

# NAAFA NEWSLETTER

NATIONAL ASSOCIATION TO AID FAT AMERICANS, INC.

P.O. BOX 745

WESTBURY, N.Y. 11590

Volume III

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Acting Editor: Joyce Fabrey



Florane Sclar has been appointed as the chairperson of the 1974 Convention. Florane was co-chairman of the 1972 Convention, and is assisted by Ellen Dobson.

## 1974 ANNUAL CONVENTION - BIGGER AND BETTER

Plans for the forthcoming 1974 NAAFA Annual Convention are now being made at a fast and furious pace. MARK YOUR CALENDARS FOR SATURDAY AND SUNDAY, OCTOBER 26th AND 27TH, 1974. Right you are! Two - repeat - TWO days of fun, food, music, dancing, prizes and "enlightenment". The place - The Skyline Motor Inn in New York City. The Inn is making special rates available for those who wish to stay overnight.

More details will follow as plans begin to take definitive shape. Meantime, any ideas you would like to see included as activities are welcome. Write NAAFA, Box 745, Westbury, N.Y. 11590 Attention: Convention Chairman.

-Florane Sclar

## **NAAFA NOTES**

### NAAFA-DATE DELAYED

Several times in the last several months, the intended matching procedure in NAAFA-DATE has not taken place. This has been primarily due to a slow recovery of NAAFA's office move last fall, and also in part due to the move of the committee itself to California. As recently as eight weeks ago, it was thought that only four more weeks were needed. Now, however, as the Newsletter goes to press, it looks like matches will go out in another three weeks. Thereafter, matching should take place at periodic intervals.

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### "HILDA"

The remaining 1974 "Hilda" calendars are still available, at the reduced price of \$1.00, postpaid.

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### WEISS RESIGNS FROM BOARD OF DIRECTORS

Ethel Weiss, Ph.D, a member of NAAFA's Advisory Board for four years, and also a member of the Board of Directors for more than three years, has handed in her resignation as a Director. In doing so, Dr. Weiss stated that the coming of her first child, in August, necessitated a cutback in her activities.

[ED: Best wishes, Ethel!]

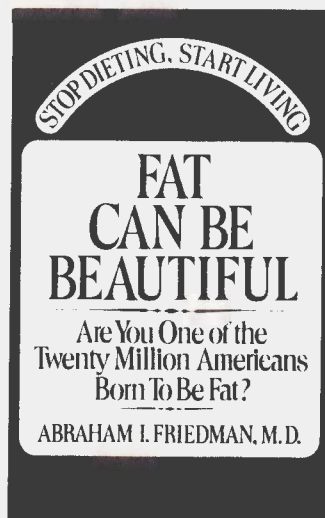
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### JONES APPOINTED CHAPTERS COORDINATOR

Karen W. Jones has been appointed by Pres. Fabrey as Coordinator of Local Chapters, a position that had been vacant for some time. Ms. Jones has been active as Chairperson of the Connecticut Chapter, and was noted for generating publicity in Connecticut, and for putting out a chapter newsletter.

Karen is self-employed, and is active in the area of womens' rights. Her appointment was confirmed by a majority of the Board of Directors.

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A revolutionary new book written by a new NAAFA Advisor! The book is to be released publicly on June 26, but the NAAFA Book Service has advance copies available now. The regular price is \$6.95, but to NAAFA members only the discount price is \$5.75, postpaid.

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The next Newsletter will carry a review of the book; a subsequent issue will have an interview with Dr. Friedman.

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### REED - MACHADO WEDDING

NAAFA members Kathy Machado of Boston, and Rex Reed of Wichita, Kansas were married in February, much to the delight of the Pen Pal Project; theirs was the first pen pal marriage! The wedding took place in Boston and their honeymoon was an automobile trip back to Kansas where they will reside.

[ED: We, Bill and I, had the unexpected pleasure of entertaining Mr. and Mrs Reed on the second day of their journey, which took them through New York. Eileen Lefebure joined us for a most enjoyable dinner.]

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PRESIDENT'S MESSAGE

Bill Fabrey

WANTED: ONE EDITOR

My wife and I have permanently given up predicting when newsletters can be put out. We must apologize publicly, here and now, for ever leading you to believe that a monthly, high-quality newsletter is possible for a small but active, volunteer organization like NAAFA. Not when the office staff must handle the volume of work that it does!

Our long-term goal is still a monthly newsletter, but our short-term goal must revert back to the bimonthly publication (every two months) that is described in NAAFA promotional literature.

How can you help? Money is part of the answer, since we could hire the Newsletter to be done commercially or at least pay an editor a fee. Until that time, perhaps you know someone with the following qualifications:

WANTED: ONE EDITOR

Active, growing educational and civil rights organization needs Editor/Production Manager to put out monthly four-page magazine. Must have experience and talent in creative writing, English usage and grammar. In addition, should have experience in the following areas: Typing, stripping, and paste-up for camera-ready copy; photographic art-work production techniques; artistic sense of proportion in newspaper layout; proofreading; communicating with printers; writing letters seeking permission to reprint articles.

Also, should be proficient, hard-working individual normally able to command a good salary but willing to work for no fee for a worthy cause. Some assistance in typing is available. Routine expenses incurred in preparing newsletter may be re-imbursed within 3-6 months. Must be familiar with the basic principles that guide the organization, and must be able to work semi-independently, but willing to agree to occasional editorial guidance imposed by the pressing needs of the association.

If the above qualifications cannot be found in one person, the services of an editor and of a separate production manager will be useful provided that they can work together well. Estimated time required is 5-10 hours per week. Write to P.O. Box 745, Westbury, NY.

If the above requirements seem a bit unusual, they are. Whatever your feelings about the quality of this Newsletter, I hope you agree that we should not allow its quality to drop by choosing an unqualified staff, in an attempt to get it out more often. You may be interested to hear the recent remark of a reporter. After seeing a copy of our last convention issue (Nov. 73), she said, "no wonder you can get members...this is one of the best publications I have seen by a small organization." End of quote. I didn't tell her about the difficulty we have with getting out frequent issues of the Newsletter.

JAW-WIRING - THE LATEST FAD

Recently, many newspaper articles have publicized jaw-wiring as a way of losing weight. In February, Mrs. John Horn of Gibraltar, Mich. had lost 34 of her 229 pounds, and was awarded newspaper coverage as a result. She also appeared on nationwide television on the Tomorrow Show (at the same time as NAAFA's Bill & Sue Blowers).

Since then several women have received similar publicity. In the New York area, Carole Kaplan of Long Beach embarked on this drastic course of action to reduce her 165 pounds, and Joan Purnin was written up as being desperate enough at 193 pounds to have her jaws wired shut by an orthodontist.

The idea apparently traces back to actress Ann-Margaret, who broke her jaw, had to have it wired shut to heal, and lost weight as a

side-effect. The reduced intake of solid foods generally results in weight loss.

Due to the recent publicity about this bizarre method of weight loss, the American Dental Association was moved to comment in its February newsletter that the temporary wiring together of a patient's teeth by the dentist should be permitted only if recommended by a doctor and if it is a "joint therapeutic effort by a physician and dentist team."

However, anyone who has any familiarity with dieting and weight reducing schemes can see the problem in this new fad. Melvin Glaser, M.D. of Long Island, was recently quoted as saying with regard to jaw wiring, "The original problem which made them gain weight to begin with hasn't been solved." In short, after the wires are cut, the dieter is struck with the old problem of "keeping it off."

There isn't very much more to say about what is known in dental jargon as "the intermaxillary wiring technique to control dietary intake."

PEN PAL NOTES

by Karen Wynne-Cohen, Rochester, NY Chapter

The first year of the NAAFA Pen Pal Project has drawn to a close with great success. NAAFA's all over the U.S. and Canada struck up correspondence with each other; friendships, some to last a lifetime, were formed. We've received several reports from members who, after writing to their pen-pals for a period of time, visited each other in different parts of the country. There have even been two pen-pal marriages!

Our chapter is currently drafting plans for a teen-age pen-pal project. We're particularly excited about this, and hope that we can reach young people who may be very lonely. We all remember too well the isolation we felt as fat teenagers.

We've made some changes in the project for this year. Our registration form is slightly modified. Also, we are changing to a quarterly matching period, with registration deadlines now being Jan. 15, April 15, July 15, and October 15.

Shortly after each of these dates, each participant will receive a list of the names and addresses of his or her new matches. Therefore, any members who have registered recently and are wondering why they haven't heard from us can now expect to hear from us shortly after July 15, the next match period.

Naturally, we feel very good to hear people describe the new and exciting relationships they are experiencing. Conversely, we also want to hear about any problems that may have arisen; the few complaints that we have received so far have not been major ones.

The second most common complaint is that the applicant does not receive an immediate reply from us or from any matches. There is no good reply to this kind of criticism, except to say that the above list of registration deadlines should clear up some of the confusion this year.

If you think you may be interested, why not write us for an application? Having a pen pal can be lots of fun!!

## PLAY REVIEW

My Fat Friend by Charles Lawrence, currently at the Brooks Atkinson theater, New York.

Reviewed by Ethel Weiss, Ph.D.

My Fat Friend is a witty and in many ways insightful comedy. The plot revolves around the efforts of Henry (George Rose) (1) to help Vicky (Lynn Redgrave), his landlady, reduce and (2) to seduce the other lodger, James (John Lithgow), the young innocent adroitly dodges Henry's advances and admires Vicky as she is. When we first meet Vicky she is sulking, not because of Henry's comments, "King Kong would not put you off your breakfast." and "Jesus loves you, every ounce of you," she is sulking because she's wearing her fat dress, which she hasn't had to wear in 18 months. It's a navy blue tent-like number from the back of her closet. (and it should have remained there, high!)

James rebuffs Henry for his cruelty to Vicky and Henry replies, "I must be cruel to be kind. The fat dress is her last resort." Henry is sincere in his statement. But, in addition, he derives satisfaction from finding someone to be morally superior to; like many unemancipated fats, Vicky is an accepting, perhaps even eager victim. She shares his assessment of her as a glutton and therefore worthless person and aids him in his torture (renovation) of her.

At this point Tom (James Ray Weeds) appears upon the scene. Vicky runs a book shop attached to the house and Tom is searching for a travel book when he meets her and is smitten. He asks her out and in a typically fat response she almosts rebuffs his advance, unable to accept the fact that he is attracted to her. Finally she accepts. She purchases a smashing orange and green caftan for the occasion and they have a marvelous evening on the town (and couch, too). Alas, Tom then leaves for Iran and promises to write and to return in four months.

Henry advises her to use the time Tom is gone to lose weight. To help her strengthen her resolve Henry and James put on her beach pajamas (one of them in each leg) as an illustration of how she looks to others.

Act two opens four months later with the stage dominated by a large banner flung across Vicky's living room reading "Lose a Ton for Tom". A bit to the right is a chart graphing weight loss showing she has gone from 200 pounds to 140. Vicky has been tortured with "slimming pills", a sauna and runs in a sweat suit (passively paced by Henry whose main effort was to shout encouragement at her through his megaphone). James is still puzzled by all this effort: "she was fine as she was, she was an individual".

Tom reappears and is dismayed: what happened to his hefty beauty? Skinny Vicky really puts him off, and to say the least the reunion is not a success. In a subsequent discussion with her lodgers Vicky comes to the conclusion that Tom's interest in her was indeed superficial, he was interested in her as a fat girl. "Poor Tom doomed to a life hanging out in front of weight watchers classes." Vicky finally concludes that externals do affect your way of thinking and

decides she has had enough of her life as a fat girl. She doesn't know what the future will bring, but a fresh start appears in order.

I found this a thoroughly enjoyable and fast paced comedy. Is this a play that will aid NAAFA's cause? I don't know. It skillfully presents the kind of abuse that the fat are subject to and often welcome because they believe it is justified. It shows the defensiveness of fats. It shows that losing weight is not a panacea, but that it can open options. All this is true. My one reservation, as a NAAFA member, is the possible implication that weight loss and maintenance is a reasonable goal for the chronically overweight. For most of us it isn't.

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### STRESS FULL

Each of us, psychiatrists say,  
Handles stress in his own way.  
We chew our fingers, walk the floor,  
Break the china, slam the door,  
Go to pieces, go to sleep,  
Or sit around the house and weep.  
Some of us in wild extremes  
Take to drink or popped dreams.  
But I, confronted with a fight,  
A burglar breaking in at night,  
An earthquake, flood or falling steeple,  
Unbalanced things (checkbooks, people)  
Or any type of depredator,  
Rush to my refrigerator.

—Eugenia Reed

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## LETTERS

### DISLIKES REDGRAVE SHOW

Gentlemen:

I am a long-time NAAFA member who was recently taken to see My Fat Friend at the Brooks Atkinson Theatre on Broadway. This is the first piece of "entertainment" I have ever found so wholly repulsive and patently offensive that I feel compelled to bring it to your attention.

Not only do I take issue with the unkindness and insensitivity demonstrated by the playwright's feeble attempts at humor, which would be unthinkable if obesity were any other medical "condition", such as: palsy, diabetes, hypothyroidism, etc., but I am shocked and disgusted to see the issue of sex, love and marriage with a fat woman treated as impossible, undesirable and highly perverted. The man who seeks heavier women is ridiculed and scorned and made to seem only slightly more stable than Richard Speck, Charles Manson and Jack the Ripper. This is ludicrous and unfair, not to mention being completely alien to the "live and let live" goals of NAAFA.

I for one want this sort of narrow-minded propaganda to STOP. There are enough problems in interpersonal relationships without my having to worry that my man feels ashamed of me and disgusted with himself for wanting me.

(cont. p.4)

In addition, Lynn Redgrave appears sloppy, slow, unclean, bitchy, not very bright and very irritable when overweight. Naturally, after a 50 lb. or so weight loss, all negative aspects of her personality vanish and she is magically transformed into a super-confident Foxy Lady. Hogwash!

Lastly, all the vicious fat jokes in the play are directed at a woman who is padded to no more than 180 lbs.; then what would become of me and other NAAFAN's who weigh far more than that paltry amount?

In conclusion, My Fat Friend is a production in every sense detrimental to NAAFA, its members and sympathizers and to people who care about human dignity and self-respect everywhere. Thanks for listening.

Margie F. Merolla  
Brooklyn, N.Y.

ANOTHER NAAFA-DATE ENGAGEMENT

Dear NAAFA:

This is to announce the engagement of Ellen Barbara Rosen to Irving Herman Siegel on April 20, 1974. The reason I thought you might like to know about this is because we met through NAAFA-DATE.

I have always had the highest regard for NAAFA but to be honest I wasn't too sure about using your dating service. I wondered, what kind of a man would want someone as heavy as me.

What a pleasant surprise I had when I started dating the men from NAAFA. With only one exception they were thoughtful, kind and nice gentlemen.

I met my future husband through NAAFA, and we would never have met if it weren't for you people.

Please continue to do all you can to teach people to accept us for what we are - not whether we are fat or thin.

Wish us luck. Thank you!

Ellen Barbara Rosen  
Far Rockaway, N.Y.

[ED: All of NAAFA wishes you two much happiness!]

PEN-PALS ENGAGED

Dear Rochester Chapter of NAAFA:

When I asked to be sent a list of people to correspond with, I never thought I'd be writing this letter. John J. Mallay and I are going to be married soon.

We both send you a big Thank-you for we would never have met otherwise. We thought you would be interested in this bit of news.

We got to know each other through our letters and then through phone calls and visits.

We're both so happy--Thank you, again!

Kay Derby  
Syracuse, N.Y.

[ED.: All of NAAFA wishes you two much happiness!]

-coming-

FIFTH ANNIVERSARY ISSUE

My first 1 1/2 years as a NAAFA Advisor - by Natalie Allon, Ph.D.

Final results of Wolfe vs Dade County, Fla. (U.S. Supreme Court)

Review of Fat Can Be Beautiful (book by Abraham I. Friedman, M.D.)

Sheraton Hotel chain found to discriminate against fat people

The first five years - NAAFA as seen in perspective

Election results

NEW AREAS OF DISCRIMINATION

New forms of discrimination are constantly being brought to NAAFA's attention. The following letter was received recently by the Office:

Dear NAAFA,

It has been called to my attention that fat discrimination appears in varied forms. We considered adopting a child and were told by the agency that one of their considerations was my overweight. They said that overweight was an important health consideration and since an adopted child had already lost one set of parents, they wanted to minimize the chances that the child would lose a second set of parents.

I should like to point out that although I am quite overweight, I am descended from a long line of long lived fat ancestors.

Yours truly,  
Mrs. E.S., N.Y.C.

Discrimination in adoption requirements may not be uncommon; in 1972, a woman in London named Mavis Mallows was allowed to adopt a baby after dieting nearly five years. "I've put on three pounds since he came to us," she confessed. "But that's only because I'm happy."

NAAFA would like to hear from other members who have experienced forms of discrimination not often mentioned. NAAFA believes that problems of this kind are better dealt with when they are brought out in the open.

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**CLASSIFIED ADS**

**NON-COMMERCIAL ADS:** 10c/word, minimum 10 words; department number available for \$2/issue.

**COMMERCIAL ADS:** 25c/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.

**THE ROCHESTER CHAPTER** of NAAFA would like to thank Cathy McLain for her fantastic art work in designing our logo.

**FOR SALE** - Wedding gown, white, custom designed, size 46 bust; write NAAFA, P.O.Box 3242, Rochester, N.Y. 14614.

**FOR SALE** - Off-white A-line dress. New, never worn, size 48. Cowl neckline, short sleeves. A Meera Brooke, originally \$35.00, now \$20.00. Inquire NAAFA, Dept. B, Box 745, Westbury, N.Y. 11590.

**NOTICE** - To join or remain on the mailing list of the Greater New York Chapter of NAAFA, annual dues of \$2 are now due. Make checks payable to Greater New York Chapter of NAAFA, and mail to Natalie Clist, 2838 Oceanside Rd., Oceanside, N.Y. 11572.