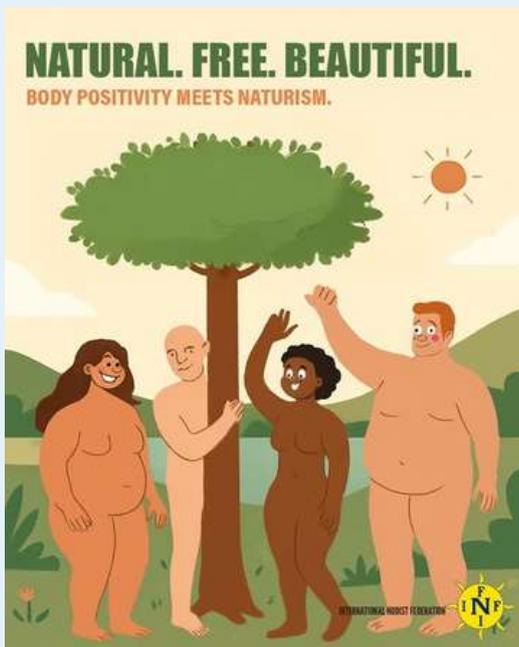




gonatural

NEW ZEALAND NATURIST FEDERATION



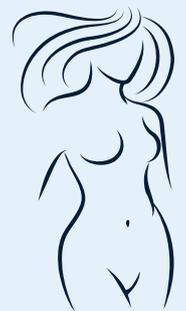
Only five seats available for the biggest event in the 6-year history of this event held in Dunedin by Alpine Lakes Naturist Club

Read more inside!

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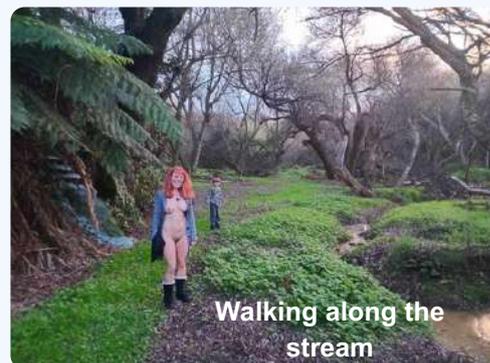
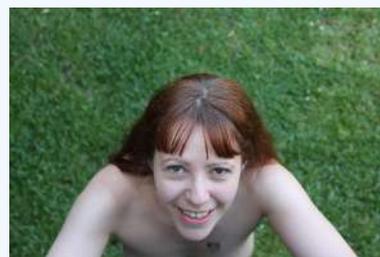
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I hope you are all snuggly and warm. This time of year is admittedly not my most favorite but at least the winter solstice has just passed by, meaning we are half way through winter!

I've had a busy month of May, attending two AGM's (and my own club's AGM approaching soon):

First, I attended Waikato Outdoor Society's (WOS) AGM on the second last Saturday of May with my family. It is always a great pleasure to visit WOS, where we were warmly welcomed. A very big thank you to Peggy, Kevin, David and everyone else for all their amazing hospitality.



The first impression that I got from WOS when myself and my family visited there for the first time – this would have been when my son was about 2 years old – he is now 8 years - is what a welcoming community and spirit this club has and how at ease we instantly felt in everyone's company. With such pristine club grounds and facilities, that are always well kept and tidy, it reflects the pride of WOS and its members (ie, they had just recently finished renovations on their toilets/showers and is in the process of setting up a new BBQ area).

WOS' AGM was wrapped up in 2 hours after which everyone enjoyed afternoon tea. In the evening there was a shared dinner, with so much amazing food. As some members commented, you never go hungry at WOS!

When you go down to the stream and feed the eels, it's like a little secret wonderland where you can be free. Even in winter, it is always most beautiful and serene.



WOS is also in a good centralized spot, especially if you are travelling through Waikato/Hamilton, with great camping facilities and a nice cabin. With the clubhouse forming the "get together" spot, especially famous for its BYO happy hour at 4:45pm. And, maybe I am just lucky but every time I visit WOS, there's a warm, dry sun shining on the decks of the clubhouse.

The last weekend of May, I had the pleasure of travelling to Stewart Island and Invercargill. A special thanks must go to Ernie for arranging the whole trip for myself and Andrew (SIVP). We had a most wonderful time, first travelling by plane to Stewart Island, where Andrew and I had the opportunity to do a naturist polar plunge at the Southern Most part of NZ. After which we had the great fortune of spotting a kiwi bird and a sea lion when Ernie took us for an impromptu evening tour.



Southern Naturally is a beautiful club with a warm spirit and a clubhouse that used to be an old school, it's quite unique. Before going I was a bit anxious that it would be very cold (being a north shore Aucklander!), but, surprisingly, the sun was out and I was in club uniform for a few hours during the warmest time of day. In the clubhouse the fire was going so it was warm and toasty in there. As they have a large deck with a roof, it also makes for a nice social outdoor spot and traps the heat and sun. I suspect the weather won't always be club uniform weather but I sure made the most of the warm sun when I was there!

Stewart Island is like some magical Island that, in some ways is still "untouched". What I found interesting is the Maori legend of how NZ came about: This legend features Māui, a trickster hero often regarded as a demigod, who embodies both mischief and the use of magic. He caught a giant fish which would become the North Island of New Zealand, known as Te Ika-a-Māui. His canoe (waka) became the South Island, known as Te Waka a Māui. Stewart Island-Rakiura is believed to be the anchor from the canoe and is named 'Te Punga a Māui' (Māui's anchor stone).

Andrew and I received a most wonderful hospitality with deliciously prepared meals at Southern Naturally – big thanks to Ernie, Alison and all the other members. Some of the meals even came from the club ground's own veggie garden, and Ernie gave me a few potatoes to take home. Wilma took Andrew and I through a tour of the club and arranged a special surprize awaiting us in our cabins (see photo below). Whilst Allan gave us a scenic tour through some parts of Invercargill. I've also attached a few photos with my report but be sure to have a look at Andrew's article for more details and photos of our trip to Southern Naturally & Stewart Island.

Stewart Island is, perhaps, in many ways a symbolic anchor. As it is quite a large island in size, with a fairly small human population, the Kiwi birds outnumber the amount of humans on the island. Apart from Kiwi birds, there are also lots of other wildlife on the Island. So if you are looking for that truly raw connection to nature, I would highly recommend Stewart Island. During your travels you can visit/stay over at Southern Naturally Club in Invercargill (the Southern Most naturist club in the world):

Alice



What I noticed about both WOS and Southern Naturally, is the large number of candidates running for the committee positions. How wonderful it is to have so many volunteers step up, willing to give their free time for the betterment of the club. It is based upon this camaraderie/spirit that NZ, in my opinion, has such a strong naturist community. Even in a recent podcast that I did with Frank on "Naked, Nudists and Naturists" he mentioned that the New Zealand naturist scene has the largest amount of their followers worldwide and it is not difficult to see why. [Follow this link to listen](#) to it "Naked, Nudists, and Naturists" - Episode #102

Many times, I've asked myself, what is the New Zealand Naturist Federation's role? This question can have a long answer and a short answer. The short answer is: to support naturism in NZ. Each club is independently run by its own committee/members. But the NZNF is there to offer support, encouragement, assistance, in whatever way is possible and necessary, for each and every club, large, small, medium. This may differ depending on what each club needs, as all the NZ clubs are very different from each other. Every naturist club in NZ that you enter, you are stepping into its own oasis. And to truly appreciate every club, you need to feel and embrace its own energy, people and space and what it has to offer. Not forgetting that NZ also has very scenic beaches and places where you can be a naturist.

I hope to visit more clubs later in the year so please reach out if you need the NZNF to visit/support your club in whatever way we practically can.

Stay Warm, stay natural!
Alice



EVENTS COMING UP

- 19 July NZNF Half Year Meeting, AONC
- 26/27 July ALNC Naked Dinner & Polar Plunge
- 25 October-9 November WNC 75th Anniversary celebrations

Let us know if there is an upcoming date you would like to include

A shared calendar has been added to the NZNF website, so that clubs have visibility of other clubs' events. The calendar is at the bottom of the events page:

<https://gonatural.co.nz/news/17/11/Upcoming-events/>

If you would like your event added please email Dion: webmaster@nznf.nz

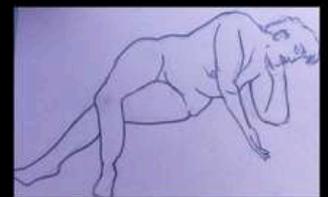
LIFE DRAWING @WELLINGTON NATURIST CLUB

Sun 20th July
Sun 17th Aug
11am - 3pm

Life drawing with a difference.

You can choose between modelling for the artists,
or being an artist, drawing the models,
or - of course - swap between the two.

Bring your own art materials, or use what's provided.
You don't have to be good at drawing - just enjoy doing it.
Some instruction and tips also given if required.
Rain or shine. Join in on creating the art of the nude.





ALPINE LAKES NATURIST CLUB

Invite you to join us for

THE NAKED DINNER 2025 PORTOBELLO HOTEL

2 Harrington Point Rd

Portobello, Dunedin

26 July 2025 6 pm onwards

Cost : \$75.00 per person

To book or enquire Contact

Lynn 0224572352

lynn.russ@xtra.co.nz

Payment will need to be made by the 12 July to bank account Alpine Lakes Nudist Centre ANZ 11 8570 0092732 11. Unfortunately refunds for cancellations can not be made without 7 days notice prior to the event. Tony and Sarah are our hosts for the evening and guarantee you will all have a great evening. Seating is limited so get cracking and book yourself a seat. The team at Alpine Lakes N/C look forward to seeing you all.

WAIKATO OUTDOOR SOCIETY



The Bathroom Upgrade



Those Batts will keep us warm



Well done Peggy for helping out.



Just the start to get the floor level and the walls all cosy ready for the 3 showers installation



What is that, a bidet in the corner? Don't be silly who would put one in the shower area?!!



The Completed job
Well done everyone



Wow Luxury!

A TALE OF BUNNIES, SPIDERMAN, GREMLINS, AND HEROIC RAIN-SOAKED CHILDREN – BY DION

Ah, Easter at AONC. A time of joy, chocolate, and—let’s be honest—chaotic weather tantrums. As tradition dictates, we had two Easter egg hunts: one for the smaller kids (led by bunny Alice) and another for the slightly older kids (run by the puzzle master Alex). Donna dusted off her bunny tail again to take the mantle of Easter Bunny – and Spiderman (who may or may not be Darryl) was there too presumably taking a break from saving the Multiverse.

For her hunt, Alice cleverly numbered her eggs. Why? To prevent older kids from turning the egg hunt into a competitive Olympic sprint, snatching every egg in sight and leaving the wee ones to forage like post-apocalyptic scavengers.

Just as the first hunt was about to start, the weather decided to run a pattern of meteorological nonsense only Auckland can deliver. Earlier in the morning our pink bunny Alice had hidden the eggs in beautiful sunny weather. Now the clouds felt it was time for an unscheduled tsunami. Cue Alice sprinting around, re-hiding eggs and zip-locking them in plastic in what can only be described as torrential rain. Meanwhile, the rest of us—totally dry, totally helpful—were inside demolishing a gourmet breakfast courtesy of Brad and Crystal, who clearly understand that egg-hunting on an empty stomach with a group of young kids is an act of war.



Then: sunshine! The hunt begins! Then: boom! Rain again! Because the clouds were clearly watching and said, “Not so fast, tiny humans.” The children bolted back inside, drenched but triumphant, like muddy little Indiana Joneses. And naturally, as soon as everyone was safe and dry, the sun came out again, smugly.

The second hunt was then about to begin. The Easter Bunny (Donna) was feeling uncharacteristically generous, so she decided to gift all the kids a giant golden egg—like, seriously big. But when the kids cracked it open expecting a chocolate jackpot... gasp! shock! horror!—it was EMPTY. Why? Because Gremlins. Yes, actual Gremlins.

Mischievous little chaos goblins who apparently don’t observe holidays or basic chocolate etiquette. Fortunately, Gremlins aren’t known for their discretion. They left behind a treasure map and thus began the epic, sugar-fuelled treasure hunt. It would take the kids throughout virtually the entire club ending with a trek through the native bush. Just as the kids were coming towards the end of the hunt sure enough back was the rain – hard and furious this time and it became a mud-soaked challenge.

We made it through though and with all the scattered egg pieces found, then came the moment of magic: Alex, who may or may not moonlight as a wizard, tossed the pieces into a box, gave it a dramatic shake, and—abracadabra!—reopened the golden egg to reveal it overflowing with Easter eggs!

The Gremlins vanished mysteriously (probably union break) and Easter was saved. The Easter fun didn’t end there, with Minka organising minute-to-minute games for the adults in the afternoon. Just as much fun, but with less chocolate. A very big thank you must go out to Alice who hid (and re-hid again) the eggs, Alex who organised the gremlin treasure hunt, and to Minka for organising the afternoon adult games. Also to Brad and Crystal who took care of breakfast and to Donna and Darryl for bringing their classic characters to life yet again for another wonderful Easter.

Moral of the story: never trust Gremlins, and bring an umbrella—just in case.

As my son was counting down the days till winter solstice, it finally arrived.. the 21st June, and with it, the question of who would brave the waters with me. I went in as I did last year. With no expectations, but fortunately more and more members (or shall I say brave victims!) arrived at the club as the hour of 2pm approached. At one stage I thought, where are the other ladies? But, just then 3 more ladies arrived, as well as 3 keen kids (amongst them, my son, who decided out of his own to join us). Until, eventually we formed a group of 15 people.



And so, we made our way to the pool. I looked at the thermometer beforehand, saw it was 11 degrees Celsius, and at that moment decided not to announce the water temperature until after the plunge. The brave souls lined up, as we counted down, and plunged. What a thrill! Though, I guess the expressions on some people's faces when they entered the water (see photos) might say something different! We even had an audience, as some members came to give us support (by watching us shriek!).



As Eddie F and David P were still busy taking the photos of the last ones jumping in the pool, the first people were already bolting for the exit. After which a second group got in the pool (those who did not want to be included in the photos, as well as the kids). And so, the whole event was over in 2 minutes (though I stayed in for a few more minutes, being a lover of water – hot or cold!). But it was certainly a thrilling, intense and fun 2 minutes! Something that made us laugh, and made the spa pools, sauna and fireplace very popular afterwards!



What a great way to celebrate the winter solstice and to come together, as a club, and as part of the NZNF's nationwide polar plunge. I hope everyone else who took part enjoyed it as much as we did! And guess what, summer is on its way! (in 6 months time, that is). – Alice de Wet





Planning is well underway for our 75th celebrations which will kick off at Labour Weekend and conclude on 9 November.

As part of the club's celebrations an Artisans Craft Fair is being organised for Saturday 8 November. Skilled craftspeople are being invited to participate and we already have five outstanding crafts people committed. The Fair will be open to the public and widespread advertising is being planned.

If you would like to hold a stall at the Fair or would like further information, please contact June: 0272 339 904 or email: junecampbelltong@gmail.com.

If you are interested in attending our celebrations, particularly ex-members, please register your interest with June, details as above. Programme out soon.

In 1983, Geraldine, my kids, and I became members of the WNC. Emigrating from the Netherlands and joining the WNC were two of the most life-changing decisions we've ever made. What an incredible valuable time we've had with our club! Club membership was a fraction of the cost compared to commercial campings and entertainment, making it the best investment ever.

In 1983, Geraldine, my kids, and I became members of the WNC. Emigrating from the Netherlands and joining the WNC were two of the most life-changing decisions we've ever made. What an incredible valuable time we've had with our club! Club membership was a fraction of the cost compared to commercial campings and entertainment, making it the best investment ever.

After our first rally in Wellington, where Geraldine and I helped with kids' entertainment, we visited larger naturist clubs in NZ. Everywhere we went, we were welcomed as family with open arms. "Hallo Geraldine and Albert, nice to visit us, welcome, come in." Unbelievable, they knew us by name!

Forty years of incredible enjoyment followed, with spa days, sauna sessions, swimming pools, games, rally fun, barbecues, campfires, dance parties, fireworks, dinner nights, live bands, coffee gatherings, and working bees. We've made piles of friends everywhere.



That's the best value for money anyone can dream of! Having 40 years of this high level of happiness is better than winning the Lotto! This kind of social organization deserves a statue!

And guess what happened then!!! At the end of the AGM, the president installed me as a Life Member of the WNC! That's a massive honour, and I think only 7 members have received this honour since the club's beginning in 1948. No wonder my thank-you speech fell flat – I was literally speechless!!! A simple "thank you" isn't enough.

This reward should have been the other way around. I'm proud to be a member of this club, and I know Geraldine would agree.

Albert Waijers

Near the end of May I headed South, principally to attend Southern Naturally's AGM – but what an adventure it turned into!

I met Ernie, who is Southern Naturally's President, off the bus in Timaru. We stayed the night with Ernie's brother and sister-in-law in Timaru and set off early the next morning for Invercargill where we met Alice off her plane from Auckland. There was time for a coffee and a quick bite to eat at the Invercargill Airport with several other members of the Southern Naturally team before climbing aboard a small twin engine plane for the 20 minute flight across to Stewart Island. The flight across itself is an amazing experience with great views of Southland, Foveaux Strait and Stewart Island. Once we got there Ernie took us down to the local store which was stocked with anything a person could want to eat or drink (amazing wine selection), then Ernie took us to Lee Bay which was completely deserted except for us hardy souls. It was too difficult to resist a quick dip, the water is incredibly clean and yes it was a balmy 14 degrees C.



Next Ernie took us back to where we were staying for the night which is a conservation trust that he is involved with on the island. It was warm, modern, comfortable and a great place to stay. After happy hour we went to the South Seas Hotel for dinner. I had Blue Cod and can honestly say there is no better blue cod anywhere. After dinner I shot up the road to visit relatives and on the way back to the hotel 500m from it I was greeted by a large white tail stag standing proudly in the middle of the road. It was only a couple of metres in front of the vehicle, wow! Then Ernie took us on a spontaneous wildlife tiki tour where we saw a kiwi for a brief moment and a very large sealion who looked a bit aggressive so we were not brave enough to get out of the ute to pat it. Honestly Stewart Island is a nature lovers paradise and a must see. All this was only a kilometre or so from the main centre.

Early the next morning we boarded the ferry to head back to the mainland for the Southern Naturally AGM. After a fairly flat crossing of Foveaux Strait we were met by Alan who gave us a quick tour of Bluff and then whisked us up to Apirima for the meeting. I had been to the Southern Naturally Club previously about 3-4 years ago and I was surprised by how much work Ernie and his team had done. There is now a big covered outdoor area with a concrete base and clear novalite roof. There is also a new fire place in the club house which kept the whole place toasty warm so that we could wear our club uniform. Alan is the garden manager and you can see in the pictures below the gardens are a credit to him and the club.



After the AGM Ernie cranked up the BBQ and together with the help from the other members provided an excellent lunch. Our accommodation was warm and comfortable and the Southern hospitality shone through the whole time we were there. This is a club that I would thoroughly recommend for a visit and is an excellent place to base yourself to explore all the fantastic places that the region has to offer.

Yours Naturally

Andrew

SIVP



I've come to the conclusion that there are two things that are key to the concept of Naturism being ...a way of life in harmony with nature characterised by the practice of communal nudity with the intention of encouraging self-respect, respect for others and for the environment. Those two things are People and Place.

Living in an apartment is probably not the most ideal accommodation for a naturist, but in the middle of 2019 we moved out of our 5 bedroom house on the outskirts of Auckland to an apartment close to the heart of the city to be just a 20 minute walk to work on Queen St. Twenty years of sitting in a car battling traffic for up to 2 hours a day, 5 days a week, had finally come to an end. The move made good sense, especially as the kids had all flown the nest, returned home then moved out again.

Nine months later, the country was in lockdown and Covid was in full swing. At 60, I was fortunate to be able to decide to have a break from work and consider next options. While I still dabble now and again doing work, most days I'm free to do as I wish.



Twelve years ago we were fortunate enough to be able to buy a small bach (holiday home) on just under 2 acres of land 90 minutes north of Auckland. The property was bordered by hedges and fences on three sides and wetland at the back. It was ideal from my perspective. Over time, with some extra planting, the section became my naturist haven and ideal for stripping off pretty much wherever and whenever. My understanding neighbours either side make occasional digs about having a naturist neighbour, but always in good humour (I was the one to raise the topic with them). The local beaches are often deserted first thing in the morning and a good day often starts with a walk along the sand (and a swim in summer).



The bach does require quite a bit of maintenance (lawns to mow, fence building, gardening, new projects for the grandchildren...) but there's nothing quite like the feeling of doing the work naked (but you already know that). I'm fortunate to have people (friends and family) around me who accept me totally for who I am even though they may not be anywhere near as far along the textile-naturist spectrum as I am.

As a member of Auckland Outdoor Naturist Club (AONC) for the past four years, I have had the privilege of meeting with other like-minded people. Whether relaxing by the pool or helping out at Working Bees (when in Auckland) or attending various events, there's a friendship and comradery that is difficult to find elsewhere.

I have known the joy that being naked in nature brings ever since I was a teenager. However, it was only about 10 years ago that I had the courage to share my story with my kids and others close to me. My family have been very supportive and they simply encourage me to continue being who I am. The bach and the Club have been key places for me to practice what I believe in and love so much.

Let's be thankful for the those who serve these communities so well.

In the wetland area at the bach we occasionally create a labyrinth to walk around - a chance to reflect on life. We have a quote by Julian of Norwich on a ceramic tile on a marker post which sums up how I often feel when all is stripped bare.

There's also something special about being with like-minded people who get what it is to be a naturist and the Club provides this opportunity. Let's remember the importance of our Naturist Clubs that bring together the combination of People and Place.

"All shall be well, all shall be well, and all manner of things shall be well." May this be so for you today.

Mark Haines

I went over to Western Australia for a holiday centred around social running, but made sure I could check out naturist locations while I was there. I flew into Perth, picked up a rental car & drove up to the Sun-seekers Nudist Club, which is about 25 minutes drive north of the airport.

The club is run similar to New Zealand clubs, with volunteer live-in members being custodians/caretakers looking after guests, visiting members, cleaning etc., but the environment is obviously completely different. I arrived on a Friday night & met by the duty members who showed me around the grounds, facilities & my cabin for the weekend. The cabin was comfortable with a bed, TV, kitchen & table near to an ablu-tion block.

On the Saturday the weather was partly cloudy with the temperature in the high 20's, so very pleasant to relax & enjoy the grounds & swimming pool. Each day on the weekends they have 'sundowner' drinks at 5pm around the camp kitchen. I was impressed by the hospitality of the club members making me feel welcome, even though I was a Kiwi. Being St. Patrick's Weekend there was a club function in the club-house on the Saturday night. I had bought gear for the theme of green & gold & was asked to join a table by club members I'd earlier met. There was a pot-luck dinner followed by a quiz, bingo, then music & dancing.



On Sunday morning a couple of the members had invited me to join them on a walk through the neighbouring John Forrest National Park. Unfortunately we had to wear clothes as we were walking from the club onto a popular walking track where we saw several other walkers. We ended up doing an 11k loop which took us about 3 hours. We went to the Hovea Falls, which are a local tourist attraction, but nothing more than a puddle when I was there (photo below).



The afternoon was spent enjoying the sunshine & the swimming pool before I headed to the local pub for dinner. The club is situated about 5 minutes drive from the village of Parkerville, where I went to the Parkerville Tavern, which has a large garden area, including a kids playground & had live music on a Sunday night. It is also about 10 minutes drive from the town of Mundaring, which has supermarkets & any shops you might need during a stay.

From Sunseekers I had a 9 hour drive (including some sight-seeing) down to Esperance on the south coast, where I met up with a group that had travelled across the Nullarbor from Canberra.

The next day we went sight-seeing along the string of beaches west from Esperance, including Ten Mile Lagoon, which is the local clothing optional beach.

I went back in the afternoon to check it out. The so called lagoon is a sheltered area of sea due to an offshore rocky reef. However, the clothing optional area is west of the reef, so the sea was rather rough. The state of the surf & also the activated shark alarm at a nearby beach in the morning meant I didn't go for a swim. I did find a spot sheltered from the wind to enjoy the sunshine.



From Esperance I headed around the south coast, through Albany, Margaret River & Busselton to Rockingham. At Rockingham the clothing optional beach is the Port Kennedy Nudist Beach in the suburbs south of the city centre. The beach was really nice, it was sunny & around 30 degrees, so a great beach day. I was there on a weekday & quite a few people were there. With people coming & going it appeared that some people were coming to the beach in their lunch-hour. It was a shame to have to leave.

Once up in Perth I went to Swanbourne Beach which is Perth's clothing optional beach. At the carpark there is a surf lifesaving club, restaurant/bar & public toilets & showers. The clothing optional section of the beach starts about 300 metres north of the carpark. Again it was a beautiful day, sunny & mid 30's temperature. For a weekday the beach was quite popular with a variety of people there, older people as expected, but also younger ones, couples & solos. I have been there several times over the years, but one thing I hadn't remembered from previous visits was how sharply the beach dropped under the water. About 3 metres out from the water line the sand dropped from about waist deep to suddenly over my head, so you have to be careful swimming there.

I spent 3 weeks travelling around Western Australia. The temperatures ranged from the mid 20's down south to mid 30's in Perth & didn't see any rain in that time. I found some really nice spots to enjoy the great weather as nature intended.

Brent Anderson

An update from Dion de Wet, Digital Platforms Coordinator. **Four things.**



1. Events page on gonatural.co.nz website

There's a calendar and events page on the NZNF website which lists all major upcoming events. I add anything to this page that I see in a club newsletter but you can also email me at webmaster@nznf.nz if you wish to have an event listed. <https://gonatural.co.nz/news/17/11/Upcoming-events/>

2. Increase in phishing emails

There has been a worldwide increase in phishing and malicious emails, with Microsoft and other releasing official warnings. We have seen quite an increase with respect to the NZNF and .gonatural.co.nz domains too.

Be vigilant. Please do not click on any link inside an email or open an attachment unless you are 100% sure you can trust that email. Scammers often pretend to be banks, social media (Facebook), the post office, courier companies, Netflix, New Zealand transport, or others. Sometimes they pretend to be your email provider and state there is something wrong with your account. They setup websites that look like the real thing so you think you might be visiting BNZ for example - but it's a spoof website setup to look like BNZ.

Instead of clicking the link in your email - GOOGLE or type in the address of the business - do not follow a link from an email. Never, ever, put your password or credit card details into any website after you've clicked a link from an email unless it is you who requested that email in the first place (for instance if you have requested to reset your password because you have forgotten how to login to a website).



Anything that is marked as high importance or has a sense of urgency to it - should be considered a red flag for a scam. If something is really massively urgent - the organisation in question can PHONE you - right?

Even if the email seems like it's coming from someone you know, still treat it with caution. Scammers can infiltrate someone's email (if their account has been compromised) and send emails from that person's email.

Scams can seem very real, always treat all emails with links and attachments with caution.

3. Publisher will be discontinued in Oct 2026

Microsoft is switching off Publisher in Oct 2026 which is the software most of our clubs use to produce their newsletter. Based on the version of Publisher you're on, you probably won't even be able to open your files anymore after this date. So consider exporting your files to a different format (e.g. PDF) before then. If the editor of your club is using Publisher, I recommend they start making a plan to transition to some other software. I'm available for advise - please contact me on webmaster@nznf.nz



4. Windows 10 support ends Oct 2025

Many of you reading this will still be using Windows 10. If you are, your computer has probably asked you multiple times already if you want to upgrade. As of October, you can still use Windows 10, but you will no longer receive security updates for your system. Please consider upgrading to Windows 11 before then. The upgrade is free, and the upgrade should retain all your existing files and settings. See this article for more information

<https://blogs.windows.com/windowsexperience/2024/10/31/how-to-prepare-for-windows-10-end-of-support-by-moving-to-windows-11-today/>





Published in Lucky Break Issue 17 May 5 2025

Our Parenting Laid Bare – We're raising our boy as a naturist

Alice de Wet, 42, Auckland, NZ. (Journalist: Emilia Mazza)

With a pen in hand, I jotted down each tip my friend told me. “This is so helpful. Thank you,” I told him appreciatively.

It was 2009, and John, a photographer, was wise when photographing the human body. I lived in South Africa and was just starting out as a photographer. My main area of interest was taking portraits of people who were semi-clothed or nude. For me, it was when they were at their most beautiful. As we chatted about nudity, John revealed to me he was a naturist.

“I’ve even been to a nude resort,” he said.

Intrigued, I did some research online and discovered that naturist resorts offered a safe, private and non-sexual space to socialise with others in the nude. Later, I mentioned it to my boyfriend, Dion, 26. We both enjoyed the feeling of freedom that naked gave us, which we’d discovered early on in our relationship. Over time, we’ve stopped wearing clothes in the house, unless other people were there.

“How would you feel about going to one of the resorts?” I asked Dion.

“I wouldn’t be against it,” he shrugged.

Keen to try it out, we booked a day visit to the resort John had told me about, in a few weeks’ time. When the day came, I was both nervous and excited. On arrival, we were welcomed by a member who was completely naked.

“Welcome,” he smiled. He said that to enter the club we had to take off all our clothes.

“Ready?” Dion asked. I nodded and then stripped off. We left our clothes in the car and made our way into the resort. My heart was racing, but as we started mingling with others, I soon relaxed. Everyone was so warm and welcoming. Before long, being clothes-free felt natural. There was a pool, spa, and also a dedicated play area for kids.



“I love that it’s family friendly,” said Dion.

We returned for another weekend before relocating to Christchurch. Once settled, we started looking into what naturist life was like in New Zealand. We found one near our home, which was just as welcoming as the one back in South Africa. Then, in 2017, I fell pregnant, and gave birth to a son. After discussing it, Dion and I agreed we wanted to raise him in a naturist home. The resorts were family friendly so we could take him with us. “If we don’t make it seem strange, then it won’t be,” I said.

Members at nudist clubs are usually subjected to strict screening measures before they gain entry, so I knew he would be safe. Anyone acting suspiciously, or with the wrong idea, was quickly removed. If we wanted to go to a nudist beach, I was selective with which ones we went to, as we couldn’t control who went there. As our son grew older, he loved going to the club and playing with the other kids, as Dion and I chilled with the adults. We’d play with him in the pool, too. We left it up to him whether he wanted to wear clothes or not. Usually, he opted to strip off.



DON'T JUDGE (CONT)



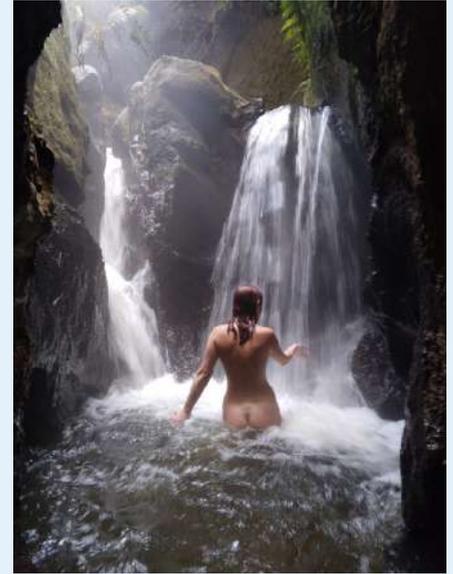
In 2019, we became full-time members of a naturist club. Since then, we've made friends with other like-minded families, who've truly helped us. This lifestyle isn't for everyone, so we don't announce it to our friends and family about it. We'd kept it secret before as both our families are conservative. Telling them, we kept it vague.

"We've joined a sports club where people go into the spa naked," I said.



They respected our choice, but preferred not to know too much. Although, my picture appearing in the local paper, with nothing but a spade covering my bits, on World Gardening Day, gave a lot away! While I know some people might judge our family for the way we live, no one has ever openly criticised me. And if they did, I'd be quick to point out the many positives.

Naturism shows you that bodies come in all shapes and sizes, and imperfections are what make us unique and beautiful. It's an important lesson to teach kids, especially growing up with unrealistic expectations. I want our son to grow up seeing people as they truly are, and not just the filtered, perfected versions he'll come across online. It also helps demystify bodies and removes sexual connotations. Our boy, aged seven, is still young enough to feel completely at ease with himself naked, but we know that might change, particularly when he hits puberty. We'd never stop him stepping away from the lifestyle if that's what he wanted.



We have friends with children who have done exactly that. And if he starts to feel awkward about us being naked, then that's something we'll have to find a way to navigate as a family. I know this lifestyle isn't for everyone, but it works for us, and that's all that matters.




"NZNF President Alice de Wet has been interviewed by the show 'Naked, Nudists and Naturists' which is the official podcast of the American Association of Nude Recreation. Her interview is spread across two episodes and starts at about 27 minutes in each case. 27 minutes in in each case.

Ep 102 (Part 1): <https://www.youtube.com/watch?v=407bBa7Jsaw>

Ep 103 (Part 2): <https://www.youtube.com/watch?v=bTjILCqhjWI>

You can also find this podcast on Spotify, Apple Podcast and most podcast apps."



DIRECTORY

NZNF CLUBS/PARKS/GROUPS IN NZ

Auckland	Auckland Outdoor Naturist Club Auckland Sun Club Counties Sun Club	www.aonc.nz www.asc.gonatural.co.nz www.countiessunclub.com
Waikato	Waikato Outdoor Society	www.waikato.gonatural.co.nz
Bay of Plenty	Katikati Naturist Park	www.katikati-naturist-park.co.nz
Rotorua/Taupo	Rotota Sun Club	www.rotota.co.nz
Hawkes Bay	Hawkes Bay Naturist Club	www.hawkesbay.gonatural.co.nz
Manawatu	Manawatu Naturist Club	www.manawatunaturistclub.co.nz
Taranaki	Taranaki Naturist Club	www.tnc.gonatural.nz
Wellington	Wellington Naturist Club	www.wellingtonnaturists.co.nz
Nelson	Nelson Naturist Park	www.nelsonnaturistpark.co.nz
Christchurch	Pineglades Naturist Club	www.pineglades.gonatural.co.nz
South Canterbury	South Canterbury Sun Club	www.scsc.gonatural.co.nz
Central Otago	Alpine Lakes Naturist Club The Orchard Naturist Club	www.alpinelakes.gonatural.co.nz www.orchard.gonatural.co.nz
Southland	Southern Naturally	southernnaturally.gonatural.nz
National	Free Beaches	www.freebeaches.org.nz
	Nudvan	nudvan.gonatural.co.nz



NZNF WEBSITE
www.gonatural.co.nz

INF WEBSITE
www.inf-fni.org

NATURIST LINKS

- ANaturistWorld anaturistworld.com
- Naked Wanderings www.nakedwanderings.com
- Naturist Friendly B&B airbnb.co.nz/h/retreat480
- KCs Retreat www.kcsretreat.co.nz

SOCIAL MEDIA

NZNF FACEBOOK GROUP

Join the new NZNF **PRIVATE** Facebook group with this link:

facebook.com/groups/nznaturistfederationgroup

NZNF MEWE GROUP

MeWe offers a social media platform free of censorship:

mewe.com/join/newzealandnaturistfederation1



NZNF INSTAGRAM

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FROM THE EDITOR



Thank you for your wonderful contributions, it makes for very interesting reading.

We do rely on your contributions for the newsletter, so please share any naturist activities, club news, etc, with us .

Articles for the next edition September/October are due by 15 August to:
editor@gonatural.co.nz

Thanks - Judith Mercer



Bye Bye
Ka Kite