



gonatural News



Season's Greetings from the
gonatural Team

In this edition of *gonatural* News:

- ❖ **Welcome - Page 1**
- ❖ **“Pineglades Rocks” - Page 2**
- ❖ **Congress Update - Page 3**
- ❖ ***gonatural* Week - Page 4**
- ❖ **Events - Page 5**
- ❖ ***gonatural* Magazine - Page 6**
- ❖ ***gonatural* Products - Page 6**
- ❖ **Upcoming Dates - Page 6**
- ❖ **Social Media Links - Page 6**
- ❖ **Executive Contact List - Page 6**

President's Message

Hi everyone,

Another year is almost over and it's time to look back and reflect on the year that has been. I hope it has been a good one for you. Did you achieve everything you had hoped to? The weather has certainly settled down and we are starting to get some nice high temperatures, which means we need to be sun smart and use sun screen, wear a hat and t-shirt (*gonatural* branded of course) and sit in the shade when it gets too hot.

Another rally is almost upon us, and it promises to be a good one again at Pineglades. I hope to see many of you there for a week of fun activities and sport.

If you are travelling around this summer make sure you visit as many other clubs and nude beaches as possible; Free Beaches has a full list of the beaches on their website and they always welcome newcomers.

And of course, travel safely. Have a very happy Christmas and New Year and enjoy the company of friends and family.

Regards naturally,

Wendy Lowe





PINEGLADES ROCKS

Every year, the New Zealand Naturist Federation holds a festival to coincide with the Annual General Meeting.

This year the festival is being hosted by Pineglades Naturist Club who are in the final stages of preparation for the 64th NZNF Rally to be held from 28th December to 3rd January.

The club, located in Rolleston 20km south of Christchurch, and its membership have been through some tough times the last few years following on from the tragic earthquakes in the region but are keen to put those events behind them and present a wonderful Rally to the nation.

The theme for the Rally is "Pineglades Rocks" with reference to the earthquakes and also to their Diamond Jubilee Year and this promises to be a unique and fun programme.

As well as a full sports programme, there will be entertainment based on the Pineglades Rocks theme.

From outdoor movies on the lawn, a quiz night, live bands, and glamour night to a catered Burlesque dinner and show in the evening. During the day, as well as the sports there will be arts & crafts, silly games, a bus trip to learn pastie making and early evening something called "Chocolate Wheel Blotto".

It isn't too late to register for the Rally but you will need to get in quick to ensure you don't miss out on any of the fun and so that Pineglades can accommodate you.

Register today at http://pineglades.gonatural.co.nz/rally_registration.html and if you have any queries, contact Karen the Registration Officer at pineglades@gonatural.co.nz.

**PINEGLADES
ROCKS**

Next summer - in their Diamond Jubilee Year -
rock on down to
Pineglades Naturist Club
for the NZNF Festival of Naturism
28th Dec 2015 - 3rd Jan 2016

- Registration fee \$170
- Includes camping
- Daily sports program
- Burlesque night
- Catered dinner
- New Year's Eve party

For further information email: pineglades@gonatural.co.nz
www.pineglades.gonatural.co.nz

Rolleston
Canterbury



CONGRESS UPDATE

It is now less than 11 months until attendees from around the world will arrive in the country for the 2016 International Congress of Naturism.

The Planning Committee continues to work hard on all details to ensure the Congress is a professional and memorable event with no item missed.

Don't forget that it will take a number of volunteers to make the Congress a success so please consider areas that you could assist with and complete the online Volunteer Registration form when it becomes available or email congress@nznf.nz.

Website:



The biggest update is that the dedicated Congress website congress.nznf.nz is now live and active. The site incorporates every aspect of the Congress including travel information, registering and paying online, links to our travel arranger and accommodation partners.

Like all good websites, it will continue to grow and be added to, but there is already awesome information about our country, the programme and of course an online attendee registration form.

Please have a look around and give us your feedback. If something doesn't have the correct information or isn't easy for us to use, then our international visitors will find it even more difficult to find what they need to.

Please also ask your website administrator to add a link to the Congress website on your club site and include it in your newsletters.

Theme:

The theme of the Congress is "Health and Wellbeing" and we are endeavouring to incorporate this in

all elements of the event. From workshops that focus on body health, and a keynote speaker who will inspire mental strength, to the products being used that will be predominantly compostable and biodegradable. Even the non-delegate excursions - a trip to a wildlife sanctuary and also to a regional park - will incorporate environmental and conservation aspects.

Photographic Competition:

In conjunction with the Congress, we are holding an International Photographic Competition and entries are invited from photographers to submit up to 5 of their own images.

The photographic competition is along the same theme as the Congress, "Health and Wellbeing". How that is interpreted is up to the photographer however the entry must depict naturism as non-sexual social nudity.

Entry fee is NZ\$20 for up to 3 images and NZ\$30 to include an additional 2 images. The competition runs from 1st January to 31st August 2016 with judging in September 2016. A registration form, model release form and Terms & Conditions will be available soon on our website <http://congress.nznf.nz/media/photographic-competition/>.



The prize for the winner is a fabulous four night stay for two at prestigious 'Waitata Bay Naturist Retreat' in the Bay of Islands. Here the winner and companion will relax in the luxurious 'Potting Shed' accommodation, and enjoy the freedom of the sand and blue waters on their own private beach. Check it out at waitatabay.co.nz. We thank Waitata Bay for so generously donating this unique prize.



gonatural WEEK

Each year during the last full week of January, the Federation holds *gonatural* Week to promote naturism and clothes-free recreation and the dates this year are 23rd January to 1st February.

These dates encompass Anniversary Days for Nelson, Wellington, Waikato and Auckland and long weekends are a great opportunity for clubs to have some special events planned with extra members on site to assist with visitors.

This *gonatural* Week, the NZNF will again be encouraging individuals, couples and families to “just give it a try” so they can discover the many benefits of naturism.

We have been approached by the TV programme Seven Sharp who are keen to do a feature on naturism, in particular with response to the recent publicity around Free Beaches NZ Inc. and their statement that

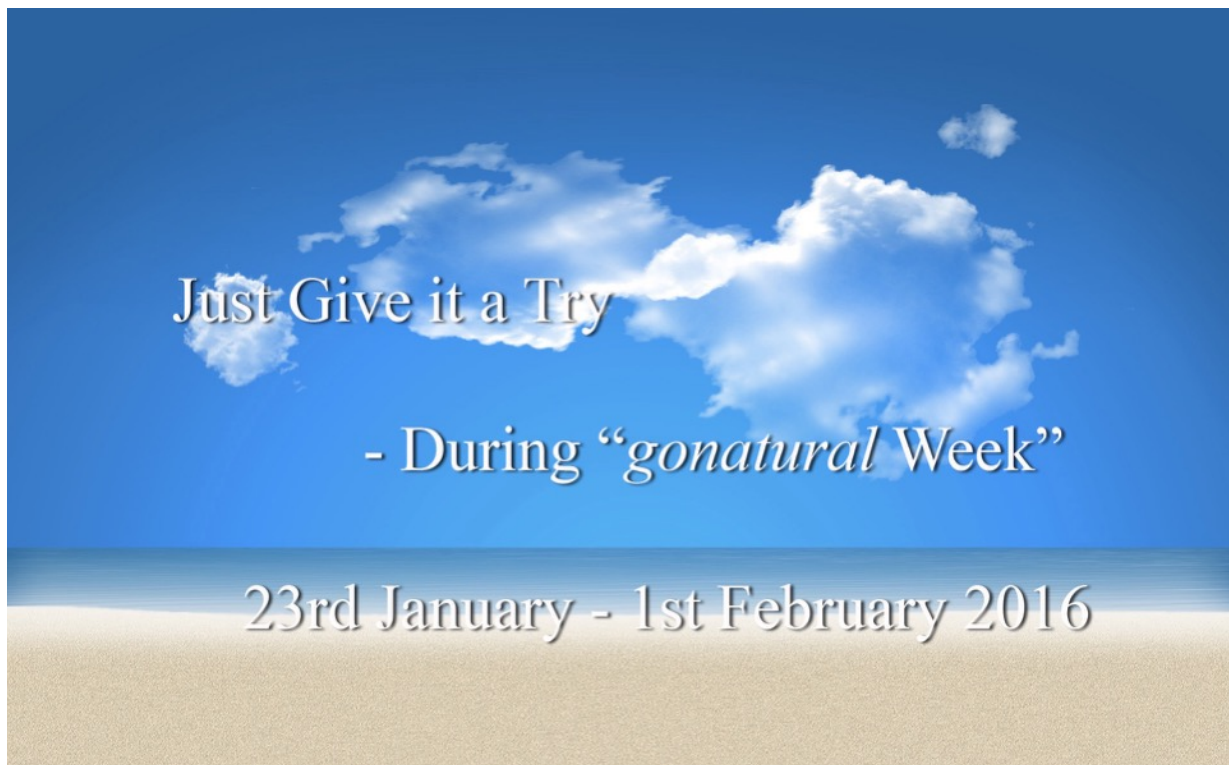
they are seeing growth in the numbers of younger people joining.

We are hopeful of presenting the clothes-free recreation and living as a positive and normal lifestyle that people should embrace and “just give it a try”.

If your club is holding some events during this period - particularly if you have a good amount of younger members - please contact NZNF President Wendy Lowe, in case a crew can be dispatched to cover this and include it in the story coverage.

A press release will be sent to all national media outlets and you will also be able to send this to your local broadcaster or publisher.

If you have any queries, please contact Wendy at president@nznf.nz and don't forget the banners that can be requested.





EVENTS FROM NORTH TO SOUTH

FREE BEACHES NZ INC.

North Island - 1st & 3rd Sunday of each month - Spa Night at Kilbirnie Spa 10am to 10pm.

South Island - 1st and 3rd Saturday - Swim night at Burwood Pool 6:30pm to 7:30pm

NZ NATURISTS

December 26th - Sawcut Gorge in the buff - contact hans@bare.net.nz

PARAKAI SPRINGS

1st & 3rd Friday of each month - Naturist swim night 10am to 10pm.

AUCKLAND SUN CLUB

Every Sunday - Sunday Saunas and Potluck meal 2pm onwards. Contact: 09 814 9973.

AUCKLAND OUTDOOR NATURIST CLUB

Every Wednesday - BYO BBQ night & Kubb competition from 5:30pm onwards

January 29th to February 1st - Oranui Games

WAIKATO OUTDOOR SOCIETY

1st & 3rd Wednesday of each month - BYO BBQ night

BAY OF PLENTY SUN CLUB

February 13th - Fishing day at the beach

HAWKES BAY NATURIST CLUB

December 25th - Waifs and strays pot luck Christmas dinner

January 23rd to 24th - Open Days

February 13th - Pot luck dinner and Casino evening

TARANAKI NATURISTS CLUB

Every Friday Night - Fish and Chip Night

WELLINGTON NATURIST CLUB

Spa, Sauna and massage afternoon - 2nd Sunday (July 12th) of each month 2-5pm

December 25th - Waifs and strays pot luck Christmas dinner

December 31st - New Years Eve Karaoke evening

January 23rd - Spit Roast Dinner

January 24th - Open Day

February 6th - Long Lunch with June CT

WAI-NATUR

February 20th - Nude Adventure on luxury yacht - fully booked this year

February 21st - Nude Golf International - contact info@naturist.co.nz

NELSON CUN CLUB

December 31st - New Years Eve catered dinner. Bookings are essential so ring Maureen ASAP on phone number 021542348 or Russell on secretary@nelsonnaturally.co.nz

January 9th - Wine tour bus trip followed by spit roast and music. Bookings essential - details above.

PINEGLADES NATURIST CLUB

Every Thursday - Miniten and afternoon tea

December 28th to January 3rd - "Pineglades Rocks Rally.

February 6th - Annual Volleyball Tournament Pineglades vs Rolleston Fire Service.

ALPINE LAKES

January 23rd to 24th - Fun and games at the Lazy Day Weekend

February 20th to 21st - Lazing at Lowburn



THE OFFICIAL NEWSLETTER OF
THE NEW ZEALAND NATURIST FEDERATION



The December 2015 issue of *gonatural* Magazine is now available.

New Zealand NZD35.00 incl p&h

Australia NZD39.00 incl p&h

Digital version NZD27.00

We highly recommend subscribing to and supporting this wonderful magazine so that we can all continue to enjoy this, and future editions, of our own naturist publication. <http://gonatural.co.nz/gonatural-magazine/subscribe/>



“Summer Essentials” from *gonatural* Products are:

- Versatile sarong - great for sitting on or answering the door at home \$15
- Functional Bum towel - with or without the zipped pocket \$25
- Handy Tote bag - stylish and roomy with *gonatural* branding \$25

Order online via our website <http://gonatural.co.nz/gonatural-products/shop/>

NZNF Executive 2015

President:

Wendy Lowe

E: president@nznf.nz

NIVP:

Nick Lowe

E: nivp@nznf.nz

SIVP:

Tony Nee

E: sivp@nznf.nz

Secretary:

June Campbell-Tong

E: secretary@nznf.nz

Treasurer:

Kathy Earby

E: treasurer@nznf.nz

Communications Officer:

Donna Miller

E: communications@nznf.nz

Database Secretary:

Christine Bowers

E: database@nznf.nz

Internet Co-ordinator:

Hans van Asperdt

E: webmaster@nznf.nz

Appointments:

NZ Naturists Secretary:

Christine Bowers

E: nznaturists@gonatural.co.nz

Merchandiser:

Andrew & Donna Miller

E: shop@gonatural.co.nz

gonatural Business Manager:

Noel Thomas

E: magazine@nznf.nz

gonatural Editor:

Michael Moore

E: editor@gonatural.co.nz

Important NZNF Dates

December 28th, 2015

NZNF AGM at Pineglades Naturist Club

December 28th, 2015~January 3rd, 2016

NZNF Festival - Pineglades Rocks

January 17th, 2016

gonatural Magazine article deadline

January 22nd ~ February 1st

gonatural Week

March 18th ~ 20th

Renew Women's Weekend - Waikato Outdoor Society <http://waikato.gonatural.co.nz/Renew.html>

April 17th, 2016

gonatural Magazine article deadline

NZNF social media:



[NZNF on Facebook](#)
[gonatural Magazine](#) Page
[gonatural Products](#) Page
[35th International Congress of Naturism](#) Page



[NZNF on Blogger](#)



[NZNF on Google+](#)



[NZNF on Pinterest](#)



[NZNF on Twitter](#)



Yours naturally,
Donna Miller
Communications Officer, NZNF
communications@nznf.nz