"DELIBERATE WEIGHT GAINING AND ENCOURAGING"

BY Randy Sumner

This issue contains features about deliberate weight gaining and encouraging, sexual proclivities about which little has been written. If gaining and encouraging were practiced in the past, and we must assume they have been practiced throughout time, they were practiced in secret by an undoubtedly small number of people, people who did not, sadly, publish detailed diaries of their experiences. Aside from a few medical case studies, there have been no published accounts of these practices, no practitioner role models,

no examples, no myth. One might say it was a love that dared not give itself a name, much less whisper it,

While it is possible that deliberate weight gaining and encouraging was discussed in earlier times, in our lifetime it has only been during the last lifteen years that these practices, in the gay community, have been given voice. And it has only been in the past decade that weight gainers and encouragers have come out of their own closets (walk-ins, of course) and mobilized into active social groups with their unique agenda.

Because of this silence, most people don't know anything about weight gaining and encouraging, and many who have heard of it don't understand it or have misconceptions about the practices and practitioners. Even among fat gay men and their admirers, there is still ignorance about gainers and encouragers,

is still ignorance about gamers and encol and no small amount of prejudice as well.

So just what is deliberate weight gaining and encouraging?
Basically, it is an erotica attraction to gaining weight (specifically lat, as opposed to muscle), or to fattening up another individual. It includes those who are aroused by eating, being fed, feeding, or force-feeding another. While no two gainers or encouragers are alike, most seem to have an interest in one or more of these areas.

bents.

In some ways, gaining and encouraging is very similar to traditional bodybuilding and body worshipping, and to other body scuipting practices. And for some, elements of control and submission are involved, as they are in other sexual preferences. So what at first might seem odd or reality "out there," in reality is merely just another facet of human sexuality, no more unusual or incomprehensible than say, leather sexuality, fetishism, or simply an attraction to blonds. Because our society pute such emphasis on being thin, however, this particular sexual proclivity is subject to more misunderstanding and prejudice than other, more conventional, types of body scuipting and sexual

Prevailing attitudes and ignorance about gaining and encouraging may soon be swept away, for "the encouragement movement" is happening all over the country. Riding the current wave of big men's awareness, gainers and encouragers are coming out and banding together. We now enjoy several forums for our unique interests. There are two newaletters that serve the gainer and encourager community: "Encouragement and XXXLNT." "Encouragement" contains articles and artwork that are submitted by the community "at large." It is currently free, but donations are eagerly accepted to help defray publishing costs. To find out about this newsletter, write to "Encouragement", P.O. Box 1377, Madison Square Station, New York, NY 10159.

"XXXLNT" is published quarterly and contains articles of interest to gainers and encouragers, along with personal ads. The cost is \$15.00 per year, which includes the placement of your own personal ad. To get information about this newsletter, write to "XXXLNT", P.O. Box 926 Tallahassee, FL 32302-0926.

Gainers and encouragers in San Francisco and Los Angeles host frequent dinner parties that have become very popular. Held in private homes and occasionally at restaurants, the parties offer supportive and friendly environments for gainers and encouragers and, needless to say, abundant and delicious meals as well. These social events are open to all who have interest in weight gaining and encouraging. If you would like more information about the dinner parties, please call Randy in San Francisco at (415) 824-8750.

Lastry, as a group, we host "ENCOURAGECON," the annual gathering of weight gainers and encouragers. "ENCOURAGECONS" are held in April or May at resorts around the country. We try to hold the gathering on the opposite coast from the one on which "CONVERGENCE" is held. This gives guys more flexibility and travel options during the year. This year's "ENCOURAGECON" was held in northern California and was a phenomenal success. See the article about it in this issue.

· TWEEN

COVERS

These forums are helping
gay men come to
terms with their
interests in gaining and
encouraging.
Most of us
thought we
were the only
ones on Earth who
had these feelings, but
thanks to men all over the
country who had the courage to

come cut as gainers and encouragers and the

drive and energy to organize forums and activities for men like themselves, we know we are very much okay and not alone at all. As one gainer and encourager told me the other day:

"Sexual closets come in layers, it seems. First, I had to come out as gay, then as a lover of big men. That wasn't so hard; there was lots of support. But the weight gain closet door is really nailed shut in this society, and those of us who share that dream owe the encouragement movement a huge bow of thanks for helping us pry it open."

ENCOURAGECON '93

The second annual gathering of weight gainers and encouragers was held last month in the Russian River resort area of northern California. Twenty-five guys from all over the country enloyed four nights at a sacluded ranch nestled among the spectacular California redwoods. We laid in the sun bubbled in the hot tubs, relexed in the sauna, and entertained

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ourselves with a variety of unique and fun activities. The weekend was truly something special. All the men were delightful, and none of us wanted to leave. But don't take my word for it, here's what some of the attendees had to say about "ENCOURAGECON '93":

I had my heart set on attending the March on Weshington, but unfortunately, "ENCOURAGE-CON '93" was held on the same weekend, and I felt my energies were best channeled into this event. I was really com, until I realized that "ENCOURAGECON '93" was no less important than the March on Washington. We were making our own political statement and advancing the gay cause in our own unique way. We

were helping to aliminate another form of alienation that many gay men face in their lives."

"I had some reservations about being secluded with such a specialized group - that there might be uncomfortable performance demands placed on me. Instead, I found myself in the company of a most genial group of

like-minded men, in comfortable and beautiful, serene surroundings, where there was no pressure for me to be anything more or less than myself."

"I was definitely concerned that you all might be a bunch of welrdos, or very self-centered without regard for others. Well, heving met you all, I now know that you are all weirdos - just like me! What a relief to get to meet guys who share my fantasy, and seem actually very much con-

> carned about your fellow gainers and encouragers, actually very concerned about all your fellow men. I can't remember every having been so impressed with the openness and caring and friendliness of a group of people, especially never having met before."

> "The cameraderie, right from the very beginning, was wonderful. I don't think I've ever been involved in a group where there was no need for any kind of icebreaker; everyone just wort of dove right in and became friends. I enjoyed that atmosphere. It was certainly one of the most supportive atmospheres I've ever been in. I was thankful to have an opportunity to be part of that."



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If you didn't come to "ENCOURAGE-CON '93", your missed an event that will be talked about for many years to come. But don't fret, we're hosting "ENCOURAGECON '94" next May. and we'd love to see you there. And if the gainers and encouragers have anything to say about it, we'll weigh SCORES MORE IN '941 If you're not already on our mailing list and would like to be contact Randy Sumner.

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Are you a GAINER or ENCOURAGER?

Do you want to meet others who want to get bigger or get you bigger like some of our current ade wish to?

94. my name is Jaif. I mailly shop packing on the pounds and I'd lies to meet someone who wants to do the series. Over the past 8 spains, The pretty resolt doubled my relight and now weight in at about 260 on a SW frame. Lot me from replications about you in Day it 800 ft.

"Hi, Hm looking for one who has a really by one in Spr a 5001"

"His my familiary is to make somitions who would encourage not to good a solid weight. Aight now I weigh about \$50% but washid like in ba up to 300 or more: Celf me at Box = 5000!

"My name is Bruce, I have a the histories of the country. I have always whited to end up really large and I con-rendly weigh 700 line., and 510" set. Can me at Box 8.5011"

"I'm big all ever and i'm really serry in Bax is 5000"

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