

# ENCOURAGEMENT

P.O. Box 1377, Madison Square Station, New York, NY 10159

Vol. 4, No. 4  
October, 1993



### SAN FRANCISCO FAN

I hope everyone had a wonderful summer, and had the chance to get away and do something really fattening for yourself or for a friend. I ended the summer by going to San Francisco, where I enjoyed the hospitality of the local Gainers and Encouragers. It's always comforting to spend time with like minded fellows. I want to thank Randy and Bill for the festive Friday night dinner party, and I want to thank Tim and Bob for the great brunch on Sunday. I'm looking forward to getting back to San Francisco as soon as I can.

### CAMP ENCOURAGEMENT

Have you signed up for Encouragecon yet? And if you haven't, why not? Don't you like saving money? The early registratgion price is \$35, going up to \$45 after December 31st. So do it and save that extra ten dollars for cheesecake.

As a special bonus, everyone who attends Encouragecon will get a special free issue of the best of the past five years of Encouragement. The best artwork, stories and weight gaining articles will be in this issue, and the only way you can get it is by coming to Wildwood Retreat. So for all of you who have been wanting back issues, but haven't been able to find them, this is how you can get a free copy of the best of the lot. So sign up now for your Encouragecon-Club Fed vacation. See the registration form in the back.

### MORE ON MOE

Jan [redacted], who is doing a study on Gainers and Encouragers, is waiting for your call. I inadvertently gave the wrong number for her in the last issue. Her correct number is: [redacted]. Call and ask how you can help with this important study. She's friendly and she's legit. Tell her Ben sent you.

### SOON TO BE FIVE

Next year we will be going into our 5th year of publication. CAN YOU BELIEVE IT?! Volume 1, Number 1 was printed in April, 1990. There are big changes in store for the newsletter, and I want you... yes, that's right, you, to be a part of it. There's a questionnaire included with this newsletter. Fill it out and mail it back to me. Let me know how we can make this a better paper for your needs. Questionnaire results will be printed in the next newsletter.

We now have 163 members. Thanks to everyone who sent in a donation. I also want to thank everyone who has helped by sending in stories. This is our largest issue yet. If I haven't published something you sent in yet, it's because I'm trying to find the time and space to print it. I could use some artwork to go with all these great stories I have. If you can draw, or know of someone who can, then please contact me at the phone number below. The deadline for the next issue is December 11th.

Be wise. Be healthy. Be strong. Be large. See you next year.

Encouragingly yours,



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ENCOURAGEMENT is a privately published newsletter providing support for people who are Gainers, Encouragers, or both. It is published quarterly. Membership is by referral and application only. Telephone [redacted] [redacted] [redacted] Back issues are not available. Please Xerox this issue and give it to your friends or anyone else who may be interested. Keep circulating those back issues!

## Encouragement Gatherings On Both Coasts



**New York** - 13 Gainers and Encouragers gathered at a members home where pasta and cake was served.



**San Francisco** - This group of burly bears had a Sunday brunch together.

Send in your pictures of any parties you might have had for fellow members of Encouragement.

# LIVIN' & LOVIN' LARGE

An Interview with David [REDACTED] & Steve [REDACTED]



I had the good fortune to interview David and Steve on a Sunday afternoon, on David's cooking day. They are one of the new happy couples that I mentioned in the last issue. I thank them for giving me some time away from their busy eating schedules to share their new found happiness with us. The following is an example of their good will towards each other and Gainers and Encouragers everywhere.

BEN: (to David) How long have you been in Arizona?

DAVID: Since 1974.

BEN: Where are you from originally?

DAVID: Detroit.

BEN: Sounds like it was a move for the better.

DAVID: (Laughing) It was. I haven't been back.

BEN: From what I hear I don't blame you. I know both your names, what I need to know are your ages.

DAVID: Well, I'm 46.

BEN: How old are you Steve?

STEVE: I'll be 31 the 29th of August.

BEN: What's your height David?

DAVID: I'm just about 6'2".

BEN: How much do you weigh?

DAVID: Probably around 375-380.

BEN: And what about you Steve?

STEVE: I'm 5'9" and about 350-360.

BEN: David, now that you've gotten up to 375, do you have difficulty finding a scale you can weigh yourself on?

DAVID: Oh yeah.

BEN: What do you do?

DAVID: Well they have these electronic scales in the stores at the malls. We've bought two scales.

BEN : That's what we used at the Encouragecon in 1992. We weighed everyone in, and just used two scales. People found that it was pretty accurate. How did you guys meet?

DAVID: Through writing letters. Back and forth through the Girth & Mirth New York newsletter.

BEN: Who had the ad?

DAVID: We both had an ad in there. I wrote to Steve first.

BEN: How long did you guys write to each other before you met.

STEVE: Oh my god!

DAVID: Good question!

STEVE: Six months.

DAVID: At least six months, we met for the first time in January of this year.

BEN: Oh really? Wow! So did Steve go down to Arizona?

STEVE: Yeah.

BEN: Just to visit? Or to move in?

DAVID: Just to visit.

BEN: How long ago did Steve move down?

DAVID: May.

BEN: Newlyweds! When you guys finally met did you go out on dates in Arizona?

DAVID: Well he stayed here at the house. The whole trip was like one big date.

BEN: How long did you stay down for Steve?

STEVE: About a week.

DAVID: We got rained in.

(Everyone laughs)

BEN: That's a good way to start things off. Steve, what was moving to Arizona like?

STEVE: It was definitely something new, I had never moved that far away on my own before. I had moved to different states before but with a lover or with a family. I had never moved away before to move to a lover.

BEN: Are you born and raised in Oregon?

STEVE: Yeah.

BEN: Had you ever been to Arizona before?

STEVE: I just drove through on the way to Arkansas.

BEN: How much weight has each one of you put on since you guys have been together?

DAVID: About 30 pounds apiece, at least.

BEN: Do you think it's easier to gain weight in a relationship?

STEVE: Yeah, 'cause David is a really good cook, and I'm getting better. So between the two of us cooking a lot, we're always feeding each other.

BEN: That's good. I know from having lovers that were great cooks myself that it helps. They say that once you're in a relationship one of the things a new couple does primarily is find time to eat together. So people tend to put on pounds when they are in a new relationship anyway. Which one of you has the bigger appetite?

DAVID: It's about the same.

BEN: So you would say you're both very hungry guys.

STEVE: We're both pretty good at eating.

BEN: Do you guys ever have to encourage each other to eat more?

DAVID: I guess I get more full than Steve at one sitting. So he probably has to encourage me.

BEN: Is that fun for you guys?

STEVE: Oh yeah, because we really enjoy watching the pounds get packed on.

BEN: Do you both want to be the same size, or does one want to always be bigger than the other one?

DAVID: I don't think so, but I think Steve will want to get larger.

BEN: So what are your favorite pig out times?

(They laugh)

DAVID: Anytime.

STEVE: Yeah, we usually try to make sure to have a real good fattening desert late at night shortly before we go to bed.

BEN: What would that be?

STEVE: Generally cake and ice cream, or we have a lot of milk shakes.

BEN: Are those your favorite pig out foods or do you have other favorite pig out foods?

DAVID: Pizza. lasagna, chips and dips.



BEN: How do you manage to maintain your weight with all that heat in Arizona?

DAVID: Well we don't move too much.

(Everyone laughs)

STEVE: The house is air conditioned and we stay inside a lot.

BEN: This is a question for both of you, but I should start with one of you. Let's start with David. Have you been in a relationship with someone who's heavy before?

DAVID: No.

BEN: What about you Steve?

STEVE: Yeah I was in one before with someone who was heavy. He didn't like being heavy though. I wasn't heavy at the time.

BEN: Do you guys enjoy being fat as a couple together?

STEVE & DAVID: Oh yeah!

BEN: Do you find that you get support from each other when you go out?

DAVID: Definitely!

BEN: So what is it like when you guys go grocery shopping or out to a restaurant together? Do people make comments about the chubby couple?

DAVID: When we go out together I can sense people looking at us. It's satisfying for me.

BEN: Is it satisfying for you Steve?

STEVE: I haven't really noticed it. If I did notice it it would be satisfying, because that would mean That I'm obviously large to other people.

BEN: How would you say the additional weight has affected your sex lives?

STEVE: I enjoyed all the extra pounds so far.

DAVID: I think it has enhanced sex.

BEN: Why is that?

DAVID: Steve's getting fatter and it turns me on, and myself getting fatter is a turn on too.

STEVE: I would have to agree.

BEN: Do you have any advice for other couples that want to gain weight together?

DAVID: Just eat everything

STEVE: And be supportive of each other, and realize that you go through cycles in gaining, there are periods in which you eat everything under the sun, but can't gain. There are other times you'll think that you won't have eaten enough to gain, but you will have. It's the cycle.

BEN: How do your friends relate to your being fat together?

DAVID: No one has said anything yet. I myself don't mind when anyone brings it up.

BEN: What about you Steve?

STEVE: It's pretty much the same.

BEN: Do you have any family down there David?

DAVID: Not really. I have a cousin but I don't see him.

BEN: Have you met your in-laws yet on either side?

DAVID: My parents have passed. away.

STEVE: My mother has passed away.

BEN: Are you out to your Dad Steve?

STEVE: Oh, yeah.

BEN: Has he made any comments about your weight gain?

STEVE: Oh, yeah. He's against it.

BEN: What do you do for a living David?

DAVID: I'm an accountant.

BEN: There are a lot of chubby accountants out there.

(They laugh) Being an accountant is one job where it's okay to be chubby.

DAVID: Well you sit at a desk all day, so that's good.

BEN: And Steve are you working at the moment?

STEVE: I start work tomorrow at a fast food restaurant.

BEN: What do you guys do for social activities?

DAVID: Go to shows. Rent movies. We have friends over a lot. We entertain a lot.

BEN: What plans do you have when you grow too big for theatre seats?

DAVID: That's when the movie videos will come in.

BEN: You read about the 500 pound guy in the last issue. Do you guys have a top weight that you would like to get to?

DAVID: I don't like to look that far ahead. I like to have smaller goals. Since we're about 400 hundred now, I'd say 500 for myself, and then stop and think about it.

STEVE: I want to be at least 600 pounds. That's a little ways away.



BEN: I would think so. If you could do it overnight I know many of our members would.

STEVE: Yeah.

DAVID: Yeah, we both would.

BEN: We have a member who got his last lover to 600 pounds before they broke up.

DAVID: Well that's exciting to take part in.

BEN: How young were you David when you first had these feelings that you wanted to put on weight?

DAVID: I always did.. I was always kind of chubby. About five years ago I decided to put on weight.

BEN: What about you Steve?

STEVE: Ever since I can remember. It's my first memory even before I knew I was gay.

BEN: Oh really?!

STEVE: I realized I was gay pretty young too.

BEN: Did you guys feel that when you were young you had the ability to enact on any of these feelings?

STEVE: Between the ages of 10 and 14 I doubled my weight. I went from 120 to 260. I did that on purpose.

BEN: How did the other kids at school react to that?

STEVE: Not very well, and then the realization of being gay kicked in, and I lost the weight because I didn't think anyone would be attracted to me.

BEN: Where do you guys see yourselves when you're old and grey?

STEVE: Together.

DAVID: Eating

STEVE: And very. very large.

BEN: Are you guys going to try to make it out to Encouragecon next year?

DAVID: Yeah, that would be nice.

BEN: Do you guys go out to eat much?

STEVE: Not a lot, but we do on occassion.

DAVID: We would more if we could afford it.

BEN: What's the most of one type of food you've ever eaten in one sitting?

DAVID: I had ten hot dogs and two bags of fries, and a large Pepsi.

BEN: Were the hot dogs with buns or without?

DAVID: With.

BEN: That's impressive.

DAVID: They were chili dogs.

BEN: Did you make them yourself?

DAVID: No. I was at a restaurant.

BEN: Steve what's the most of a certain type of food that you've ever eaten in one sitting.

STEVE: This is before I got serious about it. I've done this on more than one occasion. A large Pizza Hut Supreme Pizza, A half gallon of ice cream, and a half a keg of beer.

BEN: All at once!

STEVE: Yeah, over the course of an evening, just pigging out.

BEN: You have a strong constitution. The ice cream and the beer together would have knocked others out. Do you still drink a lot of beer?

STEVE: Every now and then, yeah.

BEN: Do you feel that helps you put on weight.

STEVE: Yeah.

BEN: It seems that both of you do a lot of dairy products.

STEVE: Yeah, I like my dairy products.

BEN: Do you guys do any sort of exercise to stay in shape while you're putting on the weight?

DAVID: I walk a lot.

STEVE: I clean the house a lot. I vacuum everything that's not nailed down. There's a lot of stretching there.

BEN: I can't think of anything else. I would love some closing words from you guys for the people who get the newsletter.

DAVID: I would like to tell everyone who has ever thought about gaining to try it. Once I became very fat I enjoyed it so much I wished I hadn't waited so long to start. I encourage everyone to do it who wants to do it.

STEVE: I wish I hadn't lost the weight when I was 14. Go ahead and start gaining. Just keep going until you're real comfortable with it. Some people might be most comfortable at 350, but they wouldn't know that until they got there, but uncomfortable at 400, then they can always get back down to 350. Just go for it!!!



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# Snacks

## **Where the Big Boys Are**

Girth & Mirth Belgium is hosting The European Big Men's Conference from October 14th to the 18th. 5 Hot days! They will be having a Sauna party, a Mr. Chubby/Chaser of Europe '93 contest, and free buffet meals. They expect to have 300 bears from all over the world there. You can call there 24 hour a day hot line at [REDACTED] [REDACTED] [REDACTED] [REDACTED] for more information.

## **Never Eat Alone**

Dinner parties for Gainers and Encouragers are being out together by members in Los Angeles, New York, and San Francisco. If you plan to visit one of these areas, give a call to one of the numbers below, so something can be done to welcome you to the fat of their respective lands.

### **Los Angeles**

Harry [REDACTED] [REDACTED] [REDACTED]  
(noon to midnight PST)

### **New York**

Carl [REDACTED] [REDACTED]  
Ben Stone [REDACTED] [REDACTED]

### **San Francisco**

Bob [REDACTED] [REDACTED]  
Randy Sumner [REDACTED] [REDACTED]

## **Attention Gay-Mart Shoppers**

Vendredi Enterprises has a directory for large folk and their admirers called Help for Hefties. It has information such as which airline has the largest seats, where to get large clothing, and information on camping and motorcycle gear. For more information contact:

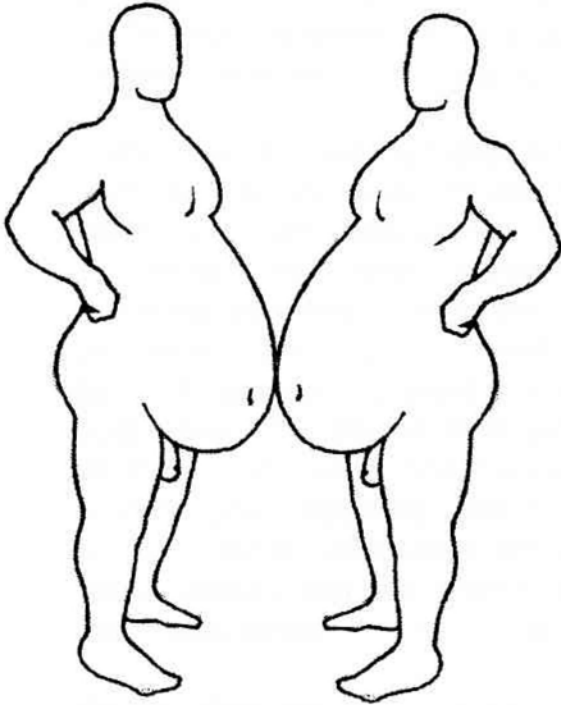
Vedredi Enterprises  
P.O. Box 41, Key FAR  
Camas Valley, OR 97416-0041

Another service for big boys is The Ample Shopper, the first consumer newsletter for large people. They publish reviews about clothing retailers, publications, and organizations. If you would like to receive this quarterly publication then contact:

AMPLESTUFF, Ltd  
1150 E. Market ST.  
Charlottesville, VA 22901

## HOW WE GOT SO BIG

by I. M. Porcine



This guy John had sent me beers several times across the bar when we'd been in together. I'd seen him around for a while, and wondered if he was in for the rough trade or the big boys. I was not that big by then, and not that rough, so I thought he was just being friendly, trying for a fun evening. He wasn't hard to miss at 6'4", but he was hard to figure out. He was always in jeans, but the leather jacket was an occasional thing, as was a shirt. His chest looked as if it had held some definition at one time, and his abdomen was starting to show the evidence of his beer consumption.

He was 220, maybe 230. He had short curly hair and large round eyes, and a slow smile that was worth the wait. Finally, one night he came up to me with a pitcher of beer and two glasses, and invited me to sit in out back with him.

As we sat down he looked at my little belly and patted it saying "I think we may need more than one pitcher." And he left to get another. At 6'2" and 240 pounds my own gut was beginning to reveal my fondness for big meals and beer busts. We talked out way through the pitchers and I became quite taken with him. He was reserved and a little hard to read, and I couldn't pick up why he seemed interested in me. I did notice that he never let my glass get very empty. After a third pitcher, I was in no shape to drive and I told him so. "Why don't you come back to my place?" he asked, "We'll pick up some pizza on the way." That sounded great and I said so. I wasn't sure if I was more excited about the idea of being in bed with him, or knowing that we would be eating together. Sex on a full stomach with this man was more than I dared hope for.

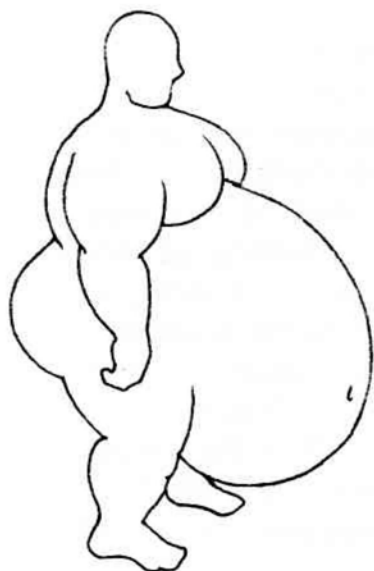
We got in his car and I couldn't keep my hands off him. I unbuttoned his shirt feeling the muscles under his large nipples, and following the trail of hair down his abdomen to the bulge over his belt. This roll of fat was a nice handful. (Something to build on as

my friend Randy would say.) As we drove, I also found a nice fat bulge in his jeans, but his clothes were too tight to allow me to get at it. "You'll have plenty of time with that," he laughed. I rested my head on his lap until we stopped. I sat up and we were in front of an apartment building "You promised me pizza," I protested weakly. "We'll have it delivered ," he replied.

We struggled into a dark apartment where he steered me onto a couch and turned on a low light. I heard him make a phone call, then take a long leak, then open and close the refrigerator. He came back with a six pack of beer and set it on the coffee table. "Don't want you to get thirsty," he said. He pulled me to my feet. "Let's see what we have here," he said, unbuttoning my shirt. He reached under the waistband of my jeans and brought my whole belly out on top. Pushed up this way, it was round and soft in his firm hands. He just stood there rubbing and kneading it, so I reached up and pulled his mouth to mine, and we stood there like that until the doorbell rang. "Make yourself comfortable," he said. I went to the bathroom. When I came back there were two extra large pizzas sitting on the coffee table. He reached up and undid the top two buttons on my jeans and said, "Dig in."

I sat on the floor while he sat on the couch, and we polished off the first pizza with little conversation." Have some more," he said at the end of it. "I need a break first," I replied. "Then come up here," he suggested. I hauled what I thought felt like a full belly onto the couch, and laid down with my head in his lap. I noticed that he'd unbuttoned a few buttons on himself. He reached over and gently massaged my stomach. "I think you have room for a little more," he said, reaching into his shirt pocket. He pulled out a little yellow pill and put it on my lips. "This'll help your digestion," he told me. I couldn't say anything without the pill dropping into my mouth. Suddenly he had a beer hovering over my lips. I wondered what the worst that could happen was. I thought maybe he would tie me up and have sex with me or something; looking at him, that didn't seem like such a terrible thing, so I swallowed. He just held my head in his lap and continued to rub my belly.

Not moving much, I didn't feel much different, until sometime later when he asked if I felt like a little more to eat. Turning my attention to my stomach, I found that I was quite hungry. I said yes, that I'd really like some more. So he reached for the second box, took out a slice and held it to my mouth. About halfway through this piece I realized that I'd eaten quite a bit already, and that what I'd secretly hoped for was happening, and that I couldn't stop eating. Whatever he had given me had made me ravenous, and he just kept

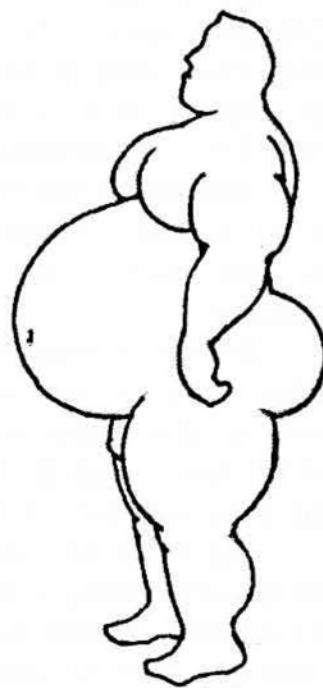


the slices coming, along with beer whenever I was thirsty. I could feel my stomach relaxing and stretching out at the same time, and when he would occasionally touch my belly, I knew we could both feel how round and tight the skin was getting. He knew when to slow down and let me rest for a few minutes.

For the first time that evening, he undid all the buttons on my jeans and let my hard cock out, playing with it just enough to generate more energy for me to eat. It wasn't until much later that I realized how much I was consumed by my own eating. It was an eternity in those moments, with nothing but food and my own mouth and swallowing. I was a slave to the infinite appetite in my expanding stomach.

I do not remember much else about that night, except that I could not get off that couch. There were moments when I came to with his swollen cock feeding me, and there were other moments when I felt his mouth sucking me dry. And through it all, there was always the feeling of his hand massaging, or his face nuzzling, my tight, stuffed belly. I thought it would be a long time before I was in this hog heaven again.

It was a morning of reckoning. First I smelled the coffee, and then I groaned. He was there, sitting on the floor, smiling at me, with one hand rubbing my belly. As I grew more aware I began to remember what had happened the night before. My thoughts were jumbled. "I'm sorry, " I said, "I was such a pig, I just lost control, I hope I... What did you give me last night?" I tried to sit up and fell back. My belly was huge, and much heavier than I had thought possible. John laughed at me, and reached out to help me sit up. It was not possible to sit straight, as he helped me get adjusted on the couch. "What happened?" I wanted to know, staring down at my distended gut in amazement.



"You were hungry and I fed you," he replied. "You were also horny, and I think I did a reasonable job of satisfying you."

"You did a a more than reasonable job on both counts," I said

"Breakfast?" he said with a smirk. I glowered at him.

"A bathroom I think" He helped me up and guided me to the bathroom. "Are you sure you don't want anything?" he called from the kitchen after I had showered. By this time I was used to the new size of my stomach and had found a new balance for standing up. My head had cleared enough to figure out that he had quite enjoyed stuffing me the previous evening, and I had enjoyed being stuffed. "At the risk of being presumptuous I'd like to see you again," I said. He came up behind me and put his arms around my waist. "You'd better see me again, it's your turn to provide dinner." "For that much food I'll need help with the cooking, if you don't mind a little help with the eating," I replied. "That would be a pleasure," he said patting my belly.

He actually asked me to move in with him early on, but it was too soon for me. I finally said to him in jest, "I'll move in when I reach 300 pounds." The pace of my eating did pick up after that, due primarily to his encouragement. When I finally reached the magic number, he bought me a whole new wardrobe, two sizes bigger than I was. I could not say no, so I moved in.

Living together is so comfortable. We planed a place around my increasing size that was supportive and easy to live in. John is a great cook and a better feeder. He is adventurous and respectful in the kitchen and in the bedroom. He never pushes me farther than what I'm comfortable with.

I had found the man I had wanted to make me fat, and I loved what he did to and for me. And the more that he seemed to genuinely love me, the more I ate and the fatter I got. It is, as they say, a fine romance.

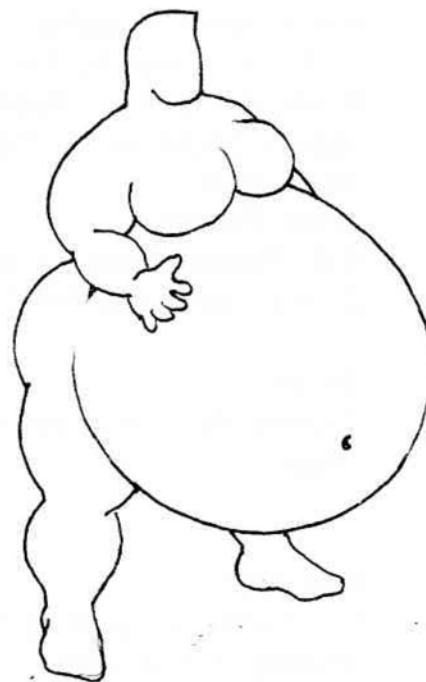
On the weekends, when he was stuffing me, I noticed something in his eyes, a sort of longing and envy. After catching him popping some of the appetite stimulants, it dawned on me that he wanted to get fat too. I had to remember that every feeder I'd ever met had said that they wanted to get fat themselves.

As time passed I noticed John's increasing size and appetite. There were some nights when he ate as much as I did. By this time he had put on over 50 pounds, and he was very pleased with it. I soon found out that he liked a good belly rub as much as I did, especially when it was full.

Other interests clicked into place as well, as we grew closer together, even as we put on more fat between us. It wasn't long before we spent virtually every weekend with each other and made long range plans together. Our favorite plans were always based around food: eating our way through San Francisco or Napa Valley. Or we would take a cruise together.

We're now as happy as two pigs in a trough, our bellies growing all the time. He's gotten me to 375, where I'd like to stay and let him catch up a little, but my appetite is pretty hard to control any more. I just *have* to eat, as does John. I've stuffed him to 305. His waist expands four inches now when he's eaten until he can't any more. My stomach got an incredible six inches bigger during my last surprise feeding weekend. He is growing the most incredible, pendulous round beer-type belly that I've ever seen. When he walks around naked it sways from side to side, and when it's been fed full, he has to lean back to balance, making protrude in the sexiest way. As for mine, it is finally starting to fold over. John loves this fold, and wants to stick his hard dick into it when we make love. I like to rest my belly on a table top to see how much it is spreading out.

We have found some gaining and encouraging friends. We frequently eat with them, and on three-day weekends we'll invite people over for feasting and stuffing from the beginning of the weekend until it ends. It's a great time, having all this eating going on, feeding all those huge, fat porkers around the house. What's been the best is that we've even turned several encouragers into pigs themselves. What we like best about these feeding frenzies is when an encourager is finally out of his mind with hunger, and he lays between two huge men and gets stuffed by them, while they stuff each other at the same time. Between us and our six hungriest friends, we estimate we've collectively put on 400 pounds, and we'll probably add another hundred by the years end. We're planning to have people over for the entire week between Christmas and New Years, just to make sure we reach that goal. Want to come? You're invited - bring a dish, a BIG dish.



## Mail Paunch

Dear Ben:

Just a short note to thank you for the great publication. I always look forward to having my mail box stuffed full of Encouragement!

Many thanks also to all the great gainers/encouragers out there who keep in touch by phone or

Yours truly,

John [REDACTED]

[REDACTED]  
Winnipeg, Manitoba R3C2A4  
[REDACTED]



*John:*

*Thanks for the great comments. -Ben*

Hey Ben:

Thanks again for the privilege of receiving your news letter. I just "eat it up" every time it comes. Of course, it isn't long after it arrives that I come. ...but isn't that what life is all about? Enjoying yourself that is. Your newsletter is a must for anyone who encourages or gains.

I'm still looking for Mr. Feed-Me-Right and I hope to find him soon. If you'd like to include my address so that potential Mr. Feed-Me-Rights could write, that would be great. Thanks!

Take care,

Brian [REDACTED]

[REDACTED]  
Santa Clara, CA 95051

*Brian:*

*Thanks for the great stories. I hope to publish them in future issues. -Ben.*

Dear Ben:

Thanks for putting me on your list. I'm glad Encouragecon '94 is already in the works. I plan to attend and hope to register before

January. I enjoyed Encouragecon '93 more than any other convention I have attended and have no complaints. I do however want to offer a few ideas to add to our enjoyment in '94.

1. It would be fun to have a scale to weigh in on, and see what progress each of us makes over the weekend.
2. Encourage participants to bring weight gaining preparations they have been using at home.
3. I would be interested in hearing from members who have done force feeding, since I don't know what it entails.
4. I hope we will have the massage therapist again in '94.

These are just ideas. I hope they are of some value.

The interview with Bill [REDACTED] was extremely interesting. I envy him the health and the job that allows him to be as big as he wants to be. I hope he stays healthy and is able to continue gaining as much and as long as he chooses to.

Being a diabetic, I took special note of his opposition to gaining for those with that kind of health risk. I believe his concern is justified, but for some of us the desire to gain may be in the area of compulsion. I really don't want to give up on gaining, I try to monitor my diabetes adequately and back off from my meager efforts to gain when the blood sugar shows more than a minimal rise. I feel that I am walking a tightrope, but the feel of the fat is so sensual that it pushes me to continue the effort. When you have the opportunity, please congratulate Bill on his success and tell him I, and I'm sure many others wish him continued gaining for as long and as much as he wants. Some of us may even make him our role model.

Sincerely,

Rick [REDACTED]

P.O. Box 19533

Seattle, WA 98109

*Rick:*

*It was great meeting you at the last Encouragecon. I will try to include your suggestions in the next years gathering we have. I would like to hear more about how you continue to gain weight and maintain your blood sugar at a normal level. I'm certain that other diabetics/gainers could be helped by your advice. - Ben*

Dear Ben:

I received, for the first time Encouragement Vol. 4, No. 3, July 1993. I found it very, very interesting. I knew about a few people who were into gaining, especially in New York City, but I never realized that

there are so many people across the country who are into this. It's incredible!

Sometimes one tends to believe, when you have this kind of desire, that you are the only one who is into this. You think you're crazy and alone. Fortunately, I have found out that I'm not the only one. Now the problem is how to find other people who are into this and talk to them.

In the last issue you had an interview with a very successful gainer. Well, I read it about three or four times. I found it to be so exciting .

Congratulations. Your publication is incredible. I am waiting impatiently for your next issue.

Cesar A.

[REDACTED]  
Baltimore, MD 21231  
[REDACTED]

Dear Cesar:

*I'm glad you found Encouragement. It was created to make a difference. When I receive letters like yours I know it has. Welcome.*  
-Ben



Dear Ben:

I am enclosing a money order, made out correctly, as a donation for the newsletter. I hope it will be helpful.

I am also sending some pictures I just took. You may use them in the newsletter along with my name and address in case anyone would like to contact me. I want to be fattened to the limit!

Sincerely,

Joe [REDACTED]  
[REDACTED]  
[REDACTED]

Tucson, AZ 85716

Joe:

*It looks like you lost a few pounds in the Arizona heat. In the last issue you looked much chubbier. I hope you find someone who can keep you fat and happy. -Ben*

Dear Ben:

It has been some time since I have written to you. I want to thank you for your advice, and for your hard work with the newsletter. If you remember, I had discovered my lovers passion for Encouragement. Well, what is going on now is that I reached our goal of 400 pounds and then some. I now weigh in at 407 glorious pounds. I now boast a waist of 56" and I feel great. I could never imagine that being this large could feel so good. I feel sorry about all the dieting I did over the years.

I'm now at the point where my lover and I have renegotiated a new goal of 450 pounds. We plan on doing it very slowly. With the next 40 or 50 pounds I would like my butt to get rounder and firmer. My butt didn't get as large as my stomach, thighs and tits. Please let me know if you or your readers have any suggestions on any foods or exercises that might help.

Also I hope to be able to attend the next Encouragecon. It sounded like a blast. I think at the next Encouragecon you should have an out & out eating contest with the Encouragers stuffing their prey.

Sincerely,

Ed

Box A1

460 W. 23rd St.

NY, NY 10011-2139

Ed:

*I know that there are exercises that can help give you a rounder, firmer butt. Consult a physician before under taking an exercise program. A physical trainer, or an exercise book or tape can help you find the exercises you need. I'm a believer that everyone should exercise as they gain weight so that they will feel energetic and strong.*

*Thanks for the advice for Encouragecon. I would love to have an eating contest. If there are any members who would be interested in participating in an eating contest please contact me. -Ben*

Ben:

Thanks for the application. I have enclosed it with a donation. I am setting up an "Encouragement" group of my own for people in the South Bay area. I want to get people here together for eating, weight training, and companionship. The name of my group is BULK UP. The idea is to add fat, while putting on a layer of muscle under it all so that the fat can be enjoyed (no running out of breath while doing routine daily activities). While not everyone will be interested in the bodybuilding aspects, each member's goals will be supported and encouraged. In addition, while BULK UP primarily serves the areas mentioned above, members from all locations are welcome.

On a personal note, I am a gainer, and at 6', I have already gone from 220 pounds to 240. I have gone from 38" waist to a 40" waist. I'm looking forward to another 20 pounds to come and to adding more fat-laden inches in my pecs, gut, and ass.

Thanks again for your encouragement!

Yours,

Stephen

BULK UP

P. O. Box 60962

Sunnyvale, CA 94088-0962

Stephen:

*Thanks for letting us know about your group. I wish you much success with it. As I've often said, a healthy chub is a happier, and usually more attractive chub. -Ben*

Dear Ben:

I received the July '93 issue of your newsletter and really enjoyed it. The artwork and information you publish is great and I can't wait for the next issue. My only disappointment is that back issues are not available. So if you know of any members that would be willing to Xerox their old issues or send them to me, I will copy them and return them, I would appreciate seeing what you have created in the past. I would be glad to pay for copying, postage, etc.

Thanks for a wonderful and informative publication for us encouragers and gainers.

Warm regards,

MKP

P. O. Box 3004

Hot Springs, AR 71913

MKP:

*I could make a fortune with what people would be willing to pay for back issues, but until we get more people involved with publishing the newsletter it just isn't possible to fulfill all the needs members have. I fully support members who can Xerox their back issues and send them to new members. -Ben*

Dear Ben:

As a subscriber to Encouragement, I'd like to tell you what a great job you have been doing. I love the newsletter and can't wait for it to come. My only wish is that it could come more often!

I greatly enjoyed the story about Frank, Brett and Steve. I'd love to see a sequel and watch Steve grow into a really big boy! Your last issue had some pictures of a couple of awfully cute guys! The guy on page 17 was really attractive! I kept thinking about him for sometime.

At any rate, I have been pretty lonely out here in San Luis Obispo, California. I have not been able to meet or find any guys who are into weight gaining. I am a 30 year old GWM, 5'10", and currently weigh 243 pounds. Needless to say, I want to weigh more! I have brown hair, a beard and brown eyes. I'd love to meet someone who is getting fatter and would love to help me get even fatter.

I have been struggling to put on weight for the past year. I need to find a willing encourager/gainer buddy to make me a great big tubby teddy bear! I'd love to hear from all sorts of like minded guys. I would also like to get all the back issues of Encouragement, if anybody would be willing to share them with me. I'd even pay for the postage and Xeroxing.

Although I see plenty of fat men in San Luis Obispo, I have not met any into gaining. There is one really sexy Hispanic guy I see about town every once in a while. He's really something! He is about 24 or so, and is a bit shorter than me. However he must be at least 350 pounds. He has the most beautiful belly and upper arms I have ever seen, not to mention a massive pair of tits. Lucky for me, I have

often seen him strutting about wearing just grey gym shorts and a T-shirt which is much too small for the guy!

Well, enough for now. Once again, I'd like to congratulate you on the fantastic job you have been doing.

Thank you very much.

Encouragingly yours,

John

P.O. Box 14724

San Luis Obispo, CA 93406

*John:*

*Good luck in your search for ever expanding companionship. -Ben*

Dear Ben:

I'm enclosing a picture to let everyone know that I'm still at 280, but at least I'm keeping myself well-fed. I met up with someone out here who is also interested in gaining weight, but it just hasn't worked out. Anyone else close by? If not, it's back to cruising for beached whales among the tourists. I really need help in getting past my present weight and on to 300.

I'm also sending a story (How We Got So Big), and would like to hear from anyone it particularly appeals to. I can't draw or I'd send pictures with it, but I'd love to see someone else's illustration of how they see it.

I took a one week cruise recently and ate close to five meals a day. When they say you can have everything,



they mean it. Is anyone interested in getting together for something like this? There is a lot of fun on top of all the eating.

In the meantime, I'm staying out of the mid-day heat and trying not to sweat off too much tonnage.

All the best,

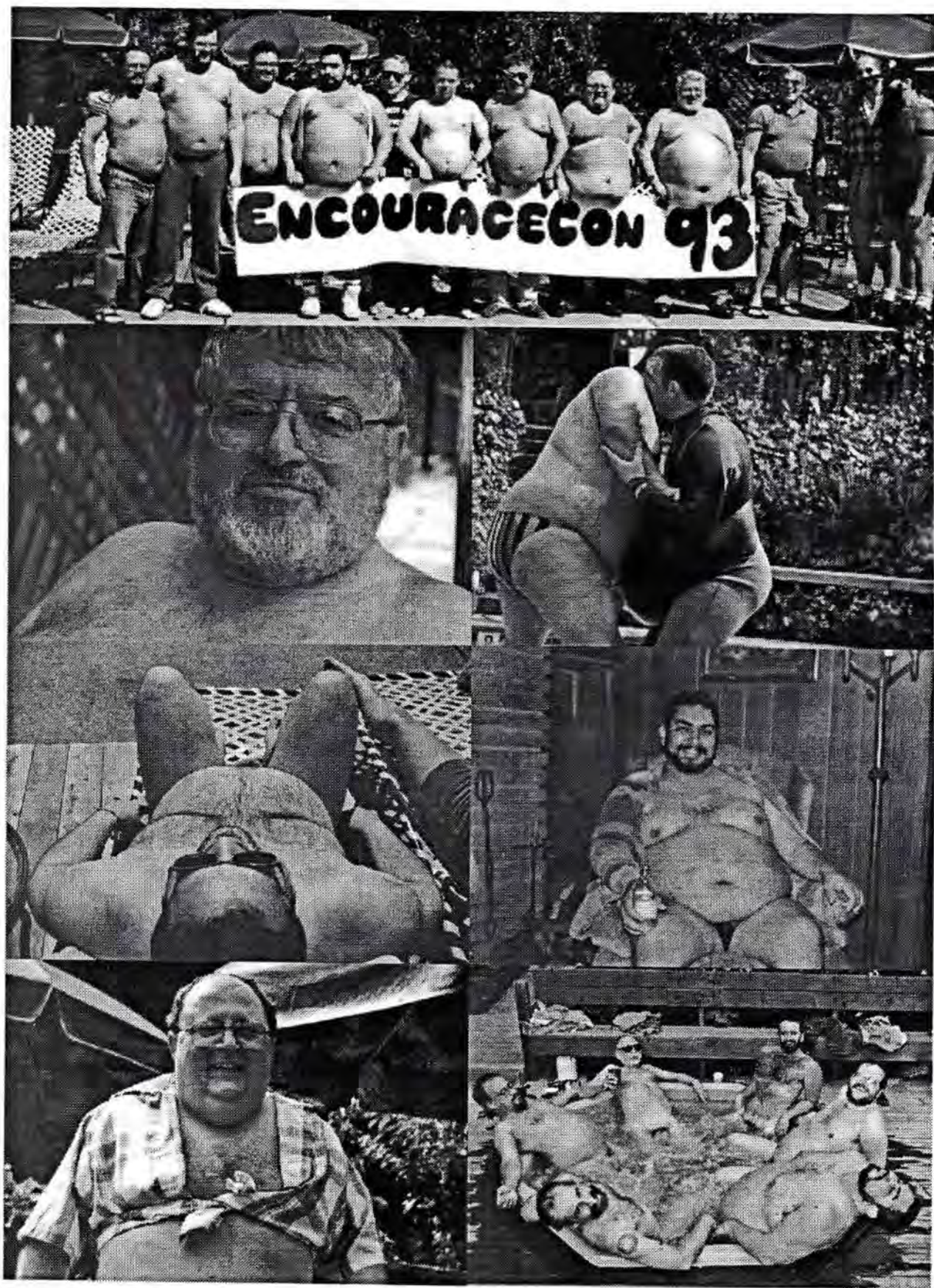
Mark

Kailua, Hawaii 96734

Mark:

*You look great. Thanks for the story, and keep up the good weight gaining work. -Ben*







## **ENCOURAGECON '94**

### **Wildwood Retreat II**

A gathering for Gainers & Encouragers

### **Memorial Day Weekend**

Friday, May 27th thru Monday, May 30th

### **Wildwood Retreat**

Guerneville, California

\*

Early Registration price **\$35.00** if paid by 12/31/93

Regular Price **\$45.00** beginning 1/1/94

\*

	<u>Meals and Room Rate</u>	<u>Registration Fee</u>	<u>Total Cost</u>
For one night:	1 x 86.00	+ 35.00	= \$121.00
For two nights:	2 x 86.00	+ 35.00	= \$207.00
For three nights:	3 x 86.00	+ 35.00	= \$293.00

Make checks payable to **Encouragement**.

EncourageCon '94 will begin at 2:00 p.m. on Friday, May 27th and end at 2:00 p.m. on Monday, May 30th.

Room preferences will be accommodated as best as possible on a first paid, first served basis.

All information is confidential and will be used for EncourageCon '94 business only.

Registrants whose checks are not honored by the banks will be charged an additional fee of \$25.

Do not send cash in the mail

Refund policy: The registration fee is non refundable. We will refund 100% of your payments for food and lodging if you notify us of cancellation by January 15, 1994, 50% if you notify us between March 1st until April 30th. No refunds will be given out after May 1st.

For more information contact Randy Sumner at [REDACTED] [REDACTED]

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### **EncourageCon '94 Registration Form**

Use one application form per person, and make additional copies when necessary.

Please print or type all information.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone # and best time to call: \_\_\_\_\_

Please circle the nights you will be with us:

FRIDAY

SATURDAY

SUNDAY

Enclosed is my payment of \_\_\_\_\_ for \_\_\_\_\_ days of EncourageCon '94.

Please make checks payable to: **Encouragement**

There will be pictures taken at Encourage Con '94. Please check one of the following:

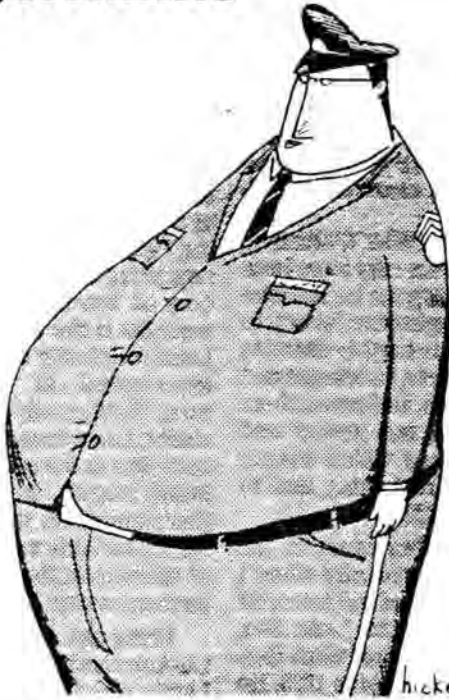
( ) It is alright to take my photograph. ( ) Do not take my photograph.

Mail this form and payment to:

Encouragement  
P. O. Box 1377  
Madison Square Station  
New York, NY 10159



## THE QUIGMANS



Bob joined the Army and became all that he could be

## GRIN & BEAR IT



"Opening the refrigerator is not exercise!"

## REAL LIFE ADVENTURES By Wise and Aldrich



The holidays are gone before you know it. But the stuffing is here to stay

## THE BETTER HALF

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"I'm afraid to go on a diet! What if my brain loses weight?"

The  
SNAK  
SHAK



AS FAR AS ERNIE IS  
CONCERNED, THE  
FOOD CHAIN IS  
MADE OF  
DOUGHNUTS.

11-12  
THAVES  
© 1980 by NEA, Inc.