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LETTER FROM THE CHAIRMAN

Our SANNA AGM was held on Wednesday, 22nd June and the SANNA MANCO confirmed the appointments/election of SANNA MANCO Members as follows:

Chairman: Lofty
Vice-Chairman: Francois
Secretary and Editor: Gerda
Treasurer: Christo
Marketing: Henry
Events: Lana
ECNA: Chris
Additional Member (WCNA): Louis
Additional Member (WCNA): Sigi
Additional Member (NWNA): Gerhard

I look forward to working with the MANCO of SANNA and I thank them for putting their faith in me to head up the Association.

In Gauteng, summer is nearly here, the day temperatures in August have been much warmer than last year August. The 4 SANNA Associations, WCNA, GNA, KZNNA and NWNA have all been busy building their membership numbers and they have all been planning events which will provide our SANNA members with lots of fun and fellowship.

The highlights of those include major annual events:

Fun Day and 21st Birthday Weekend 26th to 28th August at SunEden
GNA Big Bash Beerfest Weekend 23rd to 25th September at SunEden
NWNA Camping Weekend 25th to 27th November at Kiepersolkloof
WCNA Camping Weekend 27th to 29th January, 2017 at Badensfontein
KZNNA Easter Weekend 14th to 17th April, 2017 at Mpenjati

Please support those major events.

Apart from the above events, the following events are designed to help and support potential new provincial associations:

ECNA Braai on either Saturday, 15th or Sunday, 16th October in PE.
GNA/MNA Weekend 4th to 6th November at Troutways, Mpumalanga.

WCNA, GNA, KZNNA, and SunEden arrange events almost monthly during the summer months so watch the various websites and Facebook groups for all those events. A good starting point is the SANNA website: www.sanna.org.za. If you are on Facebook and if you wish to join any of the Facebook groups in any of the
provinces, please send me a friend request and a message asking me to add you to a secret, closed or public
group. My Facebook profile is: Athol (Lofty) Lutge. There are secret groups of SANNA, GNA (Gauteng),
KZNNA (KZN), NWNA (North West), MNA (Mpumalanga), LNA (Limpopo), FSNA (Free State), NCNA
(Northern Cape), ECNA (Eastern Cape) and an open group of WCNA (Western Cape). Some of these also
have closed or open (public) groups.

In the past few months, a few of our websites were re-done completely. I am grateful to Henry, Charles and
Joxilox Tours website: www.joxilox.com which is for naturist tours. The existing website of Western Cape
Naturist Association is www.wcna.co.za but within the next month or so their new website will change from
.co.za to .org.za so in October please visit: www.wcna.org.za.

If you are on Twitter, please follow me @SANNAChairman and let me have news and events which I can add
on Twitter.

If you have any photos and articles which could be published in the SANNA Newsletter, please email them to
editor@sanna.org.za.

If you are reading this newsletter and you are not a paid up member of any of the SANNA Provincial Naturist
Associations, please send an email to me at chairman@sanna.org.za or to Francois at
vicechairman@sanna.org.za and we will put you in contact with your nearest association contact person.

We hope to see you at one of our events!

Regards,
Lofty

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**SECRETS BEACH – PORT ELIZABETH**

By Chris Elliott

If you drive in a southerly direction from the main beachfront in Marine Drive, Port Elizabeth you will pass the
University and the entrance to Pine Lodge. Shortly after you pass the Rifle Range, you round a bend in the
road, and come across a car park looking back across towards the Cape Recife Lighthouse.
This car park is known as Lookout, and is near to one of PE’s not so well kept secrets, the nudist beach. The beach was known to the surfers as the “secret spot” many years ago and is now just called “Secrets”.

From the car park it is about a twenty minute brisk walk towards the rifle range and lighthouse, over sand, stones and a few rocks. About halfway along the beach, next to the first row of dunes, there is a natural hollow that overlooks the sea which is perfectly private all round. Once past the last row of rocks it is safe to ditch your clothing.

Although the walk is quite strenuous, I don’t think that this is such a bad thing as only the more determined casual stroller will go that far down the beach.

Naturists do share the beach with anglers, a few surfers and dog walkers, but all seem quite tolerant of each other.

It is advisable to take a backpack along with enough fluids, sunscreen, hats and refreshments. An umbrella is also a good idea if you are able to carry it in addition to all of the above.

From the photo you can see the admin tower of the University to the left. The Cape Recife Lighthouse is on the distant point to the right, but cannot easily be seen in the photograph.

SANNA NEWSLETTER ADVERTISING RATES 2016

Full Page (A4)  R900 per edition
Half Page (A5)  R500 per edition
Quarter Page    R300 per edition

To advertise in the SANNA Newsletter please contact Lofty Lutge on 0828954711 or email lofty@naturist.co.za. The next Deadline is Friday, 25th November, 2016 for the December 2016 edition.
HOW THE SUN HELPED ME TO RECOVER FROM DEPRESSION

By “Hopes Wisdom”

Since 1992 I’ve been a naturist but sadly in early 2013, after a traumatic event I developed deep depression. I refused to leave my house, I refused to open the curtains. In short I refused the sun. Every day for two years I went deeper and deeper into depression. I had all the mirrors covered, even the bathroom mirror.

During August 2015 I received another invitation (one of many) from a dear friend of mine to visit SunEden. At first I was very sceptical to remove my clothes. My thoughts: “what if they see my soul”, “what if they judge me?”.

My friend had a huge mirror up the corridor, and every time I passed it, I saw myself in that mirror. I made THE decision at one stage, that when I pass that mirror again I will be naked. It took me three hours. Luckily I forgot my electronic cigarette upstairs and I REALLY WANTED TO SMOKE. So I went to fetch it but halfway up I remembered my decision and I had to face myself. My thoughts yet again: “If I don’t stay true to myself; I can’t expect people to be either. Do I really want to let myself down again?”

I took my top and bra off and went up very fast because I realized, that’s a half truth. Upstairs I sucked the living hell out of that cigarette, took off my pants and everything else, laid it on the bed and went down stairs, not looking in the mirror.

Outside, the warm sun came down on my bare skin, slowly but surely my confidence started to come back. Remembering my little speech to new naturists so many times before. “The sun is a happy hormone for the soul “ I know this!!” my mind shouted at me. With this I took one day at a time, and one step closer every day to become free of this darkness. Many will remember me working in the bar, many will remember my horrible days and many will remember my awesome days. As for me – I remember the growth; I remember the first steps as naturist again. Today I’m free.

Now to you reading this and have never been naked socially, or whom might be in depression: the Universe give us sun to heal us, it’s so powerful. No matter what degree of depression you’re in it is guaranteed to get you out of that state, providing that you make that decision first. Fact: SUNSHINE boosts levels of serotonin – the body’s natural happy hormone. That’s why we tend to feel happier and more energetic when the sun shines.

Book your place at a naturist resort today and take the first step, become a naturist and start to live the life you crave.

Freedom!!

STATEMENT BY SANNA CHAIRMAN – MPENJATI BEACH

By Lofty Lutge

A meeting regarding Mpenjati Naturist beach was held on 22 August 2016 at the Durban offices of the Public Protector, which was chaired by the Deputy Public Protector. It was attended by representatives of Hibiscus

After much debate, the Deputy Public Protector has given all parties until the 5th of September 2016 to submit further documentation, after which he will compile a report, expected early 2017.

In his closing speech, the Deputy Public Protector stated that it is likely that all parties will be required to be flexible. With that in mind, the municipal manager of Hibiscus Coast Municipally has decided to remove the signage from the beach. He has also requested that naturists should not use the beach, as a naturist beach, until the bylaws had been relaxed, which will not be until after the Public Protector’s report had been published.

On behalf of SANNA, I would like to appeal to all naturists to stay away from Mpenjati beach, until the bylaws had been relaxed. Please note that the SA Police are likely to arrest any naturists at Mpenjati Beach as from today.

Athol (Lofty) Lutge
Chairman SANNA

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Joxilox Tours is an associate member of Natunion International which offers Nudist/Naturist Tours from South Africa to Europe and Worldwide as well as from Europe and elsewhere to South Africa!

Contact Lofty on 082 895 4711 or e-mail lofty@joxilox.com or Amanda on 082 497 7128 or e-mail amanda@joxilox.com 

websites: www.joxilox.com and www.suneden.com

Have you ever skinny dipped?

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HAKE WITH CITRUS AND BELL PEPPERS

- 2 lemons, thinly sliced
- 1 lime, thinly sliced
- 1 red onion, finely sliced into half rings
- 2 red bell peppers, seeded and cut into strips
- handful of fresh parsley
- olive oil
- 1½ t (7,5ml) Green Onion Seasoning
- 1 x 25g Fish Stock
- ½ cup (125ml) hot water
- 2 skin on fillets of hake (±1kg)
- Cajun Spice

Method

Prepare a hot braai fire in a kettle braai or any braai with a lid. In a large bowl mix the lemon, lime, onion and pepper slices with the parsley and toss with ±3T olive oil and Green Onion Seasoning (see pic). Dissolve the Fish Stock in the hot water and mix in.

Spread out over a large rimmed baking sheet.

Lay the fish, skin side down, on the bed of citrus. Season the fish liberally with Cajun Spice, brush generously with olive oil.

Place pan on the braai grid and immediately close the lid of the braai. Cook for ± 20 minutes, depending on the thickness of the fish. Do not turn. Test for done-ness at the thickest end of the fish, by pulling the flesh open with the point of a knife, if it flakes easily, the fish is done. Don’t overcook, or the fish will dry out. Garnish with fresh parsley.
NEWS FROM THE GAUTENG NATURIST ASSOCIATION

As you all know we are just coming out of winter and generally naturists spend this time of year hibernating and sulking while praying for the summer to arrive.

We have been keeping busy by meeting with new members, and I am pleased that there has been a slow albeit steady request for new membership. The new website which was developed by Charles and Petro McKenzie now has a registration page which also makes our lives easier. Please visit the www.gna.org.za page regularly for updates and news, and check out the calendar that shows all the events across all provinces.

During the long weekend of 16 June we (Gerda and Francois) were invited to Sabie, Mpumalanga by Armand and Mariette. Due to the nature of his work, Armand knows that part of the world like the palm of his hand, and being a true naturist, he is always exploring and finding “secret” places where he and his family can enjoy the freedom of being naked in nature without being detected (for those of you who don’t know, public nudity is a criminal offense in South Africa). With Armand as our expert guide, we explored the region and what we saw literally took our breath away. The most amazing nature scenes that we have ever seen, absolutely breathtakingly beautiful.

GNA is planning to have a “Naturist 4x4 Explore and Camp” weekend early next year. Unfortunately space is limited so when the notice is published please book quickly.
Proposed Itinerary:

**Saturday 18 March 2017:**
All meet at about 10:00 in Sabie. Drive in convoy to secret campsite. Setup camp and have a quiet afternoon on the banks of the river and everyone joins for a big communal braai after sunset.

**Sunday 19 March 2017**
Drive to the top of the mountain (2100m), enjoy a leisurely picnic, then drive down the mountain and on to visit Pilgrim’s Rest.

**Monday 20 March 2017**
In the morning we drive to an abandoned (but very safe) Nature Park where you will see the most beautiful stunning nature you have ever seen. Take a dip in a crystal clear mountain river, explore the beautiful surroundings and then drive back to the campsite, where we all enjoy a communal braai as that will be our last evening.

Please note that you have to have a full 4x4 vehicle for this trip, and that the climb down to the river on Monday is quite a challenge, but well worth it. If Gerda could manage with her short legs, then I’m sure most of you will too! ☺

**Tuesday 21 March 2017**
Pack up camp, and say good-bye to friends, and return home.
The cost will be R500 per family for the weekend. This is for the camp site, and you are responsible for all your own food, drinks and petrol. Watch this space to see when the bookings will be opening.

Pretty much the rest of the time we have been spending on planning for the GNA Bash this year from 23 to 25 September at Sun Eden. As we do not have a long weekend, time is limited, but we will still have Karaoke on Friday night, free German meal on Saturday evening and a fun party – the theme is Bavarian Beer Fest - on Saturday evening. Lots of fun for all!!

We had the wonderful privilege to be able to attend the 21st birthday party celebration weekend at Sun Eden that took place from 26 to 28 August. Congratulations to the Board of Directors and the Shareholders of SunEden for organising fantastic, momentous weekend. People had so much fun with the Karaoke on Friday evening, DJ Skuim who entertained the guests around the pool on Saturday, and a blast of a party in the Boma on Saturday evening. Here’s to many more years of providing the naturists of South Africa, and more increasingly from all over the world, with a world-class resort, a place under the African skies where they can enjoy nature and our amazing weather as nature intended.

GNA will also visit Troutways in Waterval Boven from 4 to 6 November supporting Mpumalanga Naturist Association and supporting North West Naturist Association we will visit Kiepersolkloof from 25 to 27 November. Please check for details on Facebook and website, and please join us for at least one of these weekends. It is huge fun, and if you haven’t been on a GNA weekend before, you are surely missing out! We can almost guarantee you that you will have made new friends by the end of the weekend.

We are hoping that SunEden will once again be well supported over the Christmas period. Come to relax in the sun and recharge the batteries for the new year. This year, an exciting Hawaiian theme party will be held next to the pool under the new lapa. The two of us will be at SunEden from the 23rd of December through to 2nd January, so please come and join us, for a day, or a weekend, or a week, or for the New Year’s Eve party, while we say goodbye to 2016 and welcome 2017!

We are on our way to the French Riveira just after the Bash for some much needed rest and relaxation. We hope to visit Saint Tropez, weather permitting. We have also made reservations at Cap d’Agde for 2 nights. We will report back in our next newsletter.
Until next time, be safe, and be without textile restrictions.

Naturist regards
Francois and Gerda

FIG LEAF VILLAS - GREECE

By Tony Webley

The worst thing about holidays is the time spent travelling to get there. Wouldn’t it be great to just press a few buttons on your smartphone and get discombobulated to where your holiday begins?

Usually you end up squashed into a long tube with lots of other bored travellers who just want to forget their flying experience as soon as they arrive at their destination. Yes, the flying waitrons with big smiles try to jolly things up a bit with food and movies but it really is a drag. But back up – we are leaving freezing (but sunny) South Africa for hot (and sunny) Greece and that always makes the travel worth it!

This year we decided on the Peloponnese – that’s the big bit south of Athens, where there are a lot of ruins to explore and a very nice naturist place called “Fig Leaf Villas” run by a British couple called Cliff & Quee. We
got their details from the internet, sent them an email and managed to book “Dafni” one of the three villas available. Since they are usually booked a year in advance by returning guests we were lucky to get in.

If you are spending all that money getting to Europe you must stay for a few weeks to make it worthwhile, so we flew via Dubai (only a 3 hour layover) to Vienna (brilliant) and then went by train to Prague for one night (interesting but too busy) and back to Vienna to overnight before flying to Kalamata on the South Coast of the Peloponnese.

Kalamata is a very small airport, only open during the summer season, catering mainly for budget airlines from various UK cities and the daily Air Berlin flight from Vienna (we were the only English speaking people on the plane!).

A car is pretty essential to get around so our first hurdle was getting our hire car and driving on the wrong side of the road. Changing gears with your right hand takes some getting used to (especially when you normally drive an automatic). I let the wife drive, and with me giving directions from downloaded Google Maps we found our way to Kalamaki and “Fig Leaf Villas”. Don't forget that any car hire firm will hold a large deposit against your credit card. Ours was 650 Euros, something we forgot until our card was rejected by an ATM towards the end of our stay!

Cliff and Quee were there to meet us and show us around. Our villa was compact with kitchen cum breakfast room, a double bedroom and a separate bathroom. The tiny hallway between the bedroom and bathroom was a hive of information where besides a host of books the “Green Bible” lay. This was the guide to the area built up over many years by Cliff and Quee which tells you all you want to know about the area: beaches, towns and historical sites along with recommended tavernas and nearest stores.

At Fig Leaf Villas you don’t actually need a fig leaf as their property is fully naturist 24/7. Our villa was extremely well equipped and enough basic groceries are supplied for the next morning’s breakfast. Your first “getting to know other guests” evening meal is included and we met some very friendly couples from the UK, on our first night we met a Doctor couple from Wales, and an Architect and his wife from London.

As there are only three villas, Fig Leaf Villas is never crowded which makes for a great relaxing holiday. This part of the Peloponnese is mostly like “pre tourist Greece”, narrow farming roads, small working villages and picturesque fishing harbours can be found all along this coast. That's not to say that you won’t find interesting eateries, our favourite was The Rock recommended by Cliff and Quee and about a 10 minute drive from the villas to Kalamaki on the coast. Run by three young women, their culinary skills have to be tried. We went back
three times during our stay! The Rock isn’t the only place though; Chrani the nearest village for groceries has three restaurants serving Greek pizzas, fresh fish and grills all of which are good.

Cliff and Quee have olives from their own trees pressed into olive oil which is excellent. Quee is also a gourmet cook and if you don’t want to eat out her meals are delicious. They also own a 43 foot yacht and Cliff organises naked yachting trips to various snorkelling areas around the coast.

If sailing isn’t “your bag” as they say then historical sites are not far away and all can be visited easily within a day.

The first couple of days were warm but cool in the evening and we did get a bit pestered by mosquitoes. If you go, remember to take Peaceful Sleep!! Fortunately the villas have excellent fly screens so you can leave your windows open 24/7. It even rained on the second day so we visited the nearest fishing village, Petalidi. Unfortunately, we got there just as the shops were closing for their afternoon siesta so we wandered down to look at the boats in the harbour.

As with a lot of working Greek villages, maintenance of the buildings doesn’t appear to be big on the owners’ list but the people are generally helpful and try to converse with you even though their English is poor and our Greek is non-existent! We got by with pointing at things on the menu or in the shops.

The next day was sunny and hot so in the morning we tried a few of the local beaches that we found shingly and narrow with quite a few textiles, so we spent the afternoon by the pool. I must admit that we spent quite of a bit of time between our sightseeing just lazing around the pool at the Villas.

For the rest of the week the weather became quite, well, Greek: sunny, hot and dry. So we tried another beach (Velikas) further along the coast which was more to our liking, long and sandy with a manageable pebbly strip just as you entered the sea, which was warm and inviting.
However we really wanted to see the ancient ruins of the Peloponnese Peninsula and we were really spoilt for choice.

Koroni, a seaside town 30 minutes’ drive from the Villas has an exciting ruined coastal castle also a roofless church and an active nunnery where the nuns create exquisite clothing and Turkish delight (lokumi) which we had to try.

On another day we drove past Koroni and over a pretty mountain pass through the village of Finikounda to find Black Mountain Beach, which was long and sandy, sloping down into the crystal clear Mediterranean. There were several naturist couples on the beach when we arrived so we felt safe to strip off and enjoy the sand, sun and sea. We went there twice during our stay; the only downside was that you had to drive quite a way (about 40 minutes).

Methoni, a little further on, has another castle. This time a more recent Venetian construction, which is massive. The castle here seems to spread out, the walls enclosing hectares of ground to become self-sustaining in times of siege.

If you keep going up the coast you come to the town of Pylos. We spent one day there looking around the fortifications and the excellent displays of underwater archaeology. We definitely want to go back in order to visit Nestor’s Palace a little outside town.

Indeed the most interesting historical site is the ancient city of Messene, founded in 369BC, it was the home of Agamemnon (of Troy fame) – Brian Cox played him so well in the film “Troy”. A 9km wall was built around the area enclosing crops and farms and the city withstood a 19 year siege by the Spartans until it eventually surrendered.

An entrance through the wall still exists – The Arcadian Gate – and a road still passes through the gate on its way to the Greek villages some way distant.

The village closest to Messene, Mavromati, has a taverna overlooking the ancient city and we had a good meal there before looking at the gold and silverware of Ioannes Kouvelakis who learnt his craft with his uncle in Johannesburg! Valerie just had to buy something and came away with an exquisite bracelet of tiny silver vine leaves.
So there you are, Fig Leaf Villas is a really great place to stay and for further information you should look at their website (www.figleafvillas.co.uk). We have already booked to return next year!

Useful Information:-
VAT in Greece is 24% (which makes our 14% look very reasonable); fuel is about R25 a litre. However, we found Greece much more affordable than either Vienna or Prague and mainland Greece is better value and less touristy than the better known Greek Islands. We flew Emirates via Dubai to Vienna then on Air Berlin from Vienna to Kalamata.

VEGETABLE KEBABS

Ingredients

- 12 baby onions
- 2 mealies, each cut into 6 wheels
- 3 baby marrows, cut each one into three
- 6 roma tomatoes, cut in half through the waist or use whole baby tomatoes
- 12 button mushrooms
- ½ pineapple cut into half rings
- olive oil
- Vegetable Spice
- Honey Mustard Dressing

Method

Microsteam the baby onions for 5 minutes on high. Add mealies and baby marrows and microwave for another 5 minutes.
Toss all the vegetables together with a generous splash of olive oil and season really well with Vegetable Spice. Thread on kebab sticks as illustrated. Cook over a medium fire while basting with Honey Mustard Dressing.
ICEBERG WEEKEND 2016 – KWA ZULU NATAL NATURIST ASSOCIATION

By Christo and Lana Bothma

A date was set and bookings were made for what is becoming an annual event.

A group of 9 naturists from KZNNA and a couple from GNA took to the mountains for the weekend of 19 – 21 August. From about 2pm on Friday, the people started arriving at the Tugela River Lodge. The Lodge is situated on the banks of the Tugela river, about 25km from Ladysmith, on the road to Winterton. The lodge has 5 units housing a total of 18 people, 2 houses sleeping 6 people, one with communal kitchen, the other 3 houses sleeps 4 each and also has camping areas available, but with no outside ablution. In-house ablution will have to be used by campers. Power is generated by a generator which is only running from around 6 to 9:30pm. Thereafter solar powered lights are used.

Had some curious farm helpers, who must have thought these “kaalgatte” were a hilarious sight to see as they were laughing. Obviously they did not expect to see what they did.

Friday evening was spent with catching up on chatting and having a braai. A large pot of Glüwein was sizzling one side on the stove. After dinner all went to the lounge area to carry on with the catching up and to enjoy the log fire in the fire place until late night.
Saturday morning greeted all with clouds and it looked as if it wanted to rain. But that is no problem, because, after all, it is the ICEBERG weekend! All enjoyed some early coffee and rusks, with a late breakfast of mince, toast and baked eggs. The weather cleared enough for all to leisure on the large deck outside the main house.

Across the road from the Tugela River Lodge is a camp with game and 4 giraffes were spotted by us.
At 2pm 2 of the KZNNA chefs started on their potjies, Bertus with oxtail and Christo with chicken. Our own naked chefs.

While this was going on, it started to drizzle, and in a flash a Gazebo was erected and all the chairs were moved under it. Ponchos were worn to keep the bodies warm.

And, as it usually happens, only a few minutes later, the sun came out again and the Gazebo had to be moved to one side for all to enjoy the sunshine. Then came out some snacks, salty cracks, cheese, spreads.... Don’t let the firewood get wet!!
Inside the lodge, the fire was packed and set alight early the morning already, making the lodge warm and cosy. Some of the people started playing cards, while others were still outside, listening to rugby.

They had a “TV” but only with sound as the screen was not working!

When the potjies were done, it was brought inside and everyone could smell the divine flavours lingering inside. The rice was ready and dinner was served. And the whole time people were talking. It carried on into the late hours of the night.

Sunday morning was still a bit cloudy but not cold. After a breakfast of “pannekoek met kaneelsuiker” (pancake and cinnamon sugar) the friends greeted each other and all departed on their separate ways.
The Hooting Owl Guest House is a unique African Thatch Bush Veld Lodge set in a coastal environment in Marina Beach, which is often referred to as “The Honolulu of the South Coast”. The guesthouse is set in a sub-tropical forest with valley views and prolific bird life. The guesthouse can also be booked as a clothing optional retreat for naturist groups by special arrangement. Contact John Skene on 082 408 3519 or email stay@thehootingowl.co.za

FIVE OF THE CRAZIEST NUDE FESTIVALS IN THE WORLD
It’s not a festival until you take off all your clothes, right? If you’re attending one of these crazy nude festivals around the world, it may well be the situation you find yourself in. From artistic body painting to hordes of unclothed cyclists, these five events certainly aren’t for shy and retiring types.

1. Hadaka Matsuri, Japan

Picture this: a mob of hundreds of almost-naked Japanese men, clad exclusively in Sumo wrestler-style loincloths. If you come across this scene in real life, you’ve likely stumbled across Hadaki Matsuri. Celebrated across Japan, the aim of this festival, which typically attends thousands of near-nudes, is spiritual cleansing and good luck. And did we mention it takes place in February? Brrr.

2. Burning Man, USA

Nudity isn’t a requirement at Burning Man – the famous festivals that takes place in Nevada each year, and attracts thousands upon thousands of modern-day hippies – but let’s just say that it’s probably in the cards. ‘Radical self-expression’ is one of the underlying principles of the event, which somehow seems to translate into hanging out without any clothes.’ Not that we can really blame participants: given that it takes place in the desert, temperatures do get pretty scorching.
3. World Body Painting Festival, Austria

For those who want to let loose but are shy about going fully nude, consider a stint at the World Body Painting Festival in Austria. Though participants aren't exactly clothed, the layers of colourful paint do lend a small touch of modesty. A tradition since 1998, the festival celebrates the talents of skin painting artists from around the world, over 200 of who stop by to show off their skills every year. The result is real works of art that come to life.

4. Bay to Breakers, USA

Ostensibly a 12-mile run through the city, San Francisco’s annual Bay to Breakers festival is also one of its most crowded, insane, and nude-friendly parties. Though walking around naked has now been officially banned in the city, nudity is still allowed in a festival context, so you can expect to witness plenty of underdressed participants. It wouldn’t be San Francisco otherwise.
5. The World Naked Bike Ride, worldwide

Initially founded as a protest against oil-fuelled society, the World Naked Bike Ride has gone from making a point about the sustainability of human-powered bicycles to a global party for everyone who enjoys the feeling of the breeze in their hair… and everywhere else. Hundreds of naked people on bikes is certainly one way of getting attention for your cause.

NUDITY PROVIDES HEALTH BENEFITS FOR YOUR BODY AND BRAIN

taken from ImmortalLife.com website

by Hank Pellissier

Is clothing crushing us? Are we trapped in tomb-like textiles, exiling our flesh from experiencing the environment? Are we atrophying our epidermis, our senses, our neuro-intelligence?

If you put a plaster cast on a broken arm the skin starves for Vitamin D, the muscles weaken due to strangled range of motion, the nerve synapses depress to a whimper of their former joy. Twenty-first century hominids? We shroud our entire skin palette except for face, neck and hands – we obliterate symbiosis with the planet.

We hide in cocoons, when we could be free as butterflies.

History reveals many cultures that were not clothes-minded. Spartans were basically bare and their victories in pan-Hellenic sports competitions enticed all neighbouring Greeks to exercise nude, creating the word “gymnasium” (Greek gymnos = naked). Romans mingled in magnificent bathhouses, enjoying dense communal nudity as they drank, dined, defecated, bathed, read books, argued politics and watched theatre.
Adamists – naked heretics – performed stripped-down church services in North Africa, Bohemia, the Netherlands and England. Pre-Hitler Germans were avid adherents of Freikorperkultur (“Free Body Culture”) with 70,000 attending co-ed Nacktkultur schools.

There’s naked Japanese in hot springs, naked Finns in saunas, “sky-clad” Jain monks in India, plus millions of nudists worldwide going to “Nakation” camps, beaches and resorts.

They’re still sporty as Spartans, eager to hike naked (“free bush rambling”), canoe naked (“Canuding”), bicycle naked, ride horses naked, run naked, play volleyball, badminton, ping-pong and chess naked, swim naked,
dance naked, do Naked Yoga, Naked Tai Chi, Naked Gardening, Naked Bowling, and of course, many of us, perhaps you and I, dear readers, are NIFOC – Naked In Front of Computers.

Many famous figures were bare-all aficionados; too many politicians to name, so I’ll just list sci-fi and scientists: Leonard Nimoy, Alexander Graham Bell, Robert Heinlein, and seismologist Charles Richter. Nudism is prominent in Philip Jose Farmer’s Riverworld books and John Varley’s *Steel Beach*. Celebrities? Many movie stars skinny-dip at the French Riviera, trying to elude paparazzi seeking pix of Bruce Willis’ privates or Natalie Portman’s port side.

Here’s evidence suggesting that skin-only can be superior:

**Born Free:**
Paediatricians agree that infants thrive with a daily dose of “naked time” because the unhampered range of motion aids brain development, stimulating neuron growth. Recent discoveries reveal the the “plastic” brain changes and develops throughout our entire lives. Neuroplasticity pioneer Michael M. Merzenich believes: “Everything that you can see happen in a young brain can happen in an older brain.” Doesn’t this imply that “naked time” is equally valuable for humans of any age, especially the elderly?

**Weakened Bodies:**
A 2003 University of Reading study entitled “A Naked Ape Would Have Fewer Parasites” posits that “humans evolved hairlessness to reduce parasite loads, especially ecto-parasites that may carry disease.” Unfortunately, the garments we wear can be breeding ground for filthy fungi and bad bacterium, causing yeast infections, urinary tract infections, rotting toenails. Lyme Disease deer ticks can grab onto our sweaters and sea lice can sneak into our bathing suit crotches. Cinched-up belts, ties and clothes impede breathing. Men’s snub pants raise testicle temperature, lowering sperm count and fertility.

**Barefoot Medicine:**
Going shoeless is now recognised as an Anti-Alzheimer’s, brain-boosting activity because the sole sensation entices your brain into growing extra, efficient neuron connections. Dr. Norman Doidge (author of *The Brain That Changes Itself*) believe skipping shoes increases brain flexibility and youthfulness, and many podiatrists now advise going barefoot as much as possible. Bare feet are today’s prescription. Will tomorrow’s elixir take the next step: Bare Body?

**Superior Socialisation:**
Self-actualisation proponent Abraham Maslow believed “Nudism … is itself a kind of therapy.” Health benefits of social nudity include stress reductions, satiation of curiosity about the human body, reduction of porn addiction, a sense of fully-body integration and developing a wholesome attitude about the opposite gender. Research at the University of Northern Iowa discovered that nudists have significantly higher body self-acceptance. Another study concluded that teens at a New York nudist camp were “extraordinarily well-adjusted, happy and thoughtful.” It’s also excellent for children to grow up free of shame about the human body.

**Tolerant Views:**
A University of Central Florida 2008 study of 384 participants concluded that pro-nudity students “were significantly more accepting of other religious groups and gays and lesbians” when compared to the anti-nudity students. They were also “less prejudiced towards ethnically dissimilar others.”
Soothe Away Your Crazies:
Massage is recognised as a therapeutic treatment for mental health issues like depression, anxiety, schizophrenia, bipolarism, borderline personality disorder, learning difficulties, and low self-esteem. The skin stimulation of massage – improving blood flow and detoxifying the lymph system – is duplicated by the warmth, freedom and improved circulation generated in nakedness.

Soak Up The Rays:
Vitamin D deficiency is currently soaring, with up to 75% of USA teens and adults receiving insufficient amounts of the “sunshine vitamin”. Lack of this essential health aid is a factor in numerous ailments, including cancer, heart disease, osteoporosis and diabetes. Anyone who bares all outside as a “naturist” harvests larger amounts of Vitamin D in a quicker time span.

Financial Liberation:
Clothes are a huge money and time-suck with shopping, laundry, closets, dressers and gazillions of hours wasted wondering what so-and-so looks like with their garments removed. The global markets for swimsuits alone is expected to reach $17.6 billion annually by 2015; our carbon footprint would shrink like a wool sweater if fabric was no longer manufactured.

Longevity (just joking):
Did you know that the furry Norway rat only lives 2 – 3 years, while the Naked Mole rat survives to be 28 years?

So .... is the future going to be full frontal? Will the post-Singularity planet be stripped? Will everyone in a climate-controlled tomorrow choose to be nude, strutting around like the Nuba dancers and boxers of Leni Reifenstahl?

Trends point to an era where there won’t be a stitch to worry about. Many resort areas are now offering nudism to increase tourism, and American naturist clubs claim their enrolment is growing 20% annually. Twenty million European naturists already go to nude beaches and spas.

Getting goose bumps imagining it, are you?

OUR VALALTA HOLIDAY

By Sigi Oosthuizen

Dear Naturist Friends,

This is some feedback of our wonderful holiday at Valalta FKK Naturist Resort. On our arrival we already felt at home seeing people cycling around the Reception area butt naked. The personnel was friendly and helpful in all respects even when our air-conditioner leaked on our bed on the first night. Our room was beautiful and comfortable and the flat was of a very high standard. We even had a mini dishwasher.

Our first day at the resort was a leisured one and we spent some time at the pool area which was huge and very well organised. The rules are strictly monitored at the pool area by pool marshals to keep the environment a naturist one. No one is allowed at the pool area with clothes; even the babies must be naked. There is a small area for kiddies where they may wear diapers but other than that there are big signs to show that no
clothing or cameras are allowed. There was a pool with a bar where our men could sit in the pool with a beer while watching the others doing a session of aqua-aerobics.

The resort has an activity programme for every day and you are free to join in where ever you want to. We took sunset walks every evening after dinner. The only time we had clothes on was in the restaurant, reception area and the grocery shop on the premises. The moment we stepped out we were in our birthday suits. It is the most natural and welcoming place to be.

The camp was full and very busy but never did we feel that it was crowded at the restaurants, pool area or beach. There were more than enough lounging chairs and space to move around without feeling any crowds. There were evening shows and a BBQ evening for guests to buy food at the beach front. We loved walking through the campsites and view the magnificent camper homes. There were so many varieties, we were so envious.

We also went down the big blue super-tube, we had great fun sliding naked!! We swam out to one of the wooden decks drifting in the bay and had a beer (which we had to swim with). The guests even had a BBQ on the floating decks with a weber in the middle. The ablution blocks were super clean and fancy and they cater for the children with a smaller version of showers, toilets and wash basins. Very cute!!
The grocery store’s prices were not more expensive than the nearby town stores. Fruit and vegetables is pricey and we ended up dining out for the evenings only. Our favourite restaurant was Uvala, where we got our money’s worth by far and the food was excellent. Next time we will take some spices and small snacks as these are pricey and not worth buying if you only use it once or twice. The meat, milk and cereal prices are very much the same as South African prices. This makes it manageable if you decide to do some of the meals at the flat. Local beer was good and they had some German beers as well.

The atmosphere was relaxing, quiet, secure and very enjoyable. We are planning to go again and the children will be joining us then. There is more than enough for children to do to keep them busy for an entire holiday of two weeks if need be.

A big thank you to Lofty and Amanda for suggesting this wonderful holiday resort… it was fabulous!!!

**WHOLE FILLET OF BEEF OVER THE COALS WITH FOUR SAUCES**

- 1.5kg-2kg beef fillet, double over the thin tail end and tie with string
- 4 T (60 ml) olive oil
- 1 T (15 ml) Garlic Pepper Seasoning
- 1 T (15 ml) Beef Stock Powder
Rub the steak with oil. Mix the Seasoning and Stock Powder. Sprinkle over the meat and pat it firmly into the oiled meat. Leave to rest at room temperature for 1 hour.

Fire

Prepare a two-level fire. In other words in one half of your kettle braai you will have the coals heaped on top of each other and on the other side you will have a single layer of coals.

Method

Brown the meat all round over the heaped up coals. Turn it with tongs and don’t close the lid. When the meat has been browned all round, move it over to the cooler side of the braai and put the foil wrapped smoke bomb on the hot side of the braai, on top of the grid.

Close the lid and open the top vent 2/3 of the way and position the vent opposite the side where you have your smoke bomb, so that the smoke is drawn across the meat and not straight up and out.

Calculate cooking time at about 15 minutes per 500g. I firmly believe that the most accurate method is to insert a meat thermometer into the thickest part of the meat when about three quarters of the cooking time has elapsed. Medium- rare will register 70-71ºC.

NB, do not open the lid too often or much of the smoke will be lost!

Sauces

Pepper sauce - 1 x 200 ml Ready to Serve Pepper Sauce. Thin down with a little cream and warm before serving.

Prego sauce - 1 x 200ml Peri-Peri Sauce mixed with ½ cup (125 ml) fresh cream. Serve warm or at room temperature.

Mexican sauce - 1 x 200ml Ready to Serve Cheesy Jalapeno Sauce mixed and garnished with 3 T (45 ml) snipped fresh coriander leaves. Serve at room temperature.

Mushroom sauce - 1 x 200ml Ready to Serve Mushroom Sauce. Thin down with a little cream and warm before serving.

How to serve

When the internal temperature of the meat is to your preference remove it from the fire and leave to stand, covered with foil, for 10 minutes to settle the juices before carving.
NEWS FROM WESTERN CAPE NATURIST ASSOCIATION

News from WCNA land

The positive thing about winter is that the summer lies ahead! But in all honesty we must have had the warmest winter in many years, unless of course the winter is still coming. We do however pray for more rain as our dam levels are much lower than on previous years, so maybe a little bit more winter is what’s needed?

We had our Xmas in July event at Bare Necessities which originated last year and I dare say it was even better than our previous winter event! Somehow it seemed as if we were more relaxed, had more time on our hands, more time to “kuier”, and that’s a good sign! I think. It could be that the ‘kitchen’ was much better prepared due to past experience, or/and there were more helping hands? But whatever the reason, everything worked out perfect.
We had great fun telling stories of ‘embarrassing moments’, enjoying a delicious meal fit for a king and enjoyed the company of friends, old and new. Not only was it Christmas in July, but it was also the chairman and his lovely wife’s 39th anniversary celebration – and what better way to celebrate it than with friends which over the years became an extended family!

On top of that we hosted a freelance journalist doing an article for Kalula Airways in-flight magazine about ‘Naturism’. Needless to say, she isn’t (or perhaps wasn’t) a naturist and I guess it must have taken some guts to do what she did by not only doing her assignment, but also joining in and experience naturism to an extent. Hopefully the publicity will bring in some new members somewhere in South Africa and also some business for Bare Necessities.

As always our hosts Neels and Petro, had outdone themselves with their hospitality, spoiling and entertaining us in this home away from home. With the improvements of the sauna, which also make swimming possible in the middle of winter and the screens to shelter off the breeze, it was possible to go naked most of the day.

Mother Nature has been kind to us with a handsome dose of rain on Thursday prior to the weekend, clearing up on Friday with a few light showers. Saturday was sunny although there was a chill in the air, but Sunday
was a gorgeous day and we went for a long walk on the farm in the nude and playing some petanque outside before everyone slowly packed and headed back home.

With the warmer months now fast approaching we have already booked most of our venues in advance.

First up and just two weeks away on the 4th September it’s the Skinny Dip event in support of the British Naturist Annual Skinny Dip which will be held at the Strand Pavilion Swimming Pool. Although this isn’t a proper or official event it is an opportunity to get our members and friends together. We also see it as a good platform and test to do this on a bigger scale in future and also as a fundraiser for a good cause as they are doing in Britain and elsewhere in the world. For now, we just want fun!

On the 24th September there is a wine tasting day organized at one of our members home and although this is also not an event as such, it keeps the spirit up and is an opportunity to make new friends.

Our first big event will be the weekend of 28-30 October at Altyd Water outside Rawsonville. This is always such a lovely event and the venue is perfect for this season opener.
The rest of our events are as follow:

Nov 25-27\textsuperscript{th} Fynbos Guest Farm, Tulbagh
Dec 30-Jan 2\textsuperscript{nd} Nude Years Party at Olive Glen, Paarl
Jan 27-29\textsuperscript{th} WCNA Bash at Badensfontein, Montagu
Feb 24-26\textsuperscript{th} To be confirmed, possibly a return to Fynbos.
Mar 24-26\textsuperscript{th} Altyd Water Camp, Rawsonville
July 29\textsuperscript{th} X-mas in July @ Bare Necessities

Till next time - Enjoy life to the fullest, be happy, be kind and be nude!

\textit{Louis van Tonder}

\section*{THE ONE MILLIMETRE TABOO}

By Henry McKenzie (Martin MacKay on SANNA Facebook)

Some of you may have visited the Body Worlds Vital Expo or have read about it. This is a topic that has fascinated me for a long time. In short, the Expo shows the inner workings of the best engineering marvel of all time: the human body. The specimens on display are real human bodies that have been preserved through the process of Plastination.

There are literally hundreds of human bodies and body parts on display, depicting all sorts of positions and showing the organs, muscles, nervous system and just about everything about the human body. The only thing that lacks are human bodies with the biggest organ intact: the skin. Every detail under the skin is openly on display.

Now please don’t get me wrong, I am by no means criticizing the Expo, I think it is wonderful and very educational for us to learn what goes on inside our bodies. However, what fascinates or perhaps frustrates me about our society and the “rule makers” of humanity of what is allowed to be seen by others and what is
offensive and taboo. Family and school groups are actually encouraged to visit the Expo in the name of education where children are allowed to openly view all parts of the human body including breasts and genitals, just minus the taboo: the one millimetre, outer layer.

From the web site:

From the web site:

In the image below, this guy is holding his natural last, one millimetre taboo, in his hand. If he had to get dressed in it, taking him back to his perfectly normal, natural state, then he will become taboo for society. However if he then added only one more thin layer of clothing over the skin, he will again be perfectly acceptable. How ironic.

All images and information were taken from http://bodyworldsvital.co.za/.
Plastination

From the website [http://bodyworldsvital.co.za/plastination/](http://bodyworldsvital.co.za/plastination/)

In 1977, Dr Gunther von Hagens decided to make Plastination the focus of his life. A series of simple experiments revealed that it would indeed be possible to preserve specimens by hardening them from the inside out, instead of embedding them in polymer blocks. The result would become a revolutionary approach to teaching anatomy and an unprecedented way to show every man, woman and child just what their bodies look like on the inside.

Plastination makes it possible to create completely new types of specimens. When the infused polymers harden, for instance, muscles that would ordinarily be slack can provide support, allowing the body to be displayed in a variety of poses. It is even possible to take a body that has been dissected into components of interest and stretch it in all directions, thereby creating gaps that allow for informative glimpses into the body and reveal structural relationships that would otherwise remain hidden.

Plastinates are able to convey far more than man-made, three-dimensional models, simply because they have come into being via the natural, individual growth of human bodies. Sometimes plastinates even communicate more than untreated anatomical specimens. Transparent slices of tissue, for example, allow observers to trace the course of even the minutest nerves into the depths of the body. When the physical/chemical process is performed properly, even small, microscopic bundles of cells retain their original form. The result is a visually arresting plastinate – the ideal method for displaying a preserved body in a way that sheds light on the functions of its structures.

BOMA STORIES

By Johan Auckamp

BEWARE OF ALIENS!!

We are fighting a on-going battle against invader plants. The biggest threat comes from 2 cacti: The well-known Queen of the Night and a less conspicuous but just as pernicious cactus by the name of Harissia. For quite a while now we have been injecting the Queen of the Night with a purpose-made herbicide.
This proved to be very effective in killing the plants but there are simply just too many plants to treat in this way. A biological control method is now available that is proving to be quite efficient. It is a mealy bug that forms flower like nodules on the plants and eventually kills it. Nearly 100% of the plants at SunEden are now infected with this parasite and are slowly dying. The nice thing about this parasite is that it is also spreading to our neighboring farms to prevent re-infestation. Harissia is spreading rapidly and supplants the natural grass and bush on which our game feeds. Please help our bokkies by eradicating this obnoxious weed. Fortunately it is also attacked by the same mealy bug.

**WINTER AT SUNEDEN**

The past winter was a busy time at SunEden. A lot of hustle and bustle and construction was going on to prepare for the coming summer when all of you will come and visit again in large numbers. Most work was done at the reception area and Kraaines store. The reception area is the face of SunEden, that’s where the first encounter with visitors takes place, and that’s where the first (sometimes lasting) impressions are formed. We therefore want to present the best face possible to our visitors.

The Kraaines has been re-designed to look more like a real supermarket and merchandise can now be displayed in a way that the customer can find what he is looking for at first glance. We hope that we will be able to deliver even better service to our customers. The upgrading of the lapa at the pool is a big improvement. Not only are the days of head bumping against the roof poles now a thing of the past, but it is
much larger and has a well-finished floor so that in the future on the warm summer evenings, we can have our parties and other functions alongside the pool. Do you still remember last year's festival of lights? We promise more of that in the coming summer.

**SUNEDEN 21 YEARS**

It is now exactly 21 years since Wally and Kathy and Cago took possession of the farm that was to become SunEden Naturist resort.

**MEMORIES!!**

Looking at SunEden as it is today, one can hardly believe that so much could have been achieved in only 21 years. We are therefore very grateful to the pioneers, the late Wally, Kathy and Chicago and later Aniki. They literally transformed the wilderness into one of the most beautiful naturist resorts in the world.

We are however now facing a new challenge and ask for everyone's cooperation. I refer to the wilderness that once was SunEden. It is precisely this wilderness that makes SunEden absolutely unique. With all the development we've had here, we maybe neglected a little to preserve and protect the natural bush. Now that most of the building and development has been completed, we will take a close look at our environment. The first thing to be addressed and which we are already doing is the eradication of invasive plants that deteriorates the quality of the pasture for our game.

The next step is the re-forestation of our veld. There are large bare patches where the drought years killed the trees and new growth has not yet occurred. The 1st of October is Arbor Day at SunEden. Let's start to plant our first trees of the project. But now a timely word: to plant a tree is just the beginning. We have seen in the past that sometimes trees are planted with great enthusiasmmand then forgotten, and then just disappear. He who plants a tree should therefore take ownership, his name attached, this is John's tree, water and feed and love it so that it can grow and flourish, so that the game can hide under it and the birds nest in its branches. From SunEden's side we will help where we can. We will provide a water cart with a long hose so that the trees in the veld can be watered. Take turns to hitch the water cart behind your bakkie. SunEden will supply compost and fertilizer to feed the trees (donations will of course be very welcome!) Let's see if we can make this thing work.
NEW BOOK

In the previous Boma Stories I mentioned a book with a naturist theme that I really enjoyed, "Who is this Naked Lady, and what have they done with my Wife?" Well, I have just received a note from the author that the follow-up book in the series, "The Naked TRUTH Shall Set You Free" was published a few days ago on Amazon. The characters in both these books in the "Albion" series are credible because you can recognize yourself in them; they also, struggle with the problem that we all regularly experience. You arrive at work on a Monday morning after a fantastic weekend at SunEden and it's written all over your forehead and people ask about it. What do you do, tell the truth or lie to your friends and family? Download this nice to read book from Amazon to your Kindle or tablet.

FANNIES IN THE FYNBOS

Undercover Journalist Exposed!

By Samantha Gray – with permission from Picasso Headline.

Being naked in public is some people’s worst nightmare. However, I used to be an actress so the concept is not foreign to me. I’ve been backstage with performers doing downward-facing-dog-type warm-ups. I’ve danced (badly) in front of 10 000 people at an international Body Painting competition clothed only in paint and a thong. My old friend Tequila once encouraged me to streak at a wedding; such thrilling exhibitionism. None of it was me, the vulnerable me.

With no barriers or invented persona to hide behind, I was undertaking the most terrifying performance of all - to spend “Christmas in July” at a Nudist Retreat in the outskirts of Swellendam.

Whilst I could have pitched up with my toothbrush and slippers, I agonized over what to pack. Temperatures are known to drop to -7 and by comparison I imagined walking around the fresh produce section at Woolworths, naked, with snow on my head.

D-Day arrived. Anticipating staring at my feet for the majority of the weekend, I slapped on nail varnish, hauled out the weed eater to attend to winter legs and beetled off to what I had hoped would be way to exercise radical self-acceptance. No backing naked out of a bedroom here, but an attempt to make peace with every last dimple.

An unusually balmy Saturday afternoon tailing the end of a glacial July revealed endless blue mountains, fields saturated with luminous yellow canola crops, and pastures of precious lambs who dropped early. These pristine distractions made the three hour, white knuckled, panicked drive to Suurbraak, a remote little dairy farming dorp (village), somewhat bearable. I was nauseous from fear of the unknown. What if it was a “buffet” dinner? (Standing in a queue at the best of times is painful enough.) Cozy fires were advertised but standing so close to an open fire with highly flammable attributes on display? Where would I put my cell phone? Would it be weird if I wore socks? Does one apply sunscreen to sensitive bits in public? And most terrifying of all - what if someone’s weapon accidently got cocked?
I met the chairman of the Western Cape Naturist Association at the Suurbraak turn off. I was relieved that through the windscreen of his car he appeared to be wearing clothing. He led the way to *Bare Necessities* (I kid you not) and cheerfully hopped out of his car to greet me, no pants in sight. I coughed nervously and fiddled with my radio.

Fully dressed, clutching my security blanket bundle - gown, towel, slippers, wine - I stumbled towards a sea of naked people. I was the “textile”, as ordinary clothes-wearing folk are known to nudists.

“No, no, please don’t get up!” I smiled hysterically and kept dropping my security blankets until most items were on the floor. I considered taking off my glasses for a defocused view.

A large glass of wine was thrust in my trembling hand, and I modestly went to the bathroom to “change”. I steeled myself in the mirror. “For f*%#’s sake Samantha! This is not a game of strip poker, and certainly not a vagina beauty pageant!”

I decided to take things slowly. Feigning nonchalance, I emerged in my fluffy gown, and settled so stubbornly into a chair I became one with it. I saw some pretty unfortunate things from that vantage point. The male version of Sharon Stone in *Basic Instinct* comes to mind. Amusingly, the men played darts.

I asked a few pressing questions, firstly dispelling the difference between nudism and naturism. Nudism is the experience, naturism is the philosophy and it’s quite simple: the idea is not to be separate from your body but to be completely involved.

Despite the odd “top, no tails” theme deemed necessary for warmth, clothes are an encumbrance. Think of how bloody good it feels to kick off your heels after a night of toe-pinching dancing? Or not having to casually adjust your awkward undies when your bum has eaten them? This is what naturism embraces; being one with nature, letting the air touch your skin and the girls swing low.

What about sex? There is no attention paid to growing or shrinking economies here. There is a strict vetting process to eliminate those “types”. The body is stripped of sexuality. Their frank explanations, genteel manner, and committed relationships assuaged my fears. (As did middle-aged men with boeps dancing the two-step to the Gipsy Kings.)

I was directed to their code of conduct. Two important points stuck out:

Without a broek, sit on a doek (for hygiene reasons), and don’t stare.

The latter seemed the most difficult mission of all. Every tragic hero has a fatal character flaw and I feared crotch watching to be mine. I’ve never maintained such immaculate eye contact in my life.

As the weekend wore on I felt like a fraud. I was deeply uncomfortable in my skin. I just didn’t have the balls to go the full Monty. What the hell was I going to write about?

After eating homemade pork sausages for breakfast, I summoned my inner Betty White and encouraged a photo shoot in the meadows. From behind my lens I felt safe, and warm enough, to finally get the girls out. It was weird and marvellous all at once. There were resounding whoops of support from the ladies.
When there is nothing to hide behind, people experience the real you. The body I’m housed in did not matter at all and I have never felt more lovely. There was nothing brave or adventurous about it.

Naturists are just a bunch of well-intentioned people from a diverse cross-section of life who like to get their kit out. It’s not a saucy or racy pastime. There are two basic models: male and female. They don’t fear thorn bushes or have tan lines. Skin is just skin.

As Dali said, “the beauty of the body is ephemeral.” We are all flawed, and gloriously so. I would be hard pressed to discover a more picturesque place and generous, real and accepting people to have figured that out with.

## TOP 10 MOST INFORMATIVE NATURIST WEBSITES

Finding like-minded naked people can prove challenging. What is a nudist to do? Bringing up your nudist lifestyle can be a conversation killer at the office Christmas party. And the neighbors might be thrown off by your tradition of naked Sundays in the backyard. However, now you can get the entire nudist skinny you need online. There are a wealth of websites dedicated to those who enjoy going in the buff, since the birthday suit is a universal outfit you own. Getting naked updates while joining a virtually endless group of nudist enthusiasts online is great. You may even find your naked soul mate. From naked cruises to discounts at naturist clubs and resorts around the world, you can find your naked pleasure with ease.

1. **NudistSearch.com shows all with nudist news and dating**

   If you’re interested in a one-stop nudist experience, NudistSearch.com is a fantastic platform. They have numerous sections with a little something for everyone. This website provides links to cool blogs and naked what have you kind of stuff. Their top rated links also provide a naked experience, unlike other websites. If exhibitionism is your thing, you can enjoy photos of naked folk sharing their God-given gifts. They even offer a “Health, Mind, & Body” section for those in need of a little help. From sexual enhancement to hair growth, there truly is a bit of naked truth for all browsers. There didn’t appear to be a membership fee to use this site’s services.

2. **Nudistfun.com simply makes being a nudist fun**

   Nudistfun.com may appear a bit outdated, however, their nudist material isn’t half bad. They offer a wonderful “About Us” page you can browse to see if this site is the right fit, so to speak. This site is a membership site, so users who are interested in getting the full package need to pony up. A six-month membership will cost you $49.95, and they do have a refund policy in place. One cool detail about this website is that they are Canadian. And we all know Canadians are slightly more open than their neighbors to the south.

3. **NetNude.com is a nudist naturist paradise**

   NetNude Naturist Site has all sorts of naked goodies for the weekend nudist in your heart. There doesn’t appear to be a membership fee to use the site, however, they do ask for a nominal donation of five bucks. They offer a chat room, message board, and even a risqué photo gallery. One funny page titled “Nudie Toons” showcases fun cartoons of those in the buff and the rough. Interestingly, the
naturism questions answered section is pretty informative and hilarious. There was something about nudism, God, and Calvin Klein in there somewhere. Great combo.

4. **Naturist.com is a well-organized nudist platform**

Apparently, I need to brush up on my nudist lingo, because naturist is a common theme. The Naturist Society is a “naturist” website with a fantastic home page that offers plenty of information. They even have a mission statement. The one detail they make very clear is that their organization is, in fact, a membership organization. They offer all sorts of memberships, from a two-year discounted rate to a senior citizen and disabled veteran membership. The two-year sign up will cost you $110, and if you plan on being naked for the rest of your life, a lifetime membership is $2,500. They offer plenty of resources, an online shop, and even a magazine publication. It may be worth the lifetime membership if you’re always in search of something nude.

5. **American Association for Nude Recreation; for the nudist society goer**

The American Association for Nude Recreation, or aanr.com, offers an easy naked browsing experience. If you’re more of a country club type nudist, this is a great site. They do have a membership fee that costs $58 per year, however, there seems to be a lot of benefits. You can get a free year’s subscription to their magazine. A 20% discount on affiliated clubs and resorts. And even a member savings code to Costco. Now you can get nude and big savings at one of America’s big box franchises. They also offer a news platform and have a wonderful women’s perspective section as well.

6. **Clothes Free International offers excellent nudist videos**

Clothes Free International or clothesfree.com is the perfect nudist site for the visually minded naked person. They have tons of excellent nude videos that are less like porn and more like the nightly news. This site really places value on the naked revolution and those who love it. For a one-year membership, expect to pay $49.95. However, this will give you an all access naked pass to the member’s area, free video streaming, and discounts to clubs and resorts around the world. Their “Nudes in the News” page is also a great source for the latest birthday suit updates.

7. **Naturismfitz.com offers the nudist basics**

Naturismfitz.com may be a bit outdated, however, there is still some decent material left up on the site. The site has a “What’s New” page, but the last post was in 2002. Maybe they were having too much fun being naked and forgot to post more? One great feature this site offers is the “Introduction to Naturism” page. It is super informative for the beginner naturist with some veteran tips. They even offer a link to the North American Guide to Nude Recreation. There is also a fun favorites section with clubs, beaches and resorts listed.

8. **Bare Necessities Tour & Travel for the nudist on the go**

Bare Necessities Tour & Travel or cruisenude.com is the perfect site for the traveling nudist always on the go. If you’re naked and want to travel, you must check out what they offer. There is no glitz and glamor either, since one of the sites homepage images is a sandy floppy bottom. They really tell it how it is, a wonderful change of pace when browsing naturism sites. This site is also up to date on the Big
Nude Boat scheduled for 2017. And even a French Polynesia cruise set for 2017 as well. They also offer news, a fun and informative blog, and a cool forum for like-minded folk.

9. **NudistExplorer.com provide a nudist compilation**

NudistExplorer.com is like a base of operations for the browsing nudist. You can find plenty of links and sources for any naked dream you have in mind. They even link to some of the sites and pages mentioned previously. One fun feature is their links to naturist dating sites, like SingleNudist.com. They do also boast a photo section and their “Where to Get Naked” page is excellent. You can find a place to get naked around the world with just a few clicks, so check it out.

10. **International Naturist Federation offers nudist solidarity**

The International Naturist Federation is a global nudist website with an international buzz. Unfortunately, to become a member you will have to pay. A one-year membership will set you free for 50 Euros, and a family membership is 65 Euros. Once a member, however, you will have full naked rein over the world. You get discounts on clubs and resorts, as well as other perks. The events section could use an upgrade, but there is still plenty of excellent information available. Amazingly, the INF has been around for 60 years, since its an amazing site.

**A LITTLE PIECE OF PARADISE IN COSTA DEL SOL**

Two of our members have just splashed out and bought a beautiful two bedroom apartment in La Cala de Mijas, on the Costa del Sol in Southern Spain, which is available for rental.

Spain is a very naturist friendly country and within a 15 minute drive from the apartment are two naturist beaches. The most beautiful, Cabapino Beach, is two kilometres of family friendly pristine sandy beach with masses of free parking.

![Lounge and dining room](image1)

![Bedroom](image2)

The apartment, which is situated on the Calanova Grand Golf Development and overlooks the golf course, offers peace and tranquility within 20,000m² of attractively landscaped sub-tropical gardens. The development has two pools with changing rooms, play areas for children and a tennis court. It is totally enclosed with CCTV and overnight security and an underground parking space is available for tenants.
The golf course club house is an easy walk from the development and is open to non-members. It includes a restaurant and a large 19th hole deck overlooking the golf course.

La Cala de Mijas is a picturesque coastal village with numerous restaurants and is very much the up and coming place to be on the Costa del Sol. The restaurants offer a wide variety of cuisine with one, the Little Geranium, run by a Michelin Star chef and another, Oliviers, owned by one of the stars of the UK reality TV series, “The only way is Essex”. There is also a village market on Wednesdays and Saturdays with over 100 stalls selling a huge variety of goods.

For non-naturists, La Cala de Mijas has a huge expanse of beach with a vast array of family activities and a 2km paved walkway along the beach front.

If you are interested in renting, please contact Gerda on secretary@gna.org.za in the first instance and she will pass your contact details to the owners.
# NATURIST CONTACT DETAILS

*(NOT ALL OF THESE ARE MEMBERS OF SANNA)*

## NATURIST ASSOCIATIONS

<table>
<thead>
<tr>
<th>Organisation / Province</th>
<th>Chairperson / Contact Person</th>
<th>E-mail</th>
<th>Contact Number</th>
</tr>
</thead>
<tbody>
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## NATURIST RESORTS

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<tr>
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## NATURIST FRIENDLY ESTABLISHMENTS

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<tbody>
<tr>
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<td>Charl</td>
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