

# NAAFA NEWSLETTER

NATIONAL ASSOCIATION TO AID FAT AMERICANS, INC.

P.O. BOX 745

WESTBURY, N.Y. 11590

Volume II

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EDITOR-IN-CHIEF: MARVIN GROSSWIRTH

PRODUCTION MANAGER: CAROL PIESNER

## NAAFA LAUNCHES JOURNAL AD CAMPAIGN

### PRIZES OFFERED

Recently NAAFA members received a letter asking them to solicit advertising to be printed in the upcoming Souvenir Journal/Yearbook, of the 3rd Annual Convention. What is different about this approach to making money for NAAFA is that the members are being asked for their time, not their money. Now there is an opportunity for even the poorest member to help our Association keep it's head above water and for he/she to earn some prizes at the same time!

What kind of advertising will appear in the Journal in November? Among the ads already sold are the following: quarter -page ad for a Printing Service in the New York area; a full page ad for a mail-order clothing house in the Western U.S.; complimentary ad for a butcher in Long Island; a half-page memorial tribute to a departed parent of a NAAFA member. All of these ads have been sold because individual members care so much about the survival of NAAFA, that they have approached their friends, their neighborhood shopkeepers, their relatives, and even their employers.

Even if you are doubtful about your ability to sell anything, think for a minute about neighborhood merchants or organizations which have been making a profit on your business for years, or benefiting by your time or volunteer efforts. In some cases, no explanation of NAAFA or of your involvement in it is needed; all the potential advertiser cares about is that you have a "favorite charity" called NAAFA, and that to keep you happy, he should take out a \$3.00, \$5.00, \$10.00, or \$25.00 ad in NAAFA's Journal. In other cases, the advertiser might stand to gain some business by buying an ad, and he can be sold on this basis. Large size clothing stores are a good example of this.

Finally, the Board of Directors has posted some prizes for those selling advertising space in the Journal. (Note; officers and Board members are not eligible for prizes.)

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Reserve Sunday, Nov. 19  
Convention & Banquet  
in NYC



**JULIE DeJOHN**

Julie DeJohn is a popular night club performer who has made a number of TV appearances. One evening, a NAAFA member who had seen her performance went backstage and told Julie about our organization. She was so impressed that she is now a member of NAAFA. She took time from her busy and active schedule to be interviewed by NAAFA Vice - President Eileen Lefebure and Newsletter staff member, Carol Piesner.

### MEET JULIE DeJOHN

Julie DeJohn smiles a lot.

She has a lot to smile about: a blossoming career in night clubs and television, a devoted husband, two handsome children, and a home in Glen Mills, Pa. But most important, Julie feels good about herself, and that's reason enough for anyone to smile.

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(Julie DeJohn con't.)

If you're a devotee of night clubs or a viewer of the Mike Douglas Show, you've probably seen Julie singing and dancing in her own inimitable style. You also know that she's a big woman who makes no apologies for her size and who can't waste time brooding about it and feeling sorry for herself. She's got too much to accomplish to waste her time that way.

Julie started in show business with her sister who decided to leave the stage for a career as a wife. Julie teamed up with another big girl and this "sister" act flourished for about seven years. For the last three years, however, Julie has been appearing as a single.

Julie began putting on weight in her middle teens. She decided soon after that she would carve out a happy and successful life for herself. Her attitude toward life and her role in it bear out the fact that she's realized her ambition. For example, Julie doesn't mind kidding about her size because she thinks it helps her act. But she won't tolerate cruel finger - pointing. Once, on a TV talk show with a famous comedian, the comic tried for a laugh by jibing at Julie's dimensions. She withered him with the observation that there were probably more people in the audience who looked like her than there were who looked like him! The audience cheered.

Does Julie have problems because she's fat? What about doctors? "When I became pregnant," she confides, "I went to a woman obstetrician. She didn't give me any problems. I had no special diet, no problems with delivery; I felt and looked beautiful!" Julie and her husband, Dave, have two sons, 7 and 8.

What about romance? "Dave proposed to me when I was fat. He's never known me any other way." In fact, he had been previously married to a woman who was thin.

Clothes? "I design them myself. I have a preference for pants suits which consist of a midi dress with pants legs that go only to the knee." She also wears long dresses and other styles as well. On this occasion, Julie was wearing a stunning tiger print outfit with full length skirt and a matching tunic vest, complimented by a beige silk blouse.

It's easy to feel happy when there's a housekeeper to take care of home and kids, right? "Wrong," Julie says emphatically. "I do all my own housework and cooking, and I take care of my children myself. No matter what show I am doing, or how late I get home, I am always up to get the kids off to school and pack their lunches myself."

Julie has tried all the fad diets and the weight-loss clubs. Their effect has ranged from zero to physical illness. "When I feel I want to lose some weight, I just cut down on my food for a while."

As we said, Julie smiles a lot. Especially when people stare at her on the street. She finds that they can't resist smiling back.

Her philosophy could almost be a motto for NAAFA members:

"Live each day to its fullest and don't worry about picayune things. A person is a person no matter what size you are."

--CP-EL

(Journal Ad con't.)

<u>Cost of Advertising Sold</u>	<u>Prize</u>
\$25.00 or more	A new, 1973 HILDA calendar
\$50.00 or more	Your choice of any book sold by the NAAFA Book Service
\$100.00 or more	Your choice; one ticket to the 3rd Annual <u>Convention and Banquet</u> , on Nov. 19th, in NYC; OR, a one year gift membership in NAAFA for whom - ever you wish.

Remember, the deadline for all advertising is September 30th, in just a few weeks. If you need more ad contract forms, write to:

Ms. Eileen M. Lefebure  
55 Perry Street  
New York, New York 10014

#### ADVISORS' COLUMN

Miss C. S., a NAAFA member from Minnesota, wrote an interesting letter relating her experience with a hypnotist who claimed to be able to help overweight people. Her letter was given to Dr. Harry K. Panjwani, psychiatrist, who is one of NAAFA's advisors.

Dr. Panjwani states that hypnotism has "definite therapeutic merit" with "carefully selected patients under a trained and ethical professional." Physicians, including psychiatrists, and other therapists do not usually advertise in the Yellow Pages, and Miss C. S.'s resource did, so the very fact that a hypnotist does advertise is in itself reason for extreme caution.

"A person," writes Dr. Panjwani, "would not accept under hypnotism what he would not accept when you talk to him cold, eyeball to eyeball." Hypnotism's primary function, ideally, is to enable the therapist to suggest to the patient that the patient perform in some way that he (the patient) really wants to. Thus, if a man had an unconscious desire to dance nude on the White House lawn, certain cultural and legal restrictions would inhibit him, but a hypnotist could get him to do it. If, however, such an act was com-

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## NAAFA NOTES

### ELECTION RESULTS

The recent balloting by NAAFA members to select a slate of Board members resulted in the election of five of the eight candidates: Joyce Fabrey, Bill Fabrey, and Ethel Weiss were re-elected, and they were joined by Florane Sclar and Michael Witty, who will be new members of the Board. Pictures and brief biographical sketches may appear in an upcoming Newsletter if space permits.

### NEWSLETTER GOES MONTHLY

Many members have asked for a more frequent Newsletter; despite many delays in the past in getting out the publication, we are pleased to announce our intention to publish monthly. Shortly after the first of each month, beginning Sept. 1, you will receive the latest Newsletter. Articles, letters to the editor, etc, received before the 10th of the previous month may appear in the issue.

### NAAFA-DATE

NAAFA-DATE is again mailing questionnaires to members wishing to participate in NY - NJ-Conn. If you have not yet signed up for NAAFA-DATE and would like to do so, please write for information immediately. If you live outside of the tri-state area but expect to visit soon and would like to participate, let us know.

### GROSSWIRTH LEAVES EDITORSHIP

Our editor for more than a year, Marvin Grosswirth, has resigned from the editorship.

Stating that pressures of business prevents him from continuing to do justice to the post, he remains as Board member and as NAAFA's public relations consultant.

Florane Sclar, former New York Chapter Chairman and recently elected Board member, has been selected to be editor of the Newsletter.

pletely abhorrent to the patient, the hypnotist doesn't exist who could get him to perform the act. As most NAAFAns know, weight loss is not always merely a question of will. If it were, hypnosis might be able to strengthen that will. But weight loss is, in Dr. Panjwani's words, "hard work, frustrating, hell at times, with many pitfalls and temptations..." These pitfalls are psychological as well as physical.

Hypnotism can work with some people. Maybe it will work for you. But don't find an entertainer who promises weight loss by day and performs at Elks smokers at night. Find a qualified psychiatrist or psychologist who specializes in hypnotherapy.

### **Dead End**

To the coroner's jury that had heard eight days of testimony, it was a "gross technical error." To Dr. Jean-Paul Drouin, 50, of Ottawa's Montfort Hospital, it was a "complication." To three of Drouin's surgical patients, it meant slow, painful death.

The operation in question, a modification of one devised in 1912 for controlling incurable metabolic disorders, is chancy at best. It is based on the fact that shortening the digestive tract cuts down on caloric absorption, enabling excessively overweight people to shed pounds regardless of how much they eat. To perform it, the surgeon severs the small intestine near the end of the jejunum, or second section, and connects it to the ileum just above the beginning of the colon. This in turn reduces the length of the active small intestine from 23 feet to a mere 30 inches, drastically lessening the time it takes for food to pass through the system. This reduces the amount of digested material that can be absorbed through the intestinal walls.

**Liaison Lack.** Drouin had already performed 59 such operations when he scheduled three more patients in one 24-hour period last May. During the 90-minute operations, Drouin apparently became confused. Working "up to his elbows," as he put it later, he mixed up the different clamps he used to mark the ends of the bypassed small intestine. As a result, he hooked the ileum to the colon, connected the end of the small intestine to the jejunum (see diagram).

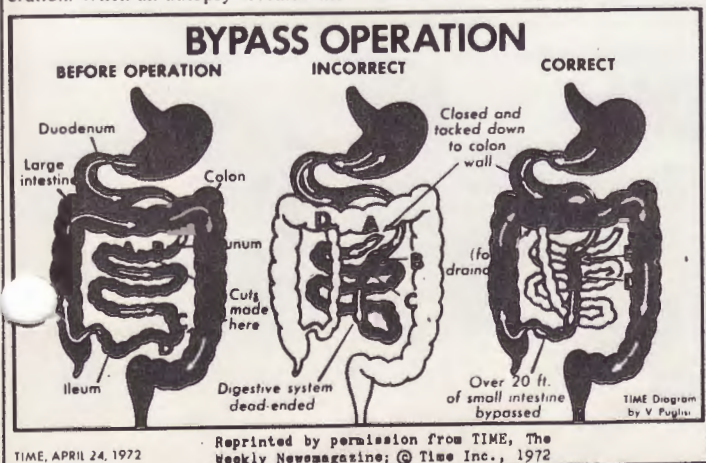
Drouin had dead-ended the digestive system, creating a closed tract that could only be emptied by vomiting. One patient, a 32-year-old truck driver who weighed 385 lbs., choked on his own vomit and died nine days after the operation. When an autopsy revealed the

reason, Drouin brought the other patients, two sisters who weighed nearly 300 lbs. each, back into the hospital for corrective surgery. It was too late; both women had already developed abdominal infections and other complications; both died.

The deaths, and the ensuing inquest, jolted the Canadian medical community. Drouin now faces an investigation by the College of Physicians and Surgeons of Ontario, which has the power to revoke medical licenses. After hearing hospital personnel tell about missing reports and erroneous or unkept records, the coroner's jury cited the Montfort Hospital for a "considerable lack of liaison between the various departments" and urged it to adopt better administrative practices. It also heard testimony about other patients' postoperative problems (one woman told of an overwhelming though inexplicable desire to eat mud) which raised new doubts about weight-loss surgery.

Most doctors agree that the operation should be attempted only in rare cases complicated by such problems as high blood pressure or diabetes. Dr. J. Howard Payne of Los Angeles County-University of Southern California Medical Center regards it only as a last resort for the "morbidly obese"; he has performed 180 of the bowel bypasses and lost five patients since 1956. He has declined to operate on thousands of others.

Dr. Peter Salmon of the University of Alberta, who has lost five of his 120 patients, announced that he would do no more bypasses until all data on their value have been thoroughly reviewed. Officials at Ottawa Civic Hospital, meanwhile, stopped all obesity operations nine months ago.



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

FREE



FREE

## CLASSIFIED ADS

**Non-commercial ads:** 10¢/word, minimum 10 words; department number available for \$2/issue.

**Commercial ads:** 25¢/word, minimum 10 words; department number available for \$4/issue.

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

**DEADLINE:** All ad copy received (with payment) by the 10th of each month will be printed by the 1st of the following month.

**WANTED** - Energetic members to sell ads in NAAFA's 1972 Journal. See article elsewhere in this issue.

**TYPEWRITER WANTED** - by NAAFA office for Newsletter, etc. to replace an IBM Executive Model "C" we now rent. Must take a carbon ribbon - typeface can be any readable style. Reply to NAAFA office, describing machine, and price you will accept for sale or rental; or the length of time you will LOAN it to us.

**EMPLOYMENT** - Small Manhattan-based company has occasional openings for clerical personnel. Light typing/filing/bookkeeping as ability permits. Not prejudiced against "overweight" applicants. Reply to NAAFA, Dept. A, giving experience, salary requirements, and phone.

**WE'RE HAVING A PICNIC!!** - For all members of NAAFA and their friends and families in the N. Y., N. J. and Conn. areas: Sunday, Aug. 27, at Flushing Meadow Park, Queens, NY. Direct public transportation to park; car pools also being arranged. For complete information, call any of the following on evenings or weekends:

N. Y. C. & L. I.: Myrna Kronenthal - (212) 624-0581

Helen Resman - (212) 855-8744 Florane Sclar - (212) 261-2796

Westchester, Upstate NY, and Conn.: Liz Coleman - (914) 762-0195

N. J.: Joe Protovin - (201) 374-3561

**AT LAST! SPECIAL OFFER!** NANCY AUSTIN ORIGINALS has found pantyhose that really S-T-R-E-T-C-H. (Extra Length - Extra Thigh Width - Extra Hip Width - Extra Stretch):

No. 44XL Pantyhose, First Quality, Extra Size. Colors available in sheer: Off Black, Navy, Beigetone, Tantone, Taupetone, French Coffee, and White.

Colors available in opaque: Plum, Burgundy, Navy and Black. 100% NYLON. Sizes: 1X fits 38"-45" hip, 2X fits 42"-48", 3X fits 45"-51", 4X fits 51"-66" plus! Priced only \$3.00 a pair. Two pairs for \$5.00. Mailing and handling only \$.50. (Gals, if you have been disappointed before, try these. They really fit whether you are short, average, or tall!) Order from: NANCY AUSTIN ORIGINALS, 3862 Omaha Circle, Las Vegas, Nevada 89109.

**HAPPY BIRTHDAY TO YOU!** Happy Birthday to you. Happy Birthday dear SBD, Happy Birthday to you!

**WANTED** - NAAFA volunteer to pick up and deliver material from 34th St. in Manhattan to Grand Army Plaza area of Brooklyn, and vice-versa, twice a month. Monthly Newsletter depends on your helping us! Contact NAAFA office immediately. Housewife, teacher, or commuter ideal for this job. Car helpful.

**WANTED** - ADDRESSOGRAPH MACHINE operator to maintain NAAFA plates and to print envelopes periodically. Volunteer must have space for the machinery (basement ideal) and have a mechanical knack. Will train anyone. Contact NAAFA office.

## BOOK SERVICE

This department of NAAFA is intended as a service to members who want a place to obtain certain books at less expense and trouble than ordering them through a regular bookstore, which can often take weeks.

All books are normally in stock. Send check or money order payable to NAAFA, and allow 1-2 weeks for delivery; we pay postage. Any small "profits" are used to help defray other expenses.

**FAT PRIDE** (Grosswirth, Jarrow Press, 1971, \$6.95).....Net \$5.75  
Truly a "survival handbook"...very lively reading.

**FAT POWER** (Louderback, Hawthorn Books, 1970, \$5.95).....Net \$4.95  
The definitive book on fat...a factual history.

**OVERWEIGHT** (Mayer, Prentice-Hall, 1968, \$2.45).....Net \$2.00  
Emphasis is medical; reads like a detective story.

**SEX AND THE OVERWEIGHT WOMAN** (Scheiman, Signet, 1970)...\$ .75  
Solid information mixed with some curious theories.

**THE OVERWEIGHT SOCIETY** (Wyden, Pocket Books, 1965).....\$ .75  
Occasionally tedious, but interesting anyway.

**NAAFA NEWSLETTER** - All back issues available.....Each \$ .35  
Vol. I, Issue 1, 10/70 - present.

## RECENT PUBLICITY

Before listing the major items of publicity involving NAAFA occurring since the last Newsletter, it should be pointed out that publicity is an important part of NAAFA's educational program, in that the public is made aware of the fact that our point of view exists. NAAFA does not seek publicity for any reason other than advancing its point of view, getting more members, and becoming stronger so that it can help you better.

Many NAAFA members are interested in hearing about the ways in which NAAFA gets public recognition. For that reason, we summarize each month the important areas of publicity.

On p. 42 of the July issue of Ms. Magazine, a NAAFA letter was printed. That issue may still be on the newsstands. In the Washington Daily News of May 9, a great interview with Washington Chapter Chairman, Paul Feine, and a reproduction from our HILDA calendar was published. An article in the May 13 issue of the TV News newspaper supplement referred to NAAFA, and specifically to the appearance of a NAAFA representative on The 51st State television program. Articles about NAAFA in Robin Sloan's syndicated gossip column in early April provoked an avalanche of mail. A talk on radio WQXR-AM and FM in April by a NAAFA official was well received.

An article in the New York Sunday News on April 16 focussed attention on the association. NAAFA representatives appeared on the Larry Angel Show on WJZ-TV in Baltimore, and on the Bernie Herman Show on WCAU radio in Philadelphia, in April, and also on the Arnold Zenker Show on WCVB-TV in Boston in May. An article in the Chicago Tribune of April 30 was very praiseworthy of NAAFA and of the book Fat Pride. A series of NAAFA letters in New York area newspapers in April (Newsday, Post, LI Press) blasted the recent policy against fat policemen in NYC. A NAAFA letter in the Village Voice (Mar. 23) and an article 2 weeks earlier about Fat Pride and NAAFA brought in much mail.

