

NAAFA NEWSLETTER

NATIONAL ASSOCIATION TO AID FAT AMERICANS, INC.

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

212 776-8120

Volume VI

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

NAAFA'S MOVED!

As most of you have realized by now, the NAAFA office has again been moved. Due to an overwhelming increase in membership in a very short time, it was imperative that we move to larger, more centralized headquarters.

Our new address is P. O. Box 43, Bellerose, New York 11426, and our phone number is 212 776-8120. We have tried to allow for an expected continued increase in membership and hope to remain at this address for some time. However, if you hear that we've moved again, please be assured that it can only mean good things are happening at NAAFA!

NEW YEAR'S EVE PARTY

Dianne Rubinstein, Chairperson of the Fund Raising Committee, has announced that NAAFA will throw a New Year's Eve bash this year. The party will be held somewhere in the New York-New Jersey-Connecticut area, and further details will be sent to you as soon as possible.

SOUND OFF!

The NAAFA office has written official letters protesting discriminatory actions described below. However, as we know from past, successful experience, a flood of letters from NAAFA members can have great impact. Therefore, we urge you to write, too, and let your opinions be known.

UNIVERSITY REJECTS FAT STUDENTS

Dr. Carl Hamilton, Academic Dean of Oral Roberts University in Tulsa, Oklahoma, has announced a program of compulsory diet-

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HILDA

For the second year in a row, the Board has voted not to offer Hilda calendars to NAAFA members for sale. As reported by Bill Fabrey in his President's message in the May-June 1976 Newsletter, when it was decided not to sell Hilda calendars for the first time in five years, sales had dropped too much to justify our purchasing a quantity to sell to those interested NAAFA members.

Furthermore, there had been some criticism of Hilda--she was not fat enough; she is a "sexist and exploitative treatment of the female body, as are all nude or semi-nude female" calendars; many of the verses accompanying the pictures were considered derogatory. However, we still have copies of the 1972, 1974, 1975 and 1976 Hilda calendars available for new members and Hilda "buffs" at \$1.50 each. We hope you'll let us have your feelings on this subject to guide us in future years.

We do have a pleasant surprise for those of you who are interested in Hilda.

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FAT STUDENTS (continued from Page 1)

ing that has led to the expulsion of students who didn't agree to or succeed at this program. He said that the policy affected the "individual who is voluntarily overweight simply from eating too much too often." Each student is tested. If fat comes to more than 35 percent body weight for a woman or 25 percent for a man, the student is placed on a weight-loss program and must submit an approved diet menu once a week.

The American Civil Liberties Union in Oklahoma City has filed a 75-page complaint with the Federal government, asking for a review of the university's discriminatory policies.

To NAAFA's knowlege, this is the first time the ACLU has taken on the cause of fat rights, and it is hoped that this will be the beginning of a deluge of lawsuits on behalf of fat people. NAAFA is cooperating fully with the ACLU, and has offered whatever assistance it can give to the affected students. A press release has also been issued in this matter.

(Thanks to Carlos Allen, Edith Callahan, Wayne Gehres and Ken Wachtel for submitting news articles on this matter from Associated Press, PHILADELPHIA INQUIRER, United Press International and THE NEW YORK TIMES, respectively.)

TAX ON FAT PEOPLE?

A letter to the editor of THE NEW YORK TIMES on August 5 was entitled, "A Dollar a Pound." Jack R. Harnes, M. D., 730 Park Avenue, New York, New York, wrote to support a proposal for a tax on substances which are believed to increase illness. Dr. Harnes stated, "I therefore suggest a tax on obesity. A dollar a pound each year for excessive weight would add billions to government revenues."

We think Dr. Harnes should return to medical school--how about you?!

(Thanks to Lee Rothstein of Manhattan for submission of the above article.)

HILDA (continued from Page 1)

We have made arrangements to purchase blank Hilda note cards, measuring approximately 5 x 7. The above picture of Hilda, in full color with her bright red long johns, is trimmed in gold on the front of the card, and there is plenty of room on the inside for your message. These cards can make excellent holiday gifts and Christmas cards, as well as note cards for just about any occasion, from a friendly "hello," to a very special affair.

Hilda note cards can be purchased for 50 cents each, postpaid. The small "profit" derived from the sale of these cards will be used to help defray NAAFA's many operating expenses. If you wish delivery in time for the holidays, you must get your order in right away. If we get a good response, we shall make this a permanent item on our Book Service.

DANCE DRAWS RECORD CROWD

More than 100 people attended the October 22 NAAFA-Dance that was held at the Dancing Oasis in New York City, breaking previous records for a NAAFA social function.

Many of the non-members seen at the dance were attracted by several ads placed in local newspapers and mailings to ex-members. Lisbeth Fisher, Chairperson of the NAAFA-Dance Committee, observed that an unusual variety of people, including fat and thin, young and old, and from distances as far away as Washington, D. C., Maryland, Pennsylvania and even California, all helped to make the evening a success.

Veterans of previous NAAFA functions could not recall seeing so many couples dancing and conversing, many of whom remained at the fund raiser until well after 2 a.m.

As one observer noted, "If you measure the success of a dance by the number of people who arrived as singles and departed as couples, then surely this evening was a success. When's the next one?" (Not to mention the hard-pressed NAAFA treasury, which also benefited by the event.)

FIRST NATIONAL FAT FASHION EXHIBIT

On October 17, manufacturers of large-size clothing made fashion history in Los Angeles, according to several newspaper articles received from NAAFA members.

The first major national exhibit of fashions for fat women featured outfits worn by big, beautiful models, and drew shouts, applause and wolf whistles. The trade show included 62 manufacturers specializing in the large and half-size markets--sizes 18 to 52.

NAAFA member Nancy Austin, comedienne-turned-designer, was the hit of the show in such outfits as a sequined evening gown and a lacy, ultra-feminine wedding gown.

The theme of the show was "Big is Beautiful." Nancy, who weighs about 270 pounds, says that over 30 percent of the women in this country need large sizes, which means that the approximately 22 million previously-overlooked female customers are finally receiving the fashion attention they deserve!

MEMBERSHIP REPORT

Lisbeth Fisher, Chairperson of the Membership Committee, has reported that, since NAAFA opened its formal office in Ossining in February of this year, the NAAFA membership has grown by approximately 40 percent. This is an enormous growth in just a few short months, and it necessitated our move to larger headquarters, as reported elsewhere in this Newsletter.

Liz and her committee are working very hard to retain our present members, entice ex-members to rejoin, and constantly pursue new members. If you have any ideas or suggestions, please let us hear from you. Any opportunity you get to have NAAFA's name, address and goals publicized will result in new members for NAAFA.

Soon, you will have an opportunity to become more involved in membership. Watch for details of the upcoming membership drive, which will be sent to you soon.

CONVENTION DATE AND SITE CHOSEN

Mark your calendars now for one of the most exciting conventions we've had yet! The Baltimore-Washington Chapter has graciously offered to host the 1978 Convention in Washington, D. C., over the Memorial Day Weekend (May 26-29). We'll be reporting more information in future issues of the Newsletter, as it is received.

THE HOLIDAYS ARE COMING...

and we all know how impossible it is to select the right gift for certain people! Gift memberships in NAAFA are available, as well as gift renewals. These would make wonderful gifts for that friend of yours whom you've tried to interest in NAAFA or for that wonderful friend you've made because of your mutual membership in NAAFA. The NAAFA office will send gift cards to the recipient(s) you specify in time for Christmas and Chanukah.

Also, the many books offered by our book service are ideal gifts for a NAAFA friend, or the friend, again, whom you've been trying to convince to join NAAFA or simply reinforce your building-up of their confidence.

If you'd like to avoid some of the wearisome holiday shopping facing you, simply contact the NAAFA office for appropriate ordering information.

CHAPTER NEWS

by Michael Simpson

At its September 16 meeting, the Board approved the establishment of three new chapters. This was made possible by my predecessor, Karen Scott-Jones. At its October 14 meeting, the Board approved two more new chapters. The new chapters and their Chairpeople Pro-Tem are as follows:

Delaware County, Pennsylvania (Philadelphia)--Edith Callahan

Florida--Jackie Adams

Kentucky--Ike Smith

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BOARD VACANCIES FILLED

At its meeting on September 16, the Board of Directors confirmed the appointments by President Fabrey to three vacant positions on the Board, previously reported in this Newsletter. Howard Clist and Ernest Harff, active on the Board in previous years, were asked to fill seats vacated by Joyce Fabrey and the late Naomi Shadowitz. Dianne Rubinstein, a newcomer on the Board, was appointed to fill the seat vacated by Karen Scott-Jones.

NAAFA's Constitution provides that "in the event of the resignation, removal, or death of any Board member before the normal expiration of his [or her] term, a new Board member shall be appointed by the President, subject to the approval of the Board, to fill out the term of the vacant seat." (Bylaws, Art. II, Sec. 7)

According to President Fabrey, "Making such appointments is not an easy task, because I must satisfy my own conscience and the existing Board at the same time. Anyone I appoint should usually have a proven track record with this organization, and there are always a limited number of good candidates from which to choose. I do make an attempt, wherever possible, to appoint those who bring a new or different outlook to the organization, who can help keep the Board a balanced group of people representing a wide variety of NAAFA members.

"The Board, most of which is made up of individuals who are elected by the NAAFA membership in June of each year, has always supported my efforts to provide a diversity of Board members."

FAT CHANCE

The long-awaited and promised first issue of FAT CHANCE was submitted to the Publications Committee a few weeks ago. However, some problems arose over the intended content of the publication, so a committee was formed at the October 14 Board meeting to set guidelines.

In the meantime, editor of FAT CHANCE, Babe Stevens, has requested that, if you have any creative writing you would like to submit for possible publication in FAT CHANCE, please send it to her, care of the NAAFA office.



BOARD ELECTS NEW RECORDING SECRETARY

At its meeting on September 16, the Board elected Gail Gold as Recording Secretary, to fill the vacancy created by the June resignation of Joyce Maloney, who had served as Recording Secretary since December, 1975.

A competent steno-typist, Gail is studying to become a court reporter. She is acting Chairperson of the Greater New York Chapter.

FUND RAISING MADE EASY

Our new Fund Raising Chairperson, Dianne Rubinstein, is full of ideas to help NAAFA raise money. Since NAAFA exists solely on membership fees, donations, and fund raising, this committee is a very important part of NAAFA.

One way in which you can help, without having to spend any money other than that which you would spend on groceries, is to send to the NAAFA office all purchase confirmation seals clipped from the packages containing Goodman food products.

Goodman will pay NAAFA 5 to 10 cents per seal, depending on how many we collect. Some of the many Goodman's products include egg noodles, boxes of soup, many egg noodle products, various types of matzo, and Chinese noodles.

The expiration date on the offer from Goodman's is May 31, 1978, so this will give us plenty of time to collect lots of seals and make extra money for NAAFA. Please send your Goodman's purchase confirmation seals to the NAAFA office as often as you wish.

FAT FEATURED FAVORABLY IN MEDIA

Notice has been made of signs of growing acceptance by the media of fat people. Several clothing manufacturers have actually used heavier-than-average models in advertisements for their lines of large-size fashions. The October COSMOPOLITAN and November GLAMOUR and LADY'S 'CIRCLE actually contained articles (listed on their front covers!) supporting the premise that plump can be pretty (although they've got a long way to go before their "plump" models are truly fattened up)! The September issue of MS. magazine had some interesting articles on being fat. The November GOOD HOUSEKEEPING has an expose on the Atkins', Fredericks', and Linn diets, and Charlotte Montgomery lists seven companies that manufacture panty hose for the large woman.

Finally, world-famous beauty Elizabeth Taylor is listed on the front cover of the November ESQUIRE as "fat, fortyish and still fabulous." The article itself states, "She claims to get a sexual pleasure from eating (and refers to herself as a 'lump')." It is a tribute to her beauty that she remains striking in spite of the padding."

[Ed. note: The padding referred to above and the soft, rounded figure that is characteristic of Elizabeth Taylor may well have helped to give her a universal sex appeal throughout the many years of her stardom. We do not find it difficult to understand why she is still considered appealing to many, including the article's author, who seems to be surprised at his own feelings about her.]

REPORT ON SUBMARINE AFFAIR

The NAAFA office is still in correspondence about the Naval discrimination aboard the USS Los Angeles during President Carter's visit last June, which was the beginning of a NAAFA letter-writing campaign.

The latest correspondence received was a letter from the Assistant Secretary of the Navy on behalf of President Carter. However, NAAFA officials are still dissatisfied and intend to pursue the matter further. We shall report any further details in the next issue of the Newsletter.

HISTORY MADE AT TEACHERS' CONVENTION

A civil rights proposal that included wording favorable to fat people was passed recently in Baltimore at the 110th Annual Convention of the Maryland State Teachers Association, marking the first time such wording has ever been used in such a resolution.

Due to the determined efforts of NAAFA member Russell Williams, a delegate from Hagerstown, Maryland, the word "size" was successfully inserted in the resolution that finally passed on October 15, after two days of debate, with 90 percent of the delegates voting in favor of the final wording:

"The Maryland State Teachers Association publicly objects to all forms of discrimination based on factors of competence."

The forms to which we object shall include, but are not limited to, race, size, religion, age, handicaps, sex, and sexual preference." [Emphasis ours.]

In his speech to the MSTTA, Mr. Williams mentioned NAAFA and said in part:

"Size discrimination is a form of discrimination often unmentioned and overlooked by 'normal' sized persons... As educators, we should take the lead in being aware of and objecting to more than the current headline discriminations. The question in hiring non-standard-sized people should be, 'Are you the most competent person available for this job?' Other criteria should not be allowed to enter the hiring or firing process."

The significance of the final resolution is that any of the 15,000 teachers in Maryland who are members of the association and feel that their human rights have been violated for any of the above reasons, including size, now have access to the association's extensive legal resources.

[We applaud Mr. Williams and his courageous stand at the Convention that resulted in this victory for fat teachers (or those of any "unpopular" size) in Maryland.--Ed.]

FILM RIDICULED WOMAN,
SHE ALLEGES IN MD. SUIT

[The following article was submitted by Nick Tolliver of Takoma Park, Maryland. It is reprinted from THE WASHINGTON POST, 4/13/77.]

"The film 'Mission Nutrition' had been running for several minutes when some members of the audience--a seventh grade class at Montgomery County's Parkland Jr. High School--began laughing and taunting one of their classmates, according to a suit filed in the County Circuit Court.

"What prompted the outburst last December, according to the suit, was the appearance in the film of the student's mother shopping at the local Giant Food Store as the narrator intoned, 'Some of our chubby friends seem to take in more than they burn up,' or, the suit maintains, 'words of a similar disparaging nature.'

"The movie has now been withdrawn from showing by the school system, and the details of the film--including what the narrator said--are in dispute.

"The suit, filed by Beverly Kouzel of 14200 Chadwick Lane, Rockville, contends that she was filmed without her knowledge and that the showing of the film caused her to 'become an object of ridicule and to suffer emotional distress, humiliation and embarrassment...'

"Arguing that the film invaded her privacy, Mrs. Kouzel is seeking \$700,000 in damages from Astra Films of Washington, which produced the film; Paul L. Brand and Son, Inc., of Falls Church, which distributed it; the County School System; and Giant Food.

"Leonard Grossman, owner of Astra Films, disputed the contentions made in the suit, saying that everyone who appeared in the film--made seven years ago--had been made aware that they had been filmed. He said the cameramen were instructed to have everyone who appeared in the film sign a statement acknowledging they knew they had been filmed.

"Brand said that as distributor he was not responsible for content. The school system's attorney said he has not yet drafted an answer to the suit. But a school spokesman characterized its position as being that of 'an innocent by-

stander' and said that school officials, who buy 1,500 films a year, said they had not seen the film in question. A reporter's effort to reach an attorney for Giant Food was unsuccessful.

"According to the school spokesman, two prints of the film were purchased from the Brand Co. for \$300 in February, 1973. After Mrs. Kouzel called school officials December 13, both prints were withdrawn from circulation, the spokesman said.

"Mrs. Kouzel declined to comment when called by a reporter. According to court documents, the 7-year-old film shows her weighing about 100 pounds more than she actually weighed last December. Her attorney, William F. Abell, disputed the assertions of school officials. He said the officials were 'well aware' that the film was made at the Aspen Hill Giant Food Store. 'Our contention is they've got to get permission for this sort of thing,' Abell said. 'It's not like she was just there in a general crowd of people. She's fully recognizable by anyone who knows her. None of the others in the film are used that way. She's singled out.'

"Grossman of Astra Films said his company primarily makes films for candidates for political office and that the nutrition film was a speculative venture. It was not selling, and Astra stopped trying to market it several years ago, he said. As far as he can remember, the film contains no disparaging statements about overweight people. 'Our intention was to do a film on nutrition,' he said. 'There was no intention to hurt anybody.' He said the suit 'will effectively put us out of business whether we win or not. We've been found guilty just by the accusation. No political candidate will touch us now.'"

[Ed. note: We have received many excellent articles from NAAFA members that we believe are of great interest to other NAAFA members. However, due to lack of space, we cannot begin to reprint them all here. Therefore, we are considering publishing an extra issue of the Newsletter that will contain only reprints of articles submitted to us by our members. Please keep submitting articles that you feel are of interest, and be sure to include the name of the publication and date of the article. We shall continue to credit contributors of five or more articles that are used by us towards a free 1-year membership renewal.]

CHAPTER NEWS (continued from Page 3)

Lake County, Indiana--Isabella Peters

Texas--Mary Kelly

Members in these areas have been notified of the formation of these chapters. The Chairpeople Pro-Tem have also been supplied with the names and addresses of members in their areas and have, hopefully, already scheduled a meeting. If you have not received information on any of these chapters and would like to receive same, please contact me.

We have also received and processed applications for the formation of chapters in the following areas:

- Davis, California
- Illinois
- Michigan
- New Mexico
- North Carolina/Virginia
- Ohio
- Sacramento, California
- Seattle, Washington
- Southern New Jersey

We are also attempting to reactivate dormant chapters in Northern New Jersey, Westchester County, New York, and Kansas/Oklahoma. Matthew Madigan is getting people together in New Jersey, and if you are interested in attending a meeting, please contact him at 440 Valley Brook Avenue, Lyndhurst, New Jersey 07071. Any volunteers for the other two areas mentioned?

Looking through the membership files, I find that we have enough members in each of the following areas to form new chapters. All we need are volunteers to get things rolling.

- Iowa
- Massachusetts
- Nassau and Suffolk Counties, New York
- New Hampshire/Vermont
- Oregon
- Richmond, Virginia
- St. Louis, Missouri
- Tucson, Arizona

Anyone interested in forming a chapter or obtaining information on an existing chapter may contact me at 47 Lorraine Terrace, Mt. Vernon, New York 10553, 914 699-7735.

NAAFA SCORES WITH PUBLICITY

Many NAAFANS have expressed a desire to know more about NAAFA's public exposure. We have had an unusual amount of publicity lately, some of which we would like to share with you here.

In July, NAAFANS Peggy Greensfelder and Russell Williams appeared on 2's Company on WMAR-TV, Baltimore...NAAFA members Marvin Grosswirth and Liz Fisher appeared on the Joel A. Spivak Show on July 26 on WCAU-TV in Philadelphia...on Labor Day, Art Hambach and Karen Reetz served on a panel at the 27th Annual Meeting of the Society for the Study of Social Problems in Chicago. The portion of this Sociologists' Convention in which they were involved was entitled, "Moving Toward Acceptance of Fatness," and was chaired by NAAFA advisor Dr. Natalie Allon...

September 28, NAAFAN Carolyn Prior appeared with Stella Reichman, author of GREAT BIG BEAUTIFUL DOLL, on Kelly & Co. on WXYZ-TV in Detroit...Bill Fabrey taped a radio interview on September 30 for Station CHML in Hamilton, Ontario, Canada...the October issue of FORUM contained an excellent article on fat admirers, written by Dave Haldane...the September edition of SIGNATURE magazine published the results of the study done by our Anthropometrics Committee on airline seating... a soon-to-be published article in U. S. NEWS AND WORLD REPORT will deal with the subject of employment discrimination of the fat person...

As reported in our last Newsletter, the mail order division of Lane Bryant has published an excellent article about NAAFA in its Volume I, No. 4 issue of HAPPY TALK. This brochure is sent out with all orders received via the Lane Bryant catalog, and will be included in the orders for the next few months, while the supply lasts. Featured in the article are pictures of our own members modelling Lane Bryant fashions at our last convention. Lane Bryant catalogs may be obtained by writing to Lane Bryant, 2300 Southeastern Avenue, Indianapolis, Indiana 46201.

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



IT'S IN THE BAG!

Carlos Allen, Chairperson of our Advertising Committee, is certainly not shy about proclaiming his feelings about NAAFA. He went out and purchased a bright red tote bag, then went to a store that does t-shirt lettering, and talked them into lettering his tote bag, as pictured here. Now, when Carlos commutes to his job at a Manhattan-based advertising agency, he doesn't carry the ever-present attache case. Instead, he finds his tote bag is just as convenient as the attache case, weighs less, carries just as much, and lets everyone know "where he's at!"

If any NAAFA member is interested in purchasing such a tote bag, contact the NAAFA office. If enough interest is generated, Carlos has promised to look into the feasibility of having them mass-produced.

SHADOWITZ FUND GROWING

We have had a gratifying response to the announcement in our last Newsletter (June-July 1977) of the formation of the Naomi Shadowitz Memorial Fund. A committee consisting of Sheila Goodman (Chairperson), Carlos Allen, and Michael Simpson has been appointed to administer the Fund and to make recommendations to the Board as to how the money should be used. All donations are placed in a separate savings account, and will be used only for special projects, rather than being applied to NAAFA's administrative costs.

If you would like to make a tax deductible donation to the fund, simply mail your check, payable to NAAFA, to P. O. Box 43, Bellerose, New York 11426, and indicate your desire to have it applied to the fund. An acknowledgement will be mailed to you.

BOARD MEETING DATES

The next meeting of the Board of Directors, which is open to all NAAFA members, will be held on Friday, November 18, at 7:30 p.m. at the West Side YMCA, 5 West 63rd Street, Room D, New York City. We urge all interested NAAFA members to attend and see first-hand how the many important decisions about NAAFA's future are handled by your elected officials. Please call 212 776-8120 a day or two before the meeting to confirm the time and place. Upcoming meetings are December 10, January 20 and February 10.

PERSONAL ADS

Ms. 5x5 looking for Mr. Special!

Objective: to have a helluva lot of fun, making it difficult for any other (fat) woman you might wish to pursue.* I want to be considerably more to you than a quick "toss in the hay," considerably other than your therapist. I want somewhat less than lots of your attention and companionship, but somewhat more than just a little of same.

*I weigh over 200 pounds. My friends can truthfully call me pretty. Reply to Department 102, NAAFA, P. O. Box 43, Bellerose, New York 11426.

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Tall male wants to meet affectionate female weighing over 300 pounds. Reply to Department 103, NAAFA, P. O. Box 43, Bellerose, New York 11426.

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.