RETLESSMEN PSPYPOR

NATIONAL ASSOCIATION TO AID FAT AMERICANS, INC.

P.O. BOX 43 • BELLEROSE, NEW YORK 11426

212 776-8120

VOLUME VII

NOVEMBER-DECEMBER 1979

Issue No. 6

Editor: Rosalie I. Radcliffe

FAT FIGHT FOUGHT IN FLORISSANT

by Lisbeth Fisher

On April 3, 1979, there was to be an unusual outcome to a mayoralty election. In Florissant (sixth largest city in Missouri, with a population of about 40,000), Mayor James R. Eagan was running for his fifth 4-year term. He was opposed by City Councilman Jim Schoonover, who had also run against him four years earlier. Schoonover had previously lost the election by more than 4,000 votes. This time, however, Eagan won by only 375 votes.

How could this have happened? Had there been a smear campaign or "mud slinging" that so often occurs in the struggle for public office? Obviously, the people had spoken. But what people had spoken? I am proud to report that fat people and their friends were among those who stood up and fought for what turned out to be a tremendous victory, despite the fact that the candidate who backed their beliefs had "lost" the election.

In April, 1976, Mayor Eagan had instituted a weight policy for commissioned police personnel; and a little over a year later the same weight policy went into effect for all City personnel. Basically, the requirements stated that none of the included personnel would be allowed to "exceed...indicated maximum weight standards" as provided by a height-weight-age table. "In regards to the weight standards, each member of a department could be required at the direction of a department head to be examined by a physician to be chosen by the department to see that he has met the weight requirement for his height, after which time he will be given a sufficient amount of time to comply with the standard. If after notice is given and the expiration of the time alloted, the employee fails to comply, disciplinary action can be taken unless there is proof shown by the employee that there is



ANGELA AND JOHN GRAY

proof shown by the employee that there is a just and sufficient reason that he cannot comply,..."

Let's put aside the ambiguity of "could be required," "disciplinary action can be taken" (despite the fact that just what that disciplinary action could involve is not spelled out), and "sufficient amount of time" [emphasis ours]. What we basically had here was a mayor who had the authority to write such regulations into the City Charter, and a City Council whose hands were almost completely tied when it came to removing such dictatorial rules.

NAAFA was originally approached by a reporter from ABC_TV News in St. Louis. Florissant is near St. Louis, and she had been pursuing Eagan for some time regarding the weight regulations. When the reporter phoned NAAFA, the Mayor had reached a point where he refused to be interviewed

(continued on Page 2)

by any member of the press on this issue. The reporter had seen the NAAFA segment on "60 Minutes," and she thought we might be able to help; so she filled me in.

At that time, City
Water Department employee, John Luttrel,
had been fired for
weight non-compliance,
and was running for
City Councilman in protest. Several police
officers had been so
harassed they had resigned (one of them to
become Chief of Police



LUTTREL

in another city). One officer, however, had stood his ground and decided to fight back.

The name of this courageous patrolman is John Gray. John was in the middle of a court battle to have restored to him six recreational days which he had not only been required to work, but for which he had not been paid! This "disciplinary action" was but one small part of the harassing tactics that had been used on Gray. He had received so many threatening "fat letters" (as the police officers were referring to the warning letters being received by "overweight" personnel), he had actually checked into a hospital for bypass surgery. Fortunately, when he learned the possible harmful effects of the surgery from others who'd been through it, he checked out and refused to tolerate further bullying. Although there is no policemen's union in Florissant, there is a Police Association. These fellow officers rallied around John and raised the funds necessary to fight through the various courts for restoration of the six days' pay denied him.

Following contact by ABC, NAAFA was approached by Councilman Schoonover and Pa-



trolman Gray. There was a City Council meeting being held on March 26, and NAAFA was encouraged to send a representative to speak at the meeting. NAAFA did not have the funds, so the Police Association paid for my trip.

SCHOONOVER Although the Council had previously declined to permit formal discussion on the weight policy until after the election, they bowed to public demand and agreed to hear public argument at the beginning of the meeting.

Amidst television cameras, microphones

and reporters, many people stood and spoke. Although the Mayor was present at the meeting, he refused to make any comment. The majority of the people who spoke were not fat, and they were all against Eagan's

weight edicts. John
Gray presented a petition signed by
most of the City's
170 employees, protesting the weight
policy. A woman
who had been the
Mayor's babysitter for several
years brought a
scale and challen-



FISHER AND GRAY

ged Eagan to a "weigh-in," not unlike those to which City personnel were being subjected. The Mayor still declined comment or reaction. In preparing my speech, I spent a great deal of time researching various state laws and discovered some rulings not previously brought to NAAFA's attention. My speech touched upon much of this legislation.

A particular irony is that John Gray is a frequently decorated officer of the Florissant police force, with the highest arrest record. He has been a patrolman for twelve years, during which time he was always fat. He has received the highest commendations from his superior officers, one of whom had written in his evaluation report that "...Gray is the most dedicated detective in the bureau." Subsequent commanding officers agreed even more eloquently. One can't help wondering why a responsible leader would jeopardize his constituents' losing such a valuable officer simply because he was fat.

Eagan's excuse for these tactics had been that the City's insurance rates had been increasing. However, he was unable to produce a letter from the City's insur-



EAGAN

ance carrier stating the reason. Discussion with a representative of the insurance company resulted in a denial that weight was a factor in the rate increase or that the weight policy would bring the rates down. Eagan had also stated that, after losing weight himself, he realized how good it would be for others (even though they exhibited no indications of illness). Further-

more, since John Gray had lost weight at (continued on Page 6)

SOCIAL NEWS

WEDDING BELLS FOR NAAFAns

Ellen Dobson and Phil Bloom were married on August 27, 1979 at Junior's Restaurant in Brooklyn, NY and spent part of their honeymoon at the Annual Convention in September. Ellen is a Charter Member of NAAFA, a former Board member, and a member of the Grievance Committee. She and Phil met through MENSA, the high intelligence society. The wedding was attended by several NAAFA members.

Sandra Yankwitt and Alan Diskin were married on July 1, 1979 at the Marquis Room in Brooklyn, NY. Sandra and Alan met at the New York Chapter Valentine Dance on February 17.

News of the marriage of Brenda Clark and John Merson from Maryland has finally filtered through to us. Brenda and John met at a Baltimore-Washington Chapter meeting at the home of Phil and Shirley Land, after reading the article about NAAFA which appeared in THE WASHINGTON POST MAGAZINE. They later saw each other at the 1978 Annual Convention, and one thing led to another until they were married on December 22, 1978 by a Justice of the Peace.



SANDRA AND ALAN DISKIN



PHIL AND ELLEN BLOOM



LORI WILLIAMS

ANOTHER NAAFA BABY

Baby girl Loretta Clara (Lori) was born to Russell and Peggy (Greensfelder) Williams on October 27, 1979. Peggy was the founder of the Baltimore-Washington Chapter and a former member of the Board of Directors. Russell and Peggy are the current Co-Chairpersons for the Cumberland Valley (MD) Chapter of NAAFA. They met through NAAFA, and their wedding was reported in the January-April 1978 issue of the Newsletter. It was also covered by THE WASHINGTON POST MAGAZINE on May 14, 1978.

(continued on Page 6)

LETTER TO THE EDITOR

Dear Editor: The newsletter for Sept-Oct 1979 was very disappointing. There was only reference to the convention once. There was not any reference to who won the raffle prizes. That should at least be reported since most of the membership bought the tickets.

Maureen Dwyer E. Walpole, MA

Dear MD: Sorry you were disappointed. It takes a long time to collect the needed pictures to cover the convention for the Newsletter. A special issue covering this annual event should be coming out early in 1980.

The raffle was to be reported in the convention issue. Since others have asked about this, also, it was decided to share the results earlier. See article in this issue of the Newsletter.

Note: While the raffle was a successful fund-raiser, its success was limited by the fact that the majority of NAAFA members did not sell raffle tickets. We are very grateful for all those who did sell, however, and to everyone who bought tickets.

NAAFA RAFFLE HUGE SUCCESS

A big, fat thank you to everyone who participated in NAAFA's Tenth Anniversary fund-raising event. More than \$1000 was added to the treasury and many people won a variety of valuable prizes. Sheila Goodman (New York) sold the most raffle tickets with Sherry Kessler (Michigan) coming in second.

Winners of the various prizes are:

GRAND PRIZE: \$1,089 (one-half the raffle

proceeds) won by Albert Kaufman (New York, NY), sold by member Sheila Goodman (New York, NY) who received \$25 prize for selling winning ticket. [Sheila is NAAFA's Vice President and administrator of the NAAFA-Date program.]

FIRST PRIZE: \$300 gift certificate for Lane Bryant merchandise, won by NAAFA member Carol Talley (Chesterton, IN). This prize, donated by Lane Bryant Catalog Division (also in Indiana), can be used for catalog or retail store purchases. [Many thanks to LB for this valuable and useful donation. Glad you could share this big event with us!]

SECOND PRIZE: Life Membership in NAAFA (\$300 value) won by Donna Lee Smith (Berkeley, CA). [Donna is a Charter Member of NAAFA.]

THIRD PRIZES: Elegant woman's watch won by member Mel Tanditash (Brooklyn, NY), donated by member Emma Monk; handsome man's watch won by member Adalane Smith (New York, NY), donated by member Dianne Rubinstein. (Each valued at \$150)

FOURTH PRIZE: Stunning silvertone watch (\$125 value) won by Robin Sykes (Richmond, VA), donated by member Dianne Rubinstein, ticket sold by member Carol Metz.

FIFTH PRIZE: Modern Bulova electronic clock (\$50 value) won by Bo Ptak (Cleveland, OH), donated by member Sheila Goodman, ticket sold by member Karla Ptak.

SIXTH PRIZE: Handmade wood occasional table (\$25 value) won by newlywed member Ellen (Dobson) Bloom (Brooklyn, NY). [Table built and donated by William Burns, father of NAAFA's Executive Secretary, Lisbeth Fisher.]

SEVENTH PRIZE: Subscription to NATIONAL AUDUBON SOCIETY MAGAZINE (\$18 value) won by member Douglas Corwin (New York, NY), donated by member Mike Simpson.







Fred Lucky, The Dumplings (Tempo Books, Grossett & Dunlap Publishers, NY, 1976), p. 22.

[Ed. Note: Two volumes of The Dumplings are available to NAAFA members through the Book Service for \$.95 each, + \$.50 postage per book.]

EIGHTH PRIZE: Book FAT & THIN* by Anne Scott Beller (recipient of 1979 Distinguished Achievement Award) (\$10 value) won by member Wayne Gehres (Buckeye Lake, OH).

NINTH PRIZE: Book ALIVE & FAT & THINNING IN AMERICA* by Dr. Theodore Rubin (\$8.95 value) won by member Rebecca Scarlett (Rye, NY).

TENTH PRIZE: Book IT COULD BE VERSE* by Victor Buono (\$3.95 value) won by member Etta Jones (Brooklyn, NY).

ELEVENTH PRIZE: Book THE BRONX DIET* by Richard Smith (\$2.95 value) won by Anne Dunlap of Cairo, NE), ticket sold by member Verue Herriott.

*Available through NAAFA's Book Service.



LONG LIVE MISS PIGGY!

Here's a chance to acquire a collector's item that will not only add to NAAFA's ailing treasury, but will warm the cockles of your heart. But first, let me tell you how an unusual pig has changed my thinking about pigs for all time...

The months of 1980 will shine a little brighter at my home than those of previous years. Heroine, Miss Piggy, will be sharing my days while her fantasies will merge with my own for dream-filled nights.

This will be possible because of the delightful calendar produced by Jim Henson's

Muppets. It combines outstanding photography and superb settings. Watch for a frog in each picture — sometimes cleverly hidden like the bunny emblem on PLAYBOY covers. Whether she is portraying a jungle princess or ruler of the Nile, an eastern sultana or queen of the night, Miss Piggy romps through the pages fulfilling her dreams and encouraging her fans to do the same.

Added attractions are the candid interviews: "I've heard that you have a weight problem," one interviewer inquires. Miss Piggy: "Are you serious? No, I don't have a weight problem. We pigs are naturally voluptuous." Interviewer: "You mean you don't diet or eat special foods?". Miss Piggy: "Naturally. I don't eat. I dine."

Devotees of Miss Piggy should not miss this item. If you have a copy, cherish it; if not, run out and buy one—if you can. It originally was hoped that we could offer the Miss Piggy Calendar to our members at a discount through the Book Service. Most sources we contacted, however, were sold out in November and the publisher had no plans for reprint—ing. An "inside source" informed us that the 1980 Miss Piggy Calendar is likely to become a collector's item. This will be true especially if next year's edition features another Muppet character, as tentatively planned.

In spite of the shortage, we were able to obtain 15 copies of this popular calendar and will "auction" them off to the highest bidders. Proceeds will go for the benefit of NAAFA.

All bidding will begin at \$10 and the available copies of the Miss Piggy Calendar will be awarded to the 15 NAAFA mem-



bers giving the highest offers. Anyone wishing to participate in the auction should submit a bid (of \$10 or more) to NAAFA, P.O. Box 43, Bellerose, NY, 11426 before February 29, 1980. (Note: Do not send money with your bid. If you win, you will be billed at that time.) Miss Piggy fans: Step forward. Don't miss this opportunity!

FLORISSANT (continued from Page 3)

other times (gaining it back, of course), Eagan felt he could do it again.

While in Florissant, I heard much speculation as to whether the Mayor would rescind the policy, thus providing him with an almost certain victory. However, he stood fast, and the election results were as cited above. Even after winning by such a narrow margin, he refused to back down. Eagan and I were invited to appear on ABC_TV's "Good Morning America" two days after the election. There was no doubt about my feelings on this issue, and it was clear that ABC's reporting staff was on our side. Many who saw the show agreed that even the Mayor managed to make his weight policy look just as foolish as it was.

The following day I received a call from Carol Rehg, a reporter from the ST. LOUIS GLOBE-DEMOCRAT, who had been incensed from the beginning of this fight and had been following the story very carefully. Eagan had called a press conference for that afternoon, and the "scuttlebutt" was that he was going to rescind the weight policy. I laughed cynically, because I had seen too much evidence of this man's power during my short stay in Missouri.

However, Carol called me back after the conference and read his statement to me. I was thrilled to be able to report to the Board of Directors that night that a victory had been scored for fat people that day. Mayor James Eagan had rescinded his weight policy!

One sad commentary: John Gray lost all of his court battles, and his lawyers advised him not to pursue the matter further, all members of the Appeals Court having ruled against him. Eagan will be instituting a physical fitness program, but whether all employees will be forced to participate is as yet unknown.

John Gray and his wife, Angela, have become NAAFA members. All members in the area surrounding Florissant were informed of the meeting, and Joe Carter, Chairperson Pro-Tem of the Missouri Chapter traveled many miles to attend. Apathy did not win this fight. What happened proves that people opposed to society's injustices of fat people can band together to fight, can continue to fight even when it seems there'll be no victory, and can win.

[Ed. Note: A copy of Gray's, Fisher's

and Eagan's speeches have been enclosed as a supplement to this Newsletter.

"HAPPY TALK" DISCONTINUED

Members who purchase clothing through Lane Bryant's mail order catalog have probably enjoyed HAPPY TALK, a publication full of helpful hints for fuller-figured women, which was included with clothing orders.

About 18 months ago, HAPPY TALK contained a wonderful article about NAAFA, which culminated in several hundred members and thousands of requests for NAAFA literature (someone read and enjoyed it!). After receiving the 1978 Distinguished Achievement Award, the HAPPY TALK editor did another article about NAAFA, which also resulted in many new memberships.

We have been advised that HAPPY TALK has been discontinued. If you miss this pamphlet and would like to see it published again, you must let Lane Bryant know. Write: Editor, HAPPY TALK, Lane Bryant, Inc., 1500 Broadway, New York, NY 10036.

SOCIAL NEWS (continued from Page 3)

IN MEMORIAM

Sadly, and with sympathy to his family, we report the death of the Rev. Alfred Johnson, a member from Port Chester, NY. Mrs. Johnson writes: "[My husband] was always interested in [NAAFA] activities and regretted that his schedule prevented him from participating in more of them. Since his duties required lots of airplane travel, he was especially concerned about the uncomfortable conditions of most of the planes he was on in regard to large people."

We also extend condolences to Mary Arena and Wendy Pfaffhausen on the deaths of their fathers and to Marie Gordon on the death of her mother.

REMEMBER NAAFA WHEN YOU MOVE!
Unless you or the post office inform us of your new address, you may lose the balance of your membership privileges. The post office is supposed to forward mail for a year after you move. But play it safe -- send us your new address.



EXTRA LARGE DRESS PATTERN SIZES 16 to 60

DNE BASIC EASY TO SEW MULTI SIZE DRESS PATTERN WHICH CAN BE MADE UP IN AT LEAST 16 DIFFERENT ARRIVATION OF BACK OF PATTERN ON BACK OF PATTERN ENVELOPEE CACH WITH A WIDE VARIETY OF FINISHING AND TRIMMING OPTIONS. THE PATTERN CONSISTS OF 3 MAIN PIECES (FROMT BACK & SLEEVE) EACH MARKED IN ENGLISH. SPANISH AND FRENCH

SIZES 16 to 60 ALL SIZES IN ONE

PATTERN PACKAGE
THERE IS A CUTTING
LINE FDR EACH OF
THE FOLLOWING SIZES
EXTRASMALL (16. 18.4.20)
SMALL (18. 40.4.2)
MEDIUM (44. 46.4.48)
LARGE (10. 52.4.54)
EXTRALARGE (16. 58.4.60)
STYLE MO. (101



ALL RIGHTS RESERVED, INCLUDING THE RIGHT TO REPRODUCE THIS PATTERN, OR ANY PORTION THEREOF

"SEW ELEGANT" DRESS PATTERN

designed by Elaine Crafton

At last, fashions for the women most designers choose to forget--or, at best, misunderstand and put in second place.

Ms. Crafton's basic pattern can miraculously help you create a beautiful year-round wardrobe from one easy-to-sew design. And you will feel feminine and pretty in each creation.

This versatile "Sew Elegant" pattern contains only three major pieces. They are printed on heavy duty paper for years of use and include instructions in English, French and Spanish. With a minimum of cutting and a few easy seams you can readily make the 16 variations of this all-occasion dress that are illustrated on the package. By using different fabrics and trimmings, however, the variations you can create are limited only by the boundaries of your imagination. Beautiful and comfortable blouses, cover-ups for bath or beach, daytime dresses, flannel nightgowns, elegant evening dresses and even a lace wedding gown can all easily emerge from this one pattern with its soft and graceful lines.

The pattern's unique sizing, ranging from extra-small (16, 18, 20) to extra large (56, 58, 60), also fits half sizes -- and all of them come in the same envelope. The dress' simple design and raglan

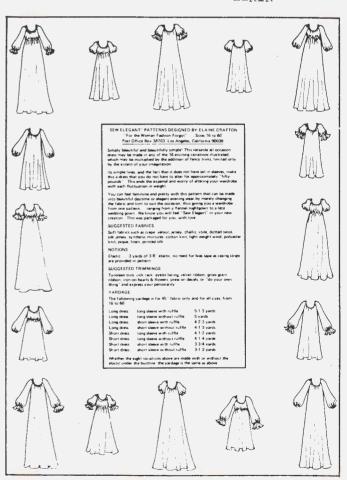
sleeves allow approximately fifty pounds of weight fluctuation for each size. This eliminates the discomfort of ill-fitting clothes or the expense and bother of alterations or buying new ones. A few of these dresses could also provide more closet space for those of us who always have several sizes of clothes on hand.

An added bonus: Enclosed with the pattern package are many useful hints which can help you fix new clothes so they will last longer. Clearly illustrated are suggestions for such things as strengthening various kinds of seams and ways to make buttons and buttonholes wear better.

Perhaps Wonder Woman's true identity has finally been revealed as Elaine Crafton. Regardless, women sized 16-60 who sew should not bypass the pattern she designed especially for larger women and their fashion problems. Anyone who does not sew could not choose an easier or more 'successful' pattern with which to begin. To perk up your winter wardrobe and create lovely, new spring and summer fashions, consider seriously this "Sew Elegant" dress pattern.

After seeing it, we felt that we should make it available to our members through the Book Service. The price of \$12.00 includes shipping charges. As usual, any small "profits" are used to help defray other expenses of the organization.

__RTR



INFO ON SURGICAL WEIGHT LOSS AVAILABLE

NAAFA frequently receives requests for information about the intestinal bypass and gastric stapling operations. We also hear from many of our members who have had one or both of these surgical treatments. Our library contains much information, both for and against (mostly against) these procedures. If you are interested in receiving Xerox copies of relevant information, send NAAFA a stamped self-addressed envelope, and you will be advised of the cost for the articles currently in our library. The fee involves Yeroxing and fourth class postage.

"WHAT IS NAAFA?" REVISED

Many members have felt for a long time that the brochure "What Is NAAFA?" needed revision. It's recently been redesigned, with many additions, changes, and a new format. A copy is being mailed to all NAAFA members for their information.

ATTENDANCE AT BOARD MEETINGS

Any NAAFA member in good standing is welcome to attend meetings of the Board of Directors. Scheduled meetings for the first quarter in 1980 are: January 4, February 15 and March 21. If you are interested in attending, call 212/776-8120 to confirm the date, time and place.

Fellow NAAFA Members:

OVERWEIGHT?

No Great Shakes
I Can Get You Insurance
At Standard Rates!!

Alan D. Diskin Field Underwriter Registered Representative



The Mutual Life Insurance Company of New York 120 No. Main St., New City, New York 10956
Business: (914)634-8901
Residence: (914)352-7393

idence: (514)332-7.

PERSONAL ADS

Have heard from many of you who never received LARGESSE (see May-June NAAFA Newsletter). Please send copies of both sides of your check. If you paid cash, let us know that, too. When we have the necessary proof, we'll report to proper authorities. Reply to Department 113, NAAFA, P.O. Box 43, Bellerose, NY 11426.

Affectionate, warm, good-humored, attractive lady weighing more than 300 pounds would like to meet intelligent, warm, relationship-minded man between 40 and 60 from Greater New York Metropolitan area. Reply to Department 115, NAAFA, P.O. Box 43, Bellerose, NY 11426.

San Francisco-Bay Area members and others interested in an alternative study/discussion group re the fat condition, write Department 116, NAAFA, P.O. Box 43, Bellerose, NY 11426. SASE, please!

WANTED - Man's winter coat, size 56-58, will pay freight. Need soon. Reply to Department 117, NAAFA, P.O. Box 43, Bellerose, NY 11426.

<u>Correction</u> - First ad, last issue, "Very buxom gal sought..." New address is Box 76297, Los Angeles, CA 90076.

Correction & Clarification. Refer to Sept-Oct, '79 issue. Substitute 144 for 114 in address. Around 200 can go up to 249. Early 40's; in reality is very young 33-looking Scaria.

CLASSIFIED AD RATES

Commercial Ads: 50 cents/word, 10-word minimum. Department number available at \$10/issue. (Contact NAAFA for display rates.)

Non-Commercial Ads: 25 cents/word, 10-word minimum. Department number available at \$5/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 announcements, and many other items.

PRODUCTS AND SERVICES MENTIONED IN THE NAAFA NEWSLETTER APPEAR FOR PURPOSES OF INFORMATION ONLY. NAAFA DOES NOT ENDORSE ANY PRODUCT OR SERVICE.

CORRECTION

The unknown boy in the picture on the cover of our last issue has been identified as William Carl Woodcock, Jr.