

NAAFA NEWSLETTER

NATIONAL ASSOCIATION TO AID FAT AMERICANS, INC.

P.O. BOX 745

WESTBURY, N.Y. 11590

Volume II

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Editor-In-Chief: Florane Sclar

Acting Editor: Joyce Fabrey

ELECTION RESULTS

NAAFA held its annual election on June 13. All members received a ballot by mail; there were 137 ballots returned. The official count was done on June 15 by the Nominating Committee, with all candidates invited to serve as poll-watchers.

Michael Witty	86
Florane Sclar	80
Lisbeth Coleman	80
Natalie Clist	75
Jonathan Stone	68

Four ballots were invalidated. Witty, Sclar, and Coleman won new three-year terms of office on the Board of Directors.



BOOK REVIEW

Fattypuffs and Thinifers by Andre Maurois, illustrated by Fritz Wegner (Alfred A. Knopf, NY, copyright 1930, 1968. 88 pages)

Reviewed by Ethel Weiss, Ph.D.

Members who read Dr. Weiss' book reviews regularly know that she does not hesitate to be critical when necessary; in fact, she sometimes accuses us of making her read the worst books in the field of "weight control." This month, she is happy to report that, for a change, she enjoyed the experience!

Fattypuffs and Thinifers is a serious and timely allegory masquerading as a delightful children's book. One afternoon, two brothers, fat Edmund and skinny Terry found a grotto leading straight to the center of the earth. Arriving there they are separated and sent respectively to the Kingdom of the Fattypuffs and the Republic of the Thinifers.

The Fattypuffs are delightful people descended from the gentle Puffs and the brave Fattys and combining the virtues of both. The Thinifers are an austere lot befitting a people destined to exercise and starvation.

The two countries have been at war trying to resolve the proper name of an island lying between their two countries. After some further difficulties the two countries unite as the United Kingdoms of Fattypuff and Thinifer. King Plumpapuff is declared sovereign, over the Thinifer constitution, and the Ministry of Slimming is abolished.

The boys, having accomplished a significant mission, decide they miss their parents and that it's time to return home to the earth's surface.

If only real life followed the same pattern! And if only I could visit the delightful United Kingdoms; well, next best is reading this book, which is beautifully illustrated and reads very well. Put it on your gift list.

---E.W.

FATTYPUFFS AND THINIFERS is available from the NAAFA Book Service at the discount price of \$4.25. (List price is \$4.75). Available in an attractive Library Edition only, the book has many illustrations of note. If you wish to obtain a copy, send check or money order payable to NAAFA, and allow 1-2 weeks for delivery; we pay postage.

NAAFA NOTES

GROUP TRAVEL. ANYONE?

NAAFA is considering group travel to Italy, Germany, or somewhere else in Europe. Interested? Please send your comments to NAAFA.

GROUP INSURANCE. ANYONE?

A NAAFA committee is now studying the possible benefits of a group health insurance plan for NAAFA members. Many members have told of inability to take out health insurance due to their weight. If you are in favor of such a program, or have some helpful experience with insurance companies, please write to us.

NAAFA-DATE

After the last matching period which ended on May 21, there were a total of 77 people in the program, including 21 men and 56 women. Of these, 13 men and 39 women received new matches. And, 6 men and 14 women have never received any matches. Few or no matches are usually the result of being too specific, especially in the areas of religion (25%), weight (60%), and age (33%).

Due to the possible postal strike, and also to accommodate many newly-joined NAAFA members in the New York area who wish to join NAAFA-DATE, the registration deadline is being changed to August 21; please have your application in by that date.

--- Susan A. Blowers
NAAFA-DATE Committee

DUES INCREASE

The Board of Directors has announced a dues increase in all categories. Most notable is the increase of the cost of regular membership from \$8 to \$10, effective June 13. The move was made necessary by the rise in general price levels of printing, telephone service, and office supplies.

The Board voted down proposals for increases to \$12 or even \$15. The minority opinion held that such increases were justifiable to provide more and better services to members, and aid to local chapters. However, most Board members felt that these additional services did not justify any more than the dues increase of \$2, and that many NAAFA members could not afford such increases.

The increases apply primarily to members joining after June 13. Old members will be able to renew at the old rates for several months.

FAT POWER

The book with the above title, which is the definitive book on size discrimination, and has been called the "bible of fat liberation", has just been reduced in price. Due to a favorable arrangement with the publisher, the NAAFA Book Service has been able to drop the price from \$4.95 to \$2.50, postpaid.

NEW ADVISOR

NAAFA has added another advisor to its rolls. The Board has chosen Natalie Allon, Ph.D. to fill this position. Dr. Allon earned her Doctorate in Sociology at the Brandeis University. She titled her dissertation "Group Dieting Interaction;" she emerged from her research program highly interested and enthusiastic about NAAFA and its purposes. Shortly thereafter, she contacted us, and has since succeeded in motivating more than one of her students at Hofstra University to do research projects of interest to NAAFA.

Dr. Allon gave a short discussion at last year's NAAFA convention, entitled, "Feeling Good About Your Body - A Discussion." She has recently been selected to represent NAAFA and her own findings in sociology at the fall seminar on "obesity" to be given by the National Institute of Health in Bethesda, Maryland.

The list of NAAFA Advisors now includes:

Harry K. Panjwani, M.D.
Howard I. Diamond, M.D.
Natalie Allon, Ph.D.
Alan Warner, Ph.D.
Ethel Weiss, Ph.D.

RECENT PUBLICITY

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

Some publicity which occurred since the 1972 NAAFA Convention includes the following: WJBC radio, Bloomington, Illinois; Jan. 21 PARADE Magazine; May 17 RECORD (Bergen County, N.J.); April 17 New York DAILY NEWS; May 31 JET Magazine; Several Los Angeles newspapers; Several Long Island newspapers; Friday Foster comic strip.

PRESENT AND FUTURE PUBLICITY

Still on the stands: CORONET (July), page 25; MONEY (June), page 84.

Upcoming: BEAUTY & HAIRDO (August); LITHOPINION Magazine; ABC News (Reasoner Report).

PRESIDENT'S MESSAGE

Bill Fabrey

MY WIFE, THE EDITOR

The acting editor for this issue is my wife Joyce, who is in many ways uniquely suited for the job: she is very involved in NAAFA national affairs, in the NAAFA office, and majored in English in college. In fact, there is very little that I write that is not subject to her review and suggestions.

I've heard author Llewellyn Louderback say the same thing about his wife Ann, and author Marvin Grosswirth say the same about his wife Marilyn. You might say that in emulating these excellent writers I not only imitate their style, I also copy their custom of wifely review!

With all of us, revisions of our manuscripts by our respective mates are sometimes so extensive that the finished result is really "co-authored" by them. Here's to the ladies!

FLORANE SOLAR

Our regular editor, Florane Sclar, is still ill and only able to work part-time. Her recent re-election was perhaps a vote of confidence in her abilities as a Board member and especially in her unselfish devotion to NAAFA and its work for these last several years. Our best wishes go out to her for a speedy and complete recovery!

N.I.H.

The recent invitation extended to NAAFA by the government-sponsored National Institute of Health to participate in a seminar on "obesity" and its related problems is an important milestone in the acceptance of NAAFA as an importance source of information, and an authority in the non-medical areas of the subject. We should all be elated at this turn of events.

NEWSLETTER DELAYS

Delays in getting out the Newsletter are the rule rather than the exception. The last 7 months have been a special problem, for reasons already discussed in my letters to you, the members. We are making a special effort to "get it together" before the possible postal strike on July 1.

ON THE ELECTION

As in many elections, the silent majority (of NAAFA members) didn't vote, for reasons of indifference, or of not knowing the candidates' qualifications well enough, etc. etc. However, 137 ballots were cast, with the majority of the votes going to the incumbents who were previously in office. Jonathan Stone, who lost by the greatest margin with 68 votes, and was of all the candidates the least well known to NAAFA members, still succeeded in attracting voter interest.

I'll never forget the first NAAFA election in June of 1971; due to a lack of qualified, inter-

ested candidates, there were four contenders for four seats on the board. You can imagine the complaints we received in the following mail! And, last year there were no photographs of the candidates on the ballot. I hope you agree that this year was an improvement on all counts.

To those who scoff at the electoral process, I suppose such elections leave a lot to be desired. Each year will bring improvements, however.

ON WATERGATE

The events of recent months have attracted the comments of nearly every columnist; I will confine my remarks to only two aspects of the Watergate scandal:

First, that currently the media (press, radio, TV, etc.) has been having a field day devoting coverage to the Watergate proceedings, as well they might. It's fortunate for NAAFA that we continue to get the amount of publicity that we do. One casualty is the delaying of a piece about NAAFA that was to have appeared several weeks ago on ABC-TV, The Harry Reasoner Report, seen nationally on Saturday evenings. However, we are told that the film footage on NAAFA is just being held for a propitious moment, and that the current political scene is getting first priority.

Second, that the events of Watergate are undermining what little confidence the public, and you, and I, have in government leaders and organizations in general. One learns to mistrust authority, ANY authority. Unfortunately, to effect change in America, organizations and leadership are essential, and have been since the days when Alexis de Tocqueville, the Frenchman, visited the U.S. in the early 1800's and commented on the number of organizations in existence at the time. NAAFA was formed with the belief that only through an effective central organization could the lot of fat people be improved.

While NAAFA's understaffed and overworked volunteer organization is far from being completely effective, it is an honest group of people who have an integrity that is sometimes missing in the governmental structure of our country, and from many other organizations as well. Don't unintentionally lose your faith in all organizations because of Watergate!

1973 FASHION SHOW!

Because of the enthusiasm created by the fashion show at our convention last November, we have decided to make it a part of this years convention as well. Although the convention is months away, the committee has already started work.

Attractive models (female and perhaps male) are needed for the show this year. Anyone interested in being considered as a model, please write to Eileen Lefebure, 55 Perry Street, New York, N.Y. 10014, giving your name, address, height, measurements, clothing size and photograph.

Please keep in mind that the convention will be held in New York City and it will be necessary for the models to meet a couple of times prior to the convention for rehearsal.

I N M E M O R I A M

JOSH BAY

"whose tragedy might have been averted had he the aid and encouragement of an organization like NAAFA"

---Charles & Frances Bay

LETTERS

LIKES HELP WITH RESEARCH PAPER

Dear NAAFA:

We just handed in our paper, and if the teacher has an eye for genius we'll all get A's. Thank you very much for all your help.

M.J.R.
Hempstead, N.Y.

Ed. Note: The NAAFA office keeps the Markle polls on hand for reference by people doing social research on "overweight." We had three Hofstra University students come to the office and spend several hours studying the polls. M.J.R. was the leader of the group.

PEN PAL PROGRAM

Dear NAAFA:

Thank you for your NAAFA Pen Pal club. It has done wonders for me. I am enjoying my new relationships and new attitudes toward fatness.

There really are men in the world who prefer fat women and boy am I relieved! "Best dollar I ever spent."

K.M.
New Bedford, Mass.

MULTI-SIZED DRESS PATTERNS

Non-member Elaine Crafton was a guest speaker at a recent meeting of the Los Angeles Chapter of NAAFA. Part of her talk was about her multi-sized dress pattern. It is reported that there are only 3 major pattern pieces, each marked in English, Spanish, and French. The sizes range from 16 - 60 all in one package. For further information write to: "Sew Elegant" Patterns, P.O.Box 38703, Los Angeles, CA, 90038.

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NAAFA
"FAT CAN BE BEAUTIFUL"
NATIONAL ASSOCIATION TO AID FAT AMERICANS, INC.
P.O. BOX 743 WESTBURY, N.Y. 11590

"HILDA"

Our curvaceous cutie is, believe it or not, still available. There are still 43 copies left of the calendar; due to the fact that it is six months old, the price has been reduced to \$1.00, postpaid. Or, you can get one free simply by giving a friend a gift membership for \$10. We will send a nice note to your friend, and a free "HILDA" calendar to you.

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, normally.

EMPLOYMENT - Small Manhattan-based company has occasional openings for clerical personnel. Light typing/filing/bookkeeping. Will train. Light bookkeeping experience or course credits important in one opening currently available. Not prejudiced against "overweight applicants. Reply to NAAFA, Dept. A.

WANTED - PEN PALS. NAAFA members only. Apply to Pen Pal Project, Rochester Chapter of NAAFA, Box 3242, Federal Station, Rochester, N.Y. 14614. Ask for application form.

NOTICE - Do you have a new dress or suit that somehow you've never worn and now realize you never will? Why not advertise it?

WANTED TO SELL - Do you have a piece of equipment, a musical instrument or some unusual object to sell? Why not advertise it?

EMPLOYMENT - Are you in need of a job? Do you have a job to offer? Why not advertise it?