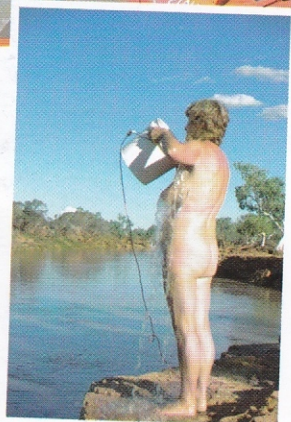


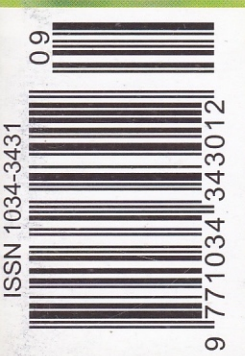
# Australian *Sun and Health*

*Clothing Optional!*



**Cooper Creek, Naked  
in Antarctica, the  
Murchison River,  
What makes you a  
nudist? **AND**  
will Qld finally  
get a nude  
beach?**

Just \$6.00 (incl GST)





**A proud Nanny, Sandy (from Goodys)  
with Sanya and Mystina**



# Ed Says...

It would have been hard not to notice the recent controversy in the mainstream media, with Bill Henson's exhibition showing a naked child, then Art Monthly with a naked six year old girl on the front cover, not to mention the sacking of a teacher for her nude photos and more recently the publicity regarding another couple of teachers and Facebook.

Kevin Rudd famously called Bill Henson's work "revolting" and referring to the July Art Monthly cover, the Prime Minister said that he "can't stand this stuff" while the young naked girl on the cover Olympia Nelson (now 11), said the photo was her favourite, she was very proud of the picture (which her mother took) and was deeply offended by the Prime Ministers reaction.

I'm not actually a fan of posed photos myself and I'm always wary of how photos of kids are represented and certainly these aren't naturist photos, but prompted by our letter of the issue (see page 6) I took the time to have a look at Bill Henson's work and I must confess I didn't find it very interesting. It's not for me, but I am alarmed to think anyone could see it as offensive or exploitive in any way.

Just coincidentally in the same month, the cover of Australian Sun and Health (issue 8) featured a beautiful picture of my

daughter Callista and myself; I have to say we received more positive comments about this cover than any other cover we've produced. Callista herself loves it, but of course she wants to be on every cover!

And then a couple of weeks later I received an email from her father; my ex husband .. the former editor of his own (now defunct) nudist magazine, complaining about the naked picture of Callista on the cover; leveraging off the recent media coverage of Bill Henson's work and Art Monthly, he seriously thought he could have issue 8 recalled, and the scary thing is, that if he was just ...a little bit smarter ... then in this conservative climate, it might actually have happened.

I am all for fathers rights, but I've got to say the case is seriously undermined when the complainant forgets to mention that he used Callista naked on the cover of his own magazine some time ago, not to mention editorial gems such as "What's wrong with naturism anyway?", which somewhat ironically fits very well here.

While I can't say what his real motivation was (well I can, but I won't ... though I'll mention that I don't think I'm allowed to have a baby), it does go to show one thing. Whatever is going on in the main stream media affects us whether we like it or not and we'd be remiss to think it doesn't matter.

Already there exists a degree of fear and shame, with huge numbers of naturists saying "Don't take my photo because I'm a teacher or nurse or policeman" and it simply shouldn't be that way. When a teacher loses a job for merely being photographed naked we actually need to say "This is wrong". To quote the Bare Tracks wrist band, we need to be "Proud Aussie Nudists" because politicians aside, I can't believe the man on the street would find our lifestyle (or Bill Henson's work) offensive. After all, the "men on the street" are just teachers and nurses and policemen, everyday good people, some of whom even happen to be nudists.

The Office of Film and Literature Classification (OFLC) seems to agree too. It's their job to judge what a "reasonable person" would find offensive and after all the furore had died down, they rated the most provocative of these controversial works PG along with the comments "mild" and "not sexualised to any degree" ... Apparently Batman is more offensive ... and our politicians aren't reasonable people after all. Who would have thought!



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Australian Sun and Health ®  
ABN 42 120 378 903

**Published by:**  
Australian Sun & Health  
P.O Box 720, Riverwood  
NSW 2210, Australia  
Phone: (02) 9596 1603  
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**Deadlines:**  
March Issue - 13th January  
June Issue - 13th April  
September Issue - 13th July  
December Issue - 13th October

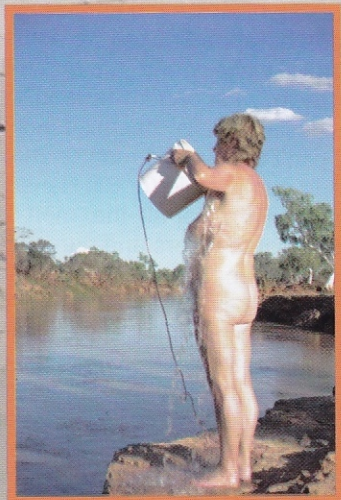
**Printed by:**  
Stanley Printing, Riverwood, NSW

**Prepress by:**  
Graphic Preprint, Kirrawee, NSW

**Front Cover:** Laura, Photo by Gari  
- www.coastalimagewerx.com.au  
**Inside Cover:** Photo by Goody's

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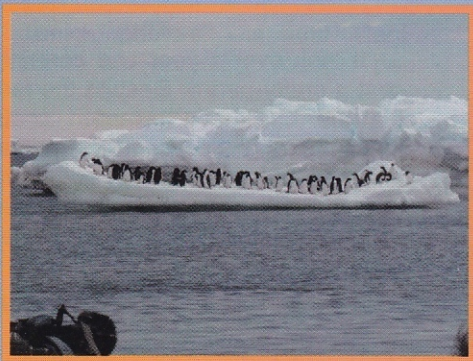


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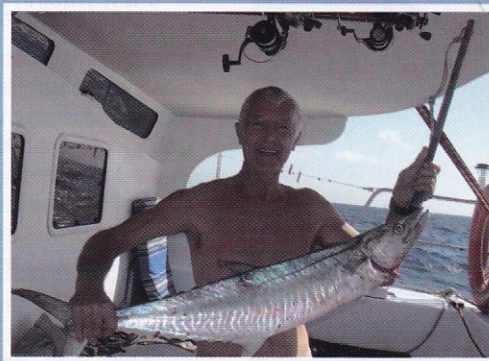
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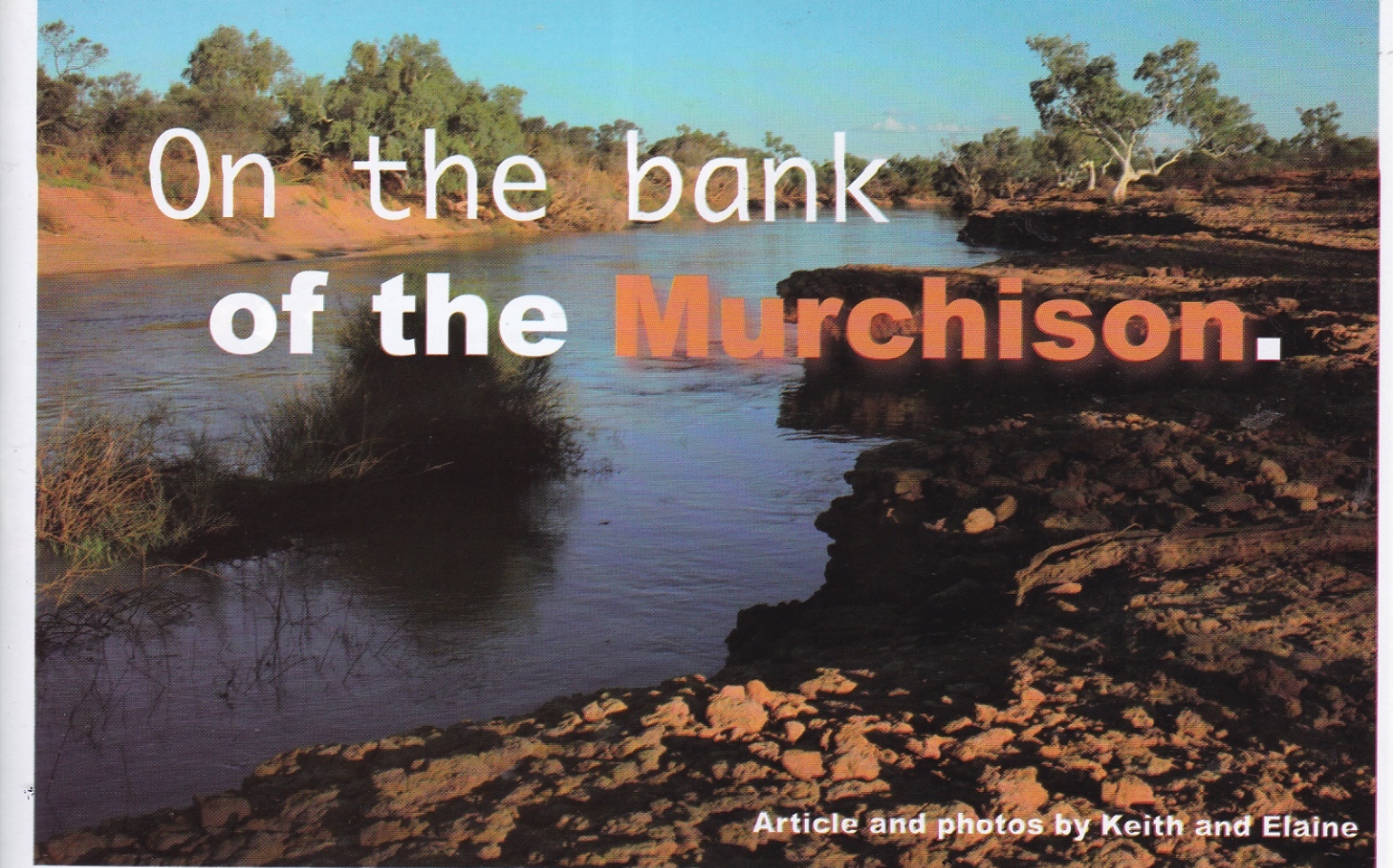
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# On the bank of the Murchison.

Article and photos by Keith and Elaine

The problem with being full time workers is that the opportunities for trips away are dependent upon Public Holidays and available accrued leave. However working does finance these trips when the chance presents itself.

Easter was one of these occasions. With an extra day just to make the distance travelled worthwhile.

So it was north to Moora and then up The Midlands Road to Mingenew and on to Mullewa with our comfortable home away from home camper – trailer in the wake of the new Land Rover on its maiden trip with us.

Through the wheat belt until we got into the Red Dirt country and began passing into the large station properties, that make up so much of Western Australia, until we reached our planned destination at the Ballinyoo Bridge where the Murchison River crosses the Carnarvon Mullewa Road.

We had been hopeful of some water in the Murchison River as there had been water across the road further south at the Greenough River

crossing and we knew from previous trips when we had utilised this spot that it was an ideal secluded campsite particularly if there is water flowing. What a surprise then to see not only water flowing but running very quickly.

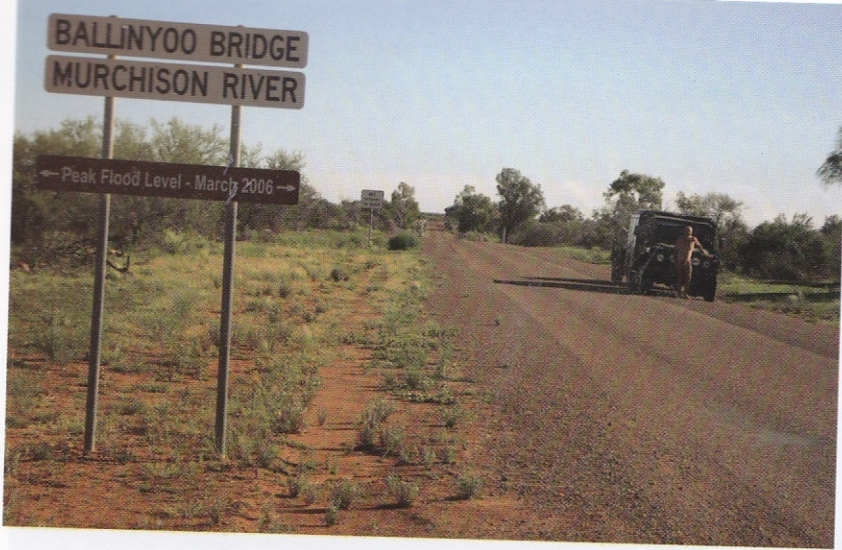
The trick when camping at these sorts of places is to always go just that bit further away from where there is evidence of other people having camped. This usually ensures privacy and seclusion to be able to enjoy nature as it is meant to be enjoyed... naturally.

Once set up and comfortable it was time to take stock of our surroundings and check out the state of the terrain. To our surprise it was obvious that there had been recent and plentiful rainfall as evidenced by the new plant growth everywhere. Also, when we had stopped moving around whilst setting up, we became aware of the abundant bird activity all around us. Budgerigars and Zebra Finches were extremely busy gathering nesting material and some even collecting food and feeding young. One pair was regularly looking after young in a hollow in the tree next to us, much to our delight

and amusement. Then the realisation came that only recently a low pressure system had swept through the area and had obviously dumped a fair amount of rain in the district hence the frenzied bird activity and new growth shooting up.

The longer we watched the river we became aware that the river level was actually getting higher. This did not concern us unduly as we were situated high up on the bank on the north side of a bend with a sand bank on the opposite side. This was to provide us a great deal of interest over the next few days as one after another of the landmarks we singled out became inundated by the rising water.

The question might be asked "Don't you get bored sitting on the bank of a river for three days?" Well, no, not if you look about and take note of what is happening in nature all around you as there will always be something to notice and entertain or enlighten the observer. Each afternoon we had a flock of Galahs stop near us on their way to the nightly roosting site. These feathered clowns of the outback always provide



a smile with their acrobatic and noisy antics.

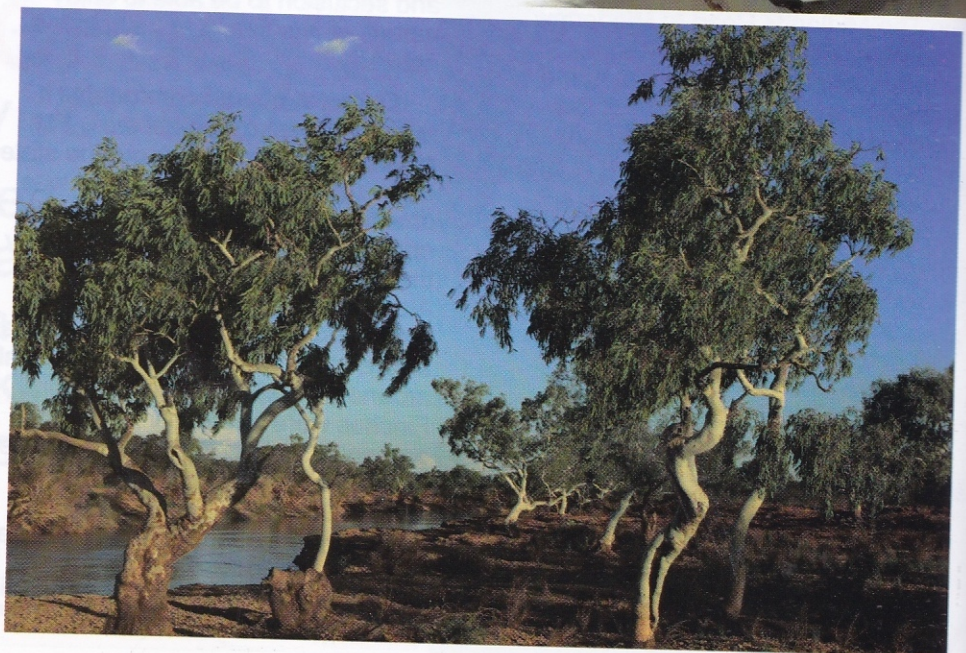
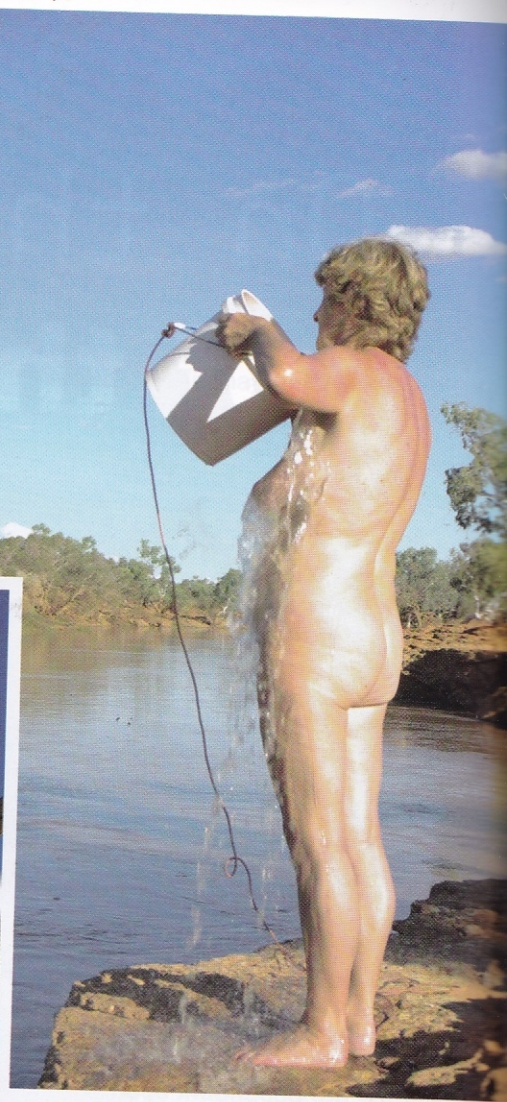
One evening we had a forceful thunderstorm almost overhead and battened down the hatches and guy ropes in readiness for an expected downpour. We only received a light fall but we watched in awe as the deluge moved to the east of us and contributed more heavy rain into the catchment of the river.

A walk through the bush to Ballinyoo Bridge which was built in the 1930's and the second ever concrete bridge constructed in Western Australia was of interest. There is a sign giving the height the last time the Murchison flooded. At that time, March 2006, the river mouth at Kalbarri also flooded and submerged the low lying areas and parklands of Kalbarri.

All too soon it was time to pack up and make our way back home. Of course, with Keith, that does not mean that the shortest route along bitumen roads will be taken. East of Perenjori through the dry wheat belt is a depressing sight. Not only were the paddocks bare due to the drought but the Southeaster winds were whipping away the topsoil and dispersing it far and wide.

Our final camp was South of Camel Soak near Mongers Lake along the Rabbit Proof Fence. Another camp with neither sight nor sound of other people.

More Red Dirt which reminded me of a ditty that was penned whilst traversing the Savannah Way on the way to Cape York during our six months travels around Australia three years ago.



It is indeed a privilege that in the vast expanses of this wonderful country it is still possible to "get away from it all" to refresh and recharge the inner self in places that are still pristine and idyllic in whatever diverse location you might choose. However this comes with a great responsibility and that is to only take photos and memories and to leave the site cleaner than you found it.

**Elaine and Keith** (the steering wheel attendant)

**Dust, dust glorious dust  
if you travel with Keith  
Then dust is a must.  
It's in my eyes ears nose and hair  
that bloody fine red dust  
It gets everywhere.  
Not a bitumen road for weeks on end  
for a clean freak like me  
it'll drive me round the bend.  
Dust, dust glorious dust  
if you travel with Keith  
then dust is a must.**



## Nude News!

# Win/Win in Queensland?

By Mark Hayter

In Issue 5 (Spring 2007) of Sun and Health Magazine, there was an article about Kenneth Wenzel's fight for justice in Queensland.

Since then the police prosecution brought Ken back to Maroochydore Magistrates Court to defend the charge of "Wilful Exposure" one more time. In June (2008), nearly three years after Ken was originally booked for bathing nude at Coolum 3<sup>rd</sup> Bay (an unofficial nude beach), the magistrate found him "not guilty" of wilful exposure. The magistrate believed Ken's testimony over that of the police officers regarding how far they were from him when he covered up with a towel. The magistrate ruled the police could not have possibly seen Ken's genitals from such a distance. It was not illegal in Queensland to be merely nude on an isolated beach.

I applaud Ken's tenacity and courage for fighting so hard for what he believed was right and just.

Also during this time, Adam Andrews lost his case in the magistrate's court but decided to take it further to the District Court. He also won his appeal at District level due to the inconsistency of the police testimony. So well done to Adam as well.

When Ken contacted me on the Sunday night to tell us he was to appear in court on the Monday, Anita and I both changed our work shifts so we would be able to support Ken in court. Afterwards we were able to use the media coverage to push for a legal clothes optional beach on the Sunshine Coast. After many radio,



**Above:** Anita Grigg and Mark Hayter from Free Beaches Australia with Bob Abbott, Regional Mayor

TV and newspaper interviews, we put in a submission to the new Amalgamated Regional Council for a legal clothes optional beach on the Sunshine Coast and we now have an interview with Bob Abbott our Regional Mayor to discuss the matter.

We had already sent a submission to the Noosa Council a year previously for Alexandria Bay to be made a legal clothes optional beach. The response from the Council was that this beach was owned by the Department of the Environment and National Parks and so was their responsibility. We subsequently sent a submission to the National Parks who denied sole responsibility for the beach but thanked us for our participation in the Clean Up Australia Day Campaign and acknowledged the strong positive relationship they had with us. We felt as if we were going around in circles getting nowhere!

The Amalgamation of the Council last March

## Nude News!

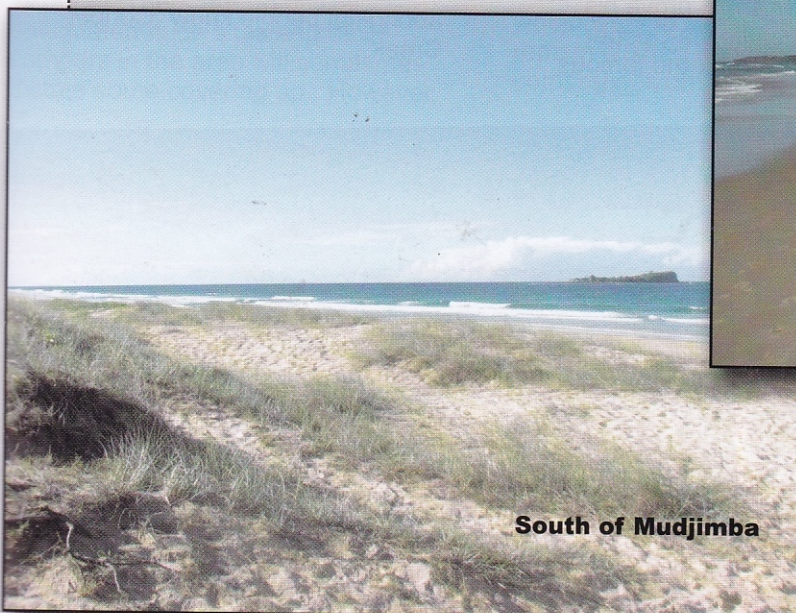
allowed us to make a bid for two other beaches in the area which better fit the requirements of the State Government as per a letter from the Premier's Department which we received two years ago.

Our first choice was a section of beach south of Mudjimba. It is isolated (next to the Maroochydoore River Conservation Park so there are no houses overlooking the beach) and is currently used as an unofficial beach by nudists. There is plenty of parking and access is via two short tracks through bush. There is easy access for service vehicles such as lifesavers, ambulances and police. It would be easy to place signs to advise the public.

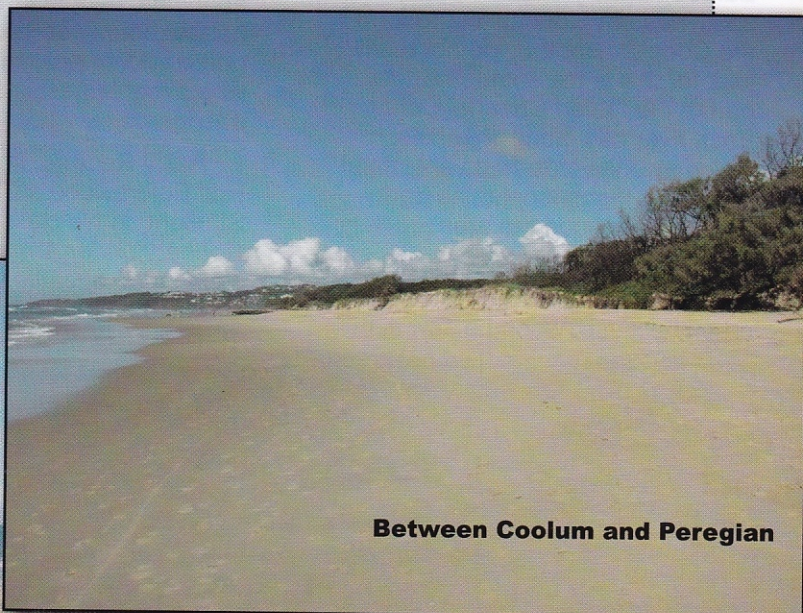
Our second choice was a section of beach between Coolum and Peregian flanked by National Park. Again there is good parking, easy access for service vehicles and a short walk to the beach. It would be easy to place signs to advise the public. At present the beach is used by walkers and is a dog "off leash" beach. It is presently not used by nudists.

We are hopeful to be successful to get the first legal clothes optional beach in Queensland. Certainly, our Premier Anna Bligh and the Police Minister, Judy Spence have been supportive in interviews to the media. They have said that if Bob Abbott sends a submission to them for a legal clothes optional beach, then they will make the necessary changes to the State laws to allow that to happen. By the time this article is published, we will have a better idea of the outcome.

Fingers crossed that all our considerable efforts over many years are rewarded with the first legal clothes optional beach in Queensland (at long last).



**South of Mudjimba**



**Between Coolum and Peregian**

*Above and Left: Two of the proposed nude beaches in Queensland*

# Another Oasis

## Cooper's Creek.

There can be few things more beautiful than a desert oasis. Perhaps the surrounding desert highlights the beauty, making the contrast that much more striking.

In previous issues I have recounted stories about Coward Springs and Dalhousie Springs, both oases originating from the hot waters of the Great Artesian Basin. Cooper Creek is a different type of oasis. About 800km long, it is a very big oasis. But an oasis just the same!

What a magnificent river is Cooper Creek! Did I just contradict myself? Maybe! Many of the facts surrounding the "Creek" are themselves contradictory. It is the only place where two rivers join to form a creek! The Thomson and Barcoo Rivers join near Windorah in southwestern Queensland to form the Cooper. But they do not really join, for this is the southern-most part of the fabled Channel Country. Each river has many channels, which all unite to form a vast inland sea when monsoonal rains from further north flood the area.

The explorer Sturt named it "Cooper's" in 1845 and called it a creek because, when he saw it, it

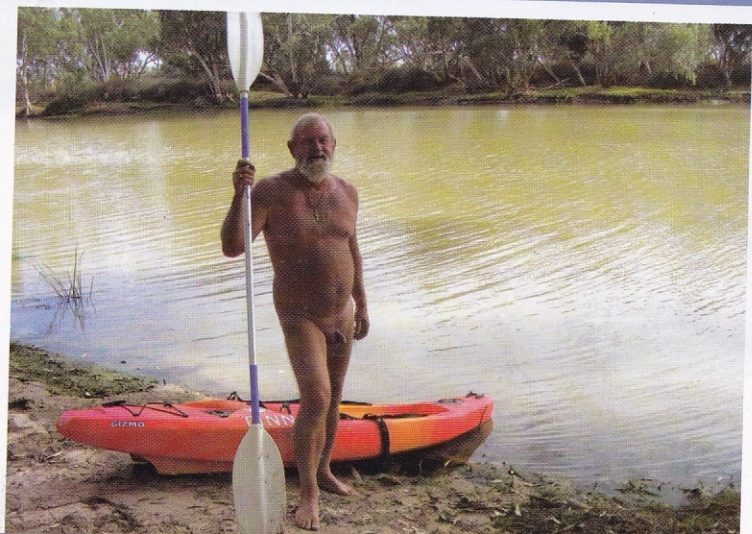
was not running. If it had been in flood, he might have thought he had found the inland sea he was seeking! He would have regretted leaving his boat at Tibooburra then! Officially, the river is now "Cooper Creek" although many prefer the original form.

Later explorers, Bourke and Wills with their party, made their base camp on Cooper Creek for their attempt to find a way across Australia from south to north. Their story is one of great tragedy, made all the more poignant by fundamental blunders. The famous "Dig Tree" is on Cooper Creek and three of the party died of starvation near what is now Innamincka, trying to find their way back to civilisation. They were in the midst of many aboriginal people thriving on the natural bounty of the Creek. The only explorer to survive was King, who accepted assistance from the aborigines.

Harry Redford, immortalised by Rolf Boldrewood as "Captain Starlight" in his classic novel, *Robbery under Arms*, drove his stolen mob of cattle via Cooper Creek to help pioneer the famous

Strzelecki Track to the Adelaide markets.

More than 100 years ago, Sir Sidney Kidman implemented a far-sighted plan to "drought-proof" his cattle empire. He established a Station on Cooper Creek, which became the cornerstone for his grand plan, and called it "Innamincka". It is still there and still in Kidman hands. It gave its name to the two towns that have existed on the opposite side of the Creek. The first began as a border outpost during Colonial times to collect taxes from travelling drovers and struggled through Federation, isolation, heat, floods and droughts until it finally became a ghost town in the 1970s. Some ten years later, revival of interest in the area by four-wheel driving tourists inspired re-establishment of the town on the same site. Today, it is a tiny but thriving settlement based mainly on "The Pub", "The Trading Post" and the local National Parks headquarters. The name itself is a poor imitation by white tongues of the ancient name by which the aboriginal people knew "Cooper Creek".



Left: Frank canoeing on Cooper Creek

# in the desert...

Article and photos by Frank Maundrell

After the monsoon rains, vast quantities of water flow down the rivers into Cooper Creek, replenishing its mighty waterholes. A little to the west of Innamincka, the Creek divides. One branch flows north filling an extensive lake system beginning with Coongie Lake and flowing on to numerous others. It never goes beyond the lakes, eventually evaporating to restart the whole cycle.

Flow of water into the south branch of Cooper Creek is very rare. However, the dry creek bed crosses the Birdsville Track near "Etadunna Station" and eventually reaches Lake Eyre. Local rain sometimes puts water into that dry creek.

Now comes the bit that is interesting to naturists! The reason I keep going back to Innamincka is the magnificent campsites along Cooper Creek. Each time I have been there, I have been able to spend at least some time camping and swimming, fishing and kayaking, birdwatching and walking, all nude! There are no officially designated nude sites and other campers in the area will sometimes dictate some covering up. However,

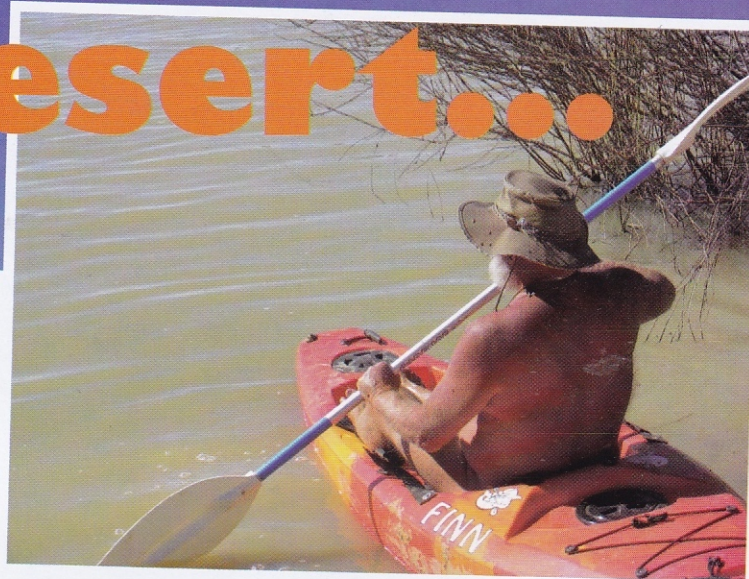
sites are spread over a long stretch of Cooper Creek and all have sufficiently private areas for practice of our lifestyle at least some, if not all, the time.

And the jewel in the crown of Cooper Creek is Coongie Lake! When it has water, Coongie Lake must be one of Australia's most magnificent places. It marks the end of flowing water in Cooper Creek. Designated campsites exist along the Cooper banks and on the Lake's shore. Most overnight visitors use the area on Cooper Creek. A track over the sand dunes surrounding Coongie Lake provides access to some of the most magnificent naturist camping places I have seen. Spaced well apart, most sites provide sufficient privacy to camp nude most of the time. They all scream "Nudist Site" the instant you see them! Why anybody would want to camp there and remain clothed beggars comprehension!

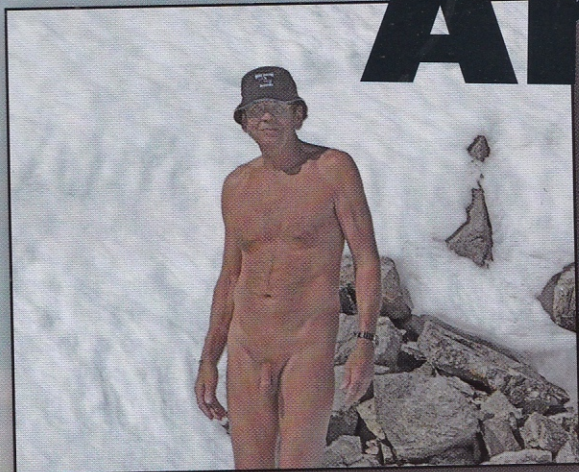
During my most recent visit, I wore clothes only for comfort during the cool evenings and early mornings. The water was a mild 22°C, making swimming luxurious. Motor boats, motor cycles, generators and chainsaws are all banned from the area, so there are no noisy campers to disturb your peace. Paddling a canoe, watching the abundant birdlife and exploring can all be done nude and make a fabulous way to fill in those times between relaxing and doing nothing!

The only visitor to my camp, apart from innumerable birds, was a wild dingo. He did not bother me and I certainly was not going to bother him!

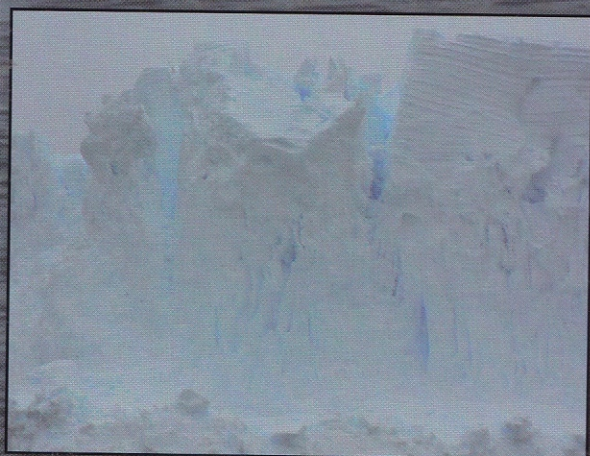
And the sunsets! They are only surpassed by the sunrises over Coongie Lake. I promise!



# Naked in Antarctica



Article by Mike Arnold  
Photos by Elaine Arnold



*In issue 8 Mike and Elaine visited Macquarie Island and experienced the amazing wildlife and history of the Antarctic region. We join them again as they leave Macquarie Island and head to Cape Denison located on Commonwealth Bay in Antarctica some 2500km south of Tasmania. Cape Denison was also the main base camp of legendary geologist and Antarctic explorer Sir Douglas Mawson.*

The night after leaving Macquarie Island, there was a slight change in the weather. Our bed was king size and was positioned fore and aft, and I was on the port side. I woke up with the ship heeling over to port and I only stayed in bed because I had flung out my arm and could reach the wall. Elaine hurtled across the bed and into me, and then of course it's back the other way and I hung grimly to the edge of the bed!

We were experiencing seas of 10 -11 metres with winds of 115km/hr and were getting carpet burns sliding back and forth in bed! The ship had initially rolled 40° to port. By 6pm that day we were back to 'calm' seas of 7 metres and winds of 76km/hr.

We wondered whether this was an indication of what we would find at Cape Denison. The Cape has been described as the windiest place on earth with Sir Douglas Mawson calling it "home of the blizzard". The Cape Denison weather station has found the

year round average wind speed to be 70km/hr! The previous year the weather was so bad no one had been able to land.

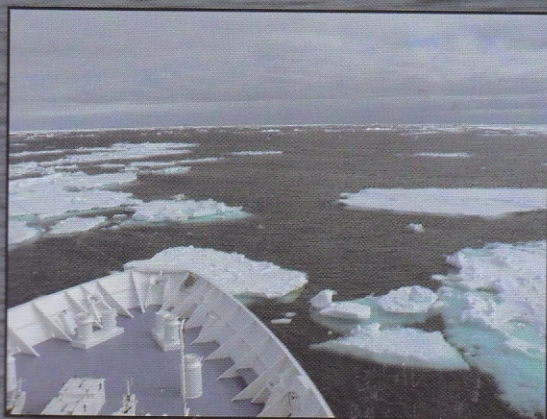
Two days out from the Cape the winds and waves had abated, and the temperature was 0°C for both air and water. Sunrise was 3.26am and sunset 11.05pm; who needs daylight saving!

We started to encounter pack ice and then an ice berg that had broken off the Ross Ice Shelf in 2000. At 26kms in length it was only part of the original! It was then that we sighted our first Adelie penguins floating serenely past on an ice floe.

We arrived at Cape Denison in superb weather, temperature 4°C, seas calm, wind a faint zephyr. It was then that we got our first glimpse of Mawson's Hut; we had arrived!

Mawson's Huts are a collection of buildings that were occupied by the Australasian Antarctic Expedition (AAE) of 1912 – 13 led by Douglas Mawson. The most significant building is the living quarters that was home to 18 men including Douglas Mawson. It was prefabricated in Sydney and then shipped to Cape Denison on the Aurora.

Before going ashore the crew unloaded a dozen or so bundles of prefabricated building panels for extensions to the Sorenson Field Hut. This is being used by people carrying out conservation work on Mawson's Hut and its contents.





*Left and below: The inside of Mawson's Hut*



Correctly attired we boarded the zodiacs for the short trip ashore. We had a welcoming committee of Adelie Penguins as we stepped out of the zodiacs onto the Antarctic Ice Shelf.

There were three highlights that day. The first was just being there. Although there were around a hundred people ashore they were spread around the area and it was just so quiet. This also achieved a land mark. As we have been to the most easterly and westerly points of Australia and now the most southerly; Cape York look out.

The second highlight was actually going into Mawson's Hut. We never expected to actually go into the hut. We queued for quite a while and had to take off our parka it was so warm, 8°C! Once we got in it was magic, you could feel the history. The men's bunks lining the walls, the carbide gas generator to provide lighting, a tin of treacle on the shelf, a pile of magazines. So many items are still in the room. The photographer Frank Hurley's bunk and dark room and Mawson's private area with his chair, still waiting for him. It simply oozed Australian history.

In 1912 Mawson and his party of 18 occupied this hut for 12 months, and Mawson and six others spent a further 12 months there when Mawson missed his return ship after returning late from a sledging expedition with Belgrave Ninnis, an English army lieutenant and Xavier Mertz, a Swiss doctor. Only a few weeks into the expedition Ninnis died when he fell into a crevasse with one of the two sleds and most of their supplies. On the return journey Mertz died from Vitamin A poisoning possibly from eating the livers of husky dogs. Mawson survived the trek but as he returned to the base he saw the Aurora, his return ship, on the horizon. Mawson remained at Cape Denison with six others while he recovered. He returned home the following summer and was later given a knighthood.

We have since been told by Orion (our tour company) that more people have stood on the peak of Everest than have stood in Mawson's hut! How

exclusive is that!

The third highlight fulfilled an ambition I had had since we first started planning the trip some months before; I was determined to get my gear off for a photo on the Antarctic continent!

Still hyped up after our tour through the hut, I said to Elaine "come on it's now or never". We went about 200 metres away to the foot of a rocky outcrop. I knew there were people above on the outcrop at the meteorological station, and we could see people queuing to enter the hut. What the hell; off with the gear, click click and it was done! I was very much aware that all the fellow passengers had cameras, some with very long lenses indeed. Of course with hindsight it would have been much better to have turned 180° with Mawson's Hut in the background! Ah well what's done is done.

Finally after about 6 hours ashore we boarded a zodiac for the trip back to the Orion, the end of a perfect day.





### Jim & Beth Vickers-Willis (their story)

We (Yvonne & Rex) first met Jim & Beth around 1982, when we found them to be our 'across the road' neighbours at River Valley Nudist Holiday Resort at Echuca. We had heard of Jim well prior to this. During the 1960's, in the days of black & white TV, Jim was at the forefront of the square dance era, having his own show on ABC TV in Melbourne.

Jim Vickers-Willis was born at Mill Hill, London, on the 16<sup>th</sup> July 1918. When Jim was aged 7, his parents decided to opt for a better life in Australia. Jim reflected that at the time Australia House in England was strongly endorsing Australia as the place to live, almost giving the impression that the streets were "paved with gold".

Upon arrival, the family settled in Church St, Brighton Victoria; Jim & Beth still reside in the area. Jim's parents saw to it that Jim received a good education. In 1937 Jim obtained a job at the Sun News Pictorial, now the Herald-Sun, as a journalist.

At this stage, things seemed to have settled into a routine until World War II broke out. Jim joined the RAAF and went into service at Labuan (off Indonesia) flying Mosquito's, Hurricanes and Spitfires. He served in the 457 Spitfire Squadron; graduating to Flight Lieutenant and in the process training about 20 Spitfire pilots.

With the war over, Jim returned to Melbourne and settled into life once more. Until one day a troublesome tooth changed his life forever. Visiting a Collins street, Melbourne, dental surgery Jim was comforted by a smiling dental nurse, Beth Parkinson. The loving couple married in 1947.

Life for the couple continued to move on with the square dancing craze hitting Melbourne in 1952. Jim was pivotal in this area, ultimately calling and teaching square dancing in Victoria and Adelaide. Soon he was appearing on five radio programmes per week and later on ABC TV on Friday nights... all in the name of square dancing!

Unfortunately when calling in Adelaide one evening, Jim recalls that he did not feel well. In 1954 with Polio taking its toll with Jim he found himself in hospital in an Iron Lung. For over 50 years Jim has lived with the residual effects of this virus but remains positive and has continued to work daily until he officially retired in 1987.

Undeterred, Jim and Beth pressed on with life, the couple soon becoming parents to three children. They of course needed to earn a living and became involved in various fields such as catering, the manufacture, promotion and sale of puppets as well as writing scripts for, and presenting, puppet show. They also designed baby furniture.

Following a friend's advice, Jim later became involved with insurance sales through T&G, soon realising that many people did not have the appropriate policies; a problem Jim set out to put right until his ultimate retirement. Although Jim still seems to be working at age 90 – an awesome inspiration!

Through all these years however, Jim always had underlying interests. A big interest for him being the sexual problems of both men and women. He learnt of these problems way back when he was a journalist and maintains the interest even now. Jim recalled being asked to speak on radio years ago and a caller by the name of Ted Weston (of ANF fame) being an interested listener. Ultimately Ted and Mary Weston invited Jim and Beth to accompany them on a visit to Point Impossible Nudist beach, an event that opened another door on Jim and Beth's life... the door still ajar to this day.

Jim is always on his 'trike' (not bike these days) about something and although he had initially been shy at Pt Impossible beach he recalled that he was particularly taken by the way the nudists kept the beach so tidy.

The beach lobbying process commenced and Jim tried to convince the government of the day about the merits of having legal nude swimming beaches available around Melbourne. Of course the idea was slow to be taken up by the government, which made Jim all the more determined. He said that because at the time his family resided at Dendy Street, Brighton he used to swim regularly at Port Phillip Bay. That was, of course until he realised that his nude beach lobbying was getting nowhere. Jim then declared publicly that he would no longer swim in the bay until a legal nudist beach had been gazetted.

And so life went on. Jim, Beth and family ultimately arranging a holiday at River Valley Nudist Resort at Echuca. Jim says that this was a turning point in his life as Keith Dohnt and the nudist lifestyle made him realise the benefits of the lifestyle to its devotees. Jim still refers to River Valley as a Shangri-La. Jim and Beth remained visitors to River Valley holidaying in their caravan for about 30 years through the Dohnt/Butler era's of the resort.

Meanwhile Jim's interest in sexual problems continued, with Jim being ever eager to speak and write on the subject. In 1974 he was the founding convenor of the 'Quality of Life Association' (QLA). Jim continued to bring issues before government and the general public, as did the association.

In the past, as well as sex education, the QLA sought to have prison reform measures implemented not to mention bringing the ill effects of smoking out in the open. One of Jim's lines was "Kiss a non smoker, taste the difference". These days Jim presently advocates for the use of rainwater tanks and solar power.

During quiet moments Jim also wrote two books "Are you (really) fun to live with?" and "The Magic of Life". Jim is also working on two further books as well as regularly writing to newspaper editors. He says that he has written 1000's of letters over the years to newspapers.

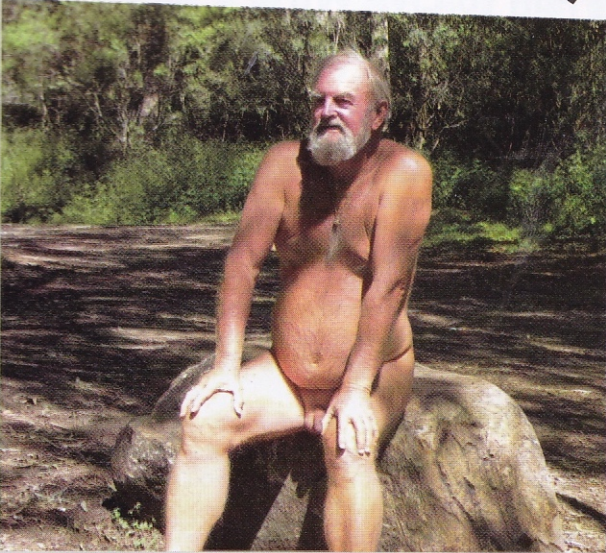
Having 'retired' in 1987, Jim now fills his days by not only writing to newspapers and working on books but also devouring the Melbourne Age newspaper. He also reads various 'trade magazines' and enjoys the company of their three children, 10 grandchildren and two great grand children. Of course they are still proud to call themselves nudists.

Jim and Beth Vickers-Willis truly are an inspiration to all and even with his disabilities Jim has continued to work for the betterment and enlightenment of our community and has often been years ahead of his time. Jim and Beth can be visited on line at [www.vickers-willis.com](http://www.vickers-willis.com).

In the meantime Jim... keep pedlin' that trike!

# So, you think you're a **NUDIST?**

Article and photos by Frank Maundrell



Do you like being called a nudist? You do? That's great! I do, too!  
But what qualifies you as a nudist? Did someone give you the title or did you just decide that you are one? Are you a member of a nudist club? Do you go to nudist resorts? Perhaps you attend nudist beaches or do you just get naked in the privacy of your own backyard? Is it necessary to do any of these things? Can you be a nudist if you do not participate in social nudity?

A few years ago a friend of mine who runs a nudist resort had a guest complaining about some detail at his resort. When my friend explained why things are as they are, the guest pressed his point, adding that he was "...an accredited nudist..."

Wow! I thought, I wonder how you become "accredited" and what distinguishes an "accredited nudist" from the rest of us. Perhaps it is necessary to belong to a nudist club or hold office in a nudist organisation. My friend owns a nudist resort, but he couldn't enlighten me, either!

More recently I have read in several places about the declining number of nudists using nudist resorts and of pressures being exerted to encourage more visitors. Sarah mentioned something along those lines in her editorial for Issue 6. And that was after her editorial giving strong support to these marvellous venues in Issue 4!

Issue 6 also included an article from Steve Langley headed "Use it or Lose it", relating that a lack of nudist guests had forced him to change his business to textile based. That's a pity because when I visited Steve's lovely property I had a great time and found it a marvellous nudist getaway.

Please do not misunderstand me. I am all in favour of visiting nudist resorts and have been to a number over the years. Without exception, I have found nudist resorts provide a great, relaxing atmosphere and are marvellous places to spend time, whether it be just a weekend or the whole season. But, do I have an obligation to visit them just because I am a nudist and the owners have chosen to hang out a shingle saying their property is for nudists? Do I have to visit them to qualify for the title of nudist?

Those may well be rhetorical questions; but they are also serious questions that need an answer. Essentially, resorts are commercial undertakings. Therefore I do not feel any obligation to any owners. In fact, the obligation is the other way around! It is the owners' obligation to attract nudists to their facilities. Having attracted a visitor, it is the owners' responsibility to ensure the visitor will want to return.

Many entrepreneurs start up business in every conceivable field, each one undoubtedly full of hopes that customers will come and patronise the facilities they have so carefully prepared. I will make no attempt to analyse why potential customers do not always respond to the most carefully laid plans. That is the role of a marketing consultant, who might still not be able to provide an answer. But the fault is never the customer's.

So, what does qualify one to call oneself a nudist?

I like a simple answer and I think a good test is along lines similar to those applied to a person claiming to be aboriginal. With absolute correctness, the Government will recognise your claim to be an aborigine if you make that claim. In the same way, I think you are a nudist, if you choose to make that claim.

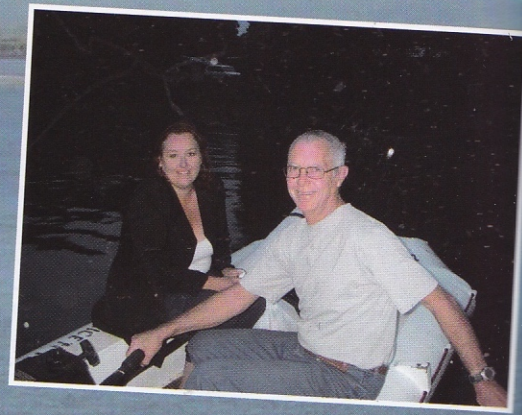
Whatever the basis of your claim, if you say you are a nudist, my friend, you are a nudist!

And it's great to see you ... whenever you've got nothing on!



# Sailing away...

## Part 3



Article and photos by Jim Nice

I spent over six months searching for my new crew member, Annie, then once the decision was made it took another month or more for her to make the necessary arrangements (storage for her boat and car, visa and travel documents, saying goodbye to friends and family etc). Then after a short delay due to a last-minute change of flight she was finally on her way to Australia. She took a day or two to get over the trip and we then spent a week shopping for provisions, stocking the boat and packing everything away ready for departure.

It was early to bed on the final night because our departure was set for 5.30am - we had to be out of the Caboolture River by 7.00am to avoid getting stuck on a sand bar at low tide. The morning was overcast and miserable and it had been raining during the night but as the plan had been made to leave on that day, we headed off and hoped the weather would improve. Once out of the river we raised the main and set the headsail and were under way, and with a good stiff breeze on our starboard beam we were able to cross the bay at a reasonable pace.

Nice'n'Easy is a cruising catamaran. She is slow because of all the weight on board - over a tonne of fresh water and enough food for at least three months - but we were still able to achieve up to 8 plus knots of speed with the wind at 25 knots, gusting to around 28 knots. We crossed the bay to the bottom of Bribie Island before turning north for Mooloolaba. The wind was now behind us and it was very pleasant sailing up the side of Bribie Island to the fairway buoy off Caloundra, and then the final leg of the day took us to Mooloolaba in the early afternoon. We tied up at the fuel wharf to top up our fuel tanks and then anchored for the night in the river prior to our early departure for Tin Can Bay bar. But you know what they say about the best laid plans - the Coast Guard weather report was not good, with warnings of gale force winds and dangerous conditions, which were expected to remain for the next few days. We had no choice but to sit it out and stay in Mooloolaba until the winds

dropped and conditions improved, as it is extremely unpleasant being out on the open ocean during strong winds and heavy rain. The weather report predicted that waves would be around five meters, which meant that the Wide Bay Bar would be closed.

Finally, after five days in Mooloolaba, the weather report was much more favourable, predicting winds from the south east of 10 to 15 knots, so we anticipated a good sail up to the Wide Bay Bar. However once we cleared the river and set the sails the wind was down to around four knots from the east, which would have been fine as we were heading north, and this would put the wind on our beam for an ideal angle to sail. But the wind dropped off even more and we soon found ourselves with no wind at all, and had to motor all the way.

We arrived at Wide Bay Bar around 2.00pm and when we started to cross there were still large waves breaking, which was the result of the extreme weather conditions of the previous few days. It was like crossing on a surf board! The boat cruises at around eight knots but at one stage I checked the GPS and we were surfing at over 19 knots. After crossing the bar without mishap (and breathing a sigh of relief) we headed towards Inskip Point and were then rewarded with a drenching downpour. We then motored north to Garry's Anchorage, a beautiful spot just on the inside of Fraser Island, and anchored there after dark. It had been a long and tiring day so we had an early night

and were grateful for the calm conditions which enabled us to have a good sleep. In the morning we went ashore for a look around and it was here that Annie saw her first dingo in the wild. At the top of the tide we left Garry's and headed further north, calling in to Kingfisher Bay resort for a short visit before lifting anchor around midday. The wind had deserted us again so we motored all





the way up to Burnett Heads, near Bundaberg, arriving once more after dark. We were just about to drop the anchor when we struck an object in the water, which is something that every boat owner dreads. I presume it was debris which had been washed downriver in the runoff from the recent heavy rains in the district. Luckily I was able to beach the boat on a nearby sandy area, and then had to wait until the water dropped so that I could inspect the damage at low tide. There was a considerable hole on the underside of the port hull which had allowed water to enter the boat. I had to let it all drain away and when the hull had dried out I ground the damaged area back until it was smooth and then applied a large fibreglass patch to make it watertight once more. We were afloat again on the next high tide, and keeping my fingers crossed that the repair job would hold, left the Burnett River at sunrise the following morning. Once again the wind had deserted us so we motored all the way to Pancake Creek, which is a large anchorage a little north of the town of 1770, and stayed there for the night.

The next morning we sailed up to Cape Capricorn and around to a beautiful spot known as Yellow Patch, where we spent a couple of very pleasant, relaxing days. Yellow Patch is a very shallow anchorage, only accessible at high tide and usually only by shallow-drafted vessels, but it is well worth a visit. Annie loved it there and said she was now looking forward to removing her clothes and getting a taste of our famous Queensland sunshine. To that point we had not had any sun at all as the whole trip had been two weeks

of cloud cover, strong winds and heavy rain, and for a Queensland autumn that was very unusual. After a few days we were ready to leave Yellow Patch and set sail for Great Keppel Island (GKI), 27 miles away, but had to wait for the rising tide so that there was enough water under us to leave the anchorage. We wondered what misfortunes this day would bring but were relieved to have an uneventful sail to the island, where we spent the night. I was very surprised, and somewhat saddened, to see that Great Keppel Island resort is no more, and I have since been told that plans are on the drawing board to resurrect it but not in the immediate future. Remembering the enjoyable times I had spent there in previous years, it was a bit depressing to see it so neglected, and the whole place had a very sad look about it.

The following morning we sailed over to Keppel Bay marina for our first stop to do some washing. For nudists this is not normal but the weather so far had not been at all conducive to sailing in the nude. After two weeks on the boat, Annie was still as white as when she left her home in the USA. Although I promised her there would soon be plenty of opportunities to shed her clothes and enjoy our sunshine, I really don't think she believed me.

After leaving Keppel Bay marina we finally enjoyed a couple of great days, with a good wind and a perfect angle to sail. With the wind behind us and moderate seas we sailed around to Pearl Bay and then there was a short leg of around six miles to Island Head Creek to anchor for the night. Early the next morning we left Island Head bound for



**Far Page, top:** Jim and Annie set to sea.  
**Above:** The Percy Hilton on Middle Percy Island  
**Left:** The quickest Skinny dip in history!



**Left:** Jim beached the catamaran to begin the task of fixing the hull.

**Below:** Annie climbs a dune at Yellow Patch.

was able to inspect the repairs done in Bundaberg and was happy to see that all looked well. At high tide the lagoon has a maze of waterways through the mangroves and it's interesting to take a trip along them in the dinghy.. While we were at Percy Island the winds were quite strong from the south so the days were too cold for us to get out of our tracksuits. We were looking forward to getting to the Whitsundays and hoped that maybe then we would be able to enjoy some sunshine.

After our very enjoyable visit to Percy Island we left after 9.00am on the high tide and sailed in a north easterly direction towards an island called Double Bay, near Mackay, but the wind angle was not the best so we changed course for Scawfell Island and made good time. We met up with a group of three guys from Norway who were at Percy Island when we were there, but they had left the day before us. They had stopped at another island on the way, and as they were in a monohull we had no trouble catching up to them at Scawfell, although we had travelled 22 miles more than they had. We found them to be great blokes and they told us they intended to sail all the way back to Norway on their little 34ft boat. They had just finished university and were shooting a documentary of their trip, and were very interested in our article about sailing north in the nude. I showed them my latest copy of Sun & Health and they thought it was a great idea, but also understood that at the moment it was simply too cold and we would have to wait for warmer weather before we could enjoy sailing without clothes.

When we arrived at Airlie Beach we went ashore to pick up some parts that had been sent to the Post Office, then left there as quickly as possible and headed over to one of the islands away from the hustle and bustle of the tourist strip. We intended to spend a few days getting over the rush to make it to the northern waters, as at that stage we had only been on the water for three weeks. There is a little cove on the north western side of Whitsunday Island which I first visited 14 years ago, so we sailed over there and once out of the wind Annie took her first swim in Australian waters. Although it was much too cold for me, she did say she enjoyed it for the whole time she was in the water - all five minutes of it - and I think that blue tinge

Middle Percy Island, which is very well known within the sailing community, a wonderful place to spend a few relaxing days. The main attraction at Middle Percy is the A-frame hut which is situated on the main beach. This hut is known as the Percy Hilton and it contains a treasure trove of memorabilia left by hundreds (or thousands) of cruising boats, some of which date back many, many years. Annie was fascinated by all the memorabilia in the huts and took lots of photos to send back home. She also recognised some of the boat names left by American sailors and recalled seeing those boats at one time or another over the years. Visitors are welcome to use the barbeque area and cooking utensils there, and I can recall quite a few happy hours and impromptu get-togethers spent with other yachties around the fire at the Percy Hilton. The yachting fraternity in the main is very friendly and sociable, and it doesn't take much for someone to suggest a communal dinner around the fire, with everybody bringing something to contribute to the feast. These make for some of the happiest memories of a cruising lifestyle.

Another feature of Percy Island is the large lagoon, which is where I always stay during my visits there. The lagoon is only accessible at high water and dries out completely at low tide. It's an ideal spot for catamarans because you're assured of a good night's sleep with no ocean swell to disturb you, and you can also check the bottom of the boat for any marine growth, barnacles etc. I



to her skin was actually quite becoming. The little cove is a really beautiful spot but the anchorage is not ideal and I would not recommend it to a novice sailor as there are a couple of large rocks just under the surface. However, once you're safely anchored there is a little creek to explore and plenty of oysters available for the taking. Whitsunday Island has a number of large hills and they provide ample protection from the cold biting winds that we had been experiencing, and while sheltered from the wind it was possible for us to lie around and enjoy our first taste of sunshine.

We spent a week sailing around the islands of the Whitsundays and then on the Saturday morning returned to Anrie Beach so that Annie could visit her first Australian beach markets. We had a great sail back to Anrie, heading almost due west with the wind from the south and blowing around 23 knots. We were sailing at speeds up to nine knots and holding a course without any sideslip. I usually have to set a course up to 20 degrees above where I want to go, so that when the wind pushes us sideways a little, we end up arriving at the correct location. Annie enjoyed the markets and bought a couple of knick-knacks to take home with her at the end of the cruise. Then on Monday after a visit to the Post Office to collect yet another spare part, we set sail towards Bowen, stopping overnight in Gloucester Passage, one of my favourite anchorages.

The next morning we were on our way to Bowen. It was a beautiful day with the wind around 20 knots on our beam and we were making good speed. The sun was shining and there was not a cloud in the sky - if only the temperature was a bit higher. I think 16 degrees is just a little too cool, especially with the wind blowing so strongly. Once we were safely tied up in the harbour I took Annie for a walk to show her around the town, and

also to point out the many murals which adorn the local buildings. These are painted in meticulous detail and depict the history of the town, and there doesn't appear to be even the smallest piece of graffiti on any of them. Bowen appears to be a place with a great deal of community pride.

It was soon apparent that we would be stuck in Bowen for a few days longer than we had intended, as the wind was again over 25 knots. We had planned to sail out to the reef after leaving Bowen but not in such high winds. I prefer the wind to be less than 15 knots when I'm on the reef, although it may still be perfectly safe in stronger winds. I'm definitely a fair weather sailor and like to be able to sleep without getting tossed around all night. The reef does offer some protection from the ocean swells but at high tide when the water is over the coral, the swells can get extremely uncomfortable.

We did end up going out to the reef but only spent one night there as the conditions were far from ideal, so we headed back towards the mainland and spent the next night at Cape Bowling Green. Magnetic Island was our next destination and we arrived in the late afternoon, and now with some fish on board we were ready for another relaxing few days. Horseshoe Bay is a lovely anchorage and a very popular one, for there were plenty of boats around, and Annie went ashore to practice being a tourist and take in some of the walking trails around the area. We stayed there for four days before going to Townsville to do some much-needed washing. I also had to buy some more spare parts and re-stock my fishing equipment, and Annie was keen to spend a few days taking in all the local attractions.

After leaving Townsville our next stop was Palm Island and again with a gentle wind blowing and a good sail angle we were able to relax and work on our tans. After spending so much time in suburbia getting the boat ready for the cruise, I have a white bum that needs lots of work to bring back that no-tan-lines look. After Palm Island we intend spending a week or so in the Hinchinbrook area before continuing up to Cairns and beyond. So this is where I will have to leave it until the next issue, and I hope that I can write a more positive account about the joy of sailing without clothes.



# Samurai beach!

## BARE ESSENTIALS



Samurai beach is a fantastic beach located at Anna Bay on the north coast of New South Wales. It is a legal nude beach and has the added benefit of legal nude camping at the northern end. It is part of Tomaree National Park, which is run by the National Parks and Wildlife service.

The easiest way to get onto the beach is by 4WD from the entrance near Samurai Beach Resort on Gan Gan rd, Anna Bay. Don't forget to stop and let your tyres down as the sand can be quite soft and you will get stuck. Of course if you don't have a 4WD you can always park nearby and walk down. It's a bit of a trek but well worth it.

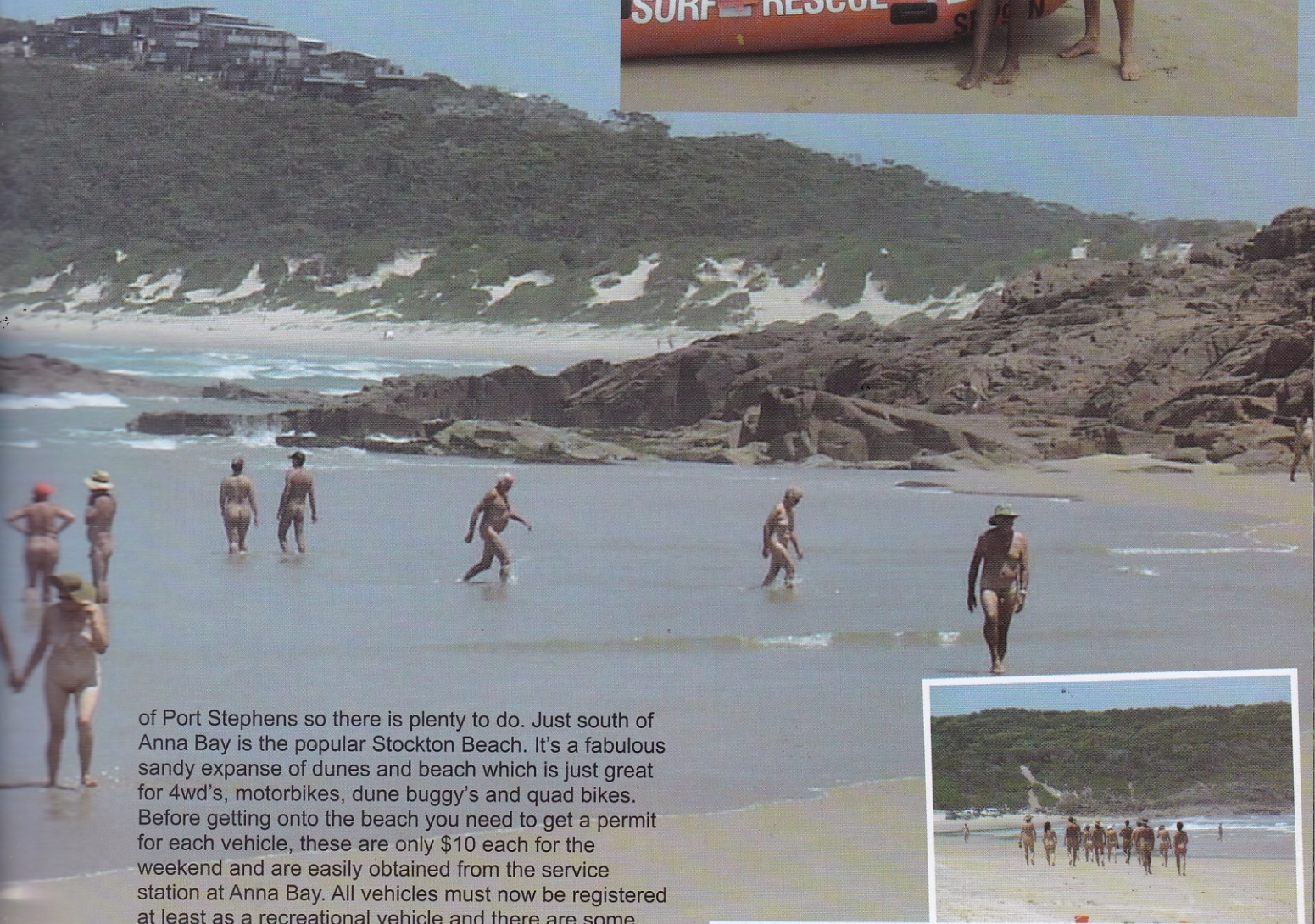
The beach is beautiful and long and the water always inviting. Although I don't swim much, you can usually find me having a quick dip. The thing I like most about Samurai is how big it is and it's fantastic to be able to camp behind the beach with the sound of the waves breaking all night and then get up in the morning, cook brekky and wander onto the beach or drive skanky van the 50 metres, put up the awning and relax for the day.

The camping is wonderful and there is plenty of room to find your own spot. It can get very busy at Christmas time with a large contingent of 'regulars' who descend

each year (including our regular contributor Frank Maundrell and his lovely lady, Hanna). They are a great group of people and very friendly, so don't let the numbers put you off as it's a great opportunity to meet some new people. We usually make an overnight appearance after Boxing Day too. Even when the numbers get bigger there is still plenty of space to be on your own if you prefer. There are no facilities so make sure you take everything you need with you! With no fee's to camp in the designated area you can't go wrong, so why not give it a go!

For the last three years Bare Tracks, Coast and Valley Nativist and Sydney Sun & Social club have been organising the Samurai Beach Picnic Day (see issue 7) held in February. It's a great day, which attracts a good crowd of people. Held at the Southern end of the beach, it is nice and relaxed with a couple of organised events and some great prizes with sponsors like River Island Nature Retreat and of course Sun and Health. At this year's carnival River Island organised a 4WD nude muster, which was an event anyone with a 4WD could enter (again see issue 7).

Samurai Beach is located in the popular tourist region



of Port Stephens so there is plenty to do. Just south of Anna Bay is the popular Stockton Beach. It's a fabulous sandy expanse of dunes and beach which is just great for 4wd's, motorbikes, dune buggy's and quad bikes. Before getting onto the beach you need to get a permit for each vehicle, these are only \$10 each for the weekend and are easily obtained from the service station at Anna Bay. All vehicles must now be registered at least as a recreational vehicle and there are some restrictions on where quad bikes can be used, so make sure you check before you go. If you don't want to take your own vehicle there are plenty of tours available including 4wd and quad bike tours. While you're at Stockton check out the wreck of the Sigma, which ran aground in the 1970's.

Getting to Samurai beach is pretty easy. From the Pacific Highway near Raymond Terrace follow the signs to Nelson Bay, then on to Anna Bay. The entrance to Samurai beach is located between Samurai Beach Resort and Middle Rock Caravan Park. It can be easily missed if you're not paying close attention so keep a close eye out.





*Far Left: Sarah cooking brekky after a peaceful night camping at Samurai.*

*Left: The entrance to Samurai Beach.*

*Below: Camping at Samurai.*



## History of Samurai

by Frank Maundrell

Samurai was a nudist beach long before white people set eyes on it! For thousands of years aboriginal people camped and lived among its sand dunes. I like to think they played on the sand and frolicked in the surf, much the same as we do today. More importantly, they did live off the sea's bounty, catching fish and gathering pipis and other food from its shores. The piles of old shells making up huge middens are testimony to how well they lived.

And they did it all nude, too!

Modern nudists were using Samurai Beach, mainly due to its relative isolation, well before the NSW Government first recognised our right to bathe naked in 1976. At that time, Samurai was included in the list of four beaches designated for nude bathing.

Samurai's legal status was confirmed by its inclusion in an expanded list of five beaches specified in the NSW Local Government Amendment (Nude Bathing) Act 1996. Thus, our right to bathe naked at Samurai is entrenched in law!

Since the 1970s, nudist families have been spending their summer holidays camping in the dunes at the northern end of Samurai Beach. Some who still camp there have not missed a summer for over thirty years! Their children are now bringing their own families to camp! It is, and always has been, a family camp at a family beach!

Samurai is now part of Tomaree National Park, which has seen our right to camp challenged. Twice, proposed Plans of Management have excluded camping at Samurai. The first proposal was eventually dropped. However, in 2006 nudists won an important victory when our campaign to continue our right to camp won approval from the NSW Government. Not only was our little area at the northern end of Samurai called a camping area, it was called a NUDE camping area.

Samurai is now the only beach in Australia legally designated for nude bathing with a camping area legally designated for nude camping! It may be the only such beach in the World!



# Cruising Naturally

## Wellington Naturist Festival

By Ken Mercer

The Wellington Naturist club in New Zealand's capital city is holding a naturist festival at their beautiful grounds at Te Marua, Upper Hutt, from 27th December 2008 to 3rd January 2009.

Wellington is a very vibrant city with many bars, café's, and harbour walks designed for the tourist. It has a great modern museum with 'hands on' displays and entertainment; great shopping; a cable car to see the views and much more.

The festival incorporates many sporting activities

as well as daily and evening entertainment. Sports include: outdoor - Miniten, Petanque, Volleyball, Tenniquits, Swimming and if time exists 9 hole pitch and putt Golf, and indoor - Darts, Bowls, Table Tennis, Chess and Draughts. Sporting activities are designed and competed for by all ages including a special over 50's Miniten competition. There is also daily fun sports designed to suit all.

Previous similar events have been called 'rallies' but Cruising Naturally will be a 'festival'. This is because we intend to have a fun time with plenty to keep you entertained over the festival period. We are forever hopeful that other clubs will follow suit as the word 'rally' does not really describe what we do.

Wellington Naturist Club has a full festival committee of over 25 people with experience in many areas and dedicated to making your stay enjoyable. Our program is suited for all ages and includes a children's program and activities for the youth.

Our past festivals have proved very popular and this will be one not to be missed. We have many new ideas and are also repeating the tried and true.

Entertainment includes opening and closing ceremonies, a band, a meal with 'Fawltly



Towers' entertainment, a horserace evening where you can bet with funny money on actual horse races and bid for prizes at the end, a catered breakfast, music by 'Shaken Aitken', deck parties and more.

Facilities at the club include spa pool, large swimming pool, sauna, up-market accommodation, camp kitchen, ablution blocks, hall, sports courts, camping and powered sites. We will also operate a small shop with ice creams, drinks and other essentials; and a licensed bar for your beverage needs.

Register before the 31st October to enjoy a lesser cost and enter in the draw for a free festival. For as little as \$115 you can treat yourself to a wonderful holiday at our grounds at Te Marua, Upper Hutt, Wellington New Zealand.

Contact details are:

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Wellington Naturist Club Inc.  
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Wellington  
New Zealand

e-mail: [wnc@gonatural.co.nz](mailto:wnc@gonatural.co.nz)

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or write to us at:

PO Box 45  
Toronto, NSW 2283

# GLENREAGH

Naturist Getaway



Between Coffs Harbour and Grafton

Hosts Ray and Chris

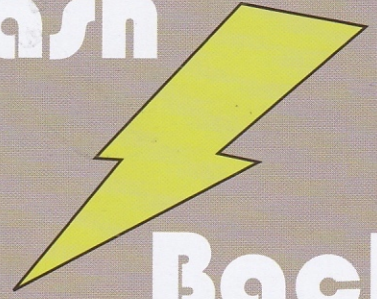
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# Flash



# Back!

Do you have an old photo that shows you enjoying the naturist lifestyle? Big Hair? Great hat! Your best friends. Something from the 80's perhaps? An old photo that makes you giggle? Your favourite nude photo. Something that makes you smile.

We want them all!

The photos don't have to be perfect. Old scratched faded photos are fine. Just tell us who it is and what year (roundabouts) it was taken and we'll print it!

**Right:** This photo was taken at Bardots, Anna Bay NSW in 1996.



**Left:** Ian Allcroft in North Queensland. Far left in 1966 and left just recently at Taylorwood.

# Living Simply

What makes self-sufficiency? What it is? Well, ask 10 people and you will get 10 different answers. Just like nudism. We all have our views on nudism, what it means for us, why we do it and so on. With this self-sufficiency caper it's the same deal. As I wrote in the previous issues, everyone will find their own level of self-sufficiency and this of course is dictated by how much time we have, where we live and what we actually want to do. Naturally, living in the city you cannot have the same opportunities that living in the country gives you. I doubt too many neighbours would appreciate you having a couple of chooks, a cow or two, sheep plus anything else you may want to have to cut your costs and live simply. And then on top of that be seen to do everything in the nude too; you most likely would have the authorities banging on your door. At the same token, living in the bush on acres some 60 minutes away from the nearest shop, you can't just wander off at a whim and pick up the things you have run out of. My local shuts at 5pm. I used to leave work at 4.30pm and get



## Saving Money

Words and Photos by James Dixon

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home at 5.30pm. If I needed more milk or something... too bad. So this made me plan to shop a little more wisely, and was one of those other mistakes I made when venturing down this path of being self-sufficient.

Getting back to living simply though. No matter where you live, there are things we can do to help yourself save money and get a little bit more out of our lives by doing things for ourselves; and this can start right in the kitchen. Last issue I mentioned walking down that supermarket isle doing the shopping and being bombarded by the commercialist world. "New and Improved", "Saves you Time", "Easy as 1-2-3". Do these neon signs scream at you? And like I said, we buy them by the trolley loads. Don't believe me? Next time you are standing in line at the checkout, count how many things you have just bought that you can either make for yourself or simply do not need. And as we very well know, those things we don't need are the things that probably cost the most. So I started thinking... what I should be doing is planning my shopping and buy per a plan just like everything else I do (gardens, orchards, time). Instead of going to the supermarket and idly wandering along pulling things off the shelf and casually throwing them into the trolley, I do one very simple thing before hand. I write a list. And more critically, I stick to it. But the important thing is what you put on this list? And the answer; only the food stuffs you

need in order to make things yourself. "What, make it myself?" I know this sounds like a very unreasonable thing to actually suggest, but for those of us who say we can't cook, well I'm sorry to tell you, you can!

There are countless cooking books out there in the world showing you in fine detail how to make something. I'm not talking about fancy delicacies from the award winning bakery, or the fancy restaurant down the road. But what I am talking about is make your own cakes from scratch, or your own biscuits, slices and anything else instead of the latest craze off the supermarket shelf. If you make several things at once, you use the same amount of electricity (or gas), which saves you money. If you like those frozen oven fry chips, guess what you can make them yourself too. Sure, there are many things you like to eat that we can't make, but is it such a crime that you can't have it? As I learnt... no it's not. When you make that shopping list will find yourself spending less and your shopping basket will not be spilling over. This of course definitely translates at the checkout.

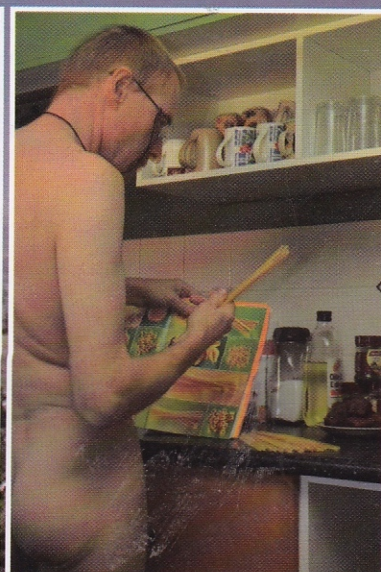
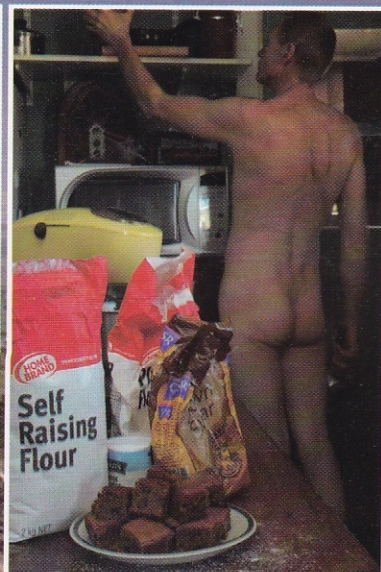
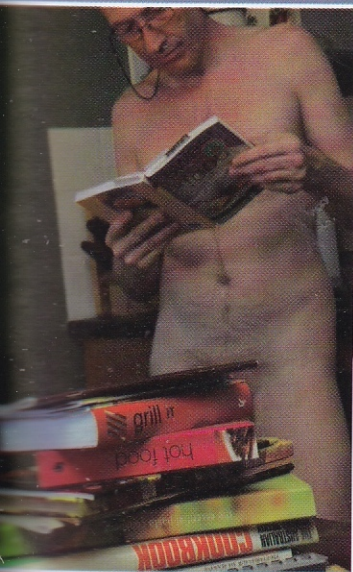
I used to take more money along than I really need. Just because of my infliction of idly wandering down the aisle pulling things off the shelf willy-nilly. By the time I got to the checkout I used to panic a little because I'd look at this mountain of stuff on the conveyor belt being quickly scanned by the checkout operator and literally thrown into plastic bags. Half way through you'd be looking at that sub total thinking, "um, well I do have my eftpos or credit card". Not good! Something had to change. And what did it for me was I started making that list. I plan what I'm having for meals that week and see if I have all the ingredients. If I want to make something I haven't done before, I look up the recipe to see if I needed anything I haven't got or usually don't have.

But it doesn't stop there. As I go to grab that item of the shelf that is screaming at me to buy, buy, buy, I ask myself, "Do I really need it?" Don't forget, I live by "Forget my wants, service my needs, be happy with what I have". And yes this applies to the supermarket just like anywhere else. On top of that, I discovered that I spend less when I shop once a fortnight. As strange as it may seem, it's true. The end result is that I take my budgeted money along to the supermarket and come home with more money than expected. Simply because I ignore

those 'easy as 123' ads, buy what is on my list, make more things myself and shop less.

A question does present its self here. What has this got to do with nudism? In my mind... everything. Living out in the country, making my own things, saving money and living nude is conducive to living simply. I don't go to restaurants; I'd rather have friends around and 'cook' them a nice meal. I buy something once and make sure it's what I need rather than buying what I fancy. I turn off everything at the wall when I'm not using it (this can save you as much as \$50 per electricity bill). I try and build something myself instead of buying something that is ready made and so on. All of this adds to the feeling of freedom. Free from the constraints of modern day society that just seems to encroach us everywhere. I am trying to push it all back and every little bit helps, literally.

Living simply, as mentioned before is not easy to do; we are so used to getting everything there and then instantly. But if you slow down, think it through, and want to live simply, you will be surprised on how much you can actually do. You can save money, live healthier, have a freer mind and enjoy things you thought you never would. Grab a towel and head to the nudist beach instead of the movie house. Read a book instead of turning on the TV. Learn to cook instead of opening that packet of something. So many things you can do. Just slow down and think it through.



# Return to



After having not visited Sunland for some time (and at one time we were practically residents) we received an invitation to be Pat and Keith's guests and duly paid them a visit for a few days.

Pat and Keith, who were so well known as being the welcoming and hospitable hosts at Sunland, three years ago had relinquished the day to day management of their beautiful property and, have now decided to once more take full control and present Sunland in its traditional way, known and loved by so many nudists. For those that already know Sunland there is very little need of a description but if you haven't been there you have missed out on this wonderful experience.

Sunland is situated between Robe and Beachport on the Limestone Coast of South Australia and is a property of some 100 hectares bordering on to the Southern Ocean. It has nearly 2km of beach frontage of which 500m is an officially gazetted free beach. The property consists of about one third woodland and two thirds sand dunes through which you can wander at will for hours admiring the way that nature sculpts the dunes into fantastic art forms. If you are a photographer or artist

you are never lost for a subject. A ten minute walk from the Clubhouse brings you to the ocean where you can beach comb to your hearts content. In summer it's just beautiful and in winter it can be wild and exhilarating

The central area is well provided with a clubhouse, spa, sauna and kitchen and the shower and toilet block is immaculately presented. There are many powered caravan and campsites and these are laid out in such a way as to provide individual areas.

Enough of the amenities, the real secret of the place is its magic. The ambience here is total peace and tranquillity. You can socialise or you can do your own thing. Very few nudists go away from here without the feeling that they have been revitalised and refreshed. Whatever the weather, be it sunshine, rain or wind, the close contact with the beautiful natural surroundings is the essence of the place and is the ultimate antidote to the stresses of modern life. Walk through the dunes along one of the many sign posted trails or just wander at will and watch for the emus or echidnas. Early mornings or late evenings, meet some Kangaroos quietly browsing in the camp area. Amble slowly through the woodlands, listen to

# Sunland

Article and photos by Tony Pinson



the birds and commune with nature. Sit for a while overlooking the ocean and maybe locate a sea lion or seal resting on the beach. At communal coffee time, in the morning, experience the Blue Wrens perching on your hand waiting for a crumb. The fact that these dainty little birds are so trusting tells you that the inspiration behind this place has been in the right direction. It is truly a haven for both wildlife and naturists...with the emphasis on nature.

This is not the place for laid on entertainment and amusements or organised activities and Pat and Keith are especially aware of this fact. Their philosophy is that they once had a dream and this was it. They say, and it appears to be true, that any deviation from this aim in the way of "progress" and "development" has never been successful hence their determination to run the place as they originally conceived it many years ago and their wish to share it with like-minded people in the way that those people appreciate.

Most people who visit here (and some of us have been doing so for many years) become entranced with the place and there are many

around Australia who now consider themselves as "Sunlanders"

A couple of years ago Pat and Keith had "retired" but that meant that their dream was not being wholly fulfilled and fully shared in the way they had envisaged. It is my opinion that they now realise that you cannot retire from your dreams and that dreams are for life. For those of us who know what Sunland is about we welcome you back Pat and Keith (and Bob, Brenda and Eileen) and your return to your beautiful concept.



# Not Your Typical Travellers

Most young English backpackers tread the well trodden route from Sydney to Cairns, soaking up as much sun and alcohol as humanly possible but we decided to do things a little differently.

Back at home, we had already fallen in love with the naturist lifestyle, and are members of the 16-30 year old group, Young British Naturists (YBN). Planning two years away, we couldn't live without our all over suntans.

We saw the River Island advert on the back of the Sun and Health magazine and decided it was the perfect opportunity to escape the hectic backpacker lifestyle.

The drive through the beautiful Southern Highlands is a wonderful experience in itself. The view from the top of the valley as you gain your first glance of River Island is breathtaking. The resort's two thousand acres stretch for as far as you can see. We felt a million miles from civilisation, and yet close enough to the town of Mittagong for all your 'bare' essentials.

We were warmly welcomed by our hosts Colin and Katina Sell and shown around the resort facilities.

We stayed in one of the ensuite cedar cabins, nestled in the side of the valley. We were struck by how 'at one' with nature it is with the amazing views of the beautiful surroundings from the veranda. All was still apart from the natural sound of the flowing water and the birds singing. Absolute

tranquillity and peace.

With little to unpack we were soon relaxing around the large decked pool and spa area. There are two spring water pools to choose from. One naturally refreshing and the other heated to body temperature; 36

degrees.

At lunchtime we had a delicious lunch at River Island's Billabong café.

The atmosphere was friendly and chilled out. Our fellow naturists sunbathing around the pool made us feel very at home and it was easy to make new friends.

We spent the evening socialising in the spas and sauna and had great fun at the disco.

Dancing naked seemed a little strange at first but with everybody having so much fun nobody noticed how ridiculous we looked so it soon felt normal. It was a whole new

experience for us as in England it is too cold



**Article by Neil Harknett & Kimberly Sparkes**  
**Photos by Greg Holley and Charles Macfarland**

to be naked at night.

That's what we love about naturism, people accept you for who you are regardless of your naked dancing abilities. Even if we are crazy dancing Poms!

The following day we went for a drive to the other side of the resort across the river. We crossed the river in the four wheel drive at Tiny's Beach, one of the four naturally sandy beaches. Firstly, however, Kimberley had to check the depth of the water to make sure it was shallow enough to cross. Luckily it was fine and neither Kimberley nor the car got very wet.

The views from the many lookouts were spectacular, there was so much to take in. We decided these would be the perfect picnic spots.

We were really impressed with the vast amount of activities to do, whatever your energy level. The pool and spa area is perfect for a lazy, tan topping getaway, but if you are feeling slightly more energetic there are several bush walking tracks. It was hard for us to believe we were free to walk naked as far as we could and still be within the boundaries of River Island.

One walk you must do is to River Island's own natural spa, the Cascades. It's a pleasant 30 minute walk with several perfect photo opportunities along the way and is a popular place to sunbake and then cool off in the flowing water.

We went with a young couple, who are new to naturism. They joined us in jumping in the water and generally having a laugh. They told us that they loved their new felt freedom and that River Island had really made them feel comfortable being themselves.

On top of all this River Island has a very special and unique section to it.

Its very own professional off road tracks. We spent a day four wheel drive training and were shown how to drive on the easier tracks for 'learners'. Then we were taken onto the more advanced adventure tracks to show us how the 'better drivers' do it. It was such an exhilarating experience and a great way to try four wheel driving in an exciting and safe environment.

By late afternoon, the kangaroos and wombats were

grazing on the riverside camping ground. They are really tame and were happy for us to get close to them. The little joeys are really cute, it was funny watching them desperately trying to clamber inside their mum's pouch, while she was much more interested in watching us.

On special weekends through the year, River Island offers clothing optional scenic helicopter flights over the resort and surrounding areas. We took a flight and the pilot didn't mind us being naked at all. We were in awe of the stunning scenery in the Southern Highlands. The resort looked magnificent from above, and the places we had discovered over the past few days were easily visible. It was our first time in a helicopter, a truly unforgettable experience, not to be missed.

During our stay we helped River Island make a new DVD. All our fun and adventures are captured on the film. The DVD is now available by contacting River Island.

We had an amazing time at River Island. We loved it so much we have arranged to come back for Christmas and New Year, so hopefully we will see you there!



# The Nude Neighbourhood



Armands Beach "Fun in the Sun" day



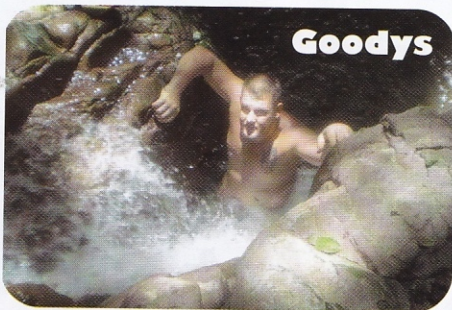
## Samurai Beach

It being winter at time of writing, nobody would be camping at Samurai!

That does not mean Samurai goes away (like I do!). It is still a great place for a good nude day out on fine Winter days, even if you don't brave the cooler water. I know some do swim all year round and any fine weekend you will see some regulars soaking up the sunshine.

By the time you read this, Spring will be in the air and there will be more activity along Samurai's golden sands. Now would be a good time to start planning to come on down and camp over the Christmas or New Year period. Some new signs are in place and we can expect the Rangers to enforce the new regulations on our camping. That does not mean any conditions that have not existed for years. It just means that they are likely to be enforced, which will benefit every camper's comfort and safety.

See you at Samurai soon!



## Goody's

Well here we are the middle of June and the sun is shining; you would think it was summer, if you didn't have those cool breezes now and again. Today 14/6/08 the temp at 11am is 23deg in the shade. The caravaner's heading North this year

are a lot quieter, which we are sure is to do with the petrol prices, however I don't think the petrol will be going down soon, so there are two choices 1. Stay at home and be miserable. 2. Remember we only have one life and we should live it to the fullest. Gosh I must be getting older, I think I sound wiser ha ha. Grandchild number three from Kane & Balinda is due in a couple of weeks we will let you know the outcome.

We now have five on-site vans all large and comfortable with decks. Allan has been working on the retaining walls; since we had that rain at Xmas they need a little work. We had a good turnout for Easter and did a couple of bush walks down to the waterfall in our creek, it was magic with plenty of water cascading down the rocks. We are looking forward to catching up with lots of people that we met in the last couple of years and those that come every year. Nothing special has been planned for the next few months however I know there will be plenty of ad-hock partying, we have the best karaoke mike, with songs already preset into the mike (it even gives you a rating). I am going to get some more songs on a memory stick for it. Will let you know about Xmas/New Year as we get a bit closer. Hope to see you soon. Cheers Allan & Sandra 'The Goody's'



ROSCO CLUB has seen a lot of changes in this its 50<sup>th</sup> year anniversary. Grown from a small dedicated group of people, meeting on Birdie Beach, to a vibrant developed club having its own glorious 42 acres of ground, with all the amenities and sporting facilities. The birthday party to celebrate this momentous occasion went off without a hitch. Although the weather could have been kinder. But then the club is in a natural rainforest. Our CLUB had visitors from interstate, other clubs, with a few overseas couples to add to the mix, to make the night a great celebration. Now, winter is upon us, the monthly socials tend to be closer to the open pit fire alongside the big clubhouse. The club winter maintenance program is in full swing. Members getting our club ready for another action packed summer. If you would like to join us this summer, we would like to hear from

families and or couples. Just write to: The Secretary, ROSCO CLUB, PO BOX 45 TORONTO NSW 2283 or log on [www.roscoclub.org](http://www.roscoclub.org)



By Tony Speare

Mother's Day and The Brisbane Friendly Bares' regular monthly get together had something in common this year as both were celebrated at Kevin's Nudist Paradise.

We really wanted to give Mum the opportunity to unwind from her daily grind and put her feet up on this one special day of the year by offering her free admission to our function. As an extra incentive, our host, Kevin, who is known in local nudist circles for his culinary skills, concocted a hearty, steaming, homemade broth from his own recipe and served it up complete with crusty French sticks. Needless to say, it was as scrumptious as it sounds and we were all hurriedly lining up for seconds.

Although the water in the pool was just a bit too invigorating for all but the brave (or foolhardy), the late autumn sunshine encouraged a crowd to partake in relaxing around the pool surrounds on sun lounges and deck chairs. Our large eight person hot tub, as always, was in continuous demand and towards the end of the day we had to limit the numbers to 12 to avoid overflowing. All in all, a great, well attended social with congenial, carefree company. Mums, don't forget to make a recurring note in your diaries for the second Sunday in May because we will be doing it all again next year.

Brisbane has a new nudist group to attend, where you can quite literally leave all your troubles at home. The Brisbane Friendly Bares is a group of like minded people from all walks of life who enjoy social nudism as a form of recreation. Our group is a friendly forum comprising families, couples and singles from the very young to those well in their seventies. We have none of the hang-ups that you may experience at some of the local resorts and being a group and not a club, we have no joining procedure, no working bees and no committees. Your only commitment is to enjoy yourself.

Our main function is held on the second Sunday each month at Kevin's Nudist Paradise, Bethania near Beenleigh, featuring a private, landscaped backyard suitable for socialising, sunbaking etc, solar heated swimming pool with waterfall, a covered eight seater hot spa, a large covered outdoor entertainment and dining area with gas BBQ, and the latest selection of nudist DVDs.

If you have never tried social nudism before, we know you will find your first experience most enjoyable. The Brisbane Friendly Bares is a nudist group and not clothing optional. On your first visit, we offer children and adults new to the nudist lifestyle the opportunity to attend without the need to undress. This initial visit will allow you time for you to get to know us and decide whether you are suited to our nudist way of life. In order to maintain the integrity of our functions as nudist events, on subsequent visits, we ask that all members of your party adopt our nude only dress code, providing the weather is suitable, of course.

So we can maintain a relaxed and congenial atmosphere and not have too great an imbalance of patrons from any one gender, for the time being, we are asking that single men attend with their wife, lady friend or family. This restriction is only temporary and we hope will be relaxed in the future. To encourage more families to attend, children (under 18 years) are admitted free of charge. We provide morning and afternoon tea, and our patrons make good use of the facilities to organise their own lunch. Other functions organised from time to time are Beach days at Noosa and Byron Bay in conjunction with Free Beaches Australia and camping weekends to Friendly Bares properties within 2 to 3 hours drive of Brisbane.

To enquire about attending Brisbane Friendly Bares functions, please phone Tony or Deslie on (07) 3349-7811 (till 9pm) or email us at [brisbanefriendlybares@yahoo.com.au](mailto:brisbanefriendlybares@yahoo.com.au)



Kiata Country Club members have been enjoying the facilities that the club provides, especially the regular functions organised by the Social Committee. At the time of writing this article, members and their guests were gearing up for the birthday celebrations of Kiata, which was in the form of a Masked Ball. Great excitement was had, organising costumes, decorations for the clubhouse and of course the all-important food and beverages. A two-course dinner was prepared with pre and post dinner drinks provided. Live music entertainment was also included with a mix of all types of music, to entertain all age groups.

Functions are organised throughout each year on a monthly basis and if you would like to visit the club, to check out our facilities, attending a function is the best way. It gives you a great opportunity to have a close look at the club grounds as well as to meet current members. Membership opportunities are available to those seeking a club who share similar values to Kiata's ethos, that is, a family-based club where social nudity can be enjoyed together without bias or pressure.

Please contact the club by calling (02) 4575 0310 and leave a message on the answering machine. Your message will attract a response, or you can email the club on [info@kiatacc.com.au](mailto:info@kiatacc.com.au). Our website is also very informative providing details of the club's facilities, so look us up on [www.kiatacc.com](http://www.kiatacc.com). Being so close to Sydney, only 1 to 1.5 hours travel time, Kiata makes a great destination for a weekend getaway or even just a day out to have a break from the stress of daily living. Short term on-site accommodation is available at very reasonable rates. Hope to see you there.



At the last ANF General Assembly held at Helios in Victoria (30th December 2007), the ANF failed to obtain a quorum for a constituted meeting. To resolve this problem and confusion, the Executive of the Federation put together a proposal to its members which would ensure the continuation of the ANF. With the good will of its members, the proposal was accepted and the ANF continues pending support of the adopted approach at the next General Assembly to be held at the Tindo convention in South Australia.

Earlier in the year, the Vice President of the Federation resigned from the Executive leaving a big gap in our ability to provide full support to our members. This was a particular blow as this officer also covered the work of Affiliate Liaison – the main go between, between the Executive and its affiliated members.

The Executive has moved quickly to fill this position and has been rewarded with four excellent candidates. These names have been forwarded to all full affiliates for voting and we expect to be able to make an announcement on the successful candidate in the next couple of weeks.

Advertising in Take 5 - The Federation has often been criticised for not doing more to attract younger people to the naturist/nudist life style. In an endeavour to address this imbalance we took out a series of ads in the 'Take 5' magazine. The ads ran for five issues and were aimed at attracting younger people to seek out membership of naturist clubs, visit resorts, join the ANF Supporter Club or just give an indication of being an interested person and a supporter of naturism/nudism. So far we have received over 100 responses to this advertising.

Further Advertising - We are aware that we have a great healthy lifestyle and the Australian weather reflects that we have a great destination for nude 'get-a-ways'. We have now decided to advertise in the next edition of British Naturist (BN) magazine and Gonatural magazine from New Zealand. Sarah of AS&H has been a great help by putting together our ad for these magazines. The thrust of our promotion is our upcoming summer period which is an ideal opportunity for people to get away from struggling with a cold, wet, miserable winter in their homelands.

If this is successful, we will see if we can afford to expand this program in future additions of these magazines and maybe also advertise in magazines in USA, Canada and Europe.

The International Naturist Federation (INF) 31st Congress - Greg Serow of Aquarius and the South East Sun Club has been appointed as our Australian delegate to the INF Congress on naturism to be conducted at Tambaba in Brazil from 9-13 September 2008. This is Greg's first experience as a delegate and we wish him all the best for the up coming meeting and hope he enjoys the experience. We look forward to hearing of Greg's adventures and the outcome of the motions put to the meeting.

ASIC registration - After much discussion and advice from the Department of Fair Trading, the Executive decided that the ANF should also be registered with the Australian Securities and Investments Commission (ASIC) as well as being an

incorporated body. Registration with ASIC has been sort in order to protect the members of the Executive regardless of the State in which they live and to better protect the long term interests of the Federation.

The registered address of the Federation for ASIC purposes is 103 Balance Tank Rd., Bowraville, NSW with office hours on three days a week between 9:00am and 5:00pm. It is important to note that the contact details for the ANF are still as advertised elsewhere in this magazine.

Swanbourne Beach Carnival - This year saw the commencement of the Swanbourne Beach Carnival. An enthusiastic group of beach users and Freebeach members from Perth and surrounding areas decided to re-invigorate the carnival and sort support from the Executive of the Federation under its Beach Carnival Grants program.

The carnival was a great success and the Federation was pleased to provide support of \$300 from its funds and \$200 from ANF Supporter Club funds. We wish the carnival every success in the future and hope it gets the support it needs to continue as an icon of the nudist movement in Australia.



Firstly congratulations to Sarah for bringing back "Sun and Health" in its true and honest tradition to the Nudist scene.

Our place "Merate Allora" is a privately run nudist getaway situated in South Australia, just 30kms up river from the historical old town of Mannum near a small village called Purnong Landing. All the roads are sealed except one.

Although we are still suffering from the low river in S A, and the usual backwaters have all dried up, we are still very much alive and have had many visitors come here for a relaxing break. Last summer we had people from Qld , W A ,NSW and Victoria as well as some from overseas.

Merate Allora is nudist, not clothing optional as we find the true nudist couples prefer it that way. We are also not a club where there are many rules and regulations. We run on common courtesy and respect for our fellow nudists which makes it possible for us to offer a very relaxing break.

There's a grassed area where people can park there vans or tents with power if required. Onsite there are two cabins and four vans available, all self contained at a modest rate.

We don't organise activities but have joined in many an impromptu game of petanque and had great fun. There's also Happy Hour if you're in the mood for company. Otherwise you can just relax, enjoy the sun, read a book or take a bushwalk for about 500 metres and if it's cool there's a paved area with fire pit near the pergola.

Since we've had to put a pipeline through to the main river you can now cool off under the open air shower or in the solar shower.

While we don't have water in our backwater, people can go for a clothed swim in the main river across our property about 400 metres.

There's also the pergola with tv, BBQ's, tables and chairs; we are in the process of making this twice the size. We've

been planting out more trees and generally seeing what we can improve.

People can look us up on our web page <http://www.adam.com.au/robyikki/index.html> or by email [robyikki@adam.com.au](mailto:robyikki@adam.com.au). As we live on the property we take visitors at any time.



Our Autumn Leaves dinner at the Murrrah Hall on 26th April was the official end of the Armonds Beach Leisure Group activities until our Strip into Spring dinner on 4th October which is a long weekend in NSW. There have been many days during autumn and winter that have seen quite good numbers of people at Armonds Beach. People were still swimming during June. Actually, the rough draft of this editorial is being done naked on Armonds Beach and it is July.

A great big thanks must go to Sarah for her first class articles on Armonds Beach in issue no. 8. It has made us proud to be recognised for our achievement in making Armonds Beach the beautiful, safe legal clothes optional beach that it is.

Some of us who have wood heaters in their homes have had other members drop in for the night for some naked winter warmth in front of the fire. It would be great if we had a larger heated area for winter activities – the Murrrah Hall is just not sufficiently insulated for this.

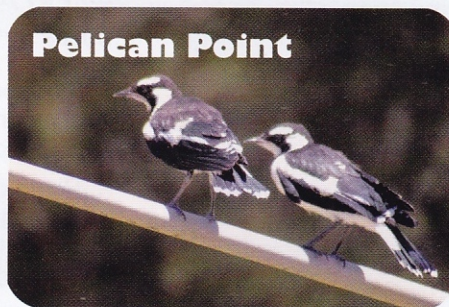
We took part in the Clean Up Australia Day this year and we have now entered Armonds Beach in Clean Beach Australia challenge. It is important that we keep ourselves in the public eye as this helps nudity to become more popular.

When winter is over, we will once again have many visitors to make welcome to our beach and other activities. Spring is the start of the southward migration of the whales. Last year some

magnificent displays of breaching whales were witnessed from Armonds Beach. Some came that close to shore they were almost in white water. If you intend to pay us a visit during spring, October and November are the best months to enjoy this fantastic experience. What better way to de-stress than being on a legal nude beach with your family, sunning yourself and watching the whales play, the dolphins riding the surf, doing some fishing or board riding. Armonds Beach is perfect for those giving nudism a go for the first time as everyone can find their own space if they want it. Non-nudist partners are also most welcome. You can even bring your well behaved dog along.

For more info on Armonds Beach Leisure Group events, phone Errol on 02 6493 4108 (evenings best), visit our web page at [www.freewebs.com/armonds/armonds.html](http://www.freewebs.com/armonds/armonds.html) or email Ashley at [akolele@hotmail.com](mailto:akolele@hotmail.com).

Errol Masterson



Over winter we've been pruning grape vines and fruit trees in the orchard and also making alterations to garden and veggie beds, so it's been a busy time. Then of course we'll take our annual leave in August and that's usually spent touring Victoria to catch up with friends (and some rellies too).

We welcome bookings in spring and hope to see more nudist guests over warmer months. Now that the fuel costs are higher, why not consider spending more time in one "base camp". We offer a discount to 'eco' travellers. Pay for 6 nights and get the 7th free - conditions apply.

For bookings and info call Yvonne & Rex Bakes (08) 8588 7366. 7-9pm please.



*Kiata Country Club*



Web: [www.kiatacc.com](http://www.kiatacc.com) Email: [info@kiatacc.com](mailto:info@kiatacc.com)

Sydney's largest naturist club is inviting applications for family memberships. The club offers swimming, heated spa, tennis, croquet, bushwalking, regular functions and has on-site accommodation available.

All in a safe and secure environment.

The Club is located only 65kms from Sydney GPO by tar sealed roads.

**Open Days for families and couples  
4-5th of October 2008**

\$5.00 per family with a free sausage sizzle available at lunch time.

**Nude October-Fest Function** on the Saturday night  
Cost \$25.00 per head inc. 3 Course meal (Children Free) Booking necessary.  
Camping only is available.

**Please phone (02) 4575 0310 and leave a message or  
Email: [info@kiatacc.com](mailto:info@kiatacc.com). Web: [www.kiatacc.com](http://www.kiatacc.com)  
Very reasonable fees**

# The Nude Neighbourhood

## Feature event

### Top End Naturist Recreation Retreat

### Annual Charity Fun Run/Walk

Story by Jean Paar

Photos by Jean, Ian and Graham

Well once again, the time came around for our Annual Charity Fun Run/ Walk

The morning was a lovely morning with registration at 8am and the first runner out at 8.30 followed by the next and so on.

We had four categories: an 8km run, 8km walk then a 4km run and 4km walk. There were a few spectators to cheer the contestants on and they had a good time as well.

By 10am it was all done and everybody was sitting back enjoying a sausage sizzle and coffee, there were a few cold cans as well but who could blame them as it was just a great race and the atmosphere was sizzling. The Trophy Awards came out as the morning progressed and everyone was a little cooler, watered and fed. By midday it got a little quieter and the pool was in good use.

The next TENRR Charity fun run/ walk will be 28<sup>th</sup> June 2009.

Once again the proceeds went to the cancer foundation and this year was a great success. Every year is a good year especially if it's for a good cause

The weather in the top end at this time of the year is lovely sunny days and cool nights.

There is always something to do here at TENRR; coffee with friends or games to play or if you want to laze around the pool that is great too.

TENRR guarantees that you have a lovely time. It's like our motto says - "fun in the sun always". Come for a day or a week or longer and you will always enjoy TENRR.

Don't forget all the tourist things to do like the nature parks and waterfalls, Darwin city with all the restaurants and museums, shops, parks, fishing, jumping and crocs. There is never a dull moment in the Top End.



# ADAM & EVE 'Versus' FBA BEACH VOLLEYBALL

Article and photographs by Anita Grigg

Sunday May 18<sup>th</sup> was cold and windy. It was typical of the very "non friendly to naturists" weather we have been getting this year. It was the sort of day when sensible people would be curled up in front of a fireplace or heater or huddling under a warm rug watching TV or reading a good book.



But on that day, some crazy nudists met at Alexandria Bay, Noosa, for the winter rematch of the Adam & Eve Social Group versus the FBA beach volleyball challenge for the Hotchkin/Grigg Shield. The Adam & Eve group were confident of retaining the shield for yet another six months. But, for the FBA, who had not won the event since its conception, it was a matter of restoring our honour (not to mention winning the sheep station!).

Mark and I carried the volleyball equipment the 1.5 km through the National Park. When we arrived at the beach just before 10am, the Adam and Eve group were already enjoying the warm sunshine on the beach. Remarkably the beach was sheltered from the SW winds and was probably the warmest place to be on the Sunshine Coast that day. Our FBA Bali flag was put up beside their Adam & Eve team flag. With the help of the Adam & Eve team, we set up the volleyball net on a flat area of sand nearby and marked out the courts. Then we waited patiently for the FBA team to arrive (no doubt many were put off by the cold weather).

Finally we had enough people to play a game of volleyball!

The first game was won by the Adam & Eve team despite some decisions from the umpire that seemed very favourable to the FBA team. During this game there were several injuries to players (fingers and ankles etc.). I was the FBA First Aid officer but I was glad of some professional help from one



of the Adam & Eve team members who was a nurse. We welcomed into our team a couple from Sydney, who were visiting our beach on their holidays. They agreed to replace our injured players and join us for the second game. However, despite all our best efforts, FBA managed to lose the second game of volleyball.

So "Best of three" soon became "Best of five"!

Two of our originally trained FBA team members arrived and replaced fatigued players. Despite the substitutions, we also lost the third and fourth games. We were definitely improving with practice and then finally we actually won the fifth game! So just as we were on a roll, the Adam & Eve team decided they didn't want to play anymore and declared themselves the victors (Best of five or even seven for that matter) once more! So once again they were awarded the shield. Their President accepted it from me with great satisfaction. Congratulations to the Adam & Eve team. Well done, you played well.

Again all participants and spectators enjoyed a great day of fun between friendly clubs. Afterwards many enjoyed a three course dinner at the local RSL Club (RSL dress standards applied). We invited our new friends from Sydney to join us as guests. We all had a fun social time as usual.

We hope to organise our Summer Beach Volleyball Challenge with the Adam & Eve Club on Tyagarah Beach, NSW, on the third Sunday in October (19<sup>th</sup>) from 10am (local NSW time). We hope that all nudists/naturists, whether they be members of either group or not, can come along and support this fun social event.

Since May, the FBA has continued to organise beach days on the third Sunday of each month at Alexandria Bay (QLD) and also Tyagarah Beach (NSW) but the winter weather has not been kind to us. June was too windy for volleyball but one activity we have enjoyed nude on our beaches this winter has been kite flying. We hope the weather will be better for July and August. If it is windy again then we will have our kites out again or perhaps do a spot of fishing.

I think that all nudists will understand when we say that we are looking forward to Spring and Summer and the warmer weather.



# New Zealand naturist park wins national Tourism Award



Joan and Kevin Sampson of Katikati Naturist Park in New Zealand were very happy to hear at a gala dinner on 5th August that their Park had won the Holiday Park category of the national Tourism Industry Awards. The contest was open to all holiday parks in New Zealand. They were presented with the award by the Minister of Tourism The Hon Damien O'Connor. The Prime Minister of New Zealand was also there to present an award to the supreme award winner on the night, the Magic Bus Company. Kevin and Joan say winning the award has achieved one of their main objectives, in entering the contest, to cement naturism in the mainstream of the country's tourism and recreational sectors.

Katikati Naturist Park entered the awards for two other reasons as well. First, because the Sampsons have been regularly told by guests,

especially those from overseas touring New Zealand, that they were among the best, or the best, holiday park they had stayed at in New Zealand and compared very favourably with naturist resorts overseas. They thus wanted to see how they rated under official scrutiny against other top parks. Secondly, as a finalist/winner they will receive extensive feedback from the judges as to their strengths and weaknesses and thus learn how they can improve their operation. Katikati Naturist Park has always been advertised in the standard holiday park guides, and since opening has been a member of Holiday Accommodation Parks of New Zealand, the national trade organisation for camping grounds. Also, it has always been supported by the I-sites in Katikati, Tauranga, Mount Maunganui, and elsewhere.

The awards process is a rigorous one and is much more than just having the judges visit each park and make an assessment of the park's facilities and services. It is instead a three stage process beginning with entrants submitting a seven page 'expression of interest' describing their business, its challenges, its special features, their key customer markets and their expectations, and finally their main business results and achievements. This year there has been a greatly increased emphasis on sustainability. This encompasses not just the physical environment but also how a business interrelates with the community(s) of which it is part. These expressions of interest are then assessed and those meeting preset criteria are asked to submit a round two full entry.

The round two entry is a 26-page



document about business leadership, strategic planning, customer and market focus, measurement analysis and knowledge, workforce focus, process management and business results. The last item covers product and service results, customer focused results, financial and market results, workforce results, and organisational effectiveness. Embedded in all of these is the issue of sustainability. These round two entries are then marked using the internationally recognised 'Baldrige' system for assessing business excellence. Businesses achieving a certain, unpublished, mark out of a 1000 are then declared finalists. Sometimes there may not be a finalist in a category if none of the entrants reach the required mark, and sometimes even though there may only be one finalist that business may not be declared a winner if after the final stage (a site visit), it is judged they are not up to the required standard. Katikati Naturist Park had its site visit mid June when the assessors spent more time discussing with Kevin and Joan

issues raised in their entry than in looking at the facilities and grounds.

So it will be apparent to readers that the awards process is not an easy one. As entrants in other years have said, simply preparing an entry is of itself a valuable process for a business to go through as it forces it to focus on its strengths and weaknesses, the main driving forces behind its achievements, and especially how it goes about meeting or exceeding customer expectations. Holiday parks, both textile and naturist, just like naturist clubs, are faced with an ever evolving social and economic environment. It was apparent from the success of Katikati Naturist Park as a business that if marketing is gone about in the right way there are many people in the New Zealand community, as in other countries who wish to participate in naturist recreation.

For those not familiar with Katikati Naturist Park it has grounds of about 3.5 hectares in a peaceful rural area with a river along one boundary. For guest accommodation it has

camping/caravan sites, on-site caravans for hire, kitchen cabins, self-contained (motel type) units, plus the usual ablution facilities to accompany these. For their guests relaxation there is a recreation room with TV, library, pool table, table tennis, and sauna. Next to the recreation room is a swimming pool and two spas. Other recreation items are a wood-fired BBQ, mini-putt golf, and frisbee golf. A few kilometres from the Park are the Kaimai ranges with ample opportunities for walks in the forest.

As well as the class of its facilities, the spaciousness of the Park's grounds was one of the main factors contributing to the Park's win. The Sampson's have founded their operation on the INF definition of naturism as; '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.' It is a naturist park that is proud to market itself as a family venue.

