

Australian Sun and Health

Clothing Optional!



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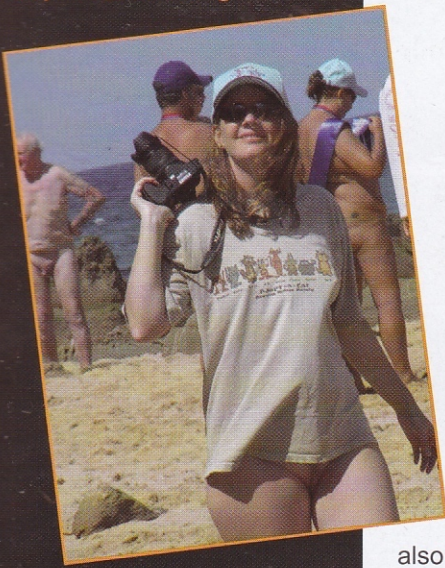
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Nude Alaskan Adventure,
Safety in the Outback,
The New Naturism, Sun
of Trials 4WD, we're on
our way to the Antarctic
& live simply with James







Ed Says...

Well here we are again at the end of the official naturist season and at the end of our second year at Australian Sun and Health. And they said we wouldn't make it :-)

We have some great articles this issue...being winter we have articles from Alaska and Antarctic; both written by Aussie travellers doing something a little different. We

also have the next instalment of Jim's sailing Adventure and Frank gives us a new article on travelling the outback. So, plenty to read... get stuck into it!

There's another interesting article this issue from Charles MacFarland. Charles looks at what he calls the new naturism. Charles says naturism is not declining but in fact it is changing. He says young people are getting involved by accepting nudity and using it to promote their causes such as the World Naked Bike Ride (against pollution and the over use of cars and just about everything else) and Running of the Nudes

(against the annual Running of the Bulls). This isn't naturism as most of us would define it but it is nudity and people feeling comfortable enough with their bodies that they are willing to bare all in public.

I have been a 'naturist' in the formal sense since I was 25. After a quick visit to River Island I was hooked. I love naturism the way I choose to enjoy it. I love relaxing in a bush setting (whether that's a naturist venue or just out in the middle of nowhere), without the need for clothes but how many younger people do? The majority of young people who are old enough not to have to follow their parents everywhere and those unmarried in their early 20's are usually more interested in going to the pub than going camping at a nudist resort (or anywhere else). They want to socialise with people their own age and there just isn't enough of them in our naturist 'movement'. Naturism the way it is and the way we define it has little to offer this group of people; but that doesn't really matter.

We target an older age group just by the type of venues we have and by the fact that many venues don't allow singles anyway. There aren't that many young married couples and families these days. People are waiting until they get older to take that leap. So we really can't complain that younger people aren't patronising our venues. They are more likely to visit a nudist venue if there is something there that appeals to their age group such as the recent Son of Trials 4WD competition held at River Island Nature Retreat. I went along expecting to see 20 or 30 cars but there had to be over 100. Each car had at least two people in them and many were younger people in their early 20's and here they were at a nudist resort. But these sort of events are an exception.

Really, I like naturism the way it is and I think most of us do. We spend too much time worrying that there aren't enough young naturists when we're really not willing to change to attract them. The 'age' of naturism as we define it will always be the age of naturism. The practising of 'new naturism' as spoken of by Charles can only be a good thing as perhaps when these people get older and are more interested in 'our' type of naturism then they will visit our venues, go to our beaches and become the next generation of nudist, albeit again an older generation.



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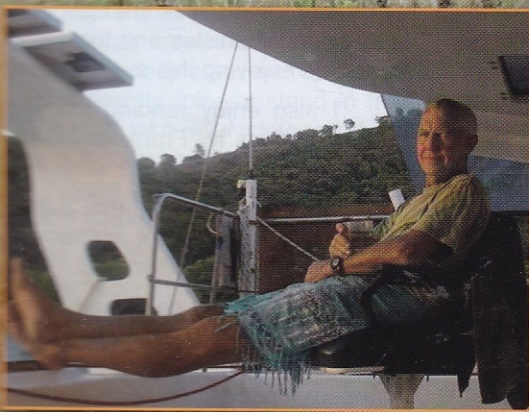
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Bottom Line...

Letter of the Issue

A brave nudist

We have been holidaying in Noosa, QLD and visited Alexandria Bay. Whilst there, we witnessed the most amazing, brave and selfless act by a well known nudist.

A fellow was swimming in a deep gutter near the rocks at the southern end of the beach and was swept out to sea by a rip.

A woman we recognised as Anita Grigg (from previous copies of your magazine) swam out to the drowning man with a boogie board without hesitation, despite this putting her in tremendous danger.

She persuaded him to hang onto the board and kick across the rip towards the sand bank. They caught a wave and were able to walk out safely. This is the first time we have ever witnessed a rescue.

We feel that Anita Grigg deserves a bravery award because without this unselfish act the fellow could have drowned. What a pity nudists do not usually get rewarded or recognised for the good things they do in the community.

Steve and Ann, VIC

The last word

I feel I must reply to the four letters in #6... All business surveys in Australia in recent years have confirmed what most business people have known for years. The most important consideration of almost all people, when making a purchase, is "Value for Money". The writers on this issue seem to place a great deal of value on being naked, legally or otherwise, which obviously few other naturists do. Many are members of clubs which charge little for nudity. Many go to clothing optional beaches which charge nothing. Others simply go naked in theirs or a friends backyard. Many probably go naked in the 70% of Australia which is unpopulated. Very few go naked in a nudist park/resort.

We travelled to eighteen nudist parks/resorts between December and April 06/07 and stayed at most for one week. At four we saw no more that 8-10 people, the rest only a few, at one place even the owner was not there for several days (we were alone). Those that were the cheapest and provided all of the normal facilities had the most clients. Does that not tell you something.

I found recently, in a textile Caravan and Camping magazine, a survey which carried a warning to all caravan parks. It stated that most caravans built today are fitted with batteries, water tanks, toilets, showers, pumps and other equipment to allow them to be self sufficient. There is also a range now of many other pieces of equipment which can be purchased cheaply to make you more comfortable. Many road safety authorities have realised the importance of a break from driving and are providing better facilities at 24 and 48 hour stops (if you park out of the way at these stops you can go nude). Some in

Eastern States have toilets and showers. The message is, it is no longer necessary to look for a caravan park to stay at.

Jaak, at 90% of caravan parks across Australia there is no charge for late check-out up to 2pm. Ian, maybe people should be prepared to pay a bit of a premium to go nude, but they don't and you ignore this at your own peril. Carol and Ray, most modern vans come equipped with microwaves, stoves and fridges and when it comes to Councils... well, "what the eye don't see the heart don't grieve" (and modern parks no longer have "sullage pits"). Your bottom line is great, but if you don't watch your "bottom line" (price) people may not make the choice you would like, and that applies to all nudist parks.

Alan Stalker

The right balance

What a great magazine you have and continuing to develop.

I have just received issue 7 and unfortunately have just about read it from cover to cover.

I will really look forward to following the articles from Jim the intrepid sailor and the other from James living simply.

You have struck the right balance of types of articles and the variety of people enjoying this special lifestyle.

I also enjoy reading the regular contributions by Frank as he travels the breadth of this wide land.

As a member of the Supporter Club I have just sent my renewal of subscriptions to this mag.

I wish you continued success with the magazine and look forward to your meanderings, especially to those special places where the lifestyle can be enjoyed ad hoc

Bob, VIC

WIN!

Portable music cooler bag with inbuilt AM / FM radio, amplifier and auxiliary input. Comfortably holds 24 cans, sealed liner to keep the ice and water in. Connects to all types of portable music devices; cdplayers, ipods etc.

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

Piercing's, Piercing's, Piercing's... not again

Well I'm sorry but they have to be bought up again and again especially when there are still naive narrow minded people out there.

I personally have ear, nipple, naval and genital piercings and happened to be at Alex Bay for the nude olympics. My wife and I were watching the tug-of-war from a distance; when I noticed a man who was about 7m in front of me look around in my direction. After saying something to his partner, she then looked in my direction, then back. Meanwhile the man turned sideways and thrust his pelvis forward and made his penis wiggle.

Maybe I'm paranoid, but it seemed to me that he thought that I had the piercing's to make my penis stand out. Anyway I thought his actions were very disgusting and hope never to see him again.

It just so happens that I, my wife and others happen to like piercing's and the genital area is just another place that can be pierced. We do not do this to try and make our genitals stand out. I wear earrings, I have big ears, I do not have them to make my ears stand out, if anything they take the eye off the ears and onto them.

So the man and his partner who nearly broke their necks looking and in general to all those nudists who think that pierced people are weird, strange, or exhibitionists, please stand in front of a mirror, take your clothes off and have a bloody good look. I'm sure all your private parts stand out and guess what? – no piercing's.

All I can say now is to show some consideration and to judge us by the way we behave not by what you conjure up in your tiny minds.

Peter, NSW

78 and ready to go nude

I see that you have called for contributions to the magazine. I have just ordered a years subscription and

would like to express my feelings.

I have wanted to attend a nudist club/beach for many years but as I live quite far from any I let it slide.

Now with the realisation that time is passing, and I am not getting any younger I feel that I should do something!

I understand that some resorts do not welcome single males and that is a bit off-putting. However I believe that one must be positive so have started the ball rolling. I have for several years now been nude in my house and back yard and it feels great. At first I must admit I felt a bit uncomfortable and was afraid to venture outside in case someone peeped over the fence which is quite high. Now I am quite at home, as long as it is warm, and I enjoy the sun on my naked body.

Perhaps I should mention that I am 78 years old but still feel much younger and I refuse to believe that I am "old". Age is something only in the mind and I look forward to the day that I can join like minded free people.

Perhaps the day will come when you can go shopping in your birthday suit? That would be wonderful.

Does anyone know where the nearest nude beach is to Busselton W.A. I would be grateful for the information.

Dennis Hansen, WA

[Ed... You are in a great spot Dennis! Your closest nude beach is Mindalong Beach at Bunbury. A lovely little beach with lots of friendly people. Check out Issue 4 of Australia Sun & Health for more info]

Not and imitation

You asked for feedback on the magazine. I guess I could be accused of bias, but I said after Issue 1 that I was stunned and every issue since has only improved!

What you have created is, I believe, unique. It is not a counterfeit, copy or imitation of any other publication. It is immediately

and unambiguously recognisable as a naturist magazine. There is no need to be crammed with full-page, full-frontal nude photographs. Neither is there any need to be crammed with advertorials for nudist clubs, resorts and other commercial activities. You include all of these, but also cover plenty of other aspects of the nudist lifestyle. James' writings and tips about photography and your own product reviews are not necessarily nudist in nature, but are most certainly of interest to nudists! For all these reasons, I am certain Australian Sun & (and!) Health will continue to grow and take a prominent place in the life of Australian naturism.

I like the colourful and plain banner. Adornments usually remind me of clothing: quite unnecessary!

Sarah, keep up the good work. So far as I'm concerned, you are exactly on the right path! I could not be more proud than to be associated with you in some small way. I hope I will be able to continue contributing for many years to come.

With kindest regards and best wishes for the future,

Frank Maundrell

Bathers beware!

My wife and I have been enjoying nude bathing for 20 years with the last

Letter of the issue...

Congratulations Steve and Ann, you've won our letter of the issue. Whilst we don't issue bravery awards I reckon I could probably pinch another cooler bag when the boss isn't looking... "hey boss, that guy said something about three pages of advertising..."

Cooler bags are on the way to both Steve & Ann as well as to Anita as a token for what was indeed a selfless act.

three being with our new son. We travel from Wollongong to Little Congwong as this is the closest, easily accessible nude beach. We have always been aware that it is not a legal nude beach.

On Saturday I was approached (as were most others) by a National Parks & Wildlife officer who stated that nude bathing is not permitted and that signs will be erected explaining this. After the signs have been erected they will be returning with police to enforce it. He couldn't give me a timeframe on this, only that it will be soon.

This is a shame as the legal beaches on Sydney Harbour are too far away for us and they offer no parking. The walk to Werrong is too much for a 3yo so we may have to save our nudity for holidays only.

So bathers beware if nude on Little Congwong beach.

Steve, Renee and Jake, NSW

[Ed... There has been a bit of press regarding this issue lately including a recent article in the Southern Courier dated 30th April which you can find online at www.villagevoice.com.au and searching for "Little Congwong". You can also read what the New South Wales Minister for Climate Change, Environment and Water said in response to recent FBA correspondence at www.freebeach.com.au then click on the "Save Beaches" button]

Caution still needed

I read Frank Maundrell's article in Issue #7 with concern. Without actually saying it in so many words he suggests

that anyone who views the Cancer Council's position on skin cancer otherwise than with skepticism is unduly gullible.

Not all doctors who go public on the subject are riding a hobbyhorse nor is profit from sale of sunblock preparations the only motive for sounding a caution against prolonged exposure of unprotected skin to direct sunlight. Nor am I sure that the Cancer Council is fairly represented as endorsing the recommendation that we should all get out in the sun as much as possible - with, of course, the protection of commercial products. I think the Council would commend, rather, taking maximum advantage of opportunities for exposure to indirect sunlight and restricting exposure to direct sunlight when not really necessitated by work and recreational activities.

The spectrum of reflected sunlight does include an ultraviolet component which is what tans the skin and stimulates it to make Vitamin D. The ultraviolet component is much weaker in reflected than in direct sunlight, making longer periods of exposure both desirable and safe. Moving into the shade is therefore equivalent in this respect to applying a sunblock preparation but cheaper, less messy and a good deal more reliable.

Mr Maundrell quotes certain percentages of the population suffering Vitamin D deficiency. I do not doubt these figures. If anything, I am surprised that they are not higher. But none of them gives any indication of

how much Vitamin D, or exposure of skin to sunlight, is necessary to make good the deficiency.

Ten minutes direct sunlight on any area of skin is not going to do any harm and if taken on the whole front of oneself and, similarly, on the whole back of oneself every day that sunshine is available, should provide amply for one's Vitamin D needs. Moderate regular exposure is better than an occasional "blitz".

A caution should be sounded against assuming that skin cancer is a more advanced stage of, or something that follows on from, sunburn. They are quite different conditions. Skin that is well enough tanned to resist sunburn could still be sufficiently stressed by overexposure to be at risk of cancer.

Not many years ago we spent a week by the sea in summer. The first day we had wide-brimmed hats but forgot the sunblock. We were also viciously attacked by hordes of biting flies on the beach and quickly retreated but we walked back naked over the dunes to the camping area. We must have spent about an hour in the sun all told. My wife, whose body had had minimal sun exposure for a couple of years, was distressingly sunburned on her whole back, on her stomach and on the upper aspect of her breasts. Shortly afterwards a skin cancer was diagnosed - not on any of the aforementioned areas but on her face, which had escaped sunburn.

John Louis

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Naturism



Word and photos by Charles MacFarland

Young people nowadays accept nudity, and are familiar with it, much more than in the past. Until the late 1960's or early 1970's, nakedness was very rare. You could see a bit of nakedness, mostly partial, of women in magazines like Playboy, but no nudity at all of men. There were nudes in art, of course, at which many a youthful surreptitious glance was taken. There was a bit of nakedness of people of your own sex in sports showers, but it was very rare to see a living naked person of the opposite sex.

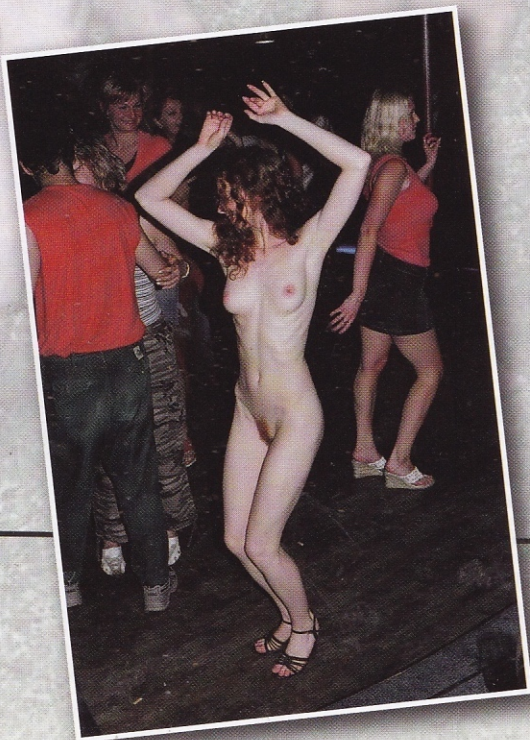
You read a lot of moaning and groaning nowadays about "the decline of naturism" and how young people are not becoming naturists. My experience is that this is not really true, and indeed the opposite is true, though I concede that naturism is changing. Perhaps if I share my experiences, naturists will find it reassuring.

The change in naturism has two aspects. One is that nakedness is much more common nowadays than before. The other is that the naturist experience is changing.

As such, going to a naturist camp or resort was a dramatic experience. It gave the sense of freedom and exhilaration we still enjoy today, but it also had a novelty and sense of liberation about it that has ebbed away.

The loss of novelty is particularly true for young people. Nudes have become commonplace in movies, magazines, ads, and even on television. For most young people today, nudity is no more of a novelty than wearing clothes. It's not surprising that they see little reason to join a "movement" promoting it.

A good demonstration of this can be found in the pages of *Sex Lives of Australian Teenagers* by Joan Sauers (Random House Australia 2007). This book is based on a survey of about 300 teenagers. The author got



Ascendant.

young people to hand out leaflets to teenagers, inviting them to fill out a questionnaire on the internet, to ensure anonymity and openness.

One of the questions was about what age the teenagers thought was suitable for various sexual experiences. Broadly speaking, they thought 13 or 14 was a suitable age for kissing, 15 or 16 for oral sex, and 16 or 17 for intercourse. Their own sexual experiences, which you can read about in their questionnaire replies published in the book, fit into these age estimates.

Another interesting result was that about a third of teenagers have sexual intercourse before the age of consent, which is 16 in most places. Which means (a) a lot of teenagers are criminals, and (b) the laws about sex are as silly and outdated as a lot of the laws about nakedness.

Considering such results, it's hardly surprising that nakedness is not considered unusual or particularly special by teenagers today. I'm not saying, of course, that sex and nakedness are linked in naturism. But it does seem to me to follow that young people today would hardly be likely to go to a distant club or resort, or pay fees, just in order to go naked.

The naturist experience is also changing in another way. Most nudist clubs and resorts are basically caravan parks, with a

few sports available like swimming and volleyball. There's a lot of competition for young people's leisure time nowadays, and going to caravan parks may be far down on the list.

Young people enjoy so many opportunities. There's all sorts of things on the internet, such as Facebook and Youtube, not to mention nudity. In addition young people have television, video games, and DVDs, and lots of handy sports like football and jogging. Many young people have access to cars, and there are parties everywhere. If you want to get out in the country, there are all sorts of rave parties in the hills, some of them coupled with various causes like conservation and peace.

What about nakedness? I believe there's a lot more of it. After an all-night party near here, nearly everybody still standing loped down to the beach and stripped off for a morning swim. This sort of thing is commonplace for today's young people. I consider this to be the new naturism.

The new naturism also involves protests of many kinds. In the World Naked Bike Ride, for example, people in cities all over the world take off their clothes, get body painted, and

Top: Lilly at the World Naked Bike Ride; **Bottom:** Shannon dances naked without a care in the world.





ride through city streets. This Ride was originally conceived as a protest against cars and the way they dominate our cities with traffic and pollution; now it is also a proposal for a way to combat the Greenhouse Effect.

If naturist clubs and resorts are anxious about attracting young people, one good way might be for them to support such events. I went on the World Naked Bike Ride in Brisbane last year and this, and had a great time. Unfortunately, no naturist organizations showed up for this worthy event.

Many other protests involve nudity, such as protests against war, oppression, the wearing of fur, and the running of the bulls in Spain. There are also naked events just for fun, such as nude running in the Bay to Breakers in San Francisco, and occasional nudity in gay parades and street festivals. There is even mass nakedness in the name of art sponsored by Spencer Tunick.

In my own experience, young people are very relaxed about going naked. My friend Lily, whom I met at the World Naked Bike Ride in Brisbane last year, was happy to go naked at a party in my house amidst clothed people, none of whom were surprised or flustered a bit. You can see the Bike Ride in Lily's Fantastic Summer 1, and the party in Lily's Fantastic Summer 2, in our ad for Synetech DVDs in this magazine.

Another friend named Shannon loves to go naked in night clubs, because she likes the attention and celebrity it gives her. You can see an example of this in the DVD called Living Sculpture.

A young friend of mine recently had a birthday party on a Saturday night at my house. Toward midnight she and several of her friends got naked and body painted, and then danced with the crowd. Nobody thought it was unusual at all.

So, to those who are moaning and groaning about the decline of naturism, I suggest you may be looking in the wrong places. Naturism is all around us today, and growing more and more ascendant all the time. You just have to look in the right places. Naturism, like gold, is where you find it.

Waltzing

I think I must have learnt to sing Waltzing Matilda before I could walk. Certainly, I can't remember a time when I didn't know all about the Jolly Swagman, the Coolabah Tree, the Billabong, the Jumbuck, the Squatter and the Troopers. To say nothing of the Swagman's Ghost! When I was a young child, the meaning of those Banjo Patterson words was a total mystery. But that never stopped me singing them out at the top of my little voice.

Nothing is more Australian. No words were ever written that are more Australian. And nothing can be better guaranteed to get Australians singing than Waltzing Matilda.

Every January, Tamworth stamps its feet and claps its hands along with 50,000 visitors to the annual Australasian Country Music Awards, otherwise known as Country Music Week. And they stamp their feet and clap their hands loudest when anyone is singing Waltzing Matilda. Have you ever heard Slim Dusty or John Williamson leading a great crowd in singing this greatest of all Australian icons? I don't think there are too many Aussies who haven't. Certainly none who are True Blue!

Sadly, Slim Dusty is no longer with us. But we still have his recordings and John Williamson has a host of colleagues to get our lungs working at their best.

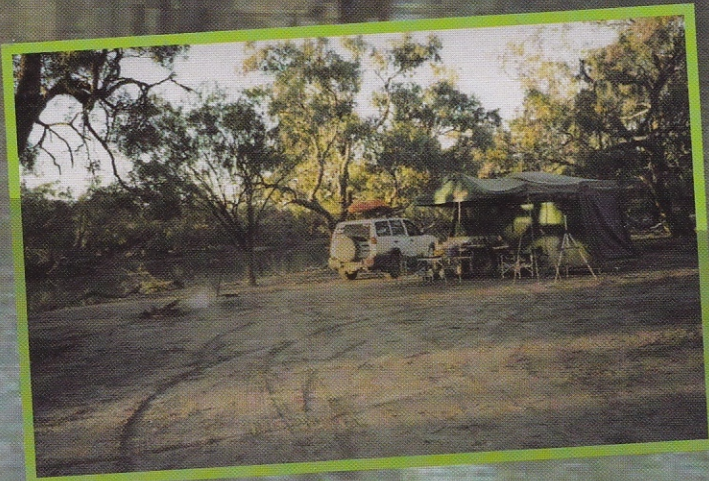
But, have you ever seen a Billabong? Or camped beside one? Can you recognise a Coolabah Tree? And what would you do with a Jumbuck if you ever found one?

Well, let me tell you what happened recently at Currawinya National Park. In earlier times Currawinya was a vast sheep station. It is situated in Outback Queensland, south-west of Cunnamulla, south-east of Thargomindah and north-west of Bourke. The nearest pub is at the remote border crossing of Hungerford.

The old homestead is still there. That's where the Rangers have their Headquarters now. The old shearing shed is also still there, with its tumble-down old yards. Have you ever been in an old shearing shed? You can still smell the lanoline that has worked its way into the very timbers themselves from the golden fleeces of a million sheep. Today, it is empty and silent. But, if you close your eyes and listen for a while, you might even hear a "Click, Click" of the old blades. Or a shout as an old shearer yells out "Tar, here, Jack".

You can book in for a stay in the old shearers' quarters. They are still there too, used these days by tour groups. But, what an atmosphere!

I wonder how many old shearers humped their matildas along that dusty road until they came to Currawinya where they would find a pen to shear. Or how many arrived after knock off time, looking for a handout. The Sundowners of old.



*Left: Camped by a billabong.
Right: Waiting till his billy boils.*

Word and pictures by Frank Maundrell and Banjo Patterson

And the Billabong. Don't forget the Billabong with its Coolabah Trees!

My Aussie Swag camper-trailer, The Wandering Hilton, is a tad more comfortable than the blanket roll those old swaggies humped around western Queensland. But I did manage to camp with it beside Currawinya's Billabong, under the shade of a Coolabah tree, slap-bang in the middle of Banjo Patterson country.

One afternoon, I was sitting under that Coolabah Tree, beside my fire, waiting for my billy to boil, when I looked up and saw the proverbial Jolly Jumbuck that had come down to drink at the Billabong!

I could hardly believe my eyes! I looked around, expecting to see the Squatter with his Troopers any second. I didn't see any Thoroughbreds, either! Perhaps it was just as well, because I had taken advantage of that fabulous setting to do a spot of nude camping! And I had no desire to spring into the Billabong to drown myself! Life there was too jolly good!

But I'm sure there are plenty of Ghosts of Swaggies past that still float on the breeze around that Billabong. It's one of those places you just want to stay around forever...

Waltzing Matilda

By Banjo Patterson

(Only one of the many versions you are likely to hear!)

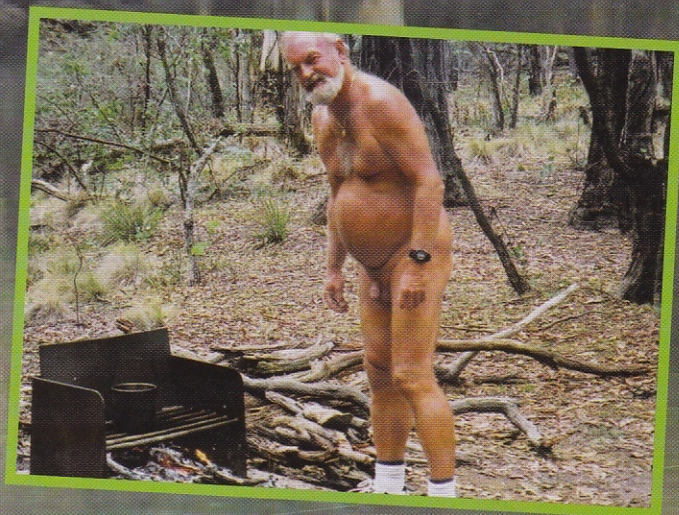
*Once a jolly swagman camped by a Billabong,
Under the shade of a Coolabah tree;
And he sang as he watched and waited till his billy boiled,
"You'll come a-waltzing Matilda with me."*

*Waltzing Matilda, waltzing Matilda,
You'll come a-waltzing Matilda with me,
And he sang as he watched and waited till his billy boiled,
"You'll come a-waltzing Matilda with me."*

*Down came a jumbuck to drink at the Billabong,
Up jumped the swagman and grabbed him with glee;
And he sang as he stowed the jumbuck in his tucker-bag,
"You'll come a-waltzing Matilda with me."*

*Down came the Squatter mounted on his thoroughbred;
Up came the Troopers—one, two, three.
"Where's the jolly jumbuck you've got in your tucker-bag?
You'll come a-waltzing Matilda with me."*

*Up jumped the swagman and sprang into the Billabong,
"You'll never take me alive" said he;
And his ghost may be heard as you pass by that Billabong,
"You'll come a-waltzing Matilda with me?"*



Matilda

Armands Beach

- *Bare Essentials*



Armands Bay Beach is located on the South Coast of New South Wales in an area referred to as the Sapphire Coast. It is a legal nude beach just south of the coastal town of Bermagui and is known to have been used by nudists since 1903. According to Errol Masterson of the Armands Beach Leisure Group (and also part of the historical Society of Bermagui), the beach took its name from Frenchman Armand Lemmery, who owned a large farm behind the beach. He was known locally for his "eccentric habit" of going nude so it is fitting that the beach was named after him. Armand died in 1938 and is buried in Bermagui cemetery. Errol being a wealth of information also tells me that the beach had its own nude cricket team in 1930.

The clothing optional status of Armands Beach was threatened for a short time last year when locals complained of inappropriate behaviour on the beach. However the council, to its credit, recognised the importance of a legal nude beach to tourism in the area and decided that rather than revoking the legal status they would improve signage and increase patrols of the area. When visiting Armands Beach (as any nude beach), it's important to remember that the clothing optional status applies to the beach and not to the tracks leading down to it. As much as we want to get our clothes off as soon as possible (or leave them off as long as possible), it's important to protect the reputation of nudists and not give anyone even the smallest excuse to close our beaches.

Armands Beach was known until recently as Armonds beach (note the spelling). It was only last year when the Armands Beach Leisure group was



Sarah relaxing at what has to be one of her favorite beaches

corresponding with council regarding the complaints about the beach that it came to light that it was spelt with an "a" rather than an "o". This quickly prompted the Armonds Beach Leisure Group to become Armonds. It's unclear how the beach remained as Armonds for so long with even the council erected sign spelt with an "o". In fact if you search the Internet it's best to search with both spellings as many local bodies still use the old spelling.

Armonds Beach is a beautiful beach

for whale watching between late September and late November each year when the Humpback whales makes their annual migration south. Whale watching charters depart Bermagui, Merimbula and Eden through these months. In November each year the town of Eden hosts a Whale Festival, which is worth checking out.

Nearby Bermagui holds the seaside fair in March each year, which is organised by Errol Masterson from Armonds Beach Leisure Group. The event takes place on the 2nd Saturday of March and includes a street parade, stalls

"One of my most favourite beaches" - Sarah

surrounded by natural bush, which gives it a secluded paradise feel to it. There's lots of shade and plenty of space and I must say it's one of my favourite beaches for relaxing on. The water is good for swimming and has always been full of people on each occasion I've visited. There are rocks at either end of the beach, which are good for climbing and exploring and there is a lagoon, which, is rumoured to have been used by the Japanese during World War II to replenish their submarines with fresh water.

There is reasonable parking near the beach and the track down is only a short, easy walk. There are no toilet or rubbish facilities and it is not patrolled.

The Sapphire Coast is a popular destination

and entertainment. This year River Island Nature Retreat entered a float in the parade. The day after the parade the Armonds Beach Leisure Group have their Fun in the Sun day on Armonds Beach. A fantastic day with events for everyone to participate in and great prizes to be won.

To get to Armonds Beach head south about 10km's from Bermagui until you see Kullaroo rd on the left. Follow this to the end and park, then it's just a five minute walk to the beach.

Armonds Bay Beach is a beautiful beach located in a lovely section of coastline. It's a secluded naturist paradise and one you should definitely visit when in New South Wales.





Our records show that before moving to Barmera, we became "officially" involved with nudists back in the early '80's when we joined Corio Valley Nudist Club. By 1983 we were running nudist swim nights at the YMCA at Ballarat, having previously driven from Ballarat to Footscray in Melbourne in order to enjoy a nudist swim and (late) night out.

We next took our caravan to River Valley Nudist Holiday Resort and enjoyed lots of good holidays there as our two sons grew up.

Our next big move was to South Australia where we purchased our 39 acre property, located adjacent to Pelican Point Nudist beach on Lake Bonney (gazetted Feb 1975). We had advertised everywhere for a spot and had several good responses, but the offer of a site located adjacent to a nudist beach was most tempting. It also meant that we could quickly drive or fly from Mildura should we need to get to Melbourne asap.

So we arrived in Barmera one morning at about 2am, all of our possessions having firstly been loaded onto a semitrailer following the sale of our General Store in Victoria.

Our new home was a "black canvas": no power, no water, no buildings and no machinery. We knew nobody except the people whom we purchased our property from, luckily they allowed us to park our caravan in the backyard of their nearby property.

The fun really started on 21/1/1992, the day of our arrival. The boys had to be found schooling and we had to find our way around a new town, a new state and negotiate a lot of new regulations. Even our two cars and a trailer had to be re-registered in South Australia.

From the start, Lake Bonney proved to be a 'gem'; a real oasis of 4000 acres, its waters kept at a constant level from the river Murray. No wonder Donald Campbell enjoyed the place so much during his stay whilst endeavouring to break the world water speed record - his boat shed now being the home of the Bluebird cafe in Barmera itself.

We quickly learnt that the "northern point" of the nudist beach (probably for hundreds, if not thousands of years), had been the main home for the local Aboriginal tribe, to this day Yvonne and I sometimes find relics of that era as we walk near the lake. From time to time human remains also appear, with efforts being made by some to re-cover these remains with sand after strong winds have disturbed the soil. If only we could turn the clock back and learn to understand the skills of the previous generations and adapt this to our present life styles.

During the 1920's locks were built on the river Murray in order to better manage the "boom and bust" river flows, paddle steamers being better able to travel the river for longer periods and not having to endure the years when the riverbed was exposed for lengthy periods. Of course irrigation was also established and

the size of Lake Bonney dramatically increased when lock three was constructed, the lake being kept at a constant level, except in times of flooding this infrastructure.

And so our lives went on at PPNR, our resort being ever established, our vines being harvested annually, our friends returning for more nudist holidays and our creaky bones protesting a little more each year. We have also tried to have the beach improved with council engaging consultants to do design work for the nudist beach. The first step was to construct a composting toilet and establish a designated camping area, vehicular traffic being blocked off from the waters edge whilst still allowing nudists to walk, bird watch, and swim as before.

Unfortunately in 1996/1997 wonderful people from Adelaide undid this work with vehicles again returning to the waters edge and the rest of the development plan never going ahead. A sad retrograde time for nudists indeed, with degradation of the land surrounding the lake again resuming.

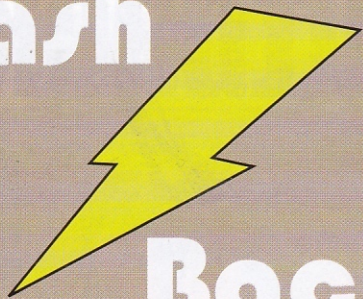
The continuing drought and low river flows in South Australia in 2008 saw another chapter opened. Our "water minister" eager to save every last drop of water for the cities, closed off many river Murray backwaters, Charles creek being included, which feeds Lake Bonney. And so we now have a "smaller" lake until the River Murray again flows at its normal strength. Many sites not seen for years are now appearing! On the nudist beach more and more aboriginal artefacts and skeletons have appeared until on 14th April 2008 the lakeside was again closed to vehicles, the whole area now in fact having been declared a "sacred site". Of course we can still have our nudist walks and swims, but no camping is permitted as the whole area is dotted with Aboriginal relics.

Of course our resort is not affected, as time goes by our trees are maturing more, our lawns, vines, fruit trees and gardens flourishing also. We do hope to see a sale of our property at some time in the future and of course an end to this drought would be appreciated by all. In the mean time look after, and appreciate our nudist beaches and refuse to tolerate bad behaviour by those who know better!

It seems that our beaches are always under the microscope, those in power using everything within their power to act against our desire to have a place where we can swim / live naturally without the burden of clothing. Why not write letters to your local politician, supporting your local beach and of course if you don't support the resorts and clubs, without beaches nudists will have nowhere to go and enjoy their naked lifestyle with others.

Best wishes,
Rex Bakes
PPNR.

Flash

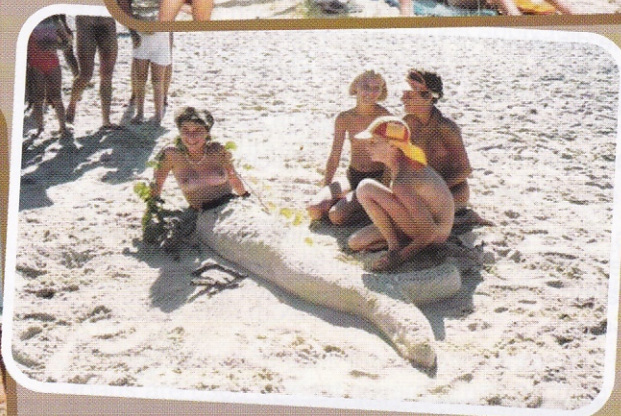
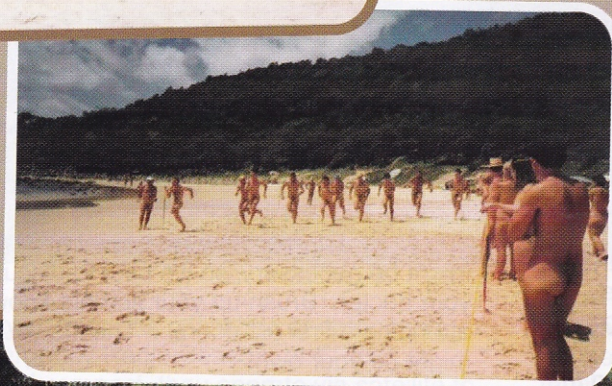
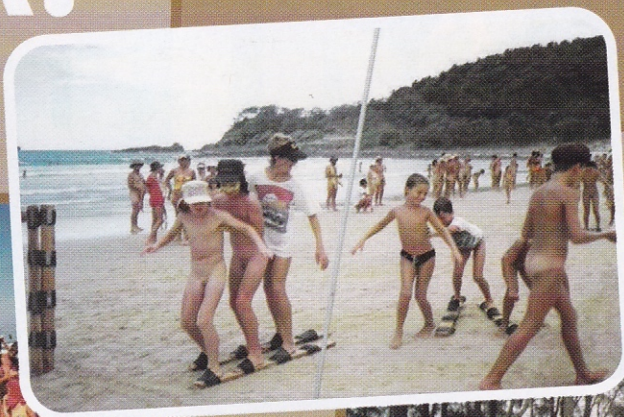


Back!

Here is a fantastic array of old photos sent to us by Jim Nice (Sailing Away page 28).

Jim, his wife Joan and kids Jenny and Jeffrey were members of Freedom many years ago and would love to get in contact with any old members from those days. Send us an email and we will pass it on to Jim and Joan.

Hey! Is that Les Hotchkin??



Travelling the Outback

-Safety!

By Frank Maundrell

I was in the north of England one Sunday morning a few years back chatting to some big, burly workmen enjoying their day off at their local thatched-roofed pub. They soon knew I was Australian and eagerly gathered around to hear tales from down under. One of the biggest men said to me "Gee, I'd like to see Australia". "Mate, you'd love it" I said "Come on down". He replied "I would. But all those snakes and spiders!"

Since I'm one of twenty million Aussies living with snakes and spiders, it took a while before I realised he was not pulling my leg!

The episode demonstrated two things. Firstly, how we learn to cope with the dangerous things around us and, secondly, how overemphasising dangerous things, as often happens in nature "documentaries", can deter people from enjoying the world around them.

Such matters are often raised whenever I relate stories of outback travel. Well ahead of questions about what I've seen or done come questions about the dangers of isolated places, getting lost, medical or breakdown emergencies and a myriad other perceived misfortunes. Generally, such fears stem from the disasters or tragedies that occasionally befall outback travellers, always sensationalised and usually caused by inexperience or under-preparedness. Even people who live out there can become victims when familiarity entices them to ignore the dangers.

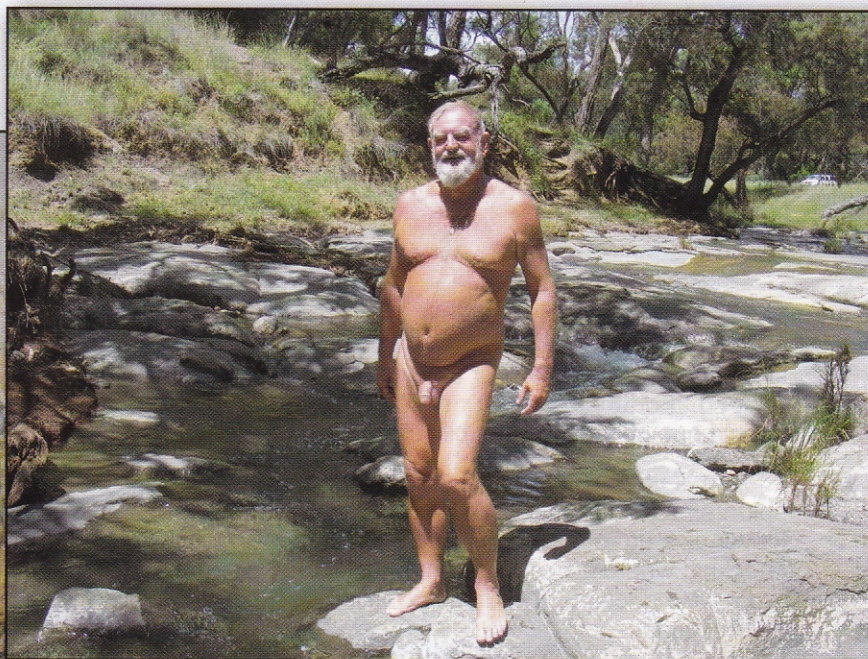
Yes, there are dangers. To minimise the risk, a trip into the outback requires considerably more preparation than a trip along Highway One to the Gold Coast!

In each of the previous articles in this series I have highlighted points to help ensure that any traveller fulfils that ultimate goal of travel; to return home safely. This time I will bring them all together and add a few special matters.

Firstly, think about your general health and fitness. Even if you are fit and well, a medical check-up is advisable. Should you have any ongoing medical problem, talk your plans over with your doctor and make sure you have ample supplies of any regular medications. Disabilities do not preclude outback travel any more than they might preclude any other activity. However, special preparations might be necessary, so it's best to discuss plans with your doctor. Brush up your first aid knowledge by attending a first aid course. The life you save just might be your own!

Next, consider your vehicle. It must be maintained in first class condition, reliable and strong enough to do the job you expect of it. In outback and remote areas this usually means a four-wheel drive. If you stick to the bitumen, a family sedan will be perfectly satisfactory. You should always carry some basic tools and spare parts, such as a set of spark plugs, hoses, belts and fuses.

Now think about your equipment. In an emergency, communication is vital. Mobile phone coverage may or may not be available. A satellite phone is more useful, but very expensive. UHF radio is often useful, especially if travelling in a group of two or more vehicles. However, their range is limited to line of sight, usually a maximum of about 30Km., although duplex repeater stations can add considerably to this. Radios with access to the Flying Doctor Service can be hired from a Flying Doctor base and should be considered when



Top: A satellite phone isn't a bad idea. Right: Beautiful camp sites all over Australia; Bottom right: Bugs!



entering remote areas. As a last line of defence, a Personal Emergency Radio Beacon, or EPIRB, is vital. Small and compact, they operate via satellite to emergency services and are obtainable from any good electronics store. Severe penalties exist for use other than in a life-threatening emergency.

Other equipment should include an extra spare wheel, strong tow-rope or snatch strap, winch, either fixed to the vehicle or hand operated, tubeless tyre repair kit, 12 volt air-compressor, high-lift jack, shovel, fire extinguisher, good maps, compass and well-stocked first aid kit. Apart from your normal food and water supplies, you should carry plenty of tinned and dry food for emergency rations, extra drinking water and extra fuel. And don't forget a torch, spare batteries and waterproof matches!

Before you set out, make sure friends or relatives know where you will be travelling. Few things irk me more than a detailed itinerary, if for no other reason than the unnecessary anxiety caused at home by any minor delay. An occasional telephone call provides an opportunity to update your plans and will reassure everyone.

Once you have done all these things, you are well on the way to having a safe and happy trip. Become familiar with your equipment and know how it all works. If you intend undertaking outback travel for the first time, gain some experience by making several shorter trips in less remote areas first. Above all, allow plenty of time. Avoid making deadlines to reach particular spots and be prepared for the unexpected. Most outback roads are impassible for an extended time after rain, when they are often officially closed. Severe penalties apply for travel on a road closed due to rain. Never enter water, especially fast-flowing water, before checking it very carefully. These are situations where you will be thankful for your extra food and water!

But what does one actually do if an emergency happens in a remote area? OK, the doctor or mechanic probably isn't just around the corner! However, modern communications and transport can help cope with most crises.

Stay calm and think the situation through. Most roads are used at least several times each day, so it won't be long before someone comes along who can help. If it is necessary to activate your EPIRB, try to

assist searchers by making your location as obvious as possible. Whatever you do, never leave your vehicle.

If you come across people needing assistance, it is important that you follow the outback code and offer whatever help you are able. However, for your own safety, it is imperative you first establish that they are genuine. While slowing down, look for anything unusual or not right and be prepared to quickly accelerate away should you not be satisfied. Always go beyond the vehicle in trouble before stopping, again to allow for a quick get-away in case of need. Fortunately, such need is rare, but you should not ignore the possibilities.

And, if you are still worried about snakes and spiders, avoid long grass, especially near water. Never pick up rocks or firewood without carefully checking where you put your hands. Strong gloves are a wise addition to your kit! Walking tracks are a favourite place for snakes to sun themselves, so always keep an eye on where you are going! Most victims are bitten trying to kill the snake, so leave them alone! If you are bitten, apply a broad bandage

as quickly as possible. You will have learnt how at your First Aid Course!

Readers will realise this is only a sketchy outline. There's nothing quite like experience and the more you get, the more confidence you will have. I love the outback. I love its freedom. I love its vastness and the many wonders waiting to be discovered. I love the opportunities to travel and camp nude. Above all else, I love to get back home safe and sound.

Happy Travelling!



Left: A reliable car is a must (naughty Skankyvan!)



Elephant Seal - What a mouth!

Written by Mike Arnold
Photos by Elaine Arnold

Spending the Kids Inheritance!

It all started when enjoying a spa many months ago. We were discussing where to go for our holidays. Elaine said she wanted to walk on ice! After some investigation we discovered the ideal; an Australian company visiting Australian Territories in the Antarctic. Seven months later we were on our way.

After a brief two day stopover in Hobart we boarded the ship MV Orion at Princes Wharf to be welcomed aboard with a glass of champagne. We then gathered on the after deck, drinks in hand, while the local Highland Pipe Band farewelled us from the wharf. This set the style for the trip to Antarctica.

Two days out and I was in our stateroom in the king size bed and near to death, or so I felt! Moderate seas and I was struck down with the Mal de Mare. It was at this point I realised that I may be ancient, but a mariner I am not! A visit by the ship's doctor had me on my feet again and hoping it would last - it didn't!

On route to Macquarie Island we discovered the sauna. It was beautifully fitted out but seemingly unused, we soon rectified that. It was not large and any more than two people would be very cosy. An

interesting feature is the one way glass wall which looked out onto a walkway about a metre wide and then the ship's rail. In thirty minutes the temperature was about 87°C and we reclined, naked of course, and watched fellow passengers strolling past on the deck, while sea birds glide past the ship's rail. We hopped out for a cold shower, then back into the sauna, then out for a shower and back in the sauna. You know what they say, "some one has to do it". Well we did it and enjoyed it!

We arrived at Macquarie Island at Buckles Bay adjacent to the scientific research station. This station is the oldest of the four permanent Australian research stations still in use on the island. It was established in 1948 by the Australian National Antarctic Research Expedition (ANARE) and has been operating ever since carrying out a variety of different studies each year.

The weather on Macquarie Island varies on average between 7°C in summer to 3°C in winter but we were lucky to arrive on a beautiful day of 8°C, sun shine and a light breeze. For the first time we dressed in our Antarctic gear which consisted of three layers: thermal underwear, trousers and shirt, waterproof pants, parka, two pairs of gloves, socks,



and wellies, topped off with a life jacket. I felt the "Michelin Man".

After dressing we boarded the zodiac via the mudroom where we disinfected our boots so nasties were taken ashore. A short zodiac trip and we stepped ashore on Macquarie Island. Macquarie Island is part of the state of Tasmania and lies roughly halfway between Tasmania and Antarctica. In the early to mid 1800's the island became home to commercial operations for the skins of seals. Nearly a decade later the fur seals were all but wiped out. When it became apparent that the seals could not support the skin industry, attention soon turned to the Elephant seal for the oil contained in their blubber. After the Elephant seal population was reduced by 70% commercial activities turned to the Penguins for their oil. The island was finally declared a wildlife sanctuary in 1933. It is now a Tasmanian State Reserve and is managed by the Tasmanian Parks and Wildlife service. Of course the island was also of interest for scientific purposes with the first research station set up by Sir Douglas Mawson in 1911.



Once ashore we were met by the station leader, several National Park rangers, and numerous Elephant Seals and King, Royal and Gentoo Penguins. You are required to keep a minimum distance of five metres from the wild life. However the wild life are not aware of this and come up to you to investigate your boots. At times you are at the most only two metres away



Penguins Left to right: Royal; King; Gentoo
Main picture: Elephant seals

from Elephant Seals lying on the edge of the track. After a walking tour of the area with a ranger we returned to the ship.

We were then taken onto another landing at Sandy Bay on the east coast. Again a great welcome for us by the Royal, King, and Macaroni Penguins, and of course the Elephant Seals. At the north end of the beach was a rookery of thousands of King Penguins. There were many incubating eggs, with the egg sitting on top of their feet, and a fold of a feathered belly keeping it warm. A muffin top is an asset! The chicks look so different to the adults with their thick brown fluff.

One not so happy note. The rabbits! The island is very hilly and covered with tussock grass. There are large areas completely devoid of grass, thanks to the rabbits. This causes erosion and is destroying the nesting sites of the penguins. The Commonwealth and Tasmanian Governments have been arguing over who should pay! Meanwhile some of the local scavengers, the Skuas have learnt to hunt the rabbits! Leave it to Mother Nature.

The day drew to a close but what a great day! It was just amazing to be so close to such an abundance of wild life. As the fog rolled in, we headed back to the Orion, bound for the Antarctic!

Next issue – Naked in the Antarctic!



Above: Helping to control the rabbits at Macquarie Island.

Macquarie Island

Discovered accidentally in 1810, Macquarie Island represents Australia's southern most island and is home to seals and penguins. The seal population includes subantarctic fur seals, antarctic fur seals, New Zealand fur seals and southern elephant seals whilst the penguins include king penguins, southern rockhopper penguins, Gentoo penguins and Royal penguins which breed only at Macquarie island.

Many other species of bird live on the island, which achieved world heritage listing in 1997.

Cats, Rats and Rabbits have created huge environmental problems on the island but in late 2007 an agreement was reached for funding what is the most ambitious baiting program in the world with the plan to eradicate these predators from the 128km² island all together.

Sailing away...

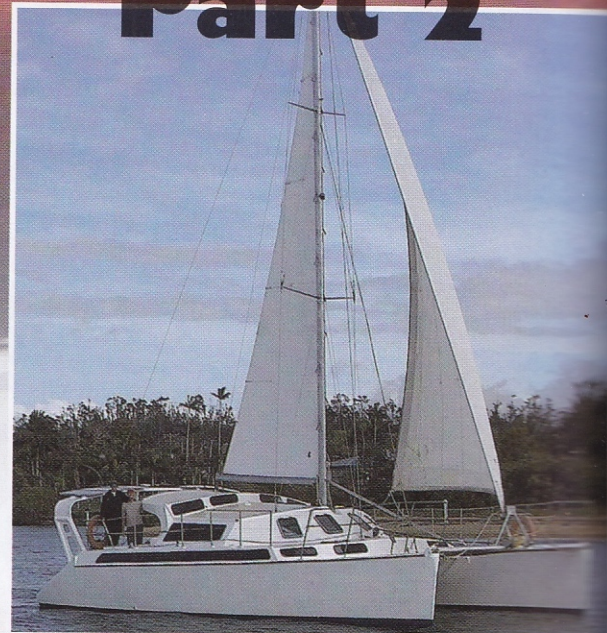
Part 2

Article by Jim Nice

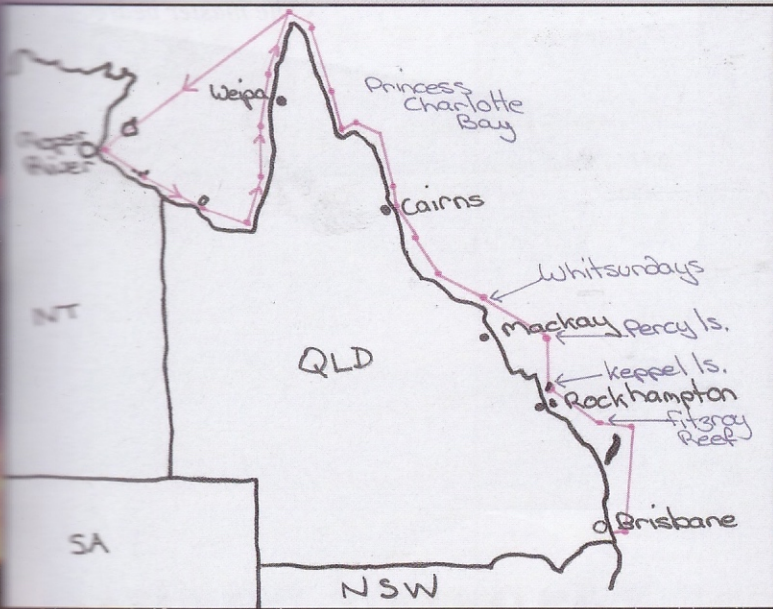
Photos by Jim Nice and Annie

In issue 7 of Australian Sun and Health Jim wrote of his trip with Janie and his desire for "one last trip" on his beautiful yacht before retiring to the land. With his wife Joan's blessing he decided on a trip to the Roper River in the Northern Territory to catch up with an old mate. Planning to take a year to do the 4,860 nautical mile round trip, his next task was to find a crew (our website, www.ozsh.com.au, covers Jim's worldwide search). We join him now as he prepares for the journey and makes his final selection on who will help him on this nude trip of a lifetime.

The time had come to choose a crew member so a decision had to be made. I can travel by myself as the boat is rigged for single-handed sailing but that can be very dangerous as anything can happen and conditions can change in an instant. A few years ago I was injured when, during an uncontrolled jibe I was hit by the main sheet (the rope controlling the angle of the boom) and thrown to the deck, hitting my head against the stern bulkhead. Luckily I did not lose consciousness and my wife was there to help. That is



one of the reasons for having a crew, to be there just in case, so they can radio for help or sail the boat to safe waters if I am unable to do so. After long deliberations and talking it over with my wife, we decided on Annie, a 50 year old lady from the San Francisco Bay area, not all that far from the Golden Gate Bridge. She has never sailed nude but said that she skinny dipped once, although it was night and there was not much lighting around. She will be spending the month before departure at her father's home up near the Great Lakes where there is lots of show and ice, so when she arrives here she will be very white and will really notice the difference in temperature.



chill it down and then it remained cold for about 18 hours before it was necessary to run the motors again. I thought it was a waste of energy having to run motors even when at anchor, and there never seemed to be enough power for the lights at night so it was always early to bed. The second boat was much bigger and carried more water but we still had to go to a marina whenever we needed to fill the tanks. The freezer in that boat was better but we still had no fridge and it was hard to keep some things cold but not frozen. We did have a better battery bank and therefore enough power for lights at night and listening to music.

When we rebuilt our current boat we overcame all the shortfalls of the other two. This one carries almost 2,000 litres of water, enough to last for four months, and when it rains we can top up the tanks. Power is also no longer a problem with six solar panels - a total of 500 watts - held in a battery bank of around 700 amp hours, and should there be times during overcast days when we don't get enough sun, then I can charge the batteries from the two diesel motors.

My boat is a 40ft purpose-built catamaran designed for cruising; a slow but very safe vessel. She has two double and two single beds and a couple more people can bunk down on the saloon lounge. On balmy nights in the tropics there is nothing nicer than sleeping on the cushions in the cockpit. She is registered to carry up to 24 people but is only insured for 12, and I don't really like taking too many passengers except for day trips. When cruising with only a few people on board, they can all just lie around and relax while the auto pilot does the work.

Although there are still a few weeks before Annie arrives, there is a lot to do to get the boat ready for the trip. This is my third boat: the first one taught me to sail and instilled in me my love of sailing but she was lacking in comfort, her water supply was only 300 litres, and I was not at all happy with the refrigeration, or should I say the freezer box. I had to run the motor to

The fridge/freezer holds ample supplies and operates from a 12volt compressor, and once filled can also last four months or more. The big problem I find is the lack of fresh fruit and vegetables but I have worked around that by taking frozen vegies and tinned fruit to be used after the fresh supplies have run out. I usually buy a case of green apples and stew up half to be used in apple pies, with the rest being dried and sealed in zippy bags to be eaten as snacks. I also take a quantity of fresh apples, along with enough potatoes, onions and pumpkin to last around two months, as in humid conditions I can't keep them any longer than that. During the cruise the stops we make at major ports are used to replenish the pantry, and our food store can be further supplemented by all the fish we (hopefully) will catch. In the past we have not had to purchase much while cruising, and with some rain to fill the water tanks we often extended our cruising time in some remote areas.

In the galley I have a modern four-burner gas stove with an oven and grill, and a 12 volt water pump provides pressure to the sink. Pressurised water is also supplied to the shower, although in good weather the water is usually heated in solar bags and showers are taken on the marlin board, a platform at the rear of the boat. It's very pleasant showering with a view, and it also keeps the water outside the boat, although the shower recess has a holding tank to capture the water, which is then pumped out with a bilge pump. So by showering outside we also save on power and by using shower bags we can control the amount of fresh water being used. Washing clothes can be a

*Top of page: Jim's voyage to the Roper River
Top-Left: US version of a bbq?
Left: Annie can leave that jacket at home as she prepares to fly to Oz*



problem as there is no washing machine on board. There are some washing machines made especially for boats but I find that by taking my washing ashore to a laundromat I conserve my precious fresh water. As a nudist I don't have all that much washing to do, usually only the bedding and some towels. If required, one can always wash in a bucket.

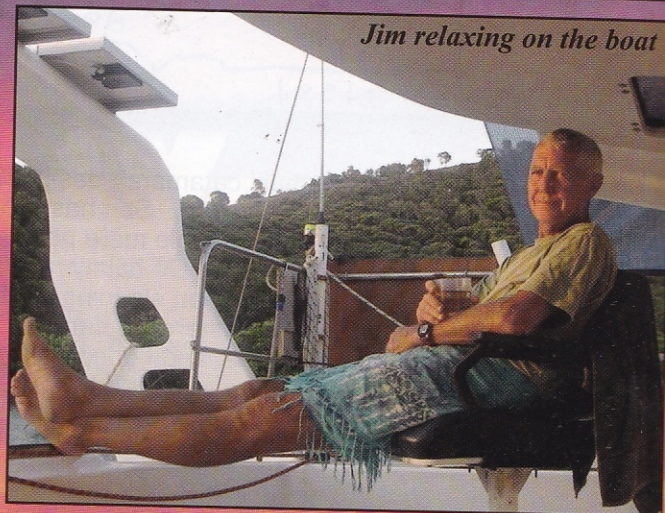
Prior to departure the boat has to come out of the water to have the bottom cleaned of barnacles and seaweed and to apply a fresh coat of antifoul. If this is not done the speed through the water is affected. Then the water tanks have to be emptied and refilled with fresh water. Another important check is the safety equipment as the flares and EPIRB have to be well within their use-by date. This requirement is stringently controlled by the maritime authorities, who can ask to see your safety equipment during routine inspections, and any skipper found to have out of date safety gear deserves the hefty fine that will undoubtedly come his way. It is also vital that all safety equipment is in the correct place, in case it is needed in a hurry, pray to God it never is. If you are going into a new area then you have to purchase the relevant charts as well as checking the notices to mariners to see if there are any changes to the charts you already have. Such things as wrecks, changed markers or lights would be the important things that have to be noted on the charts. Then the 9kg gas bottles must be filled and checked to make sure they are in good repair. Two gas bottles usually last about four months. Next the provisions have to be put on board and everything stored so that it won't fall or break in rough conditions. Most provisions are in tins or packets as glass is not an item that is welcome on board. Boats have a tendency to rock and roll with the waves and glass containers can fall and break, leaving splinters of glass which often end up in your feet. Most boat people don't wear shoes on board as shoes slip on the deck more easily than bare feet.

The cruise this time is to the south western area of the Gulf of Carpentaria and the seasons have to be taken into consideration. I don't mean just summer and winter, as in the tropics there is the wet season, the monsoon season, and worst of all the cyclone season. Timing is therefore very important as there is nothing worse than to misjudge the weather and then have to push through huge seas for days on end to reach your next destination. As I will be leaving Brisbane later than usual, at the end of May, I have to think about cyclones as they often spring up in late November. So by sailing up the coast without spending time sightseeing I should be able to reach Cairns by late June and then hopefully take another month to reach Thursday Island. That should allow enough time for me to sail down to Karumba and across to the Roper River, and then back across the Gulf to Thursday Island on the return journey. If I reach Thursday Island by late October I should be able to get back down the coast and spend Christmas in Port Douglass or Cairns. By then the winds are usually steady from the north east and we should have a good cruise home to Brisbane, and with three and a half months at our disposal we will be able to explore all the places that were bypassed on the way north.

The master bedroom



Jim relaxing on the boat



The Galley



I was planning to arrive back in Brisbane before Anzac day 2009 so that I can march with my mates. I usually only get to see them once a year and have not missed a day since the welcome parade held in Brisbane in 1991. Also, by arriving back at that time Annie will still have a month left on her visa so that should she wish she can spend a little time sightseeing before flying back home.

Now the cruise begins, the CD in the background will be playing Rod Stewart singing "Sailing" as we leave the Caboolture river on our journey north.

Bob and Cheryl at Samurai Beach



Australian
Sun and Health

Clothing Optional!



Fire a



n d l c e

An Alaskan adventure

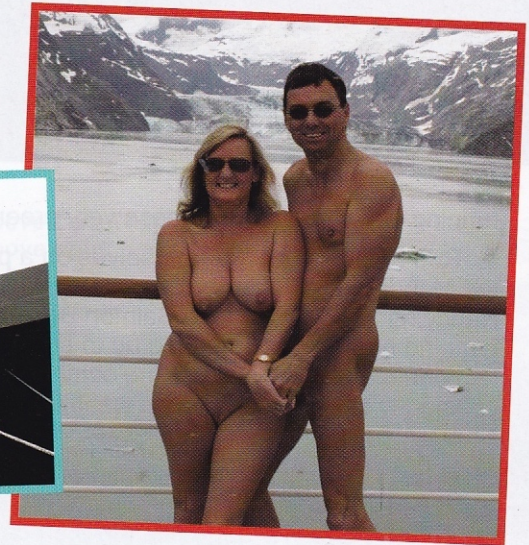
by Peter and Kim Vernon

I'm sure some of you have seen the TV series Ice Road Truckers and the images of large tracts of frozen Alaskan landscape. But how many of you ever thought of this as a nude destination? Well we didn't, but when the brochure from Bare Necessities turned up it took us all of ten minutes to make up our minds that we were going.

Our departure point for the cruise was Seattle, Washington just a little over an hour's flight from LA so we were spared the joys of long US domestic air travel. With a Friday sailing we decided to arrive on the Tuesday to give us time for a look around Seattle and to adjust to the new time zone.

In no time at all Friday arrived and we headed to the pier to catch up with our friends Rob and Nancy from Texas and get our first look at our ship, the MV Amsterdam. This ship was a little smaller than the one for the previous year but still held around 1200 passengers.

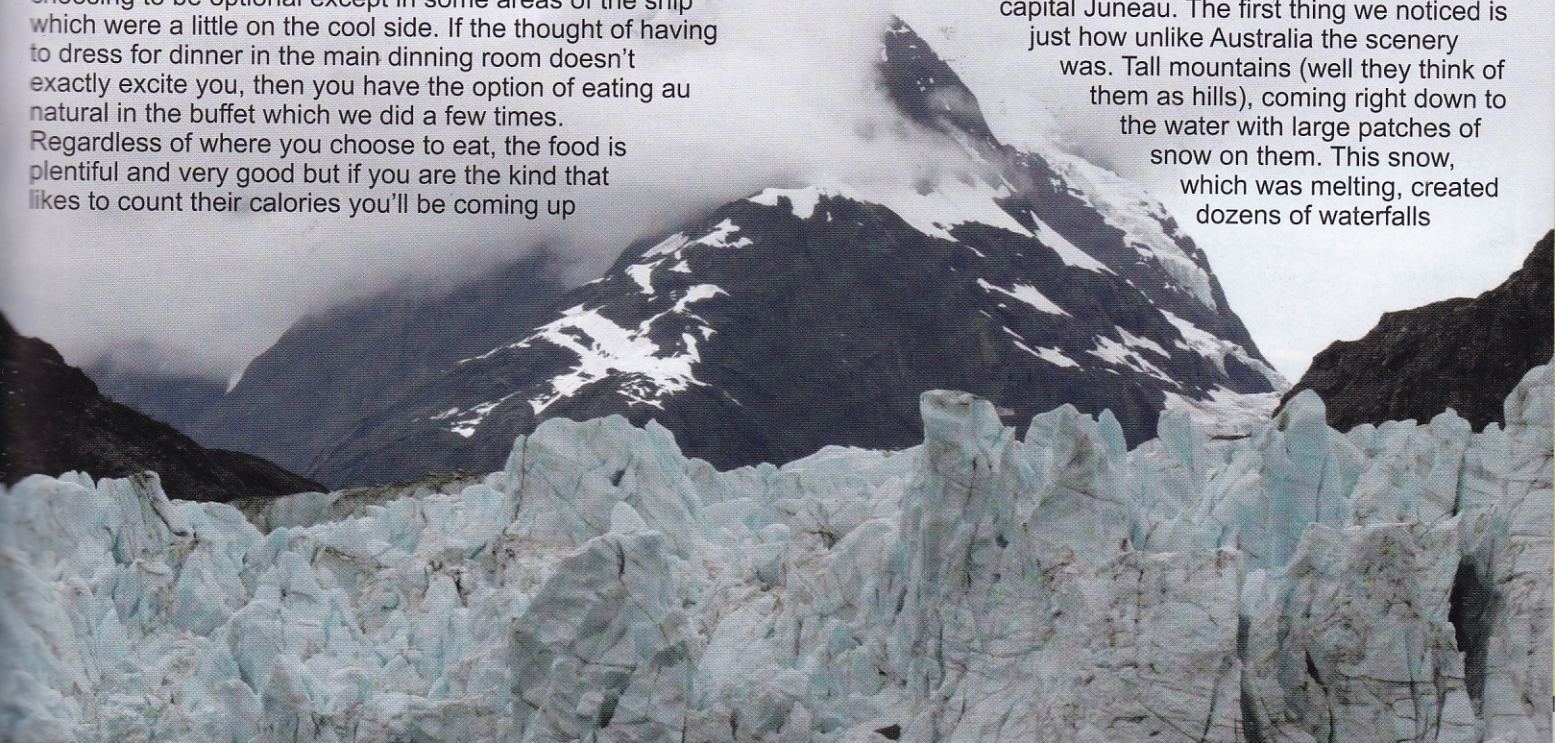
Within an hour of leaving Seattle we had both the lifeboat drill and our clothes out of the way and got down to the serious business of enjoying ourselves. One question we get asked is "Just how nude are these cruises?" Well... very. You need to be dressed when the ship is in port and for the main dinning room, however other than these times the ship is entirely clothing optional with the bulk of the passengers choosing to be optional except in some areas of the ship which were a little on the cool side. If the thought of having to dress for dinner in the main dinning room doesn't exactly excite you, then you have the option of eating au naturel in the buffet which we did a few times. Regardless of where you choose to eat, the food is plentiful and very good but if you are the kind that likes to count their calories you'll be coming up



with some big numbers just looking at the buffets.

The first day of the cruise was a "sea day"; no rocket science required here to work out that this was a day spent at sea rather than a visit to a port. These days are something that I'm learning to look forward to; being ex-Navy the thought of paying to be stuck at sea seemed an odd idea however having a day that starts when you're ready, eating what and when you feel like and generally doing whatever you want to, is surprisingly relaxing. Of course the fact that it's a day naked no doubt adds to the relaxation factor.

The next day started with breakfast by a floor to ceiling window in the bistro getting our first glimpse of Alaska as we sailed up Fredrick Sound towards the capital Juneau. The first thing we noticed is just how unlike Australia the scenery was. Tall mountains (well they think of them as hills), coming right down to the water with large patches of snow on them. This snow, which was melting, created dozens of waterfalls





around the city and a run up the Mt Roberts Tramway. The "Tramway" is actually a cable car and travels from down near the wharf to the top of Mt Roberts which offers some incredible views from Juneau down to Fredrick Sound as well as a not too shabby restaurant, best fish 'n' chips I've ever had in the US, and some very nice walks along the top of the range.

On the way back down from Mt Roberts we had a short discussion with one of the other occupants of the tram who was travelling with her family. It started when she heard us comment about the ship she was travelling on which was one of the four we could see from the tramway. The conversation went a little like this:

Her: "You know I've heard that one of these ships is full of nudists"

Me: "Yeah I know. I'm fairly sure it's the Holland America one at the very end."

Her: "It really makes you wonder what sort of people would do something like that. So which ship are you on?"

Me: "The Holland America one at the very end."

Her: "Oh um....."

We made it back to the ship just before casting off ship and clothes, and spent the rest of the evening sailing into a moon lit Fredrick Sound.

The next morning we woke to find ourselves surrounded on both sides by glaciers; in fact we were so excited by this that we raced out of the cabin to look, completely forgetting to dress. Our fellow passengers were as polite as always and never said anything about this oversight; I guess because most appeared to have made the same error.

That evening was the "Fire and Ice" theme night with many getting into the spirit of the evening. There were a lot of imaginative costumes ranging from simple body paint through to full St Nicholas costumes and even a guy wearing an oversized matchbox who turned out to be one of the eventual winners. The night ended with a midnight banquet in which the ships staff excelled themselves with the food preparation and presentation.

Tuesday morning saw us arriving in the town of Ketchikan and this was the shore excursion we had been looking forward to for a while - Zip Line! Think of the flying fox you rode as a kid. Now think two kilometres long and more than 100 metres up! This is not one continuous run but nine individual runs strung between the trees in the Alaskan Rainforest. The longest of these was a little more

running down the sides of these very green and leafy hills.

Rob and I had booked ourselves on a photo safari to the Mendenhall Glacier and Auke Bay while Kim and Nancy had decided to try a Salmon Bake and a bit of gold panning on what was shaping up to be a very nice day. In fact one of our guides made the comment "Juneau is constantly subjected to severe weather conditions. Today is what we call severe nice."

One more "difference" became apparent when we arrived at Mendenhall Glacier, apart from the huge wall of ice that is! All of the rangers in the area carried what looked like small fire extinguishers on their belts. These are not to suppress fires but bears. They are a strong pepper spray which if sprayed at the face of an attacking bear will convince it that it should try elsewhere for a food source.

Mendenhall Glacier itself is a very spectacular sight however it is receding at an alarming rate, in fact faster than has ever been recorded. The primary theory for this is that it is a result of global warming added to this the opening of the Northwest Passage for the first time in recorded history would indicate that regardless of your beliefs in this area some big changes are happening to the planets environment.

After Mendenhall Glacier we headed off for a cruise around Auke Bay in a vessel specifically designed for photography, though the best I could make out this meant it floated so the cameras didn't get wet and despite some uncooperative whales we did get some very good shots of the area and its wildlife.

Back from our photo safari and panning expeditions we met up with our wives at the ship and headed off for a look



*Top of page: Seattle waterfront
Left: One of hundreds of float planes*



Above Left: That's a lot of nude people!
Above right: Kim and Peter at the Fire and Ice ball

than 300 meters in length and 100 meters tall.

That evening was another relaxed affair with dinner, a show and some spa time before a late supper and bed.

Our final port of call in Alaska was Sitka. This is a spot not normally visited by cruise ships as its harbour is a little shallow and has no wharfs capable of supporting the larger vessels. However this made for a nicer small town feel to the visit. We had signed ourselves up for some kayaking and in no time we were paddling around one of the nicer inlets in Sitka.

From Sitka we spent the night and most of the next day sailing to the city of Victoria, Canada. This is part of a law in the US which says that non US flagged ships which leave the mainland states must stop at a foreign port before returning. While it is claimed to be a security measure, and I don't see how, it appears more to do with protecting the local carriers. On the positive side we got to spend the evening in a very nice city with good food, a horse and buggy ride and an evening walk by the harbour before returning to the ship for our last "nude night" aboard.

Waking up Friday we found ourselves once more alongside in Seattle. The cruise was over and breakfast by the window would not be quite the same as it had been on the previous mornings. We'd said our goodbyes and were off the ship by 10 o'clock and with a day to fill in before our flight home. Then it was 6 o'clock Seattle to Los Angeles and 9 o'clock Los Angeles to Sydney... lots of photos, lots of memories.



Left: View of Sitka across the boat.
Above Right: There has to be another way to get across?!
Right: Canoeing at Sitka







*Clockwise from top:
I was impressed that
this touring rig, fully
loaded made it
through the course;
Slowly does it.;
nudies and event
sponsorship.*

Since the early 90's, the Nissan Patrol club has been running the "Nissan trials", a hard core 4wd event that has grown to become one of the premier events on the 4wd calendar. Now those of you with better memories than I, will remember the original Nissan trials were run at River Island Nature Retreat until in 1996 with the cars getting bigger and the tracks getting harder the event moved to a dedicated site developed at SORRA (Sydney Off Road Racing Association).

At the same time, the increased competition, custom built cars and dedicated buggies being entered made the event less relevant to some drivers who were just out to have a bit of fun in their family wagon. So in 2006 an event aimed at individual drivers in standard vehicles was developed and "Son of Trials" was born.

In 2007 the event moved from SORRA back to what has to be its spiritual home, River Island Nature Retreat. In 2008 we were there to capture the action, and I've got to say it was a lot of fun.

The event is broken up into eight individual stages, each a different test of driver skill, with the goal being to complete the course in as close as possible to the set time... with penalties for each second slower or faster. The driver with the lowest penalties wins!

With well over 100 cars entered and countless spectators, the 2008 event can only be described as a fantastic success and if the spectacular attendance is a guide then no one seemed put off by being at a "nudie" resort; which has got to bode well for mainstream acceptance of our lifestyle. Indeed if only a fraction of the hundreds of people who turned up for the day come back to enjoy the resort, then this is surely a win for nudism and exactly the right kind of mainstream exposure naturism needs.

The event was so successful in fact that River Island owners Colin and Katina Sell, decided a repeat was

SUM of trials

Hosted by River Island Nature Retreat.



worthwhile, and so a similar event was planned for naturists over the Easter weekend and "Sun of Trials" was born.

Run with the same basic rules, based on completing a set track in as close to the average time as possible, with the additional requirement of drivers and passengers being nude. The course was driven both forwards and then backwards which certainly made for some interesting displays of driver skill and though it was a relaxed atmosphere there's no doubt some of the drivers got seriously focussed.

With something like thirty cars entered, the event took a while to get through, the competitors no doubt driven by the temptation of over \$1000 of prizes from various sponsors, including Australian Sun and Health.

Additional points were then awarded as cars were judged against how well they fit into the predefined categories such as Super Off Roader, Camper and Toorak Taxi. At the end of the day congratulations go to the driver and navigator team who ended up the days over all winners.

The event was fun and the weather fine and I for one would love to see it repeated again or even expanded for next year. Gotta love RINR!



Self Sufficiency

Simplify your life

Words and Photos by James Dixon

The journey towards self sufficiency starts in your mind. The one thing I would like to say here is "the more realistic you are about it, the more you will get out of it". And, actually achieve it too. As stated in the previous article, total self sufficiency can be hard work and takes 100% of your time; time that these days we just don't seem to have. We have to balance our work life, home life, time with the wife/husband and kids and try to have a social life too. Now add to that growing and rearing everything you eat; the end result will more than likely have you in the Looney bin or in a pine box before your time. And while we can sit back and say "Ahh a piece of cake - I run a multi million dollar company every day, how hard can it be?" When you come to do it, reality bites.

Society has been spoilt by the commercialist world where everything is basically handed to us on a silver platter. From TV dinners to easy fry potato chips; the choice of processed cheeses to the low fat variety of yoghurts. The manufacturers keep coming up with new ideas and ultimately promising an easier way to make something that saves us time and supposedly money. And who is endorsing them to do this? We are of course! As our lives become more involved we are looking for something that's easy, different or saves us money and these days, time. Time seems to be so precious that driving past the fast food drive thru section you see car after car after car. Here, not only are we paying for over inflated food prices, we are also filling ourselves with "junk" food, not to mention filling your car and body with the fumes of the car in front as we wait in line.

From a very young age we are exposed to the commercialist world in some form or another. It's either in the Supermarket or the Fruit and Veg shop; from the Super Malls to the Garden centre; car yards to buying paper to write on. As time moved on and as I got older, it was like I was being moved along on this commercial conveyor belt with no end in sight. TV and radio cram the air ways and our minds with catchy jingles to echo even more commercialism. Even on the internet we get them. More adverts showing us more ways to save money, more ways to make your life easier, more ways of making your life complete... Buy buy buy.

Now that I have painted that picture for you, you can see how starting on that road of self sufficiency is not an easy one; to pull ourselves away from one world and thrust into another. So, one of the questions that comes to mind is "where do I start to change my world". Well in my mind, the first place is to have the right attitude, and what helped me along that journey is a simple saying like this. "Forget the want, service the need and be happy with what I have".



As explained in the last article, every body finds their own level of self sufficiency and I came to the realisation that I do not wish to be 100% self sufficient. But rather a compromise. The first place I started was to forget my wants, service my needs and always be happy with what I have. Of course, this was not easy at first because literally I was a junk mail junkie. I would pour over every catalogue to see what I could buy. I would convince myself that this or that was a bargain thus justifying its purchase. But I slowly dragged myself away from it. Being out in the country has helped because we simply do not get that junk mail. However, I still had to put my saying into practice every time I went into Bunnings Hardware store. In my mind, this store has many "want" creatures lurking in the depths of the shelves that I had to constantly stave back.

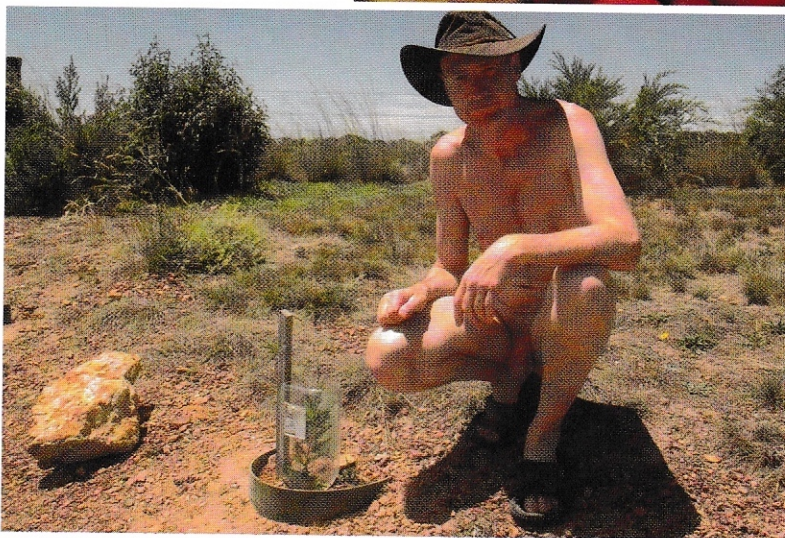
That was the first and biggest mistake I made when launching myself into this. That "want" animal being untamed and driving me headlong without direction. I wanted everything then and there, fast and full on. Then came the realisation that when starting on that road of self sufficiency, you have to get used to everything taking time, and to develop good time management. It takes 'this amount of time' to do this, 'this amount of time' to do that. Everything is not as instant as I was used to having. Planning is also so important. It goes back to that right attitude. Know what your end result is and "slowly" strive towards it. Things like where the orchard will be, the veggie garden, the

chook house and yard, the wood shed, the compost heap. This can all be done on the big scale or small backyard size. Planning and giving yourself time to make good of the task is paramount.

So, sit down and write what level you would like to get yourself too. Ask yourself questions like; Do you want to grow as much as you can or just enough to save yourself some money? If you want chooks, do you want enough to keep you in eggs or keep yourself and supply others so they pay for the chook feed? Do you want to rear and slaughter your own meat? How much do I need in a year and who is going to do the slaughtering and dressing of the meat? Do you want to have an abundance of fruit or just whatever a tree can give you? Are you interested in total independent power so you don't rely on others at all, or a mix? Do you want a wood stove and if so, are you going to cut your own or buy it in? And so on and so on.

To make this easier, don't sit in your luxurious arm chair in air conditioning to write that list. Sit outside in the environment where you want to start this new way of life because the more detached you are from that reality the harder it is to actually get going when you come to do it. Mistake 2 - Living in a townhouse complex in the city dreaming of what I want and not what I need. I was so detached from the reality of what I needed, that when I did come to do it, I had to back off and start that list all over again. As I said earlier... reality bites. I knew it was going to be hard, but not that hard. Like your shovel bouncing off the ground trying to dig a garden bed. We read and watch all those magazines and TV programs showing them turning over lush soil creating wonderful crops every week. They make it look so easy don't they! The good thing is I learnt by it (the hard way) and now I can pass this on to you. But above all, I am happy with what I have now and can enjoy those rewards in the nude too.

James.



Facing Page: Giant chickens or an overworked layout artist, you decide.
This page: All the hard work has paid off.



Picture

Over the last couple of issues I have taught you some of the things you have to think about when it comes to photography. So far you have learnt that the metering system is very important because this is how the camera reads the light from the subject. You know most cameras have several types of metering systems to choose from. From this, you can then set the shutter to gain correct exposure. You have learnt that a correct exposure is a copy of light values of the scene the camera is looking at. I have given you the tools in which to control the Depth of Field (how to make the background blurry or sharp). You even know about the cropping of your photos before having them printed. Last issue I talked about composing your people portraits. Here, just remember to use the guide of the rule of thirds but more importantly let your subject(s) breathe within the photo. Pretty much you tell a story and if possible get the subject involved rather than just stand there. A hard one to do because a lot of people don't like being photographed, especially in the nude. But thinking about what you are trying to capture will bring about much more pleasing results. Taking into consideration the foreground as well as the background; the light falling on the subject and where you place that person in the photo in relation to the scene they are situated in all make a big difference.

In this issue let me talk about the side of photography that happens without even a camera in hand. The mind. My mind and my emotional state at the time of taking photos, does most of the work. What I am talking about here is I let my mind find the scene. If I am tuned in to photography, my eyes will see what is there, but my mind will tell me if it's worth taking.

Naturally, we see many things in our daily lives that can be photographed. Indeed, almost anything can be photographed but the trick is to recognise what will work and what won't. Start letting your mind see the shot, not just your eyes. For example - our eyes see the pretty flower; but our minds sees the vibrant colour and shape. It sees the flower colour and shape in conjunction with the background and with all of this going on, our minds could then see the different angles to the one that stopped us in the first place. Many people set the camera to automatic where the camera does everything they and worry about composition alone; yet by putting the camera in the manual mode you have total control. Here you choose the aperture for shallow depth of field rather than high DOF. You under expose rather than correct exposure. You spot meter instead of matrix meter. You focus on the edge of the flower rather than the center. You may even decide that that flower in that position isn't going to work because of the background colour and decide to take your jumper off and use that as a new

Putting it

background colour instead. This may just so happen to emphasize the colour of the flower and so on.

When you rock up to a scene that caught your attention, the best advice I can give you is to just stop and look. Have a look around from that 1st position and take it all in. Your eyes are looking, but your mind will see. Don't become a slave to the plonkers disease. (This is where we rock up to a spot and just take a photo. The photo that got you there in the first place. After that we then walk away). Get into the practice of stopping and looking around before that first photo is taken, something else will bound to present its self; something even better than that first shot you saw. This is your mind at work. Before you know it you have spent hours photographing that first 10 metres of the 100 metres you wanted to in the first place. And perhaps from these photos, you have more than you thought you could have and actually forget about the rest. It's not an easy thing to do, but try anyway.



Perfect

all together

Words and photos by
James Dixon

If I am not in the mood for photographing, my results will reflect that. For me, photography is very much an emotional thing. I could literally be staring at the most perfect shot I'd ever have the opportunity to take, and yet, because my mind is not in tune, I simply do not see it. This does not just apply to pretty landscapes, it's everything. From people to flowers. I use photography as a means to express myself so when you see my images of waterscapes and landscapes, you are seeing how I see the world in that moment of time. I see beauty in many things around me and if my mind is in that space, I see more. I could be sitting on the lounge in front of the fire enjoying a cuppa. I glance up and see the cat that just strolled in sprawling out in front of it, warming all sides at once it seems. My eyes see the scene, but my mind sees the emotion in it. Here, I run (literally) for

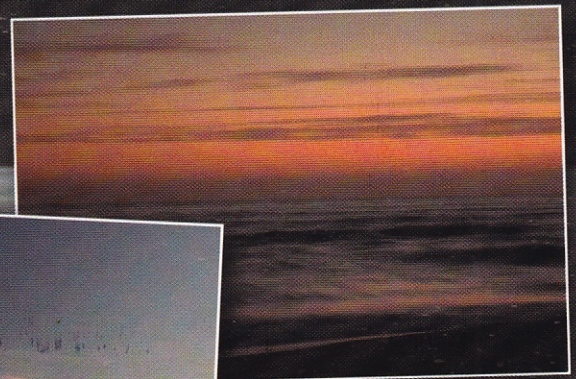
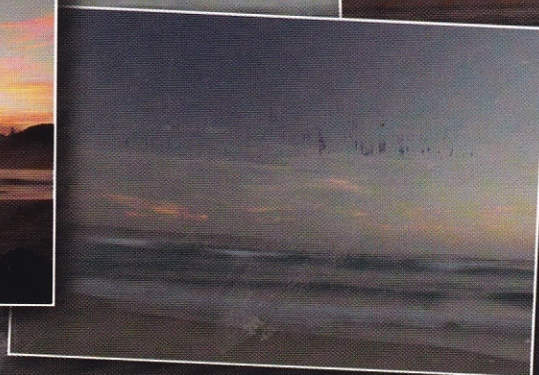
my camera while my mind is working out how to best capture it. These types of photos need to be done quickly and hence why you need to really know your camera inside out. You need to know exposures, apertures and everything else so you can change anything to suit. Like that of an artist who has their paints ready in the palette and range of brushes to choose from. When you start taking photos in earnest, even those happy holiday snaps, let your emotion guide you.

Never take one or two photos. If you are serious about taking photos (and especially in the world of digital) explore all possibilities before you walk away. Take as many photos as you can and then choose from them. In the home environment you can capture those special moments at will. You can even recreate (set up)

the shots again. However, out in nature, those times are one off's and it would be a shame to miss the opportunity because you didn't slow down and take the time to take it all in. Granted, it's not something that comes naturally to us. We are in a rush and thus we rush even at photo taking. So, the message in this article is to know your camera inside out. Adjust your camera (if you can) to capture the vibrant colours in landscapes, or neutral tones for portraits. Understand the lenses and apertures associated with it. Understand how to control depth of field and try using different metering systems for the same scene. "Experiment with under and over exposing. But the biggest thing is to slow down. Slow down in your actions and mind and let the world open up for you to photograph it; emotionally.

James Dixon

www.idp.net.au



Nudie Clubs

It's often a bit intimidating visiting a nudist club. They all have their own rules, some clubs have grounds, some don't, others don't allow singles under any circumstances, some do. Will your children have something to do while you're enjoying the clothes free club? What facilities do they have? Can anyone visit? Nudie clubs will look at a different club each issue and hopefully answer some of your questions and convince you to take the next step by visiting one of the many clubs located throughout Australia.

Armands Beach LG



Armands Beach Leisure Group (ABLG) is a group based around Bermagui on the New South Wales South Coast. They have no grounds but take their name from one of their favourite hangouts, Armands Beach (see Bare Essentials on page 17). They were originally named "Armonds" with an "o" but changed to "Armands" with an "a" last year when the name of the beach was clarified (this too is explained in Bare Essentials). The group was founded in 1997 by Errol Masterson, Barry, Ian and Jim, all of whom are still very much involved with the group.

ABLG is not a registered club but a group of people who enjoy socialising together and holding different organised events throughout the year. As such they are very relaxed and don't have the rules and regulations like the more traditional clubs and they don't have presidents, secretary's etc. The group is open for anyone to join (couples,

families, singles, people with non nudist partners) with the only proviso being that anti-social behaviour will not be tolerated and fair enough too! The only membership fee to speak of is a \$5 per year charge to receive their newsletter which is sent out about seven times per year and will keep you up to date with what's been happening and anything planned.

There are around 25 'regulars' but over 70 people (located throughout New South Wales, ACT and into Victoria) receive the newsletter each year and attend events at varying times. As you can see by the photo (above left) the group is made up of a good mix of people. I've known a few of the ABLG people for many years and I don't know that you would meet a more relaxed and friendly group of people. You can certainly be confident that you will feel welcome by the group.

They hold various functions and get together during the year including the annual Fun in the

At a glance...

Located: Mid South Coast, New South Wales

Grounds: No

Status: clothing optional

Facilities: n/a

Members: 70

Visitors: Welcome, contact Errol for details

Singles: All welcome

Contact Details: Phone Errol on 02 6493 4108 (evening best), email Ashley at akolele@hotmail.com or visit www.freewebs.com/armonds/armonds.html.



*Above: Egg and spoon races at last years Fun in the Sun day
Below: Sarah guarding the Armands Beach sign*

Sun Day, which started out as a fairly small gathering on the beach (see AS&H issue 1) and is now a major event only three years later. Their most recent Fun in the Sun day was held in March this year, with a fantastic turnout and great prizes from many sponsors including River Island, Sun & Health and Harbourview motel in Bermagui. The day follows the tradition of beach carnivals with egg and spoon races, a fun run/walk, the always messy egg throwing and brownest bum which I was lucky enough to judge the men for this year and just quietly I selected the cutest!

Their other major function is the Strip into Spring night to be held on October 4th this year. This event is held at the Murrah Hall, which is not far from Armands Beach. In addition to the Strip into Spring function, ABLG hold a number of dinner nights at the hall to correspond with New Years eve, national naturist week in February and there is a dinner the night before the Fun in the Sun day and of course you will find some of the group at Armands Beach most weekends.

If you want a be part of a group of people that are not constrained by club rules, meet for regular informal beach days and less regular formal gatherings then I'd highly recommend contacting Armands Beach Leisure Group.



Below: I had the hard task of judging the mens bottoms at this years Fun in the Sun day. Below right: One of the families who are part of ABLG and only a few of the many medals they won at this years carnival



The Nude Neighbourhood



Glenreagh

Glenreagh had a 'wabbit' problem at Easter! There were bunnies galore on Saturday night, all in their after five finery, including 2 all white wabbits with pink waist coats and looking great! We hope everyone else had their eggs delivered, because these bunnies were partying well into the night.

Laughter was the theme and there was plenty happening. A balloon popping game left the table tennis table a little worse for wear after two balloon popping bucks collided, but the game warmed everyone up ready for singing karaoke, dancing and of course the bunny hop. More laughter was had with who could tick the most off the list. We had to find the man with his toenail painted, the person with the bandaid and various other things.

Sunday was rest, recover, chocolate, hot cross buns, petanque, croquet... did I say rest?

Most importantly! Sun, fun and friends.. How else would you spend Easter?

Adam & Eve Social Group

Busy, busy, busy, that's all we can say, so much fun and so little time. Our calendar for the last quarter was very busy culminating in our annual nude Olympics/beach carnival held at Noosa. While the weather wasn't the best and it rained for most of the morning, there was still a sea of happy faces, and what do nudists do when it is cold and wet? We all go swimming and have a great time. The inclement weather had a positive effect though, a lot of new friendships were made on the day and a great number of people spoke to our members and gave their appreciation for our ongoing efforts with the carnival.

We have had house parties, beach days, pool parties, camping trips, weekends away, the list goes on, and a special thank you to Ray and Christine from Wrenbrook, and

to Mike and Sue from Sunlovers resort for their hospitality during our stay, we urge everybody to support these venues as they have outlaid considerable expense for all nudists to enjoy themselves.

What is coming up for the next quarter? We will be supporting the annual Anzac day beach cricket match and many thanks go to Mal for organising this event in honour of our Gallipoli diggers. We have more weekends away coming up, visits to various clubs, sports days, casino nights, camping trips, a week long trip to Fraser island parties, and hold the press! - A nude yacht trip around the Keppel islands with access to private beaches and all the seafood you can eat, we have also secured the use of a mainstream resort and restaurant that will cater for nudists.

Sunday 18th May sees the next round of our bi-annual nude beach volleyball challenge with F.B.A. for the Grigg/ Hotchkin perpetual shield at Alexandra Bay, Noosa. Come and cheer the teams on, or round up a team and have your own game. If you want to be part of the fun drop us a line, new couples/families are always welcome.

We are also looking for expressions of interest in a nude 'week long' boat cruise of the Whitsunday islands to be held during the first set of school holidays in 2009 visiting some of the most beautiful beaches in Australia, send us an e-mail and we will send details as they are arranged.



Pacific Sun Friends

by Alan Martin

Easter at Pacific Sun and the beach Olympics at Noosa have become two of the main Nudist attractions in South East Queensland at that time of year. This year it was business as usual at Pacific Sun and even with the inclement weather forecast we still enjoyed a good overall turn-up particularly of family groups.

It was great that the weather not too hot and that it treated us so kindly with only the odd shower at night and Monday afternoon. It was very pleasing to see the number of new children who loved the freedom and entertainment and

quite a lot of new adult couples and singles. The caring and sharing shown by some of the regular slightly older girls when looking after the younger new arrivals was an absolute delight and their unselfish behaviour really was a credit to their parents.

Some of the regulars were unable to attend due to other commitments and their familiar faces in the sporting events were sadly missed. We hope they had as good a time as us.

Friday's Frisby golf had the best ever number of starters of all ages with Yogi and Denise making sure they all had a competitive game and enjoyed themselves. Evening entertainment was well catered for with the very talented Col and his Karaoke on Friday night and then the Saturday night dance with the very versatile and 'back by demand', popular group "The Chevrolets."

Both parties were well attended and a huge success and the traditional "Easter Hat" competition was well supported with some great entries. Denise and Anita were the winners.

Jan always puts on a top supper and the volunteer helpers never cease to amaze me with the way they are always there to support both her and James with the setting up, cleaning up and smooth running of all these events

Anita and Mark were the winners of the doubles in the Miniten on Saturday. Stewart was the winner of the men's and Anita the winner of the women's golf in the afternoon and Greg kept everyone on their toes with his drives.

With the number of children on site the competition was fierce to see who could collect the most Easter eggs in the Sunday hunt and we were able to establish well-balanced competitive teams for the ball games and running races for the children after their egg hunt.

The boat races were held in the afternoon and Kenny in his freshly painted kayak was unanimously voted as overall outright winner.

A great weekend was had by all those who attended.



Three years in a row, how good is that? Our Fun in the Sun Day on 9th March was again held in sensational weather – a warm and sunny day with a slight breeze and perfect water temperature.

This was our most successful day so far with in excess of 100 nudists attending, from as far away as Melbourne, Queensland and South Australia. As usual, there was a great attendance from the ACT and our area. We now believe we have made the "Calendar of Nude Events" in Australia, of which we are justifiably proud. The large River Island group came for the whole weekend, enjoying the wonderful Bermagui Seaside Fair on the Saturday with its many activities, market stalls and food, then having a fantastic day at the beach on the Sunday.

Special thanks to our major sponsors Colin and Katina

Sell of River Island Nature Retreat who were involved in the whole weekend having a float in the Seaside Fair street parade then a static display at the Fair all day. This was well patronised with nothing but positive comments, many people taking informative literature on nudism both locally and Australia wide. The Seaside Fair committee was congratulated for having the foresight to have this display at the Fair. Thank you also goes to our other sponsors – Harbourview Motel (Bermagui) and Sun & Health magazine. Ashley did a grand job of organising the events of the day, though people were hard to get moving at times, weren't they Ashley? We thank all of you who attended. This event injected about 50,000 tourist dollars into Bermagui for the weekend. Bermagui Surf Life Saving Club's involvement was great, with \$165 being raised for them.

We have had many more visitors this year during autumn. Mainly couples who enjoy the quiet of the season. The number visiting with very young children is terrific for the future of the nudist movement. Most stop for a day then stay for a week and have to move on quickly to reach their next destination on time.

There have been some good fish caught by nudists at Armands Beach this year. Though winter is almost here, there will still be days warm enough to sunbake at the south end of the beach near the rocks.

Our next evening at the Murrah Hall will be the "Strip into Spring Night" on Saturday 4th October.

Could people please speak slowly when giving your phone number to my answering machine? Most messages are spoken so fast that it is impossible to get all the numbers. Some callers don't even know their own phone number and the 'oohs' and 'aahs' make it difficult for those with hearing problems to understand. If your phone call hasn't been returned it is because I couldn't get your correct phone number from the message left my answering machine.

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



Conditions over the summer months have generally been favourable for Samurai Beach. There has been some rain but there has also been plenty of marvellous Vitamin D-filled sunshine! Plenty of people have come along to relax and enjoy their weekends at Samurai.

The camping area has had visitors now and then, although nowhere near the numbers who turn up over the Christmas and New Year period. I was unable to be there over Easter, however, those who did brave the rain on the first day were rewarded with much better weather than the

forecast promised. Fishing has been good all along the beach and surfing conditions have also been good, with warm water temperatures.

Winter weather at Samurai is usually mild, so any sunny days will see people out enjoying themselves and keeping those tan lines at bay!

If you have not yet enjoyed the unique experience of camping at Australia's only legally designated nude camping area at a legally designated nude beach, start planning now to pay us a visit. Apart from the usual camping gear, you will need a portable chemical toilet. Since you won't need to bring any clothes, you will have plenty of room for that!

See you next season - Happy Camping!

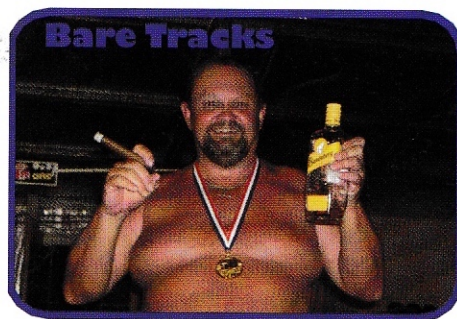


After our Open Day last October, Kiata Country Club has gained some new members. With a mix of couples and families, the club grounds have been busy with people participating in the monthly functions, the regular working bees and just mixing together enjoying themselves in the sun. The Easter break saw a huge crowd of members and visitors relaxing in the various facilities available. On the Saturday night, a Spit Roast dinner was served to celebrate a combination of St Patrick's Day and Easter. The green bodies in various states of dress and updress, enjoyed dancing with a rock and roll disco and later a karaoke session, where people really showed their true colours, not just green. People were encouraged to crawl out of their shell and perform a favourite song, no matter how good, or bad they sounded. We should have recorded the Kiata rendition of "Ahab the Arab" especially when the words were changed to suit the singer, it was hilarious.

Sunday night was more relaxing, with the kids performing a few favourite songs, having rehearsed all afternoon with Noel and his Karaoke Show (a great show for nudist clubs as Noel is also a nudist and his fee is very reasonable, you can email him for a booking at noel-sadler@hotmail.com.au). After the kids had their fun, we were treated to a screening of Little Miss Sunshine and all who watched it thoroughly enjoyed it. We have more functions organised for the year. Some are low key style with a meal and easy entertainment while others are more involved including the Kiata Masked Ball coming up in winter.

Kiata is a beautiful bushland property, so close to Sydney, it can be enjoyed by nudists who wish to visit for a day, a weekend or for a week or two. Travelling time from the city is less than one and a half hours and once you pass through the gate, the peace and tranquility you experience will bring you back time and time again. To arrange a visit or to enquire about membership, just ring (02) 45750310 and leave a message on the answering machine. Alternatively, send an email to info@kiatacc.com or check our website www.kiatacc.com and also see our advertisement elsewhere in this magazine for a brief

description of the club facilities.



Bare Tracks kicked 2008 off with a bang with their boss, Bruce, turning half a century. The party was held at members Martin & Margaret's property, Glenood with about forty members helping him to celebrate this occasion. Bruce's wife, Lisa had organised the day to kick off early in the afternoon with a DVD presentation on Bruce's life, so far, taking place on the big screen and followed by pre-dinner drinks before the evening meal of spit roasted meats with all the trimmings plus a cake decorated in his favourite teams' colours.

In February we had a sizeable contingent once again at "The Samurai Beach Festival", which we co-organised.

From the first of March we have also dropped 'Adventurers Group' from the name of 'Bare Tracks'. We will simply be known as 'Bare Tracks' or 'Bare Tracks – Australia'. This is in line with what is on our merchandise now and most other clubs use the abbreviation any way and know us as 'Bare Tracks' so it has been decided to drop the extra words.

Easter was spent at Rosco helping them celebrate their 50th year. So as you can see we have been out & about mixing it with fellow nudists and enjoying their hospitality and good times where we can.

Many activities are planned for the remainder of the year and throughout the cooler months.

Plans are now underway for another outback adventure, in September / October. This time we hope to visit places such as Birdsville, The Alice and Coober Pedy. We are a friendly bunch so we look forward to meeting other nudists along the way and having many nude moments ourselves. If you see us anywhere come and say g'day.

Batavia Bares

Our group is progressing quite nicely, meeting up socially every month or so. We look forward to hearing from caravanners and other travellers passing through and local couples who are still out there. Come along and join in. We are genuine nudists and have no fees (but a lot of friendship and hospitality) and adhere to the ANF code of conduct.

At this stage we do not have grounds but meet at members private homes for BBQ's, celebrations etc or for any other reason we can think of. In the future we hope to be able to travel to secluded areas for weekends away. We have already investigated the possibility of booking out some private chalets and this appears promising.

'Batavia Bares' is located in the Geraldton area of W.A which has a great climate for nudism. Further information regarding our group can be obtained by contacting John and Olly (9926 1263 or jonandolly@bigpond.com) or Harry and Val (08 9923 1444)

Pelican Point

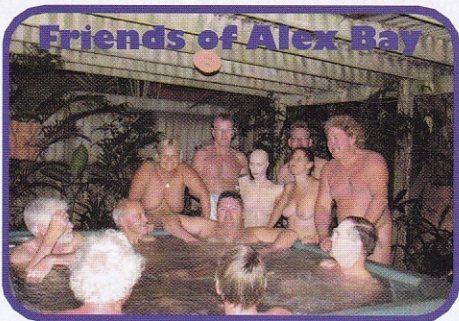
Seems though the rest of the country has been enjoying some rain and in some areas too much of it, but here it's still as dry as...!

Over Easter we rejuvenated our annual Petanque competition and almost all of the games were so close, even players who'd not played before.

The comp was won by Graham, so his name will go onto the perpetual trophy and he's decided to buy a set of boules.

We don't have too much planned for Winter but we'll possibly have a few impromptu camp over dinners, pizza oven dinners and maybe a few saunas to keep us warm. We usually take our holidays in August to recharge our own batteries before the next nudist season, which will commence with the long weekend in October with Monday 6th being a public holiday. It will also be school holidays but we seldom have children holidaying here even though they should be the next generation of nudists coming through the ranks!

Now that the nudist beach is once again closed to vehicular traffic only it will most likely become an even more serene sanctuary for keen/serious bird observers (of the feathered kind of course!) also a great place for a peaceful stroll. We look forward to seeing you when next you have nothing on.



Since the closure of the North Coast Social Group, nudists on the Sunshine Coast have not had a social group to go to. So a group of regulars at Alexandria Bay decided to organise social activities based mostly around house parties on the third Saturday of each month where there was no committee, no membership fees, no affiliations or politics. It would just be friends meeting together for fun. And we have decided on a name for this group. It will be called the Friends of Alexandria Bay (FAB) Social Group.

The cost would be kept low with everyone contributing a few dollars to the host to cover the cost of power, gas etc. and also bringing along food to share. And people could stay overnight and go to the beach activities organised on Alexandria Bay the next day.

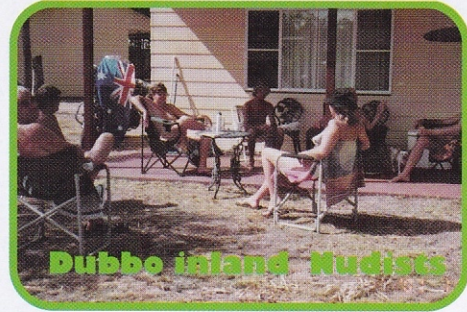
Our first party had a chocolate theme because it was held a few days after Valentines Day. Everyone was encouraged to bring along something made of chocolate to share. We had so many lovely foods. There were chocolate crackles and eclairs, chocolate mud cakes and cheesecake, chocolate biscuits, kisses and donuts, chocolate fondue and just about every conceivable type of chocolate confectionary ever made. It certainly was **death by chocolate**. There was also chocolate body paint available for people to try. A

massage table was set up for guests to enjoy and also the spa was very popular.

Despite the cold and wet weather we all enjoyed each others company and plan to have another party as soon as we get another suitable venue.

In the meantime, Sunshine Coast nudists have enjoyed each other's company at the Alexandria Bay Olympics organised by Adam & Eve Social Group and also at meals out on the Saturday and Sunday nights.

Anyone interested in enjoying the company of other nudists on the Sunshine Coast (particularly if you have a private home you wish to offer as a future venue) please phone (07)54739117 for information.



We have had several working bees and as a result our 'Shelter Shed' is now a 'Clubhouse' with tables & chairs, lounge, fridge, microwave, jug etc. We have installed sliding tinted glass doors completely across the front of the building which allows us to bask in the morning sunshine as we enjoy breakfast. It also enables us to admire the view as we look out over the lawns down to our swimming dam which is more like a lake after the recent rains. Outside there is a gas barbecue and kitchen sink, a picnic table and seating, an outdoor cold shower & traditional outback dunny.

Several members of the group spent the October weekend at Running Bare and returned again for the Australia Day weekend in January this year. We displayed our new banner and after he saw it, Laurie joked that he might have to charge us for advertising our group at his place. They tell us they enjoy our visits ????. So far they are still letting us come back so we can't be too bad.

We celebrated New Years Eve with a 'Leather & Lace' theme night. After a prawn, chicken & champagne dinner, we relaxed and enjoyed each other's company until the clock struck midnight when we all joined hands to sing Auld Land Syne.

For our 2nd Anniversary party in January we decorated the clubhouse with an Hawaiian theme. Everyone wore grass skirts, with leis and flowers in their hair to complete the tropical night.

We have publicised the group in the local newspaper with pleasing results. Quite a number of phone calls from people who practice nudity in their own home but not in the company of others. All were surprised to find there was a nudist group in Dubbo and many were not aware of magazines such as SUN and HEALTH. We offer them the opportunity join with others who share the same interests in a small friendly group atmosphere. With encouragement and support hopefully they will gain the self confidence to become social nudists and visit other nudist venues as they travel around.

Anyone interested in visiting us please contact us on 0428 249 386 (6-8pm) or 02 6887 7269 (nights & weekends).

The Nude Neighbourhood

Feature event

A Kiata Wedding

Article & photos by Greg

It was certainly a very special Valentine's weekend for Gary and Gail as they celebrated their wedding at the Kiata Country Club.

Despite being early on Saturday morning, family, friends and fellow Kiatians gathered at Gary and Gail's site at Kiata for what had to be the wedding of the year. Gary and Gail have only been members of Kiata for a few years but after falling in love with their own special piece of paradise, they thought why not stage their wedding on site? It's an ideal place to hold a nude wedding.

The morning dawned a little grey with rain in the air but right on time with the Kiata gods certainly shining down on



the couple, brilliant rays of sunshine started to fall on the wedding party just as the celebrant started the service.

A nude wedding certainly isn't a new thing for Kiata but it has been a few years since the last wedding held was on the grounds. Kiatians are a very social people so Gary and Gail were presented with a superb wedding breakfast with all being invited. Plus Kiata's own musical guru Klaus was on hand, again making their special morning even more special playing a number of wedding songs.

It was also Kiata's annual Valentine's function night, so Gary and Gail enjoyed a sensational evening in the club house and with more Kiatians on hand they were the talk of the night.

The Kiata Country Club is Gary and Gail's nude paradise - and they were extremely happy with the large number of friends who turned up for their special day and it was certainly a sensational way to spend a very special Valentine's weekend.



Kiata Country Club



Web: www.kiatacc.com Email: info@kiatacc.com

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

All in a safe and secure environment.

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

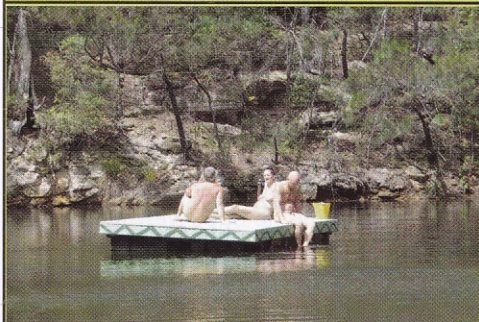
Open Days for families and couples 4-5th of October 2008

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

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

Please phone (02) 4575 0310 and leave a message or
Email: info@kiatacc.com. Web: www.kiatacc.com

Very reasonable fees



Product Review

Karcher Winner 10 Pressure washer - \$99

If your kids anything like mine, then washing up after a days play can be a messy business and lately all the more so since Callista's favourite thing is riding her mini bike through the largest stickiest puddles she can find. At the end of the day it's literally hose the kid off type stuff... and then we've got to clean the bikes.

Which is why I got myself a pressure washer and the cheapest fully featured name brand unit I could find was the Karcher Winner 10.

This entry level pressure cleaner is capable of supplying water pressurised to 1450 psi, sucking water straight from a bucket, adding detergent automatically and all with a flow rate of only 5.5 litres / min or about 1/5th the rate of a garden hose which is great if you're watching the water; and really, who's not trying to save water at the moment?

With the current water restrictions in place washing a bike is generally a bucket and bucket affair; which I find both uses more water (I think this is a restriction designed to make washing a pain so people don't bother) and just doesn't work for a dirt bike that's been out to play, but with the ability to suck water straight from a bucket, the Winner 10 makes the process both economical and practical.

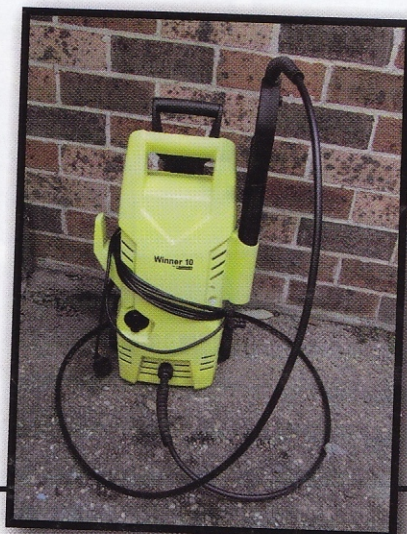
The actual suction hose is a \$50 option; instead we made do with some hose connectors and a bit of tube I found on the garage floor, it doesn't have the filter and one way valve of the authentic product, but it's an awful lot cheaper and the self priming pump has had no problems.

The winner 10 also has the ability to suck soap via a retractable hose built into the body, it only works in low pressure mode (the device switches to low pressure



mode when you remove the nozzle, which is great for wetting or soaping down things before you wash). It works well enough but the suction hose is too short to be used well; in fact all the hoses are a bit short. With a five metre power cord and three metre pressure hose I find that everything is in for a good soaking and there's not enough range to say wash a car without stopping and relocating a couple of times during the process.

The washer claims to be able to wash cars and boats, clean pavers and strip paint (or more accurately wash off paint stripper) and I think this great little device does everything it claims fairly well. The washer will literally blast the dirt away, but a word of warning ... wheel bearings, gaskets and stickers should be treated with caution, the pressure is such that you'll blast your grease out, force water through the seals, completely remove the "Yamaha" from your tank, not to mention skin, I was unfortunate enough to move my hand through the stream near the nozzle and lost a little skin for my trouble... oh and if you give it to a small child they'll fall over the first time they pull the trigger ... which even I have to admit was kind of funny the first time. This is the baby of the Karcher range and is more than enough for my needs. It really does make cleaning up that much easier and if the cord lengths really bother you then buy the next model up, where this minor shortcoming has been rectified.



The Worlds Best Nude Beaches and Resorts

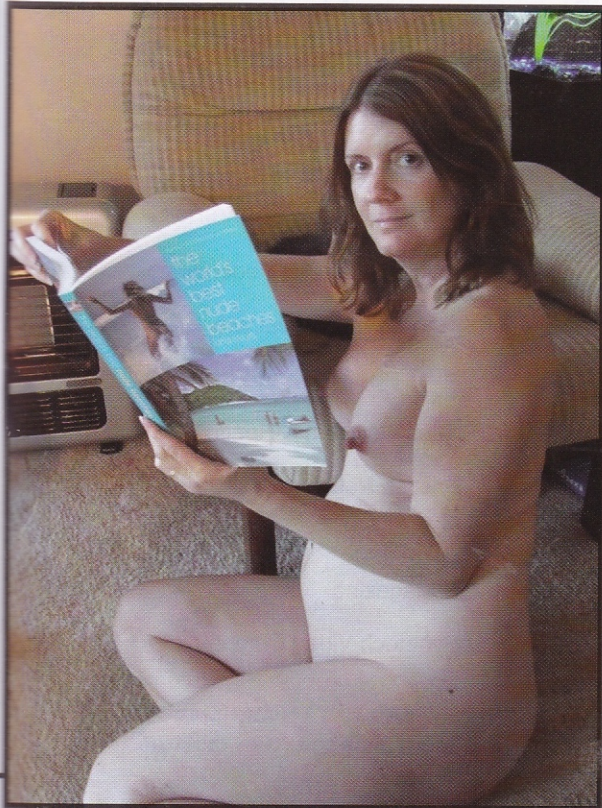
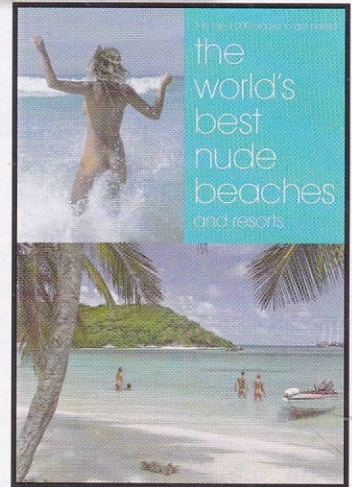
It's always tricky being asked to review a travel guide ... no one ever seems to want to fly me around the world on their buck, so it's a bit like reviewing a cook book without access to an oven. Still, I know what I like.

The book, produced by Lifestyle press & The Naturist Society LLC is a 300 page book claiming to review the top 1000 places to get naked, now I didn't count them all but from the maths alone you can tell these aren't extensive reviews ... but that's fine, everything you need to know is there.

The book is broken down into regional sections and is fairly well organised, but the coverage is sporadic from section to section and Asia and Africa aren't covered at all... it is after all a big planet.



The small section dedicated to Australia has accurate, mostly up to date information, but the coverage isn't extensive and I wouldn't be buying the book based on this alone. However, if I were planning a trip in the areas this book focuses on, travelling in Europe or the US, then as a nudist I think this guide would be indispensable.



ENJOY LIFE NATURALLY

Fossil Creek
HOBART TASMANIA

No Tan Lines...



Got a photo you'd like to Submit?

Send in Hi-res digital pictures to contributions@ozsh.com.au

or snail mail original photos to :
P.O Box 720
Riverwood, 2210
NSW, Australia

**All original photos
will be returned!**

