



NEWSLETTER

September 2015 – Issue 5

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LETTER FROM THE CHAIRMAN

Hello naturists of South Africa!

It is true what they say: "Time flies when you're having fun." And believe it or not, even though we are in the middle of winter there is lots of fun in SANNA land. It is also time for another SANNA Newsletter. Below you will be able to read about activities around the country and abroad from our regular and new contributors, and I will highlight only a few.

Lofty and Amanda had a fantastic naturist holiday in Croatia (for those that do not know, it's the part of the world that I come from) and Lofty would not be Lofty if he did not put together some business and networking activities together with the holiday. So do not be surprised if very soon you start receiving offers from him for naturist holidays locally and the rest of the world. Once again well done Amanda and Lofty, you are great ambassadors for the naturist movement of South Africa.

You will see the great activities that GNA had in this period of time and, of course, about the Big Bash at Sun Eden. Francois and his team have done so much work around it that naturists from all over the country are going to be there in great numbers. WCNA had eight people attending the previous bash, but this year there are twenty people that will trek all the way from the Western Cape to be there. I am looking forward to seeing as many as possible naturists at Sun Eden in September.

North West Province is having great initial success under the leadership of Gerhard de Wet and we are all looking forward to their bash in a few months' time.

We also wish the Northern Cape all the best in their endeavours under the championship of Willem and Gerda Meyer.

The "race" is on between Eastern Cape, Mpumalanga and Free State on who will be the next official naturist association in the country. We at SANNA are watching the developments with great interest and we cannot wait to help where help is needed. So girls and guys, shout if you need any assistance from us.

There are lots of other activities on the international front and we will keep you posted as things develop, but I can tell you that right now things are in full swing for the naturist congress in New Zealand next year. We hope that the SANNA delegation will be bigger than last year - at the previous congress in Ireland.

And last but not least, as you probably know, the SANNA website has been launched and as time goes by it will become more and more of a vehicle that will keep us all together, true naturists from all over the country.

So ladies and gentlemen, get ready for another exiting Spring in South African naturism, get behind your provincial association and let's continue the good work that we all have done so far. Please stay in touch with SANNA. We would love to have your individual contributions, comments, criticism and suggestions about this Newsletter and our activities around the country.

Stay good - Stay nude

Serge Pavlovic - SANNA Chairman
chairman@sanna.org.za

P.S. In October (from Friday 16th) keep your eyes open for the “Four Weddings” show on DSTV channel 131. It will feature a nude wedding filmed at Sun Eden.

OUR BOAT TRIP IN CROATIA

We are so fortunate to be friends of Tony and Valerie who we met through Gauteng Naturist Association (GNA). They convinced us to go on holiday to Valalta in Croatia and they introduced us to John and Denise who have a permanent caravan at Valalta and who own a 50 foot yacht called Mia Sirena. Tony and Valerie sent an email to me saying that they are pleased that we were going to Valalta and they suggested that we pop around to meet their friends, John and Denise, while we are at Valalta and they copied John and Denise in the email. The next day I received an email from John and Denise mentioning that they will not be at Valalta when we are there because they will be on their yacht on their way to Montenegro but that Amanda and I would be welcome to join them on the yacht for a few days if we could find our way to Zadar a few hours' drive from Valalta.

I wrote back saying that we would love to join them on the yacht but that Michal and Martina would be with us as we were travelling around Europe in Michal's car and that Michal was a naturist tour operator from Czech Republic who had kindly offered to take us around Europe. They wrote back to say that we would have a nice full boat. I wasn't sure exactly what they meant as I did not have a clue how big or small the yacht was. I wrote back indicating that Michal and Martina would be with us and after a few emails I received confirmation that the 4 of us would be welcome to join them and we agreed on drinks, eats, costs etc (which was embarrassing it was so little that we would pay). Amanda and I had never slept on a boat or yacht before so we were excited but nervous. We worried that we might get sea-sick and bought tablets “just in case”.



Michal and Martina have sailing experience and Michal is a qualified and experienced Skipper which I thought would be an advantage because Amanda and I didn't have a clue about boats or yachts. I then thought it wise

to find out more about the yacht. Did it have enough bedrooms, toilets etc? I searched for Mia Sirena on the internet and John had also sent me a link to a website that clearly indicates their position at all times. The yacht is a Beneteau – 50 – Celeb and according to internet websites it had 4 bedrooms each with a bathroom. Okay, so we would be three couples or would we? I didn't know if other couples had already joined them or would maybe join them just before we get there. Typical Lofty, worry, worry, worry. I could not be so cheeky or bold to ask John how many people would be on the yacht with us so I just hoped for the best. Amanda and I watched the position of Mia Sirena on the internet daily and day by day we got more excited.



Our first holiday destination was Valalta in Croatia. After a fantastic week at Valalta, we drove towards Zadar but by that time John had sent an email to say what supplies needed to be bought and that we must rather meet them at the Marina at Dalmatia not far from Zadar. We also had their yacht birth number which we found amongst hundreds of boats and yachts. We could not miss the Australian flag at the back of the yacht. We introduced ourselves and luckily, Michal had warned us not to wear shoes on the yacht as the black soles would leave black marks on the white surfaces. I hoped that we had made a good first impression. We also had only one small backpack between myself and Amanda. We wanted the Skipper to like us – we were trying our best. They were very nice and made us feel welcome.



Denise, Michal and Amanda went by car to fetch supplies and the Skipper gave me work to do – bloody hell, I was told to wash and clean the back part of the yacht as we had arrived earlier than expected - before Denise could finish her work. I hit a panic station. This was my first time on a yacht, I did not have a clue how to wash a yacht. I looked at Martina, who by the way, cannot speak much English, and knowing that she has a lot of sailing experience I put the hose pipe in her hand and using hand signals I asked if I must put the tap on. She nodded her head and as usual I stood watching the work as a supervisor/manager knowing damn well that I did not know how to do it myself.

Luckily John had excused himself as he needed to go to a meeting (I learned later that a meeting is another name for the toilet LOL). I thought I had better do something useful so I grabbed my camera and started taking photographs of the yacht. I had hardly started when I heard John (the Skipper) shouting from far away in German which translated was “NO PHOTOS”. Oh no, I had upset the Skipper. At that moment, Michal, Denise and Amanda arrived back with the supplies and within a few minutes, we had loaded and the Skipper was shouting the orders and Denise was undoing ropes and we were all helping pull up the buoy/ball things hanging over the side of the yacht and before long we were motoring out of the Marina.

I tried to make conversation with the Skipper but I later learned that you do not distract the Skipper when he is concentrating. Once we were out of the Marina and heading somewhere (don't ask me where LOL), the Skipper relaxed and so did all of us. Just as I was relaxing the Skipper called Amanda to come stand at the steering wheel thingy and handed over the steering to Amanda. Bloody hell, she gets to drive the yacht and I was only told to clean the yacht. Then she goes and does it well just to rub it in!

As mentioned in my article about Valalta, the Adriatic Sea is clear, warm, has no waves and hardly any difference between high and low tide but it does have currents in some places and there can be wind. The next 4 days and nights were absolutely fantastic despite very little wind and so there was very little sailing, we therefore relied on the diesel engine to get us around all the islands for a major part of the trip. Amanda and Denise got on so well and I liked John, the Skipper, more and more every day. What a lovely couple.

Each day we swam in the sea then sailed or motored to a sheltered bay where we anchored for lunch and another swim and then we lifted anchor and sailed or motored to the next overnight sheltered bay. I learned a lot from John about swinging and yachts. I found out that when you drop anchor, depending on currents and wind changes the yacht swings around the anchor so we needed something like a 50 meter radius clear of other boats or yachts for swinging. In our many discussions, John and I had discussed swinging and naturism and he joked that Amanda and I are now experienced swingers.

When we woke up on the fourth day, there was a better wind and John managed to get the small sail up once again and we tacked towards the same Marina where we had started four days earlier. Michal and John were happy that there was enough wind to sail for a change. There was a relaxed atmosphere and Amanda and I were sad that our yacht trip was ending. We cannot explain in word or photographs how fantastic the Adriatic Sea is and how enjoyable a yacht trip is. I must admit that I had a lump in my throat when we said “Goodbye” to John and Denise who were the perfect hosts. John had told me that Amanda and I will always be welcome to join them on their yacht and before I got too confident he told me it is because Denise really likes Amanda and if Denise is happy then John is happy. Thank you so much both of you and also thanks to Tony and Valerie for introducing us to John and Denise.

Lofty Lutge

NORTH WEST NATURIST ASSOCIATION NEWS



As winter is departing and making place for warmer weather, we are looking forward to a fun filled season. We are excited about packing away the wool slippers. There has not been much happening in winter but we did have a few nice Sundays of sunshine. NWNA numbers are slowly growing and hopefully summer will bring more members. Anyone interested in joining NWNA feel free to contact us at nwnaturist@gmail.com.

The end of August some NWNA members went to SunEden for the 20th birthday weekend.

The NWNA bash will be taking place at Kiepersolkloof the weekend of 27-29 November 2015.

We are looking forward to seeing everyone. Remember the sun block as the 'whiter shade of pale' winter skin can get sunburned fast.

Lee-Ann de Wet
NWNA Secretary

CREOLE FISH RECIPE

As we recently returned from Mauritius where we had plenty of opportunity to enjoy this delicious, traditional fish dish, I set out to find a recipe as soon as we returned home. Not only is this very delicious, but it sounds and tastes of summer and sea.

Enjoy!
Gerda

Serves 2 - 3



INGREDIENTS

1/2 cup chopped onion
3/4 cup chopped celery
1/2 cup chopped green bell pepper
1 can stewed tomatoes, coarsely chopped and un-drained
1/2 teaspoon instant minced garlic
1 tablespoon brown Sugar Twin
500g white fish fillets, cut into 16 pieces (do try to use fresh fish)
2 cups hot cooked rice

DIRECTIONS

In a large skillet sprayed with butter-flavored cooking spray, saute onion, celery, and green pepper for 10 minutes or until tender.

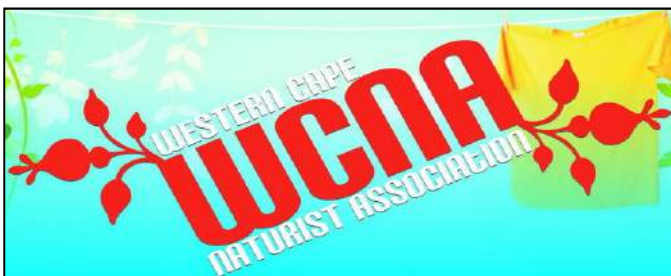
Stir in undrained stewed tomatoes, garlic and brown Sugar Twin.

Add fish and mix gently to combine.

Lower heat, cover and simmer for 20 minutes, stirring occasionally.

For each serving, place 1/2 cup rice on a plate and spoon about 1 full cup fish mixture over top.

NEWS FROM WCNA LAND



What a roller coaster ride we had since our last newsletter!

Our winter 'program' kicked off with a very pleasant braai at Serge and Floreen's house on 30 May and although it was rainy and cold it couldn't dampen the warmth of friendship and camaraderie. No need to say the fire, wine and jokes soon warmed us all and it wasn't long before some of us went for the traditional swim in the pool (as is the custom by now).

It's always nice to welcome new members, especially in the middle of winter when there's not much activity going on, and Colin who recently joined was introduced and welcomed in our circle. On top of that he joined us in the pool just to show the old men that the young guys also have balls! (pun intended)

The ladies preferred to go this one with their clothes on and the men, well, they never grow up!



Cheers guys!

Our next event was at Suurbraak where we had our 'Xmas in July' event and despite predictions of cold weather we had some glorious sunny days allowing for nude recreation.

The mornings were cool with fog, but once it cleared up we had beautiful warm days. Saturday was a beehive of activities in preparation for our Christmas party dinner. The lights were put up, a corner decorated for the gifts, the leg of lamb was slowly cooking in the pot over the coals, the tables decorated and everyone joined in to give a helping hand.

The day turned out to be a memorable one and the three course meal prepared by Petro and Vernia was to die for! What better way to spend a winter 'Christmas' night with good friends, excellent food and good music, all in the spirit of Christmas by sharing, caring and giving.

It was a great team effort from the committee and it turned out to be an awesome-never-to-forget evening and it was unanimously decided that it will be on our calendar for the years ahead.



We didn't have ice crystals and snow, but we had dewdrops hanging from leaves, fog over the landscape in the early morning and warm sunshine weather after the mist cleared up.

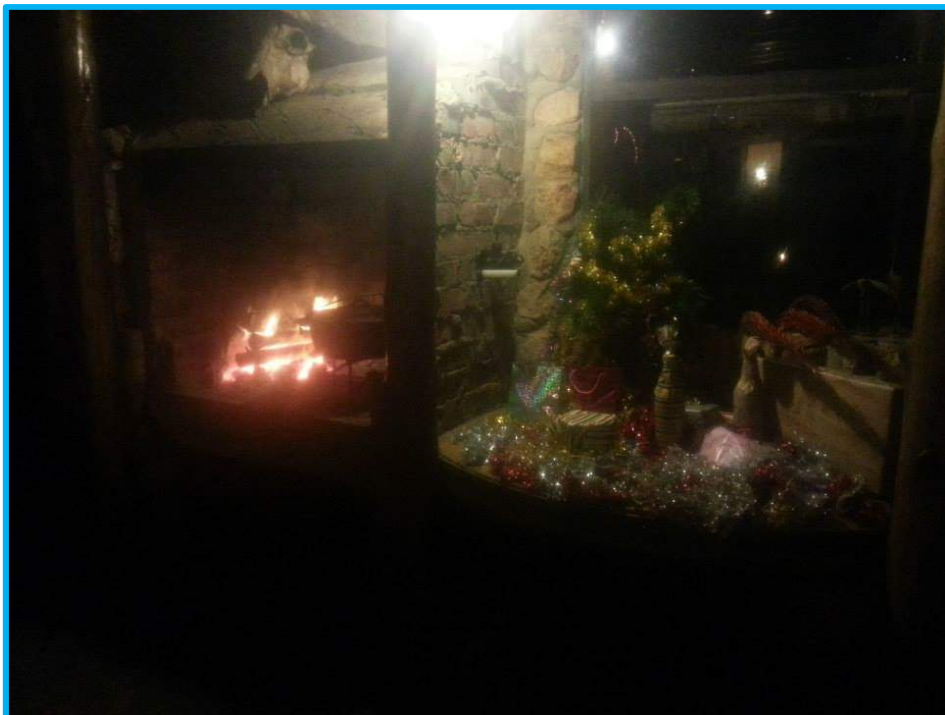


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The tables were set and the candles and soft light created the perfect atmosphere.



A cosy fire to warm the body and some gifts to warm the heart and spirit.

As I mentioned, it was a roller coaster ride with its ups and its downs. The highs were all the good moments and times we've spent together sharing goodwill, fun and laughter. Then there were also the lows. The not-so-good moments, those moments that you wished away and somehow hope you might wake up and find it was just a bad dream. But it is also the reality that everything in life is not just plain sailing, and when the storms come rolling on you need to face it and bear the consequences.

Such were the circumstances when we unfortunately had to take a decision, by majority vote from our members, to blacklist one of our members at a Special General Meeting held early in August. I certainly hope that such an incident never happens again, not during my term of office as Chairman anyway.

Having said that and despite the very unfortunate outcome, it was also very positive in the sense that so many members stood up and were counted when called upon, to show their support and vote for what they think is right.

But life goes on and we need to look forward, grab the opportunities and be positive. This brings me to a lovely outing we had a while ago. I say 'outing' as this was not an event as such, but more an invitation accepted on the spur of the moment.

Lofty and Amanda were taking tour operators Michal and Martina for a roundabout trip of South Africa (they actually call this work). Staying over at Serge who was taking them around in the Peninsula, one trip was scheduled for a sailing excursion from Port Owen to St Helena Bay. As mentioned, my wife and I were invited along and I was a bit worried going out as, lately, I get sea-sick at times.

Nevertheless, we had a good "kuier" the previous night at a local pub watching the Bokke saving some face after the previous week's humiliation and enjoying the company of our lovely hosts Alan and Vanessa.

The following morning we set sail from Port Owen and with just a slight breeze in the sails we managed to get up to about seven knots. The experienced guys tell me 1 knot is approximately 2 km/h. I Googled it and it's exactly 1.852 km/h, so we travelled at about 13km/h, which is fine provided there isn't too much of a swell to rock the boat. Fortunately the swells weren't that big and I could hold everything inside, not that I felt good, but I could manage.

Words and photos cannot do justice to the beauty of the West Coast and I'm not even going to try. The word 'awesome' describes it best. We encountered so many birds in so many ways of enacting, flying low over the waves, forming patterns as they group together, then splitting up just to form different formations again. We saw thousands of birds sitting on the harbour wall like soldiers in a row and pink columns of flamingos bunching together. And then there were the wales, big and majestic, peaceful on their way to who knows where.

At St Helena we docked and had a braai on deck with a couple of beers after which we all felt better (or maybe it was just me), but going back was a far better experience maybe because the wind picked up, maybe because the sun came out behind the clouds, maybe because my stomach settled or maybe because I got to skip (per) the boat (with the help of three experienced skippers it wasn't that difficult).

All in all it was a lovely outing with lovely people enjoying nature. Hopefully we can introduce outings like this as an event on our calendar in the not so far future.



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This is what dreams are made of.



Thousands of these birds all over the harbour and lagoon.



Michal was skipper for part of the trip!



Martina catching a bit of sun!



The three skippers Chris, Alan and Michal (how fortunate we were!)



Safely back after a fantastic sailing trip.

Till next time!
Louis van Tonder
WCNA Chairman

TROUTWAYS

Nestled in the mountains in the Drakensberg on the fringe of the escarpment, close to Waterval Boven, in Mpumalanga is a trout farm called Troutways. It all started about a year ago. My cousin Hein Stander invited the family for a family get together at his farm Troutways. We couldn't go, but the seed was planted.

After a lot of contemplation, I wrote to him and asked if it is possible to visit the farm and if he would allow the "club" we belong to, to use the farm for a weekend break? His answer was yes, of course, what club do you belong to? Oh my, here we go: to tell the family we are naturists! I was shaking in my skin, I did not have pants or boots on. But I took the bull by the horns and wrote him a long letter explaining what naturism is, what we do and why, blah, blah, blah. His response blew me away. He was not against it at all.

I made arrangements for Francois, Gerda, Henry and I to meet with Hein, and his wife, Erika. We met for coffee at the Mugg & Bean. We had a lovely time with them and he invited us to the farm for a weekend to see it if would be suitable for our needs.

On the textile day in June, Hein and Erika joined us at Sun Eden. They so enjoyed it and asked if they may come again. We encouraged them to come and explained that as long as they stay with us within our little

property on the farm, they are allowed to keep their clothes on, Hein replied, he has no problem taking his clothes off. His remark was “ons het maar almal ‘n stoute streek”.

Lofty, Amanda, Spiere and his family, Henry and I went to Troutways for a weekend in July, it was awesome to say the least. We enjoyed the silence, it was nice just to be in nature. It is perfect for a Naturist getaway. Immediately we started negotiating for a date and it was decided that the weekend of the 30th October to 1st November, 2015 was suitable. Much to our surprise and delight, they said they would like to join us for the weekend.


Two weeks after we went to Troutways we were at Sun Eden when Hein called and asked if they may join us the Sunday at Sun Eden. We said yes, that it will be perfect. They arrived on his bike, I showed them to the caravan to take off their bike gear, and to my utter surprise Hein came out with nothing on but his skin. Erika followed, made a short left into the bathroom, as if she just needed a moment to get used to the idea of being naked in front of strangers. It was not long and they were chatting with everyone as if they were Naturists all their lives. That same day they joined GNA.

After this visit they visited again and will be regular visitors to Sun Eden in the future, they have booked already and are joining us for the weekend at Kiepersolkloof (27th to 29th November).

Please join us for the weekend 30 October to 1 November 2015 at Troutways near Waterval Bowen, for a lovely time in nature, enjoy fresh air and birds singing, watch the fish eagle fly over the trout dams and just enjoy being you.

Regards
Elna

Troutways & GNA




GNA has partnered with Troutways in support of MNA to bring you an awesome naturist weekend away

When:
30 October to 1 November 2015


Camping

- GNA paid up members: R400.00 for the weekend
- Non GNA members: R500.00 for the weekend



Troutways is a private retreat and fly fishing venue 2km from Waterval Boven.

They stock Rainbow trout in 4 still waters, nestled in a valley between the mountains on the eastern escarpment.



The farm is very quiet with lots of bird-life, including Fish eagle, there are hiking trails, swimming pools and a rock pool in the river. At night you can hear frogs, crickets and the wind, the stars are amazing as there is no pollution.

NATURISM IN SOUTH AFRICA IS TAKING OFF!

I cannot begin to express how good I feel after spending the weekend of 29 August this year at Sun Eden Naturist resort and North West Province. It was really good to see how much has been achieved in the naturist movement of South Africa.

Before that though, Floreen and I were privileged at the beginning of the month to have the Editor of this Newsletter and SANNA Vice Chairman, Gerda and Francois Botha, for a couple of days as our guests. The future of our national naturist organisation with this couple at the helm is going to be a bright one. Thank you guys for coming to visit us. Floreen and I are looking forward to having you as our guests again in the future (rather sooner than later we hope).

Shortly after, we had Lofty and his lovely lady Amanda as visitors. Accompanying them all the way from the Czech Republic was Martina and Michal, a tour operator concentrating on naturist holidays all over the world. They are also new shareholders at Sun Eden as from August this year. Michal also organises non naturist Eco tours to Vietnam and naturist sailing in Cambodia. Anyone interested need simply to get in touch with Lofty and he will be able to make all arrangements needed.

Amanda and Lofty, being wonderful hosts, have taken Martina and Michal all over and in a few short weeks have shown them the tourism jewels of this fantastic country. I had the privilege of showing them the best of the best – our beloved Cape Town and West Coast.

One of the highlights of this visit was going sailing with Alan on the West Coast on a fantastic catamaran that Laura was so kind to make available to us. I don't know if Alan is sailing longer than he is a naturist but he did a fantastic job and created wonderful memories for all of us. We were so lucky to see even a couple of whales on their way down to Cape Town.

To top it all we were very privileged to be invited by Teresa as her guests to her wine club and a most fantastic evening at Longridge wine estate. An evening of wine tasting given by top wine masters, paired by fantastic 5 star food. Unforgettable Teresa, thank you so much! All in all a week that will stay in our memories.



Of course during these visits we as South Africans (and by now I do feel that I am a South African even though I was not born here), do what we do best; have parties with all sorts of culinary specialities on offer. Somehow Boerewors rolls prepared by our WCNA Chairman Louis on board of Laura's yacht was the best of all (and I must say my pickled East Coast Squid came a close second).

At the same time we learnt that our friend and WCNA member Teresa is to relocate to Johannesburg and that she would be driving on her own to Gauteng on the weekend that SunEden would celebrate its 20th year of existence. Not wanting to drive by herself all the way to Jo'burg, the suggestion was made that I accompany her to assist with the driving, which was a great pleasure as it also enabled me to take part in the celebrations at SunEden.

So the great trek began at 18h00 on Friday evening by Teresa and me. What a great time we had driving through the night to Gauteng!!! Fantastic company, lots of conversations

(mostly about naturism), being excited (Teresa) about new beginning and new opportunities (Teresa is planning to become a new shareholder of SunEden soon) etc. etc. etc. We could not believe that by 10am the following morning we were at SunEden.

By that time SunEden was a buzz of activities; Treasure hunt walk (the only treasure I found was all sorts of pit stops filled with lots of weird and wonderful beverages), boere games around the pool, awards and presentations to many that have contributed to the development of SunEden, wonderful food. A great time was had by all. Not to mention the wonderful weather!

For those of you that don't know, SunEden was started by Cago and Kathy 20 years ago by putting some money together in order to purchase just over 30 hectares of land in the middle of the bush north west of Pretoria. At that time there was nothing on this piece of land. No running water, electricity, ablutions, caravan park, not a single house or club house, pub or swimming pool. All that you see today at SunEden was built by

many people that have become the legends of SunEden and naturist movement in South Africa with their sweat, tears and hard earned cash. And today SunEden has the reputation as the most developed naturist resort in the country with the best facilities.

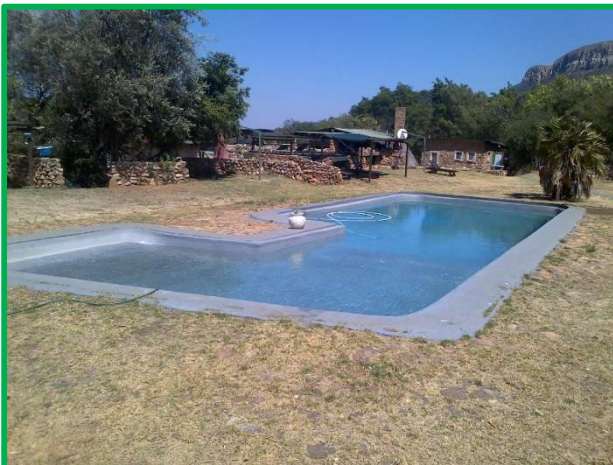


Thank you once again to all the heroes of the naturist movement in South Africa and especially to Kathy and Cago for your vision, hard work and investment over the years in order to make SunEden the success that it is today. I can tell you that your efforts were not in vain and the proof is in the number of naturists that have spent the last weekend (the best numbers ever) celebrating 20 years of existence of SunEden. The current shareholders

and Board of Directors are capable and determined to continue with your legacy and I know that they will further the success of your beloved SunEden.

Once again my host, namely Lofty, had “a few things” for me to do. And while Teresa was hard at work looking for a house at SunEden, we were taking a drive to North West Province hoping to build a closer relationship with naturists in this province. Once again we were not disappointed.

This was my 3rd visit to Harmony Naturist Farm and for the first time I had the pleasure to meet Piet Myburg



Senior, another legend in the South African Naturist movement. Piet established Harmony 21 years ago and today Harmony is one of the most visited resorts by naturists not only from South Africa but from abroad too.

Harmony is situated in the picturesque mountain terrain near Rustenburg and offers rustic accommodation with fantastic surroundings with mountain hikes that are populated with all sorts of fantastic plants and animals. Do not be surprised if you encounter Zebras roaming freely all over the resort.

Even though our stay was a short one I cannot say what I enjoyed most; beautiful surroundings, views, a unique bar set up, fantastic lunch or the conversation that we had with the two Piets (Junior and Senior). I felt so proud to learn that we (at SANNA and all Provincial Naturist Associations) are closely watched by all naturists around the country and that our activities are finding approval and accolades from many (and those are really special when they come from the legends of SA naturism).

After a fantastic afternoon we were on our way back to Sun Eden with a clear message from the management of Harmony that our efforts are appreciated and that our relationship and cooperation with Harmony is at its beginning with a bright future to come. We will keep you posted about the developments.

Once again, I am back in Cape Town filled with appreciation and energy to continue bringing naturists from each corner of this country together in a unique and united naturist movement that consists of all sorts of naturist activities and establishments under the umbrella of SANNA.

Until next time,
Stay good – Stay nude

Serge Pavlovic
SANNA Chairman

GAUTENG NATURIST ASSOCIATION NEWS



So finally it seems Spring has arrived, the first rains fell on the first weekend of September and the weather is becoming warmer and Summer is around the corner.

The time has arrived: the annual GNA Big Bash is on us. As MANCO we are now busy with the last of the last arrangements, and are very excited that this Bash is going to be a huge success. We hope to see all our members at the Bash weekend, even if you can only organise a day visit – please come and join us.

Rates for the Big Bash weekend at Sun Eden are as follows:

	Normal Rates:	GNA Bash Rates
Day visitors	R160 per couple per day	R80 per couple per day
Day visitors: Singles	R100 per single per day	R50 per single per day
Camping: Own Caravan	R250 per couple per night	R125 per couple per night
Camping: Own Tent	R230 per couple per night	R115 per couple per night
Chalets: Weekend (Fri, Sat & Sunday)	R1000 per Chalet	R1000 per Chalet
Chalet from Wednesday to Sunday	R2300 per Chalet	R1700 per Chalet

Please note that all accommodation for the Big Bash weekend has to be booked via Magda or Kathy from SunEden. If not there is NO guarantee of your accommodation being reserved. On the Saturday morning of the Bash weekend, we will be having a short Special General Meeting where we would like to change our constitution: that the MANCO of GNA is selected for a two year period (to align with SANNA). Please take the trouble to attend and cast your vote, we won't keep you away from the fun for long.

Just remember GNA = SANNA affiliated Association.

Further GNA MANCO has decided to offer 2 free meals (Fri and Sat evening) to all paid up GNA members to say thank you for being loyal members, as well as to all paid up SANNA affiliated members for taking the effort to attend the weekend. Just remember the weekend starts at Wednesday evening and ends on Sunday! See you there!

Sheila's restaurant at Sun Eden will be open from Wednesday and Thursday evening for a-la-carte dinners. She will also be serving buffet breakfast @ R60-00 per person – please let her know if you will be having breakfast with her (she needs to know for catering purposes). Breakfast Thursday to Sunday morning. From Thursday to Sunday you can also order lunch from the restaurant.

GNA MANCO and Lofty and Amanda visited Troutways in Mpumalanga (Waterval Boven) and found a little gem of a resort. (Unfortunately Gerda and I could not attend that weekend although we had every intention to, as we had to go to Cape Town to assist the WCNA with a disciplinary matter.) The owners of Troutways, Hein and Erika Stander (also now proud members of GNA) are prepared to close the resort for GNA from time to time so that we may have a naturist weekend there. Please see the article about Troutways elsewhere in this edition.

SunEden had a very successful 20th Birthday party in August with lots of people attending, and lots of fun was had by all.

GNA AGENDA FOR 2015

Big Bash at SunEden 23-27 September

Troutways weekend away 30 October to 1 November

Kiepersolkloof weekend (to support NWNA Bash weekend) 27 – 29 November

DATABASE AND WEBSITE

We are currently using the centralised database (known as DADI) as developed by Henry. All information of our members is no longer on any PC. All info is hosted on a secure database in a secure facility in Cape Town. This database is extremely safe and cannot be lost or accessed by anyone. The SANNA website is running and soon there will be a new GNA, KZNNNA, NWNA and WCNA websites.

MEMBERSHIP

We have experienced a huge growth in memberships the past 6 weeks, and the MANCO members have been very busy with meet-and-greets in their respective areas. It is amazing to see how our membership numbers are literally increasing by the day.

See you at the Bash!
Francois
GNA Chairman

APRICOT OSTRICH KEBABS

How much more South African can you find than Ostrich meat. This cholesterol free meat is in high demand by restaurants all over the world, and is now available in most supermarkets, and the price will definitely not break the bank. I came across this recipe recently, and have to recommend it for your next braai (South Africans don't "barbeque").

Enjoy!
Gerda



INGREDIENTS

500 g (1 pack) ostrich
4 pork rashers
500 ml buttermilk
handfull lemon leaves
1 jar pickled onions
125 g packet dried apricots
Sunflower oil
Sea salt flakes and freshly ground black pepper
1 cup apricot jam
Bamboo skewers (soaked in cold water for 30 minutes)

METHOD

Cut the ostrich into 3cm x 3cm cubes and the pork into 2cm-thick strips. Add the ostrich and lemon leaves to the buttermilk and refrigerate overnight.

Cut the pickled onions into quarters, lengthways; cut each apricot in half.

Remove the ostrich from the buttermilk and blot dry with paper towel. Toss in sunflower oil and season well.

Onto each skewer, thread a piece of pickled onion, then a piece of ostrich, then an apricot and then a piece of pork rasher. Repeat this three times with each skewer.

Braai over hot coals for about five minutes on each side.

Heat the apricot jam until melted, brush on the kebabs as they come off the coals and serve.

EASTERN CAPE NATURISTS' PLANS FOR THE 2015/16 SUMMER SEASON

A group of ten interested naturists met at Chris and Karen's house on Sunday 16th August to discuss ideas for events for the upcoming summer. It was agreed in principle to plan to get together at least once a month during the warm months.

There were several ideas for events, including braais, beach visits, a possible trip to the Striptease Trail at Tsitsikamma Lodge, a visit to Salt River Mouth near Nature's Valley, a meet-up with East London/Grahamstown naturists at the Fish River Lighthouse naturist beach and camping if a suitable venue can be found.

Attendance at other events such as the GNA Big Bash, WCNA's Badensfontein camp and the Naked Bike Ride were also discussed.

Some research is now being conducted and a provisional calendar of events will be drawn up and published in due course.

We are looking forward to an eventful summer season in the Eastern Cape.

Regards
Chris Elliott

DREAMING OF A WHITE CHRISTMAS IN THREE EUROPEAN CAPITALS AND SNOW FUN IN THE ALPES?



DETAILS OF ITINIRARY

Flight to Munich in December (e.g. on the 16th).

Pick up your pre-booked rental car or get picked up by the driver. Then choose whether to go to Therme Erding with a the biggest sauna section in the world with dozens of different saunas and both indoor & outdoor swimming pools (nude) to relax after the journey or go directly to Skiwelt – Wilder Kaiser skiing region with its over 90 cable cars and over 280km of pistes.

You would stay in Scheffau or Ellmau for few days. It is possible to learn skiing at the local Ski Schools or go trekking on snowshoes (rackets), or take a ride on sledges (either downhill or pulled by horses), go for a ride on a snow scooter, etc. In Ellmau there is a reasonably sized aqua park (textile) with slides and indoor & outdoor pools with a nice sauna section (nude), so wellness can be included too.

Continue to Salzburg for a night and sightseeing of this beautiful Mozart's birthplace. The Christmas market and city decoration will be an added bonus not only in Salzburg. Continue to Vienna, the Austrian capital on the Danube River. Enjoy the rich history as well as excellent cuisine and hospitality.



Danube River – Budapest



Gellert Thermal Spa - Budapest

From Vienna the trip continues to Budapest, the capital of Hungary. Budapest is famous for its thermal spas, such as Széchenyi or Gellert. The last stop will be in the Czech Republic and its capital Prague to celebrate the New Year in this magical medieval city with the best beers in Europe. You will be charmed forever by this city! On the way back home, spend a day in Therme Erding before flying from Munich to Johannesburg on 3rd January.



Christmas Market in Prague

The program can be modified upon request.

For more information contact Michal Citavy of Sunatur by email at michal@sunatur.eu

KWAZULU NATAL NATURIST ASSOCIATION NEWS



ICE BERG WEEKEND

KZNNA GET TOGETHER 24 – 26 JULY 2015

On Friday, from around 10:30 the first guests started arriving in drips and drabs for the "Ice Berg Weekend" at Tugela River Lodge, situated between Ladysmith and Winterton in the KZN Midlands. Around 19:00 the last guests arrived and that was when the real "kuier" kicked off.



Jokes were flying because of a group of naturists were together, but ALL were fully clothed due to the cold weather and rain. In the one end of the lodge, a fire was crackling in the fire place; all were sitting at the counter in the middle of the cabin, enjoying jokes and "do-you-remember" moments.

The more the drinks were flowing, the warmer it got inside the cabin. And the more daring some jokes got. Christo took off his track suit and all had a good laugh about what he had on underneath.... a red T-shirt and a very colourful blue and red short and with this CROX and socks!!



At last it was warm enough to shed some clothes and the food was taken out. No one was brave enough to braai outside so the meat landed up on a grid in the fire place.

Where there's a will, there's a way!

Then the eating started and the chats got calmer... talking about favourite music, songs and artists.



Make a plan if your knife is blunt...



If there's power, CHARGE!!!

This lodge is so laid back, there is no Escom electricity. A Donkey must be stoked to warm water. And the Generator only runs until about 20:00 then the solar power kicked in.

After dinner, which took quite long, the jokes started again. Then the army stories started. And the Glühwein was flowing. Especially homemade by Wayne and Anita, who got the recipe from her German doctor. And more other drinks were also flowing.

At about 23:00 most guests started retiring, with a few still around the fire place, talking a bit more before also going to bed.

Saturday started off slowly with guests coming into the main lodge one by one. The weather, sunny but cold with a icy wind blowing.

Breakfast was another feast with all pitching in to help prepare and clean up afterwards.

Will Mr Chef started his Potjie, the MANCO members gathered outside with him to have a quick meeting.



NEWSLETTER

September 2015 – Issue 5



Slowly but surely the smell of frying onions filled the air. And after the meeting all sat outside talking about everything and keeping our chef company.



Bird watchers were there too.



Then some snacks came out... Pate's of different flavours, biscuits, dips, olives and many more. What a feast! Brought to us by our newest member to our group, the Doctor!

A few of the old timers then went for a few ZZZ's. And the potjie was still brewing and more and more ingredients were put in and the smell filled the air, making everyone hungry.

The clouds started coming in, sending all inside and then the rain came pouring down! Lucky the fireplace was making the inside warm and cosy. A card game (of which the name can't be mentioned in a decent publication) was played with lots of laughter.

After the rain the sun came out! What a beautiful sight! There was snow on the mountains in the distance. But it was not visible very long as clouds moved in over the mountains. Some faced the cold to pose for a picture.



Dinner was enjoyed early as the potjie was ready and the fantastic smell made all hungry.

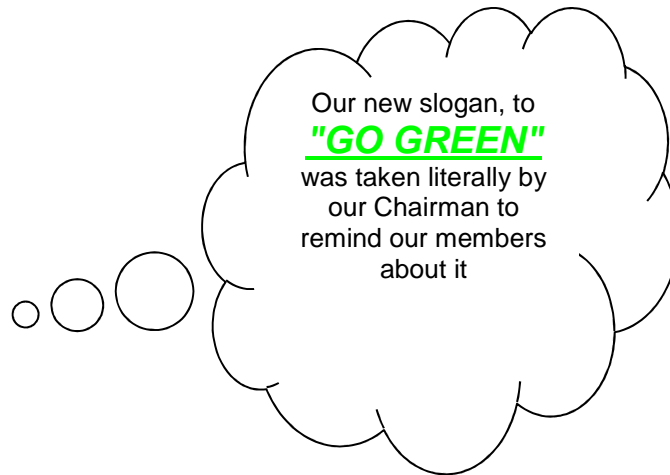
Everyone stayed inside with bets placed on the rugby score. Listening to the rugby over the "wireless" and telling jokes, having more serious conversations, saw the day coming to an end. And the winner of the bets was our Naked Chef with his score being the closest.

Later all were sitting in the lounge area talking. Later the conversation was about, believe it or not, births and also other health aspects! Well, what else do you expect with a Doctor AND a nurse in our midst? After these serious conversations all went to bed for a well-deserved good night rest in that cold!

Sunday morning it was a pleasant morning with the sun shining and almost no cold wind. Isn't this so typical of a pleasant weekend? The day you have to go home, the weather is the best.

After breakfast, which was prepared by the other chef, let's call him the omelette chef, everyone started packing and getting ready to head back home.





Until next time
Lana Bothma
Secretary: KZNNA

OUR VISIT TO VALALTA NATURIST RESORT, CROATIA

I hope that I can describe our holiday at Valalta without it sounding like an exaggeration but at the same time I need to give Valalta the credit that it deserves, so here goes:

The first time I heard about Valalta, was when an elderly gentleman, named Tony, who I met at Virginia Waters in Randfontein, told me about his trip to Croatia. He said it was more affordable than France, Italy or Spain and absolutely fantastic.

Funny enough it was another Tony, who with his wife, Valerie, convinced me that I just had to go to Valalta to experience the most amazing naturist resort in Europe, they said that photographs do not do it justice. Then, at Paradise Holiday Resort in KZN, during the Official Opening of Mpenjati Naturist Beach, Tony and Valerie hauled out pamphlets, maps and photographs of Valalta, which got Amanda and me really excited.

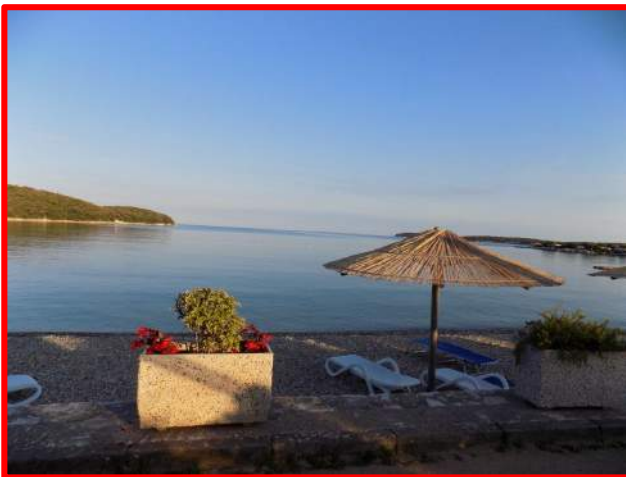
It was shortly after that, when I met Michal and Martina from Czech Republic while they were visiting at Sun Eden, that I just knew that I need to see Valalta. Michal is a Naturist Tour Operator and he and Martina have been to most of the Naturist Resorts in Europe and he did not hesitate to say that Valalta is either the best or one of the best naturist resorts in the world.

I mentioned that it was on our bucket list and one day, in the future, I would like to go there. Once you get to know Michal, you will realise that he is like a terrier, he does not let go. He offered to personally accompany us

to a few naturist resorts in Europe and said that he would take us around in his car and that if we share accommodation and eat most of the meals in self-catering chalets, it would not cost an arm and a leg.

Michal then made proposals and I ended up visiting 7 countries in 3 weeks and apart from my air tickets, the accommodation and meals cost us (2 adults) just over 1,000 Euros (about R13,500) excluding the occasional meal at a restaurant and beer and wine which we bought at Supermarkets at affordable prices and which we drank in our self-catering chalets. We also considered the fact that the middle of our winter is the middle of their summer in the Northern Hemisphere. We didn't think that we would miss winter in SA.

It would be unfair to compare Valalta with any other resort, so I am just going to mention our one week holiday at Valalta. We flew to Prague in Czech Republic and Michal was waiting at the airport for us. We spent a day and a half at Michal's lovely home catching up on sleep because neither Amanda nor I had managed to sleep on the plane. Funny enough, Czech Republic is the same time zone as South Africa but the first difference we noticed was that in summer there, the sun starts rising at about 4am and only sets at about 10pm.



We decided to leave at 5am on the Saturday, because we had arranged an 8am meeting in Austria with Sieglinde Ivo, the President of the International Naturist Federation (INF), who also happens to be the President of the Austrian Naturist Federation. We wanted her advice about a number of matters but our main aim was to attract international Naturist Tourists to South Africa.

When we woke up, it was raining cats and dogs and with wet weather and driving on the right side of the road, we tried to relax but we were very excited and nervous at the same time. Luckily both Michal and Martina are very good drivers and better still they are great hosts so they went out of their way to make us enjoy our holiday. The meeting with the President in Austria went well and we were given INF golf shirts, key rings, stickers etc. Thank you so much Sieglinde!

We were thrilled with our meeting but as we entered Slovenia and then Croatia, Amanda and I were like two little kids, smiling, winking at each other and squeezing hands like naughty teenagers. We had heard all about Valalta and for a few months it was "min dae" (in English "few days") but at this stage of the trip it was not just a few days but down to a few hours and then a few minutes. We arrived at Valalta at about 3pm.

There are a number of "House Rules" at Valalta and Michal had been there on numerous occasions so we already knew most of the rules. We had to "cover up" when in the reception/office area, in the supermarkets

and in the restaurants (only at night). Normally Michal is the first to strip, closely followed by Amanda and Martina and I am normally last but we arrived fully clothed and went into the Reception.



I can only compare the reception area to a City Lodge or Holiday Inn except better and more staff. We were welcomed in German but the friendly lady soon realised that we speak English and she quickly switched to English. They were “on the ball” had all the paperwork ready, took all of our passports so they could register all of us in their own time and within less than 5 minutes we had the keys for the chalet and with a map clearly marked in pen, we had directions to our accommodation. By the way, in the reception area, there is a foreign exchange clerk, 2 ATMs, an information clerk who also controls the Wi-Fi and about 6 computers on line for visitors and she also hands out DVDs of Valalta, maps, house rules, brochures, information about Rovinj, the nearby town and things to do etc.

This “on the ball” way of doing business is evidently influenced by the many German speaking naturists and this strive for perfection is very evident. This is not easy when you consider that Valalta is 121 Hectares and has a capacity of 7,500 visitors/naturists and 400 staff. There are 2,600 camping/caravan sites and 1,231 chalets/apartments/bungalows. The day that we arrived (28th June), there were 4,300 visitors there but that would increase daily as school holidays started in various countries and they were expecting to have over 7,000 visitors by the end of July. Visitors are mostly from Germany, then Austria followed by Italy and then a few from other European countries, we soon got to learn by the car number plates, which country the car was from.

Each chalet has a number (thank heavens not a tree, animal or bird name LOL) and the same number appears on the allocated parking place which is under shade cloth. So with 1,231 parking places plus a lot more for day visitors, they are in rows next to the tarred roads and not close to the chalets. The chalets are in a type of a maze and only bicycles enter the maze – not cars. That reminds, me, you can hire bicycles but most of the visitors from Europe bring their own bicycles and I am not exaggerating when I state that a few thousand bicycles were there. Valalta has paved paths for pedestrians and some for bicycles only so we had to read the signs or we would have been in trouble with cyclists.

The two bedroom chalet which we shared with Michal and Martina was better than we expected and even had a dishwashing machine. The cleaning lady did not wash dishes but she did clean the house and made up the beds every morning. Of course, all 400 staff wear clothes but nobody has an issue with that. She wore neat light blue shorts, a white golf shirt and sneakers (takkies). Even though they greeted the guests, they were always busy doing their job, never smoking, never sitting around and never over-friendly.

There were 2 teams of Security Guards each made up of two men, wearing black boxer shorts, white golf shirts and sneakers (takkies) on bicycles and each with a two-way radio. There was also a golf car with two guys patrolling the resort. One of the security teams would pass the beach area where we would be tanning approximately every 30 minutes.

So belonging to Valalta, apart from 3 large swimming pools (2 heated), juczis, saunas, a Spa offering massages etc, a pharmacy, a fruit and veg shop, a typical beach shop (clothes, flip flops, buckets and spades etc), 2 supermarkets (like a Spar), which sell lots of beer, wine, freshly baked bread and rolls, 5 restaurants, 3 entertainment stages, 13 ablution blocks (you got to see to believe), 5 beaches, its own marina for boats, a soccer field, 3 tennis courts, 2 bowling greens/Petang courts, a few tables for ping pong/table tennis, 3 mini-golf courses, 3 volleyball courts in sea sand, numerous trampolines, lots of floating inflatable “obstacles” for youngsters to have fun on and about 12 floating Pontoons (wooden decks with stairs) used for tanning, Valalta recently purchased 2,000 new plastic tanning beds and over 1,000 thatch umbrellas. The “beach” has small pebbles and sea sand in places, all brought in by the resort. There are about 30 outdoor showers to wash off the sea water.

As if this did not impress us enough, we discovered the most important difference between the sea in Croatia compared to the ocean in South Africa: NO WAVES, hardly any difference between low tide and high tide, water so clear that we could see the bottom 10 meters deep and then to crown it all, the water was about 30 degrees. WOW! Take all of the above and add 4,300 naturists and you have “Heaven on Earth”.

Michal and Martina cycled a lot but Amanda and I decided to walk a lot and as early morning people, we started our walks at about 5.30am each day. The attached photographs were taken during our early morning walks when most of the guests were sleeping. We were afraid to take photographs when thousands of people were around. The walks were very enjoyable but we could only manage about 20% of the perimeter per day. There are 2 wooden towers which gave us a nice view of Valalta as well as the nearby naturist resort called Koversada which evidently has over 3,500 naturist guests in summer. Wow, within a 3 km radius, there are over 10,000 naturists in July/August each year!

Michal is a qualified Skipper so we managed to hire a small boat to take us to see Koversada, which is less than 1 km away from Valata by sea, however, by road it is a drive of over 10 kms because the drive goes via Rovinj and around the channel over a bridge and back to the coast. After looking at Koversada from the boat, we went up the channel for a while before we returned to Valalta. We noticed that floating buoys with ropes clearly separates the swimming area from the boating area so it is unlikely that a boat will drive over a swimmer. At night, there were 3 bands playing each night at 3 different venues within Valalta and there was entertainment for kids as well. There were fish picnics on large boats and all sorts of fun things to do on the programs.

The week at Valalta went past way too fast and I would like to suggest that you place Valalta on your bucket list. It was not as expensive as I thought it would be, just contact Michal and he will put together an itinerary for

you. We left Valalta at 5am on the Saturday with mixed feelings, sad to leave but we knew that we were on our way to our next destination which was a luxury yacht south of Rovinj where we had been invited to spend 4 days and 4 nights sailing around the islands of Croatia with naturists, John and Denise who were introduced to us by the very same GNA Members, Tony and Valerie (who asked what the benefits are if you are a member of GNA? LOL).

John is from Australia and Denise is from England and they own a beautiful yacht called Mia Serina. I will write a separate article about the yacht trip but it was “out of this world”. After the 4 days on the yacht, we drove to Terme Banovci, which has thermal springs and part of the camping area is a naturist (known as FKK) area with heated swimming pools, juczzi, waterfalls, fountains etc. We spent 2 days there before driving to Hungary where we stayed for 3 days at a naturist resort called Angela’s Farm. The one day was spent at Balaton Bereny Naturist Resort on the banks of Lake Balaton with a capacity of 1600 naturists. To put this into perspective, Sun Eden has a capacity of 300 people.

After that we drove via Slovakia to Michal’s home in Prague before we went to Amsterdam, in the Netherlands. We had very productive meetings with the President of the Netherlands Naturist Federation as well as the leading naturist tour operators in the Netherlands. We tried to find the “Red Light District” in Amsterdam to see the pretty ladies in the windows that we had heard about but we could not find it. The last day of our holiday was spent on a guided tour through Prague which was interesting. Michal had booked the “Naked Tour Guide” as our guide but I could see the disappointment on Amanda’s face when he turned out to be a teenager with pimples and braces with lots of clothes on his skinny little frame. He calls himself the Naked Tour Guide only because lots of the statues are of nude people dating back hundreds of years. Michal and Martina were real naked tour guides – thank you so much to them both for being the perfect tour guides.

Next year Amanda and I are planning to go to the INF Congress in New Zealand in November/December, 2016 but we hope to go via Thailand and Australia. Who wants to join us?

Regards,
Lofty

SUNEDEN NATURIST RESORT PARTY DATES AND THEMES FOR 2015

26 September	Rugby Party Theme at the GNA Big Bash
31 October	Halloween & Body Painting
28 November	Movember
31 December	Festival of Lights

NATURIST CONTACT DETAILS

(NOT ALL OF THESE ARE MEMBERS OF SANNA)
NATURIST ASSOCIATIONS:

1. South African National Naturist Association (SANNA): Serge Pavlovic chairman@sanna.org.za 071 351 2065.
2. Western Cape Naturist Association (WCNA): Louis van Tonder, chairman@wcna.co.za 072 804 3620
3. Gauteng Naturist Association (GNA): Francois Botha, chairman@gna.org.za 071 672 9765.
4. Kwa Zulu Natal Naturist Association (KZNNa): Christo Bothma, chairman@kznna.org.za 073 178 0779.
5. Mpumalanga Contact Person: Anthony (Spiere) Gibson, anthonygibson71@gmail.com 072 123 0975.
6. North West Naturist Association (NWNNA) Contact Person: Gerhard De Wet, gerhardx@mweb.co.za 083 283 5700.
7. Free State Contact Person: Jaco Henning, jacohenningkaste@gmail.com 082 813 9879.
8. Eastern Cape Contact Person: Chris Elliott, chriselliott@webmail.co.za 082 864 2427.
9. Limpopo Contact Person: Lofly Lutge, lofly@naturist.co.za 082 895 4711
10. Northern Cape Contact Person: William Meyer, william169sa@gmail.com 082 809 4777.

NATURIST RESORTS:

1. Harmony Nature Farm: Pieter Myburgh, pietermyburgh32@yahoo.com 074 185 7630.
2. Kiepersolkloof Naturist Resort: Derek Le Roux, djlrd@gmail.com 079 108 2785.
3. Sun Eden Naturist Resort: Magda or Kathy, sunedensa@gmail.com 076 802 2740 or 071 161 7740.

NATURIST FRIENDLY:

1. Sun Kissed Villas, Houtbay: Charl, gnatural@iafrica.com
2. Bare Necessities, Swellendam: Neels, notneels@gmail.com 082 567 1816.
3. Butt Nothing, Port Elizabeth: Gaynor, info@buttnothing.co.za 083 485 6093.
4. The Hooting Owl, Marina Beach: John Skene, stay@thehootingowl.co.za 082 408 3519.
5. Impenjati Backpackers, Palm Beach: Gordon Adams, mpenjatibackpackers@gmail.com 061 406 9860.
6. Belle Isle B&B, Trafalgar: Neville Clarence, neville@nctec.co.za 039 313 0067, 081 729 9479.
7. Dolphin View Guesthouse Trafalgar: Lacon Stanton, sfs@icon.co.za 083 266 5893.
8. R&A Leisure, Bela Bela info@randaleisure.co.za, Richard or Pieter 082 694 9408, 082 223 1751

I hope you enjoyed this newsletter as much as I enjoyed putting it together. I want to thank each and every person who contributed articles and stories to this edition, your efforts are appreciated. If you have any articles or stories that you would like to share with fellow naturists, please drop me an email at editor@sanna.org.za.

Until next time!

Gerda

Editor