



gonatural
NEW ZEALAND NATURIST FEDERATION



Saturday 13 December

10AM



NZNF AGM

Clubhouse

All welcome as observers,
only delegates can participate

Wellness days at AONC & WNC



OrganicNZ

Nude Gardening Calendar 2026



Read more inside!

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Hello

I hope you are gearing up for the summer season, as the warmer weather is starting to move in! Finally! Time to shed those winter clothes and hit the outdoors at your nearest club/beach!

Firstly, another reminder that the NZNF's AGM is coming up on the 13th Dec at 10am. Hawkes Bay Club (Rapere) will kindly be hosting the AGM, and have some great activities planned for Saturday evening, including a BBQ (tickets can be purchased for \$25), a Santa pressie game and a UV Light Night.

So if you would like to attend the NZNF's AGM in person, and wish to attend the awesome festivities afterwards, get in touch with HBC re the evening event and start making your travelling arrangements. The NZNF executive picked this date so as to avoid it overlapping with the Christmas holiday season, making it more practical for most people.

The list of nominations and candidates running for committee will be sent out by Jeremy, our secretary. Please keep a look-out for this email and pass it onto your club's committee to discuss your decisions, which should be passed onto your club delegate to vote at the upcoming AGM. If your club delegate cannot attend the AGM in person, a zoom option is available, which will be managed by Murray, who has sent out an email regarding this. For any queries, please contact him.

I would like to thank everyone who has put up their names so kindly and generously to run on the NZNF committee and volunteer their time! And also to Wendy Lowe who has kindly stepped in as Treasurer in the interim to help the NZNF out until the AGM, following Kathy's recent resignation due to her own personal unforeseen circumstances.



I will be attending Southern Naturally's Wild Food Festival with Andrew on the weekend of November the 8th and am really looking forward to visiting the Southern most club in NZ and meeting more members in the South Island.

Though I am saddened that I could not visit as many other clubs as I had wished to over the last month but please know that I was there in spirit as you were celebrating your milestones!



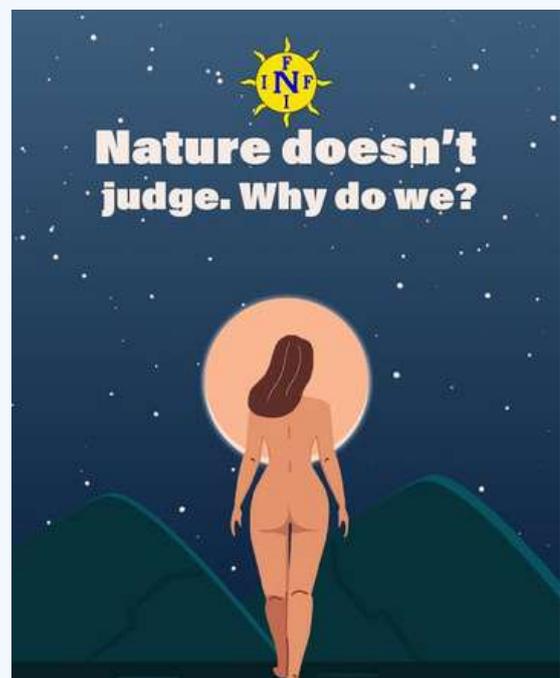
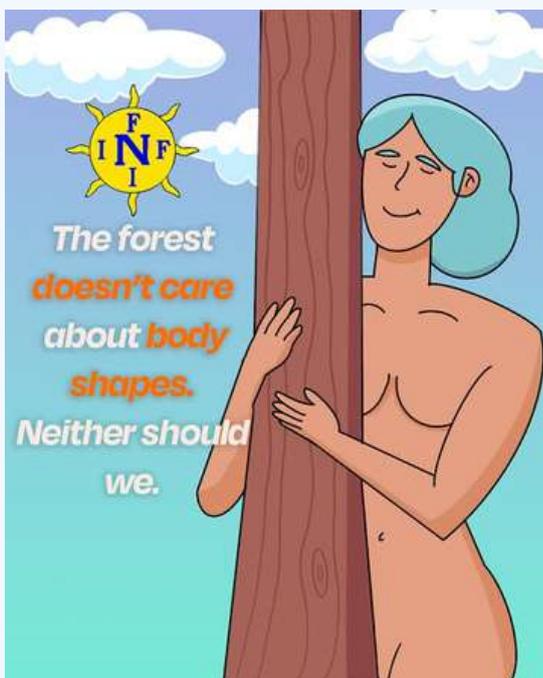
With Nude Gardening Day coming up, by the time this newsletter publication goes out, it would've come and gone. I've been in contact with Yates regarding marketing for Nude Gardening Day and fingers crossed that there might be some interest from the media to do an interview at a club(s) on or right before nude gardening day.

Quite a few clubs have or are celebrating milestone birthdays, such as Free Beaches, who had their 50th anniversary, Pineglades celebrating their 70th anniversary and Wellington Naturist Club celebrating their 75th anniversary. Such amazing milestones. It makes us so thankful that we can be part of such a big movement which has lasted more than one generation and will hopefully continue to last more generations.

I would like to end off with a note about an event that was recently hosted at AONC which was a Wellness Event, focusing on wellbeing activities for the mind, body and soul. Such as bush bathing, sound bathing (not referring to actual bathing but rather a mental immersion), pilates & finnish sauna. All of these activities attracted members of a wide variety of ages and genders, and goes hand in hand with the principles of naturism. So if your club is looking to host something different that might attract people of all different age groups, I would highly recommend a wellness event (which can, off course include other type of wellness sessions that some talented members at your club might be able to host).

And with that the year is almost coming to an end, and, as we start to gear up for the Christmas and the holiday season, and we reflect upon the past year's ups and downs, may we cherish all the beautiful memories that we can carry with us into next year, as we look into the future with new hope and new beginnings. Take care over the holiday season, enjoy time with family/friends/fellow members and if you are travelling, safe travels.

Alice de Wet



EVENTS COMING UP

8 November	WNC 75th Artisan Craft Fair
8/9 November	Southern Wild Food Festival
13 December	NZNF AGM Hawkes Bay Naturist Club
5-8 February 2026	WOS Annual Mini Rally
March 2026	World Naked Bike Ride

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 2nd Nov 11am-
Sun 7th Dec 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.



Wellington Naturist Club



Artisan Craft Fair



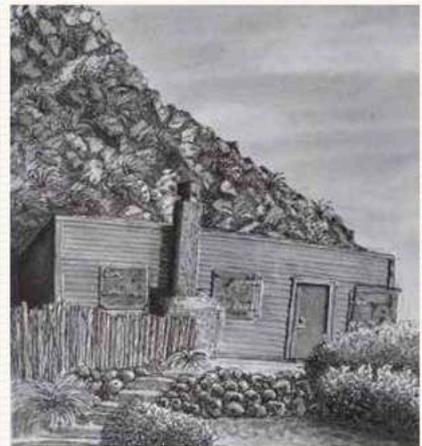
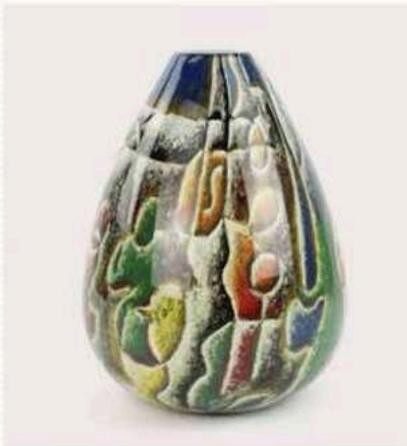
Come and see a display of talented crafts people display their talents in a unique setting of the beautiful grounds of the club.



Saturday 8th November • 11am – 3pm

20 Molloys Rd, Te Marua
www.wellingtonnaturists.co.nz

Wellington Heritage Festival Event



SOUTHERN WILD FOOD FESTIVAL November 8-9 ; Friday-Monday



AT SOUTHERN NATURALLY

329 Guise road, Aparima.

Plenty of parking space.

Book early for a cabin.

**ENTRY
\$25**



sec.southernnaturally@gmail.com -phone 02 847 412 45

Saturday 13 December

10AM



NZNF AGM

Clubhouse

All welcome as observers,
only delegates can participate

6:30PM



BBQ meal

Blair's place

Prepaid tickets only, \$25
Tickets available from Hans

8PM



Pressie game

Clubhouse

Bring a \$10 to \$20 gift.
No Pressie No Play
Members and guests welcome

9PM

on special request



**Mid summer
UV Light Night**

Get your glowsticks, LEDS's,
fluorescent body paint, or any
other ways to light yourself up
and dance the night away.



Camp Caretaker / Visitor Host Wanted

Paid Summer Position



Nelson Naturist Park



We are looking for a naturist-friendly couple or individual with their own accommodation (motorhome, caravan, tiny home) to help us out over the summer season.

Live and work over the summer within a friendly community in a beautiful, peaceful setting with pool, spa, clubhouse, and a 9-hole pitch & putt golf course in Upper Moutere.

This is a paid position, with site and all utilities provided. Could become long-term. Around 3 hours a day of cleaning, caretaking and visitor hosting with days off.

Our Ideal Caretakers:

Are friendly, reliable, and self-motivated.

Possess basic computer and admin skills.

Embrace a naturist-friendly outlook and respect for the lifestyle.

Call 027 710 8025 to discuss or email: secretary@nelsonnaturistpark.co.nz



Nelson Naturist Park



On the 11th October the AONC hosted a wellness day. The intent of the day was to focus on well-being through mindful awareness of nature, enhancing sensory experiences, and strengthening connections to the natural environment. Health, wellness and nature are core foundational principles of naturism.

The Wellness Day was structured around four activities, lasting 45 minutes each:

- Pilates – to create body awareness, strengthen core, improve overall posture and increase flexibility and balance.
- Traditional Finnish sauna experience – which included several “sauna infusions” where the sauna master poured scented hot water over the hot stones and waved a towel to distribute the hot air. This was followed by a refreshing cold plunge into the big pool.
- Sound bath – guided into and through the experience with the use of crystal sound bowls tuned to the natural frequencies of the earth, a guided body scan, and Tibetan singing bowls.
- Bush bathing – a guided mindful wander through the Paremuka Stream Track focusing on mindful breathing, becoming aware of senses and being intentionally present in the natural world.



The day started with an opening and karakia connecting the event to the maramataka (Māori lunar calendar), spring and naturist philosophies. This connection to nature permeated the day and was commented on by the 36 people who attended. Participants discussed how they developed a sense of wellbeing and peace, that they were able to reconnect with themselves and reconnect to nature, and that they had a strong and often profound personal experience.

Experiences, such as these, are powerful reminders of why we are naturists. Connecting to our environment and connecting to others through social nudity enriches our tinana (bodily wellness), hinengaro (mental health), wiarua (spirituality) and generates a whānau (family).

The diversity of people attending the day, from young to young-at-heart and from new to old members highlighted the desire to focus on wellbeing and peace in this hectic and often chaotic world.

Creating spaces for wellness and getting back to our naturist roots are things that clubs can do to grow, invigorate and refresh membership.

Kyle





In September, 17 men gathered for the inaugural WNC Men's Group – an idea that, like many good ones, started over a beer. A casual chat among a few members soon turned into a candid discussion about prostates (as it does), and someone suggested, “Maybe it's time for a proper men's group – a place to share stories, swap insights, and have a real yarn about the things we don't usually talk about.”

The first session, aptly titled “Walnut,” was led by Tony Burt, who shared insights from his personal ten-year journey with prostate cancer and his research for a documentary on the topic. His openness set the tone for the session, prompting others to share their own experiences. What followed was a refreshingly honest, sometimes humorous, and thoroughly enlightening discussion. The great thing is you can face it head on with attitude, take the mystery out of it, especially with situations you can laugh about.



One of the great things about the group is its golden rule: what's said in the group stays in the group. It's a safe space for men to talk about the stuff that usually stays bottled up. It was such a positive experience that a few even booked PSA tests afterward – proof that good conversation can spark real action.

The group plans to continue meeting regularly, choosing a couple of topics for each session. With members bringing talents and experience ranging from mental health to the best use of power tools, who knows where the conversations will go?

Do you have an interesting journey into naturism?

June Campbell-Tong has been approached from the journalist who wrote up Nick and Wendy Lowe's wedding in an Australian Woman's magazine in 2011.

The journalist is asking if any other female naturists have an interesting story to tell of their journey into naturism.

If you are interested please contact June at junecampbelltong@gmail.com to discuss.



Let's be honest, business trips can be a bit of a drag. Last November, I found myself heading to Wellington for some family admin, and the thought of another beige hotel room made me want to cry into my complimentary biscuit. But then, an idea sparked: Te Marua, the naturist club! I'd only ever visited for fleeting day trips to Rapere – a naturist club in Hawke's Bay. Maybe, just maybe, it was time for an overnighter.

It's funny, no matter how many times I visit, pulling up to the gate gives me a case of the butterflies. It's a cocktail of nerves and excitement at the thought of finally getting to ditch my clothes and just be.

From the get-go, the club's team were superstars. Toni, one of the custodians, greeted me with a tour that immediately put me at ease. My little cabin was spotless, cozy, and the perfect basecamp for my adventure.

First order of business: explore. It was getting dark, so I ditched my clothes but kept a sweatshirt on for the evening chill. Crossing the bridge onto the main grounds felt like stepping into another world – a tree-filled wonderland.



As I wandered, I stumbled upon a chap named Greig tending a brazier. What started as a casual "hello" turned into an hour of us channeling our inner cavemen, feeding branches and garden waste to the crackling flames.

Naturally, the sweatshirt had to go – I wasn't about to sacrifice it to a stray ember. So there we were: two blokes, naked as the day we were born, working under the stars. The fire kept us warm, the conversation flowed freely, and we ended up covered in a fine layer of ash, smelling vaguely of a peaty Ardbeg whisky. It was surreal, primal, and utterly brilliant. Who needs TV when you can have a bonfire in the buff?

It was time to freshen up and prepare to turn in for the evening. So, how are the facilities?

1. The Shower: Pristine, with a vast window opening onto the trees, making it feel like I was showering in a forest.
 2. The Sauna: I joined Greig for a session that melted away every last bit of city stress—just incredible conversation without a single phone screen in sight.
 3. The Shock: A post-sauna cold shower. It's a full-body exclamation mark, a shock to the system that is one hundred per cent worth it.
 4. The Soak: I then floated off to the hot tub. Just me, the steam, and a canopy of stars. It's incredible how something so simple can feel so profound.
- The Plunge: To top it off, a dip in the heated pool.

I woke up refreshed and ready for Day Two. After a coffee on the clubhouse deck, I realised something extraordinary: I didn't have to put on clothes. The sun was out, the air was warm, and my "club uniform" made perfect sense.

First, the walking track. I got directions from a friendly couple enjoying a cuppa outside their caravan, and off I set. The path led to a lookout with a view so spectacular it practically demanded a "king of the world" moment. Arms outstretched, sun on my skin, I felt a wave of pure peace.



View of WNC from the lookout

Later that day, I was enjoying the sun when June Campbell-Tong, a legend in the New Zealand naturist community, pulled up in a car full of bar supplies. I offered to help her unload and noticed a lawnmower in the back.

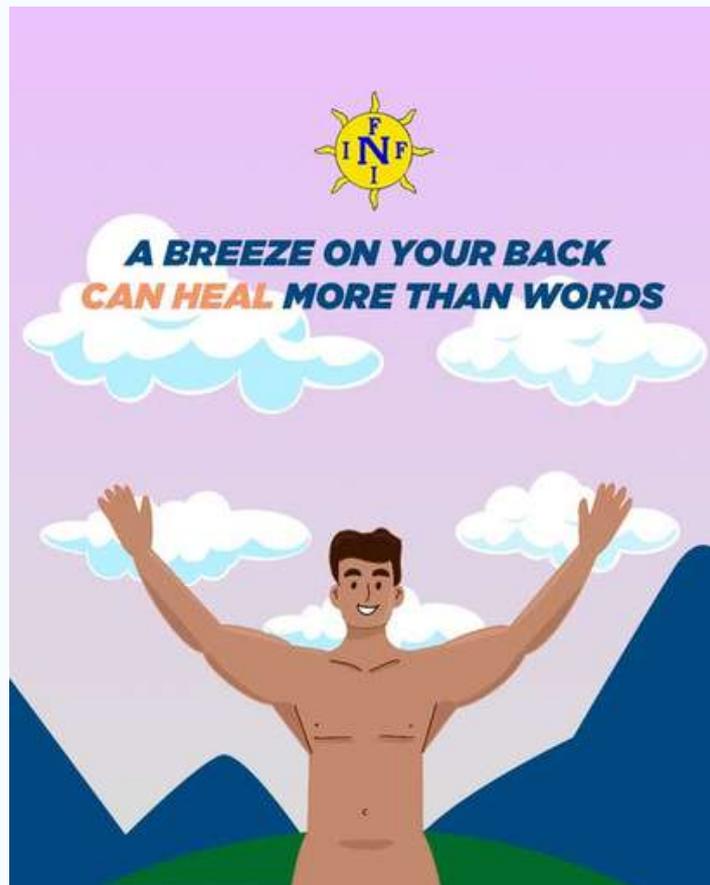
"Need a hand with that?" I asked, half-joking. To my delight, she said yes! And so, my afternoon was spent mowing lawns in the sunshine, without a stitch of clothing on. It was hot work, and frankly, it was the most sensible way to do it. Afterwards, June and I sat and chatted about everything under the sun. It was an absolute privilege.

So, if you're from overseas planning a trip, please come and see what our Kiwi clubs have to offer. And if you're a New Zealander who's been thinking about giving it a go, my advice is simple: just do it. You might find, like I did, that shedding your clothes helps you shed a whole lot more. A huge thank you to everyone at Te Marua who made my stay unforgettable. I'll be back!

Jimmy

I'll be honest, I didn't want to leave! My stay was a blur of swimming, soaking, chatting, and exploring. It was a total reset for body and mind. No shops, no deadlines, just simple, unfiltered relaxation. Where else can you get a five-star mental health retreat for the price of a cabin?

Naturism, for me, is about acceptance, connection, and a level of relaxation I never knew was possible. It's taught me to be more present, whether I'm clothed or not.





Hi I'm Roger and I recently joined a local naturist club. The club members and various other Naturists have made me feel very welcome and relaxed over the past few months. This has made me feel a lot more positive about myself and has boosted my self esteem.

I have been for most of my adult life a member of the Baptist Church and nudism when talked about was never condemned but was frowned on. You were made to feel ashamed of the body that God gave us.

I was probably what you call a 'Closet Naturist' being naked at home and occasionally while walking in the bush.

Late last year I was looking for a nature walk to go on when up popped the NZ Naturist web site. Many years ago while living in Christchurch I did hear of a local club and the paper published an article about naturists on a local beach, these in my view were not a very positive image of naturism.

So with trepidation I arrived at the local club for a 2 night stay. The President had gave me the access code, so I approached the combination lock on the gate.

Then a whole series of 'what if' questions came to me.

- What If I embarrass someone?
- What If I embarrass myself?
- What If I don't have the right body shape?
- What If I my manly parts take over?
- What If I offend someone?
- Etc. Etc. Etc.

Well I needn't of worried the club site was completely empty, I found out later it was the national rally weekend in Christchurch, and several members were in attendance.

There was on the bookshelf a copy of the NZ Naturist magazine dated Sept 1983 with an article titled 'A Pastor Ponders Nudism' which gave me much encouragment as to me being not the only Christian with a focus on Naturism. He found Naturism to be a really positive lifestyle for his young family but most activities were weekend based when he had church based commitments.

On the 2nd evening a couple, from the North Island, arrived in their motorhome that was my very first encounter with naturists and I felt completely relaxed and positive with the whole experience.

A couple of weeks later I returned to the club grounds which again was empty. This time on top of the book shelf was another magazine, this time dated Sept 1990, titled 'Should A Christian Join A Sun Club'. This article was written by a Theologian and unlike the first article that dealt with mainly the practicable issues this dealt with the biblical issues.

I don't believe in coincidences and believe these were God given moments to teach me what I am moving into. I am not a person that goes around preaching but hopefully my lifestyle and actions will endorse my Christian faith.

In mid March I attended an anniversary weekend at the club, were there were visitors from Christchurch, one of the visitors shared a brief comment on her support with a local church on their fundraising support for a local children's home. Again I believe this was God showing me there are Christians today within Naturism NZ

I would love to be able to fellowship with these members in a non threatening way and without being frowned on by textile church members.

Please contact me on my email if this article speaks to you
rogerandnorma5149@gmail.com
so we can encourage and support each other in the Naturism environment and also with friends and family.

What If I hadn't opened that gate?

Roger P



In May of 2024, as part of travels in Australia's Gold Coast, we visited a naturist resort in Queensland, situated on 17 hectares of Aussie bush at the foot of Mount Greville (710m) in the heart of the "Scenic Rim" in Queensland. Lake Moogarah is visible from the pool deck.

Due to the incumbent regime, public naturism is illegal in Queensland, so all such resorts and venues need to be private. Some places ask you to join the Queensland Naturist Association qldnaturistassoc.org (\$25-single, \$35-couple) before allowing you to visit or book accommodation. That can be done online. Whatever the system, that was not required at Elephant Rock and booking was essentially organised via email after visiting their website <http://www.elephantrock.net> or elephantrocknatural.com and a phone call. Possibly we included evidence of NZNF membership.

An internet search for Queensland Naturist Park, accommodation or caravan, should identify other venues. Some non-landed clubs have a timetable of events that may coincide with your travels if you make contact first. Everyone must book at Elephant Rock, as spaces are limited so casually calling in cannot be accommodated, this being a very private rural retreat rather than a resort style retreat

We stayed two nights as it was sight unseen, but more would have been nice. John and Kaylene were very welcoming, including us in a 5 o'clock happy hour and very helpful with directions, things to do, where to store food and so forth. The kitchen was very well equipped and, combined with the lounge which is furnished and looked after like their own lounge. John and Kaylene are working tirelessly to improve the facility, which includes a 10 metre swimming pool, hot spa, BBQ, shower block, and some sporting equipment to borrow.

Things of interest are; a semi-resident turkey, a love seat walk, or walk much further to conquer Elephant Rock itself. Nearby Moogarah Dam, and a Easter religious pantomime put on by locals once per year. Other points of interest nearby are Palm Gorge and Waterfall Gorge or Slab Rock, but these are serious hikes requiring suitable equipment and skill. You can camp, but currently the power outlets have been removed due to lack of compliance. There are well appointed motel rooms with space for luggage, a bathroom, toilet, a comfortable bed and a small fridge. Linen and towels are provided in the Suites, which have a queen bed



There is a conventional caravan park near Lake Moogarah. Less than 2 hours drive from Brisbane or Gold Coast airports across a variety of roads with the final part being shingle (nominally a dirt road in Aus). This is a true bush setting, well away from civilisation. A map is available on their website, with an alternative route recommended for larger caravans and RVs. If you are planning a trip to Queensland and would like some quiet naturist R&R consider a couple of days or a week at Elephant Rock. Kaylene and John will look after you.

Linda & Jeremy

The Team at Elephant Rock email: info@elephantrock.net phone: +61 7 3185 2791

Sat 25 Oct was the 8th annual Southern Hemisphere nude gardening day. This was covered by the Otago Daily Times – you can read the article from the link: <https://www.odt.co.nz/the-star/nude-gardening-push>.

Alice was also interviewed by Radio New Zealand, you can listen to the 3-minute interview from this link: <https://gonatural.co.nz/uploads/video/Nude%20Gardening%20Day%202025.mp4>

The theme for 2025 was “communities in bloom”. The press release was organised by Yates.

For a third year, The NZNF was joined by the Australian and South African Naturist Federations in celebrating the day.

Organic New Zealand (formerly Soil & Health Association NZ) has been on-board nude gardening day since 2022 when the theme was “soil health” and have been releasing an annual nude gardening day calendar since. They will be releasing a nude gardening calendar again for 2026.



Last year we had four NZNF members that were featured in the calendar, including a photo of Alice with the recently deceased Anna Cruze. Anna received a copy of the calendar three weeks before her passing and said to us “wow, I’ve never been a calendar girl before!”. It now hangs on her sister’s wall.

Their calendar for the last two years was quite beautiful, and cost \$35 plus postage. They make the perfect Christmas present but sell out quickly. We will post something to the NZNF group as soon as their calendars are on sale, or you can keep an eye on their Facebook page:

<https://www.facebook.com/OrganicNZ>

For a full history of nude gardening day including all media stories dating back to 2018, check out

<https://www.gonakednz.com>



Dion

British Naturism Magazine Earns Industry Applause

The International Naturist Federation warmly congratulates British Naturism (BN) on a landmark achievement: its quarterly magazine has been shortlisted for two prestigious awards by the British Society of Magazine Editors (BSME), an organisation that can count many well-known, mainstream magazines among its membership.

The nominations — ‘Editor of the Year – Independent’ and ‘Cover of the Year – Independent’ — mark a historic moment for the magazine, which has been in continuous publication since 1964 and reaches an estimated 15,000 readers per issue.

INF-FNI Biennial Conference Highlights Inclusivity and Global Collaboration

On 3 and 4 October 2025 the International Naturist Federation (INF-FNI) held its second biennial conference alongside the annual meeting of EuNat. It was held at Costa Natura, near Estepona, Spain, hosted by the Spanish Naturist Federation (FEN), with other participants joining online. Chaired by Andrew Welch, the event brought together member federations for two days of thoughtful discussion, collaboration, and forward-looking ideas.

One of the most anticipated topics—whether the Naturist Symbol should be formally recognised by the INF-FNI—sparked lively debate, after more than sixty comments had been submitted on the blog published in preparation for the discussion. Opinions varied, but the conference reached a consensus that the symbol’s widespread use and popularity should be acknowledged.

Other key outcomes included:

- A reaffirmation of the 1974 definition of naturism, with no interest in revising it.
- A shared commitment to inclusivity, welcoming those who enjoy non-sexual nude recreation regardless of self-identification.
- Proposals to modernize and enhance inter-federation communication through webinars, newsletters, and online platforms.
- A call for stronger global messaging, especially toward Latin America and the Southern Hemisphere.
- Recognition of the importance of succession planning in the leadership team and volunteer coordination.
- Agreement that EuNat – the organisation’s European arm – still had a purpose and a value.

The conference underscored the value of community, mutual support, and adaptability as naturism continues to evolve in a global context.



Alice de Wet
President
president@nznf.nz



Andrew Beasley
SI Vice President
sivp@nznf.nz



Paul C
NI Vice President
nivp@nznf.nz



Jeremy Kelleher
Secretary
secretary@nznf.nz



Kathy Earby
Treasurer
treasurer@nznf.nz

Vacant
Marketing Manager
marketing@nznf.nz



Alexander Hagen-Thorn
Families NZ Coordinator
families@gonatural.co.nz



Andy Nicoll
Database Secretary
database@nznf.nz



Dion de Wet
Digital Platforms Co-Ordinator
webmaster@nznf.nz



Alice de Wet
Social Media Co-ordinator
socialmedia@gonatural.co.nz



Ken Mercer
Sports Co-ordinator
sports@gonatural.co.nz

FROM THE EDITOR



Hard to believe we are near the end of the year, but the positive is summer is almost here. Wishing you all a wonderful Christmas and hope you have time to relax and enjoy the sun.

Articles for the next edition January/February are due by 15 December
to: editor@gonatural.co.nz

Thanks - Judith

Bye Bye
Ka Kite



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.org
Taranaki	Taranaki Naturist Club	www.tnc.gonatural.nz
Wellington	Wellington Naturist Club	www.wnc.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:
facebook.com/groups/nznaturistfederationgroup



NZNF MEWE GROUP

MeWe offers a social media platform free of censorship:
mewe.com/join/newzealandnaturistfederation1



NZNF INSTAGRAM

instagram.com/nz.naturist.federation



NZNF BLUESKY

<https://bsky.app/profile/gonatural.bsky.social>