

April - May 2021

Hot down south & colourful up north!



Life in the wild. Brent & Lynn at Berwick Lodge - the place to have been! (More on P10)

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Roger & Naomi from Tokoroa, let me know that they'd arrived at HBNC for the weekend. The local kids were very happy to join in too!

Wellington Naturist Club's 'KiwiBurn' is: Bare-able



John



Constance

Fifty three burners and friends descended upon the Wellington Naturist Club (WNC) mid-March for relaxation, fun in the sun, and a wee bit of a party. Along with the usual activities and facilities of the club there were some extras set up to enhance the weekend. There was a snug space by Pillowtopia (Kiwiburn theme camp), a dance floor, some live music, life drawing, massage area, and social kitchen by Burrowing Pufferfish (another theme camp; bottom right). The covid-19 delay of a week ended up as a blessing in disguise, with perfect weather for maximum enjoyment of the club grounds.

Based on the experience of the event and the feedback received so far, the main objectives of the event were definitely met. These were to: introduce the WNC to the Wellington burner community to see how differences and similarities of the cultures meshed, test how well this type of event could work at the WNC, and promote the club to more people of a younger demographic. In my eyes it was a resounding success and I hope that most of the WNC membership feels the same way. I also hope that there has been some trust built over the weekend that the Wellington burner community values and respects the love and care put into the club. Building on this trust, I would love to imagine more and larger events being organised at the club in the years to come.

Ngā mihi nui, Pang



John



Constance



John

Pang (far left) had second run of his entrancing 'Kiwiburn' based event at WNC recently. The early afternoon happenings included a member-directed planting of a dozen trees behind the golf course, by some of the keen gardeners.



John

On the main lawn we were treated to a surprising range of entertainment and entertainers (although I was a little limited in being able to portray some of them here).

During the evening a DJ lit up the hall to colourfully encourage high-energy dancing: 'a sight to behold' enthused Eru! But there's not much action to be seen in the time-lapse photo... (JL)



John



John



John



Constance



John

On Saturday March 13th we had our inaugural Wellington Burners party. As part of this event visitors were welcomed to contribute to the club, by taking part in the planting of our new orchard on the lower field.

Thanks to Jude and Ken for marking out the ground, buying trees and starting the hard labour for our guests, and Claire for assisting with her gardening expertise. Visitors dug down deep through challenging soil and rocks to create hospitable homes for our new blueberry, peach, cranberry and plum trees. Many were looking forward to visiting these in the future, and it was a fantastic meeting place for visitors and members to interact, and contribute to the club's future.

We look forward to seeing the fruits of our labour!

Astrid Nichole



John

Our latest newbie!

I've always enjoyed nude sunbathing from the privacy of home, but being a transient millennial with revolving backyards this hasn't always been possible at home. I was ecstatic when I discovered the Wellington Nudist club, where I've been a member for over a year. I've been able to enjoy visiting other clubs around the country as well.



I'm part of the Wellington Burners who held their first party at the Wellington club last month. This community attends and co-creates "burns" which are based on the principles of Burning Man. Radical inclusion, self reliance, consent cultures and a gift-based economy are important elements to the burner community, as is naturism and creative expression. I see many parallels between the burn culture and naturism and I've enjoyed introducing friends to clubs and also finding this common ground with existing members.

I've now picked up the social media portfolio for the federation. If you have appropriate content to potentially share, I can be contacted via: socialmedia@gonatural.co.nz.

Astrid Nichole

Keeping up?

Recently I was trolling through Rok's MeWe.com section of his hurakinaturally.nz site, and found this (from America).

About ten or so years ago my wife & I (then in our 50s) visited Turtle Lake Resort in southern Michigan (USA). On that particular weekend the resort held a two-on-two, co-ed volleyball tournament. The tent camping area was packed with men and women in their 20s and 30s who came specifically for the tournament. On Saturday night the resort hired a DJ and held a dance party under the stars. It was loud, it was raucous, and it was FUN.

The lesson I took from that weekend is that **if a US nudist resort makes an effort to schedule - and properly promote - events and activities that interest young adults, they will come - both men and women.** But too often at other US nudist resorts we have visited during the past 20 years, literally nothing is happening save for a bunch of senior citizens standing around in the shallow end of the pool drinking beer or soda. I can't tell you how often my wife & I have been the only ones actually swimming (or even moving) in the swimming pool.

It seems to me that as their membership has aged many (and I would say too many) US nudist resorts have abandoned nude recreation in favour of nude relaxation. They have become sedentary and downright boring. I'm going out on a limb here and guessing that sedentary and boring are not what most young adults have in mind when they're deciding what to do on a warm summer weekend. Hell, it's not what I'm looking for, either - and I'm in my mid 60s.

I'm just sayin'.

Robeless Robert

Then, last weekend, I saw Pang's proof of the concept: *"if a nudist resort makes an effort to schedule - and properly promote - events and activities that interest young adults, they will come - both men and women.*

"I'm going out on a limb here and guessing that sedentary and boring are not what most young adults have in mind when they're deciding what to do on a warm summer weekend. Hell, it's not what I'm looking for, either - and I'm in my mid 60s."

Well: I'm in my late 70s and both WNC's Eru and I found Pang's 'Bare-able' an engrossing and inviting event over that weekend in Wellington. It **was**: exciting, invigorating, charming and really good fun! A state which seems to have been pretty well matched in all respects by AONC's Oranui Games last month!

(JL)



John

Eru, centre, casts a professional eye over the pot luck meal set-up

Presi-piece March 2021

Well it is now officially autumn; the days are definitely getting shorter and it is much cooler now. Time to start the heating, so we can still be naturists indoors at home.

If you know anyone who might be interested in receiving this Nudesletter please pass their email address to John Lowe and/or Murray Nash (Editor and Internet Coordinator respectively).

We have heard from several clubs that they have seen a remarkable increase in visitors and members over the summer, even though we are essentially closed off from the outside world. We can only assume that this means NZers are finally discovering our clubs because they are unable to travel to resorts overseas and/or people are starting to explore their own back yard. Whatever the reason, it has been good for our clubs, so keep up the hard work you do to keep your grounds looking great and welcoming visitors and prospective members.

The executive will be holding its mid-year (mid-winter) meeting in Wellington in July, brrrr. If there are any matters you think we need to address please let the NZNF secretary know.

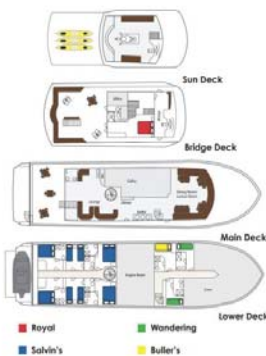
There is lots more for you to read so I will close by saying Stay safe, Stay warm and Stay kind.

Wendy Lowe



NAKED CRUISE ON THE HERITAGE EXPLORER

6 Nights/7 Days Charter



Royal Suite \$5955* per person, twin share, queen
Salvin's Suite \$5055* per person, double or twin share
Wandering Suite \$5755* per person, single cabin
Buller's Suite \$4455* per person, twin share, bunk

Prices include all food and house drinks (a premium package is available at an extra cost).

In February the ship is scheduled to be in the Hauraki Gulf (Auckland return itinerary).



For more information contact Hana Gooch

P: 64 3 960 5020 | M: 64 21 023 31521
 hana.gooch@nztravelbrokers.co.nz



HANA GOOCH
 NZ Travel Brokers



*Terms and Conditions Apply. Once the number of passengers and the final price has been confirmed and you have agreed to sail, if you decide to cancel, you will have to find a replacement for yourself or forfeit the cost of the cruise. Non-refundable 40% deposit to secure the booking. Final payment will be due 70 days before departure. In case of another lockdown, alternative dates are offered. No refunds are available. Does not include flights or pre/post accommodation. Further terms and conditions apply.

(Hanna is a Pineglades member)

Manawatu's 50th...

It was my great privilege to accompany North Island Vice-President Nick for his trip to help MNC celebrate their 50th anniversary.

The club was formed in 1970 and had planned to celebrate this anniversary in 2020; enter Covid-19 and plans were postponed to March 2021.

A large number of current and past members attended the celebrations, which started with a speech by the current President Denise Wallen, outlining the history of the club. Several visitors added their own anecdotes and memories. Nick presented the club with a memorial plaque to hang in the clubhouse. This was followed by the raising of a special new flag donated by a member couple. The weather vane at the top of the new flag pole was restored for the occasion.



A sumptuous afternoon tea followed, with guests lingering for quite a while over their cups of tea and memories. It was very cool to see older ex-members getting re-acquainted with people they hadn't seen for a while.

A Bit of History

(almost totally plagiarised from Steve Barbridge's notes and old newsletters)



Steve, Eileen and their two children were members of the Wanganui Sun Club when Steve decided to try to form a Club in Palmerston North. They obtained an anonymous post box address and advertised for people interested in Social Nudism, resulting in a few members over the following months.

The Palmerston North Sun Club Inc was formally incorporated on 10 May 1970.

The Manawatu Naturist Club - celebrating their 50th year

The fledgling club held socials and attended the local sauna (who knew these were popular way back then?) however they realised that without land they would not progress. A farmer friend in the Pohangina Valley gave free use of his land, including river access.

The club was in operation for about 18 months before obtaining Lake Downs. Steve spent some time travelling around the Palmerston North area with little success, until he was put in touch with a Mr Murray Wilson who apparently had land for sale which could be suitable. When the two met, Mr Wilson asked what the land was to be used for, and on being informed it was for a Sun Club, he said he was not averse to that and "there could be an area of land in Lake Road". As soon as Steve saw this land he knew it would be just the place for the Club, and they were given permission to use the land while the terms of sale were being arranged.

The original purchase was 12.5 acres plus a house (for \$4,775) with a 5 year option on the 5+ acres behind. The sale & purchase agreement was signed on 8 October 1971.

The Maori name is Paparotoiti, meaning Lake Downs. On the grounds at the time besides the house, was a double car shed, some other sheds and the corral as this had been part of a share milker's run.

In July 1974, Council consent was given for the construction of the Pool and sports complex. The pool, which is 65 feet by 35 feet (for those of you young enough, this is approx. 20m x 10m) was, at the time, the largest pool of any of the sun clubs. The main pool area was excavated in two days by Bob and his Hough, 500 cubic yards of sand was removed to the sandy ridge. The new pool contains 80,000 gallons or 383.6 cubic metres, of water.

The original Club House was destroyed by fire on 21 June 1976. The Himatangi Fire Brigade attended in the early hours of the morning, in "atrocious conditions" of wind, rain and freezing cold. The major task was not saving the club house, long doomed, but preventing the spread of fire.

Using water from the drain and the pool this was achieved. A bus was scorched and the old tractor shed caught fire but was saved. Some personal property was lost.

Rebuilding was discussed but there were no funds at the time, so the Corral which was being remodelled, served as a temporary gathering place.

September 1978 saw Council consent for the second toilet block, known as "Clochmerle" (some of us will remember that old TV programme). This is the building we call the main ablution block – maybe we give it its old name back?

A new tractor shed was noted in November 1983 - the old pig sties had been converted for this purpose. In July 1985 a tractor mower was purchased meaning the shed doors had to be widened. This meant ONLY 4 hours to mow all the club grounds – note this today guys!!

The original cost of membership (September 1970) was \$6 per unit, and 50c entrance fee for new members.



Accommodation

Originally there were no baches on the grounds – the original house was used. Eventually power points were put in and even back in 1972, meters were suggested to record the power used by caravans. Trolley buses were brought to the grounds in 1973.

The Club has hosted three national rallies - I hope I have the dates right...

1983-84 – Frog theme

1988-89 – Indians; the totem pole from this rally was still in place outside the main toilet block in 2002; unfortunately it had to be removed as it had become unstable.

1993-94 – Cowboys

The report from the 1988-89 Rally ends with: "Five days into the rally, had the question been asked 'will you do another rally' the answer would have been a very firm no. Now, as time has gone by, the answer could be 'maybe' but with not making the same mistakes again."

In July 1973 it was suggested 400 pine trees be planted and then sold off for Xmas trees in 5 years time.

The pine trees that the early members planted were harvested in 2015 putting a considerable sum into the Club's coffers. The club has now replanted the back area and planted Xmas Trees in the long acre beside the drive – thanks to Colin for his work on this project.

There has been a lot of ongoing maintenance on the buildings. In 2002 club house had no ceiling – really cold in winter. Generous donations from members to help purchase the Pinex enabled the ceiling to be installed – and what a difference it has made.

The second ablution block 'Clochmerle' was given a renovation in 2007, luckily the club had a member who was a professional builder.

The club has some members now living on the grounds. Back in 2003 there were three couples living there, who for various reasons, moved away. However now there are three couples and one single member living there, with the prospect in the near future of another two couples moving in. The club thinks this is great – it makes their piece of paradise really welcoming to any visitors.

Speaking of which, a lot of people are coming to visit these days. The club has a reputation for being a lovely place, with very friendly people so keep it up team!!

Like all clubs, they owe a huge debt of gratitude to the original members who started the club. Those early members worked extremely hard to landscape the grounds, install the pool (the jewel in the crown), and build up the wonderful amenities they have today.



Congratulations, Manawatu, on achieving this milestone and on being a successful, thriving club. Wendy Lowe

Rokking the field



A brilliant day, yesterday, walking the loop tracks around the Ed Hillary Hope Reserve, near Raglan. Many thanks to Keith, Julian, and the six other folks from Waikato Outdoor Society for having me join them for the hike. A fairly challenging climb to the summit, but a most exhilarating place to be! Time for a relax and a bite to eat for lunch before the steep descent. A group of clothed people passed us and waved out just as we set off back down the track. A cool swim in the WOS pool was the perfect end to the day! Rok

Catching up

I took a recent opportunity to drop in on Andrew to have a chat about his hopes for the website he's set up: haurakina-naturally.nz, which after a year or so, has accumulated around 60-odd locals. Andrew (aka Rok) is an amiable contemporary of mine, living in a farmlette at the bottom of the Hauraki Gulf, with a flat-mate, Peter. They generally welcome visitors (although not during the period of June to October, when their animals take precedence).

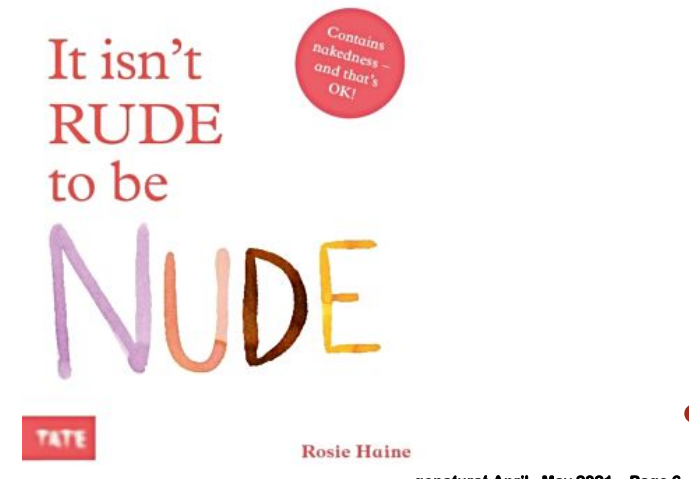
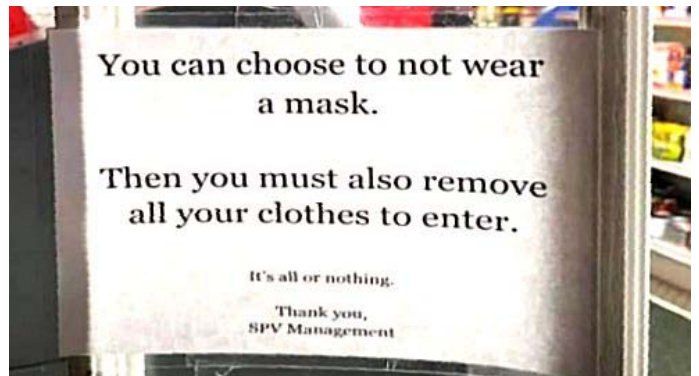
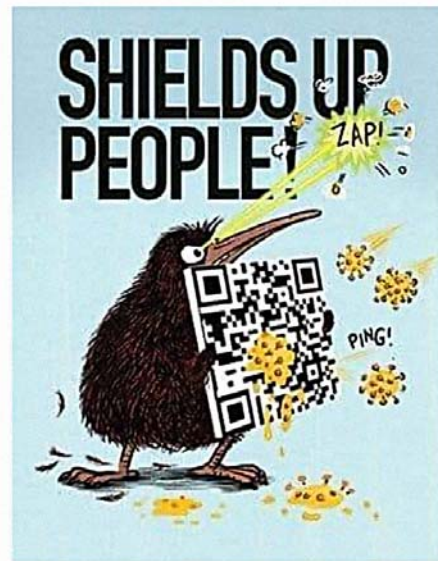
Some years ago, in Auckland, Rok helped Joe Zalucki set up the Lets Get Naked group and he saw there, first hand, that having lots of 'site members' didn't necessarily translate into lots of people turning up to your outdoor events! So, apart from setting up the site itself, his Facebook-stye adjunct is a MeWe.com group on that platform called: Hauraki Naturally (naturally!).

That's why Andrew via his site (and group) makes a few requests of those who join, which are centred on ensuring active, genuine, naturist participants - but with no caveats for a 'gender balance'. His experience of the 'numbers game' reflects mine as the first Wellington liaison person for the Auckland-based Free Beach Group, during the 70s and 80s. (I had up to 130 locals on my list to phone during the morning, when I felt the weather was looking good for a day at Breaker Bay, for example; but it was quite rare to see more than 8-10% actually turn up, that afternoon!)

At present Andrew has established personal contacts with both the Auckland Council and the North Shore police - but he only has a few members attending Pohutukawa Bay - I remember a similar situation at Papamoa Beach in the early days when the police and Tauranga Council sought help from the local beach goers but our local membership was reluctant to step forward. (An exception was the Federation-aligned Graham Macgregor, who did come to the fore - and is still there for us.)

Given that Andrew's preference is for those joining his site to demonstrate their commitment in various practical ways, I look forward to see those joining this site, to be really active in demonstrating that commitment to Naturism out in the field - rain or shine!

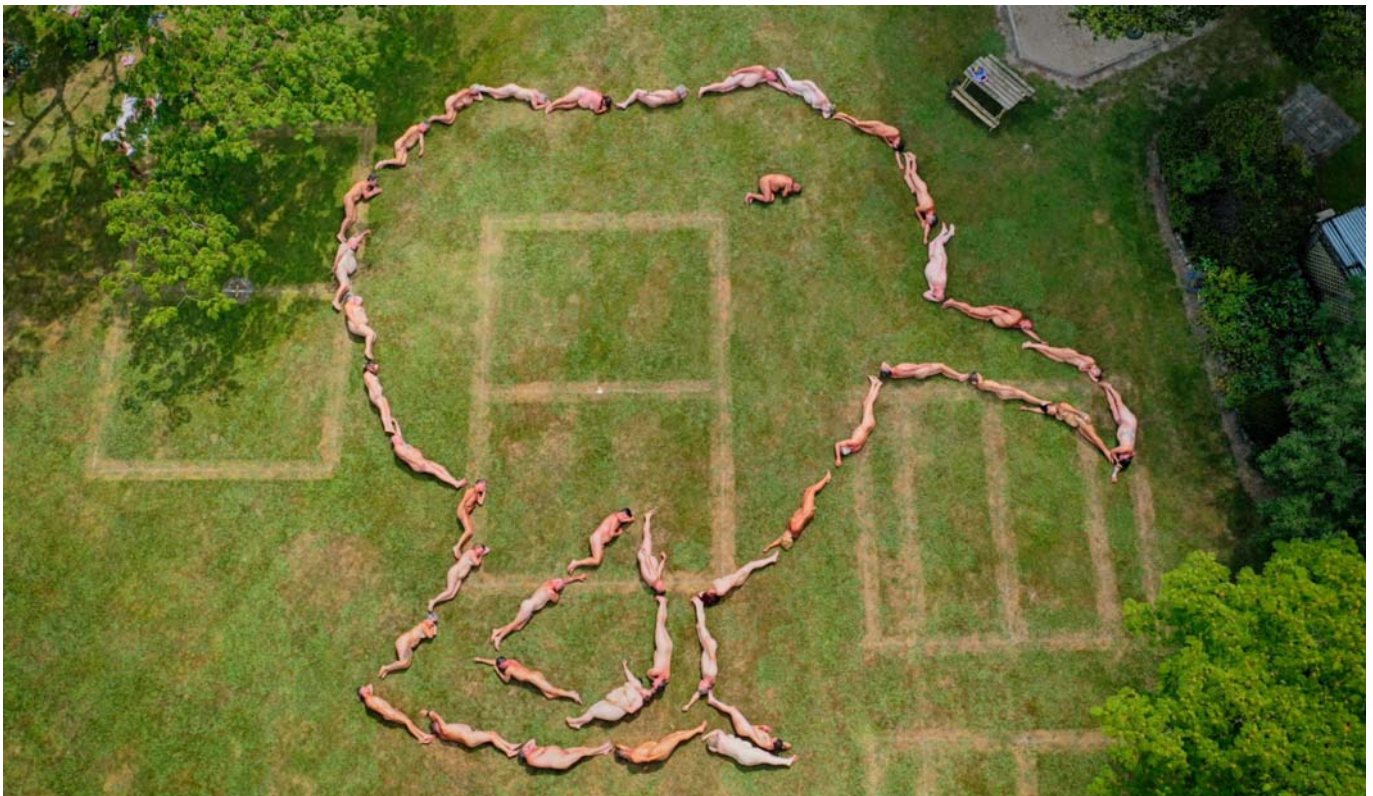
John Lowe



WNC - from above



In the middle of last January, Wellington member Blair Hinton, promised us a unique photo-shoot.



First up (did you guess?): Blair arranged us into the form of a Kiwi! Yes, I can see myself! (Third from the left in the top line.)

I note there is another unanticipated history in this shot: the two places the club had originally established their tenniquoits (right) and volleyball (left & centre) courts. In both cases, both the original positions and the later positions are clearly indicated (above right, for the tenniquoits, centre & left for the volleyball). The movements were needed as the club membership expanded, during earlier days.

Judging by the length of time taken to first, examine Antony East's drone pictures, then adjust some relevant bodies to closer resemble the Kiwi outline, I have now an enlightened empathy for those in the design industry trying to perfect their form of our national icon, for the various exploiters!

A North Island sojourn More places to be -- South Island

Last month, on my way back from visiting Rok (Hauraki Naturally) I dropped in at the Waitapu Centre. It was shut! (Never seen it shut before: must have been Covid-19.) So I stopped at the stream, 500m down the road.

About 10am, no one there. Clothes off, into it. Around half an hour later I hear a female voice, "Are you naked? If you are then I'm getting naked too!" "Good," was all I could think of saying.



John

On leaving I asked, "Can I get your picture?"

HBNC's Sports weekend

The photos this month are from Hans including a reminder from yesteryear of the joys of the Art Deco Weekends.



Hans



Hans



Hans



Palmerston!

Are you looking for naturist-friendly accommodation in North Otago?

Steve and Shelli Mears are offering a range of accommodation from farm-stay bed and breakfast to tent and camper sites on their small farm right beside SH1 north of Palmerston in Otago.

Despite it's handy location the house offers a very private setting with a large garden surrounded by trees and farm land which is well suited to the naturist lifestyle. Visitors are welcome for overnight or longer stays by arrangement.

Steve and Shelli are active members of Southern Free beaches and keen to host other naturists and share their idyllic location and self-sufficient lifestyle.

Steve and Shelli can be contacted at steveandshelli@xtra.co.nz or by phone on 027 221 8500.



Marble Hills Retreat



Camping

Marahau!

On a 1000 acre property, a retreat from the modern lifestyles - to camping as it used to be: surrounded by nature.

Our property is a working lifestyle farm situated a short distance from the popular Abel Tasman National park in a quiet valley with lots of wild-life, tracks for hiking or maybe some mountain biking.

The higher parts of the property offer views of Tasman Bay.

Although the camp is textile the rest of the property offers plenty of secluded areas for the naturist lifestyle

Ph (03) 527 8212
 email: kmfry51@gmail.com
 Location: 78 Moss Rd Marahau, Motueka
 NZMCA discounts apply
 Hosts: Michael & Elaine Fry

Spending Time Naked With Strangers Can Improve Body Image

New research finds that communal nudity can help people appreciate their bodies.

Nudism is a practice - and sometimes a lifestyle - that centers around non-sexual public nudity. As someone who grew up in the United States, I learned very early on in my life that this was taboo. Whenever nudism was discussed or portrayed in the media, it was always the butt of the joke (pun intended). The impression I got was that no “normal” person would ever do this and that just being naked in front of other people is wrong, pathological, and perverted.

However, research tells us that getting naked with strangers in a safe setting probably isn't harmful. In fact, contrary to all of the negative assumptions and stereotypes about nudism, there just might be some benefits to it.

Could spending time naked improve how people feel about their appearance or help them to appreciate their bodies more?

This paper presents the results of the first-ever randomized controlled trial of communal nudity. Specifically, 27 men and 24 women were recruited in London for an experiment in which they would “hang out” with others and, if desired, drink wine.

Participants were randomly divided into two groups. In the control condition, participants were told that “all you have to do is enjoy yourself in the company of the other participants.” In the naked (experimental) condition, participants were told to “(1) enjoy yourself in the company of the other participants and (2) do so naked. All participants are expected to disrobe for this part of the experiment.”

Note that this study was approved by a university ethics committee, the possibility of nudity was mentioned on the informed consent document, and participants were repeatedly told that they had the option of withdrawing at any time. In other words, people freely chose to take part in this study and they didn't have to do anything they weren't comfortable doing.

Participants in both conditions were further instructed to create a safe space by treating everyone else with “dignity

and respect at all times” and they were told that offensive, inappropriate, and harassing behaviour would not be tolerated.

After the study, participants completed a survey that included a measure of body appreciation. Participants had also completed a body appreciation survey before the socialization activity so that researchers could test for a potential change in responses.

What they found was that, for participants in the naked condition, body image was significantly more positive at the end of the study than it was in the beginning. For those in the control condition, there was no significant change in body image.

Further, they found that “social physique anxiety” (anxious feelings about the way others look at your body) was lower for those in the naked condition, and that this accounted for the increase in body image reported by these participants.

In other words, communal nudity seemed to make people feel less anxious about how others viewed their bodies which, in turn, made them appreciate their own appearance even more.

Please note that this was a small study conducted in the UK with an almost all White sample, so we need to be mindful of the limitations. Thus, we shouldn't assume that these results would necessarily generalize to other persons and cultures. Also, it's possible that this study selected for those who had more experience with public nudity, or more willingness to try it in general, so they might not be representative of the broader population.

That said, these findings suggest that communal nudity - when it occurs in a safe space - has the potential to improve body image. This is an important finding because we know that negative body image is related to a number of problematic outcomes, including several mental health issues (e.g., depression, eating disorders), as well as sexual and relationship difficulties (e.g., avoidance of sex with one's partner). Interventions that improve body image therefore have the potential to offer a number of positive downstream effects, although we clearly need more research to demonstrate this definitively.

Of course, this isn't to suggest that communal nudity is the only way to improve body image or that nudity is nec-

essarily the best approach for everyone. However, for those who are open to trying it, spending more time naked just might offer some psychological benefits.

Justin J. Lehmiller Ph.D.

Feb 03, 2021

Reference

West, K. (2020). I Feel Better Naked: Communal Naked Activity Increases Body Appreciation by Reducing Social Physique Anxiety. *The Journal of Sex Research*.

[Here: a précis of Dr West's previous research.](#)

Want to Be Happier? Take Your Clothes Off

Ever let it all hang out on a nude beach? There's a reason those people are all smiles: Being naked around other people might make you happier, according to a new study from Goldsmiths, University of London.

Researchers surveyed 849 people, and found that those who had spent time in the nude outdoors or with other people - sorry, your girlfriend or family doesn't count - reported they were happier, felt better about their bodies, and had higher self-esteem than those who didn't shed their clothes.

Then they did two more experiments, but this time they talked to people before and after they participated in an actual nudist event. The results were similar: Study participants reported improvements on those same wellbeing measures afterwards.

“What we found was a very good correlation, that generally, if you did these activities, the longer you did them and the more frequently you did them, the happier you were about all of these things,” explains study author Keon West, Ph.D., in a video produced by the university.

What's more, seeing other people naked predicted a more positive body image than being seen naked by others, the study authors wrote. And no, it's not because you get to stare at a bunch of butts.

According to one participant, seeing other people with “normal, not perfect” bodies helped ease the insecurities they felt toward their own.

So while more research needs to be done to confirm exactly why nudity could make us happier, the findings have the potential to help those with body image problems in the future, West explains.

Alisa Hrustic

Berwick Lodge 2021 - 'The Naked Discovery'

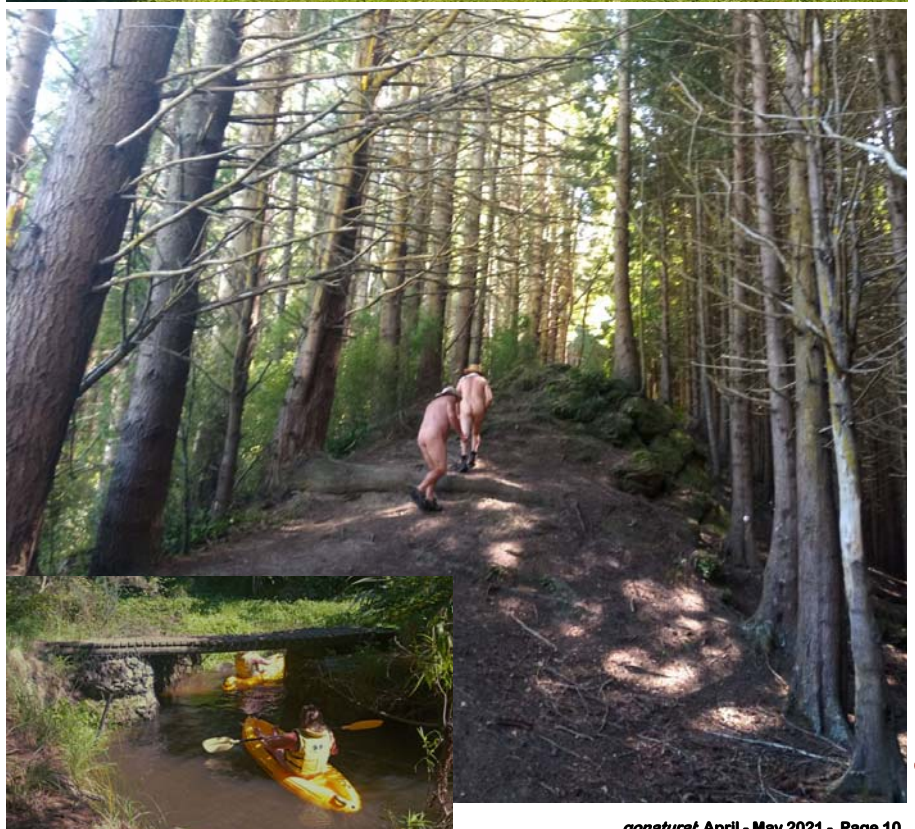
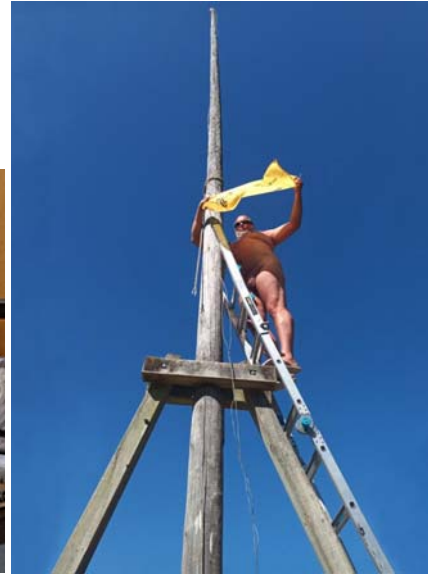
With hours of winding our way through the maze of water channels, the adventurous naked team of Free Beach kayakers can hear the crashing sound of a fabled Otago waterfall, yet to be discovered! Adventure leader Paul (SNC) finally led the yellow paddling team into a beautiful oasis of silver ferns with the most magnificent waterfall.

Why were we even here? Southern Free Beach once again pulled off a fantastic naturist weekend at Berwick Lodge in the forest not far south of Dunedin, attracting adventurers from Kapiti to Buff, oops Bluff. The theme for this annual FB event is definitely fun – on the flying fox, the lake, confidence course, the many forest walks, playing kubb, and watching Huffin 'n Puffin trying to hoist a flag! Actually, its the tribe of naturists who make this weekend so much fun, and many travel vast distances with families in tow. Big thanks to the organising team and cooks, and the musical entertainers, and the Mayoress of quizzes...

Oh, back to the story – we named it the 'Berwick Waterfall' because we have no imagination for naming things, but agreed never to tell of its location in case it became a serious tourist attraction with jet boats and paddle steamers – you know how it is in Otago right? We didn't even take any photos of it, but that was really because we had no pockets for cameras :)

See you all there again next year,

All photos: Jeremy Kelleher





WELLINGTON NATURIST CLUB LIFE DRAWING

11am-3pm
Sun 25th April 2021

It's up to you whether you model for the artists,
or be an artist, drawing the models,
or, of course, swap between the two.

Bring your own art materials,
or use some that are provided.

Rain or shine. Join in on creating the art of the nude.

There's a Life Drawing day at Wellington Naturist Club on Sunday 25th April - 11am-3pm.

Bring some lunch. Bring your own art materials if you like, or you can use some that are provided. Come to draw if you like; model if you like, or swap between the two.

We draw outside on fine days and inside otherwise - from 11am until 3pm, but you're very welcome to come early and stay on and use the facilities. At 3pm the club puts on afternoon tea for

everyone who's around, so feel free to join in that too.

For non-members, the usual visitor fee is halved for all attending the life drawing so: just \$10. Members are free.

There's the wonderful club grounds and facilities that you're welcome to use: a full kitchen, BBQ facilities, swimming pool, spa, sauna, table tennis, huge grounds, eels to feed, bush walks etc. Make a day of it if you like.

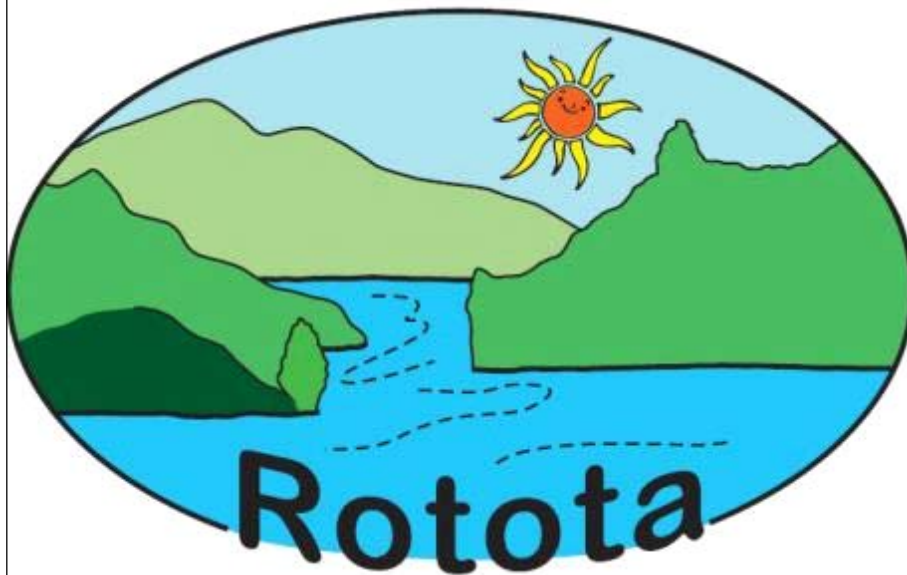
On the days of life drawing at the club, the only time anyone is obliged to wear

'club uniform' is if you're modelling for the life drawing, or you're using the spa/sauna/pool. Otherwise just wear - or don't wear - what you like. No need to book - just turn up & enjoy the day.

Wellington Naturist Club, 20 Molloys Rd, Te Marua, Upper Hutt 5018. To be buzzed in when you get to the gate, call the club mobile: 027 330 6212.

There'll be monthly life drawing at Wellington Naturist Club month during the warmer months with the last one on April 25th (until later in the year).

Thinking about visiting Rotota Sun Club this autumn?

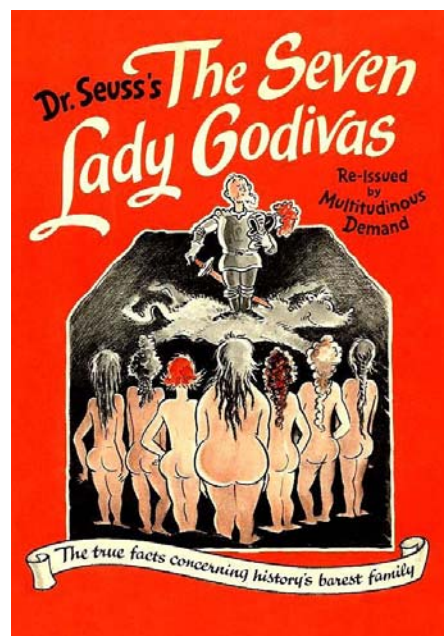


The period for guests visiting Rotota Sun Club has been extended until Queen's Birthday weekend. Please book using the forms on our website (www.rotota.co.nz)

Keep an eye out for May accommodation specials. The lakeside hot tub operates all year round and we have a huge supply of firewood to keep the clubhouse cosy!

We're located on the shores of Lake Ohakuri, 50km from both Rotorua & Taupo.

Not Banned!



Following the ban of six Dr Seuss books this month, I thought it might be appropriate to point out that they didn't ban *The Seven Lady Godivas* - and second, I can offer you a free PDF of it, if you'd like to check that out! (JL)

It isn't Rude to be Nude — the children's book that aims to normalise nakedness



An illustration from Rosie Haines's new children's book, 'It isn't Rude to be Nude'

Open Rosie Haine's debut children's book and you'll meet a page of bums. They are lilac, brown, red and peach-toned and accompanied with the words: "Everyone has a bum". The bums are followed by a page of nipples of many shapes, sizes and colours proclaiming: "Nipples are normal".

The following pages are peopled with dancing bodies and playful expressions, soft lines and warm colours. It Isn't Rude to be Nude is a joyful exploration of the human body, from childhood to old age. "We don't really see normal representations of nudity," says Haine.

"We've got really confused about nudity meaning sex and being obscene and shameful. But I've observed in children a healthy attitude to nudity, and lots of them will have spent most of lockdown naked. They already know it isn't rude to be nude.

"As we grow older we lose that innocence and get all these insecurities. This is as much a message for parents as for children, as that lack of shame in bodies has to be modelled by the parents."



Rosie Haine, author and illustrator of 'It isn't Rude to be Nude' says children's attitudes to nakedness are strongly influenced by their parents

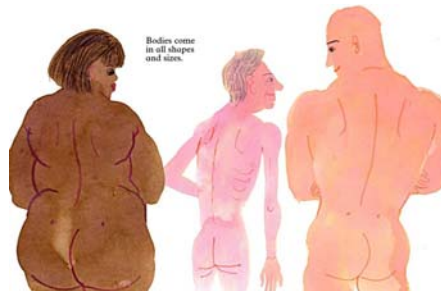
Drawing naked people

When Haine, 37, was developing her idea for the book, she remembered being intrigued by bodies as a young child, and standing outside her grandma's bathroom door hoping to be invited in, though she never was. She has always loved drawing naked people. She studied children's book illustration and as part of her MA degree show she presented a page of naked children. "People said it was their children's favourite page," she says.

She has a background in gender and ethnicity and wanted to explore how the body becomes shamed around the world.

We agree to wear clothes outside the home, but are wobbly bottoms and empty breasts comfortably nude in your house? And if so, how does that work with whoever you live with? Do teenagers want to see their parents' floppy bits striding past the TV room?

There are no laws about how you dress at home, but there is a prevailing sense that nudity is connected to sex once you are past a certain age, and should be kept separate from children. This is despite the fact that no negative behaviours have ever been linked to parental nudity.



Children are increasingly likely only to see naked bodies in a sexualised context, says author Rosie Haine, so it is important to normalise nakedness

Nude parents

If we don't see other bodies, how will we know what they look like? If you're told to cover up when you can't, such as for swimming or a hot day, then what?

Nudity has maintained its place in fine art, but otherwise young people are most likely to see it through highly sexualised images in various media or maybe porn. Earlier this year a British Board of Film Classification investigation revealed that viewing porn has been normalised among teenagers. Many said they turn to it as an educational tool.

"If you're uncomfortable with nudity, children will pick that up very quickly," says Dr Keon West, of Goldsmiths University. A few years ago West led a study which found that being naked or partially naked around other people results in liking your own body more, thinking better of yourself and enjoying more life satisfaction overall.



The book opens with a page saying 'everyone has a bum'

The power of picture books

As the parent of a four-year-old I might read 10 picture books a day but I hadn't considered their singular power before talking to Haine. "They're a unique format," she says. "You have the pictures and the words, but you also have the third space, the reader and the person they are reading the book to. This is very intimate, and I was purposefully ambiguous, intending to encourage conversations. But all parents have an idea about appropriateness."

The book displays a variety of body shapes, sizes and colours. There's a child wearing a prosthesis, and skin with freckles, scars and unusual pigmentation. Haine has chosen her language with care. She gives male genitalia the label "willies" and female "vulvas". On a first reading I wonder why the boys don't have "penises" if the girls are getting anatomically correct terms.

"Willy rhymes with silly, and it works," Haine explains. "Vagina isn't quite the right word and I found fanny had negative connotations. People struggle with the female terms, because there are so many horrible words and euphemisms. I was conscious about consent, but children need language to describe if something bad has happened." It's proving a slow road to normalising the word "vulva" in our house as I can't say it myself with a straight face.

Nudity and culture

Haine's approach is much softer than the award-winning Danish TV show *Ultra Strips Down*, in which naked adults appear in front of 11 to 13-year-olds and answer questions about their bodies, such as when pubic hair grows. The show is popular in Denmark but drew criticism elsewhere once a clip went viral on Facebook.

"I wish some of the knee-jerk reaction was tempered by the fact this is cultural," says Dr West. "In the UK we could have a show just like that, but with adults in bikinis, and some cultures would still say it was completely inappropriate in front of children. Then other countries, for example Brazil, would do it in smaller bikinis.

"We've been cultured to think that any more or any less is terrible. People would be more relaxed if they accepted these are positions on a spectrum, not intrinsically worrying or dangerous."

Sophie Morris September 29, 2020

The iPaper (Lifestyle)

https://inews.co.uk/inews-lifestyle/it-isnt-rude-to-be-nude-childrens-book-nakedness-nudity-parenting-666075?ito=facebook_share_article-top

Cyclists bare all for a good cause

The Naked Bike Ride (NBR) traced a different route through Golden Bay this year, but the purpose remained the same - to deliver a vision of a cleaner, safer, body-positive world.

Saturday's event may have appeared to be an excuse to bare in public but it pedalled a serious message.

"The point of the ride is to encourage people to use their cars less and use bikes more" said organiser Bryan Badger, who explained that nudity is not just about attracting attention. "The emphasis is on cycling but it's also about body image."

The concept of the NBR originated in Canada in 2003, initially as a protest against oil dependency, combined with a celebration of the individuality of the human body. However there has been a gradual shift towards focusing on cycling advocacy.

With global Covid-related restrictions, New Zealand is one of few countries currently able to hold a NBR. Consequently Golden Bay's ride celebrated freedom as well as bodies and bikes, something appreciated by participants, many of whom came from across the country specifically for the event.

Mark Rodgers and his partner had brought their e-bikes with them from Hamilton.

"It's my first Naked Bike Ride. I heard about it and thought I'd give it a go," said Mark at Tarakohe a few minutes before setting off.

He wasn't the only out-of-towner - or first-timer; several others had made a special effort to tick the event off their bucket lists, including Eddie Saw from Wellington.

"Life can become boring, so I thought I'd try something new."

Mars from Reefton was also a NBR rookie. "I've been meaning to come for ages. I enjoy naked hiking but never done any naked riding."

Half an hour before the bare back (and everything else) riders took off the growing assembly of male participants was joined by the first woman, who had made the journey from Christchurch.

"I've come especially for the ride." said Andrea Zabransky, who didn't seem to be bothered by the gender imbalance.

"It's OK to be the only woman, but it would be nice if there were more."

A few minutes later, her wish was granted and, by the time rebels-with-a-cause got rolling, several more ladies had rocked up.

As the 50-or-so cyclists set off from Tarakohe, few were completely head-to-toe naked, with jandals, sneakers, and plenty of helmets on show. Led by Bryan, the unclothed peloton wound around the coast road to Pohara, regrouping at various points to ensure there were no break-away riders or stragglers. Along the way, several residents emerged from their homes to wave and applaud the convoy which, after an easy 8.5km, reached its destination - Kiwi Spirit Distillery at Motupipi - where cocktails were consumed and prizes handed out.



These two pictures by Jo Richards featured as is, in her Golden Bay Weekly article, last month.



Possum

Organiser Bryan Badger explains 'body image'



Possum

People from 'all over the country' giving it a go



Possum

Verne & Lisa Pavreal, down from Hamilton



Possum

A Sunday trip to Milnthorpe completed the weekend

The end of ride wasn't the end of the fun; those keen to make a weekend of it braved Sunday's rain showers and enjoyed a bush walk through Milnthorpe Park.

Speaking [to us] on Monday Bryan said he was delighted with Saturday's turn out and reception. "We got a lot of support along the route; we're really chuffed with that."

Jo Richards, The GB Weekly March 12th 2021

World Naked Bike Ride - Waitati



As our group of keen cyclists (and support staff) got ready to undertake yet another awesome World Naked Bike Ride it was easy to forget that in our little piece of paradise of Aotearoa that naturists were in a position to participate in not only the bike ride in Golden Bay but also our bike ride in Waitati, 20 kms north of Dunedin.



Southern Free Beaches

This year we were missing a couple of our stalwarts as in Phil, Gail and Beatrice, but we made up for it with three new participants who joined our naked band. Thanks to Ross, Ant and Kirsten for participating on this ride. It was great to have you along.



Paul was camp leader and kept up a steady pace for the group to follow, in and around the township of Waititi. The weather was glorious and there were heaps of people out and about & I think the last thing they expected to see that day was a group of fun loving naturists cycling around the township in the name of "Saving the Planet". Thanks again to Paul and Shirley for their great hospitality and spa. It was very much appreciated.

Yours naturally
Julie Patterson
Southern Free Beaches



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A very rare opportunity!



Long-time Naturist Robert Hoyle is returning to Northland (from the Whanganui region). He aims to purchase 100+ acres of land with a view to setting up a self-sustainable environment geared towards a **communal naturist lifestyle** - so he is seeking others interested in forming an initial 'Trust Partnership'.



For more, contact Robert on **021 485 388** or email: **robhoyle@robhoyle.co.nz**

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For a list of what issues are available please email Noel at:-

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Please note that the nznaturists@... email is *no longer valid*.

To see previous **gonatural** newsletters go to: <https://gonatural.co.nz/news/2/11/NZNF-News/>

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