



Newsletter

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Letter from the Chairman

The total membership of SANNA has grown to record numbers in 2016 and we look forward to further growth in 2017. I would like to convey my congratulations to both GNA and WCNA on their growth and I believe that strong leadership has been the key to the growth. KZNNA has now positioned itself for growth in 2017 and my thanks go to Christo and his team for all the effort that they have put into building good foundations in KZN. Unfortunately, the Deputy Public Protector has taken much longer than expected to draft his report about Mpenjati Beach. I feel positive after our meeting in Durban this week but I do not want to be over optimistic. In the meantime, I have requested our members not to go to Mpenjati Beach. If the Deputy Public Protector finds that the naturist beach should continue, then the municipality will still need to relax the bylaws which will take a few months.

The INF has gone through difficult times in the past three months since the new INF President, Armand Jamier, of France, was elected at the INF Congress in Wellington, New Zealand in November 2016. Unfortunately, the outgoing President and a few federations decided to challenge the election results on the basis that some of the proxy votes were illegal. The Acting Chairperson had permitted the election to proceed with those proxy votes





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handed to other federations. In December, 2016, the INF Law Commission, much to our surprise, ruled that the elections should be re-run in July 2017 and they decided to appoint Sieglinde Ivo, the outgoing President, as "Administrative President" until the election which they decided should be held in Vienna, Austria. That decision, caused an uproar from many of the federations including SANNA. The negative publicity world-wide has damaged the reputation of the INF and has split the federations down the middle. I will keep you informed.

On 28th February and 1st March, at the Sandton Convention Centre, I will be meeting with 20 tourism departments of numerous local, provincial and national government departments in South Africa and some neighbouring countries such as Mozambique, Botswana and Namibia. My intention is to promote naturism as a means of increasing domestic and international tourism. I would also like to find / promote new naturist beaches and maybe even land possibly available for new naturist resorts. The meetings have been arranged by SA Tourism. If any naturists own a farm which could become a naturist resort, please contact me at chairman@sanna.org.za.

In January, 2017, I attended the WCNA Camping Weekend at Badensfontein, near Montagu, and we were impressed with the record numbers and especially the amount of young first-timers. Louis and his team are doing a great job. As usual, the live band, the great food and the friendly naturists did not disappoint. There was a super atmosphere and we even managed to get 60 people into the small swimming pool. The free pizza cones, the free massages, the free yoga and other freebies were all well received by the members. Well done WCNA! The new WCNA MANCO is highly motivated and hard-working. Serge has been in contact with radio and filming companies and there is bound to be some publicity for naturism soon. The Eastern Cape Naturist Association has not yet been established but are under the wings of WCNA. Chris is doing a great job in the PE area. The naturist group in the Garden Route (Mossel Bay, George, Wilderness, Knysna area) is growing nicely and are a super group of people. If you live in that area contact me and I will put you in touch with the group.

My thanks also go to GNA for helping NWNA and Mpumalanga every year. People from Limpopo and Free State are also starting to show more interest in naturism. Please keep in mind the SANNA decision to first ensure that there are more than 20 paid-up members of other associations (GNA, WCNA, KZNNA or NWNA) before we establish a new Provincial Naturist Association. There must also be AT LEAST 6 members prepared to serve on the MANCO of that Provincial Naturist Association.

There are lots of naturist events happening in various provinces in the next few months before winter arrives. If you snooze – you lose! Book now.

Regards,

Lofty Lutge,
SANNA Chairman





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Have you ever skinny dipped?



Naked in Nature

By Chris



The Garden Route Walking Festival 2017 is having a series of walks over the Easter weekend this year. There is a walk entitled "Naked in Nature" that would be of interest to naturists. This will take place near Harkerville at 09h00 on the 14th April 2017, which is a public holiday; Good Friday.

If anyone is in the area at that time and is interested in joining the walk, they can register at www.walkingfestival.co.za where all the details are available.



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36 **Naked in Nature**

For the adventurous spirited, a bare foot and clothes-free walk through forest and along a magic stream. Bring kikoï or sarong, small day pack with snacks and sunblock.

Please note this walk takes place 100% on private property, we do not encourage nudity in public reserves that may impact on others in public places.

Date Friday 14 April 2017

Grade Easy

Distance NA

Duration 4 hours

Start Time 9:00 AM

Start Point Will send map – or meet at Sasol Garage on N2, Harkerville

Cost Free

Walk Leader Martin Glinister





Easy



Free



Forest Scenery



Bring your own snacks/lunch



Flowers and botanical interest



Wear sturdy shoes/boots



Swimming options



Six Things I Learned While Being Naked in Public for Two Weeks

By Sara Bensinger

The View From the Pond

As a Gender and Sexuality Studies major at Tulane University in New Orleans, it came as no surprise to those who know me that I would be writing my senior thesis on nudism as a culture. What did add some shock value was my announcement that I would be conducting some of the research for this paper myself.

Finding the perfect place, however, proved to be more difficult than I expected. Some places I had found in my initial research enticed their patrons by advertising that they had mirrors on the ceilings.

Ideal, if I was looking for a swingers' convention.

Instead, I had chosen to conduct my research on a non-sexual, social nudist community in order to fill the gaping holes in academia where nudism is concerned. After months of careful research and maneuvering away from the less tasteful nudist communities around the United States, I found a perfect place to conduct my research.

Toadally Natural Garden is a long way away from my home in California. This organic, 32 acre farm outside of Hartford, Wisconsin, is owned by Paul and Jane, a lovely couple and long time members of **True Nudists** (link



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NSFW) and **The Naturist Society**. They opened their farm to the public four years ago with the wish to share their beliefs on love, acceptance and natural living with other like-minded people.



For some of my more skeptical readers, I feel it is necessary here to say that places like Toadally Natural Garden have a zero tolerance policy for sexual behavior or contact. This is a place for living and experiencing, not for erotic pleasures. Pictures are strictly forbidden. I even witnessed Paul removing someone from the property for having their phone out.

Nudism is not always and exclusively synonymous with sex.

Living in a trailer by a man-made pond for two weeks was an experience I will never forget. Being just down the hill from the Big House, I was made to feel welcome at once. As the Garden is clothing optional, it was my decision whether I wanted to strip down to my birthday suit or not, and neither Paul nor Jane pressured me one way or the other. It truly was an optional lifestyle.

I did, however, choose the naked option. For research, you see.

People trickled in day and night, either gardening in the buff or simply choosing to have a beer by the pond and relax. Worried at first that I wouldn't have enough subjects to interview for my thesis, I was soon overwhelmed by the number of people who came to share the joys of being naked and had more interview material than I knew what to do with.

I thought I would have to poke and prod and pull the answers out of them, but I barely had to say a word. Turns out, people love to talk about being naked.

Men and women, old or young, married, single, divorced or widowed; it didn't matter what background a person came from or if they had children or not. These wonderful people were delighted to tell their stories and more than happy to help spread the word on the nudist life style. And I, too, am happy to do so.

I learned a great many things by being naked for two weeks – more than I probably realize – but here are the 6 main lessons I learned while baring it all.



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1. Clothes are Very Important.

Indeed they are, just not in the way I used to think. Yes, we use clothes to cover our naughty bits and to express our personal sense of style, but they also play a larger part in our everyday lives.

Clothing is a way in which we judge each other subconsciously (or consciously). We place people into groups and label them, determining rank and social position by these "costumes" we put on daily.

During my two weeks on the farm, I was surrounded by people of all different socioeconomic standings, careers and educations. Strip away their uniforms, their expensive watches or ripped jeans, and it was nearly impossible to tell one from another.

One afternoon, I was having a rousing conversation about my quite sinful past for the better part of an hour before realizing I was speaking to a priest! That same day, it was only after a woman made a joke about how surprised she was by the lack of illegal narcotics on the property that the group realized she was a police officer.

Members of the nudist community are not a rag-tag bunch of delinquent pedophiles or homeless criminals. Quite the opposite actually. They are your teachers, your law enforcement, your doctors, your fathers and mothers.

A lot of mothers. Seriously. Maybe you should ask your own mother about nudism.

2. No-one Cares What You Look Like

It's truly amazing how fast you can get used to being naked in public. For me, it was three days before putting on an article of clothing felt strange. Clothes really did start to feel like a costume I was putting on to present myself to the outside world.

I had always been pretty with my body image, but I had never really noticed how much I was aware of myself under my clothes.

Is my shirt sticking to my stomach? Do I need to suck in more? Are my shorts riding up my butt? Does my bra make my boobs look appealing?

Being naked, there was nothing to hide behind. At first, this was terrifying. I was hyper-aware of everything. Why are my nipples hard? That's embarrassing. Have I always had this many rolls?

Then, one morning, I realized I had gone a full hour without thinking about how I must look to those around me. I immediately sucked my stomach in and sat up straight, feeling embarrassed. It suddenly dawned on me that no one had noticed -- no one cared if I was slouching or if my thighs looked big when I sat down.

No one cared.

Then came the next few days fighting myself -- fighting all the years that I had taught myself to prepare for society's gaze. This manifested itself in what I'm sure was a hilarious pattern of clenching, sucking in, and straightening up followed by a sudden realization and an immediate release.

I imagine I must have looked something like the waving, inflatable, arm flailing tube men you see outside car dealerships. But again, no one cared.



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A few days later I had to go in to town due to an unfortunate stint of clumsiness on my part and was forced to put on clothes. My clothes pinched and clung in the most uncomfortable way, even though it was one of my favorite outfits.

I felt restricted and confined, bound by all these layers of fabric strapping me down, pushing me up and sucking me in. I immediately regressed back into the state of self-consciousness.

I was simply amazed at how fast clothing transformed from a vehicle of self-expression to a quasi-straight jacket. I could feel myself shriveling up, shrinking back into the woman, hyper-aware of every imperfection she hides with her clothes.

Back on the farm, however, it took blessedly no time at all to shed my clothes and with it – the self-consciousness that seems always to follow.

3. Bodies Are Bodies

In my second week on the farm I met a couple, who, by society's standards would be considered hippies. He wore his hair in a ponytail that reached the middle of his back and she had lost both of her nipples in a surgery – both man and wife proudly sporting their unusual beauty standards. They were in their late 50s and had been together for over 20 years.

When I had the chance to speak to the man one-on-one about his delve into the nudist life and his relationship with his wife, he gazed after her lovingly and said, "she has the most beautiful soul." This touched me beyond words.

I then began to pay closer attention to all the "souls" around me, encased in their various meat suits. I started to think of my transition into the nudist lifestyle as a peeling of layers.

First to go are the costumes -- the everyday dress-up we as members of society play as we go off to our respective duties.

Then our bodies -- the muscles and fats and rolls and skin that distinguish us from each other in the most creative ways.

As our vehicles in this life, I would never argue that our bodies have no importance. On the contrary, I believe that how we treat our bodies as well as the bodies of others is a direct reflection of our attitudes toward life. I will argue, however, that the determinations we make about people based on the way they look only distract from the person beneath these layers.

It is the importance we place on our bodies, and the meaning we attach to them that does more harm than good. For example, in the 19th century, a woman showing a man her ankle was one of the most erotic and scandalous actions of the time. Now, we see pictures of women, scantily clad in bras and underwear plastered 50 feet tall on office buildings.

Erotic zones on the body change when society changes.



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In a place like a nudist farm, you are asked to leave your erotic zones at the door, so to speak. Private parts become just like any other part of your body, like a finger or a leg. You begin to see the similarities between the male and female body. He has nipples, she has nipples. One no more shameful than the other.

On the farm, I was able to peel back the layers that divide us from each other – the costumes, the body image and the shame – and discover a sameness. My thighs may have more cellulite than another's, but in a place where the erotic implications of a silky smooth thigh is moot, there is nothing to be ashamed about.

4. An Ode to Pubic Hair

I know I just spent the last few paragraphs preaching love and body acceptance, but I hope you will permit me one little vain observation about my time spent on the farm.

I feel I cannot say this loud enough. I want to scream it from the rooftops and plaster it in my classrooms at Tulane. I want to litter the floors of sorority houses and picket outside of fraternity parties. I want every teenage girl flipping through Cosmo reading about the newest laser hair removal or some new take on the "landing strip" to hear one simple idea:

PRIVATE PARTS ARE MEANT TO HAVE HAIR!!

I am not some radical hippie. I have never been to Woodstock. I am not a Wiccan. I was, however, once that teenager buying into the insane idea that paying some woman \$50 a month to rip away my bikini line made me feel sexy.

Over the last two weeks I have seen more naked bodies than I can count and the only times I felt myself cringe or look away was when I saw the shiny, red, waxed pubic regions of both women and men attempting to pluck every last follicle of hair from that oh-so-sensitive area.

Hair is natural. Laser it, wax it, shave it away and the whole package just looks wrong. I promise.

Take it from someone who has (most likely) seen more naked bodies walking around than most of you reading this ever will. I am not asking the citizens of America to throw out their razor blade and go full Chewbacca everywhere (although that is a perfectly valid life choice).

This is just one vain woman's opinion on the very vain subject of vanity.

5. The Big Five-Oh

Sometime in my second week, I had the honor of partaking in a lively discussion of aging – something I, at the tender age of 21, rarely think about. Surrounded by five women over the age of 50, we gossiped about everything from families to nudity, sex-life and death.

These women were from different backgrounds, ethnicities and states, but they all had one story in common – revival.

Each woman had done the whole Stepford wife routine, gone through raising kids and maybe a marriage or two. But all of the women had ended up here, alone, gossiping naked with a beer in hand.



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And they had never been happier in their entire lives.

One woman who was the most outspoken of the bunch told me something I will never forget. She looked me straight in the eyes and said, "Honey, you couldn't pay me enough money to go back to your age."

I was perplexed. Truly. Could all the movies and rap songs and college administrators be wrong? Is this not the best time of my life?

I quickly took stock. The ladies in front of me were not in the best shape of their lives. Their hair was probably not as full as it once had been, and I'm sure judging from their bespectacled faces their vision was no longer 20/20. And yet, here they were, claiming that they were in the prime of their lives!

They may have disagreed on the best way to make a good kale chip, but these women were unanimous in their conviction that at 21, I was only just beginning to understand what I truly wanted from life. It would be another 30 years or so before I knew what I wanted from a career or my friends. Not to mention what I wanted from a lover.

I was horrified.

Here I was thinking I had it all figured out. That I am in the sexual prime of my life, that everything – my mind, my body, my sex drive – was all downhill from here. After all, women will pay just about anything to stop or reverse the aging process.

Getting older was simply a slow death march into the grave – leaving pieces of your healthy self behind as you aged. A good knee here, a working vagina there...

And then I met these ladies. The nudist lifestyle, they explained, had helped them rediscover their confidence. It showed them that counting the number of lines on their face or the amount of rolls on their stomach did not equal a happy and fulfilling sex life. Life experience did.

6. We Do Not Need To Fear Each Other

This idea, very simple in nature, was the last and hardest won lesson I learned during my stay at the nudist farm. I admit that this idea of trust is one I will likely be working on for the rest of my life. I have been physically assaulted, sexually manipulated and taken advantage of in ways that only those who have been through it will understand.

For a survivor like myself to willingly put herself back in a potentially dangerous, possibly sexual, situation almost gave my therapist a heart attack.

Don't get me wrong, I was nervous. Very nervous. I realized, however, that in order for me to move on, I needed to take a risk and follow my passion for research in this field or I would never forgive myself.

And not all risks pay off but, hallelujah, this one did.

I am not here to argue that anyone suffering from a traumatic experience need only go to a nudist farm and they will be miraculously healed. I can only speak for my experience.



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As a college student in one of the biggest party cities in America, I am no stranger to sexual advances. I get catcalled walking down the street in sweat pants and a sweatshirt. I have not yet walked through a bar without having my ass grabbed or getting winked at by various men.

Before the argument of what I was wearing rears its ugly head, let me say that I have never been so sexually ignored in my entire life as I was for the two weeks that I was naked. Let that sink in.

No, go on. I'll wait.

I was naked. For two weeks.

And no one stared at my breasts. No one grabbed my ass. No one licked their lips, called me baby, told me to smile, to fix my hair, be better, look prettier, or to come home with them.

As a 21-year-old woman, I was definitely somewhat of an anomaly. The majority of the people who frequented the farm were over the age of 40 and male. So, I often found myself at the center of conversations, but never at the center of attention. Most people just enjoyed discussing my unusual educational choices.

So here I was. A young, naked woman sitting right within the grasp of upward of 20 naked men at a time in the heartland of America, and I have never felt so respected in my entire life.

Slowly, I began to uncross my legs and unfold my arms and I learned to sit openly as so many men do in the clothed world. It was amazing how much more space I learned to take up – how much space I deserved to take up when I wasn't hiding myself. I wasn't some woman walking down the street that random men tried to undress with their eyes. Here, I was already undressed.

I stopped worrying that at any moment the men around me would suddenly lose control, pop a boner, and attack me. After all, that's what society has been telling young women for decades – that men can't control their bodily urges so we as women need to compensate for that and act accordingly. Don't walk alone at night. Carry a stun gun. Cover yourself up.

Lo and behold, these magical male specimens were able to sit, eat, play volleyball, dance, drink and canoe with a naked young woman, all without turning into a rapist.

I wonder what this discovery does for the defense of rapists who say the women were asking for it based on what they were wearing at the time. If that argument were true, I may as well have slathered my naked body in fish guts and taken a dive into a shark tank.

What these two weeks on the farm taught me was that violence, especially sexual violence, has absolutely nothing to do with the victim. Nothing more you could have done or said or wore. Nothing you need to take responsibility for. That's not your job.





A Different Way of Making “Paptert” (South African Maize Meal Dish)

submitted by Amanda



1. Make some stiff “pap” from maize meal.
2. Allow the “pap” to cool, and then roll big balls (about the size of mince balls), and pack them in an oven dish.
3. Fry together onions, tomatoes, mushrooms and bacon.
4. Make a nice big hole in each “pap” ball and spoon the onion mixture into the hole.
5. Pour 250ml cream over the balls ensuring the cream runs in between the balls, and top with lots of grated cheddar cheese.
6. Bake at 180°C in the oven for about an hour. Serve hot.





SunEden Article in Travel Ideas

'Naturist' for the uninitiated, refers to the erstwhile 'nudist', and why this term changed to the more euphemistic 'naturist' is rather bewildering. In fact, even my good friend Wikipedia defines the two as the same:

"Naturism, or nudism, is a cultural and political movement practicing, advocating and defending social nudity, most but not all of which takes place on private property. The term may also refer to a lifestyle based on personal, family and/or social nudism."

Anyway. Back to my impending visit to naturist retreat called SunEden, about 60 kilometres north of Pretoria.

I have no idea what to expect. I have been accused of many things in my time but I don't recall timidity or prudishness being among these charges. Yet the prospect of prancing about in the buff in front of other disrobed strangers is not currently something

I will go all hot mess about. Oh, I have done, sure... On the sunny beaches of Greece, the beautiful river banks of Germany and the stunning Sandy Bay in Cape Town.... When I was 20 years old, tanned and gorgeous! When we all were, sigh... Now I don't necessarily relish the prospect of full-frontal visual reminders of nature's cruelty with encroaching age.

And there is another thing. What is it with naked people and style? Or more accurately, the utter dearth of style. Just a cursory sojourn around the internet to the galleries of some naturist resorts and retreats in South Africa (no, not for prurient purposes!) makes it clear that these are places where all good interior design, innovative architecture and elegant décor go to die. Most of the lodgings at these establishments look like something the 70's threw up.

So SunEden is therefor a mightily pleasant surprise. Surrounded by tranquil bushveld,

the resort is situated in 34 hectares of pure nature, seemingly light years from the city. The large thatched houses are gorgeous and more mansion-sophistication than rustic. Scattered around a made-made little river, the location is absolutely stunning. My friend's house is picture-perfect – all open plan with a gorgeous kitchen, huge upstairs bedroom and veranda overlooking the setting sun with hammocks. Sun Eden was founded by a number of dedicated naturists as a private naturist resort in 1995 and is currently in its third decade of happy existence. The resort is expanding rapidly and annually new upgraded facilities are provided. In fact, the resort won the coveted Traveler's Digest 9th Best Naturist Destination in the World Award in 2012.

"The 48 shareholders of SunEden Share block Company (Pty) Ltd are all dedicated naturists who have chosen the naturist lifestyle and invite all fellow naturists and potential



"WHEN I SAID TO WEAR REGULAR WEEKEND ATTIRE ON CASUAL FRIDAY, I DIDN'T KNOW YOU WERE A NUDIST. "





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naturists to visit SunEden to enjoy the unique life style of social nudity," says the website.

We haven't seen any people yet and my friend alerts Lofty Lutge, Marketing Director of SunEden that we have arrived.

He strolls down to us, beaming smile and fully clothed. It's winter, you see... "Welcome



to our humble home," he says. Also, it turns out that during the week, what with workers and builders being about, clothing is allowed. But the rules regarding clothing are still a tad confusing. It's quite complicated actually... They say "At SunEden clothes are not optional, we are clothes free." BUT the exceptions to the above rule are:

** The wearing of protective clothing against sunburn in the form of a T-shirt or similar garment.*

** The wearing of a tracksuit or similar garment during cold or inclement weather.*

They also say that new visitors, i.e. couples or families that are not familiar with the naturist/nudist life style, are, if necessary, granted a period of grace, the length of which is determined on an individual basis by the Management of SunEden, to become accustomed to such life style. Such period of grace is not granted to new, single visitors, irrespective of gender. One would think it should be the other way around?

Lofty puts all this in perspective for me. "Some of these are guidelines and we assess the situation and the individuals on a case-by-case basis. Kids under 18 are also allowed to wear clothes," he says, which I'm relieved to hear since the whole idea of the young naked child thing in the presence of strange adult naked people made me slightly uncomfortable. Of course no photographs are allowed.

He also clarifies the naturism/nudist conundrum. "SunEden has adopted the credo of the International Naturist Federation (INF) as its own:

"Naturism is a way of life in harmony with nature, expressed through social nudity, linked to self-respect, respect for others and tolerance of differing views together with respect for the environment"

SOUTH AFRICA IN THE RAW



Aha! So THAT'S what it means... I think.

"Nudism is often associated with sex," he says. "When you Google the term, all sorts of things come up whereas 'naturism' is a specific term referring to a way of life, the idea of which is founded on family participation and therefore we embrace nude social interaction between couples and families including children without the barriers of wearing clothes."

Lovely. And the way Lofty explains it is lovely. But closer scrutiny of the wording on the website takes the whole thing a smidgen too far for my levels of comfort. "Our life style fosters appreciation of the environment and it leads to healthier and more humane living, richer, simpler and enlightened by joy and freedom."

Mmmm...

But wait! It gets even weirder. On the website of the Western Cape Naturist Association you may find the following strange loquacity: "Imagine world (sic) where there is no fashion, no Armani suits to separate the wealthy from the poor. Where there are no ragged hand-me-downs classifying someone as the poor individual (sic)...Imagine a life with no more tight fitting and uncomfortable bras (which have been proved to cause cancer by blocking the lymph glands), no more socks to make rib indentations on your feet and no more underwear creeping up in the most awkward of places. One would never have to stand in front of the wardrobe for





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SOUTH AFRICA IN THE RAW



minutes on end questioning themselves (sic) on what to wear. Naturism frees us from all these restrictions that society through the ages has brainwashed us to believe are necessary. We believe that the suit we were born in, is not only a beautiful work of art created by the almighty creator of the universe (sic), but also sufficient to live in. It has incredible waterproof qualities; it is designed to keep us warm when cold and cool us down when hot, but because we have covered ourselves up for so long, many of us have forgotten how natural it is to be in our own skin."

WHAT? Bras causing breast cancer? I point out to Lofty that such baseless proclamations may be a tad irresponsible and he responds by saying that the different South Africa Naturist Associations function independently from one another.

But then again, it is Cape Town I suppose. Back to the tranquil SunEden. We take a walk around the property which is bathed in the last rays of the vermillion sun and it really is a wonderfully peaceful place with a myriad of bird song and impala and blesbok peacefully grazing here and there. "We have all sorts of people who have properties here – lawyers, doctors, bank managers," says Lofty. "The average age is about 50." So don't expect Bay Watch Babes...

SunEden is a so-called share block with



shareholders, a board of directors, and a constitution and at the moment they have 45 houses on the property and three about to be built. They can accommodate an additional 34 guests over weekends. "Once or twice we've had over 300 people here!" The pool, bar and restaurant areas are very nice and the one safari tent they have is modern and comfortable.

They don't allow singles unless they're part of the association. "We have zero tolerance for bad behaviour," he says.

So what constitutes bad behaviour? "Well, if you have 20 kids running around they don't want to see a man making love to his wife. But luckily incidents like those are rare."

They also organise fun activities and theme parties where you are encouraged to "dress up." In what? "Well, shoes, hats, gloves. Things like that. But nothing sexy!" And he's not kidding. "One of the rules is that women can't dress up in stocking,

OTHER NATURIST RESORTS/ BEACHES IN SOUTH AFRICA:

The inimitable Sandy Bay

Located close to Hout Bay in Cape Town, this beautiful and secluded beach has been a naturists' haven for many decades and is the "heritage of South Africa's naturist movement," according to Serge Pavlovic of the Western Cape Naturist Association (WCNA)

Kiepersolkloof Private Nature Reserve

This is South Africa's oldest private naturist resort and is located in the North West Province. It provides camping and caravan sites as well as self-catering cottages and is family-friendly. No singles allowed. There are lovely walking trails and plenty birds.

Mpenjati Naturist Beach

A 250 metre stretch of beach that falls under the Mpenjati Nature Reserve at Trafalgar on the south coast, was given nude-beach status by the local municipality in late 2014, officially opening the following Easter. Mpenjati beach is a small strip of the Trafalgar beach roughly 140 kms south of Durban on the Hibiscus Coast. This is KwaZulu-Natal's first nudist beach and the only official nudist beach in the country.

Bare Necessities

Bare Necessities is situated on a small dairy farm near Swellendam in the Western Cape where they make their own cheese and cater by prior arrangement. They offer two rooms and a small campsite. There are horses on the farm and guests are welcome to bring their pets. There is a small swimming pool to keep things cool.

Vyedam Naturist Resort

Vyedam Naturist Resort is nestled in the beautiful Hekpoort Valley surrounded by the Wittewater and the Magaliesberg mountains. The resort is situated in the Hartebeesfontein Conservancy, winner of the Meerkat Award for Top Conservancy in 2008. Their facilities include a swimming





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pool, cash bar, trampoline (yes, really...) and braai facilities.

Harmony Nature Farm

Situated in the Magaliesberg, Harmony Nature Farm respects the freedom and individuality of their members and visitors. There are three bars, one large outdoor pool, an indoor hot tub, sauna, a gym, trampoline (what is it with these people and trampolines?), pool table, indoor braai area, boma, self-catering cabins, cabanas, tent and caravan spots with power, kiosk, and more. Only couples are allowed, and family naturist rules must be strictly adhered to.

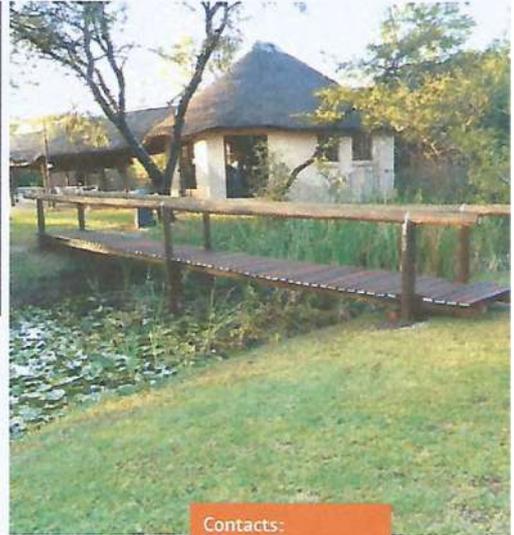
Umhlanga Lagoon Beach

The beach forms part of a 26 hectares nature reserve in Umhlanga. The reserve has picnic sites and walking trails, with a walkway and pedestrian bridge that span the lagoon. At the mouth of the Ohlanga lagoon

there is a popular but unofficial nudist beach. Increased use of the area by non-nudist walkers and families resulted in complaints about nudism and antisocial behaviour. The area was at one time a 'no-go' area, due to a serious crime problem. The use of this area by naturists is under threat as the eThekweni Metropolitan Municipality is planning a clamp down on nudity in Durban. (source: Wikipedia)

G-strings, high heels... Basically anything provocative or with a sexual connotation." Upon mulling this over I have to say I can think nothing more of a turn-off than an elderly naked woman in Birkenstocks or crocks...

That night we have a lovely braai and I'm introduced to some of the permanent residents. All lovely, normal and welcoming. And all warmly wrapped up in winter clothing since it is bitterly cold. The next morning after breakfast the temperature steadily climbs as we drive off, waving goodbye to my new friends where they are



Contacts:

www.suneden.com
www.joxilox.com
www.sanna.org.za
www.gna.org.za
www.kznna.org.za
www.wcna.co.za

having coffee on one of the verandas of the stunning houses. They smile and wave, all stark naked... ☺



Troutways Private Retreat Naturist Weekend

By Gerda

During the weekend of 24 to 26 February 2017, naturists enjoyed a naturist weekend organised by GNA at Troutways Private Retreat just outside of Waterval Boven in the province of Mpumalanga. The town is situated on the edge of the escarpment on the banks of the Elands river, above the 75 meter Elands Falls, hence the name which means "above the waterfall" in Dutch. The town was founded in 1894 when a portion of the farm Doornhoek was acquired by the Transvaal Republic to establish a supply depot.





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Amongst the rolling hills surrounding Waterval Boven, lies a beautiful piece of heaven on earth known as Troutways Private Retreat, which belongs to two of our GNA members, Hein and Erika. The farm has been converted to a guest farm catering mainly for trout fishers, and is also popular amongst people who visit the area for the spectacular rock climbs. During the winter the farm is popular for the trout dams, when people go to enjoy a weekend away to relax and recharge the batteries, away from the hustle and bustle of the city, and of course to try their hand at trout fishing.





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Because trout fishing is mostly a winter activity, Hein and Erika decided to make their establishment available to naturist groups during the summer, because naturism is essentially a summer activity. During naturist weekends, all staff leave the farm at 12pm on Friday, and only return on Sunday evening. The farm is perfect for hosting naturist events because of how its situated and its security.



The accommodation on the farm consists of camp sites with ablutions, a main house with various rooms (one with on-suite bathroom) where kitchen and ablution facilities are shared amongst the guests, a log cabin with two rooms (space for 4 adults – 2 couples), and another house with four bedrooms, also with shared kitchen and ablutions. The rooms are spacious and beautifully decorated, and the bathrooms and kitchens more than ample. The kitchens are well equipped for a comfortable stay.





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The farm has a sparkling pool where guests can cool off on a hot summer's day, and there are plenty of birds around for the guests who enjoy bird watching.



In spite of the unpleasant weather over the weekend, and the somewhat slippery roads leading to the farm, we still had an attendance in advance of 30 naturists. While some people were brave enough to go for naked hikes in the rolling hills (not brave because they were naked, but brave because it was quite challenging), others just relaxed and recharged their batteries, while catching up with old friends and getting to know new friends.





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Both evenings were spent at the main house, where most guests all came together for a communal braai (barbeque), which resulted in a wonderful atmosphere with lots of banter and laughter. GNA sponsored lunch for Saturday afternoon, which went down well and was well attended.



We want to thank our hosts, Hein and Erika for making Troutways available to us. Another big thanks to each and every person who attended this first GNA event of 2017 – you make our work very rewarding. For those of you who could not make it this time, we are planning another weekend in October, so keep an eye out for the announcement, and do make a plan to join us then. You won't be disappointed.



Easy Cheese and Corn “Braai”bread

Submitted by Amanda





Ingredients:

500g Self Raising Flour
250g Cheddar Cheese, grated
1 cup Frozen Corn
500ml Buttermilk
1 Large Onion, chopped
1 packet Cheese and Bacon Potato Bake

Method:

Mix all the ingredients in a mixing bowl, but keep a bit of the cheese to the side.
Spoon the mixture into a large, greased bread pan, or into two smaller greased bread pans, and sprinkle over the remaining cheese.
Bake for approximately one hour at 180°C, or until golden brown and baked through.

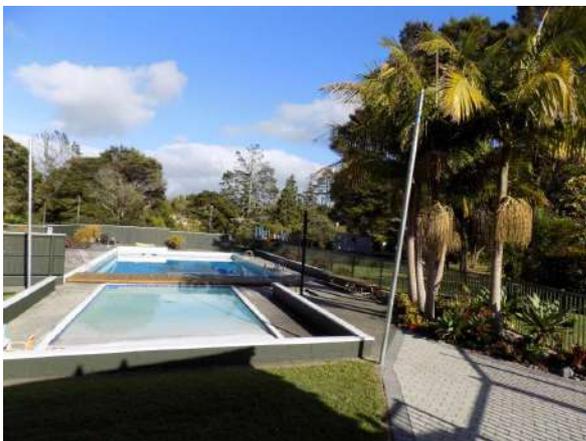


Naturist Tours in New Zealand

By Lofty

In the previous edition of the SANNA Newsletter, I wrote about our tour to naturist resorts on the South Island of New Zealand. In this edition, I will write about our tour to naturist resorts on the North Island which was much warmer, and we were fortunate to have almost perfect weather.

Amanda and I left a very cold Queenstown, quite far south on the South Island and flew via Air New Zealand to Auckland where we hired a car and drove to the Auckland Outdoor Naturist Club. At the main gate we saw a sign displaying the phone number and we phoned that number and spoke to a very friendly lady who opened the electronic gate for us and told us to follow the signs to the "Caretaker". We walked into the Reception Office and told the caretaker lady that we are from South Africa and that we have booked accommodation at the resort. We nearly fell on our backs when she replied "Welkom julle!" and told us that she has been in New Zealand for 15 years but that she is from Brakpan. We were really made to feel welcome and enjoyed every minute there.



Auckland Outdoor Pool



Auckland Outdoor Spas





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The next naturist resort that we visited was Rotota Naturist Club which is very rustic (no electricity) but on one of the most beautiful lakes that we have seen. The hot underground springs make it special and to see a warm waterfall with warm natural spring water was “wow”. We relaxed in a hot tub heated by the hot spring water (boiling hot water tap) while we enjoyed the views of the lake with swans, geese, ducks and lots of other birds.



Rotota Hot Springs



Rotota Hot Tub



Rotota Lake



Silver Ferns

Our next naturist resort was Kati Kati at the Bay of Plenty which is privately owned and which has all the facilities that a world-class naturist resort should have including mini golf, sauna, spa baths, swimming pool, a clubhouse with lots of other games, WiFi and a coin operated laundry.

On our way from Kati Kati to Auckland, we spent 2 nights at Whitianga and we visited a very special “Hot Water Beach” which is unusual because we could dig a pool in the sea sand which then fills up with warm spring water from underground. We also visited Cathedral Cove which is a hole in the rock plus a beautiful waterfall on the beach.





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Kati Kati Mini Golf



Kati Kati Pool



Kati Kati Spas

After another enjoyable time at Auckland Outdoor Naturist Club, we drove north to Russell which is at the Bay of Islands. We booked into the most classy naturist resort in New Zealand, called Waitata Bay. The accommodation is very unusual but absolutely amazing. The Potting Shed is the most up-market. Imagine a fantastic sea view with indoor plants that form natural “walls” and curved “passages” so the shower and toilet is amongst plants. You have to see it, I cannot describe how beautiful it is. The second best accommodation is The Barn, where we stayed and even though it did not have a sea view, it looked onto an organic garden, with herbs and vegetables which we could pick. The Chooks (chickens) walk around the area and there are 3 donkeys as well. The other accommodation is a “Glamping Tent” with a beautiful sea view and it has a kitchen and outdoor heated shower and its own toilet and hand basin. The Italian owner is now building another 5 cottages on the top of the mountain near the vineyard – all with a sea view.



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Waitata Garden and Potting Shed



Waitata Potting Shed



Waitata The Barn



Waitata Glamping

We walked to the naturist beach through huge wooden doors and down steps to the most beautiful beach we have ever seen. The Bay of Islands has no waves and the water is clear and warmer than the sea in KZN. My dream was to paddle, nude of course, on a kayak on a sea with no waves. Wow, I was living out my dream! In a large box, next to the beach, we had the Waitata Bay kayak, fishing rods, snorkelling equipment, deck chairs, beach umbrellas and more.

We spent 6 nights there and I can categorically state that it was by far the best week of our lives. While there, we also went on a catamaran trip through the Hole in The Wall which was very special. We caught a ferry and walked to waterfalls and did a hike which was partly on boardwalks over the river with fish clearly seen in the beautiful clear water. The "Silver Fern" seen on All Black rugby jerseys are everywhere and they are huge and beautiful.





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Waitata Bay



Waitata Kayak

In my opinion, New Zealand is one of the most beautiful countries in the world. There is no crime, everybody sticks to the law and smoking and heavy drinking is almost unheard of. Having said that, we prefer South Africa mainly because our weather is so much better. The earth quakes and heavy winds at times were also quite unpleasant. We are happy that we went to New Zealand but there is "no place like home". We now appreciate our home at SunEden even more than before.



Kiepersolkloof Camping Weekend

By Lofty

SunEden has arranged a camping weekend to be held at Kiepersolkloof Naturist Resort (see map below) from Friday, 5th to Sunday, 7th May, 2017.

There is a limited amount of accommodation (3 houses and 2 cottages) which must be booked through me (Lofty 082 895 4711 or marketing@suneden.com) on a first come-first served basis.

The costs are as follows:

Camping sites: R200 per couple per night

The Manor House: R500 per couple per night (min 2 nights) – R1,000.

Sun Village Cottages: R500 per couple per night (min 2 nights) – R1,000.

G&G House: R650 per couple per night (min 2 nights) – R1,300.

Log Cabin (2 Bedrooms): R700 per couple per night (min 2 nights) but if 2 couples then R1,200 per night (R600 per couple per night) – R2,400.





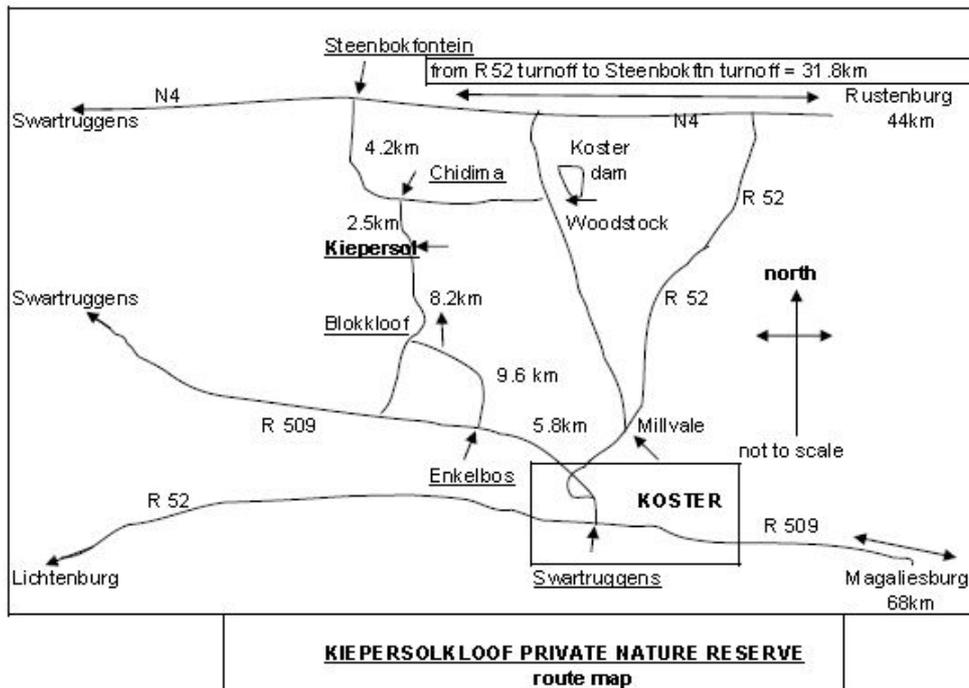
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The reason for the SunEden visit to Kiepersolklouf is to support other naturist resorts and to meet other naturists.

So far, the following have confirmed their attendance: Rob and Elsie (camping), Nico and Monique (camping), Ben and Carol (house), Bert and Anne (house), Lofty and Amanda (camping) and GNA Members are supporting the weekend.

Kindly confirm attendance (also if camping please) by phone or email as soon as possible but on or before Friday, 21st April, 2017.



Note! Whether coming from Magaliesburg or Rustenburg. Turn off at the signs which are underlined. eg. The Swartruggens sign in Koster or the Steenbokfontein sign on the N4 from Rustenburg. Etc.etc.

I am a naturist, I have
no problems looking
at what nature gave
to me as a person, or
letting others see it.
Nakedness is natural,
shame is not natural.





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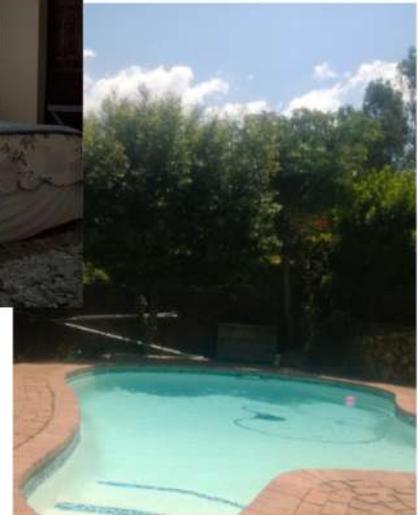
Skilpad Inn

Naturist Guesthouse

115 Skilpad Road
Monument Park
PRETORIA

076 532 2786

email: naturiststaypretoria@gmail.com



On Saturday, 8th April 2017 Harry and Yvet are having the official opening of their naturist friendly establishment Skilpad Inn. Naturists are invited for a bring-and-braai, and Gauteng Naturist Asspciation will be sponsoring salads and other side dishes. You will have the opportunity to view the guesthouse and meet the owners. Please confirm with Harry on the cell phone number supplied if you will be attending. Arriving from 10am and having a braai for lunch.





Boma Stories

By Johan



The Festive Season that Was

During the past holiday, SunEden has beaten all records. More people than ever before visited for a shorter or for a longer period. All accommodation was fully booked and the campsite was filled to capacity. What is really encouraging is that there were so many first time visitors; people who had never before been to SunEden and many who have now for the first time discovered the joys of our lifestyle. We are waiting for them to come back again and again.



Holidays at SunEden are quality time. The feespoppies who are responsible for organizing all kinds of entertainment has done a fantastic job. There was something for everyone, there were special programs for kids and they enjoyed it so much that we hear they are nagging their parents to come again. The Hawaii pool party was a huge success and many visitors have asked that all parties in the future be held at the pool lapa. Unfortunately, the climate is not always conducive to this, but certainly the Lapa will be much more used. I would love to hear from you, please send us tips on how we can make your visit to SunEden even more special.

Rain, Rain, Glorious Rain

The new year is already a couple of months old and it's still deliciously summer at SunEden. Perhaps the most important news of this summer is the glorious rains we had on the farm. As you can see, our dams are overflowing like our hearts. The dams were empty for so long and the veld parched, with no food for our game, that we couldn't stop celebrating.





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SunEden is now as beautiful as we seldom see it. Green wherever you look, flowers, and the bakkies cavorting to show their gratitude. Come look and be part of the merriment. There are many things planned for the year that you would not want to miss. I will try to keep you posted on what's going to happen but also please look at the Facebook page where Lofty puts his posts.

More Things To Look Forward To

From this year on, the international "Skinny-dip day" will be a regular event on our calendar. Do you still remember last year when 77 people were in the pool simultaneously? On the 2nd of September we are going to do it again but we are going to try to better this number. Please come and help us establish a new record. We are not going to be shy to repeat some of the other events that were popular in the past. The Potjiekos competition is a good example. Do not forget our Fun day, when we will be doing all the fun things, Fun run/walk, Boeresports and Water games in the pool.



Along with the rest of the world we will again participate in the "World naked bike ride". It's really meant to draw attention to the pollution and environmental damage caused by motor vehicles and other transport systems. We will perhaps not be riding through the city streets, but even as it's done within the confines of our own farm, it will still help to create an awareness of the problem. Perhaps the best reason above all is still that we just enjoy riding between the thorn trees and our bakkies in the buff. Make sure your bike is dusted and oiled for that day. By doing this we again say another truth about Naturism. It's just plain common nice to do things in the buff.....along with other honest people.

It would be nice to receive proposals from your side on things that you would like to see happening at the farm, after all, it belongs to all of us.





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News from WCNA land!

By Louis



Warm greetings from the beautiful, but drought stricken Western Cape!

Our summer season is slowly getting to an end with the nights already having a bit of a chill, which at least makes the evenings pleasant, and unlike previous years I think most of the Western Cape population cannot wait for the winter season to start and hopefully bring the winter rains.

Since our last newsletter we had three very successful and well attended events.

The first event in November was held at Fynbos outside Wolseley where we also had our AGM. I am very pleased that we are running on all cylinders again after a year where we had to function without two committee members.

The event was well attended with every cottage and camping spot occupied. With the Witzenberg mountains in the distance and surrounded by animals and Fynbos you can't ask for more.



In this tranquil environment, with beautiful hiking trails and spiritual maze it is the perfect place to be yourself and bonding with Mother Nature.

Our New Year event was once again held at Olive Glen. Yes that place in the Du Toits Kloof mountain range next to the upper reaches of the Wildepaardejacht River.

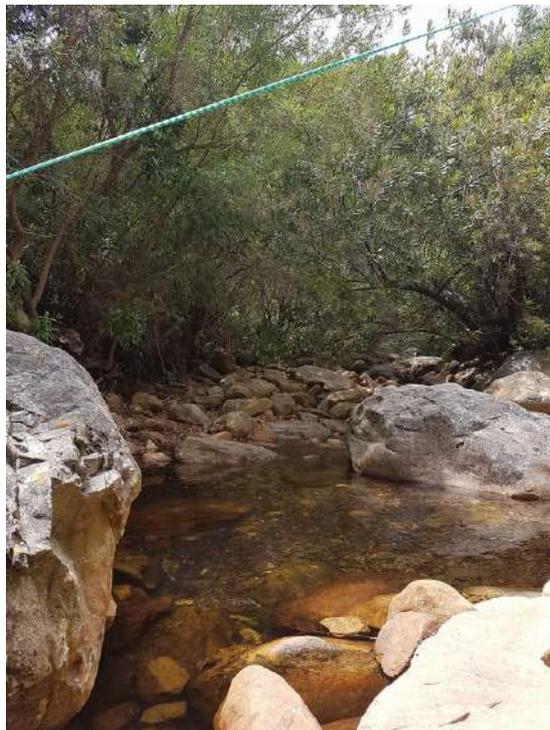


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Although it is traditional holiday time with family getting together for Christmas and New Year, we still had a lovely group of about 30 campers and a number of friends and visitors joining us for a day or two.

As usual we experienced the Boland heat in all its glory with warm sunshine days and the blessing of the cold river to cool us down.





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For the first time, and hopefully not the last, we had a drone capturing the view of this amazing place from above. We see a lot of positives from this experiment and would definitely make some more use of it as well as video clips in the future.

We had a great Nude Years party which lasted till the early morning hours making sure that 2017 started on a high note!



Our first event, and always the one that everyone is looking forward to, was held at Badensfontein and what an awesome event it was!

As usual we had our dignitaries from all over the country visiting us for the weekend. Our SANNA Chairman and his wife from Gauteng, the Chairman and his wife from KZN, our Champion from Eastern Province, our much appreciated members from Wilderness and George, members from Port Owen on the West Coast, from all over the country friends joined us for this wonderful occasion!





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We had members doing massages, yoga classes and pizza cones without expecting anything in return. It was so wonderful to see this kind of participation and comradery amongst our members. The committee did a wonderful job in preparing a delicious supper for everybody and the night ended off with live entertainment who kept us on the dance floor until after midnight.



We had record numbers for attendance and also managed to get almost 60 people in the pool. The bar has been set and it's going to take some doing to better on that for the years to come!





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We planned a Valentine's day event for 12th February, but unfortunately due to the weather the day was cancelled.

Our Vice Chairman who took the lead for this event went out early to look at the conditions at Sandy Bay, but best he could do for the event was to take a snapshot of our banner and then headed back home. Maybe next time ☹



We had our February event at a new (for us that is) camping site just outside of Bonnievale situated on the Breede River very fittingly called Breede Escape.



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Unfortunately we were somewhat limited with the number of people we can allow with only 40 available beds in the huts and 10 people camping. In the end we were 58 people, stretching it somewhat, but doable.

The camp consist of two camp areas with 24 beds in 6 huts on one end and 16 beds in 8 huts on the other end with some camping space for tents at the same area. The separation between the camps was the only drawback in an otherwise beautiful, well equipped and wonderful setting.

We had a games day on Saturday with a number of teams participating which resulted in hilarious results, and all in good fun.

Saturday the ladies held a baby shower (I think that must be a first for WCNA) for one of our members who are adopting a little girl!



Saturday we had our Hippy Party and what a party we had! Great fun, great hippie images and great music made this one of the best parties we ever had.



Sadly, all good things come to an end and we can now only look forward to one last event before the colder weather sets in.

So what's in stall for the next few months?

On 11 March it is the World Naked Bike Ride event in Cape Town with a number of our members participating in the race as well as helping on the day.

At the end of March we'll have our last summer event at Altyd Water which also promises to be very well attended. This is an awesome venue and certainly a favourite spot for all our members.

That's it for now. Be good, be kind, be happy and be nude!

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@wcna.co.za	072 804 3620
Gauteng Naturist Association (GNA)	Francois Botha	chairman@gna.org.za	071 672 9765



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Kwa Zulu Natal Naturist Association (KZNNA)	Christo	chairman@kznna.org.za	073 178 0779
North West Naturist Association (NWNNA)	Francois	chairman@gna.org.za	071 6729765
Mpumalanga	Francois	chairman@gna.org.za	071 672 9765
Free State	Christo	chairman@kznna.org.za	073 178 0779
Eastern Cape	Chris	chriselliott@webmail.co.za	082 864 2427
Limpopo	Francois	chairman@gna.org.za	071 672 9765
Northern Cape	Francois	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,	djlrd@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	stay@thehootingowl.co.za	082 408 3519
Impenjati Backpackers, Palm Beach	Gordon	mpenjatibackpackers@gmail.com	061 406 9860
Skilpad Inn Pretoria	Harry	naturiststaypretoria@gmail.com	076 532 2786
Belle Isle B&B, Trafalgar:	Neville	neville@nctec.co.za	039 313 0067 081 729 9479

