

# NAAFA

## Newsletter

Volume XVII  
Issue No. 6

August 1989

### *NOW Passes Anti-Size Discrimination Resolution*



*Tamsen Cooper (MA) carried the fat feminist banner on the March on Washington in April.*

The National Organization for Women, at its convention in Cincinnati, recently passed a resolution opposing size and weight discrimination. This historic action marks the beginning of a new awareness in the women's movement of the discrimination against fat people. The resolution calls for a number of things including NOW to support anti-size discrimination legislation and to make a public statement on the issue.

The resolution was brought to the national Board by California NOW which passed a similar resolution in 1988. The passage of the California resolution was the result of work by members of Fat Lip Readers Theater, with help from members of NAAFA's Feminist Caucus who were also members of NOW.

Carrie Hemenway (MA) and Victoria Reed (CT) continued the lobbying at

continued on page 2

### *Board Adopts New Policy*

In May, the Board of Directors approved a written statement of policy regarding others in the size acceptance movement. The Statement of Support was authored by Founder William J. Fabrey.

According to Fabrey, "NAAFA has always had an unwritten policy of cooperation and support for anyone working to improve the lives of fat people. But while recently drafting a list of non-NAAFA groups and publications in the size acceptance movement, I came to believe that a formal, written statement of policy would be very helpful."

continued on page 3

### *Inside!*

Activism Alert	pg. 4
Self-Esteem	pg. 5
New Members Write: Are there really F.A.s?	pg. 6
Election Results	pg. 7

### *Community Awareness Award Created*

A new NAAFA award was approved at the May Board of Directors meeting. Named the Community Awareness Award, it is designed to acknowledge noteworthy efforts by individuals, chapters and SIGs in spreading the size acceptance message into their community. "Community" does not necessarily mean a geographic area: it can also mean an area of interest, another organization, a trade or professional association, a school, and so forth.

Five individuals and chapters were named as recipients of the award for 1989. They are as follows:

William Morrisett of New York, a physician's assistant, was presented with the award for an excellent article published in his professional association's magazine about how physicians assistants can be supportive, empathetic, non-discriminatory, and

continued on page 2

NAAFA:  
The National Association to  
Advance Fat Acceptance

formerly  
The National Association  
to Aid Fat Americans

NOW's national convention in June of last year. They collected signatures required to bring the resolution to the floor, dialogued with hundreds of people, and passed out fat feminist literature, NAAFA literature, *Radiance* magazine, and health information. However, the resolution was tabled at that time.

Members of the Feminist Caucus of NAAFA, who are also members of NOW, continued to lobby NOW Board members since last year's convention. Included in that effort was the Caucus' participation in the NOW march on Washington last April, in which the fat feminists made their presence known by wearing special shirts and carrying a banner that read "Women of Size, Women of Power." Finally on July 20, their efforts paid off: the resolution was passed by the NOW Board of Directors.

Fat feminists plan to continue this work by forming a fat feminist caucus in NOW, which is hoped will bring many more fat women and allies into the movement. Carrie Hemenway, who represented NAAFA, the Feminist Caucus, and *Radiance* magazine at the NOW convention reports that signatures have already been collected to form this caucus, and that other programs are being discussed.

### Commentary

guest commentator Carrie Hemenway

It is important that a progressive national organization, especially one the size of NOW, is recognizing that size discrimination is indeed a valid issue. An endorsement from an organization like NOW adds credibility and clout to the work being done in the size acceptance movement. This action gives us allies, fat and thin, and these many thousands of NOW members can spread the word to the people in their lives. This also paves the way for fat activists to make inroads with other civil rights organizations. And NAAFA can take pride in having played a part in making this historical event possible!

This national resolution would not have passed is it were not for intensive lobbying efforts on the part of several people, primarily from the Feminist Caucus. We can make things happen rather than wait for someone else to do it for us. We hope this will encourage NAAFans to pursue the goal of getting similar resolutions adopted by other organizations such as the ACLU and the NAACP. ∞

## NOW's Anti-Size Discrimination Resolution

WHEREAS, fat people face daily discrimination in the areas of employment, insurance, medical treatment, education, adoption, access, and social interaction,

WHEREAS, women are the main victims of discrimination based on size,

THEREFORE BE IT RESOLVED that National NOW shall be officially on record as opposing all size discrimination, and

BE IT FURTHER RESOLVED that NOW, its chapters, and officers shall not discriminate against anyone based on size, and

BE IT FURTHER RESOLVED that National NOW shall make a public statement condemning size discrimination, especially in the areas of employment, insurance, medical treatment, education, adoption, and access, and

BE IT FURTHER RESOLVED that National NOW shall be in favor of adding "SIZE" or "HEIGHT AND WEIGHT" to the protected categories under existing equal opportunity laws and regulations, and

BE IT FURTHER RESOLVED that NOW shall endorse future local, state, or federal laws which ban size discrimination. ∞

---

---

## Community Awareness

continued from page 1

helpful to their fat patients. Getting our message to a community of health professionals was an important contribution. NAAFA's address was included in the article which led to several requests for literature from readers.

Carrie Hemenway of Massachusetts was presented an award for her article entitled "The Weighty Issue of Size" published in *NewSmith*, the alumni publication of Smith College. The publication is sent all over the world to over 45,000 alumni, faculty, and students including such notables as Barbara Bush, Nancy Reagan, Gloria Steinem and Julia Child.

A third award was presented to Frances White of California. When members of the San Francisco Chapter participated in the production of a segment of Dr. Dean Adelle's medical newspot, Frances followed up by obtaining a list of the markets where the show would be syndicated. She con-

ducted a proactive publicity campaign, writing each station manager, informing them of NAAFA's existence and giving them the address of either the national office or the local chapter in their area. Her leads led to further publicity.

Two chapters also were presented with the award: The New Jersey Chapter received an award for their successful proactive publicity campaign that resulted in a number of excellent articles about NAAFA in New Jersey papers.

The Chicago Chapter received an award for their efforts in educating Jeffrey Zaslow, a local columnist ("All That Zazz") for the *Chicago Sun Times* who published an unflattering column about fat people. Due to their efforts, Mr. Zaslow reversed his opinion in print.

All awards were presented at the 1989 Convention in Los Angeles. ∞

In the course of compiling his list, Fabrey spoke to a number of groups and noticed that many of them were unsure of NAAFA's position about their existence. Most of the groups were aware of NAAFA's activities, and seemed to approve of them; many groups had members and even leaders who had also joined NAAFA. But some groups had the misconception that they might be viewed as "competition" by NAAFA.

"It is my hope," says Fabrey, "that the approval of this statement will emphasize our belief that there are many ways of helping fat people improve their lives, and acknowledge the work and accomplishments of others in the movement."

## *Statement of Support for Other Organizations in the Size Acceptance Movement*

WHEREAS the goals and purposes of NAAFA, the National Association to Advance Fat Acceptance, Inc. as defined in its Constitution are broad, and clearly reflect the purpose as summarized in its name: to advance "fat acceptance" (also known as "size acceptance") in as many ways as are possible; and

WHEREAS it is possible to work for some of the same goals of NAAFA outside of the NAAFA setting, either individually, or as a group or corporation; and many such groups are currently doing just that; and

WHEREAS it is in the best interest of the "size acceptance movement" for those groups that have some congruence in their interest to remain mutually supportive, communicative, and to work together whenever possible, our numbers being small relative to the total population;

BE IT RESOLVED by NAAFA's Board of Directors on May 28, 1989 to issue this statement of support for all those groups involved in the same general work as our organization; and we encourage all such groups, individuals, and corporations to adopt the same open and uncompetitive attitude toward others in the "movement" as we pledge and affirm today; and

BE IT RESOLVED to attempt to propagate this statement of support to all of NAAFA's members, committees, local chapters, area facilitators, and special interest groups (SIGs), as well as to all known individuals, groups, and corporations that function in the "movement" but outside of our Association; and to invite all parties to join or subscribe to the activities and publications of any groups that include the promotion of size acceptance as one of their main purposes. ◊◊

### *NAAFA Newsletter*

#### NEWSLETTER STAFF

MANAGING EDITOR  
Nancy Summer

PRODUCTION ASSISTANT  
Bill Fabrey

CONTRIBUTORS THIS ISSUE  
Harry Gossett  
Carrie Hemenway  
Lynn McAfee  
Janet Meyers  
Sally E. Smith

©1989 by NAAFA, Inc., Box 188620, Sacramento, CA 95818. Nothing may be reprinted without permission except for non-commercial purposes, providing suitable credit is given.

The NAAFA Newsletter is published monthly for the members of The National Association to Advance Fat Acceptance, Inc.

Articles in this Newsletter do not necessarily reflect the official policies of NAAFA, Inc., unless specifically noted. Please contact the NAAFA office about specific NAAFA policies. Commentaries in this Newsletter, unless otherwise noted, were prepared by a member of the editorial staff or the Executive Director. ◊◊

## **NAAFA, Inc.**

### EXECUTIVE DIRECTOR

Sally E. Smith

### OFFICERS and BOARD OF DIRECTORS

Conrad H. Blickenstorfer, Ph.D.,

*Chairman of the Board*

Nancy Summer, *President*

Paula Dachis, *Vice President*

Mary-Jane Grace-Brown, *Secretary*

William J. Fabrey, *Founder (1969)*

Lynn McAfee

Lynn Meletiche

Frances White

Russell F. Williams

Dan Davis, *Treasurer*

### ADVISORY BOARD

*Chairman of Advisory Board*

Paul Ernsberger, Ph.D.

Biomedical Research

William Bennett, M.D.

Editor, Harvard Medical School Health Letter

Abraham I. Friedman, M.D.

Metabolism and Bariatric Medicine

David Garner, Ph.D.

Research Psychologist (Eating Disorders)

Paul Haskew, Ed.D.

Psychologist, University of Connecticut

Angela Barron McBride R.N., Ph.D.,

Professor, Dept. of Psychiatric Nursing,  
Indiana University School of Nursing

Harry K. Panjwani, M.D.

Psychiatry

O. Wayne Wooley, Ph.D.

Susan C. Wooley, Ph.D.

Co-Directors, Eating Disorder Clinic,  
Dept. of Psychiatry,

University of Cincinnati College of Medicine

NAAFA: The National Association to Advance Fat Acceptance, Inc., is a 501(c)(3) non-profit, tax-exempt educational, human rights organization dedicated to improving the quality of life for fat people.

NAAFA is not a diet group, but seeks alternative ways to enrich the lives of its members and large people everywhere through public education, research, advocacy and support.

Regular membership in NAAFA is \$35 per year. Other membership categories are available. For more information, contact the Membership Services office:

NAAFA

PO Box 188620

Sacramento, CA 95818

or call (916) 443-0303.

## Berry Trim Update

Berry Trim and its unusual marketing ploy is stirring up opposition on both sides of the weight control line. As we reported in the July Newsletter, fat people all over the country have received a simulated newspaper tear sheet with an ad for the Berry Trim diet pill. It's made to appear that someone who knows you, mailed the ad especially to you: the page is personalized in ink with the words, "Try it. It works. J." and it's mailed with a first class stamp in a hand addressed or hand typed envelope.

William Jarvis, the president of the National Council Against Health Fraud has filed a complaint with the FDA because he says that Berry Trim violates standards set by the Federal Trade Commission for claims that can legally be made for weight-loss products.

### Now the pills are being sold as "Metabo-Slim Formula 22."

The *Lose Weight Naturally Newsletter*, published by Rodale Press (Prevention magazine), is one pro-diet publication which has panned Berry Trim. Their July issue carried a front page article which evaluated the ingredients and found that "the pills may be all-natural, but they're entirely useless."

But wait, there's more! Harry Gossett, who tipped us off to Berry Trim last year, just received a new promotion from the same manufacturer. The simulated ad arrived via first class mail, not from California as last time but from Phoenix, Arizona. The small, non-business envelope was hand-addressed, and the ad was personalized in blue ink with the words, "Harold! This really works, give it a try. J." But the product name has changed! Now the pills are being sold as "Metabo-Slim Formula 22." Harry send a note commenting that "It appears my friend 'J' has moved to Phoenix. — legal problems in California?"

If you receive any promotion like this, please send us copy. ☐

## Activism Alert

### When you care enough, don't send a Hallmark!

Members of the Philadelphia Chapter have alerted us to a series of products from Hallmark Cards, Inc. Shoebox Division which are insulting to fat people. First spotted was a birthday card which depicts a scene on a bus. A fat man is sitting next to a thinner person, and the text begins, "There are worse things in life than birthdays," and goes on to say, "Like you could be wearing shorts and riding on a bus on a hot day, and you're all sweaty and then some fat guy gets on and insists on sharing your seat, for Pete's sake!..."

Bob Sponaule and others from the chapter wrote Hallmark with their complaints, and received a polite letter in reply from a Hallmark representative who said they didn't mean to offend.

However, Janet Meyers just spotted several new products from the Shoebox Division that are offensive to varying degrees.

One product is a mug that is decorated with a drawing (by "Ahern") of an elephant relaxing in a hammock. The mug reads, "I exercise as much as the next guy—providing the next guy is a fat, lazy slob!"

A tee shirt is also available that has a drawing of a slender women with the caption, "Save the whales. They make us look thin."

There is also another birthday card which has an old photo of a circus fat

lady being pulled into a truck by ropes, with a group of men standing around her smiling. The card reads, "Never did get her into the cake, but Happy Birthday, anyway."

### ...there is a lack of respect for fat people in the Shoebox Division of Hallmark.

We remember when Hallmark was a name associated with quality and nice sentiments. It appears that they are trying to compete with other companies that have been successful selling offensive and crude greeting cards. While some of these products are more offensive than others, the combination definitely proves that there is a lack of respect for fat people in the Shoebox Division of Hallmark.

We urge NAAFans to boycott Hallmark products, especially those from the Shoebox Division. And we further urge all NAAFans to write Hallmark to express your feelings about their anti-fat products. Their address is Hallmark Cards, Inc., Shoebox Division, 2501 McGee, Kansas City, MO 64108. (And please send us a copy of your letter and any reply you might receive.) ☐

### How would you answer these Questions?

1. Did you know that NAAFA's membership has almost doubled in the last eighteen months?
2. Do you want to meet new people?
3. With all the new people joining NAAFA-Date and Pen Pal, don't you think now's the time for you to join or rejoin the programs?

**NAAFA-Date** is a unique, national computerized dating service for fat people and their admirers. (\$35)

**Pen Pal** helps friends meet through the mail for a non-dating relationship. (\$10)

4. How can you join? We can answer this one...

Contact the NAAFA office for details and application forms!

## Increasing Your Self-Esteem

Lynn McAfee (PA)

New NAAFA members are often amazed at the amount of self-esteem NAAFans have. "How can they just get up there and dance like that?" one newcomer said to me during a dance. "I'd never have the nerve to do that." It does take nerve for some of us. For others, our self-esteem is challenged by an instance of job discrimination, or a lecture by a family member on why being fat is unhealthy.

No matter how long we've been NAAFA members, or how high we think our self-esteem level is, every day brings new challenges to our sense of self-worth. How can we exercise those self-esteem muscles so we're ready to face the rigors of our daily lives? I've developed the following fitness routines to keep my sense of self intact:

1. ATTEND EVENTS. I attend as many NAAFA meetings and events as I can. This is your main source of support. You can always swap "horror stories" with other members who understand why you were angered by the way the doctor treated you, or why you're afraid to go home for Thanksgiving dinner. Even if I haven't had any recent incidents to share, I go just to be around other fat people. Since I live and work in a world that isolates fat people, it's important to me to just see other people who are large. I need to remember that not everyone in the world is a size 10.

2. READ THE BOOKS. Books are your ammunition against people who tell you that fat is unhealthy or emotionally "sick." You know better, but sometimes it really helps to see it in print. *The Dieter's Dilemma*, NAAFA's *Report on Weight Loss Surgery*, and *Rethinking Obesity*, are all important books in your self-esteem library. The medical information is extremely necessary to remind you not to believe the medical stereotypes about yourself.

3. EXAMINE YOURSELF. I think about what's keeping me from feeling good about myself. To me, the basis for good self-esteem is making a commitment to feel good about yourself. You need to say, "I deserve to be happy. I

deserve to feel good. I'm not going to allow anyone or anything to rob me of my right to be happy." Self-esteem then becomes simply a skill that can be learned and taught to others.

I sometimes feel my self-esteem slipping when I look at fashion magazines and see thin models in beautiful clothes. Now, I buy only *Radiance* and *BBW*. Also, I always try to remind myself that a standard of beauty is not engraved in stone, it's something that is dictated by our culture. I look at my Venus of Willendorf necklace and remember that there was a time when women my size were worshipped. Just because somebody says, "This is what's attractive," doesn't mean I have to follow that rule like a sheep. I don't subscribe to standards of beauty that exclude fat people.

You need to think about why you aren't feeling good about yourself, and be creative in finding your way back to self-esteem. Remember, no one else can do it for you.

4. GET ANGRY AND FIGHT BACK. I have a friend who invented the "How Dare You" school of self-esteem. When people say things that threaten her self-esteem, she says, "How dare you try to make me feel bad," or "How dare you feel superior to me." She believes that starting out with anger is the best way to keep from having her self-esteem blocked. I think we could all use a little of that attitude in our daily dealings with people. We should be angry at the way we are treated, and people who oppress us should see our anger. Maybe the "How Dare You" school is not for you, but I believe that anger is one of the best tools we have in our fight to save ourselves. Send the world the message: "Your don't get to treat me badly."

5. HELP OTHERS. Just because you worked hard to get your self-esteem muscles strong doesn't mean that you can stop exercising those muscles. Helping others is the best way I know to build and maintain self-esteem. It's your "Maintenance Program." You can keep yourself on track by helping others to also feel good about themselves.



Bring  
**RADIANCE**  
into your life!

Read about  
large women  
from all  
walks of life,  
along with

articles on health, well-being,  
fashion, and cultural views of  
body size. Subscribe for in-  
formation and support vital to  
women all sizes of large.

Send \$10/1 year or \$16/2 years, to:



**RADIANCE**,  
P.O. Box  
31703,  
Oakland,  
CA 94604  
(415) 482-0680  
(Write for  
rates outside  
the U.S.)

Remember that as a NAAFA member, your dues and donations are helping to stop job discrimination, medical abuse, and diet fraud. Your volunteer efforts on any level are important. NAAFA needs people to do things as simple as making phone calls or writing letters, and as complicated as organizing political action.

As long as discrimination exists there will be challenges to your self-esteem. We need to create an environment in which every person is entitled to self respect, no matter what their size. The only cure is education and political action, starting with ourselves.

Fat people are taught to think that the only way to self esteem is dieting. NAAFA is about creating other options, finding other roads to self-esteem. You should put as much energy into exercising your self-esteem muscles as you would into a diet. The effects are much more long-lasting, and they'll stay with you no matter what your size.

Reprinted with the author's permission from *Fully Philly Extra*, the publication of the Philadelphia Chapter. ◊◊



## New Members Write...

Due to our increased rate of membership growth, NAAFA has many new members who often have questions about the organization, the fat acceptance lifestyle, or their fellow NAAFAns. In this column, we try to answer some of those questions. New members are invited to send in their questions to the attention the Newsletter Editor.

### Fat Admirers

Discrimination against fat people comes in many forms. The effects of social discrimination (being overlooked in the dating market, being left out of parties and the social scene while growing up) are causes of low self-esteem and lack of self-confidence. As a result, social issues are often very important to new members.

Three questions that newcomers to NAAFA often ask are: 1) Are there really people who find the larger figure attractive? 2) Do they really like to date fat people? and 3) Where can I find them?! And so we dedicate this column to S. in Florida, M. in Pennsylvania, B. in New York, and S. in California...

The answers to those three questions are 1) Yes, 2) Yes, and 3) Anywhere! In fact, you probably already know some...

In NAAFA we call them "fat admirers", "F.A.'s" for short. When speaking about a woman who prefers larger men, "female F.A." is often the terminology. In the male gay community they're often called "chubby chasers." Whether or not you like these labels, the fact is that whatever you call them, it's estimated that at least 5% of the population finds larger figures especially attractive, and that this percentage would be much higher if it wasn't for the societal oppression against fat people.

So how do you find these admirers? First of all, you have to be receptive. A defensive or negative attitude that says, "Nobody can really find me attractive," is the best way to scare off an F.A. Get rid of the attitude, if you have it, that anyone who might be interested in you must be weird or strange. Learn to say "Thank you" when someone pays you a

compliment. You may discover that the person who seems especially friendly such as your co-worker, friend, or neighbor is really an F.A. who has been looking for a sign that you might be interested. You should know that some of the people who stare at you in public are doing so in admiration. Try smiling back at them!

Attend NAAFA events, especially conventions, regional gatherings and dances. Volunteering your time to work on a NAAFA project can also help you to meet F.A.'s in a friendly situation. Chubby chasers and fat gay men can find support in various Girth and Mirth groups around the country. The bottom line is that by being "in circulation," by going to events that interest you, you're more likely to meet F.A.'s.

*...if you really want to know more about F.A.'s, (or if you are an F.A.) join the FA-SIG.*

Join a special dating service. Besides NAAFA-Date (NAAFA's own unique computerized dating program), local dating services that cater to larger people and their admirers are springing up all over the country with names like Big Buddies, MOR 2 LUV, Chubby Connections, etc. The very fact that people are investing their dollars in such businesses is proof that there are customers out there.

Personal ads are another way to find F.A.'s. Ads in our "Personals," BBW's Friendship Pages, and your local newspapers are way to locate them. There are even two computer bulletin boards, "The Big Board" and "Roundabout" where size-acceptance information and personal messages can be accessed. (See the April '89 Newsletter.)

Finally, if you really want to know more about F.A.'s, (or if you are an F.A.) join the FA-SIG (special interest group). SIG members receive the popular

publication *Dimensions* six times per year. *Dimensions* is a "newsletter, forum, and information for Fat Admirers and those who like to be admired fat." The FA-SIG recently conducted a survey of fat admirers asking dozens of questions about preferences and issues. The results of the survey have been published in the April and June issues of *Dimensions*. Articles and artwork that can be found in *Dimensions* are a unique window into the world of F.A.'s!

NAAFA members can join the FA-SIG by sending \$12 for a one year membership to the SIG in Albany. (It's \$18 for non-members). If you would like more information about the FA-SIG or the survey results, write the FA-SIG, Dept NN, 7247 Capitol Station, Albany, NY 12224. ☐

In an upcoming issue of the Newsletter, we'll review all NAAFA's Special Interest Groups.

### Check Here:

- Do I want to compare Leg & Headroom of new cars on the USA market?
- Do I want to see what's made for me in Big & Tall. not just what I have to pick from the local B & T store?
- Do I want more choice in what I wear?
- Do I want the latest reports on health for extra-size men?
- Do I want a fitness program designed for me?
- Do I want articles that I can identify with as a MAGNASized guy?

BUY a subscription to

# MAGNA

A Quarterly

Your Big & Tall Fashion & Lifestyle Magazine for Men!

Send your check or money order for \$12.00 (for one year) to: MAGNA, Dept. N, PO Box 286, Cabin John, MD 20818.

Or call: **1-800-336-7666**

to charge your subscription to Visa. Choice or Mastercard (except in West Va.).

NF

## Board of Directors Election Results

The results of the 1989 election for three seats on the Board of Directors were tabulated on June 30 in Sacramento. With a record number of votes being cast (599), the results were as follows:

William J. Fabrey (VA)	388
Lynn Meletiche (NY)	301
Frances White (CA)	286
Neil Dachis, Esq. (MD)	279
Randi Hertz Suriano (NJ)	214
Janet Meyers (PA)	178

Fabrey, Meletiche, and White, the three candidates who received the most votes, all won three year terms on the Board. They were sworn in at the Convention in Los Angeles.

Election Committee Chairman Conrad H. Blickenstorfer expressed his thanks to everyone who participated in the election: to the candidates, the ballot counters, and to the NAAFA's who voted. ♡

## Next Board Meeting

November 4th, Grand Rapids, Michigan

All NAAFA members in good standing are invited to attend national Board of Directors meetings. The meetings are held four times per year in various parts of the country and normally last about four hours. If you would like more information, please call the NAAFA office, or write the Chairman of the Board, Conrad H. Blickenstorfer. ♡

## Bring NAAFA to Your Hometown

NAAFA's chapter and area facilitator system is expanding. Qualified volunteers are needed to represent NAAFA in areas where no chapters currently exist. Area facilitators are stepping stones to chapter development. They act as NAAFA's contact person in a specific area. If you have been a member for over one year and can donate a minimum of 10 to 20 hours per month, please consider helping NAAFA grow in this way. Write to NAAFA for an application and more details. ♡

### making it big.

Natural Fibre Clothing in Vibrant Colors  
and Contemporary Styles for Large Women

Our Size	XXS	XS	S	M	L	XL	XXL	3XL
Dress or Blouse Size	32	34	36	38	40	42	44	46
Bust	36	38	40	42	44	46	48	50
Waist	29	31	33	35	37	39	41½	44
Hips	38	40	42	44	46	48	50	52

Larger Sizes by Special Order / Send for your mail order catalog

P.O. Box 203

Cotati, CA 94928

(707) 795-2324

## Recruitment Contest Underway

As announced in the June Newsletter, a three month membership recruitment contest begins on September 1st. The NAAFA member who earns the most points for recruiting new members will be eligible to receive a 1990 convention package valued at almost \$300.

To enter the contest, write or call the NAAFA office and request the contest packet of promotional materials, including brochures and coded membership applications. The NAAFA office must receive completed membership applications (with payments) by December 15, 1989.

Points will be awarded to contestants as follows:

4 points:	regular membership
2 points:	student, senior, limited income, joint memberships
10 points:	supporting membership
25 points:	benefactor membership

A minimum of 15 points are needed in order to be eligible to win the Grand Prize, a free 1990 Convention package (approximate value \$280 to \$300). The Grand Prize will be awarded to the member who accumulates the most points. The second place winner will have his/her 1990 Convention registration fee waived. Ten third place winners will receive a copy of *Fat Chance* by Harry Gossett. In the event of a tie, the winner will be determined by a random drawing. The winners will be notified by mail, and announced in the January, 1990 issue of the NAAFA Newsletter, and recognized with certificates at the 1990 Convention.

Remember, if every member recruited just one new member, we would double our membership overnight!

—Sally E. Smith ♡

## Mailing Notice

This issue of the Newsletter was mailed at the non-profit bulk mail rate. We are asking your assistance in tracking the efficiency of this mailing method. Please note the date you received this Newsletter on the enclosed form along with your city, state, and zip code, and return it to the NAAFA office. Thank you!

### Moving?

Don't forget to mail a change of address to the NAAFA office, and to any chapters or SIGs to which you might also belong. ♡

## Events

Feel Like Fun?  
November 3 -5

### Mid-West Conference

Marriott Hotel  
Grand Rapids, Michigan

For information, mail a SASE to:  
West Michigan Chapter of NAAFA  
2361 Woodlawn S.E.  
Grand Rapids, MI 49546  
(616) 949-8936

*New Year's in New York*

### The '89-'90 Holiday Happening

La Guardia Marriott  
December 29 - January 1

Event reservation information will  
be mailed to all members in the fall.  
(516) 665-6525

## Classified Ads

### AVAILABLE BY MAIL

2X - 9X T-SHIRTS, Tank Tops,  
Batwing Shirts, Sweatsuits, Fanny  
Wrappers, Nightshirts, plain or im-  
printed. FREE mail order brochure.

Full Bloom  
185 So. Pearl Street  
Dept. N-2  
Denver, CO 80209

HAVE IT YOUR WAY  
SASE (45 cents) for free style sheet  
"16-60"

Fashions that Fit  
10942 Balboa Blvd.  
Granada Hills, CA 91344  
(818) 831-1855

INSURANCE HASSLES?  
Your "WEIGHT" is over!

Major Medical, Disability Income,  
Life Insurance, I.R.A.'s, Mutual Funds.

Send inquiries to:  
Alan Diskin

Dept. 356, (in care of NAAFA)  
Please include name, address and  
phone number. All inquiries will be  
kept confidential.  
Or call (305) 920-5375 or 429-8464.

### PREHISTORIC FAT GODDESSES

*The Venus of Willendorf*

Two inch ceramic statuette—\$35.00  
One inch silver pendant—\$100.00  
One dozen Chocolates—\$9.00  
Free shipping.

MC/VISA/AMEX or check accepted.

### LYRICON DESIGNS

831/2 Partition Street  
Saugerties, NY 12477  
914 246-7992

### AVAILABLE REGIONALLY

#### Dentistry in Manhattan

All NAAFA members are invited to  
save 10% on caring, gentle dentistry  
in a modern, easily accessible office  
in Greenwich Village.

Call Dr. Peter Silver  
at (212) 353-3457 for details.

## NAAFA Newsletter Advertising Policy

Ads received by the following dates will be  
printed in the next issue available: UPCOM-  
ING DEADLINES: Oct. 1 for the November  
issue, Nov. 1 for the December issue, and so forth.

#### CLASSIFIED ADS

Non-Member ads: \$.75/word, 20 word min.  
Member ads: \$.50/word, 20 word min.  
Confidential department number: \$5 per issue.  
Capitalized boldface words: Count as two words  
each—not available for personals.

#### PERSONAL ADS

Personal ads from members wishing to meet other  
members are published in "The Personals" sup-  
plement—mailed to members with this Newslet-  
ter. Instructions for placing or responding to per-  
sonal ads appear in the supplement.

#### DISPLAY ADS

Contact NAAFA office for ad rate card.

#### AD PAYMENTS

Discounts: Deduct 20% for identical ads in  
three consecutive issues.

Payment: Must be included with order. VISA  
or Mastercard okay for charges of \$15 or more.  
We need card type, number, and expiration date;  
amount charged; name and address of card  
holder; and your signature.

Foreign members: Send U.S. funds; int'l  
money order; or VISA/Mastercard.

#### AD ACCEPTANCE POLICY

Publication of any ad in the Newsletter,  
the "Personals", and/or mailing of any  
flyer by NAAFA does not imply any en-

dorsement by us. However, we will not know-  
ingly publish an ad or mail any flyer that has false  
information, or which appears to be a violation of  
NAAFA's purposes or code of Minimum Stan-  
dards. Ads or flyers for goods or services for  
weight loss or gain will not be accepted.

#### SEPARATE MAILING OF FLYERS

NAAFA occasionally mails promotional flyers  
for non-NAAFA goods or services. Such mail-  
ings either take place from our office or from  
Board-approved mailing services. Such mailings  
are completely paid for by the promoters; we  
make such mailings for informational purposes,  
and to help pay for overhead expenses. Those  
NAAFAs who choose not to receive such mail-  
ings can request it in writing. ∞