



Free Beaches NZ

News from the raw edge!

August - September 2022



Alan's phone is pretty good! The photos above & below were exactly the same size

Inside this time:

White and shades of tan	2
WNBR schedules	2
Cycle shorts & yoga pants	3
Udderly desperate & Graces	4
Nominations for AGM	5
Wintry waters & Alpine's view	5
The formidable team	6
1908 Naked Dinner invitation	7
Shame on you	8
White Tail Resort	9
Five reasons to return	10
Events for future days	12



Nine "eager" Canterbury members braved a cold day even colder wind and colder sea coupled with a very low tide for a quick swim followed by a coffee at Point Break Café. Photos taken by some random guy walking past and willing to take photos on my phone.



Free Beaches NZ Inc

PO Box 20-295, Bishopdale, Christchurch, 8543
fredbear@freebeaches.org.nz - freebeaches.org.nz - 021 495 021



White And Shades Of Tan

Christchurch nudists can justifiably boast about their superior sun-tans this year. They have easily outstripped fellow nudists from other parts of New Zealand.

On a nine-acre plantation at Rolleston yesterday about 400 sunlovers compared the results of uninhibited sunbathing.

Members of the Canterbury contingent to the national rally who in many instances lacked the form of the visitors, made up for it in bronzed flesh. On none of the sunlovers were there tell-tale signs of sunbathing in swimsuits. It was either whiteness or varying shades of tan.

The Canterbury Sun and Health Club is host for the national rally which will begin officially today and last until January 2.

The Canterbury club was begun in 1952 and now has more than 300 members. The rally point is closely akin to a camping ground. There are no high fences, no guards and no barriers.

The distinguishing feature is obvious and the casual visitor might be taken aback at the sight of scores of people wandering about or playing games wearing nothing more than a pair of sunglasses or a hat.

The national president, Mr P. Cousins, of Wellington,

cheerfully admits that nude sunbathing is "not everyone's cup of tea." But the clubs had had clergymen, doctors, judges, lawyers, priests and people from all walks of life at their camp. Mr Cousins believes there are both psychological and physical advantages in making full use of the sun. Going naked in the camp stripped off the veneer people were inclined to wear with their clothes, he said. It also let children grow up appreciating naturally the differences between the sexes. Mr Cousins deplors the attitude of parents who lock themselves in the bathroom and do not permit their children to see them undressed.

Strict rules govern the behaviour of people in nudist camps. It is forbidden to touch another person or take photographs or bring in alcoholic drink. Single people are warned about contact with each other. "Nudity has its place and sex has its place but they don't mix in this place," said Mr Cousins. Mr Cousins believes that sun loving will increase in popularity but will not become universal. In the last 20 years it had moved from public ridicule to some acceptance.

During the next four days at the Rolleston camp there will be competitive sports by day and organised entertainment in the evening. (*The Press*, 1968)

The **WORLD NAKED BIKE RIDE** is held in three locations in New Zealand each year, usually in March. However, because of the restrictions imposed for the control of the Covid-19 pandemic, the 2022 events in Takaka and Waihi Beach were postponed to November. The **dates for the next rides** are:

... **TAKAKA**, Golden Bay: Saturday, **November 5, 2022**

The Takaka ride is approximately 9 Km long and is a flat ride from Tarakohe to the Kiwi Spirit Distillery in Motupipi. It takes around 40 minutes.

... **WAIHI BEACH**, Bay of Plenty: Saturday, **November 19, 2022**

The ride at Waihi Beach covers 11 Km from Bowentown to Waihi Beach and return. It is almost completely flat and takes around 45 - 55 minutes.

... **WAITATI**, Dunedin: Sunday, **12 March, 2023**

Details for the Waitati ride are yet to be finalised.



National Committee

President

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

Secretary

Kevin Lndon 03 366 6693
secretary@freebeaches.org.nz 027 228 9860

Treasurer

Gerald Hunt 021 215 0408
g.h.hunt@xtra.co.nz

Committee Members

Alan Geeves 03 930 8473
alan.geeves@slingshot.co.nz 027 448 8014

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

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

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

George & Elaine Wright 07 323 6383
george.gw@xtra.co.nz 021 252 8085

Hawkes Bay -

Andrew Pointon 021 306 390
naturist007@gmail.com

Kapiti Coast

Chris Burt 06 364 8481
cburt@xtra.co.nz 021 375 119

Wellington

Gerald Davidson 04 938 3723
geraldldavidson84@gmail.com

Canterbury -

Michel Adriaens 03 332 7531
canterburyfreebeaches@gmail.com 021 159 8426

South Canterbury -

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



A Comfort of Naturists

A collection of thoughts on nudity, naturism and society's difficulty in accepting people with a clothing-optional philosophy.

Cycle shorts and yoga pants.

One of the features of my working life is that I get to travel throughout New Zealand and as such, I have a large list of cafés that I visit throughout the country. As well as feeding my coffee habit, these cafés are an opportunity to take a break from driving and use the wifi to check emails and send quotes.

Recently while thinning the blood out of my coffee system, I was struck by the conversation on the table close to me, where a group of women were commenting on, and hypercritical of, a couple of guys who came in for coffee dressed in cycling gear. The object of the women's derision was the humble cycle shorts that the men were wearing.

Apparently, according to the women, cycle shorts are not appropriate attire for a café and shouldn't be allowed. I assume that they expect people to have a change of clothes with them, change into more café-friendly outfits and then change back again as they continue exercising.

Whatever your views about this topic, the conversation was not particularly noteworthy until the women got up to leave. Three of the four were wearing Yoga pants, and in two cases the fabric was stretched so thinly that both the patterns and style of underwear being worn could be seen clearly.

The hypocrisy of the women's comments was incredible. It was ok for them to sit in a café in skin-tight see-through active-wear, but guys in padded cycle shorts, whom I might add were actually exercising and had stopped in for a coffee, were inappropriate.

I believe that everyone should be free to wear what they want.

I would go as far as to say that everyone should be free to wear as much or as little as they want and that wearing nothing should be an acceptable option, but I understand that may be a step too far for much for society. I don't agree with calling someone out for wearing any item of clothing, even if you might consider it inappropriate, especially while wearing something similar yourself.

I am sure that many of the people, often but not always women, who wear yoga pants in public, work extremely hard to maintain the carefully crafted callipygian figure, exercising and following strict dietary regimes.

I am also sure, although not through first-hand experience, that yoga pants and leggings are far more comfortable, otherwise why would they be so prevalent out and about.

It is entirely possible that the people out and about in active wear are on the way to the gym or have recently finished their exercise, and are just going about their day without feeling the need to change.

I wonder if many who wear fitting active-wear are conscious of the curves and undergarments (if any) displayed as they go about their business. I am sure that some people will be empowered by the display in a positive and affirming way, but I fear some may be horrified if they were alert to the revealing nature of these garments.

Don't get me wrong, I am all for a more accepting and tolerant attitude to nudity and a relaxing of dress codes. I am not offended by anything anyone wears, but I am confused by the apparent need to cover up, and the number of people in revealing and sometimes see-through clothing that seems to defy the social pretence of decency.

I think that society has some fairly conservative views about gender and appropriate dress codes and I celebrate people like Grayson Perry and Eddie Izzard, who challenge those norms. To be fair, those challenges are more about choosing to wear items not usually associated with society's idea of gender-appropriate clothing rather than pushing any boundaries of exposure.

Western society is far more forgiving about women's fashion than they are about men's. Women have a vast range of styles and colours available to them, but if a male goes out in a dress, then he is often held up for mockery and abuse. Even in active-wear, there are gender biases. A guy in active cycle-wear may be called a MAMIL (Middle-Aged Man In Lycra), a mildly derogatory term used to ridicule, but I am not aware of a similar term that applies to other genders out in public wearing active-wear.

I don't think that we should dictate what people choose to wear, and with regard to cycle shorts and yoga pants, I celebrate the fact that so many people are confident to go out in public in such figure-hugging outfits. I like to think that it is a sign of increased body confidence rather than a lack of awareness about one's appearance.

In the conversation that started this rant, men were criticised for being dressed, while taking a break from exercising, in clothing designed for exercise, by women dressed in clothing designed for exercise, who may have been taking a break from exercise, but might just have come out wearing something comfortable.

It would seem that gender equality still has some way to go.

I shouldn't be surprised, it's another case of "do as we say, not as we do", that society seems so fond of demonstrating.

Culture: Be yourself

Society: But not like that.

Thank you for reading, have a comfortable day.

BoPBadger, aconnz.substack.com - July 2022

In udder desperation

I feel toward my body the way structural engineers probably feel about damp proof courses; necessary, useful, even impressive, but it's unlikely to win any awards.

Actually, that's not quite true. That's me trying to put on a brave face. It would be far more accurate to say that, for as long as I can remember, I have resented and criticised this old, leather bag-full of blood called my body. I've held it responsible for people not loving me, I've blamed it for missed opportunities in my career, I've seen it, again and again, as the reason for my failures. It feels unfeminist and certainly unpleasant to admit it but I have stood in front of more mirrors than I can count, tracing the dips and overhangs of my body with something very close to hate.

So you'll understand when I say, as a parent, my concern these days is less about how I look but about how I talk to my son about it. I never want him to live with the constant, critical voice in his head that haunted my childhood, adolescence, and twenties - and sits with me still. In order to protect him from that destructive contagion - gnawing self-reproach and low self-esteem so familiar to so many of us - I know I have to model to him, day in and day out, what it's like to accept your body. In fact, I probably have to go a mighty step further and show him what it looks like to like your body.

This is by no means easy. My son currently takes great delight in blowing raspberries on the soft skin of my belly and shouting "It's so loud!" as the wobbling surface vibrates beneath his face. As someone who has been sensitive about her less-than-washboard stomach my entire life, it takes a monumental effort not to stiffen, suck in, swerve away or grimace. I laugh along, despite the pain in my heart. I say thank you when he tells me that I am soft. I choke down the remarks that fly instantly to my mouth when I catch sight of myself in windows or car doors when he is beside me. That is the very least I can do. Because I hate the idea that he might one day stand naked, in a bathroom, looking down at his beautiful body with anything like disappointment or disdain. I know he is beautiful. In the way I imagine most parents know their child to be beautiful, I believe the mounds and corners of his little wriggly body are perfect.

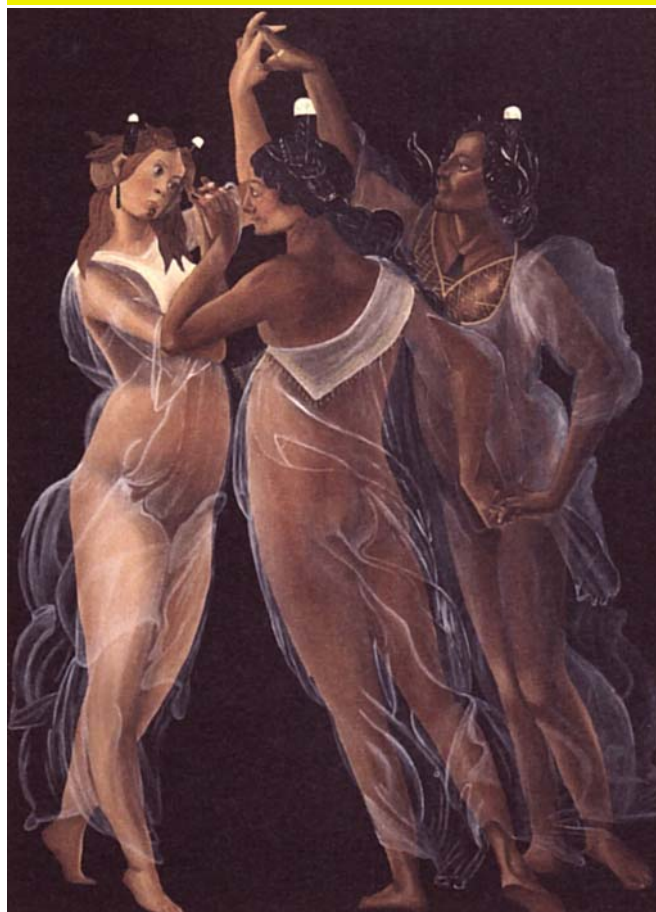
Of course, one's relationship to one's body is never a static thing. While I was pregnant, I felt protective and even proud of this assembly of bones in a way I'd never been in the preceding 33 years. I carried on cycling through the city streets well into the seventh month of pregnancy - at which point my bump rested on the bicycle cross bar like a sandbag - and I swam through cold, silt-brown water the week I gave birth. But I also felt the urge to look after myself - to eat well, take rest, allow other people to carry my rucksack. I felt like a guardian over my body, rather than its unhappy resident.

Now that my son is out of my womb and running through the world, I feel that same sense of protective love over his body. I want to take care of it and I want him to admire it. So, every day, with conscious force, I stop myself from shit-talking the way I look. I make sure to be either neutral or encouraging. And when he watched me hanging out my bra the other day and told me that it was for "keeping your udders warm." I silenced my scream.

Nell Frizzel, May 2022 - www.vogue.co.uk



Ka Kerehi — The Graces



This piece for me represents my whakapapa as a wahine Maori of mixed heritage. My inspiration was to represent both my Maori and Pakeha heritage by inserting takata Maori into classical western art. This work expresses the diversity I wish I had in my studies in art history. While art history was my favourite subject in school, our course of study was limited to Western European art. Here, I have inserted my own heritage into art I admire to see myself reflected in this field.

This work signifies my whakapapa by paying tribute to the wahine Maori who came before me. I would not be here today without them. When I think of my whakapapa, I think of all the wahine, both Maori and Pakeha, who came before me. I recently completed my Master of Arts in Archaeology, where my dissertation consisted of an analysis of manuscripts my nana wrote detailing the history of our whanau occupation of our kaika. Through reading these manuscripts, I came to know the wahine who shaped the life of my nana and shaped our whakapapa. I often think of their experiences in life as they faced new challenges. I think about Te Rahuia and how her life changed upon meeting the Pakeha whaling community at Tautuku. I think about Jane Campbell and Betsy Yorston, who sailed from Scotland to begin their new lives on the other side of the world. I also think heavily about Hannah Campbell, who suppressed expressing her Maori identity for her children to survive in a Pakeha world.

My whaka papa is something that I share with my two sisters, and I see the three of us reflected in this painting. We are individuals who navigate our culture differently, but like ka kerehi are intertwined, we are connected through our whakapapa. The decisions that the wahine who came before us made have shaped our experiences today. Marie Dunn

Naturists dive into wintry waters



Gregor Richardson

Hardy souls shed their winter woollies for a dip in the ocean at Warrington Beach for a Southern Free Beaches event yesterday.

A fire may have taken the chill off a little, but cosy comforts were soon dispensed with as naturists embraced the cooler elements north of Dunedin yesterday.

They had a midwinter swim at Warrington Beach as part of a Southern Free Beaches event, and swimming togs were unnecessary for the occasion.

Ian West, of Waitati, described the dip as invigorating.

"You don't feel the cold after a while," he said. "I could've stayed longer."

Lynn Cooke, a member of the Alpine Lakes Naturist Club, said toasted marshmallows, a warm fire and good company were among the attractions for her.

"I do this every year," she said.

Philip Matthews, of Dunedin, decided full immersion was necessary. "Once you're in it, it's really nice."

The St Clair Beach Polar Plunge, which attracts costumed participants, had been scheduled for yesterday, but it was postponed because recent weather had compromised safe access to the Dunedin beach.

A midwinter swim went ahead at Kaka Point, south of Balclutha, and about 25 people participated.

The Kaka Point Surf Life Saving Club provided warm clubrooms, and a barbecue and hot drinks were available.

There were prizes for best costume, longest in the water and least layers.

Grant Miller

<https://www.odt.co.nz/news/dunedin/naturists-dive-wintery-waters>

Alpine's view of diving into winter



Another great bonfire



Some 501s - desperate to return to Australia

National Committee nominations

President -	Beatrice	(Kevin - Grant)
Treasurer -	Gerald	(John - Beatrice)
Secretary* -	Alan	(Kevin - Linda)
"	Kevin	(Beatrice - Grant)
Committee -	Alan	(Linda - Beatrice)
Committee -	Linda	(Alan - Beatrice)
Committee -	Alex	(Alex - Beatrice)
Committee -	Kevin	(Beatrice - Grant)
Committee -	John	(Beatrice - Grant)

* So there'll be a vote count at the AGM for secretary.



The Brain'sTrust - solving the world's problems after our mid-winter swim (see over)

Alpine Lakes plus Southern Free Beaches - a formidable team!



A good selection of naturists - mainly from around the south island - boosted by some of the hosts at the 1809 restaurant



The Southern Free Beach contingent plus visitors



More satisfaction with the cuisine



Phil & Gail looking pretty satisfied with the cuisine

The Alpine Naturist Club may have become one of the most ungrounded in New Zealand, but like the Irish fifteen they charge ahead as one of the most dynamic at their game. The annual 2022 Naked Dinner has again attracted about 50 naturists to the famous Portabello Restaurant in Dunedin.

Most South Island clubs plus two members from Hawkes Bay made the trip to enjoy the best in cuisine and fun. Captain of the forward team, Allan Joss, recalls the very first Alpine Naked Dinner was at Lowburn Hall about 23 years ago. Aside from the festivals, could this be one of the longest social wing runs of any club?

Organising credit must certainly go to the Mayoress of Naturism: Queen Lynn Cooke, also for her outside naked shuffling of taxis!

Great score team (oh, and to the Irish too)! Jeremy Kelleher



Southern Free Beaches

Naturist Retreat



Where: Berwick Lodge – Berwick

When: Friday 24th Feb to Sunday 26th Feb 2023

Cost for the retreat includes a small contribution for canoes and sauna
& a two course BBQ meal on Saturday night.

If you wish you can opt out of the meal for a reduced cost.
(Please advise us of any dietary restrictions or allergies)

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

Shame on you!

Shame on you! Oh, the shame! You must have been so ashamed.

These are all expressions that many of us will be familiar with and may have heard many times over our lives.

One of the biggest areas where shame is projected on us is that of the naked human form. While it is accepted in art and sculpture as some high ideal, the mere appearance of the naked body in a public place creates an avalanche of hysterical and illogical responses. In some countries, the act of appearing naked in public is a criminal offence and can result in arrest or a fine. This is even the case in some advanced and supposedly free nations that embrace freedom of speech and freedom of expression.

Of all the living species on the planet, humans are the only ones to be ashamed of our naked appearance. Some humans have shunned this shame, and enjoy a naked lifestyle, while most of us spend time and money trying to keep up with the latest fashion to fit into a constantly changing style that is unrealistic and for many unobtainable.

Body shame is a learned response. No one is born with it. The very young are happy to be free of clothing and children will happily run around naked or swim naked without a second thought.

For some reason, society has developed an idea that the naked human form should be hidden and covered up, and to achieve this state of dress, has developed several shame building strategies to foster a sense of shame in our children.

“Put that away, no one wants to see you naked” and other such statements are often aimed at the young by parents, and comments like this help build an idea that the human body should be hidden away and not celebrated.

Schools, churches and the community at large all reinforce the message that nudity is wrong, dirty or naughty and we should be protected from it.

Society is constantly chipping away at the body confidence of our children, and then wonders why we have such a warped sense of values. Violence and aggression are routinely shown in all manner of media, but the sight of a naked human body is preceded by a warning of offensive content or shown with breasts and genitals blocked or pixellated. Why is an image of war or violence more acceptable than a naked human?

This sometimes hysterical attitude to nudity seems to stem from society's inability to separate nudity from sex. The assumption is that because someone is naked, that they are being sexual is so prevalent, that it overrides common sense. If you have ever been involved in anything like a world naked bike ride, a naked swim event, or even spending time in the privacy of your home, gardening naked, you will know that there is nothing remotely sexual about those activities.

Gender inequality in today's world is pervasive, and although improvements are constantly being made, there is one area where the disparity between genders is so ingrained in society, that most of us don't even realise that there is an issue. The offending article is the female nipple. We can look at male nipples without a second glance, but a female nipple has to be covered for some inexplicable reason. This is even though many male nipples are sitting on larger amounts of breast tissue than the offending female equivalent.



Movements such as the “Free the Nipple” campaign are gaining popularity in some places, but we have a long, long way to go before gender equality on this issue alone is resolved.

Women's magazines and increasingly some media aimed at men are insidious in their messages that reinforce body shame and insecurity. Pick up any mainstream women's magazine and the articles will scream body shame and conformity to an unobtainable standard. “Get that bikini body”, “Eat your way slim”, “How to get that catwalk look”, and “Flawless makeup secrets”. Such headlines all reinforce the idea that the person you are is not enough, and you need to change. Women are not the only targets of advertising trying to shame you into using products, a recent online advertising campaign aimed at men is just as bad. A razor company is packaging their product with scrotum deodorant and moisturiser.

And yet advertising uses sex to sell. We are constantly shown images of people (usually only beautiful people) and told that we too can be worthy of adoration if only we would buy this product. Scantly clad beautiful people are ok for media, but ordinary people, not so much.

TV shows, like *Naked Attraction*, are an opportunity to demystify and normalise the human form. They are bold enough to show normal people naked, with all their bumps, scars and imperfections, but still manage to reduce things to a base level with overtly sexualised comments and observations. It's an improvement, but still has some way to go. I strongly believe that we need to see more nudity on media and social media platforms and that it should be treated with the indifference that people treat strangers walking down the street.

Nudity is our natural form. It is how we were born into this world, like every other living thing on this planet and we are the only species to impose body shame on ourselves. Clothing has several important functions and allows us to live in climates that we might find hostile without it. I'm not advocating that everyone should be naked all the time, but being naked should be an option for those who wish not to dress, and there should be no shame about it.

Shame is a tool of oppression. (Brené Brown)

Thank you for reading, have a comfortable day.

BoPBadger, aconnz.substack.com - June 2022



Nestled in the woods of beautiful Southampton County, Virginia you'll find our 45 acre White Tail Resort. Here, you and your family can enjoy a relaxing clothing free experience in our campground and units. It makes no difference whether you are a first time nudist or have been a nudist for years; we have activities for all. White Tail Resort offers an environment that helps relieve the stress of your everyday life. Bask in the poolside sun or relax in the hot tub to soak away the stress.

Visit Our Gallery

White Tail Resort is a truly all round resort where you can enjoy the nudist or naturist lifestyle with both outdoor and heated indoor pools, the enclosed hot tub and a large social hall for dancing among other events. White Tail Resort's restaurant, The Trade Winds, provides excellent meals that are sure to be enjoyed by our guests.

You can enjoy White Tail Resort in many ways, from a day visit without overnight stay, to tent or RV camping in the campground, to staying in one of our motel rooms or park model RVs, both with private bath and entrance or in one of our standalone cabins, with a private entrance.

White Tail Resort is less than a hour drive from Norfolk, Virginia Beach, Richmond and Colonial Williamsburg with many historical Revolution and Civil War battlefields, colonial sites, amusement parks and the ocean front, thus making White Tail Resort an ideal place for a vacation or just a relaxing weekend.

In our resort both members and visitors can enjoy the clothing free experience in a friendly and private setting. You'll surely get the feeling that: here is your home.

Some of Our Amenities

Our Pool

At White Tail Resort, many types of recreational activities are available. Our pool is the centrepiece for sunbathing the natural way.

Activities Galore!

We offer Pickleball, volleyball and mini golf. Enjoy Pétanque (lawn bowling), billiards, ping pong, darts or our fitness room in our indoor recreation centre.



On Site Facilities

Our on-site facilities include a restaurant and poolside snack bar, chapel, where we have Sunday services, Fire Department operated by volunteers - and much more.



Five Reasons to Return to Naturism

We often jokingly warn people that naturism can be addictive. Once you've tried it, you'll be wanting more. That's only half a joke because very few of those who tried end up not liking naturism and returning to a fully clothed life.

And even among those very few, not all of them are lost. During our travels, we also met quite some naturists who quit naturism at one point in their lives but eventually did return to our unclothed way of living. People change and so does naturism. So if you've ever gone nude and did not enjoy it, here are five reasons to give it another try.

1. Naturism has changed

One of the reasons why some people didn't enjoy naturism is not because they didn't like the social nudity part, but because they couldn't enjoy the whole organisation of naturism. We get where this comes from. Several decades ago, naturism used to be a much more strict lifestyle than it is today. Naturist clubs back in the day often didn't allow smoking, drinking alcohol, or eating meat. And the general idea was that you were naked as much as possible. Read: whenever the weather allows it. This also meant that you were supposed to be naked in circumstances in which you may not feel completely comfortable, like when doing sports.

It's a good thing that these clubs still exist, because there are naturists who hold strong to the original philosophy. But there are also many clubs that have adapted to the needs of the "new naturist", or to the naturists that have different wishes and needs. Thanks to the internet, it's now easier than ever to figure out whether the rules and values of a naturist place are a good match with your personal expectations.

2. There are more naturist places now

Other reasons that we hear are that there just wasn't a naturist place or nude beach nearby, or that they didn't like the one nearby place. If you have to drive many hours to visit a naturist resort, it's not uncommon that you start questioning whether it's really worth the effort (and money). Especially if you haven't been a naturist for all that long, it might be easier to just let the idea go and do something else with your time. Something you can enjoy much closer to home.

Eventually, you just forget about your wish to become a naturist. This is a pity because naturism is growing in many parts of the world. For example, if you lived in Latin America a decade or two ago, there was only one country on the whole continent where you could enjoy social nudity. Today, pretty much every Latin American country has a naturist beach, venue, or club. In the US, there is an increase in small naturist places like B&Bs. During the last decade, naturist places have been popping up in Asia. Down under, GetNakedAustralia is organising nude events focused on a younger public. There are many more examples like this, so you may want to have another look at the options in your area.

3. Turn a negative experience into a positive one

Maybe the most common reason why people turn away from naturism is, unfortunately, due to a negative experience. Especially if this was their first naturist experience, it may happen that they will never give naturism another try. Although we often say that naturist places, in general, are very safe and enjoyable, there are always exceptions. One or two rotten apples can ruin your experience completely.

If we had been pestered by gawkers or ended up at a sex party on our first naturist experience, chances are that we also had never tried it again. We'd probably have thought that "if this is what naturism is about, it's not something for us". And that would have been the end. When we think about this now, and about how big a space naturism has in our lives, what a pity would it have been if such a thing had happened to us.

So if you decided to quit naturism because of a negative experience, we would strongly urge you to give it another try. This is also why we recommend first-time naturists to pick a private place rather than a public nude beach. Because private places are better monitored and the chance of a negative experience is much less.

4. You have changed

Someone once told us about how she used to visit naturist resorts with her parents. When she got into puberty and lots of weird things started happening to her mind and body, she turned away from naturism. Years later, she started going back to naturist resorts. With her family. She had realised that her naturist experiences as a child had a positive effect on her life. And that this was something she wanted to pass on to her own kids as well.

There are many reasons why teenagers turn away from naturism, but not being in the perfect mental state also happens to grown-ups. Maybe you had body issues and you just could not get used to the fact that others could see you naked. Maybe you were in a relationship with a partner who didn't want to have anything to do with naked people. Maybe the whole concept of naturism just looked plainly ridiculous to you.

The thing is that people change. And so do you. You are not the same person that you were a decade ago. So maybe now is the right time to see if also your ideas about naturism have changed.

5. Take a walk on the wild side

The other day, we heard the expression "quarter-life crisis". We had no idea that this is a thing and honestly, we're pretty happy that we didn't know this existed when we were at the quarter-life age. But we did know about something called mid-life crisis though. And maybe we'll once learn about a "3-quarter-life crisis". Or any other crisis. Basically, it all comes down to the same thing, and every one of us probably passes through a stage like this one day or another.

It's just that moment when you wonder whether you're life is actually going the way you've always imagined it would go. When you realise that you have forsaken your childhood dreams and became what "the system" wanted you to become. This is also the time when people do crazy things. Some spend all their savings on a car (or a hooker), and some quit their high paying office jobs to start a life of travelling and blogging. But it doesn't need to be that drastic, because all you really need is a good step out of your comfort zone.

This is where naturism comes into play. If you want to do something different than the large majority of the other people, something that is considered a bit strange and uncomfortable, a visit to a naturist resort might be exactly what you are looking for.

Nick& Lins, June 2022

www.nakedwanderings.com/5-reasons-to-return-to-naturism/

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.

Naturist Swim Nights & Days!

Normal admission to Naturist area is \$26 per person.*
***Show your FBNZ Card
for a 25% discount!**



150 Parkhurst Road,
Hellensville
Ph (09) 420 8998

(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.

WORKSAFE

Protective Overalls for Painters



Completely washable
Lightweight and super comfortable
Breathable material
Automatic damage repair

Perfect fit, custom made.
Designed and manufactured
in your country of origin
Lifetime guarantee

Order yours TODAY!

www.haurakinaturally.nz

North Island ~ Events Calendar

AUCKLAND

August

Thu 4 th	Parakai Springs*	10am - 7pm 150 Parkhurst Rd, Parakai \$26 (20% discount with ID card)
Thu 18 th	Parakai Springs*	10am - 7pm 150 Parkhurst Rd, Parakai \$26 (20% discount with ID card)

September

Thu 1 st	Parakai Springs*	10am - 7pm 150 Parkhurst Rd, Parakai \$26 (20% discount with ID card)
Thu 15 th	Parakai Springs*	10am - 7pm 150 Parkhurst Rd, Parakai \$26 (20% discount with ID card)
Sat 3 rd	National AGM	3pm - <u>Christchurch</u> - New Brighton Club

* Parakai Springs visitors, please book or check 0800 468 766 (HOT POOLS) as it can be *already booked!*

WELLINGTON

September

Sun 18 th	BYO Dinner & Spa	3pm at Chris' place - cburt@xtra.co.nz - contact Chris 021 375 119
----------------------	-----------------------------	--

South Island ~ Events Calendar

CHRISTCHURCH

August

Sat 6 th	Burwood Pool	6.30 - 7.30pm For enquires Beatrice: 027 483 3493
Sun 14 th	Brighton Hot Pools*	(Textile) contact Grant 027 235 9978
Sat 20 th	Burwood Pool	6.30 - 7.30pm For enquires Beatrice: 027 483 3493

September

Sat 3 rd	National & Regional AGMs	3pm New Brighton Club (Regional AGM to follow the National one @ 4.30pm.)
	Burwood Pool	6.30 - 7.30pm For enquires Beatrice: 027 483 3493
Sat 17 th	Burwood Pool	6.30 - 7.30pm For enquires Beatrice: 027 483 3493

October

Sat 1 st	Burwood Pool	6.30 - 7.30pm For enquires Beatrice: 027 483 3493
Sat 15 th	Burwood Pool	6.30 - 7.30pm For enquires Beatrice: 027 483 3493

November

Sat 5 th	Burwood Pool	6.30 - 7.30pm For enquires Beatrice: 027 483 3493
Sat 19 th	Burwood Pool	6.30 - 7.30pm For enquires Beatrice: 027 483 3493

December

Sun 18 th	Summer Solstice	Dawn(!) South New Brighton - Beatty St Contact Michel 021 159 8426 (TBC)
----------------------	------------------------	---

January

Sat 7 th	Skinnydip on a Moonbeam	8.30pm Contact Michel 021 159 8426 (TBC)
Sun 22 nd	Day without Togs	11 am Contact Michel 021 159 8426 (TBC)

February

Mon 6 th	Skinnydip on a Moonbeam	8.30pm For enquires: Contact Michel 021 159 8426 (TBC)
---------------------	--------------------------------	--

* **New Brighton Hot Pools:** - cost \$18 but discounts for Gold Card and Chch residents. Limited to 20 people. **Please book direct with pool** at <https://www.hepunataimoana.co.nz/pools> or phone: 03 941 7818. Event contact: Grant 027 235 9978.

DUNEDIN

February 2023

Fri 24-26 th	Naturist Retreat to Berwick	Friday to Sunday (see page 7) for more - contact: Julie 027 471 8941
-------------------------	------------------------------------	--