



Free Beaches NZ

News from the raw edge!

December - January 2021



So how was your Labour Day weekend?

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Above left, is a genuine gardening picture (from the internet). This picture though, is posed for Instagram; found among those promoted for the Naked Gardening Day. (The daisies are an apparent irony: it's females that require them driven by the American-Imperialist: Facebook.)

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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'.

Anyone interested in finding out more can contact Robert on **021 485 388** or at **robhoyle@robhoyle.co.nz**



I've sprinkled some Naked Gardening Day pics through this issue

Ngatuhua Naturally 2021

Thursday 21 to Sunday 31 January, 2021

It's time to plan for another Ngatuhua experience.

There is no booking system, first come first settled (bunks, campervans, tents). However, it's helpful to know who's intending to be there and for how long, to plan supplies.

MEETING TIMES: 2pm Thursday, Saturday, Monday, Wednesday, (second Friday on request only).

Things to look forward to at Ngatuhua 2021

On Monday evening we'll enjoy a communal meal. The 'chefs' will fire up the barbecues and ovens to cook the favourite meat your brought in with you. Ngatuhua will supply chips, peas/salad, gravy, sauces and dessert. BYO wine.

Mid week there will be our picnic and barbecue serving BBQ sausages and nibbles. Bring your own sunscreen and drinks.

On Friday night the chefs will roast some pork or lamb to serve an all inclusive communal dinner, followed by pavlova and ice cream.

Bush walks, Nature trails, Waterfalls, Glow-worms, Petanque, Croquet, Flying fox, Kayaking, Canoes and life jackets are a short stroll away by the safe canal. Or just enjoy the solitude.

And that's not all: Happy Hour, each afternoon bring a drink and enjoy some finger food to compliment your stories and anecdotes.

Pay on site, \$30 per night, cash or electronically in advance by arrangement.

To facilitate catering, it would be helpful to know if you intend to join us, when and how long you wish to stay.

For more info, visit: <http://www.ngatuhuanaturally.org.nz/> or email: moreinfo@ngatuhuanaturally.org.nz

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Please note that we are always interested in adding to our list of contacts around the country. If **YOU** would like to support the use of a local beach, pool, river or other suitable venue in your area, **please let us know!** We love to share a 'good word' on where and what the local family-friendly options are, for genuine Naturist recreation!

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Tensions laid bare in nude feud

The Star is investigating the state of clubs in Dunedin. This week, reporter Shawn McAvinue chats to three naturist clubs about the state of the scene.



Shawn McAvinue

Relaxing at the Orchard Sun Club entrance in Sutton (from left) president Keith Rutherford, property manager Graeme Haldane and vice-president Julie Haldane.

The gloves are off for two feuding naturist clubs in Dunedin.

Orchard Sun Club vice-president Julie Haldane said the club, based in Sutton, about 7km south of Middlemarch, has 32 paying members, ranging in age between 45 and 86.

"We are growing older and there [are] no young ones coming through. We need more members."

Some members had "broken away" due to "animosity" held against the club and started the Southern Free Beaches club.

Southern Free Beaches advertises its club on sheds opposite the entrance to the Orchard Sun Club in Sutton.



Shawn McAvinue

Southern Free Beaches had installed advertising about its club on sheds opposite the entrance to the Orchard Sun Club.

"That is the type of people we are dealing with," Mrs Haldane said.

Southern Free Beaches co-ordinator Brent Patterson, of Dunedin, said he was among the members who broke away from the Orchard Sun Club.

The Orchard Sun Club committee were ageing and had a "steadfast way of doing things, that are not particularly popular".

"They are very reluctant to change with the times."

Southern Free Beaches club was formed about a decade ago in Dunedin.

Up to 30 people — aged between late 30s and 70s — attended club events in Dunedin.

The club's events included a annual naturist retreat in Berwick, a monthly swim at Dunedin Physio Pool and a World Naked Bike Ride.

"It's an events-based activity — it's not about having grounds and telling people what they can do."



Southern Free Beaches

Southern Free Beaches members cycle in a pack as part of the World Naked Bike Ride in Waitati in March this year.

Dunedin is also home to another naturist club.

The Alpine Lakes president, who lives in Dunedin and asked not to be named due to privacy, said he had never belonged to a naturist club which owned its own grounds, a reason being as those clubs "tend to get a little bit niggly about silly little things".

Southern Free Beaches advertising at the entrance of Orchard Sun Club was "quite funny" but he preferred to avoid the "animosity" between the two Dunedin naturist clubs.

Naturists were generally easy-going, but every club had members who held different perspectives.

"Every club I've been in there's always been a niggle somewhere along the line.

"It's just clubs in general."

Alpine Lakes club was formed in Central Otago nearly 30 years ago.

The club moved to Dunedin about three years ago following the death of a "generous guy" who had allowed club members to camp on his land in Lowburn.

The club had 12 members — an average age of about 50 — and was event-based.

Events this year included more than 30 nude diners eating at a restaurant on Otago Peninsula.

"It was very successful."

Shawn McAvinue, The Star, 15 November 2020

<https://www.odt.co.nz/the-star/tensions-laid-bare-nude-feud>

What if heat waves were named like hurricanes?

Looking forward to some nice hot days this summer?

Hmm... some thoughts (or fake news?) to ponder; 30% of the world already copes with deadly heat waves lasting 20 days or longer. By mid-century heat waves are expected to affect more than 3.5 billion people globally.

The World Health Organisation defines a heat wave in human-health terms as: prolonged periods of excessive heat that results in dehydration, heat stroke, heart- kidney failure and a host of heat-related illnesses that can lead to mortality.

It's reckoned that heat waves will impact 75% of the planet's inhabitants by 2100 if preventive measures are not implemented.

I've sort of tried moving to hot - warm places. However, living in Oz for a few years cured me of that! But since returning to NZ I've noted I have an increasing preference to avoid frying in the sun. I don't go to the beach without an umbrella these days. In summer I seek usually non-existent trees, in the supermarket car parks.

Now I hear that 'simple' heat waves are likely to become bigger killers than pandemics, eventually.

I noted a few months ago that the TV weather forecasts have added a new graphic to their current abundance to take into account things like wind-chill by recommended clothing "Layers" with parameters from 1-4. (But so far I've not seen a zero, for no obvious reason!)

We've had weather-warnings about sunburn for many years (eg: 'don't go out between 11am and 3pm'), but not for heat-stroke - which seems likely soon, to become a different but greater danger.

So the current suggestion by the Extreme Heat Resilience Alliance (yes, there is one: Google it), is to officially treat heat-waves like hurricanes: by giving them a name (and presumably a category). I can't wait to have something to homely relate to, such as: 'Hot-Potato', level: 'Ouch'. (JL)



Claudia demonstrating a 'belt & braces' (shirt & shade) approach

Mass photo shoot at WNC Jan 16th!

Inspired by the works of Binh Trinh, amateur photographer Blair Hinton is planning a mass nude photo shoot at **Wellington Naturalist Club** on **January 16th** 2021 between 10am & 1pm.

Using the human body, Blair is looking to create shapes on the ground specific to NZ ie, a kiwi, silver fern and/or a koru which he will predominantly capture by using a drone.



Please direct any queries or register your interest in participating to:

Blair Hinton M: 027 524 8058
E: wainui44@hotmail.com

Garden Day Calendar: www.lynnriver.co.nz/products/nude-gardening/2021-calendar/21nude-2021-nude-gardening-calendar

Bush bathing on the Labour Weekend agenda - no water required

National Gardening Week kicks off and the call is out this Labour Weekend to dip your toe into some Bush Bathing.

Bush Bathing is New Zealand's version of 'Forest Bathing' - the Japanese practice known as Shinrin Yoku (literally meaning forest bath), that is based on the premise that nature has a profound effect on our overall wellbeing.

No togs and towel required and there is no water involved. Bush bathing is a gentle wander through a green space, sitting or lying under trees and tuning in to the smells, textures, tastes and sights of the forest.

Studies have shown that connecting with the environment and clearing the mind has the power to improve mental and physical wellbeing. The science behind it is found in a substance called phytoncides which are protective antimicrobial essential oils released by trees and which also offer a host of reputed health benefits for people. The oils boost mood and immune system function; reduce blood pressure, heart rate, stress, anxiety, and confusion while improving sleep and creativity.^{1,2}

New Zealand certified forest bathing guide and trainer, Vicky Kyan, says it is a matter of connecting with nature through our senses of sight, hearing, taste, smell and touch.

"We spend so much time indoors and with technology that even a small amount of time spent with nature can have an impact on our health. A bush bathing session will help you to unplug from technology and slow down. It will bring you into the present moment, de-stress and relax you and literally bring you back to your senses," says Ms Kyan.

The good news is that if there is not a forest or a bush near you, your own back garden is just as good.

Fiona Arthur from Yates said gardening has long been recognised as a natural health boosting exercise and bush bathing takes the health benefits to a whole other level.

"There is increasing evidence that exposure to plants and green space, and particularly to gardening, is beneficial to mental and physical health. Apart from the exercise aspect, there is soaking up Vitamin D, improved mood and less stress, not to mention the economic benefits of growing your own food.^{3,4}

"So if you're in the garden pulling weeds and planting your summer crops this weekend, with no bush in sight, take a moment to stop and connect with your surroundings for a spot of bush bathing at home," says Ms Arthur.

The Japanese have studied the benefits of Shinrin Yoku, which they developed in the 1980s, and given the clear evidence of the benefits, have incorporated it into the country's national health programme. In England, following their own studies, British GPs are considering making it a part of their social prescribing.

In a different take on bush bathing, members of NZ Naturists Federation will be getting at one with nature for National Nude Gardening Day on Saturday 24th October, coinciding with National Gardening Week. There are more than 18 clubs across the country and many hold open days over Labour Weekend.

Naturists Federation NZ's president, Wendy Lowe, says the philosophy of naturism aligns beautifully with that of bush bathing.

"There is nothing more liberating than removing your clothes and connecting with nature, enjoying the air and sun on your body. It is almost meditational in itself. But bush bathing takes the experience further as you can truly connect with what is around you. However, we would suggest taking a blanket or pillow to sit on, while communing with nature."

About National Gardening Week

National Gardening Week aims to foster a love of gardening with a focus on growing not only plants but friendships, good health, strong communities and closer connections with nature. Whether it's a few pots on the balcony, a small patch or an extensive garden, everyone can experience the joy of gardening.

The theme for this year's National Gardening Week is "PLANTS FOR A BETTER PLANET." Planting for a better planet has never been more important - for food, for the environment and for health.

www.yates.co.nz/national-gardening-week/2020/

Monday, 19 October, 2020

- 1 Effect of phytoncide from trees on human natural killer cell function: <https://pubmed.ncbi.nlm.nih.gov/20074458/>
- 2 Effect of forest bathing trips on human immune function: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2793341/>
- 3 Science Direct: Gardening is beneficial for health: A meta-analysis: <https://www.sciencedirect.com/science/article/pii/S2211335516301401#:~:text=Indeed%2C%20the%20positive%20association%20with,activity%20levels%2C%20and%20cognitive%20function>
- 4 Emotional well-being while home gardening: <https://www.sciencedaily.com/releases/2020/05/200511142141.htm>



The Mangatutu hot springs



During the 80s, I lived mostly on Norfolk Island, later in Australia; but normally visited New Zealand for Christmas each year. I think it was soon after I returned, in the early 90s that I took the picture above, at Mangatutu Springs.

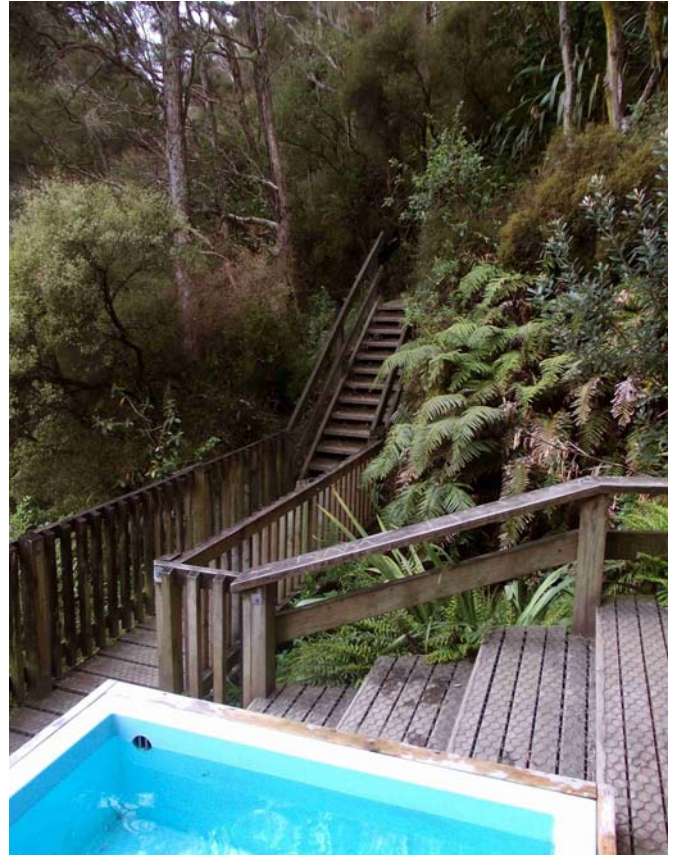
I do remember that all three of us arrived in a Chrysler Valiant and that on the way back that car began to float on the stone-bottomed ford - I'm glad I wasn't driving, or we might have had to paddle!

Forty years later on a damp Tuesday in the middle of last October, one of my young friends decided to ditch some formal education and asked me to take her somewhere, "That I haven't been before." Thus began what turned out to be only my second 60Km trip to these lovely hot springs. (Now with a concreted ford.)

One reason I was interested in revisiting a very old haunt was to see those springs in their new light, inside (and on the cover) of, the last (unpublished) *gonatural* magazine: below (also reproduced in the previous *gonatural* newsletter).

So in the column on the right, I've created a little picture puzzle of how things now look.

As far as I can discern, the picture above would have been taken directly underneath where I was standing to get the picture on the bottom right - just about where now, the feed pipe (bottom-right centre) comes out over the top tub. (JL)



Loving my body, Danishly

With my arms clamped tightly to the side of my clammy swimming costume, I face the naked woman who's gesticulating wildly and firing a torrent of Danish at me. When I haltingly ask her whether she speaks English, she barely pauses for breath before ordering me – in perfect English – to take off my costume and make my way to the communal shower, for reasons of hygiene.

In Denmark it is mandatory to sluice down naked before entering a swimming pool, and they take the rules very seriously. Judging from the streams of women relaxing in the nude, they are so body confident that they jump at any opportunity to take their clothes off anyway.

The women in Nordic-noir dramas are usually attractive, overtly sexual and self-confident, and Saga Norén, the Swedish detective in the Danish police procedural *The Bridge* will whip off her T-shirt in front of her hard-bitten colleagues without a second thought.

The Danes have even officially been dubbed the most shameless nation in the world, based on research by the University of Zurich. And, after two years of living here, I've finally been inspired to learn to love my body the Scandinavian way.

Danish body confidence begins in January. In Denmark nobody bothers to deprive themselves in the cold dark of winter. Last year, my 'dry January' met with baffled looks from my Danish friends as they helped themselves to the pastries their country is famous for.

Fretting about the way they look or obsessing over staying in shape isn't something my slender Scandi friends indulge in because, fittingly for residents of the happiest nation in the world, most of them feel fine just the way they are.

This nonchalant approach spans the ages – if the group of septuagenarian Danes I see plunging naked into the icy sea on my local beach just north of Copenhagen all year around are anything to go by. When I eventually catch up with one on dry land and ask her how she plucks up the courage to bare all, she seems surprised by the stupidity of my question.

'Have you ever tried to wear a wet swimsuit when the temperature is below five degrees Celsius?' she asks me. 'You would not want to!' The study by the University of Zurich (which seems to have made Danish nudity something of a specialist subject) suggests that Danes are conditioned not to feel shame: a mere 1.62 % of the population suffers from gelotophobia, or fear of ridicule, the lowest figure of the any country surveyed.

Of course, Britain topped the gelotophobia charts, with a staggering 13%. Put simply, Danish children don't grow up paralysed by the fear of being laughed at the way that we do. While I spent my school career avoiding the showers after PE, in Denmark friends tell me they were made to shower together after each class, with no separate cubicles.

Which explains the convivial attitude at my local pool. I have had naked women ask me where I got my shampoo from, remark on my two-and-a-half-year-old's absurdly curly hair and compliment me on her Danish. While some may while away hours on the treadmill, most Danes achieve their body beautiful by taking a more outdoorsy approach to fitness.



Six out of ten don't own cars, and in Copenhagen, where I live, there are more bicycles than people, with 45% of commuters pedalling to work, on specially created, raised bike lanes. But fit or not, few seem to think twice about stripping off.

'Foreigners often comment on how common it is to find Danes naked in the swimming pool or in the sea,' a Danish psychologist, Pernille Ianev, tells me. 'Danes are more liberated than their American and British counterparts. It's rooted in their history – from the communal showers and baths to women's liberation in the 1960s. It was quite a Danish phenomenon – camps where people got together and women showed their breasts freely. Nudity is more widely acceptable here and it's built into the social structure.'

It might be a symptom of their famously egalitarian society, but it is also a manifestation of the Danes' willingness to follow orders. 'I can see how it looks to foreigners – you go to the gym and the swimming pool and we are naked, as it's the rules,' laughed one of my Danish friends. 'All the way through kindergarten and grade school you take the showers and that's just what you do. You get used to it.'

Last year I decided to join them and set myself the goal of learning to love my body Danishly. The first step, according to my friends, was to embrace nudity (while handily following the rules at the same time). My previous changing-room routine had been to wait until the coast was clear, scurry to the pool, avoiding the showers, and jump in as quickly as possible, before anyone could ascertain that my body was bone-dry on entry.

But, my challenge set, I left my British reserve in my locker and took the long walk from the changing room through the showers naked as the day I was born, pausing only to slide into my costume poolside. At first I was nervous, but it soon became liberating.

Being naked in front of other women and not feeling judged made me much more accepting of my own body. And seeing how comfortable all the Danish women were in their own skin made my hang-ups about my lack of pin-up perfection seem petty.

No longer shackled by self-loathing, I feel privileged to swim among the Danish female community at my local pool. So far, I haven't been brave enough to bare all on the local beach, but as we are knee-deep in a Scandinavian winter, there is no need yet. But, as the days grow longer and summer appears on the horizon, perhaps one day I will take the plunge.

Polly Philips

www.telegraph.co.uk/health-fitness/mind/how-to-love-your-body-----the-danish-way-h/

Naturists bare their necessities

It was a cold day and club members were wearing clothes, which is unusual when you realise they are naturists.

The South Canterbury Sun Club members meet every second weekend of the month sit around naked and socialise.

They bring their own caravans to sleep in, staying on the former Tripp Settlement School grounds.

There's a pool, tennis court, a couple of cabins, lounge/kitchen and ablution blocks.

The members, all over 50, would only offer their first names as they do not want to be ridiculed by people who do not understand their desire to be close to nature.

Potential new members undergo a trial period and then have to apply to join. They may get police checked and could get turned down even if they have no convictions, if the existing members don't feel comfortable with them.

"Ballet is pathetic to me but it's what some people want to do," Chris says in defence of the club.

She became a naturist through her husband and it took a few years before she felt at ease undressed in front of other people. He liked wandering around their garden in the buff and it progressed from there.

"Men don't have any trouble getting their kit off compared to women," Chris says.

Ross explains how being nude is like skinny dipping for the first time and then never wanting to wear togs again.

"We don't judge on appearances; everyone is the same here."

There is a no swimwear rule in the pool but those rules are bent if young people feel uncomfortable.

Heather says they all have the commonality of naturism and her life is a lot richer for meeting such people.

Esther Ashby-Coventry, Timaru Herald, Tuesday Sep 29, 2020



North Canterbury's Chris McIntosh sent this in for the calendar



Southern Free Beaches

invite you to attend our second

Naturist Retreat



Where: Berwick Lodge, Berwick
(16km Southwest of Mosgiel)

When : Friday 19th February to
Sunday 21st February, 2021

Cost for the two nights:

\$70 per adult -
\$38 per child (at school)

This includes a small contribution for a 2-course meal on Saturday night.

If you wish to opt out of this meal the cost will be **\$57 & \$28**, respectively.

(Please advise us of any dietary restrictions or allergies.)

Or if you just want to visit for a day visit, Berwick Lodge charges \$10 per person for the day.

For more information or to RSVP:

please contact:

Julie: 027 471 8941 or

southernfreebeaches@gmail.com

www.facebook.com/southernfreebeaches

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OR TEXT CLUB PHONE 021 123 5904

[PLEASE NOTIFY ANY SPECIAL DIETRY REQUIREMENTS]

This skinny-dipper is writing a NZ guidebook and is looking for models

Kate Uwins, better known as @naked_kate on Facebook and Instagram, is a self-professed traveller turned professional skinny-dipper. Hailing from Surrey, England, she has spent the last three years exploring Aotearoa and getting at one with nature. Now, she's writing a guidebook based on her experiences.

The guidebook is to be called, "Newd Zealand", and will put the spotlight on some of the countries best secret skinny-dipping locations.

"It all started with a friend of mine who wrote a New Zealand guidebook called NZ Frenzy and he had an idea to write a book about skinny-dipping in New Zealand. I'm a big lover of skinny-dipping - always have been, so when I met him, we talked about how this new idea for a travel book could become a reality and here we are."

"The book is about finding the spots around New Zealand that aren't already popular and busy; where you can find a little bit of seclusion and peace and quiet and just enjoy the natural environment in your natural state."

When asked if she had any tips for aspiring first-time skinny-dippers, Kate said, "Remember, nudity is not illegal in New Zealand if it is innocent and without indecent intentions. So even if someone does see you, you're not breaking any laws. Just don't do it on the lakefront in Queenstown on a hot day!"

Kate says New Zealand is a skinny-dipper's paradise, with hundreds of beautiful, secluded places across the country, perfect for a spot of naked swimming. "Obviously I think this country is just the best place in the world to skinny dip."



You've got about a million beautiful places to go swimming; beaches, rivers, lakes, waterfalls. They're just around every corner and I still can't get over the colour of the water."

Our lack of predators is also a big plus. "There are no snakes, no crocodiles, nothing dangerous that's going to get you. It's not like in Asia or Australia where there are beautiful places, but you're always thinking about a snake coming to bite you."

"So yeah, when it comes to skinny-dipping, I think this country is basically asking for it", Kate laughs.

If you'd like to get involved with "Newd Zealand", head over to @naked_kate on Facebook or Instagram or email her at uwinskate@gmail.com - Dec 05,2019

Reece Hallum

In the case of the Auckland events proposed for St Leonards Beach (ie: **Day without Bathing Suits and Skinny-dipping down a Moonbeam**), the area intended is about 50m to the **right (south)** of the beach end of the St Leonards Road steps.



www.villadusoleil.co.nz

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Naturist Swim Nights & Days!

Normal admission to Naturist area is \$22 per person.*
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 for a 25% discount!**

Parakai Springs 150 Parkhurst Road,
 Hellensville
 (Opposite Palm Springs)

www.parakaisprings.co.nz
 Naturist days are on the first & third Thursday
 every* month 10am - 9pm
 (Please book, as otherwise management may cancel.)



Alex is our local liaison person — contact via:
 022 196 6365 or aht-fbnz@pm.me

* Please note that the Naturist Days of 1st and 3rd Thursdays of each month no longer apply during the school holidays, including those of Christmas and New Year.



forests & fields

a lawn, garden, transport & photographic service

My name is Jesse, I have extensive experience at Orton Bradley Park; tractor mowing of the picnic grounds, maintaining it's numerous streams, and walking tracks - a number of them are steep bush-clad tracks, winding up into the hills on which I have done brush-cutting, chain-sawing and pruning overgrowth from the tracks.

NATURIST OUTINGS

I am licensed and insured to carry a small group of passengers, I know of many pleasant, private locations for naturist camp trips accessible by 4wd — 4 passengers; I can supply tents and other camping equipment, you have the option of accompanying me in another vehicle.

And if you are feeling daring and brave, you might like to choose to have a naturist picnic at a quiet and secluded (though public) setting, go for walks on Canterbury's or Bank Peninsula's numerous walking tracks, or perhaps cycle on a quiet country road. (I'm able to transport cycles in my trailer).

Nude Photography: - Individual or group photography taken in natural and serene settings. (We do the mid-Canterbury, Christchurch & Banks Peninsula areas - though will consider further afield).

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In Northland, on the road to East Beach only 4 km from S H 1 is Raewyn & Rosco's Ostrich farm which offers direct access to the Rangaunu Harbour. Relax on a deck or go kayaking in the ocean estuary. Alongside the banana trees you'll find plenty of room for vans, tents and other accommodation.



Aside from the fascinating, unique interior decorations downstairs, there are two splendid bedrooms available upstairs.



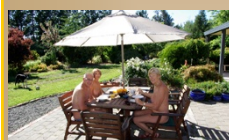
Raewyn & Rosco's farm has plenty of room for parking, whatever vehicle you arrive in. On-site accommodation includes a caravan with double bed (and nearby external toilet) while upstairs in their house you'll find a twin room and a double room with ensuite. Outside, along with the big bird life, two kayaks are available for exploration of the Rangaunu Harbour, which is easily accessed through the mangroves on their southern border. Easy access to East Beach is 9km further along Kaimaumau Road: drive to the end and walk 200 m north.

Find them at 388 Kaimaumau Road R.D. 1 Awanui, Northland, 0486; contact options: ostemu@gmail.com or phone numbers: 09 406 8807 and 027 492 1931. They're only 13 km north of Awanui (which is 6km north of Kaitaia); turn right 3km north of Waiharara, into Kaimaumau Rd. The farm is 4km east, with its entrance on the right.

Wai-natur Naturist Park

Wai-natur Naturist Park is set on five acres of beautiful gardens in the Wairau Valley and provides a safe haven for the health and wellbeing of you and your family.

Bed and breakfast - Our home is warm and sunny. Perfect for naturists who enjoy their home comforts. Accommodation includes a choice of two guest bedrooms, with access to the



gardens via glass sliding door facing northwest and the late afternoon sun. Outside, quiet areas for sunning yourself around the pool or enjoying the shade of the garden for your aperitif. Alternatively you're welcome to self-cater in our communal recreation room.

Cabin with ensuite - Guests may prefer our spacious cabin with ensuite bathroom. Linen and towels are provided, so there's no need for you to bring bedding or towels. There is also a day bed for that extra person. The cabin, which is handily located near the swimming pool, rec' room and ablution block, has a rural outlook and all day sun.



The Shed - We can now provide guests with a further spacious cabin, handily located to the ablution block and the communal kitchen/lounge and BBQ area.

Eco Cabins - Each has a comfortable double bed, made up with linen and towels provided, table and chairs. One has its own toilet and wash-basin. As above, all facilities are within easy range of this cute little building.



On-site caravans - We have a number of lovingly restored on-site caravans for hire. One has two extra berths for the ankle-biters. Refrigerator, jug, toaster, crockery and cutlery is provided. All you have to bring is yourselves and your own bedding if you prefer, or you can hire ours.

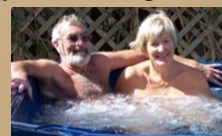


Campsites - Visitors can choose sun or shade from several powered sites with non-powered sites available in and around the gardens. Small tent sites to large motorhome hookups.

Hot showers, toilets, spa pool, sauna, salt water chlorinated swimming pool, washing machine and dryer are handily located to all the accommodation. Wake up in the morning to the sound of the bell birds with just a short walk to the ablution block and solar heated swimming pool. What a way to start the day - naked - the only way.

Plenty of room: no crowds, no stress, no clothes!
Wai-natur Naturist Park

2704 State Highway 63, Wairau Valley, Marlborough, NZ
+64 3 5722 681; Mobile 021 326 199.
GPS: S:41° 33' 50.54" - E:173° 31' 53.55"
Renwick, 27kms; Blenheim, 37kms;
Picton, 63kms; Kaikoura, 66kms.



'We feel good about being naked because no one intrudes on our privacy. We are left completely free to be ourselves.'

North Island ~ Events Calendar

AUCKLAND

December

Thu 3 rd	Parakai Springs*	10am - 9pm 150 Parkhurst Rd, Parakai \$26 (20% discount with ID card)
Thu 17 th	Parakai Springs*	10am - 9pm 150 Parkhurst Rd, Parakai \$26 (20% discount with ID card)

January

Sat 30 th	Day Without Bathing Suits	St Leonards (go <i>right/south</i> : page 9) Alex: 022 196 6365 or aht-fbnz@pm.me
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February

Thu 3 rd	Parakai Springs*	10am - 9pm 150 Parkhurst Rd, Parakai \$26 (20% discount with ID card)
Wed 13 th	Skinny-dip on a Moonbeam	From about 8.30pm at St Leonards (go <i>right</i>) 022 196 6365 or aht-fbnz@pm.me
Thu 17 th	Parakai Springs*	10am - 9pm 150 Parkhurst Rd, Parakai \$26 (20% discount with ID card)

March

Thu 11 th	Skinny-dip on a Moonbeam	From about 8.30pm at St Leonards (go <i>right</i>) 022 196 6365 or aht-fbnz@pm.me
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*** Parakai Springs visitors, please call them (09) 420 8998 to check, as it can be already booked at any time.**

WELLINGTON

December

Sun 6 th	Peka Peka beach & BBQ	BYO BBQ, Chris's place; if wet: from 3pm cburt@xtra.co.nz or 021 375 119
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January

Sat 30 th	Day Without Bathing Suits	At a beach near you! Peka Peka Gerald: geraldavidson84@gmail.com
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February

Wed 13 th	Skinny-dip on a Moonbeam	At a beach near you! Peka Peka Gerald: geraldavidson84@gmail.com
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South Island ~ Events Calendar

CHRISTCHURCH

December

Sat 12 th	Spencerville	1 pm Beach meet . Contact Linda Geeves: 027 249 8433
Sun 20 th	Summer Solstice Dawn	South New Brighton, Beatty St 6am contact Michel Adriaens: 021 159 8426

January

Fri 1 st - 4 th	South Canterbury Campout	SCSC Geraldine , Classic campout! Contact sharon_roy@xtra.co.nz
Sat 9 th	Woodend Beach Trip	1 pm Contact Linda Geeves: 027 249 8433
Sat 16 th	Day Without Bathing Suits	South New Brighton, Beatty St Contact Linda Geeves: 027 249 8433
Sat 23 rd	Hikauraki Bay	Meet Halswell Library carpark 10am. Contact Linda Geeves: 027 249 8433
Sat 30 th	Skinny-dip on a Moonbeam	South New Brighton, Beatty St 8.30pm Contact Linda Geeves: 027 249 8433

February

Sat 6 th	Spencerville	1 pm Beach meet . Contact Linda Geeves: 027 249 8433
Sat 13 th	Woodend Beach Trip	1 pm Contact Linda Geeves: 027 249 8433
Sat 20 th	Camp Bay Trip	Meet Halswell Library carpark 10am. Contact Linda Geeves: 027 249 8433
Fri 26 th	Skinny-dip on a Moonbeam	8.00pm at Beatty St entrance New Brighton South, Michel: 021 152 8426
Sat 27 th	Spencerville: cleanup	(TBA) Linda Geeves: 027 249 8433

March

Sat 6 th	World Naked Bike Ride	Takaka from 2pm. Enquires: Jeremy Kelleher 027 256 3321
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IMPORTANT NOTE for all pool users - Covid-19: if you feel unwell please don't attend the swim nights!

DUNEDIN

December

Mon 21 st	Summer Solstice Swim	6pm St Kilda Beach contact: Julie, southernfreebeaches@gmail.com
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January

Sat 30 th	Day without Bathing Suits	At a beach near you! (TBC) contact: Julie 027 471 8941
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February

Fri 19-21 st	Berwick Naturist Retreat	Contact Julie - southernfreebeaches for more info, or to RSVP (See pg 8)
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March

Sun 14 th	World Naked Bike Ride	12pm Waitati Hall (20Km north of Dunedin) contact Julie 027 471 8941
Sun 28 th	Physio Pool Swim	5 - 6pm Dunedin \$8 contact Julie 027 471 8941

Physio Pool swims - 4th Sunday of each month during winter - \$8 per person.