

NAAFA NEWSLETTER

NATIONAL ASSOCIATION TO AID FAT AMERICANS, INC.

P.O. BOX 745

WESTBURY, N.Y. 11590

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NAAFA NOTES

If you missed the convention in November, you missed a beaut! Dr. Alan Warner, NAAFA adviser, was a guest speaker. Details, pictures in next Newsletter.

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WEST COAST CONVENTION?

With the steady growth of California membership, especially in the Bay area, NAAFA is considering the possibility of a National Meeting in San Francisco, possibly for late spring, 1972. Ideas, suggestions, etc., from NAAFA's west of the Rockies are welcome.

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SEAT OF THE PROBLEM

According to Moneysworth, a consumer newsletter, the American Seating Co. has increased its standard seat size by 2". The new 24-inch seat may come as something of a blow to the diet industry.

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THE OVERWEIGHT TEENAGER

Rhea Bardin, a school nurse and teacher, has had extensive experience with overweight teenagers. She has done most of the work on a new pamphlet on "The Overweight Teenager," available free from NAAFA's Education Committee. Teenage members, teachers, and parents are urged to read the pamphlet. Quantities are available for group use or for those who regularly advise young people.

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ADS, ANYONE?

The NAAFA Constitution prohibits advertising in the Newsletter. It has been suggested, however, that this ruling be amended to accept ads from firms who offer a product or service which might be of help to members (including diet programs). Automatically excluded would be firms who have used offensive ads in the past (like Lite n' Lively). Ads would be solicited from clothing companies and the like. Increased revenue from advertising would make it possible to bring you a bigger, better Newsletter. Your opinion is urgently requested. Please write to NAAFA Newsletter Editor, at the usual address.

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WEDDING BELLS

Kathryn Vayan (Monroe, Conn.) and Michael Witty (NYC) celebrated Christmas by getting married. They met through NAAFA-DATE Congratulations are in order for the happy pair -- and for NAAFA-DATE too!

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FAT CAN BE BEAUTIFUL

The latest "in" thing in some of the hipper boutiques are fat nudes. They're proliferating in posters and calendars. True, not all of them are complimentary (case in point: "Dieter's Calendar," which has lovely nudes but nasty captions), and the whole question of good taste comes up, but the fact remains that several of the posters are definitely positive in outlook and people are buying them. "The times they are a-changin'", as the old song says.

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HILDA IS LOOKING FOR A HOME!

Why not yours? We have a few Hilda calendars left and because they are two months old, you can have one at half price--or free.

NAAFA needs money desperately. Money is the only effective weapon in the uphill fight which we are constantly waging. With Hilda's help and yours, we can raise a little ammunition. Here's how:

1. Send us a gift membership for \$8.00 and we will send you a Hilda calendar free. Remember--NAAFA needs numbers and dollars. Someone you know needs NAAFA.
2. You can purchase a Hilda calendar for \$1.00, postpaid (the original price \$2.00).

Hilda needs a home and NAAFA needs your help. Remember -- NAAFA is the only organization in the world fighting for you. WHERE WILL YOU TURN IF NAAFA GOES BROKE?

ADVISORS' REPORT

A NAAFA member in Chicago has written: "There is a family of drugs called phenothiazines. Included in this group are thorazine, stellazine, compazine, Mellaril, Chlorpromazine, and a few others ... Now the fad is to give these drugs to anyone with insomnia or the slightest emotional disturbance, all the way to severely schizophrenic or hypertensive in-patients. The drug has been in (mental) hospitals well over ten (10) years... Patients have enormous weight gain on these drugs. It seems to be one of the few serious side-effects ... My girlfriend and I were young, attractive, slender girls at a time 10 years ago when we began treatment for emotional illness. She and I have had to be on very heavy doses of the drug. She was 118 lbs. before treatment and now weighs 170. I was 120 lbs. ... and now weigh 180."

This letter was turned over to Dr. Harry K. Panjwani, who, as a psychiatrist, has had experience with the phenothiazines. His reply (in part):

"Phenothiazines (which include Thorazine SKF) have been on the market in the USA since 1954 and prior to that in Canada... Thorazine is an excellent drug, it is not a 'fad,' and has been used on millions of patients all over the world... It is possible that any drug may be carelessly prescribed which is the fault of the physician and not of the drug or the company. (Emphasis ours--Ed) ... Weight gain is common in psychiatric patients when they feel better no matter what drug they receive. It is because the patient feels better, eats better, sleeps better, is less nervous and depressed, has less anxiety and fear and naturally puts on weight which has nothing to do with the drug... (On the other hand) her gain in weight could be due to frustration, anxiety, erratic habits. Possibly, without these drugs, she could weigh even more than 170 lbs."

To which we'd like to add an editorial comment: all medication should be closely observed for possible side-effects. There is almost always a rare individual who will have an adverse reaction to even the most commonplace medicine.

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Another member writes: "Recently my obese husband became ill and it is necessary for him to lose weight. I find this situation very difficult to live with as I need him heavy for my own psychological reasons. Is there a way I can come to terms with myself to alter this problem?"

Dr. Ethel Weiss, psychologist, replies:

"You and your husband should explore this problem immediately with a concerned professional. This is a mutual problem involving your attitudes toward each other as well as attitudes toward yourselves. If your family physician cannot recommend a trained professional (social worker, psychologist, or psychiatrist) who could work with you, contacts can be made through your county medical association or your county psycho-

logical association. If finances are a problem referral can be made through many agencies such as Catholic Charities, Jewish Family Service or out-patient clinics run by a local hospital or university."

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"What can be done," writes a member, "to change the image a man has in his mind concerning the female figure as being 36-22-36...?"

The editors decided to tackle this one. While it's always difficult to generalize, there are some guidelines. If the man in question is concerned with measurements to the exclusion of all other considerations, then you're probably better off dropping him, because even if you conformed to the "ideal," the relationship would be a shaky one. It has to be when it involves such highly superficial criteria as physical dimensions. A man should respond to a woman's intelligence, personality, compassion, companionability, all of which remain fairly constant, which is more than can be said for the face and figure. Let him see what's inside and the outside won't matter. If it does, go elsewhere, where you'll be properly appreciated! (Note: By switching genders, you'll find the above statements equally applicable to both sexes.)

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NAAFA's advisers will answer letters which they believe to be of general interest to the membership. Address inquiries to NAAFA Newsletter, Box 745, Westbury, NY 11590.

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(NAAFA NOTES con't.)

HELP WANTED

Members who live in the New York area and are connected with the market research field are urgently needed to volunteer their services for a proposed employer survey regarding hiring practices of fat people. This could be one of the most significant sociological studies made. A good questionnaire designer would be ideal. Contact M. Grosswirth, NAAFA, Box 745, Westbury, NY 11590, or call (212) 724-7385.

RECORDING SECRETARY NEEDED

A Recording Secretary is urgently needed for NAAFA Board Meetings. If you live in the greater New York area, can take good notes and can type accurate minutes -- please call C. Piesner at (212) 965-3086.

FREE



FREE

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(NAAFA NOTES con't.)

CLOTHES CATALOG

NAAFA Nancy Austin wants to apologize for mail mixup. NAAFAs who have asked for her catalog of high fashions for large ladies and have not received it are asked to write again to Nancy Austin Originals, 1111-F Las Vegas, Nev. 89104. New requests are, of course, also welcome.

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NAAFA RECEIVES MEMORIAL GIFT

In November, NAAFA received a memorial gift of \$100 from the estate of Alva R. Kuns of Fullerton, CA. The late Mr. Kuns was the father of Wilma F. Kuns, former Chairman Pro-Tem of the San Francisco Chapter.

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GETTING IT TOGETHER

Someone you know needs NAAFA, and vice versa. The best way to bring the two together is with an \$8.00 gift membership. Think about that.

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CHAPTER NEWS

Permanent officers have been elected in New York and San Francisco... A recent election in S.F. named Robert Stice as Chairman and Hope Derian as Secretary/Treasurer. Wilma Kuns, former Chairman Pro-Tem, is still very active in the group... Florane Sclar was elected Chairman of the New York chapter after serving as Chairman Pro-Tem. Joseph Protovin is Vice-Chairman and Phyllis Beerman is Secretary / Treasurer... Rochester, N.Y., now has a local chapter, headed by Chairman Pro-Tem Karen W. Cohen... Vincent L. Behan, Jr., is Chairman Pro-Tem of the Boston chapter. He launched his TV career during an impressive interview with ABC - TV News, which covered the National Convention... It doesn't take much to organize a local chapter--initiative, the willingness to work, and a strong belief in NAAFA's principles are the chief ingredients. Interested? So are we. Write to us.

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NAAFA DIRECTORS RESIGN

Two NAAFA directors -- both of whom were among the co-founders -- submitted their resignations for personal reasons (mostly pressures of work). Llewellyn Louderback and Bill Blowers had their resignations accepted, with regrets, and were both unanimously voted "honorary trustees." Thanks, Lew and Bill; you'll be missed.

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BY-PASS OPERATION

NAAFA has had several requests for information on the "By-Pass" operation. We would like to hear from members and physicians who have had personal experience or who know of existing literature on the subject. All correspondence will be held in strictest confidence. We hope to have a report on this important topic in a future Newsletter.

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PUBLICITY REPORT

Some members have expressed objections to detailed reports on NAAFA publicity. The purpose of these reports is not to glorify individuals but to show (a) how NAAFA is working to spread the word; (b) how you may be able to generate publicity in your area, and (c) which areas have been exposed to NAAFA's ideas and are therefore most likely to support local chapters.

A case in point, demonstrating all three purposes, is the article which appeared last August in the San Francisco Chronicle. Entitled "Sex and the Obese Woman," it mentioned NAAFA and NAAFA-DATE. The story was placed by a local member and generated many inquiries from the San Francisco area.

Nancy Austin, participated in a TV special on Female fashions last August, featuring her "Queen-sized" models, with clothes to fit. That's the kind of publicity that makes clothing manufacturers think twice about their size-range limits.

Some other recent publicity: The Fabreys answered phoned-in questions on the Bob Sweeney radio show in Dayton... An October article in the Boston Courier mentioned NAAFA... A Westchester County, (NY) paper carried a cover story featuring Local Chapter Chairman Pro-Tem Lisbeth Coleman... Baltimore Chairman Peggy Greensfelder held her own against Lois Lindauer of Diet Workshop on the Arnold Zenker TV show... authors Louderback and Grosswirth are all over the place plugging their books and NAAFA... Check your local TV listing for To Tell The Truth which featured Nancy Austin along with imposters and fashion models. NAAFAs Carol Piesner, Eileen Lefebure, Lisbeth Coleman and Ellen Dobson were among the participants... and what have you done lately that our members would like to know about?

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

FAT IS FUN - NOT FUNNY

PRESIDENT'S MESSAGE

by

William J. Fabrey

THE CONVENTION

Few joys compare to the joy of attending a NAAFA convention. It is there that you can see people having an experience that they have almost never had in their lives: many fat people feel more beautiful; many admirers of fat people are really happy in such an environment. Have you ever seen the face of a girl who feels beautiful perhaps for the first time?

People can discuss their problems (fat-related, at least) without fear of being ridiculed or of not being understood. To the newcomer, our group says, "We understand. We have been through it ourselves."

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'FAT LIBERATION IS PEOPLE LIBERATION'

I closed my speech with that observation. You can't espouse the rights of one minority without being concerned about the rights of all minorities.

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MAIL THAT WE GET

At Westbury we sometimes get some strange mail. For example, The postcard that was addressed, simply, "FAT, Westbury, N. Y." It got to us with no difficulty. So did the envelope that we received the other day addressed to "Hefty Cookbook Offer, Garden City, NY." It came to Westbury by mistake, and naturally wound up in our box!

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DEAR ABBY

I've been pleasantly surprised to see some of the pro - fat mail that Abby has been printing lately in her syndicated column. Some from NAAFA members, I hope.

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JEAN NIDETCH

She of Weight Watchers fame (or notoriety, depending on how militant you are) seems to be mellowing lately. She has said some pretty good things about the abuse of the rights of fat people. In Oct. 1971 WW magazine, she answered an especially anti-fat letter with the statement: "... I don't like prejudices of any kind, and although, as I have said, I believe that all fat people should do something about their obesity, I also believe that all people should have the right to prove themselves--fat or not." RIGHT ON!

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PANTY-HOSE

Another nice thing is the recent marketing of extra-large panty-hose. I see that Nancy Austin now offers 4X to fit 51-65" hips; Hayes (also mail order) now offers something like it. Any others?

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THE 747 -- A 'FAT MAN'S' AIRPLANE

It was with some trepidation that my wife and I made our reservations aboard a Boeing 747 for a trip to London last September. We'd heard some favorable reports about the monstrous aircraft, mostly that it was noisy (because of the huge engines and the large numbers of people on board) and that because of its size, service was slow. After two trips on the flying colossus, I am convinced that every large man and woman should use the 747 whenever possible, despite those two valid criticisms.

I have often advocated removing the armrest between seats to allow for more hip room. On most planes, this means pulling out a rather hefty hunk of hardware and storing it under the seat. (If the fellow in the next seat objects, suggest that he sit elsewhere; your ticket costs as much as his and you have a right to be comfortable.) On the 747, the arm rest raises up and fits flush with the seat backs. Simplicity itself. There is also considerably more legroom in the 747 and I found that the food tray fits much more easily than on any other airplane I have flown. (Bear in mind, please, that we are talking about economy class.) It is possible to stand upright in one's seat without fetching a brain-shattering blow on the head, despite the fact that the 747 has overhead cupboards in which to store hand luggage, cameras, and the usual paraphernalia which is supposed to go under the seat but which usually winds up underfoot.

We were surprised to discover that the interior design of the 747 varies with the airline. As pleased as I was with the out-bound flight on Pan Am, I was absolutely ecstatic about the return trip on BOAC which has a slightly different layout and affords even greater space.

Some general flying tips apply to the 747 as well as all other planes:

* For maximum space, ask for a seat next to the emergency door. There is always more room there.

* Airplanes are required to carry seat belt extensions. If you're too embarrassed to ask for one, remember that you may be risking your life to save your face.

* Get to the airport as early as possible so that you can have your choice of seats. The check-in clerk will almost always accommodate you by leaving the seat next to you empty if the flight is not crowded.

* If you have difficulty getting the food tray to rest flat, try tilting your seat back a little. You can do this easily on a 747 without winding up with your head in the lap of a total stranger.

Reports are that the new DC-10 is a smaller version of the 747. Any members who have had experience with this plane are urged to write and let us know.

M. Grosswirth

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