

NAAFA NEWSLETTER

NATIONAL ASSOCIATION TO AID FAT AMERICANS, INC.
P. O. BOX 745 WESTBURY, N. Y. 11590

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NEW YORK TIMES INTERVIEW: Bill and Joyce Fabrey (right) talking about NAAFA at interview luncheon given by the Times. With them are Marvin Grosswirth, NAAFA's Public Relations Consultant, and actress Shirley Stoler, an Honorary Life Member. Other NAAFA members at this meeting were Carole S. Lubin, April Vandetta, and John G. Trapani, Esq. Photo courtesy the New York Times.

FOR WOMEN ONLY

Joyce Fabrey will be on a full week of the TV show "For Women Only" with a panel of doctors who specialize in overweight. She will be representing NAAFA's point of view. In New York, the show will be aired the week of Nov. 16. Your local schedule may be different; the show will be listed in TV GUIDE magazine. If you can only watch one of the five days, see either Thursday's or Friday's show.

TO TELL THE TRUTH

Attention TV viewers: Joyce & Bill Fabrey are appearing on the show "To Tell the Truth" soon. The show will be on the Monday of the week listed: Nov.2: Wash, DC, and St. Louis; Nov.9: Phila, and Kansas City; Nov.16: Boston, San Diego, and Portland; Nov.23: Buffalo; Nov.30: New York and Minneapolis; Dec.7: Pittsburgh; Dec.14: Los Angeles and Flint, Mich. Dec.21: South Bend, Ind. To find out when the show is to be carried in other cities, call the station manager and ask when show No. 0511 will be run.

PUBLICITY PROVES PROFITABLE

By Marvin Grosswirth, Public Relations Consult.

What began as a slight drizzle, continued to grow to a downpour, and eventually developed into a flood, has brought NAAFA a great deal of public exposure in the past couple of months and with it not a surprising increase in membership.

The drizzle began when local newspaper columnists picked up on NAAFA. Robert J. Markle wrote about NAAFA in two local New York and Connecticut papers; Art Myers did the same in a New Jersey paper. Somehow, John Gambling (who conducts a morning wake-up show on Mutual Radio in New York) got wind of things and interviewed Bill Fabrey by telephone on the air. Norton Mockridge, a nationally syndicated columnist, also ran a feature story which was, I believe, our first single national exposure (well over 50 newspapers).

On August 18, the dam broke. On one half of the women's page of the New York Times, Judy Klemesrod, one of the country's best newspaper feature writers, ran her story, com-

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PRESIDENT'S MESSAGE

W.J. Fabrey

Well! It's about time that we finally got out our first newsletter. I want you to know that the numerous delays were not due to our excellent editor, Meg. She has been ready to go for months now. The bottleneck has been primarily in NAAFA's office, and myself. Anyway, here it finally is, and I hope that you enjoy each issue more than the last. It will grow in size, in the number of photographs, and in readership, as well.

It has been a long road from our founding in June, 1969, that lead us to where we are today. There have been times, when the going was slow, that I half-wondered if it was all worth the effort. That question was answered for me each time I saw another indignity, another outrage, another piece of anti-fat nonsense foisted upon the public by well-meaning health crusaders and by commercial interests.

There will be times when you will wonder if the problems of the fat really deserve all the attention that we are giving them. You may experience great difficulty explaining NAAFA's aims to a friend, or perhaps a persuasive relative or doctor will try to convince you that there is, after all, only one view of fat: namely, bad! Remember: There is never only one side to an issue. We have very legitimate complaints. These are beginning to be recognized by many people who previously never suspected how many faults exist in the traditional, conventional point of view about weight control.

A great effort lies ahead to restore health, happiness, and dignity to fat people (and their admirers). It seems to me that we in the U.S. and Canada are about to witness a much-needed change in society's treatment of the fat. The time has come! I hope that you will enjoy being a participant in our future efforts.

SPECIAL ANNOUNCEMENT!!!

Prof. Robert J. Markle is collecting all available evidence about overweight and discrimination. Please send us your comments on any commercial advertising or job experiences which are, in your view, unusually blatant in their anti-fat discrimination. A recent example is a computer-dating firm in San Francisco that begins their newspaper advertisement with the headline in large type that reads: "If you are fat and ugly, get your own date!" (we suppose they think they are being funny with that; well, they ain't.)

PUBLICITY (continued from page 1)

plete with pictures, the result of an interview (see picture, page 1). The telephones haven't stopped ringing since! The Times operates a syndication service (a'la AP and UPI) and the story ran in everything from the San Francisco Chronicle to the Paris edition of the Herald Tribune, with hundreds of major stops in between!

As a result of all this publicity, the Fabrey's, Shirley Stoler and I appeared on the Arnold Zenker Show in Baltimore. Then the Fabrey's showed up on the "Today" show, NBC. I spent a delightful morning in Chicago on the "Kennedy & Co." show with, of all people, Jean Neiditch (affectionately known as St. Jean, Our Lady of the Scales, of Weight Watcher's fame).

Jean stated, on the air, that she agreed with much of NAAFA's principles as outlined by me, that there was nothing wrong with being fat if that's what you want, and that in no case should fat people be deprived of human dignity. Jennie Crimm, the beautiful and slender (!) co-hostess of the show, took up the NAAFA cause and quoted a Weight Watchers release which talked about women losing weight and "rejoining the human race". Neiditch had no comment to make about that, but I did—in spades! The point is that Neiditch did not quarrel with me. You (and she) may be surprised to see some pro-NAAFA quotes from Jean Neiditch in some of our future promotional material!

Life Magazine covered our October 4 meeting, and Coronet took a sensitive, intelligent interview at the Fabrey's followed close by with an interview by the National Inquirer plus telephone interviews with out-of-town radio stations and papers as far away as London!

Now we need YOUR help! If you see an item about NAAFA, or one which may be helpful to NAAFA, in print, on TV, or hear it on the radio, please take a few minutes to send us the clipping or summary of the broadcast! Your help is appreciated! M. Grosswirth.

SOME ARTICLES IN FUTURE NEWSLETTERS

- Weight Watchers International, Inc: Friend or Foe of the Fat?
- Do Airlines Discriminate Against Fat People?
- Results of the Markle Poll of NAAFA members
- An Interview with Shirley Stoler
- Is the Stillman Diet Any Good?
- Ratings of "Large Size" Clothing Stores
- Which Employers Hire Overweight Applicants?

NAAFA BOOKSTORE

A number of the most interesting books dealing with the subject of NAAFA's concern, fat, are hard to obtain for the lay public. Often, libraries don't handle enough of them, bookstores insist on a special order, and such books often go out of print before anybody has heard of them. NAAFA hopes to start a bookstore to solve this problem. It will have a list of titles obtainable from us, for a discount to members. Only the more unusual, harder-to-get books will be handled. More on this in the next NEWSLETTER.

BOOK REVIEWS

Due to the small number of books on the subject of overweight that are worth reviewing, and the controversial nature of some of them, we will attempt to have each book reviewed by two different people. This will allow more circulation of the various points of view there are sure to be on this subject!

"Sex and the Overweight Woman", Eugene Scheimann, M.D., with Paul G. Neimark; Signet; \$.75
Review by Susan A. Blowers, Member,
NAAFA Board of Directors

Those NAAFAites who have fought the battle of the bulge for many years will appreciate this "little" book (128 pages) crammed full as it is with so many of the ideas we've suspected were true but desperately needed to see expressed.

That man's need for food is somehow linked with sex is a notion that has been kicked around for a long time. Dr. Scheimann, however, states that sex is the "key" factor in overweight in our guilt-ridden, diet-sick culture. He contends that overweight is underlove; i.e., a woman tends to put on extra pounds when she reaches a point where her sexual activity has diminished, or because she has never received any real sexual or romantic gratification.

In our society the quest for eternal youth seems to be synonymous with remaining or becoming thin. But, says the good Doctor, dieting (as if we didn't know it) does not cure obesity. Even those who ostensibly succeed in maintaining a "desirable" weight for long periods of time do so at the risk of their happiness, for their diets are often unrealistic and extreme. A diet is simply a stopgap measure doomed to fail because it rarely can be a way of life.

Sometimes, the overweight woman is sexually superior because she regards love as the same kind of sensual pleasure (but better)

as food, and denies herself neither.

The book is documented with numerous case histories and contains an excellent bibliography. S. Blowers.

Review by William J. Fabrey:

Scheimann's book is a remarkable one in many ways, and is all the more so coming as it does from an M. D. It is quite interesting to read, for the most part, for the male reader as well as the "overweight woman".

Dr. Scheimann is quite accurate when he is writing about the terrible effects on women of the present slimmness cult. He offers many interesting suggestions, including the re-orientation of one's sexual energies to allow for being fat, rather than fighting it.

The greatest weakness of the book is that the author oversimplifies many of the complex situations confronting his patients. He does not seem to have very deep insight into the physiological causes of overweight, and there are times when portions of the book seem to contradict one another.

In the balance, the book is worth reading, and has much excellent material, although some readers might find too great an emphasis on sex.

LOCAL CHAPTERS OF NAAFA

The Membership Committee wishes to inform the members of NAAFA that Local Chapters, in cities throughout the US and Canada, will soon be formed. Naturally, how soon your area gets a Local Chapter depends upon the number of members in the area. Further details on the actual rules concerning establishment of Local Chapters are forthcoming. Write to the Membership Committee if you are interested in helping to form a group in your area.

COMPUTER DATING

The Computer Dating Committee, headed by Carole S. Lubin, reports that there have been a large number of requests, from both men and women of all ages, for a computer dating service tailored to NAAFA members.

If all goes well, and at the present rate of NAAFA growth, we expect that the initial program may be started by January 1971. More details in future issues.

NEXT ISSUE

The next issue of the NAAFA NEWSLETTER will emphasize coverage of our first national meeting which was held October in New York City. We hope to have plenty of photographs and a full description of the proceedings.

THE EXTERIOR

BY Joyce Giancone

"The Exterior" is a column written as a guiding light - letting you in on what's new fashion-wise in your special sizes.

The first and most important idea to keep in mind while shopping is that the way you feel in a garment reflects the way you look! Your whole attitude and outlook can be changed by a single outfit. For example, a dress without much style can make you feel old and dowdy, while something a little more stylish can create a younger and pleasanter you!

When buying, disregard those old tales about black being slenderizing, solids as opposed to prints and verticle stripes versus horizontal stripes because you feel they will "hide something". Buy what YOU like -- those items which give you a certain feeling. Fit your wardrobe to your personality. Simply because you are overweight does not mean you should always dress conservatively!

Manufacturers are getting hip and buyers are filling their stocks with apparel that is chic and with it in your special sizes. Now it is up to YOU to change your habits and attitudes when shopping! Break the barrier between looking outdated and having that "in look"!

(Ed. Note: Miss Giancone is a buyer of women's clothing, principally large sizes, for a large chain of clothing stores.)



EDITORS HAVE LICENSE, TOO...

"Poetic license" is the cop-out for the rhymers, but in order to complete this issue in the format as you see it (justified lines and all that sort of stuff), the Editor had to break a few punctuation rules, etc., to get the job done! Therefore, of course, we expect to be forgiven for such actions until the time when we may use more modern methods for this task! Your indulgence is appreciated!

I join with President Bill in hoping that you enjoyed this first issue of the newsletter, and as we iron the kinks out of the work it should become a paper for which you check the mailbox every month!

Your comments about this issue would be appreciated (along with any other gab you'd like to send), so hope to hear from you!

Meg Gwynne, Editor

LETTERS TO NAAFA

Literally thousands of letters have been received at NAAFA Headquarters address, and we wish we had room to print them all. Many communications reflect the mood of the overweight that "thank goodness something is being done at last!"; some letters reflect the sense of humor we're supposed to be famous for! Here, as space permits, are a few excerpts from these letters:

"Enclose please find my check for \$6, I think that any organization such as yours (and now mine also) is a God-send. To think that all my life I thought 'fat was ugly'."

"I read your article in the San Francisco paper. Frankly it was the most sensible club ever organized in this country. As a 250 lb woman in early forties, I have felt most discriminated against....If you think there are a lot of fat folks in the east, you ought to see the ones we have out here! HHEELLP!"

"In joining NAAFA I hope to get a lease on new ideas. I think you are going to go places."

"Although I am in the prime of life and a bright, young executive, I have been subjected to an inordinate amount of personal anguish in my life. I am the subject of peer ridicule...because I am attracted to females bountiful...Such a woman was considered exquisite in the Greco-Roman era and even presently in sundry areas of the world."

"Okay, I'm going to join -- hoping of course that I'll be able to feel a little more self-respect instead of guilt. Misery loves company and I've spent a good many years feeling awfully miserable about FAT (ugh!)."

These are just a few examples. Other correspondence may be directed to "Letters to the Editor" for reprint as space permits. Of course, names and addresses will be withheld by request.

NOTICE
NAAFA needs a volunteer to do some typing of brochures, letters to celebrities, the constitution, and other things. Much work can be done using elite type, but some is best on the IBM Executive. Work can be done by mail. Can you help?

OFFICE HELP WANTED
Volunteers needed for envelope stuffing in Hempstead, L.I., one night per week!