

n o l o s e

The ~~retreat~~ **advance!** for fat lesbians, dykes,  
bi-women, trans folks, and our queer allies



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your batteries!**

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# Welcome to NOLOSE 2006!

## We're finally here! Bring it on!

Welcome to the next advance! Can you tell we're excited? We're ready to let it all hang out.

We're here to recharge our batteries as lez-bi, queer, and trans fat people (and our allies) that despite our many identifiers, don't fit into anyone's proscribed boxes. We're here to feed each other. We're here to learn from each other and swap our amazing resources. We're here to dance and flirt and debate and organize sex it up and frolic and eat great food and be silly and push our own limits and make mistakes and get it on. We're here to figure some things out about ourselves, what we want from each other, from the communities we're a part of, and the communities that we're trying to build.

Over the past two years, many conference attendees expressed a real desire to experience this weekend in a private space, uninterrupted by public gawkers. We enthusiastically embraced the opportunity to find a space where, unhampered by hotel constraints, we could create real community together in an alternative setting. In many ways, this is how NOLOSE started out. (Well, actually, its roots were a little more rustic...)

We're continuing to grow, shift and change as a community, and though we're glad to create new space, we feel the loss at having to leave anyone

**Low-Scent:** please limit your use of scented products as much as possible and remember to shower after swimming in the pool! **It makes a** profound difference in accessibility to people with allergies and chemical sensitivities.

**Smokers:** the 2 designated smoking areas are at: Nalanda-Upstairs (outside back/side entrance); or outside Delos (to the side nearest the front gate). Washing your hands after you smoke helps chemically sensitive people, too! Thanks.

### **Trans-Inclusive:**

All fat queer women, trans and gender-variant folks and our allies\* are welcome to participate. We ask that people *let go of their expectations of what bodies and gender-variant body parts should look like*, especially when attending clothing-optional events (such as the nude swims).

We ask everyone to remember that unlearning prejudice is a life-long journey. We encourage everyone to have patience as we work together to make NOLOSE and the world at large a safe, inclusive and welcoming place for trans folks.

*\*Non-trans men are not welcome to attend.*

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### **A/V Guru:**

Alex

### **Web/Print Design:**

Devra Polack/Spinster Design

in the community behind. We are barely pulling this event off. We wish we could open this event, all events, for free. But buying private space costs a lot of money. So now's the time to think about what you'd like to see NOLOSE do. We have so many goals and things that can happen the world over, and though a weekend can only contain so much of it, it's also an amazing opportunity to get inspired and get planning.

What does NOLOSE mean to you, and what would you like for it to be: as an organization, as a community, in your life? We really encourage everyone to give this good thought as we have a Town Meeting-like dialogue to talk about exactly these kinds of issues later in the weekend.

Thanks for being here! And for all you do, every day.

Love,  
The NOLOSE Board

# Conference Program

FRIDAY, SEPTEMBER 1st

## 4:00 - 7:00 pm • Play Time!

### Crafts Addiction: Book Making! (Barn)

Robin Fradkin

### Big Fun! (Tennis Courts)

Kelley McGuinness

What a joyful way to celebrate and enjoy our bodies, this wonderful venue, and each other. We'll have bocce ball (wheelchair-accessible), as well as croquet, badminton/volleyball, frisbees, tracball, a football, etc. The toys will most likely be available to people throughout the weekend, but please join us if you can. This will be a fun new way for us to get to know each other. It will sort of be like recess, but almost all the kids are fat, not just you!

## Swimming all afternoon! (Pool) [clothing required]

### 7:30 - 8:30 pm • Dinner (Delos Inn)

### 9:00 - 11:00 pm • Welcome & Opening Ceremonies

Special emcee: Bevin Bermingham. Location: Nalanda-Upstairs

### 11:00 - late • Throw-your-own parties...

SATURDAY, SEPTEMBER 2nd

### 7:30 - 8:15 am • Early Morning Workshops

#### Meditation , A Tool for Easing the Impact of Fat Hatred Part I, Instructional (Yoga Studio)

Deb Malkin

Meditation can not only be a great way to de-stress but it can also be an amazing tool to ease the impact of fat hatred and oppression. By using the simple techniques of resting simply with the breath, we can become friendly with our thoughts and feelings. Finding friendliness for ourselves in an unfriendly world can help strengthen our sense of Okness with who we are.

This workshop will teach beginner Shamata meditation techniques. Feel free to sit on cushions or in chairs. You don't have to be a Buddhist, nor want to be a Buddhist to learn how to meditate.

### 2 Do-It-Yourself Workshops or Caucuses (Barn, Nalanda-Upstairs)

### 8:30 - 9:30 am • Breakfast

### 10:15 - 12:00 • Keynote Speaker: Heather MacAllister

Location: Nalanda-Upstairs

Don't miss this notorious fat activist, burlesque performer, fighter for social justice, and all-around rabble-rouser as she tells it like it is! Heather is a longtime member of the NOLOSE community. A former member of the NOLOSE Board of Directors, Heather left her job as a community liaison for the Triangle Foundation in Detroit in 2000 to move to found and direct Big Burlesque: The Original Fat-Bottom Revue in San Francisco.

### 12:30 - 1:45 pm • Concurrent Activities

#### Fat Allies Discussion (Nalanda-Downstairs)

Ace McArleton

This is the space for us to explore Fat ally perspectives and work. What questions come up for us? What are our ever-evolving

ALL MEALS will be in the Delos Inn. Come early! They don't refill the buffet...

understandings of how our society approaches size? How are people daily policed and oppressed around size? How can we support the struggles of our fat friends, lovers, family and neighbors? How can we help to build a society that is pro-diversity around size? What tools from other ally work we may have done (around anti-racism, anti-transphobia, anti-sexism, disability, etc) can assist us, or not, and why/how?

### Activating Your Sensual Self for Fun, Connection & Healing (Yoga Studio), Deb Malkin

Spending time with ourselves can be an overlooked option in a hook-up prioritized world. This workshop explores our relationship with our sensual body; pleasure and vulnerability; and the joys or difficulty of taking time to love ourselves and letting others love us. We'll explore privately (yet in a group) the power and malleability of sexual energy, pouring love and compassion into the parts of us that need it most, be it our hearts, bellies, or genitals. This workshop is based on tantra and sensuality techniques and does not require nudity. There will be privacy as created by sheets and coverings.

### Medical Self-Advocacy for Fat People (Barn)

Amanda Piasecki

This workshop will help teach fat people how to manage medical bias against fat bodies in order to get adequate care from health professionals. Come share resources and experiences among workshop participants! Amanda will distribute her inspirational article on medical self-advocacy and hopes to use this workshop as a jumping-off point for compiling a resource guide that everyone can share.

### Naked Pool Party I (Pool) [clothing optional]

1:45 - 2:15 pm • Lunch Break (please pick these up at Delos Inn to take with you to your next activity)



Heather MacAllister

photo by Stella McCabe

The notorious fat activist, burlesque performer, fighter for social justice, and all-around rabble-rouser breaks it all down for us! Heather is a longtime and much beloved member of the NOLOSE community, a former member of the Board of Directors, and a continued source of inspiration to so many of us.



keynote

## **2:30 - 3:45 pm • Concurrent Activities**

### **Supersized Me (Nalanda-Upstairs)**

Elena Escalera

Join Elena Escalera for a discussion about living life as a supersized person in a little tiny world, and the fat community.

### **Money, Markets, Food, and Fat: Towards a Class Politics for the Fat Liberation Movement (Nalanda-Downstairs)**

Rebecca Widom

What's your take on class politics? If or where your mom went to college? Division of material resources in the world? How much you paid to come to NOLOSE? How anti-hunger and anti-poverty advocates are using obesity hysteria to get poor people access to more more food? There's a lot to talk about! Come hear what 'becca and your workshop-mates have to say.

### **Building Fat Community (Barn)**

Stacy Bias

Building a successful fat community in your town is as simple as having 1 good idea, 5 good friends and a venue. How to bypass fear of failure and lay the foundations for fun, support and empowerment in your town!

### **Get Your Freak On: Improvisational Tools for Dealing with Fat Harassment (Tennis Courts)**

Devra

Bullying types seem to think that being fat makes us easy targets for harassment. Little do they know... This workshop is a playful opportunity to unleash the powerful, creative, quick-witted and sometimes downright scary skillz that each and every one of carries day to day from surviving day to day, larger than life!

## **4:15 - 5:30 pm • Concurrent Activities**

### **Healing From the Center - Movement and Stillness (Yoga Studio)**

Geleni Fontaine

Welcome to this moment! A space to give to yourself and feel your capacity to give to others. This workshop will offer brief meditation, gentle movement, and nourishing self and partner massage to promote healing and empowerment. Everyone in every body is welcome. Being a body and being touched (and touching others) can be a profound and radical act of courage - and it feels really good. Wear something comfortable and cozy and join us!

### **Weight Loss Surgery within the Nolose Community: What Does it Mean for the Movement and How Do We Begin to Talk About it? (Barn)**

Facilitated by Cristy Cardinal

The Size Acceptance/Fat Liberation Movement is built on the principle that fat people are wonderful the way we are. Fat oppression—not fat people—is the problem, and we need to change society rather than ourselves. On this foundation, NOLOSE has built a community in which we come together to celebrate ourselves as fat people, free of discussions about diets and weight loss. But we are also a community that believes in self-determination.

We are now faced with the reality that many of our friends are considering and having weight loss surgery. What does this mean for us as a community?

\* Can someone have weight loss surgery and still be fat-positive?

\* What is the difference between accepting someone's decision and supporting it?

\* How do we all continue to feel more positive about ourselves in the face of this?

\* What is the place in our community for those making this decision?

This facilitated discussion will cover these and other questions. We welcome everyone: those who are actively against weight loss surgery, those who have had it, and everyone in between. Let's work together as a community to address this extremely difficult and often very painful issue.

### **Messy Outdoor Fun: Jello Wrestling! Slip'n'Slide! (grassy area outside Delos Inn) [some clothing required]**

Anne; Stefanie Snider

Jello Wrestling will provide light hearted frivolity, a place to hoot and holler while providing enthusiastic appreciation for the contestants, and a platform upon which fellow NOLOSE attendees can become intimately acquainted with each other's trademark wrestling moves. Because, this time, it's personal.

Slip'n'Slide will be a place to throw down and slide down(hill), and get your body painted to boot.

All are welcome to come hang out, watch, and get hosed down!

### **Naked Pool Party II (Pool) [clothing optional]**

## **7:00 - 8:00 pm • Dinner**

## **9:00 - 11:00 pm • Fierce Fat Moves & Movies**

### **Dance Party! (Nalanda-Upstairs) • Movie Lounge (Barn)**

Don't miss our fabulous emcee, Kaia, and special guest performers Fat Femme Mafia kick off the dance!

## **11:00 - late • Throw your own parties...**

## **SUNDAY, SEPTEMBER 3rd**

## **8:00 - 8:45 am • Early Morning Workshops**

### **Meditation , A Tool for Easing the Impact of Fat Hatred Part II, Practical (Yoga Studio) - No instruction; see 9/2.**

Deb Malkin

### **2 Do-It-Yourself Workshops or Caucuses (Barn, Nalanda-Upstairs)**

## **9:00 - 10:00 am • Breakfast**

## **10:15 - 11:45 am • Town Meeting for All!**

## **12:00 - 1:15 pm • Concurrent Activities**

### **Gruesome: Anti-Assimilationist Fat Aesthetics (Nalanda-Upstairs)**

Amanda Piasecki, Max Airborne

What are our fat cultural aesthetics and their relationship to anti-assimilationist, queer cultural realities? We'll discuss whether or not "pretty" is a useful goal for fat women, what "uncomfortable" fat images mean, and explore the infinite permutations of how beauty, gnarliness, and sterility relate to fat and thin.

Like a sumptuous ass, times spread across both pages...

# nolose 2006

Time	Delos Inn	Nalanda Upstairs	Nalanda Downstairs
<b>pm FRIDAY, SEPTEMBER 1</b>			
2:00 - 9:00	Registration and Check-in (Delos Inn)		
4:00 - 7:00	Playtime!		
7:30 - 8:30	Dinner (Delos Inn)		
9:00 - 11:00	<b>Welcome! And Opening Ceremonies</b>		
11:00 - ?	Late night schmoozing/throw-your-own parties		
<b>SATURDAY, SEPTEMBER 2</b>			
7:30 - 8:15a	<b>Concurrent activities:</b>	DIY workshop/caucus	
8:30 - 9:30a	Breakfast (Delos Inn)		
10:15 - 12:00	<b>Keynote:</b> Heather MacAllister		
12:30 - 1:45p	<b>Concurrent activities:</b>		Fat Allies
1:45 - 2:15p	Lunch (boxed) - pick up a boxed lunch to bring to your next activity		
2:30 - 3:45p	<b>Concurrent activities:</b>	Supersized Me	Money, Markets, Food and Fat
4:15 - 5:30p	<b>Concurrent activities:</b>		
5:30 - 7:00p	Free time!		
7:00 - 8:00p	Dinner (Delos Inn)		
9:00 - 11:00p		<b>Dance Party!</b> featuring the Fat Femme Mafia	
11:00 - ?	Private hanky panky/spanky panky parties		
<b>SUNDAY, SEPTEMBER 3</b>			
8:00 - 8:45		DIY workshop/caucus	
9:00 - 10:00	Breakfast (Delos Inn)		
10:15 - 11:45	Town Hall Mtg.		
12:00 - 1:15	<b>Concurrent activities:</b>	Gruesome: Anti-assimilationist Fat Aesthetics	
1:30 - 2:30	Lunch (Delos Inn)		
2:30 - 4:00	Closing ceremonies, farewell		

# program schedule

Please see program for full descriptions.

Yoga Studio	Barn	Pool	Outside (see below)	Time
				pm
				2:00 - 9:00
	Book making (crafts)	Swim! (clothing required)	Big fun! (tennis courts)	4:00 - 7:00
				7:30 - 8:30
				9:00 - 11:00
				11:00 - ?
Guided meditation: I Instructional	DIY workshop/caucus			7:30 - 8:15a
				8:30 - 9:30a
				10:15 - 12:00
Activating Your Sensual Self	Medical Self-Advocacy for Fat People	Naked swim (clothing optional)		12:30 - 1:45
				1:45 - 2:15p
	Building Fat Community		Get Your Freak On: fighting harassment	2:30 - 3:45p
Healing From the Center	WLS within the NOLOSE Community	Naked swim (clothing optional)	Dirty fun: jello wrestling, slip'n'slide	4:15 - 5:30p
				5:30 - 7:00p
				7:00 - 8:00p
	<b>Movie Lounge!</b>			9:00 - 11:00
				11:00 - ?
Guided Meditation: II (Practical; no instruction)	DIY workshop/caucus			8:00 - 8:45
				9:00 - 10:00
				10:15 - 11:45
Initiation: Embodying Fat Liberation	Fear of Fat: Beyond 101	Aqua Aerobics		12:00 - 1:15
				1:30 - 2:30
				2:30 - 4:00

# Program, continued

SUNDAY, SEPTEMBER 3rd

12:00 - 1:15 pm, continued

## Initiation: Embodying Fat Liberation (Yoga Studio)

Heather MacAllister

Throughout cultures worldwide, communities have created ritual to mark rites of passage. Human beings respond to symbols, ceremonies, the power of mystery and secrecy, and we all crave a sense of belonging. As fat people, we have often not felt part of the human community due to constant attacks on our very bodies, physically, emotionally, and mentally. I envision this process as taking us from being merely fat to being Fat.

My intention for this workshop is to create an initiation experience for Fat people. I would like it to start out as a secret society. The point is not to exclude others, it is to learn the power of silence, self-reflection, and mystery. This workshop will consist of two parts: the first part will be each person developing their own goal and personal plan toward achieving it, and the second part will be the Initiation.

## Fear of Fat: Beyond 101 (Barn)

Holly Hessinger

What does a fat activist do when she's having a bad fat day? How can we find our strength, beauty and power—while being really honest about how hard it is to live in this fat-hating culture? Topics will include edgy stuff like the fear of getting fatter, how one might celebrate her curves yet detest her cellulite... We'll talk about our pain, our struggles, our triumphs, and ways we may be able to help one another change the world and have fewer bad fat days.

## Aqua Aerobics (Pool)

Elena Escalera

Class is geared towards deep water exercises, but most can be done shallow. Basic techniques demonstrated, as well as routine that can be done at each person's own pace.

1:30 - 2:30 pm • Lunch (Delos Inn)

2:45 - 4:00 pm • Closing Ceremonies! (Delos Inn)

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# clamor

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**OUT NOW: Clamor #38 "Our Bodies at War," featuring:**

- American Apparel Exposed!
- A roundtable discussion with Leslie Feinberg, Geleni Fontaine, and Shira Hassan — facilitated and illustrated by Nomy Lamm
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- Bee Lavender on growing up poor and sick
- Transgender becomes "normal" in popular culture
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# Presenter Biographies

## Ace McArleton

Ace is a tranny butch anarchist hailing from Central Vermont, where he teaches, builds houses, and co-owns a collective radical bookstore.

## Alisa Raymond

Queer. Fat and Fancy Free born and raised in N dot Jer-sey, 3 months shy of 26, i'm a junkie and poetry's my fix.



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## Amanda Piasecki

Amanda Piasecki has gotten more than one public, urban emergency room to give her a CT scan in under ten minutes from arrival.

## Anne

Anne is a retired jock who still enjoys screaming her lungs out at various sporting events. She loves to enable the elimination of friction between women with whatever means are at hand.

## Bevin Bermingham

...is the hottest real estate lawyer you will ever know.

## Cristy Cardinal

Cristy is a kick-ass facilitator and a proud Poppy, to boot.

## Deb Malkin

Deb is an aspiring Shambhala warrior living in Brooklyn, New York. She's turned on by the world and likes to share.

## Deva Berman

Deva and Elena are water aerobics junkies from the Bay Area who want to share this great form of exercise.

## Devra Polack

Devra is all about making it happen lately.

## Elena Escalera

Elena Escalera, PhD, is a very fat mestiza disabled dyke. She is also a professor of psychology, a writer, a musician and general freek. Dr. E lives with her family of choice in Oakland, CA, in a big old house/community called Thermalia. You can read her writing in *Size Queen*, the new *Fat Studies Reader* (edited by Sondra Solovay, JD and Esther Rothblum, PhD), and hear her interview on gender online at *OutWrite Radio* (NPR).

## Geleni Fontaine

Geleni is a fat, queer, Latina/o transperson and long-time martial artist and teacher now studying Classical Chinese Medicine in NYC.

## Heather MacAllister

Heather is a longtime member of the NOLOSE community. A former member of the NOLOSE Board of Directors, Heather left her job as a community liaison for the Triangle Foundation in Detroit in 2000 to found and direct *Big Burlesque: The Original Fat-Bottom Revue* in San Francisco. She's currently living amongst the fabulous radical Fatties of Portland.

## Holly Hessinger

Holly is a fierce fat pervy poly femme dyke switch who just moved to Oakland. She is fond of manatees and likes to play rough, with all the tenderness her heart can muster. NOLOSE changed her life, and still, sometimes she has bad fat days. She serves on the board of NOLOSE, where the revolution just gets bigger and bigger.

**Kaia** is going down in the jello wrestling pit.

## Kelley McGuinness

Kelley is a butch who knows how to have a good time.

## Max Airborne

Lately, Max is happily immersed creating inspired outdoor mosaic installations and seeks opportunities for making more public art!

## Rebecca Widom

Rebecca Widom is a former NOLOSE board member and current welfare policy researcher/advocate. She's passionate about playful, creative, democratic, inclusive grassroots organizing strategies.

## Robin Fradkin

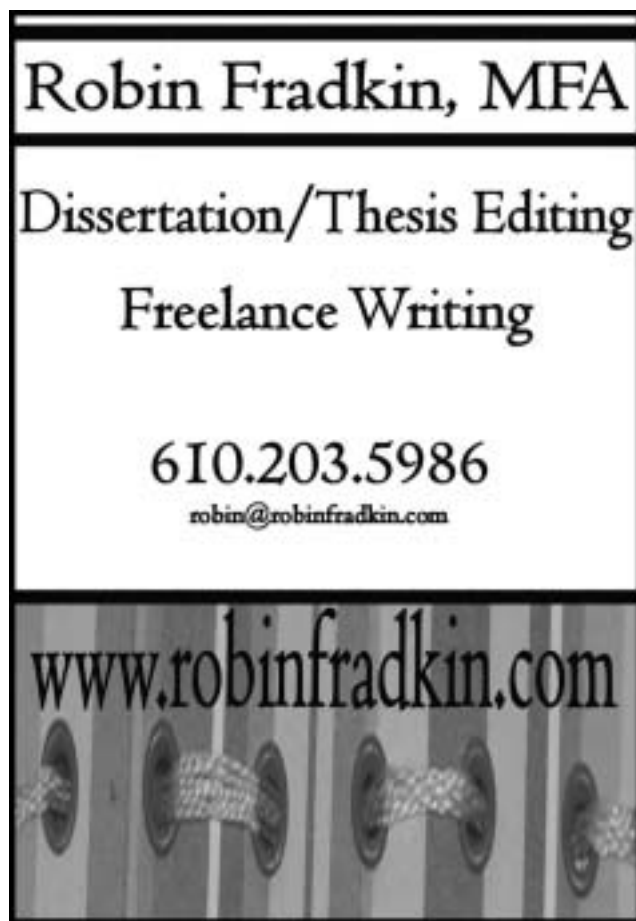
Robin is a hard-working, sexy-dressing hot mama with a lot going on upstairs who's so busy, she didn't even have time to write her own bio!

## Stacy Bias

Stacy Bias is the founder of *FatGirl Speaks* in Portland, Oregon, *TechnoDyke.com*, *Dyketees.com* and the Pussy Pucker Pots and Literati lines of lip balm. Stacy is currently seeking interviewees for a new project, *the FatGirl Speaks* book, and encourages each of you to contact her privately over the course of the weekend to set up a time to be interviewed!

## Stefanie Snider

Stefanie is an art history grad student who spends her days studying sexy pictures, and her nights dreaming about them.



**Robin Fradkin, MFA**

Dissertation/Thesis Editing  
Freelance Writing

610.203.5986  
[robin@robinfradkin.com](mailto:robin@robinfradkin.com)

[www.robinfradkin.com](http://www.robinfradkin.com)

Fat Friendly Health Professionals list: [cat-and-dragon.com/stef/fat/ffp.html](http://cat-and-dragon.com/stef/fat/ffp.html)  
US retailers of supersize clothing: [cat-and-dragon.com/stef/fat/super.html](http://cat-and-dragon.com/stef/fat/super.html) Have fun at NOLOSE for me!

To all of my fab-fab-fabulous, amazing, wonderful, hott, fat-tastic friends: I send hella love to you over this weekend of delicious delights! You inspire me and bring me strength and joy. Wherever there is glitter, I am there in spirit. Ginormous love, Austin J. Austin (with a kiss from Lolita) xooxxoo

Heavy (and I mean that in both senses of the word) femme bottom seeks mean, creative, intelligent top. I am equally appreciative of extreme sensation and intense psychological play. I'd really love to leave NOLOSE with some nice souvenir marks this year! Are you looking to have your way with someone? Look for Jodi, the insanely shy (but actually friendly) girl with the pink dreadlocks.

My dearest Nolose friends especially Alisa, Sharon and little Alex: Words can not express the joy I feel at the rekindling of our feelings at the Nolose conference. For it was here that we met over snacks and a convo about high school, and it will be here that we will converge to freak the funk again. Love, Theresa

Call out "Chub chub chub chub chub" We miss you guys, you're all so cool/ We're imagining you in the hot tub/ Or swimming naked in the pool. Love Butch Husky and The Beefer.

Punk-ass diva goddess seeks psuedo-preppy tranny prince for late night games of skill and chance. I'll provide the pterodactyl towers; you bring the stick.

To all the NOLOSE Board members- you rock, you're hot, and your work makes the world a better place! Thanks for all you have done.

Eight years my devoted boy, two years my darling spouse, forever my heart.



Photography by Beth Hommel for BFP Model Jasmine

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## Special Fat Thanks To:

**Holly Hessinger** and the talented E. coast crew, for taking on the daunting but hugely successful **NY Fat Girl Flea Market** and making it a 2-day event this year! And to Deb Malkin for having made it what it is today and for your work on [www.fatgirlflea.com](http://www.fatgirlflea.com)

**All of the amazing folks** who volunteered their time, sweat, labor, apartment space, and stuff to the Flea, including:

Amy, Anita, Anne, Aris, Beca, Boots, Charisse, Cynthia, Dana, Deb, Diana, Elizabeth, Glenn, Heather, Jess, Jesse, Jillian, Jodi, Joyce, Julia, Kim, Lara, Lisa, Marcia, Marisa, Mich, Monif, Orien, Rachel, Rebecca, Robin, Sailor, Sandy, Sheka, Shira, Summer, SusieQ, Terry, Vinni, Wendy, Xavora, Zoe

Our generous Flea donors, including: **Junonia, Jessica Svoboda, Sanctuarie, Plus Woman, Love your Peaches, Making it Big, Dani & Meredith, Catch the Spoon Catering**

**Robin Fradkin**, for coordinating volunteers for both the Flea and the conference!

Our many volunteers helping out over this weekend, including (we know there are more of you, but at print date):

Alex, Alisa, 'Becca, Bevin, Chelsey, Cicely, Cristy, Elicia, Elizabeth, Geleni, Glenn, Jessie, Kaia, Mich, Sarah, Sarah J., Stefanie, Terry, Theresa, Yalith

**All of our talented performers and presenters!**

**The fabulous Board and committee folks who worked all year long.**

**Extra thanks** to those who donated so generously to the Julia Carson fund and to our organization. You have made the impossible happen.

In memory of Susan Barnes and our other fat friends who have died this year:

 We will miss you.