Notice for all clubs

Dear Club Members

It is with a heavy heart that after 64 years of publication, the NZNF has decided to end production of the printed and digital versions of the gonatural magazine. The magazine has been making a loss for quite some time and this is not sustainable in the long term.

For those of you that have paid subscriptions but not received your magazine(s), you will be given a refund of any monies owed. When you get your refund letter you will also be given the opportunity to donate your monies to the NZNF, rather than receive a refund.

We, the NZNF, are going to start a gonatural Nudeletter that will come out every two months or so and it will be free to all members. While it will not be anywhere as ‘flash’ as the gonatural magazine, we hope that it will be newsworthy, have lots of interesting articles, photos, and input from our members. This Nudeletter will also be a great avenue for the NZNF to keep in touch with naturists, not only within New Zealand but further afield.

Separate subject.

As you all know, the Southernfare festival, which was to be held this year at Southern Naturally, was cancelled due to the uncertainty around Covid-19.

The Waikato Outdoor Society were quick off the blocks and offered to hold the Annual General Meeting for this year on their grounds. The NZNF executive accepted this offer and the AGM will now be held on the WOS grounds on December 30, 2020 (Wednesday). The meeting will commence at 9am and there will be catered meals available on a pre-order/pre-pay basis; WOS is still working out the cost. WOS will provide morning and afternoon tea and lunch for the NZNF executive and club delegates.

On December 31, 2020, there will be a variety of fun social sporting events. There will be no NZNF sports medals presented. In the evening there is a preorder / pre-pay dinner with drinks and music to follow.

After a fun couple of days, those that need to can head off on January 1, 2021. However, if you are not in a rush, you are more than welcome to stay on at WOS and simply pay the normal camping fee.

At the NZNF mid-year meeting it was agreed that Southern Naturally hold the 2021/22 festival on their grounds which will include the AGM and most likely all the NZNF sports. More information on this will be sent to clubs and placed on the website when known.

Wilma,
NZNF Secretary.
NZ federation decides to leave the INF

The New Zealand Naturist Federation held its 62nd Annual General Meeting on Sunday 29 December 2019 at Hawkes Bay Naturist Club, prior to the Wild West Rally. Wendy Lowe reports...

I would like to start by thanking all participants for their conduct during the meeting. All comments and discussions were concise, to the point and constructive.

Ten delegates, several observers and the executive met at 9am on a cool sunny morning. There was a long list of names for the roll of honour this year and a minute’s silence was observed to remember those we have lost.

The next order of business was reports from the various office holders. All reports were accepted without any dispute or question. The financial statements show a reasonable result for the organisation with a small loss, but less than last year’s loss.

A remit with some minor wording changes was passed, which will now enable NZNF to become a registered charity, a process that has taken countless hours over three years.

Any club wishing to become a charity should contact Wendy Lowe for further information.

Elections:

Wilma Kremer, Nick Lowe and Christine Bowers were all returned to their roles, and we are pleased to advise that we now have a marketing coordinator, Constance Gervasi. Wendy Lowe, Jim Bell Murray Nash and Jeremy Kelleher were not up for election and continue in their roles in 2020.

The 2020-21 festival was to be held in Southland, but this has now being cancelled. No application yet for the 2021-22 festival.

The main item for discussion at the annual meeting was withdrawal from the International Naturist Federation. Each delegate spoke briefly about their club’s views before the vote was put to the meeting. The decision was to resign from INF, reserving the right to rejoin at some future point.

The structure of the NZNF Executive is to be re-visited this year, with the executive to present a proposal to the AGM in December 2020.

There was some discussion about how long the rallies are and whether they could be moved to a different time of the year; the executive will explore options, particularly as presently the AGM and rally coincide.

There was a brief discussion about the website revamp, with Murray confirming that it will work the same across all types of devices, i.e. a responsive website.

Nelson Sun Club opened a discussion about the need for clubs to be registered with their local councils as camp grounds. It was generally felt that as our clubs are privately owned and not open to the general public registration was not necessary.

Despite having good discussion on all topics and everyone feeling they had full opportunity to speak, the meeting was closed at 11.53am, just in time for the luncheon catered by Jodi and Mandy Anderson. Constance Gervasi was elected as the Marketing Coordinator, and Pam Salter as the archivist, replacing Les Olsen.

As can be seen above, and overleaf, some of the items that were intended for the unpublished gonatural 252, are being made available here.

Since they can’t all be accommodated in this one newsletter though, there’ll be more from it in coming newsletters.
New Zealand’s annual naturist festival enjoys a hoe-down in the beautiful Hawke’s Bay

The New Zealand naturist rally held by the Hawke’s Bay Naturist Club was Kiwi hospitality at its best, says Claudia Kellersch.

After a sad no-go rally bus trip for my family the previous year, Hawke’s Bay Naturist Club near Napier was the greatest location, a safe but weather-proof, and the friendliest club to return to. My son Alexander, now 13, had started his tradition of attending NZNF rallies in 2011 as a 5-year-old at the AONC and still continues to love his morning and afternoon teas.

Together with young Fergus, 8, from Rotota, Bridie, 8, and Georgia, 13, from Nelson Sun Club and Supernormal Tanya, a daughter of the Russian home-free beachy New Zealander member Alexander, there were lots of fun activities to enjoy. We love to thank Nick for how great he is with kids! It was also wonderful to meet his two daughters in their twenties, and the other young adults.
A New Zealand naturist rally hosted by Hawkes Bay Naturist Club was Kiwi hospitality at its best, says Claudia Kellersch.

After a sad no-go rally bus trip for my family the previous year, Hawke’s Bay Naturist Club near Napier was the greatest location, a safe bet weather-wise, and the friendliest club to return to. My son Alexander, now 13, had started his tradition of attending NZNF rallies in 2011 as a 5-year-old boy at the AONC, and still continues to love his morning and afternoon teas. Together with young Fergus, 8, from Rotata, Bridie, 8, and Georgia, 13, from Nelson Sun Club and 9-year-old Tacia, 9, daughter of the Russian fellow Free Beaches New Zealand member Alexander, there were lots of fun kids activities to enjoy. We love to thank Nick for how great he is with kids! It was also wonderful to meet his two daughters in their twenties, and the other young adults.

Possum and Nick risked their necks to set off great fireworks to entertain us. Again, being in New Zealand, we are the first naturists around the world to welcome the next NUDE Year 2020. The next morning, my family was happy to volunteer to put on the tea for those able to get up in time, together with Heidi, and after learning that you actually need to heat up the tea water an hour in advance for it to get sufficiently hot! We never did find out the secret location, where the cookies for the tea were kept, but they appeared in the morning. As a great variation, mini pizza pieces, small baked goods, and other delicious surprises appeared during tea times.

The Market Day was a great success with a farmers day atmosphere, a coffee cart, various outside food vendors, and members and guests selling trinkets at low prices. From jewellery to tie dye, many treasures changed hands. Alternative health practitioners were available to the naturists.

The shop worked well during the week taking orders for milk and bread, and selling other food items in addition to the NZNF official merchandise made available.

Club member Andrew was an all-time favourite and constantly busy giving his popular $20 for twenty minutes personalised massages on his massage table throughout the event.

Naked archery has always been a favourite for both kids and adults. Blair was there to defend his champion title from the last Hawke’s Bay rally, themed Hollywood, where the envelope went to Blair. He walked up to accept his prize then took the mic to thank… his mother.

We’d like to thank the organizer of the Naked Archery for a job well done. All three of us made it to the archery finals, but alas, only one winner was chosen in the end.

The total photography prohibition during the event really hurt us personally from recording our happy times as we are used to, and robbed us of many digital memories with other kids and old and new families we befriended. So we have no naturist family photos to enjoy ourselves, and none to share.

I must say that the official club photographers Roni and Ian made excellent efforts to capture the rally as it unfolded, taking table-by-table pictures before the catered dinner, recording all the sports competition winners playing and receiving their well-earned medals. They always seemed to be around for so many other fun occasions, always available to take requested shots. We look forward to see their photography artwork in our magazine here and in the prepaid thumb drive we ordered.

Our visit to Hawke’s Bay Naturist Club started with Nick running a cable to Blair’s tent, since Blair has been dependent on a CPAP machine for his night time breathing, making it difficult to camp in a tent. Clearly the Kiwi pioneer spirit is displayed in Nick and Wendy, for whom nothing is impossible, and who can fix anything!

One reason we love to return to New Zealand and the NZNF events!

This cable doubled as a charge station for Alexander charging Blair’s phone. We also like to thank the club member who set up and sold Alexander WiFi for the duration of the rally, which was a brilliant idea for those young people who cannot live without Internet access. They were offered the option to buy it for a reasonable low price, while the usual sports contestants engaged in the traditional sports events were happily oblivious to the outside world.

So everyone was served and happy in the end. So were the people in tents and campervans, made happy by numerous temporary full-size refrigerators available just for visitors. Another great rally idea that was truly appreciated.

I got to play so many different volleyball games subbing in for various people still doing other sports or short of a team, so that was the best volleyball afternoon ever. I also wish to thank the NZNF for keeping chess, as it had been rumoured by Errol that it might be removed. I had fun as always.

The pool was sparkling clean and perfect for those really hot days. For the first time during an NZNF rally, a friendly game of water volleyball was played after the traditional swim competitions. Happy young people got to take their clothes off for the pool and engage. The kids really enjoyed their own various swim competitions in various age brackets, all earning themselves swim medals from the NZNF, a great keepsake. P.S. As asked by Wendy, I was able to award the swim medals kids 8-10 and 13-15 to Bridie and Georgia from Nelson Sun Club, which my family ended up visiting the week after the rally.

The casino night and the Wild West mystery play with everyone playing characters and finding clues were well organized and fun new activities that set this rally apart. Hawke’s Bay is also the first rally to create and use their own naturist currency dollars for these events and the bar and shop. Years of beer drinking went into all the bottle caps needed for this global currency reset.

All in all, if Hawke’s Bay Naturist Club offers a rally, follow the rally cry. You will never be disappointed!
Rally in Hawke’s Bay
Kiwi farmers are removing their overalls and gumboots in a light-hearted bid to raise awareness about the mental health crisis in rural communities. Amid stubbornly high suicide rates among the rural community, Australian Ben Brooksby launched The Naked Farmer social media site last year.

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

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

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

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

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

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

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

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

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

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

Recently Gerald Davidson sent me a copy of several colour pictures apparently recording, about 1944, the identities of those brave individuals who helped Percy Cousins in Stokes Valley, establish what eventually became the Wellington Sun & Health Club.

First nudist holiday, at Stokes Valley (PW Cousins) about 1944. First contact with organised nudism.

Photo by Mrs Cousins

If anyone can identify, or even suggest an identity, please send it to editor@gonatural.co.nz
The theme for this year is “Plants for a better planet.” With global consciousness increasing around environmental and health issues the spotlight is very much on growing your own food in a sustainable way, caring for the environment and consideration for climate change.

This has been highlighted during the COVID-19 pandemic with a very strong focus on growing your own food but also, after the positive impacts of C-19 on the environment, we have seen a renewed focus on a healthier, cleaner planet – and growing plants is a key part of that.

National Gardening Week will be about living a greener life and highlight ‘the goodness of gardening’ with many strands tied into gardening for a better planet.

These include:

- Environmental essentials – pollinator plants; adding to biodiversity plants
- Climate change gardens – eco-conscious planting / drought hardy plants
- Sustainability - The benefits of growing your own food
- Tiny homes - Small spaces/big impact gardening
- Getting kids into the garden and instilling valuable life skills
- Mindful gardening / connection with nature

It is the last point, in particular, that would work well for NZ Naturist Clubs. The call to action for Labour Weekend (which falls within NGW) is to get into some Bush Bathing. That’s New Zealand’s version of ‘Forest Bathing’ - a practice that originated in Japan, called Shinrin Yoku, (translates to ‘forest bathing’).

This practice is based on the premise that Nature has a profound effect on our overall well-being, and offers us numerous rewards, both mentally and physically. People will be encouraged to Bush Bathe in their own gardens if there is not bush nearby.

Environmental essentials – pollinator plants; adding to biodiversity plants
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- Sustainability - The benefits of growing your own food
- Tiny homes - Small spaces/big impact gardening
- Getting kids into the garden and instilling valuable life skills
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National Gardening Week 19th to 26th October 2020

It is a matter of leaving the devices at home and taking yourself off into the peace and tranquillity of the bush. Wander or sit. Observe the sounds, colours, textures of all around you. (Clothing is optional).

The chemicals released by trees and plants, have been proven to have powerful immune-boosting properties. Studies show that regular exposure to nature can reduce blood pressure, aid sleep and improve concentration and memory. There’s also a big mindfulness aspect, a bit like a meditation on foot, which implicates forest bathing in the reduction of depression and anxiety.

If any clubs are interested, they would look to get media coverage of a Naturist group bush bathing – either in a nearby bush or if the particular club grounds had its own bush, then that would be perfect. And it would be great for all clubs to be aware of the initiative so if local media wanted to cover the angle, they could visit their nearest naturist club.

Yates would like to offer all clubs a selection of their new seasons flower and veggie seeds. Perhaps you could let them know and if they’re interested in receiving some, to email me with their details/postal address and I will arrange to get them out.

Please contact Liane if your club requires plants or are keen for some media exposure to bush bathe.

Liane Donovan | Director | t: (09) 522 7125
m: 027 222 7348
www.donovanpr.co.nz

A Rainbow Community sculpture

Gerald Davidson in his element
Southern Free Beaches

Naturist Retreat

Where: Berwick Lodge – Berwick

When: Friday 19th Feb to Sunday 21st Feb 2021

$70 per adult / $38 per child (at school)
This includes a small contribution for canoes and sauna
& a two course meal on Saturday night.

If you wish to opt out of the meal, the cost will be $57 per adult and $28 per child.
(Please advise us of any dietary restrictions or allergies)

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

For more information or to RSVP:
please contact:
Julie 027 471 8941 – southernfreebeaches@gmail.com
www.facebook.com/southernfreebeaches
BARRY CRUMP THEME

Friday January 1st to Monday January 4th 2021

MARK THE DATES - A FUN TIME IS PROMISED TO ONE AND ALL

PROGRAME + FEES + REGISTRATION FORMS FOLLOWING SHORTLY......

This picture (of me & Glenn) was taken on the last day of the rally, Saturday 4th January 2020, at the Mangatutu Hot Springs. The pools up above were full (see P5 centre right) so Claudia, Possum and the rest of us went down to the Mohaka River, where, as you can see on the left, the hot water is filling up the pool that we created right next to the river. (Andrew)

BOP Sun Club

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Been to Bay of Plenty’s premium Naturist Club lately?
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While feeling the current heat wave in sweltering Europe and considering changes in attitude about the body, polls show that a rising popularity of nudism in many countries of the world is also linked to Covid-19 confinement. Naturists’ associations have been noting the interest in nudism and increases in their membership during the coronavirus pandemic — and the media is paying attention: “You Can Leave Your Mask On: Nudists Wear Just One Item in Covid Times,” the Wall Street Journal headlines a recent story. The take in Vice: “The Ongoing Battle to Convince Nudists to Wear Face Masks,” while The Telegraph runs with “Clothes off, masks on: America’s nudist resorts reopen.” France 24 reports that “Nudists adapt to Covid times,” as CTVNews reports “Getting naked in quarantine: Interest peaks in nudist lifestyle.”

In other words, nudism has become a thing. The renewed interest in shedding clothes as people flock to beaches, mountains, nature trails and resorts in this hot summer has been linked to a hunger to experience the new sense of freedom as we emerge from months of lockdowns or, as Vice explains, “some go nude to eliminate materialistic barriers.”

The fact is that naturists’ associations from Britain, France, Italy and the United States, among others, are reporting increases in membership over recent months — by as much as 31% between May and July in the case of Ireland, for example, as reported by Newstalk.

“The number of new people joining us has almost tripled since the beginning of the U.K. lockdown at the end of March,” British Naturism’s commercial manager, Andrew Welch, told CNN.

“Now that more people are working from home, Welch believes that “fewer people are worried about what to wear – or haven’t bothered with clothes at all.” British Naturism has registered over 370 new members since the pandemic began. For Laurent Luft, president of the Association des Naturistes de Paris (ANP), a very active nudists’ group operating since 1953, the rise of interest in nudism could be due to the fact that “when you’re feeling confined and closed in... taking your clothes off becomes a way to free yourself a little. So, even in our tiny little Parisian apartments, with no gardens and sometimes no balcony or anything, we still have that possibility.”

The Irish Naturist Association, marking more than 50 years of naturism, is also connecting members virtually through a full calendar of social activities including coffee-shop hangouts and celebrating the World Naked Gardening Day.

The naturist communities pivot toward the virtual world has allowed the associations to stay alive and permitted more people to connect with like-minded individuals in their own countries and across the globe. Leticia Medina, event coordinator for the Irish Naturist Association, told Insider that the organisation’s international chats attract nudists from Mexico, France, Spain, Britain, Brazil, Slovenia, Hungary, Serbia, Norway, Sweden and Denmark, among others.
Naked with masks? The big question
“Stripping off and sharing a hot tub with other naked humans might not seem like the best thing to do in a pandemic,” muses The Telegraph in an article about the big question around nudists’ circles: When wearing a face mask, are you really naked?
“But being around naked people is no different to being around those with clothes when it comes to the spread of corona-virus – if rules are being adhered to,” the paper adds.
As more crudely explained by TMZ, “the face mask controversy is officially everywhere, because even nudist resorts are requiring guests to cover up, a decision that’s chafing some bare asses.”
The Wall Street Journal reports that while most nude resort visitors are taking the one-piece-of-clothing rule in their stride, there are others who refuse. A clothing-free resort in Connecticut, the paper explains, prides itself on a “no tan lines” motto. So, it’s been a difficult adjustment and some guests have complained of a mask’s tan lines.
Nakationing: clothes-free vacationing
“Across America, state and local governments are easing lockdowns and travel restrictions and nudist resorts began reopening in mid-May with changes in place such as social distancing,” The Telegraph reports.
Before the lockdown, the paper explains, ‘nakationing’ – clothes-free holidays – in the U.S. “was a multibillion dollar-a-year industry, with Florida laying claim to more nudist resorts than any other state and millennials and Gen-Xers driving the experience forward as a travel trend. Even globally, nude recreation and travel accounted for a healthy $400 million slice of the industry’s fiscal pie.”
As with others in the tourism industry, nudists destinations are “trying to climb back to some sense of normality.” To get there, they mostly obey and establish health and safety protocols for the protection of guests and staff.
But, for some, as Vice writes, “covering your face contradicts the naturist lifestyle.”
With or without controversy, and with or without clothes, as Luft explains to CNN, “people want to be totally naked and the mask is a covering. But this isn’t an item of clothing. It’s about health and safety.”
Even Cap d’Agde, a well-known seaside nudist destination considered the largest naturist resort in the world, Vice explains, “where you find supermarkets, boutiques, hair salons and even a post office with a recommended undress code, visitors are strongly encouraged to wear a face mask with their birthday suit.”
Cecilia Rodriguez, Aug 12, 2020

Getting off the ground and out of the water
Hi, me here.
Welcome to my first try at putting together the Federation’s Nudes’ letter.
In the first two, I’m concentrating on including items form Mike’s last (unpublished) gonatural magazine - particularly those time-related items such as the Festival in Hawkes Bay.
As Murray notes on the back page, you’re getting this because you’re on a confidential list! If you don’t wish to receive this (and there’s no charge!) simply let Murray or me know, and it all stops...
My intention is to include alternate pages on ‘the options of places to go’ and a list of Federation members and their particular ‘portfolios’. Items for publication here are very welcome, especially if it is accompanied by pictures - preferably ones that can stand in for the 1000 word alternative!
So remember: webmaster@nznf.nz to get on (or off) the list, or me for the rest.
John Lowe - editor@gonatural.co.nz
Bay Of Plenty Sun Club

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Phone: +64 (0)7 4405 157
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As you aware, the gonatural magazine will no longer be produced and in its place will be a gonatural Nudeletter put together by John Lowe.

I am creating the database of recipients to receive the newsletter and this will include clubs@gonatural.co.nz, and executive@nznf.nz, as a start.

Could each club newsletter editor please place something in your newsletter asking for your members to contact me directly (webmaster@nznf.nz) if they wish to be added to the recipient list. In this way they will get a copy directly into their inbox and if at any stage they wish not to get the Nudeletter they can let me know and I will remove them from the list.

Kind regards
Murray

WHAT THE NZ NATURIST FEDERATION DOES FOR YOU:

- The coordinating body for all affiliated Naturist Clubs in New Zealand: to foster and promote the Naturist lifestyle
- Maintains a national database of members for demographic statistics
- Markets NZ Naturism, locally and abroad, responding to National and International queries regarding membership and visitors
- Deals with media regarding publicity, advertising and interviews
- Liaises with affiliated NZ Naturist Clubs and Organisations on NZNF matters
- Organises the yearly NZNF Council meeting, which one delegate from each NZ Naturist Club or Organisation should attend
- Advises procedures to the host club for the NZNF rally and coordinates the sports events, including the provision of medals
- Coordinates ‘gonatural Week’ a nationwide promotion of naturism with national or local publicity for each club
- Coordinates “Nude Gardening Week Down Under” in conjunction with current partner: Yates, New Zealand
- Pays a levy to the Percy Cousins Trust Fund, which can offer financial assistance
- Manages the NZNF webpage: www.gonatural.co.nz
- Produces the NZNF ‘gonatural news’ with news from the Executive, which should be sent by the NZ Naturist Clubs to all their members
- Markets ‘gonatural’ merchandise (towels, T-shirts etc)
- Organises and sponsors the Marketing workshop.

The NZNF levy:
To be affiliated to the NZNF, clubs must pay a levy to the NZNF, based on the club’s numerical membership. This covers the cost of carrying out the above functions. It is not a levy paid by the member, but a levy on the club and is a running cost of the club just as rates, electricity or maintenance are club costs. Proprietary Members, eg. Homestays, must pay the Proprietary Member levy to the NZNF.