

NATIONAL ASSOCIATION TO AID FAT AMERICANS, INC.

p.o. box 745  
westbury, n.y. 11590

newsletter

VOLUME IV

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ISSUE No. 3

ACTING EDITOR: KAREN W. JONES

PRESIDENT'S MESSAGE

Bill Fabrey

COMMENTS ON ACTING  
EDITOR-OF-THE-MONTH

Last month's Newsletter was the first one in a long time that wasn't produced by Joyce Fabrey and in the NAAFA Office. I have hopes that this new concept, while giving up uniformity of appearance, will have a number of benefits, namely: monthly publication, variety of points of view, and the saving of time for other projects within the NAAFA Office. Each month, a new acting editor, with a great deal of editorial freedom, will compose and paste together a Newsletter "art work" and mail it to the three-person NAAFA Publications Committee. This committee, with members to be announced in the next Newsletter after the selection is final, represents a cross-section of NAAFA opinion. It will give a final approval of the Newsletter before it is printed. Hopefully, the bugs will be ironed out of this system before long, and you will be seeing more and better Newsletters. Meanwhile, any NAAFA member who would like to edit a month of the Newsletter is welcome to write the NAAFA Office. Your letter will be forwarded to the committee; all letters will be answered.

NAAFA-DATE IN OPERATION

Today we mailed envelopes with up-to-date addresses of NAAFA-DATE participants to the committee in California (Mrs. Susan A. Blowers). She alone will see the application forms, and this time will be matching 38 men with 64 women. About 30 of this total are new to the program. If all goes smoothly at her end, 102 NAAFA members will receive Notices in the mail by March 7. One problem we haven't solved, though: how to get participants to notify NAAFA-DATE of their new telephone numbers when they move. What often happens is that the NAAFA office receives the address change, but no phone number change for the NAAFA-DATE committee. More on NAAFA-Date in another column.

CONSTITUTION AMENDED

As each new member joins NAAFA, he or she receives, among other material, a copy of NAAFA's Constitution and Bylaws. This document is intended to provide the basic framework and guidelines for the structure and function of our organization. Through the years, it has undergone periodic revisions via amendment, by the process specified in article XIII, Section 1 of the Constitution (page 2): "Amendment of Constitution and Bylaws : The Constitution and the Bylaws may be amended by two-thirds majority vote of the membership and by two-thirds majority vote of the total number of board members, or by three-fourths majority vote of the total number of board members."

Several amendments-including one passed at the January Open Board Meeting-have not yet been included in printed copies of the Constitution circulated among the general membership. Future printings of the Constitution will include these revisions; in the meantime, to bring your copy up to date, please take notice of the following amendments and change your copy accordingly:

November 9, 1973

Bylaws, Article V, Sec. 4. (p.3): After the pre-existing text and the following: "A regularly scheduled meeting also includes regular meetings rescheduled to produce the maximum attendance by Board Members."

June 2, 1974

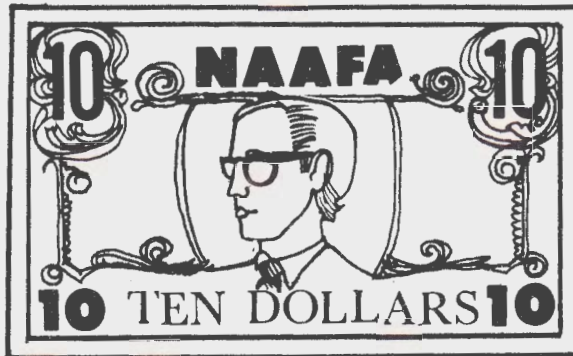
Constitution, Article VI, Sec. 14 (p.1): Change "on June 13" to the following: "on or about June 13."

January 17, 1975

Constitution, Article X, Sec. 1 (p.2): Change "investments approved by the Board," to the following: "investments and fund-raising approved by the Board."

[ED" If you never received your copy of the constitution or have misplaced it you can write NAAFA's P.O.Box to request one.]

## report ...



## WHERE DOES YOUR \$10.00 GO?

Have you ever wondered as you sent in your check for another year's membership in NAAFA, just what your money is spent on...where does it go? If you have, you're not alone; several questions have recently been received concerning NAAFA's finances. Below is the report of NAAFA's accountant, Michael J. Witty, CPA, chairman of the Auditing Committee. It is common practice among organizations to publish an annual financial report; the one below covers the fiscal year from July 1973 to June 1974.

The report is divided into two sections. The first lists cash receipts and includes the money taken in by NAAFA during the year from such sources as the Convention, Membership Dues and sale of publications. Secondly, expenditures are enumerated such as costs incurred in obtaining publicity for NAAFA (under "transportation and promotion" as well as part of the phone bill.) In addition, a sizeable amount of NAAFA's outgoing expenses include what might be called "invisible costs": legitimate expenses such as moving the NAAFA office, bank charges, and the repayment of a loan...not obvious to most members.

## FINANCIAL REPORT

## Cash Receipts

Membership Dues	\$2,065.80
Convention	958.00
Donations	531.29
Sale of Books & Calendars	488.10
NAAFA Date	484.00
Misc. items incl. convention raffle & newsletter ads	98.74
<b>Total receipts</b>	<b>\$4625.93</b>
Cash balance at the beginning of year	147.08
<b>Cash Available for year ending 6/30/74</b>	<b>\$4773.01</b>

## Cash Disbursements:

Telephone	\$ 932.76
Stationery, printing costs, etc. for newsletter	864.81
Postage	756.27
Convention	764.42
Calendars	182.95
Loan Repayment-Wm. Fabrey- receipts reimbursement	200.00
Transportation & Promotion	138.60
Office Rent	130.00
Publications	122.01
Fat Pride & other books	125.87
Moving	80.00
Slim News	61.61
Bank Charges	88.11
Office Help	63.62
Misc. items incl. membership cards and florists	86.01
<b>Total expenditures</b>	<b>\$4597.04</b>

Cash Balance at year end (6/30/74) \$175.97

[ED. Anyone with further questions about this report, or any aspect of NAAFA's finances, should write to NAAFA treasurer, Joyce Fabrey, C.O. NAAFA's P.O. Box.]

## Open Board Meeting April 4

An open business meeting of the Board of Directors will be held on April 4, 1975, at 8:15 PM. The meeting will be held in room "D" in the basement of the West Side YMCA, at 5 W. 63 St. in New York City. All NAAFA members are welcome to attend.

## FUNDRAISING UNDERWAY

Reading the Financial Report in this issue makes it clear why NAAFA needs Fundraising. A committee has now been created to look into the possibilities for raising money for NAAFA and to come up with specific proposals to submit to the Board. A preliminary report on the committee's progress has already been given at the January Open Board Meeting. Such plans as an Art Auction, Raffle, large-sized Clothing Exchange are being considered.

Anyone with ideas or suggestions on Fundraising, or who would like to work on the committee, is invited to contact its chairman:

Ernest Harff  
47 Lorraine Terrace  
Mount Vernon  
N.Y. 10553



# rebuttal...

## FAT CAN BE BEAUTIFUL-A REBUTTAL OF KAREN JONES' BOOK REVIEW IN THE LAST NEWSLETTER.

By Bill Fabrey

Although certain criticisms of Dr. Friedman's book are probably justified, at least from the point of view of some NAAFA's, I cannot help feeling that Ms. Jones has been too hard on Fat Can Be Beautiful. Certainly the chapter entitled "Fashion Hints" will be repugnant to anyone who is too liberated to put on a girdle. This is a small criticism, however, for a book that succeeds in doing the following:

1. It is clearly the first "moderate" book on the subject by an M.D.--- and certainly by a doctor who has specialized in metabolic disorders and in "weight control" for 25 years; it is the first book by a doctor specializing in weight control to admit publicly that doctors have been wrong all these years to insist that all their patients lose weight.
2. It is the first book by a doctor that clearly and unequivocally states that discrimination against fat people is wrong, and that these people are the "forgotten, neglected minority".
3. Rather than concealing the book's most controversial idea that twenty million Americans are literally "born to be fat", the title of the book and its cover come to grips with the fact ( a first in the publishing world of diet books and exercise manuals). True, the doctor does talk about the advisability, for many millions of people, of losing weight; but even there, he decries the presence of any discrimination against fat people.
4. He puts in print a number of medical facts (i.e. regarding surgery, "cellulite", heart disease, and other under-publicised things) in one place for readers to find them.
5. Finally, in parting tradition with other doctors in his area of specialty, Dr. Friedman has shown himself to be an honest and courageous man. Despite any flaws in the book, which are largely a personal matter anyway, the Doctor is to be commended. He has no guaranteed profits

in a book with this unpopular thesis, which is something of a departure from his earlier book called Sex Can Keep You Slim. It was on that basis of this honesty plus the fact that Dr. Friedman is kind enough to write or say many things in public behalf of NAAFA's principles, that he was made a member of NAAFA's Advisory Board.

An in-depth interview with Dr. Friedman is slated for a Newsletter within the next several months. Meanwhile, those who would like to judge for themselves can order it postpaid from the NAAFA Book Service at the discount price of \$5.75 , postpaid.

(cont' from p.4)

me giving me authority to pass your name and address (a telephone number helps) on to other members in your region.

Once your chapter has been formed, the rest is up to you, though I am always eager to help information or resources (not financial). Corresponding with officers of other chapters or attending meetings of established chapters can give you ideas for projects and activities. Money, while it is a nice thing for a chapter to start with, is not a necessity. Most newspapers and television and radio stations offer free ads to organizations, and several well-placed posters on bulletin boards in public places (libraries, super markets, recreational facilities) can do wonders in publicising your chapter.

Meetings are most often held in members' homes, where business can be combined with a social hour, pot luck supper, or rap-session afterwards. Examples of projects undertaken by chapters have ranged from planning a picnic or theatre party to organizing workshops for a national convention.

To promote communication and the exchange of news and information between chapters, issues of Chapter Chatter, an informal bulletin, are mailed periodically to all chapter officers. Inquiries concerning chapters sent to the NAAFA P.O.Box are forwarded to me. For a more direct route, write me at P.O.Box 2, Andover, Conn. 06232. All correspondence will receive a reply, but please be patient, I have a perpetual backlog of mail to be answered and a limited amount of time in which to answer it. Here's to Local Chapters---to bigger and better ones---and lots more of them!



# 4 editorial

by Karen W. Jones

LOCAL CHAPTERS: WHERE ARE THEY, WHAT ARE THEY, AND WHY AREN'T THERE MORE OF THEM?

I was considering potential topics for my editorial this month, it occurred to me that I should follow the advice given to would-be authors ... write about what you know. In NAAFA--to me--that means chapters. Not that this was ever the case a year ago when I was appointed chapters coordinator. I had only the haziest idea of what was involved. Since I had taken over as Chairperson of the Connecticut Chapter from someone who no longer had time for it...even the process of starting a chapter "from scratch", so to speak was unknown to me! What I did come to know about (all too well) was the tremendous amount of time and energy required to get a chapter off the ground. To anyone with thoughts in this direction, I'm not trying to discourage you. You should know what is involved before committing yourself to it, but for one thing, there's no law that says you must manage a chapter singlehanded. In at least one chapter now being formed, it is likely that two people will be named co-chairpersons. You should also know about some of the rewards of this kind of "job": getting to know and working with other NAAFA members, organizing meetings, social activities and projects, trading "survival" information (like where to find clothes or theatres with wide seats, or how to give a snappy return to an insulting comment). Then there is listening to others "horror stories" about discrimination and mistreatment, answering cries for support and help by mail and phone, trying to get NAAFA's message across to the news media. All of this is what heading a local chapter has meant to me.

To another person, a chapter may mean something totally different. Each one develops autonomously, independent of all other chapters, and is governed by the needs and interests of its members. A chapter can be almost anything its members want to make it, subject only to a few guidelines in the "Rules for Local Chapters" set forth by NAAFA (copy sent upon request).

As you've probably gathered by now, by writing this, I hope to encourage you to become involved in a chapter where one exists in your area; or if there is none... consider forming one! Under the best of circumstances there is a limit to what anyone can get out of an organization by mail alone; a local chapter is an opportunity to become more involved in NAAFA's cause.

There are now chapters in the following areas: Greater New York City;

Connecticut; Rochester, N.Y. Westchester County, N.Y., and Baltimore, Maryland. The last two are inactive as yet (no meetings have been held to date). During the last year three chapters on the West Coast became defunct because of the loss of their chairpersons, but in three other places (Boston, Detroit, and Cincinnati) chapters are under way. On request, I will send anyone the name and address of a Chapter Chairperson, or person to contact where a chapter is still being organized.

The file I keep of all NAAFA members is arranged according to the zip codes, so that as enough people accumulate in any geographical area to warrant a chapter, they can be contacted by me and advised of this. The minimum number in one area required for a chapter has been set at three. Most chapters find their chances of survival are improved the greater the number of initial members. The following areas currently have enough members to initiate a chapter: Washington, D.C.; Alexandria, Va.; Miami, Fla.; St. Louis, Mo.; Los Angeles Calif.; and Portland, Ore. The area covered by a chapter is not necessarily limited to a city or county, it could include an entire state (or more!) providing that geographical distances can be bridged to find a common meeting-place. The Greater New York Chapter, for example, presently includes all of Long Island and New Jersey as well as New York City.

In the coming months I plan to canvas all members in the areas indicated above about starting new chapters. In the meantime, anyone who wants to speed things up can write me. When I receive a letter from someone interested in having a local chapter in his or her area I enclose, with my reply, a sheet labelled "Application to Form a local Chapter", along with a note outlining the process for establishing the group, plus "Rules for Local Chapters". The application can then be returned to me to be placed on file until there are sufficient members in that particular area to appoint a Chairperson Pro-Tem for the organizing period. Once regular meetings start, elections determine their officers.

To ensure the privacy of all NAAFA members I am forbidden to give out any names or addresses of members, except in cases where the individual gives me permission---until a Chairperson has been selected. And then the chapter list is to be used for Chapter business ONLY (mailing of meeting notices, etc.) For those who find this red tape annoying or frustrating, I can only agree, but is a necessary precaution. To cut through some of that red tape, I suggest those interested in a local chapter (whether you personally form it or not) write

(cont' on p.3)