



August 2019 NAAFA Newsletter

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#OldFatty Project by Peggy Howell

Video of the Month



Fat Liberation by Angry Fat People

Soprano Tracy Cox has been hailed by the LA Weekly as a "force of nature", and Arts in LA described her voice as, "opulent, dramatic, and expressive, with a golden sheen that is nothing short of breathtaking".

Bass Matthew Anchel, called "a voice to watch" by the Wall Street Journal, was a Grand Finalist in the 2013 Metropolitan Opera National Council Auditions.

Together they are Angry Fat People and you will sooooo be in love with this song and these fabulous #fatactivists. It should be our new theme song! The melody is haunting, the lyrics are spot on. You have to hear this.
<https://youtube.com/>



For some time I have been watching the young "influencers" in our community on Facebook. I realize that for the most part they are promoting clothing or services for some kind of compensation but I like the concept of using attention-getting photos to spread a message. I've watched Saucye West #fatandfree and Tigress Osborn #iofthetigress, to name just two, and have been inspired by their openness in their postings.

For years we have been force fed the message that being fat is a death sentence. If we are fat when we are young, we are told we will be dead before 50. NAAFA members have been aware of these messages for over 50 years. Doesn't it stand to reason that there must be long time NAAFA members who are over 50? I know I am.

I decided to use the tools of the young influencers to spread the word that I am an **#oldfatty**, I am alive and well and I have a voice. I shared my plans at the close of the NAAFA conference and encouraged others to join me. I liked the suggestion to launch the project on my birthday. June 30 when I turned 72 was the perfect time to start busting some myths and proving that the establishment is wrong. My goal is to show young people they can live long full lives without dieting their lives away.

I created an Instagram (IG) account for this project. Join me on Instagram @fatacceptancewarrior

On June 30, 2019 I posted the following message on Facebook with a much briefer version on IG:

"Today is my birthday and I am 72 years old. That's correct, a 72 year old fat woman. The gigantic multi-trillion dollar diet/healthcare machine would have you believe that having "extra" fat on your body is a death sentence when in fact it is

[watch?v=voaoptwBLOg](#)

If you live near NYC, Angry Fat People's first Live Show will be on Saturday, September 7, 2019 at The Duplex in New York City celebrating the Single release of "Fat Liberation"! Details:

facebook.com/events/2373398692917206

Quick Links

[NAAFA.org](https://www.naafa.org)

Facebook

[Main](#)

[Toronto, ON, Canada](#)

[Capital \(DC\)](#)

[Clark County, NV](#)

[SF Bay, CA](#)

[Los Angeles, CA](#)

[Orange County, CA](#)

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weight cycling (dieting then regaining) that shortens your life. Many doctors tell fat clients that they will be dead before they are 50 years old. I'm here to prove them wrong. I have been fat all my life and said life is becoming pretty long.

I'm starting a photo project to show what it's really like to be fat, 315 pounds, and 72 years old. This is the beginning of my **#oldfatty** adventure. Expect to see more of me in the days and weeks to come. I am out to bust some myths about being fat and getting old! #thisisfatand72 #fatallmylife #fatpo #agepo #equalityateverysize #naafa"

I have since learned more about hashtags (#) and am using more of those to connect with other fat activists. Some of the more popular include: #allbodiesaregoodbodies #antidiet #banthebmi #bodypositive #endfatphobia #fatacceptance #fatliberation #fatrights #fatshion #fatvisibilityisactivism #plusequal #plussize #representationmatters #riotsnotdiets #sizediversity #sizeacceptance and more!

I'm posting photos from my life with messages of fat acceptance on Facebook and Instagram. I'm encouraging those of you on social media who are over 50 to join me in standing up and becoming visible. We are alive and still have much to accomplish. Let's show the establishment how wrong they are! Be sure to use **#oldfatty** when you post and friend me on IG: @fatacceptancewarrior

Fatties Against Fascism Rise Up to Close the Camps *by Max Airborne with Dawn Haney, of [Fat Lib Ink](#) and [Fat Rose](#)*



I was creeped out when I saw the photo. A familiar sense of shame filled my body.

The August 2017 anti-fascist action had been a beautiful, powerful experience, San Francisco Bay Area community coming together in thousands to successfully drown out a fascist rally. Inspired by the "Femmes Against Fascism" shirts that my fat friend had recently made and distributed, I made two big cardboard signs for me and a fellow disabled fatty to prop on the front of our Travel Scoots: "Fatties Against Fascism." People cheered when we walked by at the rally. We got so many compliments on our signs. We were loved and appreciated.

It felt jarring to see a photo from this beautiful experience turned into a meme, designed to

induce shame. My friend and I smiling in different directions, the picture secretly taken and labeled, "Antifa Now Has a Tank Division." The comments were even meaner.

In my shame, I didn't tell anyone right away. But then I decided to say something, and I posted it on Facebook. "Not sure how I feel about it. Guess I'm doing something right?"

And people said, "Hell yeah, we have a tank division!" People raised their hands proudly, superfats and scooter riders ready and willing to fight against fascism. These people weren't afraid of getting called names -- they wanted "Antifa Tank Division" as a title of honor. People started asking, "[Where's my t-shirt?](#)"

And I realized that was another way I could be responding. Even with all my years of fat activism, the trolls had managed to hook my shame. But there is an immunity we build when we do this together. Going out together is self-protection. Doing this work together is building our resilience and immunity. When I kept it to myself, I was in a state of shame. When I shared it with others, I remembered that together we are so powerful. Acting together is our medicine against shame.

NAAFA knows this well. Fifty years of addressing our isolation as fat people, bringing us together in community and action. Finding power together, beyond shame.

* * * * *

Some [Fatties Against Fascism t-shirt printing](#) had already begun, engaging fat people politically in this time of Trump and bringing fat politics into other movements. Fat community's high powered resistance to this meme kicked t-shirt printing into high gear in August 2018. Over 500 people are now wearing Fatties Against Fascism tees all over the world. We just sent some to Iceland!

With fatties bursting with political energy, in January 2019 we started [Fat Rose](#), a study and action group to get fat people more involved and connected to each other. In Fat Rose, we are working together to frame a fat liberation that is intersectional at its roots, connected to other liberation movements. To that end, we're building relationships with people in other movements, making connections between fat oppression and other oppressions.

For example, this month we are [organizing an action to Close the Camps](#). Thousands of families are being held indefinitely in concentration camps at the border, an intensified horror of the deportation machine that has terrorized our 11 million undocumented neighbors for decades. Co-organizer Stacey Milbern of Disability Justice Culture Club says, "We are bringing together Fat people, Disabled people, our loved ones, and anyone who has experienced being separated, shut away, controlled, disposed of, incarcerated in prisons, nursing homes, fat camps, psych institutions, or generally told they are the problem for society's woes to unite in solidarity with migrants."

As Disabled and Fat people of many communities, we know what it is like to be considered disposable. We know, in our bodies, that being intentionally starved, institutionalized, and tortured lead to lifelong impairments. These concentration camps are part of a network of racialized state terror with historic roots. They are designed to control and dispose of people. We must rise up and respond.

We come together in action, finding resilience and power. **Together, we demand an end to the brutal treatment of migrants, an end to the fascism of concentration camps, and an end to ICE.** As Fat and Disabled people, we are powerful in our resilience. We have survived despite a world that wants to reject us, dispose of us, kill us. Just like we refuse to be pushed away and forgotten about, we refuse to let go of our people incarcerated in the camps. NO BODY IS DISPOSABLE!

TWO WAYS TO JOIN US:

- In person: [Wednesday, August 28, 12-1pm](#) at ICE SF offices, 630 Sansome St, SF, CA
- From anywhere: [Join in solidarity actions](#)

Thank you NAAFA for co-sponsoring this action, alongside a [proud list of Fat and Disability groups!](#)

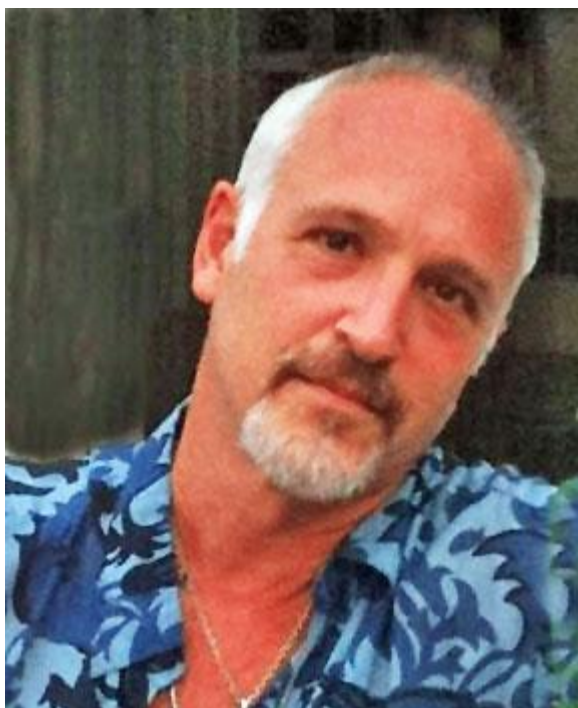
Change of Address



We've changed our mailing address! Our new address is:
PO Box 61586, Las Vegas, NV 89160-1586

Building a Positive Community to Combat Negativity

by Stephen Hadley



We all deal with negativity in our lives. Externally, we hear hateful comments, read insulting statements, and struggle against a society that shames people for being different. Sadly, you may also have to struggle against internal negativity. It's hard not to get down on yourself when there's so much societal pressure against the fat community.

Building a positive community can combat negativity. That's one of the reasons I support NAAFA. This is a safe, positive, supportive place for people of all shapes and sizes. It's part of a larger community that I'm proud to be part of.

I've been a plus size clothing designer for over 20 years now. In that time, I've experienced a lot of negativity towards the fat community. But I've also been thrilled to see more and more designers focus on creating beautiful garments for people of all sizes. I've had the chance to speak with my own clients and see the positive impact my designs have had on their lives. And I've discovered that, despite what may seem like an ocean of negativity, there are many safe havens where fat individuals can share and receive the support they deserve.

Do you struggle to find clothing designed for fat bodies? Have you been shamed or insulted in local clothing stores? Or judged harshly by tailors and sewists when you have clothing altered? If so, you're certainly not alone. But it doesn't have to be. There are fat-positive stores, clothing designers, and sewists who will help you live your best life. Make them part of your personal community. Support them with your business. Let them know what they mean to you. And forget about going back to those negative spaces; you don't need them with such

a thriving, positive community around you.

I work with several plus size models when designing and showcasing my clothing. I'm happy to support their careers, celebrate their beauty, and collaborate with them to make my business a success. I would hate the idea of them having to work with talent agencies or clients that put them down, diminish their beauty, or otherwise fat-shame them.

In turn, the success I've found in my business is 100% thanks to the support of the fat community. And that's what makes it a community. We support one another. We create safe spaces free of negativity and hate. And we work together to make sure those positive spaces continue to grow and expand.

What are you doing to seek out and support fat-positive individuals and businesses, either locally or online? It's a question we should all ask ourselves from time to time. It's the only way to fight negativity, make sure this beautiful community continues to grow, and ensure that the next generation has a safe place to thrive.

Stephen Hadley has been exclusively creating plus size clothing for women (up to 2x to 4x depending on the item) since 2002. He designs fabric and garments for generousfashions.com and his [Etsy shop](https://www.etsy.com/shop/StephenHadley), which offers NAAFA readers a [10% discount](#).

NAAFA Chronicles No. 43

This month's Chronicle is NAAFA's 43rd newsletter, May-August 1980:

http://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/May-Aug_1980.pdf

For more, click the "Chronicles" tab in the newsletter section of the NAAFA website.

Media and Research Roundup

by Bill and Terri Weitze

April 9, 2019: Gabi Gregg is working hard to promote body-positivity with her swimsuit collection available from sizes 10 to 26. She even used models who represent a variety of sizes and shapes. We agree when Gregg says, "All bodies are beautiful and deserve visibility!", but we would like to remind her that the size of the human body does not stop at size 26.

<https://www.teenvogue.com/story/gabi-fresh-swimsuits4all-plus-size-swimwear-models-hourglass>

July 17, 2019: Read about some people who are working to provide body positive, inclusive and accessible venues for the people in the Pittsburgh, Pennsylvania area to enjoy swimming, exercise and weight-neutral nutrition advice.

<https://www.pghcitypaper.com/pittsburgh/meet-the-people-working-to-bring-body-positivity-inclusivity-and-accessibility-to-the-pittsburgh-health-scene/Content?oid=15431432>

July 22, 2019: Macy's agreed to remove from all of its locations some plates that customers found as promoting fat shaming and food guilt. The manufacturer of the plate also apologized, but claimed that the plates were meant to be "lighthearted".

<https://www.yahoo.com/lifestyle/people-call-out-macys-for-promoting-eating-disorders-with-fat-shaming-plates-185155575.html>

July 22, 2019: A look at what happens when a formerly fat "influencer" in the fat-acceptance community loses weight, for whatever reason.

<http://www.startribune.com/weight-loss-among-fat-acceptance-influencers-a-fraught-topic/513039372>

July 23, 2019: Dr. Jessica R. Allegretti gushes to Medscape about her recent study (discussed in the May 2019 Roundup, see links below) transplanting the gut biome of

naturally lean people into fat people as a treatment for obesity. The study finds the treatment to be safe and well tolerated, as discussed in the interview. Not discussed: the treatment does not work.

<https://www.medscape.com/viewarticle/915387>

<https://www.sciencenews.org/article/fecal-transplant-gut-bacteria-microbiome-weight>

[https://doi.org/10.1016/S0016-5085\(19\)37112-4](https://doi.org/10.1016/S0016-5085(19)37112-4)

August 6, 2019: Trevor Kezon started going to the gym to help with sumo wrestling training, but now goes for the enjoyment of working out, despite having to deal with people who assume he is there for weight loss.

<https://www.nytimes.com/2019/08/06/well/move/how-sumo-taught-me-to-love-the-gym.html>

Founded in 1969, NAAFA, the National Association to Advance Fat Acceptance, is a non-profit human rights organization dedicated to improving the quality of life for fat people. NAAFA works to eliminate discrimination based on body size and provide fat people with the tools for self-empowerment through public education, advocacy, and member support.

On the web: <http://www.naafa.org>

Comments: pr@naafa.org

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