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SANNA Chairman's message

Christo Bothma **SANNA Chairman**

Hey there, fellow naturists! It's that time of the year again when we gather 'round, not just for the warmth of the sun, but for the warmth of the season. As Chairman of SANNA (South African National Nudist Association), I'm thrilled to spread some festive cheer with you all.

First and foremost, I want to wish each and every one of you a jolly, sun-kissed Christmas! Whether you're enjoying the beach, a nature hike, or a relaxed day at the resort, may the holiday season bring you joy, happiness, and that undeniable freedom we love so much.

Our nudist community has always celebrated the spirit of togetherness and acceptance, and this Christmas is no different. It's a time to embrace the beauty of nature, the beauty of being yourself, and the beauty of connecting with like-minded souls.

Now, let's talk about our Christmas edition. We've got some fantastic articles,

stories, and tips. From the nice spots for a naturist Christmas Braai to personal experiences shared by our very own members, there's something for everyone.

But the heart of this season is not just about the articles, it's about

you – the SANNA family. As we celebrate together, I encourage you to share your own naturist tales, photos, and reflections with us. Let's make this Christmas edition a vibrant showcase of our community's spirit and values.

Lastly, I'd like to express my gratitude to every member who has contributed to the growth and prosperity of SANNA throughout the year. Your dedication and passion are what make this association so extraordinary. Let's continue to support each other and

nurture the nudist way of life.

In closing, I wish you all a festive and fabulous Christmas. May your days be sunny, your heart be light, and your nudist adventures be filled with joy.

Warm regards and bare bums,
Christo



save
the Date

Skinny dip –
24th February (Day/
Night event) 2024

Naturist day
– 27th February
2024

Naked hiking day –
27th April 2024

Naked Bike ride –
09th March 2024



KZNNA's SunEden Weekend October 2023

Graeme Mackenzie

KZNNA's fourth event of 2023 was something of a gamble. On the plus side, there was no risk of failing to attract sufficient attendance as the association did not need to pay upfront to reserve the entire resort, as has been necessary at non naturist resorts. However, for many members, the cost of travelling offset the benefit derived from 20% discount on fees and accommodation offered by SunEden.

That said, Philip's energetic promotion saw eighteen members embarking on the trek to what is arguably SA's premier Naturist Resort. While the advent of spring contributed to the resort's appeal, great credit must also be given to the diligence and dedication of the resort's management and staff for world class facilities they provide in a quintessentially

African context.

The weekend kicked off with Friday night's bring and share braai in the campground, which provided the opportunity to not

only catch up with old mates, but to welcome new friends. Saturday morning saw the inauguration of the KZNNA Shield Naturist Golf challenge,



where nine teams of two, six of them from KZNNA hit off on SunEden's recently established nine hole course. While greens were a little threadbare and the rough truly fearsome, this links course is the only one in the southern hemisphere which promotes naturist golf, although hats and sunscreen are advised. In the spirit of inclusivity the challenge was open to all naturists, whether or not they are actually subscription paying members of a regional association. The only qualifying criteria were the payment of green fees and the willingness to sacrifice golf balls. Needless to say, despite the start which was later than optimal given the blistering sun of early summer, great fun was had by all – as recorded on the official, event

video. Although local knowledge may have contributed to the final results, there was also evidence of beginners luck or raw talent. One of the GNA representatives claimed that this was his first golf game, which he played with one club (a seven iron) to great effect. GNA teams took the first two and fifth place, prompting the call for compulsory golf lessons for KZNNA representatives before next year's event – together with the invitation to teams from the other regional naturist associations North West, Eastern Cape, Limpopo and even Western Cape. SANNA Chairman Christo and Wayne D were the top KZNNA team coming third.

The great thing about naturist golf, especially in warm weather, is preparation for prize giving – one simply sheds the footwear and dips into the refreshing pool, dries off and you're ready. After the prize giving, members reapplied sun block and relaxed around the sparkling pool. Pressing matters of the day, like rugby and the state of the green on the fifth hole or how vice chairman Coen's SUV got stuck

in the only wet patch on the resort were dissected in great detail.

Late afternoon and we all repaired to the BareBoma, for the "KZNNA Kuier", to which members, golfers and SunEden directors had been invited. Superbly organized by Phlip and expertly catered for by the SunCafe, this event nevertheless was truncated by the Rugby World Cup semifinal.

While England, at their best almost succeeded against the Boks, this great game which was watched by most in Sun Eden's Bar and Restaurant complex left almost everyone emotionally drained and physically exhausted. In fact the experience proved so intense that Phlip was left having to drink 15 Springbokkies, all by himself, proving the folly of the age old South African habit of giving up on the Boks – at half time Phlip had loudly offered to buy the drinks for his companions, should the Boks prevail.

Sunday morning was bittersweet affair, elation at the result, but for many sadness at having to say goodbye to friends and the hospitality of SunEden.



Sept 2023

1st KZNNA Skinny-dip Record



*Braai*Pool*Jacuzzi*Sweatloge* Music*

KZNNA
Members only

Durban
Location only available to attending members

Bring:
Drinks
Towel
Suntan-Lotion.

RSVP: on or before 25 Aug 2023
Contact Phlip 0823364381

KZNNA Skinnydip Challenge 2 September 2023

Phlip Volschenk

Picture this: It was a beautiful morning in Kloof, with the cool spring air brushing against our skin. As we arrived at Rogers Place, the sun broke through

the clouds, painting the sky in a brilliant shade of yellow.

Three new members joined our free-spirited group as their first event.

Excitement filled the air as we settled in, each finding the perfect spot next to the pool to bask in the warm sunlight. And guess what? We had our very own sweat lodge fired up, offering us a glorious burst of heat. It was the perfect setup for what was to come next.

With a burst of energy, we took on the skinny-dip challenge, aiming to set a new record for





KZN. And guess what? We did it! A total of 17 brave souls joined in, making it an unforgettable experience.

Throughout the day, the atmosphere was electric. The sound of great music filled the air, setting the perfect backdrop for our event. The Jacuzzi was bubbling away, and laughter and chatter filled every corner. It was impossible not to get caught up in the infectious joy of the moment.

And let's not forget about the food! We were welcomed by a very friendly "car guard" with welcome appetizer snacks. The braais were sizzling with the most delicious steaks, wors, and sosaties were braai'd by our own braai master José. The salads added a refreshing touch to our plates, leaving us

completely satisfied. But the highlight of the day was when we surprised Philip with a birthday song. The celebration continued as we indulged in mouthwatering cake, apple-, and milk tart.

It was a feast fit for kings and queens! As the day turned into night, we gathered around a cozy bonfire, continuing to enjoy each other's company. We shared stories, laughed, and simply relished in the warmth and camaraderie. It was the perfect way to end an incredible party.

A huge thank you goes to Roger and Ange for hosting such an amazing event at their place. Their hospitality was simply outstanding, and we couldn't have asked for a better time.





Joxilox North West and Mpumalanga Group Tour *November 2023*

Lofty and Amanda

Since Covid arrived in March, 2020, international tourism went through a difficult time, which lasted almost 3 years. We are pleased to see that tourism is almost back to normal despite wars in some countries and despite load shedding and other problems in South Africa. We were thrilled to have 9 international guests here in November 2023.

We had guests from Netherlands, Germany, Britain, New Zealand and Denmark. The first couple arrived on 1st November and the last couple left on 23rd November. The actual Group Tour was

for 14 nights from 3rd to 17th November. All tours start and end at SunEden and we supply Full Board which means that we provided 3 meals per day. Many of those meals were at the SunCafe of SunEden but our tourists also had meals at 10 other restaurants in those 2 weeks.

The tour started with 3 nights at SunEden including Game Drives (safaris) in the Dinokeng Game Reserve and then we went to Pilanesberg Game Reserve for 2 nights with visits to the Maropeng Cradle of Humankind on the way there and to the Lesedi Cultural Village on the way back. We booked the whole

guesthouse at Pilanesberg, so we were able to skinny dip and to go nude while we were there. We went on 2 game drives (safaris) – each of 3 hours. We then went to the Cullinan Diamond Mine before spending another weekend at SunEden. That weekend was Clothing Optional, and our guests enjoyed the Karaoke on the Friday night and the Jazz and Wine event on the Saturday. Some of our guests enjoyed a massage under the trees near the SunEden pool. They also enjoyed walks around the perimeter and through the golf course. They could also watch the Springboks and Blesboks from the Bird Hide.



On the next Monday we went to Graskop with stops at Alzu where we saw Rhinos, Buffaloes and numerous buck types and then we had lunch at Kumi in Schoemanskloof on the way to Graskop. We stayed at Graskop for 3 nights where we had great food and of course we went to Blyde River Canyon, Bourke's Luck Potholes, God's Window, Lisbon Falls and the Graskop Gorge where our one guest went on the Zip Lines. The weather at Graskop was sometimes rainy, cloudy and misty but we managed to get great pictures at all the excursions.



Our guests looked forward to the relaxation at SunEden after the tour. According to our guests, SunEden is a world class naturist resort with great accommodation, great facilities, great weather, and great excursions nearby. Amanda and I are pleased that our guests enjoyed the tour, and we are grateful that we already have some bookings for our January, February and March 2024 Group Tours.





Joxilox

T O U R S



Naturist Friendly Accommodation

- 1 - SunEden Naturist Resort Dinokent
- 2 - Harmony Nature Farm Magaliesburg
- 3 - Kiepersolkloof Pvt nature Reserve Swartruggens
- 4 - Pindrop Groot Marico
- 5 - Lauma Aurora Thabazimbi
- 6 - Lyttel Gold Circle Centurion
- 7 - Bird of Paradise Vanderbijlpark
- 8 - Nature's Den Nelspruit
- 9 - River Bend Lions River
- 10 - Clydesdale Lions River
- 11 - Hooting Owl Marina Beach
- 12 - Kingfisher Lakeside Retreat Trafalgar
- 13 - Palm Beach Chalets Palm Beach
- 14 - Bare Necessities Swellendam
- 15 - Klipfontein Tulbach
- 16 - Naked Truth Accommodation PE



Beaches used by Naturists

- 1 - Umhlanga Lagoon Durban
- 2 - Mpenjati Beach Mpenjati
- 3 - Freedom Nude Beach East London
- 4 - Secrets Beach Port Elizabeth
- 5 - Sedgefield Beach Sedgefield
- 6 - Sandy Bay Cape Town

✉ lofty@joxilox.com

🌐 www.joxilox.com



Naturist Friendly Accommodation Contact Details

Name of Accommodation	Email	Cell Number	Contact Person
Bare Necessities	notneels@gmail.com	0825671816	Neels and Petro
Bird of Paradise	ddcascades@gmail.com	0833317779	Dave Neeb
Harmony Nature Farm	bookings.hnf@gmail.com	0823222865	Pieter Myburgh
Kiepersolkloof	info@kiepersolkloof.co.za	0836243607	Wynand Botha
Kingfisher Lakeside Retreat	kingfisherlakeside@gmail.com	0741704242	Malissa Barnard
Klipfontein	admin@klipfontein.club	0740627462	Gavin Botha
Lauma Aurora	info.laumaaurora@gmail.com	0828903833	Sonette Brits
Lyttel Gold Circle	hpsepsla@gmail.com	0826515868	Harry
Naked Truth Accommodation	nakedtruth.cke@gmail.com	0828642427	Chris Elliott
Nature's Den	naturesdennelspruit@gmail.com	0827726817	Gideon and Maretha
Palm Beach Chalets	mandy-a@iafrica.com	0837262611	Mandy and Penny
Pindrop	request.pindrop@gmail.com	0712119111	Angelique and Andre
SunEden Naturist Resort	reception@suneden.com	0716580165	Marelize Smith
The Hooting Owl	stay@thehootingowl.co.za	0824083519	John Skene





NATURAL RIDERS MCC

THE ONLY NATURIST MOTORCYCLE CLUB IN SOUTH AFRICA

First and foremost, Natural Riders MCC, was a year on the 22nd of February 2023, celebrated our 1 Year Anniversary!!!

Natural Riders MCC is a motorcycle club who promotes Naturism and enjoy riding motorcycles. We like to attend as many Naturist and Motorcycle events as possible

with the aim being promoting Naturism. We are still small as there are challenges with marrying both the passions, i.e. Naturism and Motorcycles, in that there are many naturists who already belong to Motorcycle Clubs and it is not in our nature to 'poach'. But in saying this, we are always hopeful that we will grow to

the numbers so that will keep our club running. Our Mother Chapter is in the East Rand but we already have a member in the Eastern Cape who is a 'lone' (Rover) rider at the moment. We are an interesting group of Naturists who have a passion for both Naturism and Motorcycles and who have a zest for life, even if it means 'living on the edge'!



BALELE RALLY 2023

This year so far, we attended the Balele Rally in March which was held in Uterecht. This was our first Rally as a club and as per tradition lots of fun, games and alcohol was involved. Some having hang-overs of note but all in good fun and comradery, introducing ourselves to many other clubs and meeting other Naturists who belong to other Motorcycle clubs.



LYTTLE GOLD CIRCLE

A bit of a get-together was held before the cold seriously set in at Lyttle Gold Circle in Pretoria in May 2023. A bring 'n braai was held and the hosts, who are

genuinely great people, supplied the pap 'n sous, salad and fire. This is a wonderful place for a small crowd to get together and be able to chat easily amongst

each other. They also have a pool and a bar area. This venue is run from their home.



POLAR BEAR DIP 2023

Winter came and slowed down a few things but the die-hard Naturists/Motorcyclists had their 2nd Annual 'Polar Bear Dip' which was held in July. This is

not for the faint hearted as the water is freezing and burns every part of your body but again, all in good fun and comradery. This

was held at one of our 'Friends of Natural Riders' home, which was opened up for us for the day.



BIRD OF PARADISE POTJIEKOS COMPETITION 2023

On the weekend of the 5th of August, Natural Riders MCC decided to make an event of Bird of Paradise's (BOP) Annual Potjiekos Competition. Dave and Deon have always been fantastic hosts and nothing is too much effort. The Potjiekos Competition was a huge success with 3 x entries being very tasteful. A surprise was for most it was their first time tasting a Lasagne potjie made by Anna, a Natural Riders supporter, who tied with another contestant, who made a pork potjie and the third contestant, who are avid Naturists, made an Oxtail potjie. All was very delicious and filled up more than just the gap. Then to make things even greater, there was pot brood up for grabs too.

Anna



As you can see, we will always support naturism and our fellow Bikers. As our club logo says

"A NAKED CLUB WITH A BIKING PROBLEM"

If you would like more information about the club please don't hesitate in contacting us.

President OZ 076 046 6533

presidentnaturalriders@gmail.com

Vice President Kwagga 082 884 9402

Follow us on Facebook: Natural Riders MCC



NWNA Report

It has been a very interesting three and a half months for NWNA since its inception in July this year.



NWNA started off as just an idea to rebirth NWNA, a social discussion between Christo Bothma from SANNA and JJ Oberholzer (then KZNNa member) on the 1st of December 2022. Back and forth discussions took place between various parties and everything turned into a reality on the 15th Of July 2023 when the NWNA had its first AGM to establish the association.



NWNA started with only 22 members on the 15th of July and within 3 three months grew to 45 members.

Social media and word of mouth are NWNA's biggest forms of member gain.

1412 followers on Twitter: @nwna_rsa, 822 followers on Instagram: @nwna_sa, 1300 followers on Facebook: North West Naturist Association
NWNA hosted its 1st successful event on the weekend of the 22nd to 24th of September at Kiepersolklouf in North West. Upcoming events still for 2023 include: KKnK festival: Kaal, Kamp en Karp weekend to be held at Millvale Hengelklub at Koster. It's going to be a fun filled, naked, camping and fishing weekend from 17 to 19 November.



Pindrop Guest farm get-together: A blissful weekend of beauty and tranquillity at the beautiful Pindrop Guest farm on the 1st to 3rd of December. The weekend is hosted by the owners of the establishment, Andre and Angelique, also NWNA members. NWNA MANCO sadly had Ross resign as NWNA Events manager in order to focus on new and upcoming ventures for him and his wife. We wish Ross and Joy all the best with their

new adventures and business venture. We look forward to a great, prosperous 2024 and believe that NWNA will be bursting out of its seams in 2024. Lastly, we as NWNA MANCO and their members would also like to thank Christo and the other MANCO members for their assistance and support in the last couple of months in making this new association a success.

VISION AND MISSION STATEMENTS OF THE INF-FNI



VISION STATEMENT

A world where everyone can live in freedom, with or without clothing, with respect for each other and for the environment.

A world where the human right to be naked is protected and nudity, including social nudity, is accepted.

A world where naturism is practised in accordance the INF definition of naturism.

MISSION STATEMENT

Together with national federations, we promote naturism and its values internationally, working towards a world where naturism may be practised everywhere.

STRATEGY

The INF-FNI aims to achieve its mission by:

1. strengthening and supporting the work of the national naturist federations through cooperation (exchange of knowhow, best practices,)
consultation (finance, members, communication, data, organisation, ...)
events (sport, social, festivals, culture and arts, fairs, ...)
networking (congress, friendship, ...)
2. communicating the values of naturism by
promoting naturism as a philosophy and ideology
promoting naturism as a natural and more sustainable way of life
campaigning and lobbying towards establishment of a human right to be naked
promoting self-confidence and body-acceptance as part of naturism
working with authorities (governments, police, international bodies, environmental organisations, ...)
utilising
professional public relations (press releases and responses to publications)
web and social media work
3. building and maintaining relationships with other bodies and being an international partner in the support of naturism

Adopted in Luxembourg

October 2022



Kiepersolkloof Private Nature Reserve



Kiepersolkloof

At Kiepersolkloof winter was a time to do maintenance and repairs - we repaired and fixed the swimming pool to a sparkling new pool with a hand rail and new fiber glass haul. Our camping area and manor house stoep (roof) also got an overall and we are ready for the summer. The Bush camp and hiking trails have been cleaned and we are ready for the summer. The roads to Kiepersol has been fixed and is now a lot better to drive on.



We hosted the first Nwana event over the long week end in September 2023-What a huge success - Camping area had quite a lot of campers, accommodation booked out, Bon fire, Braai, Springbok rugby, Relax - in general a huge success - kudos to Nwana Manco



Kiepersokloof is ready for the SUMMER



Last but not least - Congrats to the SPRINGBOKS WINNING WORLD CUP 2023. We were with you every game here at KIEPERSOLKLOOF

We got our Sanna Affiliation Certificate and all GNA and KZNNa and SANNA members welcome.

SEE YA TILL NEXT TIME - LOVE FROM KIEPERSOLKLOOF

Naturist code of conduct

We do not accept

- Obscene or offensive language.
- Racism, sexism OR homophobia.
- Sexual or erotic material.
- Material intended to cause agitation.
- Any other unlawful material.
- No sexual content of any kind e.g. dancing in a provocative manner, sitting on someone's genitals, swapping saliva, touching genitals. Swaying of the hips is allowed, but pole dancing wouldn't be if you get our point.
- No photographs whatsoever unless you have cleared it with each and every single person in the shot. Don't stare; it is very rude whether you have clothes on or not.
- Always take a towel and make sure you sit on it when on other people's furniture. This is for hygiene reasons such as protecting other people from your sun tan oil, sweat etc.
- Respect your fellow NATURIST and the Environment
- Cover up any unpredictable erections.
- No violence or raising voices or shouting.
- Don't litter
- Children should be supervised by adults so that they don't cause problems for others.
- Binoculars are normally unwelcome in naturist resorts.
- Don't go naked where nakedness isn't allowed - you are asking for trouble if you do that.
- Respect other people's property.
- Privacy Is Fundamental.



KKNK

Kaalgat, Karp en Kamp weekend

17/11/2023 TO 19/11/2023 @ KOSTER DAM

Wynand: Vice -Chairman Nwana

This event was organized by Nwana - only their second event and a turn out of 40+ people - this was so successful that it will become a permanent twice a year event .

Millville fishing and camp grounds were the perfect hosts - providing a clean ablution block with warm water showers , pub, and basic bar food menu , Power points, dust bins , extra - they secured the whole resort to us with locked gates to ensure privacy - KUDU'S TO WILHELM . On Friday 17/11/2023 people arrived through the day - put up camps , got lines in the water , met new naturist and saw some old friends again - the night we had a big communal braai with a lot of laughter around the camp fire - That night we had a storm and lost a couple of gazebos (BUT IT DID NOT BREAK THE SPIRIT) - A couple of fish were caught on the Friday.

On Saturday 18/11/2023 @ 6h30 - 16h00 the fishing competition started - the whole day people

were catching fish , worked on their tans , rowed , or just lazed around . The afternoon we had rain for a short while which gave time to some people to take a nap other went to the bar .The competition was run on the basis of a lucky draw entry for every fish caught - Some nice prizes were won as well as some fun prizes were handed out - the night we had a communal braai

again and after that the party animals went to the bar till late night.

On Sunday people lazed around and as time went by people started packing up to return home.

A special thanks to all that attended and to the MANCO of Nwana congrats with a event well planed and executed.





70 Years of Memories

Celebrating the INF

Christo & Lana

Anniversary in CMH Montalivet

Hey there, fellow naturists and nature lovers! Can you believe it's been 70 whole years since the International Naturist Federation (INF) celebrated its anniversary in the breathtaking paradise of CMH Montalivet in the west of France? It's time to take a trip down memory lane and share some tales from that unforgettable event that brought naturists from around the world together.

In 1953, as the world was still recovering from the devastation of World War II, a group of visionaries decided to create an organization that would promote a lifestyle in harmony with nature. The INF was born, and its 70th anniversary celebration was held in the idyllic setting of

CMH Montalivet. We were lucky enough to attend, you'll know just how magical that gathering was.

When we got there, they gave all us delegates a warm welcome with some locally made wine to sip on. It was like a wine-tasting party!

The next couple of days were all about work. We had these workshops on some current stuff. First day, we split into two groups to talk about changing the INF's rules (kinda like its constitution). Second day, we chatted about the history of naturism.

On the first day's afternoon, we checked out a cool museum at the resort that took us back in time. It was pretty awesome. Then, on the second day's afternoon, we unveiled a special plaque to celebrate the 70th anniversary at the monument. That evening, a grand gala

dinner was the highlight of the festivities, where naturists from different corners of the world came together to celebrate in the spirit of unity. 19 countries was represented.

Three courses of deliciousness, and the dessert, we had a birthday cake to top it all off. It was a blast!

The event was all about embracing the beauty of naturism and the freedom of being au naturel. There were a shared sense of camaraderie among attendees from all corners of the globe. It was a time when people came together to celebrate the human body and its connection to nature. The legacy of that event still shines brightly today. Montalivet, nestled on the beautiful western coastline of France, provided the perfect backdrop for this historic anniversary. The sun, sea, and



sand allowed naturists to truly embrace the freedom and connection to nature that INF stands for. Whether it was a leisurely swim in the ocean, a game of beach volleyball, or a serene walk through the pine forests, Montalivet offered a little slice of heaven for everyone. There are 3093 permanent stand and a good few sites for tents and caravans. There also 9 restaurant on site and a SPAR for self catering Over the years, INF has played a crucial role in promoting naturism worldwide. It has advocated for nude beaches, resorts, and clubs while also working to ensure the rights and dignity of naturists are respected and protected. The 70th anniversary celebration was a testament to the positive



impact this organization has had on millions of lives. As we reminisce about those sun-kissed days in CMH Montalivet, let's also celebrate the progress that naturism has made since then. More nude beaches and resorts have

sprouted around the world, and the acceptance of naturism has grown in society. The world is slowly realizing that nudity doesn't equate to obscenity but rather represents a harmonious connection with the natural world.

While the INF has had many achievements over the past 70 years, we must remember that the fight for naturist rights continues. Let's keep advocating for more clothing-optional spaces, continue to break down the misconceptions surrounding naturism, and foster an environment where people can truly embrace the beauty of being human in their natural state.

In conclusion, the 70th anniversary celebration of the INF in CMH Montalivet was a historic moment in the naturist movement. It served as a reminder of the beauty and freedom that comes with embracing the natural world and the human body. Let's keep that spirit alive and make the next 70 years even more remarkable. Here's to the INF and naturism – cheers to the next 70 years of memories, unity, and baring it all in the name of freedom!





Become a business partner

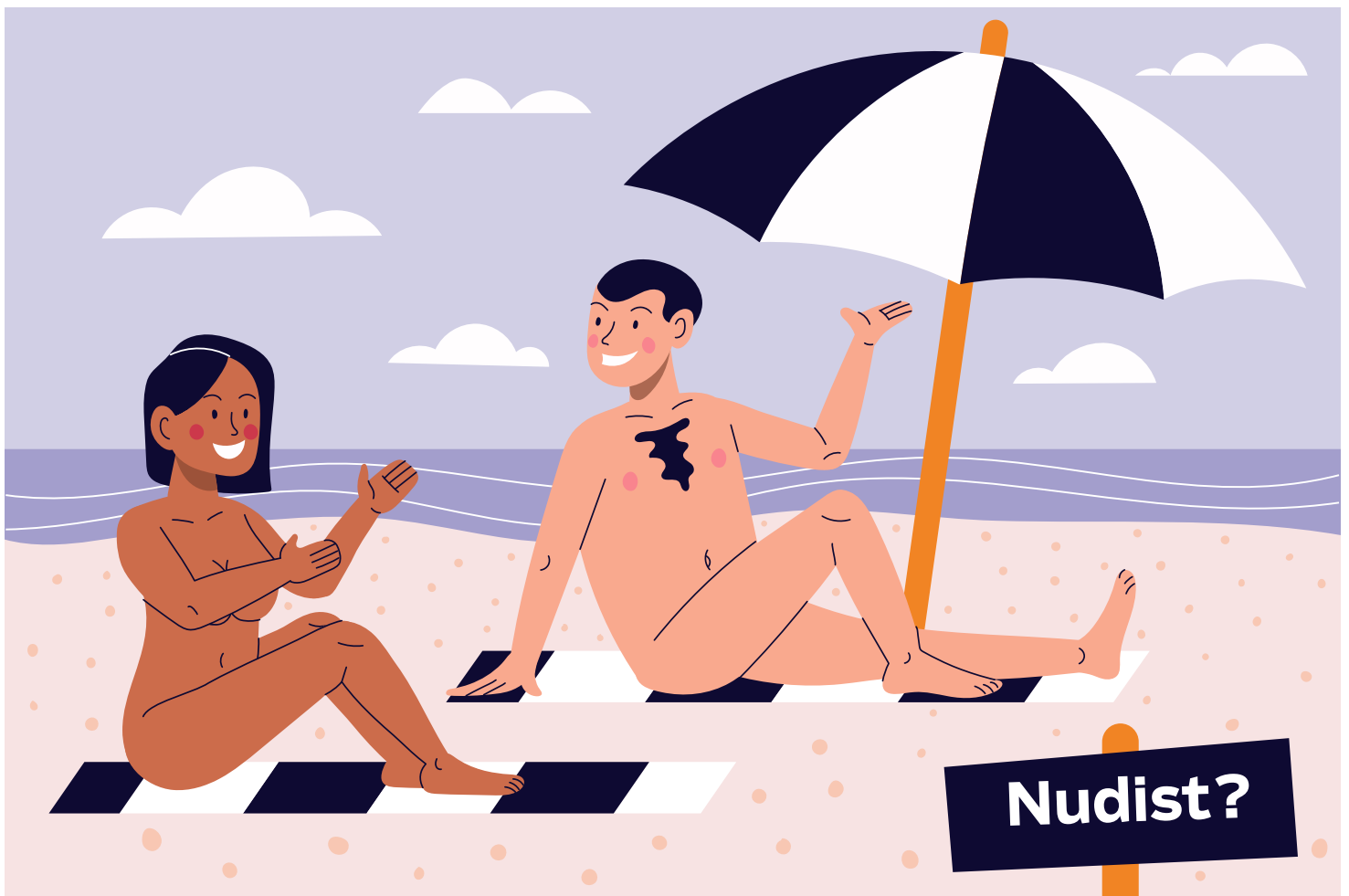


Be it a Resort, Bed & Breakfast, Self Catering, Caravan and Camping, Conference Venue or Tour Operator that you own, or run, the advantages of being Member of a Association are endless. For one, you'll be pleased to know that once your establishment has been approved by an Association you can display the SANNA, Provincial Association and INF insignia, it takes a single glance for local and international visitors to recognise your quality and service excellence to Naturism. While some wear their hearts on their sleeves, we have experience to believe that displaying SANNA, Provincial Association and INF logos works far better. Not only this, but you'll also receive a number of invaluable

benefits as we partner with you to get you everything you need to help you attract naturist form all over the world. You also get Quarterly newsletters, advertising in these newsletters and Websites, access to the SANNA and provincial Naturist associations Facebook pages for advertising your Establishment. It is important for all of us in Naturism to use and promote Member of establishments. By doing this, we help South Africa achieve the highest level of Naturist venues and give 'customer expectation' the paramount position it deserves. This way we become a Naturist community that doesn't only welcome the world with our warm-hearts, but one that is absolutely ready for all it has to offer.

SANNA and Provincial Associations strive to PROMOTE Naturism in South Africa and therefore the more members we have the bigger our voice to change legislation to be more Naturist friendly. All this for only an annual membership equal to an individual membership of a provincial association.





You know you're a nudist when.....

Nora

www.hauloverbeach.org

Do you like taking off all your clothes and walking around with your boobs, balls and butt out in the open air? Does the thought of heading to a clothing optional beach give you the overwhelming urge to rip your clothes off? Or maybe you'd just rather hang out with other similarly naked people than with your jeans and sweatpants-wearing buddies?

If you found yourself nodding along to one or all of these questions, it could be a tell-tale sign that you are a nudist. But apart from the obvious – the fact that you love being buck naked surrounded by other buck naked people – what else is a dead giveaway of your

preference for life in the buff? Read on for an extensive list of all the other symptoms indicating that you're diverting away from a regular "textile" life and heading along naked highway towards nudistville.

1. You know you're a nudist when you prefer walking around without clothes than wearing them

The most common red flag when it comes to being a nudist is your relationship to clothes. Do you find clothes more of a help or a hindrance? Do you feel that they're unnecessary and superfluous?

Sure, wearing clothes in the winter is kind of necessary to prevent you from getting frostbite and freezing to death. They also make a cute fashion statement. But do you actually

like wearing them? In the summer? When the weather is warm? Or do you prefer the freedom of being able to walk around, unobstructed by skinny jeans and undisturbed by your tight bra?

If you find yourself wandering around the house nude and seeking out places where you can get naked (legally), it might be fair to say that you are a nudist.

2. You know you're a nudist when you've always had a fascination for the human body. If you've always admired and had an interest in the naked human body – and no, porn does not count – it could be an indicator that the nudist life is for you.

Being curious and fascinated by the human body, admiring

nude artwork and marveling at Michaelangelo's Statue of David all signal your admiration for the human body in its most natural form – nude.

More than that, if you are a nudist, you know that sexuality and nudity are two very different things. You don't ogle at people when they're clothes-less. You appreciate the human body in all its shapes and sizes. And you love walking around naked among other naked people.

3. You know you're a nudist when you dream about a world where nudism is socially acceptable – everywhere you go. Do you ever fantasise about a world in which you can walk down the street in the nude without getting chased down by the police? A world where you can sit down to eat a pizza without having to unbutton your jeans? A world where the naked human body is loved and accepted, instead of sexualised and shamed?

If you spend your time thinking about such scenarios, seeking out places where nudism is celebrated and discussing such issues with other like-minded, naked friends, you can slap a sticker that says "Nudist" on your bare chest.

4. You know you're a nudist when you have a perfectly even tan after the summer. You can only get an even tan if you ditch your swimsuit. There's no two ways around that. Unless you've mastered the superpower of being able to tan through your clothes, getting that bronze summer glow, minus the annoying tan lines must mean that you've spend a considerable amount of time naked. And outdoors. Don't get me wrong, having an even tan doesn't necessarily mean that you're a nudist. You could have just gone to the tanning salon or gritted your teeth and gotten naked in your private backyard. It just means that you're dedicated to the cause.

But if you've hit up the nude

beach a few times during the summer, loved the feel of the breeze caressing your bare skin and had fun chatting with other like-minded people, you're most likely a nudist.

5. You know you're a nudist when the thought of soggy swimsuits and tight speedos makes you shudder. If you've ever gone skinny dipping or spent the day at a nude beach, you'll know just how amazing it feels wading out of the water and not having your wet, smelly bathing suit clinging to you. The feeling of the water on your skin, the sun all over your body and the gentle breeze caressing your nether regions are enough to make you just leave your swimsuit at home in your closet, where it belongs. The only thing worse than a soggy bathing suit is finding it 3 weeks later in your beach bag, growing mould.

If you've opted to ditch your bathing suit completely – or at least vowed to liberate your body on the beach a few times a year – you can proudly call yourself a nudist.

6. You know you're a nudist when you no longer wear jeans or any form of tight clothing. Baggy pants, loose-fitting shirts and dresses have become your new best friends. On the rare occasion that you do go out buying clothes, you choose the ones that are 100% cotton, and made of all-natural materials. Anything that's scratchy, itchy or tight has been discarded from your wardrobe. You can't bear the thought of having to put on clothes that make you feel uncomfortable.

You have a decreasing tolerance for any pants or underwear that press in on your belly, and clothes that leave marks on your skin are the worst.

If you find yourself nodding along and agreeing with all of these statements, there is a high chance that you could be a nudist. Or that the nudist lifestyle will serve you well.

7. You know you're a nudist

when putting on clothes after a week of being naked feels unnatural.

Let's face it, if you've spent a week in the buff, that should be an obvious enough sign that you're a nudist. Unless you've either donated all your worldly possessions to charity or had your wardrobe raided by fashion hoarders, spending a week au naturel (and enjoying it) is pretty much what nudism is about. But if that's not a good enough reason for you, then putting on clothes and feeling weird in them sure is! If after spending a week in your birthday suit the thought of getting dressed sounds unappealing – and you're already planning your next escape – chances are you're a nudist.

8. You know you're a nudist when you've experienced sunburn in the most painful of places.

If you've ever gotten sunburn on your sensitive areas, that means you've spent too many hours in the sun without applying sunscreen. And of course, you've spent that time naked.

A non-nudist can only imagine the excruciating pain of burning your balls and having to apply aloe vera religiously each evening, while trying to walk normally during the day. Not to mention the quizzical looks and "are you sure you're okay?" that you get when you grimace each time you take a seat.

If you've ever sunburnt your privates by spending too much time naked under the sun, it's pretty obvious that you're a nudist.

Next time don't forget to take your SPF 50 to the beach with you – and apply it everywhere.

9. You know you're a nudist when you defend the notion of getting naked and hanging out with your friends.

You hate it when people say social nudity is abnormal. You don't understand prudes and people who won't let anyone even see their underwear. Worst of all, you hate it when people

openly criticize the idea of you hanging out naked with your friends.

“But isn’t that gay?,” “are you going to have an orgy?” and “that’s so gross” are all phrases that make your skin crawl.

You don’t understand why the human body has become so sexualised. You don’t want to feel ashamed of your own natural body.

Most of all, you want to be able to chill and braai or grab some beers with your buddies, naked, without fear of what others will say if they find out.

You’re quick to educate people about the health benefits, both mental and physical, of spending more time in the nude. You reject all ideas that nudity among others is gross and weird.

You are a nudist – and proud.

10. You know you’re a nudist when you can’t wait for shower time

If you’re a nudist, then shower/bath time is your favorite part of the day.

After all, even if you’re concerned about your naturist status, showering is something

that is normally done naked.

11. You know you’re a nudist when you sleep naked

Okay, so you might just enjoy the feeling of sleeping without your baggy pajamas bunching up around you. Or maybe you’re conscious of the whole host of health benefits that come with sleeping sans clothes.

Whatever it is that brought you to this stage, you can admit that you do it for a reason.

Most likely, because you simply love being naked. And in your own bed, under the safety and privacy of your duvet is the best place to do so.

But be warned. Sleeping naked is a perfect introduction – or gateway – to trying out nudism at home. And once you start walking around your house wearing nothing but a smile, it’s a slippery slope to social nudism.

Before you know it, BOOM.

You’re a fully-fledged nudist.

12. You know you’re a nudist

when you find yourself thinking “this would be a great place to get naked” multiple times a day. If you’ve ever found yourself in a beautiful location and the first thought that came to mind was “man, this would be better if I was naked” – then there’s a high likelihood that you’re a nudist.

Some of the most breathtaking places in the world are in nature. And what better way to get closer to nature than to strip off and go au naturel?

As a self-proclaimed naturist, you firmly believe that destigmatizing and normalising nudity is in society’s best interest. The world would be a better place if you were allowed to just get naked. After all, what’s more amazing than the human body in all its glory?

13. You know you’re a nudist when you’ve

gotten caught dancing around your house naked

You put on some tunes and did a little boogie in the nude, having all the fun in the world, when someone burst in on you. It was surprising. It was humiliating. Maybe you even dived for your duvet or ducked behind your door.

Getting caught when you’re not wearing any clothes can be embarrassing if whoever busted you wasn’t expecting to find you in your birthday suit. What’s more, it can take a little bit of explaining.

The same goes with lounging on the sofa, gardening, baking cupcakes or doing the washing up. Whatever you’ve been caught doing naked around the house, it doesn’t really matter. It all sounds like nudist activity.

14. You know you’re a nudist

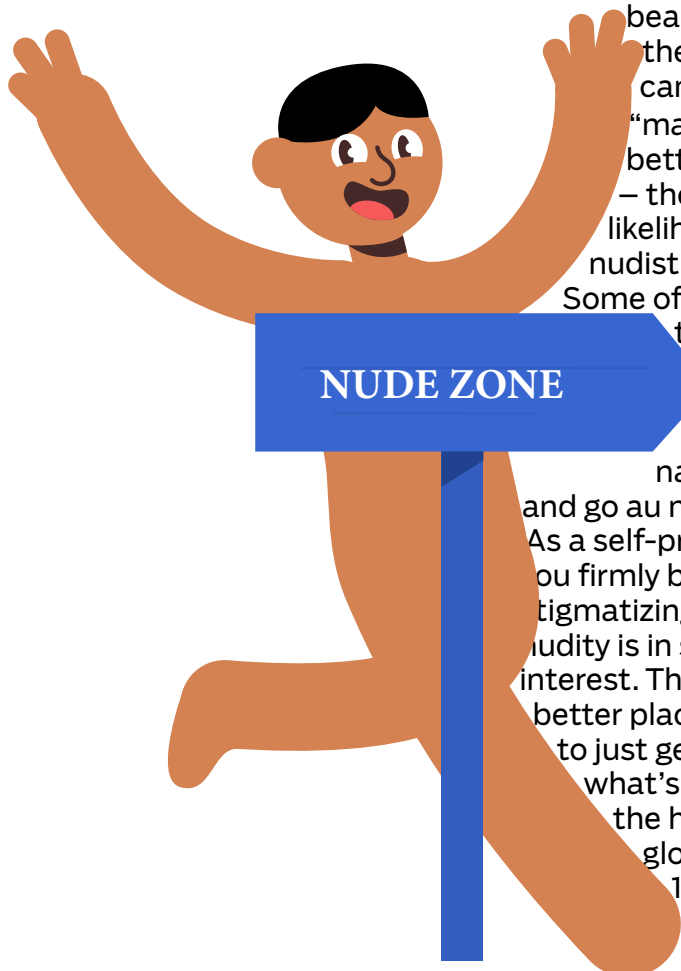
when clothing-optional resorts, naked vacations and hikes in your birthday suit sound appealing rather than appalling. If the thought of going on a week-long holiday at a resort where you can be free of clothes sounds like something you’d want to do, you are 100% a nudist.

Taking a vacation to a place where nudity is not just accepted but encouraged and celebrated can seem like a fantasy from your wildest dreams. But it is possible.

And such places do exist. The freedom to just be yourself and be surrounded by others who share your values is just a few of the amazing things that you can enjoy at a nudist resort or on a naked vacation.

Plus, it’ll give you the chance to celebrate your naked status with the rest of the nudist community. Not to mention all the space you’ll save in your luggage from leaving your clothes at home.

15. You know you’re a nudist when you’re reading this article. If you’re reading this article, you’re probably a nudist.





Naked Truth Naturist Accommodation

Naturist friendly accommodation in Gqeberha / Port Elizabeth

A double room with en-suite bathroom set in a tropical garden with pool.

Microwave, toaster, kettle, fridge, TV, WiFi, braai facilities.

Restaurants and shopping centres close by.

Laze around the pool, take day trips to Addo National Park or Kragga Kamma Game Park.

Excursions to Secrets unofficial naturist beach can be arranged. email: nakedtruth.cke@gmail.com or call Chris on 082864 2427 for further details.



BomaStories

*Official Newsletter of SunEden
Naturist Resort. Summer 2023*

Today, I first want to say something about our lifestyle, Naturism. Much has been written and spoken in the past about the principle of Naturism or Nudism, all the why's and wherefores, its advantages and disadvantages and the perceptions, sometimes negative, that still exist. That's not what I want to talk about, but rather to dwell for a moment on how we, especially here at SunEden, often experience it. We are a diverse group of people, we come from different backgrounds, speak different languages, practice different religions, differ in our political beliefs, yet there is this one common bond that binds us together into a kind of family unit that one just does not get in other groupings of people. It can be seen, amongst other things, when one of us has something to celebrate or otherwise experiences a loss or a personal problem, how there is an empathy of all our people. It's also not strange that when we get back together after a shorter or longer absence, there is a passionate greeting with hugs and kisses as befits a family. Wally van Gas, one of our founders, put it this way years ago, "on your first visit to SunEden you are a visitor, when you come a second time you are a friend, but after the third time you are family". We experience it everyday, just read the WhatsApp groups and see how many times our members refer to themselves as "family" or welcome new arrivals as family. There is a saying that you can choose your friends but not your

family, in our case it is the family that chooses you! This is our strength, this is what lets us continue to grow after all these years and expand our circle far beyond our borders. There are visitors from overseas who return year after year and also became part of the family. That's how it should be, let's keep it in mind and build on it and cherish it as one of our most precious possessions.



Mother of Thousands

Another precious asset is our wildlife. It is our endeavor to put nature back into naturism. In our beautiful bushveld environment, we have a large variety of indigenous plants and animals that we preserve



Mother of Millions, Beautiful flowers but an aggressive Invader and very poisonous



Rope Cactus

and even expand to the best of our ability. One of our big jobs this summer was and still is, to remove invasive plants. It is a never-ending task and we need all the help we can get. There are many of these invaders but the most important are some of the cactus species such as the Queen of the Night and the Rope Cactus, then there are Mothers of Millions and Mother of Thousands, as well as the Parrots Feather water weed. First of all, make sure that these plants do not grow around your houses, and secondly, when you see them elsewhere on our farm, no one will be angry with you if you pull them up or cut them down.

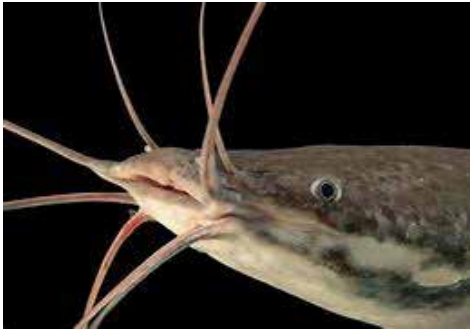


This baby Impala was born as I was writing this newsletter

Then of course we are very proud of our bokies. However, we have the problem in that we have too many animals for the

size of our resort. The problem is that these animals have also become part of our family and it is unthinkable to convert them into biltong or venison pies. We are currently trying to enter into exchange agreements with other game farmers where our surplus animals can find a good home.

This brings me to another

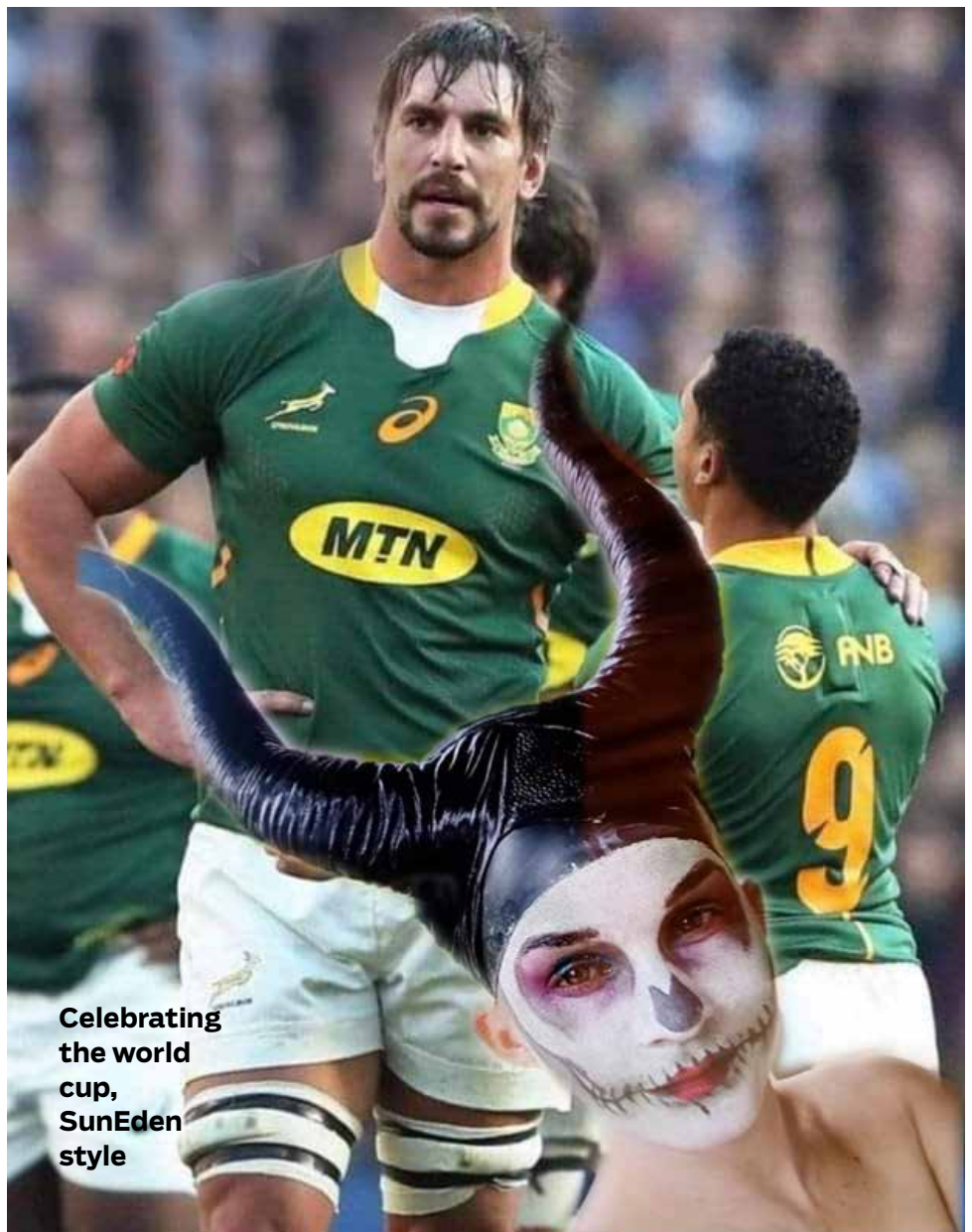


Clarias gariepinus or African sharptooth catfish

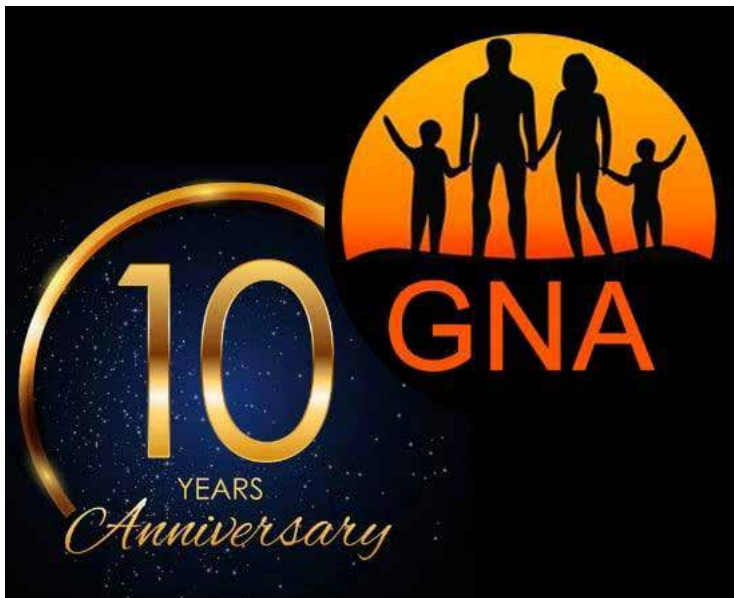
animal of which we have an excess. Our dam is teeming with catfish (barbel). It is estimated that we may have more than two thousand of them. Just throw something to eat in the water and watch them swarm. Does it matter that there are so many of them? Yes, because they threaten the biodiversity of our dams by catching other fish species such as carp and they have even been seen grabbing ducklings, swimming on the pond, by the legs and pulling them down. Now I want to let a cat loose amongst the pigeons. Let's organize a barbel fun day. Early next year we hold a cat-fishing day with all kinds of prizes, for the biggest catfish of the day, for the most catfish etc. And then the big fun, catfish are ugly fish, admittedly, but so are Kingklip, but if you know how to cook them they are delicious, especially smoked catfish. One of our shareholders promised to build us a smoker. Then we end our fun day with a catfish barbecue in the Boma. It can only be delicious and at the same time we bring catfish numbers in the pond down to an acceptable number. I would love to hear from you, please let me know what you think about this. Speaking of fun events, we've

had plenty of them so far this summer. We started summer with the skinny dip which resulted in a great weekend. Although we couldn't break the previous record we came quite close, and had lots of fun round the pool. Then we had a beer festival (October Fest) and halloween with the Rocky Horror Picture Show, a clothing optional weekend with a Gin & Jazz festival, a wine tasting, and an outdoor market. We had a visit from KZNNA and made some new friends. The GNA bash was similarly a chance to meet up with some old friends and there were quite a few first time visitors who, we are sure, will return again and again as part of the family. The bash was well attended and locals and visitors alike were in agreement that it was a great event which

everyone really enjoyed. But the biggest of all was the rugby world cup. We watched the nail-biting preliminaries in the main bar as the bok fever started to build up. Then came the final against the All Blacks. SunEden has never experienced anything like this, there were more people in the bar watching the game on the big screen than ever before, even outside the bar there were people trying to get a glimpse of the great event. At times there was deathly silence and at times the roof almost lifted, but when the final whistle blew and we won, there was a cheer that could probably be heard as far as Timbuktu. We have never experienced anything like this at SunEden, and everyone who was there that night will cherish a memory with forever.



Celebrating the world cup, SunEden style



GNA 10 year Anniversary Bash carnival style

After months of behind the scenes planning and saving all our finances for the much anticipated 10th anniversary Bash, the weekend finally arrived with the weather gods smiling down on us too.

Décor in keeping with the Carnival theme was put up everywhere and one could almost imagine being in Rio at Carnival time.

Our awesome Members started arriving en masse on Friday to join us later in the evening for a bring and braai in the Bare

Boma. A huge bonfire was enjoyed with everyone sitting around chatting and enjoying their favourite beverage in a real party atmosphere. Our thanks to Peter and Marianne for the deelyish pap and sous donation, went down well. Afterwards the party continued in the bar with karaoke run by Elvis. The singing could be heard in the campsite well into the morning.

For those diehards that survived Friday evening, the colour walk and golf (extreme sports) were enjoyed by an energetic and enthusiastic bunch. How they do it after the kuier in the bar the previous evening only they will know. We did notice a few party animals only surfacing at midday on Saturday though. For the rest of us it was chill time around the pool with gorgeous Carnival ladies parading their fabulous costumes.

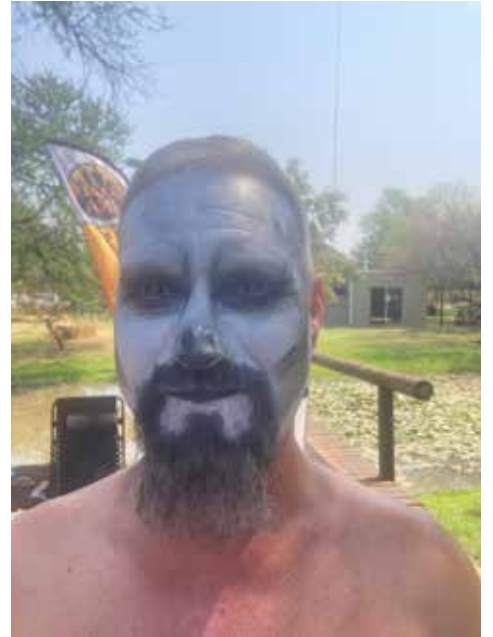
Kgomotso outdone himself auctioning off a weekend at Sun Eden with the proceeds going to the Bokkie Fund. He definitely missed his calling walking around with the microphone

drumming up support for the auction. The Spin and Win proceeds hosted by Ben was also for the Bokkie Fund and some fabulous prizes were won. Sun Eden Café did us proud with a most scrumptious 2 course meal which was enjoyed by all at Sun Eden and was also shared with non members, of which we are pleased to announce many became GNA members that weekend. New friends made and a great time had.

Saturday evening was the Donkey Derby and the bar was absolutely packed. The rugby was on at the same time and I am not sure which interfered with which. Music in the bar afterwards was the standard SunEden fare, again continuing into the wee hours of the night. Sunday was a day of recovery with some heading off home later in the day. The public holiday on Monday was a reasonably quiet affair with everyone just chilling around the pool. All in all a very enjoyable weekend and a huge thank you to the Bash Committee for all the hours they put in to make the weekend a success. An even bigger than thank you to our loyal members. Without your contributions and continued support of GNA, none of this would have been possible. Wishing you and your loved one's a blessed festive season, be safe and ENJOY.









Hair or not...

Hein Smit

We as humans are bombarded by everyday input from social media, other people's ideas, family, societal groups and many other circumstances that we encounter during the waking hours of every day. We need to sift through the information, try to find truths and then make a decision that usually has a direct influence on how we react.

One of these subjects is body hair. It all comes down to personal preference and what each person is comfortable with. Growing up, we start out with very little body hair. As puberty's onset occurs our bodies go through these amazing changes. Unfortunately, puberty occurs during a moulding period in a person's life, and peer pressure makes us hide the changes happening to our bodies. Fast forward five to ten years and people start "sculpting" their bodies to the personalities and preferences that they adopted to survive in their chosen societal and social groups. They try to fit in...

Body hair is an intimate choice that no one else should have a say about. Most of the time, especially for men, the idea of shaving or trimming hair other than the hair above the

shoulders, is quite abhorrent. But times have changed, ideas have changed and it is much easier to follow trends these days. Even in the naturist community you may find select groups that go the "all off" route both physically and mentally. They would sometimes try to convince others to shave or trim body hair. This is an extreme when it comes to the subject. The other side of the extreme is not shaving, not trimming and not caring. Both men and women can be found in this extreme. When we watch a movie of people that went through a time of neglect (*Jumanji* with Robin Williams, comes to mind) the first thing that happens when that person pulls together is shaving or trimming of some kind or manner.

In some cultures, the shaving of hair signifies a promotion to a higher status or state of living. For male rugby players it is an honour to lose their hard grown pubic hair when they are selected the first time for an important team. Usually all the hair on the head is shaven when you make it to the first team of a school. For a Buddhist monk, the shaving of the head can be a spiritual awakening. Shaving of body parts can also be done

as a form of initiation or even punishment. Shaving of the eyebrows can lead to ridicule in many societies.

Examples of hair shaving for various reasons are numerous and include shaving as part of preoperative preparations, sports preparation for cycling or swimming and many more.

The downside to shaving is the skin. Hair grows out of skin, no matter whether it is internal (in the ear or nose or belly button) or external (arms, legs, head and torso). Shaving can lead to nicks, cuts and most of the time irritation or the skin. In order to understand the skin's behaviour there are scientific disciplines that only study and examine the skin. From there products are developed to help skin rejuvenation, skin protection and regrowth. Consumers can buy multiple products that are supposed to help with all manner of skin ailments or changes (like bleaching).

Science tries to find new and wonderful ways to explain and help people to take care of their needs. However, we forget that nature plays the biggest role in health issues. A new study revealed that our bodies have more ways to feel light touches, directly through our hair follicles. (<https://www.sciencealert>).

com/scientists-just-discovered-a-new-human-sense-of-touch) We've always thought that it is only nerve endings that transmit sensation. During a study of RNA sequencing, it was found that hair follicles had a higher percentage of touch-sensitive receptors than the equivalent cells in the skin. Producing cultures of human hair follicle cells together with sensory nerves, the team mechanically stimulated the hair and observed that the sensory nerves next to them also activated. This proved that hair can sense touch. More than that, it was discovered that the neurotransmitters serotonin and histamine were being released by the outer root sheath (ORS) cells, signalling to the surrounding cells. Serotonin is a neurotransmitter that acts like a hormone. It helps to regulate many biological functions in the human body,

from mood and memory to indigestion and sexual activity. Histamine is a central neurotransmitter which is involved in local immune responses communication, as well as regulating physiological functions. A personal observation from this study is that hair helps us to first and foremost get in touch with the direct environment around our bodies. It acts like an extension of the skin. Call it a pre-warning system for the skin, which helps to identify and regulate functions deeper within and below the skin. Releasing serotonin and histamine (as the study found) makes me wonder how much happiness and protection is removed each time I shave a part of my skin? A quick poll on Facebook revealed how people view body hair. Of the 210 votes received the tally was as follows: 29 votes for Don't like body hair

14 votes for Don't mind body hair
 4 votes for Only men should have body hair
 119 votes for We are naturists and accept each other as we come
 9 votes for Who cares?
 35 votes for Hair is natural, and we should groom and take care of it like anything else
 Some of the comments:
 Heera Kumar__ "Hair is natural grooming is best"
 Bob Joseph__ "to each their own. but i prefer to rely on mom nature, which gave us hair for a reason. humans are always thinking they know better and the outcome is typically not great."
 This life only owes us one death. Let's take hands and help each other feel comfortable with who we want to be. Acceptance opens a door to friendship... or tolerance.

WCNA events calendar



WCNA CAMPING and EVENTS PROGRAM FOR 2024

EVENT	VENUE	START DATE	END DATE	# DAYS	NOTES
Sandy Bay day	Sandy Bay	13 Jan	-----	1	Open day
Camp & Chalets	Wolvenberg Kloof	9 Feb	11 Feb	2 nights 3 days	Valentine's camp
Chairmans High tea	Private residence	25 Feb	----	1	Open invitation
Camp & Chalets	Wolvenberg Kloof	8 March	10 March	2 nights 3 days	Big Bash
Camp & Chalets	Wolvenberg Kloof	12 April	14 April	2 nights 3 days	
Camp & Chalets	Wolvenberg Kloof	6 Sept	8 Sept	2 nights 3 days	
Camp & Chalets	Wolvenberg Kloof	4 Oct	6 October	2 nights 3 days	
Camp & Chalets	Wolvenberg Kloof	8 Nov	10 Nov	2 nights 3 days	AGM
Camp & Chalets	Wolvenberg Kloof	22-Dec-24	02-Jan-25	12 nights 13 days	Family holiday

Naturist Contact Details

Naturist Associations

NOT ALL OF THESE ARE MEMBERS OF SANNA

Organisation / Province	Chairperson / Contact Person	E-mail	Contact Number
Eastern Cape	Chris	Ce31231@gmail.com	082 864 2427
Free State	Graeme	chairman@kznna.org.za	083 457 9614
Gauteng Naturist Association (GNA)	Eddie	chairman@gna.org.za	082 794 2265
KwaZulu Natal Naturist Association (KZNNA)	Graeme	chairman@kznna.org.za	083 457 9614
Limpopo	Eddie	chairman@gna.org.za	082 794 2265
Mpumalanga	Eddie	chairman@gna.org.za	082 794 2265
Northern Cape	Christo	chairman@sanna.org.za	073 178 0779
North West Naturist Association (NWNNA)	JJ	chairman@nwnna.org.za	072 764 6962
South African National Naturist Association (SANNA)	Christo	chairman@sanna.org.za	073 178 0779
Western Cape Naturist Association (WCNA)	Christo	chairman@sanna.org.za	073 178 0779

Naturist Resorts



Bird of Paradise, Vanderbijlpark
Deon/Dave
dd.cascades@gmail.com
083 331 7779



SunEden Naturist Resort
Monique or Kathy
reception@suneden.com
071 658 0165



Kiepersolkloof Naturist Resort
info@kiepersolkloof.com
Wynand 083 624 3607

Naturist Friendly Establishments



Bare Necessities, Swellendam
Neels
notneels@gmail.com
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