

Australian *Sun & Health*

Clothing Optional!

**Outback
Camping tips**

**“On the
Rocks” in WA**

&

**Confessions of a
video nudist**

**Don't miss part one
of the naked sailing
adventure!**



**INSIDE: Confest
Dreaming, Samurai Beach
picnic day, Frank talks
about vitamin D, How to
live simply and much
more!**



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Phillipa at the Samurai Beach Picnic Day
Photo by Sarah Scriven





Ed Says...

I love Australia, I love travelling around this beautiful big country and can't honestly say I've ever been to a place I couldn't see some beauty in. Many people travel the Nullabor and talk about the hours of boredom, driving along a big straight road. I'd bore you explaining the many ways I found the drive, wildlife and scenery fascinating. I can't wait to see it again, which is probably a perfect example of how, as unique individuals, our likes and dislikes vary significantly.

I get around a bit and as I write about my experiences and thoughts, I try to take into account the greater audience but in many cases whether a place suits you or not will come down to personal circumstances and preference, although I can hopefully provide you with some extra information that may encourage you to 'give it a go'.

I often find that people mix up my experience with what they might like or dislike, they take my point of view as the only true view of the world, maybe it's just the power of the media.

A classic example came about in Issue 6. We featured an article on Pelican Point Nudist Beach in SA and in that article I said that "I couldn't see myself swimming there" well the truth is, short of a swimming pool heated to about 34°, I can't see myself swimming most places. This is just me, I grew up in outback QLD; I didn't learn to swim until I was in my early 30's (not so long ago) and when you see the photos of me jumping in the waves, it's about as brave as I get (and normally someone is holding my hand). Would you feel comfortable swimming at lake Bonney? I bet you would.

Every year around December/January we try to have a decent trip away such as early 07 when we made the trip across to WA, but things don't always go according to plan. I'd probably prefer to travel at a cooler time of year but with school to worry about, it's just not possible. Well this year, we decided we'd go up to Samurai beach for a quick visit between Xmas and New Year, as we did in 2006. There is a great bunch of people camping there over that period, including our regular contributor, Frank Maundrell and his lovely lady Hanna.

After New Year we planned to walk up Mt Kosciuszko before heading to my mum's in Victoria, staying overnight at Jajarawong, heading down to Robe to visit Sunland then travelling back along the coast via the Victorian nude beaches before heading back to Sydney, grabbing the motorbikes and travelling to Twin Falls the exciting way; finally putting to rest the myth that their access track is difficult.

Well.... The best laid plans.... We made it to Kosciuszko but just before getting to mum's a huge migraine hit and that was the end of that. Ten days later I was starting to feel human but with school starting we've missed our opportunity for this year. It also means that we haven't been able to bring you everything we'd hoped to in this issue.

Although disappointed, we have since managed to get to Samurai beach for the annual picnic day, are heading to River Island for "Son of Trials", and I'm looking forward to "Fun in the Sun" at Armands Beach in March. The end of summer is not the end of nude for the year, so maybe we'll see you there!



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Bottom Line...

Letter of the Issue

Common sense in the sun

Thank you for a great family magazine, I now read no other nudist publication.

Like you my wife and I are very fair skinned, we would dearly love to have a tan but for us it is out of the question. After having BCC's removed we are taking care of our skins while still enjoying the nudist lifestyle and we can't understand why the big deal about a tan.

According to our skin type we can each take a certain amount of sun and beyond that it becomes dangerous to our health. At the same time it is becoming more important to receive the right amount of sun to maintain our health.

Why bother with spray tans, why not be what we claim to be, natural. After a nasty dose of blisters when I was young I have decided to enjoy what sun I can and when I've had enough I slip on a shirt and keep working in comfort. Why not use that rare commodity... common sense?

Thank you for the chance to have my say and all the very best for the future.

Bill

Recognition

I believe it is about time the nudist movement recognised the tireless work that some people put in to further awareness and understanding amongst the general public. People like Bob Reed or Anita Grigg for example who should have had the title of Nudist/Naturist of the year presented to them during these last few years as a thank you for their selfless efforts.

Perhaps Sun and Health could assist by sponsoring the award by publishing nominated persons in the magazine and with the eventual winner being named at the annual convention. What do you think?

Trevor, NSW

Skinny dipping at Surfers

Thank you for all your hard work in producing such a fantastic publication. We have enjoyed it immensely since discovering it last year.

Just thought we would like to let your Gold Coast readers, and anyone visiting, know of a place we have been swimming naked for the past few years. It is right in the centre of the tourist strip but only suitable for naked swimming after dark. It is the lake behind the arts centre (on Bundall rd). We have been going there on the warmer nights for quite a few summers now and have had no problems whatsoever. We tend to stay to the north western corner (nearest the play ground). On the rare times people have walked past, the only comments were positive. Most people said "nice night for it" or "what's the water like?".

No more than a few of us has grown to about 20. But mostly just us 3 or 4 same people have become regulars and hang a white towel from the lower branches of the large tree on the bank to let other regulars know that it is ok to strip off and dive in. On some weekend evenings there

might be a function at the arts centre but as they are in a well lit building 100 meters away and we are in the shadows they have no idea what we are, or are not, wearing and we get to enjoy there music.

I do remember one night late about 11pm three brides maids were going for a walk after a reception and stumbled across us. They had no idea we had been there listening to their party music for the last few hours. It was not long before two of them joined us and it took about 15 minutes before the other one built up the courage to hang that beautiful dress in the tree and join in the freedom.

We are only ever naked while in the water and get dressed quickly after exiting as we do not want to lose this place with such a great view of the surfers paradise sky line. So if anybody wishes to join our unofficial and non-organised group, feel free to dive in as the water is always fine. Don't forget the white towel if you are the first ones in!

Lisa, Katie, Ray, Shannon

Where are all the ladies?

I've just read the feature article you ran on Werrong Beach back in issue 2 and want to thank you for doing so.

Werrong is my favourite nudist beach as it's just 20 minutes drive from my home in the Sutherland Shire plus a 20-25 minute bushwalk down a track through superb bush to one of Sydney's hidden jewels.

Family commitments prevent me from getting there on weekends so being a shift worker, I look for opportunities midweek. I've come to know a few of the locals who tell me that in years gone by it was a very popular family beach - especially in school holidays. Now you rarely see a family on the beach, even on weekends, and very few ladies. Yet the few I have spoken to have commented on how beautiful and relaxing the place is; "More than

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We love receiving and printing your letters but it's hard to fit them all in especially when they are lengthy. Please help us by limiting your letters to a maximum of 300 words

worth the effort," as one lady put it - and she was no spring chicken.

So where have all the ladies gone? Surely not all working?

This magazine is all about sun and health - and health means exercise and one of the best forms of exercise is walking.

So come on girls / ladies. Don't be put off by what you've heard or read about the track in and out. Like most things, once you've done it a few times you get used to it and the benefits soon become obvious. Last Spring / Summer I was going down once or twice a week. My wife works at a fitness centre and at the Staff Christmas Party several people commented on how fit and healthy I looked. I owe it all to my visits to Werrong, for the price of a few litres of petrol.

Like all nudist / naturist beaches you can socialise or keep to yourself. It's up to you.

Oh - just two more things. It's in the Royal National Park so no dogs and be prepared to bring your rubbish out with you.

Hope to see you there.

Keefy215, Gymea.

Change for the worse

I purchased your latest magazine and enjoyed it very much. I was, however, disappointed to hear the FBA was not doing more for the older male naturist charged at Coolum. Instead of wishing him well why don't they help with his legal fees?

I am on my 6th visit to Australia now. Each time I visit Australia I visit Noosa, except on my last visit when I was only in the Sydney area. On each visit to Noosa I notice the percentage of Australian women sunning topfree has decreased. This I did not find true on Sydney beaches like Bondi, Coojee, Maroubra, etc. on my 2005 visit there.

In Noosa in 1984-85 75% of Australian girls would sun topfree on Noosa main beach, a very public beach with surf club, restaurants, etc. I

have seen girls with tops on at that time given very strange looks by the other girls. On this visit, this past week maybe one or two girls would go topfree on the whole beach, that's it. Tea Tree Bay, in the Noosa National Park, would have all girls topfree then, now maybe only one or two.

Alexandria Bay has nudists the entire length as 20 years ago, but far fewer numbers and for some strange reason more at the south end, towards Sunshine Beach, instead of evenly distributed along the beach. Again, astonishingly, Australian women have gone all the way to this remote beach and kept tops on.

An Australian girl in her mid 20's working at a Noosa backpackers, when informed I was going to Alexandria Bay, said she had a big problem with that beach. When I asked her why she said she had a problem with seeing people with no pants on. She then added to my amazement, the statement "Australia has no culture of being nude in public." That was this week in Noosa.

Things have so dramatically changed, in Queensland at least, since 1984 that she has no recollection of her own culture then, which certainly was topfree at the beaches. I have only seen 2 or 3 g-strings on the beaches here as well. I have heard similar comments about Byron Bay beaches compared to the 80's. In light of this I am very concerned how beach nudity is accepted in Australia today. With this attitude among (some) young Australian people, I am also concerned how naturist activists in Australia are going to convince the Queensland Government under new premier Anna Bligh to try again to decriminalise non-lewd nudity on Queensland beaches. I would like to hear other naturists, most especially younger naturists, offer their thoughts on this.

Richard Spacer, Kauai, Hawaii, USA

Value for money

G'Day Sarah. We would like to comprehensively endorse the

words of Alan Stalker in Bottom Line #5. We have been saying for years that a lot of nudist venues expect the travelling public to subsidise the owners way of life.

It has been our experience that "bums on seats" is the way to go and that will not be achieved by inflating prices. The resorts that are value for money are booked out - that must say something.

Love the Mag

Ned & Judy Johnston, Rainbow Beach

The best defence

Attacks against our few free beaches. Maybe the best defense is an offence, complaints about critical churches of their noise on sunday mornings, traffic and parking nuisance. For real estate developers their damage to environment from land clearing, pollution of streams from run off of soil from earthwork. Put them all on the defensive, give them something else to occupy their time.

Greg & Lilibeth, Strathpine, QLD

Doom & Gloom?

Is it all Doom and Gloom for the Naturist lifestyle?

Too often we hear complaints that nudists are all fat, old men. Where are

Letter of the issue...

Always a supporter of whatever colour you happen to be, we reckon Bill has won the letter of the issue. Everything in moderation including the sun. As far as spray tans go, for me .. it's just a hair colour. Congratulations Bill!

all the young, fit females in today's nudist movement?

Then at the beginning of each and every Summer, there are the usual media articles complaining about inappropriate behaviour near one or more of our legal beaches and the religious bigots seem to be making the most noise.

All the while we have clubs, resorts and retreats being sold or closing.

Add to that the cancellation of some of our beach carnivals and it is no wonder our members are crying out "Nudism is doomed to fail".

BUT, it doesn't need to be all gloom and doom if we have a positive outlook and are willing to put in an effort to promote the lifestyle.

Personally, I think that naturism/nudism is changing. Young people are choosing beaches and alternative events like Confest over clubs because of a number of issues. It is time for the clubs to actively seek more young members by making themselves more attractive to this generation.

The FBA is trying to make our beaches safe for women and children and we are actively promoting naturism to young adults.

Then there is the media who after all are merely looking for stories. They don't really care if those stories are positive or negative as long as they sell papers or get people to watch and listen. So the FBA is actively doing positive interviews with the media about nude beaches and we are replying to any negative articles with letters that put a more positive, pro naturist opinion out there. Instead of saying "Not again", we are actively turning this media attention to our advantage to educate the general public about our lifestyle. Money could not buy this type of advertisement and publicity.

Sun and Health magazine promotes clubs and retreats through its many interesting articles. The FBA also actively promotes clubs, resorts and retreats so that naturists/nudists will visit them and keep them financially viable and open.

Sadly the Maslin Beach Olympics has been cancelled for 2008, but there are people in ANF affiliated clubs discussing the possibility of bringing this event back for 2009. The FBA is proud to have offered financial support for this.

The Swanny Carnival was last held in 2004. Now there are plans to revive that event as well and the FBA will be

involved in that as well.

There is even a brand new carnival being organised for Sunnyside Beach in Victoria for 2008.

So the future of naturism is not as gloomy as it may have appeared at first.

Remember to "Always look on the bright side of your naturist life" and get out there and support our unique and wonderful lifestyle.

Anita Grigg, Secretary FBA

More nosy neighbours

Like many others I would like to congratulate you on 12 months of an excellent publication keeping all of us naturists up to date with all things happening around our great land and beyond; great stories, beautiful pictures and good feedback on all things nude and natural. Well done!

I also write in support of the feedback article from Earth Warratah (issue 6) in regard to nudity within our own backyards. I too enjoy being in our own backyard wearing nothing but my birthday suit, and yes I have been caught out by our neighbour. Not one to mince words I told him that if he was minding his own business and keeping his nose in his own backyard, then no-one would be any the wiser and no harm done. That has kept him quiet and I still enjoy my lifestyle.

Following this incident I then made contact with our local police who told me that if I couldn't be seen by the general public in any way, shape or form, then no-one has the right to complain about the way we naturists choose to live our life.

Also, as keen Maslin Beach visitors we often get asked what the minimal dress code is for being legally clad on this wonderful beach if not within the nudist area. I contacted the local council in regard to what is acceptable and their answer was that the legal minimum clothing allowed was a g-string/thong (of the fabric type of course) to cover the genitalia be it male or female and that no-one has the right to complain nor does a beach inspector or police to prosecute. So for those not yet brave enough to bare all with us, you can still be comfortable with the skimpiest of clothing. So let's get out and enjoy our summer months as we look forward to yet another 12 months of Australian Sun & Health.

Love the lifestyle and feeling fine at 49!

Brenton Standbury, Tindo, SA

and more...

Earth Warratah, We know exactly how you feel and where you are coming from.

Two years ago we sold our property, (6 acres in the tropics) and shifted to Brisbane. Take it from us we have hated every minute of it. We went from a very secluded six acres, five of which was still virgin rainforest. We could not be built around because of the National Park and Heritage Areas. In Brisbane, we have a three bedroom house with a pool and a spa on a 550 sq metre block. A person is building a house on the block next door that could only be described as extreme. There is approx 500mm between the fence and the downstairs walls of the house on the two sides and at the back. In the front there is probably 5-10 metres from the front boundary to the front wall of the house.

The worst of it is, on our side of the house there is a patio. The floor of which is 1.5m above the top of the fence and overlooks almost our entire property. This patio is about 3m from our house and looks directly over and down into our pool and spa. Eryn quickly realised something else too, from the patio you could see right into our house, the dining room, the lounge room and the kitchen. The only thing that stopped that from happening was the purchase of \$300 wooden louvres for the windows because curtains were totally inadequate.

Needless to say, Eryn's use of the pool has dramatically decreased and when she does go for a swim she is always clothed. Our two 20+yo daughters won't use the pool at all when they visit.

We had a couple of nudist friends stay over one night and they were gob smacked when they saw the house that was being built and the patio.

Eryn asked me if there was anything we could do about it. I suggested a bank of about half a dozen 1000w flood lights and an infrared movement sensor with a hair trigger.

What I would like to know is -

If I do get seen skinny dipping in the pool am I at fault because my neighbour saw me?

OR

Is my neighbour at fault because without the advantage of the patio he would never have seen me.

With the construction of the house and the 'pervert platform' of a patio - Has my privacy been invaded?

It just so happens the patio also overlooks the pools and backyards of the two neighbours at the rear of our place.

Craig and Eryn Marian

Advertise to the wider community

I was interested to read the recent correspondence about why many naturist resorts are struggling for lack of customers, triggered by one reader suggesting that perhaps they charge too much. Clearly that is nonsense - presumably not all naturists are at the low end of the income scale. Many would be quite used to paying to stay in 3 or 4 star hotels in the course of their normal, textile-encumbered travels.

Could the real problem be that the average Australian probably has absolutely no idea that nudist resorts exist in this country?

Sure, everyone is aware there are nude beaches, thanks largely to the bad press they get every time some pervert behaves badly in public (little wonder that women and young people are avoiding the beaches these days). But I had never heard of places like River Island until I chanced upon a copy of this magazine. I now visit River Island three or four times a year on long weekends, and surely no-one could complain about the small amount you pay (especially if you camp) for the privilege of being able to stroll naked down miles of bushwalking tracks, enjoy the best natural spa in the world at the Cascades, and completely de-stress after the working week!

However, with naturist magazines usually only found, inappropriately, in

the 'mens interest' sections of newsagents, the resorts that advertise within these pages are not going to find any new clientele, other than men who like to browse through 'mens interest' magazines.

Would it not be beneficial, in the long term, for resort owners to consider advertising regularly in the mainstream press? Especially in travel sections, or places like the holiday classifieds section of the NRMA's Road Ahead magazine? If the many thousands of people who read such publications become aware that Australia has some great naturist spots, their curiosity or interest will be aroused and a great many will eventually decide to visit and try the naturist lifestyle.

Who knows, if we could win over enough new converts, the beaches also might start to benefit; fill the nude beaches with genuine nudists, to the point where the perverts are so hopelessly outnumbered that nobody worries about them any more, or even notices them!

Magazines like this are great for people who already know about naturism in Australia. But preaching only to the converted is not going to boost visitors to naturist resorts. Word needs to get out into the wider community.

Nigel Poole

Still a great venue

Each summer we traverse the Bruce Highway to Northern New South Wales for family and business reasons. Savannah Park has always been a good mid-way stop for a couple of days

R & R. When we first heard of Savannah Park being sold we wondered if it would go the way of many other naturist establishments. It was pleasing to see it has remained a naturist venue. Elaine and David were very friendly to us and the property looked well presented on our arrival. All the best to David and Elaine in their new venture and we hope that Trevor and Heather enjoy their retirement.

On a different note, congratulations on a truly wonderful and interesting magazine. The articles cover a wide variety of topics and we find your "product review" section particularly interesting. The photographs we have found very tasteful and have enjoyed the fact that you seem to have concentrated the majority of the stories on Aussie clubs and venues. Keep up the good work. The best magazine is not always the one that sell the most copies.

The Wassabagos

Living for the now

It is a shame that we have to hide ourselves away, or walk great distances to get to the Nude section of a beach.

We are discriminated against. We can't walk with the textiles but they can walk through our section. But one thing no-one can stop and that is me being naked in my caravan, albeit with the curtains closed.

Living for the NOW!

Bernie, NSW

naturist holidays

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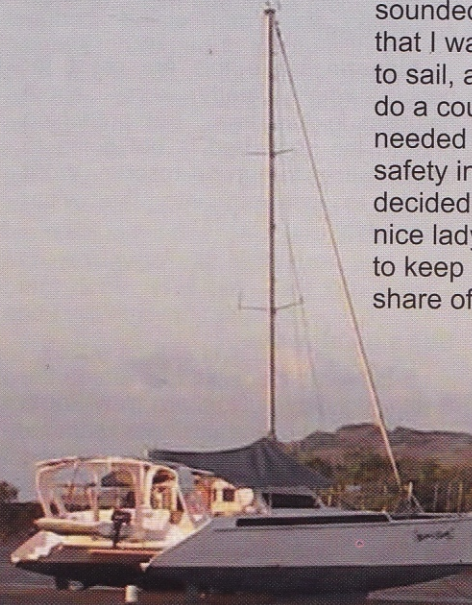
mid north coast, nsw

Sailing away... Part I

My wife and I have been nudists for some time since joining a nudist group called "Freedom" many years ago with our children.

In 1994 we were in a position to buy our first yacht, and enjoyed cruising around the east coast of Queensland, sailing north for the winter and back to Brisbane before Christmas. This went on for a few years, with a few different yachts, where we could sail around and enjoy the freedom of the ocean, get a good tan and not have a care in the world. But a couple of years ago my wife decided that after 12 years on the water she wanted to be a permanent landlubber as our kids had grown up and were having children of their own, and the grandmother part of my wife started to show. However, I still wanted to sail, and after talking things over it was agreed that I should try to find a crew so that I could sail for part of the year and spend the remaining time at home.

I found a website on the net called findacrew.com; a meeting place for boats and crews. This sounded simple so I joined the site and stated that I was married but my wife no longer wanted to sail, although she accepted that I wanted to do a couple more trips before selling the boat. I needed a crew to come with me, mostly for safety in case something went wrong. We also decided that it would be all right for me to find a nice lady crew member as I needed someone to keep me in line and make sure I did my share of the domestic stuff.



I received a lot of replies but when I emailed back that I was a nudist and that is the way I would be sailing, most didn't bother contacting me again and I was called a sexual predator, dirty old man etc from some who did reply.

I started to accept that I may have to sail alone. Then a younger lady named Janie said she had no problem with me being nude, as long as she didn't have to walk around without clothing. We arranged to meet and I finally had a crew member, with the understanding that she would not be forced to do anything she did not want to do.

A short time later we were finally on our way. Janie seemed to be a nice girl, eager to sail and learn all she could about handling the boat - navigation, hoisting and trimming the sails, setting anchors, radio operation etc.

We left in early June and it was starting to get a little cool so I didn't shed my clothing until mid-morning when the sun had been up for a while. The further north we went the better it got and after about a week she finally stripped down to bikini bottoms and tee shirts. I thought it was a good sign and that she was starting to feel comfortable with the situation.

By week three the tee shirt was replaced by a bikini top and bottom and her upper legs had started to show a little colour, compared to the pasty white she was when she first arrived. She seemed happy to be

this way and on some days when I was at the helm she would relax on the foredeck and remove her top, so that she could get some sun and be out of my view. I understood that she was still nervous and hoped things would change once I gained her trust.

Late in the second month we had been sailing around the Whitsundays for a few weeks and she was gaining confidence in her sailing ability, doing most things without being asked. She could set a course and put in sail plans so the auto pilot would take us to where we wanted to go, avoiding all obstructions, and her sail trimming was also getting better.

The wind had been quite strong for a few weeks but better conditions were predicted for the coming days so we decided to head out to the reef as I wanted to do some fishing and she was looking forward to a bit of snorkelling. On the way there the wind was still fairly strong but had dropped to around 20 knots from the south east and we were heading a little north of east. The angle to the wind was ideal but there still a few large swells around, however we were cutting across them quite nicely. I was sitting in the cockpit seat at the helm checking our position and Janie was sitting on the deck on the left hand side beside the cockpit, out in the open but protected from the breeze and spray that was constantly being blown across the top of us. She was wearing shorts and a tee shirt. I noticed that there was a larger wave which was almost upon us and it broke against our right hull,



sending water cascading across the boat and towards the cockpit roof. I turned to look at her and I must have had a funny expression on my face because she looked at me with a questioning frown, and at that point the water that missed the cockpit hard top was dumped directly on top of her and she was drenched. Without saying a word and with a stunned look on her face Janie removed her saturated clothes and for the rest of the trip remained naked whenever she could.

On arriving at the reef she was quick to dive into the water as she no longer had to worry about putting on her bikini, and then when she came back on board and towelled herself dry she didn't have to look around for some dry clothes to put back on. During the rest of our stay at the reef, whenever we started to get too hot it was just a matter of diving into the cooling waters for a quick refreshing dip.

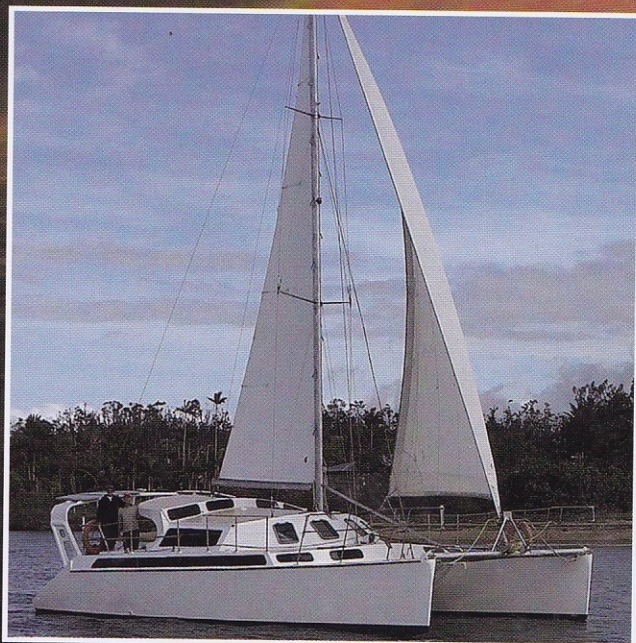
Janie also discovered that because she was not using clothes the laundry issue was better with a lot less to wash on laundry days, mostly just sheets and towels, and on a boat that is a big saving on the fresh water supply. Before this Janie had been washing her clothes in a bucket using our precious fresh water, and now she didn't have to do any washing until we anchored off shore from a town and went to a laundromat.

At the end of our six month cruise she was a beautiful shade of brown all over, and when we were

getting close to populated areas I had to remind her to cover up. After all, public nudity is not legal, and in Queensland we do not even have a legal nude beach where we can safely go to enjoy the sun and freedom that this lifestyle brings.

After arriving back home and talking it over with my wife, I wanted to do one last cruise before giving up the sailing lifestyle I loved and joining her on land. One of my dreams was to sail around to the Kimberly area in Western Australia because the area in general is so remote and rough that you can't get to most of the more isolated places by land, only by sea. That trip would have taken about two years, which was out of the question as I didn't want to be away that long. Another destination that appealed to me was the Gulf of Carpentaria and the east coast of the Northern Territory. I had a mate in the Roper River who had served with me in Vietnam; I hadn't seen him for a long time so the decision was made to do a cruise up to see my mate. We worked out that it should take about 12 months, a round trip of 4,860 nautical miles. So now the task begins, find a crew.

Join Sun & Health as we follow Jim's exciting journey over the next 12 months. Due to leave in May, keep up to date with Jim's search for a crew on our website: www.ozsh.com.au. If you don't have access to the internet, don't worry as Jim's next article will be published in the June 2008 edition of Australian Sun & Health.





Camping

in the

OUTBACK

Story and Photos by Frank Maundrell

Bush camping can be a great experience. Nude bush camping can be even better!

Over the last few Issues I have discussed various aspects of Outback travel. Now it's time to talk about my favourite; camping. Or, more accurately, nude bush camping!

Nude camping adds another dimension to travels around our wide, brown land. It matters not whether you use a swag, a tent, a trailer, a caravan, a motor home or anything in between. Nor does it matter whether you travel by motorbike, car or four-wheel drive. You can ride a bicycle, if you like, or even walk, just so long as you get out there and enjoy the great outdoors!

Whether you just stay overnight or for the whole season, many great nudist clubs and resorts offer accommodation stretching all the way around the coast from Perth to Cairns and even Darwin and Tassie. It is not only possible, it is very easy to spend your entire holiday visiting various nudist places and not having to



spend even one night at a textile venue! Sounds great to me!

Of course, when you travel in the vast expanse of the outback, there is no such luxury. So, if you want to camp nude, you will have to find your own nudist spot.

Before we go any further, I must add a note of caution here. There are always risks associated with camping at any publicly accessible place. This applies whether camping is officially sanctioned or not. We have probably all heard stories of attacks and robberies taking place in isolated areas. Many of the stories are just that – but most certainly, not all of them!

The risks cannot be entirely eliminated. However, with a few simple precautions, they can be reduced to an acceptable level. Personally, I always feel more comfortable in a remote or isolated campsite than I do in any textile caravan park! And, as a bonus, I can camp nude! Bliss!

But, how do I find the sites?

Many suitable places can be found listed in various "Free Camping" publications covering areas all around Australia. Some touring maps mark free or low-cost sites. Many of these are great camping areas. The problem is that most other travellers also have those same maps and, therefore, you will frequently find them overflowing and quite unsuitable as a nudist venue.



I always keep an eye open for a small track leading along a river, creek or waterhole. When I find one, I check it out. Sometimes it will merely be an access track for the property owner, but often you will be amazed to find a marvellous little site, just big enough for one camp and with "nudist site" written all over it! Usually the best sites are those right at the end, so don't stop at the first clearing you find.

Be wary of dry creeks or riverbeds. Some will look inviting. However, even though the weather is fine and there is no sign of rain, a storm a long distance away could send a fresh downpour during the night. It is usually safest to camp on the riverbanks.

Before setting up camp, make sure you have found a safe place. Check that you are well screened from the road and take special care to make sure you cannot be seen from any house. If possible, get the landowner's permission to camp. Not only is it common courtesy to do so, it also adds to your personal security. Sometimes landowners will direct you to a better spot elsewhere on their property, especially if you have made enquiries in a friendly, and not demanding, manner.

When you are satisfied with your personal security, you need to check for other hazards. Snakes are always more common around water, so keep well clear of hollow logs, thick bushes and long grass. Never camp under a tree, especially a large tree. Limbs can fall from trees without warning, even in calm weather conditions. So do coconuts! Take special care with fire. There is no need for a large fire. The larger your fire, the more easily it may be seen.

Treat all water as unsuitable for drinking, unless you can test it properly. However, most water will be quite suitable for other purposes. One of the great delights of bush camping is a shower slung from a tree. Real Nativist style!

Water purification tablets are available for use with doubtful water supplies. Personally, I prefer to carry water obtained from a reliable source, although I do have the tablets for use in an emergency.

Obvious campsites close to a road will often be littered with the evidence of prior use, which is another reason to explore further along a small track. Your motto should always be "Take nothing but photographs, leave nothing but footprints". Nevertheless, it is always a satisfying service to pick up rubbish left by some thoughtless traveller and thus leave the site better than you found it. I also leave a small pile of firewood for the next camper, after making certain the fire is dead out.

Now that you have set up camp, what are you going to do? Strip off, sit down, grab a coldie and read a book? I've got no problem with any of that! But you are probably in an area you have never visited before and may never visit again. So take some time to look around; go for a short bushwalk and see what there is to see. You will probably find plenty of birds around. Even if identifying them does not interest you, it is still fun to watch them and observe their antics. Have a look at plants, flowers, ferns and anything else you can find. You are bound to see things you have never seen before!

Swimming, canoeing or just paddling around may all be possible. And fishing might just result in a great evening meal, grilled over that lovely fire! You might just stay forever!

While you are camping in the outback, whatever else you do, don't forget to look up at the night sky. Without the smog and light pollution that obscures the skies in our towns and cities, you will be astounded at the sights laid on free of charge. You don't need telescopes. You don't need to know anything about astronomy. You need nothing but your eyes, as you literally gaze upon eternity!

Now listen to the night sounds; a frog croaking; the distant howl of a dingo; the soft fluttering of a tawny frogmouth; the murmuring of the creek; the gentle sighing of the breeze. There is no better lullaby for a great night's sleep.

Happy Travelling!



Nude News!

We need more sun

Every second advertisement on TV these days talks of skin cancer and staying out of the sun. Skin cancer is a very real risk but have we taken it too far?

A recent article (13/12/07) on news.com.au states that according to Dr David Turnbull from the University of Southern Queensland's Rural and Remote Health, people should be outside in the middle of the day to maximise the absorption of vitamin D. Sitting in the shade at this time will filter out the harmful UVA rays but allow you to get the best radiation from

vitamin D as the sun is directly overhead and has less atmosphere to pass through.

Vitamin D, when absorbed through the skin from UV rays has been found to prevent some potentially deadly medical conditions such as Multiple Sclerosis, diabetes and arthritis.

More on the benefits of vitamin D on page 26 in an article by Frank Maundrell.



How to look good naked!

Channel 10 have secured a new show to air later in the year. It's called "How to look good naked".

It's a US based reality show hosted by "Queer Eye for the Straight Guy" Carson Kressly. The aim of the show is to help women of all shapes and sizes with low self esteem to feel good about themselves without the huge makeovers and plastic surgery.

At the end of each show, the women pose for a tasteful nude photo shoot.

Maybe they should try naturism?

Flying into history....nude

A German airline is about to fly into history by offering nude flights. The day trips will commence in July and fly between Erfurt in Southeast Germany and the Baltic Sea island of Usedom.

There are only 50 seats on the plane and the cost is €499.

All the passengers will fly nude but must remain clothed until on the plane. The pilot and flight attendants will keep their clothes on.

You know when we sit down and talk about our childhood's, the conversation takes on the atmosphere of a now totally different era. The patrons at our nightly "happy hour(s)" also reminisce about the years when they were "growing up", attending primary school and riding their 28" bicycles everywhere. These seemed to be the carefree years, long Christmas school holidays, going for swims or even cooling off under the garden hose in the back yard. Fishing, yabbing, cashing in lemonade bottles at the local milk bar and of course crackers and huge bonfires! (with the mandatory old car tyres) on Guy Fawkes night. So carefree and of course good fun. We also robbed birds nests and fruit hanging over neighbours fences, not to mention sling shots. A lot of these activities are not politically correct now-days, while burning car tyres is definitely a no-no, but basically our former lives were pretty simple, harmless and a lot more sensibly placed.

The lives of my ancestors also come to mind. They arrived at Hobsons bay (now Williamstown - Melbourne) during October 1856. They arrived on the packet sailing ship Mermaid, apparently to become involved in exporting wood back to England where it would be sold.

Fate stepped in however and gold was discovered, my ancestors eventually pushing a barrow to Yackandandah (North East Victoria) in the hope of discovering gold. The trek took 9 months and certainly would have been a far cry from the farmer life in idle, Yorkshire, UK.

Their simple lives continued, the growing family eventually taking up land and obtaining title, once titles were created in the later part of the 1800's. What I am getting around to is that the family lived simply, living off their 30 acres (purchased in two lots), the family amounting to 13 children living in 2 buildings made from timber slabs with bark roofs, the main building being a mere 20' x 15' and being valued at £15 for the 2 buildings, the second building containing the larder and measuring 20' x 12'.

The family seemed to do okay, found no gold and stayed in the area for many years. One hiccup was a £1 shortfall unpaid initially to the government of the day, the whole property improvements being valued at £64-16-0! (\$130).

I suppose my ancestors worked and saved like hell, not only for their passage from England, but also in order to be able to purchase and develop their farm, but surely they didn't have an "anvil" hanging around their necks for the rest of their living days!

It's difficult to understand what drives people to commit themselves to lending institutions to the extent that they do these days, There can be little pleasure in this weighty burden, surely some fearing the day when they have an accident or get sick and cannot meet their financial commitments. Lets list a few basic commitments:

House \$400,000+, Two cars \$60,000+, House contents \$25,000+, Boat \$25,000+, Caravan \$25,000+ Weekly expenses \$250+

This is a massive burden and must worry many people, all in the name of what? Do these expensive assets make us happier, or are we just keeping up with the Jones? Can we afford a decent annual holiday or is the budget too tight? Are we game enough to take a

holiday or will we return to work to find our job is no longer there? (It certainly happened to a friend of ours).

I am certain we can have a long happy, healthy, meaningful and rewarding life without all the expensive "trimmings" that we are told we now need. We are made to believe that we need all of these expensive items in order to be happy but the fact is that in our young days we didn't even have TV's, whilst cars and telephones were a luxury. Were people happier as a result? I think not and further more the blessed bank manager wasn't hanging over our shoulders during every waking moment. If people wished to work they seemed to get work, home cooked meals and tasty treats were aplenty and we could certainly afford fun holidays at least once a year!

So what has gone wrong I hear you ask. It would seem that we have been caught up in a tidal wave of possessionism, we are made to think by the media ad agencies that we need the latest trash. Really we need these latest possessions little. What we need is real quality of life without burdens and hassles. Time to ourselves and not work for the bank managers.

Perhaps it's time to take stock, relax and think about where we are headed in life and whether or not "biggest is best". A less than new home and car are just as good as new ones and they certainly serve the same purpose. Whatever course we take, we all finish up in the same place anyhow and not even a bank manager has any say over that. True words or not - you are in charge of your destiny, get a real life!

Rex Bakes, P.P.N.R

Armonds Beach Leisure Group

In conjunction with Bermagui Seaside Fair invites you to its 3rd annual Nude Family

Fun in the Sun day



Sunday 9th March 2008, 10am
Armonds Beach, Bermagui
(legal nude beach)

www.freewebs.com/armonds/armonds.html

Phone: Errol Masterson (02) 6493 4108

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Sponsored by Sun and Health, River Island Nature Retreat

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BIRDIE BEACH

Bare essentials



Birdie Beach is a lovely beach located in Munmorah State Conservation Area on the Central Coast of New South Wales. Nude bathing is legal at the northern end of the beach (known as Red Ochre Beach).

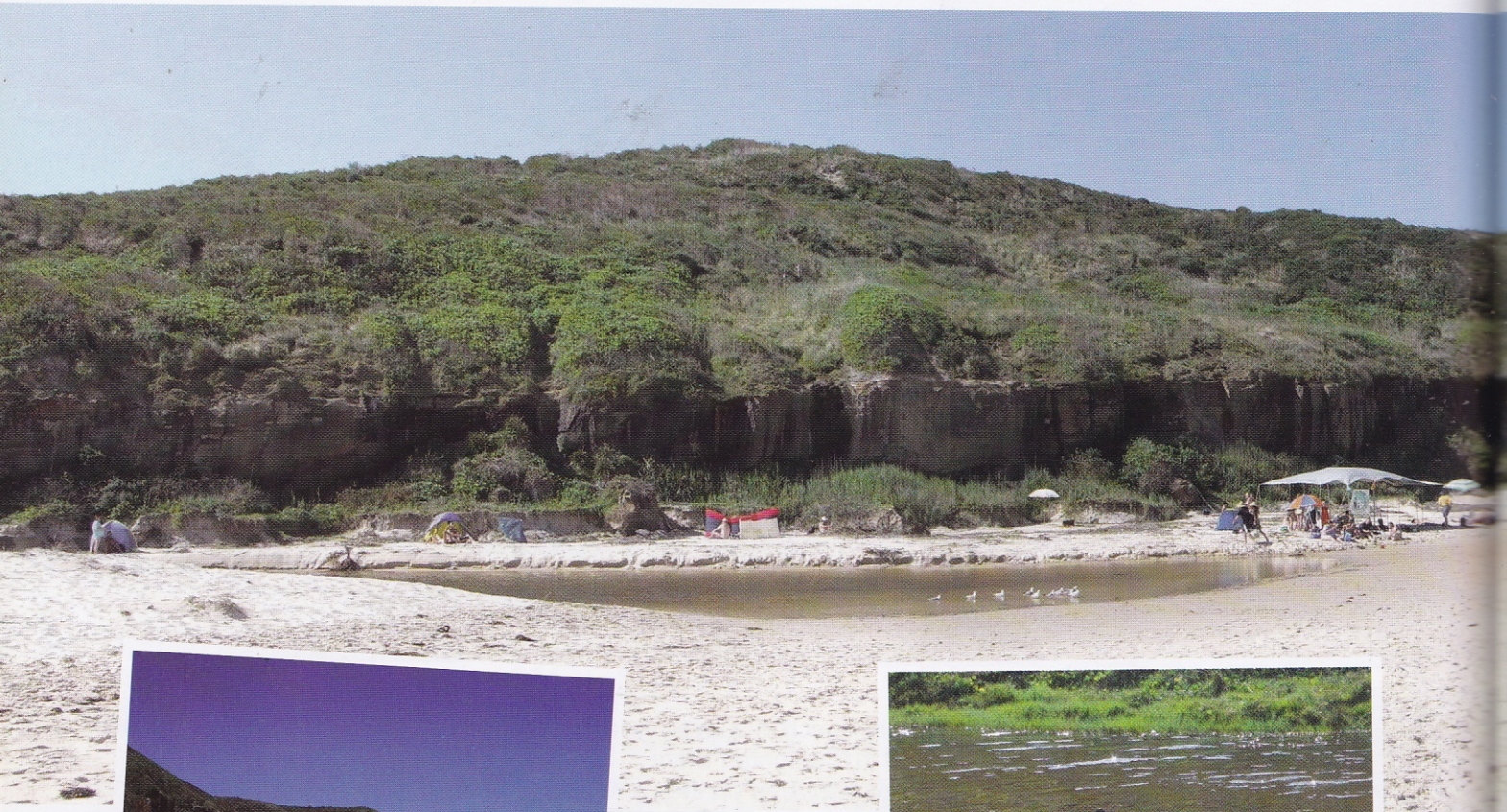
We drove up from Sydney and following the directions on the Free Beaches website we found the Munmorah State Conservation Area without a problem. Once inside the park there were easy to follow signs to Birdie Beach, which led us to a decent sized car park. After we parked the car, however, we were unsure which way to go to get onto the nude beach. Luckily we saw someone with a River Island t-shirt so quickly followed them as they walked to the northern end of the car park where a track went down to the beach. Once we got to the beach, there was a sign that said unclad bathing was permitted 400 metres north of the sign. At least we were in the right place. It wasn't too

much further along the sand and past a clear lagoon (well 400 metres!) before we got to the nude area (always easy to recognise by the nude people).

The day we visited there was a large number of people on the beach made up of families, singles and couples. There were lots of people in the water and I even ventured to put my feet in for a few minutes. The temperature was reasonable (although anything less than a spa is too cold for me) and the waves were gentle enough that I wouldn't have minded my 6yo dragging me in to get my knees wet (calling me a baby all the way as she often does).

Birdie Beach is a favourite hangout of the Coast and Valley Naturists club (CAVN) who often organise get-togethers at the beach (see AS&H issue 6). So if you're a bit nervous about visiting the beach give them a call, I'm sure they'll be happy for you to tag along.

Surrounded by cliffs, the beach is nicely secluded. Plenty of smooth rocks line the water at the far end; great to climb on or just sit and relax. There is a clear lagoon where ducks happily swam, and which even I was happy paddling around in; fantastic for little kids to play in. There is heaps of sand, so plenty of space to



spread out on if you want to. There's not much shade but the walk is easy enough that you could take a shade shelter or beach umbrella without too much trouble and this is exactly what most people did.

The beach is located in a Munmorah State Conservation Area managed by the National Parks and Wildlife service. I've read there is a fee to get into the park, although when I've been the toll booths weren't open. There are two camping area's in the park: Freemans, which has 50 sites catering to caravans and tents and Frazer which only has 6 tent sites. Both have cold showers, toilets, gas bbq's and tap water. Freemans camping area has walking tracks leading to Birdie beach only a few minutes away. To stay in one of the camping area's area's will cost \$14 per adult and \$7 per child according to the National Parks and Wildlife web site (www.nationalparks.nsw.gov.au), which also recommends booking in advance especially for the Frazer camping grounds as it's popular for nearby fishing. If you do decide to stay in the camping grounds be warned... the park closes at 6pm non-daylight saving and 9pm during daylight saving. When

I say "closes", I mean locked. Any access in or out after these hours is by special arrangement and fees apply.

There is plenty to see in the park with many walking tracks, lookouts and picnic areas and there has been over 189 species of animals and birds sighted in the park. The National Parks and Wildlife service also offer plenty of tours within the park. If you fancy something a little more adventurous, the Sea Cave tour could be perfect for you. Rated as hard, these guided tours follow unformed tracks and provide a fascinating insight into the history of the area. Sea Cave tours are only held during specific times of year and are subject to weather conditions. If you want to keep the kids occupied for a couple of hours there is the "Bug Detectives" tour or if there are plenty of relaxing guided walks if you're interested in something a little more sedate. For more information on these tours and anything else you'd like to know about the park check out www.nationalparks.gov.au and search for Munmorah State Conservation Park.

If 'back to nature' is not for you, Birdie Beach is located on the New South Wales Central Coast, a



bustling tourist area where you are guaranteed to find somewhere comfy to stay, great restaurants to eat in and plenty to see or do. It's a fantastic area for a nude beach and I for one will be going back to check out the sea cave next time I plan a weekend at Birdie Beach.

Getting There

Birdie Beach can be reached by travelling along the expressway from Sydney and taking the Newcastle exit. Follow the Pacific Highway through Doyalson to Lake Munmorah. At Lake Munmorah take Elizabeth Bay Road at the traffic lights. Continue until you see the entrance to the Munmorah State Recreational Area on the left. Turn into the park and follow the signs to the Birdie Beach car park. Don't forget, there is a fee per vehicle to enter the park.

(courtesy of Free Beaches Australia - www.freebeach.com.au)



York for the weekend

Story and Photo's by Michelle Hall

On the morning of Saturday the 8th of December a few people met for the convoy to York and the start of a weekend the Apollo Nudist Club had organised. Well we had three cars so it was sort of a convoy. We left at around 9.15am and arrived in York an hour later.

We introduced ourselves to Sara our host at the Kookaburra Dream Travellers Overnighter accommodation. Kookaburras have a dormitory style room that accommodates 18 including 2 double beds, with top bunks, plus 3 private rooms and a family room, accommodating 30 in total.

Time to get into club uniform and enjoy the afternoon sunshine! A few of us did a bit of sunbathing while some just sat and had a few quiet drinks. Some even played a game of Boule's.

The rest of the mob started to arrive mid afternoon and after being shown to their beds it didn't take them long to ditch their clothes and join us in the bbq area. We were a bit concerned though when we heard laughing behind us. I know a bunch of nudists can be a funny site, but we didn't think we were that bad, as it turned out it was just "Metters" the Kookaburra, Metters had been found injured and was being rehabilitated at Kookaburras, I guess very fitting considering the name.

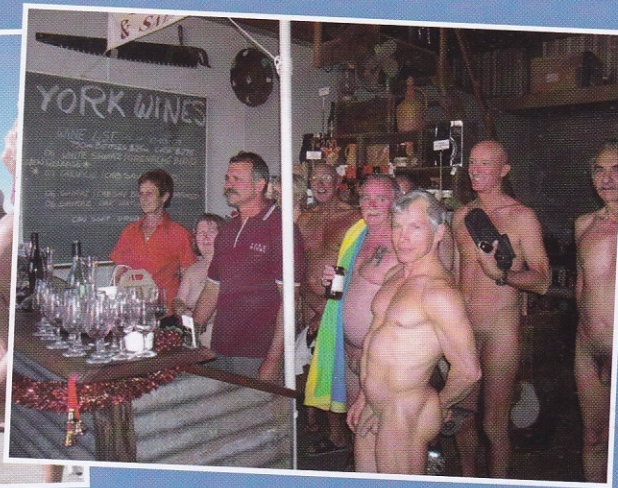
At around 4pm we had a visit from a local photographer who was doing a publicity photo shoot for Kookaburra's and also an article for the local paper, so a few of us became stars for 15mins or so. Being told to look natural and mingle for a photo is not as easy as you would think, we all seemed to end up in lines or circles or some way which didn't look quite right, but it was okay in the end, the photographer was happy with the photos he got and a nice little article was written for the local press.



Then came the time we had all been waiting for, the bus for the wine tour, driven by Ron, turned up at around 5.45pm. We just picked up our towels and boarded the bus, even our driver was nude. Our tour guide Leigh arrived shortly afterwards and we were ready to roll. Because there was too many of us for the one large bus, Sara followed us in Kookaburra's little 6 seater bus and we communicated to each other via hand held walkie talkie's. It must have looked a sight... the large 18 seater York Community Bus, with the Apollo Nudist Clubs flag strewn across the front and the little bus following driving around town, we did get the odd glance or two.

First was a tour around the historic town of York, then up to Mt Brown lookout. There were a couple of people at the lookout so Leigh jumped out and asked them if they would mind a bus load of nude people invading their space, they said it was fine although they didn't stick around long. After a few pics of the view we all boarded the bus again and headed off to the first winery. The wine tour we were doing is part of the Avon Valley Scenic Wine Tour, which is organised by Kookaburras, of course we were doing the tour after hours and the wineries were closed to the general public.

We arrived at York winery at about 6pm and our hosts Mick and Jenni took us through the sampling of their four red wines, very nice, there was also a few nibbles there, made locally, which we all enjoyed as well. After our sampling and



some of us, bed. As you can imagine the bus drive from the wineries and tavern got rowdier as the night wore on, we even got into the festive spirit of things and sang Christmas Carols, one member deciding "I'm dreaming of a nude

Christmas" were more appropriate lyrics than the originals.

after some of us purchased a bottle or two, it was back in the bus and off to winery number two and dinner.

On the way we stopped at a rather large collection of blackboys, were we got out and had a bit of a look. The President of our club very gamely decided to jump a barbed-wire fence to go and have a better look, lucky for him nothing got caught on the fence, the rest of us were not so silly and waited till a rubber mat was placed over the fence before we decided to go exploring.

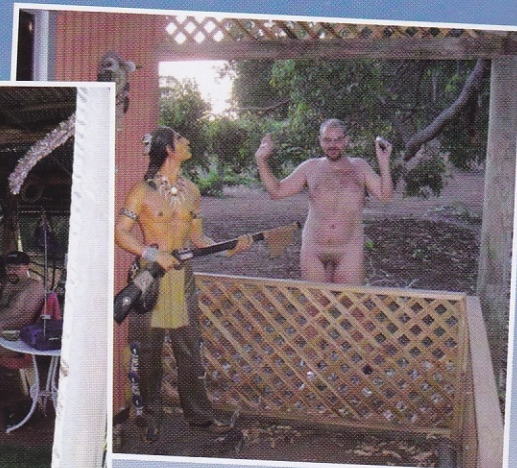
We arrived at Avonbrook winery at about 7.15pm, a little late but our hosts Garry and Carol forgave us. After a bit of sampling and a look through their American Indian products, their main business is The Lone Wolf Trading Company, we sat down for dinner, most of us with a bottle or glass of wine. Dinner was a smorgasbord affair, cold meats and salads, olives, cheeses and the most delicious crusty bread, very nice. After we had all had our fill we left Avonbrook armed with more bottles of wine and headed off to the Spencer Brook Tavern, where we were welcomed by Pat. Of course we had a couple more drinks, played a bit of pool, a game of darts and chatted at the bar.

Soon the night was coming to an end, we left the tavern and were supposed to head straight back to Kookaburras, but Leigh had other ideas and we headed back up to Mt Brown lookout for a night time view of York, this was about the only place it started to get a bit cold. Most of us had managed to stay nude for the night, despite a couple of nights earlier when it had been the coldest December night on record. After we had finished at the lookout it was back to the backpackers and for

Back at the accommodation some of us decided that the night wasn't over yet, maybe this was because of all the ghost stories Leigh had been telling us on our tour, of course in a town as old as York it has a few, so Sara graciously lit the fire for us and we sat around that having another drink or two, determined not to put clothes on and reminiscing about the day it had been and wondering what tomorrow would bring. At around 2am the last of us headed off for bed, tired but happy. It had been a great night in what we believe to be a first: a bus tour of the town, then a wine tour, two wineries and a tavern plus dinner at one of the wineries all totally nude.

After a nights sleep, or a few hours at least, we all started to stir and have our breakfast, we left the backpackers at around 10am after thanking Sara for her hospitality. So off we went to the spot we had planned for a bushwalk, Mt Observation, it's a lovely little spot and most of us went on our walk, nude once again. While they were all away, Bob put out the lunch, with a bit of supervision from yours truly. When the happy little walkers/hikers got back, lunch was ready and waiting for them, which seemed to be appreciated by all. Thanks Bob for organising it, the spread was fantastic, cold meats, salads, fruit mince tarts etc.

After lunch, people started heading off and travelling back to Perth, a bit tired but quite content knowing they had just had a great all nude weekend and an Australian nudist first.



SAMURAI BEACH PICNIC DAY

Article & photos by Sarah Scriven

Driving up from Sydney on Friday afternoon 1st February, it looked doubtful that we'd have a sunny day for the Samurai Beach Picnic day. It was bucketing! Deciding against our usual camping spot in Tomaree National Park, we pulled into Nelson Bay and booked into a hotel (complete with spa) for a bit of luxury.

On Saturday, the day of the carnival, it was overcast and drizzling, but as we often find on Samurai Beach, by lunch time the weather had fined up to a warm and sunny day perfect for a picnic day. I think the weather probably scared off a few people but the beach was still crowded with 4WD's and there were plenty of people without cars that had walked in.

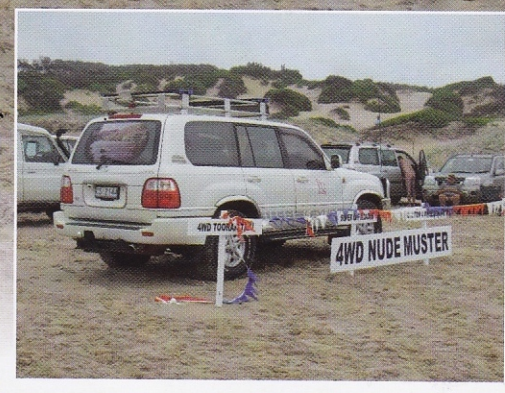
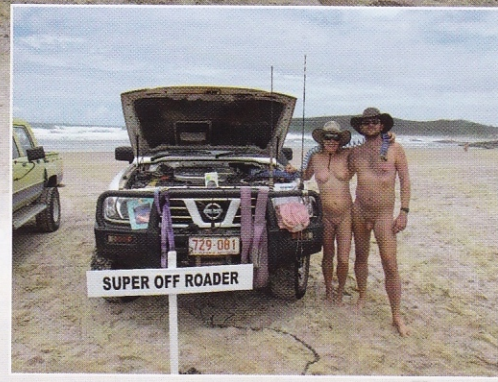
The Samurai Beach picnic day held in February each year is a revamped version of the old Samurai beach carnival that was held a few years back. The picnic day is a bit more relaxed than the old carnival but there is plenty to do or not to do depending on how you feel on the day. Organised by Bare Tracks, Sydney Sun and Social club (SSSC) and Coast and

Valley Naturists (CAVN), the event is now in its 3rd year and is widely supported by naturist organisations across Australia, which was easily seen by the different banners at the beach and the many prizes donated.

It was obvious by how well run and organised the day was that the carnival has matured since it first commenced only three years ago. This year there were people stationed at the beginning of the 4WD track near Middle Rock Caravan park talking to each car as they entered the track letting them know about toilet facilities, the track etc. There were also lifesavers on hand from Birubi Point; a much appreciated addition. A donation was given to the life saving club to thank them for their help on the day.

Events for the day included a Sand castle competition for the kids and by far the most participated in event: the River Island Nature Retreat 4WD nude muster. To enter this event was easy, simply pick the category your vehicle fit into (Custom 4WD, camper, Super off roader, Toorak





Taxi etc) then line your 4WD up and wait to be judged. No need to do anything crazy, each car is scored within its category receiving points for various features such as recovery gear, with extra points awarded if you had a nude model (male or female) on the car. Colin and Katina Sell from River Island provided fantastic trophies resembling car parts (pistons, spark plugs etc) for the winners and other prizes for the runners up. The Nude Muster was also a great opportunity to check out other 4WD's but may have left you wishing you had a lot more money to spend. If you missed this event at Samurai but really want to give it a go, Colin and Katina are holding another Nude Muster at River Island over the Easter weekend in March (see ad page 63). If you can't make Easter at The Island, then I'm sure Colin and Katina will be back to hold this popular event at Samurai Beach Picnic Day next year,

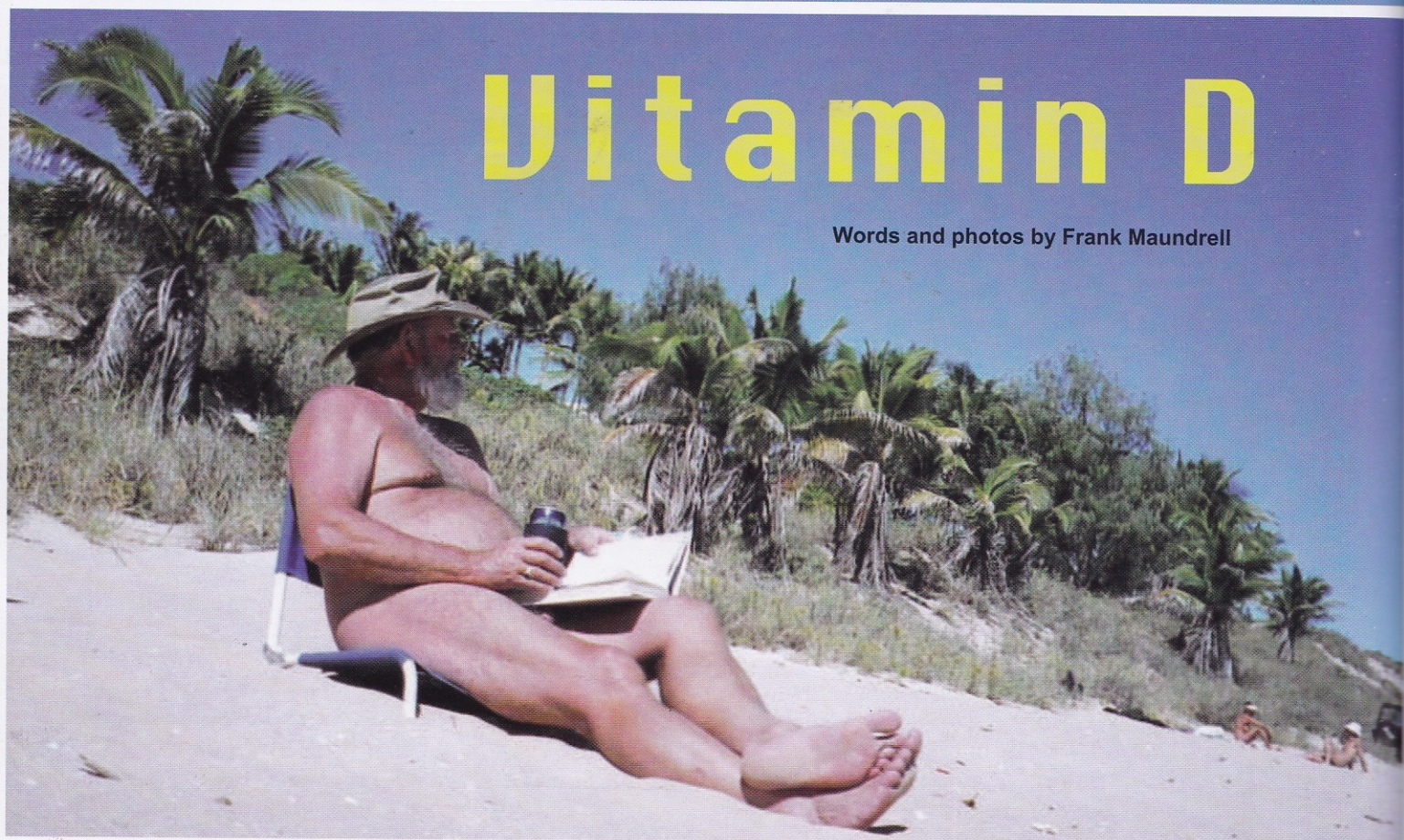
although any campers thinking of entering better watch out as I'm sure Skanky Van will be putting in an appearance next year!

If you were feeling a little lazy or were just there for relaxing and socialising the organisers ensured you weren't forgotten by putting together complimentary showbags for each attendee containing local info, a hat, lollies (yum), tissues, a copy of Sun and Health issue 1, a "Dare to be Bare – Proud Aussie Nudist" wrist band, ANF and FBA stickers and various brochures. There was also a raffle held during the day with some great prizes including free accommodation from lots of generous nudist venues as well as TAN and ASH subscriptions.

If you missed out this year, make sure you get along next year. It's a great day on a fantastic beach.

Vitamin D

Words and photos by Frank Maundrell



Naturists have long known that being naked outdoors in the sunshine and fresh air is a healthy lifestyle.

However, in recent years it has been confusing to see a great barrage of propaganda berating us to "slip, slop, slap", using oceans of sunscreen whenever we are outdoors. These campaigns are usually endorsed by the Cancer Council and funded by Government Health Departments. Dare I risk being labelled "cynical" and add that they do no harm to the purveyors of the various textile items to say nothing of sunscreen manufacturers? Irrespective of their motivation, these campaigns tend to leave you with unwarranted feelings of guilt and irresponsibility whenever you participate in outdoor recreation, especially nude outdoor recreation.

An article in a recent Sunday newspaper (The Sun-Herald, 9/12/2007) reminded me of an episode a few years ago on the ABC TV programme, Catalyst. (19/2/2004 – cached report: www.abc.net.au/catalyst/stories/s1048944.htm.)



Due to advertising conditioning, I was surprised, and somewhat bemused to see a doctor, Dr. George Jelinek, taking part in the Catalyst programme, extolling the virtues of sunbathing. Dr. Jelinek had been diagnosed with multiple sclerosis (MS) some five years earlier and said that, since he became a patient himself, he had become dissatisfied with conventional treatment for his disease and went looking for drug free, alternative treatments.

This really grabbed my attention, because I am convinced that most health problems can be successfully treated by drug free means. In fact, leading a healthy lifestyle and following a healthy diet will ensure you are far less likely to encounter health problems. Period!

But I digress. Dr. Jelinek went on to say that he searched the medical literature for the most suitable alternative treatments for MS. He found that a lack of Vitamin D is a significant factor.

Vitamin D is one of the most abundant vitamins. Perhaps it would be better known if it could be packaged by drug companies and sold for a profit. But it can't. It comes to us free of charge as part of that most wonderful of packages; sunshine. What's more, use of sunscreens will inhibit its benefit!

Now, I'm no scientist and I have no medical knowledge. However, I do have a computer. Searching the Internet for information about Vitamin D, I soon discovered there is enough to fill volumes.

I learnt that Vitamin D plays a vital role in maintaining normal blood levels of calcium and phosphorous. This, in turn, helps to form and maintain strong bones. Deficiencies of Vitamin D lead to rickets in children and osteoporosis in adults. It is also implicated in Alzheimer's



Disease. Could that be because most people suffering that awful illness are kept wrapped up and indoors away from sunlight? Very likely! Whatever, it is clear that plenty of sunshine will benefit everyone.

The American Medical Association, through its newspaper, Amed News, has plenty to say about Vitamin D and the consequences arising from deficiencies in this important Vitamin. (www.ama-assn.org/amednews/2006/05/22/hlsb0522.htm).

The prestigious Medical Journal of Australia (www.mja.com.au/cgi-bin/s.cgi?q=vitamin+d+deficiency&o=1) has many pages of information confirming the American studies. It goes into great detail in respect to average daily requirements in various age groups and says that deficiencies have been found in up to 23% of women, rising to 80% among veiled women. The Sun-Herald report quotes similar statistics and goes on to say that recent research indicates Vitamin D deficiencies in the Australian population could be as high as 70%!

Our Australian Government, through a website known as Health Insite, (www.healthinsite.gov.au) has links to

articles in many medical journals detailing the link between Vitamin D deficiency and diseases such as MS, osteoporosis, rheumatism and even pregnancy problems.

The only conclusion I can draw is that Vitamin D deficiencies directly or indirectly cause a huge range of problems. Possibly even my crook knee! The tragedy is that most, if not all, can be prevented or minimised by simple exposure to the sun! As I said, the information could easily fill a book. However, the purpose of this article is to draw attention to the subject, not to write authoritatively about it. Any reader who would like to learn more can easily do so by looking up Vitamin D on the Internet.

Of course, over exposure to the sun can also cause problems and we should still take care to avoid sunburn. We should also be aware of skin cancers and have any mole that has changed colour or grown rapidly checked by a doctor. However, nudists can take pride that they are leading the charge when it comes to living a healthy lifestyle.

Get out there, get your gear off and lap up the sunshine. It really is SUN and HEALTH!

Perhaps our ancient forebears, who worshipped the sun as the giver of life, were not too far from the truth!



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CONFESSIONS



It has always seemed to me that making nudist videos for sale is like finding money in the street. It makes me wonder why more people aren't doing it? Perhaps if I talk about my experiences it will encourage people.


My experiences really began with an ad I saw in Australian Sun & Health Issue Number 1, way back in 1983. It asked for volunteers to write articles and take photos for the magazine. I responded, and met the original founders of the magazine, Les and Jan

Hotchkins, not long after. We got along great and I did lots of articles for them during the 1980's. I even did a few covers for the magazine, the first being a girl at Cap d'Agde for Issue Number 6. Video gear in those days was heavy, complicated, and expensive, but Les and Jan managed to make two nudist videos about resorts and clubs in Australia, called "Nude Networking Australia" and "The Bare Facts of Oz."

I decided to follow their wise lead and did my very first shot on the last day of the 1980's, December 31,

Above: Lilly playing in the mud

of a nudist video maker.



brand name Synetech, from Cinema and Technology, with a change in spelling to recall "synergy," the energy of working together.

Nudist resorts were very sympathetic to my beginner's efforts, and I did footage at River Valley and Pacific Sun Friends, which can be seen in *Naked Lifestyles 2*. I moved to Byron Bay because many of the people here incorporate nudity in their lifestyles, as can be seen in *Naked Lifestyles 1* and *2*.

Video progressed rapidly in those days, and when Sony brought out Hi-8 video, which was a professional format at a reasonable cost, I bought one of their cameras. I used this to shoot in France, where once again the nudist resorts, and the people in them, were very sympathetic and helpful to my efforts.

The fact that nudists are so helpful and sympathetic is one of the reasons I wonder why so few people are making nudist videos. Of course, there are always exceptions. Bob Reed reports that while taking photos for an article in *TAN*, one nudist tried to grab his camera and throw it into the ocean! Fortunately such deadheads are rare.

What are the challenges that face a nudist video maker? Well, for one thing, you have to find the right resort, and that can involve a bit of travelling. I made a video about River Island not long ago, and everyone there was really helpful and cooperative, but it did involve 1100 km of travel each time I went there, and 1100 km back!

When I made a video about The Grand Barn in Canada, I was staying at my summer cottage in Connecticut, but even so it was 430 miles to get there

and 430 miles back. I made four trips, so that was 3440 miles of driving for one video.

Bad weather can be another problem. Rain and storms are not really appropriate for naturist video. That's part of the reason why I had to make four trips to The Grand Barn. Sometimes you have bad luck and hit the resort when there's hardly anybody there, too.

These sorts of problems are the main reason why many of my Synetech videos are shot around the area where I live. If you can find colourful and "interesting people near home as subjects for your videos, it makes everything a lot easier.

Another challenge for some erstwhile video makers might be the woman in their lives. Sometimes wives get antsy at the thought of their spouse shooting video of naked bodies, especially young and attractive girls.

It would be great if you had the right woman in your life, to help you making nudist videos, because some nudists are still suspicious of single men and much more tolerant of a woman with a camera. Alas, I've never found a woman (either romantic partner or business partner) who is the least bit of help, though I've tried.

Woman don't seem to be any good as video makers. I don't know why. They just don't seem to be interested. I know that, on the cinema level, there are a few great woman directors, but as far as I can see, camera operators are generally men, and the industry as a whole is heavily male dominated.

That is true of the nudist video business, for sure. There are actually only three others in the business that I know of: Charlie Simonds in England,

1989, using 16 mm film in a Bolex camera. The Bolex was handy because it didn't require batteries (you wound it up) and was very robust. These qualities were important because I did a lot of my shooting at counter-cultural gatherings, and they came in handy at some isolated nudist venues too.

I decided to give my videos the

STORY & PHOTOS BY CHARLES MACFARLAND

Jan Vels in the Czech Republic, and Peter Dietrich in the Ukraine, plus a fourth, Andrii Litovchenko, also in the Ukraine, who seems to have stopped producing. Bern Loibl in the USA has made four nudist videos, but producing his magazine Naturally takes up most of his time. Then there were Doug Ball and Edin Valez in the past.

The shortage of people in this business would certainly indicate that huge opportunities are waiting. To get into it, all you need is a good quality camera, which will cost perhaps \$4000, plus a computer capable of editing, for which \$2000 more should be plenty. Video cameras have a lot of technology in common with computers, and like computers they are constantly improving and dropping in cost.

You do have to learn a few things about shooting and editing, but not very much. You could learn it all in an afternoon quite easily. Some of the principles seem pretty obvious to me, like

HOLD THE CAMERA STEADY!

which seems to be a huge challenge for many videomakers, such as the ones you see on www.youtube.com.

If you watch movies and TV, and compare your own work, your shortcomings will be obvious, and fixing them will be easy. That also seems to be beyond the abilities of youtubers.

But youtubers, after all, are doing it for free. If you go for nudist video, you will be doing it for money. You may have to make an effort, but money has a way of making efforts seem worthwhile.

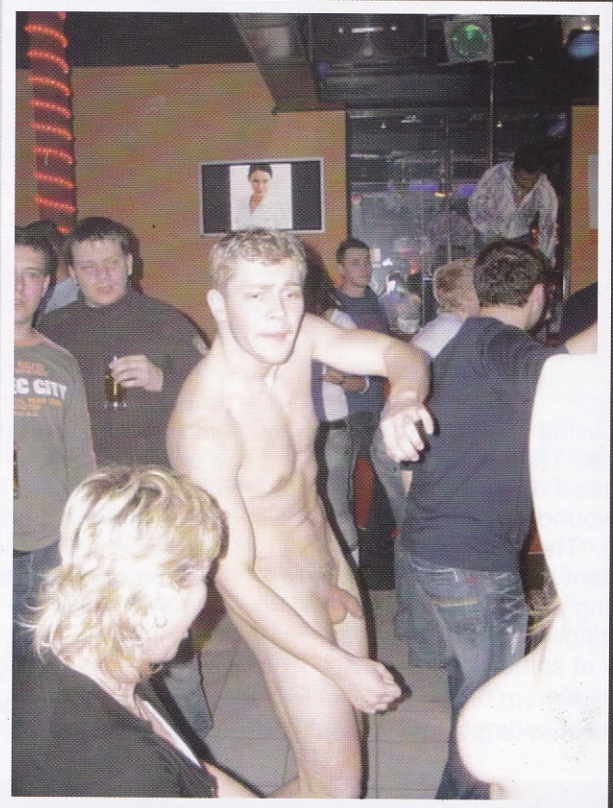
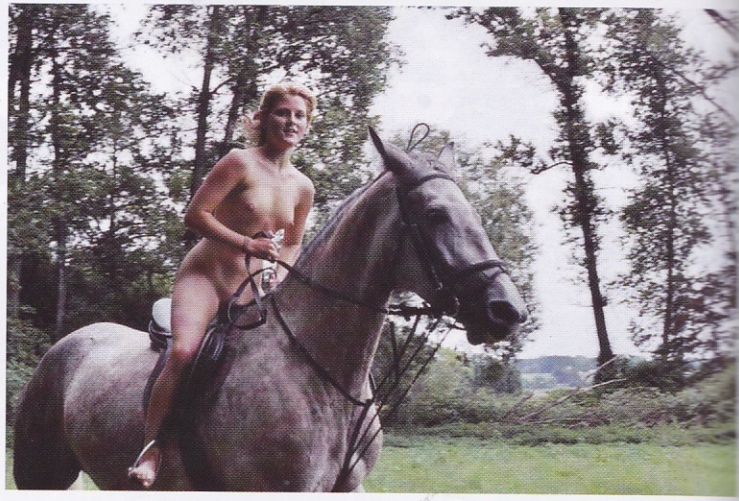
The natural subjects for naturist videos are beaches, clubs, and resorts, of course. As I said above, though, these can be a long way away, and when you do get there, you can have problems of bad weather and/or nobody around.

You hear a lot of complaints these days, too, that naturists are getting older, that there's not many young people in the movement. This can be a problem, for young people in a video make it more attractive, and they are a lot more active too. Video, after all, is about movement. You can't make good video of tired old people slumped around a barbecue or pool.

I think the way to respond to this is to make your own naturism these days, instead of waiting around for someone to hand it to you on a plate. There are plenty of young people who are happy to go naked, but they no longer flock to the clubs. You have to go out and find them and help them to naturism.

So I've done several videos about young people travelling, such as Shannon, Bella, and Katrina in the three "Adventures In Freedom" videos, and Lily in the four new Synetech videos called "Lily's Fantastic Summer."

Travelling with young people like this is a great way to introduce them to the pleasures of naturism and going naked in public. It's fun for them and fun for me, too. It makes me wonder even more why more people don't turn to making naturist videos as a profession. In fact, I sometimes wonder why anybody would want to make their living any other way.



Top: Katrina riding naked; **Middle:** A naked banquet; **Bottom:** Luca enjoying naked freedom in a club

**Shannon & Veronika enjoy
naked freedom in a club.**





Keith at Lake Ballard, WA

On the rocks...

Article and photos by Keith and Elaine

What to do when the prospect of the annual wildflower trip to the arid interior looks as if it will be a dismal failure because of the ongoing relentless drought that is gripping most of the country?

Come up with another route and start packing the camper.

For some time we had been interested in the sculptures at Lake Ballard near Menzies in the Goldfields of Western Australia. Also the sweep of granite outcrops from the North East wheatbelt to the South East wheatbelt and into the Western Goldfields warranted some investigating so we headed North East.

Wave Rock is a popular tourist destination in Western Australia but a lot of people might not be aware that there are a number of similar formations, if not as dramatic to be explored.

Elachbutting Rock near Mukinbudin is a striking example, with a shape of a wave formed by the gradual erosion of the softer rock beneath the upper edge, over many centuries. Of particular interest is a massive slab of the rock that has separated and sheered away, leaning against the main body of the rock forming a long dark passageway that can be walked through.

Camping is a delight here with areas set aside suitable for caravans and camping. There are limited facilities though.

After turning north off The Great Eastern Highway at Yellowdine along the Marvel Loch Yellowdine Road we selected a comfortable and secluded campsite at Weowanie Rock. Even though we were the only people around we always prefer to have our privacy. This particular area forms part of a new proposed reserve on the Register of the National Estate. Yellowdine area is biogeographically significant. As a consequence many plants and



animals are found here are at the eastern or south western extremities of their distribution. The proposed reserve supports a rich and diverse flora.

Unfortunately as is often the case when on a short holiday, we could not spend more than one night at Weowanie.

A look around Coolgardie is very rewarding even though there might not be many of the original buildings still standing. With some forethought the local authorities have placed very attractive and informative notice boards, most with photos or sketches of the structure that had once stood on the site. Also some interesting and often humorous stories about the people involved.

Then north on the gravel Coolgardie North Road into real Goldfields country. Encounters on the road with heavy ore carrying road trains are common so care should be taken as these trucks are a bit too big to argue with. Throughout this area there are a vast number of goldmines, some abandoned but a number of large operations working around the clock. Most of the land is pegged mining leases.

We enjoyed an excellent steak sandwich and a cold ale or two at the historic Ora Banda Hotel then it was back on the gravel again.



Reflections at Cave Hill Dam

After being slightly “geographically misplaced” for a short time we found Lake Ballard approximately 55 km north west of Menzies, and set up the camper under one of the few shady trees. There are limited facilities and it seemed that camping is tolerated.

We were not prepared for the eerie impact of the 51 life-sized statues that form the “Inside Australia” exhibition by international artist Antony Gormley. The concept of placing the statues, scattered over an area of about 8 square kilometres on Lake Ballard which is a massive salt-lake, is a masterpiece of imagination.

The metal stick like human statues are in sharp contrast against the harsh white of the salt-lake. The farthest figures shimmer and merge in the distant heat mirage.

It would be wise to walk among the extensive installation of sculptures in the cooler parts of the day as it is a harsh environment.

Photography is a challenge in the glaring light but fun was had at night with a torch, coloured cellophane and the camera on a tripod.

Accommodation and supplies are available in Menzies.



Cooling the feet on Cave Hill

The Golden

Quest Discovery Trail is an interpretive self-drive trip through the area. A book and CD are available with detailed information to enhance time spent here.

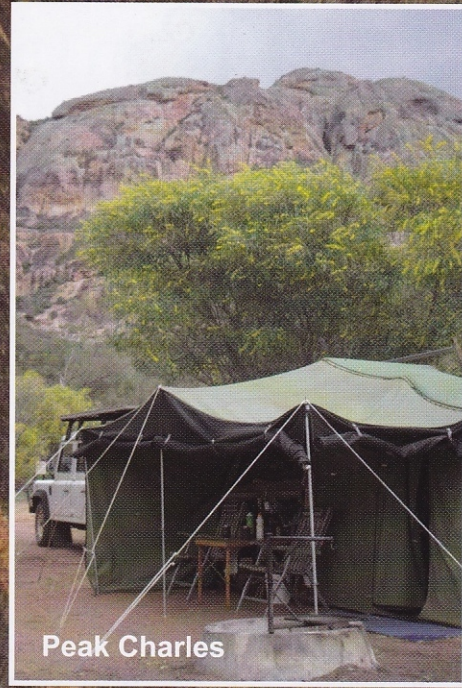
Going south from Coolgardie along Nepean and Burra Rock roads we made our way to Cave Hill National Reserve. This is four wheel drive access only. Cave Hill is aptly named for the granite outcrop with a large cave and wave formation. Barbecues and toilets are in some of the camping areas but again we chose to have our privacy to enable us to move around comfortably – nude.

This is a pleasing place to camp with a profusion of bird life, and just above our camp a dam, with natural rock cemented in place to collect runoff and channel the water to the dam. This was built to supply water for steam locos carting wood to Kalgoorlie.

During the early evening we looked at each other in disbelief when a donkey brayed nearby. Next day,



Blue China Orchid



Peak Charles

Ellachbutting Rock

exploring the rock we found obvious evidence of the existence of these feral animals. It is an easy and interesting walk to the summit where we found small pools of water with large tadpoles swimming and a sweeping view of the area.

Our next destination was Peak Charles National Park about 100 kilometres North West of Esperance. Here campsites are laid out with a toilet in a central position. Peak Charles at 651 metres and its companion, Peak Eleanora 501 metres are part of the Fitzgerald Peaks. The steep slopes are accentuated by streaks of orange (iron compounds) and black (cyanobacteria and algae).

We almost made it to the top but it was getting far too steep and dangerous. This last section was for experienced and equipped climbers only. Relaxing in the sunshine, as we enjoyed the superb views of the dry sandplain heaths and salt lake systems, we were entertained by six eagles soaring around and below us.

After a few relaxing days it was on the road again. Filling up with fuel at Lake King it was north on the Hyden Lake King Road until we came to the Holland Track. In 1893 John Holland and a small

team by hand opened a short cut from Broomehill to Coolgardie for the benefit of prospectors wanting to disembark at a southern port to get to the Goldfields as quickly as possible. Today the track is picked up in the Hyden area. It is 4 wheel drive only and passable definitely in dry weather only. This is remote, fascinating arid woodland terrain however a cold, windy, damp night ensued.

By now we were running out of time so had to leave the Holland Track, (although we intend to do the entire track at a later date) at the Marvel Loch Forrestania Road passing through the thriving mining town of Marvel Lock and onto our final camp at Jilbadgie Rock another granite outcrop. Again we had the place to ourselves and had the benefit of being comfortable. Here we found patches of everlasting daisies and bee and sun orchids.

All too soon our two weeks were up. We had visited a number of the many granite outcrops and were privileged to be the only ones camping at most of them. These places have to be one of the best kept secrets in Western Australia.

Confest Dreaming

Story by Kevin Wrangell

Photos by Kevin Wrangell and Sarah Scriven



There is a ripple of red brake light ahead, the traffic starts banking up ahead of you, you slow to a stop. It doesn't look like it's going to move, not for a while at the very least. Time for some quite

contemplation, time for day dreaming, time for Confest dreaming.....

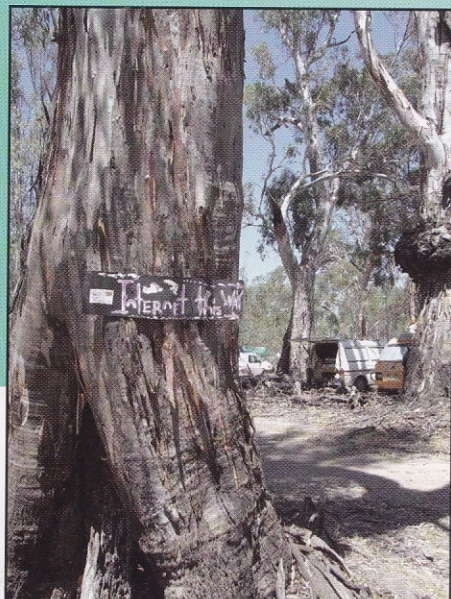
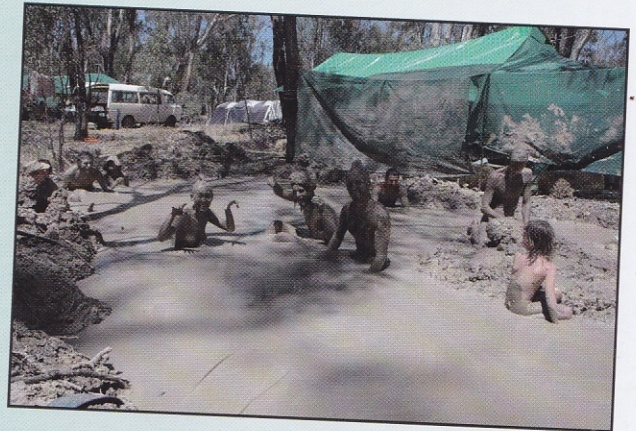
Legend has it that the ConFest experience always begins with the "road trip" as the venue is four hours drive from Melbourne, eight hours from Sydney and 15 hours from Brisbane. Car-pool with friends, pack the munchies and beverages and get ready for those great road trip sing-a-longs, games of skill like Rock, Paper, Scissors, games of imagination like i-spy and license plate lingo. Finally you arrive at the historical small town of Moulamein to top up fuel and purchase last minute grocery items.

Moulamein is only 12 kms from Woorooma Woolshed, the Confest venue and has everything a budding camper requires, service station, post office, supermarket with auto-teller, cafe, pub (actually two of them). A short drive out of town leads to ConFest and you are greeted at the ticket gate by friendly volunteers, some nude, some even colourfully body-painted. After paying for tickets you drive into what's known as "Gypsy" where you can find a space for your car and set up camp near it. You can also camp in "Car-Free" but be prepared to haul all your gear there (ConFest

organisers supply trolleys to ease this pain). After setting up camp it's time to explore ConFest. The venue is huge; 100 acres or more with kilometres of river frontage (Edward River) and hundreds of

campsites spread all over "Gypsy". There are plenty of toilets and open-air showers located everywhere. Firstly get to know where the first-aid tent is located, then look for the information tent. ConFest contains a number of "villages" such as the Pagan village and the Arts village. Confest is entirely "Clothing Optional" and naked patrons can be scene walking around everywhere. The Arts village has an expansive sandy beach on the banks of the Edward River, this is a popular spot to swim and stay cool on those hot days. Near the Arts beach is the steam tent and hot-tub which are popular on those coolish evenings. Also in this area is the mud-pit which is self describing, a wallow in this fine mud can be very cleansing to ones skin, not to mention a very good sunscreen and is easily washed off in the nearby river.

Are you hungry? If so head to the 'Marketplace' for vegetarian cuisine (Tofu burger, Falafel, Samosa, Mild and Hot Curries, Jaffles, Pizza, deep-fried Tofu), assorted hot and cold beverages and a variety of natural ice-creams and sorbets for dessert. The "Holy



Left: Yes that's right... Internet!
Top right: One of the more fun ways to cool off



Left: A market stall selling Vietnamese coolie hats



Cow" Chai tent is a popular spot to chill-out and enjoy a cup of Chai (herbal tea). If you intend to be self-sufficient there are communal cooking areas set aside with gas barbecues and another option is to join one of the communal kitchens where you volunteer your services to the kitchen and in return benefit through three square meals a day at no charge (obviously prior donations to the particular kitchen's pantry are much appreciated).

Next stop is to visit the time-tabling area for the many and varied ConFest workshops and activities, choose, a few or many to attend. Choices include Tantric meditation, belly dancing, yoga and meditation, massage, beach volleyball, body-painting, mud-tribe,

fire-twirling, bike ride, kids lolly hunt, spontaneous choir, didgee healing, fashion parade, acoustic and very naked beach concert, African and Arabic drumming circles, clay modelling, life drawing, free-style dance. Some try their luck with a spot of fishing in the river where a few yellow-belly and Murray river cod can end up making a nice evening dish.

It's night now so look up and see the Milky Way like you have never seen it before, the dark sky location of ConFest is perfect to see not only our galaxy, but our sister galaxies, the small and large magellanic clouds can be clearly seen, as can planets such as Mars, Saturn and Venus. "Shooting stars" are common and quite spectacular. On New-Years Eve ConFest is abuzz with action, tribal drumming seems to be coming from every quarter and fire-twirlers light up the darkness. Many patrons wear luminescent adornments and carry light sticks. Drumming and dancing goes on into the small hours, it's the new year and what better place to be than at ConFest where the motto is "There are no strangers at ConFest, just friends you have yet to meet"

..... Beep-beep from behind, your lane is moving again, your ConFest dreaming has been abruptly disturbed, not to worry, Easter is just around the corner and thus... so is another ConFest!

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Very reasonable fees



Above: With 42 degree temps, it was easy to sit in the river all day

Living Simply

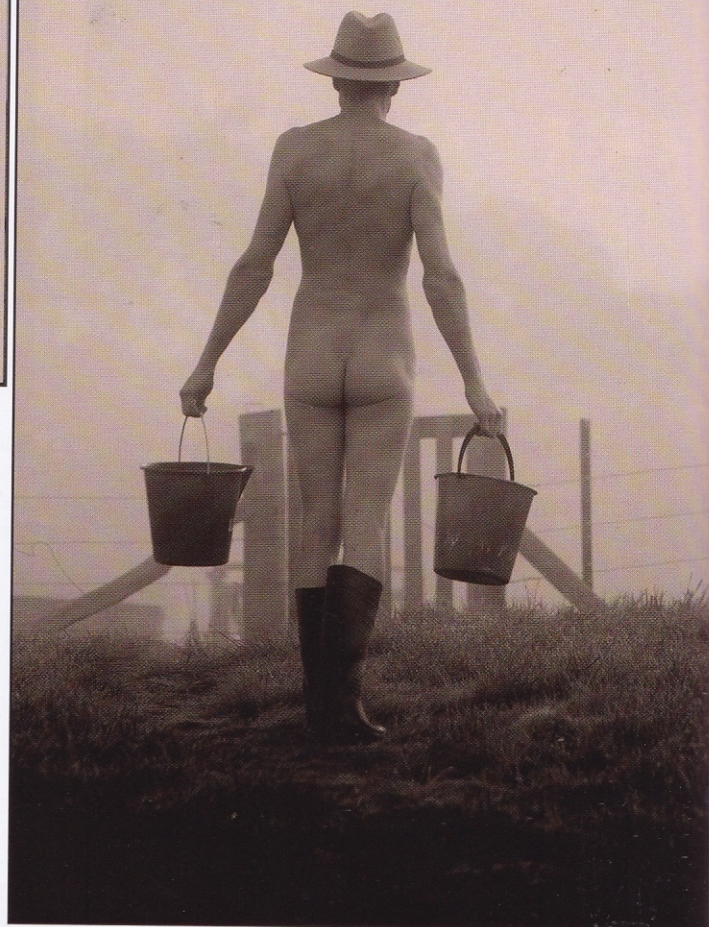
Words & Pictures by James Dixon



This morning I picked my first lettuce of the season. Lush foliage and a size to put supermarkets to shame. Not to mention good firm heart too. The little darlings have been busily growing, soaking up the sun and moisture to produce a fine crop. This season has been great for the veggie garden because of the high rainfall we have been getting, whereas last year was dreadful. The poor things would get to stage of lush greenness and then all of a sudden, keel over. Either that or get to a size and stop only to be found rotting away days later. Even though I kept the water up to them, only the sure hardy things survived. Beans, peas, capsicum, carrots not to mention tomatoes. Actually I doubt that anything could kill tomatoes as once they come up by themselves (and gee I have hundreds this year) they rule the garden. Of course, that is until the pumpkins take foot and before long I have a raging battle on my hands. What a task it is to get to the carrots and pull one or two for dinner. With the urban battle going on between these two it sure makes for interesting gardening. Next year both are going to get their own gardens, separate from the rest. That is guaranteed.

What I'm finding this year though, are tomato plants popping up in areas where there is no garden at all. I mean who would expect tomatoes over by the wood shed some 100 meters away. Well I do! Why? because I have chooks. When you have chooks that roam here and there after being let out in the afternoon, they will leave their little (sometimes huge) deposits and if the conditions are right, something will come up the following season. And you guessed it, what else but the tomato. But this is the beauty about having a place where you control things but don't. We control what we plant but sometimes it's better not to try and control everything. We have a philosophy these days of letting things go about in their natural way. Sure we plant in rows and make this bed for that and that bed for

- Self Sufficiency



this, but when you find something coming up in the middle of the path or where they were last year, you leave them. They are a sure bet of giving you a fantastic crop. Even when you only remember to water them every second watering to the rest, they still survive and produce.

Living out on some property in the Southern Tablelands near Tarago isn't the ideal place to try and become self sufficient. Huge amounts of wind, grasshoppers galore in summer, and rain that literally dances around you. However, if you have the determination like we have, you will overcome all obstacles (eventually) that present themselves. And it's amazing how inventive you become or how you learn to think outside the square to overcome something. For instance, collecting water. This property had a house, a small shed and two water tanks stuck on a slight hill on 27 acres. This property was used for sheep/cattle/horse grazing land which had been cleared many decades before. Which is to say the property is devoid of trees. There are two dams on this property. One was put in line of the water course that flows through the place and the other is right up in the far corner. Neither of them are in great positions as while one can fill quickly, it does not retain water as it should

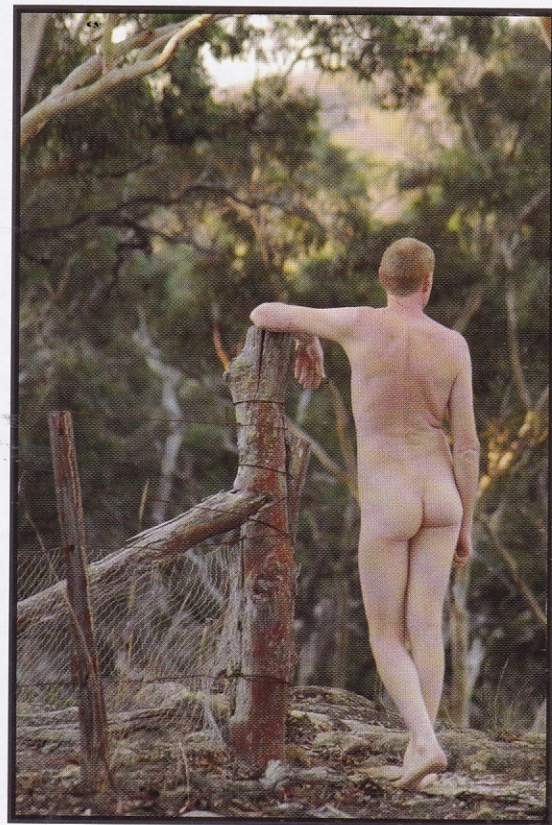
because of a slow leak somewhere. When we get rain, like a huge down pour, does it fill up. And it looks beautiful. Almost like a mini lake. The other dam near the top gets run off from the nearby road but again takes time. This dam holds its water but as it drops from evaporation, it speeds up rapidly. Last summer I was walking on the bottom of one dam and the other I could see the bottom. Fortunately this summer, both are okay.

So what do we do when we need water for the veggie garden and orchard? Well the chook house has a small roof that we collect water into a 1000 litre tank, and that services the chooks and winter watering. But for summer, at the moment we use the tractor to go and collect water. Only 200 litres at a time though. We then ferry this water back to some barrels we picked up cheap and from here we use the water for the veggie garden. Eventually we are buying a solar pump to pump to a tank up hill when the dam fills. This tank will hold about 22,500 litres so that saves 112.5 trips to the dam. We then will use another solar pump to pump to the garden. You see we had no choice but to put the veggie garden where it is because near the dam, it's nearly all rock and that's not a good start for a garden.

When we bought this property we had set ideas of what we wanted and basically that was to live as simply as possible. And the best way to do that is go self sufficient. On paper and in mind it's a great idea but when reality takes over you suddenly find yourself falling short of a few things. Like raising your own meat source and slaughtering them, having goats or cows for milk and dairy produce. Abundant supply of fruit (all the year through) and vegetables that so happen to be very seasonal. So you can see, 100% self sufficiency is not always possible. Especially when you are one of these people who saves rabbits, snakes and sometimes mice from the cats, how could I possibly kill something to eat it. Tried it with a chook that just died where it was standing once. Dressed it all up

and had it prepared, but there was no way on gods earth I could come to eat the poor thing. Perhaps naming the creature was the fault or maybe my city living roots. I went scurrying to one of the frozen fillet packets in the deep freezer.

I have found over the past two years that people find their own level of self sufficiency. This could be a small vegetable garden to a full scale all out self sufficiency like solar power and wood stoves. However you go about it, I think we nudists/ naturists perhaps get a lot more out of it. I know I do. With the sun on my back, it warms my soul. The wisps of summer wind swirl around my naked body, while the air fills with the fragrances of vegetable plants. Moments like these are glorious and makes me keep going back to the shade house to prepare for the next crop to be planted out. Next issue I can share some of the mistakes we have made getting to the point we're at, and believe me there are a few.



The common WOMBAT

Vombatus ursinus

We have so many unique animals in Australia, you just won't find anything like them anywhere else in the world and the Wombat is no exception.

The Common Wombat is one of three species and is distinguished from its Northern and Southern Hairy nosed cousins, not surprisingly by its lack of a hairy nose. They have a range extending throughout South Eastern Australia, including Tasmania and again, not surprisingly the Common Wombat is the wombat you are most likely to see.

They are tough, short, sturdy, muscular little creatures and are undeniably cute. Their closest living relative is the Koala; a fact that surprises some, but to my eye there's quite a bit of family resemblance and they both share that wonderfully soft fur.



They're shy animals, but do get accustomed to humans and at River Island, it's not uncommon to see one, or two or even three grazing the grass amongst the

kangaroos at the camping area along the river as the day gets long.

We managed to photograph this one at River Island renovating his home after some heavy rain. He wasn't the least bit worried by us, but we did give him some space because though they're shy, they can get a little grumpy if you pester them and at well over a metre and 40 kilos for a large one they're not to be taken lightly.

Strong teeth and claws designed for digging make formidable weapons if required, but their preferred defence is to retreat to the burrow where they use their back; specially protected with thick skin and cartilage, to



block the tunnel to prevent pursuit. If necessary they'll use their immense strength to crush enemies against the burrow walls and roof.

They are surprisingly fast too, reaching speeds of up to 40 km/h for short sprints, easily outpacing even the fastest humans and are pretty much unstoppable once they get going. They're known as the "bush bulldozers", incredibly strong and determined, they easily push down fences that get in their way and I for one wouldn't want to get between a retreating wombat and its home, that's for sure.

Like all Marsupials, the females raise the young in a pouch, in this case it's sensibly adapted to face backwards to stop it filling with dirt when they dig. They breed slowly usually raising just one baby every couple of years.

Sadly they don't have much road sense. It's all too common to see them dead on the side of the roads. So if you're driving and there are wombats around, please take it easy.

They are a gorgeous animal, in fact they're one of my very favourites and I'm glad that I can see them in nature where they belong every time I go to River Island Nature Retreat.



block the tunnel to prevent pursuit. If necessary they'll use their immense strength to crush enemies against



The Highway to Helios

Article by Peter Struik

Photos by Peter Struik and Tony Pinson

Having recently returned to Rosco Club after three years working in Arnhem Land we were somewhat apprehensive about going to the convention in the Dandenong Ranges. We were warned to expect freezing cold and rain. Previous conventions had seen the local op shops run out of jumpers and track suits. How would we fare in the freezing cold after not having a day under 28 degrees for three years? The trip south did nothing to put our minds at ease. It rained and was freezing down the south coast of NSW. We thought we could outsmart the rain so we cut inland instead. This earned us a one day reprieve from the rain on the Murray River. Then the cold and rain hit us again. Funny that the locals didn't mind the rain, but they hadn't seen much of it for a long time. A few days before Christmas saw us watching the weather radar showing huge storms over Western Victoria. We quickly packed our campertrailer and raced towards my brother's house in Melbourne. Driving into Melbourne we hit a torrential storm and the temperature dropped to about 18 degrees. We entertained thoughts of turning around and heading north again.

However luck was on our side this year, someone switched the summer on just before the convention started. We arrived at Helios under brilliant blue skies, and a temperature already in the thirties. No one needed a shirt, let alone a jumper for most of the convention. The grounds looked fantastic, all the members vans were very neat and tidy. The new deck overlooking the pool is very impressive, and would be a fantastic sun trap on a winter day.

This was only our second convention, the only other one being the Rosco 2000 convention at which I spent most of the time trying to get our new septic system working. It can only get better from there!

The opening ceremony was going well until we realised that everyone else had brought their club flag except us! A Rosco T shirt was pressed into service as a flag for the rest of the convention.

It was wonderful to be able to attend the convention as a guest instead of a worker, giving us a chance to enjoy the great breakfast and dinner menus. A cocktail in the evenings certainly helped smooth the way down for the food. Even for those of us who don't play much competitive sport there



was plenty to do. It is a great networking opportunity, allowing us to meet many people from other clubs around Australia. It might even be good to see some more formal workshops to help new committee members and clubs. Issues such as bush fire management, membership and publicity strategies could be discussed in an open forum.

Of course we had serious business to attend to also. Toni and I were the official Rosco delegates to the ANF meeting. We were not quite sure what to expect at our first ANF general meeting. We struggled to obtain a quorum for the meeting as only a few clubs had sent delegates or proxies. It is very important that all affiliates attend or send their proxies either to another affiliate or the chairman. This now includes all ANF affiliates and not just clubs as the businesses are also now eligible to vote. During the meeting I incautiously suggested that I wouldn't mind helping out the ANF as we have some spare time. President Lindsay jumped on this pretty quickly and I now found myself as the new ANF Public Relations Officer. Not quite sure how that happened but I am looking forward to stirring up some publicity in the rest of the community.

Toni and I are now on the Highway around Australia to visit as many nudist beaches and clubs as we can for the next few years. I am looking forward to compiling everyone's suggestions on how to improve awareness of the nudist ideal in Australia.

Far Left: The festivities are well underway

Left: The competition is fierce
Below: The Rosco flag (t-shirt) hangs proudly



Picture Perfect

What is a good photograph? This is a hard one to define as 100 people will give 100 different answers. To my eye though, technically a good photograph is one that is balanced in composition, balanced in light values, correct Depth of Field (DOF) and interesting subject matter. But aesthetically a good photograph for me is one that has some meaning to the shot, is pleasing to the eye and has no distracting elements. In short, one that tells a story. So how do we get this? Well

slow down of course and think about what you are doing and what you want to achieve. Now I do admit that a lot of people when taking photographs are just basically recording a moment in time. A happy snap if you will; point and shoot photos. But it does not mean that they can't be great photos. You can make all your photos great photos by being in control of what you are doing and understanding your camera. Even if you just have a point and shoot camera, you can still have some brilliant photos.

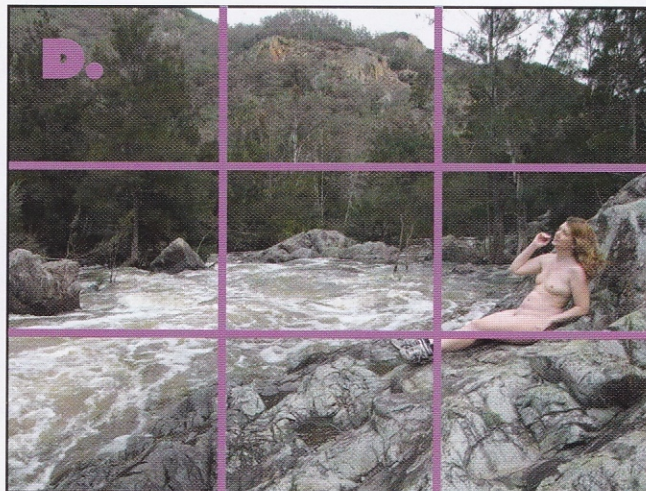
One of the first places to start is composition. Composition is about where to place things in your photograph. And this depends on what is happening in your photo and what is happening to or around your subject. You have to ask yourself a few questions. Like; What is it I want to record here? Is

the light right? How much do I want in the picture? Where do I place my subject? Do I use high DOF or Shallow? Questions, questions, questions. These can only be really answered by you because you are the photographer and you are the one seeing that scene or moment before you. But believe me, when you stop to think what you are doing, it's all worthwhile in the end. So let's look at one of the tools that helps us make a photograph come together or at the least make it work.

The one things you probably have heard over the eons with composing photographs is "The Rule of Thirds". So what exactly is this? The rule of thirds is a tool in which to guide you to get balance. Balance is what makes a photograph work. If it is balanced the photograph just looks right. If it is not balanced, it looks awkward or wasteful. This rule of thirds guides you on where to place subjects and key points of the scene within your photo. The starting point is to imagine that your view finder is broken up into 9 equal sections. This grid is made up of 4 lines; 2 vertical and 2 horizontal and are spaced equal thirds in the view finder. (Get a plain piece of paper and draw in the lines and then you'll see what I mean). Now before we go on, I must impress on you that the rule of thirds is only a guide and as the old saying goes, "rules are made to be broken".

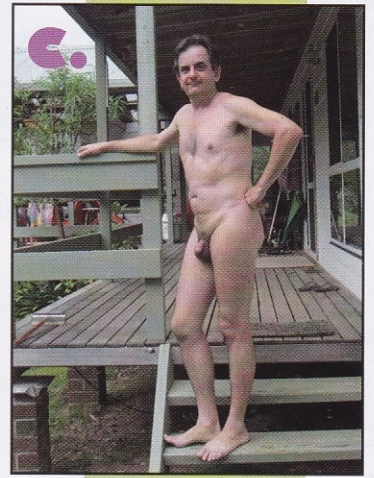
Because people are predominantly what we like to take photos of, we'll start here. There are a few ways in which to photograph people, and funnily enough, the rule of thirds work at the same time doesn't. Typically we use two formats, landscape or portrait aspects. (Camera level or on its side) But portrait aspect is the most popular as it fills the frame with the person. When we do this, there are three main ways to go about it. (1) From head to toe of your subject. (2) Head to $\frac{3}{4}$ of the body. (3) Head and shoulders. For (1) You have to make sure there is space above the head and before the feet. You are telling the viewer to

(1) From head to toe of your subject. (2) Head to $\frac{3}{4}$ of the body. (3) Head and shoulders. For (1) You have to make sure there is space above the head and before the feet. You are telling the viewer to



Left: The purple frames overlaid on this photograph represent the rule of thirds.

E.



Written by James Dixon

look at everything, so that means everything. Have a look at (Picture A). For number (2) Make sure there is breathing room above the head, but not too much to leave huge gaps. (Picture B).

Finally for just head and shoulders, place the eyes in the top gridline. With the last two, make sure you don't crop too closely as to cramp the person. Give the subject room to breathe. Have a look at the photo (Picture C). This is a great photograph of Ian. The photographer has allowed room for the subject to move within the photo in such a way that you can see the background which ultimately tells a story. I would also like to point out about the light values of this scene. Nice and even on the body and also in the background.

When we are photographing people in the landscape aspect of the camera (level camera) you still can shoot either 1/2, 3/4 or the full body, but with full body you should get into the practice of using the rule of thirds. Depending on your subject and the environment around the subject, try not to place the subject in the middle of the frame. This reduces the ability for the image to flow and naturally tell a story. This is where the rule of thirds come into play again. Place your subject somewhere in the left or right third, but make sure the subject is looking or turned towards the centre of the photo. This leads the viewer into the photo. If you have the person looking out or turned outwards, the rest of the photo becomes irrelevant and wasted. Look at (Pictures D and E). In (Picture D) the subject is on the right side looking in, inviting you to see the world the subject is in. The other photo shows the person also looking inward. Imagine if both subjects were facing the other way. You the viewer then also look that way, making the main portion of the photo useless. Also, when photographing using the landscape aspect, not only do you place the

subject in one of the vertical thirds intersection, but you place the horizon on the bottom third horizontal grid line. This now balances the photo both ways. The lower you place the horizon the more you accentuate height which gives you space, the higher you place that horizon, the opposite happens. You are cramming the subject. Whatever you do, never place the horizon in the middle of the frame. We don't see, our world like this, we see it as 2/3 sky, 1/3 third earth.

One thing that people overlook is the subject themselves. One of the biggest tools you have in creating great photos is to engage the subject in the shot. Have them do something that is relevant to the moment. But try and get the subject to be active, not just a dead panned look of "I'm having my photo taken". Picture 1 shows this whereas pictures 2 & 3 shows how the image can change just by getting the subject to be active.

One other thing before I go, just remember there is more than one side of a person. Learn to engage the viewer by showing the subject as we see them in every day life. And that includes front, back and sides.

Picture Perfect

Kids

Photo



Left: Last issues winner Julia, sent us this photo with her prize. Thanks Julia!

Right: Jessica (who's aged 10) sent us this great photo of a Cicada that gave her dad a fright when it flew onto his hand.



Left: Scott (15) took this photo of a snake on his property - Baffle Creek Retreat.



Competition

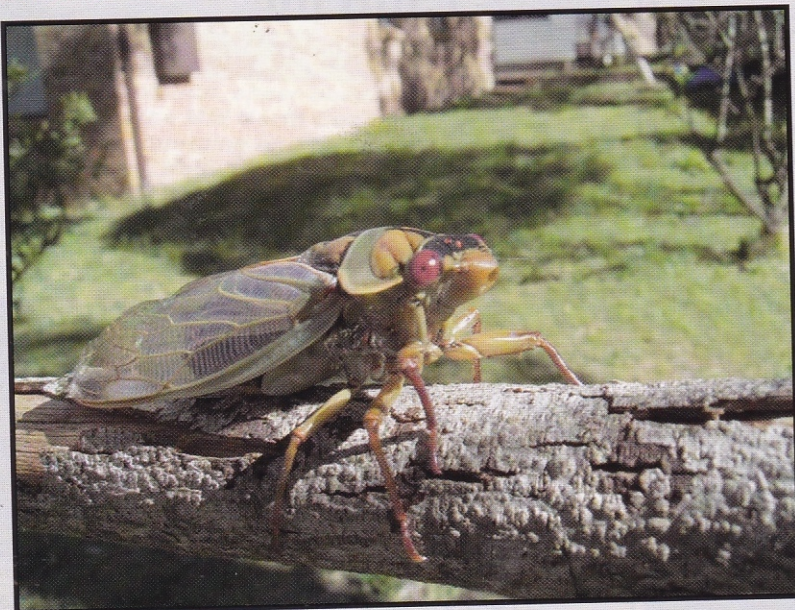
Winner!

Right: Another photo from Scott (15) and our winner for the 13 - 16 category

Below: Danielle (10) took this fantastic photo of a newly hatched cicada sitting on a branch in the Blue Mountains.



Winner!



Issue 8 - Grand final winners!

It's always hard to pick from the great photos we receive but we hope you like our choice.

Make sure you check out issue 8 where we will announce our grand final winners chosen from the winners of each issue



The Nude Neighbourhood



Samurai Beach

It's easy to report that everyone camping at Samurai Beach had a great time because they always do! This year was no exception and well over 100 people came and went during the summer season. Some campers spend most of their summer at Samurai, while others stay for only one or two nights. Among them, we were pleased to again welcome Sarah and her family for a brief visit. We also hosted a German couple touring around Australia who had heard about our little secret!

Campers start arriving a week or more before Christmas. This year the early birds had to contend with some heavy rain and strong winds, which tested both their equipment and their patience. At least they could spend their time nude!

Just about perfect weather between Christmas and New Year saw everyone smiling again and lapping up the sunshine. Those pale bodies soon became much browner!

Our theme for New Year's Eve was "Arabian Nights". Our King and Queen became Aladdin and his Princess. Just about everyone dressed up for the occasion. We even had some little princesses looking very beautiful!

The Tomaree National Park Rangers are still drawing up final terms and conditions for our little paradise. To avoid any embarrassment or inconvenience, if you are arriving to camp for the first time, or are simply unsure about anything, please talk to some campers before you set up camp. In future years, possession of a chemical toilet will be a prerequisite. Otherwise, come on down, make yourself known and enjoy life as it was meant to be – nude around the clock!

SE QLD Nudist Group

26 members of SE Qld Nudists group enjoyed a wonderful Christmas party at Elephant Rock-Naturally.

Most people arrived on Saturday but some had been there since Friday, some day-trippers arrived on Sunday and some people stayed to Monday.

The inevitable "discussion group" developed late Saturday night with most people returning to their tents at 1am after a hint from the owners!

The Sunday Champagne breakfast was a cook-up on the barbecue, the works - and bubbles! Where did all that food come from? Many thanks to Naked Chefs Petrea and Bushnud. A few people were late attending bubbles & brekky due to mountain climbing, a serious game of Petanque (playing for sheep stations) and sleeping in.

Some surprises were in store for the Christmas luncheon. A "SE Qld Nudists group" 2008 calendar had been created by Petrea, complete with a funny nudist cartoon each month and was a gift to every person attending. Bushnud received a bag of liquid goodies from the group. Sue and Jaak from Elephant Rock were given a boxed glass and bottle set of Baileys as a thank you from the group.

A spectacular buffet lunch was set up. Where did all that food come from? How a group of campers could produce that volume of food just before 12 noon had us all stunned. What a feast! Many thanks to all the chefs, cooks, waiters and bottle washers who pitched in. What teamwork!

A big thank you to Sue and Jaak at Elephant Rock for being wonderful hosts with wonderful facilities, and to Sue for heating up food and organising a table for the lunch buffet.

A big thank you to Petrea for going the extra mile and putting a huge amount of work into making this such a special day - and for supplying a vast quantity of quality wines.

But the biggest vote of thanks must go to all you 26 folks from all over who made the effort to attend. Nine cruisers from the BFSC boat cruise were present so that was a big effort after the cruise the Sunday before. Quite a few people slept soundly Sunday night!

<http://au.groups.yahoo.com/group/seqldnudists/>



Pelican Point

Happy New Year to all our guests and readers of AS&H. We do hope things will be great in 2008!

We raised \$40 for the cancer council on new years eve. Thanks go to those who decorated the outdoor area and to Kim

for once again looking after the music. Wasn't it hot?! Phew!

We now look forward to Australia Day, Adelaide Cup day on March 10th closely followed by Easter:- March 21st to 24th when we will be celebrating yet another PPNR birthday with a party and social petanque.

So we hope to see quite a few holiday makers here as Autumn is really the best time of the year in the Riverland, and yes there's still water in Lake Bonney and more sand than ever!

Cheers! Yvonne & Rex Bakes. Bookings and info: (08) 8588 7366 (evenings please)



In November the FBA held their AGM and I am pleased to announce the newly elected executive:

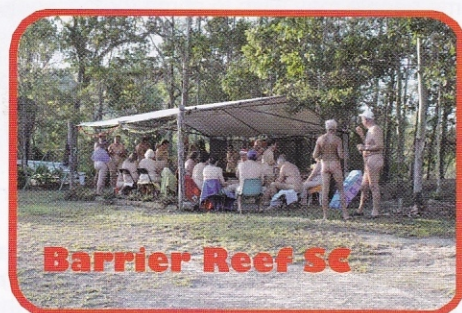
President: Les Hotchkins, Vice President: Mark Hayter, Treasurer: Terry Fryett, Secretary: Anita Grigg.

As well we have three ordinary Committee Members.

I am sure that the new Committee will be working to continue the good work of the FBA in fighting for more legal nude beaches throughout Australia. Also the FBA will continue to support the ANF, nudists clubs and retreats, nudist magazines and the Naturist lifestyle in general.

On the 3rd Sunday in December we had Beach Christmas Parties at several nude beaches around Australia. The FBA organises regular beach days with volleyball, cricket, petanque etc at Alexandria Bay (Noosa QLD), Tyagarah Beach (Byron Bay NSW) and Birdie Beach NSW on the third Sunday of each month. We need more members to organise these beach days at other nude beaches around Australia. Anyone interested should e-mail enquiries@freebeach.com.au

The FBA has also supported the Clean Up Australia Campaign on the first Sunday in March. Pt Impossible (VIC) and Alexandria Bay (Noosa QLD) will be registered sites. If anyone else wishes to register their local nude beach, please let us know so that we can promote this important event so that we can demonstrate that nudists care for their environment.



Well here we are in 2008 and another Christmas party under our belt with a wonderful time had by all. Pre dinner drinks were a nice surprise with some creative bar work

producing some amazing drinks. Nibbles were a delight as well, empty plates the only thing left. A quick cool off dip in the creek and then Christmas dinner. What a feast.... Our wonderful ladies did it again. It was so good we even had a wallaby come for looksee and share in the fun. A great end to another wonderful year at the Barrier Reef Sun Club. New Years Eve was a quiet event with the weather being kind; enough rain to keep things green. January is traditionally our month off, so we kick off in Feb with our normal club program. The third weekend of the month is our working bee and the first weekend is our club social. Come and join us if you're in the area. Ph (07) 4085 0046.



Situated 20 km west of Ballarat, Victoria with handy access from both the Glenelg and Western Highways.

The perfect nudist stopover for couples travelling through Western and Central Victoria. We are the new kids on the block insofar as being new to the scene of providing accommodation and hospitality to nudists. However, we are not new to nudism. We have been members at Corio Valley Nudist club for over 10 years. In those years we have seen many changes in Victoria's nudist facilities. The rise and then the demise of Bengatta, the original change of ownership and now the loss of River Valley to nudists and the relocation of Northside from Wandong to Tooborac.

Something during all this triggered an ambition to provide a facility in southern Victoria. We are by no stretch of the imagination a resort nor do we claim to be. We are simply offering B&B accommodation, perhaps lunch or dinner by prior arrangement to genuine nudist couples. We offer rooms with queen size beds, ensuite, huge private outdoor area, swimming pool, spa, all weather pergola and BBQ area, guests entertainment area complete with plasma screen, VCR/DVD & stereo, We have recently applied to become ANF affiliate members. So whether your local or travelling through western Victoria, do give us a call.

We would love to hear from you. Thank you so much to our recent guest's, your company, humour and good nature has been inspiring. Graeme & Simone, (03) 5342 4616, ploversnest@hotmail.com



BFB's held a Xmas Party in December where twenty five

punters enjoyed a fun filled day swimming, sunning themselves on the lawn area or using the heated spa. The gas BBQ got a good workout in the middle of the day as usual and there was more than enough Xmas goodies on offer such as rum-balls, Christmas cake and lollies. Santa arrived featuring body-paint and dipesened chocolates to all that had been nice (and maybe just a little naughty) throughout the year. In the afternoon with tummies full we took to the swimming pool with inflatable pool ponies and inflatable swords for jousting matches, much fun (and a little bit of mischeif) was had and we found the trick to riding them is not to have them pumped up too much as they become quite slippery to ride, have them a tad flaccid and they become "tame" ponies to ride enabling one to concentrate on their jousting technique. BrisbaneFriendlyBares are a mixed nudist swim & social group that meet each month on the second Sunday between 10am - 5pm at a Brisbane southside location.

Bethania railway station is just 15 minutes walking distance to the venue, else there is ample on street parking. Email: brisbanefriendlybares@yahoo.com.au

Ph (07) 3349 7811 or (07) 3805 3274 or 043 742 8859

PS Join SEQ Nudists or Solobares Yahoo Groups to recieve monthly swim reminders



I have just returned from the ANF Convention and Sports Rally held at the Helios Society in the Dandenong Ranges. Unfortunately I could only attend for a short time due to family commitments and the need to assist my wife Maureen run our naturist B&B during our busy time.

There were about 200 attending the convention and all were having a great time but suffering under extreme temperatures of up to 42 deg C for the first few days - whilst I was in attendance. At least it beat the cold conditions that came through when the ACT club hosted the previous convention. It just goes to show that we can make sure we have a great program and activities but we can't control the weather.

Tindo in the Barossa Valley, South Australia is hosting the next convention in 2008/09. The club has a great band of volunteers who have been planning this event for some years and are there to ensure you have a great experience at their club. Please make sure you mark this one in your diary. More details will be made known as the year continues.

The visit to Helios re-inforced the joy I experience at being a nudist whilst having a wonderful time with great friends you also enjoy the nudist experience and lifestyle.

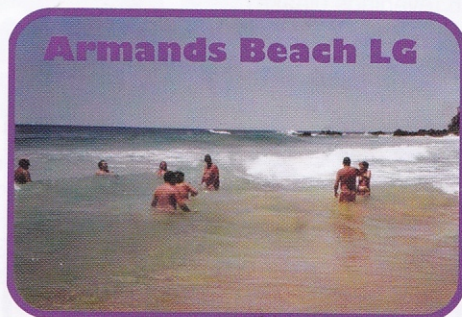
During the year, the Federation had to deal with several issues between individuals and between various clubs. Why is it that, when so many of my nudist friends feel the same way I do, that so much politics and bickering goes on behind the scenes: I hear comments from other nudists such as:

"I won't go to that convention because it's being run by a resort"; "I won't participate in that activity because it's hosted by free beachers"; "I won't go to that club because they insist I join and I only want to be a casual visitor"; "I won't go to that activity as it's mostly men who go".

Most decisions on what people will or will not do is often

based on hearsay rather than first hand experience. If we were to all take this approach to deciding whether we go to a nudist destination or not, we won't, in the future, have any nudist clubs, resorts, B&Bs or free beaches. Someone else's experience will not necessarily be your own and what was experienced some time ago at a destination may not be the same now.

All I can say is that if we want our naturist (nudist) way of life to prosper, we need to avoid making negative comments about others whether they be individuals, clubs, resorts etc and get in and support nudism in a positive and active way.



The Christmas holiday period started off quietly then became very busy for the New Year with the biggest daily numbers we have seen at the beach ever. The true meaning of 'clothing optional' was evident this year with more people at the beach where only one partner was nude though content to mix with the nudists. As usual we had a couple of days where the clothed brigade invaded the beach for a sticky beak. Though the water was cold for a couple of days, the weather was sunny and fine with no rain.

Sunday 9th March is our very big event for the year, our Armands Beach Fun in the Sun Day. Again it will be a family day with events for all ages. Though non strenuous, a fun run/walk instigated last year will be one of the events again this year. A new event will be a family sand modelling competition to complement the other activities. Bermagui Surf Lifesaving Club will be on patrol for us during the games. Please bring your own water, food and sun tan lotion. Each year we have seen numbers increase at our Fun in the Sun Day and this year we are expecting even more with many enquiries already received. The weather of the past two years cannot be guaranteed but we are hoping it will again be perfect. If the event has to be postponed because of bad weather, it will be held on Sunday 6th April. The Murrah Hall has been booked for Saturday 8th March for a bring your own BBQ night. Some will be staying over for the night. A small fee will be charged to cove the hall rental.

As this event is held on the weekend of the Bermagui Seaside Fair, the biggest event of its kind on the NSW south coast, some people may wish to come for the whole weekend and enjoy the Fair and the fireworks on Saturday, then join us for a great day of nudity on Sunday. Colin and Katrina Sell of River Island Nature Retreat will again be our major sponsor this year. Also sponsoring the event will be Harbourview Motel (Bermagui), Sun & Health and TAN magazines. No doubt Sarah will be attending again. Her photos of Armands Beach in Sun & Health were certainly magnificent and do justice to the beach.

The next Armands Beach Leisure Group event after the Fun in the Sun Day will be the Autumn Leaves Dinner night on Saturday 26th April (ANZAC Day weekend) at the Murrah Hall. This will be a camp oven dinner supplied by us and includes breakfast - all for \$15. You do have to supply your own drinks. For visitors, there is room for a couple of vans if staying the night.

Our New Year's Eve night did not see the numbers we

were expecting. Some booked in but did not arrive for the night. Neither did our expected music. It did not matter as Rudi, the mad taxi driver and Leah, first time visitor, made enough noise for everyone on top of the CDs! A great night, as usual, for us.

For more information on Armands Beach Leisure Group events, phone Errol on 02 6493 4108 (evenings best), e-mail Ashley at akolele@hotmail.com or visit our web page at www.freewebs.com/armonds/armonds.html. Errol Masterson



As the saying goes "I think the rains are here mum!" and then some, we have had around 20 inches of rain since Xmas, so we will not be asking for rain to come again for quite a few months, all the dams are full, all the tanks are full and everywhere you look its green, green, green.

Xmas was quiet with just the family and it was great, then New Year was here, we had lots of singing with our new Karaoke mike, and we had some great costumes Lady 'Godiva', Goldilocks and the three bears, Guru, Gay Royalty, Guns & Roses, Ghosts, Grim Reapers, Go-Girl etc etc. Thank you everyone for getting in the mood of things. There were no first and second place winners, as the hosts were having too much fun and forgot about it, so we shared the prizes Hic! We also played for the "Duck Trophy" over the course of the night with the winners 'Kane & Bernie' with Sandy & Pete runners up. Next years New Years Eve theme will be - The year "2050" "I promise to judge this time. Lets see what you can come up with!

The next long weekend will be May Day 'Goody's Games', then Easter Long weekend will be our 8th Birthday Party so come along and help us celebrate.

Cheers Allan & Sandra,
'The Goody's'



New Year at Glenreagh

Hey, there! Hoop-la! The circus was in town!
We didn't see an elephant, but we did see lots of clowns!
A variety of ring masters walking round the grounds,
Then there were the tumbling ones, late night rolling round.

Hey, there! Hoop-la! Here's the circus troupe!
A cowboy and a cowgirl, and some just wearing hoops,
See the bearded lady, with her hair tied in a bow,
And here comes the fortune teller, she is in the know.

Lions and Tigers and Bares, oh no!
The tamers and trapeze lady following in tow.
Whistles and streamers to say goodbye to the year
And for 2008 a jolly good cheer.

When the circus rolled out, it was back to the games
The challenge went out to the fellas & dames
Adam and Eve decided pentanque was the test
With the scores at one all, both teams were the best

The restaurant awaited with the usual flair
Excellent food and company and all in the bare
A wonderful time was had by all there
We hope next time the weather will be fare.

It was great to see the group from Adam and Eve as well as many others returning for some fun. Ray tried hard to keep the sun around a bit longer but he needed the tanks and dams filled up - they are well and truly full now! But with "Chef Raymondo" once again cooking up a storm no-one noticed the rain storm. Hope to see you all again soon.



Although the mid north coast has had a lot of rain forecast, it has fallen mostly in the evenings, leaving warm to hot sunny weather during the day. Guests visiting have been sight seeing around the area or just relaxing by the pool enjoying the sun and a swim on those hot, balmy days.

We have continued to upgrade the property. Those who have visited on previous occasions will be pleased to know that the driveway has now been concreted from the house to halfway up the hill. The rest of the driveway is scheduled to be finished by mid February making access a lot easier.

Sylvan Glade celebrates its first anniversary on 1 February 2008 and has had the pleasure of visitors from across Australia as well as from England. We have had many inquiries from North American but, once they realised the size of our great land, they have not been able to fit us in on their itinerary. We hope they will plan a longer trip in the future and visit as many of our nudist resorts/clubs and B&Bs as possible.

Guests have full use of the pool, therapeutic spa, and outdoor covered kitchen overlooking the garden. Facilities include a gas barbeque, small oven, microwave, refrigerator, cutlery and china. With prior notice, an inviting home cooked dinner can be provided at an additional charge.

Sylvan Glade is a naturist destination and while we encourage nudity, all visitors including those who are not comfortable with their own nudity are welcome. Visitors must be aware that your hosts and other guests will be nude during your stay.

For more information check out our website on www.sylvanlade.net.au or call us on (02) 6564 8849 or 0428 517 829. We look forward to seeing you on your travels.
Yours Naturally,

Maureen and Lindsay

Top End Naturist Recreation Retreat Take Over!

Story by Jean Paar and Norm Dickins

Photos by TENRR patrons

On Monday July 23rd a group from TENRR took over a restaurant in a quite little village of Berry Springs in the rural area of Darwin.

The group of nudists clad only with smiles, sharing friendship and fun took over the restaurant for nearly four hours. They were supplied with a delightful and yummy menu to pick from and alcohol of all kinds.

Once the staff adjusted to the onslaught of 42 nude patrons things went on smoothly and everyone enjoyed themselves immensely

The evening was a typical Darwin night and ideal for dining in the nude.

The owners/operators provided the restaurant just for this advent as Mondays are normally their night off, they are not nudists but upon leaving, we were delighted that the chef had discarded his shorts and only wore an apron.

Ian and Jean arranged all of this and we are looking forward to having more nude dinners in the future.

Back at TENRR after dinner, with coffee, port and chocolates, overall opinions of the nude dinner were thrown around and all agreed it was a success.

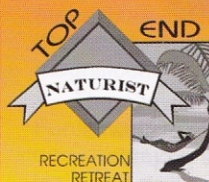
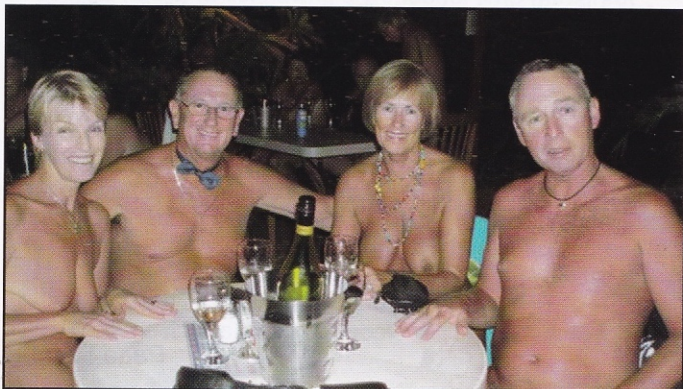
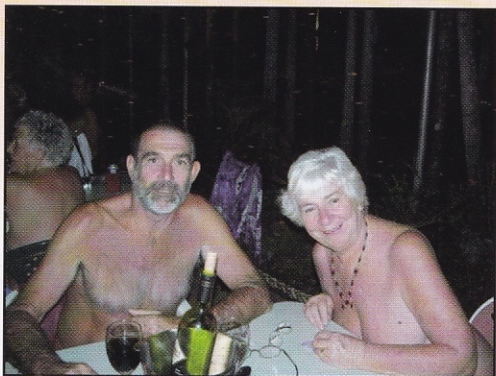
Fitting an extra activity into TENRR social calendar for June – August is not very simple.

Visitors to TENRR are able to join in Saturday night communal dinner dance, morning teas, quiz and darts nights, this is in addition to the normal interaction and relaxation as you do at nude retreats.

Never a dull moment here always something to do or someone to talk to and do not forget happy hour every afternoon.

If you choose to go out of the secluded natural lifestyle of TENRR into Darwin, you will find a vibrant cosmopolitan city with plenty to offer the tourist and visitors.

Very close to TENRR is Litchfield National Park with many waterfalls to swim in. Territory Wildlife Park which is something you must not miss is only a short skip or bike ride and of course Berry Springs Nature Park where you can also swim and have a nice picnic.



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Your Hosts
Jean & Garry

Product Review

Waeco fridge - CF-32UP \$1169



If you're going to do some travelling in Australia and you want to do it comfortably, then there's a lot to be said for taking a fridge along. Not content with baked beans and canned soups we've had a small fridge for as long as I can

remember, and on the whole I've been pretty satisfied with it. I've never really needed anything larger, possibly because my drink of choice is red and lives in a box so I've never really needed more space than can be filled with a couple of days meat, milk, veggies and possibly a couple of drinks. Then Waeco released the CF-32UP and I had to have a look.

The CF-32UP is much like the rest of Waecos compressor driven refrigerator range; reasonably well built, functional, efficient and splash proof. It's a 31 litre fridge/freezer that's advertised to run from 12, 24 and 240 volts (though for 240 volt use you have to use the enormous power brick supplied, which simply provides 24 volts), like most of the Waeco range it has a sensible digital control allowing you to set and monitor the temperate (down to -15°C), as well as set three levels of battery protection, so if for example you were running from your cars starting battery, you wouldn't get stuck unable to start your car (at the expense of a cold beer however) but it's what sets this fridge apart that's interesting.

The CF-32UP has an inbuilt battery (UP stands for unplugged) and that fact

alone opens up a world of new possibilities; no longer tied to the car or batteries with cables it's perfect to chuck in the back of a boat or setup for a quick picnic.

The fridge itself uses less power than the smaller fridge we had been using, (due to insulation requirements fridges don't really scale down well past a certain point) and this makes it energy efficient enough to be run very practically from solar power (should you choose to invest in the solar cells) and this in turn means indefinite camping is entirely possible. The fridge also cools noticeably more quickly than its CF-40 bigger brother, no doubt using the same compressor to cool a slightly smaller area. It's only 5 litres shy of its big brothers capacity (CF-40) with which it shares the same exterior dimensions, which is not a bad effort really. It's also strongly built and perfectly sized to make a great camp seat, which also keeps the fridge out of your hot car, which is great assuming you're not sitting right in the sun.

The 18 amp/hr battery claims to run the fridge at 5°C for 17hrs in an ambient temperature of 32°C, and while our test didn't quite get that we were still more than happy, though it's no substitute for a proper dual battery setup in your car and I suspect some people would have expected a little more run time. There are though, a couple of downsides. The fridge is heavy, at 23.5kg's it's almost 8 kilos heavier than the similar capacity CF-35 (which has no battery), and that's understandable when you think about the battery built into the thing, but once loaded up it's likely to need two blokes to get it anywhere a cable wouldn't have run. The fridge also incorporates its own smart charging circuitry, which is great until you learn it's a 10 hour process to charge the internal battery. Whilst this is good for the battery life, it does mean that if you were planning on using the internal battery to supplement your existing dual battery setup, that you can really only do it once. Then again, if you just want to use it for the day, there's no problem charging overnight, which can be done whilst the fridge is cooling. The other problem is the price; with a \$300 premium over comparable sized sans battery products it might just be a bit too steep, it's certainly more than a much larger battery and battery box, but what price do we put on the convenience?

Well, as it turns out, in my case.... about \$300, because not long after testing the product we bought our own. It does everything a regular fridge does, with just that little bit of extra flexibility. I love it!

Aeroguard Tropical Strength Pump \$5.95

With our sensitive skin we've always been big users of "Aeroguard low irritant". Sometimes though, when the flies are bad we wished for something a bit stronger and while Aeroguard has had a "Tropical strength" range for some time now it's not until this year that they've made this available in a pump spray. I've always had a problem with the "Tropical strength" cremes and roll-ons, for my mind they're just too greasy, but this new pump spray solves that problem and it suits my needs perfectly. I'm also very pleased to say that it doesn't irritate my skin, which was a very pleasant surprise.

It works well for both flies and mozzies,

though not for anywhere near as long as the makers claim, but with a pump spray "top-ups" are trivial anyway, so it's no big deal.

Spraying it on your socks is a great way to keep leaches off and if you should get bitten I haven't yet found anything that will get them off faster.

Aeroguard is a DEET based product so as always use it sparingly on the children, or perhaps best of all, the "low irritant" range is still available, rebadged as "odourless", if you've got some it's still the preferred option for kids. Now if they'd only put a sunscreen in it'd be perfect.



No Tan Lines...



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