

# NAAFA NEWSLETTER

NATIONAL ASSOCIATION TO AID FAT AMERICANS, INC.

P. O. BOX 745

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Volume I

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Co-Editors: Joyce Fabrey, Carol Piesner, Marvin Grosswirth



Nancy Austin, seen in a recent show in Las Vegas.

## NANCY AUSTIN, ENTERTAINER, BECOMES HONORARY LIFE MEMBER

Nancy Austin, currently starring in her fourth Las Vegas Revue called "Nudes in the Night", weighs over 250 pounds and has been heavy all of her life. She is an unusual package of beauty, talent, and personality. In addition to her show business career, she is also an active wife, mother, and clothing designer! No wonder NAAFA offered her honorary Life Membership. She enthusiastically accepted the title, because if anyone believes in "fat liberation", it is Nancy. Although she feels the use of the word "fat" in NAAFA's name may repel some potential members, she does not object to using it herself, and she embraces the purpose and program of NAAFA quite thoroughly.

Nancy is a graduate of Maryland University, where she majored in speech and drama. She taught elementary school in Silver Spring, Maryland, and in her spare time worked with deaf and retarded children. Later, she had her own school of drama in that city. Subsequently, she went to New York, and then to Las Vegas, where she starred in the "Bottoms Up" revue. Some of you may have viewed a scene from this on television's Hollywood Palace, several years ago. Or you might have seen it in person.

After coming to Las Vegas, Nancy met and married David London. He is her most enthusiastic supporter, along with their one-year-old daughter, Darra. David is Nancy's business manager, and together they opened their clothing shop, called NANCY AUSTIN ORIGINALS, a unique boutique for large sized women who share Nancy's fashion problems. The slogan of NANCY AUSTIN ORIGINALS is "No One Under 16 Allowed - Dress Size, That Is!"

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Nancy Austin with husband, David London.

(Nancy Austin con't)

As Nancy explained on a recent Mike Douglas Show, the shop has an unusual dress size system. Instead of the many sizes including 16 through 60, there are four: Petite (16-20), Coquette, Mademoiselle, and Duchess (54-60). Not only that, but they make an unusual offer to their customers: "We guarantee to get you into our pants or custom-make a pair at retail price." David explains that this includes customers of ANY size - even over 60. We at NAAFA think that this might be the most unusual offer we have ever heard from a dress shop. And it applies to mail-order customers too, not just those who visit the store in Las Vegas.

If you would like to hear more about Nancy's clothes, write to NANCY AUSTIN ORIGINALS, 3862 Omaha Circle, Las Vegas, Nevada 89109. Identify yourself as a member of NAAFA.

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PSYCHOLOGISTS JOIN NAAFA

NAAFA has added two consulting psychologists to its rolls. Both professionals have been interested in the problems of "overweight" for some time and are expected to be of invaluable aid to the organization.

Ethel Weiss, Ph.D., is assistant professor of psychology at the City University of New York. A graduate of Brooklyn College, Dr. Weiss received her Ph.D. from the New School for Social Research in New York. She was recently certified by the State of New York. Dr. Weiss (who, in private life, is Mrs. James A. Shed), has had a weight condition all her life and is interested in helping NAAFA further its aims.

Alan Warner, Ph.D., is affiliated with Rockefeller University. He is a graduate of Brooklyn College, received his Master's from Long Island University and his doctorate from Yeshiva University (all in New York). He is married, with two children and maintains a private practice in psychotherapy, with special interest in people with weight "problems".

Drs. Weiss and Warner have volunteered their professional services to NAAFA. As NAAFA consultants, they will answer questions which they believe are of general interest, for publication in the NEWSLETTER. However, they cannot engage in direct personal correspondence with members.

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## QUICK THINKING - A PLUG FOR NAAFA

Lisbeth Coleman, NAAFA's Westchester chapter Chairman, was listening to WHN radio on April 27, when she heard a discussion about FAT. She immediately called the station, which is located in Manhattan, and told them about NAAFA. The radio announcer, Bob Fitzsimmons, gave NAAFA a plug on the air, address and all. NAAFA thanks Lisbeth Coleman for her quick thinking, and WHN for the plug.

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\* \* \* MEMBERSHIP IS GROWTH \* \* \*

## MEMBERSHIP CARDS

NAAFA members who have asked about membership cards will be pleased to learn that NATION HEADQUARTERS plans to issue the cards in about three months. Anyone with suggestions as to the format and content of the cards is invited to write us.

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## ABOUT THE NEWSLETTER

We hope you've noticed that each issue of the Newsletter is a little better than the last. The Editors feel that it is more important to provide a Newsletter that is interesting, readable and attractive than it is to adhere to a strict schedule of dates. This doesn't mean that we aren't concerned about getting each issue out as quickly as possible. It does mean that we are continually striving to give you a better and better publication. We'd like your help. Ideas, suggestions and contributions of news items, interesting features, etc., are always welcome. All submissions must be typewritten, double-spaced, and we can't guarantee that everything received will be printed. If you want your entry returned, please be sure to include a stamped, self-addressed envelope.

It's your Newsletter...why not participate in it?

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## PEN PALS, ANYONE?

Several of our members have suggested the establishment within NAAFA of a Pen Pal Club. We'd like to know whether a substantial number of members are interested in this and would welcome suggestions as to how it should be set up. For example, how many of our women members would like to correspond with other women to share clothing problems and/or tips?

Whatever your views and ideas are, we'd like to have them. Write to: Pen Pals, NAAFA, Box 745, Westbury, New York 11590.

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## NAAFA HITS SEALTEST

In its first move to protest against offensive advertising, NAAFA has written to the Sealtest Division of Kraftco Corp., advising of a NAAFA boycott on Sealtest's Light 'n Lively brand. These products, (skim milk, cottage cheese) are advertised as being useful for weight-loss diets. But the ads, primarily on television, stress that failure to lose weight means "lack of pride" in how you look, and that such lack of pride is a "sin".

All NAAFA members are asked to boycott Light 'n Lively products until further notice. Please ask your friends and relatives to do the same. When Sealtest informs us that they have changed the tone of their advertising, we will inform you accordingly.

This is exactly the kind of image that NAAFA is trying to fight--that of the fat individual as someone sinful or lacking in pride. Let's show Madison Avenue that we do indeed have pride...enough pride to avoid buying products which, by their advertising, attempt to insult and demean us.

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\*\*\* MEMBERSHIP IS MIGHT \*\*\*

PRESIDENT'S MESSAGE

William J. Fabrey

Spring is on us again; the reading on the thermometer is climbing upward, and so are hemlines !! Skirt lengths, which never really changed much anyway, are generally short; as a person involved in NAAFA's program, I am pleased to see that many of the fairer sex who used to feel that their weight prevented them from wearing shorter styles, are increasingly taking to them. Personally, I think it improves the scenery!

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The fact that NAAFA-DATE and several Local Chapters now actually exist is the result of a great deal of effort on the part of several people. We can breathe a little easier, and go on to improve and evaluate these programs in the coming months. I hope that you will direct your comments and criticisms to me or the Editors, so that we can always be aware of how NAAFA could do a better job of serving you.

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The Board of Directors has declared May as Membership Month. We hope to add 100 members during this period! We will do our part, distributing a brand-new "flyer" to all who have written NAAFA in the past but never joined. However, the best source of new members is word-of-mouth! If you like being a member, and know someone else who you think would enjoy sharing your experience, try and sell them on the idea of joining. After all, the more members we have, the better a NEWSLETTER we can afford to print, and the more services we can provide for you. Also, Local Chapters will greatly benefit by increasing membership, and those who belong will add to their social contacts.

How about considering a gift membership for someone close to you? Several of our members have done just that for birthdays and Christmas.

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One of our members suggested to me that those women who can't find a job (due to weight or other factors) might take up a new skill: Dressmaking. Certainly there is a great demand for skilled dressmakers, as many of our women members know. If you have some skill in sewing, why not put it to use profitably? A little extra effort, and perhaps some tutoring, could result in a worthwhile change in occupation. Be your own employer!

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Every time a large NAAFA mailing, such as this NEWSLETTER, goes out, the place is a mess. Thank goodness for NAAFA members like my wife Joyce, Eileen Lefebure, Rhea Bardin, Florane Sclar, and others, who pitch in and help get out the mailing. With about 350 members, we are too big for the job to be easy, and too small to use automated methods for mailing.

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Regarding the quote by Jean Nidetch in the last NEWSLETTER, a few members wrote to say that it was too depressing and should not have been included. I feel that the Editors were not wrong in printing it, since it was not endorsing her quote, but presenting it as typical of Weight Watcher's attitude. The attitude that "thin is better ... in every way" may find agreement among some NAAFA members; however, most feel that more tolerance toward fat people should be displayed by the various reducing clubs. Of course, they do offer a group program of reduction, which is of interest to many people.

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Regarding the book, FAT POWER, many members have ordered copies, and the orders are still coming in. Someone recently suggested the following: If you want to promote a more enlightened community attitude toward heavier-than-average people, one small way is to donate a copy of FAT POWER to your public library. Sometimes it is the only way to see to it that the library gets a copy.

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Eileen Farrell and Marilyn Horne appeared on the Carol Burnett show again. Wow! What talent, what fun, what nice NAAFA members they'd make! All in due time, I suppose. Actually, we have an increasing campaign to get more well-known people as Honorary Members of NAAFA.

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\*\*\* MEMBERSHIP MEANS MOVEMENT! \*\*\*

JOYCE FABREY ELECTED TREASURER

At a recent meeting, NAAFA's Board of Directors elected Joyce Fabrey to the post of treasurer, which she had previously held as acting treasurer.

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PROFILE: This is the first in a series of articles to help you get to know the leaders of NAAFA.



EILEEN M. LEFEBURE  
NAAFA'S RECORDING  
SECRETARY

Eileen, a Co-Founder of NAAFA, has been our Recording Secretary and a Board Member since June, 1969. She is a legal secretary by profession, but when not working, Eileen has many interests. Traveling is one of her great loves. She has been to Europe several times, and Rome is one of her favorite places. This ties in well with one of Eileen's other interests: cooking. (She excels in Lasagna.) Because one can't spend all of one's time working or traveling or cooking, Eileen demonstrates her artistic talents in ceramics and interior decorating.

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COMING NEXT ISSUE: A complete cover story on Shirley Stoler, NAAFA's first Honorary Member.

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MAY IS MEMBERSHIP MONTH

Either you like NAAFA or you don't.

If you like NAAFA, then it's in your own best interest to see it grow and develop into the kind of organization which can continue doing the things you like.

If you don't like NAAFA, then you should be working towards the development of the organization into one which can accomplish the aims nearest and dearest to your heart.

Whichever side of the fence you're on, you can best achieve your goals with increased membership, especially members that you bring in!

Why not talk about NAAFA to people you know would be interested in joining us? Remember -- NAAFA is not just for fat or "overweight" people. NAAFA is for anyone concerned with the problems of weight, especially in connection with discrimination or unfair treatment.

Send us a list of people you think would be interested in joining. We'll send them our brochure and let you know so you can follow up. Why not do it right now, while you think of it? THANKS!

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LOCAL CHAPTERS

Baltimore, Hartford, Los Angeles  
New York City, San Francisco,  
Washington, D. C., Westchester  
County, N. Y.

The above is a list of NAAFA chapters now active and open to all members who find these locations convenient. If you live within a reasonable radius of one of these chapters you should have been notified of its existence. But perhaps one of our other chapters is in a more suitable location for you; if so, please write and ask for information. Any member of NAAFA is entitled to join the chapter of his choice.

NAAFA has members throughout the country and many of our areas are not yet represented. If the idea of a Local Chapter in your area interests you and you would like to be part of bringing that chapter to life, please write for details and mention, in addition to your address, the county in which the chapter would be located.

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MEMBERSHIP MEANS PRIDE! \*\*\*\*\*

NAAFA - DATE PILOT PROGRAM

As many of you know, the New York Pilot Program of NAAFA-DATE is under way. The registration material has been sent automatically to all NAAFA members in and around the New York City metropolitan area, and will be sent to any of our members elsewhere who request it. The program is in capable hands and we're looking forward to a report on its outcome.

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NAAFA BOOK SERVICE

This department of NAAFA is intended as a service to members who want a place to obtain certain books at less expense and trouble than ordering them through a regular bookstore, which can often take weeks.

Only those books which have been favorably reviewed in the NEWSLETTER will be carried. Complete agreement with NAAFA's position is not required, however. All books are normally in stock. Send check or money order payable to NAAFA, and allow 1-2 weeks for delivery; we pay postage. Any small profits are used to help defray other expenses.

- \*\*\*\* FAT POWER (Louderback, Hawthorn Books, 1970, \$5.95).....Net \$4.95  
(NEWSLETTER review: Feb. 1971)
- \*\*\*\* OVERWEIGHT (Mayer, Prentice-Hall, 1960, \$2.45).....Net \$2.00  
(NEWSLETTER review: Dec. 70-Jan. 71)
- \*\* SEX AND THE OVERWEIGHT WOMAN (Jochman, Signet, 1970)..... \$ .75  
(NEWSLETTER review: Oct. 1970)
- \*\* THE OVERWEIGHT SOCIETY (Ayden, Pocket Books, 1961)..... \$ .75  
(to be reviewed 5/71)
- NAAFA NEWSLETTER - All Back Issues Available.....Each \$ .35  
(Vol. I, Issue 1, 10/70 - present)

Ratings (NAAFA Reviewers)

- \*\*\*\* Excellent treatment of all aspects of the subject
- \*\*\* Good treatment of most or all aspects of the subject
- \*\* Good treatment of some areas; some flaws
- \* Good treatment of some areas; serious flaws, but worth reading

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HAVE YOU SPONSORED A NEW MEMBER?

Many prospective members cannot afford to join at present. Designate an \$8.00 contribution for this very worthy purpose. Sponsorship will remain anonymous.

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NAAFA PUBLICITY

NAAFA continues to be of interest to the various news media. Bill Fabrey's letter to the editor of REDBOOK Magazine was published in a recent issue and BIPS, an international news-feature syndicate, has been busily shooting pictures of NAAFA members and furiously jotting down notes. We don't know yet where the BIPS story will appear; we'll keep you posted.

Llewelyn Louderback's book, FAT POWER: Whatever You Weigh is Right, is being syndicated, in condensed form, in over 90 newspapers across the country. And speaking of books, NAAFA's public relations consultant, Marvin Grosswirth, has just signed with Jarrow Press, Inc., a New York publisher, for the publication of his book, FAT PRIDE: A Survival Manual, tentatively scheduled for publication in late November.

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MEMBERSHIP MEANS EFFECTIVENESS \*\*\*\*\*