



In this issue...

SEPTEMBER 2025

2	The editorial team
3	Vice Chairman's Report
4	2025 SANNA Objective
5	Naturist days
6-7	We live in Paradise
8	SANNA Bash is coming
9	Noooo!!! Bare Necessities is not for sale
10-13	Freedom Beach
14-17	KZNNA- Barefoot Beach Cleanup
18-21	Heaven is 9 Mile Beach
22-23	My trip to LONDON
24-25	Should INF-FNI recognise the Naturist Symbol?
26-27	Here we go, the weekend is here!!
28	NWNA Skinny Dip advert
29	My introduction to Naturism
30	IMNA Meet and Greet advert
31	INF Vision, mission and strategy
32	IMNA: A liberation from all those things binding me in my daily hectic life.
33	Exciting News: The Limpopo Naturist Association is Born!
34-35	Kiepersolkloof: Summer Newsletter
36-37	Natural Riders MCC: Polar Bear Challenge
38	NWNA Bash and AGM advert
39	Women in Naturism
40-41	Celebrating Women's Month: Empowering Women through Naturism
42-43	GNA's Lazy Games and Drumming weekend at SunEden
44-45	SunEden Celebrates 30 Years of Naturist Bliss!
46-47	The Au Naturel Way
48	Families & Children Dos and Don'ts
49	Respect comes first!
50	Soup and movies with GNA
51	Discover a New Kind of Freedom: Join the South African Naturist Youth Association
52-63	Pikolian book extract - Chapter 6
64	SunEden Events
65	GNA's "lekker" Potjie Competition at Bird Of Paradise
66-67	Joxilox map
68	Naturist Contact Details



The editorial team:

We knew this was going to be a bumper edition when we tallied the submissions. Thus far the year was filled with all manner of activities. With the new season of sun during Spring and Summer the activities are ramping up and the clothes drop, thankfully. Editing a newsletter (which looks like a magazine), is sometimes a challenge. It does have a lighter side to it. Especially when you involve artificial intelligence. The saying, Cobbler stick to your last, comes to mind. Not all of us are writers or story tellers

for that matter. But we all need to contribute, even those that write purely for self-defense. We are so used to abbreviations that we sometimes forget that it could be misinterpreted. To help streamline the editing of some of the contributions, we decided to run it through AI. Dale Terry sent in the Polar Bear Challenge contribution and it is here that the hilarity started. The AI interpreted OBS as "Old Bastards Social". Needless to say that it took us a few minutes to compose ourselves and get back to the task at hand. It is great to see all

the different things happening around the country. This remains a newsletter still, as we only receive submissions about things that happened and advertisements about future events. Ideally we would like to see the members become more involved and send us ideas, stories and contributions from a personal perspective or life. We would like to get to know our members and introduce a more holistic view of naturism. Hope you have a great Spring time and remember the sunscreen.



JP Venter

SANNA Vice Chairman

Dear SANNA Members,
As we embrace another season in our beautiful naturist haven, it's my pleasure to welcome you to the Spring 2025 edition of our SANNA newsletter. I don't know if it's anticipation or the smell of sunscreen in the air, but I, for one, am excited for the naturist season ahead! This edition reflects on our shared journey, highlights recent developments, and looks forward to the months ahead.

Looking Back

Winter may not be peak naturism season, but our community stayed strong! A good friend of mine said, "JP, winter is the off-season where you rest and recuperate before summer hits again." Yet, our provincial associations kept the spirit alive with events like Naked Hunting, Soup and Movie Night, and the Clothed Beach Cleanup. The WhatsApp groups buzzed with inputs and messages, while SANNA worked hard advocating for the Free the Nipple campaign and supporting new provincial associations toward official recognition.

Current Highlights

Get ready for an action-packed season! Highlights include: Skinny dipping and beach games to soak up the sun—join your provincial association's big events! The SANNA 10-Year Anniversary Bash at Suneden, featuring: The annual KZNNA Golf Tournament.

VC's Report

September 2025

Live music, karaoke, and a Beer Run with a Twist. A night of epic partying to celebrate a decade of naturism—this promises to be the biggest SANNA Bash yet!!!

A Call for Respect

With social gatherings in full swing, let's ensure everyone feels safe and welcome, especially our female and younger members. As Women's Month wraps up, let's continue showing extra courtesy and care to make naturism a comfortable space for all.

Youth in Focus: SANYA

We're thrilled to announce the formation of the South African National Youth Association (SANYA)! Run by youth, for youth, SANYA is creating exciting events to get younger naturists involved. Watch this space for updates!

Looking Ahead

Embracing the Digital Era! SANNA is going digital! Follow us on our official social media channels (WhatsApp, X, and Facebook) for the latest news and events. Plus, stay tuned for the upcoming Naturism App, designed to keep you connected and informed.

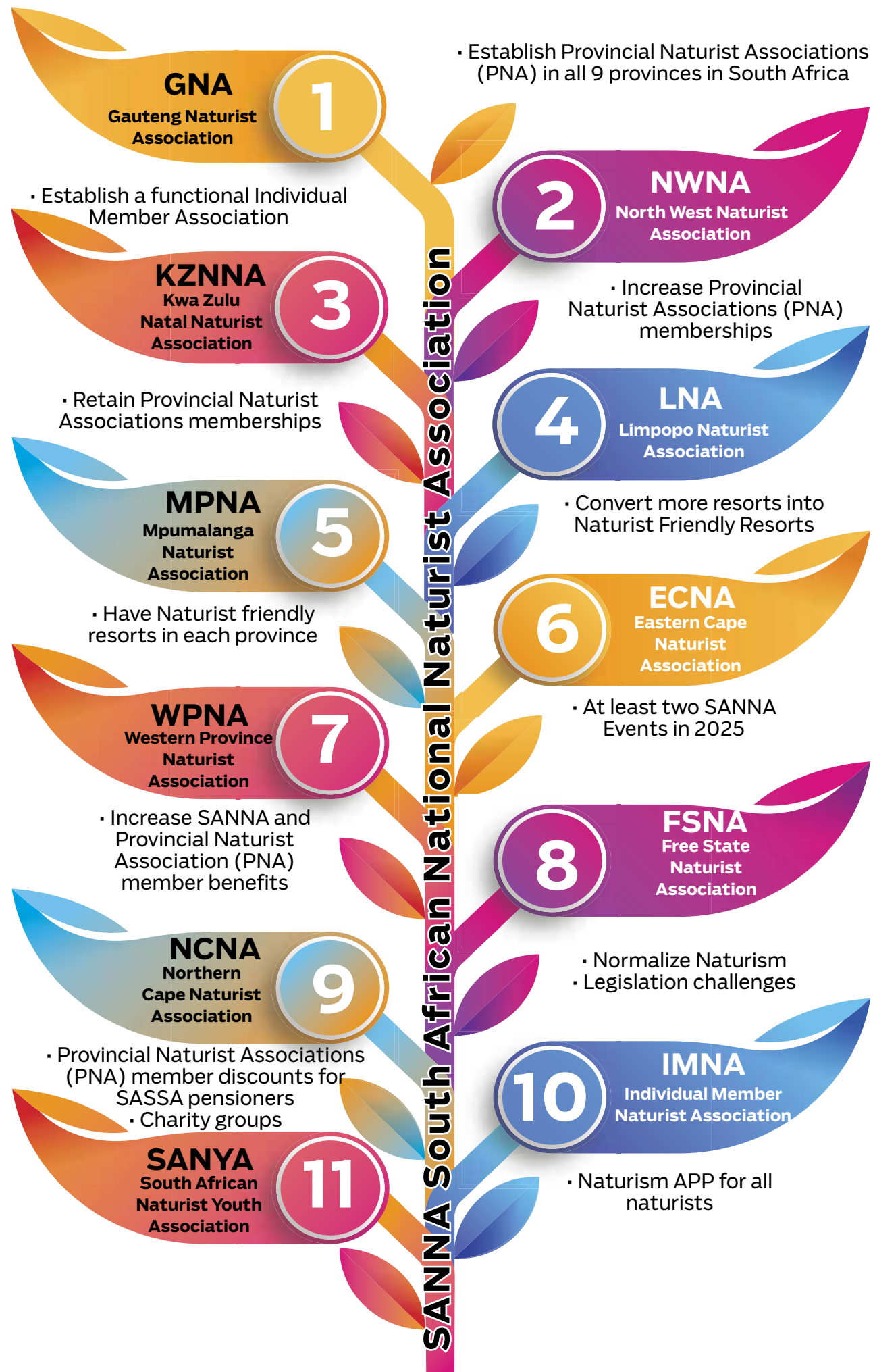
I challenge everyone: Let's grow our naturist family! Share this newsletter with at least three naturists who aren't yet part of SANNA. Together, we can make naturism bigger and better in South Africa.

A Note of Gratitude

None of this would be possible without your support. Whether you've attended an event, supported a resort, or even just signed a petition, you make this community thrive. Let's continue to nurture our bond with naturism and each other. Happy Spring!



2025 SANNA OBJECTIVE



Naturist days 2025

These are the official Naturist days for the Southern Hemisphere 2025.
Put this on all your dairies and Calendars, we have some extraordinary Naturist days to celebrate.

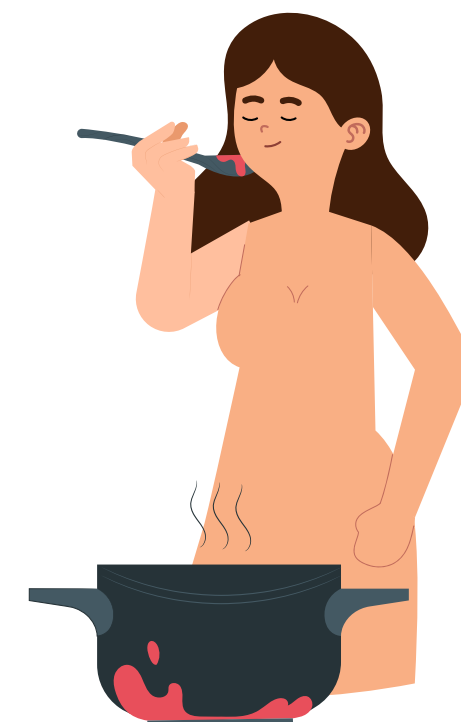
Nude cooking day - 1st September 2025
(Spring day)

Skinny dip – 6th September 2025

Naked Gardening day – 25th October 2025

Nude recreation week – 20th November to 26th November 2025

National Nude day – 7th December 2025 -
“Wear your Birthday suit”



Nude recreation week –
20th November to 26th November 2025





We live in Paradise at the SunEden Naturist Resort near Pretoria

By Lofty and Amanda

In the past 2 years, we (Joxilox Tours) have written about many of the naturist resorts and naturist guesthouses which are listed on our Joxilox Map, but we neglected to write about the SunEden Naturist Resort which is where we are based. SunEden is a 34 Hectare game farm which is owned by 50 naturist shareholders, and the farm is about 40km north of Pretoria. SunEden is a naturist/nudist resort so guests can be nude every day, except if it is a Textile Weekend (held in June). There is also a Clothing Optional Weekend (held in November) which is meant to introduce friends or family to the naturist way of life. New visitors do not need to be nude but most of us are nude that weekend. The resort was rated 9th Best Naturist Resort in the World by Traveller's Digest out of more than 5,000 naturist resorts worldwide. We have been to naturist resorts in 14 countries,

and we agree that SunEden is World-Class. The resort has the following facilities: Two pubs, a restaurant, a shop, a dance hall (called the Bosveld Lapa), a Fire Pit (called the Bare Boma), an outdoor swimming pool with solar heating, an indoor heated swimming pool, 2 saunas, accommodation and camping sites with indoor and outdoor showers and clean ablutions. There is also a large dam and canoes are available. There is a 9-hole golf course called the SunLinks and there is a Bird Hide overlooking a small dam. Accommodation is graded and priced accordingly. The lowest cost is for caravans and safari tents (glamping), but there are also budget chalets, standard chalets and deluxe chalets. Bookings can be done online, or you could phone the receptionist. Wild animals on the farm include Blesbok, Impala, Njala, Springbok, Duiker, Porcupine, Bush Babies, Mongoose, and

all types of wild birds including Ducks and Kingfishers. The weather at SunEden is mostly warm and sunny so the weather is ideal to walk around nude. Guests are always impressed with the facilities but they all comment that the best thing about SunEden is that the people are so friendly. Naturists often talk to each other easier



than at textile resorts and so new guests quickly feel part of the family. There are many events arranged monthly and there is a concerted effort to attract the younger naturists. We really do believe that we are living in paradise. If you have not

been to SunEden, please book a day visit or a weekend by phone at 0716580165 or send an email to reception@suneden.com. If you are not in South Africa, please send an email to tours@joxilox.com for information about tours.



10 years

10 October

Friday, 10 October '25

Bring and braai
at Bare Boma

anake
at the bar

Flea market

Book your stall!
Karine 082 455 1464

SANNA to sponsor fire, pap, sous, and salads. Attendees to bring own meat and drinks.

Saturday, 11 October '25

KZNNA Trophy
Golf
Championship

King and Queen
of the Dirt
Beer Run

2026
Calendar
Shoot

Evening Event?
& Prize-giving



FOR SALE

Nooo!!! Bare Necessities is not for sale but the adjoining property (Da Bus) is

Size:
1.98 hectares.

Location:

Halfway between Swellendam and Heidelberg on the N2. 3 kms of dirt road off the N2. 27 Kms from Swellendam and 30 kms from Heidelberg. Swellendam municipality has a clean audit and seem to be on top of it! Area is known as the Overberg and is considered part of the Garden Route. The property backs onto a grain farm on the South, Bare Necessities to the West, a piece of state land and a farm to the East and two vacant properies to the North. Views are of rural rolling farm country and an

extremely nice panoramic view of the Langeberg mountains to the North. Some snow on them in winter!

Vegetation is Renosterveld with some fynbos and a few thorn and wattle trees. Amazing indigenous flowers and plants especially in winter time. We often see duiker, bosbok, fallow deer as well as jackal, porcupine, hare and many bird species.

Improvents:

The property has been surveyed and properly fenced. Da Bus is a fitted out bus for a couple. En suite with electricity/ water and with kitchen facilities. Ready to move in. Eskom and municipal water available.

Ideal buyer:

A NATURIST! Someone who might want to do somthing similar to Bare Necessities or just retire on a smallholding in a very safe, beaturiful area. There are 4 adjoining properties all owned by naturists!

Price: R1.8m.

Currently registered in a Close Corporation so lends itself to buying shares in C.C. Maximum four shareholders. (R450k each etc).

Contact Neels or Petro
Nothling (owners).
082 567 1816 (Neels)
notneels@gmail.com
barenessitiesza.co.za



Freedom Beach: Past, Present, and the Promise of Naturism in the Eastern Cape

By Philip Volschenk-
KZNNA Chairman.

Freedom Beach, a secluded coastal stretch near East London in the Eastern Cape, is more than just a hidden cove marked by a weathered sign announcing it as a clothing-optional beach. For some, it is a quiet retreat to escape the noise of daily life. For others, it is a site of deep personal transformation, discovery, and community. Over the years, the beach has carried different meanings for different generations, but one theme has always remained constant: freedom.

Situated about 500 metres from the Footprints Café parking area, Freedom Beach is often empty, its quietness broken only by the sound of waves against rocks. On most days, visitors may find themselves entirely alone. Its rocky flanks create a natural barrier that makes

the area feel private, even if fishermen or hikers pass through on occasion. For naturists, this sense of solitude makes it a rare sanctuary on South Africa's coastline.

While Freedom Beach holds promise as a naturist haven, it is not without its challenges. Stuart, a member of Eastern Cape Naturists, and his wife have visited the beach numerous times. They describe both its beauty and its difficulties. Pollution is a persistent issue, often left behind by partygoers who use the space irresponsibly. Broken glass, discarded bottles, and general waste create an unpleasant environment that naturists themselves do not contribute to but must nonetheless contend with. Stuart recalls once encountering groups drinking boxed wine while swimming, behaviour he found both dangerous and damaging to the environment.

Instead of being discouraged, he embraced the situation with humour. Slipping out of his joggers, he went for a swim 30 metres away, prompting surprised but amused reactions from the other group. "They may not have noticed the clothing-optional sign," he recalls, "but they definitely noticed me." He also sees room for a more structured approach. At low tide, a second stretch of beach—what he calls "Freedom Beach 2"—becomes accessible. More secluded than the main area, this space could serve as a dedicated naturist zone. However, he cautions that the tides rise quickly, and the damaged state of the old boardwalk makes access and exit difficult. Safety, therefore, must always remain a priority. Despite these concerns, Stuart remains optimistic. He plans to organise group outings during warmer months when tides are favourable, believing that visibility and respectful naturist activity will encourage others to feel more comfortable. "Sometimes, if we just start by tanning nude, others follow," he explains. His vision is simple: lead by example, protect the environment, and nurture a community that values freedom and respect.

If Stuart's perspective represents the present, Cole Weston's story provides a moving account of the past. His first experience of naturism in East London dates back to 1989, when as a teenager he wandered away from his family at Nahoon Reef. About 500 metres along the deserted coastline, he stumbled upon an

elderly woman hurriedly trying to cover herself. Moments later, her husband appeared—calm, deeply tanned, and proudly naked.

Cole recalls the man as looking like Clint Eastwood, and he extended his hand without fear or shame. "In that moment, I knew I had just met the kind of man I wanted to become," Cole reflects. Though nervous, he gathered his courage and confessed: "I think I'm a nudist too." That moment changed his life forever.

The elderly couple, then in their 80s, welcomed him into a world where being naked was not something to be hidden or feared but embraced with dignity and pride. For Cole, who already felt at ease with nudity, the encounter confirmed what he had always known but never dared to say out loud: that body shame is taught, and freedom comes from unlearning it. Over the following years, Cole became part of a growing naturist presence in East London. By the early 1990s, a spirit of hope was spreading

across South Africa. Nelson Mandela's vision of a rainbow nation inspired people to imagine a society less bound by prejudice and fear. For Cole and his peers, this was reflected at the beach, where people of all races, backgrounds, and orientations gathered to enjoy the sun, the sea, and their freedom together.

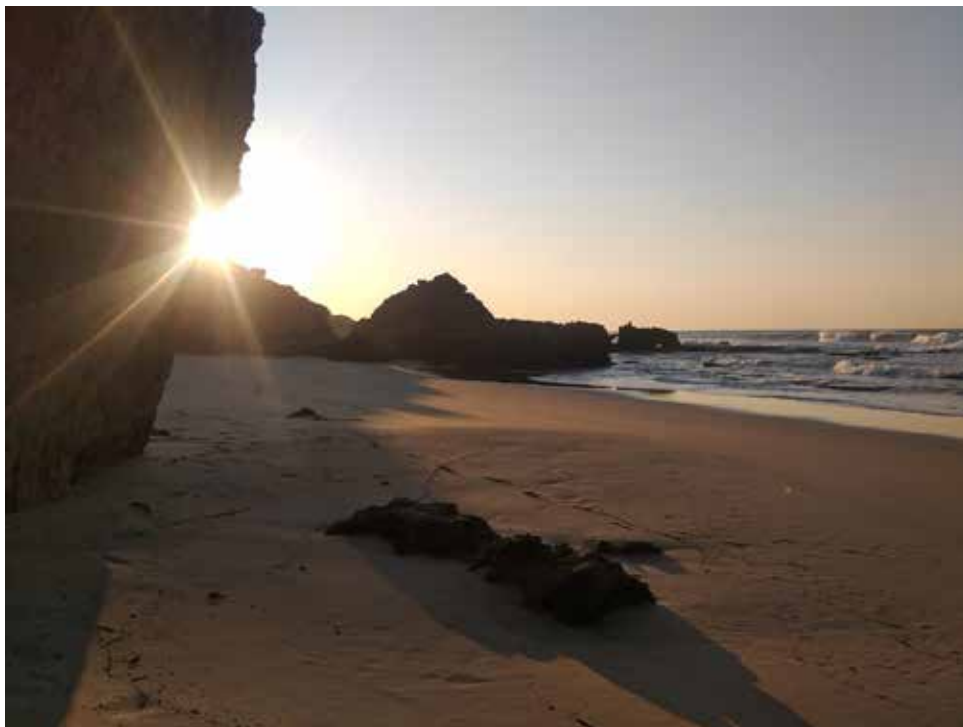
It was in May 1994 that Cole first named the beach "Freedom Beach," carving the name into a rock. For him, the name reflected not only the physical freedom of being naked but also the social and political freedom taking shape in the country. For a time, Freedom Beach thrived. Students came to swim after classes. Families spread blankets on the sand. Athletes used the open space for training. Gay men and women found solitude and acceptance. Elderly couples felt no need to cover up if strangers appeared. Although interactions were sometimes limited, there was a shared sense of safety, tolerance, and respect. "For a few years," Cole remembers, "it was nirvana. For

a few years, it was Madiba's vision of the rainbow nation."

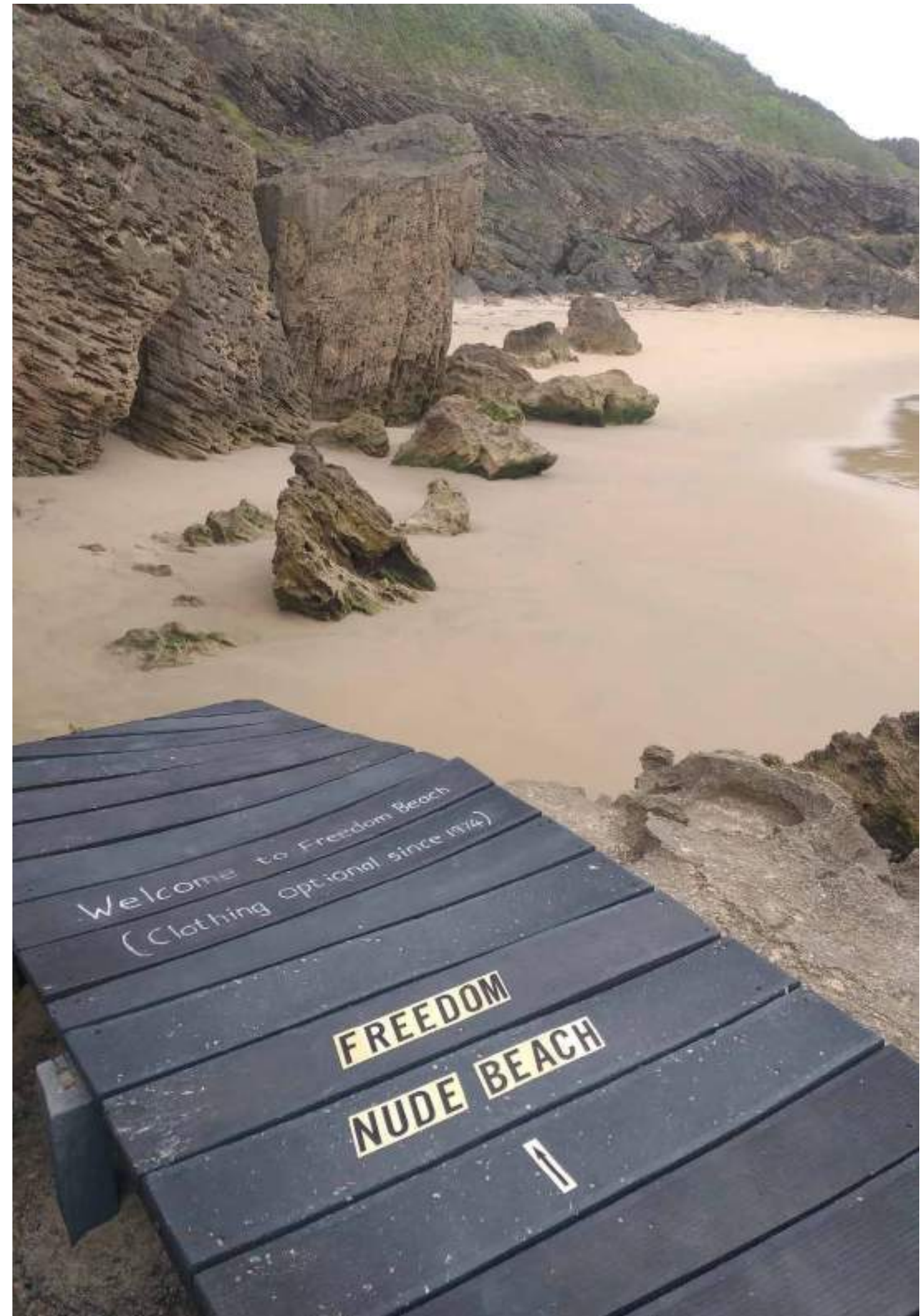
Decline and Rediscovery

Like many communities, however, the naturist gatherings at Freedom Beach began to disperse as people moved away, built careers, or started families. By the early 2000s, the beach's popularity had waned. Pollution, poor water quality, the absence of municipal upkeep, and even incidents of crime further eroded its appeal.

By 2012, Cole knew of at least two physical attacks in the area, and many who once visited regularly no longer felt safe. What had once been a vibrant meeting place became a shadow of its former self. Then came the Covid-19 pandemic in 2020. For Cole, like many, it was a time of upheaval. His business suffered, and he returned to East London to be with his parents. In that difficult period, he found comfort in returning to Freedom Beach. With time to spare, he began promoting it again, even replacing signs that had been vandalised. Some warned him



to stop, but he saw it differently: on a beach abandoned by the authorities, naturists were the ones still cleaning, protecting, and caring for it. Today, Freedom Beach is quieter than in its heyday, but its spirit endures. For Stuart and his wife, it remains a sanctuary of peace, a place where naturism can be practised with dignity. For Cole, it carries decades of memories—of first encounters, friendships, and a vision of unity that transcended race, culture, and background. Both men recognise the challenges: pollution, lack of official support, occasional hostility from outsiders. But both also see hope. Naturists are, after all, united by respect—for the body, for each other, and for the environment. With care, community effort, and resilience, Freedom Beach can continue to offer what its name promises: freedom. Freedom Beach is not just a location. It is a living symbol of courage, acceptance, and hope. Whether through the humour of Stuart's present-day swims or the profound impact of Cole's teenage discovery in 1989, it remains a reminder that freedom, in its truest form, is found in authenticity, simplicity, and harmony with nature.



KZNNA- Barefoot Beach Cleanup at Umhlanga Lagoon



On Saturday, June 29th, I got to be part of something really special — the first Barefoot Beach Cleanup hosted by the KwaZulu-Natal Nativist Association (KZNNA). I honestly didn't know what to expect when we started planning this, but wow, the day turned out to be more powerful and inspiring than I could have imagined. We had 15 KZNNA members and 25 non-members show up to help. That's 40 people in total — a mix of families, children, young people, older members, and community volunteers. For a first-time event, that was incredible.

Now, for those who don't know, KZNNA is part of the South African National Nativist Association (SANNA), and we're affiliated with the International Nativist Federation (INF). As naturists, we live by three simple beliefs: respect for self, respect for others, and respect for nature. And on this Saturday morning, all three came together beautifully.

We gathered at Hawaan View lookout early in the morning. The sun was shining, the sea breeze was cool, and there was that electric buzz of people who came with purpose. After a quick welcome and safety briefing (thank you Neville!), we headed

down to the beach to start the cleanup. The plan was to walk a little way north and then begin. But the moment we hit the sand, we saw just how bad the litter was — bottles, straws, plastic wrappers, and loads of tiny pieces buried in the dunes. Nobody could just walk past it, so before we knew it, everyone had already started picking up rubbish.

That set the tone for the rest of the day. When we reached the Umhlanga Lagoon river mouth, the real hard work began. The waste wasn't just lying on the beach anymore. It was tangled up in reeds, driftwood, and plants along the riverbanks. We split into two groups: one tackled the southern side, and the other went up along the northern bank.

This was where the rakes came in handy! Bits of plastic, especially bottle tops, were everywhere — hidden in the mud, wedged in roots, floating in the shallows. Some volunteers waded in to pull rubbish out of the water. Others worked tirelessly on the shore, shaking natural debris out of the plastic waste so the bags wouldn't fill up too fast.

It was tough going, but honestly, there was something energizing about it. People were laughing, chatting, and cheering each other on every time a tricky piece of rubbish was freed. It felt less like work and more like a team adventure.

Standing there, pulling plastics out of the lagoon, I couldn't help but think about the bigger problem. Every year, millions of tonnes of plastic enter our oceans, and beaches like Umhlanga Lagoon are often where it ends up. This beach in particular has had a hard time — chemical spills, sewage leaks, and years of neglect made things worse after the COVID lockdown.

Some people might ask: why bother cleaning up if the tide will just bring more tomorrow?

But being out there, you realise the answer is simple. Every bottle we remove is one less threat to marine life. Every plastic bag taken away is one less piece breaking down into microplastics. And every person who joins in goes home with a new awareness of how their choices matter.

That ripple effect is where the real power lies. For me, this event was also about showing what naturism really stands for. It's not just about enjoying the outdoors unclothed — it's about living with respect, simplicity, and harmony with the world around us.

That's why we called it the Barefoot Cleanup. We weren't there as a "nude" group; this was an inclusive, clothed event open to everyone, naturist or not. But walking barefoot on the sand symbolised something important: our direct connection to nature, and our responsibility to protect it.

One of the absolute highlights was seeing families bring their children. Watching the kids enthusiastically pick up rubbish, ask questions, and proudly show off their bags was inspiring. Two young girls even promised their grandmother they'd carry bags on future beach walks so they could collect rubbish every time. That kind of moment gives me hope that the next generation will do even better than us. On the other side, I was blown away by some of our older members. Honestly, the way they got stuck in — raking, bending, hauling heavy bags — with sheer determination, was something to admire. They didn't hold back, and they showed the rest of us that age is no barrier to making a difference.

By midday, the beach looked noticeably cleaner. We had collected bags upon bags of plastic, glass, and other debris. Walking back, the sense of accomplishment was written all over people's faces.

It might not have been a "once and for all" solution, but it was a huge step in the right direction. The Umhlanga UIP made sure the rubbish was removed afterwards, so all that effort didn't go to waste. I want to say a heartfelt thank you to every single person who joined us. Whether you were a KZNNA member or simply a community volunteer, you made this day a success. The partnerships, the laughter, the teamwork — it all came together in the most beautiful

way.

For KZNNA, this was just the beginning. We want to keep doing cleanups like this, and we want to inspire others to join in. You don't need an organised event to make a difference — just take a bag with you next time you go to the beach and pick up a few items. Imagine if everyone did that!

When I finally left the beach that afternoon, I was tired, sun-kissed, and a little sandy — but my heart was full. I felt proud of our naturist community for

stepping forward, proud of the volunteers who gave their time, and hopeful for the future of our beaches.

Naturism, at its heart, is about connection — with ourselves, with each other, and with nature. This was more than just a cleanup. It was a reminder that we can change things when we act together.

And that, to me, is worth every piece of rubbish we picked up.



Heaven is 9 Mile Beach: A Naked Wild-Camping Experience



**By Philip Volschenk-
KZNNA Chairman.**

If I can think of a definition more fitting for the ideal naturist experience, it would be this: heaven is not a place—it is a space in time, discovered and created by ourselves. Forget five-star hotels, fancy dinners, and spa treatments. For me, the ultimate five-star experience is time spent naked in nature—alone, on a secluded beach, far away from the noise of the world of man.

The week of 14 July proved to be exactly that.

Originally, the plan had been for me and my best mate, Pieter, to head up to Ponta Malongane in Mozambique. Unfortunately, life had other plans for him—an

operation meant he had to stay home and recover. My leave had already been booked, a full week and a half of freedom, and I knew I still needed the escape: from the cold of winter, from routine, and to find some inward reflection. Normally I don't embark on adventures alone, but this time I decided to make an exception. I prepared carefully, packing everything I might need: water, camping gear, gas, batteries, refrigeration, even a hand axe for security. My bakkie was loaded just enough to keep me independent without weighing me down. The rough outline was to base myself at Sodwana Bay for a few days, then explore further north toward Kosi Bay. But as

it so often happens with the best journeys, the plan began to change the moment I set out. Leaving Vryheid under clear but icy skies, I discovered that Sodwana's forecast had turned to rain. Searching for alternatives, I stumbled upon Triton Dive Lodge. After a call with the owner, Eve, I booked myself in for two nights. On arrival, I was pleasantly surprised. The weather was warmer than expected, the nights staying at 18°C and the days rising to 28°C—tropical warmth compared to the chill of Vryheid. It was just me and Ryno, the caretaker. Between long conversations and a shared case of Black Label over two evenings, I felt an immediate

sense of welcome. Triton is primarily a diving lodge, and I learned that Eve's late husband had been the first to discover the coelacanth off Sodwana's coast. We even discussed the possibility of hosting a naturist scuba event there one day—something thrilling but daunting, given the cold of deep waters and the logistics of booking out the entire resort.

But my heart was restless to explore. My first day took me into the iSimangaliso Wetland Park, bumping along sandy, waterlogged roads toward Lake Sibaya. Somewhere along the way I saw a painted blue rock with "9 Mile Beach" scrawled across it. The path led me through dense coastal forest, over dunes both ancient and new, until finally the trees opened to reveal a hidden gem: a picnic site beneath tall casuarinas, and beyond them, a deserted stretch of beach. Not a soul in sight.

Without hesitation, I stripped off. With my towel, sunscreen, and water packed, I walked down to the shore. The tide was low, revealing natural rock pools—one shallow enough for wading, one deeper for floating, and one large enough to swim properly. I spent hours there, swimming naked, sunbathing, and simply breathing in the solitude. For five kilometers in either direction, there was no one. It felt as though the entire coastline belonged only to me. That evening, back at Triton, I knew my plans had changed. I would return to 9 Mile Beach, not for a day, but to camp in the wild.

After stocking up on supplies in Mbizwana, I drove back to 9 Mile. The sun was out, the air warm, and my spirit lifted. I cleaned the campsite—collecting discarded bottles and flip-flops, burning what I could. Then I pitched my faithful green tent, set up a small campfire, and arranged a few motion-sensor lights for safety. As dusk settled, I sat with a sundowner beside the



flames, naked and at peace. The sea's rhythm, the cry of birds, the rustle of wind through casuarinas—it all began to drown out the usual anxieties of life.

That night I awoke briefly to what I thought were human voices. My senses sharpened, I listened. But it was only the night wind in the trees, the song of a Natal night-jar, the steady crash of waves. The profound surrealism in that moment, when your mind finally stops thinking and you begin listening—really listening—was not frightening at all. It was a welcome symphony of nature, a blanket of peace that enveloped me. Fear dissolved, and in that

calm I realized I had become part of the environment rather than a stranger to it. I drifted off to sleep soon after, smiling in the dark.

Every morning began with ritual: make coffee, greet the sunrise, wash, clean camp, then walk the beach until I saw another human being—or until I couldn't go further. That day I walked seven kilometers south, barefoot in the sand, without meeting a soul. My phone didn't work behind the dunes, only on a high spot I nicknamed "The Office." This small disconnection was a gift. I had to climb a dune just to send a message—and most of the time, I didn't bother. I discovered more landmarks:

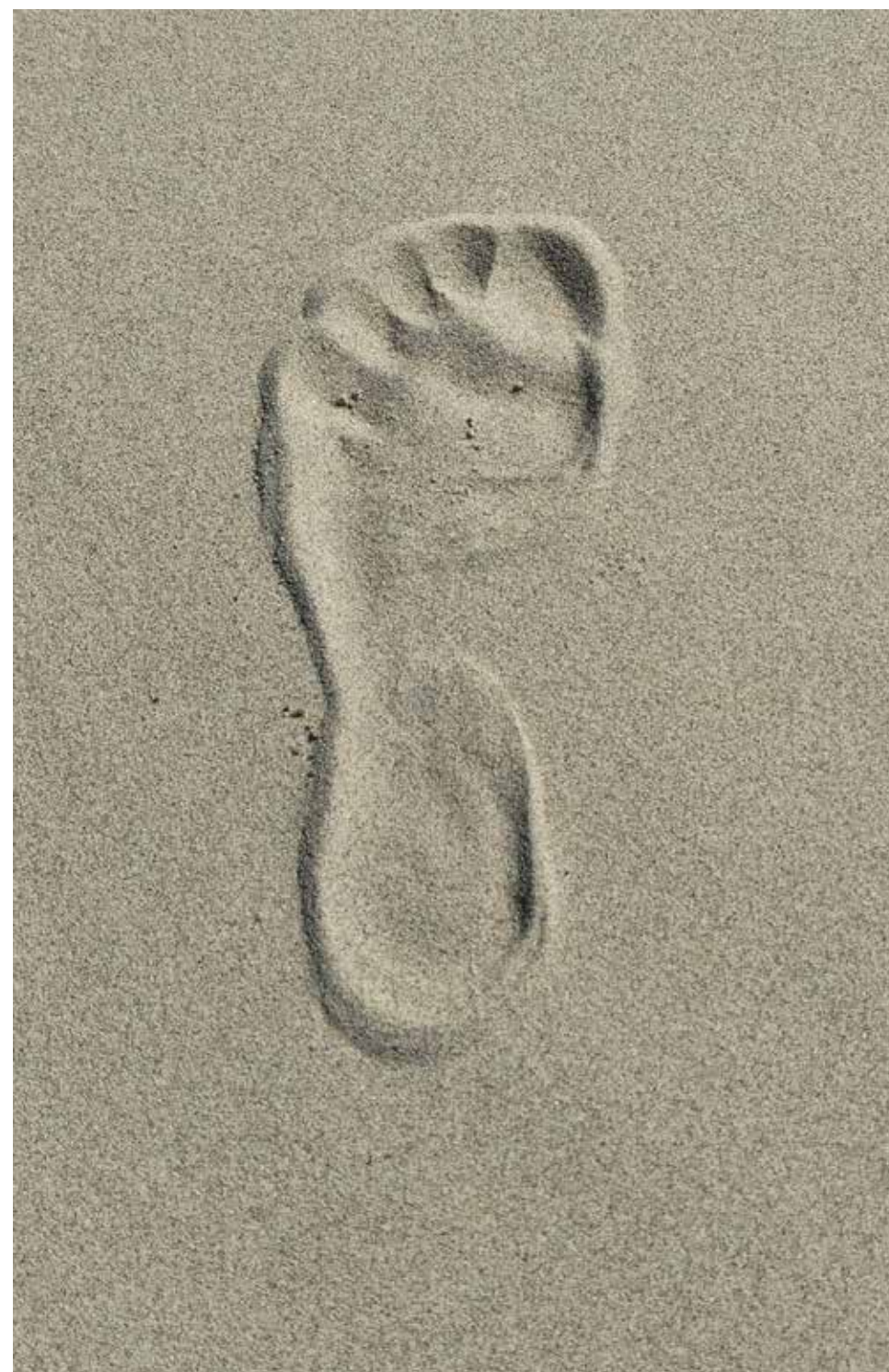
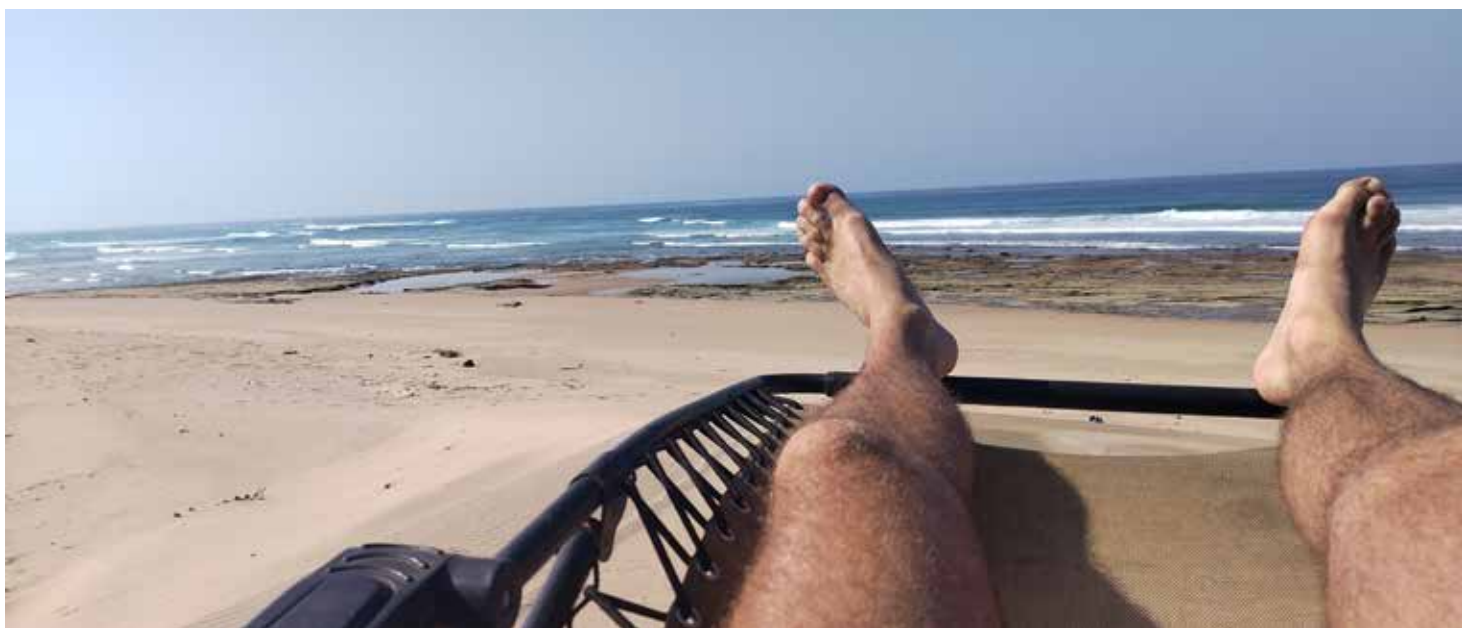




“The Swing,” a makeshift rope swing left by someone before me; “The Sundeck,” a sloping dune perfect for reclining in the sun; and “The Pinnacle,” where one could gaze endlessly north and south across untouched coastline. That afternoon the tide pulled back, the reef emerged, and the sea turned into a clear, calm playground. Fish darted around me as I floated. Once, a giant rock cod brushed close enough to startle me—but instead of fear, I felt awe. Solitude was no longer loneliness; it was freedom, and for the first time in years I felt truly present. By now I had stopped hiding. When a dive boat passed offshore as I sipped my morning coffee naked on The Pinnacle, I

laughed. At first, I ducked behind the dune, embarrassed. But then I thought: I was here first. If they saw me, so be it. This was my space in time, and I refused to let imagined judgment take it away. I walked north toward Mabibi, turned back at the sight of fishermen in the distance, and spent the day swimming, sunbathing, and even trying to fish myself—though without luck that day. Later, I collected two bags of plastic debris and burned them in the fire. I felt confident now, existing unapologetically in my own skin, no longer concerned with hiding or explaining myself. By now my body was tanned, my mind calm, and my spirit free. I passed fishermen on the beach, briefly covered up, but it hardly

mattered. I was beyond caring. Even the fishing boats close to shore no longer made me self-conscious. That evening an old friend surprised me with a visit. We reminisced, shared drinks, and had a proper party under the stars. For a night the solitude was replaced with companionship, and I realized both had their place in this journey. Balance was everything—solitude heals, but friendship nourishes. On the last day, the weather began to turn. The wind picked up, the sea grew choppy, and clouds rolled in. After my usual sunrise coffee and walk, I bathed behind the dunes, ate breakfast, and slowly packed away camp. My heart was heavy, but also



full. Leaving was hard, but I knew heaven is never meant to be permanent. Its beauty lies in its fleetingness—a moment in time you carry with you forever. As I drove away from 9 Mile Beach, I kept glancing back in the mirror, holding on to the feeling of what I had just lived through. It wasn't just a trip, or a camp, or even an adventure—it was something much deeper. In those days of solitude, stripped of clothing, technology, and society's noise, I had experienced what I can only call heaven. Not the kind promised in books or waiting in the afterlife, but a heaven we create for ourselves in moments when we are fully present, free, and alive. Heaven is in the silence of the dunes at night when the wind and bird calls replace your restless thoughts. It's in the sunlight of a naked swim when the ocean cradles you like an old friend. It's in the laughter of an unexpected visit from someone who knows your past, and in the calm of mornings where the only company is coffee, sand, and sea. That week left me with a good tan, a little tired, but profoundly alive. My body felt lighter, my mind clearer, and my soul deeply nourished. I had set out in search of escape, but what I found was connection—to nature, to myself, and to the truth that heaven is wherever we allow ourselves to be free.

My trip to LONDON

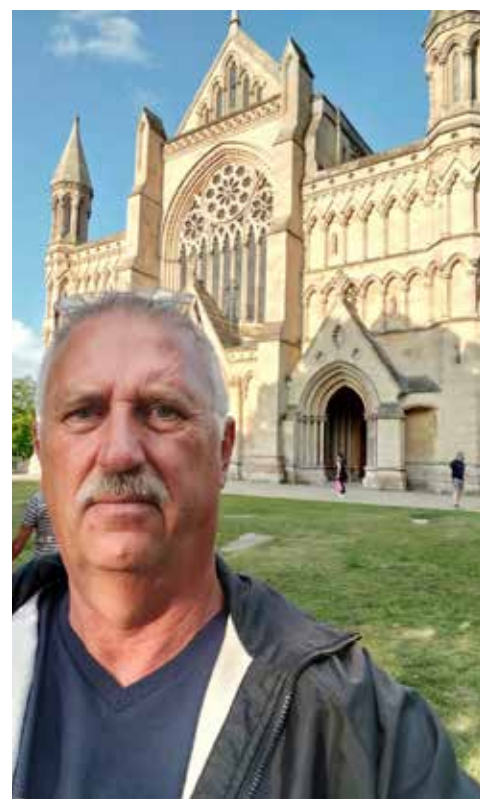
to attend the INF-FNI Leadership meet at British Naturism SUNFOLK

Christo Bothma/INF Focus

In mid-June, the INF-FNI's Central Committee met in person for the first time since last year's Mexico World Congress. We, as the Central Committee met in person for two and a half days at a British Naturism site Sunfolk site near St Albans, beautifully refurbished, just outside London. Normally, our meetings happen online, but once a year everyone gets together in person to tackle the really important stuff. It was a really great experience for me. The flight to London took 11 hours, followed by a train ride of almost 4 hours to St Albans on Friday. The meeting kicked off at 12:00 and wrapped up on Sunday. On Monday, I spent the day exploring London and visiting all the famous landmarks. After that, it was back on the train to Heathrow for another 11-hour flight home. In June, Focus mentioned that

work was underway on a SWOT analysis and a new 5-year strategy for the organisation. A lot of progress was made during this meeting, with consultant Jane Cockerell guiding the discussions. A draft strategy is nearly ready to be shared with Member Federations. The committee also agreed on a new values statement and code of etiquette (you can read more about that in this edition of Focus). Other big topics included a communications plan (and the possible need for professional support), the future of the INF-FNI website, activities around the world, and new approaches to membership. One key decision was that meeting minutes will now be posted in the public area of the website instead of behind a password. You can find them at <https://downloads.inf-fni.org/> by clicking INF-FNI Meetings. The British weather lived up to the occasion too—it was warm

and sunny, which meant the committee could make the most of the facilities in true naturist style. A bit of Sunfolk's history Sunfolk has been a naturist spot for over 90 years. British Naturism took it over in 2020 for a nominal fee, and since then it's been given a huge upgrade. Today, it offers camping space, five "glamping" pods, large sun lawns, a modern pavilion with a meeting room and kitchen, plus an indoor pool, sauna, and hot tub. You can book a stay at <https://sunfolk.bn.org.uk/>—and INF-FNI members get discounts. Just a week before the meeting, Sunfolk officially re-opened with the INF-FNI president, vice-president, and Europe representative present. A plaque from INF-FNI now proudly hangs on the pavilion wall.



Should INF-FNI recognise the Naturist Symbol?

By Edwin Kilby
July 19th, 2025
Categories: Future of Naturism

Setting the Stage for October's Debate

In recent years, a bold blue and yellow symbol — a stylised figure and sun rising over flowing waves — has become a common sight among naturists around the world. Whether on campsite flags, enamel pins, social media avatars, or t-shirts, The Naturist Symbol is being increasingly embraced as a shared visual identity for the global naturist movement.

And yet, the question of its official status remains unresolved. This October, delegates to the International Naturist Federation (INF-FNI) conference will discuss — among other matters — whether the organisation should formally recognise the symbol. The issue is more than just visual branding; it touches on the movement's democratic values, openness, and evolving culture.

A Grassroots Beginning

The Naturist Symbol was created in 2020 by a small group of naturist volunteers who saw a gap: the movement had no widely recognised, copyright-free

visual emblem that could unify naturists across borders and generations. Their aim was to design something that would be simple, easily shared, and unmistakably positive in tone. The result is the now-familiar image: yellow sunrays and a stylised human figure rising from behind blue waves — evoking warmth, freedom, and nature. Crucially, the design is in the public domain, allowing anyone to use or modify it without licensing concerns. But while the motivation behind the project was broadly welcomed, the process by

which it was introduced raised eyebrows. The symbol was launched by a self-appointed group, not through existing national federations or democratic vote. Many naturists — including long-standing members of INF-FNI-affiliated bodies — felt they were left out of the decision.

Concerns and Critiques

Some of the arguments against formal adoption centre around this very issue: process. If INF-FNI values democratic engagement and inclusive decision-making, should it formally endorse a symbol that

many of its members had no say in developing? Others question whether the symbol's use as a discreet "identifier" — sometimes described as a kind of secret handshake — undermines the INF-FNI's mission. The federation encourages naturists to be open and proud of their identity, challenging stigma and normalising non-sexual social nudity. A symbol that can be worn to subtly hint at one's naturist identity, critics say, might reinforce the idea that naturism is something to keep

hidden. There are also philosophical concerns: does naturism, as a way of life, need a logo at all? And does adopting one risk diluting its values into branding? **A Growing Popularity** On the other hand, the symbol has clearly struck a chord. Despite the lack of initial consultation, many naturists around the world have taken it up enthusiastically. For some, it's become a point of pride — a badge of belonging in a community that is still often misunderstood or

misrepresented. Its wide uptake across continents suggests that many naturists see the symbol as a positive unifier. It's already in use by individuals and local groups, often appearing in tandem with pro-naturist messaging and outreach. Supporters argue that the symbol is not about secrecy, but about connection — it offers a visual language that transcends national boundaries and linguistic barriers. And from a practical point of view, many feel that the proverbial ship has sailed: the symbol is already in wide use, and to ignore or reject it now might seem out of step with the reality on the ground.

A Decision Ahead

The October conference presents an opportunity for open and thoughtful discussion. The question before the INF-FNI is not simply whether the symbol is attractive or popular, but whether its origin, meaning, and function align with the federation's values. Should a symbol created outside official structures be embraced retrospectively? Can it serve as a tool for unity without compromising transparency and openness? Or is it more appropriate to allow its continued informal use without institutional endorsement? No final conclusion may be reached immediately — and perhaps that's appropriate. For now, what's needed is a respectful and inclusive conversation, reflecting the diversity of opinion across the naturist world.

As the movement continues to evolve, so too does the way it presents itself. Whatever the outcome, the debate over The Naturist Symbol is a sign of a community thinking seriously about its identity and its future.





Here we go, the weekend is here!!



By Nico Pieterse

We were all counting down the days and could not keep our excitement at bay. Guns are calibrated and tested, calibrated and tested again... because this time we are hunting the blue wildebeest! Arriving at Kleinfontein, we were welcomed with friendly enthusiasm, as always. Around the fire we shared laughs and stories, making new friends, "Priceless" and getting to know our companions. Saturday morning started with excitement and the hunters were all ready to go... As per tradition we first got to target practice at the gong before going out to explore the hunting grounds. After a lovely social day, the brave night hunters went out. Not a long search and the first buck was potshot. Frozen and stiff the hunters returned to camp and luckily the fire was quick to warm up the cold fingers, toes and noses. While getting cosy at the fire, the hunters shared their experience with the rest of the group. While some of the hunters went

out early the next morning, the rest of the companions made breakfast with hot coffee and relaxed in the morning sun. That night, the night hunting group was eager to take on the cold. The excitement of the trip made the cold seem to fade away. Proudly there was a few "firsts... First time night hunting and the first time walking for kilometres in the dark to take a shot with the night scope. Thank you, to the professional hunters for their patients and guidance in providing this learning opportunity. Obviously, the excitement took over and the party kept going until 4 am in the morning and with little sleep, everyone still kept their heads high and pushed through the day in die field.

With great pleasure the hunters met their quota and everyone could go home proud!

As everyone arrived home safely the meat processing could begin and was proudly shared on the group.

We as a group of guests, truly thanks Kleinfontein for their kindness, friendliness, going out of their way and complete professionalism in making the weekend another one that will not be forgotten.



Live free, ride free!

**What makes Natural Riders MCC different from other motorcycle clubs?
Absolutely Nothing!!**

- We love to ride!
- We love the thrill!
- We support all other clubs where we can!
- We do Day Jols!
- We do Rallies!
- We do Breakfast runs!
- Our other love is Naturism!
- We do gatherings with other Naturist who are not bikers.
- We attend as many Naturist events as possible!
- We do Sunday Clubs with fellow Naturist and Bikers
- We have a Whatsapp group "Friends Of Natural Riders MCC"
- We are proud of who we are and the lifestyle we have chosen!



We will never disrespect other motorcycle clubs because of our way of life, so please do not disrespect our club.

We all do share the same passion....Motorcycles!

Natural Riders MCC shares the same passion with the naturist lifestyle.

Contact. Prez OZ:- 076 046 6533 presidentnaturalriders@gmail.com

My introduction to Naturism

Bare Essentials: An Escape to the Cape Adventure



ByShani Rose

An unexpected day of naked freedom and self-realization on International Women's Day "You are enough." These are four words that sparked a huge epiphany on 8 March 2025. Earlier that day, I was at Seapoint supporting my seemingly crazy brother as he prepared to cycle naked through the streets of Cape Town in support of Global Warming. Chris is happiest when he's in his birthday suit and loves the camaraderie of others who feel the same.

At the Seapoint library car park, our naked cycling gathering buzzed with energy, and I could feel Nita's vibrant spirit as the spokeslady and organiser lighting up the scene. Her husband, Marthinus, kept us entertained by pointing out, with a wry grin, that cycling in the buff isn't actually allowed in our country—something that other places seem to take for granted. Their teenage kids were around too, and here's a quirky tidbit: the attendance of their oldest son came while still in his mother's womb 15 years ago, when Dad had drawn a huge globe on her round

tummy, celebrating a world of adventures yet to come. The fun didn't stop there; one guy even had "We come naked, we leave naked" boldly written on his back, adding to the playful vibe. The atmosphere was lighthearted and almost like a Woodstock vibe of peace and love for humanity and this little blue dot we call 'home'. There were about 80 other people in various states of undress, mostly completely in the buff. As my sister-in-law and I watched them leave, it occurred to me that the cyclists were watching the onlookers just as much as the spectators were watching them. Who was more transparent? Who was more joyfully celebrating the gift that God has given us all—a body?

We ventured on to Sandy Bay after the cycling event. I felt shy until I came face to face with Nita, filled with joy and "joie de vivre" She was the epitome of the joy of living, with a spirited enjoyment and zest for life. I wasn't sure whether to disrobe or not as I was overcome with shyness. I was looking at myself from the outside in, judging myself for looking more like driftwood than the wholesome

piece of wood I remembered from my youthful visits to this lovely beach haven.

Then Nita said, "You are enough." In that moment, I realised I was the odd one out. It felt strange to keep my clothes on when everyone else was showing such openness, trust, and transparency on a moment in time and a day that would never happen again.

The instant I removed my restrictive bathing suit, I felt as though I had flipped into an alternate reality. Suddenly, I was viewing myself from the inside out. I felt connected, like a five-year-old overwhelmed with the desire to run along the shoreline, leap into the waves, and revel in the freedom of having a body. Instead, we walked and felt incredibly carefree surrounded by happy smiles.

I don't know when I will have another opportunity to bare my soul like this—perhaps in France—and when it happens, I'll be sure to send you the news from the nude.

I just want to thank my dear brother and my best friend (his wife) for their kindness, understanding, and hospitality, and for showing me a different side of life. Not too long ago, I was bemoaning my delayed return to France and feeling "stuck" in Cape Town. Now I know why—it was a real Escape to the Cape Adventure. Had that seeming mistake not happened, I would never have had this epiphany. Everything happens for a reason?

Guess what? I later found out that 8 March is International Women's Day—a day to celebrate the awesome achievements of women and shake up the everyday with a dash of quirky defiance. It was perfect that I embraced my womanhood on such a suitable day! And fun fact: South Africa's Women's Day is the day after my brother's birthday exactly 5 months later. No doubt he will be wearing his birthday suit on that day!

DIVE INTO A UNIQUE NATURIST EXPERIENCE



NWNA SKINNY DIP 2025 5-7 SEPTEMBER

PLEKSPYKERTJIE
PINDROP
Guestfarm

This year, we're diving headfirst into Pindrop - The only indoor heated swimming pool in Africa big enough for a legendary naturist skinny dip!



Meet and Greet 20 September 2025
10:00 - 17:00

Tranquil Farm, VR6, Rietpoort Road
Magaliesburg (pin location will be provided)

Come and enjoy IMNA's
first event with us!!

1. Lunch will be provided
2. Ice-breakers
3. Skinny Dip
4. Nature Photos
(Only those who wants too and give written permission)
5. Bring your own alcohol beverages
6. Camping facilities available for those
wants too overnight (Responsible for own breakfast)
7. Guest Speaker: JP Venter
(SANNA Vice Chairman; NWNA Chairman, IMNA Co-founder)

Please Note: All IMNA rules apply
Farm Rules:

1. No loud music
2. Rubbish bins will be provided (including cigarette butts)
3. Stay within in the large demarkated area
4. Fires only allowed in designated areas
5. No illegal substance allowed whatsoever

RSVP:

By 15 September 2025
JP Van den Berg via Whatsapp 074 978 1424
or email : vicechairman@imna.org.za
chairman@imna.org.za
For more information about Tranquil Farm:
Louis - 082 442 4890



VISION STATEMENT

A world where everyone
can live in freedom, with
or without clothing, with
respect for each other and
for the environment.
A world where the human
right to be naked is
protected and nudity, is
accepted.
A world where naturism is
practised in accordance
the INF definition of
naturism.



MISSION STATEMENT

Together with national
federations, we promote
naturism and its values
internationally, working
towards a world where
naturism may be practised
everywhere.



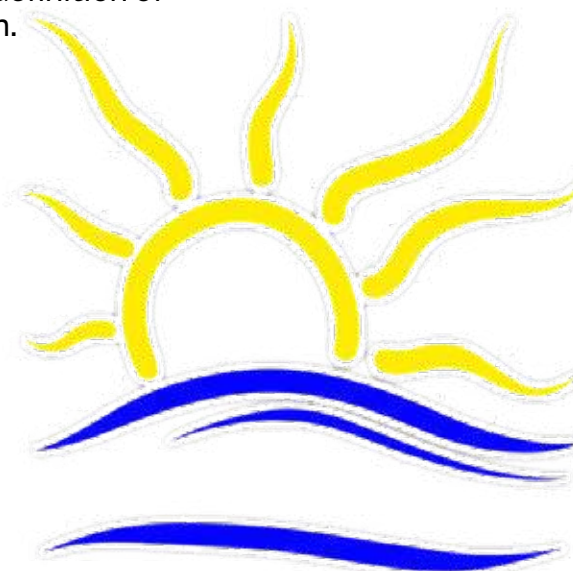
STRATEGY

The INF-FNI aims to achieve its
mission by:

1.
strengthening and supporting
the work of the national
naturist federations through
cooperation (exchange of
knowhow, best practices, ...),
consultation (finance, members,
communication, data, organisation,
...), events (sport, social, festivals,
culture and arts, fairs, ...)
networking (congress, friendship,
...)

2.
communicating the values of
naturism by promoting naturism
as a philosophy and ideology,
promoting naturism as a natural
and more sustainable way of life,
campaigning and lobbying towards
establishment of a human right to
be naked
promoting self-confidence and
body-acceptance as part of
naturism
working with authorities,
(governments, police, international
bodies, environmental
organisations, ...) utilising
professional public relations
(press releases and responses to
publications) web and social media
work

3.
building and maintaining
relationships with other bodies and
being an international partner in
the support of naturism



Adopted in Luxembourg October 2022

IMNA: *A liberation from all those things binding me in my daily hectic life.*

JP Van Den Berg IMNA Vice-Chairman

All my life I was pro-nude, hidden, but walking around naked whenever I could. Let's say a closet nudist. See growing up in a pastor's house it's definitely a "no go zone". When I finally outed myself, all excited, even got a tattoo, I was dumb struck to find out that I could not join any formal naturism / nudist community as an individual. My wife, Rozanne, and I are the perfect example of "ying and yang" I love being naked and she shy's away from it. I ended up in some small groups, but they were not what I was looking for. There was no connection to naturism as I perceived it to be. I did make some awesome nudist friends though.

Then via one of these nudist friends I had learned about IMNA. I got added on the "Naked Dreams" Whatsapp Group and was advised to check for "JJ" he will send me in the "right direction". So, I send JJ a Whatsapp not even knowing he is the chairman of SANNA. JJ responded with the IMNA details, and I sent my application in the same day, within a few weeks I got my interview with JP, vice chairman of SANNA. I finally got to live in my freedom zone belonging to IMNA with others feeling the same as I do, in a similar situation as I am. See, naturism means so much to me. It is a liberation from all those things binding me in my daily hectic life. The sun on my skin, cup of coffee, the wind through the leaves gives the most freeing feeling that no music, words from any book or conversation can give. Sharing this with

others like me is even more amazing, and it gives a fulfilment on a level clothed people will never understand. I offered my help to spread the word about IMNA, seeing there is definitely more people that need this freedom that we have. I then got appointed as vice chairman of IMNA, marketing. I love this role. Spreading the word in creative ways and about something I love and could change a life!! I will forever be grateful to the founders, JJ and JP, for IMNA. See daily superheroes don't wear capes, they create opportunities for people like us. In my eyes they are superheroes.

Thank you!

So here I am, JP Van den Berg, the pastors kid, married to a beautiful woman, Rozanne, and father of two amazing individualistic daughters, Amy and Zoe. I do power lifting, warrior racing and play netball. I am an Aviation Security Controller in the "skop, skiet and donner" sections of OR Tambo International Airport. I am a sort of a freelance artist but mostly in my personal space. So here I am, this me, this is what I love, what I do. Welcome to my life story and I am happy to share it with all of you.



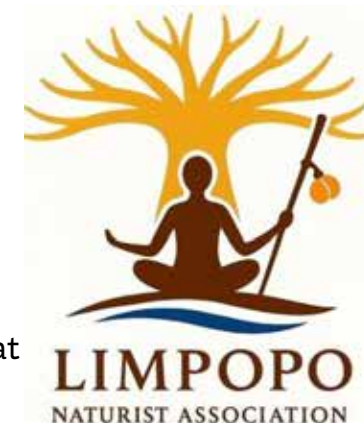
Exciting News: *The Limpopo Naturist Association is Born!*

The SANNA Team

Dear Naturist Community, Picture this: a vibrant group of like-minded souls, united by a shared love for naturism, coming together to create something extraordinary. We might not be starting a rock band (though we've got the passion to rival one!), but we are forming a dynamic new provincial association in Limpopo, and we couldn't be more thrilled to share the news! At the start of 2025, the South African National Naturist Association (SANNA) set an ambitious goal to expand our reach by establishing more provincial associations across the country. Our mission? To grow the naturist family, foster connection, and celebrate the freedom and joy of naturism. That vision is now coming to life in Limpopo, where a passionate and fast-growing Facebook group caught our attention. From there, the sparks began to fly! Ideas flowed, concepts took shape, and plans for the Limpopo Naturist Association (LNA) started to form. Thanks to countless brainstorming sessions, a lively WhatsApp group, and the dedication of naturists in the region, the LNA is on the cusp of becoming a reality. The momentum is unstoppable, with membership numbers climbing and excitement building. This is more than just an

association—it's a community, a movement, and a celebration of living in harmony with nature. The LNA is gearing up for its grand debut with an inaugural event and official launch at the end of September in the beautiful Tzaneen area. This promises to be a fantastic gathering, filled with connection, laughter, and the spirit of naturism. Whether you're a seasoned naturist or someone curious about joining the lifestyle, this event is the perfect opportunity to get involved. The more, the merrier, so bring your friends, spread the word,

and let's make this launch unforgettable! If you're in Limpopo or nearby and want to be part of this exciting new chapter, reach out to Jp at 0828293292 or Merelize 0827947097 to connect with the LNA group. Know someone in the area who shares our love for naturism? Pass along the details and invite them to join the movement. Together, we're building a stronger, more vibrant naturist community in South Africa, one province at a time. Stay tuned for more updates, and let's make the LNA's launch a resounding success!



Kiepersolkloof

Summer Newsletter

By Allison du Plessis –
Kiepersolkloof

Dear Friends,
Summer is upon us, and with it comes the beauty and tranquility that makes Kiepersolkloof so unique.

Kiepersolkloof is a place where you can escape the hustle and bustle of the city, reconnect with your natural self, and unwind while enjoying the beauty of na-

ture. Imagine beginning your morning with a hot cup of coffee as the first light touches the hills, birdsong filling the air and nature slowly waking around you. In the evenings, picture yourself seated beneath the vast African sky, watching the sun melt into shades of gold and crimson, accompanied by the distant, soulful call of the jackal.

This season, we are delighted to

share some highlights that will make your visit even more memorable:

- The Newly Refreshed Manor House – We recently painted the exterior and made a few thoughtful updates, giving the Manor a fresh new look. It is now an elegant and welcoming space designed for comfort and relaxation, complete with a double bed, fully equipped kitchen and private bathroom.
- Walking Trails – Meander through scenic pathways, ideal for nature lovers and birdwatchers alike.
- Swimming Pool & Hot Tub – A refreshing escape for warm summer afternoons, not forgetting the hot tub where friends meet and new friends are made.
- Special Summer Camping Offer – Experience the great outdoors at just R200 per night per couple. All campsites have electrical points and communal ablutions. Our communal kitchen has a sink for washing dishes, gas stove, kettle and a microwave.

Kiepersolkloof is more than a destination – it is a place where nature and peace come together, offering moments of rest, reflection, and connection. We look forward to welcoming you this summer and sharing the magic of our valley with you.

Warm regards,
The Kiepersolkloof Team
“Live Naturally, Breathe Freely.”



KIEPERSOLKLOOF

Experience True Freedom at a Naturist Haven in the Bushveld

Camping and Self-Catering Units

For bookings and enquiries please contact: Allison - 064 268 6249

Natural Riders MCC Polar Bear Challenge

By Dale Terry

The fourth annual Polar Bear Challenge at Bare Oaks on 27 July 2025 proved to be the best one yet, filled with warmth, laughter, and camaraderie despite the chilly start. On a crisp Sunday morning, participants and organizers arrived at 07h30 to set up, noting the pool's bracing 13°C temperature. Bare Oaks went above and beyond to create a cozy atmosphere, providing two half-drums for fires that soon had the area warming up as the sun emerged. Guests began arriving around 09h00, greeted with a shot of OBS and a special Polar Bear Challenge badge. The air quickly filled with music and laughter. Prez OZ welcomed everyone, announcing that the much-anticipated plunge would commence at noon. As true

bikers and gentlemen the ladies were allowed to lead the way. A few lucky draws for hip flasks and beer mugs added to the excitement. When 12h00 arrived, the plunge began. The ladies bravely jumped into the now 14-degree water, quickly followed by the men. The event was a fantastic display of laughter, screams, and splashing, creating a truly fun-filled experience. After emerging from the cold water, everyone enjoyed a delicious and warming bowl of soup, generously prepared and supplied by some of the guests themselves. There was more than enough for second and even third helpings. The afternoon continued with pleasant conversation, allowing old friends to reconnect and new friendships to blossom. A few brave souls even ventured back into the pool for additional dips, demonstrating the adventurous spirit of the day.





NWNNA BASH AND AGM

28 - 30 November
@ Kiepersolkloof



Women in Naturism is an ongoing initiative backed by SANNA to try and attract more women into Naturism and to help build body confidence.

Why are we doing it?

We have more men applying for membership to Associations, making it appear that Naturism appeals more to men than women, however this is not necessarily the case. Naturism may appeal to a similar number of women but for their own reasons they are reluctant to embrace the lifestyle. The aim of this campaign is to find those reasons and answer the concerns.

The women who do try Naturism are often more passionate about and it appears that it changes their lives more deeply than their male counterparts. Many women also say that they were introduced to Naturism by a husband or boyfriend and were hesitant, but now can't imagine life without it and believe it to be good for them and the entire family.

One of these concerns may be the huge pressure which modern society and the media place on women to look like a supermodel - and let's be honest pressure that some of us put on ourselves. By encouraging more women to try social Naturism we hope to help them to be happier and more confident about their bodies and hopefully to join Naturism somewhere in



South Africa!

What do we hope to achieve?
Helping more women to discover the life-affirming, exhilarating feelings of social nudity - and great community and social life that accompanies them. Improving awareness of the

negative effects of societal pressure on women to conform to a particular type of body shape and appearance. Providing mutual support to help women be happier and more confident about their bodies.

Celebrating Women's Month: Empowering Women through Naturism

Naomi Venter

As women, we're often socialized from a young age to conceal our bodies, perpetuating a culture of shame and self-doubt. We're led to believe that exposing our bodies invites trouble and that we're somehow responsible for the actions of others.

However, my journey into naturism has been a liberating experience, challenging these deep-seated notions. I've learned that loving and respecting my body doesn't require hiding it. Instead, I've come to realize that I deserve respect, regardless of what I wear or don't wear. Naturism has empowered me to reclaim my body and reject the fear and self-doubt that once held me back. I've discovered a community that values body positivity, self-acceptance, and mutual respect.

At its core, naturism is not about what you wear or how you look; it's about who you are. It gives you the freedom to express yourself, to be authentic, and to get to know others on a deeper level. Naturism is about embracing your true self, without the constraints of societal expectations or clothing.

As we celebrated Women's Month, I want to encourage all women to rethink the way we perceive our bodies. Let's break free from the shackles of shame and embarrassment. Let's embrace our uniqueness and celebrate our bodies in all their beauty.

But we must also acknowledge

that naturism, like any community, is not immune to challenges. It is vital that we encourage women to be open, to share their stories, and to become a part of this beautiful lifestyle. To do so, we must ensure that naturism remains a safe and inviting space. This means protecting our women and standing up against unsafe behavior. It means being mindful of our words and actions, both online and offline. In group chats, let's think before we post, remembering that what might be a joke to one person might be vulgar and offensive to another. Let's also be respectful of boundaries. When interacting with women, be friendly, but don't flirt. Respect their space and allow them to enjoy their experience without unwanted attention. Maybe she's there to read a book, spend time with

friends or family, or simply enjoy the freedom of naturism. We must also confront the uncomfortable reality that we've normalized making jokes about sex and sexual assault. We've turned a blind eye to what we know is right to fit in. But it's time to break this cycle. Let's create a culture where women feel safe, respected, and empowered.

By working together, we can build a naturist community that celebrates women's bodies, promotes self-acceptance, and fosters a culture of respect and inclusivity.

Let's empower women to take control of their bodies, their stories, and their experiences. Let's create a space where women can thrive, free from shame, fear, and self-doubt. Together, we can create a brighter, more inclusive future for all women in naturism.

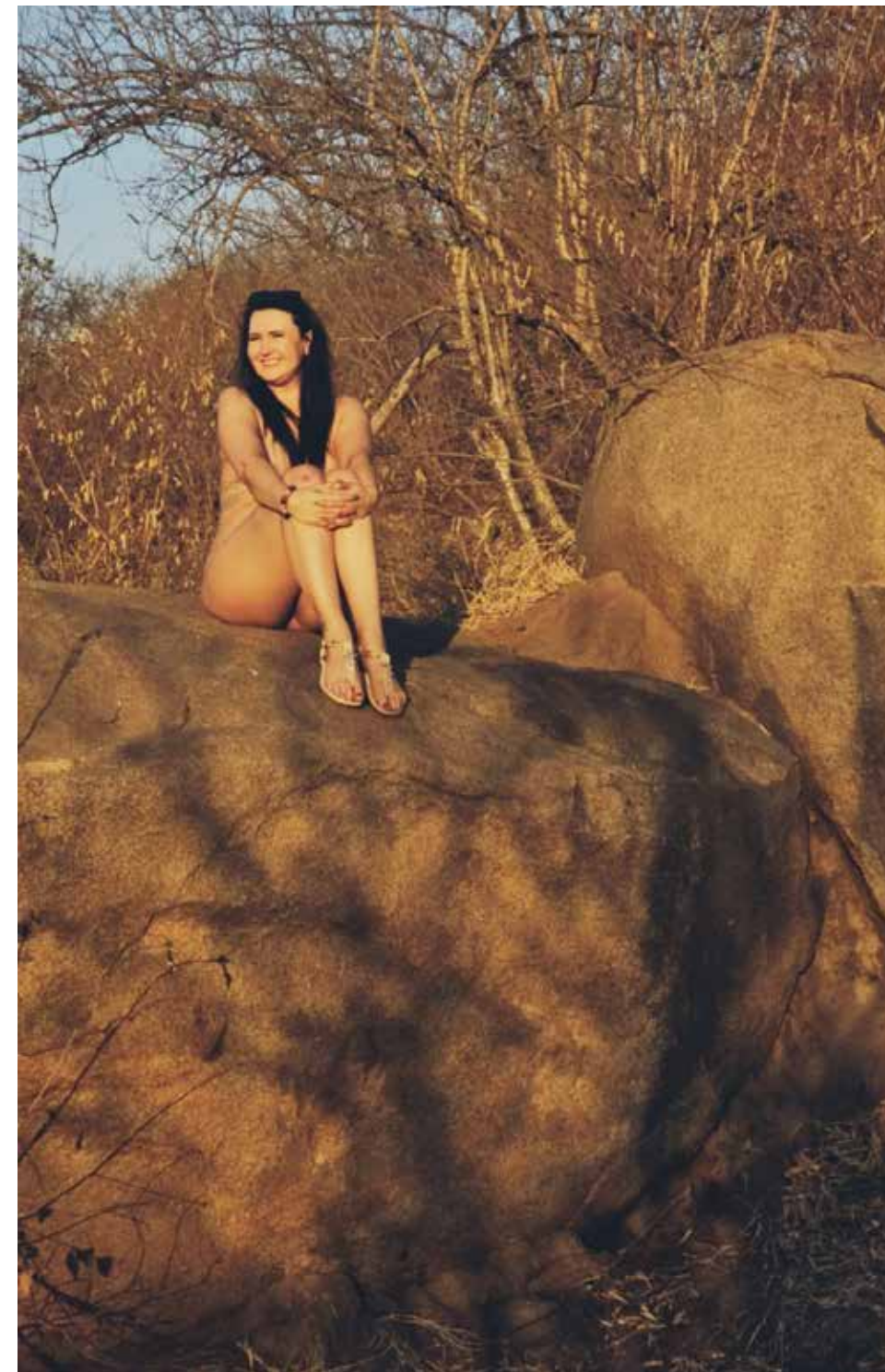


Merelizé Ungerer

Fear, Freedom, and Me: A Woman's Path into Naturism

A year ago, the idea of me being naked around strangers? I would've laughed so hard, I probably would've snorted. I doubted it all—and yes, I thought naturism was sexual. Nudity equals sex, right? That's what society tells us. But I've never followed the rules. When I was 30, I tanned naked in Mozambique—not for

attention, but for freedom. My body, my choice, no apologies. Looking back, that rebellious streak sparked my journey into naturism. My first naturist space? Overwhelming. Vulnerable. Then the women stepped in. They welcomed me, smiled, and made me feel like I belonged. That's when I realized naturism isn't about being looked at—it's about being seen. Sitting under the sun with nothing on—no makeup, no mask—was freedom like I'd never felt before. Layers of expectation fell away. Fear fell



away. Acceptance replaced it. Naturism changed how I live. I'm bolder, calmer, more present. Being the chatterbox of the Limpopo Naturist group, pouring my love and energy into connecting people, has become part of who I am. And you don't do it to please anyone else—you do it for yourself and your partner. Myself and my fiancé grew closer through this in ways I didn't expect.

Yes, women still face the fear of being sexualized. Communities must protect, educate, and respect boundaries. Safety isn't optional—it's essential. But the positives? They blow everything else away. Freedom. Healing. Power. Connection. To women reading this: step in. Laugh. Dare. Feel the sisterhood, the freedom, the joy. Claim your body. Claim your choices. Naturism isn't just a lifestyle—it's a homecoming to yourself. And if a little naked rebellion makes me this happy, I dare you not to try it too.

Anonymous

My Experience as a Woman in Naturism

When I first tried naturism, I was nervous. As a woman, I'd always felt the pressure to look a certain way, and the idea of being nude around others was scary. But once I stepped into that space, I realized how freeing it was. Nobody cared about "perfect bodies"—everyone was just real, natural, and relaxed. For me, the positive side has been learning self-acceptance and enjoying nature without barriers. It feels peaceful and empowering. The downside is that women sometimes face more judgment from both male and female, which can be uncomfortable.

Still, naturism has given me more confidence and a sense of freedom I never expected. It's not really about nudity—it's about being yourself without fear.

GNA's Lazy Games and Drumming weekend at SunEden



By Miemie Smit

Despite being the middle of winter, the “Lazy Games” at SunEden offered some lighthearted entertainment, though the cold likely deterred many. GNA manco had a variety of games ready. Badminton proved challenging with the breeze, leading to brave children jumping into the pool to retrieve wayward shuttlecocks – yes, some kids were even swimming in winter! A game of “toss the ring” didn’t quite work due to the water, but “toss the ball in the hole” and “throwing the bottle to land up straight” were enjoyed, as was the competitive “seeing who’s cups is off the table first.” A quick bring-and-braai followed, with patrons relaxing on deck chairs by the pool. The warm sun was a welcome distraction, helping everyone forget it was mid-winter, a time when naturists are typically in “hibernation.” Around 15h00, SunEden was invigorated by the sound of djembe drums emanating from the Bare Boma. Klitsgras Drumming facilitated a session that drew about 20 enthusiastic participants. One facilitator was so captivated by the lifestyle that he joined in completely unclothed, while the other two,

though not quite as daring, did remove their shirts. The drumming then began, creating an unforgettable experience. Participants learned to find their rhythm, feel the drum’s vibrations, and contribute to the session, fostering a sense of unity with their inner nature. A large, inviting fire in the fire pit kept everyone warm, its heat a pleasant sensation on bare skin. The drumming session concluded just in time for those who wanted to catch the rugby on the big screen in the bar. Others lingered around the fire, reminiscing about the day and listening to the cheers from the rugby crowd, which confirmed the Bokke’s 42-24 victory over Italy.

It was a truly memorable weekend that those who attended will cherish for a long time.



SunEden Celebrates 30 Years of Naturist Bliss!



Kathy, Cago & Aniki. Kathy with her late husband Wally and Cago started it all

On Saturday the 2nd of August, SunEden Naturist Resort marked a major milestone, its 30th anniversary! To commemorate this special occasion, the resort hosted a lavish dinner and a 70's themed dance party that was truly unforgettable. The Bosveld lapa was transformed into a nostalgic gallery, the walls were adorned with amongst others, photos depicting the resort's rich 30-year history. The evening was filled with joy, laughter, and good company, as many of the original members were present to share the celebration with a younger generation that joined in the ensuing years. The occasion has however also brought a touch of nostalgia and sadness, as those present took a moment to reflect, to remember and

pay tribute to dear friends who have since passed on to greener pastures, cherishing the memories they helped create. Forty couples gathered to celebrate this momentous occasion, enjoying a splendid three-course meal that showcased the resort's culinary expertise. The menu featured a delicious potato leek soup, followed by a mouthwatering venison pie, and finished off with a sweet and sticky malva pudding for dessert. Live entertainment was provided by P G Taboe. Congratulations to Karine and the SunEden team of volunteers on this significant milestone! Here's to many more years of creating unforgettable experiences for all who visit.



Aniki & Cago Coetzee. Cago was one of the original founders of SunEden 30 years ago



The Au Naturel Way

By Hein Smit

We all have our little rituals. Things that we always do in the same way. Sure over time it might be refined or adjusted to allow for personal reasons, but the essence remains. Rituals can help to bring comfort in this chaotic world, it can help you to

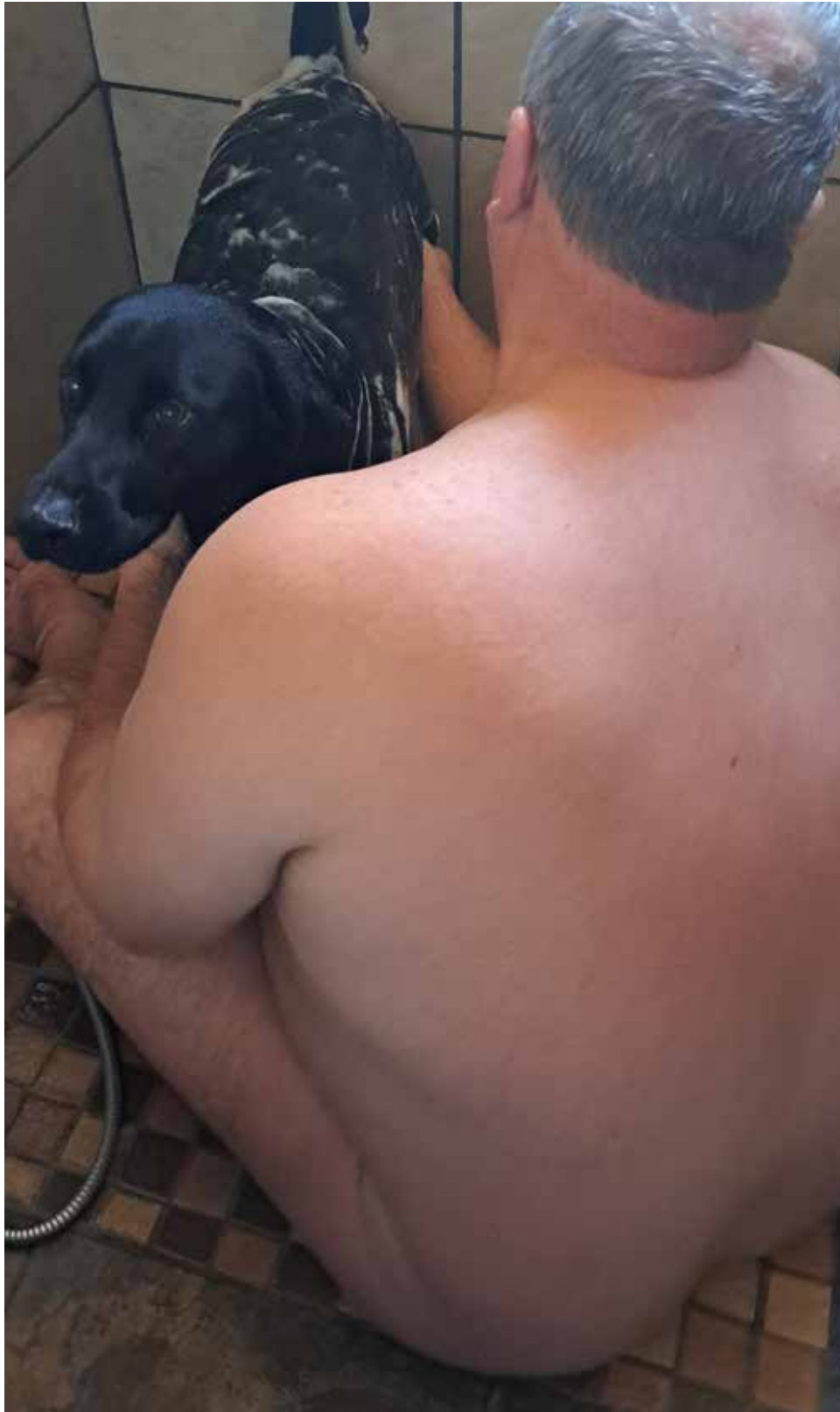
remain grounded to your beliefs or it can be for something as simple as convenience. My ritual when it comes to doggy bath day is always the same: Get into the shower with them. The only preparation is to bring out the towels and coax the little beasties into the bathroom. From there

on it is all au naturel; with no elaborate treatment, dressing or preparation. The French meaning for 'au naturel' is literally "in the natural (state)". This is exactly how I enjoy most of the things that I do. Here lies another ritual: Getting rid of my clothes whenever I don't need it for protection. Sometimes I need it for protection for myself and other times I need clothing to protect others from their own thoughts or hangups. Whatever the reason is to wear clothes, the ritual is taking them off. I've often wondered why there is this huge divide between opinions when it comes to nudity. The biggest issue today is erections. Most people that I interact with and discuss naturism with first and foremost want to know how men cope with erections. So the first thing that they associate with nudity is sex. This has been proven as a total myth: Nude = Sex. Sex happens when a person's thoughts dwell on sexually stimulating images, ideas or activities. To be fair men can become excited to a point where their bodies misinterpret the signals. For those moments naturists and nudists alike do the modest thing and cover up. For women the display is not so overtly in your face, but the same rule applies. The second thing that worries people about nudity is judgement. Let's be honest. They are not wrong. They are just in the wrong mindset. It doesn't matter where it comes from. All people carry someone else's issues around with them. Compulsory wearing of clothes is a relatively new concept. With governments making it a law to cover up your reproductive parts around the middle of last century. Think about it. Less than a hundred years ago, people frowned at nudity, but

accepted it as part of life. Not because they had something against nudity, but because clothes show your station in society. With a bit of internet searching you will find that men in America swam in the nude until the early seventies. It seems that the world became more judgemental, the smaller it became because of technology. Naturist ideology is inclusive. Any naturist that has something to say about your natural body, reveals themselves as nudists. If you want to free yourself from an oppressive society, then you need to try naturism. The third thing that troubles people most about nudity is what others will say. This obviously links in with the previous point, but it goes beyond judgement. What others say has to do with perception. Here the image that is projected plays a large role in the willingness of a naturist to admit their lifestyle. For some the family bonds are so strong that they cannot bear the thought of disappointing a family member. Perhaps there is the lure of an estate when a family member passes away or judgement even. It is amazing how love is mangled when people cannot find acceptance in their hearts. The worst image to uphold is the one of commerce. Money talks. Most naturists are worried that their livelihood could be compromised, jeopardized or lost if people found out that they follow the au naturel way of naturists. This is a common qualm and a valid one. As naturists it is important that we respect others. This includes their privacy beyond the communal or private part of naturism and the active participation in social nudity. It is quite interesting to see how ideas change with the passage of time. As toddlers, we don't have a care in the world and nudity is natural. During puberty the shy phase overrules everything and we learn how

to cope with new emotions. As teenagers we evaluate the world around us and our friends play a big part in the belief system that we create for ourselves. Most people have learned to fear nudity by the time they become young adults. As young adults we want to experience life in all of its glory. Young men will often get undressed as a dare or as a way to defy societal norms. Some young women will also follow such a reckless path, but most are reserved because they have learned to be cautious of men and their overbearing need to dominate physically. From approximately the age of thirty five, people tend to follow societal ways just to fit in and make a living. By this time we fall into a groove of survival and by the time we hit midlife,

the crisis normally sets in with our thinking. It is during this time that people evaluate life and will try naturism or nudism more easily, depending on their beliefs. After the age of forty five people realise that other's opinions are less important and they start exploring life to find out what they have possibly missed. The old saying becomes more true as we grow older: We only regret the things we didn't do. So how does all of the above fit in with the au naturel way? I found that you can live without regrets if you follow nature's example. You need to make a proactive decision to let go of all the abnormal restrictions that society taught you. Let go and live a little... What is your au naturel way?





Families & Children

Do:

- ✓ Welcome families — keep activities safe & friendly. Some resorts don't cater/ allow children, do check before booking
- ✓ Parents: Always supervise and teach respect & consent.
- ✓ Anyone under 18 should only undress if they choose to do so entirely of their own free will.
- ✓ Talk to parents first before speaking with a child.
- ✓ Follow hygiene rules — towels, sun safety ect.

Don't:

- * Don't sexualize nudity or expose kids to sexual talk/images.
- * Don't ask minors for personal details or contact info.
- * Don't ignore unsafe or strange behaviour — report it to resort and SANNA leadership.

Together, we keep naturism safe, respectful & joyful for all ages.



Respect Comes First!

- *Treat everyone with kindness and respect — your words, looks, and actions matter.
- *Ask before touching, hugging, or entering someone's personal space.
- *Keep conversations light, friendly, and body-positive — focus on people, not their bodies.
- *Get explicit consent before taking or sharing any footage, like photos, videos or broadcast
- *Speak up if you see or experience harassment — report incidents to resort management and SANNA leadership.
- *Support- and believe anyone who raises a concern.- “Where there is smoke there is fire”
- *No sexual remarks, comments, jokes, or gestures — nudity here is not sexual.
- *No persistent staring, following, or making people feel uncomfortable.
- *Don't ask for someone's phone number, social media, or personal details unless they offer it first.
- *No intimidating or retaliating against someone who reports a problem.

Soup and movies with GNA

The recent movie evening hosted at Bird of Paradise was an outstanding success, truly going above and beyond to create a memorable event. It was wonderful to see both familiar faces and new attendees enjoying the day. The festivities began with a relaxed atmosphere around the pool and bar area. Dave and Deon provided delicious lunchtime snacks, allowing everyone to mingle and get acquainted. GNA was delighted to welcome two new members to its growing list.

As the afternoon progressed, the enticing aroma of soup filled the air, promising a delightful dinner. As the sun began to set, we all moved into the transformed Lounge/Dining area, which had been set up as a comfortable movie theater. After much deliberation, the classic "Bohemian Rhapsody" was chosen for the screening. Before the movie, guests enjoyed a hearty meal of soup and bread, with a choice of three different types of bread. The soup itself was a delicious mixed vegetable and beef concoction

that was thoroughly enjoyed by all. Once everyone was seated and comfortable, the movie began. Throughout the screening, many attendees took the opportunity to grab another warm cup of soup. The evening was a resounding success, and GNA is already looking forward to hosting this event again. A huge thank you to everyone who attended, and a special note of gratitude to Dave, Deon, and Bird of Paradise for their exceptional hospitality in hosting this fantastic event.



Discover a New Kind of Freedom:

Join the South African Naturist Youth Association

By Vanya

SANYA is a vibrant and growing community for young adults (typically 18-35) who are passionate about the naturist lifestyle. We are a diverse group of students, professionals, and adventurers from all walks of life, united by a common philosophy: that being unclothed in a safe and welcoming environment is a liberating and healthy way to live.

What is Naturism?

Naturism, often called nudism, is not just about being naked. It's a philosophy that promotes a greater sense of freedom, self-acceptance, and respect for the natural world. It's a lifestyle choice that encourages:

Body Positivity: Embracing your body exactly as it is, without shame or judgment. Naturism helps break down the insecurities and unrealistic beauty standards that are so prevalent in our society.

Authentic Connection: When you remove the barrier of clothing, you also remove a layer of pretense. This allows for more genuine and open interactions with others.

Environmental Harmony: Naturism fosters a deeper appreciation for nature. Our activities often involve hiking, swimming, and simply relaxing in beautiful natural settings, helping us feel more connected to the earth.

Mental and Physical Well-being: The freedom of naturism can reduce stress and promote a sense of well-being. It's a powerful tool for self-discovery and mindfulness.

Why a Youth Association?

While naturism has a long history, we believe it's crucial to create a space for the next generation. SANYA is a modern,

inclusive, and forward-thinking organization. We understand the unique challenges and opportunities faced by young people today and provide a community where you can: **Find Like-Minded Friends:** Meet people your own age who share your values and interests. Our community is built on mutual respect and a shared sense of adventure.

Enjoy Unique Social Events: From naturist hikes and beach days to weekend camping trips and social gatherings, we host a variety of events in beautiful, private locations across South Africa.

Experience a Judgment-Free Zone: SANYA is a safe and welcoming space.

We have a strict code of conduct that ensures all members feel respected and comfortable at all times. This is a non-sexual environment focused on social camaraderie and a connection with nature.

Be a Part of Something Bigger:

As a member of SANYA, you contribute to a movement that promotes body acceptance, mental health, and environmental consciousness in South Africa.

Ready to Take the Plunge?

If you're curious about naturism and want to

explore this liberating lifestyle, we invite you to connect with us. You don't need to be an experienced naturist to join; we welcome newcomers with open arms and are happy to answer any questions you may have. Visit our website or follow us on our social media channels to learn about our upcoming events and how you can become a member. The South African Naturist Youth Association is more than just a club—it's a community that offers a different way of living, a new kind of freedom, and a place where you can truly be yourself. Join SANYA today and discover the freedom of being you.

Contact: sanya@sanna.org.za



Naturism in South Africa - an illustrated history

Extractions from Pikolian's book

CHAPTER *Six*

BEACH NATURISM (PART III): DEEPENING COMPLEXITIES AND ENDURING HIGH HOPES

With the dawning of the new century beach naturism in South Africa sallied forth from an apparent high point, but afterwards very early on found that its fortunes were dramatically being reversed. A succession of negative developments happened to take its toll with the consequence that the country's beach naturists became increasingly disillusioned and discouraged. These very same developments served to embolden naturism's opponents and they became all the more scathing in their comments on the lifestyle. Further, beach naturism could be considered to have also suffered at the hand of the social changes and the changing attitudes (particularly towards sex) of the late 1990s. However, from 2008 onwards attempts were increasingly being made to launch beach naturism in South Africa on a more sustainable course.

Although confronted by waves of negativity, seasoned naturists remained undaunted and continued frequenting the beaches. Despite consistent complaints and laments about reigning conditions on the part of naturists, the established beaches (Sandy Bay, the Umhlanga Lagoon and Secrets Beach) saw continued although diminished use. Other secluded beaches were thought to have been seeing sustained naturist use, but their staying power was subject to doubt. Salt River close to Nature's Valley and secluded spots near Kidd's Beach to the south-west of East London eventually proved to be exceptions. In the Western Cape,



Cartoonist Tony Grogan on Craig Nancarrow's initiative for nudist tourism on the Eastern Cape's Wild Coast
- Daily Dispatch, 19 February 2000



*Taking in the view out to sea at the mouth of the Salt River near Nature's Valley in 2005
– From the internet*



*Basking in the sun on the bank of the Salt River near Nature's Valley in 2005
– From the internet*

Sunset Beach near Milnerton to the north of Cape Town tentatively emerged as an alternative to Sandy Bay.

East London Tourism chief Craig Nancarrow kicked off the new century by seeking to propel Eastern Cape naturist tourism forward with a nude hike, which skirted the Wild Coast beaches. The *Daily Dispatch* of 19 February 2000 reported that Marieke van Schaik, a Dutch tour operator, Cheryl Kirsten of DaimlerChrysler South Africa and the chairman and a representative of the South African Naturist Federation, John Haffner and Eric Salberg, were to undertake the five day hike in order to determine its tourism potential. Producing nothing constructive, this endeavour soon faded into oblivion.

Although Nancarrow had left East London for Hibiscus Coast Tourism in 2002, another attempt was launched to commercially exploit beach naturism's

potential. The Cape Town-based *Weekend Argus* of 23 September 2003 reported that in order "to entice open-minded Europeans into the area", the Ndlambe Tourism Board opted to pronounce a secluded strip below the Great Fish Point Lighthouse near Port Alfred a naturist beach. Despite vehement opposition from several church bodies and the African Christian Democratic Party's Eastern Cape branch, it persisted. While subsequently captivating the popular imagination, there were doubts as to whether a tourism board as a municipal entity could legally introduce such a dispensation for a beach. At the end of 2010 the Ndlambe Tourism Board announced that it would no longer be according nude beach status to this beach.

In early 2011 naturist Tony Smith and his wife were on a visit to Port Elizabeth. In the May 2011 edition of the South African Naturist Federation's (Sanfed's) *Nudes in the News* he reported that the officials of the Ndlambe Tourism Board at the time were not sure as to what the situation with regard to the aforementioned beach's status was. He had further established that the beach was rarely visited by anybody. They had also decided to err on the part of caution and accordingly chose not to visit the beach. He further mentioned that Secrets Beach near Cape Recife to the south of Port Elizabeth did see some naturist activity over the summer weekends. They, however, went there in the middle of the week and saw very few other beachgoers.

By the middle of the first decade of the new century more encouraging signs were coming from KwaZulu-Natal. Way back in the late 1970s naturism had already put in an appearance on the more secluded beaches of both the North and South Coast. Despite higher population densities, beach naturism even then was deemed to have stood more of a chance on the South Coast beaches all the way from Isipingo Beach to Port Edward. Indeed, since 2005 there has been a notable upsurge in beach naturism all along that stretch of the coast line. On 23 December 2005 *Mail&Guardian* reported that "at Mpenjati beach ... (there) is a lovely spot on the bank of the Mpenjati River that is popular with naturists during the holiday season."



Visiting Australian naturists enjoying a day out at Umhlanga Lagoon

– The Australian Naturist, 2007

However, growing negative perceptions of beach naturism were being fuelled by sexually-orientated conduct and other regrettable developments at Sandy Bay. The year 2002 saw such perceptions underpinning contentions that Sandy Bay was becoming unsuitable for families. Also, Sandy Bay had become crime-ridden. *Die Burger* of 5 November 2003 reported that 22-year old Brian Joseph pleaded guilty in the Wynberg Magistrate's Court on charges of assaulting foreign visitors there. More such attacks followed in 2004 and 2005. *Die Burger* of 13 July 2005 reported that the Table Mountain National Park management announced that it was to introduce access control, but this proposal was not implemented. The country's other naturist beaches apparently were not to the same extent plagued by such problems.

By 2005 Sandy Bay's suitability for beach naturism regularly featured on the South African Naturist Federation's (Sanfed's) then existing discussion forum. On 24 November 2005 one Grant commented that when he and his partner had gone there "the place was full of pervs", although there were several

naturists around. To this one Shannon responded on 3 December 2005 that she "love(s) Sandy Bay for its beautiful people and the glorious scenery. I go there with my boyfriend, and enjoy whatever the day has to offer." On 16 December 2005 one Cheriden responded that "Sandy Bay is no longer for the family nudist exclusively. People go there for a variety of reasons, some to perv, some to flash, some to have sex in public, some to watch public sex." She recommended that one should "either stay away or go and enjoy yourself and let others enjoy themselves." In the tabloid *Son* of 2 December 2005 Cape-based journalist Peter van der Wall branded Sandy Bay "a spent Cape culture". Having found a horde of males and only two females there on a Tuesday afternoon, he concluded that Sandy Bay was merely a gay haven and that women no longer visited. Obviously he chose to ignore the fact that weekday attendance was very different to that over weekends.



Splashing about in the surf in the sea close to Kidd's Beach on the Sunshine Coast some 30 kilometres to the west of East London

– Buff Lodge website, 2008



Soaking up the sun on a deserted strip of sand close to Kidd's Beach on the Sunshine Coast some 30 kilometres to the west of East London

– Buff Lodge website, 2008

Posting on the Sanfed discussion forum on 9 October 2006, one Jeff was much more positive. He described Sandy Bay as "a nice spot. It is busier during summer (of course) and during weekends and holidays. It is busier during the late morning and early afternoon. I've never had it crowded ... and (i)t is shared with dog-walkers, surfers, hikers, the occasional tourist and yes there are some gawkers though I've never seen any major problems." On 17 January 2007 he commented that "(w)e spent Sunday late morning and afternoon (on 14 January 2007) at Sandy Bay. It was refreshing to see at least four young couples at the smaller beach." Considering the beach regulars a major drawcard, he further commented that "(t)heir friendliness and comfortability welcome all strangers

and often I see newcomers having long conversations with (them).” An article by Biénne Huisman in the *Sunday Times* of 22 December 2007 also struck a generally positive tone and she quoted 52-year old beach regular David as saying that “(he) enjoy(ed) being able to go nude (t)here ...”.

The presence of non-whites at Sandy Bay generated further controversy. According to *Die Burger* of 26 February 2002 Beau Brummel – purporting to act on complaints from Germans, French, British and Dutch – had requested Cape Premier Pieter Marais to bar Coloureds and Blacks from Sandy Bay as “they (while fully clothed) (we)re intent on gawking at visiting European women.” Marais refused as he saw the request as conflicting with the Constitution, freedom of movement and freedom of association. In January 2007 this issue again surfaced on the Sanfed discussion forum. On 4 March 2007 one Shannon remarked that “the so-called non-whites issue is not up for discussion! ... Naturism is about social acceptance, body appreciation, confidence building, making new friends, feeling comfortable at the beach and in nature, and the list goes on.”

By early 2008 naturist beaches – particularly Sandy Bay – apparently were still on their way down. On 26 January 2008 Deon Johnston from Pretoria cautioned on the Haakbos blog that the main problem was “the type of person recently frequenting the beach. Coupled with our own failures and inabilities to speak up for standards and accepted norms, these are the problems that lie at the heart of the decline of Sandy Bay.” But organised naturism then stepped in. Founded in 2009, Western Cape Naturists (WCN) soon afterwards embarked on an initiative aimed at reclaiming Sandy Bay for the genuine naturist. It organised get-togethers for members and invited other interested parties to join in. Commenting on a Sandy Bay visit in January 2011 by his wife and himself, Tony Smith wrote in the May 2011 *Nudes in the News* that “(while) some people have mentioned problems ... with voyeurism and petty theft, ... we would like to report that at no time did we feel threatened or worried about that.”

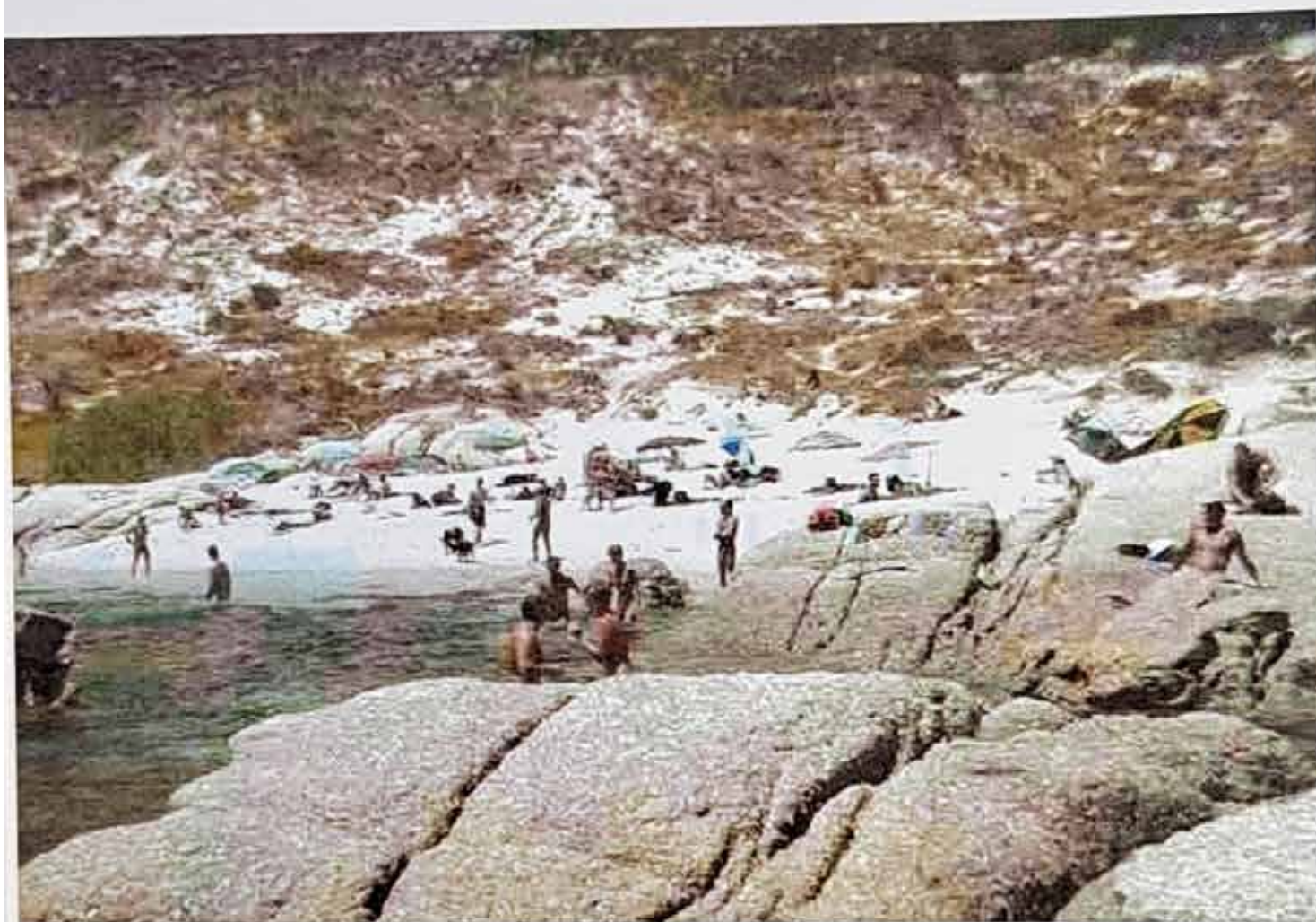
By mid-2010 hopes as regards the future of nude beaches were to some degree raised when Sanfed issued a public statement that it would be launching an initiative to establish naturist beaches all along the country's coastline. However, very soon it became clear that there neither were funds available nor any sort of strategy in place to do just this. Subsequently prospects looked even bleaker and the number of naturists in attendance at Sandy Bay on a fine summer day was said to have dwindled even further. Also, by the end of the decade there was no clarity as to how well Sunset Beach near Milnerton was doing. Some local observers were reported to have commented that to some extent it very much felt as though they were being left with a lingering suspicion that the naturist beachgoers were not succeeding in turning it into a viable naturist beach, but that they were at best merely availing themselves of



*Sandy Bay regular David from Durbanville getting down to some serious tanning
– Sunday Times, 22 December 2007*

opportunities to go nude as they should happen to present themselves.

As regards the other beaches that had seen nude beach use over the past years, virtually nothing has been reported as having taken place by the end of

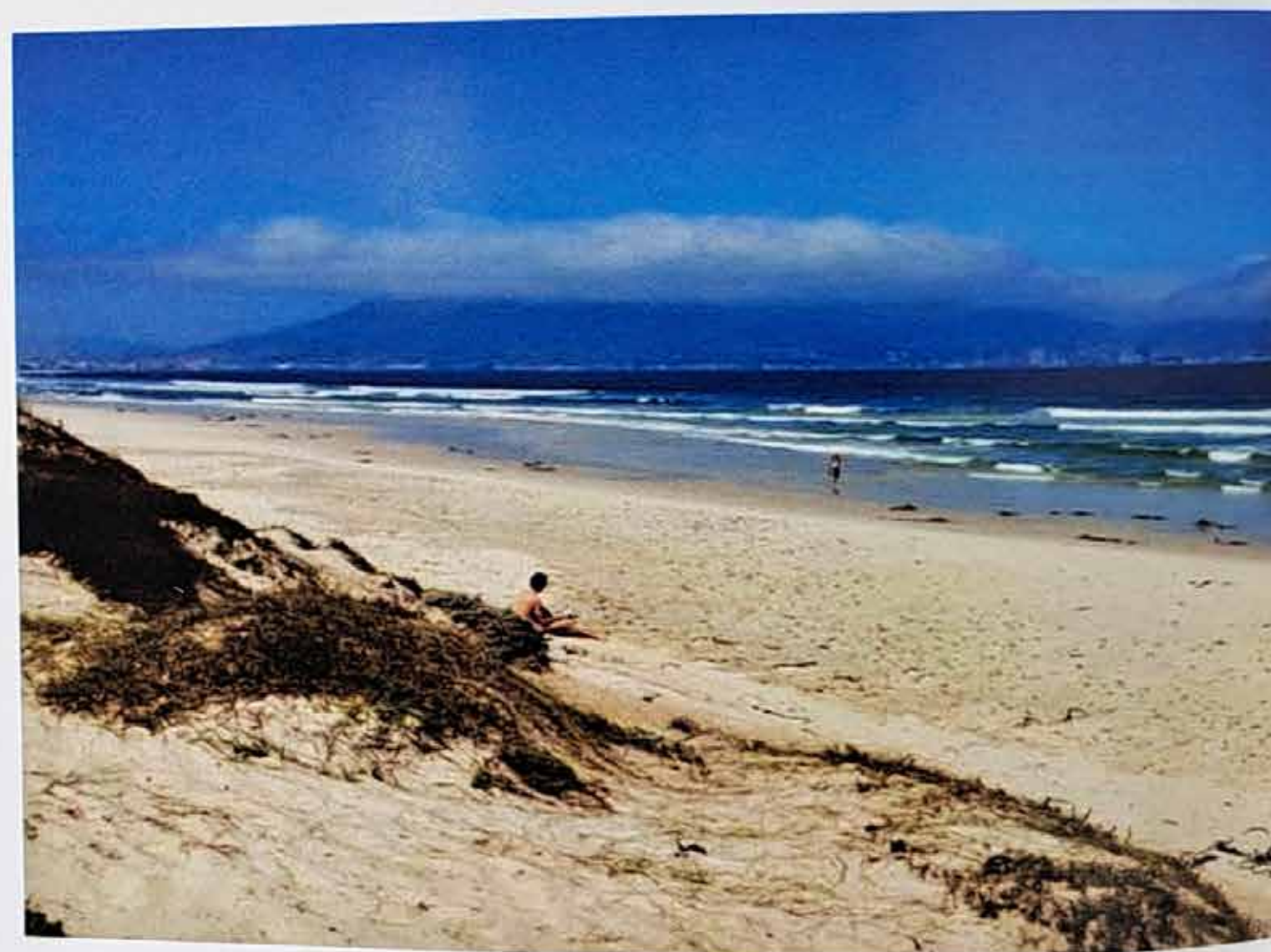


*A glorious windless and peaceful day at Sandy Bay's small beach in 2004
– Fun in the sun (Fits) website (now suspended)*

2010. Perhaps it was a case of the media having come to a realisation that there was increasingly less by way of sensation to be found in those more isolated instances of nude beaching. Nevertheless, what seemingly could also be said is that it really could not have been claimed that naturists had abandoned these beaches or that they were in some sort of way or other shunning them. Rather it was more of it being a case that beach naturism had simply dropped out of sight

– and possibly this was a state of affairs that was being preferred by the naturists themselves.

With beach naturism having languished in the doldrums throughout the first decade of the new century, there was indeed very little in place by the end of 2010 that could have provided some encouragement with regard to prospects for the immediate future. To some considerable extent it did appear as though it would have been overly optimistic to have at that stage claimed that beach naturism did have some sort of staying power and that it would indeed be possible to improve its fortunes over the coming years.



*A solitary sunseeker settling down for a quiet sojourn at Milnerton's Sunset Beach
– wheretostay.co.za*



GNA's "lekker" Potjie Competition at Bird Of Paradise

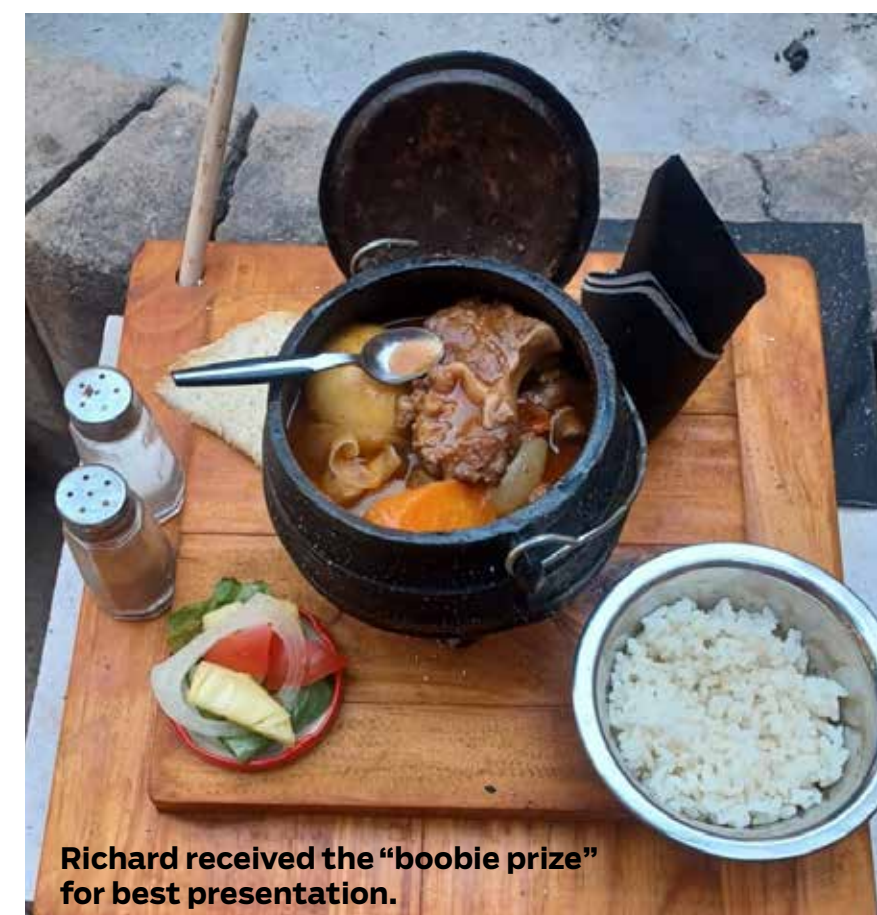
The day at BOP began with early morning "regmarkers" after the night before. The potjiekos preparations commenced from midmorning, led by the chairlady and secretary. As the pot was readied, the potjiekos cooking began, with everyone offering their advice. Dave and Deon started a beef potjie, while GNA prepared a Moroccan potjie. It was a fantastic day, and the food was exceptional. Although there were only two pots, so no competition, it was a wonderful time spent with good people, enjoying naturism and each other's company. Even the weather cooperated, smiling down on everyone.



Events Jul-Nov

All events are subject to change

Friday	04 Jul @19:30 in the Main Bar	Music Quiz
Saturday	05 Jul from 11:00 around the pool area	Lazy Games arranged by GNA
Saturday	05 Jul @17:10 in main bar	Rugby- Springboks vs Italy
Saturday	05 Jul @18:00 in the Bare Boma	Drumming circle arranged by GNA
Friday	01 Aug from 17:30 in Bare Boma	Communal Bring & Braai
Saturday	01 Aug @11:00 on the Golf course	Soccer golf for everyone
Saturday	01 Aug @17:00 around pool area	Win & Spin , pétanque, darts
Saturday	02 Aug @19:00 in the Bosveld Lapa	Dinner & Dance with live music
		By PG Taber. Theme 70's Disco
		SunEden's 30th Birthday celebrations
Friday	29 Aug @19:30 in the Main Bar	Pub quiz
Saturday	30 Aug @19:30 in the Main Bar	Bingo evening
Friday	19 Sep @19:30 in the Main Bar	Karaoke
Saturday	20 Sep @10:00 around the resort	Colour walk with a twist
Saturday	20 Sep @14:00 at the pool	SunEden's famous Skinny dip
Saturday	20 Sep @19:30 in the Bosveld Lapa	Enchanted forest party
Fri to Sun	10-12 Oct	SANNA weekend, mark your calendars
Friday	24 Oct @19:30 in the Main Bar	Karaoke
Saturday	25 Oct from 11:00 round pool area	Oktoberfest party
Saturday	25 Oct @17:00 around the farm	Trick or treat for the kids
Saturday	25 Oct @19:30 in the Bosveld Lapa	Halloween meets Oktoberfest party
Clothing optional weekend		
Friday	14 Nov @19:30 in the Main Bar	Music Quiz
Saturday	14 Nov from 11:00-15:00	Open air market & gin tasting
Saturday	14 Nov from 11:00-15:00	Live music around the pool area
Saturday	14 Nov @19:30 in the Bosveld Lapa	White Wedding party
Friday	28 Nov @19:30 in the Main Bar	Music requests & Who's the best
Saturday	29 Nov @19:39 in the Main Bar	Future DJ competition
		Pub Evening. Winner of DJ competition will entertain us with music



Richard received the "boobie prize" for best presentation.





Naturist Contact Details

Naturist Associations

NOT ALL OF THESE ARE MEMBERS OF SANNA

Organisation / Province	Chairperson / Contact Person	E-mail	Contact Number
Eastern Cape	Chris	Ce31231@gmail.com	082 864 2427
Free State	JJ	chairman@sanna.org.za	072 764 6962
Gauteng Naturist Association (GNA)	Christa	chairman@gna.org.za	076 901 3780
KwaZulu Natal Naturist Association (KZNNA)	Phlip	chairman@kznna.org.za	082 336 4381
Limpopo	JJ	chairman@sanna.org.za	072 764 6962
Mpumalanga	JJ	chairman@sanna.org.za	072 764 6962
Northern Cape	JJ	chairman@sanna.org.za	072 764 6962
North West Naturist Association (NWNNA)	JP Venter	chairman@nwnna.org.za	082 829 3292
South African National Naturist Association (SANNA)	JJ	chairman@sanna.org.za	072 764 6962
Western Province Naturist Association (WPNA)	Pierre	pierredup123@gmail.com	072 985 1926
Individual Member Naturist Association (IMNA)	Kenneth	chairman@imna.org.za	063 590 441
South African Naturist Youth Association (SANYA)	Vanya	sanya@sanna.org.za	072 718 1407

Naturist Resorts



Bird of Paradise, Vanderbijlpark
Deon/Dave
dd.cascades@gmail.com
083 331 7779



SunEden Naturist Resort
Frances or Kathy
reception@suneden.com
071 658 0165



Kiepersolkloof Naturist Resort
info@kiepersolkloof.com
Allison 064 268 6249

Naturist Friendly Establishments



Bare Necessities, Swellendam
Neels
notneels@gmail.com
082 567 1816



Lauma Aurora, Thabazimbi
www.laumaaurora.business.site
Tel: 0828903833 / 0729922990



Kingfisher Lakeside Retreat
Melissa
kingfisherlakeside@gmail.com
074 170 4242



Kruger Cliffs Lodge Hoedspruit
Mira
bookings@krugercliffs.com
063 787 9779



Naked Truth Naturist Friendly Accommodation in Port Elizabeth/Gqberha
Chris 082 864 2427
nakedtruth.cke@gmail.com



Port Nature - Hout Bay
081 368 7378
portnaturehoutbay@gmail.com



Pindrop Guestfarm
Angelique 071 211 9111
request.pindrop@gmail.com