



**national association  
to advance  
fat acceptance**

## May 2020 NAAFA Newsletter

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### **NAAFA Celebrates INDD with Fat Flash Mob Founder Juicy D. Light**

### Video of the Month



#### **FatMob Documentary by Julie Wyman**

We've discussed how fat dance is a way of claiming space and living unapologetically. This is a short documentary about the Fat Flash Mob (2014), one of the most celebrated fat community events of the last decade. Enjoy and dance along!

<https://vimeo.com/154362143>

### Quick Links

[NAAFA.org](https://naafa.org)

**Facebook**  
[Main](#)

[Toronto, ON, Canada](#)

[Capital \(DC\)](#)

[Clark County, NV](#)

[SF Bay, CA](#)

[Los Angeles, CA](#)



International No Diet Day is celebrated every year on May 6. Started in 1992 in the UK, it is now a worldwide day to refuse the pressures of diet culture and to embrace HAES (Health at Every Size). This year, NAAFA had the pleasure of celebrating INDD by hosting a special edition of our NAAFA Webinar Series commemorating the Fat Flash Mob.

The Fat Flash Mob was created by activist, actress, and burlesque star Juicy D. Light. In 2014, Juicy made a vow to participate in a flash mob at some point that year, and she soon realized that organizing one herself would be her best bet for getting to dance with other fat people. Juicy had years of experience under her belt dancing in front of audiences as the founder and artistic director of Rubenesque Burlesque. She and her fellow burlesque babes had performed all over the country, including at the Burlesque Hall of Fame, and now she was ready to get even more fat people dancing unapologetically in front of others. She teamed up with choreographer Alanna Kelly to co-create dance moves that would be accessible to beginners, including chair moves for those who needed them. Several weeks of classes were held in Oakland (Juicy's homebase), and the choreography was shared online so anyone anywhere could join in. The Fat Flash Mob took to the streets May 3, 2014. The largest group of dancers performed in downtown San Francisco. Dancers in the LA area hit the boardwalk. Other dancers mobbed in

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spirit by doing the dance alone or with small groups of friends in their homes.

Over 40 people joined NAAFA online on INDD 2020 to chat with Juicy about the original Fat Flash Mob, learn some of the choreography from the original dance, and dance together. Unfortunately, we had a video snafu, so if you missed this year's celebration live, you won't get to see a replay of us dancing as a Zoom group. But you can still join the Fat Flash Mob Online by learning some or all of the choreography at home this month and posting a video on your favorite social media platform using #fatflashmob2020. You can use the same hashtag for a video of you dancing your own moves to a song of your choice. Too shy to post? Dance at home anyway! As Juicy says, "Dance is one of the most life affirming activities you can do," and we need all the life affirmation we can get in 2020! You can find the choreography video here: <https://youtu.be/ihy3VRL2Gak> (content warning for fatphobia and hate in the comment section).

Juicy has also graciously agreed to chat with us again about the Fat Flash Mob, Rubenesque Burlesque, and her new one woman show, *Angry Black Woman*. That video will be coming soon to the NAAFA YouTube page (subscribe to our YouTube @NAAFA\_Videos). In the meantime, two filmmakers captured the Fat Flash Mob, and you should check out their work.

Foolish Tree Films: Fat Flash Mob Full Dance and Interviews  
<https://youtu.be/ZCMDooZgeYA>

Fat Mob: The Documentary by Julie Wyman (this month's NAAFA Video of the month)  
<https://vimeo.com/154362143>

## Board Invitation

We will be welcoming application submission for additional NAAFA Board of Directors members starting June 1, 2020. Please consider volunteering for the organization in a leadership capacity, or suggest someone that you believe could help keep the organization moving



forward. More information will be posted on the NAAFA website (<https://www.naafaonline.com/dev2/about/Board.html>) and on Facebook.

## Randi Hertz Suriano



It is with a heavy heart that we share the sad news of the passing of Randi Hertz Suriano, a long time NAAFA member and supporter. Randi, who was 64 years old passed on April 25, 2020 and her death was not due to COVID19. She was part of the East Coast/Mid-Atlantic fat community and lived in New Jersey.

Randi will be greatly missed by, her sister Marcy, nephews Benjy (Inna) and Danny, niece Miriam (David), great nephews, cousins, and her many, many friends.

Randi loved her Jewish culture, New England (particularly Maine), seafood (especially lobster), photography, Trader Joe's, writing, arts and crafting, and fat justice.

In the mid 1980's Randi became involved in the size acceptance movement and became an advocate for people facing fat discrimination. She led many workshops at NAAFA conventions, and became a mentor to many people.

Randi's friends shared that she was funny, smart, caring, a little devilish and could be very silly. She was an exceptional person who brought us hope and good will. She could tell you the best seafood restaurants in just about every city and town in the northeast.

"What most people want out of their life is to make a difference. Randi succeeded because she certainly made a difference in many people's lives."

## Meme of the Month



## Creating a New Normal

*by Peggy Howell*

I live in Nevada, a state in the US whose Governor chose to close our businesses and enforce Shelter in Place relatively early on during the COVID-19 pandemic. He got no argument from the gaming industry. Most of the large corporations have casinos in other parts of the world and had already begun shutting down in other places. (I believe Wynn Las Vegas announced closing before the Governor's announcement.)

As a result, our state has had relatively few cases and deaths, and has begun Phase 1 of opening businesses other than casinos. As of Saturday, May 9, 2020, many businesses opened with strict rules in place. Only time will tell if this was the



right move for the citizens of Nevada. Since Nevada is mostly supported by tourism, I'm afraid the road to "business as usual" will be a long one.

Now we have to begin creating our new normal. For my sister and I who share our home, things will never go back to exactly the way they were. We are both over 65 with existing conditions that make us part of the high-risk population who will continue to stay home as much as is reasonable and wear protective gear when we do venture out.

I'll admit I don't love face masks because I wear glasses and generate a lot of body heat. My breath fogs my glasses but I read online that turning the mask down one fold inward helps redirect your breath away from your glasses. I tried it recently and it seemed to work. We'll see if that's still true in the triple digit weather that is Las Vegas summers. Plastic/rubber gloves are difficult for me to get on because my hands sweat so much. Nonetheless, I will take these precautions, not because my freedom is being taken away, but because I want to protect myself and others so we can live to prove them all wrong!

Physical distancing (my insurer prefers that to social distancing) is without a doubt the most difficult thing for me personally. I'm a touchy, feely person who loves hugs. My sister and I have made a practice of giving one another a loving hug before saying goodnight each night. Since she has been going out into the world to shop and do our errands, she feels reluctant to hug in the fear of passing something along to me. I can't tell you how much I miss those nightly hugs. It makes me even more aware of those of you who live alone and don't have this privilege. I have been very blessed and am determined that nightly hugs will be part of my new normal.

We will all have to find new ways to live; to live out our hopes and dreams, to live with our fears and demons. We will need all the help we can get from one another more than ever

before.

Our new normal will have to be worked out, one day at a time, one situation at a time. One thing I am sure of, we are a creative and resilient people in this community. We will come through this and help make the world more compassionate and caring. We need one another.

## NAAFA Webinar Series: Fat Glamour and Visibility Politics with Saucye West



Join us as one of our favorite supersize models discusses the role beauty plays in fat liberation. We'll hear from Saucye West about what it means to be a 400+ pound model on the runway and on the internet, as well as talk about how plus models are using social media to push back against the constant "fear of weight gain" messages that have come with quarantine life. We'll also talk about make-up and mental health, go through some quarantine beauty basics, and

see Saucye do a demo of eye-emphasizing looks for those of you who want to glamorize your mask-wearing lives. Hosted by NAAFA Director of Community Outreach Tigress Osborn. Thursday, May 21 at 8pm EDT/7pm CDT/6pm MDT/5pm PDT. Additional details and registration at <https://www.naafaonline.com/dev2/community/events.html>

## NAAFA Chronicles 52

This month's historical newsletter is NAAFA's 52nd issue, December 1982.

[http://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/Dec\\_1982.pdf](http://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/Dec_1982.pdf)

For more, click or tap the "Chronicles" tab in the newsletter section of the NAAFA website.

## Fat Studies Conference Giveaway

Due to the COVID-19 pandemic, the Fat Studies New Zealand Conference 2020 is going online, which gives more people an opportunity to learn about fat studies and fat activism! Scholars and activists from 8 different countries are on the speakers list. As a supporter of the conference, Cat Pausé has offered NAAFA one free registration and we are holding a drawing for one person to have access to this great



online event!

To win free registration to this online conference, submit your name in an email to [naafa-secretary@outlook.com](mailto:naafa-secretary@outlook.com) by May 25, 2020. The winner will be notified via email on May 27, 2020. For information about the speakers scheduled during this conference, go to <http://fsnz.org/speakers.html>

You can also register for the entire conference for \$35NZD (\$20.95 USD) if you register before June 1st, after June 1st the price will be \$50 NZD (\$29.92 USD): <http://fsnz.org/registration.html>

## Media and Research Roundup

by *Bill and Terri Weitze*

April 5, 2020: This short clip of a fat naked man playing his guitar in bed, singing "Told You Once" by the Mr. T Experience might please you. (Warning: Explicit language.) <https://www.youtube.com/watch?v=9YvQWPYqMJK>

April 13, 2020: Mel Ciavucco talks about dealing with fatphobia during COVID-19 lockdown; and how she deals with the underlying anxiety and fear it can cause. <https://metro.co.uk/2020/04/13/get-fat-coronavirus-lockdown-12549395>

April 18, 2020: Fatphobia and underlying discrimination against fat people are exacerbated during the coronavirus crisis, as explained by Dina Amlund. <http://cphpost.dk/?p=112963>

April 19, 2020: #NoBodyIsDisposable is urging people to reach out to the California government to make sure that its triage guidelines include the equitable treatment of disabled persons, fat people, older adults, people of color, LGBTQ+ persons, and their families. The second link is Ragen Chastain's discussion on making these guidelines inclusive. <https://mailchi.mp/6a471145100f/nbid?e=c8a09604eb>  
<https://danceswithfat.org/2020/04/27/you-can-help-make-californias-crisis-care-guidelines-inclusive-heres-how>

April 22, 2020: American adults with high cholesterol dropped by almost 8 percentage points from 2000 to 2018, to just over 11%, according to the US Centers for Disease Control. This could be due to an increase to the use of statin medications. <https://www.usnews.com/news/health-news/articles/2020-04-22/fewer-americans-have-high-cholesterol>

April 22, 2020: Being fat in and of itself may be a risk factor with COVID-19 according to some recent studies. Some younger fat people with COVID-19 are ending up in intensive care units and not doing well even when they have no other co-morbidities (like hypertension



or diabetes). Because of this risk, no matter your age or other health conditions, fat people should seek early treatment if needed during this pandemic. (The last three links are to the studies referenced in the article)

<https://www.sciencenews.org/article/coronavirus-covid19-obesity-risk-factor>

<https://doi.org/10.1093/cid/ciaa415>

<https://doi.org/10.1002/oby.22831>

<https://doi.org/10.15585/mmwr.mm6915e3>

April 24, 2020: Marisa Allton discusses the roots of Chunky Girl Universe and the outreach they do at ComiCons and body diverse cosplay.

<https://www.youtube.com/watch?v=dM12SM0OnuY>

April 25, 2020: Related to the article above, we say goodbye to Randi Hertz Suriano, a long time member of NAAFA and the size acceptance movement.

<https://memorials.rothgoldsteins.com/randi-suriano/4198892/index.php>

April 25, 2020: The *Los Angeles Times* describes how proposed guidelines for limited health resources in a crisis can be discriminatory. Interestingly, the writer considers obesity only as a co-morbidity and not as part of a marginalized group needing protection from these guidelines.

<https://www.latimes.com/opinion/story/2020-04-25/triage-rules-priority-ventilators>

April 27 and May 2020: Sherronda J. Brown and MechanicShopFemme separately address fears of weight gain during lockdown. Sherronda explains why the fear is more harmful than any pounds actually gained. MechanicShopFemme lets people know that they can stop being afraid of becoming fat, because she can tell you, her life is pretty wonderful.

<https://wearyourvoicemag.com/you-might-gain-weight-during-quarantine-and-thats-ok>

<https://mechanicshopfemme.com/worried-about-getting-fat-like-me>

April 30, 2020: This Fat Old Lady discusses a recent study that finds fat women have better outcomes with atrial fibrillation, and that fat men's outcomes are as good as their non-fat peers, showing that fat can be protective (the obesity paradox).

<https://thisfatoldlady.com/2020/05/08/this-fat-old-ladys-fat-friday-fat-still-protecting-you-after-all-these-years>

<https://doi.org/10.1002/clc.23371>

May 2020: The most recent issue of *Fat Studies* is now available, with a focus on Standpoint Theory (the value of experience).

<https://www.tandfonline.com/toc/ufts20/9/2?nav=toCList>

May 3, 2020: Dr. Paul Wischmeyer discusses the metabolic heart needs of COVID-19 patients. At 13:43, discussion turns to how some doctors are not feeding fat critical care patients. Dr. Wischmeyer makes it very clear that that should not be allowed.

<https://www.youtube.com/watch?v=7aRt5Fca96U>

May 6, 2020: Happy International No Diet Day!

<https://nationaltoday.com/international-no-diet-day>

May 7, 2020: Some guidelines for treatment during the COVID-19 pandemic discriminate against fat people and other groups. These have resulted in formal complaints in some US states, and have been withdrawn in others due to the public outcry; but fat people's lives may still be put at risk by a fatphobic healthcare practitioner.

<https://www.healthline.com/health/fatphobia-in-a-pandemic>

<https://www.boston.com/news/coronavirus/2020/04/21/massachusetts-ventilator-icu-bed-ration-guidance-revised-coronavirus>

*Founded in 1969, NAAFA, the National Association to Advance Fat Acceptance, is a non-profit human rights organization dedicated to improving the quality of life for fat people. NAAFA works to eliminate discrimination based on body size and provide fat people with the tools for self-empowerment through public education, advocacy, and member support.*

On the web: <http://www.naafa.org>

Comments: [pr@naafa.org](mailto:pr@naafa.org)

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