

# NAAFA NEWSLETTER

NATIONAL ASSOCIATION TO AID FAT AMERICANS, INC.

P.O. BOX 745

WESTBURY, N.Y. 11590

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**Women: Stand up for your right to sit down at dinner time.**

At the sound of the dinner bell the American woman is off and running. And by the time she gets a chance to sit down, everyone else at the table is ready to stand up.

Well, we think it's high time a woman became a member of the family at meal time. So we recommend every home have a Salton Hotray electric food warmer.

It keeps fresh cooked food tasting the way it does when it comes out of the oven or off the stove. For hours.

A woman need simply place her dinner on a Hotray food warmer near or on the dinner table. And serve her entire meal. Without ever leaving the table.

What's more Salton Hotray offers a new and very modern design. And an old fashioned price range; it starts at \$7.50.

Salton Hotray. It enables a woman to do an unheard of thing at dinner time. Sit down.

For a free catalog of Salton products and some gourmet recipes to enjoy them with, write Salton, 513 E. 72 St., New York, N. Y. 10021.

For a frameable color reprint of the illustration in this ad to flaunt in front of your husband, include \$1.00.

**Salton Hotray**

Permission to reprint courtesy of Salton, Inc. and Leonard Sacks Advertising

## ADVERTISING ILLUSTRATION FOR SALTON HOTRAY BY ARTIST FERDINAND BOTERO

The Salton Company recently ran advertising in several magazines which featured the unique style of South American artist Ferdinand Botero. Part of his trademark is that of using fat models exclusively in his painting; there is some debate as to whether or not Botero paints his subjects sympathetically. In any case, the ad is probably a first of some kind in advertising illustration.

JOURNAL AD DEADLINE EXTENDED TO OCTOBER 15th, MAKE USE OF THE EXTRA TIME AND GET THOSE ADS IN...NAAFA MUST RELY ON YOUR EFFORTS AND SUPPORT!!

## CONVENTION NEWS

Plans for the 3rd Annual Convention, to be held at the Skyline Inn, In New York City, on Sunday, November 19, 1972, are now being finalized. It's going to be a truly gala affair... One we know you won't want to miss.

We are planning a program of guest speakers, celebrities, entertainment, and, for you ladies, a fashion show, featuring the latest styles for the smart, liberated fat woman. And, to top off all the festivities, we will celebrate with a sumptuous banquet dinner.

Remember, for those of you who sell \$100 or more worth of Journal ads, your ticket to the convention will be **FREE!** The deadline is Oct. 15th. So, go out, get those ads - it's really easy - and help fight size discrimination.



PRESIDENT'S MESSAGE

Bill Fabrey

NAAFA MEN: WHO ARE THEY, AND WHY  
AREN'T THERE MORE OF THEM?



Several months ago I promised to write on this subject, one of which is especially of great interest to NAAFA women. The most common question is: Why aren't more men involved in NAAFA, in Local Chapter activities, and (in the NY-NJ-Conn areas) in NAAFA-DATE? Some

of our female members have come to accept the fact that there are men who find them attractive -- although many is the new member who is still incredulous at the idea!

As a leader of this Association, I have been exposed to many different points of view, such as one member's comment that she has never received a NAAFA-DATE match, and that she is beginning to think that I am the only man in existence who likes the well-endowed female; the opposite extreme is represented by the longtime member who tells me that she has gone from one bad situation to another; before hearing of NAAFA, the few men she knew liked her despite her figure, which they disliked. After joining NAAFA, most of her dates like her only because of her figure, she says. She asks, isn't there a happy medium?

The only answer I can give is that there are some NAAFA men and women who have achieved that happy medium. Many of these people are already married, and are not involved in the dating scene at all (with a few notable exceptions, of course!)

The NAAFA office continually gets mail from men throughout the country who are definite avoiirdupois admirers. From reading these letters, and also from talking to my personal acquaintances, I might be able to say a few words about the men who admire large ladies. The following remarks therefore exclude those men who join NAAFA only because of their own "weight problem" and/or on behalf of the civil rights of others.

Many, perhaps most, are painfully shy about their preference, and writing or joining NAAFA is often their "moment of truth." Some never get over their shyness but most eventually do, at least among those who join NAAFA. At one time I too was very shy in this respect, but have managed to overcome it very nicely, thank you!

The cause of such shyness is obviously the pressures of one's fellows, who give one the impression that any deviation from the taste of the wolf-pack is cause for ridicule. When such men are young, they fear such ridicule from their friends, their families, and the public in general. Such fear is well founded, and it takes time for the young man to become secure enough to his own beliefs and preferences to feel that he can survive such criticism.

Some are really seeking a permanent, satisfying relationship (marriage or long-term dating) with a bounteous beauty, and have never before had a good opportunity. It is very difficult, more difficult than the female reader will ever believe, to find such a relationship, especially outside of our organization. The rule, and not the exception is that the majority of the plump public are so hung up about their weight so as to make satisfying relationships hard to find. I wish it were not so, and that all such men and women were liberated about themselves. However, it is a fact; ask any man who has experience in dating such women. If you who are reading this feel that the above does not apply to you, then I reply, that you are the exception to the general rule! Anyway, men who seek such a relationship usually find it by the age of 30, with (or usually without, as in my case) the help of NAAFA. This age factor is true of men in general, however; it is not limited to NAAFA men, or even to men who prefer fat women. There are exceptions worth looking for, but the general rule for women should be: get 'em while they're young and available. (If you are a female over 30, look for the exceptions, and don't be afraid to date a man who is 5 years your junior.)

Some men are playboys, and most are unlikely to change in this respect. If they join NAAFA, they are exposed (sometimes for the first time in their lives) to a large number of available, beautiful and abundantly endowed femmes. The "rooster in a henhouse" syndrome has been used to describe the situation nicely. Such guys are great for the ego, and sometimes offer lots of fun and romance. You can't knock that kind of life unless you have tried it. Just remember that because some men are "playboys" doesn't mean that all men are.

Some, a few, NAAFA men are "cheaters" to use a common phrase, who seek variety from their marriage, which may have grown a little stale for one reason or another. In some circles, this situation is even regarded as normal. I have a friend who has come as close to polygamy as possible, and still maintains a viable marriage, by his and his wife's "modern" standards. If you go out with one of NAAFA's Married Men, all you can ask is that they are honest with you about their marital state and their motives. If



they are dishonest with you about this, they probably can't be trusted in other respects, either. Incidentally, the causes of such marital "wanderings" are many; in the case of NAAFA men, there is sometimes a factor not mentioned by many marital counselors; dissatisfaction with a cranky wife on a diet; or even in some unfortunate cases, the sudden discovery by the husband that cultural factors which led him to choose a thin wife have played a dirty trick on him; he really digs the fat figure all along. This sad situation is more common than you might think! Naturally, it should be added, the wife suffers as much as the husband in such situations. It is very easy, as some NAAFA men have ruefully discovered, to let one's family and friends lead one away from one's natural inclinations. Lest you might think that I am being too easy on the "cheater", let me say that there are other men who marry thin wives for business and social reasons, knowing in the back of their minds that they really prefer, and will later obtain, a mistress built along more generous lines. How depressing!

For further information on this general subject, see M.G.'s book, FAT PRIDE, especially the chapter on sex and the fat woman. We differ on some fine points, but the author and I have the same basic conclusions.

Oh yes, before I conclude, a brief word about the "chubby chasers," as they call themselves. This variety of bisexual male is rarely written about, and is thought by some to actually be a homosexual in disguise. I suspect that the basic differences between heterosexual (straight), bisexual, and homosexual (gay), are differences of degree, with bisexual being in a grey area between the two extremes. Some bisexuals prefer the opposite sex if given a good choice; others would not. In the case of the true "chubby chaser" (an individual, usually male, who has a sexual preference for both fat men and fat women), a good choice is often lacking. One man told me that in his adolescence he became aware of his unusual preferences, but that he was convinced that the involvement of men in his sexual activities came about only because of the scarcity or unavailability of fat girls in his age group. Since that time he has dated both men and women, with satisfying relationships in both cases, although he claims that of the two, he finds women more interesting.

Some NAAFA members who have never encountered the above kind of individual may be shocked or surprised by what I am saying -- but in actual fact many "chasers" are fine people, and good dates. Several NAAFA men fit into this category. Don't expect to "reform" them easily.

Finally, a brief word on weight preferences: A few NAAFA men dislike the well-rounded fig-

ure in women. Some members can take it or leave it, not considering weight an important factor. The majority, however, have a definite esthetic preference for fat women, ranging from 20 or so pounds above "ideal" chart weight, all the way to several NAAFA members whose taste draws no upper limit on weight as being unesthetic. Such members tend to view other men's preference for the slim figure as bizarre. What is beautiful, in the end, all depends on your point of view!

To those men who are reading this column, I would ask how NAAFA can interest more men in NAAFA membership. At present, only about 30% of our members are male.

Why aren't there more of them? I really don't have the answer yet.

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#### RECENT PUBLICITY

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

A highly sympathetic article in Aug. 1 NEWS-DAY, in Long Island, quoted NAAFA's point of view at length. The LOS ANGELES TIMES, in its Aug. 8 edition, carried an excellent front page story, entitled "Militant Fats: a Heavyweight Fight for Rights." The story focussed attention on discrimination in jobs, cloths, and advertising, and NAAFA's efforts (past, present, and future) to improve conditions. The same story was syndicated around the country to other papers on the following week.

During the remaining weeks in Aug., NAAFA representatives appeared on the Regis Philbin show, on WKHJ-TV and also KABC radio in Los Angeles; the Ken Minyard show on KABC radio in L. A.; the Dick Wittington show also in L. A.; and on WLAT radio in Miami. NAAFA member Wilma Kuns, former chairman of the San Francisco chapter, was interviewed on KGC radio in San Francisco.

One day after the LOS ANGELES TIMES article appeared, Johnny Carson mentioned the "Fat Liberation Front" in his monologue; that phrase had been used in the article as being partly descriptive of NAAFA's goal. The following evening, Mr. Carson brought up the phrase again to Dr. Irwin Stillman, a name familiar to most NAAFA members as the popular author of a book on dieting. Unfortunately, Dr. Stillman overlooked the remarks of his host.



ADVERTISING CAMPAIGN CONTINUEDPROGRESS SLOW

Advertising for the annual Journal/Yearbook is coming in, reports Eileen Lefebure, chairman of the program. However, she notes that very few people have yet to become involved with the advertising program. Thus far, about 5 people have brought in approximately \$150, leaving most NAAFA members unheard from, so far.

Many members may be missing the whole point of the Journal/Yearbook. This is an opportunity for each member to help the association survive without digging deeply into their own pockets. The extended October 15th deadline is close at hand; whether NAAFA survives, in the long run, depends on the efforts of YOU, the member! Without your support, there may as well be no NAAFA at all.

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HOW I GOT A \$5 AD FOR NAAFA'S JOURNAL/YEARBOOK

by Bill Fabrey

I wrote a letter, as follows. It speaks for itself:

Manager, \_\_\_\_\_ Pharmacy  
Hempstead, NY 11550

My wife told me that she asked you for an "ad" contract for the annual NAAFA Journal / Yearbook, and that you turned her down. Please let me make a few points:

1. Although NAAFA is a national organization, it has a number of members in this area.
2. NAAFA is an incorporated non-profit charity that is dear to our hearts: as loyal customers of your store, especially of prescription medicines, we would be very unhappy if you turn us down.
3. I see that since we began a charge account with you in 1971, we have paid you checks totaling \$209.43, sales which must have been profitable to your business. If you take out only a \$5 ad, as many of our other merchant friends have done, it will cost you only 2.3% of your sales to us in the last 12-18 months. We are not asking for more than that.

My wife and I hope that you see the logic to the above arguments, and that you will not disappoint us this time! Please, take the time to fill out the enclosed form and send it with your check to the address shown, before October 15. Thank you.

Sincerely,

Bill Fabrey

MODELS NEEDED

As a special event, a fashion show will add excitement to the 3rd Annual Convention. All members interested in participating as models are asked to drop a note to Ms. Eileen M. Lefebure, 55 Perry Street, NY, NY 10014. Be sure to include your size, height, general coloring, and if possible, weight.

TAKE A PEEK AT A NEW BOUTIQUE

Over the past few months, some of our members have been making clothing for friends and other NAAFA's. Now they have taken their venture one step farther and opened a shop, featuring custom designed clothing

for the hard to fit figure, and, unique original needlepoint designs; under the talented direction of Ms. Carol Piesner.

The boutique, called WOMAN AT LARGE, is located at 181 Seventh Avenue (between 1st and 2nd Sts.) in Brooklyn, NY 11215. For those wishing further information, call Carol. (212) 965-2938

--F.Solar, Ed.

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

**CLASSIFIED ADS**

**NON-COMMERCIAL ADS:** 10¢/word, minimum 10 words; department number available for \$2/issue.

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

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

**DEADLINE:** All ads received (with payment) by the 25th of each month will be printed by the 7th of the following month.

**ADS NEEDED** - for NAAFA's Journal/Yearbook. Are you doing your part to fight size discrimination? Sell an ad, help NAAFA to help you!

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

**FOR SALE** - A-line dress, size 48. Off-white, ribbed Fortrel Stretch-nit, cowl neckline, short sleeves. A MEERA BROOKE from Lane Bryant, all tags still attached. Originally \$35.00, now \$20.00 postage-paid. Inquire NAAFA, Dept. B.

**EMPLOYMENT** - Small Manhattan-based company has openings for clerical personnel. Light typing/filing/bookkeeping. Will train. Not prejudiced against "overweight" applicants. Reply to NAAFA, Dept. A.

**WANTED** - Volunteer to maintain NAAFA address plates and to print envelopes periodically. You must have 3'x8' space for the machinery (basement ideal) and have a mechanical knack. Will train the right person. Contact the NAAFA office.

NEWSLETTER DELAYED

We apologize for delays in the printing and mailing of this Newsletter. As this issue goes to press, it will be about 3 weeks late. We are still putting out a monthly Newsletter; the next issue is due to be mailed around October 7.