



NEWSLETTER

JUNE 2016 – ISSUE 8

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LETTER FROM THE CHAIRMAN

Unfortunately our Chairman, Serge, resigned due to his work circumstances during May and in terms of the SANNA Constitution, the Management Committee appointed myself as Chairman and Henry as Marketing Member of SANNA until the AGM in 2017 to complete the terms of office. On behalf of the SANNA Management Committee, I would like to thank Serge for all that he did for SANNA – especially as Spokesperson on TV, Radio and other media. Serge is still a member of the WCNA Management Committee so not lost to SANNA completely – his guidance and advice is invaluable to our association. Thank you Serge! The Management Committee (MANCO) of SANNA is therefore:



Chairman:	Lofty
Vice-Chairman:	Francois
Secretary:	Louis
Treasurer:	Christo
Marketing:	Henry
Additional Member (Events):	Lana
Additional Member (ECNA):	Chris

Co-Opted Members:

Additional Member (NWNNA):	Gerhard
Additional Member (Editor):	Gerda

I look forward to working with the MANCO of SANNA and I thank them for putting their faith in me to head up the Association.

Winter has arrived and it feels as though most of the South African naturists have gone into hibernation. I can assure you that the Management Committees of the 4 existing Provincial Naturist Associations are hard at work arranging events and they are very busy interviewing potential members, updating their websites and doing other tasks to prepare for Spring in each of those Provinces. Each of those associations have set goals or are busy setting goals which differ from Province to Province. GNA has taken the lead with 75 members, closely followed by WCNA with 71 members and then KZNNA with 12 members and NWNNA with 7 members totalling 165 paid up members. Having said that, another 76 members have not yet paid the membership fees for 2016 which could bring the total to 241 members. Please pay your membership fees and support the great work being done by SANNA and the INF.

We have estimated that there are over 10,000 naturists in South Africa and at least double that as “home naturists” who have not yet visited a naturist resort or naturist beach. We need to “spread the word” about naturism to more of our friends and family. So many people do not know that there are naturist resorts and beaches in South Africa. SANNA has put a lot of time and effort into the various websites and we can be proud of the SANNA website and soon we will be able to see the new GNA, WCNA and KZNNA websites.

In the past month, I have done a presentation about naturism to a workshop of the Department of Tourism and within the next month, I will be meeting with one of the Directors to discuss how naturism could assist with the growth of tourism in South Africa. We will also be discussing potential new naturist beaches and other important matters. It is really nice to have a foot in the door. Watch this space!

I attended the AGM of Kwazulu Natal Naturist Association (KZNNA) in May and I was pleased to see that good, solid foundations have been built by their MANCO. Their committee has decided to make the Mpenjati Easter Weekend an annual event on their calendar and they have already booked The Hooting Owl for next Easter. I had a meeting with Hibiscus Coast Municipality (HCM) last week as well and even though the “Concerned Citizens” have written to the Public Protector who in turn, wrote to HCM to determine if the correct procedures had been followed when the beach was approved. We do not believe that the approval will be withdrawn. In fact, the relaxation of the Bylaws has reached an advanced stage which is now on hold until the Public Protector has received the submission from HCM. In my opinion, the bylaws should be relaxed before summer later this year. Please diarise Mpenjati Easter Weekend 14th to 17th April, 2017.

The Gauteng Naturist Association (GNA) has started planning for the Big Bash Beerfest Weekend from 23rd to 25th September at SunEden. Unfortunately, the public holiday falls on a Saturday and so it is not a long

weekend like it was last year. Hopefully, the members of WCNA, ECNA and KZNNNA will be there! Watch this space for more details from GNA. SunEden is also celebrating their 21st Birthday and Fun Day from 26th to 28th August which is the perfect start of warmer weather and Spring.

The Western Cape Naturist Association (WCNA) have a number of events in the pipeline for the second half of this year, the good news is that they needed to search for bigger venues to accommodate the high numbers of attendees. Amanda and I attended the Badensfontein weekend near Montagu in January and it is certainly one of our favourite events. Great people, great weather and a great venue! Louis and his WCNA Team will soon let everybody know the details of the Events!

Gerhard, the Chairman of North West Naturist Association (NWNNA), has mentioned that they will be arranging another Camping Weekend at Kiepersolkloof in November but that has not yet been confirmed – watch this space. If you are in the North West Province, please contact Gerhard to become a member of NWNNA. The contact details of all SANNA are on the last page of this newsletter.

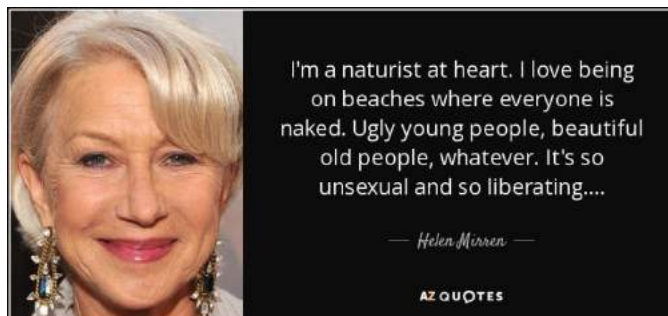
If you live in the Mpumalanga, Limpopo, Free State or Northern Cape, please contact Francois, the Vice-Chairman of SANNA who is responsible for the establishment of new Provincial Associations and let him know which province you are living in and also whether you would like to serve on the Management Committee of your Provincial Naturist Association (once established). The procedure is to first become a member of GNA, KZNNNA or NWNNA and only after there are more than 20 paid up members in a province, as well as at least 6 potential MANCO Members, would SANNA consider the establishment of a new naturist association in that province. If you live in the Eastern Cape, please join WCNA first and let Chris know that you are in the Eastern Cape. There is already a nice active group in the Port Elizabeth area and they often arrange get-togethers.

Even though it is winter in South Africa, it is summer in Europe so quite a few naturists from here, go to places like Valalta in Croatia, Vera Playa in Spain and Cap d'Agde in France during June, July and August. So when we are freezing our butts off here, they are lying in the sun sipping on cocktails in Europe. All three of these resorts will have South African naturists there this year. Enjoy it!

In April, we were fortunate to have visitors here from Europe – the two leading naturist tour operators from both Germany and Netherlands. Since then, South Africa is “on the map” and offered as a destination by the 7 leading tour operators in Europe. Amanda and I addressed their AGM in Greece last month. We are confident that there will be an influx of international tourists as from this summer, 2016.

Naturism is taking off in South Africa!

Greetings,
Lofty



SANNA NEWSLETTER ADVERTISING RATES 2016

Full Page (A4) R900 per edition

Half Page (A5) R500 per edition

Quarter Page R300 per edition

To advertise in the SANNA Newsletter please contact Lofty Lutge on 0828954711 or email lofty@naturist.co.za. The next Deadline is Friday, 26th August, 2016 for the September edition.



BOMA STORIES

"What spirit is so empty and blind, that it cannot recognize the fact that the foot is more noble than the shoe, and skin more beautiful than the garment with which it is clothed?" – Michelangelo

Naturism and us here at SunEden

The wonderful privilege to have a SunEden in our lives still remains for me a source of amazement. Not only that we have a fantastic resort like SunEden, but that we have discovered naturism and embraced it as our lifestyle, while most people don't have the foggiest idea of what naturism is and what joy it brings. Much has been written and debated about what naturism really is, and much lofty philosophies and noble thoughts are expressed, but the fact of the matter is that for most naturists it simply feels good to be without the hindrance of clothing and to share that joy with other likeminded people . What then is a Naturist? A Naturist is just a dedicated nudist! **We are not different from other people, we are simply more comfortable.**

The reason why most people have no idea of the joy that naturism brings is because they do not know what it entails or they have some preconceived ideas that are usually far from reality. This makes it very difficult to tell others about our lifestyle because it goes beyond their imagination or comprehension. For example in fiction, the characters are always known types, even stereotypes of people such as doctors or lawyers, sportsmen, crooks or policemen, but never naturists. I did some browsing and came across some real good naturist fiction that makes entertaining reading and is perfect for giving to friends and family to read so they can gain a better understanding. Don't look in the usual bookstores, but as I see many Kindles around the pool, download from Amazon. The first of these books that I want to tell you about is **"Who is this naked lady, and what have they done to my wife?"**. It was written by Wallace Greenspan, himself a naturist and therefore his characters are authentic and you recognize yourself and your fellow naturists in them. It presents naturism as good clean fun. Remember your own first experience of going the full Monty? It is usually the male partner who takes the initiative, with the female partner following reluctantly, but later it is often she who becomes the most enthusiastic bare-ass. This is the theme of his first book in the New Albion series. Charlotte initially has some serious misgivings but soon her husband, Todd, can hardly recognize his own wife in this newbie naturist. I wrote to Wallace who surprisingly is quite aware of us and even have a few compliments to share out, I quote from his letter:

I've Looked at your Sun Eden website again this morning as I have in the past and I find it to be an attractive, informative site, very professional and then probably one of the best naturist-themed sites on the web. That's not overstated it's simply a fact. Naturist sites, like many naturists fiction books, are of a quality that regrettably does not encourage people to get involved.

Wallace aka "Professor Wally" (He lives in the U.K. where he is a history professor) has almost completed the second book in the series. Perhaps his characters will show up for a visit at SunEden. Keep your eyes peeled for Charlotte and Todd,



Lucy and Jake and Molly and Justin, you may just encounter them here and before you know it you too can become a character in a book. By the way, I think we have quite a few characters at SunEden that will perfectly fit into a storybook!

Sad News



At SunEden we have lately had our share of sad news. We lost two of our Johan's. First was Johan Breidt, our big friend "Stoeka", the rugby player, big guy, strong guy, gentle guy, a healthy guy. And yet, a heart attack suddenly took him away from us. Our deepest condolences go to Linda and the family.



Johan and Esmé have been around for many years as part of our SunEden family and they have crept deeply into our hearts. It was therefore a terrible shock when we learnt that after having spent the evening at SunEden, they were involved in a car accident on their way home, and that Johan died on the scene. Esmé escaped with just cuts and bruises. Our condolences go out to Esmé and family. Johan, RIP, and Esmé, don't forget, our hearts, our homes and our resort will always be open for you.

I also want to mention Oumie. She was strictly speaking not a naturist, but through her daughter Annerina, she became a part of our small community and we will surely miss her. We will remember Oumie where she always sat on the stoep knitting away and always available for a chat. Annerina, your loss made us all the poorer.

What is Happening at Sun Eden?



Our first luxury Safari tent has just been completed. Experience elsewhere has shown that this type of accommodation is very popular. Especially visitors from abroad staying over in these tents will experience our wonderful piece of Africa in close-up. Listen to the cry of the jackals at night, the francolins coming to greet you in the evening and then waking you up again first thing in the morning, birds singing and Impala and Blesbok grazing. Take a deep breath and smell the soil, the trees and the animals. Book your first night in the tent and become part of your surroundings.



SunEden is rapidly becoming an increasingly popular tourist destination for naturists from abroad. A short while ago we had a visit from the Chairman of the Dutch Naturist Association and recently we again had tour operators here from the Netherlands and Germany. They were tremendously impressed with what we have, and of course it helps a lot that our Rand is so weak, so that for them everything is dirt-cheap. Lofty says that when he and Amanda took them to the Food Lovers Market to do some shopping they were absolutely astounded by the fact that one can cook a whole pot of soup here for less than a Euro!

Will it not be nice if we could also once again travel somewhere where everything is dirt-cheap?



Winter is now rapidly approaching, days are becoming shorter and the nights longer but even in winter SunEden is still the best place to be. Now is the time to get together in the Boma with a drink in the hand and a piece of meat on the grill and a circle of friends all around. We are currently investigating the possibility of installing two steel barbeques in the Boma to add value to our winter visits, and who knows, maybe we can someday also put in a steam bath. We would like SunEden to be a place where we can socialize equally well in winter as in summer. Please send me your proposals on how to make what's good even better and more fun.



SunEden is experiencing a boom. We measure to extent our popularity and success by the numbers of visitors coming to SunEden for the first time and especially by the number of newbies experiencing their first time in the nude with us. For example in March we had 21 first-time visitors. In January it was 51, and the best part is that they all convincingly said they had thoroughly enjoyed it and definitely will come back and that they hope to bring friends along next time.

Please write to me and share your experiences with us. I would like to share your requests, contributions, comments, etc. with the readers of Boma stories.

Johan sonbesie.sa@gmail.com



AROUND
THE WORLD IN
80
DAYS

SATURDAY 25 JUNE 2016
 19:30 - UNTIL LATE

Contact Maria or Kathy
 071 658 0165
 email: sunedensa@gmail.com





SUN AVOIDANCE MAY BE AS BAD AS SMOKING!

An article from the Daily Mail:

LONDON: The sun has got his hat on, our moods feel lighter and we are gripped by a desire to soak up some solar rays. But no, we keep being told: the threat of skin cancer makes this potentially lethal. Now, however, scientists are discovering a positive side to sun-worshipping. Even taking the skin cancer risk into account, they say getting a good dose of sunshine is statistically going to make us live longer, healthier and happier lives.

Research indicates sunlight may protect us against a range of lethal or disabling conditions, such as obesity, heart attacks, strokes, asthma and multiple sclerosis. Sunshine has also been shown to boost our libidos and general mood. This is not simply about vitamin D – which our skin manufactures from sunlight. The vitamin helps us build healthy bones and teeth and may protect against bowel cancer. But new research indicates solar rays benefit our bodies in multiple other ways. Scientists believe, for example, exposure prompts our bodies to produce nitric oxide, a chemical that helps protect our cardiovascular system – and the feel good brain chemical serotonin.



Soak it up: Research shows that the sun in healthy moderation is good for you.

A major clue about sunshine's benefits has emerged from a study of nearly 30 000 Swedish women whose sunbathing habits have been followed for 20 years. In March, investigators from the Karolinska Institute in Stockholm concluded that avoiding the sun is as bad for you as smoking. The study, in the *Journal of Internal Medicine*, found 1.5 women in 100 who reported they had the highest exposure to ultraviolet light (by sunbathing up to once a day) were found to have died during the two decades, compared with 3 in 100 women who had avoided sunbathing. The avid sunbathers had a significantly lower risk of death from cardiovascular disease and other conditions that were not related to cancer. Dr Pelle Lindqvist, the epidemiologist who led the study, says the research also found non-smokers who avoided the sun had a life expectancy similar to smokers in the highest sun exposure group.

Dr Richard Weller, a senior lecturer in dermatology at Edinburgh University, published a report in the journal *Maturitas* last year warning older people need to get into the sun more. "Advice on healthy sun exposure needs to be reconsidered," he urges. "The older population are particularly sun-deprived". He adds that there is a reduction in cardiovascular disease and deaths from all causes with increased sun exposure. Two years ago Weller's team established that exposure to sunlight may lower people's blood pressure and thus cut their risk of heart attack and stroke. This is due to the fact that when our skin is exposed to the sun, a compound –

called nitric oxide – is released in our blood vessels which in turn lowers blood pressure by causing blood vessels to widen.

Weller told Good Health: “It also appears that sunlight alters the way our genes behave. Last year, Cambridge University scientists showed the expression of 28 percent of our entire genetic make-up varies from season to season.” The Cambridge investigators reported in the journal Nature Communications that in winter we increase the activity of inflammatory immune-system genes – to combat infectious bugs – and in summer we increase the activity of anti-inflammatory genes. Chronic inflammation is linked to modern epidemics such as heart attacks, diabetes and cancer. Such inflammation results from our immune systems fighting infectious invaders. But this comes at a cost – the tissue damage caused by long-term inflammation can itself, cause disease. The Cambridge research indicates that sunlight may prompt our bodies to switch down the inflammatory response.

There is a correlation between more sun and less disease in a variety of conditions such as multiple sclerosis and atherosclerosis (where arteries are clogged by fatty substances). However, the casual link is yet to be shown.

Scientists are discovering sunlight may even help us keep slim and healthy, according to studies by the Universities of Southampton and Edinburgh that kept mice n high-fat diets while they were exposed to the spectrum of ultraviolet light found in sunshine. The results show that ultraviolet radiation may suppress the development of obesity and the symptoms of type 2 diabetes.



In this edition, because we in South Africa are now smack bang in the middle of our winter, I’ve decided to add some very traditional South African comfort food recipes, for those cold days and nights when you simply feel that the only thing that can warm you up is something hot, rich and hearty.

MELKKOS RECIPE



Ingredients:

250 ml Sago (Tapioca)
2.5 litres milk
2 eggs
60 ml water
30ml custard powder

30ml flour
2 ml (½ tsp) salt
25g (30ml) butter
Cinnamon sugar

Method:

Soak the sago 1 hour in the milk.
Heat the mixture in a large heavy-based saucepan and bring to a boil, stirring it all the time.
Separate the eggs. Beat the egg yolks, water, custard powder, flour and salt.
Stir the egg mixture into the sago and milk mixture, and cook until it thickens.
Stir in the butter.
Beat the egg whites until stiff and fold in the Melkkos mixture. Keep it light and fluffy.
Serve with cinnamon sugar.



NEWS FROM NORTH WEST NATURIST ASSOCIATION

As winter is upon us, we had a wonderful weekend with GNA on 29 April- 2May 2016 at Kiepersol kloof. Although Saturday was cold – fun was had by everyone and the more adventurous even went for a nature walk.

The Saturday afternoon everybody joined us on the manor house big stoep for a surprise 17th birthday party for Gham, which was great. At the night campfire everybody was looking for heat. According to Derek a record amount of wood was burnt for the weekend. Monday, which was a public holiday, dawned cloudy and cold but as usual- started to look better as everyone was packing to go home.





The memberships are slowly climbing and membership fees have been paid by most members for 2016. Enjoy the winter season and you have permission to put on some wool slippers. Stay warm.

Regards from a Chilly North West.

Gerhard
Chairman



SAKKIE'S OXTAIL RECIPE



Ingredients:

1 to 1½ kg oxtail, cut up
2 medium onions, sliced
1 banana, sliced
2 bay leaves
60 ml brown vinegar
20 ml tamato sauce

20 ml chutney
20 ml honey
7 ml mild curry powder
7 ml salt
1 ml peper

Method:

Wash the meat and place with onions, banana and bay leaves in a pressure cooker. Mix the rest of the ingredients and pour over the meat (do not add any water). Heat very slowly and cook for 1 ½ hour over very low heat, under pressure. Serves 4 – 6 persons.

TAKEN FROM- Huisgenoot Wenreseppe 1 (recipe book)



HOUSE FOR SALE



This house is for sale for R795,000.00 negotiable in Trafalgar - not far from the Mpenjati Naturist Beach. There are 2 bedrooms, 2 bathrooms upstairs and there is another bedroom and bathroom downstairs with own entrance as well as two rooms which could be converted into another bedroom and bathroom or kitchen. It is about 10 minutes' walk to the beach. If you are interested please phone the owners Andre at 073 677 1968 or Georgie at 083 265 1073. I am only placing this notice because it is related to Mpenjati Beach. Hopefully somebody buys the house and turns it into a naturist guesthouse!



AFRIKABURN

People ask me..."So how was AfrikaBurn?" It's really difficult to describe. It's not a music festival. It's not a hippy gathering either. My first impression was just plain, excitement and adventure. It turned out to be so much more. AfrikaBurn is a festival where everything goes and the reality of typical life and cell phone is left behind for a week. Quite frankly I first thought... how will I survive without my phone? Well I have never felt more connected to the people around me. It's a life-changing experience where you look at the world and people in a different way.

Trying to explain all this to someone who has not experienced a Burn before is pretty hard. I guess it's like trying to explain colour to a blind person. Once you go for the first time, you become a changed person and will know the feeling of acceptance, creativity and just plain awesomeness. I found magic, experienced love, kindness, innocence, laughter, compassion, community and so much more.



This temporary autonomous zone - aka Tankwa Town - is situated in the Western Cape, alongside the Tankwa Karoo National Park – with its huge horizons and cotton wool clouds where the night skies explode into a thick blanket of stars at night. It's a town where creativity, self-reliance, self-expression, reigns supreme. A vast community of participating volunteers from all walks of life, expressing themselves in their own unique way via art, costumes, performance, theme camps and gifts, come together in this magical dusty place that miraculously cleans you and sends you home to be a better person.



Thousands of people looking like extras from a hundred different movie sets wear purposely ridiculous, elaborate costumes and body paint, wonder around, giving out hot dogs, popcorn, drinks, ice creams, yoga lessons and free hugs. Other than ice, there's nothing to buy and each participant has to bring everything they need to survive, including shelter, water and food. By participating, everyone becomes part of the event and is a lot more fun than being a spectator. It's all about the "giving" rather than a bartering economy. There is something liberating about not carrying a wallet with you all the time. The idea is that everyone gives unconditional gifts.

It's heart-warming to receive unexpected treats – especially things like handmade items with uplifting messages. Gifts in the form of entertainment and art sculptures are conceived, created and produced by the participants themselves. The huge sculptures puncture the sky and the desert floor is dotted with artworks, from multi story creations, to a field of tiny mushrooms that light up at night. Over the last three nights of the week-long event, the artworks burn in mesmerizing fiery spectacles and crowds of thousands gasping in awe is a major highlight of AfrikaBurn. The burnings are beautiful and spectacular, but on a deeper level it delivers its message.



Theme camps are set around a big circle that all offer something different and form the key components of the festival. From tents where you can view spectacular sunsets whilst listening to music and sipping on wine, to the Birthday Suits tent where you get to wash off all the dust and then enjoy a relaxing cocktail whilst drying in the warmth of the Karoo sun – one was sure to find a place where you can just chill out and meet new people or have a blast of a party with fairies, unicorns and bunnies - It's up to you. Each year they differ so you never know what to expect.

When it's all over, everything is packed up, leaving no trace that this parallel universe ever existed. It is truly amazing to see 12,000 people pull together to create something so truly special and spectacular. This year the result was nothing short of incredible. Photos are all over social media, but in the end it's the memories and connections I experienced that count the most.

Till next year when Tankwa town once again rises from the dust. May the spirit of AfrikaBurn live on.

Peace and love.

J.



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Members of:



PUMPKIN FRITTER RECIPE



Ingredients:

500ml peeled pumpkin or butternut, steamed until soft
125ml cake flour
5ml baking powder
Pinch of salt
1 – 2 eggs, beaten
Small amount of oil to grease the pan
80ml sugar and 15ml cinnamon, mixed

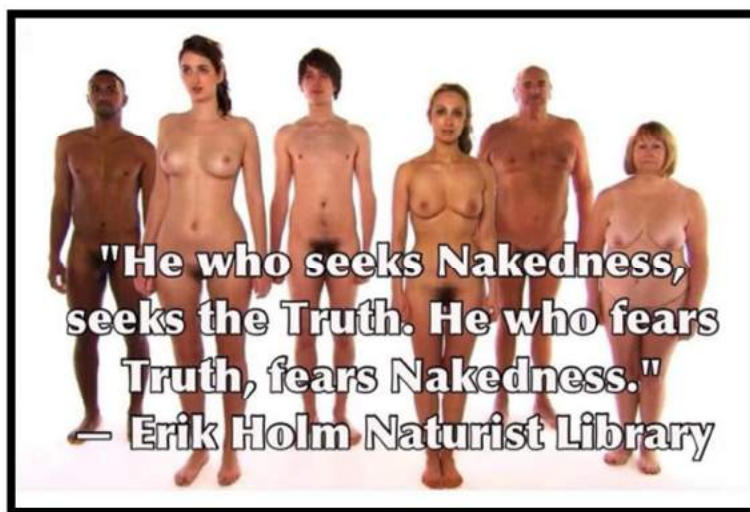
Method:

Mash the vegetables and mix with the rest of the ingredients, except the sugar and cinnamon.

Heat a frying pan, grease the pan with some oil, and add spoonful of the mixture to the pan. Cover the pan and steam-fry until golden brown. Flip the fritters over and steam-fry again until golden brown.

Place on a serving plate and sprinkle the sugar mixture over.

Repeat until the batch is done.



NEWS FROM EASTERN CAPE NATURISTS

In March this year Knysna Tourism held a series of differently themed hikes as part of an initiative to promote the area. One of the hikes was billed as a naturist hike through the forest.

As it was fairly soon after our conquest of the Striptease Trail hike only two members of the ECNA were able to express an interest in taking part.

The weather was quite chilly for the weekend, and this resulted in only André from our group attending. The hike was held near Harkerville, and took place through the local forest.

André reports that although the weather was quite chilly, it did not rain. Once in the forest it was warmer and a group of eight brave souls stripped off and enjoyed the hike. There were mostly local folk, along with the guide and a free-lance journalist.

An account of the hike is scheduled to appear in the British Airways in-flight magazine in August, so all the frequent fliers can look out for it.

For next year we are planning to support the event to a much larger extent and are looking forward to networking with the Knysna naturists.



The Eastern Cape group held a braai at Chris and Karen's house in April, and we were very lucky to have great weather for the occasion. We had a reasonable turnout and all enjoyed the balmy afternoon with a few beverages and a great braai.

The weather has cooled down now and we will be taking a break from our social activities, but we are planning to have a larger Eastern Cape attendance at the Big Bash in September, which will kick off our new season.

Chris Elliott.



The Hooting Owl Guest House is a unique African Thatch Bush Veld Lodge set in a coastal environment in **Marina Beach**, which is often referred to as **“The Honolulu of the South Coast”**. The guesthouse is

set in a sub-tropical forest with valley views and prolific bird life. The guesthouse can also be booked as a clothing optional retreat for naturist groups by special arrangement. Contact John Skene on 082 408 3519 or email stay@thehootingowls.co.za



BOBOTIE RECIPE



Bobotie is thought to have originated from bobotok, an Indonesian dish which consisted of meat with a custard topping that was cooked in a pan of water until the egg mixture set. Colonists from the Dutch East India Company colonies in Batavia probably introduced bobotie to South Africa.

Ingredients

500g mince – I used beef, you can mix lamb/ beef or even ostrich if you wish
30ml oil
1 large carrot – peeled and grated
2 onions – chopped
10 ml chopped garlic
5 ml each of ground coriander, ground ginger, curry powder, cinnamon, turmeric, sugar / apricot jam, salt
15ml fresh lemon juice or white vinegar
thick slice of white bread soaked in milk
125ml almond slivers or flaked almonds
3 – 4 bay leaves
250ml milk or buttermilk
2 eggs
seasoning to taste

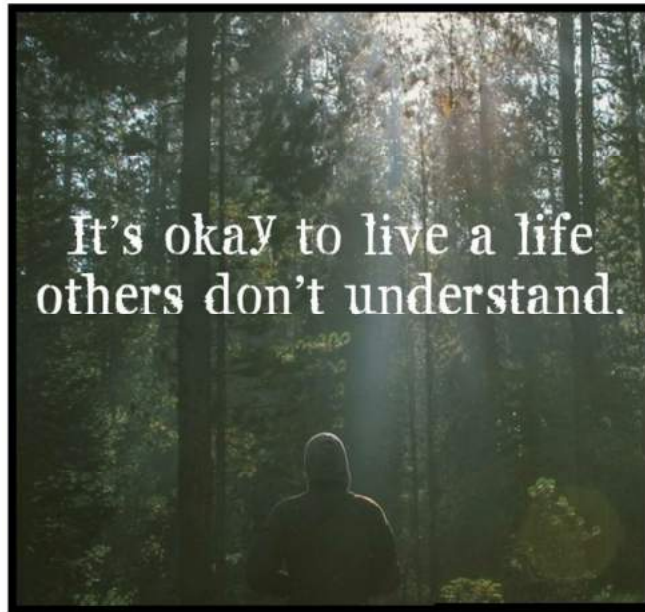
Cooking Instructions

Fry the onion and garlic in the oil and add the mince. Cook this until the mince is nice and crumbly – not big lumps (use a wooden spoon or a fork to separate bits). Add all the spices and the carrot. Add the lemon juice and mix in.

Add the soaked white bread, making sure to mix it in properly (you shouldn't be able to see big chunks of bread). Add the almonds and mix through.

Lightly whisk together the milk or buttermilk and eggs. Spoon the mix into a medium sized oven dish and level it with the back of a spoon. Pour the milk and egg mixture over this and poke the bay leaves in the mince for decoration.

Bake at 180 – 190 for about 40 minutes. The egg custard should be firm and set and a golden brown colour. Serve the bobotie with yellow rice and raisins, sliced banana, chutney and coconut.



NEWS FROM GAUTENG NATURIST ASSOCIATION

Just an update on all the activities of GNA.

We had so many new members who had joined GNA, people that had never been to SunEden that we decided to have a Newbie Welcome Braai on the Easter Sunday at the pool of SunEden. The event was well attended by new GNA members as well as some of the existing members. The weather during the Easter weekend was fantastic, nice and warm. SunEden was full of visitors and lots of fun was had by all.

During the long weekend of 29 April to 2 May we supported North West Naturist Association and visited Kiepersolkloof. Although Saturday evening was a little cooler, the days were quite nice and we could end summer. The event was well supported and more than 20 people attended the weekend. Lazy days were followed by bon fire evenings when everybody got together around the fire.

Sad news is that one of our members Hein (owner of Troutways) was involved in a serious motorcycle accident on the 20th of April on his way to work. It has been a miracle that Hein survived. He spent 6 weeks in ICU on his way to recovery. He is still not totally in the clear and will have a long recovery ahead of him. Our prayers and thoughts are with him, Elrika his wife and the children. Thanks to everyone who has been praying for Hein and wishing him well, your efforts definitely made a difference.

Right now winter has arrived and naturism has moved to sunnier places. Come on Summer, we miss you already!

Summer will be officially launched with the GNA Big Bash at the end of September 2016. SunEden has graciously allocated the weekend of the 24th September to always be the Big Bash weekend. Unfortunately this year will only be a normal short weekend, but then we will have long weekends for quite some years. This year our theme is “Oktober Fest” so think German! We have a fun-filled weekend planned, so please mark that weekend on your calendar so you are sure not to miss THE event on the GNA calendar.

Unfortunately Peter and Mariaan Nock resigned from our Manco due to personal reasons. I would like to thank them for all the effort they put in during their tenure at GNA Manco, and we wish them all the best for the future.

Until next time, when the days will already be warmer,

Regards
Francois
Chairman GNA



NATURIST TOUR OPERATORS FROM GERMANY AND NETHERLANDS VISIT JOXILOX TOURS AND SUNEDEN

April 2016

Amanda and I met Christy-Anne, the owner of Internatuur, in Netherlands at the Schiphol Airport in Amsterdam in July, 2015. We then invited her to visit us at SunEden and she accepted. Our naturist tour operator business, Joxilox Tours, had applied to become a member of Natunion International, a group of reputable naturist tour operators situated in Europe. For this reason, Christy-Anne asked Wolfgang and Susanna, the owners of Mira Mare, Germany, to come with her to South Africa partly to “check out” Joxilox Tours and also to “check out” SunEden Naturist Resort which had asked them to include the resort in their beautiful colour brochures and websites.



We were waiting at the airport when Susanna and Wolfgang arrived early on the Thursday morning. We drove directly to SunEden and they booked into Boabab House and after unpacking, we showed them all the houses, chalets and facilities at SunEden. They were very impressed with the quality of the accommodation and facilities. That night, we returned to the airport to fetch Christy-Anne and we had supper at the Spur at the airport.

On the Friday morning, we enjoyed a “kaalgat breakfast” at Sheila’s restaurant before we drove to Cullinan Diamond Mine where they went on an underground tour of the mine. We then had lunch at a restaurant in Cullinan before driving back to SunEden. That night, we had supper at Sheila’s Restaurant and introduced our visitors to shareholders and guests.



Cullinan diamond mine.

On Saturday we had breakfast at Sheila’s Restaurant and relaxed next to the swimming pool. At 5pm our visitors arrived at our home for sundowner drinks, to relax in the juczzi and to have a true South African braai. The South African wines were very popular with our visitors who seemed to really be enjoying themselves.

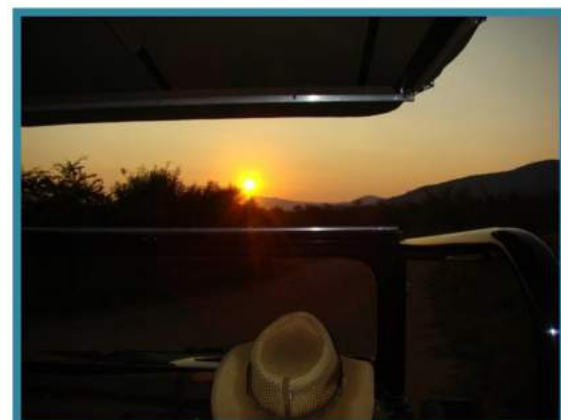
On the Sunday, we enjoyed breakfast at Sheila’s restaurant and relaxed at the swimming pool for most of the day before we left SunEden to go on a game drive in Dinokeng Game Reserve. After the game drive, we had Babotie for supper at our home and day by day we liked Wolfgang, Susanna and Christy-Anne more and more. We started a friendship that was growing closer by the day.





Dinokeng Game Reserve

On the Monday morning, we left SunEden early and headed for Pilansberg Game Reserve. The Guide was waiting for us as we arrived almost exactly on time. We were introduced to Poncho who turned out to be a guide with an incredible amount of knowledge of animals and birds and he also had a great sense of humour. We really enjoyed the game drive and we were thrilled that we had seen so many animals. On the way back to Manyane Camp, Christy-Anne said that she would really like to go again. I promised to arrange another game drive but on another day. At SunEden we were shown their first Safari Tent and according to Susanna and Christy-Anne, some of their clients will definitely book safari tents in future.



Pilanesberg Game Reserve

On the Tuesday, it was Susanna's 60th Birthday and that was our priority for the day so over breakfast at Sheila's Restaurant, we wished her a happy birthday and kept the surprise for later. We then drove to the Cradle of Humankind near Krugersdorp, starting off with a visit to the Sterkfontein Caves followed by a visit to

Moropeng where we were told that human life started in Africa. We had an enjoyable “birthday lunch” there and we had to skip the visit to the Lion and Rhino Park because we planned to be back at SunEden by 5pm. At 6pm, we assembled at the SunEden pub where the braai fires were already burning. Amanda and friends were busy making salads and by 7pm the famous barbeque spare ribs were almost ready to eat thanks to Dick and Jake who cooked them to perfection. Over 30 people attended the function and Susanna had a birthday sash across her chest (made by Christy-Anne) so everybody knew it was her birthday but it was still a surprise when Amanda presented her with a huge birthday cake (also arranged by Christy-Anne). The SunEden Chairman, Rudi, made a speech welcoming them to SunEden and then Lofty did an introduction. Everybody sang “Happy Birthday” before enjoying the ribs, garlic rolls, salads, birthday cake and milk tart.



Maropeng and Sterkfontein Caves



Birthday cake and the Birthday lady

On the Wednesday morning, we enjoyed breakfast at Sheila’s restaurant before we drove to Hartebeespoort flea markets and then to Kiepersolkloof where we were welcomed by Derek, Joe and Ralie. Derek showed us the accommodation available to rent and then we had lunch with Joe and Ralie before we rushed off to do the Game Drive at Pilansberg as I had promised Christy-Anne. We were lucky to have Poncho as our guide again and he was great once again. At one stage, we rushed to see a leopard but arrived a minute or two after it moved away. We then watched some lions as it was getting dark. After the game drive, we had supper and wine at Manyane, before we drove back to SunEden.

On the Thursday morning, we had breakfast at Sheila’s Restaurant and everybody felt sad, knowing that it was the last day before returning to Europe. Our guests had fallen in love with SunEden and they were even considering whether to buy a house at the resort. For that reason, we went to Montana to look at furniture and

other items such as bedding, kitchen equipment etc. Our last call was Food Lovers Market which impressed our visitors.

That night, the ladies enjoyed a ride on the Gautrain from Hatfield to the airport, and then we said “Goodbye” to our friends as they went through the International Departures. Amanda and I agreed that we will remain friends for a very long time. We have been assured that both tour operators will be sending lots of their clients to South Africa in future. Hopefully, Wolfgang, Susanna and Christy-Anne will be back at SunEden soon. We cannot wait to see them again.

Lofty



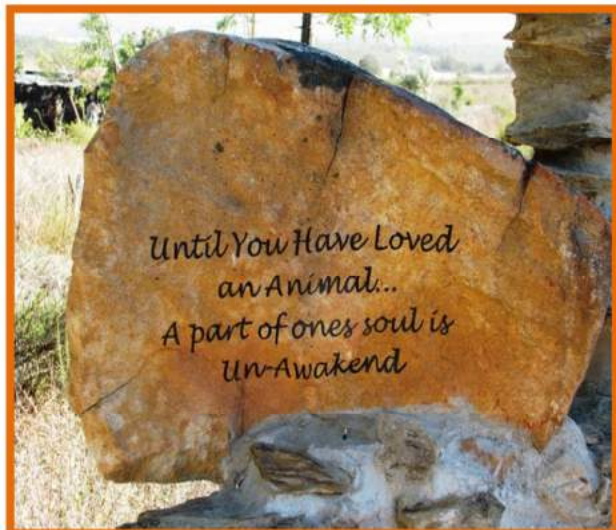
NEWS FROM WESTERN CAPE NATURIST ASSOCIATION



It's that dreaded time of the year again when the winter sets in and everyone in Cape Town goes in hibernation because it's just so miserable, cold and wet! But, it's not all that gloomy – we do have wonderful sunshine days in between and up to now we've been blessed with warm sunny days.

So what has happened since our last newsletter?

Our first camp after Badensfontein was at Fynbos Guest Farm just outside of Wolseley, and what a pleasant surprise! A beautiful setting amongst the trees and gardens with farm animals which welcomes you as one enters the site.



With sparkling clean ablutions, a fridge to keep the drinks cold, plenty available ice and wood, a communal braai area and a splash pool finished the setting for an awesome weekend where members enjoyed the weekend with lovely walking trails, petanque and wonderful friends.

We even had our own Traveling Will(y)burys when Johan & Kie serenaded around the camp and entertained the group down at the cottages.

All in all, a nice venue which we will definitely frequent again.



Our March event due to be held at Silky Oaks unfortunately didn't happen due to the owners pulling out at the last minute which left us stranded without an official event and venue. An alternative venue was organized at Romanskraal for those that wanted to go, but eventually they all landed up at Bare Necessities. Thanks to Rod, Neels and Petro for saving the weekend and at least making something of it.

But March also marked the Naked Bike Ride in Cape Town and although WCNA is not part of this event we always got a number of members participating in the fun. Thanks Gaffie for the photos!



On to April and it was the big outing at Tankwa for the Afrika Burn. This is not a WCNA event, but with so many of our members attending as the Birthday Suits group it might well become an event for our members in future.

Many thanks to Juliana for putting the following together for us and for Johan who submitted additional photos for our website gallery!

AFRIKABURN 2016!

Blown away can be used to best describe Afrikaburn 2016. The elements were at its best. Earth, wind, fire and water all worked together in unison to make this one unforgettable. Rock hard ground turned into mud baths after the stormy rains. Windstorms made you grab for goggles and face covers...and tested your skills in good tent pitching. But the biggest Blow Away was the Birthday Suits camp. Definitely one of the most popular theme camps at Afrikaburn. Our crew came from all corners of the country - all naturists.



Power shower was our biggest gift to the burners. Daily at 12 we were ready for the big wash. Hundreds of people flocked to us to be treated and pampered in true naturist style. We washed their bodies and washed their hair. They were then treated with a cocktail at our naked bar and a pancake from our pancake king. There was a buzz. The environment we created just made it so easy for visitors to just drop their clothing and join in. It's very clear that this is a growing lifestyle. People are searching for a non-judgmental environment where they can "bare" themselves and be themselves.



We had a "hostage" situation this year. One of the other theme camps abducted our Power Shower banner. We have put our best investigators and undercover informants on this case and have come to a unanimous conclusion. Our very inconspicuous army was sent out to go and "collect" a precious item of that camp to give us bargaining power. A meeting and exchange date will be set.



The Crew of Birthday Suits is already hard at work with planning to dazzle the Burners at the 2017 Afrikaburn Birthday Suits Theme Camp. If any Naturists would like to be part of this Theme Camp in 2017, kindly send your details to Julesm1@live.co.za

Great fun! And well done to the Birthday Suits for getting the prize for the best Theme Camp!

As consolation for the members who couldn't attend Afrika Burn, a last camping event was organized at Altyd Water.

How lovely it was to see the river full of water after the rains we had! Predictably attendance wasn't that great due to a large number of regulars being at AfrikaBurn, and regrettably the weather didn't play along either as the Friday was wet and cold. Saturday although still cold, the weather started to clear up and we were blessed on Sunday and Monday with warm sunshine days.



The small crowd who turned up had an enjoyable time around the campfires, enjoying the company and in between a game of darts and petanque kept the blood and excitement flowing. So, although we missed the company of the other members a relaxing weekend was enjoyed by all.



And that concludes our camping weekend for this summer season. We'll have one more event for our Xmas in July function which is due to be held at Bare Necessities at the end of July before we kick off with the events for the coming season.

And now for a new exciting venture in Western Cape!

Sailing Cruises!!

For all the sailing addicts out there and all those who love the adventure and fun of sailing the seas! The 'Sandpiper 2,' is an extremely spacious, and comfortable, high performance 39 ft. catamaran sailing out of **Port Owen Marina** on the Berg River Estuary.



'Sandpiper 2' offers the following cruises: a short Sundowner cruise of approximately 2 hours and the Fish & Chips cruise to Sandy Point Harbour where you will be able to go ashore and buy the very best fish and chips on the West Coast, trips to anchor at Stompneus or Slippers Bay, where they can fire up a braai for you aboard the yacht, or otherwise you could just relax aboard with your own private party and music while they cruise around the bay. You might even get the opportunity to experience the exhilaration of sailing at 40km per hour, should a brisk Southeaster fly in on the way back to port!



The 'Sandpiper 2' is registered for 12 passengers so very nice for a group of friends to enjoy a day out on the water in the buff (obviously once out of sight) and explore the beauty of the West Coast and abundance of birdlife in this magnificent part of our country.

Costs are R1,500 for members of WCNA and R2,100 for non-members per cruise whether you go by yourself or a group of 12 which then amount to only R125pp for members and R175pp for non-members – now isn't that a bargain! Where else in the world can you do this for fewer than 10 euros?

For the shorter Sundowner cruise the cost will be R1,200 for members and R1,800 for non-members.

Please bring your own food and drinks unless otherwise arranged. Please note NO GLASS is allowed on board so make sure your plates, glasses and utensils are plastic. There is a braai on board and should you want to braai, it can be arranged prior to your trip.

For groups that want to stay over, there is upmarket accommodation for 6 couples at R4k per day total for this facility (self-catering and works out at about R333 per person) provided the whole place is taken (Naturist suitable and friendly), called 'Herons Rest Velddrif' and very close to the harbor area.

For enquiries and bookings contact chairman@wcna.co.za or **Alan** info@sandpipercharters.co.za

(Phone: - 082 895 5593) and check out the **Sandpiper2** on the web www.sandpipercharters.co.za



Sandy Bay

Our chairman asked if I could do a write-up about Sandy Bay. Now, not quite sure where he wanted me to go with this, being where we stand at this moment with regards the petition for declaring Sandy Bay an official nudist beach or just a bit of history and news?

As there is not much happening with the push for an official beach from my side (due to various reasons, but let's leave it at that) I opted to do some research and reading about Sandy Bay.

Like all intelligent (and lazy/spoiled) people do lately, I Googled it! Amazingly what came up was 'Nudist Beach/Naturist Beach/ South Africa's only official nudist beach' (obviously that's outdated) and then some sources quoted correctly by stating 'Cape Town's unofficial nudist beach'.

Fact is, it is worldwide renowned as a nudist/naturist beach – no debate about that.

So how did Sandy Bay earn its 'stripes'? I got hold of some history a while ago when a reporter asked if we have some information about the origins of Sandy Bay. My first call was to Serge (who else?) who quickly responded by sending me an article on the history of Sandy Bay.

So here's a summary as I've reduced the contents, and only high-lighting the important events in the timeline. (Courtesy to Haakbos Resort who published the article)

1942 – Boy Scout troop visits for nude bathing. (Die Burger, 01-04-1972) Whether that was an April Fool's joke I won't know, but I regret joining the Voortrekkers instead of The Boys Scouts!

1960 – Police raid Sandy Bay for the first time and the men and women arrested paid a R10 spot fine each.

In the following ten years SB became popular and more widely known by the naturists, primarily making use of the southern end of Main beach.

1970 – Complaints being received from the broader community about the beach activities with police surveillance of the beach commencing in October of 1970.

19-02-1972 – Constable Lourens visited the beach and let everybody off with a warning. Columnist André Roussouw described the action unnecessary as behavior on the beach was orderly (Die Burger 25-03-1972)

26-03-1972 – 20 SAP detectives in swimming costumes arrest 17 nude bathers on Main Beach and charge them with indecent exposure.

27-03-1973 – Vice squad detectives arrest a further 6 nude sunbathers.

28-03-1972 – Journalist Beverly Roos writes in the Cape Argus that “the raid tolled the death knell of Sandy Bay and also the nudists.”

10-04-1972 – The arrested appear before Judge BL O’Leary in the Wynberg Magistrates Court and had R25 fines imposed.

1972-1978 – Nude use of Sandy Bay has spread from the southern end of Main Beach to the northern end – then to Family Beach, Shelly Beach and eventually to Sunset Rocks.

04-04-1981 – 35 nude bathers are arrested and Judge SLK Liebenberg finds 32 accused guilty of indecent exposure, acquitting three.

15-02-1981 – Nine people are arrested at Sandy Bay.

27-29-03-1981 – Four raids are conducted and a total of 43 nude bathers are arrested at various locations on Sandy Bay.

02-04-1981 – One of the arrested (Annette Schultz) states “that she never bathed in the nude with the intention to undermine the morals of other people or offending public morals”. Magistrate E Burt imposes a fine of R120 and finds that “society had not yet reached the point where nude bathing had become commonplace or inoffensive.”

24-08-1981 – With Ms Schultz going on appeal, the full bench of the Cape Supreme Court sets aside her sentence. Justice Vos concludes “I find it difficult to come to the conclusion that she realized what she was doing would deprave people there. I do not think that her act would have tended to arouse persons sexually at what they saw.” Justice Grosskopf and Justice Vos agree that the State has failed to prove its case of public indecency. (Schultz vs The State 1981) The implication of this judgment was that non-sexual nudity within an appropriate public environment was not a criminal offence.

September 1985 – Ms Hilary King is acquitted in The State vs Hilary King when Justice Leonara vd Heever proclaims “To tan in the nude under a boulder and in an isolated spot on a public beach would not amount to the public exposure of oneself in an indecent way as being suggested in the Immorality Act”

1986 – The Committee for the Preservation of Karbonkelberg is established and Sandy Bay naturist regular, Ms Lisa Kruger-Liptrot, is elected as chairperson. Its declared mission is to preserve the natural environment

of the Karbonkelberg and Sandy Bay and to oppose residential and commercial development projects in the area.

February 1991 – The western Cape Regional council publishes a regulation in the Provincial Gazette that reads: “Nobody may be nude or indecently attired. Or may bathe nude on a beach or be thus way at sea.” A fine of R500 or one year imprisonment, or both can be imposed on anyone being guilty of contravention of this act. However, Mr Willem Britz, chief legal advisor to the RSC, tells *Die Burger* that people will not be prosecuted unnecessarily and that discretion would be exercised with regards to nude bathing in Sandy Bay.

The following few years are much taken up by bids to acquire the property above Sandy Bay with offers to purchase for the sole purpose of development for residential and commercial purposes, but on 20-07-1993 an agreement was reached where the dunes on the Hout Bay side will be left intact and the beach will thus be preserved.

12-07-1996 – Andrea Botha reports in the Saturday Star that “nudists are delighted at Absa Bank’s decision to donate its Sandy Bay property to the National Parks Board”. She also reports that “NPB Administration has announced that Sandy Bay can still be used by sunbathers when it becomes part of the new Table Mountain and Peninsula National Park.”

And that’s more or less where we still are at this stage. Crime as in the rest of South Africa has also taken its toll on Sandy Bay and since then most of the publicity are focused on incidents of crime at Sandy Bay.

While doing my browsing on Sandy Bay I also came across this article on News 24 Tourism and Travel written by Stuart Buchanan - 5 Ways to Get Naked in Cape Town and Surrounds:

1. Afrikaburn

It's a good place to get naked and you won't be alone.

2. Naked Bike Ride

An international initiative that puts bums on seats in over 70 cities around the world, the Naked Bike Ride aims to promote awareness of oil dependency, car culture and the environment, especially your immediate environment! Last year's slogan was "As Bare as You Dare", letting you decide your degree of au naturel freedom, complete.

3. Sandy Bay

Cape Town's famous nudist beach is also one of its most secluded and gorgeous, thanks to fields of fynbos and exotic rock formations. Your sensitive areas will be well protected from the wind and the curious by an enclosure of sand dunes and towering mountains. The beach is unofficially nudist, and by that we mean it's not strictly necessary to go all in! There's about a 15 minute walk from the parking lot in Llandudno through an overwhelmingly beautiful little trail before you get to the ocean.

4. Tsitsikamma

Tsitsikamma is one of South Africa's most ancient and beautiful indigenous forests, home to the massive yellowwoods (some of them over 800 years old), the world's highest bungee jump (216m) and the Striptease Trail. Reserved exclusively for you and your beloved by the Tsitsikamma Lodge

and Spa, travel 5km through 11 increasingly flirtatious natural rock pools, steadily escalating from the Bikini pool to the Topless pool and onwards.

5. **Naturalist Camping with the WCNA**

The Western Cape Naturalists Association, hosts regular nudist camping expeditions into the stunning Cape wilderness, with a variety of activities including swimming, trail hiking, picnicking and storytelling. Keep an eye on their events section for update.

Now how's that!! What more can I say?

Till next time - Enjoy life to the fullest, be happy, be kind and be nude!

Regards
Louis
Chairman WCNA



BIRTHDAY SUITS

The wonderful world of naturism opened up for me almost seven years ago and has been a fulfilling and soul feeding experience since then. Like most, it started with trips to Sandy Bay and then camping weekends with fellow naturists. As many of us know, Sandy Bay is fondly remembered as having its peak during the 70's and 80's albeit with police raids and arrests. Those that visited the picturesque beach will tell you that families were there. Three generations consisting of grandparents, parents and children and days at the beach were grand.

I cherish all my experiences with social nudity and have made some incredible friends with whom I can share unedited stories with and feel as close as family. I cannot imagine my life without that. After a few years in this blissful lifestyle, something started nagging at me. The niggle became more and more obvious as time went by and soon it occurred to me to not only recognise it but also to talk about it and do something about it.

This was the demographics of South African naturism. It's membership consisting almost wholly of mature white middle class people. Many of whom had grown up children who do not practice naturism or nudism and sometimes the children didn't even know their parents pranced around with their friends in the buff when they weren't around. It concerned me more and more that naturism would dwindle with this generation and that perhaps the membership needed spicing up with the variety of life. It needed youth and definitely a better representation of South African demographics. I wanted it to be more colourful, more vibrant, more cosmopolitan and dynamic.

Naturism is a sensitive topic to some and a taboo to others. Whilst I fully live out of the closet with no shame in any of my lifestyle preferences, promoting naturism can be a daunting task for most. From fun activities facilitated at Sandy Bay to even signing up interested people at a Sexpo, the most challenging aspect of promoting naturism is finding the right environment. Whilst Sandy Bay seems like a great venue, it felt like we were preaching to the choir and while naturism desexualizes nudity, I felt that the Sexpo was not the right place to promote it. So where to now? An annual artistic event based on anarchist principles called Afrikaburn came to mind and many of the principles of Afrikaburn seemed to harmonise with popular nudist beliefs such as the nudist quote of "Leave only footprints behind" coinciding with the Afrikaburn principle of Leave No Trace. Respect for oneself and others with civic responsibility and community. There were other beautiful

Afrikaburn principles that could also be incorporated by naturism and so the idea of a theme camp at Afrikaburn called Birthday Suites was born. Afrikaburn provided an ideal platform to promote nudism and naturism to open minded, young, enthusiastic people especially considering another one of Afrikaburn's policies being Radical Inclusion. This means that everyone is invited to participate.

At first, heading up the theme camp was not as easy as I thought, and many naturist members were apprehensive about this social event in the Karoo dust. Some protested that it was too far, too expensive and didn't really understand the big draw to the event. I learned very quickly that without a working and supporting team, the theme camp would fail. So much so, that there was a big empty plot in Afrikaburn 2011's binnekring called Birthday Suits and disappointed rangers saying it was about time the nudists had a camp at the burn. The idea was put back on the shelf to rest for a few years.

One sunny weekend at a Western Cape Naturist Association (WCNA) weekend, I met an interesting couple who were refreshingly about my age. I connected almost instantly and made friends. They were Rochelle and Evan and both loved my Afrikaburn idea.

With the help of the talented Rochelle, a dedicated man by the name of Rick and many others in a collective effort, Birthday Suits Theme Camp made its debut on the binnekring in 2015. In the spirit of Afrikaburn's gifting principle, Birthday Suits offered showers. Like a human car wash. People would enter the shower platform, get sprayed down with cool water, sponged with warm soapy water and rinsed off again. In a harsh, dusty environment, we thought our gift was priceless. Behind a hessian fence, there was a bar where cocktails were gifted, a drumming circle with 10 djembe drums and a comfortable area to chill with your kit off. In a few days, our shower hour was so popular that there were queues of naked people waiting to be washed. Many found it an enjoyable experience and we had a few regulars. People we never met before.

It has been confirmed that WCNA membership increased that year but I still believed that to reach the initial goal, we still had a way to go. Birthday Suits was on the binnekring again at Afrikaburn 2016 thanks to all year round efforts of planning, fundraising, promotion, communications, administration involving registrations, stock, budgets, logistics and creative crew ticket allocations. Add to that, shopping, packing, building, chopping, carrying, serving, painting, washing, cleaning, chasing, finding, spraying, tidying, sorting, greeting and entertaining. After all of that, packing up, recycling and leaving no trace. Only footprints.

Being part of a theme camp is not for the faint hearted. There were tears, arguments, sweat, deadlines, meetings, disappointments, agreements and mostly a lot of work and creative effort. Every calorie spent was worth it though for the reward of seeing people understand and experience naturism for the first time was magical. From comments to it being a spiritual experience to amazing to this is wonderful. We knew we were on to something and we are proud to be responsible for more nudity at the burn. We were better in 2016. A donkey was made to make hot water, we used 5000 litres of water, much more than the previous year. Our sprayers in our showers were upgraded to spraying warm water with a clever mixing system. We gifted more drinks at the bar with the inclusion of non alcoholic drinks. We invited fire dancers to put on a spectacular show while drumming under the stars. Our shade increased dramatically to a very large stretch tent that would stand the test of the meanest storms. We even had the nerve to ditch the "safety" of the hessian fence and our social nudity was there for everyone to see without going through an entrance. Many people commented as a result and preferred the openness. The team work in itself is an invaluable and bonding experience and without it, one doesn't experience the full Afrikaburn experiment.

Birthday Suits is even stronger now than it has ever been and we want to do even better next year. A manual has been drafted, our first meeting held for 2017 and a camp is being planned for our new dynamic and diverse guests and team players to promote naturism on the next level beyond Afrikaburn. Not only do we want to attract the youth into naturism to continue the practice of its lifestyle but add colour and more meaning

to the word naturism. There is a difference between naturism and nudism. Whilst nudism defines the practice of nudity both social and solitary, naturism is more closely linked with nature and respecting the environment and others. Naturism is not to be confused with naturalism which is an entirely different thing.

Birthday Suits hopes to grow, evolve and involve more committed people and hopefully bring the spirit of community, participation and immediacy into the naturist lifestyle.

Aimee



NEWS FROM KWAZULU-NATAL NATURIST ASSOCIATION

Breaking News: 3rd Annual AGM was held on 14 May 2016 on the South Coast at the Hooting Owl, B&B. It was a very constructive meeting attended by several KZNNA members. A few of the local residents attended the meeting and had they showed a very positive attitude towards the association. A warm hearty thanks you to everyone that attended, especially Lofty and Amanda for always attending KZNNA events and meetings.



The Hooting Owl is a naturist friendly establishment that is situated approximately 6.8 km from Mpenjati beach. The lodge cater for 16 people with 2 communal kitchens. There is a pleasant braai area as well as a large deck around the pool.

The Hibiscus Municipality is in the final phase of gazetting the relaxed bylaws. The beach can be used as a naturist beach although the bylaws have not been Gazetted yet. There are lots of local people using the beach as naturists and people from other provinces often visit the beach too. The weekend of our AGM, when the group that attended the meeting went to the beach, they even found people from as far as Mossel Bay that enjoyed the nice weather. There was in total 25 naturists on the beach that Saturday.



Mpenjati , the first Naturist beach in SA that has been provisionally approved.

This is a map of how to get to our Beach, for those who still don't know:



From Margate, go over the Mpenjati river, turn left and left again. Go down to the Parks Board parking (R10-00 per person), They do keep an eye on your vehicle. Walk to the beach and go North, you will see our signage where the official beach start

We are planning a winter event in August on the Tugela river just below the Spioenkop dam.

Until next time,
Regards,
Christo
Chairman: KZNNA



NATURIST CONTACT DETAILS

(NOT ALL OF THESE ARE MEMBERS OF SANNA)

NATURIST ASSOCIATIONS			
Organisation / Province	Chairperson / Contact Person	E-mail	Contact Number
South African National Naturist Association (SANNA)	Lofty Lutge	chairman@sanna.org.za	082 895 4711
Western Cape Naturist Association (WCNA)	Louis van Tonder	wcna.co.za">chairman>wcna.co.za	072 804 3620
Gauteng Naturist Association (GNA)	Francois Botha	chairman@gna.org.za	071 672 9765
Kwa Zulu Natal Naturist Association (KZNNNA)	Christo Bothma	kzanna.org.za">chairman>kzanna.org.za	073 178 0779
North West Naturist Association (NWNNA)	Gerhard De Wet,	gerhardx@mweb.co.za	083 283 5700
Mpumalanga	Francois Botha	chairman@gna.org.za	071 672 9765
Free State	Francois Botha	chairman@gna.org.za	071 672 9765
Eastern Cape	Chris Elliott,	chriselliott@webmail.co.za	082 864 2427
Limpopo	Francois Botha	chairman@gna.org.za	071 672 9765
Northern Cape	Francois Botha	chairman@gna.org.za	071 672 9765

NATURIST RESORTS			
Establishment	Contact Person	E-mail	Contact Number
Harmony Nature Farm	Pieter Myburgh	pietermyburgh32@yahoo.com	074 185 7630
Kiepersolkloof Naturist Resort	Derek Le Roux,	djlrd@gmail.com	079 108 2785
Sun Eden Naturist Resort:.,	Maria or Kathy	sunedensa@gmail.com	071 658 0165

NATURIST FRIENDLY ESTABLISHMENTS			
Establishment	Contact Person	E-mail	Contact Number
Sun Kissed Villas, Houtbay	Charl	gnatural@iafrica.com	
Bare Necessities, Swellendam	Neels	notneels@gmail.com	082 567 1816
Butt Nothing, Port Elizabeth	Gaynor	info@buttnothing.co.za	083 485 6093
The Hooting Owl, Marina Beach	John Skene	stay@thehootingowl.co.za	082 408 3519
Impenjati Backpackers, Palm Beach	Gordon Adams	mpenjatibackpackers@gmail.com	061 406 9860
Belle Isle B&B, Trafalgar:	Neville Clarence	neville@nctec.co.za	039 313 0067, 081 729 9479