

October - November 2023



At the Free Beaches AGM last month, we welcomed a new visitor, Colleen (not above!), who's been staying at a clothes-optional flat in South Karori since leaving the US four years ago - see page 9 for the benefits of such an arrangement!



Inside

Presie's Piece	2
Naturist Calendar	
News Flash	3
Obituary, Roy Cox	4
Better in the buff	5
Naturist Camp @ Kiwiburn	6
Hauraki's YT print outs	
A Naturist World	7
AONC Families Day	8
Benefits of a CO house	9
The point of Special Days	10
Racing home, naked	11
Working from home - a study	12-13
Body hair - your choice?	14
OSC - 2 events: Nov 4&5 th	15
WNBR Waitati	16
Marketing report	17
WNBR Waihi	18
Club adverts	19-21
Some places to go	22
NZNF information	23



Presie's Piece



Kia Ora, and greetings to all fellow naturists reading this article. As was noted in the last edition I was away for a couple of months travelling in Europe and experiencing the joys of being with other naturists.

Certainly the Europeans have a strong cultural affinity to naturist activity and while not a mainstream activity it is clear that naturist resorts exist on a scale we have not seen in New Zealand.

You'll see on the next page of this edition a copy of a post made recently on the Federation web site which refers to our rejoining the INF. This decision was taken after wide consultation with clubs and overwhelming support came for this step to be made with the changing of the guard at the International Council.

We achieved a waiver of levies claimed from the time we resigned in 2018 and will now pay the levy for this year. Individually it amounts to less than a cup of coffee and we had budgeted for this when club levies were received this year.

We are encouraged by the new leadership shown by the Canadian Co-President Stéphane Deschênes who's very involved with the Bare Oaks Naturist venue in Toronto. A UK Vice President, Edwin Kilby and South African Christo Bothma, as South Pacific Assessor all played a part in securing our return to the fold and we're now one of 38 countries that is affiliated to the international body.

We certainly hope that the diversity now there will see an equitable spread of resources to those organisations that have to battle to be recognised as credible naturist organisations. We note that Thailand is now becoming a popular destination for naturists where they can enjoy good quality accommodation and facilities.

I believe that in NZ our biggest advantage is the network of clubs and that we should capitalise on the tourists that wish to stay at clubs while exploring the neighbouring towns and attractions.

While each club is free to decide what level of discount, if any, is offered it is hoped that they will see the benefits that can accrue from this when we promote our clubs.

Our AGM this year will be held at Waikato Outdoor on Saturday 9th December. All clubs are invited to send a delegate but provision is there now for a zoom type meeting from 1 pm on the Saturday.

We are required to hold an AGM before the end of December to ratify the accounts and deal with any matters raised by way of remits or notices of motion. Formal notice of this will be given after the executive meets in October.

As many now know, we are not hosting a Festival this year but Pineglades will host one in 2024. An organising committee has already started planning so the date and theme can be publicised shortly. I'm able to tell you that it will commence at the end of December and a top flight entertainer is retained for New Years Eve.

Your Naturist Calendar (for the southern hemisphere)

Month	Date detail	Event (NZNF days Bold)	Next due on
January	Last Sat	FB DWBS NZ Beach Day	Jan 2024 Sat 28
February	First Fri	Intl Working naked Day	Feb 2024 Fri 2
	First Sun	FB SDDM NZ Naturist Day	Feb 2024 Sat 24
March	First 3 wk/ends	NZ <i>WNBRs</i>	Mar 2024 Sat 2
	Last Sat	FB SDDM NZ Naturist Day	Mar 2024 Sat 24
April	Last Sat	Naked Hiking Day	Apr 2024 Sat 27
June	Sat Nearst WS	Mid-winter dip	Jun 2024 Sat 22
Aug-Sep	Any weekend	FB AGM (subs due)	Sep 2023 Sat 9
September	1st (Spring)	Nude Cooking Day	Sep 2023 Fri 1
	First weekend	NZNF Skinny Dip Day	Sep 2023 Sat 2
October	3rd Sat	Naked Gardening	Oct 2023 Sat 21
November	3rd week	Nude Recreation Week	Nov 2023 13-19
December	First Sun	Naturist Day	Dec 2023 Sun 3
	Last wk/end	NZNF AGM & Festival wk	Dec 2023 Sat 30

Notes -

NZNF days are in bold, on the plain background.

FBNZ & [FB] days have a sand-coloured background.

(Other's days currently have a green background.)

Due days in the current issue: outlined & Months: **blue**.

This will be an event to remember and there is no rush to leave home on Boxing Day to be at an AGM by 27-28 December. The usual sports and entertainment activities will be underway in early January and it is hoped those from the North Island will take time to visit other South Island clubs.

Clubs by now should have started to review their constitutions as there is a requirement to reregister in the next two years, commencing from October this year.

The NZNF will be available as a resource should you wish to seek assistance. Some key matters must be covered, including a dispute resolution process.

Can you please see that your club has started a process to review the constitution and be ready to at the next AGM to discuss, then implement, the registration process.

I'm sure you're all looking forward to longer evenings and warmer weather. Let us hope climate change does not wreak further havoc for us this summer.



My final thought from a recently published GIF. "Don't be afraid to tell people you are a naturist. You might just give someone the courage to try naturism themselves. Be a leader"

Yours naturally,
David



NEWS FLASH

September 13, 2023

New Zealand Naturist Federation Rejoins International Naturist Federation

The New Zealand Naturist Federation (NZNF) is excited to announce its official return to the International Naturist Federation (INF), marking a significant milestone in the country's naturist community. After a brief hiatus, NZNF is once again a proud member of the global naturist family.

The INF, founded in 1953, is a worldwide organisation dedicated to promoting naturism as a way of life, advocating for naturist values, and fostering connections among naturist communities across the globe. NZNF's reintegration into the INF is a testament to its commitment to furthering the principles and ideals of naturism on an international scale.

New Zealand has a rich naturist heritage, with its stunning landscapes and a welcoming community that has long embraced the values of body acceptance, respect for nature, and the joy of living without clothing. By rejoining the INF, NZNF aims to strengthen its ties with like-minded organisations worldwide and enhance the global naturist network.

For more information about the New Zealand Naturist Federation and its renewed membership with the International Naturist Federation, please contact David, NZNF President (president@nznf.nz).

The New Zealand Naturist Federation is the national body representing naturist clubs and individuals across New Zealand. Committed to promoting the values of naturism, NZNF provides a platform for naturists to connect, share experiences, and enjoy the many benefits of naturist living.

The International Naturist Federation (INF) is a worldwide organisation dedicated to the promotion and protection of naturist values. Established in 1953, INF fosters cooperation among naturist organisations globally and advocates for naturism as a lifestyle that respects the human body and the environment.

Further information will be provided by the NZNF over time, but for now, this is very exciting news.

David Saunders

NZNF President
president@nznf.nz

Marketing Report

As the time is drawing closer to Nude Gardening Day, we are putting together some photos for an annual media release, in conjunction with Yates. The media release and photos are step 1 of the process. Step 2 of the process might involve us being able to secure an interview on TV/radio/newspaper etc. in conjunction with Yates. But in order to get this, we need step 1 – that is, the photos 😊.



when we are no longer here? In 70 years' time, regardless of what is going on in the world, the clubs and the NZNF should still be standing. If we are part of a bigger organisation, that is a better way of securing the future for naturism. And as the sun is slowly bracing us with its warmth once again, I hope you are soaking up the spirit of spring! Enjoy!
Alice

Yates is looking for a group photo set-up of people doing gardening in the nude – preferably in a garden (it can be on club grounds, but should look like a veggie garden set-up). If you are able to assist us in any way with this, please get in touch, by emailing me at marketing@nznf.nz

The more variety of photos we can provide, the better our chances of securing a media interview.

A big thank you to everyone who participated in Nude Cooking Day on the 1st Sept! It's a fairly new concept that has been introduced but, over time, I hope we can get more media coverage for Nude Cooking day.

I would also like to give a big thank you to everyone's participation in the NZNF Group. It is really taking off! If you have not yet joined, it is time you should! 😊 Just follow this link:- <https://www.facebook.com/groups/226700250247190/> (please specify which NZNF-affiliated club you belong to, so that your request can be accepted).

Lastly, I am very excited about the fact that the NZNF has rejoined the INF. From a marketing perspective, it will be great for NZ to be back on the naturist world map again. With naturism, it is necessary to think of the long-term, bigger picture: what will happen to the clubs and to naturism

AONC had "a lovely Fictionary event hosted by Alex in the clubhouse by the warm fireplace on a cold winter's night" recently. It seems Dion's favourite word of the night was "nudiustertian" which I looked up on Wikipedia; which referred me on to Wiktionary - where I found:



day after tomorrow (obsolete) day after day after tomorrow on the day after tomorrow; in two days - translation: entry in two days
nudiustertian (obsolete) perendinate

But then:
day before yesterday tomorrow, overmorrow (obsolete) day before the day before yesterday nudiustertian (rare, obsolete) on the day before yesterday - translation: entry day...

Yes, I agree with Dion: a bit of fun - but at this point, I gave up bothering... (JL)



I'm now taking registrations for riders in the 2024 World Naked Bike Ride at Waihi Beach, on Saturday 16 March, 2024.

The big change to the event this time is that we are being hosted by the Waihi Beach Hotel, which will be our pre-ride preparation area and our venue for post-ride drinks and lunch. This will be the 3rd WNBR at Waihi Beach and it is growing in popularity each time. With the after-ride social time at the hotel, this one should be a blast!

Overleaf is our 2024 poster with a link to the registration page on the website, <https://www.wnbr.nz/take-part> We appreciate riders registering because it gives us an idea of numbers for organisation purposes.

All other information about the WNBR is on the website: www.wnbr.nz - and overleaf! Cheers!

Andrew Cook (Rok)
www.haurakinaturally.nz



HAURAKI NATURALLY
INSPIRING FREEDOM



Andy Jackson/ Stuff

Taranaki Naturist Club, from left, Pip Elwarth, Terry Doe, Mary Spackman and Murray Elwarth - published a couple of years ago

National Nude Gardening Day provides gardening enthusiasts with the perfect excuse to shed inhibitions along with clothes and soak up the beauty of nature.

This Labour Weekend Kiwis will be getting their kit off and getting outside as they celebrate the therapeutic benefits of gardening without the confines of clothing.

Nude Gardening Day, which is always the Saturday of Labour Weekend, sits in National Gardening Week. This year's theme, **Vegies – Better homegrown** – aims to shine a light on the multiple benefits of growing your own vegetables.

Fiona Arthur from Yates says National Nude Gardening Day isn't just about breaking taboos. "It's a reminder of our deep-rooted connection to the natural world and a chance to indulge in the therapeutic benefits of gardening sans clothing. What better way to tend your garden than in the buff," says Ms Arthur.



Nude Gardening Day can be celebrated in many different ways:

- Don your birthday suit and garden as nature intended
- Connect with nature – hug a tree, chat to the plants, sow some spring veggie or flower seeds
- Get some exercise – but maybe skip the star jumps and instead mow the lawns, top up the compost and trim out of control bushes
- Be brave and give your neighbours a cheeky little wave
- Share the day with friends and invite your bosom buddies around for a cold beverage
- Make memories – take a photo of something beautiful in your garden
- Meditate or read a book in the great outdoors

- Embrace the sensory experience - Feel the soil beneath your feet, the sun on your skin, and the breeze against your body

Remember, safety is paramount. Participants should be mindful of sun protection, use appropriate gardening tools, and be cautious of any potential hazards in their garden.

Alice de Wet, marketing manager of the New Zealand Federation of Naturists, says Nude Gardening Day is a world-wide phenomenon that is not just reserved for naturists.

"We invite everyone to try it – at your local club or in your own back garden. Getting out in the sun, as nature intended, is very liberating and empowering. It promotes body positivity and a renewed appreciation for the environment," says Ms de Wet.

So, whether you're an experienced gardener or just looking to try something new, shed the stresses of daily life along with your clothes and revel in the therapeutic joy of tending to the earth *au naturel*.

About National Nude Gardening Day

National Nude Gardening Day is an annual event that encourages individuals to embrace gardening in the nude as a way to connect with nature and promote body positivity. Participants have the freedom to choose their comfort level and are invited to share their experiences on social media using the hashtag #NudeGardeningDay.

About NZ Naturist Federation

NZ Naturist Federation recently celebrated having around 1200 members. The most Southern naturist club in the world is in Invercargill and the oldest club in New Zealand is in Auckland, which began in the 1930s.

Naturism leads to increased confidence and self esteem, stemming from feeling better about yourself and your body. Naturism is a way of life in harmony with nature, expressed through social nudity, linked to self-respect, tolerance of differing views, together with respect for the environment.

Yates' press release - 18/9/23.

Our Kiwiburn Theme Camp update

Construction has now started on a small prefabricated structure, being put together near Ngatea.

This follows a unanimous vote to invest a \$1,000 in the Camp at the recent Free Beaches NZ's AGM. (Funding is also being sought from other quarters.)

The Camp is known as Burner Bum Sun Club. Its purpose is the promotion of nudity. It is intended to be available for promotion of the various naturist groups around New Zealand, including clubs of course, to help gain members.

At this stage camp numbers are around ten. With the steady increase in interest the expectation is that this number could increase to 25 closer to January. The camp is now registered with Kiwiburn.

A 400m² site for it is being sought on the 'Temple Paddock', one of several possible locations on the Kiwiburn area.

It is expected that our camp would offer various sports, seminars and workshops, such as body painting and life drawing. A full list of activities will be developed shortly.

In terms of Kiwiburn itself, this year marks its 20th anniversary. The New Zealand event has the distinction of being the first regional Burning Man event run outside the US.

This year close to 3000 tickets are being sought. Around 1000 people are part of various theme camps. But only 500 of those seeking tickets have been to more than two Kiwiburn festivals.

Though this is a new Camp those in our core group are experienced 'burners' having attended various Burn events at; (South) Afrika Burn and the (US) Burning Man, and are thus familiar with the practices and principles that apply. This will be the first naturist camp here. Those in the core group are all members of various NZ naturist groups.

Kiwiburn itself is a clothing-optional event and togs are rare by the river. Following the Burning of the Effigy on Saturday night there's the 'Naked Hippy Run' - a unique event which originated here in New Zealand.

For further information contact Gerald Davidson 022-3179890 or Brent Anderson, 027 2758359.



Andrew Cook

The proposed structure



Andrew Cook

How it'll look after completion

Have you been looking for printed versions of Hauraki Naturally's YouTube series?

Many of you will have been following our weekly video release on YouTube, based on our series of brochures covering some of the fundamentals of clothes-free life in New Zealand.

The brochures came about because we're constantly asked if there are any hand-outs available that can be used to introduce and inform people to the concepts of naturism and clothes-optional lifestyle.

This series is now available as a set of 11 printed leaflets and covers a whole range of topics such as legality,

religion, children, body-shaming, naturist clubs, human rights, health, and much more. These should prove a valuable resource for anyone who needs a simple and effective way to inform friends, family members, work colleagues, and anyone else about the logic and common sense behind the choice to not wear any clothing at appropriate times and places. Simply hand them the one that addresses their concerns - or give them the whole set!

You can order these from our website: <https://www.haurakinaturally.nz/brochures> for \$20.00 a set, or \$2.00 each for any number of single copies, plus \$4.50 nationwide postage. The price covers cost of materials, printing and postage only - we're not interested in making a profit from this resource, as we don't want the cost to stand in the way of people making use of it. You can preview the contents on: https://www.youtube.com/playlist?list=PLI1P6K8jA46Me_YaLycw1AKGf8wR74AtR

If there are other topics relating to naturism that you'd like us to cover in a future series, please let us know at:

haurakinaturally@gmail.com



a naturist world



It is late September and in Cornwall, England we are seeing temperatures drop and rain fall rise. We will soon be considering switching on central heating and our naturist opportunities will be much fewer. Jumpers will be rummaged out of drawers and boots will replace sandals.

One of the wonderful aspects of running A Naturist World and it being a global site for naturists is that the sun is always shining somewhere. While some members look out their windows at the snow, others will be stripping off on beaches. It is part of the circle of our seasons and we are lucky now to be able to have those parts of the world enjoying fair weather sharing moments with us. We may be a little jealous, but on the whole we are warmed by the shared experience. Imagine how tough it was in decades gone by when we entered into a long cold winter, and all we saw for months was a reminder of our chilly situation. It is no wonder that our ancestors rejoiced at the first signs of spring.

We run fortnightly Live Meets across the globe on ANW. We vary the time to allow different countries to connect. We may have someone enjoying breakfast on a beach in New Zealand, while someone else shows us the snow outside their window in Canada and another person stops their drive across Europe to say "Hello."

In the UK this year we had some lovely weather just before the summer properly kicked in and then it became pretty poor until late August. Early September was delightful, and there was a magical week when the whole world seemed to be sharing fine weather on the activity feed.

We love breaking those international boundaries through ANW, but it isn't something we feel is just unique to our community. Naturism is all about breaking down barriers. When we remove our clothes we don't just bare our skin, we remove our armour, our uniforms, our symbols of mistrust and segregation.



Naturism is a great equaliser and encourages acceptance. We place ourselves in an honest and genuine environment and in return we find friendship and welcoming environments.

During a visit to Vera Playa in Spain we watched a water volleyball match with around 40 people playing. Mixed gender, from say 6 to 60 and they all spoke different languages. Yet their smiles were universal and they got by with friendly gestures and laughter. The all inclusive bond within naturism is such a positive thing to see and easy to take for granted.

Sometimes when we explore a naturist group on a general social media site, the rules may say "only for people who live in so and so area" or "only share information about this area, this beach, this country etc." Localised information and sharing is great but we must always remember that there is more that connects us as naturists than just our location. We are already a minority group and we should work together to grow naturism. We can learn from each other, share information and encourage visitors to our countries, clubs and beaches.

We attended a small event in North Wales in August and one of the fellow guests was from Australia. Spending time in the UK, he had visited someone he had met through naturism and then travelled with him to the event. We also went to a club in Norfolk, England and while there got chatting with a couple who were looking for information on New Zealand and we connected them with a friend on ANW. Naturism has the ability to make the world a more friendly and connected place. It is one of the reasons we have invited all the clubs in New Zealand to join ANW and promote what they are doing to the community. We have a growing number of New Zealanders on the site, and Australia is the third most represented country, but we also want everyone to be part of the broader naturist community, sharing amazing things it does and working together. Some will travel from the far corner of the globe to visit you, but it is more than that.

By working and sharing around the globe we no longer appear to be such a small minority; and we can not be written off as a few oddballs that are possibly exhibitionists and voyeurs. Instead we are millions of people all over the world, with organised clubs, meet ups and groups, national bodies, holiday venues, magazines, books, and genuine, appropriate websites. Every second of every day the sun is shining on naturists somewhere on this planet, and I love to be reminded of this on ANW but I also like to remind others. Naturism is a global life choice and deserves greater recognition and appreciation. That is what Steve and I work for on ANW every day.

Best wishes, Anna & Steve

Next *gonatural* Families event is taking place at Auckland Outdoor Naturist Club, 17-19 of November



gonatural Families is a NZNF initiative aiming to promote family naturism in New Zealand and connect naturist families from different clubs and different corners of the country. We do it by running family-oriented naturist events in various locations and inviting all the families to participate. Our first event, "Rotota Easter Escape" took place (as you might guess) at Rotota Sun Club on Easter this year. With very little advertising we managed to bring together five families (from Auckland, Wellington and Northland), and we had three days packed with fun.

Let's have a quick glimpse of what we had there at Rotota. Coming to such a special place, you do not actually need to invent much to have a glorious holiday. Nature has already taken care of everything. Natural hot pools with a waterfall, a beautiful lake to swim in and explore on kayaks or paddle boards (we had both), native bush and volcanic fumaroles... And - quite importantly - no Internet at all! Imagine that kind of unplugged escape. What a healing experience for the digitally-hooked children of these days! That is why we had been mostly enjoying the wonder of nature during those days.

No less important though, we had our kids involved in creative activities, starting from an Easter craft session on Saturday, continuing with some dress-up dancing and singing on Easter night. A bit of an intellectual challenge for the older ones was the strategic board game, "Terraforming Mars" on Sunday night.

The key to the program was no doubt the Easter Egg Hunt on Sunday morning. Two quite real Easter Bunnies were spotted on the grounds, doing their sneaky business of planting chocolate eggs all over the place. Following the furry pals was the only way to find out where the eggs were hidden; but with extreme care: if the Bunnies spotted someone following them, they went crazy and started eating the eggs! Luckily, we had two teams of very skilled stalkers (our beloved children). Every move was noticed and all the eggs collected, including the secret stash - also found eventually!

Our next event is expected to be no less interesting. This time we want to invite everyone to Auckland Outdoor Naturist Club. This gathering will be dedicated to celebrating the end of spring and the coming of summer, with lots of fun activities planned: sports and active outdoor games, in a friendly naturist environment; creative workshops; splish-splashing in the newly renovated swimming pool; going for an adventure into AONC's unique native bush; having fun on the trampoline; getting fish and chips from the bar (and maybe even a little ice cream). Finally ending the days sitting by a cosy, warm fireplace...

We want to invite all naturist families from around New Zealand to join us that November weekend. Please, reserve the date! Let the kids play together enjoying all-natural lifestyle, let the parents enjoy some free time, socialising and staying connected for the future.

For more information please contact: families@gonatural.co.nz

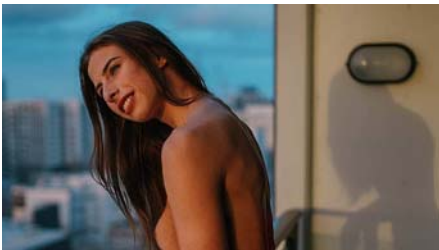


Not all the kid's activities were indoors - left and right, especially given the availability of a nice warm stream at Rotota!
Photos: Alex Hagen-Thorn

The benefits of a 'clothing optional' house

Sofie Louise is a trained sex and libido coach who is passionate about supporting women to access more desire, pleasure and radiance in the bedroom. (*Yeah, I know that's not what we're here for but: read on!* JL)

I was doing the flat hunting dance a couple of years ago when I found a house with an unexpected feature to it. I was informed that this group of three mixed-gender housemates were currently operating their home as a clothing optional space.



Sex and libido coach Sofie Louise

I grew up in a religious, middle-class household where clothing was certainly compulsory, but even as a teenager, when I was home alone I was quick to strip off. I've always found it to be more comfortable to ditch the too-tight waistbands and bra straps, and cut down on my laundry in the process.

So when this piece of information was shared with me, I felt like I'd found the perfect house to live in. Not just because of their acceptance of the human body in its natural form, but also because of my correct assumption that people who didn't care about nudity were also likely to be open-minded, accepting people.

Before moving in, I was informed of the specific "rules" of the house that ensure that everyone feels safe and comfortable enough to strip off.

Put a towel down if you want to sit on a shared surface without clothes on, get dressed when there are people coming over, and don't stare. Perhaps most importantly, it was clarified that this is strictly non-sexual. Nudity does not equate to sexual desire or consent in any way.

I was also informed that this was by no means something that I needed to partake in if I wanted to move in. They'd had housemates in the past who had no interest in naturism, but weren't at all concerned by the prospect of being around naked bodies in platonic interactions.

I'm now two years into living in this space with no plans to leave, and nothing feels more normal to me than being nude around my housemates.

We may lie naked in the backyard in summer, stroll from the shower to our rooms without needing to do the awkward "I-forgot-my-towel-dash," or partake in some naked yoga, but after you're around it for a while, you hardly even notice the lack of clothes.

Everything else about this house is exactly as you'd expect a space of four 20 to 30 year olds to operate.

And in reality, there's much less nakedness going on than many people would assume, particularly in the colder months of the year.

The only time I become distinctly aware of this feature that differentiates our household from many others is when we're looking for a new housemate. We've put a lot of consideration into how best to break the news to those who come by to check out the house, but very few people actually bat an eyelid at our disclosure.

While this kind of household isn't for everyone, I've personally found that joining spaces where clothing isn't required has done wonders for how I view my body.

Whether it's in my own home, at a nudist beach or a naturist club (locations around New Zealand where naturists can play tennis, hold social events, rent plots of land and more), I've seen a lot of bodies that aren't "Instagram-perfect".

So many of us are primarily exposed to body types through the media that appear flawless. But take one step onto a nudist beach and you'll realise how poorly that represents the actual population. The more diverse bodies that I see, the less I care about my own physical differences.

It's well known that criticising and judging your body has significant detrimental impacts on mental health and wellbeing. However, it also has tangible consequences for your sex life. Desire, arousal, orgasm and overall sexual satisfaction all take a hit when you dislike your body.

One way that I coach my clients to feel more body-love is by tapping into gratitude. For someone who dislikes their belly, this could mean appreciating how your stomach digests all your food for you.

In a naturist sense, this can include gratitude for how nice the sun feels on your whole body, or how the act of being naked can contribute to a sense of freedom and liberation.

If creating a more positive outlook on your body through naturism sounds appealing to you, one of New Zealand's many nudist beaches could be a great place to start. You're free to strip off as many articles of clothing as you're comfortable with, and leave whenever you're ready.



My personal favourite is Little Palm Beach on Waiheke Island, where you'll find couples, families and dogs all creating a safe, welcoming and naked environment.

Pack a picnic, bring along some friends and give it a go. You might find yourself living in a clothing-optional household before you know it.

Sofie Louise, Aug 04 2023

Gerald Davidson comments...

This is not unknown to me.

The community at South Karori is clothes optional and vacancies are advertised with this aspect recorded. So prospective flatmates are aware of their culture.

How many flats, shared spaces, etc. are clothes optional is impossible to discover.

Occasionally you would see such vacancies advertised on Trade Me, and sometimes I would be mowing the lawn at a student flat in Wellington and happen to look up or down at a neighbour's place (Wellington is pretty hilly!) and catch someone else mowing, or just sunbathing, naked.



But some neighbours may be problematic...



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

Oh my days.

Do special days to commemorate things help?

There is already a World Naked Day, a day for no swimwear, a day for no bra wearing, various WNBR events around the globe and the increasingly popular World Naked Gardening Day (actually 2 days, October in the Southern Hemisphere and May in the Northern Hemisphere).

There is a work-from-home naked day, a naked hiking day and recently there was a national topless day, the closest Sunday to August 26th, Women's Equality Day.

While I am happy to support and engage with most of these days, it strikes me that as a naturist, I already live most days like this.

I don't need a semi-official day to make the leap towards accepting body freedom, I'm already there.

So who are these days for? They are clearly not for the nudists and naturists, as they have already accepted a way of life that celebrates the naked human form and revels in the comfort of enjoying the world without clothes. Those people who are well on the way to eliminating body shame from their lives don't need to mark the philosophy with a sprinkling of celebratory days. People who accept others for who they are rather than what they look like aren't going to be enlightened or swayed in their thinking by one day set aside to reflect.

These days are not for the people who already understand that everybody is different and yet we are all the same under our clothes.

Perhaps these days are for the non-naturists. The general public at large who consider matters of body shame and gender equality too complex or too difficult to think about.

Maybe they are there to soften up people, raise awareness and promote acceptance. If so, are they working? Reports from around the world would suggest that the laws and rules around public or social nudity are being rewritten to be less tolerant and more restrictive.

With the exception of Spain, where the laws have recently changed to allow women to be topless at public swimming pools, there have been many reports of laws strengthening bans on nudity.

Some of these laws appear to be so badly written and poorly considered, that they risk catching out people for behaviour that was not the target of the legislation. The unintended consequences of poorly written laws can have far-reaching effects.

One law in Florida aims to ban children from any performance that includes sexual content. All well and good we might say, until you realise that the definition of sexual content is poorly defined.

According to lawyers for one business challenging the law,

"...the new law is so broad and vague that it could be applied to almost any performance that involves a man dressing up like a woman, even if the performance isn't sexual in nature."



Why special days?

Well they're one way to get us noticed, if only occasionally! (JL)

The unintended consequence is that it may be an offence to let your kids watch a film like Mrs. Doubtfire or The Nutty Professor (the 1996 version rather than the 1963 original).

It might be that having specific days to normalise nudity has done very little to change the perception that simple non-sexual nudity and gender equality are things to be discouraged and shunned. Perhaps we need more days with stronger messages to demonstrate that the naked human form is not something to be frightened of or ashamed of. Perhaps the idea that females should have the same rights as men to go topless on a hot summer day or while swimming is something that people fighting for equality have misjudged.

There might be perfectly valid reasons to deny half the population who identify as women the rights that the male-identifying half enjoy. Whatever your gender and however you identify, the world seems happy to accept that not all nipples are created equally.

I have yet to think of a valid reason that this might be the case, and nobody has been able to articulate to me why women's nipples and breasts should be covered while men's are not.

Perhaps there are already so many "days for" and "days to celebrate" a multitude of different things, that the world just doesn't care any more.

August 26th, as well as being National Women's Equality Day, is also National Toilet Paper Day, International Cosplay Day, National Cherry Popsicle Day, National Webmistress Day (I had to look that one up, and no, it has nothing to do with BDSM), National Franchise Appreciation Day and National Dog Day.

For most of modern society, many of these may be "So what?" Days, and mean nothing. While naturists and nudists seem to flood social media with celebratory images and posts to mark these days, we appear to be the only people who give these days a second thought.

So while these national celebratory days may not be effective at championing the causes that they are named for, does that mean that we should ignore them? Perhaps we should support every opportunity to publicise and normalise a more inclusive and equal society, no matter how minor or insignificant others may view them.

One day or day one? You decide.

– Anonymous

Thank you for reading and have a comfortable day.

Racing home, naked

WARNING
This show contains uncensored full frontal nudity and strong language from the start



Above: left, the couple Jenny & Steven; right the 'opposing team', Mike & (the slightly Dutch accented) Merel



Are the producers rather cautious because they're in Scotland? (The English 'Met' were reviewing their nudity rules around this time)

Season 1, Episode 1 - 16LC

Dropped naked in the British wilderness, strangers Merel and Mike and couple Jenny and Steve have three days to navigate, build shelters, cross a gorge and race back to civilisation.

A couple say their time filming E4's new reality TV show *Naked, Alone and Racing to Get Home* - trying to survive naked for three days in the Scottish Highlands - was life-changing.

Jenny Pearce, 38, and Steven, 37, were among 24 contestants taking part in UK tv4's: *Naked, Alone and Racing to Get Home*, which features teams competing against each other for a £5,000 prize.

Each week, they are tasked with navigating themselves around some of Britain's toughest countryside, carrying only a knife, water bottle, basic sleep liner, map, flint and steel.

They must set up camp, use branches and moss to build shelters, make their own fire and find food – all while roaming the land in the buff.

On the final day, the two teams must reach a town, as their goal is to be first back to win the prize. They use leaves over their private parts to avoid upsetting people. While this scenario might read like many people's worst nightmare, the experience proved life-changing for Jenny and Steven.

Jenny says: "Going naked on TV was far tougher than I envisaged and easily the hardest thing I've ever done, but it's made me much stronger. The best thing is Steven proposed. "We are getting married in July." The couple decided to apply for the show because they wanted to push themselves.

Jenny says: "Steven runs an outdoor activity company and he wanted to prove he could do it. Going naked on TV didn't cross my mind because I didn't think we'd actually get picked."

When the time came to take off her clothes, Jenny admits: "I did think, 'What the hell am I doing?' That only lasted a couple of minutes. I knew there was no going back and then the nakedness completely disappeared."

Standing in front of the opposing team: chef Mike, 37, of Essex, and Merel, 24, a Dutch sociology student, didn't phase her. "I was focused on what we had to do," she insists. "Not once did I think about being naked."

But being starkers does bring extra difficulties – being bitten by insects, trying to walk across rough terrains while avoiding stinging nettles and coping with the climate – even if it was filmed in the Scottish summer.



The documentary crew of 6. Censorship courtesy of mirror.co.tv - why, I wonder?

"It felt like my bones were frozen," says Jenny. "It was horrible and so tough. It was the longest night of my life. I didn't sleep." It has made her appreciate every mod con even more – especially clothes, she admitted.

"It makes you realise how much we take for granted," says Jenny. "Being warm was like winning the lottery."

Their opponents, who only met each other when they arrived to start the challenge, loved it too. Mike explains: "I have a temper and I can snap a lot if I don't get my own way. I feel a need to learn to cope in a tense situation. I am trying to be better."

Merel insists it was the chance to learn new skills that interested her. "I've never lit a fire," she says, joking she will only resort to romantic tactics if she is desperate to get warmer. "I am not spooning when naked unless we are dying from the cold."

As well as the pressures of the weather and terrain, Merel and Mike found working together as strangers led to bickering. "But we put our differences aside and went, 'This is it,'" says Mike as he reveals the test as one of the best things he's ever done. "I've learnt so much about myself. No matter what, you can go on and push it. It's been fantastic and lifted me to a position where I can start believing in myself."

As for Jenny and Steven, will they be walking down the aisle dressed? "It's the maddest thing we've both done but no, we are not having a naked wedding," Jenny laughs. "My friends couldn't believe I was doing it. But my mum is interested and keeps asking me about it." She doesn't expect her dad to tune in though, "I think he'll say he has got another show to watch," she says.

"I have no regrets and hope people can see it is a survival show rather than just about how everyone is naked. I didn't do this programme to be judged on my appearance. I did it to be judged on my skills." Christine Smith, 27 Mar 2023

<https://www.mirror.co.uk/tv/tv-news/naked-couple-gets-engaged-filming-29564843>

Filmed in Perthshire (about 100 km east of Aberdeen) for Channel 4

Orchard Naturist Club



*Saturday 4th
November 2023*

*Happy Hour from
5pm, BYO, followed
by shared wild food
meal to enjoy together!*



*To book accommodation please
send a text to 0274 436 127*

Orchard Naturist Club



Orchard Naturist Club v Nelson Sun Club



Come and have some fun - this is not your average golf tournament! We need golf players to rock up and play. Visitors and first time golfers are very welcome to play. Loads of fun and silliness!



**Sunday 5th November 2023
Tee Off 11am**

A trophy will be presented to the winners after the game.





Southern Free Beaches

WORLD NAKED BIKE RIDE



When: Sunday 10th March 2024

Meet at: The Waitai Hall, Main Road, Waitati

**Leaving at 12 noon
(20 km north of Dunedin)**

**Come for a cycle around the idyllic
township of Waitati**

For more information

please contact:

Julie 027 471 8941

southernfreebeaches@gmail.com

www.facebook.com/southernfreebeaches

Hauraki Naturally and WNBRNZ
in association with Waihi Beach Hotel
present the



10:30 a.m. Saturday, 16 March 2024

REGISTER

NOW

www.wnbr.nz

- * *Raise awareness of cyclists and cycle safety*
- * *Promote health and fitness through cycling*
- * *Reduce our reliance on cars and fossil fuels*
- * *Improve mental health through body-positivity*





Handily placed in Rangiora: Alan & Linda's place, 027 249 8483

SOUTH CANTERBURY SUN CLUB

799 Trip Settlement Road
GERALDINE
Club ph: 021 123 5904
scsc@gonatural.co.nz



A **Naturist World** is a family run social media and information sharing website for genuine and respectful naturists to connect from all over the world. NZNF have a presence on ANW, and the owners Anna and Steve would be delighted to welcome you too.



Head over to <https://anaturistworld.com> – there is a free membership or a paid membership. The NZNF is listed under Clubs and Societies.

I'm offering board to a naturist family, or to individuals. I own a two story house set on 3 acres of land. I have one single bed, a double bed, and one shared bedroom. My brother is boarding with me. The property is just out of Prebbleton on a quiet road. I am also interested in establishing a small community based on extensive upgraded stables. Contact me, Jesse at: jesselaila5@gmail.com or 027 474 9612.



gonatural.co.nz
for health and wellbeing
AUCKLAND OUTDOOR NATURIST CLUB INC
NEW ZEALAND'S FOREMOST NATURIST PARK



Large comfortable clubhouse with kitchen and open fire. Outdoor barbeque area with gas fired barbeques. Swimming pool complex. Volleyball, Miniten, Pétanque, Tenuquoits, Spa, Sauna. Children's adventure playground. Cabin accommodation. Powered and non-powered campsites, all-weather campervan sites.

Visit our website www.aonc.nz
Membership enquiries:
PO Box 95-235, Swanson, Auckland
email aonc.sec@gonatural.co.nz

AUCKLAND SUN CLUB INC.

Share our slice of Paradise!

Enjoy superb naturist facilities in 2ha of bush in the Waitakere Ranges: Sauna, spa, swimming pool, camping, comfortable clubhouse.

Ph: 09 814 9973

P.O. Box 20 257, Glen Eden, Auckland
Email: asc@gonatural.co.nz
Website: asc.gonatural.co.nz

Visit our piece of Paradise
Manawatu Naturist Club

www.manawatunaturistclub.co.nz
027 390 4428

Visit The Orchard

Sunny Otago + Spa Pool Golf
Middlemarch Accommodation



orchard.gonatural.co.nz
facebook.com/orchard.naturist.park



NZ Tourism Awards Winner
Holiday Parks
Tel. 0800 4 567 567

katikati-naturist-park.co.nz

KATIKATI NATURIST PARK
FOR CLOTHES FREE RECREATION AND RELAXATION



Our Natural Paradise

<https://bopsc.gonatural.co.nz/>



436 Sunrise Valley Rd, Upper Moutere, Nelson

- * Accommodation
- * Powered campsites
- * BBQ social area
- * Pool/spa
- * 9 Hole Golf course

Ph. 027 710 8025

Email: For enquiries:

secretary@nelsonnaturally.co.nz

Email: For accommodation:

accommodation@nelsonnaturally.co.nz



- Outdoor Spa, swimming pool, toddlers' pool
- Premium backpackers Lodge accommodation
- Powered and unpowered camping sites
- Close to Napier and wineries

Tel 0274 500 557 • hbnc@gonatural.co.nz
hawkesbay.gonatural.co.nz

The Orchard
Naturist Park
orchard.gonatural.co.nz

Middlemarch | Heated Pool | Sauna | Spa

The world's southernmost nudist club

Southern Naturally

Two well appointed cabins with double beds, all linen supplied as is complementary tea & coffee. For a modest fee an evening meal is supplied on request. Email: southernnaturally@gonatural.co.nz

Fancy some R&R in Raglan?



Hi, we have a naturist-friendly airbnb with two queen bedrooms along with and an indoor pool and spa which we like to share with friends.



Unfortunately our grounds are not naturist-friendly as we have no fences, however, we're keen to host your naturist time at:

Maison Par La Mer, Raglan.

Please call **027 825 5807** or write to us via **deamoore@farmside.co.nz**

Pineglades



The home of Canterbury naturists

- * Visitor accommodation
- * Licensed clubhouse
- * Powered sites
- * Heated pool
- * Playground
- * Spa/sauna
- * Barbecue

Visit us 135 Brookside Road, Rolleston
Mobile 021 0522528
Email pineglades@gonatural.co.nz
www.gonatural.co.nz/Pineglades

Wellington Naturist Club

A prestigious club with modern facilities and beautiful grounds

Visitors and campers welcome
Cabin accommodation available

www.wellingtonnaturists.co.nz
(+64) 027 330 6212 • 20 Molloys Rd, Te Marua, Upper Hutt, New Zealand

Seeking a new option?

KCs Retreat



KCs Retreat, where we welcome fellow naturists to join us and enjoy the wonderful West Coast experience. Parking available for self contained campervans, motorhomes, caravans & tents. Email us - kcsretreat@gmail.com or see us on facebook - KCs Retreat

For those travelling to the wonderful West Coast we're establishing a peaceful, secluded getaway, with good access to the West Coast Wilderness trail.

Our slice of paradise is a place where fellow naturists can enjoy the wonderful South Island.

KCs Retreat is private property, but we don't run our little retreat as a business. We've recently affiliated with the NZNF.

We are near Kumara, approx 25 km from both Greymouth and Hokitika, making us very central to a lot of the West Coast's attractions: a good place to base yourself, or stay, on the way to Buller or South Westland. We are 8 kms from Kumara Junction.

Our 15 acre property goes down to the Taramakau river, where you can swim.

There is water available nearby, however we need you to be fully self-contained, and to please contact us first, on:

021 137 9931.

Our Facebook page is *KCs Retreat* and our email is kcsretreat@gmail.com

We give our address to people when they contact us.

Unfortunately we are not able to accommodate children as there are a number of natural hazards on our property, including steep cliffs.

Cath & Keith



Marble Hills Retreat



Marahau!



Retreat from modern lifestyles on a large property! Camping as it used to be - surrounded by nature.

Our property is a working lifestyle farm situated a short distance from the popular Abel Tasman National Park in a quiet valley with lots of wild-life and tracks for hiking or maybe some mountain biking.

The higher parts of the property offer views of Tasman Bay.

Although some of the camp is textile, the rest of the property offers plenty of seclusion for the naturist lifestyle



Ph (03) 527 8212

email:

kmfry51@gmail.com

Location: 78 Moss Rd Marahau, Motueka

NZMCA discounts apply

Hosts: Michael & Elaine Fry



The world's best swimsuit is making a comeback!



Designed and made by the first and the most respected manufacturer.

This remarkable swimsuit is ultra comfortable (in fact you can not wear a better fitting or feeling swim suit ever). It looks great on all ages, sizes, and races, has a lifetime guarantee, is stain resistant, and cleans very easily (in fact you'll never put it in the laundry!). This swimsuit gives you a greater feeling of freedom both in and out of the water. It allows all of your body to dry at an even rate after coming out of the water, rather than leaving part of you cold and damp as most swimsuits do. It doesn't leave unsightly tan lines and when worn with nothing else it helps you overcome destructive, unhealthy feelings of insecurity and shame. It is so perfect for swimming and sunbathing why would you ever want to wear anything else?? Time tested. Many have tried to improve on it and failed! On top off all these great benefits unlike other swimming suits that can cost \$20 - \$60 or more this one is FREE! In fact you already have it!



The world's best swimsuit is your skin!

ClothesFree.com

NUDVAN NAVIGATOR

nudvan.gonatural.co.nz nudvan@gonatural.co.nz

Come and relax at our Hamilton complex

Waikato Outdoor Society Inc.
To enjoy our wonderful piece of paradise
Ph [Peggy] 027 631 5883
Email: waikato.outdoor@gonatural.co.nz
www.waikato.gonatural.co.nz

Southern Naturally

World's Southernmost Nudist Club



Two well appointed cabins with double beds, all linnen supplied as is complementary tea & coffee. For a modest fee an evening meal is supplied on request.

Email: southernnaturally@gonatural.co.nz

Here's a fabulous opportunity for YOU to have a fantastic Summer

SUMMER HOLIDAY OTAGO
FREE ACCOMMODATION

ORCHARD NATURIST PARK CUSTODIANS WANTED

Please email Julie to enquire president@orchard.natural.co.nz
Cell 022 478 0903

Renting the Club cabin

Counties



Fancy staying out at the club, but tents aren't your thing?

We have powered sites for caravans, and camper-vans for rent.

Why not try our cabin?

It's warm, private and cosy, close to all club facilities, and can be booked for the very reasonable fee of \$20 per night for members and \$40 per night for non-members. There are other fees for non-members using club facilities: just ask one of the committee for prices.

You can also rent a site for the year and keep your caravan onsite.



<http://www.countiessunclub.com/Contact-Us/>

SOUTH CANTERBURY SUN CLUB

GERALDINE



scsc@gonatural.co.nz

Some places to go

Below is an alphabetic list of the known naturist options one can contact around this country. (Please let me know of any that have been missed!) No clubs are now under lockdown!

First are all the ('landed') clubs (Alpine Lakes is an exception) then are listed the known privately operated venues, ending with the National organisations. * Indicates an ad elsewhere.

Please note that the host being visited has complete authority over any visitor - the ID's do not bestow in any 'rights' whatever, over the host's absolute authority.

There'll soon be a curated set of both club and homestay facilities available intended to help travellers and visitors evaluate their accommodation options for their own tours.

Naturist Federation Members

1. Alpine Lakes Naturist Club, Central Otago, Alan 022 603 1439, alpinelakes@gonatural.co.nz
alpinelakes.gonatural.co.nz
2. * Auckland Outdoor Naturist Club PO Box 95235, Swanson, Waitakere 0653, 09 833 9209 www.aonc.nz
3. * Auckland Sun Club PO 755A West Coast Rd, Oratia, Auckland 0604, 09 814 9973 asc@gonatural.co.nz
4. asc.gonatural.co.nz
5. * Bay of Plenty Sun Club Inc. PO Box 838, Whakatane, 3120, 027 440 5157 bopsc@gonatural.co.nz
bopsun.gonatural.co.nz
6. Canterbury Free Beaches PO Box 20295, Bishopdale, Christchurch 8543, 03 310 6447 fredbear@freebeaches.org.nz
freebeaches.org.nz
7. * Counties Sun Club 112 Ramarama Road, Ramarama, Drury RD3, Auckland 2579, 027 296 2795
counties@gonatural.co.nz countiessunclub.com
8. * Hawkes Bay Naturist Club 1504 Glengarry Road, RD 2, Napier 4182, 027 450 0557 HBNC@gonatural.co.nz
hawkesbay.gonatural.co.nz
9. * Katikati Naturist Park 149 Wharawhara Road, RD2, Katikati, 3178, Chris Novis, 0800 456 7567 katikati-naturist-park.co.nz - info@katikati-naturist-park.co.nz
10. * Manawatu Naturist Club Inc. PO Box 980, Palmerston North, 4440, 027 390 4428 pro@manawatunaturistclub.com
www.manawatunaturistclub.co.nz
11. * Nelson Sun Club PO Box 33, Upper Moutere, Nelson 7144, 027 710 8025 secretary@nelsonnaturally.co.nz
www.nelsonnaturally.co.nz
12. * Orchard Sun Club Inc. 23 Harwood St, RD 2, Dunedin 9077, 022 478 0903 windfallsutton@gmail.com
orchard.gonatural.co.nz
13. * Pineglades Naturist Club PO Box 1823, Christchurch, 8140, 021 052 2528 pineglades@gonatural.co.nz
pineglades.gonatural.co.nz
14. Rotota Sun Club Inc. PO Box 1164, Taupo 3351, 07 333 7105 rototasunclub@gonatural.co.nz rotota.gonatural.co.nz
15. * South Canterbury Sun Club PO Box 13, Geraldine 7956, 021 123 5904 scsc@gonatural.co.nz scsc.gonatural.co.nz
16. Southern Free Beaches www.facebook.com/southernfreebeaches 027 471 8941 southernfreebeaches@gmail.com
17. * Southern Naturally 329 Guise Road, RD1 Otautau, 9689, 027 224 2724, southernnaturally@gonatural.co.nz
18. * Taranaki Naturists Club 297 Brown Rd, RD42, Waitara, 4382, 027 439 0543, 027 542 1813, 027 444 2941
taranaki.naturists.club@gonatural.co.nz taranakinaturistsnz.com
19. * Waikato Outdoor Society Inc. PO Box 619, Hamilton 3240, 027 631 6883 waikato.outdoor@gonatural.co.nz
waikato.gonatural.co.nz
20. * Wellington Naturist Club 20 Molloy's Road, Te Marua, Upper Hutt 5018, 027 330 6212
secretary@wellingtonnaturists.co.nz wellingtonnaturists.co.nz

National Naturist Organisations

- 1 * Free Beaches NZ PO Box 20295, Bishopdale, Christchurch 8543, 06 879 9262, 03 310 6447
fredbear@freebeaches.org.nz freebeaches.org.nz
- 2 * NZ Naturist Federation PO Box 619, Waikato Mail Centre, Hamilton 3240, gonatural.co.nz (shop)
- 3 * NZ NUDVAN, nudvan@gonatural.co.nz nudvan.gonatural.co.nz

Non-Federation options

- 1 Autumn Farm 37 Central Takaka Rd, Takaka 7183, stay@autumnfarm.com (03) 525 9013
- 2 Bay of Plenty Naturists Bethlehem, Tauranga, bopnaturists@gmail.com www.bopnaturists.blogspot.com
- 3 First Light Mangawhai Jude Road, Mangawhai, firstlightmangawhai@gmail.com 021 544 820
- 4 Hauraki Naturally 1094 SH 25, Andrew Cook, haurakinaturally.nz haurakinaturally@gmail.com (07) 211 9106
- 5 * Marble Hills Retreat, 78 Moss Road, Marahau, Motueka Michael & Elaine Fry, kmfry@farmside.co.nz (03) 527 8212
- 6 Mapua Leisure Park 33 Tory St, Mapua, Nelson, bookings@mapualeisurepark.co.nz (togs optional February & March)
- 7 Northland Naturists Whangarei, nothlandnaturists@gmail.com (09) 438 7163, 027 483 1724
- 8 Paradise 33c Poplar Lane, RD 3, Kerikeri 0293, Brian & Heather Moore, hobohm19@gmail.com, 021 0274 7407
- 9 Parakai Springs 150 Parkhurst Rd Parakai, info@parakaisprings.co.nz 0800 468 768
- 10 Rosco & Gerri, Far North Emu, 388 Kaimaumu Rd, Waiharara, Far North, ostemu23@gmail.com Ph: 027 651 885.



New Zealand Naturist Federation
 PO Box 619 Waikato Mail Centre
 Hamilton 3240
 New Zealand
 Phone: +64 27 664 5526
 E-mail: editor@gonatural.co.nz

NZNF: Social Media QR Codes



The Federation Personnel



David Saunders
President
 president@nznf.nz



Joanne Schumacher
Secretary
 secretary@nznf.nz



Kathy Earby
Treasurer
 treasurer@nznf.nz



Andrew Beasley
SI Vice President
 sivp@nznf.nz



Christine Bowers
Database Secretary
 database@nznf.nz



Murray Nash
Social Media Coordinator
 socialmedia@gonatural.co.nz



Murray Nash
Digital Platforms Co-ordinator
 webmaster@nznf.nz



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



Ken Mercer
NI Vice President
 nivp@nznf.nz



Alice de Wet
Marketing Officer
 marketing@nznf.nz



Olga Sakey
Families NZ Coordinator
 families@gonatural.co.nz

John Lowe
Editor gonatural newsletter
 editor@gonatural.co.nz

I have seen three emperors in their nakedness, and the sight was not inspiring.
Otto von Bismarck

There are those who so dislike the nude that they find something indecent in the naked truth.
Francis H. Bradley

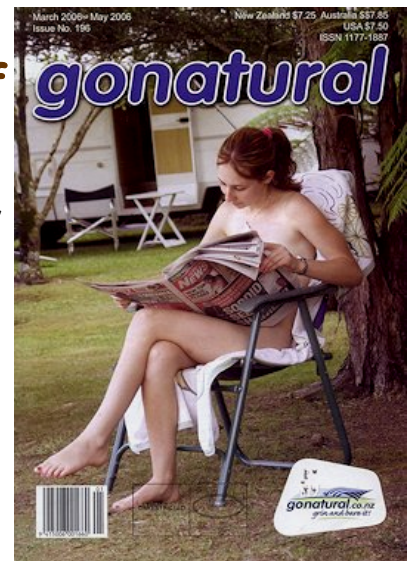
How idiotic civilisation is! Why be given a body if you have to keep it shut up in a case like a rare, rare fiddle?
Katherine Mansfield
"Bliss and Other Stories"

"There once was a sculptor called Phidias Who had a distaste for the hideous. So he sculpt Aphrodite Without any nightie Which shocked the ultra-fastidious.



The **gonatural** deadline is on the 15th of each odd-numbered month.

Back issues of



If anyone would like to purchase back copies of the **gonatural Magazine** we have a number of the issues from 1990 to 2019 available.

We can fit 4 in an envelope so we're selling sets of 4, including postage in NZ, for \$10.00 payment by Direct Credit to our bank, or \$11.00 for credit card payment. (Postage is about \$5.00). The magazines are currently in storage.

For a list of what issues are available please email Noel at:-

magazine@gonatural.co.nz

To see previous **gonaturals** go to: <https://gonatural.co.nz/news/2/11/NZNF-News/>

This certificate verifies that **gonatural** (previously *The New Zealand Naturist*) is available in New Zealand **without restriction** (the equivalent of a 'G' certificate for a film) so there is **no** age restriction on children.

UNRESTRICTED

OFFICE of FILM and LITERATURE CLASSIFICATIONS