



Free Beaches NZ

News from the raw edge!

August-September 2024



8 people met at the beach in South Brighton on the only sunny day that week. 11 degrees warm so 4 brave souls stripped off at 2 pm and took a plunge. Apparently, the water temperature was estimated to be 8 degrees "but felt like 2 degrees".

Inside this time:

AGM details	2
Important information	2
G-string pool ban	3-4
Body shame documentary	4
Sailing for nudists	5
Southern Free Beaches	
Mid winter plunge	6
Free Beach shop	7
NZ naturist calendar	7
Event days listing	8

National Committee

President

Beatrice Bergamin 024483 3493
president@freebeaches.org.nz

Secretary

Alan Geeves 03 930 8473
secretary@freebeaches.org.nz 027 48 8014

Treasurer

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

Committee Members

Linda Geeves 03 930 8473
linda.geeves@slingshot.co.nz 027 249 8483

Alexander Hagen-Thorn 0221966365
aht-fbnz@pm.me

Kevin Lundon 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!

Auckland -

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

Hauraki, Coromandel, Kaimai -

Andrew Cook 07 211 9106
haurakinaturally.nz haurakinaturally@gmail.com

Hawkes Bay -

Andrew Pointon 021 306 390
naturist007@gmail.com

Kapiti Coast

Chris Burtt 06 364 8481
cburtt@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



Free Beaches NZ Inc

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



FREE BEACHES NZ INC - AGM 2024

To be held at the Kaiapoi WMC, 113 Raven Quay, Kaiapoi 7630 at 2pm

Nominations:

President	Beatrice Bergamin	(Robin Monk , Grant Holland)
Treasurer	Gerald Hunt	(Beatrice Bergamin , Aan Geeves)
Secretary	Alan Geeves	(Linda Geeves , Beatrice Bergamin)
Committee	Alan Geeves Linda Geeves Kevin Lundon Robin Monk Steven Knight	(Linda Geeves , Beatrice Bergamin) (Beatrice Bergamin , Alan Geeves) (Selma Karsten , Grant Holland) (Linda Geeves , Beatrice Bergamin) (Alan Geeves , Linda Geeves)

Remember to fill out your proxy form to ensure we have a quorum

Important update:

John Lowe has resigned due to health reasons.

Please send all emails to either fredbear@freebeaches.org.nz or to beab06@hotmail.com

If you can help with creating a bi-monthly newsletter please get in contact with me.

We also would love to have committee members from the North Island.

NEW

We are looking at including video conference for the AGM. Please register your interest at “ fredbear@freebeaches.org.nz”. We need your first name, surname and mobile phone number to be able to add you.. About a week before the AGM you will receive instructions how to get connected.

G-string pool ban

OPINION: New Plymouth's aquatic centre has reported that they're "open" to changing their policy on what swimwear is allowed after Mum of three Amy Dixon [started a petition to ban "pornographic" g-strings](#) from the pool to protect her son. But would this change move New Zealand forwards or backwards?

As a nudist, I'm well versed in debates about what clothing (or lack thereof) is appropriate in various spaces. And as a sex coach who's supported hundreds of clients, I'm also well versed in the impacts that these discussions can have on women's mental health, safety, and even their pleasure.

Over the last few days, I've seen a lot of backlash and criticism aimed at Dixon and her call to ban g-strings. However, I can understand exactly how this Mum has arrived at the view that women wearing less clothing create environments that aren't family friendly.

Dixon, like the vast majority of our population, has been impacted by the rampant conditioning that tells us that women's bodies are innately inappropriate and sexual. These beliefs spread through locker room chats, [airline dress code policies](#), rape survivors being asked [what they were wearing](#), and a sadly endless number of other avenues.

These stringent beliefs are so pervasive, they can become ingrained in one's mind before they have the opportunity to consider whether they're actually true.

So, while I can understand how Dixon has come to hold this belief, I also believe that every adult has the responsibility to investigate the beliefs that they're carrying and perpetuating to determine whether they're helpful or harmful to wider society.

Amy Dixon is not impressed with how many young teenage girls she has seen lately wearing G-String bikini's at the Todd Energy Aquatic Centre.
VANESSA LAURIE / STUFF

Personally, one of the most powerful things I've ever done to rewrite these stories was visiting a [naturist club](#).

There are many of these locations dotted around New Zealand, often tucked out of sight so you'll only find them if you know where to look.

They're idyllic spots where people can camp, play tennis, swim, and, of course, be naked.

While these clubs are full of people of all genders and ages socialising nude together, they're all completely non-sexual. In fact, to act sexually in any of the shared spaces would quickly get you banned from the club.

Spaces like this prove what has been known by many for centuries: the human body is not innately sexual unless the owner of said body chooses to do something sexual, like, for example, having sex.

They, along with the many family-friendly beaches strewn with topless women in Europe, also demonstrate that what needs to change is not people's behaviour or clothing choices, but instead their attitudes.

If the New Plymouth Aquatic Centre were to ban g-strings, I believe that this would actually negatively contribute to the sexualisation of female bodies.

It would teach young boys that women are sexual objects to be censored, yet men can wear speedos and budgie smugglers without any risk of the same narrative being applied to their own bodies, thus furthering the existing power imbalance between genders.

Amy Dixon, like the vast majority of our population, has been impacted by the rampant conditioning that tells us that women's bodies are innately inappropriate and sexual. It is not a pool's responsibility to ban g-strings but instead every parent's responsibility to educate their children on healthy worldviews that see men and women as equals with autonomy to adorn their bodies as they wish. And it is every adult's responsibility to educate themselves using the ample resources available.

The consequences of not doing so are more pervasive than many people realise.

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It is unsurprising that when women are judged for doing something that's perceived as being even slightly sexual in their daily lives, they struggle to embrace their sexual self in the bedroom. This often leads to self-critical thoughts, reduced pleasure, and difficulties getting in the mood.

Furthermore, as has become more widely accepted in recent years, when women's sexual wellbeing is low, their overall mental and physical wellbeing decreases also.

Ultimately, if we want to move New Zealand forward in a positive, inclusive direction, imposing restrictive dress codes is not the answer. Instead, we need to focus on working together to create a culture of acceptance and equality.

[Mandi Lynn](#) never expected to become a filmmaker at 50, let alone have her work screened at festivals around the world. Her photo exhibition exploring body shame is the subject of a short documentary, [Finding Venus](#).

It all began in 2016, when Mandi Lynn had a conversation with her 5-year-old niece, Harper. "My niece walked into my kitchen, and goes, 'Aunty Mandi'? And I said, 'Yes, Harper'? "And she goes, 'Am I fat'? And she's 5. What the hell is a 5-year-old doing worrying about a thigh gap? What is so seriously wrong in our society that this is happening?"

The exchange prompted Lynn to put out a public call; the plan was to photograph women in the nude, covered in golden clay, so she could create an "exhibition of reality" for young girls and women to see real bodies reflected back at them.

And thus, the Every Body is a Treasure exhibition was born

A traveller has shared a “reveal all” review of a very unique concept cruise: a seven-day sailing for nudists.

Taking to Reddit the anonymous 67-year-old traveller invited the curious to “ask me anything” about the unique experience of sharing a ship with 2000 naked strangers.

The man said there were a number of surprises and perks to booking a cruise without clothes that went beyond the ultra-light packing.

Sailing with the Texas-based speciality travel company Bare Necessities, the company has been catering to naturists and no-clothes travel experiences on cruise ships for the past three decades.

What happens on a nudist cruise?

As the couple’s first nudist cruise - he and his 61-year-old wife reported it was not the “swingers’ cruise or a sex positive environment” that many Reddit comments expected.

Instead it was a week of typical cruise activities, minus the clothes. Deck quoits is a game that only improves when played in the buff.

The sailing took place on the ship Carnival Pride from Florida, with stops in Mexico and Honduras.

Indeed on embarkation it could be mistaken for any other cruise until “about 30 minutes” into the sailing when the captain “makes an announcement after exiting a port when clothes can be removed”.

The newly initiated cruise nudist says that there is also a “get dressed” call, on return to port.

Most people were dying to know “how do you tell guests and crew apart on a nudist cruise?”

Cruise workers were the only ones obliged to wear clothes throughout the sailing - “except for one male/female duo” who were part of the ship’s performance troupe.

Who is a nudist cruise for?

When asked about the demographic he said the age range “skewed older”.

“Certainly most were in their 50s to 70s. Many gay men. Not many gay women that I could tell, but I would think they would be comfortable. It’s an accepting crowd.”

The majority of guests were from the US - with some Australians and Europeans.

When asked about how “attractive” his fellow sailors were he was less diplomatic.

“Twenty per cent attractive, 20 per cent average, 60 per cent unattractive,” was his assessment.

The biggest concerns about a nude cruise were from people worried about having “sneaky” photos taken of them on the ship.

Cruise line Royal Caribbean was recently [embroiled in a scandal regarding spy cameras hidden in rooms](#), according to a report in the Associated Press.

However, the guest explained that everyone was “very respectful”, with plenty of reminders about “naturist etiquette” throughout the boat.

“Everyone knows you can’t take pictures of other people. I was much less worried here than I have been at nude beaches. Almost no one had phones with them outside their cabin.”

The couple said they weren’t concerned.

There were portions of the cruise that were clothed, for hygiene reasons.

Dress was “required in the main dining room and in the specialty restaurants,” he said, with guests required to take clean towels.

But the majority of guests would get dressed again, when temperatures plummeted at night and “after spending the day nude in the sun.”

They were nudists, not masochists.

However - apart from disembarking in port and in busy areas - shore excursions were also “clothing-optional”, with trips arranged to nudist beaches.

Would you take a nudist cruise again?

The traveller said he felt he and his wife had ticked off the experience and, though his partner “enjoyed it very much”, they were not in any hurry to return.

Many wanted to know why he signed up in the first place.

“It’s the same reason men don’t wear shirts to go swimming or on the beach. It’s great feeling. I’m sure some people have an exhibitionist thrill, but I don’t.

“Yes, [some new nudists] occasionally seemed a little silly, but you only live once... And yes, packing is easier.”

Southern Free Beaches—Mid Winter Swim

On Sunday 14 July we held our annual Mid Winter Swim at Warrington Beach.

We had a great crew this year as quite a few people travelled down to come to Alpine Lakes Mid Winter Dinner at the Portobello Hotel in Dunedin.

Thanks to all participants and spectators and to Paul and Shirley for putting on another great after match function.







Also a huge thanks to Pip and Peter for organizing our bonfire yet again this year so we can roast marshmallows and undertake our annual fire walking ritual.



Free Beaches NZ Inc.

Fred's Shop

Please email your order to Linda: linda.geeves@slingshot.co.nz
using our KiwiBank account: 38-9014-0140590-00 to pay.

ITEM	EACH	
Beach Towels	\$20	
Polo Shirts	\$20	
Sweat Shirts	\$25	
Hats, white (pockets in black band)	\$30 (+\$10)*	
Beach Flags (the first one is free)	\$3	
Car Stickers	(free)	
Sew-on Fred Bare badges	(free)	
FBNZ brochures	(free)	

* Notes: Except for the hat, a \$6 charge applies for local postage to a non-member.
There is a POA surcharge for the hat, or for postage outside New Zealand.
All prices are subject to availability of stock, and are subject to change.

NEW ZEALAND NATURIST FEDERATION



CALENDAR

2024



Each of the month's pages have several photos from a specified club source. However, the Free Beaches page (November) has no more than two people in any picture. It features the top-right picture used on this page. (Can we do better next year?)

This is the dropbox link to the whole calendar - which has 26 A4 landscape pages, in a 60 Mb PDF download!

<https://www.dropbox.com/sc/fi/hpxjhfvlkk3phvlqgrx48/Calendar-High-Quality.pdf?rlkey=g2xv82sij7vs0dnvfxlgwpsnz&dl=0>

North Island ~ Events Calendar

AUCKLAND

August

Thu 1st	Parakai Springs*	10am - 7pm 150 Parkhurst Rd, Parakai \$26 (20% discount with ID card)
Thu 15th	Parakai Springs*	10am - 7pm 150 Parkhurst Rd, Parakai \$26 (20% discount with ID card)

September

Thu 5th	Parakai Springs*	10am - 7pm 150 Parkhurst Rd, Parakai \$26 (20% discount with ID card)
Thu 19th	Parakai Springs*	10am - 7pm 150 Parkhurst Rd, Parakai \$26 (20% discount with ID card)

* [Parakai Springs](#) visitors, **please book or check** 0800 468 766 (HOT POOLS) as it is **not available** for nude use **after mid-December until mid-February**. But outside School months, it **can still be already booked!**

WELLINGTON

August

		Chris Burt's spa is out of order at the moment, check with Chris for updates
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South Island ~ Events Calendar

CHRISTCHURCH

August

Sat 3rd	Burwood Pool	6.30pm For enquiries Beatrice 027 483 3493
Sat 17th	Burwood Pool	6.30pm For enquiries Beatrice 027 483 3493

September

Sat 7th	AGM National	2pm, Kaiapoi WMC, details inside newsletter
Sat 7th	AGM Canterbury	After the national AGM
Sat 7th	Burwood Pool	6.30pm For enquiries, Beatrice 027 4833 3493
Sat 21st	Burwood Pool	6.30pm For enquiries, Beatrice 027 4833 3493

October

Sat 6th	Burwood Pool	6.30pm For enquiries, Beatrice 027 4833 3493
Sat 20th	Burwood Pool	6.30pm For enquiries, Beatrice 027 4833 3493
Labour	Naked Gardening Dy	Your place

upcoming

7-8.3.25	Leigh Lodge campout	TBC watch this space

Dunedin

uocoming

February	Berwick Lodge	Details to be confirmed

Please note that the newsletters from some of the other Federation clubs are available to our members, on request to me. (JL)