



Free Beaches NZ

News from the raw edge!

October - November 2024



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NATURISM IS LAWFUL

Naturists, are people who enjoy activities - including walking, cycling, sunbathing and swimming - without clothes. There's no need to be concerned if you see naturists.

Simply being naked in a public place is not against the law. Contrary to popular belief it does not amount legally, to "indecent exposure". We're naturists, not flashers.

New Zealand police call handlers are now instructed to explain to anyone who calls to report naturist walkers or sunbathers that **no offence is being committed** and that **no police attendance is necessary**. If you'd like to know more, please visit: <https://www.haurakinaturally.nz/police-guidance>

There is no evidence that naturism - or the mere sight of a naked person or people sunbathing or walking - is in any way harmful to children or, for that matter, adults.

NATURISM IS GOOD FOR YOU

Naturism is increasingly popular as more people find it boosts a sense of well-being, happiness and (would you believe) relaxation; so is good for both physical & mental health. For more, please visit the (safe) link, above.

EXPLORE your portion of the world's garden



Naked Gardening Day



Free Beaches NZ Inc

PO Box 20-295, Bishopdale, Christchurch, 8543

fredbear@freebeaches.org.nz - freebeaches.org.nz - 021 495 021





Don't forget: October 19th - 27th is **Naked Gardening Week!**

National Committee

President

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

Secretary

Alan Geeves 03 930 8473
 secretary@freebeaches.org.nz 027 448 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

Robin Monk 027 775 5543
 hyosung950@outlook.com

Steve Knight 022 084 2548
 knightsa@gmail.com

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

Your last one?

Following the AGM in Christchurch in September, your subscription became due. If you haven't paid it yet: then *the next one* will be your last newsletter!



Note: if you pay it (\$35 single or \$40 for a couple) **before** the end of March, 2025; your FBNZ membership can continue as: unbroken!
 Gerald, Treasurer

Area Contacts

Hauraki, Coromandel, Kaimai -

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

Bay of Plenty -

Ross Dixon 021 171 0762
 rossd1367@gmail.com

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
 geraldavidson84@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 collection of thoughts on nudity, naturism and society's difficulty in accepting people with a clothing-optional philosophy

Why do I do it?

Why would anyone make themselves vulnerable?

Why would any sensible person invite ridicule and derision into their lives? Why would any reasonable person want to spend time naked?

I have previously mentioned that I enjoy fishing. I prefer fishing from the beach to fishing from a boat. I don't have very good sea legs, and I am prone to sea sickness. I have tried fishing from boats enough times to know that it is not worth pursuing. I invariably end up what is affectionately known as burleying up the water, much to the amusement of others on the boat.

Here in New Zealand, there are no dedicated naturist beaches. It is not illegal to be naked in a public place, so technically all beaches here are nude beaches. As I prefer fishing from the beach, it is not uncommon for me to be naked while fishing. Not only is it my preferred state of dress but it also has practical advantages. There are frequent times when I wade out into the shallow waters to cast my line out further. If there is any swell, it is not uncommon for waves to splash in areas where clothing would get wet. Sitting back on the beach in wet shorts or half-soaked shirts is, from my experience, uncomfortable and irritating.

One of my non-naturist friends, in trying to understand what drove me to want to spend the day at the beach naked, when I could have gone fishing in perfectly good and comfortable clothes, posed the question, why? Why do naturists want to expose themselves to the world and the elements?

I can't speak for all naturists, I can only speak for myself. I imagine, however, that the reasons I enjoy spending time outside naked will be similar to the reasons for many other naturists out there as well. I guess the number one reason for me is comfort.

I find being naked is simply more comfortable than wearing clothes. The more time I spend naked, the more uncomfortable I find clothing. At home, I prefer to be naked as much as I can. In summer months with high temperatures and often high humidity, I find clothing restrictive and uncomfortable. I am lucky to live in a property with privacy and there is no need to dress to spend time outside.

Many non-naturists will claim that clothing is an essential part of sun protection and that exposing skin to damaging UV rays is an irresponsible action. I get that. Naturists are not unaware of the potential damage from the sun, and most of us take sun protection seriously. We do use sunscreen. We do use hats, beach umbrellas or sunshades in the heat of the day. As a person who spends more time naked outside than the average citizen, I also get a regular skin check and mole map to spot any signs of skin damage or melanoma and I am pleased to say there are no signs detected to date.

Another reason (or maybe a justification) to spend time naked is health. Both physical and mental. From a health point of view, Vitamin D is an essential part of maintaining good bone health, and some studies have shown that it may help fight some diseases, support weight loss, regulate mood and reduce depression

According to the US Department of Health and Human Services, Vitamin D deficiency is observed in 25% of the adult population in the US. It is believed to be higher in some other countries.

We get a good level of vitamin D through sunlight. You can get too much vitamin D, but the interesting thing is that this will come from Vitamin D supplements and not from exposure to sunshine. Your skin limits the amount of Vitamin D it makes.

Multiple studies have shown the positive mental health benefits of spending time naked. To be fair to those scholars and researchers, I don't need their studies to know that my own mental health is improved significantly by enjoying time clothes-free.

One of the benefits of social nudity is the increase in body confidence and the significant reduction, or perhaps elimination, of body shame. Body shame is a learned behaviour, taught to us by advertisers and a society that places too much emphasis on how we look rather than how we behave. Since embracing naturism, my own body confidence has improved significantly, and I am unaware of any instances of body shaming in the naturist communities that I have engaged in.

I found it curious that after a short while as a naturist, I stopped seeing naked bodies and began seeing people.

My naturist journey has opened my eyes to the harm that our consumerist behaviour does to the environment every day. We buy disposable products in plastic packaging and pay no regard to the waste and damage that our convenient way of living imposes on the fragile planet we call home.

Clothing is a significant contributor to environmental damage. The proliferation of cheap clothing that is discarded so easily as fashion changes, is an environmental issue for all of us. Not only the increasing stockpiles of abandoned clothing, but the significant resources used to make the clothes in the first place are eye-watering. It's not just the chemicals and dyes. If people understood how much fresh water is required to make a pair of jeans or that cheap cotton t-shirt, then perhaps society might be more willing to accept wearing nothing as a valid clothing choice.

So in answering the question, why do I spend time naked, I honestly believe that it is better for me, better for society and better for the planet.

Happiness comes from WHAT we do. Fulfilment comes from WHY we do it. - Simon Sinek

Thank you for reading. Have a comfortable day.

BoPBadger

Next February and March: a smorgasbord of options in 2025!

First up

Southern Naturally (with Alpine Lakes, Orchard & South Canterbury) have their *Silly Sports* competition in early Feb. Take advantage of a *long* weekend - Waitangi Day to following Sunday: (Thu 6th to Sun 9th.) Booking: 027 224 2724 southernnaturally@gonatural.co.nz

Then it's a choice...

Berwick Lodge Fri 28th to Sun, Mar 2nd. (68 beds to chose from, + games hall, sauna, zip-line, boating on the lake and the forest walk.)

OR

Takaka's WNBR Sat Mar 1st, + Milnthorpe walk next day. Possibly (from Fri 7th) a visit **Leigh Lodge!** (see next page)

Next - an interim novelty...

Waitati Bike Ride Sun Mar 9th (Includes a stop at Doctor's Beach)

And Finally...

K-Cup & 50th celebrations at Orchard Mar 14, 15, 16th (An indoor pool; 4 bedrooms & the outside suite.) +64 027 443-6127 bookins.onc.park@orchard.gonatural.co.nz

Other Contacts in that area

- **South Canterbury Sun Club** scsc@gonatural.co.nz +64 021 123 5904
- **K&Cs Retreat** 021 1379931 kcsretreat@gmail.com
- **Orchard Sun Club** +64 027 443 6127 bookins.onc.park@orchard.gonatural.co.nz
- **Pineglades** 021 052 2528 custodian@pineglades.gonatural.co.nz
- **Alpine Lakes:** alpinelakes@gonatural.co.nz



First up: the **Silly Sports** competition at Southern naturally



A 'same day' competition: **Berwick (near Dunedin)...** or



Takaka's WNBR (& the Milnthorpe walk): you choose!



Then a **Waitati** novelty: the bike ride to Doctor's Point Beach



Finally it's **Orchard's K-Cup** - before heading back to the ferry

Next March, a lovely legacy: Leigh Lodge!



Yes indeed! Although it's yet to be confirmed, we have high hopes that the resurrection of Leigh Lodge will be complete by next March, so Grant has bitten the bullet and booked it!

Below are some reminders of how the old days - ending with the late Joyce Fleming completing a favourite pastime





At the present time, naturism in the U.S. and around the world is facing some serious challenges. This newsletter will try to explain the issues and welcome a dialog with readers about how to deal with the challenges, revitalize naturism, and strengthen it for the future. I've written about naturism online for over 25 years. I intend this newsletter to remain free for all readers.

Efforts of individual naturists are essential to revitalising naturism

More than the efforts of existing naturist organisations and clubs are needed to reverse the declining participation in naturism.

Summary: Naturists should learn more about the best ways to refute respectfully the many objections to naturism that non-naturists have. That understanding should help naturists become much less reluctant - and more motivated - to make the effort. Individual naturists and naturism itself will benefit from learning the most effective techniques.

Many individual naturists are reluctant to reveal their enjoyment of naturism to family members, friends, and acquaintances. Most people who aren't naturists know very little about non-sexual social nudity, so they have many reasons to be leery of it. Unless a naturist understands the many prevalent misconceptions and misunderstandings, there's little chance of interesting others to try naturism themselves.

I hope what's here will help *you* explain naturism to others and interest them in understanding it. I'll assume you're already knowledgeable about naturism - even if you might struggle a bit to explain why you enjoy it. It's OK if they don't share your enthusiasm. The point is to respect how you feel about it. Maybe a few will then try it themselves. Or, at least, accompany you to observe naturist activities.

Here's a (surely incomplete) list of at least some of the main misunderstandings.

- Fear of violating existing laws. Are normal naturist activities likely to be illegal in a particular state or some part of it where one lives or visits?
- Fear of disrupting personal relationships. Would important friends and family members become less close? Would some consider simple nudity to be immoral or "indecent"?
- Fear that negative attitudes towards naturism might affect how others think about oneself. Would important people in one's life consider participation in naturism improper and cause for criticism?
- Fear of sexual associations. Would people think that a naturist is mainly interested in sexual activity?
- Fear of improper behavior and sexual harassment. Would acquaintances or strangers be likely to consider a naked person a natural target for unwanted sexual attention?

- Concerns by women about participating in social nudity because of possible sexual harassment or damage to their "reputation"?
- Concerns about personal body appearance. Does one consider their body to be unattractive or unpleasant in the eyes of others?
- Concerns about the possible effects of naturism on one's partner or children.
- Fear of adverse effects on employment. Would employers be likely to fire or demote someone known as a naturist?
- Prevalent religious teaching. People with strong religious beliefs might consider social nudity or even private nudity sinful or likely to encourage sinful behavior in others.
- Dislike for the appearance of naked bodies. Does one find the appearance of certain body parts - their own or those of others - unpleasant or distracting?
- Concerns about sanitation. Could lack of clothing be unsanitary - for oneself or others?
- Going to a naturist resort, non-landed club, or nude beach for the first time can be intimidating, because of uncertainty about the behavior of oneself and others there.

Most naturists know good arguments to refute misconceptions and to quell concerns like these. But that's just an essential minimum of what's required. In addition, knowing *how* to address these issues respectfully and non-confrontationally is very necessary.

What are good ways to encourage people to consider making opinion changes - especially about naturism?

Psychologists and sociologists have theorized many ways respectfully to persuade others to change particular opinions. A recent book (2022) presents a good summary of practical approaches to encourage changes of mind about issues where a difference of opinion exists. The book is *How Minds Change*, by David McRaney. I want to acknowledge that the techniques I'll discuss here are based on the book. McRaney is a science writer, not a credentialed psychologist or sociologist. However, his book is based on extensive discussions with experts, and it provides examples of how reasonable and non-confrontational methods of persuasion can be used in practice. No arguing is necessary - just empathising and explaining.

Legitimate persuasion of opinion change is not a matter of expounding one's personal opinions as more valuable than a differing opinion someone else holds. After all, people differ for many reasons - family background, personal experiences, influences from diverse sources, cultural and national differences, or even the most recent arguments they may have had with others. Above all, don't even think of offensively saying to someone "*Look, you're absolutely wrong!*"

It's best to start by learning why someone has concerns or misunderstandings that seem responsible for the disagreement.

Almost at the start, McRaney notes "the idea that facts alone could make everyone see things the same way [is] a venerable misconception." Indeed, what constitutes a particular "fact" may be exactly what a disagreement is about. That's especially true when "facts" may be much of what's responsible for disagreements about complicated social issues - such as naturism. Disputing "facts" is appropriate mainly when the scientific method can be employed to prove or disprove something. Especially in fields like psychology and sociology, new issues seem to arise whenever more extensive studies are done.

Where naturism is what's under dispute, what matters most are attitudes, beliefs, and personal values - where variable emotions play a large role. So I'll specialise to naturism the steps McRaney outlines in more general - but similar - situations. The following applies only when addressed to just one other person. I'm talking about a naturist who wants to explain and promote naturism to one specific person. (Or possibly two who think much alike, e.g. a partnered couple.) Any small or large group of others comprises a variety of people, most of whom have varying attitudes, beliefs, and values. So what follows doesn't apply in that case.

Usually, a different subset of the fears and concerns related to naturism listed at the beginning of this article will be relevant to the person you're talking with. You'll probably have to deal with each issue separately. You need to discover the significant issues, so you don't have to deal with all of them.

1. Try to establish rapport initially. Of course, this shouldn't be hard if the other person is a friend or relative, with whom you probably already have some rapport. Make it clear that you don't want to shame or criticise the person for their current attitudes, beliefs, and values. Be clear you just want a cordial conversation and exchange of ideas. You simply want to learn about the other person's opinions about naturism and have a chance to offer your own point of view.
2. Most opinions have different strengths, so learning the strength of a specific opinion is important. This will show your interest in understanding each opinion and allow you to better empathise with the other's way of thinking. One way to do this is to ask them to rate how strongly they hold the opinion, on a scale of 1 to 10 (with 10 being the strongest). The chances are that most people haven't tried to quantify the strength of their opinion, so they might think you're a pollster. Assure them you aren't, and only want to understand better. Also, it might be easier for some to use a scale of 1 to 5. Numbers somewhat below the top of the scale suggest a person's opinion isn't quite strong and may be easier to change.
3. After that, you can show the conversation isn't going to be one-way by telling a story about someone you know who's dealt with a particular issue. For example, maybe you know someone who's shown an interest in naturism, but initially was reluctant to participate because they felt their body wasn't "good enough". However, that person eventually became an enthusiastic naturist and stopped worrying about their body's appearance. Another example would be someone afraid their spouse would object if they engaged in naturist activities - but later realised the spouse saw little problem with naturism and maybe got into it also.

4. The next step is to learn whether the story you've just related might have changed the strength of their opinion. So ask again whether there's been any change, and if so, how and why. In the best case, the story was one they could personally relate to. If the strength of their opinion hasn't changed, you might know of a different story that might seem more relevant.
5. Only once the other person seems fairly confident about the strength of their opinion should you ask what reasons they have for the opinion. Encourage them to offer the main reasons, not just the first that comes to mind.
6. When they've given you the reasons for their opinion, rephrase them in your own words to show you've understood them correctly. If they indicate your phrasing isn't quite right, repeat the process until they're satisfied you understand.
7. Next, ask whether their current opinion and the reasons for it have changed from how they felt earlier in their lives. If there have been changes, ask why they changed each time. Show that you want to understand how and why their opinion has evolved. Make it clear you have a sincere interest in understanding. Just don't let the conversation seem like an unpleasant interrogation. Summarise the main points in your own words to show you understand.
8. Tell your own story of becoming involved in naturism. Offer the main steps and reasons for your involvement. If the other person seems interested, feel free to offer as much detail as needed to satisfy their curiosity - but no more. Emphasise that you only want the other person to have a reasonably clear picture of your position, but don't let the conversation become argumentative.
9. Conclude by asking whether the discussion has resulted in any additional change in the other person's opinion. If it's been a positive change, that's great, but in any case, thank the person for their time and the opportunity to exchange each other's points of view.

Naturally, there will be some or many times when such conversations don't result in a favourable change in someone's opinions about naturism. But at least you've tried. Hopefully, you'll understand the fears and concerns others have about naturism, so you'll be able to think of better ways to discuss it with a sceptic and achieve better results in the future,

What specific points can be made about often-mentioned fears and concerns?

The most important fact to keep in mind is that *naturists generally interact amicably with others regardless of whether or not they're wearing any clothes*. (An exception: naturist parks almost always require nudity around pools and spas.)

As naturists, we know about most of the fears and concerns listed at the start of this article - and we've learned some ways to assuage them. Addressing those issues clearly and confidently is essential. A long essay could be written about each, but to get started, what you'll find below will help to discuss the issues in your own words from your own experience.

There are various fears and concerns to deal with. So let's briefly review some of those and suggest "talking points" to use. Although they deserve more in-depth examination, we can only scratch the surface here. Start with the following points. There's much more to say about each of them, of course. If you don't know a lot about a specific issue, you can learn more from Internet searches, or ask experienced naturists about the issue.

Legality of nudity. In some countries, such as England, Spain, and several in north-western Europe, non-sexual nudity is generally legal in most places unless deliberately offensive to others. In the U.S., of course, the situation is *much* less tolerant, and the legal details vary a lot from place to place. Only in Arkansas is naturism strictly illegal, except (maybe) in private homes. However, in Utah a woman was charged in 2020 with “lewdness” simply for being top-free in her own home around her stepchildren. There are few U.S. places where people can be naked outdoors in populated areas. (But in some San Francisco neighbourhoods various local businesses welcome naked customers.) Summary: Naturist nudity is legal in naturist parks and private homes and yards (if you can’t be seen from outside and don’t reside in Utah). It’s also legal on most Bureau of Land Management and National Forest land. (This isn’t professional legal advice, so consult officials or a lawyer if uncertain.)

Judging people’s bodies. Judging the appearance of one’s own body or someone else’s is hard to resist - whether naked or not. A healthcare professional’s job is to advise about body health, so they have to judge body appearance sometimes. But others shouldn’t be judgemental. We’ll naturally also be concerned with what others think about our bodies. Suppressing that urge does take a little effort, but it becomes easier with increasing naturist experience. When we do wear clothes, like anyone else we generally try to choose clothes that won’t make a bad impression on others. Naturists, by definition, uncover their whole bodies when comfortable and acceptable, since doing so is life-affirming, healthful, and (most of all) pleasurable. So when we’re naked (in appropriate circumstances) our appearance is just whatever it is - and we trust others to accept it. For someone new to naturism to fully enjoy it, they need to learn that making judgments about the naked bodies of themselves and others should be avoided.

Sexual issues. A basic characteristic of naturism is that it’s *non-sexual*. Naturists don’t accept openly sexual behavior in naturist activities - including naturist parks, on clothing-optional beaches, in outdoor locations where legal, or in friendly gatherings in private homes. Naturists enjoy sexuality only when and where any other sensible person would. Naturists don’t pay special attention to parts of their own or others’ bodies that are associated with sexuality - there’s no more focus on such parts than there’d be on hands, noses, or knees. No sort of sexual harassment is acceptable. Naturists firmly disapprove of excessive staring, suggestive or disparaging comments on others’ bodies, uncomfortable attention by strangers, and (especially) unwanted physical contact. Naturist establishments usually do background checks on new visitors and will require anyone guilty of harassment to leave if and when they learn of it.

Issues for women in naturism. In addition to fears and concerns about how one’s body may be judged and those related to sexuality, other factors are specific to women. The largest problem, certainly, is that the ratio of men to women in the U.S. who participate is very high - frequently around 9 to 1 or more. During the early days of U.S. naturism - up to about the 1970s - the ratio was much closer, sometimes nearly even. But when, as now, the ratio is so 1-sided, that women

are pretty reluctant to participate is hardly surprising. Besides that, there is what Cambridge University professor Victoria Bateman has termed the “female modesty cult”. In recent years and many phases of life, women tended to dress more “modestly”. For example, even in Europe many women no longer go top-free on beaches, even when doing so is perfectly legal. However, there’s a simple solution. A woman who’d like to participate in naturism should do so with one or more others. The others could be a spouse, domestic partner, or good friends - either male or female. These companions usually wouldn’t have to get naked, as long as they don’t mind being with naked people.

Issues for children in naturism. Children’s participation in any naturist activity can involve various concerns and fears. Toddlers generally enjoy being naked and feel nothing unusual about it. Others, at least up to their teen years, can usually handle nudity pretty well - unless they’ve been cautioned against it by family or peers. In naturist families, children who are accustomed to nudity also find it natural (again, at least up to their teens). Most naturist resorts are alert for possible paedophilia. Even so, children must, of course, have trustworthy supervision for naturist activities outside the home. Parents are best for doing that. But when that’s not possible, good alternatives are willing and trusted adult siblings or grandparents of the child. They just need to be OK with nudity at naturist venues, clothing-optional beaches, camping or hiking trips, etc.

General fears of participating in naturism. For a non-naturist or even for someone who’s only been naked at home, visiting a naturist resort, naturist event, or clothing-optional beach for the first time can be a scary experience. In general, naturists are lenient and understanding with apparent first-timers. Their fears of new naturist experiences or admitting being new to naturism should be assuaged. Most naturists will be understanding of first-timers and try to put them at ease. Knowing one or more experienced naturists to accompany one initially can be very helpful - especially for women. If judging experience by appearance is hard, just have a conversation with someone who’s well-tanned. Among the possible issues:

- Will I be welcome and not subject to intimidating scrutiny or suspicion of improper behavior?
- Will others pay unwanted or excessive attention to my nudity?
- Will I be embarrassed because of the appearance of my naked body?
- Do I need to worry about sexual harassment or unwanted sexual requests?
- Will I get in trouble for violating rules, customs, conventions, or simple *faux pas* I’m unaware of?

Problems in personal relationships. Naturism is widely misunderstood in the U.S. (and many other countries). Attitudes to it are often negative. So naturists can’t ignore potential problems with spouses, domestic partners, other family members, relatives, and social friends who don’t understand naturism. Ideally, a naturist should be candid before entering any long-term relationship. Often, however, interest in naturism arises years after forming a relationship. If the relationship is strong, a partner probably can be persuaded that naturism is healthy - and (hopefully) something to enjoy together.

The same is true with general friendships. However, every situation is different. The best approach is to understand the important issues, and to use the techniques for changing others' minds explained above

Potential problems of employment. Problems - unfairly - may affect naturists in professions (like teaching) that work with children or adolescents. Genuine naturists *should* be OK, but prevalent misunderstandings of naturism could cause irresolvable problems. The same might occur in almost any line of work, especially if a business owner or hiring manager knows very little about naturism (as is typical). However, there should be much less concern in manufacturing jobs and professions requiring higher education or formal credentials (like physicians, nurses, scientists, lawyers, technologists, etc.) And anyone self-employed should be fine.

Religious concerns. Generalising about all religions is impossible. Some have little or nothing to say about nudity. A small number have insisted on nudity for followers. Examples include Christian [Doukhobors](#) and [Digambara Jain monks](#). But those are exceptions. Most contemporary religions tend to regard even non-sexual nudity negatively. Some make wearing extremely "modest" clothing a requirement (especially for women). However, in modern Christianity, many believers are active naturists. Some are even ministers or priests. Still, "don't ask, don't tell" is the norm. Many believers who do enjoy naturism aren't necessarily much more secretive about it than non-believers. Of course, naturists in general may be secretive for reasons unrelated to religion. (See this [Wikipedia article](#) for more information on nudity in religion.)



Sanitation issues. There's very little problem at all regarding sanitation at landed naturist clubs. Showers (and soap) are usually available near pools, spas, and saunas. And naturists habitually use towels when sitting on chairs, lounges, benches, on the ground, etc.

Why should individual naturists make an effort to change the minds of others about the reasonableness and value of participation in naturism?

Participation in naturism in the contemporary U.S. has been declining for some time - since 2000 or earlier. That's also been true in many other countries where naturism has been practiced, although usually to a lesser degree. Naturism is a lifestyle for some, and at least something that's often enjoyed by others who've tried it. Any further decline would be most unfortunate. Organisations and enterprises - frequently several - have been established to promote and support naturism in most countries where naturism is practiced to more than a minimal degree.

These organisations provide a variety of services, such as websites, magazines and newsletters, assistance to non-landed naturist clubs, online discussion forums, publicity and advertising in news services, assistance with the establishment and operations of naturist venues, legal defense of naturist activities and clothing-optional beaches, supporting charitable or-

ganisations, organising regional gatherings and local events, operation of naturist libraries, promotion of naturism to the general public, lobbying with national and local government to protect naturist beaches and recreational opportunities - to name just some of what they do.

Unfortunately, however, these organisations' varied efforts haven't been enough to reverse the decline of naturism where it's occurred. More support from individual naturists in the form of paid memberships would be most welcome. *But that still hasn't been enough.* Individual naturists themselves need to do more on their own initiative.

What should individual naturists be doing?

1. Begin or continue supporting naturist organisations by paid membership. If possible, contribute time and effort to organisation activities.
2. Come out of the closet and promote naturism to your family and friends. Learn about and use the techniques described above *to change minds* about the value of naturism as a legitimate and enjoyable activity - or even a lifestyle.
3. Patronise existing naturist clubs and resorts so they can upgrade their facilities.
4. Invite your open-minded friends to visit with you a naturist park, nude beach, or elsewhere naturists may be found - assuring them they can keep their clothes on.
5. Let the responsible public officials in your state and local area know that naturism deserves to be supported - rather than suppressed - and is of value to those who wish to participate.

This is obviously a great deal to ask. But it needs to be done.

August 25, 2024 Charles Daney

<https://naturistplace.substack.com>

(I write the Naturistplace blog and the Revitalizing Naturism newsletter. I've visited clothing-optional beaches in California and Florida for over 40 years. I've been a member of The Naturist Society since 1990 and British Naturism since 2020.)



A few months ago I was contacted by the secretary of a society named **All Points Camping NZ**. They have a quarterly magazine called *Camping the Kiwi Way*, that includes a range of articles on exactly that subject.

At present they are considering inclusion of the mention of naturist clubs and venues as a new option for their members' traditional options.

I've had a look at their site: www.campingthekiwiway.org and it does indeed have a wide range of places to try! It also categorises the various places in a way that is designed to clarify the type of campers most likely appreciate their time there. There are also articles from various visitors with interesting anecdotes from their personal experience of their time at the related venue.

Well, here's a potential source of *new* visitors at least, with a fairly high chance of 'conversion' - even if only temporary - to our cause. After all, we generally have to rely on our own members deciding to 'let on' to their friends and neighbours, just why they're never around the house at the weekend...

Here we've got a large group of people where maybe a half of them be might like to 'give it a go' considering that after all, they'd be the ones in the minority, in 'our' environment!

We know from experience, most people prefer to go along with the majority in their actual environment, it's just that they may need some time to adjust. Those with small children of course, would have a head start! Worth a rethink? (JL)

The man who swims naked at a Christchurch beach every day



Nude yoga on the beach is part of the morning ritual

Gavin Hawke has been warned against swimming nude by police, but he says it's his recipe for a happy life. Nadine Roberts reports.

As driftwood burns on an open fire, a naked man moves on a beach under the first hues of dawn.

Gavin Hawke is lost in a ritual, unaware of the looks he receives from some early morning walkers as the ocean laps at his feet.

Soon Hawke presses his palms together to form a prayer position. His mind is calm as he shuts out everything around him. Then he plunges into the sea.

The shock hits him, but like the day before and every day before that, the Christchurch man welcomes the pain.

Afterwards the 55-year-old will say it's the mental and physical stoicism required that drives him to swim naked on a public beach.



"We don't need to be connected to the matrix", Gavin Hawke says

And while some shake their heads, Hawke's inescapable contentment is hard to dismiss.

"It might look very strange," he says as he towel dries himself, "and people might think it's weird but I don't think that anymore ... it's being unaware, spiritual ... I don't know... whatever it is ... but it just makes you feel so good."

Although Hawke has been warned by police against swimming nude, following a complaint, it hasn't stopped him leaving a warm bed at 3.15am when the temperature is below zero, to swim, run, undress, practice yoga and swim once again.

In his words, it's a recipe for a happy life.

"You can't get more stripped down or exposed than being naked," he says as he brews strong coffee later in his home. "It's being free and completely vulnerable."



Gavin Hawke says his 5am morning ritual is a recipe for life

On a rudimentary stove, a pot of gloopy porridge warms, but Hawke's not in a hurry. Barefoot, he ranges around the small kitchen he's crafted, espousing a simple lifestyle philosophy.

"There's people out there that actually don't push themselves, but they need to. If you can do that in your day, then everything else is easy.

"When I get up at 3am and go swimming in winter it's cold ... very cold, but it's worth it. You know that you've pushed your body and mind to a point where it says 'you can do this'. It's hard but it should be ... life shouldn't be that easy. You've got to have things in your day that are hard but it can still be fun."

Hawke knows his willingness to bare his body is not the only thing that makes him different to the mainly white middle class suburbians around him. The former New Zealand triathlete and duathlete stands out with a gelled mohawk and the tatty, darned woollen jersey his late grandmother knitted forty years ago.



Regardless of the temperature you'll find Gavin Hawke at Summer beach at dawn every morning

"I believe it's not normal to be normal," he shrugs. "I don't understand why people don't want to be different. We don't need to all do the same stuff ... it's like someone said to me the other day 'who do you look up to?'. I said no-one - why would I want to aspire to be anybody?"

The man who swims naked - continued...

Not one to throw anything out, Hawke has little in the way of material goods and can't remember the last time he bought furnishings.

Around him shelving made from pallets is filled with organic ingredients that complement his clean living lifestyle.

Hawke works from home for a software company - a concession he makes in order to pay his mortgage, but he dreams of living totally off grid, as simply as he can in a supportive community.



Gavin Hawke's home in Sumner

If you follow a plank over a stream and cross the road outside his property you'll find a pretty permaculture garden he's single-handedly developed for the community on red zoned land.

"I get so much reward out of doing simple things like gardening or being on the beach," he says as he kneels down. "It's the feeling of the sun on my body. I try to make my life about things that I can control."

Noticeably there's no phone in Hawke's pocket - no social media apps to distract him.

He ponders the excessive stimulation and negativity he's seen online and where that leads.

"It's a great place to catch up with family and friends but the other side of it is that people are writing words they would never say to someone's face. And it just creates a false environment where people can't distinguish between what's real and what's not. The whole thing is just one perpetual out of control motion where we're just getting worse."



Growing food for free - can you dig this?



Gavin in the Community Garden which he set up and maintains

"There's no way out if we rely on a computer or phone for stimuli," he adds. "We have to make our own stimulation."

Which brings him back to the beach the next morning, naked and at one with nature and himself.

"I'm constantly looking at what is happening around the world but I know I'm in my own little place here. We're very lucky that we are on a little island in the South Pacific and we can have our own choices ... we don't need to be connected to the matrix."

<https://www.stuff.co.nz/nz-news/350425604/man-whj.o-swims-naked-christchurch-beach-every-day>

Nadine Roberts,

September 29, 2024

Photos: Chris Skelton

Gavin is not the retiring type! He's a Board member of the Sumner Bays Union Trust



Gavin crossing the creek alongside his home

I am married, with one daughter and one son. My involvement came through establishing a Red Zone garden in Wakefield Ave in Sumner, called He Mara Kai (community garden)

I am on the Board as want to and a need to be more involved in the community. My interests are regenerative practices, end of excess consumerism, ocean swimming, and yoga.



Fancy spending this summer in the sunny Tasman area? The Nelson Naturist Park is looking for a friendly naturist couple to take on the role of club hosts / caretakers for the coming summer season (1st December 2024 through until 30th April 2025). For more details please contact secretary@nelsonnaturistpark.co.nz

NZNF Festival - Come Fly With Us

30 December 2024 - 5 January 2025
 Pineglades Naturist Club, Christchurch

Of course - Free Beachers are welcome to attend

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)	

* Note: 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.

Committee News: we have co-opted John Lowe to continue with the newsletter and Mathew Nutter for the website, which has had some work done and will be 'going live' on Labour Weekend (after we've finished in the garden)!



On behalf of the *Burner Bum Sun Club* I wish to thank Free Beaches NZ for the funding provided to establish a naturist theme camp at Kiwiburn. The funds were used to buy the supplies needed to build the structure that was the centre-point of our camp along with the other things that were needed to set it up.

The structure was put together by Hauraki Naturally's Andrew Cook with the assistance of a couple of other campers, then transported to Hunterville to be assembled on the paddock. This was the centre of the naturist camp which Andrew used for the seminars he ran for burners interested in naturism.

Colleen used it for her naked juggling session and it was also used for other activities organised by the camp.

For visiting burners we had old copies of *gonatural* magazines, along with brochures from clubs and Free Beaches, spread out for browsing.

We set it up so that it faced the "Temple" which was burnt on the Sunday night. For the Temple Burn we had a prime site and ended up hosting a number of people in our camp, including "Yonderman", (a member of the Rotota Sun Club) who was the founder of New Zealand's Kiwiburn. It was also a chill-out area for the campmates who had come from around the country, where we could socialise and chat as a camp, building the connections that will help co-ordinate the camp in coming years.

"Burners" are generally relaxed about nudity. Showers and washing facilities are not provided at Kiwiburn, so most people use the adjacent Rangatiki River, where around 90% of people would be nude.

After the effigy burns on the Saturday night the tradition is for burners to run naked around the ashes, with about half the participants (1000-1200 people) taking part. On the paddock clothing is optional, with many walking around in minimal clothing, partially or fully nude. As such, the burners are a good audience for the promotion of naturism & our naturist camp was a good vehicle for achieving this.

In our debut on the paddock we were able to make an impact & were noticed. As mentioned, Andrew Cook held a number of seminars; naked juggling classes & lawn games (pétanque, kubb, cornhole & horseshoes) at the camp.

We also arranged to take over a sound system for the afternoon & held a naked rave, where about 200 burners came to dance nude. During these activities we were able to talk with people about naturism in the clubs & beaches around the country & let them know where they could go skinny-dipping.

Overall the camp was a success in promoting naturism & we are already in the planning stages for returning to the paddock next year.



We thank Free Beaches NZ for backing us and providing the funds that enable us to establish the theme camp. Yes, we plan to continue promoting naturism in New Zealand at Kiwiburn over the years to come.

Yours Naturally, Brent Anderson/Gerald Davidson
Camp Co-Leads, Burner Bum Sun Club

Stop Press - Northland Naturists
It is with very mixed feelings, that we have to inform you that Northland Naturists will be closing down in the coming weeks.
 However, it is planned to have a final get together at Heather and Brian's home in Kerikeri in November!
 Ron & Yvonne

North Island ~ Events Calendar

AUCKLAND

October

Thu 3 rd	Parakai Springs*	10am - 7pm 150 Parkhurst Rd, Parakai \$26 (20% discount with ID card)
Thu 17 th	Parakai Springs*	10am - 7pm 150 Parkhurst Rd, Parakai \$26 (20% discount with ID card)

November

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

November

Sun 24 th	Peka Peka Swim & BBQ	If <u>fine</u> : 1pm - meet at Te Hapua Rd roundabout. If <u>wet</u> it's from 3pm at Chris' place Either way there's a Pot Luck tea/BBQ & spa at Chris' place 021 375 119, from 3pm
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South Island ~ Events Calendar

CHRISTCHURCH

October

Sat 5 th	Burwood Pool	6.30pm For enquiries Beatrice 027 483 3493
Sat 19 th	Burwood Pool	6.30pm For enquiries Beatrice 027 483 3493
Mon 28 th	Naked Gardening Day	All day - at your place! (<i>Labour Day</i> - Info: Barry 027 249 8483)

November

Sat 2 nd	Beach Meet Spencerville	1.00pm For enquiries, Michel 021 159 8426
	Burwood Pool	6.30pm For enquiries, Beatrice 027 4833 3493
Sat 9 th	Naked gardening	Contact Barry for details, 027 316 0746, bazza.donaldson56@gmail.com
Sat 16 th	Burwood Pool	6.30pm For enquiries, Beatrice 027 4833 3493
Sun 17 th	Beach Meet Woodend	1.00pm For enquiries, Linda 027 249 8483

December

Sat 7 th	Beach Meet Spencerville	1.00pm For enquiries, Michel 021 159 8426
Sun 8 th	Beach Meet Camp Bay	<u>9.00am</u> Linda 027 249 8483 (Carpool from Halswell Library - low tide: 11.12am)
Sat 21 st	Summer Solstice Swim	Dawn! South New Brighton, Beatty St. For enquiries, Michel 021 159 8426 TBC
Sat 22 nd	Beach Meet Woodend	1.00pm For enquiries, Linda 027 249 8483

January

Sat 4 th	Beach Meet Spencerville	10.00am For enquiries, Linda 027 249 8483 (Carpool from Halswell Library)
Sun 12 th	Beach Meet Hikauraki Bay	10.00am For enquiries, Linda 027 249 8483
Sun 19 th	Beach Meet Woodend	1.00pm For enquiries, Linda 027 249 8483

Sat 8th **MARCH** to Sun 9th - **Campout at Leigh Lodge!** Enquiries to Grant, 027 235 9978 TBC watch this space!

DUNEDIN

December

Sat 21 st	Summer Solstice swim	6pm St Kilda Beach, contact Julie for details: 027 471 8941
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February

Fri 28 th	Berwick Naturist retreat	Friday 28th February to Sunday 2nd March
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March

Sun 9 th	World Naked Bike Ride	Midday at Waitati - bike around the township. Contact Julie: 027 471 8941
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