



Free Beaches NZ

News from the raw edge!

August - September 2021



Hot Water Beach - on winter's solstice



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Andrew Cook

We had planned to celebrate solstice by relaxing in warm pools dug in the sand at Hot Water Beach. We officially pulled the plug on the event because of storm damage to the beach, rendering the sand unusable for a functional spa pool. But 4 of us went anyway just to have a look. The storm had scoured out about 1.5 meters depth of sand, which made the hot water area still at ocean level even at low tide.

Hopefully nature will restore the beach in due course, as this is an internationally known tourist spot. We weren't the only crazy solstice revellers there. We were eventually joined by a group of young European tourists, a Chinese family, and an American couple. Not the day we'd had in mind, but worth the trip out there to check the beach. At least we got to bury our feet into the sand to warm our toes! Rok

Canterbury Free Beaches' visit to Camp Bay



Michel Adriaens

A nice view of the Canterbury trip to Camp Bay on February 20th this year

National Committee

President

Beatrice Bergamin 027 483 3493
 president@freebeaches.org.nz

Secretary

Linda Geeves 03 930 8473
 secretary@freebeaches.org.nz 027 249 8483

Treasurer

Gerald Hunt 03 353 4401
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Committee Members

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Alexander Hagen-Thorn 022 196 6365
 aht-fbnz@pm.me

John Lowe 06 879 9262
 j.loweSec@outlook.com

Kevin Landon 03 366 6693
 kevinathome@xtra.co.nz 027 228 9860

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!

Area Contacts

Auckland -

Alexander Hagen-Thorn 022 196 6365
 aht-fbnz@pm.me

Central NI - Kawerau

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Pam Robertson 03 684 9451
 027 485 0973

West Coast -

Alan Smith 021 129 0671

Otago - Southland

Brent & Julie Patterson 027 471 8941
 southernfreebeaches@gmail.com

Canterbury Free Beaches - the Polar Plunge!



Beatrice Bergamin

Some of the brave souls all pretending it's a nice day for the winter solstice. (Well: June 19th was pretty close to the 21st.)

The Peka Peka Plunge



Michael Moore



Michael Moore

Seven folk braved the water at Peka Peka Beach for the Wellington group's annual Midwinter Swim on Sunday 20 June.

The weather was fairly good and surprisingly mild - yes that's Kapiti Island in the background.

A total of fourteen people turned up for the more formal than usual: "Gentlemen a Tie" Midwinter Dinner at my place. It was an all seated affair squeezed into my not so grand living room (though unfortunately we didn't get a pic).

The meal was augmented by chips cooked by Robert on the famous Free Beach chip fryer normally only in use at Ngatuhua. Thank you Robert. It was great to have such a great turnout.

The next meeting is a *Pot Luck Tea* and *Spa* Sunday 19 September at my place, from 3pm.

Cheers, Chris

Alpine Lakes Naked Dinner



Jeremy Kelleher



Jeremy Kelleher

On Saturday 24 July 39 naturists descended on 1908 at Portobello for our annual Naked Dinner. Six naturist clubs were represented at this event: Alpine Lakes, Pineglades, Free Beaches, South Canterbury Sun Club, Southern Naturally and The Orchard and it was great to catch up with friends we haven't seen for some time and who had travelled quite some distance.

Thanks again to Pauline and Barry who were great hosts, providing good food and a great atmosphere for everyone to enjoy.

The Naked Dinner along with Southern Free Beaches Naturist Retreat in February next year are proving to be the must-do events of the Southern naturist calendar.

Hope to see you all again next year.

Yours naturally, Lynn Cooke, Alpine Lakes Naturist Club

Normal v Natural

One of the criticisms of naturism is that it is not normal. The argument goes something like this, “It’s not normal behaviour to go around without clothes on. It’s not what normal people do.” This is somewhat true, that is, in our culture. Some cultures would venture to say that it’s not normal to have clothes on, but that is for another article. We will focus this post strictly on our Western modern cultural landscape.

The truth is, nudity, especially social nudity is not normal. That is why nudists and naturist are on a mission to “normalise nudity.” The various hash tags abound on social media in efforts to sway public opinion.

My argument for this post is that it’s ok to be different. Normal is oftentimes boring, and sometimes just plain wrong. Booker T. Washington is credited as saying, “A lie doesn’t become truth, wrong doesn’t become right, and evil doesn’t become good just because it’s accepted by a majority.” I love that quote - it goes to show that “normal” is popular, and popular, though widely accepted, isn’t always best.

That’s why I want to introduce a better question. I don’t want to ask if ditching clothes is or isn’t normal. I want to ask of the two sides (clothing compulsive vs. clothing optional), which is more natural? We know textiles win the debate about which is normal. Although, it’s funny how many normal people, really like to get “comfortable” when they have sufficient privacy. It’s comical to me how during the pandemic and the onslaught of zoom calls, how normal the joke about not wearing any pants flowed!

But which is more natural? This is where naturists excel. Both words naturist and natural share the same root word as they are tied to nature. Normal people do generally like the call to nature, and all things organic, but they draw a line before going all crazy hippie like the abnormal naturist contingency. (I realise not all naturists are hippies or crazy.) In fact, we tend to break many of the stereotypes and certainly prove to be a wide cross section of society at large.

It’s been said that humans are the only “animal” that wears clothes. It’s true, some people dress up their pets. (And that’s all sorts of weird!) It’s also true that we don’t have fur to cover us. Animal kind is definitely very natural in the sense that they are free to roam without any artificial coverings or costumes about them. And yet, we don’t see a dog and say, look a naked dog. We just call it dog. When you stop and think about it, hiding yourself under layers and layers of clothing is unnatural. It may be normal, but it is not natural, especially in certain instances, say work, sport, swimming. The ancients knew this, but sadly, we’ve all but forgotten.

Naturism is not the “sensible” option for the masses, those that perpetuate this unnatural body taboo. However, which perspective is more healthy and should be considered normal? I imagine this humorous exchange between a “normal” person and a “natural” person or naturist:

“Normal” person: “Are you seeing this??? That woman is stark naked!!!”

“Natural/Naturist” person: “Who that? Oh, that’s Jessica! Her husband is Ronnie. They live in...”

This makes me chuckle because there is such a contrast between the two perspectives! Expanding on this and thinking a bit more deeply on the matter would “uncover” these differences as well:



So what have we here? Normality, Naturism or just provocation?

Normal men see a clothed woman, and imagine her naked, wishing they could see her body.

Natural/Naturist men see a naked woman and imagine who the person inside the body is, wishing to know her story.

Normal men obsess about the body.

Natural/Naturist men aren’t phased by it.

A normal dad might yell at his kids if they walk in on him in the bathroom, “What’s wrong with you? Get out of here!”

A natural/naturist dad would greet them with a smile and probably a funny one liner like, “Top of the morning to you!” in a funny voice. OK, maybe that’s just me!

Yes, naturists usually have a great sense of humour and like to have a good time. That can lead to being a bit weird. But, personally, having lived both a normal existence and a couple awesome years more natural as a naturist, I’d hang up my normal hat for good if I needed to. (continued over...)



But hats are still more important than pants, of course!



If it's normal to follow Hollywood and Madison Avenue's lead in objectifying and dehumanizing women, and if it's normal for Christian men to outwardly buck at this cultural norm, but inwardly be so overcome by lust, going along with the culture, then I don't want to be normal. I'd rather be natural and see all people as made in the image of God: worthy of respect and dignity. If it's normal to wear a soggy bathing suit when swimming, then I don't want to be normal. I'd rather be natural and feel the sensation of water all over my body, and be able to air dry and soak in the sun without any hindrance. If it's normal to hide our bodies and genitalia from our children, thinking it's immodest and obscene thus teaching them just that, then I don't want to be normal. I'd rather be natural and show them what real bodies look like; teach them that it's ok not to have super model figures. I'd rather porn-proof my boys this way, satisfying their curiosity and making commonplace nudity the norm, so the allure of pornography loses its power entirely. I'd rather my daughter grow up confident, accepting her body as it is, and loving herself for who she is. If it's normal to make snap judgments about others on the basis of their appearance, then I don't want to be normal. I'd rather converse and get to know the whole person and base my judgments off of that discovery!

There's a great post on the nudeandhappy.com blog. I especially appreciated this part, "Psychologically, it's not always [easy] to be seen as the weirdo... Let's face it though. There are millions of nudists around the world. You have dozens of naturism federation and associations that promote wholesome, simple and social nudity. You are NOT a weirdo. I actually believe that the textiles who find the naked body disgusting or harmful are the weirdoes, but this is my point of view." Well, it's mine too!

I think the point is clear. Normal is easy, and it's overrated. Many years ago, Advertisers had a clever slogan – "Different is good." Standing out is better than fitting in. The gain from conforming to cultural, social, and religious norms if not worth the pain of the twisted view of the body which results from these standards. The body is wrongly deemed improper, lewd, and obscene in and of itself, ignoring entirely the embodied soul's actions which can be good or bad. People are ultimately responsible with what they do with their bodies. Evil can occur whether one is clothed or naked, just as good can be accomplished in both states.

The question boils down to whether you like the normal (status quo) way things are in the world today. I don't. I'm quite annoyed with things as I look out at the world (a divine discontentment you could say, or a holy dissatisfaction). I'm good in my own little world, but society is not! I've heard it said many times now, that if everyone was naked like naturists prefer life, the world would naturally be a happier place. Natural is better, kinder, and more life-giving. Between normal and natural, for me, there's not question. I'm done being normal! Christian Naturists - Names withheld - March 20, 2021
achingforeden.wordpress.com/2021/03/20/normal-vs-natural/

AGM: August 28th in Wellington

The next AGM is to held at 1pm in Wellington at the Breaker Bay Community Hall at 150 Breaker Bay Road, Miramar.

Your subscription for next season (2021-2022) becomes payable from that date: August 28th, on. (Payments not made by December 1st will mean a lapse of membership.)

If you can't make it, please ensure that you fill out the proxy form (accompanying this newsletter) and have it returned to the Christchurch Box 20-295, by **Saturday August 21st!**

Nominated National Committee members are:-

President - **Beatrice Bergamin**

Secretary - **Kevin Lundon**

Treasurer - **Gerald Hunt**

Committee: **Alexander Hagen-Thorn, Kevin Lundon, John Lowe.**

Skin in the Game



A hardy band of local naturists soak up heat from a bonfire after plunging into the wintry waters at Warrington Beach at noon yesterday.

Southern Free Beaches Association members (from left), Paul Campion, (Waitati), Russell Cooke, Brent Patterson, Lynne Cooke, and Philip Matthew (all of Dunedin), were among 11 swimmers who took part in the annual midwinter skinny-dip.

Participants turned the other cheek to the cold and rain, as temperatures hovered around a brisk 12°C.

Mr Campion said although most of the swims could be measured in seconds rather than minutes, it was the act of getting fully immersed in the water that was most important.

Not content with the icy ocean shrinking their birthday suits a size or two, the intrepid group risked singeing sensitive areas with a spot of fire-walking once the bonfire died down.

Andrew Marshall, ODT, Monday June 14th

Kiwi farmers bare all for mental health



Kiwi farmers are removing their overalls and gumboots in a light-hearted bid to raise awareness about the mental health crisis in rural communities. Amid stubbornly high suicide rates among the rural community, Australian Ben Brooksby launched The Naked Farmer social media site last year.

It quickly caught on and he soon had farmers sending in their disrobed shots from all over the world, including a few from New Zealand. Tristan Mitchell, a 23-year-old dairy worker from North Otago, sent in a photo of himself surveying the Central Otago hinterland while starkers "for the fun of it". But he said there was a serious message behind the laughs, adding farming was stressful, especially for owners. "They can start at five in the morning and are still doing the paperwork at 10 at night. In recent years they've had to deal with the ups and downs of dairy prices."

For young people like Mitchell, isolation was also a factor in depression, not so much in his region where there was a supportive community, but for people on sheep and beef farms in hill and high country. At 16 per 100,000 people, Kiwis living in rural areas are much more likely to kill themselves than those living in cities. Farming is also the most dangerous occupation in New Zealand; 124 farmers have died on the job over the last seven years, far eclipsing the numbers killed in construction and forestry.

In Canterbury, the West Melton Young Farmers Club have followed the Naked Farmer's lead, with members joining forces with mental health group Daisy Chain Trust to create images for a fund-raising calendar. Trust founder Tina Rae said she started the organisation last October after someone close to her attempted suicide. She is planning to create a "retreat" on a 4-hectare block at West Melton, where people can come when they are feeling low.

"They can come for a short to medium stay and get access to counsellors or just be with others who are experiencing 'a moment'", Rae said.

Building company Cube Cabins has offered to supply cabins at cost price, and Rae is seeking \$125,000 to establish the centre by the end of this year.

Brooksby, a 24-year-old farmer from Victoria, said mental illness was a huge issue in rural communities across the globe. He saw a parallel between taking your clothes off and talking about mental health - people tend to be ashamed of both, but needn't. My slogan is 'it takes guts to take your gear off but it also takes guts to talk about mental illness'. I'm trying to spark the conversations around the world so people talk about mental illness. And of course seeing those smiles on the farmers faces is incredible to see."

Brooksby will put out a 2019 calendar and publishing a book to raise funds and awareness.

A recent Canterbury University study of coroner's records from 2007-15 showed three factors were a fatal combination accounting for a significant proportion of farmer suicides, especially among young men: a broken relationship, drink and a gun. A gun was used by 40 per cent of the 185 farmers who took their lives between 2007-15, compared with 8 per cent in the general population, while hanging was the most common method (45 per cent).

New Zealand is not alone in the high rate of farmer suicides. The Guardian reports an Australian farmer dies by suicide every four days; in the UK, one farmer a week takes his or her own life; in France, one farmer dies by suicide every two days; and in the United States the suicide rate for agricultural workers in 17 states is nearly five times higher compared with that in the general population.

<https://www.stuff.co.nz/business/farming/101329286/kiwi-farmers-bare-for-mental-health?rm=a>
Gerard Hutching, Feb 11 2018

Mental Health is one of the main charities being considered by the NZ Naturist Federation for their support. Should we also (explicitly) offer to do that too?

A Guide to Body Positivity

Barbie Ferreira blew up as a model on Instagram mainly because of her body positivity message. Here she shows us how to take body acceptance to a new level. "Many of us are self-conscious about our bodies because we're very much still judged on how we look," says Barbie. "So I'm on a journey to see if it's possible to love your body whole heartedly."

Her first stop is a meeting with Monica Hernandez, a young painter from the Bronx whose work focuses on identity and depicting women's bodies without censorship. Hernandez has a large following on Instagram where she posts both her art and images of herself, including her body hair. "Sometimes it gets really dark," she says of the comments she receives on the platform. "I used to hate having body hair... but when I stopped shaving that's when I really grew into myself and was able to realize this is what my body does and it does it for a reason."

Next, Barbie heads to the park to interview random people about their thoughts on body image and grooming. Unfortunately but unsurprisingly, she finds that while the men she speaks with hardly shave or groom, they have strict hairless preferences when it comes to women. But who has time for men that live by double standards anyway?

Her final and most exciting stop is the Rock Lodge Club where she meets the Young Naturists of America, a body positive nudist community. But Barbie doesn't just visit them; instead, she spends an entire day in the nude amongst the community to see what their lifestyle is really about. Felicity Jones, a member of Young Naturists of America, shows Barbie around and explains that body acceptance is one of the main reasons people are drawn to naturism. "They come and they try it and they're like Wow, nobody's looking at me!" she says. Barbie joins the group as they make a camp fire, complete a body positivity exercise, paint on each other, and, of course, skinny dip.

By the end of her visit, Barbie learns that it's possible to cultivate a safe space for our bodies when we're not so preoccupied with who is looking at them and what they're thinking. "Coming to the Rock Lodge I've learned that people tend to judge each other on their bodies, their clothing, the way they speak, but here, it's a designated safe space," she says. "The missions of naturists are pretty much everything I'm about: body positivity, anti-censorship, a good self image. Being here you can feel whole because you're more than just your body - you're a person."

Broadly Staff



Barbie seems a fairly safe subject for both Youtube & TikTok!

Bush bathing - a true lifestyle!



To my surprise, I spotted this on an unsolicited Youtube feed the other day! Have you found true nudity like this on any other Youtube 'channel'? I wonder of if the light is finally dawning in the Facebook Universe! (But it's still an endangers species!)



Southern Free Beaches

Naturist Retreat



Where : Berwick Lodge – Berwick

When : Friday 18th Feb to Sunday 20th Feb 2022

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

This includes a small contribution for canoes and sauna
& a two course meal on Saturday night.

If you wish to opt out of the meal, the cost will be \$57 per adult and \$28 per child.

(Please advise us of any dietary restrictions or allergies)

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

For more information or to RSVP:

please contact:

Julie 027 471 8941

southernfreebeaches@gmail.com

www.facebook.com/southernfreebeaches

More travelling options



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

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 by email at steveandshelli@xtra.co.nz or on 027 221 8500.

Cabin for sale at Katikati Naturist Park!

Karl Procter and his wife have a unit for sale at the Katikati Naturist Park and are looking for a potential buyer among our readers. All the details are listed on Trade Me (Property ID: #HBF694; \$116,000 ono).

Karl can be contacted directly via: 027 405 9160 or at: karl.wen@hotmail.com





Hi there, my name's Deb and I own and manage BB at Byron Bay Naturist Retreat based in Byron Bay's Beautiful Hinterland.

I am also Founding Member/President of Byron Naturists Incorporated, a major lobbyist for our clothing optional beach in Byron Bay and a WNBR for Byron Bay.

I was wondering with International Borders now open between NZ and Aus if your Federation could perhaps advertise my property in Byron Bay NSW as a potential Nakation holiday destination.

The location of my property is based 40 minutes drive from Queensland's Coolangatta Airport with widely the same temperate over Autumn and Winter with temperatures (low 14 - highs 24) degrees with very mild sunny days.

Our Tyagarah Clothing Optional Beach is 10 minutes drive with Byron CBD, Mullumbimby, Bangalow and Brunswick Heads also 10 minutes away.

I know from my previous NZ visitors to BB even winter, Byron is a great getaway from the coolish South Island.

We are all now hoping that Covid is well under control in our 2 Countries, with travel options opening once again explore this beautiful planet.

Website: www.bb-at-byronbay.com.au
 My contact number is 61 0413 378397
 Maybe see you in the near future.
 Regards, Debra Conomy

BB at Byron Bay is located on the Far North Coast, 30 minutes from the Coolangatta (Gold Coast) International Airport or 90 minutes drive from the Brisbane International Airport. It's easy to travel to Tyagarah and Belongil North using major Highways.

These beaches have sections that are legalised optional clothes free beaches, approximately 10 minutes drive from **BB at Byron Bay** where nude sunbaking and swimming is permitted all year round. With lots of local attractions & tourist drives available **BB at Byron Bay** is your ideal Naturist luxury holiday location!

A dream nudist retreat on six acres set amongst rolling hills and lush landscape with 360 degree views to Byron Bay hinterland, coastline, Cape Byron Lighthouse and Julian Rocks. Soak up the peaceful atmosphere with only the sound of birds. This quality built Mediterranean Pavilion-style home offers all this and more.

Enjoy breakfast in the central courtyard overlooking the pool or dine on one of the many terraces available with the enviable vista across to Byron Bay. Head for your morning beach walk on the pristine sands of Tyagarah clothing optional beach and perhaps see a whale or dolphin. Partake in a delicious lunch at one of the well known restaurants for which Byron Bay is famous or perhaps a little shopping at the chic boutiques is all yours to enjoy!



northland Ostrich & emu

RAEWYN & ROSS PENNELL
DIRECTORS

KAIMAUMAU Rd R.D.1 AWANUI, NORTHLAND
PH: 09 406 8807 e-mail: ostemu@gmail.com



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.

TikTok to automate nudity removal



TikTok is trying to speed up its moderation process by removing human reviewers where its automated systems can do the job about as well.

In the US and Canada, the company is going to start using automated reviewing systems to weed out videos with nudity, sex, violence, graphic content, illegal activities, and violations of its minor-safety policy. If the system catches a video in those categories, it'll be pulled right away, and the creator will be given the opportunity to appeal to a human moderator.

Until now, TikTok has run all videos by human moderators in the US before pulling them, a spokesperson tells The Verge. The change is meant in part to limit the "volume of distressing videos" moderators are required to watch and give them more time to spend on trickier clips, like misinformation, that require context to properly review. Moderators for other companies, like Facebook, have developed PTSD-like symptoms from the videos they were required to watch. The announcement is also part of an effort to provide more transparency around moderation, according to Axios, which first reported the news.

Most videos TikTok removals fall under these categories

The problem TikTok will face is that automated systems are never perfect, and some communities may be hit hardest by errors in automated takedowns. The app has a history of discriminatory moderation and was recently criticized for pulling the intersex hashtag twice. TikTok says it's starting to use automation only where it's most reliable; it's been testing the tech in other countries, including Brazil and Pakistan, and says only 5 percent of the videos its systems removed actually should have been allowed.

That's a low number, but when put in context of how many videos TikTok removes - 8,540,088 videos in the US during the first three months of 2021 - there could end up being tens or hundreds of thousands of videos pulled by mistake. The vast majority of the videos removed fall under the categories TikTok is implementing automated moderation. That said, not all of those videos are going to be routed around human reviewers. A spokesperson says human moderators will still be checking community reports, appeals, and other videos flagged by its automated systems.

TikTok says it'll be rolling out the automated review system "over the next few weeks." Jacob Kastrenakes 10/7/21

The Verge: <https://www.msn.com/en-nz/news/techandscience/tiktok-will-start-automating-video-removals-for-nudity-and-more-in-the-us/ar-AALY6uU?ocid=msedgdp>

North Island ~ Events Calendar

AUCKLAND

August

Thu 5 th	Parakai Springs*	10am - 9pm 150 Parkhurst Rd, Parakai \$26 (20% discount with ID card)
Thu 19 th	Parakai Springs*	10am - 9pm 150 Parkhurst Rd, Parakai \$26 (20% discount with ID card)
Sat 28 th	National AGM <u>Wellington</u>	1pm, at the Community Hall, 150 Breaker Bay Road, contact: Kevin 03 366 6693

September

Thu 2 nd	Parakai Springs*	10am - 9pm 150 Parkhurst Rd, Parakai \$26 (20% discount with ID card)
Thu 16 th	Parakai Springs*	10am - 9pm 150 Parkhurst Rd, Parakai \$26 (20% discount with ID card)

October

Thu 7 th	Parakai Springs*	10am - 9pm 150 Parkhurst Rd, Parakai \$26 (20% discount with ID card)
Thu 21 st	Parakai Springs*	10am - 9pm 150 Parkhurst Rd, Parakai \$26 (20% discount with ID card)

* Parakai Springs visitors, please call them (09) 420 8998 to check, as it can be already booked at any time.

WELLINGTON

August

Sat 28 th	National AGM	1pm, at the Community Hall, 150 Breaker Bay Road, contact: Kevin 03 366 6693
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September

Sun 19 th	BYO meal & spa	3.00pm at Chris' place, contact Chris: 021 375 119 or cburt@xtra.co.nz (See pg3)
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South Island ~ Events Calendar

CHRISTCHURCH

July

Sat 31 st	New Brighton Hot Pools	5.30 - 7.30pm regular session <u>so togs are required</u> . Book direct! (03) 941 7818
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August

Sat 7 th	Burwood Pool	6.30 - 7.30pm For enquires: Linda Geeves: 027 249 8483
Sat 21 st	Burwood Pool	6.30 - 7.30pm For enquires: Linda Geeves: 027 249 8483
Sat 28 th	National AGM <u>Wellington</u>	1pm, at the Community Hall, 150 Breaker Bay Road, contact: Kevin 03 366 6693

September

Sat 4 th	Burwood Pool	6.30 - 7.30pm For enquires: Linda Geeves: 027 249 8483
Sat 18 th	Burwood Pool	6.30 - 7.30pm For enquires: Linda Geeves: 027 249 8483

October

Sat 2 nd	Burwood Pool	6.30 - 7.30pm For enquires: Linda Geeves: 027 249 8483
Sat 16 th	Canterbury AGM	2pm - New Brighton Club, 202 Marine Parade, Contact: Alan: 027 448 8014
	Burwood Pool	6.30 - 7.30pm For enquires: Linda Geeves: 027 249 8483

IMPORTANT NOTE for all Burwood Pool users - Covid: if you feel unwell please don't attend the swim nights!
(Everyone is required by the Department, to complete a medical form before entering the water.)

DUNEDIN

August

Sun 22 nd	Physio Pool Swim	5 - 6pm Dunedin \$8 contact Julie 027 471 8941
Sat 28 th	National AGM <u>Wellington</u>	1pm, at the Community Hall, 150 Breaker Bay Road, contact: Kevin 03 366 6693

September

Sun 26 th	Physio Pool Swim	5 - 6pm Dunedin \$8 contact Julie 027 471 8941
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October

Sun 24 th	Physio Pool Swim	5 - 6pm Dunedin \$8 contact Julie 027 471 8941
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Physio Pool swims - 4th Sunday of each month during winter - \$8 per person.