



DECEMBER 2022

In this issue...

| | |
|-------|---|
| 2 | SANNA Chairman's Christmas Message |
| 3-5 | Naked in East London |
| 6 | News from Kiepersolklouf |
| 7 | Sun Eden a five star resort in the making... |
| 8-9 | Naked Wanderings visit South Africa |
| 10 | Bokmakierie Camping |
| 11-12 | Chinaka Naturist Weekend |
| 13-14 | Women in naturism South Africa |
| 15 | Does naturism help your mental health? |
| 16-18 | How and why most people misinterpret nudity |
| 19 | Vision and mission statements of the INF-FNI |
| 20-21 | I raised my kids on a nude beach — And I'd do it again in a heartbeat |
| 22-25 | Inside nude holidays - from naked festivals and cruises to naturist resorts |
| 26 | Let's go naked camping |
| 27-28 | Nearly 7m people in UK identify as naturists or nudists, survey suggests |
| 28B | Great news! |
| 29-31 | Scientists warn that marrying a nudist may ruin your sex life |
| 32 | Thousands flock to Druridge Bay in Northumberland for North East skinny dip |
| 33-34 | Nudist get naked for their health - and for enlightenment |
| 35 | Naturist contact details |
| 36 | Chairman's Chat @GNA |
| 37 | Naked Wanderings, Bird of Paradise and a year end function |
| 38-39 | Kwa-Zulu Natal Naturist Association Drakensberg Mountain Retreat weekend |
| 40 | World Naked Gardening Day |
| 41 | National nude day |



SANNA Chairman's

Christmas message

Chinaka and had their annual Bash at Kiepersolklouf.

As most of you know during the past INF Congress held in Luxembourg on 22nd October, I was elected to the INF Central Committee as Assessor for Africa/Asia/Pacific. That means that I will be responsible for all the Naturist Federations in Africa, Asia and the Pacific which are members of the INF. This is to get the Federations, falling into these regions, to work closer together and then get and give feedback to INF. (www.inf-fni.com)

In conclusion I want to thank the Manco members of GNA, KZNNA, and SANNA for doing a good job, always striving to promote naturism in South Africa. The Manco of SANNA was also busy behind the scenes

trying to keep all systems going and for their dedication to a cause that is very important to all of us.

We need to continue to market and promote Naturism as much as possible to ensure the growth of the South African Naturist community. We are planning our approach to engage with Government in order to challenge ACT that makes Nudity illegal in Public Places, and which prevents us from having official naturist beaches. If we have larger numbers of Naturist Members, to support the cause, it will significantly improve our chances of success.

Christo Bothma

Merry Christmas, a very prosperous 2023 and Happy Holidays to our Naturist community.

As December marks the end of yet another fun filled naturist year we can celebrate it in Naturist/Nude style in our birthday suits. December also marks the end of 2022 and what a bumper year this was. I am sure all the calendars was full of exciting Naturist activities. The World Naked Gardening day was one of my highlights and we hope you did participate. We also have the 4th December as National Naturist/Nude day where you can wear your Birthday suit for the whole day. We as Naturists are always looking forward to the Hot summer holidays and to enjoy the sun. Holiday time is usually synonymous with Sand, Sea and Bushveld. Summer is the time we are able to tan and swim in our birthday suits. We need to protect our skin during the sunny summer weather and Good advice is to always use UV protection, against the harsh sun.

SANNA and the regional (Provincial) Associations did their best to arrange get-togethers like KZNNA was at The Hatchery on the North coast of KZN and the end of November in the Drakensberg. GNA in conjunction with the Limpopo members went to

So if you are not a member please apply for membership online now! (www.sanna.org.za)



Betty Page

Naked in East London

I still remember the first time I got naked in East London. It was 1989.

My family were preoccupied with finding the perfect wave at the infamous Nahoon Reef.

I was a teenager preoccupied with the idea of spending less time with the family.

I had strolled about 500m down the deserted coastline and suddenly encountered an elderly lady desperately trying to cover herself up.

I had obviously startled her and I guess she had assumed I would take offence at her nakedness.

What neither of us knew was that that moment would open a door to a world I could no longer live outside of.

You see, even as a child I was comfortable being naked. Body shame is taught. And I guess most of us young wannabe nudists all fear the same thing

as we grow up - judgement from those with no desire to understand.

So I guess that is why this chance encounter with an elderly lady, along with the lack of judgement thereafter, had such a profound affect on me. Unfortunately instead of boldly telling her to stop because I liked being naked too, I just stood there like a teenage deer stuck in headlights, trying not to watch this courageous woman cover up.

But then the universe made a bold statement of its own.

Suddenly a big man stood in front of me.

Looked a bit like Clint Eastwood. Very tanned. Very calm. And very naked.

“ But then the universe made a bold statement of its own. ”

I still think of him often. Even though it has been decades since his death.

He put out his hand to shake mine. Without shame and without fear. Proudly.

In that moment I knew I had just met the kind of man I wanted to become.

He spoke. I listened. Or tried to. He said something about his wife not expecting to see anyone.

All I heard was welcome to a place where being naked was okay.

It was magical. It felt like Christmas and Easter and all the

coolest holidays morphed into one moment.

I only remember saying one thing to him. But I remember it took all the courage

I could muster... “I think I’m a nudist too”.

Bang. Just like that my life had changed forever.

For the record, it turned out the lightning quick old lady was on the precipice of 80, and her Clint Eastwood looking husband of over half a century was 85 years young.

Their courage told me it was alright to be brave. To challenge. To think outside of the box.

It opened a bold new chapter which is still being written.

Those first few hours on a beach I would grow to love were magical.

Swimming and running and soaking up the sun. Naked and free.



I saw that old couple a dozen or so times over the next two years before I heard he had passed on. But their memory will live on. Because of their stories and others like them, I could ultimately trace some kind of naturist activity in East London back to the early sixties, from the Orient through Nahoon to Bonza Bay and beyond. Many of the older people I explored naturism with back then seemed to tell stories going back to about 1974. It seemed the unofficial clothing optional tag had gathered some steam that year and so for the sake of naturist history, I'm going with that year as the start of it all. By the time 1994 rolled around, the country we loved was evolving.

Despite the political fears, there was hope in the air. And that hope softened the edges of judgement and prejudice. The vision of the rainbow nation that Madiba once envisioned may currently be on life support, but back then it was very much alive.

Promoting the beach was a team effort, but I am proud to say that it was me who first called our favourite sanctuary Freedom Beach in May of 1994. And it was me who first proudly carved the name into one of the rocks.

Obviously this was all before the revolution of mobile phones and social media. It was all about word of mouth and as many of us were students at the time, the beach was quite popular for a while.

We attracted many people of different backgrounds and cultures. I was proud of that. Young people who came to swim or knock around a ball after class.

Groups of young men from the townships who had obviously enjoyed social nudity with their friends in the past.

Athletes or boxers of all colours who came to exercise or do some form of yoga or pilates. Elderly white couples who no

longer felt the need to cover up as soon as a stranger wandered onto the beach.

Gay people who looked at freedom beach as a place of solitude and acceptance. Families of all backgrounds, some with their children, soaking up the sun for hours. The social interactions were sometimes limited as people of different cultures slowly felt each other out.

But everyone always felt safe and protected, and tried to be respectful and tolerant of each other's differences.

This was a growing group that managed to look past their differences in race, culture, gender, background or orientation, and just enjoy the one thing that every single person on Freedom Beach shared - the joy of being naked. For a few years it was nirvana. For a few years it was indeed Madiba's vision of a rainbow nation. All brought together by naturism.

But then life happens as it always does. Many of the young people who helped support the beach dispersed around the planet building their own lives. People lost touch. Some of us would sometimes see each other once a year at best on a family trip to East London on holiday.

I went to Jozi to work and even

though I have enjoyed many beautiful holidays soaking up the sun on freedom beach over the years, it was never quite the same in terms of popularity as it was during that time of hope in the nineties.

And so the years passed. Pollution, litter, poor water quality, the disintegration of basic respect for others, the total disappearance of maintenance or refuse removal, increased crime and two physical attacks that I know of around 2012 all built up like a giant wave which cleared the beach of its popularity. And then 2020 happened. The time of Covid. A time of pain for many, both emotionally and financially.

My business, like many others, suffered in the wake of its destruction. But I made a positive mental health decision. I packed up a few bags and when it was allowed, made the trip home to East London to visit my ageing parents.

Two years later and I haven't left. Covid gave me the opportunity to rediscover my love for Freedom Beach.

With time on my hands, I went about trying to promote it again. I even created a twitter account for the beach which has quickly grown to over two thousand followers.

I started "illegally" putting up



signs again along with directions where possible. A few have told me to stop. But on a beach the municipality and the government have clearly forgotten and abandoned, I challenge anyone to come arrest me. Us naturists are more than

happy to show the powers that exist how we pick up litter that washes onto the beaches from illegally dumping ships. On our time and at our own cost. Despite a few recent hiccups which included the vandalising of a rather expensive nude beach sign and which you can read about on our social media,

we are slowly trying to resurrect the Freedom Beach I once knew and loved.

Some days I still find myself all alone on the beach for hours at a time. And I'm okay with that. But the changes in tides and seasons are inevitable, and I'm hopeful that Freedom Beach will one day return to its former glory.

Because for me Freedom Beach was always about hope. And peace. A place of tranquility where anyone, no matter who they are, could feel comfortable being naked and free.

I urge anyone reading this to show their support by following us on twitter.

And maybe the next time you pass through East London, pop past for a few hours and enjoy our once, and hopefully future, clothing optional paradise.

Email: coleweston73@gmail.com
Twitter: @FreedomNude



News from Kiepersolkloof



Kiepersolkloof is ready for summer - for Camping and Accommodation enquiries and bookings, please contact Magda on 082 875 5991.

We at Kiepersolkloof, had the normal quiet winter - with some visitors staying longer than the normal weekend - we had a Textile weekend on 16/17 July and it was very successful with many shareholders and visitors having their non naturist family and friends over to see and experience the tranquillity of our true naturist paradise.

On the weekend 5-7 August we hosted the GNA "Fire bird" camping week end - this was a huge success (Thank you GNA for your help and involvement) The winter gave us time to fix and improve the roads and walkways on Kiepersolkloof - it is looking good now again. The winter also brought some



regular animal sightings closer to the houses and camping are where the buck and pigs enjoyed some of the shareholders gardens (Kudu, Rietbok, Bush Buck, Warthog and Bushpig and a lot of smaller animals). After the recent first summer rain our camping area and swimming pool area are turning back to the green naturist resort we all love.



Sun Eden a five star resort in the making...

Hein Smit

Currently Sun Eden is listed as a three star family resort, valid till May 2023. But things are changing...

When we first visited this tranquil place it felt rustic and in development. I can happily say that the rustic atmosphere remains despite the leaps in which the facilities have been improved. The pond that connects all the entertainment areas remain intact while the pool received a beautiful revamp. A



heated in door splash pool was added with adjoining sauna and the necessary amenities that goes with it. The pool side bar received a few new decorations and the restaurant/bar/hall area remains largely unchanged. As with all resorts there is maintenance that needs to be done and a few upgrades that would lift the facilities to the next level.

The camping site boasts a large ablution block with a smaller one closer to the entertainment areas. These blocks offer appliances for



the few that really likes to rough it and just come for the freedom; stoves, fridges and washing facilities available, even if you sleep in your car.

A major upgrade are the new Safari Tents that are available. This makes camping in style a reality with reasonable rates, making the get away weekend so much more enticing. Unfortunately, there are only three at the moment and they are very desirable commodities. Having booked one of the Safari Tents recently I can attest to the luxury feel of the bed and linen used. Sure it only offers a fridge and coffee station, but the smaller ablution block with fitted kitchen is directly next to the tent's location, making food preparation easy. Once you climb in those beds, it feels as if you are in a hotel room that plays nature's ambience symphonies. A fan and a small heater offers some consolation to the

heat and cold of the days and nights, but you spend so little time there that it gives you that little extra when needed.

A new addition to the resort is the golf course. I played the course and found it quite entertaining.

Ploughing through swampy areas, greens that is the equivalent to a golf ball's off road track and rough areas that gobbles golf balls faster than a water trap, makes for just the right amount of challenge. What surprised me is the rate at which the golf course is developed. The following month I took my wife to see the course and to my surprise the swampy areas were gone. The greens were green; not smooth yet, but getting there. You could actually walk the course and see how this new piece of the resort is growing quicker than I imagined.

And that is the extend of the resort... or is it?

Sun Eden cannot be compared with other resorts when it comes to the freedom it offers. New investors, upgrades to accommodations and future planning is just one part of it. It is the people that make Sun Eden the paradise resort that we keep going back to. Here you meet people on a global scale. Since the whole idea behind naturism is acceptance, you interact with your fellow lifestylers and broadens your perception of the world. Citizens from all other world countries flock to South Africa and Sun Eden for its tranquil bushveld atmosphere and great weather. At resorts where nudity are not allowed, people tend to keep to themselves and you need to make a concerted effort to meet new cultures. Nudity is the great equalizer and naturism the perfect philosophy to find your inner peace, strength and balance.



When last did you experience Sun Eden...



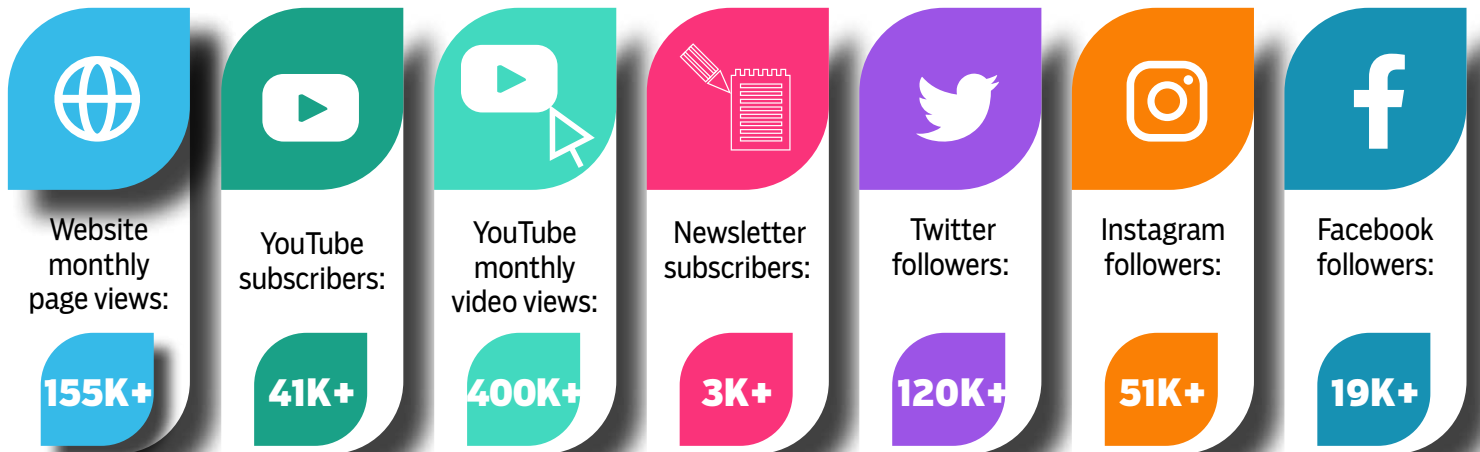
Naked Wanderings visit South Africa

Most of the naturists who are active on social media, will have heard about Nick and Lins, of Naked Wanderings. They are certainly world-famous

naturists. For the past 5 years they have travelled all over the world going from naturist resort to naturist resort and from country to country. They have

recorded their visits on videos which are now on YouTube and they have written many articles about naturism which have been published on their website.

Interesting statistics regarding the Naked Wanderings popularity:



We have been hoping that Nick and Lins would consider visiting South Africa for a few years. I arranged a meeting with them in April 2020 at Cypress Cove in Florida, USA. I was planning to ask them to come to South Africa. Unfortunately, the meeting was cancelled due to Covid – they were locked down in Mexico and I was locked down in South Africa.

After Covid, Nick and Lins went back to Europe where they travelled through France and other countries visiting naturist resorts and campsites and all I could do was wish that they could come to South Africa. You can imagine my surprise and delight when they contacted Christo, the SANNA Chairman, to say that they were planning to come to South Africa and Christo mentioned that he had suggested that they contact me to assist with the planning of the itinerary while they are in South Africa.

I was aware that SANNA has a special relationship with Nick and Lins because they had kindly represented SANNA at the past 2 INF Congresses. Christo was unable to attend those 2 World Conferences due to Covid and due to the high costs. SANNA could not have wished for better representatives than Nick and

Lins who voted on SANNA's behalf. They arrived in South Africa on Monday, 31st October, and we were at the airport waiting for them – excited like little kids. We liked them from the moment that we met them. We took them shopping and then we showed them around SunEden.



We soon realised that they are not simply on a nakation, but they work really hard every single day to create great content for all their social media and other fans. They are professionals – they do everything well.

They spent a few days at SunEden and then they went to Pilansberg and Maropeng (the Cradle of Humankind) during the second week and their weekends were fully booked with invitations including a bonfire and boerie rolls in the Bare Boma, wine tasting with Bertus Osbloed Van Niekerk, an evening with Vonks and Friends, a Tree Planting Ceremony, a Karaoke and many other get together.

As I write this article, Nick and Lins are in Dullstroom, on their way back from Graskop. This weekend (18th to 20th November) they will be hosted by the Gauteng Naturist Association (GNA) at Bird of Paradise and next weekend (25th to 27th November) they will be hosted by the KwaZulu Natal Naturist Association (KZNNA) in the Drakensberg Mountains. After that they will be in Durban (2nd to 4th December) and then they will go down the KZN South Coast and then down the coast via East London and Port Elizabeth. After PE they will go on the Garden Route to Bare Necessities (10th to 13th January) and then to Cape Town (14th to 18th January). They will then fly from Cape Town to Jo'burg and they will visit Kiepersolkloof from 20th to 23rd January before they leave South Africa for another secret destination somewhere in the world.

If you would like to meet Nick and Lins, please speak to Wayne of KwaZulu Natal Naturist Association (KZNNA), Chris of the Eastern Cape naturists or Jullian of the Western Cape Naturist Association (WCNA). If you want to know more about their itinerary send an email to me (Lofty) at marketing@sanna.org.za.





Bokmakierie Camping

Chris Elliott

Here in the Eastern/Southern Cape there are very few places where one can have a naturist camping experience. So, we were pleased when Ig from Hartenbos invited us to join him camping at Bokmakierie Campsite on the Ragelsrivier farm. The farm lies on the road from Kareedouw through to the Baviaanskloof, so it constitutes about 30 km of fairly rough dirt road. "Vehicles with a high ground clearance are advised" says the website, and I

can attest to this fact.

The secluded campsite itself is a beautiful grassed area next to shady trees and an unfortunately dry river bed. The campsite is completely "off the grid" with no cell phone reception or electricity. There is however a bathroom with a shower efficiently heated by a "Donkey" fireplace. In other words, a place to relax completely with only the sounds of the many birds to break the silence. The campsite is suitable for up to sixteen people, and one needs to book for at least six people to ensure exclusivity.

The weather was perfect for the weekend, and ideal for walks, relaxing in the shade and socialising around the braai fires in the balmy evenings. The farmer had been invited to visit us, but as Ig had told him that he would be obliged to also undress, he graciously declined.

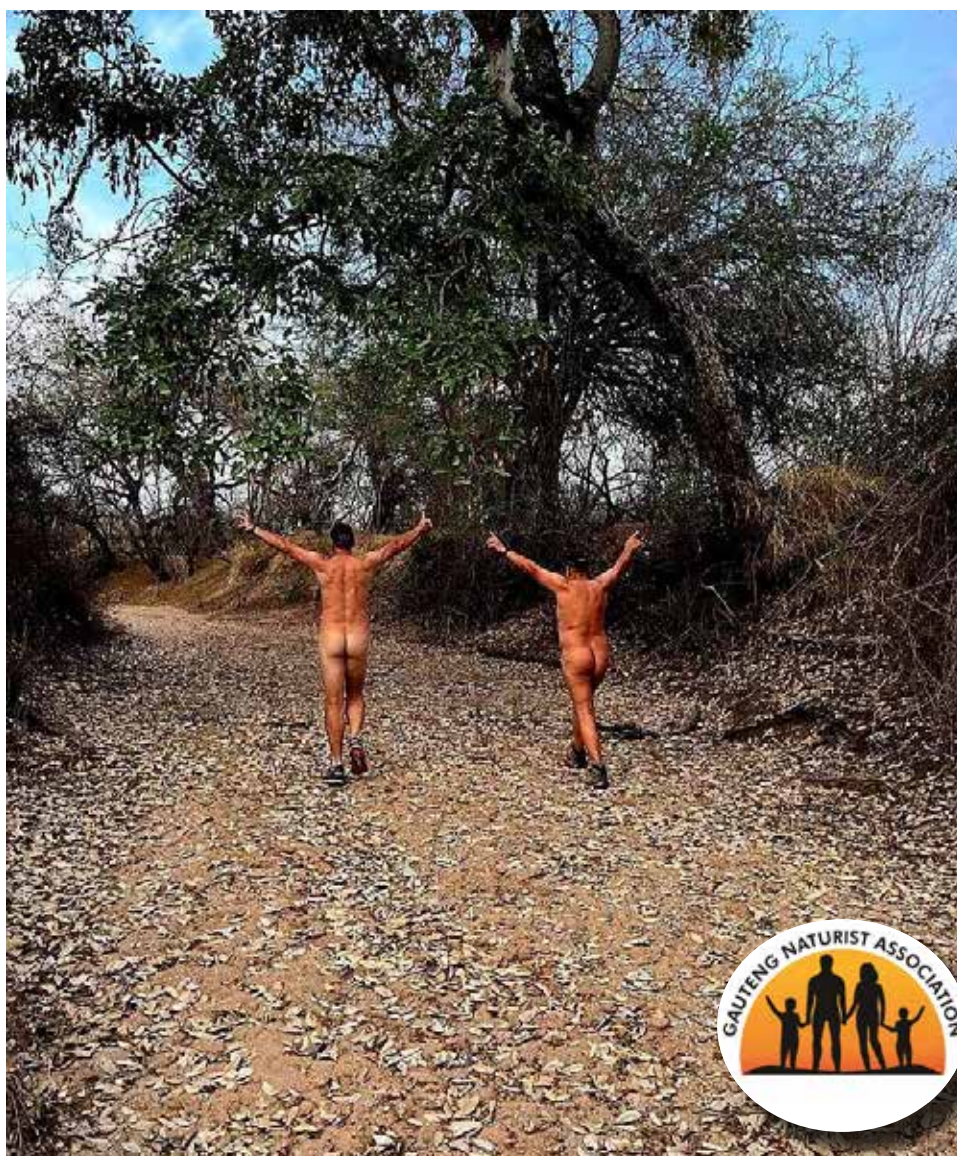
We reluctantly packed up after lunch on Sunday and made our way back to reality and emails, Facebook, Whatsapp and the other trappings of civilisation.

I can't wait for our next naturist camping weekend!





Chinaka Naturist Weekend



October once again meant the annual Chinaka get together for our GNA members. Although it is a bit of a drive from Johannesburg and Pretoria it certainly is worth the effort! Chinaka Game Lodge is a secluded, private and affordable game lodge set in the heart of the Bushveld. It was also awarded one of the top 10 Lodge destinations in the Limpopo Province for 2021. It is always wonderful to see that South African Naturists grab the opportunity to spend time away from home in settings as beautiful as this. The rooms are tastefully decorated in the Bushveld theme and there was more than enough space to walk around and enjoy the fresh air. Only problem was that snakes had the same idea, so we spent the weekend keeping a good eye out for them. Most of the time was spent relaxing and enjoying the communal naturist setting with friends old and new, Chinaka has a lovely kitchen area near the braai boma and it made it so much easier for us all to

enjoy our meals together in the evenings.

We made use of the naturist trail walks every morning, and although the veld is very dry at the moment, it still gave a feeling of freedom and oneness with nature. Our Saturday dinner was lovingly prepared by Piet le Roux, he surprised us with an Oxtail Potjie and was so good that there was hardly anything left next morning when the monkeys did their lodge rounds. GNA will most certainly continue the tradition of Chinaka and if there should be enough interest I am sure if you twist the GNA Events co-ordinator's arm it could be arranged twice a year.



It doesn't get better than this !



Every Picture speaks a 1000 words



Women in Naturism South Africa

On Saturday, 12 November I held a small WIN function at SunEden. It was a Clothing Optional weekend where non-

naturists could learn what naturism is all about. It was attended by 15 ladies who gave positive feedback after the

event. Each participant received a drink, snacks and a small gift. My presentation was about "Body Positivity"

Let us talk about Body Positivity.

Now you ask.... WHAT IS Body Positivity?

To be Body Positive is to be positive and satisfied with how you look and with what body you have. What God gave you to live in! And to be comfortable in your own skin.

Loving your own body, as obvious as the notion may seem, is often easier said than done. About 70% of the ladies worldwide dislike their bodies. And for men, it is about 45%. So, if you find yourself feeling low about your own body, you are not alone. Changing the way we think requires daily effort, just the same as keeping your teeth healthy requires daily brushing. It's not always a thrill ride. Some of the work, or as I call it, exercises, might be boring or even feel silly sometimes, and that is OK! There are countless ways you can work on body positivity and you'll have to find out what works for you. To get you, or someone you know, started, here are a few ways to remind ourselves that bodies are gifts, not curses.

1. Positive Affirmations

One of the most basic and effective ways we can practice self-love is to speak it loud and speak it often, especially when it feels hard to be grateful for

our bodies. Give yourself daily, verbal encouragements and reminders. Like saying kind things to yourself in the mirror in the morning or placing encouraging sticky notes anywhere noticeable to you. Put something positive on your phone and look at it as often as you can. And remember, I said some of this may feel silly, it doesn't mean it is not working. Keep at it. A little silliness won't hurt you.

2. Think healthier, not skinnier

Exercise and a healthy diet shouldn't be a punishment, this is one way we show respect and appreciation for our bodies. So, instead of thinking about how much your body weights, or how it's shaped, think about all the amazing things it can do, all the places it can take you, even to a nudist resort, how it feels and the experience it brings you. Then honor it with nourishing meals and exercises that you actually enjoy.

3. Compliment others freely

Often times we project our own insecurities onto other people. We judge them harshly because we judge ourselves

too harshly. But when we open ourselves up to be kind to others, it also opens us up to be kinder to ourselves. Give someone a compliment you wished you'd gotten when you needed it most.

4. Surround yourself with positivity

Negative messages about body image are all around us, and they have a way of weaseling themselves into our thoughts and antagonizing our insecurities. This might be photo-shopped images of models, or body negative people in our lives, and even body negative posts on social media. According to a study, people "feel" what they see or read. And this can easily lead to developing a negative body image. So, try to cut out the negativity that you can. Look for positive people, people who practice self-love and people who will encourage you to be who you are.

5. Focus on things you like about yourself

Every time a negative thought about your body pops into your mind, counter it with something positive. Try making a list of the things you like about

your body. And not just how it looks, but the things allows you to do. List it all out. We're naturally inclined to look for our dissatisfactions and overlook the good things. To break out of that way of thinking, will take daily repetition. Just keep at it.

6. Stop comparing yourself to others

People come in all shapes and sizes. One person is beautiful in one way, and the next person in some other way. And isn't that how it should be? Imagine how boring it would be if there were only one way to be, and to feel beautiful. Comparing yourself to others can leave you feeling like you don't look the way you should, but you're not supposed to look like someone else; you're supposed to look like YOU.

7. Cut out negative self-talk

To overcome this kind of negativity, treat your body with the same kindness you would treat a friend. And if whatever you're about to say about your body is something you'd feel bad saying about a friend's body, then DON'T say it! Negative self-talk only digs deeper into body negative patterns of thinking. You don't deserve verbal abuse from anybody, especially from yourself!

8. Absorb body positive messages

Because, as I said, the world is full of negative messages about bodies, balance that negative noise out with some good, positive perspectives. There is a lot of great stuff to read about body image. Just search the internet. And you can also listen to positive songs. There are also



other articles to listen to. Go to "billboard.com"

9. Do something nice for your body

When was the last time you gave your body a gift just to say, hey, thanks for sticking with me? Carve out some time to go lay in the grass, or take a bubble bath, or walk up the hill to a pretty view. A good nap can be a gift too. If possible, take this nap naked! Feel the freedom of your body when you sleep naked. I promise you, it is very liberating, for body, mind and soul!

10. Focus on your whole person

Don't forget: you are so much more than how you look! A key piece of having a healthy body image is to stop fixating on your body. Try to spend more time thinking about things other than physical appearance. Go throw yourself into your passions.

Pick up a new hobby, why not make nudism/naturism a new hobby? Or catch a movie with a friend. Make something. You



body isn't just a decoration for looking at; it's for doing! So, get out there and get DOING!!

To all ladies out there, new to Nudism, and those not so new to Nudism, I hope this article will help you in some way to STAY body positive.

I can be contacted for any relative questions. Email me on winsa@sanna.org.za

**With Love
Lana Bothma
Women in Naturism
South Africa**

Does naturism help your mental health?



Sheila Maycock

Who am I?

I am a Naturist. Four simple words, but what a plethora of meaning behind this, or indeed any statement about who I am. And Naturism is just one facet of our life that contributes to our psychological self-image or sense of self.

Am I who I am because of nature or nurture, because of the genes I have been dealt or the way in which I have been brought up and subsequently lived my life? For most of us, it's generally a fascinating mix of inherited traits and learned behaviour - whether from the family of origin, peer groups, or media or education. I guess for the majority, a Naturist lifestyle falls into the latter category of learned behaviour, having seen others enjoying the many benefits of social nudity and embracing the benefits for ourselves.

Our self-image can be quite vulnerable. When trouble hits there are multiple challenges facing people who are trying to integrate a sense of self, and Naturists are not immune from those challenges. Were you part of a dysfunctional family, abandoned, adopted? Did your parents split up acrimoniously? Were you bullied, neglected, suffered or did you observe or experience domestic violence, bereavement or loss? Did you experience physical or emotional abuse or over critical parents? The list goes on. A large part of my work as a Family Therapist involves overcoming the challenges facing young people when trying to integrate a sense of self from within fragmented families. When parents fall out, wage

war, split up – even if it is in the best interest of the whole family – it has an effect on the family system for a very long time. This transition can be complicated when the separation is bitter, when parents experience mental health difficulties, or have the financial and emotional pressure of being single parents. I don't dispute that any of these Adverse Childhood Experiences (ACEs) can be overcome, but research links ACEs to premature death and health disorders, including mental ill health. Such early difficulties can make it really tricky to move towards self-acceptance and garner the self-confidence to explore new ideas and approaches.

Melanie Klein (1882- 1960) wrote about 'splitting', which is our psychological capacity to identify and seek out what is good and to reject aspects that are trickier or more uncomfortable to deal with. An essential aspect of being mentally healthy is to integrate these aspects – the good and bad, working towards a healthy assimilation, where one can tolerate the dilemma – where we can hold in mind that sometimes one person may be distant and disinterested, and other times they can be loving and attentive. Thus one person can be both good and bad. The outside world has a view of the Naturist community that can be rather split because of ignorance, misinformation and an inability to integrate good and bad. What may be seen as good – a strong sense of community with like-minded

people, admirable for embracing freedom and doing what is good for you and what is seen as bad – nudity and all that implies in society and culture, can be perceived as related to sexual activity, vulnerability or even abuse or perversion. The naturist community encourages an integration of these opposing views, detaching nudity from sex, enabling people to overcome pre-programmed fears and make informed choices about who they are in a safe environment of respect and mutual trust.

Much of our belief about who we are is a subconscious process, so on a day-to-day basis we tend to just act as who we are, without having to wake up each morning and think 'What am I like?' (That would be really tiring!). But figuring out who we really are and choosing who we prefer to be is a lifelong process. Are Naturists just people who are genetically predisposed to contemplation? Or have we had the opportunity for reflection and the development of a strong sense of self offered to us? In my experience Naturists have a healthy level of self-awareness, as a result of the thought and questioning that has gone into the decision to embrace a naturist lifestyle, finding your own sense of self and refusing to accept the version of you that may be expected by other people.

Who am I? I'm a Naturist and that is to be celebrated!

*Sheila Maycock MBACP
Accredited Therapist
(and BN Member)*



How and why most people misinterpret nudity

Do you consider the picture above to be concerning or problematic in any way? If you're a naturist, the answer is "no, not at all". It's simply a man and a woman enjoying themselves in a natural setting. So what if they're naked? How could that be objectionable in any way? But for most people who aren't naturists, the picture could be somewhat or very disturbing, alarming, or even "offensive". For sure, showing that picture on Facebook or most other social media would not be tolerated and would probably cause the account of whoever posted it to be canceled. And most people (at least in the U.S.) would contend it could be harmful for children (especially younger

ones) to see it. What can account for such extreme and ridiculous attitudes?

If nothing else, wouldn't such attitudes clearly explain why such a large percentage of the population almost anywhere are deeply skeptical of the practice of naturism?

Suppose a person is shown a picture of a naked man. What is the person most likely to infer about the man's intentions in the picture? Possibilities include the man (1) is intending to have sex, (2) is an exhibitionist, (3) is about to take a shower, (4) is uncomfortably hot and wants to stay cool, (5) is uncomfortable wearing restrictive clothes, (6) is a nudist who prefers to be naked. (It would make little

difference if the picture is of a woman instead of a man, except for additional possibilities such as a woman who's a professional stripper or artist's model.)

The truth is that it's unreasonable to decide among these possibilities (or others) without additional clues. If the naked man is shown against a blank background and has a neutral expression on his face, there simply isn't enough information to make any logical conclusion, except perhaps that the man is relatively comfortable being naked. But people are inclined to make inferences about what they see even when there is very little good information. In our society and probably in most others,

people who view such an image are likely to be uncomfortable, especially if the man is facing the viewer and his genitals are visible. Even though there's no actual reason to choose any of the possible interpretations, the most probable inference they make must be one that causes them to feel uncomfortable. Specifically, the inference is (1) or (2), because the other possibilities don't justify feeling discomfort.

What this situation indicates is that there's an irrational bias in society that accounts for the unjustifiable interpretation of the picture. The existence of this situation is what makes naturism so difficult in our society. So the question is: What can naturists do about it? Young children who see such a picture (or even a live person who's naked) won't feel discomfort, because their parents have often seen them

naked, and they're unaware of any reason to consider nudity a problem. It's only when they've learned from their parents or other social influences that nudity is problematical that they start to become uncomfortable when seeing nudity (or being seen naked themselves). Incidentally, did you notice that both words "problematic" and "problematical" are used above? Both have the exact same meaning and are correctly used in English. But some grammatical purists will insist one or the other is "ungrammatical". The point here is that opinions about many things can be arbitrary and capricious – merely the result of what a person has been taught to believe.

This raises the question of how a line between what is "acceptable" and what isn't gets established in the first place. Why is one alternative favored

(or is it "favoured"?) over the other? Why are skimpy bathing suits OK (or at least legal) at most beaches, but no suit isn't OK? Why couldn't the line fall instead between naturist nudity and salacious nudity?

In fact, the latter possibility is exactly what exists at most clothing-optional beaches. I've visited many C-O beaches, but at hardly any is only full nudity acceptable. C-O beaches often restrict nudity to certain areas. Yet "textiles" are generally welcome in such areas – and don't appear to be bothered by the nudity. They may simply enjoy that part of the beach if it happens to be less crowded. Likewise, in my experience, most naturist parks and resorts these days are clothing-optional and don't require nudity (except around pools, to deter voyeurs). This sort of arrangement, where naturists and non-naturists freely mingle seems ideal.



There's a benefit to naturists, in fact, since people who start off as "textile" may easily become comfortable going naked themselves.

The only plausible solution to this situation, from a naturist point of view, is to let people see images of nudity, or even live nudity, where there's no justification for feeling discomfort. Or better yet, allow people who prefer being naked to do so in appropriate public places (like parks and beaches) where others will see them. That's basically what "normalizing nudity" means. Of course, even in the U.S., there actually are such places (beaches especially) and occasions where naked and clothed people can intermingle without any problem. In such circumstances, people who remain clothed understand why others are naked and aren't threatening. The only differences involved are matters of mere habit or personal preference. You say "toe-may-toe" and others say "toe-mah-toe". But so what?

The main problem is that in general people are usually most comfortable in a lifestyle they grew up in. It's hardly surprising that "different" lifestyles can be scary – probably more so for women than for men. So it's good for non-naturists to have opportunities to interact with naturists and get a better understanding of them. Of course, some lifestyles are "safer" than others, and certain lifestyles that aren't uncommon (e. g. drug users) are definitely not safe. A lifestyle enjoyed by "real" naturists, however, genuinely is safe (except for factors unrelated to nudity). People just need opportunities to learn that.

But our society (like most others) goes to great lengths to prevent exactly such things. It doesn't even matter at all if the nudity isn't physically present. No physical presence means no direct possibility of physical harm. Yet almost all online social media, for example, very adamantly prevent anyone (including children especially) from seeing photos containing full nudity or even just visible genitals or female nipples. (Yet, quite illogically, artworks – either pictorial or in sculpture – are much more often allowed, even if they are just as "explicit" as photos.) The reason for such measures (however inconsistent) isn't to keep people "safe". The reason is to enforce particular beliefs – beliefs that are widely held exactly because contrary beliefs are strongly suppressed.

Naturism seemingly has almost no chance of success in promoting itself as long as this situation prevails. So what can naturists realistically do to change how their lifestyle is perceived by most of society?

A few enlightened societies, such as those in some Nordic countries, have taken steps to ameliorate the problem. For instance, "sex education" (a misnomer to begin with, since nudity and sexuality are different though related topics) includes allowing children to see what normal people of all ages look like naked. Some cultural features, such as the sauna, encourage communal nudity. Even in England, children have been encouraged to participate in art classes involving nude models. (Almost a hundred years ago, there were efforts to establish

schools (e. g. Summerhill) where some nudity was allowed and considered "normal".) Even in the U.S. – up until about 50 years ago – children and adolescents often experienced swimming pools and communal showering where open nudity was actually required. (Albeit, without mixing of the sexes.) One has to wonder why open-minded (and "libertarian") billionaires don't provide endowments for the establishment of places where naturist (nonsexual) nudity is permitted or even encouraged. Such people very likely have few if any reservations about nudity in their private lives and on their private yachts. What's stopping them from establishing schools, parks, recreational facilities, and even entire communities where nonsexual nudity is allowed or even encouraged as entirely "normal"?

Of course, there will always be parts of the country where such things are strictly illegal. But everywhere? Why is it so hard to establish places that welcome a naturist lifestyle? The answer, perhaps, is that people with sufficient wealth can enjoy whatever lifestyle suits them and have no interest in whether that's available to anyone else. Although they could easily fund political candidates who have favorable attitudes toward naturism, the general feeling must be that would be a waste of some small part of their wealth.

I don't really know what conclusion there is here for naturists to draw, except that we're facing a massive wall of ignorance. It's up to naturists themselves to do something about this, if at all possible. A good place to start would be much more cooperation among naturists, their organizations, and their preferred venues. At present, at least in the U.S., disorganization and learned helplessness seem to rule the day for naturists.

“ A few enlightened societies, such as those in some Nordic countries, have taken steps to ameliorate the problem. ”

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

I raised my kids on a nude beach — *And I'd do it again in a heartbeat*

Nadine Robinson

Sep 14, 2022, 09:00 AM EDT

“

At the naked beach, my children saw elderly bodies, overweight bodies, and bodies of people who have disabilities, all of which are good and valuable bodies, despite being rarely represented in our culture.

”

“I cannot wait to get to the beach and look at all the penises,” squealed my daughter, Claire, from the back seat of the car.

She was 4, and we were on our way to a nude beach. I had discussed with her (and my three other daughters) what behaviors were acceptable at the naked beach, and they knew staring was frowned upon. But I also always encouraged them to be respectfully curious about bodies.

Having shame-free conversations about sexuality

was the norm in our family. I was a practicing midwife for five years, so coming home at 6 a.m. from an all-night delivery to talk about pubic hair and placentas was completely normal. Why we get cellulite, what the clitoris is, and whether or not you can feel yourself ovulate were typical dinner table topics in our house. I can't even remember if I ever had “the sex talk” with my kids. Talking sex and babies was like chatting about the weather and raincoats in our house.

I also homeschooled my children. And because of my job, this meant that sexuality and sexual health were baked into our days. A homeschooling day for my kids might have included coloring anatomically correct vulvas, creating a uterus and fallopian tubes out of modeling clay, or playing “Pagers,” a game where my kids pretended to be “on call” waiting for a client to go into labor. Oh, the groans I would hear from the living room as someone pretended to give birth!

It didn't seem like a huge leap to go to a naked beach.

I had been going to nude beaches myself since I first discovered them at the age of 16, when I snuck away from my parents on a family vacation in Hawaii. I loved the freedom of being naked in the waves, and I couldn't believe how confident I felt.

So when I decided to pack my four daughters, ages 11, 9, 6 and 4, into our Acura MDX for a road trip across British Columbia for summer vacation, we planned a clothing-optional pitstop at a beach along the way. I told the girls it was just like a regular beach, with the only difference being that some people took their clothes off, and they were excited to go.

I had another important reason for wanting to take my daughters there: I hoped it would help immunize them from the cultural idea that women's bodies exist for men's viewing pleasure.

Scantly clad women's bodies are on display in every aspect

of pop culture. And that imagery is harmful not because it shows too much skin, but because all that skin looks the same: skinny, white and young. The mainstream media gives women a dangerously narrow definition of what is beautiful. I was much more terrified that my children would internalize an unrealistic image of women's bodies from a Grand Theft Auto commercial than I was of them seeing a 60-year-old woman's bare breasts at the beach. I wanted to expose my daughters to all types of bodies, at all



The author enjoying the beach.

PHOTO COURTESY OF NADINE ROBINSON

ages and stages.

When we reached our destination, I parked the car, and we began to unload backpacks, snacks, umbrellas and all the usual beach gear. My kids ran ahead as I trudged down the staircase, lugging all our goods. As I reached the bottom, I saw all four of my girls standing on the staircase platform with their mouths agape. People really were naked!

The beach was packed on this hot summer day. There were couples, families with young children making sandcastles, and groups of friends scattered in the sand. Some people were playing Frisbee or bocce, others were enjoying the warm waters, and many were simply sunbathing. It was a perfectly normal beach experience, sans clothing.

So many people think nudity means sex. Well, I have taken care of thousands of women's very naked bodies as a midwife, and I guarantee, it wasn't sexual, ever. Neither is the nude beach. Nude beaches are about body positivity. And most people at naked beaches are trying to undo the harmful cultural stereotypes they were indoctrinated with. So, when children are there, adults are enthusiastic gatekeepers of their healthy sexuality and safety. The innocence, honesty and normalcy of bodies is celebrated on a naked beach, and most people are very welcoming to children.

"Let's go," I encouraged. We found a space in the sand, popped up the umbrella and laid down our beach blankets. There is never any pressure to be naked on the beach; it's completely optional. They all opted to keep their swimsuits on as they played on the beach. I stripped naked, happy for the freedom to enjoy the beach without a soggy sandbox in my bikini bottoms.

I should point out that every naked beach has its own "vibe." Some are more adult-oriented.

But the beach we raised our girls on is extremely family friendly there are always many children, of all ages, on the beach every day.

Aside from fears about the experience being sexualized, one of the top questions I get asked is about safety at a nude beach. But guess what? Clothing-optional beaches are generally safer for children, because the respect for the rules and other's boundaries are more strictly enforced.

Nudists are pretty tolerant. But they aren't hedonistic sex freaks either. There are unwritten rules at the naked beach: no sex, no masturbation, no photos, no drones, and most importantly, the safety of children. I have witnessed people escorted off nude beaches for inappropriate behavior with a firm discussion of what might happen if they come back. I've seen people demand that others delete photos off their phone. I have never seen any of that happen on a clothed beach, despite the fact that there is just as much (if not more) creepy behavior there.

Another drawback to clothed beaches: There is a lot of peacocking. If you don't fit within the narrow spectrum of "beauty," the subtle implication is that you should sit down and cover up. The message is: "Your body is not welcome here." Believe me, being naked is a great equalizer. Nobody is 100% perfect.

At the naked beach, my children saw elderly bodies, overweight bodies, and bodies of people who have disabilities, all of which are good and valuable bodies, despite being rarely represented in our culture. My kids loved their first experience at the naked beach. They were comfortable, confident, and it really demystified nudity.

After that first visit, we spent every summer on a magical island on the west coast of Canada visiting the naked beach. My children are now


grown. Each of my girls has had their own relationship with nudity over the years. Sometimes they went completely naked, other times they stayed clothed, honoring their personal comfort as they moved through life stages like puberty, pregnancy and postpartum.

When I shared with them that I was going to write this article, they were so supportive. They were excited to share with others that you can have a weird midwife mama and spend your childhood roaming on a naked beach and grow up to be wildly in love with your body.

These days, all three of our amazing sons-in-law also come to the naked beach with us. It's not weird or gross or uncomfortable. They weren't raised on naked beaches, but my daughters chose well - good men don't objectify women. Two of my daughters enjoyed the bliss of floating, naked and nine months pregnant, in the warm waters of the Pacific Ocean. They later sat in the shade, nursing their babies and proud of the accomplishments of their bodies. Even I don't know if I would have had the confidence to be publicly naked at six weeks postpartum! I raised four empowered, confident daughters who today experience the freedom, joy and pleasure of feeling comfortable in their bodies, both on the beach and off.

I still get a little side-eye when I tell people that I raised my girls on a naked beach. I know this is something that makes people feel uncomfortable. But the trade-off of raising confident women who embody that rare gift of feeling comfortable in their own skin is worth any judgments people might have about my parenting.

Nadine Robinson is a holistic women's health and relationships expert. She lives in Canada, but spends her summers at an island home where she frolics on the naked beach.



Inside nude holidays – from naked festivals and cruises to naturist resorts

Holidays with clothing optional zones are popular among nudists (Image: Getty Images/iStockphoto)

“

A survey by British Naturism proposed that **6.75million** Brits may be naturists in 2022 as naked festivals, nude cruises and clothing-optional resorts spring up both in the UK and abroad

”

towards nakedness. Additionally, 39% of this asked said that they had taken part in naked activities like skinny dipping or visiting a nudist beach. Plus, 22% said they has been naked in the company of other people – including videoconferencing – in the last 12 months. Against the usual assumptions it also seems that the younger

generation are getting involved in nudism as 47% of young people under the age of 24 said they'd been naked around others in the last year. Dr Mark Bass, President of British Naturism, said: “Attitudes to nudity are changing with taboos and stigma being eroded. “Modern society is weighed down by a body confidence crisis and more and more people are discovering the

We Brits are generally stereotyped as being a bit prudish and refusing to talk about anything deemed rude. However, it seems attitudes are changing across the nation as millions of people declare they love to get their kit off – including a rise in nude holiday options. A poll taken by British Naturism recently found that 14% of British adults – that's 6.75million people – would describe themselves as nudists or naturists*. That's an increase of 8% since the last figure was taken in 2011 meaning we might be becoming more European in our attitudes



Nudist beach of Le Cap d'Agde (Image: AFP via Getty Images)

benefits that nudity brings to mental, emotional and physical health by allowing us to reclaim ownership of our identities.

“When we spend time naked with others we realise that we all have scars and flaws, and that we don’t need to compare ourselves with an airbrushed model.

“Naturism gives us the freedom to be ourselves and have a lot of fun.”

In terms of travel, nudist holidays and experiences are also on the rise – we take a look at some options below...



Inside the nudist cruise around the Greek Isles with ‘no photo zones’

Nudist cruise

The Big Nude Boat trip runs next year, 2023, from February 12 in Florida until February 26. The naked ship’s journey will include several “fun nude days at sea” before heading to St Thomas, St Kitts, Antigua, Grand Turk, Amber Cove, Princess Cays and Half Moon Cay.

The Caribbean islands will require clothing, but while on-board the ship passengers are welcome to forego their clothes.

The Carnival Pride ship will also offer some nudist days while on land.

The Cruise Bare website states: “The highlight of the cruise will be our exclusive visits to the private beach resort of Princess Cays and a day at the beach at everyone’s favourite private



Nudists take a cruise (Image: Corbis via Getty Images)

island of Half Moon Cay in the Bahamas.

“These two days of nude sea, sun and fun will be a return to bare-adise.”

Find out more at cruisebare.com.

Naked festival

Festivals are usually full of loud music, mud and fun outfits, but at Nudifest you don’t need to buy a new wardrobe.

Returning to Thorney Lakes in Somerset in July 2023

Nudifest brings together daytime activities and nightly entertainment.

Some of the fun from the 2022 Nudifest included body painting, dance classes, clay pigeon shooting, archery, drum workshops, arts and crafts and choir meetings.

In the evening nude festival goers could dive into quizzes, karaoke, discos, live bands, fire walking, astronomy and more.



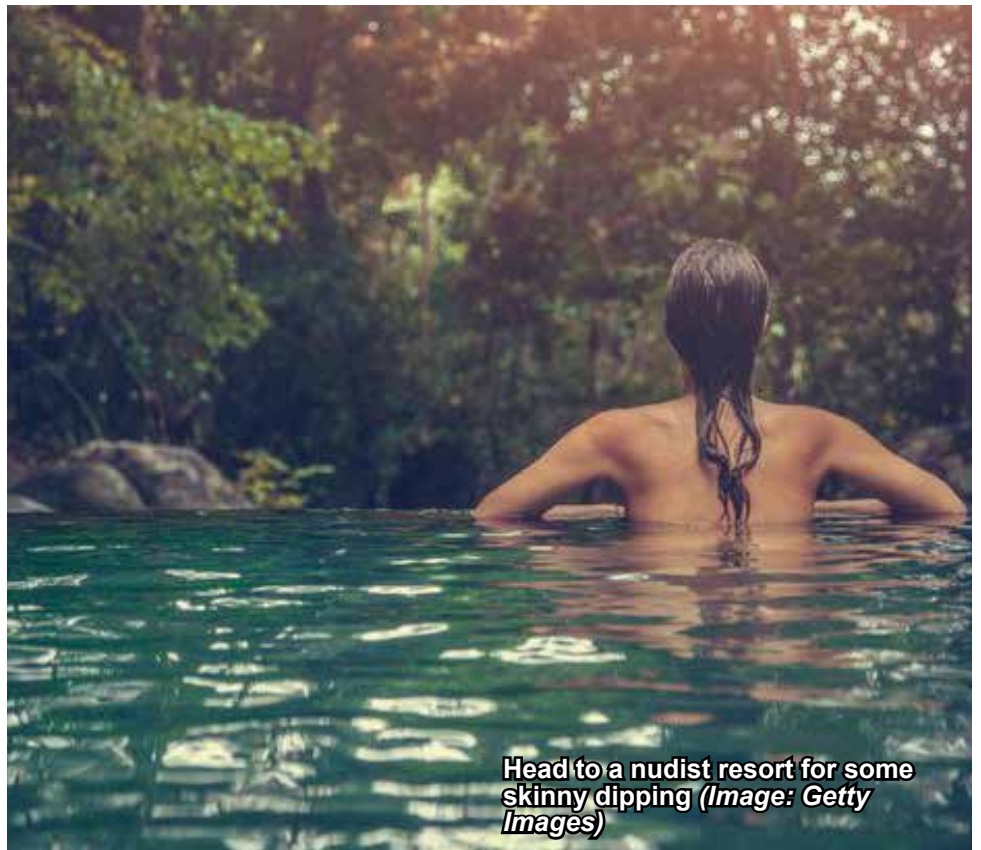
The Pines Outdoor Club in Longhope (Image: BPM MEDIA)



There are four camping zones with toilets, showers and electrical hook ups as well as parking, and there were plenty of visits off site to cider farms, railways, carriage rides with horses and boat trips. Tickets for Nudifest 2023 start from £189. Social media star Kate tried out a naked festival earlier this year – check out her thoughts here. Find out more at shop.bn.org.uk.

Naturism abroad

Across the Channel, France is known to have a number of naturist resorts available to those who want to strip off. One popular nudist holiday area is Bagheera Village Naturiste. The gorgeous resort is based in Linguizzetta – a commune on the French island of Corsica. It's a family-friendly naturist resort with a garden, shared lounge, kids club and restaurants as well as easy access to a stunning beach with crystal clear water. All rooms come with a terrace and there are private bathrooms with showers. The closest beach is Bravone Beach just 1.4 miles away which boasts a swathe of yellow sand and plenty of swimming areas. Plus there are plenty of activities from aerobics to walking tours, tennis to snorkelling and windsurfing. There are plenty of places to stay in Bagheera from villas to chalets, mobile homes and camping pitches. Villas cost from around 111 euros per night (£96). Find out more on [Booking.com](https://www.booking.com).



Other famous French nudist resorts include Cap D'Agde – one of the oldest and largest of its kind – and Euronat.



Naturists grocery shopping in Cap D'Agde (Image: Getty Images)



(Image: Tribune News Service via Getty Images)

Nude staycation

There's a gorgeous award-winning nudist retreat on a bluebell farm by the Essex/Sussex border that offers accommodation in a total of seven properties. Pevors Farm, which features on the British Naturism website, contains five cottages and two apartment for those looking to holiday in the buff. Facilities in the back-to-nature mini-resort include Wi-Fi, a hot tub, an indoor pool and plenty of clothes-free walks around meadows and ponds. There's also a games room, sun room, BBQ, and secluded sunbathing areas with hammocks on the site. A boules court, pool table, indoor carpet bowls, table tennis and more are available to guests for no extra cost.

Let's go naked camping

Stephanie G

I can never think of November, specifically Thanksgiving Day, without smiling. I was with my two children at my parents' house about twenty years ago. It was my first Thanksgiving as a single parent, and I was grateful to be in my parent's company. But some of the warmth seemed to be missing, and I believed it was because my parents canceled a camping trip last minute to accommodate my sudden life change. Life seemed gloomy around my son and daughter as they adjusted to life without their dad. My daughter had just turned eight on Halloween night, and my son was nearing six. He was confused, and my daughter somehow blamed herself for her parent's separation. Dinner was pleasant, and the food was amazing, as always. My dad should have been a chef instead of a car salesman. We were having dessert when my eye fell on a magazine that seemed hastily stuffed in the magazine rack. Something about the slice of the visible picture had me confounded. It looked like the naked backside of a person but could have been a bare shoulder. I don't know why the magazine kept tugging at my conscious. I finally pulled it out, and my parents stopped talking in mid-sentence. It was a picture of a naked couple with what looked like their grandchildren. All naked. I looked up, and mom turned pink-faced. Dad's jaw was moving, but no sound emerged from his mouth. "What's this?" I asked, perplexed while trying to figure out what AANR meant. Dad cleared his throat several times and encapsulated the nudist lifestyle. Mom was so red I was afraid she would explode. "Your mother and I are nudists."

He finally said. "Cool." My son exclaimed! "I love being naked! Right, mom!" He picked up the magazine off the table where I'd placed it. Then, before I could take it away, he shouted in delight. "Mom! Look! Naked camping. Can we go?" It was my turn to blush. My daughter followed the conversation with a slight grin, sensing everyone's embarrassment. It was my turn to blush. My daughter followed the conversation with a slight grin, sensing everyone's embarrassment. Young children have no filter. "Were you and Grandma going naked camping today? Is that why you seemed so grumpy, Grandpa?" "Yes, we were, but I wasn't grumpy." Meanwhile, my son was tearing through the pages. Bypassing the articles and stopping to look at the photos. "Can I go naked camping with you and Grandma? I'll behave, I promise!" Mom and Dad looked at me, and I shrugged. I have seen thousands of naked people in my nursing profession; nudity didn't faze me. My children have seen me naked many times and often walked around nude. "You can if you want to." Mom said to him. His smile was radiant, his eyes full of excitement.

"What about you, Jenny? Wanna go too?" My daughter looked around the table. "It looks like fun," she said, opening the page of a vacant playground. "I'd go. It will be different and maybe fun." My parents suddenly smiled as if they had received an earlier Christmas present. I don't know why they never shared this with me before, but I understood why they may not have wanted to. It was when I first discovered that my parents were nudists and that my children also wanted to be free of clothing in public and in the confines of their home. The following weekend we all crammed into my parent's motorhome and went 'Naked Camping' as a family. A year later, I bought a small used pull-along and began joining my parents on trips and taking some of our own. I believe it was the best thing my children and I ever ventured on together. Today, my children and I still go camping together at various nudist resorts, but now with their spouses and my two grandchildren. When camping time is near, my son always shouts, "Let's go Naked Camping!" Thanks for allowing me to share my story in your newsletter. I am looking to make a trip to Sunny Sands in the spring, hopefully with my son and daughter's families.





Nearly 7m people in UK identify as naturists or nudists, survey suggests

“

Findings represent big increase on previous figures and upend perception of naturism as 'something old retirees do'

”

Amelia Hill

British Naturism said the online survey, which had almost 2,500 respondents, was likely to give the most accurate picture ever of naturism in the UK. Temperatures may be falling – and there is now a nip in the air – but enthusiasm for getting naked is rising at an unprecedented rate in the UK. The biggest survey ever into naturism has found 14% of people now describe themselves as naturists or nudists: an estimated 6.75 million – or one in seven people.

The findings by the polling firm Ipsos are a huge increase on previous figures: the last survey done by the members organisation British Naturism, in 2011, found almost one in 17 people (6%) in the UK considered themselves to be naturists or nudists. That itself was a substantial increase from 2001, when the percentage was 2%.

“It turns out that there’s a huge, hidden enthusiasm for nude recreation,” said Dr Mark Bass, the president of British Naturism. “Attitudes to nudity are changing with taboos and stigma being eroded.”

He added: “Modern society is weighed down by a body confidence crisis and more and more people are discovering the benefits that nudity brings to mental, emotional and physical health by allowing us to reclaim ownership of our identities.”

The latest survey fielded responses from almost 2,500 people aged 16 to 75, and was likely to give the most accurate picture ever of naturism in the UK because it was conducted online, said Bass. “The other surveys have been face to face. I can imagine that a fair few people might not be entirely honest with someone asking the question on their own doorsteps while answering an anonymous, online survey in the privacy of one’s own homes might elicit a far more honest response.”

The survey also found that while naturism was “often perceived to be something that old retirees do”, it was in fact the

younger generation who were far more likely to identify as naturists or nudists, with almost half of respondents aged 16 to 24 doing so, compared with just 6% of those aged 45 to 75.

“There’s a huge imbalance in engagement,” Bass said. “In 2011, when the survey was last done, the proportion of people who said they were naturists were equally split across the age bands.”

“Younger people really are diving into it far more than their elders have done,” he added. “That gives us a lot of confidence in the future. This is a newer, modern way of living that younger people are engaging with rather than just maintaining the status quo.” The survey gave respondents a definition of naturists as people who engage in activities such as sunbathing and swimming without clothes in the company of people other than their partner or family – or in a healthcare setting.

Respondents were asked to select any activities they had ever done before (but not as a young child) from a list of four (swum without a costume;

sunbathed without a costume to get an all-over tan; been on a naturist beach overseas; or visited a British clothes-optional beach resort or club).

Katy, 17, realised she enjoyed naturism this summer. "I think it was because we were all closed up for so long over lockdown," she said. "A group of us went swimming in the lakes over the summer and decided on the spur of the moment, to take off our costumes. Then we just hung out afterwards, not bothering to get dressed. I realised it was so freeing. I'm definitely thinking of doing more structured naturist activities next summer. There's something really liberating about it."

Almost 40% of those surveyed by Ipsos said they had engaged in one or more of the four listed activities. Skinny-dipping was particularly popular, with 21% of respondents saying they have swum without a costume. More than 20% said they had been naked in the company of people – in real life or online – other than their partner, immediate family or in a healthcare setting on at least one occasion in the past 12 months.

Bass said he was not surprised by the increase: the 9,000-strong membership of British Naturism grew by about 2.5% over lockdown, with more than 15,000 people attending

organised naturist events across the country. "We were worried that the lockdown increase would turn out to be just a Covid-bounce and would disappear but the enthusiasm hasn't receded at all," he said. "When we used to put on events, we worried about whether we were going to break even. Now we're trying to figure out ways to increase capacity because activities sell out. "When we spend time naked with others we realise that we all have scars and flaws, and that we don't need to compare ourselves with an airbrushed model," Bass added. "Naturism gives us the freedom to be ourselves and have a lot of fun."

Great news!

During the recent INF Congress held in Luxembourg, the Chairman of SANNA, Christo Bothma, was elected as Assessor for Africa/Asia/Pacific. That means that he will be responsible for all the Naturist Federations which are members of the INF, in Africa, Asia and the Pacific. Christo is the first SANNA Chairman to not only serve on the INF General Assembly but also on the Central Committee of the INF. **Well done Christo!**

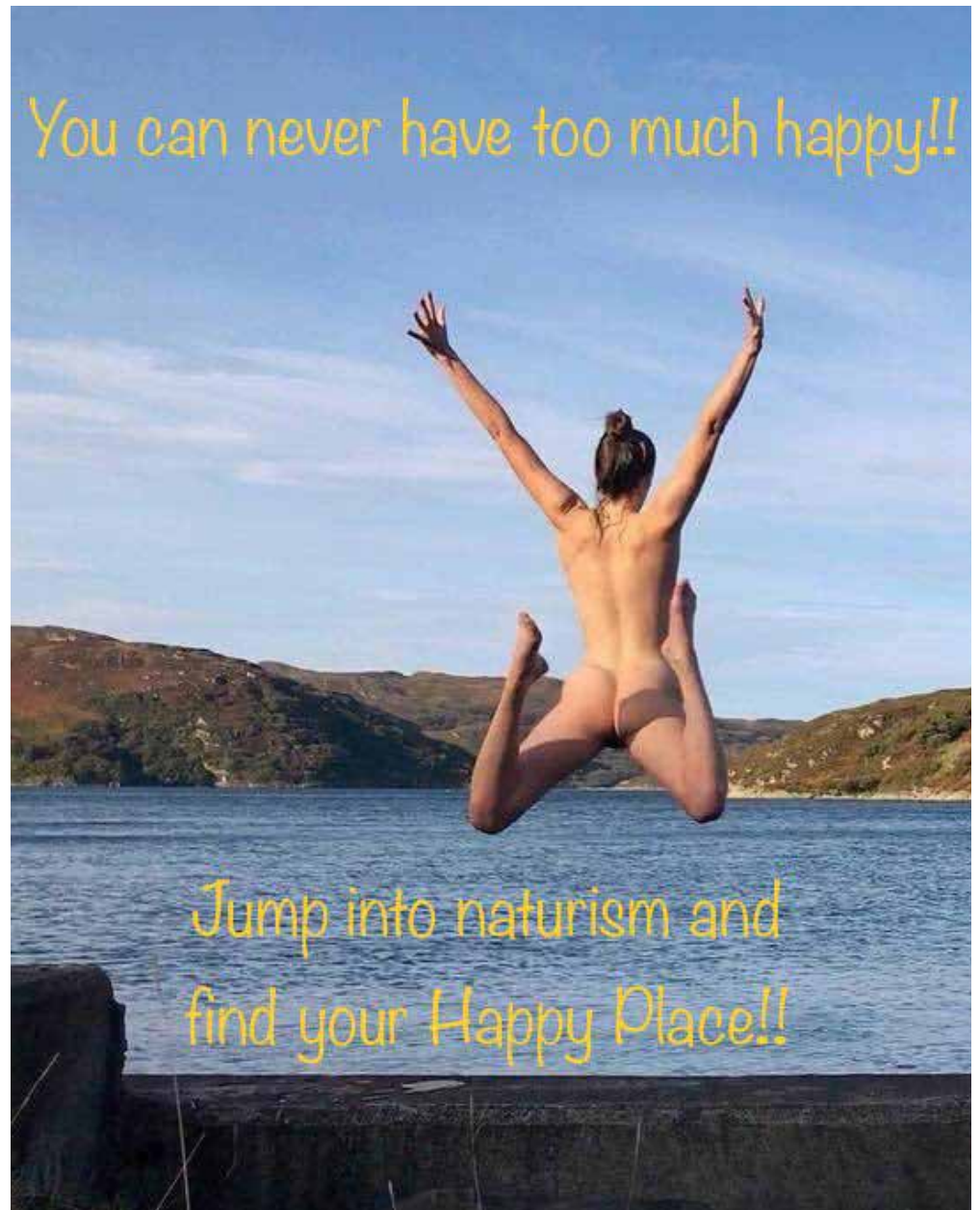




PHOTO CREDIT: © Daniel Carlson (author)

Scientists warn that marrying a nudist may ruin your sex life

Before you put your clothes back on, read to the end!

“

Examining the alleged phenomenon as to how repeated exposure to non-sexual nudity will make humans “less sexy”—whether naked or clothed at a later time!

”

Daniel Carlson

Researchers in Boston have recently released a study that seeks to provide evidence of what everyone already knows. **Hanging out with**

naked people will undermine your sex drive.

A cohort of post-doctoral students at the New England University for Dysfunction (NEUD) have attempted to track the sex lives of 100 nudist couples over the past ten years, though the study has proven statistically invalid as most of the subjects of their study are no longer married. When asked why their relationships failed, most participants replied with statements like, “Once I saw all those people at the nude beach, my libido simply dropped off. Who wants to see your husband naked after watching all those hunky studs in the surf?” One recently divorced male

subject from the study, Dustin Myplace, spoke candidly about the dissolution of his marriage, which he attributes directly to his wife’s insistence on visiting a local nudist resort nearly every weekend.

“At first I thought I was the luckiest guy on earth,” said Dustin. “I’d come home from the office day after day to find my wife cooking naked in kitchen. She simply refused to put clothes on unless the house was freezing.”

Dustin was visibly shaken. “But then, I found myself longing for those bachelor days where I could sit up by myself late at night watching porn. But once married, my naked wife just

kept flaunting her naughty bits around the house everywhere I looked. I honestly think I could go the rest of my life without ever seeing another naked woman.”

Dr. Alma Nevernude, the primary researcher on the study says that Dustin’s case is not unique. “We have a whole generation now that didn’t have to rely on those magazines stashed under their fathers’ beds,” says Nevernude. “Millennials grew up with easy access to internet pornography. In fact, most simply couldn’t avoid it. Now they represent an entire generation that never thought twice about watching humans copulate — unabashedly naked — on their phone or computer, but had never actually seen a naked human in person until that first date

from Tinder or Bumble.” (Unless, of course, they frequented the local nude beach, further exacerbating the desensitization process.)

Many went on to say that, after seeing other naked people on a regular basis, they had to ask their hook-up partners to go back in the bathroom and put-on more clothes as they no longer found nudity to be alluring.

“I see naked people all the time. Please put that thing away!” One participant quipped, quoting a frustrated partner. Dr. Nevernude goes on to say that the phenomenon is even worse in Germany and France, where casual nudity is even more common, further evidenced by the dramatic drop-off in those couples willing to have children.

“We had thought for a long time that people in Europe were simply more concerned and conscientious about global warming and all the other political drama over recent decades, and thus, had decided not to have children.”

Nevernude thumbed through her research as she spoke. “As it turns out, these people have been going to nude beaches and spas where nudity has been allowed for an entire generation now, and they find nothing even remotely intriguing about seeing a naked human. They simply aren’t interested in having sex anymore. And therefore, no children!” While the NEUD consortium remains diligent in the quest to back up their research with statistical data, a sex-researcher in the UK, Sel Abbott,



“Naked and alone” PHOTO CREDIT: Kyle Cleveland on Unsplash

has adopted a much more pragmatic and experiential approach. He identified ten subjects on the internet, all of whom said that their relationships with nudist partners had uniformly ended in disaster, as their cohabitants finally grew weary of living in a sexless household, and subsequently, went out scouring the nightclub scene for prospects bedecked in seductive clothing. With a singular exception, those relationships all ended abruptly. Casual nudity was the apparent common cause.

In a land-breaking experiment, Abbott was able to procure horse blinders from the local feed and tractor store, adapting them for use by humans. He then transported his ten subjects to the famous three-mile-long beach on the eastern shores of Corsica when he instructed participants to put on the blinders, then walk the length

of the beach with their eyes pointed straight ahead. An electronic sensor on the back of the neck monitored the subjects' slight eye deviations when they attempted to gaze off in one direction or another, while another measured the heart-rate of those who had apparently spotted another naked human out of their peripheral vision. While the sample was small, the study was conclusive in determining that those who had the discipline to fix their gaze straight ahead while avoiding the visual stimulation of seeing other naked humans were... "horny as hell" ...by the end of the beach walk.

One participant replied, "I was so relieved when I finally reached the end of the nude beach and saw all those Italians in skimpy bikinis. My God, they looked hot! I'm never going to a nude beach again!"

It's worth noting that research on this matter remains largely inconclusive, though there are innumerable comments by self-anointed experts here on MEDIUM that provide clear statistical evidence that encountering naked people in a non-sexual environment will finish off your sex drive once and for all.

Says one anonymous regular on the platform, "Nothing does it for me like a plunging neckline. Make me look at fully exposed

breasts day after day and I may as well commit myself to celibacy for life."

The inquisitive team from NEUD is currently seeking funding from the National Science Foundation (NSF) to conduct additional studies on the matter. In the meantime, if you value your marriage, or ever hope to have sex

with your spouse again, you'd best avoid nude beaches at all costs. A day frolicking in the sun is simply not worth destroying a lifelong relationship.

AUTHORS NOTE: This piece is intended as satire, while inspired by innumerable comments on this platform and countless others, where readers — predominantly men — leave remarks about how repeated exposure to non-sexual nudity will make women "less sexy," insisting that casual nudity is outright ruining their sex lives. It seems to this author that such ideologies represent the most compelling (or maybe... repelling!) evidence of objectification he's encountered

to date. It's insulting to naturists, disrespectful to women (and men), and moreover, completely devoid of scientific evidence of any kind. Should the (fictitious) researchers at NEUD wish to complete their study, perhaps they should visit a naturist place in Europe where they will have plenty of subjects on hand to produce a compelling and statistically viable study. That is, if those naked folks have time to engage in such a conversation while on holiday with children in tow. (And we won't even talk about those long afternoon naps so commonplace in Spain and the South of France. Nap.... pffff!)

Additionally, should you wish to read the story of a real naturist couple who defied the odds of the celibate life, even while raising three children, you can read that here.

P.S. Ironically, I had to change the featured image for this piece (now appearing in the middle of the article) as Facebook bots identified it as too revealing, and warned me about shutting my account down. Maybe the social media bots are actually the same dudes that write those bizarre comments about nudity!

I write about naturism, travel, and other parts of the human experience simply for the joy of writing. Totally worth it. But every time somebody spends time reading one of my stories, I earn a few cents to help pay the overhead costs of being a blogger. It's only a few dollars a month to subscribe to Medium, which gives you access to thousands of authors and their work. And if you subscribe by going to the link below, I receive an incentive for that as well. Support naturism and thoughtful writing. Subscribe to MEDIUM...

*Join Medium with my referral link - Dan Carlson | Meandering Naturists
Read every story from Meandering Naturists (and thousands of other writers on Medium). medium.com*

“

That is, if those naked folks have time to engage in such a conversation while on holiday with children in tow. (And we won't even talk about those long afternoon naps so commonplace in Spain and the South of France. Nap.... pffff!)

”

Thousands flock to Druridge Bay in Northumberland for North East skinny dip 25th September

Patrick Gouldsbrough

Thousands of thrill seekers bared all and went skinny dipping on the Northumberland Coast this morning, as the annual North East Skinny Dip took place to mark the Autumn Equinox on Sunday (September 25) morning.

Taking place at Druridge Bay in Northumberland, countless people flocked to the popular tourist spot this morning – but it wasn't to lay on the beach or go for a walk.

In what was brisk and bracing conditions on the coast, thousands of people were seen stripping off and making their way into the sea, while others

could be seen standing on the sand.

Read more: Health inspectors slam Chilton Chippy after rat droppings found in kitchen Despite the skinny dippers taking to Druridge Bay – there is a purpose for doing this.

As well as the participants marking the Autumn Equinox, it was also a chance for the North East Skinny Dip to raise money for mental health charity MIND. On the event's charity page, a post reads: "North East Skinny Dip is an established and popular annual mass skinny dip which takes place on Druridge Bay in Northumberland.

"It is a celebration of life, of nature, and of our own, unique

bodies.

"It is about taking a risk and embracing a moment of pure joy and freedom. And, perhaps most importantly, it is about coming together and supporting each other in this crazy thing called life."

The post went on to say that there "is no better way to celebrate the Autumn Equinox than stripping down to skin at sunrise and running wild and free into the North Sea".

This year's event also marked the tenth anniversary of the regional skinny dip, with 850 people turning up last year. However, this year's event was bigger and better – with over 1000 thought to have attended.



Thousands of skinny dippers flock to Druridge Bay. Pictures: PA MEDIA

Nudists get naked for their health—and for enlightenment

Ally Sweeten

It's time to lose those clothes: Stripping down may be one way to boost your sexual well-being. We all begin life in our birthday suits, and babies running around in the buff are often seen as innocent and endearing. But as you age, clothes come on and nudity becomes increasingly taboo.

However, research shows there are benefits to embracing nudity. Whether you're a natural-born exhibitionist or not, stripping off layers may work wonders for your comprehensive health.

Nudity for newbies

Nudity is not inherently sexual. There's not necessarily any erotic context to getting naked for a shower, getting dressed in the morning or getting undressed for bed.

"Nudity and sexuality are not the same things, no matter what distorted messages you've been subjected to after the so-called sexual revolution," said Dan Whicker, director of sales and marketing for Cypress Cove Nudist Resort in Kissimmee, Florida. Cypress Cove was featured in the Netflix docuseries "Worn Stories."

"An uncovered body does not imply sexual activity; it's just an uncovered human body. We all have one."

Nick and Lins, a globetrotting naturist couple from Belgium who prefer to use only their first names, document their nude-centric travels at nakedwanderings.com.

"We believe that this has a lot to do with culture and education," they said in a joint statement.

"People who are being taught from a young age that the human body is sinful or ugly are obviously much less likely to feel comfortable naked."

They added that body image plays a big role in a person's comfort level with nudity.

In most societies—particularly in Western cultures—nudity is generally taboo. Aside from brief encounters with other naked bodies, in locker rooms for example, there are few places where it's acceptable to stroll around without clothes. This lack of familiarity with the naked form furthers our societal belief that nudity is unacceptable.

'By hiding what nudism is, we only feed the stigma that we must be doing something wrong.'

For example, Nick and Lins said nudist resorts with high fences and high exclusivity may be counterproductive to acceptance.

"In fact, by hiding what nudism is, we only feed the stigma that we must be doing something wrong," they said. "This is still happening a lot in the United States. In Europe, on the other hand, nudist resorts are more and more opening their doors to the press and the general public to show the world that we're actually doing nothing that special."

In fact, the idea of nudism is nothing astounding in a number of areas in Europe. Within German-speaking countries, the expression "FKK" (short for

Freikörperkultur, which translates to "free body culture") has been used for a long time to describe nonsexual

nudist lifestyles in a positive way. Presently, Britain is hopping on the bandwagon with its own surge of naturism.

Whicker said the remaining resistance to nudity comes from far ends of ideology. On the far right is the view that the human body is somehow bad and dirty and needs to be covered. On the far left, the body is a sexual object that needs to remain covered to maintain a craving for sex.

"The answer to our fears and shame lies in the middle of that spectrum, where we respect all aspects of being human," he added. "There would not be societal disapproval toward basic, nonsexual nudity if we stopped seeing only bodies and started seeing people."

Nudist communities

Acceptance of nudity may help with overcoming shame, creating feelings of genuineness and equality, and combating the tribulations of an oversexed society, Whicker said. In nudist communities—including resorts, clubs and other destinations—this phenomenon is abundant. Nudist resorts have virtually the

same amenities and activities as any other resort, except no one is wearing clothes. According to testimonies, these resorts present fewer artificial boundaries, greater self-respect and greater appreciation of others and nature. "Clothes create much larger

boundaries than most people expect," Nick and Lins said. "When there are no clothes, it's much harder to determine

“

"Your body is not bad, it's a gift," Whicker said. "Your body is not to be objectified, it's to be respected. Your uncovered body is not a source of shame, it's simply a natural state of being."

”

the background of a person. It happened to us several times before that we've been talking to someone for hours until we figure out that they have a board position in a major company." Whicker sees naturalism as a great equalizer.

True nudist resorts are appropriate for the whole family and have people from all walks of life. Whicker described them as being microcosms of a greater society. At Cypress Cove, he explained that safety and respect are essential. Newcomers undergo a screening process, including running IDs through the national sex offender database, and rulebreakers are banned.

Though there are many horror stories about gawkers, voyeurs and pathological exhibitionists, Nick and Lins said such claims are nowhere near as common as people seem to think. They advised first-timers to choose a private resort instead of a public nude beach for their best debut into the naturalist experience. They added that it takes only about 30 minutes to acclimate to naked living. Once the initial shock and discomfort wear off, the philosophy comes together and makes perfect sense, they said.

The naked truth about your health

Nudism—which Whicker defined as a lifestyle of going without clothes whenever it's possible and practical—has a spectrum of benefits for your health.

"Getting naked frees the body of so much," he said. "Why do you think we can't wait to remove our shoes and clothes when we get home from a long day of work? Our bodies instinctively know that such a restriction is bad for our health."

Whicker and Nick and Lins pointed out the perks of outdoor nudity, including vitamin D absorption from sunlight and the benefits of fresh air. Furthermore, the mere act of being in nature has been shown to have positive impacts on



mental well-being, such as reducing stress and increasing happiness.

Whicker listed easier temperature regulation and better blood flow as further arguments for taking off a few layers, especially tight and otherwise uncomfortable clothing.

"When the body is free and unencumbered, so are the mind and soul," he said. "There's a sense of freedom that cannot be experienced when you're wrapped up tight in a costume that may or may not convey who you really are."

Being comfortable in your own skin can improve interpersonal relations by helping you relax into any sexual experience. Plus, the subsequent confidence boost has constructive influences on your sexual health. Being comfortable in your own skin can improve interpersonal relations by helping you relax into any sexual experience. According to Whicker, some survivors of sexual abuse have even found nudism to be cathartic because it changes how they perceive their own body and other people's bodies. In this way, the nudist rejection of societal oversexualization can actually be sexually empowering.

Nick and Lins reiterated the body image benefit of nudism, especially in social settings.

"To most people, their only reference to what other bodies look like is through media," they said. "At a nudist place, you'll find all kinds of people and body shapes...you quickly notice that everyone has their strengths and flaws, and this helps you accept your own flaws and makes you feel better in your body."

"Sex begins in the mind," Whicker said. "If you can control your mind, you can enjoy being nude with others without shame, fear or lust taking over. This is where the true mental and spiritual freedom of nudism manifests: learning that nudity does not equal sex, other people are not sexual objects for your viewing pleasure and that the best sex starts with intimacy, which is achieved by knowing your partner first as a person." Whether you evolve into a full-fledged nudist or want to stroll around nude at home, the important goal is to develop the right mindset toward the human body.

"Your body is not bad, it's a gift," Whicker said. "Your body is not to be objectified, it's to be respected. Your uncovered body is not a source of shame, it's simply a natural state of being."

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 | Wayne | chairman@kzanna.org.za | 078 348 9197 |
| Gauteng Naturist Association (GNA) | Emelia | chairman@gna.org.za | 083 543 2816 |
| KwaZulu Natal Naturist Association (KZNNA) | Wayne | chairman@kzanna.org.za | 078 348 9197 |
| Limpopo | Emelia | chairman@gna.org.za | 083 543 2816 |
| Mpumalanga | Emelia | chairman@gna.org.za | 083 543 2816 |
| Northern Cape | Christo | chairman@sanna.org.za | 073 178 0779 |
| North West Naturist Association (NWNNA) | Emelia | chairman@gna.org.za | 083 543 2816 |
| 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



Harmony Nature Farm

Pieter

pietermyburgh32@yahoo.com

074 185 7630



Kiepersolklouf Naturist Resort

Magda

info@kiepersolklouf.com

082 875 5991



SunEden Naturist Resort

Monique or Kathy

reception@suneden.com

071 658 0165

Naturist Friendly Establishments



Bare Necessities, Swellendam

Neels

notneels@gmail.com

082 567 1816



Belle Isle B&B, Trafalgar

Neville

neville@nctec.co.za

039 313 0067



Bird of Paradise, Vanderbijlpark

Deon/Dave

dd.cascades@gmail.com

083 331 7779



Impenjati Backpackers, Palm Beach

Gordon

mpenjatibackpackers@gmail.com

061 406 9860



Kingfisher Lakeside Retreat

Melissa

kingfisherlakeside@gmail.com

074 170 4242



Lyttel Cold Circle, 73A Gold Circle, Centurion

Harry hpsepela@gmail.com

082 651 5868



Palm Beach Chalets, Palm Beach

John/Mandy

039 313 7533



Sun Kissed Villas, Houtbay

Charl

gnatural@iafrica.com



Chairman's Chat @GNA

"Time flies when you're having fun!". Gauteng Naturist Association had a bumper year with new members, meet and greets, events, camps and get-togethers. Our social media

style. Every like and click on our website and social media pages means one more person that is not rejecting it and will know where to turn if they are ready to take off their clothes in public. The highlight of the last quarter of 2022 is the fact that our paid up membership figure has at long last crossed the 500 member threshold. We have a new target of reaching 600 by July – and we need everybody's

It is quite unbelievable, but here we are at the end of 2022. What a year it has been and it is indeed true to the saying

figures have climbed and climbed which means that people are interested and reading up about the naturist life

“
save the date
 – 04 March 2023 at
SunEden where we will
have our AGM

help to get there. Invite your friends and family – the more people we have behind us the more we can achieve. And to

”

those loyal GNA members that faithfully renew every year, thank you from the bottom of our hearts. Our 2023 events calendar will be out soon, we will update you with that as soon as we can. But for now save the date – 04 March 2023 at SunEden where we will have our AGM. There will be free day visit entry for all SANNA/GNA paid up members. Let's make it great and have as many members there as possible, GNA is there for YOU. Next year is our 10th Birthday as well, don't miss out! And then of course I simply cannot end the year without thanking the GNA Manco who worked so hard behind the scenes to keep our Association going – Elna, Henry, Eddie and Nico. Well done guys, let's do even better next year!

Nude Regards
Mila

Gauteng Naturist Association

Annual General Meeting

2023

You are cordially invited to join us at our AGM to be held at SunEden Naturist Resort

04 March 2023 at 10:00

Free day visit for SANNA and GNA paid up members
 Book in advance as accommodation will be limited
 We hope to see you all there and spend the day with
 GNA



GAUTENG
 Naturist Association

Naked Wanderings, Bird of Paradise and a year end function

Mila

GNA Chairlady

The GNA Manco was in the privileged position to spend the weekend with Nick and Lins at Bird of Paradise . This was totally unplanned as year end's happen, but the Naked Wanderings duo was there and we made the most of it. Our hosts, Deon and Dave was, as we know them, on point and it was indeed a 'mini holiday' as I always call it . It was fantastic to have a behind the scene's look at how Nick and Lins operate their world travels journalling, their dedication and love for the lifestyle is inspiring to all. I am sure I can safely say I do not know many South African naturists who do not follow them on social media –

and for those who did not know them before, I am quite certain you will now. What I did enjoy, was getting to chat to them about the European and American resorts and trends. South Africa is not doing too bad considering the challenges we face and GNA will endeavour to bring some of that knowledge into our Association too. We will continue to promote the lifestyle far and wide, and if our members participate a very strong and healthy GNA will emerge. Our Saturday evening was a

Christmassy affair, with lights and sparkly things, and of course a meal fit for kings. This surprised and entertained our overseas guests and they explained that our early celebrations are most strange to them. They don't know these South Africans yet, we love to start a party early and continue to do so until January. A heartfelt thanks to the gents at Bird of Paradise for everything and making it possible for us to end our year on such a high note. Much love to you all and may you have a very blessed Christmas and happy new Year.





Kwa-Zulu Natal Naturist Association



Drakensberg Mountain Retreat weekend 25-27 Nov 2022



Christo, KZNNA Marketing

KZNNA once again arranged a very nice venue to host a great weekend for their members.

The weekend started on a very high note, high up in the Drakensberg mountains. This was the last get together for KZNNA for 2022.

We had booked the whole resort and there were 32 people who attended.

We also had guests that spent the weekend with us. KZNNA had to book the whole resort in order for us to create a naturist environment, there were no staff to attend to the usual cleaning tasks.

Nick and Lins, the famous couple from Naked Wanderings, also enjoyed the weekend with us and the Chairman of SunEden, Ben and his wife Carol enjoyed the weekend with us too.

On arrival on Friday, we were greeted by a huge thunderstorm, with hail and lightning which resulted in a power outage for the entire weekend.



Lana chatting to Nick & Lins

that was a huge hit. There was a nice Pub Quiz hosted by our Chairman on the Friday evening and prizes were also up for grabs. As usual the questions were random and for some we had to dig deep for the answers. And then the preparation for the Darts competition...



KZNNA Members

A nice fireplace provided for the ideal fire to heat the body and spirits.



Being without power did not dampen the spirits and everyone still had a good time.

Huge fires were made to keep the cold out and we had some games to keep everybody occupied.

The plan was to play Croquet, Petanque and Darts. With the rainy weather the Croquet and Petanque did not happen. The darts could be done indoors and



Naked Brewery and Eat Naked donated prizes, which encouraged all to participate.



As usual we had a huge Friday night supper that Lana had planned, and everybody did their share to make it a huge success. It was a challenge to get food ready for 32 people with just a few candles.



Lana in the kitchen..Planning... and operating as the Naked Chef...



On Saturday mist covered the whole mountain most of the morning, but this made for stunning views.



And when the mist cleared and there was some sun, everybody enjoyed the outdoors.



The main event was the braai Saturday evening with a fancy dress dance that followed, all by candlelight.



The horses also wanted some attention from the naturists. BUT alas, they were not allowed inside.



KZNNA Members Wayne and Jeanne with Nick and Lins



Memories for LIFE.

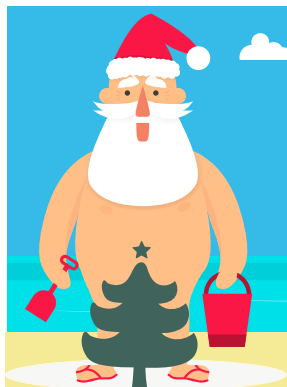


World Naked Gardening Day



22 October 2022

National nude day



*May you enjoy a blessed time with friends and loved ones.
May all the years' troubles fall away like your clothes on a sunny day.*

*May your spirit enjoy the freedom of a fresh breeze.
And may your braai fires burn great memories into the future.*

Season greetings for 2022...