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AUSTRALIAN Sun & Health

'Living Australia... Naturally!'

ISSUE No 74

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*Cover & Page 2: Sarah Tyldsley hiking along trails at the River Island Nature Retreat in the Southern Highlands, NSW.
Photographs by Rod Tyldsley.*

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This magazine is an entirely independent quarterly publication and the proprietors, Rod and Sarah Tyldsley, do not necessarily agree with the views expressed in material contributed.

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Confronting Indecency - It's **Your** choice!

Naturism has certainly come a long way - as has the temperament of the average naturist! In fact, it would seem that there are very few who are as tolerant as naturists, particularly the beach loving naturist who will often sit back, without a care, as someone offensively and indecently parades their sexuality in front of them.

Sound sarcastic? It is! But it is the only reasonable explanation for why naturists allow this type of behaviour to occur. Under any other circumstances they would do something about it - but because they are on a beach, naked, they feel that there is nothing they can do, and that way of thinking is sheer stupidity!

Certainly there are some naturists who willingly stand up to this type of behaviour, but they are the few. The majority just sit back and do nothing, possibly too embarrassed to call the Police?

It's not as if you have to physically confront these people and, in fact, you shouldn't - as AS&H found out when they contacted the Police for their advice. Although a little taken back by the questions, (they couldn't understand why there was a need to ask) they certainly treated it quite seriously. Their advice, "Dial 000, the emergency line, and ask for the Police. These people [naturists] are witnessing indecent behaviour and for their own protection they should report it immediately." "They [naturists] should not confront the offender. Simply call the Police and let them deal with the situation."

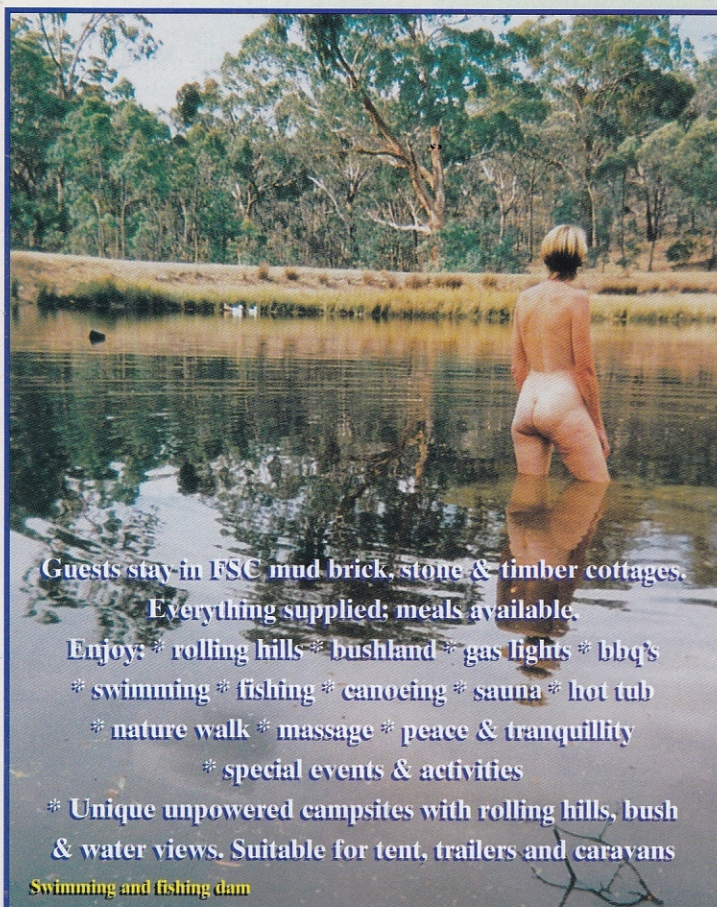
On several occasions we have received calls from 'new naturists' and overseas visitors who have been confronted by indecent behaviour whilst visiting one of our free-beaches. One question that is always asked, "...is that acceptable behaviour on a naturist beach?" Obviously it is not acceptable behaviour - it is indecent behaviour!

To the uneducated it is easy to mistakenly think that 'indecent behaviour' is acceptable - particularly when it is observed whilst naturists sit back and do nothing to put a stop to it - not even use their index finger to dial '000' on their mobile phones!

In our opinion, you can either publicly condemn the actions of the offenders and their indecent, offensive behaviour by doing something positive about it, or you can be labelled as supporting indecent behaviour simply by doing nothing.

*It really is **your** choice!*

Rod & Sarah



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A 'dressing' All Options

ARTICLE & PHOTOGRAPHS BY IAN MAXWELL

Between the idea and the reality - as the poet said - falls the shadow...in nudism (or should we say naturism) as in anything else. T. S. Eliot described this human condition in his poem, "The Hollow Men", and he may have been close to the mark.

Interviews with the owners of eight nudist resorts in southeast Australia highlight one of the movement's perennial controversies - whether "clothes-optional" or "clothes-free" is the way to go?

It seems to be the one issue among the owners which overshadow all others - including whether to admit "singles" visitors, disputation about body-shaving "smoothies", overt body display, and those curious arguments about whether or not nudists should wear g-strings or t-shirts.

The names of their businesses hint at a dichotomy within nudism (or should we say naturism): many are marketed as "retreats" or "nature resorts" - or sun clubs, social groups and the like - when surely they are simply places where you go naked (or nude).

There's no beating about the bush for Jan and John Brodie, owners of the River Valley Nudist Holiday Resort near Echuca in Victoria. "It's no good wanting to get people into nudism but not telling them about it," Jan said.

The Brodies are firm supporters of the view that after an initial visit to nudist resorts, weather permitting, visitors should discard their clothes. "We can't have people coming here and keeping their clothes on; this makes many nudists uncomfortable," states Jan, "Why would you want to come to a nudist place, anyway, and not be nude?"

Ron and Sandie Rumbelow, owners of Jajarawong Country Cottages in Victoria's central highlands near Daylesford, hold a different view. Their operation is marketed as a "clothing optional retreat", and sometimes simply as "country cottages".

"We have to be careful about how we present ourselves to the general public," Ron said.

"For instance, we have two brochures - one aimed at 'textiles', the other at nudists - but both mention that there is a clothes-optional area within Jajarawong, clearly defined so as not to cause offence".

This prevented the naturism element of the resort offending adjacent farming families. "We welcome 'textiles' who don't have a problem with the occasional sight of bare flesh...and in fact they make up a large part of our business," Ron said.

"More often than not, many of our textile clients start their visit fully-clothed, and within a day or two they are enjoying nature in the nude...this way, they're eased into their first experience in nudism".

Offering an option of no-clothes or clothing-optional is not the right approach, according to lifetime nudist Rob, aged 74. He runs

a small nudist park on his grazing property, Border River, on the banks of the Murray River southeast of Swan Hill in Victoria.

"The nudism movement is doing itself damage in going along with the clothes-optional thing," he said. "You can get people visiting these sorts of resorts just to look, and many nudists feel uncomfortable about that - just as many textiles feel uncomfortable with nudism."

This latter situation has been causing Rob some problems locally, although he makes every effort to "screen" the nudist park from prying eyes. "It's always been hard to convince the textile community that nothing bad goes on in nudist places; we're simply people

who prefer to go unclothed whenever possible," he said. "Getting that message across is the greatest challenge facing the nudist movement".

Rob was instrumental in establishing River Valley, as well as the former nudist resort, Wyanda Park near Echuca (now given over to 'textiles') and the Helios Society in the Dandenong Ranges.

Moving into South Australia, the itinerant nudist can visit the Pilwarren Clothing Optional Retreat near Swan Reach, east of Gawler, owned by a young couple who have no problems whether their guests are clothed or unclothed.

David and Debbie Pillar bought the former school camp overlooking the banks of the Murray River when they left jobs in nursing and cooking to seek a less-stressful lifestyle for themselves and their children.

A sign at the entrance to Pilwarren advises visitors that there are "nudists ahead", but Debbie said it was just a bit of fun and didn't refer to any particular clothing policy.

"While we are a nudist facility, we don't enforce a strictly clothes-off policy, especially for those new to nudism, or if the weather isn't warm enough to be nude," she said.

"Everyone is encouraged to join in - singles, couples and families of all ages and appearance - as they feel comfortable". "How you look isn't important to genuine nudists".

Rob and Vikki, owners of the Merate Allora nudist property only twenty minutes drive from Pilwarren, express a similar view. They love to share their retirement hideaway along the Murray River with visiting nudists, and take any opportunity to convince doubters about the benefits of the nudism lifestyle.

"We welcome 'textiles' who want to find out about the lifestyle; it's a chance to show them there is nothing 'going on' amongst nudists...they are simply normal people who don't wear clothes," Vikki said.

"We don't care whether you've got 'lumps and bumps', whether you're big or small, skinny or stout...it just doesn't come into our





Ian Maxwell - Nudism - seeing the wood and the trees!

thinking. "Character and personality are on show with nudists, not the body or a body image".

South of Adelaide, near Robe, is a nudist resort whose owners and members have a much stricter view about the clothes-optional issue. Keith and Pat Brown, of Sunland Holiday Village, have gathered around them more than 120 people of like mind, who spend most of their lives in the nude.

"We're just ordinary people who prefer to go unclothed whenever possible, and 'clothing optional' doesn't really fit that philosophy," Keith said.

"Sunland is a nudist resort, and all visitors - including children - are expected to participate when conditions are suitable." "Nudists are people who wear clothes when forced to, not people who undress when forced to!"

Returning to Victoria, a "softer" approach is adopted by the owners of Australia's newest "nudist place" - the Bengatta Nature Retreat near Wangaratta. Stephen and Lisa McDougal have, like David and Debbie Pillar at Pilwarren, purchased a former school bush camp, where they live with their four children. They've chosen to market Bengatta as a clothes-optional lifestyle center.

"We find nudism such a great lifestyle that we want everybody to have a chance to try it, without any pressure about clothes-optional or clothes-free," said Stephen.

The views of these latest nudism business developers are reflected by the owners of Australia's first clothing-optional resort, the River Island Nature Retreat near Mittagong in New South Wales.

Katina and Colin Sell say they're proud to declare themselves nudists...but don't want to impose no-clothes rules. "If it was going to be a straight nudist resort, we wouldn't have started it," Katina said. "We know the arguments, such as nudists feeling uncomfortable when there are textiles about, but we haven't really seen that".

Katina said some of their seven children are nudists, while others are not. "It's up to them, and that's the way we feel resorts should run - let people come to their own decisions about whether or not to take their clothes off," she said.



Ron and Sandie at Jastraraway - "Be careful about presenting nudism to the public."



Jan and John Brodie (left and second from right) at



Rob and Vikki at - "Character and personality are on par with nudists"



David and Debbie Pillar at Pilwarren - "How you look isn't important to genuine nudists".



Valley - "Why come to a nudist place and not be nude".



Keith and Pat Brown at Sunland - "Clothing-optional doesn't fit our philosophy".

PEOPLE *in*

The third in a series of articles profiling the lives of
Jackie - The Voodoo Lady

A R T I C L E

For those who know her well, Jackie is a woman of many dimensions (*"lay off with the 'dimensions' bit", I can hear her saying*). She might at first appear somewhat of an extrovert to the casual observer; yet poolside she will often sink into her own world of make believe, lounging in the spa for hours, a mug of coffee in one hand and the latest Stephen King novel in the other; and then over dinner our Jackie will happily conduct two or three conversations at once, will be passionate about each, and still help out with the dishes along the way.

Privately, Jackie takes life as it comes - without pretensions and without great expectations from others. She holds down a responsible managerial position in the fast and demanding world of computer technology, and yet always has time for 'people', offering genuine care and compassion for all who pass by her day. And that is why she has woven herself into the fabric of the naturist lifestyle so very well.

Jackie's second and third loves in life, computers and naturism (her first, she explained, is quite definitely reserved for her man), are happily linked by a common denominator, the World Wide Web. And the Voodoo Lady passionately spins her tales of lifestyles and responsibility to electronic newsgroups across the world.

Why Voodoo Lady? I asked.

"My partner is a mad keen Jimmy Hendrix fan and is known in internet circles as Voodoo, after Voodoo Chile. I am his Lady, hence "Voodoolady". Of course my infatuation with sticking pins into dolls may also have something to do with it!!"

Jackie communicates regularly with newsgroups in the UK (uk.rec.naturist), and Spain (nl.naturisme el.naturismo) and of course her favourite aus.culture.naturist, which she successfully got up and running about two and a half years ago.

Remember that "Live under a bill board" promotion conducted in February last year by radio station Triple M? Guess who survived **up** there?? "Bill-Board_Jackie" of course! Contestants had to live and survive for three weeks on their wits and the internet only.

Despite the intense media presence, Jackie made no secret of her love of the naturist lifestyle - not by flashing anything she assured me, but simply by wearing her Bardots T-shirt and being happy to talk about it.

As the promotion moved along, Jackie cleverly played on the media's hunger for a "nude" story. She was able to manipulate the situation to get her own time 'on-air' to explain the difference between 'Naturism' and 'exhibitionism'. She even managed to organize a "Naturist Convention" on the set, had a couple join in for their first naturist experience and got Max, the station's sports announcer to get his gear off. And all this without one nude photo or video snippet for the prying media. Not a bad effort, don't you agree?

As Jackie and her naturist friends looked down over the covered railing on the expectant Friday evening crowd that had gathered before them to witness the 'convention' she smiled at the Triple M producer and said, *"Who are all these perverts?"*

"Would you do it all again Jackie?", I asked.

"No! One because it nearly cost me my job and secondly it wasn't that much of a challenge. I missed my family and my partner; it was the longest we've been apart in seven years. All credit to Triple M for letting me do the 'Naturist Convention' thing my way so it wasn't perceived as an exhibitionist stunt"

It is not difficult to find out just what makes Jackie tick - read her on the net, or simply ask her:

Jackie, what is your favourite:

- Country to visit?
Greece and England to see the relatives
- Restaurant?
Juliana's at Bondi. Best Oysters Kilpatrick in Sydney!
- Beach?



NATURISM

thoughts and aspirations of Naturists in the "noughties".

The Lady speaks out

BY TWIGGY



Little Congwong, it's close to home and I feel comfortable going there alone when my partner who isn't much of a beach person doesn't want to go.

• Wine?

I LOVE sweet wine! There is a great wine called Lust which I am partial to and Brown Brothers Muscatto

• Movie star?

Hmmm Umm Patrick Swayze can put me on his potters wheel anytime!

• Food?

Pasta, Greek Food, anything I don't have to cook!

• Brand of condom?

Don't need them!

• TV show?

I like the real life ones as well as mindless shows like Springer where you just laugh at how many ways they can create a show based on someone cheating on another person and dumping them on National Television

• Movie?

Ghost for the romantic in me, Aliens for the Action and Terminator because I love the line "I came across time for you Sarah Connor" (Swoon!)

• Book?

Too many to mention. I am an avid reader from Geoffrey Archer to Stephen King. If I am super desperate I may even resort to Mills and Boon though fortunately I haven't had to read one of those for several years!

• Website?

I have a few <http://www.geocities.com/hollywood/set/6676> <http://www.snorelessnight.com> (plug for my online business!) and <http://www.cholesterolhigh.com/191798>

• Part of your body?

Which part in particular? I don't see my body in part - just as one complete thing that goes into making me, me!

• Of your partner's body?

I could never part with my partner's body but I would say his hands

• Time of year?

Summer for obvious reasons but I enjoy winter because it's a great time for cuddling up and watching videos together!

Jackie's passion for naturism could fill this magazine. I asked her to give me just a few of her thoughts on the naturist movement in Australia. She obliged, and here is the condensed version, or zipped file as they say in computer lingo:

"There seems to be no real direction for Naturism in Australia. It seems we have a stalemate in that very little has been achieved and now we have two more of our beaches under threat. I believe because they are on prime real estate! I think we need to get over Reef beach and move on."

"We need more surf beaches especially down South (South Wanda was suggested for one). I think it's about time Little Congwong was declared legal. It's in Bob Carr's electorate and as he's the Premier I guess it won't happen - it would be seen as direct support for naturism. As for the next Reef Beach Rally, no I won't be there. I would love to see a legal nude beach in the Eastern Suburbs and would be at any rally. I think the FBANSW should have surveys both online at their site and in their newsletter to ask what we, the naturists, would like. That way at least if it's Reef Beach then we know that's what everyone wants and not just a select few."

"In many newsgroups I read about how people went to a beach and some guy followed them or had binoculars on them or were even performing sexual acts in front of them, so they left. This was on a legal nude beach. I have this to say to those that leave: If you leave, you are leaving the beaches to those people, you are giving up a legally nude beach to people to enjoy exhibitionism and voyeurism and you WILL lose the beach if you don't take action. Compare what is happening to what you would think would be acceptable or tolerable on a textile beach. If it's not legal there then it's not legal on our beaches either. If you leave, you lose. If you say nothing, then nothing will change. If you want to keep our beaches legally nude then do something about it. Don't just whinge and whine and say you aren't going there anymore! That's a cop out!"

"Take your mobile phone with you and if you see anything going on either pretend to call the police or if it's bad enough then actually call them. These perus will then realise that we will not stand for that sort of behavior on our beaches anymore than someone on a textile beach will stand for it. If we all did this sort of thing I am sure that neither Cobblers or Obelisk would be under threat now."



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Do Nudist Models Fit The Image

BY NATURIST PHOTOGRAPHER (AND OCCASIONAL CHAIN SAW USER) ALAN PARKINSON



Have you noticed the way the tabloid press, and the media in general, send-up anything to do with nudism? Isn't it irritating to see us nudists repeatedly compartmentalised with other minority groups when we know that what we are doing is perfectly natural and normal? This whole subject then raises the concern as to what type of person should we proffer to the media as photographic subjects. Do we have to look good for the reader or viewer? What sort of images would scare people away from nudist holidays?

I was observing a visit to River Valley by the local newspaper The Riverine Herald. Instead of sending up the place, they were in camp to do a serious piece about their 'local' nudist resort. I watched with interest as the photographer and reporter (both clothed) took their intended photographic subjects in tow. I heard another woman standing nearby complain 'that makes me sick! Why don't they ask me to model for a photo, I'm more typical of the people here at this nudist resort than her!' You see, this lady had gained the impression that the model for the shoot was - well, a model.

Let me reassure everybody that the 'model' on that shoot was in fact Chantelle - a full-bottle, dinky di, genuine, dyed-in-the-wool, long-time River Valley nudist. She is just a shapely one, that's all! I'm proud to report that I too have captured Chantelle and her husband Mark in the last rays of sunlight in the reeds by the river at River Valley. Faithful readers can also find Chantelle smiling out from underneath the title banner of edition No 64. Yep, she was famous for three months as a cover girl. Imagine that - the mere image of a Geelong housewife and mother has probably persuaded all sorts of people to try social nudism.

Did you know that when Mark first brought Chantelle to River Valley she was so shy she spent the first hour hiding from everybody in a toilet block? Now look at her - one of the true believers. We may not spot Chantelle and Mark at River Valley for a little while though because Chantelle will be very busy caring for their newly arrived baby - the couple's third! However, rest assured dear readers, they will be back. You see, they love their nudism as much as I do.

Now, let's consider the comments of that woman who disapproved of model types portraying nudists. People adore beauty in all its forms, whether the subjects be fellows with pectorals and a stomach with a six pack that would flatten the springs of a Toyota Landcruiser - or elegant naked Eves. I admit it, they sure do get published more often and in the larger pictures too! That is because they attract attention of potential magazine buyers. We all want AS&H to continue as a viable commercial operation, don't we?

But who else do we find inside the magazine? The rest of us, that's who! See the rank and file, with their protuberant tummies, receding or greying hair at the Maslin Beach Olympics in South Australia. If you





missed them there, then check out the nudists depicted at the Swanbourne Beach Games in Western Australia. The people who attended the annual affair at Samurai Beach, Port Stephens in New South Wales are not all oil paintings either. There are women with small breasts and men with large breasts and instead of a neat little tattoo of a bluebird perhaps you might see a faded operation scar. None of the ladies who design and model their own hats for River Valley's Melbourne Cup weekend Fancy Hats Parade could be classed as nymphets either.

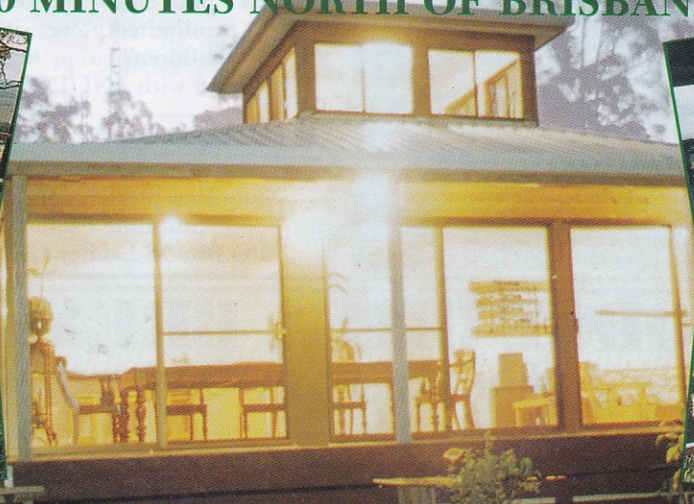
So there it is, folks, AS&H portrays lots of mature people playing games at beach carnivals, standing around barbecues and even talking to the beautiful people. I put it to you that no one has ever flipped through a genuine nudist magazine without immediately becoming aware that not everyone is endowed with the build and looks of Claudia Schiffer or Tom Cruise. To drive home the point, did you see that pudgy white guy enthusiastically chain sawing in the nude on page 20 of AS&H Issue No. 72? Not a pretty sight eh? *[Alan, just in case any of the readers missed it, here it is again!!! - Ed]*



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Bengatta A

ARTICLE

Melbourne Cup Weekend saw the opening of Australia's newest nudist holiday resort when Bengatta Nature Retreat officially opened its doors. Up to 200 eager nudists flocked to Bengatta to be greeted by hosts, Stephen and Lisa with friendly smiles and warm welcomes.

On arrival, the first thing guests notice is the wonderful atmosphere throughout the caravan park. This could be attributed to the spaciousness available to campers, the many facilities already available such as the beach volley ball court, tennis courts, swimming pool and BBQ's, or to the potential that Bengatta has for the future (Stephen and Lisa are only too happy to show guests through plans and projects they have in store for the resort). Or it may just be that this is a great place to holiday!

One of the great positives of the weekend was that although many campers were familiar with the nudist lifestyle, a good proportion were experiencing it for the first time. This shows that not only is there interest in the nudist lifestyle but a resort this close to Melbourne is a welcome and popular addition to the list of nudist resorts available. Also, it is a great way to meet new people and form friendships that enhance your holiday.

Bengatta is aiming to create a family environment, which was clearly evident by many of the activities conducted throughout the weekend. One such example was the "Nude Olympics" run specifically for the kids (and the amusement of the

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NORTHSIDE COUNTRY CLUB Inc

(A0003976H)

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WAIRANE NATURIST RETREAT

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NATURIST INFORMATION WANTED!

BARE FACTS (4th Edition)

Australia and New Zealand

We need your help to ensure that the fourth edition of Bare facts contains only the latest naturist information when it is released later this year. If you have any information, maps, directions or pictures pertaining to naturist facilities in both Australia and New Zealand - including legal and 'regularly used' lagoons, rivers, parks, B&B's, clubs, resorts, groups and just about anything else to do with naturism - please contact us at:

Australian Sun & Health

PO Box 1124, Sutherland NSW 1499, AUSTRALIA

Phone: (02) 9543 3433

Fax: (02) 9543 3533

NEW BEGINNING

BY EYAN

adults). Over 30 future champions competed in a wide variety of events with all children receiving prizes and their parents earning a well-earned breather.

A plethora of after dark entertainment was also on offer during the course of the weekend. On Saturday night a disco was hired to keep everyone dancing and partying long into the night. On other nights a band comprised of Bengatta campers performed 'rock and roll' which ranged from the 60's through to today's hits and everything in between - even twelve bars of "something"! Add to this the numerous happy hours and gatherings around campsites and the night owls were well and truly catered for.

On Tuesday a number of Melbourne Cup sweeps were run to satisfy the punters, and those of us who don't know a thing about horse racing, which lead to everyone in the park congregating in the recreation hall to watch the race. As always a few lucky 'sweepsters' came away smiling from the result whilst the rest of us lament over the donkey we received (mine came last!) but as always it is tongue-in-cheek and good fun was had by all.

The only down side to the cup is that, once it's over, it means we all have to return home to suburban life. However, I'm certain that everyone who attended Bengatta's opening weekend were more than satisfied and will return again in the very near future.

To Stephen and Lisa, congratulations on a successful opening and thank you for a wonderful weekend. Hope to see you all soon.



INTRODUCING... Bengatta Nature Retreat

"THE ULTIMATE VALUE IN NUDE RECREATION AND RELAXATION, ONLY TWO AND A HALF HOURS FROM MELBOURNE!"



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- * 3 & 5 Bedroom Houses
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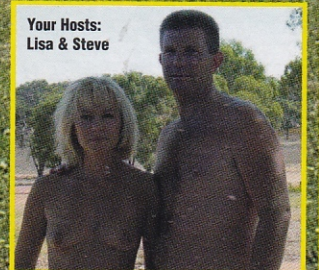
Bengatta Nature Retreat is a nudist resort focusing on couples & families, set in an idyllic and private location on 720 acres of natural countryside. Bengatta provides bushwalking tracks and natural wildlife with direct access to Mt. Meg Ranges. This nudist resort is situated about 4km from Thoona, a small rural township 33km South West of Wangaratta and 34km North East of Benalla, Victoria. There is an endless supply of natural spring water at Bengatta. Hot showers, toilets and laundry facilities are also available.

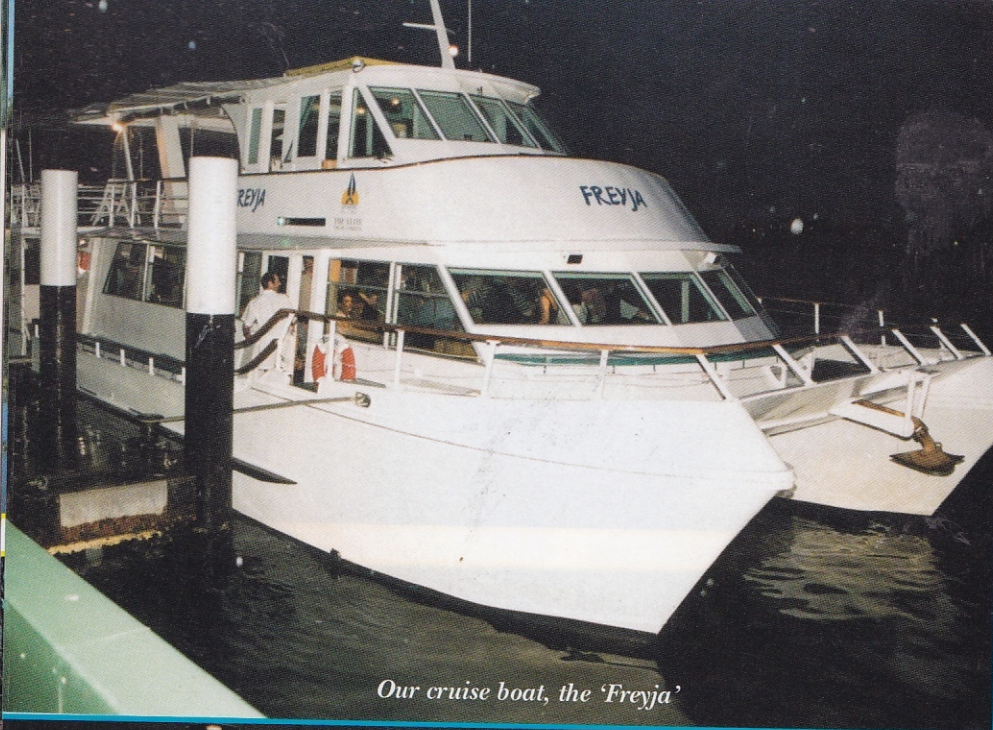
Bengatta Nature Retreat

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Your Hosts:
 Lisa & Steve





Our cruise boat, the 'Freyja'



Yours truly! Rod & Sarah Tyldsley take time out for a quick photo.



So, who captained the better cruise that evening? (And it wasn't the wedding cruise!)

Barely on Sydney

ARTICLE BY SARAH TYLDSLEY

In February this year Bardots Resort organised a cruise and took over Sydney harbour in the extravagant style we've come to expect from the Anna Bay based resort.

Meeting at the "Man O War" steps at the Sydney Opera House, a small group soon formed as we tried to guess which boat would be ours. It wasn't long before it docked at the wharf and we saw the smiling faces of Jim and Twiggy as they waved from the deck.

On boarding the well-appointed boat we were immediately greeted by our hosts and served a glass of champagne. Passengers quickly disrobed as soon as the boat was underway. Appertisers were served and champagne topped up. The only thing left to do was to settle back, relax and sip champagne as we embarked on the annual Bardots Sydney Harbour Cruise.

Although the weather was not behaving, it had no affect on the cruise. The boat's lower deck was closed in with windows around to take advantage of the beautiful view, while the upper deck was open but entirely covered. With plenty of room to spread out and enjoy yourself, you could take advantage of either the indoors or outdoors.

As the cruise commenced at 4pm, the harbour was full of boats so we attracted a lot of attention. However, everyone on the passing boats seemed quite happy to see us and waved energetically. At one point we passed a boat from the same cruise company. The captain of our boat asked that we all go out on deck and wave as the two boats passed - everyone was only too happy to oblige. The other boat contained a formal wedding party who were more than happy to wave back. I wonder which captain felt he had the better deal.

We cruised through the harbour and over to Cobblers beach where the captain dropped anchor for a couple of hours. Unfortunately with the dismal weather there were only a few die-hards on the



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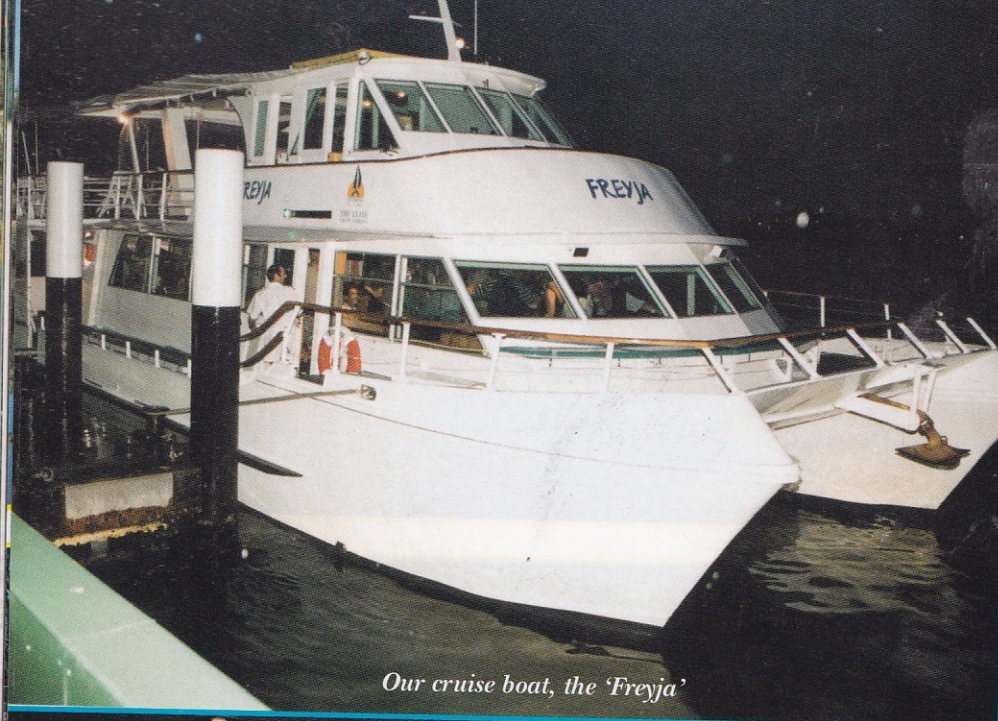
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Our cruise boat, the 'Freyja'



Yours truly! Rod & Sarah Tyldsley take time out for a quick photo.



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Cruising Harbour

PHOTOGRAPHS BY ROD TYLDSLEY

beach rather than the usual crowd of sun-bathers. About halfway through the cruise a fabulous buffet dinner was served featuring baked ham and salads, followed by coffee, a fruit platter and a cheese platter. The staff made sure no one went hungry and kept trying to entice us with seconds, which were hard to resist.

Being my first nude harbour cruise I was unsure what the reaction would be from the cruise company staff, how we would be treated, whether we would be allowed to go outside on the deck or would we be made to stay below. I was pleasantly surprised! The staff were fantastic and treated us wonderfully. We had the run of the boat and weren't confined inside at any point during the cruise. I had a feeling that one of the waitresses hadn't experienced a boat of nude customers before but a few minutes into the cruise she lost the uncomfortable appearance and seemed to quickly forget that we were all nude.

The hours went by way too quickly and it wasn't long before we were on our way back into the harbour. As usual it's very hard to put your clothes on and even harder to say goodbye to everyone. It was a great opportunity to meet people, as it's a small cosy group and not as intimidating as a huge crowd of people. It's easy to talk and socialise with everyone on the boat. The friendly atmosphere must also be attributed to Jim and Twiggy who are fantastic hosts and made everyone feel welcome and at ease.

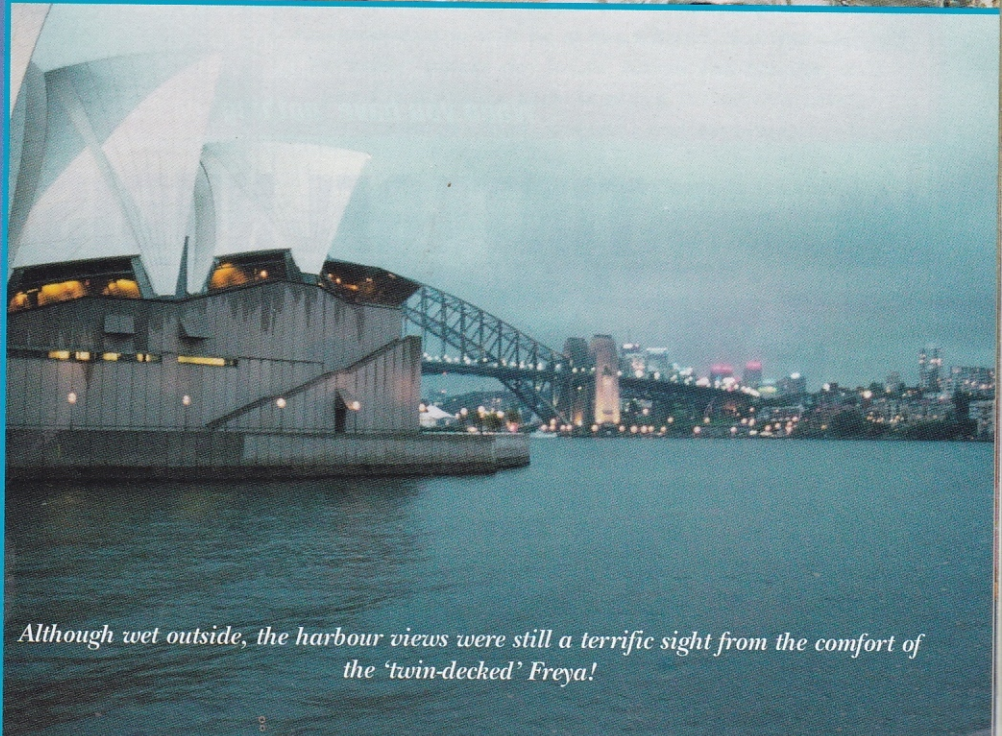
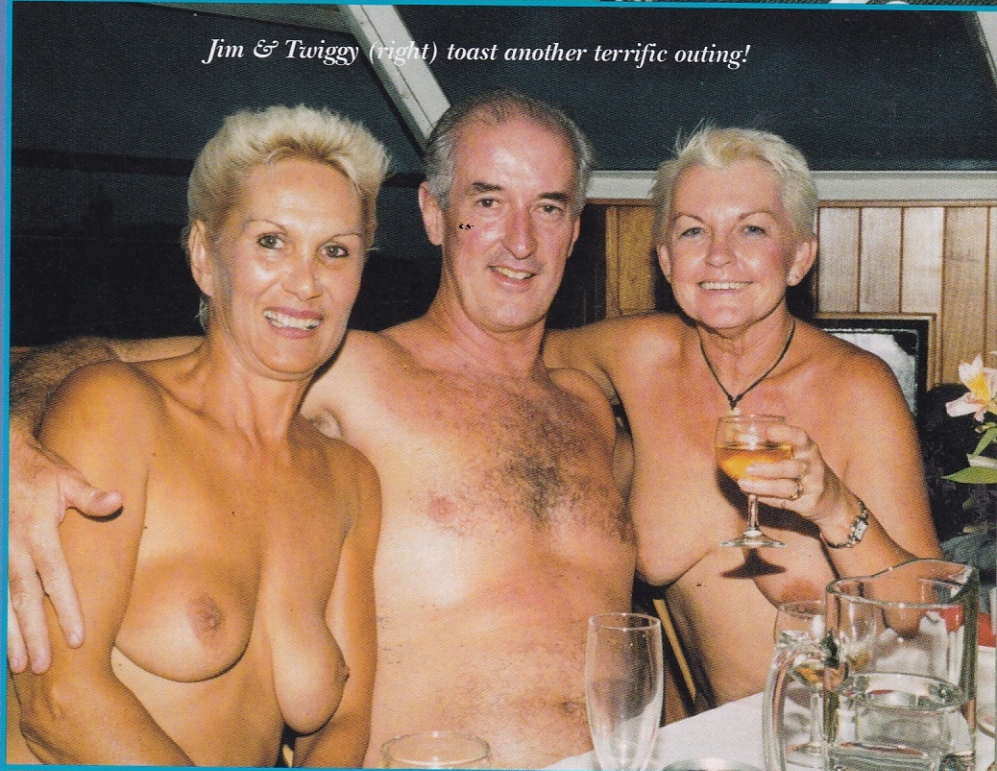
The cruise was over all too soon, although a large group decided taking Sydney Harbour wasn't enough and moved on to Sydney, kicking on at the popular 'Bourbon and Beefsteak' in Kings Cross.

If you missed the cruise, don't worry, Bardots are organising a nude Ski Trip in July this year - staying right on the ski fields at Perisher Valley. It's guaranteed to be a weekend you won't forget! See the Bardots advertisement elsewhere in this issue for more details.



A quick wave to the Captain and guests aboard the the wedding cruise boat! (out of camera to right)

Jim & Twiggy (right) toast another terrific outing!



Although wet outside, the harbour views were still a terrific sight from the comfort of the 'twin-decked' Freya!



Two in Search of a Free Beach

ARTICLE AND PHOTOGRAPHS BY TOM GOODWIN

We left South Australia early in February for a reunion on Hawaii with old friends from Canada. We did not have great hopes of finding a nudist beach in Hawaii but had heard that there was an unofficial one, albeit in a rather remote spot on the island of Maui.

Not long after arriving we found that the unofficial nudist beach was definitely nudist no more. The authorities had clamped down on such indecent

displays of bare flesh. The weather was near perfect, beaches in plenty, the water warm, but nudists nowhere. Most women were in one-piece swimsuits; not a topless one to be seen, and most men seemed to be in uncomfortable looking baggy, almost to the knee, shorts. Funny lot the Americans!

On our Air New Zealand flight to Auckland we struck gold. The flight magazine featured the island of Waiheke, a

half hour ferry ride from Auckland, the very island where we would be staying with friends, and a picture of Palm Beach, just a few minutes walk from our host's house. The article pointed out that around some rocks and trees at one end of Palm Beach was Little Palm Beach, an unofficial nudist beach.

Soon after we arrived on Waiheke we made our way to Little Palm Beach. It was easily

accessible and had no intrusive signs as at Maslin Beach in South Australia. It was as beautiful a little beach as one could wish for, with plenty of visitors and locals with small children. Just one minus mark - too many people brought their dogs, and we know what dogs do on beaches.

In our next two weeks in New Zealand we had intended contacting some local nudist clubs, visiting one or two, and finding out where the free beaches are. The New Zealand Naturist magazine is always available at most Adelaide newsagents, right beside Sun & Health. We could see no point in buying a New Zealand publication in Australian and taking it with us but, believe it or not, nowhere in those two weeks could we find a copy of the New Zealand Naturist at any newsagents; we didn't see Sun & Health either.

So, sadly, we never did make contact with any New Zealand nudist clubs, or find where there were any nudist beaches, official or unofficial. But on the north of the South Island, in perfect weather, we found many little empty beaches where there was no one to be concerned that we were bathing bare.



WIN! WIN! WIN!

A luxurious winter escape weekend of total indulgence for two people in one of Queensland's premier nudist venues,


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Total prize is valued at over \$600-00.

How do you win? Easy! Just answer correctly the 10 simple questions that appeared in issue 73 relating to Tintagel and Australian Sun and Health. Write your answers, on a piece of paper, along with your name, address and a contact telephone number and mail to: Australian Sun and Health, Tintagel Resort Competition, PO Box 1124, Sutherland NSW 1499, Australia.

Only correct entries will be eligible for the draw. Entries close Friday 27th April 2001 with the winning entry being the first correct entry drawn by Sarah Tyldsley on Monday 30th April 2001. The winner will be notified by mail and their name published in issue 75 of AS&H magazine.

When you have 'nothing' on BOOK INTO TINTAGEL



TINTAGEL NUDIST RESORT

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DON'T FORGET... WE ARE ON THE DOORSTEP TO PUMPKIN ISLAND!!!



Above & left: Little Palm Beach, Waiheke Island, New Zealand.
Below: Tom & Liz on Little Palm Beach.



Discover new friends at a **BARDOTS FUNCTION**

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A fun dinner-dance for all those who enjoy
"Clothes-Freedom"

Come along and meet some new, like-minded people or renew some old friendships in a relaxed, comfortable atmosphere.

(Read AS&H issue 73 page 15)

Destinys on Crown - Friday 27th April 2001

Your evening at this quality restaurant will be filled with fun & laughter, a fine two-course meal, fabulous music, entertainment and a few interesting competitions with a whole lot of great prizes.

Cost \$85.00 per person

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*An escapade to the snowfields, without clothes,
without worries
... sound a bit crazy? ... not so, read on ...*

On Friday July 20th, at around 1.00pm, a luxury coach will leave Sydney en-route to Perisher Valley, and you should be on it. On board will be a group of fun-loving, clothes-hating, *Winter-Naturists* with a common purpose - to pack as much fun and frivolity into two days as they can reasonably manage.

Accommodation will be at the *Chalet Sonnenhoff in Perisher*, where our hosts, Karen and Neville, will provide all those little luxuries *Winter-Naturists* require - food, warmth, and beverages.

The full weekend will include your coach travel (nude), accommodation (nude), dinner and breakfast (nude) (Friday and Saturday) at the very reasonable price of \$495.00 per person.

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Maslin Heat

ARTICLE BY
PHOTOGRAPHS BY JIM HO

Right in the middle of Adelaide's longest heat wave on record, the forecast high was only 28 degrees for the day of the Maslin Beach Olympics, Sunday January 21st 2001. The actual temperature turned out to be a very hot 37 degrees, which at first worried the organisers, Southern United Naturists. However, this proved to be a boon as record numbers of people came to the beach and took part in the Olympic events.

As usual the most popular event from the competitors' point of view was the Best Bum competition for men, with approximately 66 entrants. This meant we had three heats and a final to decide the winner.

The Ms Maslin Beach Junior and Senior events (sponsored by the Australian Sun & Health) were almost as popular, with a total





n Beach ts Up

BY JIM HOWDEN
HOWDEN AND MARK KOHLER

of thirty entrants. Needless to say, this was the most popular event with the spectators.

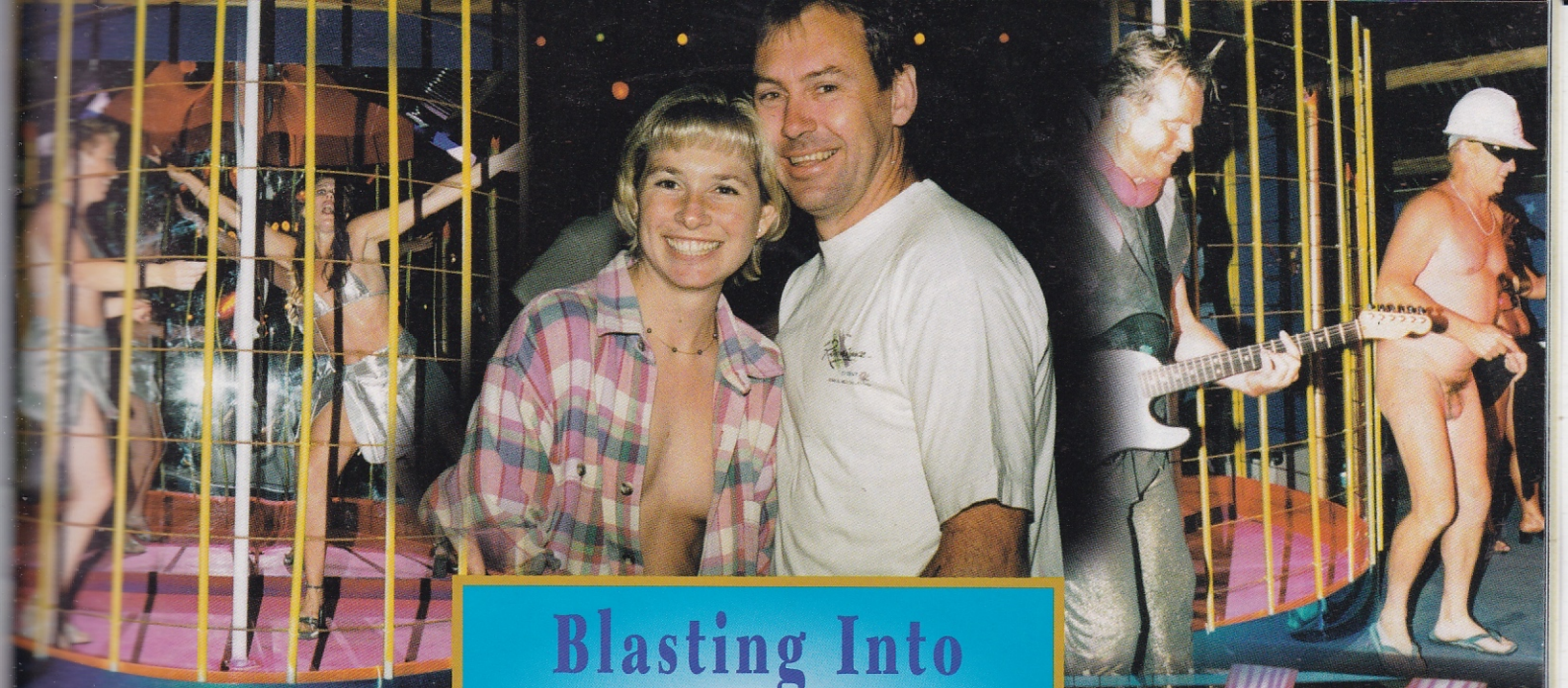
The Olympics were covered by Channel TEN News, and were reported on the Channel TEN National News on Sunday evening, which I am sure many of you saw.

This year's Maslin Beach Olympics were, without doubt, the most successful for many years, with the combination of fantastic weather and a huge crowd, estimated to have been at least 2,000.

The Organising Committee have asked me to thank all the members of SUN who assisted on the day, and a special thanks to the 4-wheel drivers, Steve and Peter, whose services were invaluable, and of course to our MC, Bob Gully.

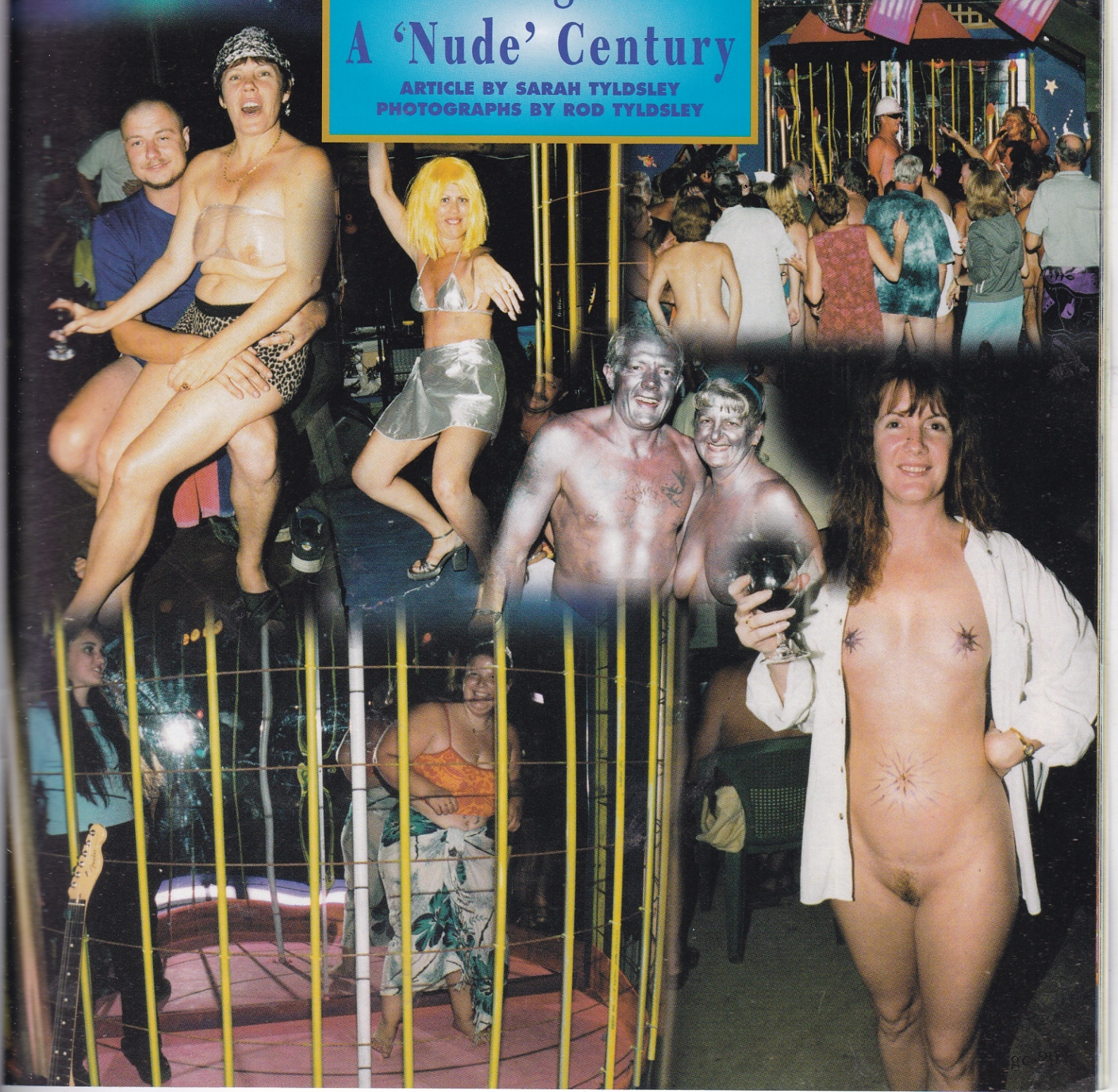
Next year's Maslin Beach Olympics will be held on Sunday 20th January 2002.

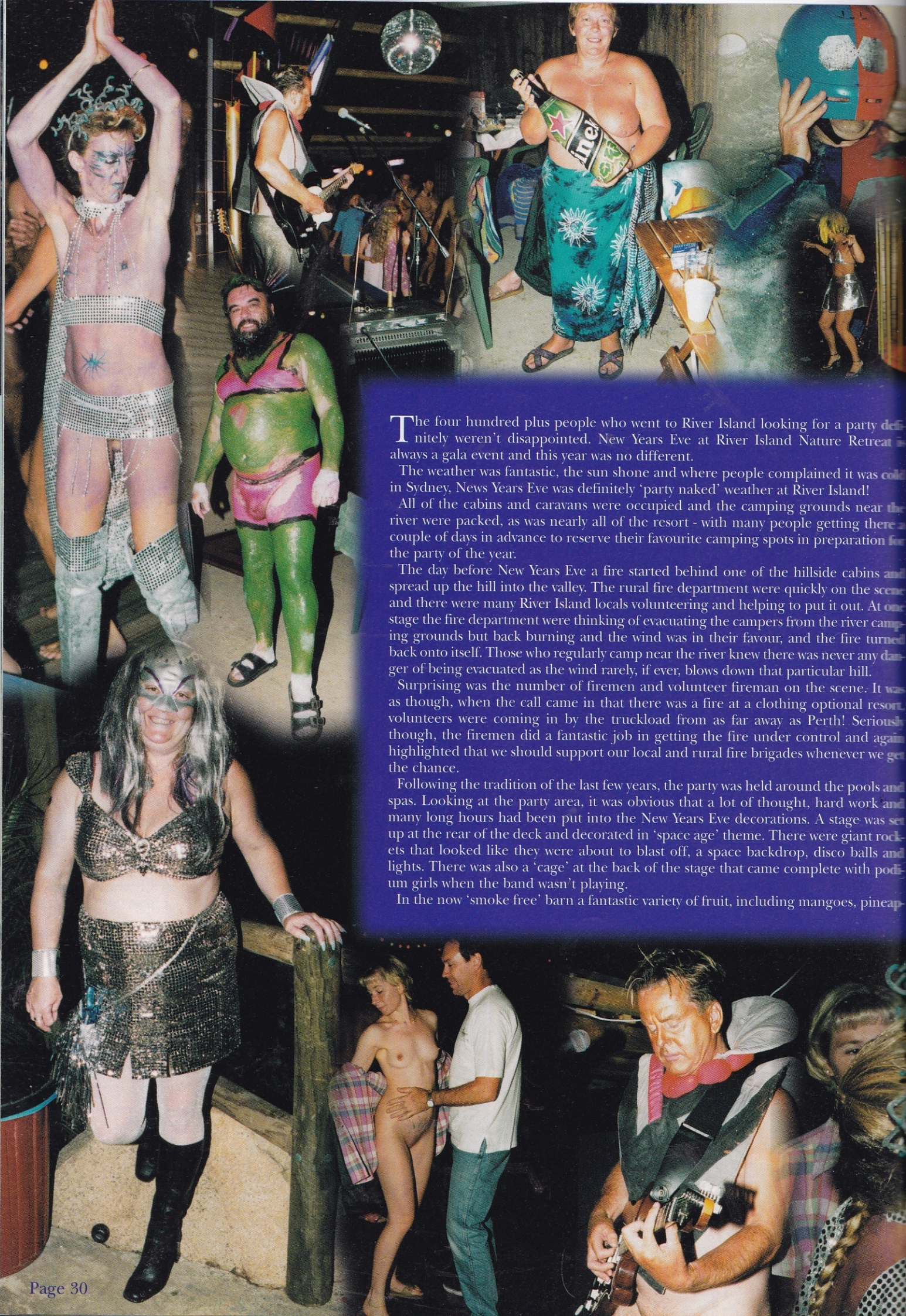




Blasting Into A 'Nude' Century

ARTICLE BY SARAH TYLDSLEY
PHOTOGRAPHS BY ROD TYLDSLEY





The four hundred plus people who went to River Island looking for a party definitely weren't disappointed. New Years Eve at River Island Nature Retreat is always a gala event and this year was no different.

The weather was fantastic, the sun shone and where people complained it was cold in Sydney, New Years Eve was definitely 'party naked' weather at River Island!

All of the cabins and caravans were occupied and the camping grounds near the river were packed, as was nearly all of the resort - with many people getting there a couple of days in advance to reserve their favourite camping spots in preparation for the party of the year.

The day before New Years Eve a fire started behind one of the hillside cabins and spread up the hill into the valley. The rural fire department were quickly on the scene and there were many River Island locals volunteering and helping to put it out. At one stage the fire department were thinking of evacuating the campers from the river camping grounds but back burning and the wind was in their favour, and the fire turned back onto itself. Those who regularly camp near the river knew there was never any danger of being evacuated as the wind rarely, if ever, blows down that particular hill.

Surprising was the number of firemen and volunteer fireman on the scene. It was as though, when the call came in that there was a fire at a clothing optional resort, volunteers were coming in by the truckload from as far away as Perth! Seriously though, the firemen did a fantastic job in getting the fire under control and again highlighted that we should support our local and rural fire brigades whenever we get the chance.

Following the tradition of the last few years, the party was held around the pools and spas. Looking at the party area, it was obvious that a lot of thought, hard work and many long hours had been put into the New Years Eve decorations. A stage was set up at the rear of the deck and decorated in 'space age' theme. There were giant rockets that looked like they were about to blast off, a space backdrop, disco balls and lights. There was also a 'cage' at the back of the stage that came complete with podium girls when the band wasn't playing.

In the now 'smoke free' barn a fantastic variety of fruit, including mangoes, pineapples,



ple, avocados, kiwi fruit and just about anything else you can think of, made up the famous River Island style fruit smorgasbord. Although hard to believe, it looked even bigger than previous years!

By now I'm sure you've worked out that this year it was a space theme and was entitled "The 'Eve' of the 21st Century". "Blast off in your nude space gear," said Colin and Katina Sell. And many partygoers did just that, dressing in foil, tinsel, mesh and not much else at all. The outfits were amazing and looked like a lot of work had gone into them. Everyone got into the spirit of the night and the atmosphere was great with the extremely popular Jive House Band ('dressed' in space gear) keeping everyone dancing as they played well into the 21st century.

The pool decking in front of the stage was initially reserved as the dance floor, but people soon spread out and encompassed the entire pool area as they danced the night away - Everywhere you looked there were people dancing.

Bob 'the builder' was called upon to do his famous River Island "YMCA", though he thought he might have gotten out of it this year - but then, he thought he had gotten out of it last year... and the year before!

Bob shot to stardom a few years ago when he made a special appearance at the annual Australian Sun & Health Cover Girl Quest - now known as the "Islander Girl" and "Macho Man" quests, which are held in October each year. Dressed as "Bob the Builder", he danced and sang to the Village People's "YMCA". Since this history-making occasion, Bob hasn't been able to get through a River Island party without being called upon to re-enact the event.

Of course, 'time flies when you're having fun' and despite partying into the early hours of the morning, it was still over too quickly and was soon time to go back to cabins, caravans or tents.

New Years morning was very quiet at River Island, although 'most' people were up by around lunchtime - it was certainly a rather quiet New Year's Day.

The next major event on the River Island calendar is the Easter long weekend. A party is planned with the Jive House Band playing and there will be a jumping castle and the Easter platypus for the kids. Don't miss out!



Czech Naturist Paradise

ARTICLE AND PHOTOGRAPHS BY CHARLES

After years of oppression and troubles, the Czech Republic is finally basking in freedom and happiness, including a new enjoyment of naturism.

The twentieth century was a difficult time for the Czechs. At the beginning of the century, these lands were part of the Austro-Hungarian Empire, and hence were on the losing side in World War I. After the war, Czechoslovakia enjoyed twenty years of independence, but then was victimised by the notorious Munich Agreement of 1938, which handed the country over to the Nazis.

When World War II was finally over, and the Nazis gone, Russia moved in and oppressed the country for another 44 years. The Czechs resisted with a major revolt in 1968, but this was brutally put down. Only with perestroika and the collapse of the communist regime did Czechoslovakia finally become independent in 1989. And the Slovakia broke away from the Czech Republic in 1992.

But happily the long years of oppression and troubles are finally over. The Czech people are enjoying a new burst of freedom, and one of the results is that they are coming to enjoy naturism. So we at Synetech video decided to visit the country and see if we could shoot some video of Czech naturism. The results exceeded our best expectations.

The Czechs have a remarkably tolerant attitude toward nudity. The Czech Republic is nestled just under the southeast corner of Germany, and the Czechs resemble the Germans physically as well as in their love of the outdoors, sunshine, and the freedom to go naked.

Czech TV has lots of nudity. Attractive naked people appear in many shows, sometimes with a sexual spin to be sure, but often just for the pleasure of nakedness. Every evening, for example, there is a weather report in which an attractive young man or woman comes onscreen naked and then proceeds to get dressed in clothes suitable for the coming weather. It's a dramatic way to indicate whether tomorrow will be rainy or fine. Of course, if it's going to be really hot and sunny, the weather person doesn't have to get dressed at all!

Our opportunity to shoot video in the Czech Republic came when two Czech friends, Danny and Dasa Hermansky, invited us to visit them. We jumped at the chance and had a further lucky break when we discovered that Monica, a

friend who's been in two of our videos, had a Czech mother and is fluent in the Czech language - so we invited her along too.

We got in touch with a number of Czech naturists, and we spent three happy weeks, there enjoying the country and shooting video. We got enough footage to make three one-hour tapes, which Synetech is now releasing as 'Czech Naturist Paradise I, II and III'. (See ad on pages 36 & 37 of this issue).

Our first shoot showed the tolerance of the Czechs for nudity. We went to a public park with a lake, and Petra, a good friend of Dasa's, rode her horse there in the nude for a couple of hours, along with another friend named Roger. They rode on the paths and then into the lake on their horses. After dismounting, they ran around amongst the trees and finally swam together in the lake. Several people went past, a few of whom we caught on camera, but no one made any fuss or appeared upset.

Similarly, when we went to the Bystricka Club in the large town of Hradec Kralove and proposed that we have a naked party, the owners were happy to oblige and even offered to provide drinks and a meal for us. It was a great time. Danny, who is a professional DJ, provided exciting party lighting. We played the game of Twister, did a conga line, bounced on a large exercise ball and enjoyed a fine meal. Of course, there was lots of dancing! The party ended in a free-for-all of blowing party horns and making a huge pile of happy naked bodies.

Incidentally, the cost of all this including the meal, all the drinks we wanted and the use of the club for six hours came to just US\$150 for about eighteen people. This is an example of the sort of bargains the traveller can get in the Czech Republic. After years of communist apathy and sluggishness, the Czech economy is only just getting started and things are very cheap.

We decided that another good idea for a video shoot would be a ruined castle, with the dramatic contrast of cold stone walls and naked bodies. After searching around we finally found one. Accompanied by four other girls, we went there during the evening, just as the castle was closing. The guide was happy to let us explore it in the nude, which we did for about an hour.

Unfortunately, the weather was not all that cooperative during our three weeks. Though it was



Paradise

CHARLES MACFARLAND

late June and early July when we visited, it was rather chilly and rained on several days. As a result, we didn't get to any nude beaches. There are lots of these in the Czech Republic on rivers and lakes, and often in disused sand quarries.

Good weather faired for us on one evening for a pool party in Danny's backyard where we enjoyed a barbeque, folk songs, a game of petanque and lots of antics in the pool. We were also able to do many shoots indoor, such as an aerobics class, a session in an exercise gym and an afternoon of naked bowling. Once again, the people in charge of these places were very cooperative and helpful with our naked activities.

We also made a point of visiting Prague with Monika and a beautiful Czech girl named Mariana. Prague was lucky enough to survive the two world wars without any damage, so there are many historic buildings. Many of these are in the beautiful Art Nouveau style. Alphonse Mucha, one of the inventors of Art Nouveau, one a Czech and designed several buildings in Prague.

In addition, Prague still has its medieval bridge, built by the great King Charles IV in the fourteenth century. This bridge is now for pedestrians only, and there are lots of buskers and market sellers along it, giving it a festive air. Prague also has several beautiful churches and cobblestone streets, as well as a fine central square.

We had hoped to do some nude walks in public, but Prague is a very compact city, and in July it is thronged with tourists. It didn't have the sort of quiet parks and byways that Paris has, which might suit a little discreet public nakedness. The city has become very expensive due to the tourists, but because Monica and Mariana spoke Czech we were able to find many cheap and delicious restaurants.

We did have the luck to find a splendid art gallery where the girls could go nude. This was the Reon Gallery, which featured fantasy paintings of wizards and satyrs and mythical beasts and naked nymphs. The naked girls certainly fit in well with the paintings. The whole gallery is done in a fantasy style, rather like an enchanted cave, and is well worth a visit if you go to Prague.

All in all, our visit to the Czech Republic was a wonderful success, and I think our three videos capture much of the happy spirit of the Czech Naturist Paradise.



NORTHERN TUPPERWARE EXPOSURE

ARTICLE BY ALEX VAN DER WIJNGAART



A while ago we had a Tupperware party, with the usual games, people sitting around watching the presentation and the normal things that happen at these events. It was mostly women, and as always seems to be the case, some of the people who said that they would come didn't turn up or cancelled at the last minute. As the limited number of people left I could understand why most people don't like them and the guys never go. I suggested to my wife, Sam, "Why don't we have a Nude Tupperware party? It would be a bit more fun and we could invite people from the new Adelaide swim club, Northern Exposure."

We chatted to the person who would have to do the party for us, Tamara, and she said she would have no problems doing it. She would not go nude as she is not a nudist, but she had no qualms about a nude audience. After deciding on a couple of possible dates, we fronted up to the next swim day of the club and put the proposal forward. We immediately had a reasonable number of people interested, selected the best date for everyone and put together a list of names of who would probably attend.

The party was on a Saturday in December and the Adelaide weather put on a nice 31 degree day. A couple of us had already been

for a swim in our pool and had a BBQ that evening when Tamara arrived at 6:30 to set everything up in the lounge. Most people started arriving after 7 and quickly disrobed to join us out on the patio for a chat and a



few drinks until everyone was there. Once all arrived (and no one pulled out at the last minute) we went into the lounge to start the party. A total of sixteen adults and a few kids crammed into our lounge, which is not small, to look at the Tupperware.

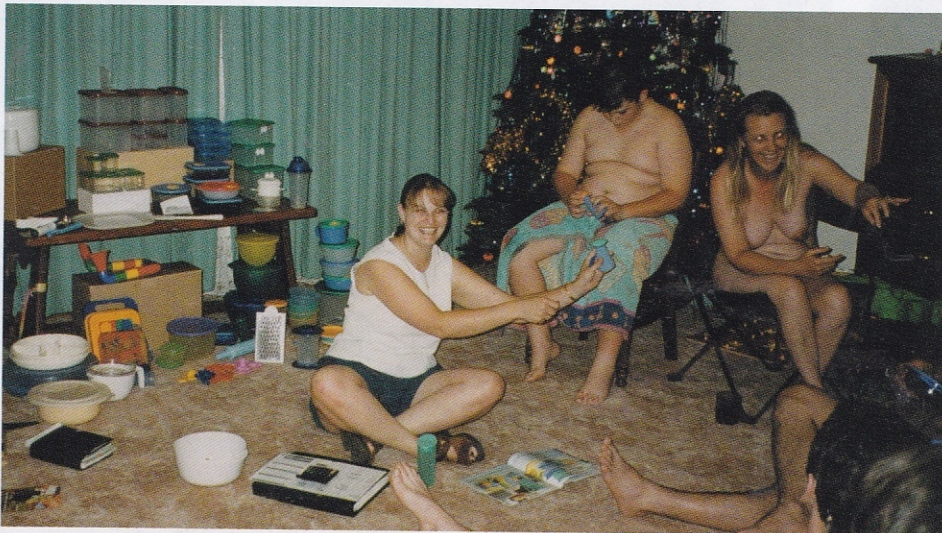
We did the games, but as there were even numbers of guys and girls at the party, we could play a battle of the sexes game, which consisted of questions the opposite sex had to answer. Tamara could not normally play this as the guys rarely turn up to a Tupperware party. That was fairly lively and a lot of fun. I suppose a group of nudists in one room tend to be a bit livelier than the normal party Tamara does. The girls ended up winning, but the guys think it was a bit rigged due to a female asking the questions. We were leading most of the way though. We did the normal what's available routine and as it started to get towards the buying part the guys slowly slipped outside again to enjoy the pool and mild evening. It didn't take long to finish the Tupperware side of things and everyone was either swimming or sitting around chatting on the patio.

Tamara packed up her gear, but had a bit of a chat with others before she left. She definitely had a good time and was not put

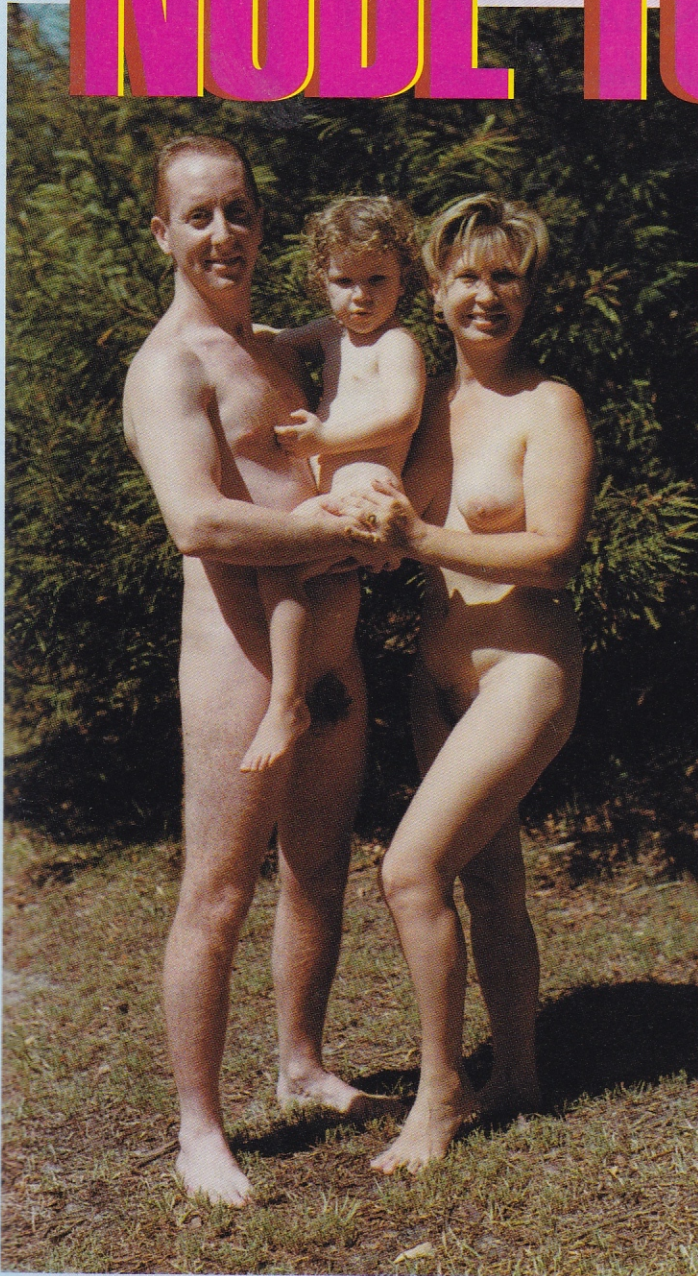
off by all the naked people. She even received another booking for someone else who wanted a nude party in January, so it definitely didn't put her off and gave her an insight into nudism. It probably dispelled a few myths she may have had about nudists. Would she become a nudist? Probably not, but we'll work on that. She did mention that when they teach you not to be nervous in front of a crowd you should imagine they are all naked to help you relax and laugh a bit. I don't think that would have worked here somehow.

The evening wore on and people started to leave, but all agreed it was a great night.

Is this the first nude Tupperware party ever? Maybe not, but I wouldn't be surprised if it was the first in Adelaide or Australia. I suppose it proves that anything you can do clothed, you can do nude and have more fun. We are definitely looking forward to the next party in January. If anyone wants more information regarding Northern Exposure, you can email the Treasurer at alexvan@tpg.com.au



NUDE TOGETHER



WAYNE

Age: 35

Interests:

Golf and my little 3-year-old Marie-Clair.

Why Naturism?

It's the best way I've found to relax.

What do you like best about your body?

Well that's a silly question... it's obvious isn't it??

And if you could change something about your body?

No thanks. I'm happy as is.

What do you like most about your partner's body?

Her cute nose and her butt.

Where do you go to get your gear off?

Early morning hiking in Ku-ring-gai Chase National Park.

What is your favourite beach?

"Flying Fish Point", near Innisfail, Qld. Unfortunately we've only been there once.

Do you visit clubs or resorts?

We have been to several up and down the east coast.

LEIGH-ELLEN

Age: 40 (going on 24)

Interests:

Latest fashions and my family.

Why Naturism?

Because you get to take your clothes off !!

What do you like best about your body?

My eyelashes and blue eyes.

And if you could change something about your body?

About three inches taller would be nice.

What do you like most about your partner's body?

His bottom, it's well toned.

Where do you go to get your gear off?

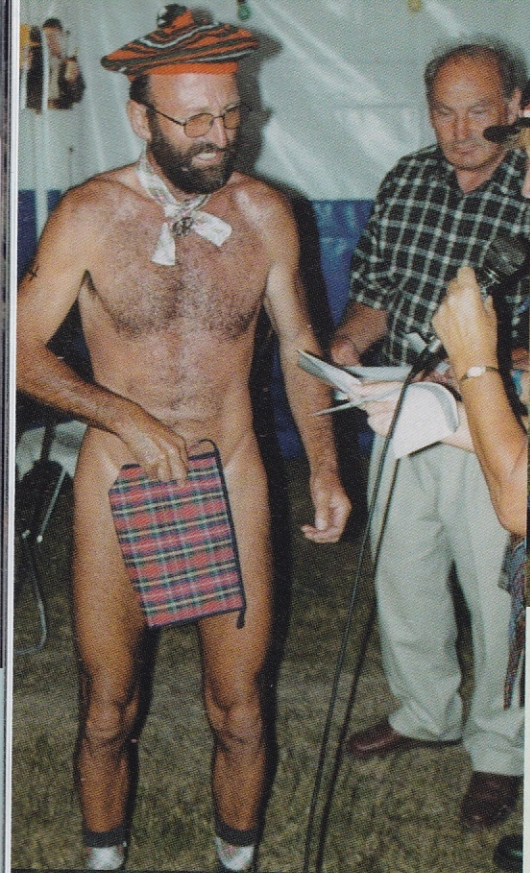
Bardots and beaches, where possible.

What is your favourite beach?

"May Bay", in the Whitsundays.

Do you visit clubs or resorts?

We try to get to at least one new place each year. Bardots is my favourite.



Mackenzie New Zealand's N

ARTICLE BY KAY
PHOTOGRAPHS BY KAY HANNA

The inaugural naturist festival was held from January 5th to 8th at Aoraki Naturally near Lake Tekapo in the South Island. The alpine area proved

to be a stunning backdrop for the bare buns fun run and highland games held during the weekend.

Scottish entertainers Alan and Raewyn Campbell played bagpipes, accordion and keyboard during the 'Gathering of the Clans'. Alan's ceremonial address to the Haggis was simply awesome with the toast to the piper washed down with a tippie of Wilson's Whisky. After all we had two crates, which was enough to give us all a golden glow.

What our visitors did not expect followed with a rock 'n' roll band of 'mature' women who usually do the rounds of rest homes. Their rendition of the Blues Brothers got everyone going - I hear the local tavern has booked them for a "Blues Brothers" night as a result of the gig that night.

'Wings over Water' - Twizel Airshow was held at Lake Ruataniwha the following day

and several of our clan members made the most of a spectacular outing that morning.

A cross-country 2.5km course had been mapped out along "The Wolds" sheep station beyond our property. 65 either walked or ran one to three laps, with Irishman Creek and the Pine trees affording cool respite.

Of course there were winners, but the best of the day was 76-year-old Donald Washbourne of Christchurch who completed two laps and said he could go another! Brian was waiting at the finish line with several packs of cold beer, compliments of Speights Brewery, one of our many sponsors.

Of course it wasn't all drinking and yahooping. The Lake Tekapo Lions Club provided a very tasty barbecue tea before the Tartan Tie & Boot Party when local DJ Tony Wheeler had us up dancing the night away. Several sported clan tartans in what could best be described as "optional kilts".





ie Muster Naturist Festival

BY ANNAM
AND GRAHAM MACGREGOR

lowing morning, the very first National Nude Golf Tournament was held in beautiful sunny weather on the Balmoral Links. The Mackenzie Golf Club is the highest registered golf course in the Southern Hemisphere and we welcomed a number of local golfers who registered for the tournament. Reasonably sheltered from the road, 34

Next day, the Great New Zealand (or should I say Nude Zealand) Lawn Mowing Race got under way. This was done on a time trial by some very determined grass cutters. Our helpers had marked out a course for the hammer throwing (marquee mallet in this case) and Warratah tossing. Both disciplines recorded outstanding distances. All points were accumulated to their clan's total.

If you have ever witnessed sheepdog trials, then you would agree that the sight of humans taking on the role of the animals is hilarious as the "dogs" from opposing teams herded the recalcitrant "sheep" into the pens. Watch out for this one again.

Sunday night was our night to be entertained during the "Clan Concert". The Canadian quartet topped the bill with their portrayal of a traveler in the Yukon.

Five minutes down State Highway 8, the fol-

golfers in the buff enjoyed a relaxing round of golf, interrupted only by a few uncomfortable, overdressed newspaper reporters.

Back at Aoraki Naturally, the Lions Club members were peeling spuds, preparing salads and cold meats for the buffet meal. Their members were really warming to the idea of all those naked people around. Next year just might see them wearing pinnies only!

The rounds of applause during the prize giving that followed were not just for the winners, but the tremendous support the business community gave by way of prizes for accommodation and scenic tours.

What began as a follow-up to the NZNF Rally will now become a regular event on the naturist calendar. If you are planning a New Zealand holiday next summer, then put the Mackenzie Muster on your itinerary, 4th - 7th January 2002.



Funny Nude Moments

Have you ever been "sprung"?

Do you have an embarrassing nude moment?

Why not write in and share your funniest or most embarrassing nude moment and regain your pride by receiving a "Living Australia... Naturally!" Sun visor for your efforts.

Just send your stories to: Funny Nude Moments, Australian Sun & Health

PO Box 1124 Sutherland NSW 1499.

Ray (QLD)

I am a supplier of Marine Aquarium fish and operate a small boat in Far North QLD. Mostly I work alone but some times I take a couple of people along on the proviso that they do the cooking.

A recent trip included a young couple that were thrilled with the reef and nude diving both night and day. We had been at sea for about four days and on the way back we stopped at a small sandy cay. Snorkelling to the beach we arrived at the same time as a helicopter, we waved and they left. Moments later a seaplane landed, taxied to the beach and promptly unload quite a number of Japanese tourists - complete with cameras. There wasn't a tree or bush anywhere in sight to discreetly 'disappear' behind.

Frank Maundrell (NSW)

A few months ago I attended a wedding at Aanuka Resort, Coffs Harbour. The wedding took place in time for a luncheon reception and most stayed for a BBQ evening meal.

After the BBQ, someone suggested the "stayers" have a swim in the large pool with adjoining spa. This sounded like a good idea and the ten or so people left all went off with towels and swimmers. When we returned, we were soon in the water and having a good time, when again, someone suggested (rather facetiously I suspect), that we should skinny dip. Being a keen naturist, I quickly agreed and immediately slipped my textiles off, holding them aloft for all to see. This was greeted with a mixture of gasps and laughter, but it was not long before everyone followed suit!

We spent the next couple of hours alternating between the heated spa and the cold pool and everyone had a marvellous evening. I'm fairly sure it was the first social nudity experience for my fellow guests, but I'm equally sure none will ever forget. We thought they should change the name of the resort to "Aanuda"!

Mike (SA)

I was born 65 years ago and was brought up on a farm south west of Mt Gambier in SA. Pre school days I used to run around without any clothes on, much to the harrow of my parents. I used to be told to put some clothes on or the ducks would peck it off! I would reply that they can't because it is stuck on too tight!

When I was 11 or 12 years old, my father, his friend and the friend's son went down over the border in Victoria to a farm run by two brothers so the oldies could deal horses. While the horse dealing was going on, the sons of the two brothers and I (six of us

in total) went down to the paddock and played in the swamp with nothing on.

Having our evening meal later on, my Dad says, "These kids went for a skinny dip". Sprung! How did he know? Well, they looked at us with binoculars. The fathers had a look, some teenage girls had a look and so did one of the mothers, who promptly blushed.

Greg & Pat (QLD)

My wife and I have been nudists for some time now and when we are at home in the house we take every opportunity to indulge in this activity.

Some time ago around Christmas we made arrangements to go away for a couple of weeks, which meant that we had to get someone to look after our dog so we managed to get my cousin and his wife to do this. I must point out that my cousin's wife is such a prude that she, (according to my cousin) refuses to get undresses in front of him for any reason.

I had taken the dog to their place, come home and had a shower. Not expecting anyone to come over, I was sitting in the lounge watching TV in the buff when my cousin's wife walked through the back door without knocking. So instead of trying to hide myself I thought, "well it's too late now", so my wife (who was fully clothed) and I asked what she wanted. She stood frozen, I told her it was too late to cover up, as she had seen all there was to see. We sorted out the problem with the dog and she left.

To add to this, one afternoon after work about a month later, I had just had a shower and was leaving the bathroom to go to the bedroom and get dressed when my cousins wife walked through the door. She proceeded to walk down the hallway to the kitchen, so once again we met. She hurriedly made her way to the kitchen to see my wife.

Keith Docherty (NSW)

One time I was with the bushwalking club when we stopped for a swim in Erskine

Creek. A lady member and I swam through a narrow gap between big rocks into the next pool. At the far end of the pool there was a mad scatter as a group of naked bathers climbed out of the water and ran into the bushes. We swam the length of the pool and climbed out onto a rock to sun-bake. When the people in the bushes saw that we were nude they came out rather sheepishly and resumed their swimming.

Michael (QLD)

In the summer of 1967 I was camped at the now-defunct Woodlands club near Sydney. My fellow campers included a group of young kids who, unlike kids in so many clubs of today, played happily nude all day every day. Among this group was a ten-year-old girl named Patricia.

One morning however, Patricia and her parents were going out of the club to visit relatives, so Patricia was dressed but she continued to play with her usual group of friends while she waited for her parents to get ready.

My tent has a large flap that was difficult to roll up without the aid of someone else so, as I noticed the group of kids nearby, I called them over to give me a hand with my tent. The kids ran over, including Patricia in her dress, and willingly started rolling the tent flap.

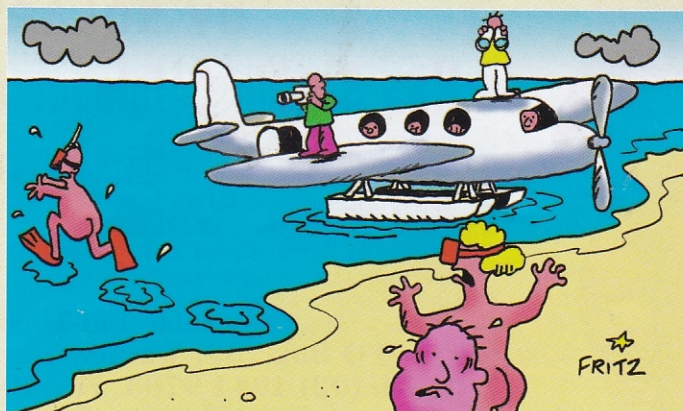
Suddenly Patricia exclaimed, "Ooh-ah" and stood up. "What's the matter Patricia?" I asked. "I just realised," explained Patricia, "that the boys could see my pants!"

Not only did this young girls remark give me considerable mirth, it also opened my eyes to another fact - Our kids live in two cultures, the nude culture of the club during weekends and holidays, and the clothed culture of places such as school where it is deemed important that boys do not see girl's underwear. When Patricia put on her clothes, she had, in her own mind, returned to that other culture.

Mark (QLD)

A while ago my GP referred me to a skin specialist for an allergy test. The nurse was to do the test on my back and asked me to remove my shirt. Noticing my brown back she said she needed white skin so she could see the test reaction better. She asked me to lower my shorts and jocks in order to do the test on my bum.

As a regular nudist at Alexandra Bay, Noosa Heads, my bum is just as brown as my back! On seeing this the nurse chuckled and remarked, "It's good to be so brown all over." She then proceeded to do the allergy test on my bum anyway.



Herbal Remedies for Stress Related Disorders

Countess Dominique Trauttmansdorff, qualified naturopath and founder of new Gold Coast e-tailing company The Herbalist (<http://www.theherbalist-shop.com>) has launched a range of herbal remedies to combat stress disorders, which are frequently caused by self-imposed pressure in a complex and competitive society.

Approved by the Therapeutic Goods Administration, the product range includes herbs from wild, crafted and organically grown sources to create remedies that work synergistically to optimise therapeutic effects.

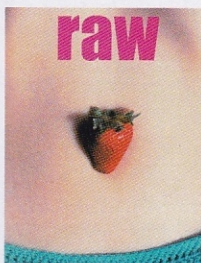
The Herbalist's "stress combination" is made up of nerve, stress, sleeping and mood remedies, which focus on anxiety, nervous tension, disturbed sleep patterns and mood swings.

"Stress is often unavoidable, but once the symptoms become persistent patterns in our everyday lives, our ability to deal constructively with the original causes are dramatically undermined," says Ms Trauttmansdorff.

The key, as Countess Trauttmansdorff and many other health practitioners argue, is a holistic approach. This often requires radical lifestyle changes, including diet, exercise and relaxation, to provide us with the coping mechanisms to handle stress.

According to Ms Trauttmansdorff, some of the warning signs of stress are increased hostility, emotional exhaustion, disturbed sleep patterns, indigestion, headaches, inability to concentrate, constant colds and depression.

While the causes of stress are difficult to escape, the detrimental effect that stress has on health can be avoided with natural remedies. The Herbalist's products are differentiated from others in the marketplace by the use of four or five herbs in a single remedy, and combinations of three remedies in one, for related disorders, offering customers great add-on value.



Raw

A mix between a magazine and a book, raw is Australia's first and only publication dedicated to organic living. The organic movement is gaining momentum in Australia and has already become a lifestyle choice for many in Europe and the United Kingdom.

raw will be published seasonally and will feature organic lifestyle, food, fashion, beauty, travel and profiles. Retailing for \$12.95 and available at newsagents, bookstores, organic retailers and lifestyle stores. www.raworganics.com

When I was a practicing psychotherapist, I learned that almost all conflicts could be resolved, given the right approach.

I said almost... I decided then that two types of conflicts, which could not be resolved between couples, were: The situation where one person wanted to live in one part of the world and the partner somewhere else. Unless one of them was prepared to capitulate completely, thus producing a winner and a loser - nothing could be done. If a conflict ends with a winner and a loser there are ultimately two losers and so 'resolved' is not the right way to describe the outcome. The second situation where there can be no resolution is when one partner wants a child and the other doesn't - there's no way of compromising on that one.

If either of these two situations is producing a problem in a relationship, it might be time to call it a day. They are difficulties, which cannot be overcome without pain. Where true resolution is to be reached it cannot be all her way and it cannot be all his way. So what is the right approach to conflict resolution?

Firstly, I believe that we have to get used to the idea that we cannot have everything we want when we are sharing our lives with someone. Secondly, if we feel we are giving 60% to the relationship and only getting 40% back then we probably have a very good relationship.

This is because we usually notice our own giving more than that of our partners. Lots of positive actions on the part of our partner can go unnoticed - though usually the negative ones don't. This is a broad generalisation, I know, but we have to start somewhere.

The next step in conflict resolution is to take time out. It's no good trying to resolve conflict when we are angry. So set a time a few hours ahead so that you can both relax and get your thoughts clear before attempting the task. When you do start to work on it the first thing to do is to determine the problem as follows- "You want this and I want that. Give me your reasons and I'll listen, then I will expect you to listen to mine." Sometimes the reasons can help the opposition to see things in a different light. Only sometimes!

C R ARTICLE BY OLIVE METTYEAR

And it should then be determined that there is no resentment on the part of the one who has changed his/her position.

The next important step is to say, "Well, what can we do about it?" "We can't both win and if there is a winner and a loser we'll both finish up being losers." Time should be spent by each partner thinking about this and hopefully producing some creative ideas - not to share at this stage however, a few notes can help. Sharing might lead to further arguments. Only after partners have considered their own ideas is it time to share them, and here is the most valuable part of the exercise.

The magical statement: - "I'll do this for you, if you'll do that for me". This involves sacrifice on both parts and ties in with what I said earlier; we can't have everything if we are sharing our lives with someone.

Perhaps we should look at an example of good conflict resolution: - Jane wants Joe to retire from his job so that they can buy a caravan and travel around Australia. Joe enjoys his job - he's only sixty and would like to continue working for at least five years yet. After the time out period: -

Jane: "What can we do about it?"

Joe: "I'm prepared to take Long Service Leave, (annual leave - or leave without pay, whatever) hire a caravan and do what you want if you will give me four more years working afterwards".

Jane: "I'm prepared to go along with the first part of your suggestion but give you only two more years before you retire".

Joe: "Let's make it three with the proviso that the situation be reviewed again at the end of the three years".

Jane: "Done, I can live with that".

In this case there is not a winner or a loser. In the long run there will be two winners. Both have given. Both have received.

There is also the possibility that Jane will be satisfied after the trial trip and be prepared to defer the retirement even longer. And by the same token, Joe may enjoy this so much that he is willing to bring his retirement even further forward. Too simplistic? It's worth a try.



In Search of... Ancient Nudity

ARTICLE AND PHOTOGRAPHS BY MICHAEL FORMAN

Not much is known about nudity in the land of the rising sun. Homogenous and isolated, Japan developed a culture separate to that of the rest of the world. Only those who live within, and a few privileged 'outsiders', have gained the experience to know the answer to that question. But it is surprising to know that not only is social nudity accepted, but also it is a part of everyday life and has been since ancient times.

Contrary to popular belief, the Japanese are nothing like their distance cousins the Chinese. Similarly the ritual of being nude is somewhat different.

Japan is a set of crusty volcanic islands off the continent of Asia. Independency comes not from some popular political vote, but pure topography. The treacherous waters of the China Sea isolate the country, and accessing it was always difficult - almost impossible in early times. It also had nothing much to offer for trade, and the early inhabitants were none too keen to trade anyway.

As the theory goes, Japan became inhabited by accident. A mix of ocean passersby from Korea and China somehow managed to float into it, and subsequently colonised it. Over time, the population grew and a new culture evolved.

Then, for the next few centuries, Japan evolved spiritually, mentally and even physically separate to the rest of the world, Asia included.

Because Japan is volcanic the underlying artesian water is heated and forced to the surface. There is an abundance of natural hot water springs and pools and it's not hard to understand why bathing became part of a daily routine.

But bathing was always done on a communal level. That is, at the end of a hard day of working the farms, people would head off to their local spring and bathe for cleanliness and recuperation. It soon became the place to socialise, and people from all around the villages would get together and catch up on village matters.

Men, women and children - all would share in this daily activity to rest, and ponder life. There was nobody to tell them to say that communal nudism was bad or indecent, and similarly their isolated nature never allowed them to see what the rest of the world was doing.... until recently.

More importantly it would have continued had western man not played his role at the end of world war two. Our own failings became theirs, and now men and women have separate onsens to bathe in. Only in the deep heart of Japan where tradition has not yet been broken will you find mixed sex onsens.

Dean is about to re-discover ancient nudity. He is from Australia, and about to embark on a journey into the heart of Japan to find out more about this unique bathing ritual.

As a westerner, he will not find it easy. More than likely he will have to wait to be invited, assuming he will be invited at all.

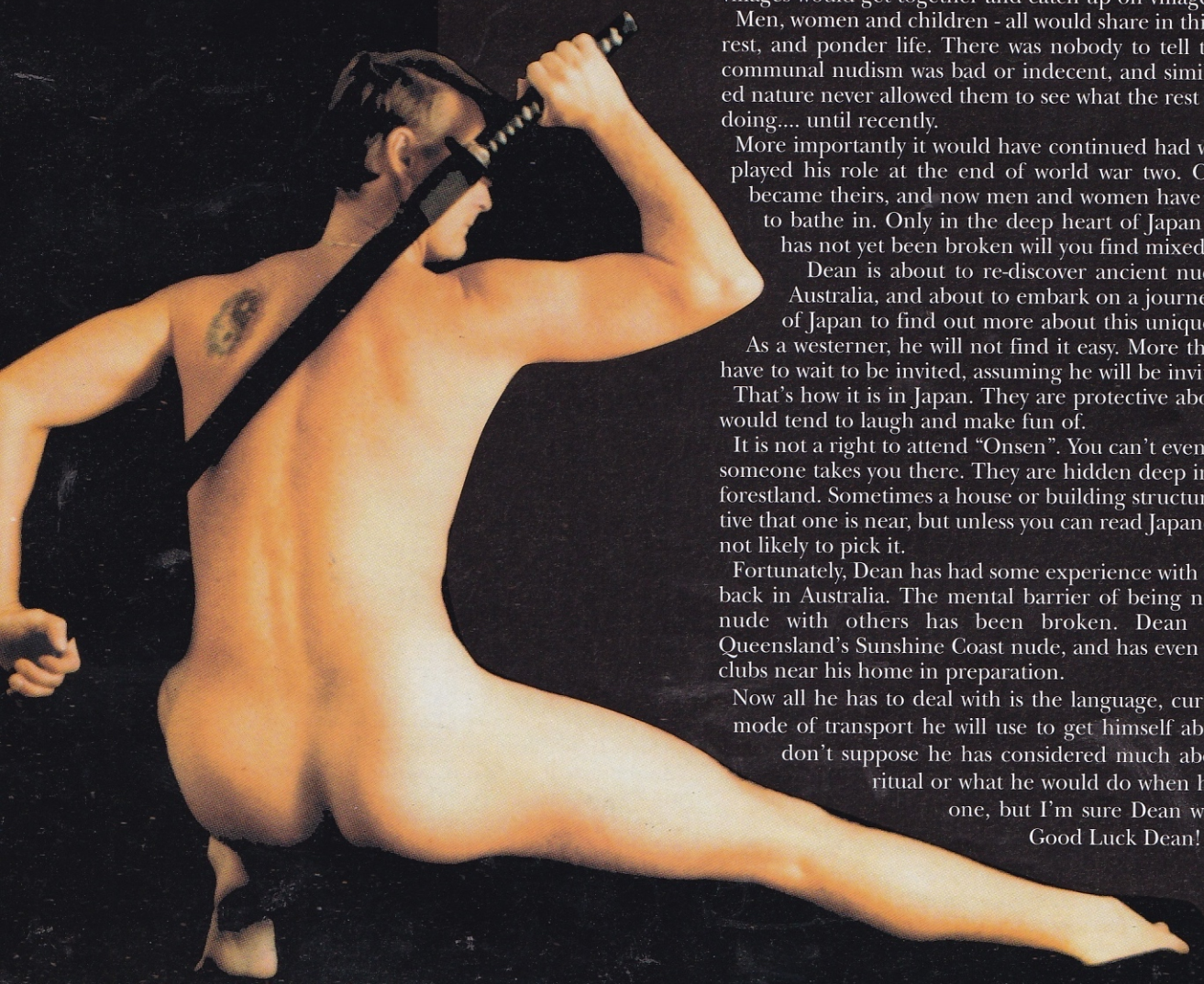
That's how it is in Japan. They are protective about the ritual we would tend to laugh and make fun of.

It is not a right to attend "Onsen". You can't even find one unless someone takes you there. They are hidden deep into the hills and forestland. Sometimes a house or building structure can be indicative that one is near, but unless you can read Japanese script you're not likely to pick it.

Fortunately, Dean has had some experience with the nudism part back in Australia. The mental barrier of being naked and being nude with others has been broken. Dean regularly surfs Queensland's Sunshine Coast nude, and has even attended nudist clubs near his home in preparation.

Now all he has to deal with is the language, currency, and what mode of transport he will use to get himself about the place. I don't suppose he has considered much about the bathing ritual or what he would do when he finally gets to one, but I'm sure Dean will find his feet.

Good Luck Dean!





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 No alcohol permitted. Light supper. Visitors Welcome.
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PRESIDENT

Rob Fowler

As I sat down at the computer to prepare something for AS& H I was wondering what to write about. I recalled then that Jillian and I had watched on SBS a documentary from the Netherlands called "Twee Vader" (Two Fathers). It was about two homosexuals who fostered young children who came from unfortu-

nate backgrounds. At the time of the film they had three children whose parents were drug users. All the children had been born addicted. Another child was mentally disabled and had been abandoned by his parents. Whatever one's personal feelings are, it was hard not to appreciate the love, care and attention the two men lavished on these young children. As foster parents, Ron and Aad gave these children a quality of life that was not possible had these youngsters remained with their natural born parents. My wife and I neither condemn nor necessarily condones those whose lifestyle does not correspond to our own. Nevertheless we certainly felt a great empathy and admiration for these two men who were prepared to give up much of their lives to give a little of themselves to help young and helpless human beings who, thanks to uncaring parents, would have had no future.

We do live in a society today that is "sick". Generally the community in which we live suffers from a malignancy stemming from ostracism, suspicion, misunderstanding and an unwillingness to even consider the opinions of others. We are surrounded by aggression and violence as well as both racial and sexual intolerance. I have a friend who will not even bath his grandchildren for fear of some repercussions either now or sometime in the future. What sort of a world do we live in when a person cannot show love and care towards members of one's family?

We as nudists above anybody else should understand those sentiments expressed by textiles who do not wish to grasp the lifestyle that we hold so dear. After all, we are still considered to be a minority group despite the fact that there could not be anything more natural than nudism. Those same people that "goo and gaa" over a photograph of a baby being bathed are the very persons that are aghast at the very idea of a group of people enjoying the freedom of the naturist environment.

Strangely enough I have known many nudists who are among the most conservative persons I have ever met. To coin a phrase of a famous physicist, "Why is it so?". Personally, I have come to the conclusion that while some nudists view themselves as avant garde, in reality they are very insular about their lifestyle and are not prepared to accept or comprehend any values but their own. This viewpoint is shared by many naturists who do not wish to join or be part of a club because of the attitudes of many members.

It is precisely for this reason that we have an absolute deluge of private resorts being established in Australia. The attitude of such people is they go to a resort to enjoy nudism and the companionship of others, not to be embroiled in politics and petty jealousies. They don't want to be subjected to a barrage of situations, largely brought about by the old guard, such as, "Wouldn't you think that?" or "Did you hear that.....!". The private resorts have much to offer to many people in the sense that they can go there but not be concerned greatly about what people may think. Member owned clubs face the danger of being overwhelmed by private resorts in the future. Visiting a resort is like being a guest in someone's house - you know the rules without needing to be handed a Constitution to tell you how to behave.

I believe that we all need to re-evaluate our attitudes and consider why we are nudists. The naturist world does offer something unique and in itself does offer a challenge. One thing in particular we can all learn is to be more open-minded and tolerant. After all, in the eyes of many we are the strange ones so tolerance should be our byword. In the words of Robert Kennedy, U.S. Attorney General, "... the answer to the intolerant man is diversity, the very diversity which our heritage of freedom has inspired".



SUPPORTER SECRETARY

Judi Schmidt

Hi Supporter members. My name is Judith Schmidt and I am the newly appointed ANF Supporter Secretary. I hope that I can continue to do as much as Max has done to prove satisfactory in this position.

There is certainly a lot of administration involved with this position, and so that everything runs smoothly and you folk do not miss issues of your chosen magazines, I ask you to please pay your 2001 / 2002 subscriptions on time.

The Supporter Group subscriptions are due on 1st April 2001, of which you will be notified of, and I will NOT be sending out reminders this year. We must cut costs, and I believe this is the first option.

Please note the change of mailing address:

ANF Supporter Secretary
PO Box 1291
CABOOLTURE QLD 4510

I am sorry to start the year off with a grumble, but this position is honorary, and I do have another life besides the ANF. However, I do enjoy the challenge.



Become an active nudist!



Join the Australian Nudist Federation and be part of the worldwide nudist/naturist community.

For further information on how to join the ANF Supporter Group, send this form to:

The Supporter Secretary, PO Box 1291, Caboolture QLD 4510

For information about clubs affiliated with the ANF, please send this form to:

The ANF secretary, PO Box 223, Torrensville Plaza SA 5037

Phone (08) 8234 5485 or Fax (08) 8234 5186 or E-mail anfsec@bigfoot.com

Name: _____

Address: _____

Telephone: _____

Please send me information about: Supporters ANF Clubs

PRESIDENT: Rob Fowler
Ph/Fax: (08) 8522 6234; Mobile: 0416 052 216
E-mail: anfpres@bigfoot.com

SECRETARY: Jim Clarke
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VICE PRESIDENT: Sue Robinson
Ph/Fax: (07) 3200 1658
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SUPPORTERS SECRETARY: Judi Schmidt
Ph/Fax: (07) 5495 1116
Email: anfsupsec@bigfoot.com

News from the Clubs and Resorts

Goodys Retreat (QLD)

Well what a year for Goodys Retreat as we approach our 1st Anniversary.

Reflecting back to march 2000, we were stranded in Mackay by cyclones and flooding during our travels around Australia, when we found our Paradise. Fate happens that way, anyway here we are.

From humble beginnings to an up and running retreat, the pool that went in at the end of last year is a huge success. The pippen toilets/showers and 'loo with a view', give people something to remember us by, and just the peace and tranquillity cannot be overestimated.

New Year went really well, with our tropical smorgasbord (from the Orchard). Drinking and dancing the night away and a swim to start the new year off at Midnight, it took all of new years day just to realise it was new year! We cooked bacon & egg muffins for all, just to help the hangovers. Not to mention Australia day weekend, jeez, its hard to keep having such a Good time.

Allan is working hard levelling areas to make more caravan/camp sites, along with trying to keep the grass under control (it sure does grow at this time of the year)

It seems the pretty face wallaby's have set up permanent residential status and are very busy breeding. Our once baby bull "boxer" has grown and neither Allan nor "boxer" can agree who is in charge around here. Unlike the three baby calf's, bootsey, snudge and fudge who really don't care!

We have blazed a trail through the bush to the very popular tropical swimming hole, so a walk through the bush can be followed by a cool stroll down the creek on the return trip.

There are many projects underway and in the planning stages, which means constant change and improvements for all our visitors.

We would both like to warmly thank all our guests and friends that visited us during the past year and look forward to seeing many more new and old faces this coming year.

Northside Country Club (VIC)

Hot Town, Summer in the city, Busy Time at Northside!

It has been time to shake off the blues, bare the body, slip slop slap and enjoy ourselves. The year 2000 and beginning of 2001 has seen a resurgence of activities. Northside has had a busy and fun time but we haven't told anyone! So here's the highlights.....

A well-supported gathering for Christmas in July saw the clubhouse dressed in holly, ivy and decorations. Delicious food, warm fire and after dinner music by resident muso's made for a remarkable evening.

October bopped with a 60's fancy dress night, coming off around the roaring fire, again with bouncy, sing-a-long music.

Cafe Northside Karaoke in November introduced talent, as you've never heard before. From ABBA to the Beatles, Kinks to Bette Midler - we sang them all in a superb cafe atmosphere. The next day Norm and Val's Petanque competition offered cross-country petanque through Northside terrain (through fence and drain, across hill and vale). Later in the month, a member hosted Lebanese BBQ introduced some exotic but wonderful tastes.

The Christmas Progressive dinner in December 2000 witnessed a strange naked progression, getting wobblier as the night went on, across the Northside countryside. New Years Eve had the usual 'throw everyone in the pool' at midnight theme.

2001 started with a big calendar of Open Family games day on the January Long Weekend.

Labour Day long weekend has the Don and Betty Fuller Tennis Competition and Chinese meal catered by Lyle and Belle.

The Easter Sports Rally is a great opportunity for friends from surrounding clubs to visit.

6 members from Northside travelled to Rosco's in NSW for the ANF Convention in Jan 2001.... they've been raving about how good it was ever since. Can't wait for the next one.... just love those 6.30am starts!

We are on a membership drive for cou-

ples so visit the revitalised web site at www.northsideclub.org.au for up to date info, or telephone (03) 5787 1396 to arrange a visit to the 'Friendly Club'. We look forward to guests!

Barrier Reef Sun Club (QLD)

Well the wet weather eventually caught up with us in November but by Christmas time we were back in the "Beautiful one day, perfect the next" mode. The pundits had predicted a bumper crop of cyclones this year but so far, (fortunately), they have been wrong, not a cyclone in sight and lets hope it stays that way. Recent functions have included a Chinese Night at a member's house with some interesting costumes, and our Christmas function at the Club. Both events were well supported and a lot of fun. January is traditionally a quiet time up this way with people away on holiday, but our schedule of events gets under way in February and in future months we are planning a Car Rally, which should be interesting. We have had a few resignations of late with members having to move away from Cairns. We were sorry to see them go and wish them well. If any of our readers are in the Cairns area and would like to join us please get in touch.

The Club grounds are looking great and we continue to make improvements. We have had a few visitors from down south stay at the Club and we can now offer an on-site van for those who do not have a tent. For more info on our Club just phone 07 40592401.

Adam & Eve (QLD)

Off to the start of another busy year after wrapping up 2000 with a Christmas Party at the Cloak & Dagger restaurant. Several members made the trip down to Rosco for the convention where they suddenly change into Free Beach Qld representatives. Those that went are still raving about the event and wish to pass on their congratulations to the Rosco organisers.

The New Year started with a restaurant night at the Gold Coast followed the next day by a recovery brunch house party. The last brunch guests left at 8pm proving again that A&E are a hard party gang. We also were supporters of the FBAQ petanque marathon on the Australia Day weekend held at Pacific Sun Friends where money was raised for the Cancer Council.

In February we held a house party around the pool with the simple "Adam & Eve" theme, where getting into uniform was all that was needed. This was followed by an interesting day where we re-discovered the delights of seaside Redcliffe on the northern door of Brisbane but always by-passed on the way to the Sunshine Coast.

Our biggest club event for the year is always the Alexandria Bay beach carnival in the Noosa National Park. Usually drawing a crowd of around 700, it is purely a day for having fun in the sun with a series of events such as egg throwing, sandbag shot-put, three legged races, tug-o-war and many others.

As Adam & Eve have no grounds or premises of their own, we have the variety of meeting at a rotation of venues and members homes. However, we have start-



Goody's Retreat - the morning after New Year's!

ed a tradition of meeting at Aquarius on the first Sunday each month, subject to weather, for a supplementary informal gathering. So if you are at Aquarius on those days, pop by and say hello, or check out our website at aus-nude.org.au/Adam-Eve.htm or follow the links through the ANF website.

Great Western Nudist Club (NSW)

Our intrepid treasurer David and life member Bob Reed, were the only members who made the long trip in poor weather to the Samurai Beach Carnival in November. We hope there is better luck with the weather next year.

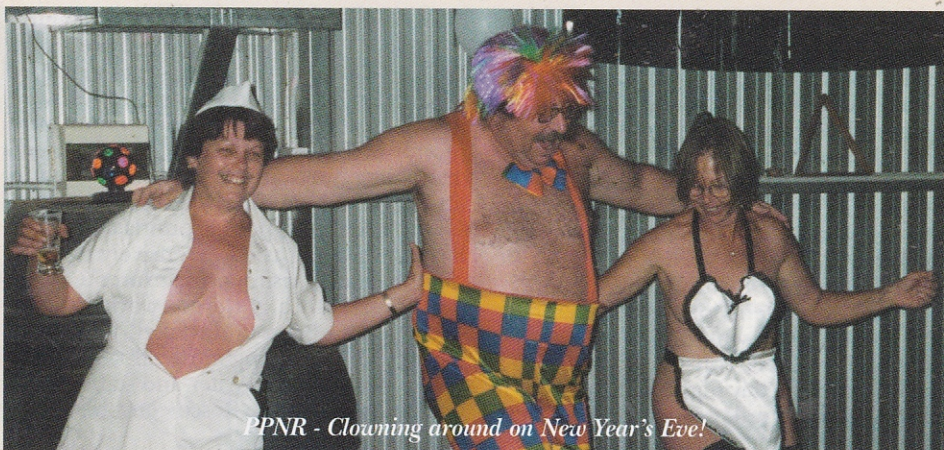
Despite heatwave conditions and heavy downpours at times our members are sporting better tans than they did after the previous abysmal summer in Sydney.

Everyone had such a good time at our Christmas party, it was only when the last of us were packing up that we discovered the celebratory still in the fridge.

Volleyball is now back on our list of sports thanks to our secretary Jim setting up a new court for us.

Pelican Point Nudist Resort (SA)

We have had many visitors this year from all over Australia as well as the usual tourists from overseas (this year from UK and Germany of note). We trust that we talked our German nudist friends into



PPNR - Clowning around on New Year's Eve!

Victoria, arriving in 'clobber' cut from newspapers and taped together with masking tape. Some people are just so clever! Others arrived as a 'French Maid', nurse, and even a clown, which added to the evening. Our grounds were VERY quiet on New Years Day for some reason.

Easter is special at PPNR for several reasons. Firstly the heat which accompanies summer has gone, autumn usually being the best time of year in the Riverland. Our next vintage at Isobel's Winery will be underway and of course it is our 8th birthday on Good Friday. With our birthday comes our annual Petanque Competition, last year honours being taken out by a new comer to the game as

Anzac day this year. The dawn service and breakfast at Barmera also being memorable and moving, so we hope to see plenty of visitors during autumn. Please book your visit.

Sunshine Families Nudist Club Resort (QLD)

Thank you to all who attended our National Nudist Day Celebration on February 11th - it was a fantastic day with great weather and everyone truly enjoyed the friendship, the special 'Sunshine style' Sausage Sizzle and the wine, cheese and biscuits to relax with before lunch.

Again thanks to all who played the sports Petanque, Miniten and Mini Golf and congratulations to those who won trophies and prizes - some of which went to other club members, but Sunshiners managed to keep two trophies.

All in all a very good day was enjoyed by everyone and we hope you will join us again on Sunday June 3rd 2001 for our 'Welcome to Winter' sports day. Again with a free special 'Sunshine' Sausage Sizzle - but this time a cup of hot pea and ham soup will be served first. Please bring your own mug for the soup - any size will do. BUT please phone and book by Wednesday May 30th - our phone number is under the Sunshine Families photo Advertisement elsewhere in this magazine.

Don't forget, for another great day - remember Sunday June 3rd! -Gwen & Archie.



Rex adds the finishing touches to the new 'Wildlife Refuge' sign at PPNR

"sticking to the coast" rather than traveling to Ayres Rock and the like, with their babe in arms! They had no idea of either distance or inland summer temperatures but vowed that they would return next year anyway.

During late 2000, PPNR was granted "Wildlife Refuge" status by the National Parks and Wildlife Service. Initially we were audited by this organization and were ultimately thrilled when we were granted this reasonably rare status. There are only 15 or so in SA we were told. This goes well with our Bookmark Biosphere Land Partnership status, a further plus for the ever-growing beauty of our grounds.

Our 2001 vintage is drawing closer but we are yet to decide what we will make at Isobel's Winery this year. Could be Isabella/Merlot blend however, our 2000 Grenache/Shiraz has come along nicely as has our 2000 white. Come and try some.

A good crew of 'new and regulars' saw in the New Year at PPNR and most dressed up. Val and Leo, from coastal

well as adding insult to injury by declaring himself a Victorian! Where will the winner come from this year or can a competitor win for a second time? We also note that a lady has not as yet had her name engraved on the trophy.

With careful planning and a few R.D.O.'s, Easter can be joined up with

River Valley Nudist Resort (VIC)

The Christmas/New Year break has come and gone (far too quickly for some) and we have been enjoying some wonderful summer weather at River Valley.

Our Christmas Tennis Tournament, sponsored by Toll, was a huge success, with plenty of keen entrants and a large



PPNR - New Year's Eve!