

NAAFA Newsletter

VOLUME X

ISSUE # 3

SPRING 1984

HAPPY BIRTHDAY TO NAAFA

NAAFA's 15th birthday...June 13, 1984

According to NAAFA's Founder, Bill Fabrey, NAAFA was officially started on June 13, 1969. That was the date that he and eight others signed the draft constitution and bylaws in Staten Island, New York at the home of Fat Power author Lou Louderback.

NAAFA is the oldest fat liberation organization and has survived long enough to see its struggles have an effect on the well-being of fat Americans.

"Sometimes I'm amazed at how far we've come in NAAFA and in the movement in general," says Chairman Fabrey. "The publications and activities of NAAFA today bear little resemblance to those we tried to have in the early days...the doubters always said that we'd never make it beyond the first 50 members, or be taken seriously by anyone. Certainly, it has been an uphill fight at times, but our efforts have paid off well in the long run. I want the readers of this Newsletter to be aware that as NAAFA members, they are helping to support a great historical self-help human-rights movement on behalf of fat people!"★



SUSAN DUBIN

BODY IMAGE WEEK PROCLAIMED BY SANTA CRUZ MAYOR

The week of June 11-18 has been proclaimed "Body Image Week" by Mayor John Laird of Santa Cruz, California. The mayor signed the proclamation, proposed and written by Susan Dubin of the Santa Cruz/Monterey Bay Chapter of NAAFA, on May 3, 1984.

The proclamation states, "Intelligent and creative people are housed in bodies of all shapes, sizes, colors and forms," and that "beauty is a subjective experience for each individual." It concludes by encouraging "all people to celebrate and take pleasure in their own physical form, intelligence and creativity."

Also included in the proclamation is the information that "the Santa Cruz/Monterey Bay Chapter of NAAFA has been formed to encourage individuals to live up to their fullest potential, and is presenting a series of workshops..." during the week.

How did this exciting event come about? Susan Dubin reports:

"Originally, the proclamation was geared toward our chapter's involvement in the Myth America Anti-Pageant (protesting the Miss California Pageant which has been held in Santa Cruz since 1923.) But at the time, we were reconsidering our involvement so parts of the proclamation were deleted. We also had to amend it to allow for the fact that local merchants profit from the Miss California festivities.

The document and our Body Image Week plans stand well on their own as an answer to the limited view of beauty which the Pageant promotes. We plan to hold self-image workshops, a Body-Beautiful (whatever your size) dance, and featured speakers.

The proclamation took many weeks to plan. I had to leave many messages for Mayor Laird and make many visits to his office to finally get through to him. There was some question as to whether the document would be signed because of the conflict surrounding the Pageant.

Happily, Mayor Laird saw fit to approve our request--albiet after a call from one of our more sympathetic city concil members, former mayor Mike Rotkin--and Body Image Week became official!"

Mayor's Proclamation City of Santa Cruz California

WHEREAS INTELLIGENT AND CREATIVE PEOPLE ARE HOUSED IN BODIES OF ALL SHAPES, SIZES, COLORS AND FORMS; and

WHEREAS BEAUTY IS A SUBJECTIVE EXPERIENCE FOR EACH INDIVIDUAL, WHICH CAN BE FOUND IN ALL FORMS OF LIFE; and

WHEREAS CERTAIN INDUCED IMAGES OF CONTEMPORARY BEAUTY RELY UPON WOMEN'S INSECURITY TO PROMOTE PRODUCTS, CAUSING PEOPLE TO FEEL INADEQUATE AND REDUCING THEIR EFFECTIVENESS BOTH IN THEIR PERSONAL LIVES AND IN THE COMMUNITY; and

WHEREAS THE SANTA CRUZ/MONTEREY BAY CHAPTER OF THE NATIONAL ASSOCIATION TO AID FAT AMERICANS (S.C.N.A.A.F.A.) HAS BEEN FORMED TO ENCOURAGE INDIVIDUALS TO LIVE UP TO THEIR FULLEST POTENTIAL AND IS PRESENTING A SERIES OF WORKSHOPS, SPEAKERS AND SPECIAL EVENTS FOR THE WEEK OF JUNE 11 - 18, 1984;

NOW, THEREFORE, I, JOHN LAIRD, MAYOR OF THE CITY OF SANTA CRUZ, DO HEREBY PROCLAIM THE WEEK OF JUNE 11 - 18, 1984, AS "BODY IMAGE WEEK" IN THE CITY OF SANTA CRUZ, AND ENCOURAGE ALL PEOPLE TO CELEBRATE AND TAKE PLEASURE IN THEIR OWN PHYSICAL FORM, INTELLIGENCE AND CREATIVITY.



John Laird
JOHN LAIRD, MAYOR

Signed and Sealed this 3rd day of May 1984

NEWSFLASH—The latest good word from the West Coast is that a front page article entitled "Weighty declaration by Santa Cruz Mayor" appeared in the Santa Cruz Sentinel. The article quoted Susan Dubin and made mention of NAAFA and the local chapter. It also reported Susan's plans to wear a bikini during the Myth American Anti-Pageant parade on June 18th.

[Thank you to Stella Wirk for sending us the Sentinel clipping.]

If you would like to plan a special week or day enlightening the world about fat liberation, call your local mayor's office and request the procedures and format for filing a proclamation request. Each step we take forward brings us closer to the day when the concepts put forth in the proclamation will be accepted mode of daily thinking for all people.

--Susan Dubin



NAAFA NEWSLETTER

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to Aid Fat Americans, Inc.

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NAAFA FORWARDING SERVICE

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

If you wish to use this service, seal your letter in an envelope that has the proper postage affixed to it and enclose it with the correct fee in a larger envelope addressed to NAAFA, PO Box 43, Bellerose, NY 11426.

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

Foreign members only: Fees must be paid in U.S. funds only. Also, if your check is not drawn on a U.S. bank, please include an additional \$10 per check to cover international bank charges. Do not affix postage to the letter(s) being forwarded.

editorial



by Nancy Summer
Managing Editor

In my last editorial I suggested a name change for NAAFA and judging from the number of comments we have received on the idea, I think I've stirred up enough debate for the next few months. So in this issue, I'll keep it short.

Enclosed with this Newsletter is a brief opinion poll. I urge you to express your opinions by filling out the form and mailing it to the NAAFA office before August 25th, 1984. Some of the opinions requested will be discussed at the national convention on Labor Day weekend, and all will be valuable to the Board of Directors starting with the September meeting.

I would like to thank the many people who have been so supportive of the Newsletter over the last year. Not only have we received many complimentary cards and letters, but some NAAFA members have made donations to NAAFA for the expansion of the Newsletter. Your kind words keep us going.

Thank you also to the NAAFans who have contributed their time, their thoughts, and creative writing. NAAFA is very lucky to have so many fine writers who are willing to share their ideas. Where would the Newsletter be without them?

Finally, I would like to offer a very special thank you to someone who has moved our Newsletter production off the typewriter and into the computer age. Conrad Blickenstorfer has loaned a computer, printer and software to NAAFA which is now being utilized mainly by the Newsletter staff for word processing.

You may have noticed a different look to this issue which was prepared on the computer. We have ordered a part which will allow us to print in our usual typeface...but it's backordered. Hopefully, we'll have our old look back in our next issue.

Thank you, Conrad. Your generous loan means a great deal to our production staff, and in the long run, to the many readers of the NAAFA Newsletter. ★



health

WEIGHT LOSS SURGERY REPORT IMMINENT



PAULA DACHIS



ELISABETH WILLIAMS

NEW TOP OFFICERS

NAAFA's new president is PAULA DACHIS of Maryland. At their February meeting, the Board of Directors elected Paula to a one year term. She succeeds Sheila Goodman in this office.

A graduate of Catholic University in Washington D.C., Paula is the Assistant to the President of a financial planning organization. She and her husband live in the Baltimore/Washington area.

Paula previously held the office of Vice President. She is also the chairperson of NAAFA's Awards and Insurance committees.

According to Paula, "Growing up as a fat child, I never pictured myself as the president of anything. I'm excited to be in a position to help change the society that led me to believe in such limitations."

Paula's election to the Presidency left the office of Vice President open. At the March meeting, ELISABETH WILLIAMS of Long Island was elected to fill that position for a one year term.

Elisabeth is an R.N. and chairs NAAFA's Volunteer Service and Pen Pal committees and is co-chairperson of the F.A. Program Study Committee. She is also an officer of the Long Island chapter.

William J. Fabrey continues to serve as Chairman of the Board. ★

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

According to Paul Ernsberger, Chairperson of the Health Committee, publication of the HEALTH COMMITTEE SPECIAL '84 is close at hand. Included in this publication will be comprehensive coverage of the pros and cons of weight loss surgery, especially stomach stapling. In order to include as much medical information as possible, Ernsberger postponed going to print this spring as had been planned.

"I'd like to repeat the suggestion that I made in the last Newsletter," says Ernsberger. "Any NAAFans or their friends who are thinking about having staple surgery might consider waiting for this paper, which may contain information that could affect their decision!"

According to Ernsberger, "There are many psychological and social benefits to weight loss surgery, and often an enhancement of emotional well-being. However, the documented hazards of stomach stapling and related operations are awesome, and include multiple operations and hospitalizations due to complications; death soon after surgery; leaks of digestive fluid into the abdominal cavity; fatal blood clots; spleen damage; lung collapse; pneumonia; respiratory failure; repeated infection of the incision area; abscesses; gall or kidney stones; kidney failure; staple rupture; intestinal or stomach obstruction; significant malnutrition; anemia; hair loss; brain damage; cancer of the stomach; and many others."

The semi-final draft of the report is over 40 pages in length. At present, it appears that a condensed version will be mailed to all NAAFans, and the complete text made available for the cost of reproduction and mailing, to anyone who wants it. This procedure is being considered due to the size of the report, and also because many NAAFA members are not interested in detailed information on this topic.

Those wishing to receive the full report as fast as possible, and do not want to wait for the mailing of the condensed version can send a note to NAAFA, P.O. Box 43, Bellerose, NY 11426. An order form will be sent by first class mail as soon as the exact charges are known. NAAFA is following this unusual procedure due to the vital nature of the health information in the report.

The report is to include findings from Ernsberger's extensive library research on the subject, as well as information from other concerned individuals, including some members of NAAFA's Advisory Board. Some comments are included from Medical Sociology expert Karl Niedershuh, former chairperson of the Health Committee.

[Our Health Editor Paul Ernsberger is "off" this issue...working hard on the Health Committee Special. But he'll be back in our next regular issue! —Ed.] ★

THE NAME CHANGE DEBATE

In our last issue, I suggested a change of NAAFA's name from "The National Association to Aid Fat Americans" to "The National Association for Acceptance of Fat Americans". We received quite a bit of mail commenting on the proposal, most of it positive. However, two letters were received from members who had a different idea.

Enclosed with this Newsletter is an opinion poll that requests your views on the proposal. To help you make up your mind, here's some of the letters both pro and con.

—N.Summer

FROM AMY BERK (NEW YORK):

"I think that the idea of the name change is superb. 'Acceptance' is a much more accurate word."

FROM THE LOS ANGELES CHAPTER PUBLICATION, LIFE IN THE FAT LANE:

"At the March meeting we had nine people attending. We discussed the name change proposed by... the Editor of the national Newsletter... There was a consensus of approval from the group, at the dinner meeting in favor of the change..."

FROM JOYCE RUE, NAAFA MEMBER AND FOUNDER OF ABUNDANTLY YOURS (CALIFORNIA):

"...I totally share the Editor's view about the word 'AID'. From the first time I heard of NAAFA, I hollered about that word."

FROM THE HEAD OF THE F.A. SIG AND NEW BOARD MEMBER CONRAD BLICKENSTORFER:

"'Acceptance' is certainly better than 'Aid'; the 'Fat' probably cost us members through the years because it is offensive to many, but we do want to take a stand."

FROM DAVEA FISHER, NAAFA PATRON MEMBER AND CO-FOUNDER OF CANADA'S PEOPLE AT LARGE:

"The new name [proposal] is super terrific! I have almost as many reasons for liking it as [the Editor] has for not liking the old one. Bravo!"

AND THIS FROM A CHARTER MEMBER NEIL OSBOURN OF CONNECTICUT:

"Hooray for your proposed name change for NAAFA.

I have always felt that there was something not quite right about the original name, but couldn't put my finger on it. You have hit the nail on the head, and I for one, am in total support. I think such a name change could have far reaching, positive effects for our already great organization."

TWO LETTERS EXPRESSING AN OPPOSING VIEW WERE RECEIVED. THE FIRST WAS FROM MARK MASON OF NEBRASKA:

"I noticed in the last issue...[the proposal] to change the name of our organization to The National Association for Acceptance of Fat Americans. The reasons that [the Editor] gave for changing the name were excellent and replacing the word "aid" with "acceptance" would be a real step forward.

However, while the word "acceptance" more accurately describes the purposes of NAAFA, another word that might be considered is "advancement". Based on what I've gathered from the Newsletter, the primary goal of NAAFA is to advance the position of fat people and fat admirers in our society. The word "advancement" I feel is a more progressive term and more comprehensively describes the general functions and goals of NAAFA."

DAVID WHITEIS OF CHICAGO, EDITOR OF THE CHAPTER'S PUBLICATION: THE BIG TIMES, HAS ALSO EXPRESSED AN OPPOSING VIEW ON THE PROPOSED NAME CHANGE:

"Regarding NAAFA's proposed new name: Sorry, but I would like to lodge the strongest possible protest against the idea of "Acceptance" in NAAFA's name or ideology. I don't want to be part of any group begging acceptance of anyone else; that's asking something to be given, instead of rising and taking what is rightfully ours. ("Acceptance On Our Own Terms" might be okay, perhaps, but it's too many letters.)

I believe that "Acceptance" is more passive than "Aid"—we're acting as if there's an exclusive club out there which we want to join, and it's up to them to accept us. Well, I don't want to be accepted by a group of closed-minded bigots, and I don't think the rest of us should either.

This idea that fat people should beg their way back into the mainstream is one of the things that holds NAAFA back in our efforts to become a more politicized group. The women and minorities who have won rights in the past few years didn't ask anyone for "acceptance": They said, "Okay, here I am on the front of the bus: Do somethin' about it!" and took their rights. Sometimes they were "accepted", sometimes they weren't. But they won their rights, and they took some power. "Acceptance", somehow, becomes less important then.

Ethnic minorities throughout history have developed "soul" cultures and even languages—Yiddish, Black English, Cockney English, etc.—which served as codes and solidarity languages. They were symbolic of togetherness, of the history of past oppressions and the dreams of future liberation. They were the way to keep The Man from understanding conversations, and they were part of the overall identity which proclaimed: "You put us here, you oppressed US for years, and now we don't need you; we've got our own support now, our own culture, our own solidarity and our own world: Now YOU are going to beg US for acceptance!"

This, to me, is the attitude which leads to liberation. Asking for "acceptance" doesn't come close. I think we should either go all the way and use "Advancement", or stick with "Aid" until something better comes along."

A REBUTTAL TO DAVID'S COMMENTS FROM BOARD MEMBER AND NAAFA VICE PRESIDENT, ELISABETH WILLIAMS:

I fully approve of the proposed replacement of the word "Aid" with "Acceptance" in our name.

I can appreciate some of David White's points, however, I do not believe that we are up against only an "exclusive club" of "closed-minded bigots". Sure, there will always be an "Archie Bunker" segment of our society...but I doubt that they will be swayed by any argument...no matter what we call our group.

Many, if not most, people in our society are just uninformed or simply brainwashed by the real enemy: the diet industry and others who seek to make money from fatphobia. The uninformed can be educated, the brainwashed can be enlightened ...but not by putting a gun to their heads and demanding things. We need well developed arguments, logic, cool heads, persistence and patience.

While the fat movement has much to learn from the black or women's movement, our movement is quite different in a few major ways. First of all, we do not have a history of oppression that goes back for hundreds of years. Forty years ago the oppression was much less than today; one hundred years ago fatness was hardly an issue. Esthetic standards swing back and forth like a pendulum.

Secondly, we do not have our own culture. We are all part of other groups based on our gender, ethnic background, race, religion, etc. Fatness, for most of us, is an added issue we have to deal with. This makes solidarity difficult, even within NAAFA. It will take far more years for a fat culture to develop than it will for us to influence and integrate the mainstream of society through acceptance.

Lastly, unlike the black person or the woman who says, "I can't change, you must deal with me the way I am. Give me my rights," fat people are perceived as being able to change their lot by simply losing weight. This perception waters down all our arguments. We won't be taken as seriously as those other groups until we can dispel the myth that the acceptance we crave is ours for the price of a little self-control, will power and resulting weight loss.

Grabbing "power" is not our answer. Public education is. We must deal with society on an intellectual level and work for acceptance through understanding.

A PLEA FOR MODERATION IN OUR NAME CHANGE--
WHY "ACCEPTANCE" IS A GOOD WORD

by Bill Fabrey

The more I think about it, the better I like the use of the word "acceptance" instead of the original word "aid" in our name. The arguments presented in the last Newsletter by Nancy Summer sum it up pretty well.

When in recent weeks I have publicly described NAAFA as a civil-rights self-help group that, among other things, promotes the acceptance of fat and of fat people, I've gotten an almost surprising nod of agreement from various kinds of people. These have included reporters who were writing articles about NAAFA, as well as bank tellers and stationery store clerks who were confronted with NAAFA's full name for the first time, and became curious to know what NAAFA does to AID fat Americans!

I'm aware of the arguments of those who feel that to receive "acceptance" is condescending, and that we should DEMAND equality, wresting it from the grasp of those who have refused to give it to us; and that we should use the word "advancement" instead.

However, I feel that in the public mind, weary of the years of struggle of various minority groups to achieve equality, the word "advancement" has unfortunately taken on the connotation of a group that seeks to increase its share of the social and economic "pie" without regard for the rights of others. What we really want for fat people, of course, is acceptance as equals, nothing more and nothing less.

No minority group in this country has made significant strides without convincing large numbers of the general public that their cause was just. Very little real power is seized by any minority in America. If our use of a more moderate word like "acceptance" will help to bring about a favorable reaction from the public, then it is worth considering...

It is all very well to react to the decades of oppression of fat people with a revolutionary fervor, but quite another thing to actually bring about the changes we seek in a society that is tired of social turmoil and "uppity" minorities, no matter how justified their "uppity" attitude might be.

If some present trends continue, it's quite possible that in 10 or 15 years, an average "junior executive" will be able to marry a fat woman without receiving criticism, or being told that he is seriously compromising his future in the corporate office. For that matter, the boss he invites to his wedding might also be a fat woman! When that day comes, the "fat revolution" will be over!

We can only harm that progress, as slow as it is, by presenting a militant stance that will turn away as many from our cause as it persuades to support it. The word "acceptance" is the better word--better than "aid", and for the reasons given above, better than "advancement."★

activism

WHAT IS ACTIVISM?

by Nancy Summer
New York

Two of my NAAFA friends, independently of each other, told me that they were not "activists"...and expressed feeling sort of guilty about it. "I feel I should be doing more, but I just can't write letters," one woman told me.

The amusing part of this story is that both these NAAFans are active in the organization. One woman has been helpful in the support area by offering advice and understanding to new members, she helps in the running of a chapter, has testified in her state's legislative system regarding fat discrimination, and generally sets a good "fat" example among her co-workers.

The other woman chairs several NAAFA committees, devoting at least 25 hours per month to her NAAFA responsibilities, has done press interviews, is active in her chapter, and also sets a good "fat" example to the people she deals with every day.

Yet both these woman are convinced that they are not fat activists.

It's my opinion that activism comes in several forms. First there's PERSONAL ACTIVISM. Educating people around you, not letting negative comments about your weight or preference go unchallenged, and living your life in a 'role-model' way are all forms of personal activism.

ORGANIZATIONAL ACTIVISM includes working for NAAFA or any other fat liberation group. NAAFA can issue a press release and be taken seriously by the media because of the people who work to make NAAFA strong. The people who run NAAFA-Date or Pen Pal efficiently or write for the Newsletter or run a local chapter, for instance, help to keep NAAFans satisfied with their membership. Anything that keeps NAAFA going as a group strengthens our voice.

LEGISLATIVE ACTIVISM is specific activist work that leads to change in the law. Considering the amount of time, effort, and special expertise required in such undertakings, it deserves a category of its own.

There's another type of activism that deserves its own category because of the special expertise it requires. HEALTH ACTIVISM is an important part of our movement because of the many myths that cloud the issue of health and fatness.

Finally, there's ADVOCACY ACTIVISM. This is the type of activism usually referred to by NAAFA's Activism Committee. It includes letter writing and other forms of communication with the 'powers that be' regarding your opinions. Did you like how the fat person was portrayed on the

TV show? Are you happy with the article in the magazine? Did the sales person treat you with disrespect because you're fat? Writing letters of praise or protest to the station, the magazine or the store owner are examples of advocacy activism.

Everyone has their own style of dealing with the world around them. Choose an activism project that's comfortable for you and take ACTION. ★

SUGGESTED ACTIVISM PROJECTS

PERSONAL ACTIVISM:

For one week, keep a daily diary of every comment, conversation or other transaction that you are personally involved with regarding fat (other than conversation with other NAAFA members). Record things that happen at work, with your family, while shopping, etc. Make sure to record how you felt at the time, and what (if any) was your response.

After the week is over, review your diary and consider if and how you could have better handled the situations. Think of some snappy answers or other alternative actions you can use if the same situations arise again.

Try to spot any patterns that may exist. You may be involved in a "no-win" situation that is damaging to your self-esteem. By identifying the patterns, it may help you make some necessary changes.

Repeat the above process for several weeks.

ORGANIZATIONAL ACTIVISM:

Clip out fat related articles from newspapers and magazines and mail them to the NAAFA office. They will become part of NAAFA's extensive research library, the Dr. Ethel Weiss-Shed Memorial Library, and may be used by this Newsletter or the NAAFA 'Xtra.

Please do not write on the face of the article, but be sure that the name and date of the publication is written on the back along with your name.

Remember that many of NAAFA's committees rely on reports from around the country about what is happening in the news.

LEGISLATIVE ACTIVISM:

There is always a lot of interest about elections, but it's especially so during a presidential election year. Attend a political meeting (local, state, whatever) and ask the candidates what their positions are on fat discrimination. They may not even be aware of the issue, so your public question may spur them to look into the matter.

ADVOCACY ACTIVISM:

Once again we would like to supply you with the current addresses for the three major television networks. If you spot something that is either worthy of praise or protest write the networks at:

ABC
Audience Relations Department
1330 Avenue of the Americas
New York, New York 10019

CBS
Audience Relations Department
51 West 52nd Street
New York, New York 10019

NBC
Standards and Practices Department
30 Rockefeller Plaza
New York, New York 10020

If you have complaints or compliments about a syndicated show, call the station for the address of the production company. Ask to speak to the program or operations director. They decide to buy the show; let them know what's on your mind. Follow with a letter.

If you have comments about a locally produced show, call the station and ask to speak to the producer. Follow with a letter.

ALWAYS PUT YOUR COMMENTS IN WRITING, EVEN IF YOU HAVE CALLED THE STATION. According to the Activism Committee, television stations must preserve letters they receive for review when applying for renewal of their FCC licenses. If you have very strong feelings about a show, you may want to send a copy of your letter directly to the FCC as well.

PLEASE, ALWAYS SEND A COPY OF YOUR LETTER TO THE NAAFA OFFICE, TOO. The Activism Committee and the Newsletter will be forwarded copies of your letters.

(Thank you to the Bountiful Buckeye Bulletin of the Ohio and Northern Ohio chapters for supplying us with this information.) ★

HERE ARE TWO EXAMPLES OF ADVOCACY ACTIVISM. THE WRITERS OF THESE LETTERS BOTH WROTE TO MAGAZINES IN RESPONSE TO ARTICLES THEY FOUND OFFENSIVE. THEY MAILED COPIES TO THE NAAFA OFFICE, AND WE WOULD LIKE TO SHARE THEIR COMMENTS WITH YOU:

COSMOPOLITAN
224 West 57 Street
New York, New York 10019
att: Helen Gurley Brown

Dear Ms. Brown,

I am writing to object to the photographs which accompanied a recent article entitled "Fat Fashions Almost Kept Me Fat", which was published in Cosmopolitan.

I believe the photographs to be fictitious and misleading. They are obviously not of the person featured in the article. If the "before" picture shows the woman at 280 pounds, the "after" photograph cannot be the same woman. The article clearly states that the woman lost 85 pounds. That would put her new weight at 195 and she would have to be 7 feet tall to be as thin as she appears in her "after" photo. I cannot believe that an intelligent editor would permit such a glaring error if, indeed, it was one...

I will not belabor the pointlessness of the article except to say that it is very damaging to the self-esteem of a large number of women who have reached an increased level of self-awareness and who no longer waste time and money in pursuit of an unrealistic body size. This article only reinforces the myth that fat people must, therefore, necessarily be unhappy as well and that fashions in larger sizes serve as a panacea to soothe the ego of the full-figured woman...

...I believe that you are intelligent and do not wish to continue or perpetrate the last safe prejudice in our country. Articles such as this one are damaging to women in general and fat women in particular.

June Bailey
Fairview Park, Ohio

NEW AGE JOURNAL
342 Western Avenue
Brighton, MA 02135

Dear Editor:

Hazel Henderson's statement in the March '84 issue of the NEW AGE JOURNAL that:

"I mean, to me, it's unaesthetic for people who are overweight to eat more than is good for them while children somewhere aren't getting enough to develop their whole-brain capacity. With fairer sharing of the planet's resources, we'd all be able to enjoy a good meal without feeling guilty about starving children somewhere."...

is intellectually condescending and blatant "fat discrimination" on her part. It implies that overweight people eat more than supposedly "correct" weight people do which is totally unsubstantiated by medical facts and reinforces my own personal belief that fat people now constitute the last oppressed segment of our society.

Ms. Henderson's irresponsible comment supports the holier-than-thou "thin chauvinist" attitude rampant in our country today. If it is true that she is established as one of the world's respected futurists...pardon me while I choke on my oatmeal and gruel! Her "futurist new age thinking" leaves me dubious of its logic and severely disappointed in its humanitarian focus.

Shame on you Hazel Henderson! You owe every fat American an apology!

Royal Landy
Seattle, Washington ★

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FAT PORNOGRAPHY

by William J. Fabrey
Chairman of the Board



It would appear that the "porn" industry has recently discovered "fat admirers" (F.A.'s). To be sure, there was always some fat porn around, but only a microscopic amount, compared to what is available for the other kinds of sexual persuasions.

I have ambivalent feelings about porn. I'm not a prude, but I have long felt that much pornography is demeaning to women and men. At its worst, porn may increase the incidence of violence and other hostile acts by men toward women. Publishers of porn may, in some cases, have financial connections with organized crime. Finally, those who espouse traditional religious values make a case for their belief that all pornography is wrong, period.

If you're still with me after the above paragraph, I hasten to add that I am no more immune to the attractions of the fat female figure than is any other male F.A. Tastefully done, fat nudity in a publication can be quite appealing.

Unfortunately, taste is often lacking in fat porn that I've seen. Publications of non-periodicals like Hefty Mamas, Chubby Cheeks, and others are of very unpredictable taste and "quality".

The monthly magazine Gent is well known in NAAFA circles, and features a few "plumpers" (their term, not mine) in each issue, as well as a lively debate in the letters section between those who favor fat women, and those who don't.

Our own Fat Admirer Program Study Committee is inclined to feel that the lack (for many years) of such magazines on the newstand may be partly responsible for producing millions of F.A.'s who think that there is something strange about their taste. The committee is probably right.

This is about to change: A magazine called BUF has just made its "fat" debut with the Summer, 1984 issue. The cover features an attractive, sexy woman who is said to weigh 170 pounds, but the photo makes her look heavier. Despite my ambivalence about pornography, I was very happy to see BUF on that newsstand. Vindication! Not only that, the newsdealer told me that the issue is selling so well, he can't re-order it fast enough to keep up with the demand. You can draw your own conclusions...★

THE FAT PROMISE PLAN

by Russell F. Williams



Several Protestant groups, such as the Mission Aviation Fellowship and the Wycliff Society, have developed the "faith promise plan of giving." A member promises a certain self-determined monthly donation, to be given only in those months when God provides sufficient funds with

which to make the donation. This "God provided" money is money that one receives unexpectedly from an unexpected source. Thus, a salesman's commission or a worker's paycheck, for instance, would not count, as it is money earned in the normal course of business.

Three years ago, while I was contemplating NAAFA's abiding financial problems, I remembered the "faith promise plan" and devised the "fat promise plan." One Saturday in March, I resolved to give NAAFA \$10.00 per month if God provided me with the extra \$10.00.

The following Tuesday, a doctor sent me a letter stating that I had overpaid him. Enclosed was a check for \$33.00. A doctor sending a patient money?—a miracle which took care of March, April, and May. During those three months, no unusual monies arrived.

In June, the local Board of Education asked me to participate in a non-paid survey of teaching practices. Upon completion of the survey I was unexpectedly given \$40.00—June, July, August and September!

The next money was even more unexpected. In the summer of 1977 I had worked at a gas station which took many assorted sums out of my pay. In September of 1981, I received a letter from the Wage Price Board of Maryland informing me that some of these deductions had been illegal. Enclosed was a check from my former employer for \$62.00—October, November, December, January, February and March.

I decided that for one year God had proven to me that he supported NAAFA and its goals and that I should simply send the \$10.00 a month from now on and not hold God to a strict accounting.

The preceding account of the roundabout way I determined to budget \$10.00 a month for NAAFA is intended for your amusement rather than indoctrination. NAAFA is a tax-exempt,

"ONE NEED NOT...WAIT FOR DIVINE INTERVENTION BEFORE HELPING NAAFA."

financially struggling organization bettering the lives of fat people and fat admirers. It takes money to run NAAFA and one need not follow my example and wait for divine intervention before helping NAAFA. Nor must one cite supernatural events to justify aiding NAAFA.

Many readers have no extra money, but some do. I think NAAFA should ask people, not for a lot of money once in a while, but for a little money on a regular basis. If NAAFans would examine their lives, some would feel compelled to say, "NAAFA has improved the quality of my existence and I want NAAFA to help more victims of America's fatphobia." Hopefully some of these NAAFans would examine their financial situation and determine to send the national organization a monthly check for \$5.00 or \$10.00.

For many NAAFans, \$5.00 or \$10.00 a month is not a lot. But if the national organization could know that, come what may, a steady \$200.00 or \$300.00 a month would be received, it would be a great help. Less time could be spent worrying about how to pay the bills, and more time and money could be spent fighting for freedom for fine fat folks. ★

ALL MY CUSTOMERS (SCENES FROM A LARGE-SIZE SHOP)



by Joanne Preissler
as told to N. Summer

It was just about a year ago that NAAFA member and ex-model Joanne Preissler opened her own large-size clothing shop called "Fully Feminine" in Farmingdale, New York. Joanne was familiar with the garment industry from her work as a model, but ran into a surprise or two with her new

endeavor. "I expected some trouble in finding stylish clothes, and especially super-sizes, (size 48 and up). But I don't think I really expected some of the behavior exhibited by my customers."

Joanne has to be part saleswoman, part fashion advisor and part psychologist in dealing with many of the large women who enter her shop. "Many of them haven't purchased a nice outfit in a long time, and they come to me before a special event. I help them select the clothes, but then I have to advise them on accessories, shoes, even hairstyle. It's not uncommon for a woman to call me up after the event to tell me what compliments she received."

Hecklers have come into the store too. Joanne has thrown one or two out after they made rude remarks about her customers. "Some of the worst hecklers are size 16 and 18 women. They seem to get some extra thrill in coming into the shop and not fitting into the clothes. I guess petite shops have made them feel bad...so they want to dish it out to someone larger than themselves."

Fully Feminine carries women's clothes from size 38 to 60 (and even some unsized garments). Joanne took special care in designing extra large dressing rooms furnished with chairs, and doors that afford more privacy than those curtains most stores use. She stocks sportswear, dresses, lingerie (including those sexy teddies that are popular), and pantyhose.

Joanne has shared with us some of her special stories about her customers and her first year in business, and we will be sharing them with you in the next few issues of the Newsletter. Here's the first installment. In her own words...

THE COUPLE IN THE DRESSING ROOM

I have a regular customer, a pretty woman in her early forties who usually shops with her husband. Most of the time he stands up front (on the mat which makes my bell ring), stares out the window and looks very bored. Sometimes he brings a newspaper and reads.



But one day, as she was trying on some \$15 blouses, he decided to wander around. As he passed the lingerie rack he spotted the teddies, and his attention was drawn, as if there were \$20 bills pinned to them with a sign saying "Take me, I'm free." He took one off the rack, examined it up and down, selected one in his wife's size, and found the matching bed jacket. He looked around suspiciously to see if anyone had noticed (I pretended I hadn't) and went back to the dressing room, knocked and entered.

Fifteen minutes passed. I made some sales. My other customers left and finally I was alone in the store with the couple in the dressing room. I was getting uncomfortable. "Why are they in there so long with my expensive teddy?" I asked myself. But then, from the dressing room came a few giggles and she emerged carrying the inexpensive clothes she had tried. She carefully put everything back on the racks, went back into the dressing room and this time emerged with the teddy, matching coat and husband.

They marched directly up to the cash register, quickly handed me the expensive teddy and coat set and their money, and rushed out of the store. I have a feeling they went straight home!

Illustration by Susan Mason of New Jersey

THE DISTRACTED PLUMBER

Behind my shop I have a storeroom, office and a private bathroom. Some plumbing work was required back there, so I called a local firm. The next day, a plumber arrived and began his work in the rear of the store.

He wasn't there long before he walked up front to ask me a question. In fact, during the next few hours, he often walked up front to ask me questions, sometimes the same questions twice. I was becoming annoyed. He was disrupting my business; he made some of my customers uncomfortable and took me away from my work.

The plumber was on the job for over two hours when a very pretty size 48 blonde woman came to the register and handed me her credit card. While I was waiting for telephone authorization, I spotted him at the rear of the shop watching me. Enough was enough. I called the firm and requested a new workman to finish the job. "I don't understand," his boss replied. "He's one of our best men and, in fact, he actually requested that assignment."

"Oh no!" I said to myself. "He's not an incompetent plumber. He's an F.A. plumber! Now I understand." I agreed to allow him to finish the job.

A few minutes later he was back with more questions. This time he took out a pad and took some notes. But when I turned my back for a second, I caught him trying to copy the blonde's phone number off her charge slip.

No wonder he had trouble keeping his mind on his work! ★

DOES YOUR MOTHER KNOW YOU'RE OUT, CECILIA?

by June Bailey
Ohio

I finally figured it out: I can look thinner than Cecilia. (You're going to want to hear this.)

I cut out all the ads for weight loss which appeared in one issue of my local newspaper. There were only five. Well, it was Friday, a notoriously slow day for diet ads.

One ad showed a before and after photo of Cecilia. Before she lost weight she was a nice, round grandmother-type and was photographed wearing pants and a short-sleeved top as she faced the camera, full-faced. In her after photo she was wearing black pants and a black long-sleeved top, her hands on her hips as she turned three-quarters to the lens. She still looked like a grandmother, but a thinner one. She said, "I lost 45 pounds." The ad also had a coupon which, if I wanted to present it to the weight-loss place, would entitle me to purchase their food (?) for only \$12.00 per week. I could go there if I wanted to look like Cecilia.

Another ad said I could lose up to 3 dress sizes, safely, in just 30 days. Three dress

sizes for me equal about 45 pounds. (Keep this in mind, I'm going to ask questions later.)

The third ad promised me a quick start on my weight-loss and would save me \$7.00. (Remember that too.)

The "last chance" ad would only cost me \$19.95 and I would lose 15 pounds in two weeks. (Are you keeping track of this?)

The last one was for Super Odrinex, a "safe and effective appetite control pill" which would save me \$1.00 if I buy the large size.

It has been a while since I went to school but, as I say, I finally figured it out. I can (and you can too, if you really want to) lose 105 pounds in thirty days and save \$8.00! Wow! What a deal!

Of course, it will cost me more than \$75.95 to save the \$8.00 but, just imagine, I will lose 105 pounds...in only 30 days!

There are, however, a few small problems I might encounter. First, I really don't want to look like Cecilia. She looks fine, but I want to look like me. Then too, if I lose 105 pounds, I will be underweight, an unhealthy condition. I don't want to be unhealthy either.

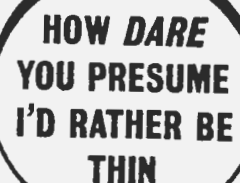
Besides, my mother didn't raise any dummies. I don't think she would approve if I told her I spent \$75.95 in order to save \$8.00. She'd probably send me to my room without dinner or give me a good sock in the chops.

I have already had hundreds of "quick starts". I guess that diet promoters figure I'll do well on my diet if I show a fast, initial weight loss. They're wrong. I am a good quick start, and a good slow finisher too, but those qualities have had little effect on my weight.

I'm not really fond of getting hooked on "diet" pills because I know some people who saved a dollar on the large size and are, I hope, in Heaven.

There must be something wrong with me. Just when I find a great way to lose weight "fast, easy, and cheap", I start rationalizing and the whole plan goes down the drain. So much for my math skills.

Does your mother know you're out, Cecilia?
Does she know that I'm about to reveal ya?
Oh my, when I look in your eyes,
Something tells me
You and I can't get together.
Ever. ★



HOW DARE
YOU PRESUME
I'D RATHER BE
THIN

f.a. focus

THE FAT ADMIRER, PART II

by Neil Dachis
Maryland

This is the second part of a two part essay on Fat Admirers. The first part appeared in the Summer 1983 Newsletter, Vol.X, Issue #1. In part II, I plan to specifically address very practical do's and don't's that every male F.A. should consider when interacting with fat women.

I have drawn these conclusions from my own experience and from speaking to other F.A.'s and fat women. From the responses I received from fat women on this topic, I feel this article is urgently needed.

If some of you F.A.'s are already following these guidelines or something similar, pat yourself on the back and keep it up! For those of you who aren't, please consider doing so. I think you will find the results worthwhile.



Dating, nowadays, can be a scary experience for anyone. This can be especially so for the male F.A. and the beautiful large women he prefers. This need not be the case, however, if F.A.'s would keep in mind three words: thoughtfulness, consideration and communication.

When you, the F.A., have taken that first step of emotional growth and have asked a fat woman out for the first time, or if you are currently dating large women, please remember the following guidelines.

1. On your first date, if you decide to dine at a restaurant, always call ahead to make sure there are armless chairs so that seating will not present a problem for your companion. On following dates, when it becomes comfortable to do so, ask her about her seating requirements, and select restaurants accordingly. Calling in advance assures a pleasant dining experience without any potential seating hassels which can humiliate and embarrass everyone involved. Plan ahead; your date will appreciate you for it.

2. On the first few dates, in my opinion, it is very bad form to leave any lady unescorted for a period of time, while you park the car or get tickets, etc. This can lead to distressing situations for your date, as it's usually during your absence that any unkind or rude remarks will be made to her. It can leave her feeling vulnerable and unprotected. Again, plan ahead. Don't leave things to chance. Buy your tickets in advance, for example. Select theatres and restaurants with nearby parking so she doesn't have to choose between standing alone in the lobby or a hike from the car.

3. How do you handle hecklers, nasty comments, and jeers? Unfortunately, because situations can be so diverse (and the emotional and physical characteristics of each F.A. different), I can't give any hard and fast rules on how to handle things.

My favorite way for handling the actions of rude people is to walk close to my wife, kiss her or hold her hand, and to show the world that I'm damn proud of her. That usually suffices! It also makes my wife feel more secure.

I feel strongly that, in these situations, it is usually harmful to yourself, your date, and everyone else involved, not to react at all. The theory of ignoring rude behavior in the hope that silence in itself is a statement should be the exception, not the rule. Your date needs your protection and support. She needs to know that you will stand up for her. If you don't, you cannot fairly ask her to trust you in other ways.

4. If you are dating a very large woman, you must, of course, consider her comfort in transit. You cannot expect a very large woman to comfortably sit in a low slung, two-seater sports car with a standard floor shift! Some may not mind it, some may actually be comfortable, but I'm sure many would find the experience unpleasant. A larger car, with a firm bench seat and automatic transmission is best and with today's fuel efficient engines, economically feasible.

5. A definite "no no" is to expect your date, especially if she is very large, to take public transportation to meet you. Again, although some women wouldn't mind, and may take public transportation on a daily basis, don't ask your date to do so on the first few dates. Why risk her suffering physical (and perhaps emotional) discomfort by assuming she won't mind meeting you somewhere. Remember, if you aren't willing to go a little out of your way for her, don't expect her to go out of her way for you.

6. The potential introduction of a date to your family is often a tense situation. The watchwords here are common sense and, again, consideration.

If the dating situation has progressed to the point of meeting relatives, there are a few important rules in my book. Do not bring your date to your folks home for the first time unannounced. It's inconsiderate to your family, rude to your date and can cause an embarrassing situation. This is especially true if your family has fataphobia. You probably have some idea of how they feel on this subject!

If you think there are potential problems, tell your family in advance that you have met someone special and that you would like them to meet her. If you have been putting off telling your family about your preference in women...now's the time to tell them. If they already know of your preference, simply ask them with dignity if this introduction will be a problem for them and make your plans accordingly.

IF YOU ARE GOING TO LIVE YOUR LIFE HAPPILY AS AN F.A., AND...FORM SATISFACTORY RELATIONSHIPS WITH FAT WOMEN, YOU HAVE TO BE READY TO STAND YOUR GROUND...

advice

by June Bailey

Dear NAAFAAdvice,

My doctor recently retired. I made an appointment for a physical exam with a new doctor, (even though I was feeling well) just to establish myself with him.

As soon as I entered his office he said to me, "I can tell you right now what 100% of your problem is!" He was referring to the fact I am very fat.

I became angry with him and replied, "Well, I know what 100% of your problem is too," and left his office.

When I arrived home I received a call from his secretary insisting that I pay for that office visit. I refused and told her the doctor would have to sue me for it! Where in the world can I find a doctor who will treat my medical problems without tying everything to my weight?

Impatient Patient

Dear Impatient,

Discrimination in medical care is a common problem for fat people. We deserve quality medical care without having every illness blamed on our size.

Call your medical association for a list of doctors in your area, ask a fat friend for a reference, or use your local telephone book and let your fingers do the walking. Call, and before making any appointments, ask some questions about the doctor's opinion of fat people, and state your position. If the doctor (or his nurse or secretary) responds favorably, take a chance and make the appointment.

If you do run into the same old routine with a new doctor during an office visit, remember that doctors only know what they have been taught. Let the doctor state his case. Then calmly explain that you need a doctor who will not focus on your weight, and if he wants you as a patient, he will have to understand your needs. You will know right then and there if you want to make a second appointment.

Remember, you are the "customer", and if you're not pleased with the service, you have the right to shop elsewhere.



Do you need some advice? Do you have a question about personal relationships or emotional issues? You can write Ann or Abby, but June knows that "FAT IS WHERE IT'S AT" and will use her experience as a fat person to answer your questions. Mail your questions to NAAFAADVICE, P.O. Box 43, Bellerose, NY 11426 and send a self-addressed,

stamped envelope if you want a personal reply from June. All letters will be held in strict confidence. ★

If and when your date meets your family, don't leave her alone with them at first. Stay close to her; show everyone how proud you are to be with her.

If an unfortunate rude remark is made, or if the sensitive topic of dieting pops up, it's my opinion that the worst thing you can do is to do nothing at all. If you are going to live your life happily as an F.A., and expect to form satisfactory relationships with fat women, you have to be ready to stand your ground with anyone, including your family. If you feel you cannot do this yet, that's o.k. You are not a bad person, you just may simply not be ready. By the same token, however, don't expect your date to take continuous insults and putdowns from your family and still hang around. That, my fellow F.A.'s, is the bottom line!

Friends should be dealt with in the same manner as relatives. With friends, however, if they can't accept you and your date for yourselves, then good riddance; they were never your friends to begin with. In this case I am speaking from personal experience. I know it can hurt at first, but in the long run, you'll feel much better about yourself.

7. The topic of intimacy is always a sensitive and individual concern. I don't feel I could do it justice in a few short paragraphs. So I will leave you with just a few thoughts.

Even assuming you are completely comfortable and accepting of the joys of fat women, and you think that every extra roll is great and every "bulge" enticing, don't automatically assume your date is as excited about her size as you are. Chances are, after years of fruitless dieting, verbal abuse, and continuous brainwashing, she may not exactly be thrilled at the thought of prancing around in front of you in a bikini. Please be patient and understanding. There are fat women who enjoy their fat, who are proud of it and who will enjoy sharing their bounteous beauty with the right man. However, most have not yet reached that level. Just as you need understanding, so do these women!

8. If you feel that for right now you want many different dating experiences, please don't lie or intentionally mislead these women. Many of them have suffered a lifetime of lies and abuse, and need to learn to trust F.A.'s. It is also possible that some fat women may actually misinterpret your considerate behavior as expressions of love. Be sure your dates understand that your thoughtfulness is simply what you consider acceptable, normal behavior, and that you would hope all her dates treat her that way. But, above all, be honest about your intentions. In other words, don't promise her the stars and then leave her stranded on an asteroid! ★

from the committees

PUBLICITY REPORT

An important tool in fulfilling NAAFA's goal to reeducate the public is the use of publicity in radio, TV, newspapers, magazines, etc. Since the last Newsletter was published, NAAFA has received quite a bit of beneficial publicity on the national scene. The following is a summary of some of the more important items that have appeared.

An article in the March, 1984 Playboy magazine entitled "Big & Beautiful" featured pictorial coverage of a series of models who, by Playboy standards, have abundant figures indeed. Done in fairly good taste and without any hint of a "spoof", the text that went with the photos was quite complimentary, and cited NAAFA several times. It is possible that this coverage is the first of its kind and quality to appear in a magazine that caters to men...

Another article in March appeared in Ms. Magazine and was called "Fat, Flashy—and Fashionable". The author, NAAFAn Erica Manfred, was able to include NAAFA's address in the article in a block titled "Start accepting yourself", along with references to magazines and books like It's Me, BBW Magazine, and the book, Big and Beautiful by Ruthanne Olds. Like the Playboy piece, the article was a "first" for Ms.; it generated requests in the mail for further information, and new members for NAAFA.

Also in March, a piece appeared in US Magazine called "Fat Fight" highlighting the efforts of Joyce Rue, NAAFA member and founder of the San Diego-based organization Abundantly Yours, and also the group known as the Fat Lip Readers Theater, based in San Francisco and the Bay Area. NAAFA Chairman Fabrey was briefly quoted in the article.

A nice mention of NAAFA also appeared in March in the publication of the Overweight SIG of MENSA, the international organization for people with a high I.Q. The SIG is devoted to airing the views of those in MENSA who are trying to lose weight, as well as those who aren't.

Another mention of NAAFA appeared in the March issue of The Women's Review of Books. In her review of the book Shadow on a Tightrope: Writings by Women on Fat Oppression, recently-appointed NAAFA advisor Angela Barron McBride, R.N., Ph.D. expressed the view that the book might have been improved if it had, among other things, "commented more about how their struggles related to the efforts of NAAFA and to the therapeutic innovations being developed by Professors Susan and Wayne Wooley, psychologists at the University of Cincinnati." (This Newsletter may reprint some or all of that review, since the book in question was a pioneering effort to speak for fat feminism, yet reviews of the book have been few and far between.)

A very positive article in the March 25 edition of the St. Paul Sunday Pioneer Press (St. Paul, MN) quoted NAAFA President Paula Dachis, and NAAFAn Paula Rae Lipkin of Minnesota. Called "Fighting Fatophobia", the article also headlined the fact that "Weight: Moderate gain is no risk to health." NAAFA Advisor William Bennett, M.D. was also quoted in the piece.

The March/April issue of Total Fitness magazine quoted Chairman Fabrey and NAAFA Advisor Bennett extensively in its article on "Obesity: On-the-Job Discrimination". Long-time NAAFAn Robert Half, head of Robert Half International, the executive recruiting firm, was also quoted at length on his views of fat discrimination in the job market.

Chairman Fabrey appeared on radio station KOA in Denver, Colorado, on April 6. A two hour call-in talk show resulted in mail from several midwestern states. He also was a guest on radio station WHJJ in Providence, Rhode Island, on April 24.

NAAFA's first public service advertising appeared in the form of a 20-second spot on NBC television in New York City, being shown at least once a day every day, for the next several months, commencing in April. The ad was created under the auspices of the New York City Self-Help Clearinghouse, of which NAAFA is a member. The ad was shared between NAAFA, another group helping black single mothers, and a third involved with widowed persons. These three groups were chosen from a list of more than one hundred by the clearinghouse.

On April 6, the newspaper Association Trends published a letter from Chairman Fabrey, in which he offered a free copy of the brochure "Fat & Health--What Your Doctor Probably Doesn't Know" to readers of that publication. Requests were received and brochures mailed. (That "Fat & Health" piece was authored by Health Committee chairperson Paul Ernsberger, who originally wrote it as the Newsletter supplement called "Health Committee Special '82" that has been sent to all NAAFAns, including new members as they join.)

An excellent piece of NAAFA publicity appeared in the April 13 editions of Gannett Westchester Newspapers. In order to show that "FAT is Not a Four-Letter Word" (as claimed in the headline), Gannett interviewed NAAFAn Adrienne Placek, Chairperson of the Putnam County (NY) chapter, and Pat Coles, Chairperson of the Westchester County (NY) chapter. Chairman Fabrey was also quoted and NAAFA's address and membership information was printed as well.

On April 26, a front page article appeared in the Westside Weekly (Santa Cruz, California) entitled "Out of the Closet: Local Fat Folks Fight Image Stereotypes". Featured (and pictured) in the article was Santa Cruz chapter chairperson Susan Dubin.

Also in April, the Central Island Pennysaver in Long Island, NY carried a good write-up on NAAFAn Joanne Preissler and her large size clothing store Fully Feminine in Farmingdale, NY. NAAFA received a favorable mention in the article.

The April 23 issue of TIME Magazine featured an essay called "An Age of Organized Touchiness." The premise of the article, which was that media people, politicians, and advertisers can't pick on anyone any more without incurring the wrath of pressure groups, chose NAAFA's campaign against the movie "Fatso" several years ago as one example of many to prove its point. The piece also mentioned NAAFA's resentment of the Diet Pepsi commercials featuring anorectic-looking women.

Upcoming publicity includes an article on fat discrimination in the GLOBE tabloid (which may already be in print by the time this Newsletter is mailed), a syndicated article in various Sunday supplement newspapers by a free-lance writer, a piece by the Sigma Photo News agency here and abroad in several months, a video on weight loss surgery and fat oppression in late summer by the Gannett Documentary Unit, and a mention by syndicated columnist Sue Hoover in her column titled "Job Trends"--quoting NAAFA on the subject of dealing with discrimination in the hiring process.

The NAAFA office is contacted by the media almost every day, and refers the requests to the Publicity Committee, which makes assignments to appropriate NAAFAn or outside experts, depending on the nature of the request. Often, the assignment is referred to a local chapter officer. In ways like the above, NAAFA's message of acceptance of fat and fat people is spread to the American people... ★

BEHIND THE SCENES...

Much of what goes on in NAAFA is actually "behind the scenes", and is rarely reported in this Newsletter. However, many members like to know more about what NAAFA accomplishes in the routine "line of business."

The following list is a small sampling of some of the things that go on, week in and week out, in NAAFA. It does not include publicity, or routine work of an organizational nature--or "extra fee" programs like NAAFA-Date or Pen Pal.

In January and February, a correspondence between NAAFA and Marilyn Thelen, Editor of It's Me, the "Large Lifestyle Magazine", created a useful dialogue between two major forces in the "fat acceptance" movement (or whatever people choose to call it!)

In February, Pat Murphy of the Ohio chapter called to advise NAAFA of the urgent need for a quantity of information kits (like the ones previously supplied for the Senate hearings last year) relating to the civil rights bill pending in the Ohio legislature, for presentation to a number of congressmen. The office gave this

request first priority and put together an assortment of pertinent literature in identical binders, and shipped the kits to Ms. Murphy soon afterward.

In March, a member wrote complaining that a national officer of NAAFA had not been willing to converse with him at a dance given by a local chapter. His letter was answered in a non-inflammatory fashion. Also in March, fifteen copies of Ernsberger's semi-final draft of his upcoming report on weight loss surgery (all 39 pages of it) were duplicated and mailed to NAAFA advisors and others for their comments prior to publication.

Complaints were received in March that the firm that advertised a Bermuda cruise for fat people, in the Advertising Supplement to the last Newsletter, were not able to answer questions over the phone, and in fact, the employees of the travel agencies involved appeared to know nothing about the cruise. NAAFA called the agencies, verified the complaints, and advised the complainants to keep trying the agencies as it appeared that inefficiency, not bad intentions, was to blame for the problem. Naturally, those who complained were reminded that NAAFA is not responsible for the truthfulness of advertisers.

Also in March, and in the months since, an important dialogue was begun between NAAFA and Joyce Rue, founder of the San Diego-based organization Abundantly Yours.

On March 24, two Board members met with the stars of the movie FAT CHANCE, January Stevens and Farnham Scott. Discussion focused on their views regarding fat acceptance and the characters they portrayed in the film. Plans were also discussed regarding the possibility of a showing of FAT CHANCE at the upcoming national convention in New York.

Dun & Bradstreet requested complete financial reports and information about NAAFA in April; the information was sent. A New York therapist and social worker sent her resume in order to be considered to run a possible workshop at the upcoming convention, or at a local chapter meeting. A NAAFA officer spoke with her in May on her possible involvement with NAAFA activities.

Also in April, an advanced sociology student at Rutgers University (New Jersey) requested that NAAFA supply a "liberated" fat person to address her class on the subject of being fat in America. New Jersey NAAFAn Susan Mason met with the class as requested. It is hoped that among the students were a few who might go on to a career in sociology, with a professional interest in the problems of fat people in our society.

A member of the Audiovisual Department of Grandview Hospital in Dayton, Ohio called in April to request that NAAFA review a new videotape called "Being Obese", to be used as a training /teaching tool at hospitals. The tape was sent, several NAAFA officers viewed it, and now the director is in line for a possible Distinguished Achievement Award. The hospital was informed of NAAFA's enthusiasm, and will probably supply the tape for viewing at the upcoming 1984 Convention.

A NAAFA member who wrote in April to say that he had become engaged, and to whom a letter was written in reply requesting a wedding photo for the Newsletter "People" column, wrote again in May to say that the engagement was off. Also in May, a member in Massachusetts wrote with details of discrimination that was blocking her acceptance in a health insurance plan. Her letter was forwarded to Paula Dachis, Chairperson of NAAFA's Insurance Committee, who wrote to the member with some advice.

A non-member wrote in May, requesting NAAFA literature, and asking for advice on how to handle a doctor who is hostile to her weight, particularly with regard to her desire to have a baby. She was sent literature with a note advising her to seek another doctor, and assuring her that being fat does not automatically condemn a woman to have problems with her pregnancy; she is, however, in many cases likely to have problems with her doctor!

The examples given above represent only a few of the NAAFA "doings" for the period, most of which never get reported. We hope it helps to explain part of "what NAAFA does to aid fat Americans."★

FUNDRAISING COMMITTEE REPORT

The 1984 fundraising drive has been quite successful, thanks to NAAFA members who have so far contributed over \$1900. As promised, the Long Island Chapter contributed matching funds of \$1000. That makes a total of \$2900 that has been used to keep NAAFA going during the lean months of winter and early spring.

The Fundraising Committee would like to thank all the NAAFA members who answered our call for help!

--Bunny Peckham
Fundraising Chairperson ★

election

FIVE CANDIDATES ELECTED BY ACCLAIM

In the spring of each year, NAAFA holds an election with balloting by mail so that NAAFA members can select which candidates will fill the Board of Directors seats that are expiring. Normally, one-third of the Board seats expire each year, and terms are three years in length. The rules for conducting the election are very specific, and since NAAFA was formed 15 years ago, an election has been held each year without exception.

This year, for the first time, no election will be held. Due to an unusual combination of circumstances, the existing candidates (Conrad Blickenstorfer, Eileen M. Lefebure, Nellie Hensley, Nancy Summer and Elisabeth Williams) have been elected by acclaim.

This year's Election Committee (A. Cappiello, P. Dachis, W. Fabrey, S. Hoey, and R. Williams) selected eight nominations for the four available seats. The four available seats included the usual three (this year, those belonging to Sheila Goodman, Nancy Summer, and Elisabeth Williams) plus one made available by the resignation of Lisbeth Fisher Burns several months ago.

The eight nominees included the following NAAFA members: June Bailey, Conrad Blickenstorfer, Lisbeth Fisher Burns, Sheila Goodman, Nellie Hensley, Eileen M. Lefebure, Nancy Summer, and Elisabeth Williams. The committee felt that it was fairly safe in nominating eight candidates for four seats.

However, in March, Bailey and Goodman declined to run, leaving six candidates. Burns accepted, but later changed her mind, leaving five candidates. Then, in April, Hoey resigned her seat on the Board, opening one more vacancy to be filled in the election, since it occurred before the ballots had been finalized. Thus, NAAFA was faced with an election with only five candidates for five seats.

If the committee selected additional candidates at the last minute, they would have introduced additional delays in the development of the balloting material (with candidates' essays, etc.). Alternatively, the number of vacant seats (and therefore the number of Board members) could have been reduced. However, an insufficient number of Board members were in favor of amending the Constitution to do so.

Finally, at a special Board meeting on April 18, the following motion by Russell F. Williams was passed:

"Since all NAAFA members were given an opportunity to express interest in running for the Board of Directors, or to become petition candidates, and nobody expressed such interest; and since the Election Committee in good faith nominated eight candidates for four seats up for election, and since, through no fault of its own but due to several declined nominations and a last-minute resignation from the Board creating an additional vacancy, arrived at a situation where, after the deadlines had passed, there were an equal number of candidates and seats; and furthermore, recognizing their responsibility to use NAAFA's funds wisely and frugally [elections cost \$500-\$800], the Board declares the existing candidates elected by acclaim. Furthermore, the Board earnestly requests hard-working capable NAAFA members to consider possible service on the Board next year."

The record shows that the motion was seconded by Cappiello; and that Cappiello and Russell F. Williams voted in favor, with Paula Dachis opposed, Elisabeth Williams abstaining, Nancy Summer absent, and the Chair (Fabrey) unable to vote except to break a tie. The motion was passed, and thus this year, the election was settled by acclaim.

In a Newsletter supplement, coverage will be provided in the near future to acquaint NAAFA

members with the candidates (now Board-members-elect) and their views. Although the views and public record of incumbents Nancy Summer and Elisabeth Williams are fairly well known by those who follow national "politics", lesser known are the candidates who are new additions to the Board: Conrad Blickenstorfer, Nellie Hensley, and Eileen M. Lefebure.

--Bill Fabrey, Chair
1984 Election Comm.★

BOARD VACANCIES CREATED

In a letter dated April 11, NAAFA Board member and Treasurer Susan E. Hoey resigned from those positions, citing the need to devote more time to her personal life. Ms. Hoey had served as a Board member since September 1982, and as Treasurer or Assistant Treasurer since 1981. According to Hoey, "...NAAFA has given me a lifeline that I will cling to the rest of my years..."

Hoey's resignations were accepted with regret by the Board; her vacant seat on the Board will be filled in September by one of the Board members-elect (see Election Notice, elsewhere in this issue). The vacant position of Treasurer has been temporarily filled by Nancy Summer, who was designated as "Acting Treasurer" at the May 28 Board meeting.

Similarly, in her letter of May 10, Board member and Secretary Angela Capiello stepped down from those offices, stating that an increase in career responsibilities and other pressures were limiting her effectiveness as a NAAFA volunteer. She retained her membership on the Research Committee, however, and will continue to supervise the NAAFA library (the Dr. Ethel Weiss-Shed Memorial Library).

Capiello's resignations were regretfully accepted by the Board; her Board seat is scheduled to be filled by appointment sometime in the fall, and the position of Secretary will remain vacant until filled by a suitable candidate.★

TREASURY NOTES

Several months ago NAAFA members received a mailing of a Leslie Rogers catalog. It has been our policy to allow outside firms to mail to our members with certain stipulations. First of all, the mailing must have some special interest to NAAFA members with regard to the general purposes of the organization. The Leslie Rogers catalog, it was felt, showed attractive garments to size 4X and 52 on large-sized models. Certainly, it was a format we would like to see more often.

Secondly, our mailing list is not given out under any circumstances. Leslie Rogers had to deliver their catalogs to us for mailing. We billed them, as verbally agreed, for labor and expenses...a bill of almost \$500.

Unfortunately, Leslie Rogers requested a few weeks of credit. Since we had worked with them on the 1983 convention fashion show, and had

developed, we thought, a good working relationship with them, our usual cash in advance policy was waived and 30 day terms were extended.

We are sorry to report to our members, some of whom are Leslie Rogers customers, that Leslie Rogers has not paid their bill as of June 15th. It has been over seven months, and they have ignored all of our dunning calls and letters. Our next step, of course, is legal action.

NAAFA members who are catalog shoppers might wish to consider these facts when placing their clothing orders.★



Liz McCarthy

people

ELIZABETH Mc CARTHY of New Jersey has started a career in large size modeling. She's working for the Big Beauties agency in New York... CONRAD BLICKENSTORFER has begun a new career with the State of New York, as a trouble-shooter working with their computer systems... LOUISE WOLFE is hard at work as a computer programmer in the San Francisco Bay Area of California... PAUL ERNSBERGER of Chicago is working on a research project, trying to determine the effects of yoyo dieting on the blood pressure of rats. Good luck to all on your new endeavors.

A few years ago, our editor, NANCY SUMMER, had a small role in an HBO feature entitled "Some Call Them Freaks" which has just been rerun again by HBO. The show, in which Nancy plays a fat lady, is a sensitive portrayal of many of the unusual people of the P.T. Barnam era....HBO plans to bring the show back again.

"Yes, Virginia, fat people graduate college too." was the message written on a graduation announcement received from KELLY L. FENNESSY of California. Kelly has graduated from California State University at Sacramento with a degree in English. Congratulations!

KATHY MARTIN of the Cleveland area has just opened her own resale shop for large size clothing. The shop, called AMPLE DUDS, is located in Lakewood, Ohio and features consignment resale clothing. Kathy also designs garments in sizes that are not widely available, such as loungers to 120" hip, capes, dresses, pajamas etc. We wish her success in her new business.

If you have an announcement of a promotion, a new job, an award you received, or a graduation...please share it with us. Your accomplishments may encourage someone else to follow in your footsteps.

Please send your announcement, as well as any birth or marriage announcements (with wedding pictures, please!) to People News, c/o NAAFA, PO Box 43, Bellerose, New York 11426.



WEDDING BELLS

Congratulations to NAAFA members Susan Matthews of Green Bay, Wisconsin and Louis Brockman of New Jersey on their marriage.

The couple, who originally met through an ad in BBW magazine, were married on December 26, 1983 at the home of the bride's father in Chester, South Carolina.

Susan teaches voice at the University of Wisconsin and performs in operas and musicals. Lou, who has worked in the field of credit and collection, is finishing his studies for a degree in accounting. The couple resides in the Green Bay area.

WEDDING ANNOUNCEMENT

NAAFA members Barbara Donahue of Woodhaven, New York and George Mills of Concord, California have announced their engagement and forthcoming marriage.

The couple met at a Manhattan chapter dance in 1981, remet at the San Francisco Fatworks in 1982, and again at the 1982 national convention in Columbus, Ohio. It wasn't until the 1983 national convention in New York that they decided to marry.

A June 16th wedding is planned.

[Barbara and George will be married by the time this Newsletter is mailed. We wish them happiness. Further details on their wedding--with photograph--will be in the next issue.--Ed.]★

REGIONAL NEWS

WEST COAST

From Santa Barbara/Ventura Counties chapter: Barbara Jo Campbell, who led the campaign to offer a Distinguished Achievement award last year to Oliver Hardy, has asked that NAAFA members contact the U.S. Postal Service to request a Laurel and Hardy commemorative stamp as part of the Post Office's Performing Arts series. Stamps

are planned many years in advance and 1990 is the 100th anniversary of Stan Laurel's birth. You can write to the Citizen Stamp Advisory Committee, U.S. Postal Service, 475 L'Enfant Plaza, SW, Washington, DC 20260.

Life in the Fat Lane (the Los Angeles Chapter publication) reports: A member of the Santa Barbara chapter who is a parent has drawn attention to the in-classroom use of the novel Blubber, in which a fat child is tormented by the main protagonists. The book is no longer being read aloud in class but unfortunately is still available in school. The publication also reports on the active schedule in the L.A. area.

MIDWEST

Linda Martin of the Mo-Kan Chapter (Kansas City area) reports that her chapter is running a number of workshops and rap sessions through the Communiiversity (extension of U.M.K.C.). The program sounds wonderful and has been widely advertised. Courses offered include swimming for women 200 pounds or larger, gentle movement class for flexibility and relaxation, Tai Chi Chuan, blood pressure checks, stress reduction, snappy comebacks, large-size fashion show, make-up, and massage. Two on-going groups have been formed as well...one on fat activism and the other for emotional support. Wow!

The Ohio chapter has a new lobbyist, Pat Murphy, who will be focusing on the size legislation in that state. Incidentally, the bill is now in committee in the House of Representatives.

The Northern Ohio chapter held another regional gathering at the end of March. The weekend, run by Barbara Colgin and Jerry Hoxworth, featured a dance, brunch, pool party, shopping trip and rap sessions. The chapter puts together very well-run events. If you can attend their next gathering in June, do so. It's worth the trip!

EAST COAST

The Cumberland Valley Chapter hosted a regional gathering in May. The weekend featured two picnics, a dinner dance, fashion show, dinner theatre, and a national Board of Directors meeting. Many weekend guests stayed with Peggy and Russell Williams, while others "roughed" it at the beautiful Ramada..it has one of the best hotel swimming pools we've ever seen. A room party to celebrate the completion of fat activist Karl Niedershuh's thesis was hosted by Liz Fisher Burns in Calvin and Jean Spradlin's suite.

The Long Island Chapter also hosted a regional gathering...in February. The weekend included a dance (attended by 150 people), a workshop on prosperity consciousness and a dinner. The chapter is busy with 1984 national convention plans.

The new Putnam County chapter just held its first social event...a jointly run dance with the Westchester chapter. They're off to a good start.★

letters

Dear NAAFA,

I would like to thank William Fabrey for his article entitled "Not Fat Enough For NAAFA?" As a person who has spent a lifetime being rejected for being 50-100 pounds above society's definition of my 'normal' weight, it is certainly a disheartening and ironic thought, as a new member, to think that I may be rejected by fellow NAAFAnS for being too "thin".

It takes a certain amount of introspection and courage to join NAAFA. Please, fellow members, let's give each other a chance. Whether we weigh 150 or 550, there's room for all!

--C.W.
New York

Dear Editor,

First I would like to congratulate you on a continuing, outstanding NAAFA Newsletter. It's not difficult to put out one good issue of a publication. The challenge comes with the subsequent issues. It requires hard work and dedication to take on such an enterprise. Well done!

I'd like to comment on Mr. Fabrey's statement in the Fall 1983 "C.O.B.'s Corner" ("Not Fat Enough For NAAFA?", NAAFA Newsletter Vol. X, Issue #2). Fabrey points out that NAAFA is "a self-help, civil rights organization whose members engage in social inter-action as well."

He then defends NAAFA membership by those under 180 pounds because they are still considered "obese" in the outside world...unless anorectic and "genuinely" thin, they have probably experienced much the same ridicule and anguish about their weight that larger NAAFAnS have.

While these points are important and valid, (see Penny's series on the "Fat Oppressed Thin Women" in the AMPLE APPLE), they ignore the legitimate membership of "genuinely thin" people in NAAFA.

If NAAFA is to be a viable civil rights organization, it must accept help from every quarter. The Black movement had many white members. Whites were arrested at sit-ins, attacked by police, and killed for their civil rights activities. Few right thinking blacks asked if these people were "too white" to be members.

There is truth to the belief that only fat people can really understand the emotional trauma experienced by a fat person in our society. But if we deny the empathy felt by others toward our oppression, just because of their body size, we do ourselves and NAAFA an injustice.

In the Seattle area there is a small group

of women who have a tremendous zeal toward fat rights issues. They have the potential to accomplish a great deal for fat people in this city and state. Yet little is done, because they are "separatists", people who believe that everyone must think EXACTLY as they do to belong to their group.

As a result they expend their energy raging among themselves, while "righteously" avoiding Washington State NAAFA and other fat groups. We could use their energy, they could use our contacts and expertise. We could pool our resources to mutual advantage. But a few of our members have different social/political attitudes than they do. Compromise is impossible for them on ANY issue. So they go their way, and we go ours...to the detriment of both.

NAAFAnS aid no one, fat or not, by belittling the body size of others. Those who say someone is "too thin" for NAAFA are a small step from saying "too black" or "too Jewish" for NAAFA. No one, thin OR fat, has the right to oppress me because of my body size. A thin NAAFA member who does this should not be allowed to remain in the organization. Neither should a fat member.

We must work together, despite our prejudices or differences of belief. We face a difficult struggle, one that we may never win. We will SURELY never win it if we refuse the help of those sympathetic to our cause.

The next time your rights as a human being are stomped on because you're fat, remember that the person who might have been able to help was that NAAFA member who left us because someone told her that she was "too thin!"

--Noel Nyman
Washington State

Dear Editor:

Hooray for Bill Fabrey's article Not Fat Enough for NAAFA? (Fall'83). The co-chairperson of the Santa Cruz Chapter, Jacque Martensen is a size twelve and is a most valuable asset to the movement as well as a very special friend.

It's important that NAAFAnS do not fall into the trap of reverse size discrimination. Remember—beauty, intelligence and creativity comes in all sizes!

Susan Dubin
California

Dear Editor,

I am writing to express my sincere good feelings about the Newsletter. I enjoy every article, every nook ~~and cranny~~...

Before joining NAAFA I couldn't help but think that NAAFA was probably something poorly run with a cheap, home-made looking newsletter.

That shows how much society made even me believe that fat people are sloppy, not capable, not intelligent enough to run an organization... But boy, are you changing that view more and more through the Newsletter.

I'm elated that the Newsletter is getting bigger and fatter...I also appreciate the Mini-Minutes. I've been learning a lot about the organization from reading them.

I want to...compliment all of the people who write...(especially June Bailey) for their very good writing and sense of humor. I feel fantastic about myself and our organization after reading their articles. I only wish there were more issues.

Keep up the great work!

--Nelly Bucci
Pennsylvania

[Thank you for the supportive words. We wish there were more issues too. Unfortunately, we are limited by time and money right now, but we are hopeful about the future.

By the way, Nelly is the newly elected secretary of the reactivated Southeastern Pennsylvania chapter. We wish them all the best in their new endeavors.]

[We received the following letter from NAAFAn Joyce Rue who is the founder of Abundantly Yours, a support group for fat people in the San Diego, California area.]

Dear Editor,

We want you to know how much your support means to us. We appreciate your acknowledgements in the NAAFA Newsletter.

We're all in this thing together and united, supportively we may reach those suffering...and the prejudiced society. We all have our own way to make a difference...

--Joyce Rue
ABUNDANTLY YOURS
California

[Joyce is so right. We do all have different ways of fighting fat oppression, each valid in its own way. That's why, in future issues of the Newsletter, we plan to feature interviews with leaders of other fat liberation groups, including our friend Joyce Rue.]

Dear Editor,

The other day I heard from a NAAFA officer that the NAAFA office, just like many chapter chairpeople I've spoken to, gets all sorts of wierdo calls...some even from our members.

Can you imagine being a chapter officer or NAAFA's secretary and getting a call from a man who asks if you can fix him up with a 400 pound

woman who is willing to drive 60 miles to his country home, bring her own wine and perform certain explicit sexual acts with him? What kind of man would have the gall to make such a request of a stranger? Chairpeople are just people who are trying to improve the self-esteem of fat people...not dating services for the mentally deranged.

The problem is, of course, that there are probably several women who would be delighted to be fixed up with this guy. I read a great quote in Toujours Une Femme, a fat liberation paper from South Carolina. It said:

"Self-respect...don't leave home without it!"

Until NAAFA women are willing to demand better treatment from these slobs, such behavior will not stop. If fat women don't develop self-respect...they won't be treated with respect from others, including their "dates".

Please don't publish my name. Just sign me:

Self-respecting Fat Woman

[Editor's reply: That's a great quote from Toujours Une Femme, which is published by the Columbia, SC group called Women At Large.

As a former chairperson myself, I can attest to the truth of your story about telephone callers. I've been asked to provide a 300 pound red-headed transvestite from Brooklyn by a guy who got our chapter's number from a dance ad.

It's true that many F.A.'s treat fat women in less than acceptable ways. However, this is true of non-F.A.'s and thin women...in fact, true of how some women treat men as well!

The bottom line is that people will tend to treat you the way you expect to be treated. Fat women who complain about F.A. behavior should assist in F.A. liberation and education. Sometimes that means dropping a guy who only wants to eat dinner at home and refuses to take you out...or just hanging up on an offensive caller. You can also help solve the problem by encouraging your fat women friends to do the same.

The media has created the image of the desperate fat woman who is willing to put up with anything just to have a man...and fat women have been living up (or down) to that image ever since. It's time we all stopped living the TV script and make respect part of the fat experience.] ★

SELF-RESPECT...DON'T
LEAVE HOME WITHOUT IT!

NEWSFLASH

A new NAAFA publication will be starting up soon. At its meeting on June 16, the Board of Directors approved the proposal of Chairman Bill Fabrey to start a tri-weekly publication called "NAAFA-Gram" or some similar title.

The new publication is intended to be an optional source of up-to-the-minute news in the fast-moving fat liberation movement in general, and in NAAFA, in particular. Fabrey says that he has "increasingly seen a need for a news bulletin that is faster to prepare, cheaper to print and mail than is the Newsletter, and fairly modest in its goals. For example, such a bulletin might carry news only, be a single sheet of paper, and be sent via first class mail."

The Board approved the concept, and several members pointed out that such a bulletin, without replacing the Newsletter, might be a valuable tool to those who are very active in the movement. The NAAFA-Gram (the name "Bellerose Bulletin was also considered, and rejected...), being an added expense, was voted to be sent free of charge to the following groups of NAAFans:

Patron and Life members
Benefactor and Supporting members
Chairpersons of national committees
Chairpersons of local chapters
Editors of local chapter bulletins
Donors of \$25 or more in any single fund drive, or during any fiscal year

Under the above plan, NAAFans who have no need for last-minute news, or who are unable or unwilling to upgrade their membership, will eventually see the same news, possibly in greater detail, in the Newsletter, which is supplied to all NAAFA members as part of their basic membership. ★

NEWSFLASH...ERNSBERGER TO BE PUBLISHED

Paul Ernsberger, Chairperson of the Health Committee, has written an article that is to be published in the September, 1984 issue of McCalls. He has also written three pieces under the name of "Paul Berger" for an upcoming issue of American Health, probably in July, 1984.

While McCalls is not noted for a liberal attitude about obesity, the Editor of American Health is Joel Gurin, co-author of The Dieter's Dilemma, and recipient of a Distinguished Achievement Award from NAAFA in 1982. ★

DON'T FORGET TO RETURN YOUR
OPINION POLL BY AUGUST 25TH!

**next
issue:**

ELECTION SPECIAL
MINI-MINUTES
CONVENTION SPECIAL

In the last Newsletter (Vol. X, Issue 2), it was stated or implied that the various big beauty contests to be held this year were unprecedented, except for ones held in Cleveland, Ohio, and in the Phillipines some time ago. This information was given in the article titled "Big Beauty Pageants Abound" and in C.O.B.'s Corner.

However, a reader has written in to remind us that in July of 1983, a contest was held in Pleasanton, California that attracted some 50 contestants and an audience of 500. Dubbed the "First Annual Big and Beautiful Pageant" by its creator, NAAFAn Mary Taylor, the event drew local and national publicity at the time. Press coverage appears to have been in very good taste. When contacted about our reporting oversight, Mary explained that she hopes to hold another pageant this fall. Considering that she is a fat activist in Pleasanton, and store manager of the branch of the Woman's World Shops there, we wonder where she gets the time for all her activities...

--W. Fabrey ★

the last word!

DO YOU HAVE A LAP?

According to some diet gurus, one problem with being fat is that you don't have much of a lap when you sit down.

Not so, says NAAFA's Jerry Foxworth, Ohio Chapter officer and noted F.A. Jerry claims that a fat person has just as much lap as a thin person...it's just that fat people who are sitting down are using their laps for a very worthwhile purpose: Holding their stomachs! ★

Barbara Donahue of Queens, New York was commuting home on a New York City subway one hot evening rush hour, feeling wrung-out from a hard day at work. As the train neared her stop, Barbara looked up from her book and glanced around the subway car. Her glance fell on a pre-teen girl sitting near the exit door who was staring rudely at her.

The train was pulling into her station, so Barbara decided to ignore the rude behavior. She collected her things and walked to the door, but the girl leaned forward and said, "Hey, lady! Hasn't anyone ever told ya' about diets?"

Unable to ignore the comment and aware that the girl's mother was listening, Barbara smiled sweetly and replied, "Yes they have. But hasn't anyone ever told you about manners?"

The girl made a nasty face at Barbara, who then looked at the mother and added, "Hasn't anyone ever told you about birth control?!" The doors opened and Barbara was off the train before the mother could reply. ★