everyone enjoyed the music of the Mello-Tones Band at the Dance of the Decade on Saturday night.
11. Ann Burleson, Chairperson Pro-Tem for the Texas Chapter, poses for the camera.
12. Peggy Fox and partner Russell Williams surprised the group with Peggy's personal disco tribute to NAAFA and its ideals at our Tenth Anniversary dance.
13. NAAFA first lady and first Patron, Wilma Kuns of San Francisco, enjoys luncheon.
14. Jacqueline Clark on her way to dance the night away.
15. NAAFA's Vice President, Sheila Goodman, takes a breather during the Dance of the Decade.

FAT
CAN BE
BEAUTIFUL

CONVENTION HIGHLIGHTS



1



2



3



4



5



6



7



8



9



10



11



12



15



13



14

(DIARY continued from Page 4)

ers discussed emotional, physical, and psychological effects (and side effects) of dieting, and studies being conducted by the Maryland State Legislature on size and weight discrimination.

At the poolside Hawaiian Luau tonight, no one was too shy to wear a bathing suit.

This gathering of happy, loving people is doing wonders for us all!

Monday, September 3rd

After a hearty buffet brunch and some tearful farewells to early-travelling new friends, we embarked on the bus tour of Embassy Row, the Washington National Cathedral, Georgetown, Arlington National Cemetery, and a short shopping spree in historic Alexandria, VA. I even saw the church that George Washington attended.

A slide show of the abundant figure in art was followed by our last event, a moonlight pool party. A few hearty NAAFA swimmers weren't dissuaded by the rain that was forewarning the arrival of Hurricane Frederick. Those less brave (but more dry) retreated indoors to the many farewell parties in various rooms and suites, where discussion was emerging already about the 1980 Convention.

Well, diary, the convention is over, but the good times and the new friends will stay with me for a long, long time. Even the plane flight back home doesn't scare me now. NAAFA, you've done wonders for me! See you all next year.

CONVENTION MEMORIES

"Oh, what a celebration! Not only was it a special time for NAAFA, but for myself also. Attending the Convention, rooming with girls I had never met, traveling alone and meeting new people were some of the greatest experiences in my life.

"Every event was exciting and enjoyable. The entire weekend was one to which I'll look back and relive over and over. I was so sad when it ended; saying good-bye to the many and forever friends I made was difficult. But I hope, and intend, to see them again next year and every year thereafter. These new friends gave me a better insight and made me feel wonderful, beautiful, special and important. I shared my feelings and hopes, learned and understood and listened eagerly. I can now work, play, laugh, run, jump, and dance with more confidence than before. I hold my head higher, walk prouder, and feel great.

"Thank you just doesn't seem enough--but thank you NAAFA for opening the door. I will always remember the Tenth Anniversary Celebration."

--Marlina Madris
Queens, NY

CONVENTION PICTURE KEY

16. Chicago members Donna Ryan and Audrey Smith at Sunday's buffet luncheon. Little did they know how busy they would become, planning the 1980 Convention.

17. Joyce Maloney, Chairperson of the Conventions Committee, welcomes members and guests to the Annual Meeting.

18. Dave Tucker, Director of Maryland's Study on Weight and Size Discrimination, addresses the luncheon guests.

19. Newlywed Ellen Dobson Bloom with handmade occasional table she won in raffle.

20. Bill Fabrey, Liz Fisher, and Linda Blackmon talk with Edith Callahan on the dais during Sunday's buffet luncheon.

21. President Bill Fabrey delivers his State of NAAFA Address.

22. Rosalie Radcliffe accepts pen award from Fletcher Pence in recognition of her appointment as Editor of the Newsletter.

23. Fletcher Pence with Nancy Bierlin and the clock presented to her in memory of her mother, Marion. Fletcher, founder and project director of the St. Croix LEAP (Life & Environmental Arts Project, Inc.) in the Virgin Islands, presented several awards he made from St. Croix mahogany in honor of NAAFA's Tenth Anniversary.

24. NAAFA's newest member (at the time) Andrew Hood, cuts the 10th Anniversary cake, with help from Wendy Pfaffhausen, Banquet Manager at Howard Johnson's Motor Lodge in Arlington, Virginia.

25. Mae Etta Jones wins a raffle prize, while Ernest Harff and Michael Simpson operate the drum full of raffle book stubs.

26. Cake complete with candles & plumpkin helps celebrate NAAFA's Tenth Anniversary.

27. Joyce Maloney and Treasurer Ernest Harff react to question directed to Board members during the Annual Meeting.

28. Peggy and Russell Williams take a break between events to enjoy the sunshine. Russell's tee-shirt is by Doris Boening.

29. Diane Rubinstein is sworn in as a member of the Board of Directors, a first-time event at an Annual Convention.

30. Linda Blackmon, Vice-Chairperson of the Conventions Committee, closes the Annual Meeting with her Farewell Address.

CONVENTION HIGHLIGHTS



16



17



21



20



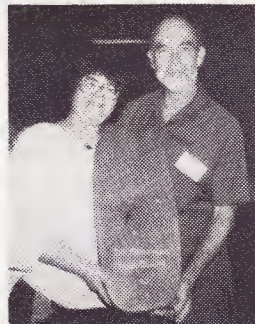
18



19



22



23



24



26



27



25



29



28



30

President's Message

Bill Fabrey

A GREAT CONVENTION

Several months have come and gone since NAAFA's Tenth Anniversary Convention was held, but the memories of that occasion are still vivid in my mind. For the most part the 1979 Convention can proudly take its place as one of the best we have ever held. For me it was a fantastic experience to celebrate NAAFA's tenth year with so many nice and interesting people. No other organization in the world brings together so many diverse kinds of people in the process of liberating their attitudes about themselves and about fat people in general.

This year, for the first time, one Convention event was an unusual slide show relating some history of the abundant figure in art. However, in the form of two pool parties NAAFAs could view an even better display of the abundantly beautiful form. We could have shown the artists of past eras a thing or two! Most important, the fact that NAAFA women (and men) are feeling better about swimming in public shows that some are beginning to overcome the terrible shame and embarrassment that so many fat people have about their physical appearance. Of course, the Convention provided a friendly and mostly uncritical environment in which a fat person could feel comfortable.

THE AWARD

I was astonished to be the happy recipient of the beautiful sculpture by Peter Rubino. I was totally unprepared for this award, and it is one of the nicest things that has ever happened to me. I am very grateful to the group of friends who, unknown to me, made the award possible through their donations. I have come to think of the Rubino sculpture as my "ten-year service award", and I wonder whether NAAFA shouldn't offer future awards to other NAAFA members who reach the ten-year milestone and who have done volunteer work for NAAFA throughout that period. Perhaps a five-year award would also be worth considering. Anyway, thank you all very much for providing me with the incentive to hang around NAAFA for this long.

DISCRIMINATION AND YOU

I said that NAAFA provides a "mostly uncritical" environment in which a fat person can feel comfortable. Sad to say, there are some notable exceptions to this rule. For example, some black NAAFA members detected hostility on the part of a few other NAAFAs at the Convention. In

(continued on Page 10)

CONVENTION PICTURE KEY

31. Maryland Delegate Raymond Dypski, co-author of a resolution directing the Maryland Commission on Human Relations to study weight discrimination, is presented the Distinguished Achievement Award by Executive Secretary Lisbeth Fisher.

32. Peggy Fox, Cathy Schultz and Joan Reed model some of the outfits in the fashion show.

33. Diane Levin of Lovely Large Lady, the boutique in Baltimore, MD, which supplied the clothing for the annual fashion show, tells the group about Debbie Schisler's outfit while Phil Land watches.

34. Models Paula Johnson, Peggy Fox, Gayle Randolph, Cathy Schultz, Joan Reed, Debbie Schisler, Joy Ford, and Shirley Land line up for the fashion show finale.

35. Pat Foley and Peggy and Russell Williams go for a swim in Howard Johnson's pool.

36. NAAFA's newest Patron, Bob Cochran, enjoys the view from his terrace overlooking the pool. Bob was so moved during the question and answer session at the Annual Meeting that he became a Life Member, and later a Patron.

37. Paula Johnson and Peggy Fox pose, during a stop on the bus tour, with Bill Milling, a film director with Analog Films, whose crew was covering various events at the Convention.

38. Doris Boenig, on left, enjoys the view from one of the buses on Monday's tour, conducted by Barbara Womack of Thrifty Tours. Those in foreground on right include Neil Dachis, Ann Burleson, Renee Lachman, Ira Cohen, and Paul and Evie Cohen.

--

NAAFA wishes to thank Nancy Bierlin, Bob Cochran, Ira Cohen, Fred Frey, Dianne Rubinstein, Donna Ryan, and Dick Schotter for providing us with this photographic record of our 1980 Tenth Anniversary Convention.

YOU CAN HELP WITH PUBLICITY

When NAAFA sends out press releases, a list, compiled several years ago and frequently updated, is consulted. You can help by sending the name(s) of your local newspaper(s) and television station(s) to the NAAFA office. Please include addresses with zip code and phone number, if possible. This will assure that your town/area receives important news from NAAFA. It will also help us circulate this information to a wider audience.

CONVENTION HIGHLIGHTS



31



32



33



34



35



36



37



38

(MESSAGE continued from Page 8)

fact, one or two men openly passed crude and vulgar remarks referring not only to the size of certain black women, but also to their race. There always seem to be a few people in the group who will totally disregard the feelings of others, and who will permit no obstacle to stand in the way of their objectives, whatever these may be. I'm not criticizing most NAAFA's. What I object to is the wanton manner in which a few people behave, at the expense of the feelings of the rest of us.

It seems to me that since we are seeking equality as well as tolerance and understanding on the part of society toward fat people, we should extend the same toward other minority groups.

There is yet another form of discrimination that sometimes raises its ugly head, perhaps in NAAFA and nowhere else! I am referring to the occasional put-downs suffered by those in NAAFA who are considered only moderately fat. Such members encounter many of the same problems with the outside world as do our larger members, and they don't need to hear that they "aren't fat enough" to be having any problems.

A similar problem exists in NAAFA's social scene for the member who is only "moderately fat". New NAAFA members often come from a "singles" world out there that rejects fat men and (especially) women; what they find in NAAFA is that many F.A.'s (fat admirers) tend to prefer the heaviest members. There are women, for instance, who join NAAFA and feel put down not because they are fat, but because some men don't think they are fat enough, and say so. Now, the truth is that many F.A.'s do not seek out the largest members, but have varying tastes.

In either case, I feel that we F.A.'s have the right to our preferences, but that does not mean that we have the right to be rude or insulting to someone who doesn't meet our personal standards of taste. Someone who behaves that way, in my opinion, is working against NAAFA's purposes.

OPINIONS WANTED

It should go without saying that we welcome your opinions, pro or con, on any subjects in this Newsletter. We want to publish the truth, even when the truth may sometimes hurt. Unsigned letters will not be published, but names will be withheld upon request, and treated confidentially.

ATTENDANCE AT BOARD MEETINGS

Any NAAFA member in good standing is welcome to attend meetings of the Board of Directors. Scheduled meetings for the second quarter of 1980 are: April 18, May 16, and June 20. If you are interested in attending, call 212/776-8120 to confirm the date, time, and place.

MEDICARE PAYS FOR SPECIAL-SIZED EQUIPMENT

(BORO PARK [NY] COMMUNITY NEWS, 3/5/79)

"Q. My father is 68 years old and permanently confined to a wheelchair. Because he weighs 250 pounds, he is very uncomfortable in a standard size wheelchair. Will Medicare pay for a specially sized one?

"A. When necessary Medicare will make reimbursement for the reasonable charge of a specially sized wheelchair such as a wide wheelchair that is required because of a patient's larger build--even if that charge exceeds the standard wheelchair charge. The same rule applies when a narrow wheelchair is required because of the narrow doorways of a patient's home."

--submitted by Dianne Rubinstein
New York, N.Y.

SPECIAL CHRISTMAS PRESENT

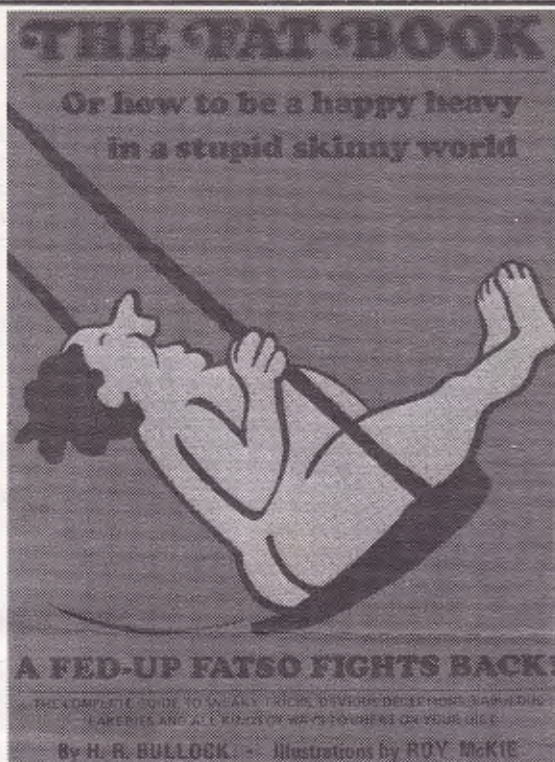
Last year I was very skeptical about joining this organization...it didn't sound like something I'd want my name associated with. However, I can't tell you what a change NAAFA has made in my life. Thanks to your newsletters and your pen-pal program I've met some lovely, loving people and feel like part of the human race again. My membership this year is my Christmas present to myself.

--Patt Jackson
Duluth, MN

TWO NEW LEADERS FROM NEW JERSEY

At the January 4 meeting of the Board of Directors, appointments were made to fill two vacant positions. Matthew F. Madigan (Nutley, NJ) will be Acting Treasurer until the June meeting when a permanent appointment will be made. He follows Ernest Harff who had served as NAAFA's Treasurer since April, 1977.

Davea H. Wallis (Upper Montclair, NJ) will serve as member of the Board of Directors through June, 1980. She replaces Michael Simpson who is unable to complete his term.



THE FAT BOOK

Reviewed by Gloria J. Noll

Today when I came home from work I found a copy of THE FAT BOOK by H. R. Bullock in my mailbox. Since it was one of those days when I was extremely tired, quite depressed and just generally feeling unhappy, the thought of reviewing a book was a bit much!

I thought I would start it before dinner just to see what it was all about; by the time I reached page 4 I was laughing out loud. Each page was funnier and I just couldn't put it down. It is a short book and didn't take much time to read, but every page is delightful. My whole mood had changed. Why wasn't this book written 10 years ago when I really needed it? It is full of facts that I wish I had known when the "skinnies" of the world attacked. It is full of "things I wish I had said at the time," as well as helpful suggestions for coping with almost any situation.

It is absolutely hilarious! Do yourself a favor and order two right away. You will definitely want to give one to a friend or even your doctor. Everyone on my Christmas list received a copy.

Now, critics tell me that you should never praise something so much unless you have at least one negative thing to say about it. Okay, I have one! While reading the book, I completely forgot to eat my dinner.

The author subtitles this book How to be a happy heavy in a stupid skinny world and claims it is "the complete guide to sneaky

tricks, devious deceptions, fabulous fakeries and all kinds of ways to cheat on your diet." Personally, I distrust any publication or person promising to disclose the definitive answer or final solution to any problem. This small, 94-page book, however, helps its readers fight "The Big Lie"--that "full-sized people can't look well, live well, or love well." Comical line drawings and cartoons by Roy McKie amuse the reader while the clever, frequently satirical, text tells how to be prepared for attack--"on the beaches, at the doctor's, at home, everywhere".

Bullock suggests a variety of ready answers, positive actions, and witty retorts for many situations in which a person's size/weight is challenged or ridiculed. A few examples follow:

--For the cocktail psychologist who claims "fat people are neurotic" and "thin people are more stable": remind him of heavy-weight Winston Churchill's steady courage during World War II compared to the actions of thin Hitler;

--When a gossipy neighbor boasts of "Gloria's husband [who] lost 18 pounds!" and implies you should do the same: suggest "it sure doesn't say much for her cooking does it?";

--After a 'do-gooder' co-worker pokes you in the stomach and warns, "Better watch the weight, pal. . . it'll slow you down in the sack": inform him that Fateh Ali Shah of Persia, at 280 pounds, fathered 154 sons and 560 daughters.

If you wish to shift the attack and become the aggressor, try gasping apologetically as a slim tennis buff slithers past: "Oh dear, excuse me Mrs. Fonsby. I thought you were Mr. Fonsby."

Also included are a number of 'facts' on nutrition and 'helpful' hints for happy dieting. Did you know that:

--"Maple syrup never counts. It's a wood product. You wouldn't count toothpicks would you?"

--"If your diet calls for just one slice of bread, slice the loaf lengthwise."

This book doesn't dictate maneuvers for every attack you will encounter. It does, nevertheless, give a lot of strategy to adapt and use as needed. It also supplies large doses of another important commodity: laughter.

THE FAT BOOK, a paperback published by Price, Stern and Sloan, is available to NAAFA members for \$2.50 (plus 75¢ postage and handling for the first book, 50¢ for each additional copy). Write to: NAAFA, Box 43, Bellerose, NY 11426.

--RIR

PERSONAL ADS

A warm, good-humored, attractive lady who loves to dance would like to meet intelligent, warm man, between 40-50, who can dance fairly well, from Southeastern Florida. Reply to Dept. 118, NAAFA, P.O. Box 43, Bellerose, NY 11426.

--

Male 28, 5'3½", wears glasses. Wishes to receive letters from ladies, 18 to 35, 5'3" or below, 200 to 300 lbs. Busty, warm, affectionate, and who can relocate for marriage. Also would like to meet with ladies living in or around Redlands, Calif. area. Write to: Dennis Diener, 310 S. Buena Vista, Redlands, CA 92373.

--

Very buxom, huge gal sought by handsome, lean rock musician for candlelight dinners and ravishingly sensuous love-filled evenings. Write: Starrider, Box 25, Gravesend Station, Brooklyn, NY 11223.

--

SHOULD WE ACCEPT SEXUALLY ORIENTED ADS? The Publications Committee, which passes on material appearing in this Newsletter, would like to hear from members concerning sexually oriented personal ads. The majority of the committee wish to know whether you feel that such ads should be accepted. We want very much to hear your opinion. Write: Publications Committee, c/o NAAFA, Box 43, Bellerose, NY 11426.

--

WANTED - Recording Secretary for NAAFA Board of Directors' meetings usually held monthly in NYC area on Friday nights. After trial period, candidate may become an Officer of NAAFA. Must be able to take accurate minutes, and type them for use at next meeting. Shorthand not required. Inquire NAAFA, Box 43, Bellerose, N.Y., 11426. (212) 776-8120.

CLASSIFIED AD RATES

Commercial Ads: 50 cents/word, 10-word minimum. Department number available at \$10/issue. (Contact NAAFA for display rates.)

Non-Commercial Ads: 25 cents/word, 10-word minimum. Department number available at \$5/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 announcements, and many other items.

FIGHT DISCRIMINATION WITH YOUR PEN

Do you have a complaint concerning a situation which involves discrimination against fat people? Write a letter to the source of the problem and send NAAFA a copy. Be sure to note in the letter that you are sending a copy to us and give our address. Also send NAAFA a copy of the original printed discrimination, or a description of the problem if it is not in written form.

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

1980 CONVENTION PREVIEW

The dates are August 29th (Friday evening) through September 1st (Monday late afternoon). The place is Chicago. The event is NAAFA's 1980 Annual Convention. Audrey Smith, Chicago Chairperson, and her committee have been working hard and report plans are moving ahead for a big, fat weekend of great events.

Included on the agenda will be a get-acquainted party with entertainment, dinner/dance with floor show, unforgettable tour of Chicago, private pool party, annual business meeting and luncheon, rap sessions, guest speakers, luncheon honoring chapter chairpersons, plus several surprises reserved just for delegates.

A luxury hotel, near Chicago's O'Hare Airport, has offered bargain rates for the weekend, as well as for the weeks preceding and following the convention. Special features available to guests are: free closed-circuit TV in each room, waterbeds (for any who dare!), 24-hour coffee shop, indoor and outdoor pools, health club facilities, disco, free parking and free shuttle service to and from O'Hare Airport.

Start making plans now to join your fellow NAAFans over the Labor Day weekend for a super holiday. You owe it to yourself!

REMEMBER NAAFA WHEN YOU MOVE! Unless you or the post office inform us of your new address, you may lose the balance of your membership privileges. The post office is supposed to forward mail for a year after you move. But play it safe -- send us your new address.