



Newsletter

December 2016 – Issue 10

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Letter from the Chairman

Having just attended the INF Congress in Wellington, New Zealand, we are now touring the South Island and at the moment, we are at Wai-Natur Naturist Resort which is owned by Brian and Kay who are well known naturists world-wide. Kay was the Chairperson of the INF Congress Organizing Committee, which together with Donna and June, organized an amazing Congress. Kay is also “my boss” considering that South Africa reports to her as Non-European Assessor on the INF Council (she looks after all the naturist federations outside Europe). The other Assessor, Huub, of Netherlands is the European Assessor (he looks after all the naturist federations in Europe).

This INF Congress was different to the Congress which I attended in Ireland 2 years ago mainly because this was my second Congress and so I had previously met more than two thirds of the attendees and I had “done my homework” much better than I had done in preparation for my first Congress. I will report back to the MANCO of SANNA when I return. A new INF President was elected, he is Armand of France, who had impressed most of us during the 3 days of the Congress, and at the Workshop after the elections, Armand was “all ears” to hear what the Federations would like changed. There were many great suggestions voiced, not only by the big powerful Federations, but also by the smaller Federations, which have very few votes but at least, we have a voice. Armand listened carefully to every word spoken at the Workshop. It is my wish, that our new President will make sweeping changes and that we (the INF General Assembly) have made the right decision. The outgoing President, Sieglinde, did a great job in my opinion so Armand has his work cut out for him if he wants to move the INF to a new level.

SANNA has offered to host the INF Congress at SunEden in 2026. I have absolutely no doubt that SANNA and SunEden would offer a world-class Congress venue. This will only be voted on by the INF General Assembly in 2024 but we have already started canvassing for support from the various naturist federations and so far, all federation presidents, who I have spoken to, have indicated that they support the South African bid. I have also discussed the bid with the Department of Tourism and SA Tourism and there is a complete process that we need to follow. I hope to meet with Minister Derek Hanekom, the Minister of Tourism, in February at an Association meeting at Sandton Convention Centre.

The membership numbers of the 4 Provincial Naturist Associations are increasing steadily and we will most certainly in 2018 exceed the previous records. I would like to thank the Management Committees of GNA, WCNA, KZNNA and NWNNA for their hard work and dedication to naturism. I am optimistic about the growth of naturism in South Africa and the SANNA MANCO members are motivated to make a positive difference. Each of the Provincial Associations has set goals for 2017 and those goals include targets for membership, events, publicity etc. Have you applied for membership or renewed your membership?

The Festive Season is almost upon us and I look forward to seeing a lot of our SANNA members at one of the resorts or events. I would like to take this opportunity to thank our members for their support and encouragement and I would like to appeal to our members to think about making yourself available to serve on one of the Management Committees. We need dedicated naturists, who would like naturism to grow, to put their hands up. The INF together with Naturist Federations/Associations, are fighting to protect our rights as naturists. Does that matter to you? Do you want legal naturist beaches? Do you want naturism to be legal? Are you not prepared to pay R300 per family per year to be a member of SANNA/INF through becoming a member of one of the Provincial Naturist Associations?

I would like to take this opportunity to wish all naturists a Merry Christmas and a Happy New Year!

Regards,

Lofty Lutge,
SANNA Chairman,





Letter to the Editor

Dear Editor,

We are just back from our second trip to Vera Playa and it was the most amazing relaxed holiday as well as being value for money.

Once you have paid for your air ticket the prices in Spain are extremely reasonable, even when taking into account our current exchange rates. We stay in a fully equipped one bedroom apartment with its own small garden, which is in a beautifully maintained naturist complex with a large outdoor and indoor pool. On top of that, especially exciting for Gautengers, it is less than 5 minutes (naked) walk to the beach. For this we were paying less than R1000 per night!

The local shops and restaurants are close to South Africa's prices as well. You don't even need to hire a car as you can get the bus into the local town for less than R20 where you can have a drink in the square watching the world go past, browse the Saturday market, visit the bull ring (interesting to look around, we haven't attended a bull fight!) and have a three course meal with wine for around R600 for two. Because the Spanish people eat dinner late (9pm is early) the busses run into the early hours of the morning. Alternatively you can go to a local restaurant for a lunch time Menu del Dia where you get a very substantial three course meal (from a menu with many alternatives) for R150 per head.

Then there are the naturist Chirungitas (beach bars) where you can relax with a beer and order a pub meal while watching families enjoying the beach until the sun goes down around 8pm.

This year we travelled on Emirates via Barcelona (an amazing city and well worth a couple of nights' stop over) then Vueling Airlines from Barcelona to Almeria. We always stay with Steve and Chris of Vera Playa Vacations (www.veraplayavacations.com) who have a choice of naturist apartments close to the beach. They are extremely friendly and helpful hosts and provide loads of information to make sure you make the most of your visit.

We have already booked again for 2017 - we are hooked on Vera Playa!

Regards
Valerie Webley

History of Mpenjati Beach

By Christo

The initial application was submitted in May 2014, after the inaugural AGM of KZNNA. There was no reaction until August 2014. Thereafter it catapulted forward and in October 2014 it was approved by a majority vote of the Hibiscus coast municipality. The municipality gathered concerns from all the local residents.

The go ahead was given and we erected our signs on the beach, demarcating the area (ca. 500m) and the Naturist code of conduct. The code of conduct was done on 2 sign boards erected on the beach.

The beach was used by naturists without any incidents whatsoever. This part of the beach was used by local naturists as well as other naturists even before the application, hence the request to have it proclaimed as an official naturist beach.

There was a group called the "Concerned Citizens Group" who started putting pressure on the municipality and explored several avenues to no avail.





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Finally they turned to the Public Protector. Deputy Public Protector Kevin Malunga conducted an inspection of the 500m sandy stretch near Mpenjathi Nature Reserve on 3 November 2016 to gather facts about the proposed nudist beach. The inspection was attended by naturists, traditional leaders and members of the Concerned Citizens Group, who approached the public ombudsman to complain that the application to declare the nudist beach legal was not dealt with adequately. Malunga said the purpose of the inspection was to establish how secluded the beach was, and if the nudism would pose a threat to children or the community in any way.

"One of the motivations made by the naturists is that the place is secluded, so we wanted to see that because it is raising a lot of interest, because people think the nudist beach is up and running."

This will be yet another investigation that will definitely be in our favour.

The request to all naturists is still: Do not use the beach until we have an official reply from the public protector.

The current investigation will be finalized in Jan 2017 according to the Public Protector's office.



Christo (left) and Lofty (middle) with an officer from the Public Protector's office





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8 International members providing quality naturist holidays worldwide

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 website: www.joxilox.com and www.suneden.com



Have you ever skinny dipped?



Provincial Event Dates

Eastern Cape

Striptease Trail at Tsitsikamma Lodge 11 February 2017 at 10:00

Gauteng

New Members Welcome Braai at SunEden pool Friday 16 December 2016 from 10h00 onwards. GNA will sponsor salads, bread rolls and fires for all GNA and other SANNA affiliated members. Come and meet our newest members, have a wonderful day at the pool and make new friends Everybody welcome!

KwaZulu Natal

AGM 25 February 2017





Chocolate Mousse Recipe



By Elizabeth

Ingredients

200g dark chocolate
300g packet pink & white marshmallows
2 x 425ml cans evaporated milk, (one can chilled overnight)

Method

Break the chocolate into pieces and place in a large glass bowl with the marshmallows. Pour 1 can evaporated milk over mixture and microwave on medium heat, stirring every 2-3 minutes so the chocolate does not burn.

In a separate bowl, whisk the chilled evaporated milk until frothy and stiff.

Using a metal spoon, fold the melted chocolate and marshmallow into the beaten evaporated milk. Chill for at least 3 hours before serving.





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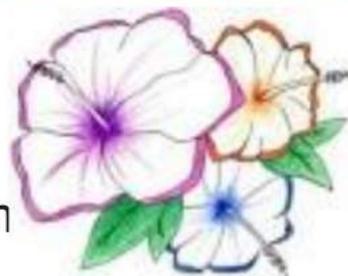
Hawaii Party



Saturday 31 December 2016
19:30 - till Late



Contact Maria or Kathy
071 658 0165
email: sunedensa@gmail.com





Naked and Unafraid

I bared it all — for this story — and I loved it! By Connelly Hardaway

There was a time in my life when being naked was normal. My first four years were spent almost entirely in the nude, joined at the hip by my twin sister — her name is Mary Scott, although I call her Sissy. She also calls me that. Sorry for the confusion. The two of us would strip to our birthday suits every time our mom tried to put us in matching outfits. We didn't mind the matching; it was the suffocating feeling of being clothed that we couldn't stand.

Growing up in rural Virginia, we played in the creek and the mud, ran through our yard chasing big dogs, sat on our porch eating popsicles, all while being naked. As we got older we wore more clothes, but we never lost sight of the freedom of being naked. We would skinny dip off of our friends' docks, taking turns stashing each other's clothes, collapsing in laughter in the frantic search for a cover-up under the revealing light of a full moon.

We got older and more self-conscious, struggling with body image issues, my sister especially, punishing herself for years with a restricted diet and obsessive workouts. It hurt me to see my sister struggle, and naturally, being her identical twin, I struggled to keep up, wanting our bodies to look the same forever. Our latter teenage and college years were riddled with various body issues. After a while, I didn't like being naked anymore.

So last month, when the opportunity to visit a family-friendly nudist park presented itself, I felt like I was being called back to my youth, to a time when I truly felt free. I begged my sister to join me on the two-hour trip to Cedar Creek Park, a nudist park located 45 minutes outside of Columbia. "It will be fun," I promised, before adding that she pretty much had to come, because the prospect of going alone was slightly unnerving. After bribing her with snacks and wine, my sister finally agreed to come with me, and we trekked up I-26 to reclaim our nakedness.

Upon arriving at Cedar Creek Park — visitors must enter through a code-protected private gate — we drive to the office, a trailer located just across from several RVs and tents. Jessica Shaw, the park's manager, greets us, signs us in, and gives us a tour of the property. Shaw is topless, wearing a multi-colored sarong around her waist. She moved to Cedar Creek Park over a decade ago to help her parents run the place, and what started as a part-time gig has turned into full-time living.

The grounds feature both indoor and outdoor pools and hot tubs, a banquet area, an outdoor stage, and a camping area for visitors. To my surprise Cedar Creek also boasts a number of semi- and permanent residents, living in elaborately embellished RVs all over the 43 acres. Shaw drives us around in a golf cart — most residents and guests have their own — waving at passersby and pointing out various features of the park. She shows us where we will float down a small creek later in the afternoon. Then she allows us to go to the bathroom. And get naked.



Tim Banks



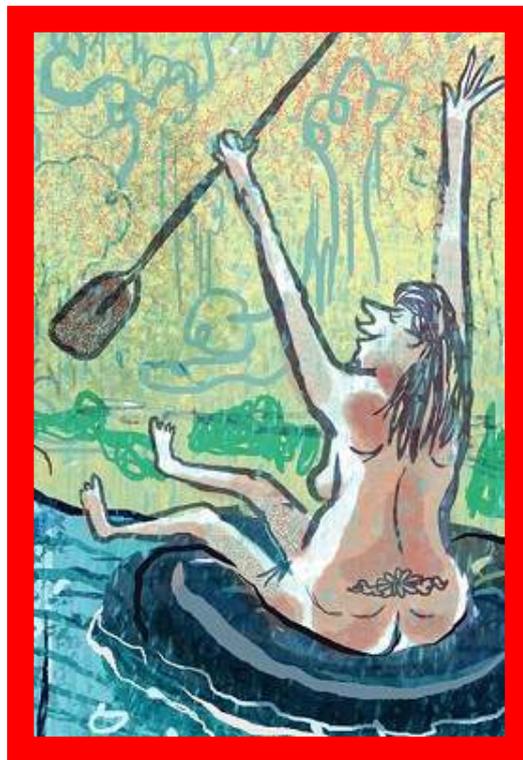


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"OK, OK, yep." I'm standing in a bathroom, a purple sarong tied around my waist. I'm topless save for a silver necklace of plastic stars. Sissy bursts out of her stall, belly button-length hair swinging around her bare chest, her blue sarong also tied at the waist. She smiles at me in the mirror, adjusting her American flag head scarf. "It's not that bad," she says.

I'm taking deep breaths. Shaw offered us tequila shots before our undressing, which may be the surest sign of hospitality I've ever encountered. The shot didn't seem to do much, though, and I'm still nervous. I'm about to walk out of the bathroom, half undressed.



Tim Banks

I step into the sun, feeling all 100 degrees of a July day. Shaw is surprised that Sissy and I have already gotten, as she says, "halfway there." Cedar Creek is flexible with first-time visitors, allowing them to wear a sarong over their entire body if they so desire. You can ease into nudity here. We walk to the outdoor pool, smiling at everyone we see. I attempt to avert my eyes, forcing eye contact or no contact at all. Nonetheless some piercings catch my eye, a nether-regions tattoo makes its way into my line of vision. Deep breaths.

You can trace nudism back to man's creation — you know, Adam and Eve and their shoddy fig leaves, if you believe that sort of thing. Most ancient societies, from Greece to Egypt, have a rich history of nudism. In America, though, nudism didn't necessarily crop up with the founding country's first settlement. The pilgrims believed that to be naked was to be deprived.

Things changed after the Revolutionary War, when nudity started to find a place in society. The practice of nudity was popular with 19th century artists and authors like Walt Whitman, Mark Twain, and Henry David Thoreau, who's quoted as saying, "We cannot adequately appreciate this aspect of nature if we approach it with any taint of human pretense. It will elude us if we allow artifacts like clothing to intervene between ourselves and this Other. To apprehend it, we cannot be naked enough. In Wildness is the preservation of the world."





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Tim Banks

Twentieth century Germany saw the rise of naturism, a form of nudism that also advocates for improving health and life. The history of nudity and the rise of Adolf Hitler (yes, those words were all just strung together) has its own story, and I recommend checking it out.

Currently there are places to be publicly nude in almost all 50 states, with California and Florida topping the list with the most spots. While nudity in America is far less common than nudity in Europe, U.S. nudism is, as far as I can tell, enjoying something of a boon.

"Y'all will love the creek!" a friendly woman from the pool shouts at us as we board a golf cart with Shaw. "It's nice and cold." At this point, Sissy and I are feeling pretty comfortable. Everyone has been friendly, and maybe I'm being naive here, but they all seem sincere as well. One man makes a point of telling us about his experience with nudism; he says that with his clothes on he had always been a wallflower, but after discovering nudism, he opened up, feeling like a whole new man. Roll your eyes if you want, I found it moving.



Tim Banks

The creek float forces us to face our fears and fully unclothe. I tie my sarong around my neck and flop into my semi-inflated float, shouting "Oh Jesus!" as my bare ass hits the freezing cold water. My sister, gripping the last remains of her coffee-cup wine, flops in next to me, screaming. We get separated for a moment, my float moving downstream at a surprising speed.





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"Sissy! Grab a branch!" says my sister, laughing and trying to catch up, and our new friends are pushing her float in my direction. I hold onto a low hanging branch and grab my sister's hand when she bumps into me. We're both grinning and I think we're having more fun than we've had in a really long time.

On the creek we ask our surrounding tubers more about how they got into nudism. They're all open and forthcoming, and most tell us that they started stripping down later in life (the age demographic skews toward middle-aged and older). Almost everyone uses the phrase "And then I was hooked," to describe their passion for the lifestyle.

I nod along, as if we're having totally normal conversations. The thing is — we are. We just happen to be naked. I wonder, for a moment, if I'm getting hooked, if once I leave this place I'll have to return, shedding my clothes as I leap joyously into the air. The thought both frightens and excites me.

The creek float comes to an end and we pile out of the water. Sissy and I hold our floats tight against our now nude bodies. To be topless is one thing, but trust me, you don't feel fully vulnerable until every bit of your body is exposed to the elements.



Tim Banks

We find ourselves back at the pool, where people are getting ready for a cookout. Sissy grabs my arm, "I think it's time to go." We've had fun, but we have a two-hour car ride back home. There is something reckless about drinking lukewarm pinot grigio on a creek at a nudist park, and I think we're both afraid that if we stay too long, we may never leave.

Before departing we went a few rounds on a slip and slide, which is way more fun when you're naked. I mean OK, it's kind of gross if you think about it for too long, so just don't think about it.

There I stood, naked, surrounded by naked half-strangers, clapping as each person raced towards the slide and then flew down it in all of their birthday-suit glory. Even now I can't quite believe that's a sentence that I'm writing, let alone an experience I'm recalling.

I watch my sister gear up, running sort of duck-footed, as she does, her long hair streaming behind her. She flies on the slide, so fast she looks like she may hurt herself. She jumps off, laughing so hard her face is squished into a smile reaching from her mouth to the corners of her eyes. And this is why we came here, to feel like this. We're four years old again, splashing in mud puddles, 14 years old and skinny dipping in the York River, 25 years old and slip and sliding at a nudist park.

I don't think nudist parks are for everyone. I want to take my friends to Cedar Creek, but then I hesitate, thinking that being nude with people you know is weirder than being nude with strangers. The more I've reflected on my time at the park, the more nuanced and complicated my feelings about it become. I loved it, and I would go back. But part of me wonders where I would go from there. It's simply not practical to be naked all of the time.





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Ultimately, I think I loved the nudist park because I went with my sister. It was our thing. We're getting older and eventually we'll probably have to live in separate houses and, gulp, separate cities. But we'll still have this memory.

Years from now I'll call her, or grab her arm, or run into her room, and shout, "We'll always have Cedar Creek!" and she'll crack up, that big happy smile showing its face once again.

Tin Foil Party

"Dress SunEden Style"



Saturday 17th December 2016

19:30 - Till Late



Contact Maria or Kathy

071 658 0165

email: sunedensa@gmail.com





News from Western Cape Naturist Association

By Louis

So lovely to have the summer back and if it wasn't for the severe drought we're going through I would've been over the moon! But we are positive that relief is on its way and are thankful for the rain which has brought relief in many parts of our country.

Since our last newsletter things have come alive with our first event being the Skinny dip which was organized on very short notice and held at the Strand public swimming pool. Not only was it a huge success but we've made new friends and gained a number of new members through this event. Looking back, we as Committee are positive that this might be a new unexplored avenue for the way ahead to involve people outside our Association to participate in our activities.

We are now looking to place this on our annual calendar, and following British Naturism to actively promote this event not only for Naturism but also to use it as a tool to generate funds for a needy cause.



Following this event we had our season opener at the ever popular Altyd Water campsite. And what an event we had! Not only did we break the record for attendance at this site, but also the record for attendance by new comers which was wonderful!





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It is really heartwarming to see and experience the presence of new members and non-members showing interest in Naturism whom all helped to make this an unforgettable weekend. The pleasure to have people from the ages of three years old to seventy plus enjoying life in the nude was just awesome! What a life and what an awesome group of people!



We were blessed with lovely sunshine days, and although the evenings became fairly cold, a warm companionship of friends by far exceeded the uncomfortable chilling evenings.





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On top of that we had a Halloween dress-up evening where the winning person had her weekend being refunded as prize.

We are now looking forward to our next event at Fynbos outside the lovely town of Wolseley at the end of November where we'll also have our AGM, and to end our 2016 events we'll be heading to Olive Glen in the DuToitskloof mountains outside Paarl.



A walk in the fynbos.



Olive Glen in between the mountains

Both venues are out of this world being out in the nature and we are so blessed to have places like this where we can enjoy the joys of companionship as it is meant to be – in the nude!

Before I say good bye, I read an interesting article the other day which I want to share with you. I know I did mention the health benefits of the sun before, but this explains it so much better.

Arthritis and vitamin D - a doctor explains the connection

Dr James Dowd, a rheumatologist at the Arthritis Institute of Michigan in the US, has been prescribing vitamin D to people who suffer from chronic illness like arthritis for years.

And, recently, two major studies confirmed just how important the sunshine vitamin is for good health.





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Studies reveal that vitamin D can ease chronic illnesses including arthritis

One study found that people with higher levels in their blood were more likely to survive cancer. What's more, it reported that people with very low levels in their blood were at increased risk of heart disease. This study supports previous research that's associated high levels with combating infection and helping with chronic problems like arthritis.

Now, a new and controversial book written by an American doctor suggests that taking even higher levels of vitamin D (about 10 to 15 times the recommended amount) can work wonders. Dr Dowd confirms that he too has seen drastic improvement in patients with arthritis, back pain and headaches by simply upping their vitamin D intake.

Dr Dowd explains, "In the past, I would've given a patient anti-inflammatory drugs, pain medication, a pill to lose weight and drug treatment for hypertension." But several years earlier he himself began to suffer symptoms of joint pain and fatigue and after researching other treatments, devised a very different and "much more effective approach".

How to get your vitamin D levels to a healthy range

Dr Mercola offers two top tips on how to optimise your vitamin D levels to help ease arthritis and symptoms of other chronic illnesses:

#1: Get some sun

"Occasional sunlight exposure to your face and hands is not sufficient for vitamin D nutrition for most people. To optimize your levels, you need to expose large portions of your skin to the sun, and you may need to do it for more than a few minutes," Dr Mercola says.

To maximise your body's vitamin D production and minimise your risk of skin damage and cancer, Dr Mercola recommends spending time out in the sun between 10am and 2pm. "During this UVB-intense period, you'll need the shortest sun exposure time to produce the most vitamin D," he explains.

As far as the optimal length of exposure is concerned, Dr Mercola says you only need enough to have your skin turn the lightest shade of pink. For people with pale skin, this may only take 10 to 20 minutes. The darker your skin, the longer you'll need to optimise your vitamin D production.

#2: Take a vitamin D supplement

If spending time in the sun or using a safe tanning bed isn't a realistic option for you, Dr Mercola recommends using an oral form of vitamin D in the form of a daily supplement.

"If you're using a supplement, make sure that you're using vitamin D₃ (cholecalciferol) and not the inferior form known as D₂ (ergocalciferol). The latest research actually shows D₃ is approximately 87% more potent in raising and maintaining vitamin D concentrations and produces two- to three-fold greater storage than does D₂," he explains.

As for how much you should take? "The average adult needs to take 8,000 IU's of vitamin D per day in order to elevate his or her levels above 40 ng/ml, which is the bare minimum requirement necessary for disease prevention. Ideally, you'll want your levels to be between 50-70 ng/ml," says Dr Mercola."

Now if that's not enough to convince you to be out in the sun, in nature, in the nude, then I don't know.

Since this is our last newsletter for 2016 I want to use this opportunity to thank SANNA, the other regional Associations and especially the members of WCNA for a year of fond memories, friendships, love and yes, also some times of sadness but, in looking back, a year of progress and with a positive outlook to the year that lies ahead.





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My sincere thanks to all of you and may you all enjoy the love and peace that Christmas bring. To you and your loved ones, may you all have blessed Christmas and a prosperous 2017!

Till next time!

Strawberry Avocado Salad



Ingredients

- 2 tablespoons white sugar
- 2 tablespoons olive oil
- 4 teaspoons honey
- 1 tablespoon cider vinegar
- 1 teaspoon lemon juice

- 2 cups torn salad greens
- 1 avocado - peeled, pitted and sliced
- 10 strawberries, sliced
- 1/2 cup chopped pecans

Directions

1. In a small bowl, whisk together the sugar, olive oil, honey, vinegar, and lemon juice. Set aside.
2. Place the salad greens in a pretty bowl, and top with sliced avocado and strawberries. Drizzle dressing over everything, then sprinkle with pecans. Refrigerate for up to 2 hours before serving, or serve immediately.

SunEden National Skinny Dip Day

By Lofty

With the arrival of summer, we all awakened from our hibernation and things started to happen at SunEden. One of the first things to happen this year was our observing of international "skinny dip" day on Saturday, 3rd September. We tried to get as many skinny dippers as possible into the pool at the same time..... we managed seventy-seven (77)!

Considering that the SunEden 21st Birthday Weekend was very well attended the previous weekend (26th to 28th August), we did not imagine that the Skinny Dip would also be so well attended but we were pleasantly surprised. It might well be included in the annual SunEden Events calendar in future.





British Naturism suggested that South Africa participate in the project aimed at promoting naturism and at the same time enabling fund raising for charities or clubs. This year we simply participated in the Skinny Dip but next year, maybe it can be bigger and better!

The Western Cape Naturist Association also participated in the Skinny Dip at a municipal swimming pool in Strand, Cape Town. They had 54 participants which was also good considering the last minute notification from British Naturism.

My Textile Holiday

By Elizabeth – Naturist in an unnatural environment

In September we took a week's holiday to Plettenberg Bay, but as Textiles. My husband and myself have been naturists for the past 30 years and social naturists for the past 21 years.

When our journey as social naturists started 21 years ago, at Harmony with friends, it took a lot of courage from my side to take my clothes off. It was easy in front of my husband and my daughter, but in the public.....? That was another story. But as you all know it does not take long for you get so used to it, and to learn to accept yourself for who you are. Other naturists accept you for who you are, the real you.

Whenever we go on a textile holiday it is fine, no problem. We went sight-seeing, driving around, visiting friends, it all depended where we went.

So what was different about this holiday? I am not a model. I very reluctantly packed in my swimming costume. After all we were going to Plettenberg Bay, one must be prepared. In the past the swimming costume came back, as it went in, unused, as we generally refuse to wear swimming costumes and rather don't swim at all.

We arrived at our 4-star destination, and I immediately realised this was not our "normal" textile holiday. We were now mixing with rich Textiles. This "richness" is something you don't notice at a Naturist resort. I now know for sure that Naturists are not snobs.

It was a beautiful place, everything was just of the best. But the people knew they were rich. There was an aura around them saying: "We are better than you." I felt very back in my shell, no confidence, no self-respect.

I can't explain how I felt, I did not want to go anywhere without my Hubby, I kept on pulling on my clothes, trying to hide... Then I realised I was trying to hide from the people who were hiding behind their expensive clothes. Their self-image, their confidence was all in the name brands they were wearing. Should they take it





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off, or visit a Naturist resort, they would have nothing to hide behind. Suddenly I felt so sorry for them, I wish I could invite them to one of our breakaways or resorts to find themselves. To be true to themselves, to really experience freedom. Freedom not only from clothes but freedom from what money can buy. Free to be who you are and not what you have. Freedom that no money can buy.

Oh yes the costume sadly was used, in the afternoons at the inside pool when hubby and I were alone. Because you see, my swimming costume was not a brand name, so it was an irritation and an embarrassment to the people I love and love to hang out with. We had a lovely holiday in the most beautiful place and we were sad to go back to home, especially after I found the true me.



News from Gauteng Naturist Association

*By Francois
Chairman*

What a year 2016 has been for GNA and also for naturism nationally. GNA has experienced phenomenal growth in memberships, and all of the functions organized for 2016 were very well attended. A huge big welcome to all the new members who joined GNA this year. Please join us at the SunEden pool on Friday 16th December 2017 from 10h00 onwards for a New Members Welcome braai. Come and meet your fellow members while enjoying the day out in the sun with us. Salads, bread rolls and fires will be sponsored by GNA.

I want to thank all our members for attending the functions, and for making an effort to lend a helping hand and to engage with fellow naturists. You are the people who make GNA an amazing organization. Please remember to renew your memberships for 2017 to ensure that you receive your new cards and to receive the amazing benefits that goes with being a GNA member. Membership fees for 2016 remains unchanged and is R300-00 per couple, or R300-00 per single. Please contact Gerda at secretary@gna.org.za or Elna at treasurer@gna.org.za regarding membership fees and membership cards.

Of course the annual GNA Big Bash 2016 was a huge success, even though it was a short weekend. SunEden was packed to the brim, and the weather was absolutely stunning. This year we had German beer fest as a theme. Once again a record number of people attended the weekend, and the GNA sponsored Saturday evening meal of German sausages and salads went down very well. Congratulations to Buks and Rene who were the first GNA members to get married in a naturist wedding ceremony on the Saturday of the Bash. We were honored to be part of your special day.

I want to thank the management committee of SunEden for their goodwill and positive attitude towards GNA and for the positive working relationship we have experienced throughout 2016. Here's to many more years of a favorable relationship between SunEden, and GNA and its members.

The AGM is an upcoming event which takes place early in the new year. This year is election year, and I want to urge all our members to please nominate members who you believe will make a positive contribution to the committee, and someone who is prepared to work for you. If you are in a position to stand for election, please give it some serious consideration, as we really need people who can take GNA forward.





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More information regarding the time and venue of the AGM will be made available as soon as arrangements have been finalized.

The management committee of GNA have already discussed events and weekends for 2017, and even though I cannot give you fixed dates yet as we are in the process of negotiating with the resorts, I can confirm that we are definitely going to have the following functions / weekends:

- Troutways weekend – Waterval Boven – confirmed for 24 – 26 February 2017
- AGM – date and venue to be confirmed
- Welcome to New Members braai – possibly over the Easter Weekend
- Kiepersolklouf weekend
- International Skinny Dip day – date to be confirmed by INF but this should be somewhere in September
- Annual Big Bash – 22 – 25 September 2017 at SunEden (start booking!)

Gerda and myself will be camping at SunEden for a deserved holiday after a very hectic year, from the 23rd of December until the 2nd of January. Should you be at SunEden during that time, please come and pop in at the campsite and come and say hallo. Also, the New Year's party is going to be an absolute blast – it's a pool party with a Hawaiian theme. Why don't you come and party into the new year naturist style with amazing music and good friends?

Finally, I want to wish all our members a very peaceful and blessed festive season. Please be safe wherever you are going, drive carefully, and be responsible. May 2017 bring you blessings in abundance and may happiness and good health follow you wherever you go.

Happy holidays!!
Stay naked!
Francois
Chairman



Photos Discover Natural Stories

Naturist photographers were invited to capture natural nude images that embrace 'health and well-being' for a competition held in conjunction with the World Congress of Naturism in Wellington.

Associate of the Photographic Society of New Zealand Roger Thwaites, who judged the entries, said with over 40 entries, there was a lot of very good images making it difficult to choose winners. "I favoured activity and human interaction, social commentary, rather than merely being posed as a portrait. The images I selected portrayed a good standard of photographic merit, which was pleasing to see," Roger Thwaites said.

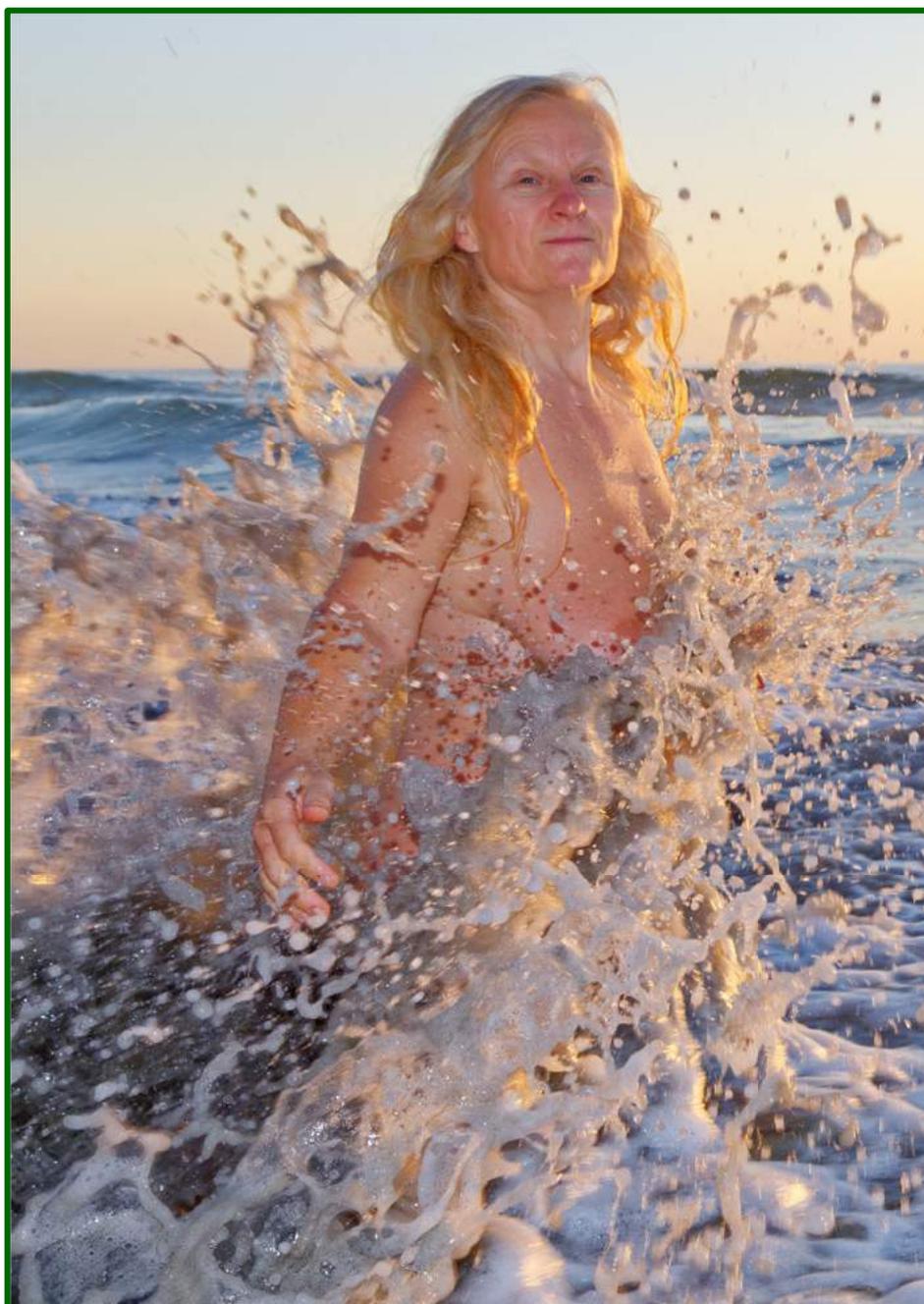




The Winners

1. Ricardo Cisternas

I took this photo of Claudia Kellersch on Black's beach, San Diego, California. I wanted to convey the sensual experience of the human body in nature clad only with the elements.





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2 Brian Williams

This is Suzie and Naomi at Domaine de L'Eglantie're, a naturist camp in France. The girls who worked there were always keen to take part knowing that they could be in New Zealand's *gonatural* magazine.





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3 Michael P Moore

I photographed Chris Blackburn-Davis on the Port Hills overlooking Christchurch's East coastline, with his hearing assistance dog Tamari.



4 Brent Lewis

I photographed Roger Dean water-skiing in Auckland harbour, and wanted to show that modern naturism is not just sitting around drinking tea with the occasional game of petanque. It's also about enjoying more active sports au naturel, to capture the interest of younger nudies.





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5 Jeff Norman

I photographed Colleen Clarke at Auckland Outdoor Naturist Club's gym that is used regularly. It shows you can have fun training with the freedom of not needing clothes and to encourage others to use the gym.



6 Brian Williams

This is Lisa and Suzie at Domaine de L'Eglantie're France, jumping in the swimming pool.





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7 **Graham Macgregor**

I photographed Doug Ball, Mark Goodwin and myself climbing Mt Ruapehu, with Mt Ngauruhoe in the background.



8 **Damian Wims**

I photographed my wife Audrey Barrett in Crete, on the nudist beach near Hersonissos. This was the first place that we tried public nudity. I wanted to capture that emergence- it's pretty literal.





Boma Stories

By Johan

Official newsletter of SunEden Shareblock

With the arrival of summer, we all awaken from our hibernation and things start to happen at SunEden. One of the first things to happen this year was our observing of international "skinny dip" day. We tried to get as many skinny dippers as possible into the pool at the same time..... we managed double 7... seventy-seven!



Summer Glorious Summer

Each season has its fans, there are people who love the winter, others sing praises to spring or autumn, but for naturists there is only one season and its summer.

Summer brings clear and longer days, highlighting the beauty of nature, everything is green, flowers unfold and birds and animals (and people) come out of hibernation. People pack their winter clothes away and change to the minimum to stay cool on those sunny days; where possible most will relax in only a pair of shorts or sundresses, sunglasses and sandals, and if you are a Naturist, well... then you only need the sunglasses and the sandals! I suggest that we soon welcome the summer with a nudibration of the joy of the uncovered human body.

Suggestions?

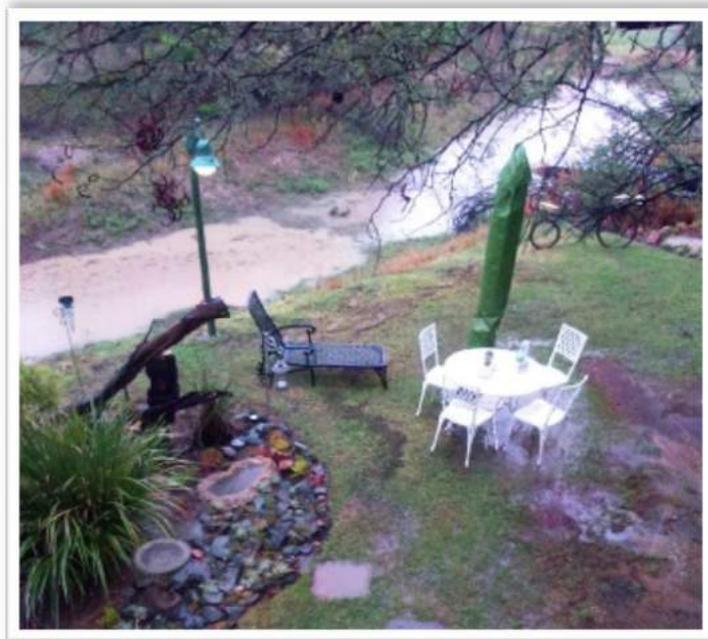
This year we awaited the summer with some trepidation because the rain stayed away. We watched the dams dropping lower every day, the veld becoming dust dry and our bakkies looking in vain for a blade of green grass. But just when we almost gave up hope, down came the rain, in torrents, and our dams filled up and steam rose up from the parched earth.





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A photo that was taken by Anne-Margaretha from the upstairs window of her house after a downpour. See the two ducks on the dam that was still bone dry only a few days ago?

Arbor Day



Our Arbor Day this year was on the 1st of October. There was tremendous enthusiasm and we received a lot of contributions and donations and help. This enabled us to fetch a load of compost with Schalk's truck, and with the cash donations we bought trees and bone meal and fertilizer and hired a TLB to dig the holes. Some friends donated trees, some already pretty big. A big thank you to everyone who contributed. I think it was a huge success, we planted about forty the trees and this time I know the young trees will thrive due to all the love and TLC they got and because the rain came just in time. This tree planting action is really only the beginning of an ongoing process.





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There are still many people who want to get involved and many open spaces where we can plant, so let's make tree planting a way of life. He who plants a tree shows confidence in the future, and do we not all feel positive about SunEden's future, and the future of our lifestyle and our people?

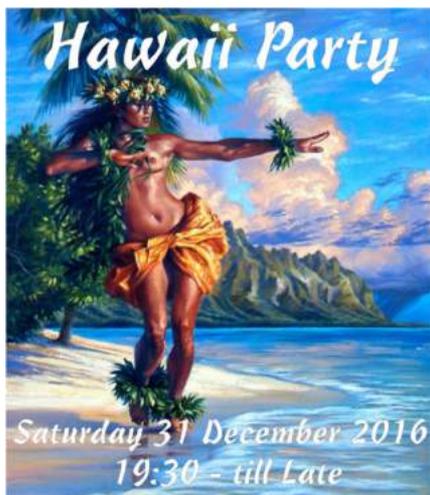
SunEden Turns 21



SunEden turned 21 this year and when we celebrated its birthday on the 27th of August there was an enormous turnout, I cannot remember ever having seen so many people around the pool. It seems like we are now getting into the habit of breaking records, each event we host surpasses the previous, we are just moving up and up. The result of all this can be seen on each visit to SunEden, new office, new convenience store, new lapa at the pool, new braai in the boma to mention a just a few. The luxury safari tent that we installed a few months ago proved to be so popular that we are now busy putting in a second one, and I am sure with the ever growing demand for accommodation, we will very soon have to start with the 3rd, and the 4th and so on.....and so on.

Over the weekend of 23 to 25 September SunEden hosted the GNA bash. Again there were so many people that I could not count them, many old friends but also many that came to SunEden for the first time. All the accommodation was filled to capacity, the caravan park was full and the pool area was well stocked with beautiful bodies.

(To a true naturist all bodies are beautiful!)



An upcoming event to keep in mind is the New Year's Eve Hawaii party. Judging by the trend of the past months, this will again be a record-breaking event. Don't miss out, we are yet again going to make history, come and join us and be part of this history.





A Naturist Wedding



On Saturday 24 September we had a rather unusual event at the lapa next to the pool. Buks and René decided to tie the knot in a true naturist way. As it coincided with the GNA bash, they had plenty of witnesses to always remind them of the vows they took. We wish them a very happy and a long marriage and may the memories of this day give them joy for the rest of their days.

Salt River Mouth Non-Official Naturist Beach

By Chris

This beautiful beach is accessed by hiking from Nature's Valley, which is about 30 km west of Plettenberg Bay. The round trip is about 4 km. The start is from near the tea room in Natures Valley Village. Walk down the board-walk to the beach and turn right in a westerly direction.



About 100m along the beach you will come to the sign announcing the trail which heads up the hill. You can choose to continue along the beach, or to follow the inland trail. The walk along the beach could be challenging on a high tide, so it is best to check the tide tables before leaving. There are also a few rocks to clamber over, although a pathway and railings have been placed there for assistance.





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The remainder of the walk along the beach is less challenging.

The alternative is to follow the inland trail which will take you through the forest. There is a climb up to a viewing point, then there is a gradual downhill towards the estuary.



The view from the lookout point.

Continue along the trail until you reach the soft sand of the river mouth.





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Salt River Mouth

Depending on the tides, it would be most enjoyable to do a clockwise or anticlockwise loop. Then you could enjoy both the beach walk and the forest trail. The river mouth is a great spot for a picnic, sun tanning, swimming in the Coca-cola coloured water, or simply chilling with a good book. Hikers may pass by, but as the beach is well known as an unofficial naturist beach, there should be no problem if you discreetly strip off and enjoy the beach as nature intended for a few hours.

Don't forget to take along the following: sunglasses, hat, good walking shoes, insect repellent, suntan lotion, towel, refreshments and water, camera and binoculars.

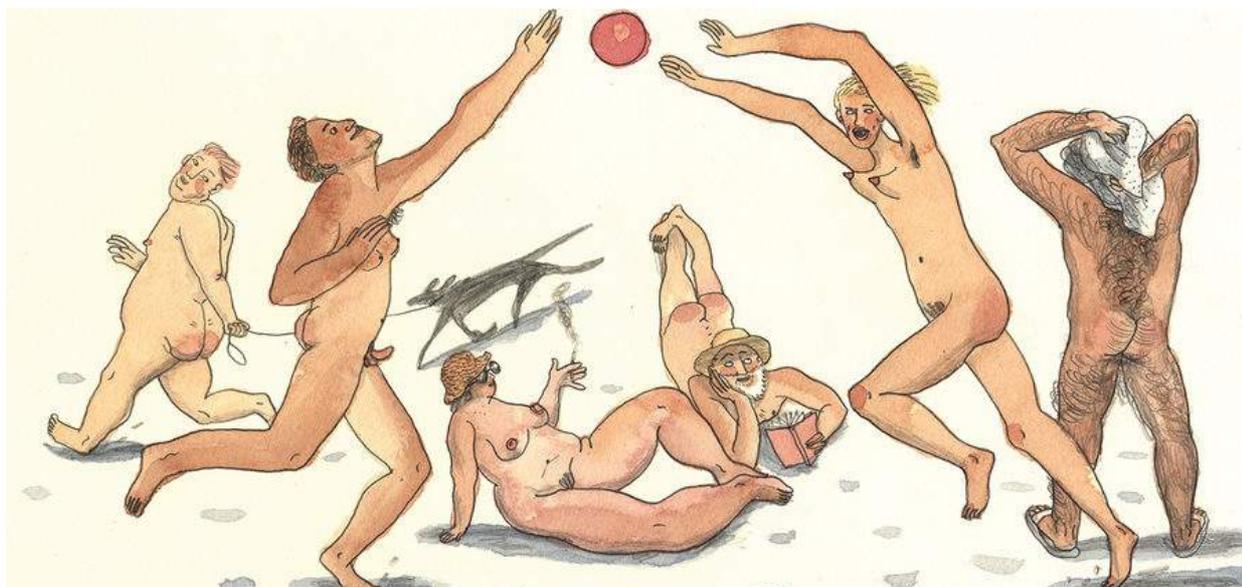




Nude Volleyball

By Emma Sloley
@sloleywandering

Emma Sloley is a New York-based writer who has been published in Travel + Leisure, New York magazine, Conde Nast Traveler, Coastal Living and Harper's Bazaar Australia, among others. She is a MacDowell fellow and is currently at work on her first novel. Find her on twitter @sloleywandering.



Nov 03, 2016

Although every one of us enters this beautiful, ruined world naked, sometimes it's hard to believe that nudity is our natural state. Being born is the one true leveller, the last time most of us will ever arrive in a room lacking the social signifiers that clothing confers. For a few heady moments we're free—free!—before they bring in the onesies and the teensy beanies and booties and swaddle our shame in respectability.

From then on, being naked is reserved for a few sanctioned occasions in life: bathing, sex, maybe sleeping. But some people demand more liberation from the shirts and pants and ties that bind. Last summer, my husband Adam and I decided to join a few thousand of those people on vacation. Call them naturists, nudists, exhibitionists, perverts—the guests at Koversada, one of Croatia's largest nudist resorts, don't really seem to care what labels the outside world chooses to place on them. They're too busy working on their all-over tans and disconcertingly harmonious relationships.

There was nothing anthropological about our decision to stay at the resort. Adam and I had already had a few brushes with the nudist subculture on occasional summer jaunts to some of Sydney's gorgeous clothing-optional harbour beaches, which are loosely segregated by sexual orientation and reproductive status—gay, straight, family-friendly—and at a nude yoga class in New York, which was most notable for how brutally difficult the poses were.

We're definitely what you'd call casual clothing refuseniks rather than passionate devotees, yet I've always felt defensive about society's attitude towards the nudist way of life. There are two standard questions (with minor variations) that people ask whenever the question of nudists come up, reliably accompanied by a smirk or snigger:

1. "Why is it that the people on nude beaches are always the people you least want to see naked?"
2. "Why are nudists always playing volleyball?"





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To the first, has it ever occurred to you that maybe not everything other people do is for your personal gratification? So you don't personally get off on that person's specific body type? Maybe their body isn't exclusively for your gaze. To the second, I don't know, because a certain subset of people at nudist camps like to do sweaty outdoorsy activities at about the same rate as the general population?

There's a distinct whiff of good old-fashioned body-shaming about our culture's attitude to nudism. Hey, how dare that person parade their body around when it doesn't happen to conform to my exact sexual specifications? How dare they not be ashamed of being overweight, or old, or rippled with cellulite, or too flat-chested, or with a dick that doesn't measure up to society's expectations? There are overtones of the kind of body policing that women (clothed or otherwise) experience every tedious moment of every day, the notion that if you don't live up to some kind of idealized body norm, then you should cower in a darkened room for the rest of your life, lest other mortals have to look upon your hideousness.

I get some of the gentler ridicule. There is something faintly ludicrous about performing tasks naked that you'd usually do clothed: walking a dog; eating ice cream at a cafe; wearing a hat and shoes; the aforementioned volleyball. But it's funny how quickly you shed those shackles of embarrassment once you enter a nudist resort. (Almost as quickly as you shed actual clothes.) You tend to be surrounded by Europeans, who are famously less prudish than their cousins across the Atlantic. Once you've seen a few people walking dogs, tying shoes, driving boats, and barbecuing in the buff, it ceases to be a wonder and becomes so commonplace as to be unremarkable. For all the sexualisation of the human body, there's something strangely innocent about a nudist resort. What it most suggests is a child's attitude to their body, the unthinking delight in their own self that kids revel in when they're freed from the stifling confines of clothing.

That said, I'm not a natural nudist. Clothing is both costume and armour. I love dressing up, changing my height and silhouette and the image I project. Nudity strips away the ability to transform, to try on another version of yourself. Without clothes, you're left defenceless, exposed to both the elements and the world's scrutiny of your unexpurgated self. So I entered this little vacation of ours with apprehension. Secretly, I preferred a fancy resort where I could dress up for dinner, throw on a frock and a pair of earrings, and experience transfiguration.

Instead, we checked into a condo-style hotel room with a kitchenette and thin towels, set in a block among many identical blocks. It was as though someone had plonked suburbia down next to a medieval town amid the incomparable beauty of Croatia's rocky Adriatic coastline. There was a section in the sprawling property for campers and RV owners, along with several restaurants and convenience stores. (Clothing was a requirement in these, as if some bureaucrat had decided that nudity was antithetical to commerce.) There were paved roads and paths for bicycles and pedestrians, flanked by neat lawns and cypress trees. It was neither tacky nor sexy but utterly, almost disconcertingly, bourgeois.

We quickly established a routine of rising early, having coffee and fruit, then walking down to the beach for a swim. From what I could glean, most of the other residents were Germans of Caucasian descent. It never ceased to amaze me how brown a white body can become. Some of the resort-goers were burnished so dark their skin resembled a piece of rich mahogany furniture. (Had they been here for years? I would have believed it.) They were mostly couples, many of the younger ones with small children. The children were clothed and the adults naked in a curious reversal of the usual beachside etiquette. I tried to imagine what it must be like to have a childhood in which nudity wasn't invested with shame, but my imagination failed me. I grew up Catholic, in a society that viewed nudity as either something to be ashamed of or fetishized, and sadly I still live in that society, where mass shootings are shrugged off while sex tapes and costume malfunctions are considered morally dangerous.

Through the first few days at the resort, I would leave something on, a subtle refusal: a pair of knickers; a gauzy cover-up; a hat; sandals; a necklace; a hair tie. On day four, Adam issued me a challenge: walk down to the beach wearing nothing at all, not even a pair of shoes or a hair tie. I protested: What about my feet, they'll get hot on the pavement! I need my sunglasses for the glare! He just shook his head and smiled. "Nothing. Take it all in your bag, which I'll carry. Just see what it feels like to be completely undressed." I was dubious, and resisted a bit before caving in for the sake of marital harmony. As soon as my feet hit the already hot tarmac I flinched, ready to grab for my sandals and fail the challenge. I took a few more steps and realized it wasn't that hot; my feet quickly acclimated. We walked to the beach and I understood what he meant: Without even a band to tie back my hair, there was nothing between me and the elements. My feet exposed to





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the ground; my hair to the breeze; my eyes to the sunlight: It was glorious and infused with a strange innocence. I was reintroduced to that long-forgotten, uncomplicated childhood joy.

If you've never been to a nude beach or resort before, you're probably curious about the level of ogling and leering and general perversion. That wasn't the case at Koversada; if anything, there was less scrutiny. Perhaps there was the occasional, lingering glance between two strangers. It's natural to notice a beautiful body, whatever your definition. But I've seen more leering on the streets of New York on one morning in winter—when the bodies of the city's women are camouflaged beneath acres of down and black nylon—than I ever saw on the beach.

The arcane concerns and dictates of women's and fitness magazines—thigh gaps (essential), six-packs (desirable), cellulite (unspeakable)—felt so distant in that place, where literally every body type was on display. In this environment, some physical characteristics take on more prominence; others fade into the background. You tend to notice scars and tattoos more but other features that might stand out in a clothed situation—like huge breasts, for instance—blend into the general mosaic. One mahogany-tanned blonde woman lay on the beach with her prosthetic leg beside her. I didn't see even one person look at her with anything more than the standard glance.

I won't claim that everybody in that place was beautiful—beauty is famously subjective—but I've rarely seen people in the apparelled world carry themselves with as much confidence and lack of self-consciousness, regardless of their age, shape or size, as the people I encountered there. Their bearing seemed to declare, here I am, in all my flawed humanness, and I am content. Of course it's likely this was a self-selecting group: The kind of person eager to spend their vacation naked in front of strangers might just be the type who's already made some progress on the journey to self-acceptance.

I'll probably never be that kind of person. By the time the trip was over, I was glad to disappear into my clothing again, to fix that armour safely back in place. (Even if that first act of dressing did feel cumbersome and quaint, like climbing into a medieval costume.) But if that fleshy utopia taught me anything, it was that the naked human body doesn't necessarily need to be sexual or political or freighted with social judgement. Sometimes it's OK for it to just be.

Our Visit to New Zealand Naturist Resorts

By Lofty and Amanda

In 2014, the INF Congress was held in Ireland and Amanda and I did not spend any time touring the country of Ireland. We had flown to Dublin, we went by bus to Drumshambo, the venue of the Congress and then straight back to South Africa after the Congress which, in hindsight, was silly, considering that we had spent so much money to fly there and back.



Delegates at the 2016 INF Conference held in Wellington, New Zealand





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In 2016, the INF Congress was held in Wellington, New Zealand and we decided to tour New Zealand after the Congress. The naturist tour operator, David, was fantastic and he gave us a lot of advice. We did not want to see museums, churches, old buildings or anything historical. We only wanted to see naturist resorts and we only wanted to stay at naturist resorts. I wanted to learn how the resorts are run, how the swimming pools, spas, saunas and other facilities are heated. What sewerage systems, water supply and refuse removal? I wanted to learn from the naturists in New Zealand. What could we do better in South Africa? Naturism is over 80 years old in New Zealand. What could we learn from the Kiwis?

There are approximately 66 naturist beaches and about 28 naturist clubs/resorts according to Holidays NZ Naturally, a listing of "Clothes Free Holiday Destinations in New Zealand". Most are on the North Island because it is warmer than the South Island. Most of the resorts are owned by Clubs and to be a member of a Club, the NZ Naturist Federation/INF membership is included. So it is impossible for a club member not to be a member of the NZNF/INF. So the Club owns the resort and the Club has members. There are no employees in most Clubs so the members are expected to work at the resorts – the members mow the lawns, do the gardening, clean ablutions, clean the swimming pools, serve as barman/barwomen, cook the food and do all the work required at the resort. I saw a judge mowing the lawn and noticed that no matter what your standing in the community is, at the naturist club, everybody works – no exceptions.

The INF Congress was held at Wellington Naturist Club which has beautiful gardens and lots of facilities including a swimming pool, indoor spa, sauna, pub, kids play areas, barbeque area etc. As far as I know, most of the Clubs/Resorts have the same list of facilities. The cabins are small but okay and ours had a small kitchen but no hot water. The showers and toilets were about 50 meters away. This is normal for most naturist clubs/resorts in New Zealand. Few have private showers and toilets. Most or maybe all have a communal recreation clubhouse with lounge areas, TV, fire place, Wi-Fi, table tennis, pool, darts etc. There is normally a library which contains lots of naturist books and magazines as well as other books to read. There seems to be a "Happy Hour" most afternoons from about 17h00 until about 18h00 and you buy from the licenced pub or if not licenced then you bring your own refreshments.



Pool and pub at Wellington



Cabin at Wellington

From Wellington, we boarded a ferry to go to the South Island which took about 3 hours. At Picton, we collected our car from the Car Rental Company, Omega, which had left the keys in a safe place (part of the car) and from that moment onwards we noticed that there are just about no gates closed or locked, no burglar proofing and our cabins were never locked. Cars are often left open and people share their meals and help each other. They give with no expectation to receive in return. That takes some getting used to for us South Africans.

Our next stop was Wai-Natur, owned by Brian and Kay, who had attended the INF Congress and we were on the same ferry. The gardens are beautiful and the warmth and hospitality cannot easily be equalled. Quite a number of the delegates from the INF Congress were there and the atmosphere was great. Anybody who knows David, the delegate from Ireland, will know that he makes friends wherever he goes. Greg and Linda from Australia and Nick and Jane from British Naturism were there too. We met naturists from Canada and





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the USA and a few from New Zealand. The pub next-door to Wai-Natur was very convenient for Tai Food and for ice cold beers. We certainly felt sad when we said goodbye to Brian and Kay.



Pool at Wai-Natur



Cabin at Wai-Natur

We drove to Nelson Sun Club which has a 9-hole golf course. The Club also has most of the facilities mentioned above but no Wi-Fi. There were 4 other couples who welcomed us during the Happy Hour. We stayed in the main house which had a lovely lounge area and a well equipped kitchen. I found a book written by Kay Hannam and decided to read the book from cover to cover. Knowing Brian and Kay and many of the INF delegates which Kay mentioned in the book, made it even more interesting to me. I could not put the book down until I had finished reading it.



Main house at Nelson



Golf course at Nelson

From Nelson, we drove to Pineglades Naturist Club in Christchurch where we joined our Ausie friends, Greg and Linda. Once again we crossed paths with other delegates of the INF Congress. Pineglades is over 50 years old with more sports facilities than most resorts. The clubhouse has Wi-Fi which meant that we could catch up with emails, Whatsapp and Facebook. We were staying in a Bach which is a cabin which has a kitchen but no shower or toilet. The communal showers and toilets are about 100 meters from our Bach and are nice and clean. There are about 60 of these Bach units and a lot of permanent caravans too.





Bach at Pineglades



Pool with solar blanket at Pineglades

Most of the clubs/resorts in New Zealand have swimming pools with solar blankets (to keep the heat in and the cold out) and they all use solar heating to heat up the water. Some also have heat pumps. The Spas and Saunas are heated using electricity.

We will write about the second half of our New Zealand holiday in the next edition of the SANNA Newsletter.

The Making of a Naturist

By Petro

Have you ever wondered what someone would look like without clothes on? It's my pet-advice I give to anyone who feels nervous in meetings or situations they feel uncomfortable in.

Well, here I am, sitting under a tree in a clothing brand named Eve, observing people without their clothes on. You heard me right – I am naked and people around me are naked.

So here goes the story. About a year ago my husband, then to be, told me about naturism. At first I thought, oh, very friendly people who live close to nature. Then he revealed a bit more about the subject naturism and naturists. What he meant was... people living close to nature, yes, but like in Genesis ...

And so it was the eighth day and she opened her eyes and ears.

What?

Naked people? Like, naked in front of each other? No ways. You've got to be kidding me. Who on earth would want that? What about children, no ways – sick!

Curious as I am, Google became my girlfriend and I searched for topics on the subject. It seriously hurt my eyes to see such perfect bodies on beaches all over the world. This can't be safe, I thought, this can't be right. Certainly there is or should be a law against it? Who in their sane minds would ever consider becoming a target for possible rape, orgies and whatever else something like this could start off?

No no no, my husband protested (the man doth protest too much). It is not like that at all! People go to a safe place where they can feel close to nature, without clothes. No orgies, no raping and he promised me, there is not a single or double swing on the property. There are different groups for people with those kind of needs, this is not the same.

I became a bit more curious. My thoughtful husband and I visited some sites online, I read some blah-blah-fish-pastes about it and still I wasn't convinced. Hubby kept assuring me how innocent it is and how nice it is living close to nature, feeling the wind and the sun on your skin the way nature intended.





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I could not fathom the idea – my mother would kill me! My children will lose all respect for me! How can I with my imperfect body, with maps showing most of the roads from all over the world and maybe a donga or two, ever do that? How can I ever be naked in front of anyone else where I can hardly look at myself in a mirror and it is even difficult for me to be naked in front of my then, new husband?

I giggled and growled and pondered and weighed (both myself on the scale as well as the weight of the matter) daily. Firstly, how could THIS body be naked in front of people and secondly how COULD this body be naked in front of other people?

As crazy as it seemed, it gave me some perspective as women are all too worried about their bodies. Think about men ... they have no issues. They go into public toilets, make use of a crib without walls partitioning off your short term next door neighbor, and it is okay. I for one ... would NEVER have a tinkle in front of another lady, child, man, my doctor but for when my water broke while giving birth ... catch my drift?

These things tend to grow on one. My head never stops thinking. I'll give it some thought, perhaps I'll do it once, I told my hubby. And only because it's your birthday coming up. So it can be your birthday gift.

Overjoyed with this possibility my loving husband then told his brother and sister-in-law who have long been into naturism, about my possible interest.

Well, they have all been very supportive. My brother-in-law popped in a DVD named Educating July (downloadable from the internet) about a student who by chance drew a card where she had to write on a subject called naturism. Her boyfriend could not adjust to the idea and thought about naturism as pornography. She though experienced it totally differently.

Look, I shrieked when I saw it. I experienced the fear of exposing my perfectly imperfect body to would-be hungry or judgmental eyes and my heart was seriously beating in my throat while I was thinking ... I have to be naked in front of such people in less than 12 hours! It kind of reminded me of those childhood dreams arriving at school butt naked – yes, I had those!

My brother-in-law did everything he could from his side to make things easy for me in order to have a better mindset about it. He once wrote a novel about a young boy's journey after being exposed as a pervert when a magazine containing naked bodies were found on him. It had such an effect on the boy – he was taken to the family's pastor but fortunately the pastor was a naturist that could give constructive and supportive counseling to both the boy and his parents. I was blessed with a copy of this book and it really brought things into perspective.

And there was evening, and there was morning - the first day. The very day. My heart was beating faster than normal, What I was about to do was way more intense than the jump I took several years ago from an aeroplane, or the jump I took from Bloukrans bridge.

We hopped in our car and my thoughts were rambling! Please will you stop at the garage, I asked my hubby. I have to shave ... and yes I did. In the bathrooms of the petrol stop. Then the battery died ...

We continued our journey and after a horrible sandy road eventually reached our destination – SunEden. My eyes almost popped out when I saw my brother-in-law already naked in front of reception. People were walking past without looking left or right and here we were ... perhaps my mouth was hanging open!

We booked in (still clothed) and then followed to where our accommodation was. I quickly stripped, grabbed a manual razor and did myself the rest of the honors where the batteries failed me at the petrol station.. Then I stepped out of my comforted covered self, right into my Eve wear.

No one looked.

So we walked over to the swimming pool, here and there a child or lady would look up and I just continued being me as if I would have clothes on, on a beach. Oh how lovely ... water feels AWESOME on one's skin, all over – it was better than a bath! No costume to dry, just the towel and then to enjoy the wonderful sun on your skin.





Newsletter December 2016

Issue 10

People came over and greeted and hugged and kissed and I thought yea yea ... don't try me bud. I am in no mood for swinging. My my, well ... in almost a year NO ONE was interested in anything other than pure friendship. NATURISM ISN'T ABOUT SEX. Just sayin'... as it needs to be said.

The weekend went past so quickly. Another event hosted by WCNA (Western Cape Naturist Association) followed in Western Province at Badenfontein, and we had the opportunity to walk up a slight mountain, just breathing in the air and peace the beautiful green vineyards were gracing us with once again wearing only Adam and Eve brands.

It's some months later and there we are again at SunEden, for the SANNA provincial affiliated GNA bash.

I am still sitting under a tree. The sun is on my body. People hugged and kissed. Made food, walked past, got married (yea ... we had a wedding there this weekend). My mind went back to our walk to the bathroom the night before. A little boy of about 10 and his brother of about 12, came running past us. I wasn't blind – the 10 year old was the cutest boy I've seen since forever and his brother of 12 dressed in a ¾'s pants, piggy-backed his brother who seemed so comfortable in his own skin.

The public bathrooms was a first for me as previously we were here in a house. Man ... even though this was my third time at a naturist event – showering in front of whoever, was a bit overwhelming! For about 2 seconds ... Fortunately the toilets were separate, but for the first time ever I used a public bathroom washing and soaping and shampooing myself with men and women in it! No walls!

Once again that weekend was an eye opener. There we were in a messed up South Africa with all sorts of horrors happening all over, race and gender issues like crazy – but in the heart of SunEden we had bliss. Everyone was there. All cultures, mixed couples, all genders, straight couples, gay couples, the works.

Not even church seemed to have such harmony between “different” people. As normal as I may seem ... I know that I may be deemed different.

Everyone, accepted by everyone.

No perverts. Children can be with or without clothing, it is up to them. They're not in any danger, they're learning that they're okay, no matter what they're wearing. They're learning that they don't have to play peeping Tom to feed their curiosities. Their bodies are enjoying what nature wanted them to enjoy – absolute freedom, free of charge other than camping costs.

Here I am. Checking out people passing by. Wondering what they would look like with clothes on.

I see skies of blue. Yeah. What a wonderful world.....

Dates for SunEden over the Festive Period

Friday, 16 December (night)	Karaoke
Saturday, 17 December (night)	Party theme – Tin Foil Party
Tuesday, 27 December (day)	Potjiekos competition
Wednesday, 28 December (day)	Volleyball in the Pool
Thursday, 29 December (day)	Pool in the Pub
Friday, 30 December (day)	Boere Sport
Friday, 30 December (night)	Karaoke in the Pub
Saturday, 31 December (night)	New Year's Eve Hawaii Pool Party





Dates for beginning of 2017 for SunEden Parties

27 - 29 January
11 February
24 - 26 February

SunEden Party Weekend – Rio Carnival
SunEden Valentine's Party
SunEden Party Weekend – White Wedding

Naturist Contact Details

(NOT ALL OF THESE ARE MEMBERS OF SANNA)

NATURIST ASSOCIATIONS			
Organisation / Province	Chairperson / Contact Person	E-mail	Contact Number
South African National Naturist Association (SANNA)	Lofty Lutge	chairman@sanna.org.za	082 895 4711
Western Cape Naturist Association (WCNA)	Louis van Tonder	chairman@wena.co.za	072 804 3620
Gauteng Naturist Association (GNA)	Francois Botha	chairman@gna.org.za	071 672 9765
Kwa Zulu Natal Naturist Association (KZNNNA)	Christo Bothma	chairman@kznnna.org.za	073 178 0779
North West Naturist Association (NWNNA)	Gerhard De Wet,	gerhardx@mweb.co.za	083 283 5700
Mpumalanga	Francois Botha	chairman@gna.org.za	071 672 9765
Free State	Christo Bothma	chairman@kznnna.org.za	073 178 0779
Eastern Cape	Chris Elliott,	chriselliott@webmail.co.za	082 864 2427
Limpopo	Francois Botha	chairman@gna.org.za	071 672 9765
Northern Cape	Francois Botha	chairman@gna.org.za	071 672 9765

NATURIST RESORTS			
Establishment	Contact Person	E-mail	Contact Number
Harmony Nature Farm	Pieter Myburgh	pietermyburgh32@yahoo.com	074 185 7630
Kiepersolkloof Naturist Resort	Derek Le Roux,	djlrjd@gmail.com	079 108 2785
Sun Eden Naturist Resort:	Maria or Kathy	sunedensa@gmail.com	071 658 0165

NATURIST FRIENDLY ESTABLISHMENTS			
Establishment	Contact Person	E-mail	Contact Number
Sun Kissed Villas, Houtbay	Charl	gnatural@iafrica.com	
Bare Necessities, Swellendam	Neels	notneels@gmail.com	082 567 1816
Butt Nothing, Port Elizabeth	Gaynor	info@buttnothing.co.za	083 485 6093
The Hooting Owl, Marina Beach	John Skene	stay@thehootingowl.co.za	082 408 3519
Impenjati Backpackers, Palm Beach	Gordon Adams	mpenjatibackpackers@gmail.com	061 406 9860
Belle Isle B&B, Trafalgar:	Neville Clarence	neville@nctec.co.za	039 313 0067, 081 729 9479

