



SANNA Newsletter

Autumn Edition 2022

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SANNA Chairman's Message

Greetings fellow Naturists, time flies when you're having fun. And fun is what we had all over South Africa this past holiday season.

Naturism has become a bit more popular in South Africa during the last year mainly due to the Covid-19 pandemic, when people had to work from home, it seems that they tried it at home and found it liberating. The nice warm and sunny summer months also helped by attracting naturists to the major resorts. Very enjoyable events were held and very well attended, well-organised programs at resorts hosted by the Provincial Associations (GNA and KZNNA).

A highlight of the year so far is the new and exciting KZNNA website which has attracted a lot of new members for KZNNA. The GNA website is also worth a visit. SANNA is busy with a complete revamp of the existing website, we will keep you posted, and we will let you know when it is live.

SANNA has also gone through a growing phase and we have implemented new strategies going forward. The monthly meetings are more structured, and we are having productive inputs which will take Naturism to the next level.

SANNA and GNA is working on establishing a new Provincial Naturist Association in North West. We believe that there are enough potential members and we are certain that there are enough experienced members who are prepared to stand as members of the management committee. All of us on the SANNA Committee and GNA are looking forward to assisting whenever we can and offering our help when it is needed. If you are in North West Province, give us a shout out on our cell numbers or on emails. Our contact details are further down in this Newsletter.

I would like to thank the various Provincial Management Committees for their hard work and dedication to NATURISM. Naturism in South Africa needs more hardworking, dedicated members who would like to see naturism growing in this country. I would also like to thank the members of the SANNA Management Committee who, apart from their Provincial Association work, have worked hard to serve the National Association. Thank you!

This year, 2022, we hope to see more new members than ever due to the hard work of many individuals around the country and many marketing initiatives which are attracting "first-timers" who are visiting resorts and becoming part of an organised naturist movement and becoming members of Provincial Associations in South Africa.

The International Naturist Federation (INF) has noticed what we are achieving in South Africa and more international visitors are indicating that they would like to visit South Africa each year. SANNA has also offered to host the 2026 INF World Congress in South Africa.

Greetings to all and enjoy this fantastic SANNA Newsletter.

Christo Bothma

SANNA Chairman



WARNING
Naturism is addictive.
When you really take the chance and try clothes-free living, doing all you regularly do dressed but nude, and in turn seeing how comfortable, natural and normal it is to not need clothes, you just might come to LOVE it...and possibly even forget you are nude! And in turn, when others see how much you've come to positively embrace naturism, they're going to discover how normal it is to live clothes-free and will most likely adopt it into their lives too!

Naturist Contact Details

Naturist Associations

(NOT ALL OF THESE ARE MEMBERS OF SANNA)

Organisation / Province	Chairperson / Contact Person	E-mail	Contact Number
Eastern Cape	Chris	Ce31231@gmail.com	082 864 2427
Free State	Wayne	chairman@kznna.org.za	078 348 9197
Gauteng Naturist Association (GNA)	Emelia	chairman@gna.org.za	083 543 2816
KwaZulu Natal Naturist Association (KZNNA)	Wayne	chairman@kznna.org.za	078 348 9197
Limpopo	Emelia	chairman@gna.org.za	083 543 2816
Mpumalanga	Emelia	chairman@gna.org.za	083 543 2816
Northern Cape	Christo	chairman@sanna.org.za	073 178 0779
North West Naturist Association (Nwana)	Emelia	chairman@gna.org.za	083 543 2816
South African National Naturist Association (SANNA)	Christo	chairman@sanna.org.za	073 178 0779
Western Cape Naturist Association (WCNA)	Dirk	chairman@wcna.org.za	083 296 7646

Naturist Resorts

Establishment	Contact Person	Email Address	Contact Number	Affiliated to SANNA
Harmony Nature Farm	Pieter	pietermyburgh32@yahoo.com	074 185 7630	No
Kiepersolkloof Naturist Resort	Magda	info@kiepersolkloof.com	082 875 5991	Yes
SunEden Naturist Resort	Monique or Kathy	reception@suneden.com	071 658 0165	Yes

Naturist Friendly Establishments

Establishment	Contact Person	E-mail Address	Contact Number	Affiliated to SANNA
Bare Necessities, Swellendam	Neels	notneels@gmail.com	'082 567 1816	No
Belle Isle B&B, Trafalgar	Neville	neville@nctec.co.za	039 313 0067	No
Bird of Paradise, Vanderbijlpark	Deon/Dave	dd.cascades@gmail.com	083 331 7779	Yes
Butt Nothing, Port Elizabeth	Gaynor	info@buttnothing.co.za	'083 485 6093	No
Impenjati Backpackers, Palm Beach	Gordon	mpenjatibackpackers@gmail.com	'061 406 9860	No
Kingfisher Lakeside Retreat	Melissa	kingfisherlakeside@gmail.com	074 170 4242	Yes
Lyttel Cold Circle, 73A Gold Circle, Centurion Pretoria	Harry	hsepela@gmail.com	082 651 5868	No
Palm Beach Chalets, Palm Beach	John/Mandy		039 313 7533	No
Sun Kissed Villas, Houtbay	Charl	gnatural@iafrica.com		No
The Hooting Owl, Marina Beach	John	stay@thehootingowl.co.za	'082 408 3519	No

Credit to - the "Free-Range Naturalist" from KZNNA

I want you, if you can, to think back to your earliest recollection, a childhood memory maybe, of feeling connected to the earth. I am speaking of that feeling that you are part of the world, connected to mother earth and her rhythms and cycles; at one with nature and not a visitor, not a parasite, not a tool of commerce and a cog in the corporate machine that is our civilised society. Possibly you have no conscious recollection of such an event but can imagine you must have at some point felt that way. It's not something most of us are used to feeling in our day-to-day lives. Pretty much everything in our modern lives serves to remind us that we are *apart from* nature and not a *part of* nature. That's pretty much the definition of being "civilised", isn't it? Civilisation is at core the process of having nature educated out of us. Even our escaping into the wilderness to "get away from it all" somehow re-emphasises our separateness as we don wetsuits and view the underwater world from behind our glass masks, or drive around the Kruger on tar roads in air conditioned metal and glass bubbles observing nature without actually participating in it. We hike in the mountains wrapped in synthetic clothes, thick soled boots on feet so that we traverse the landscape as spectators rather than participants. Camping expeditions become logistical exercises in how best we can avoid interference from nature and carry as much civilisation with us without breaking our backs and budgets. How often as adults do we get to thrust our bare feet into the dirt, scrape our hands and knees and feel the prickly grass or rough texture of rough stone against our naked buttocks?



That first memory of earthen connectedness for me must have happened when I was five or six. There was a cloudburst after a particularly hot KZN summer day and there in the hot rain we stood. My cousin and I had been playing, wearing nothing more than our hard-worn Teesav shorts. Impulsively, arms raised and faces to the sky we both began to dance and scream with joy. As the falling rain cooled, we sought warmth from the earth, finding a big, flat, steaming rock surface to lie face down on as the rain continued to pelt down on our exposed backs. Lying there, breathing in the hot soil flavoured steam rising from the rock surface I felt like I was breathing in the earth itself and I can recall feeling like an animal, a small creature, pressed flat against the warm rock. It hit me at that moment, that that was precisely what I was. The realisation that I was nothing more than a small creature of the

earth was simultaneously humbling, moving and elevating. I felt like a child welcomed home, embraced by mother earth.

It will come as absolutely no surprise to you, my fellow naturists, that a large part of my enjoyment of naturism comes from the sincere, if not always conscious attempts to recreate that feeling.

Thanks to a number of social factors particular to South Africa, and some others less specific to our country, we South Africans, while blessed with an amazing country to enjoy nude recreation in, are simultaneously cursed with a very unenlightened attitude about people taking their clothes off to actually enjoy it. Suffice it to say that our colonial forefathers and verkrampte apartheid overlords really did a number on us! (And the current despots are far too busy raiding the coffers or trying to keep the lights on to take time out to develop a culture of anything other than self-service and corruption). Consequently, despite having an almost 3000km coastline we have exactly zero legal nude beaches (despite having a world famous unofficial one). We have a very small handful of hard-won naturist resorts country wide. While that may mean our opportunities to enjoy social nudity in a "traditional" nudist venue are limited, that actually means little to and won't stop a die-hard naturist. It is probably for that reason that South Africa was given a top 10 slot in World's Best Skinny Dipping Spots recently - "According to IOL, South Africa ranked 7th and the research found that the country's "designated areas [includes] 17 nudist beaches and clubs and 25 naturist campsites.". It's still not clear to me where these venues are exactly (unless they were counting each tent site in SunEden as a "naturist campsite"?), but I suspect that it does reflect more the fact that so many places in SA are remote, wild and quiet enough that a free-range naturist would be foolish not to seize the opportunity.



Being of the free-range variety ourselves it was with no great surprise that we recently found ourselves spontaneously stripping on the riverbank, after paddling a double sit-on-top kayak up one of the many beautiful South Coast rivers. The majestic cliffs and thick bush left one feeling as though Tarzan might emerge from the trees at any point closely followed by a herd of elephants, and we could easily visualise how hippos would have frolicked here less than a century ago. Nature was calling, and until we had stripped every vestige of civilisation from our bodies, we didn't feel like we belonged there. The transformation was instant. It is something we have experienced skinny dipping on every beach, in every Berg stream and icy pool and standing naked on every peak or grassy plain. Suddenly one is experiencing the world with ALL of one's senses. No one single sense dominates. Mud between the toes, the sound of bird calls and flowing water, the smell of sun warmed grass and dust, sharpened vision and the gentlest air movements detected by the small hairs on

one's body. All senses are intensified and brought into high focus. You feel plugged in! This is why we do it isn't it? It's the one thing we as naturists or nudists all agree on. Being nude in nature just feels so freaking wonderful! The two of us have been stripping off and skinny dipping, sunbathing, naked hiking and just appreciating nature in a pure, natural state for as long as we can remember. We have stretched naked on remote golden dunes; silently watched a lion stalk an impala herd on a river bank below us as we stood naked at a bush lookout point; walked for hours and hours on remote north coast beaches; climbed mountains and stood arms open wide at the top of vast cliff faces; perched naked on logs and rocks in our natural forests and plunged naked into freezing, glass clear berg streams and basked on rocks above roaring waterfalls. There are so many of these experiences that I am sure I cannot recollect them all, but each one I do remember is a gem of a memory and reminds me that I have lived a blessed life.



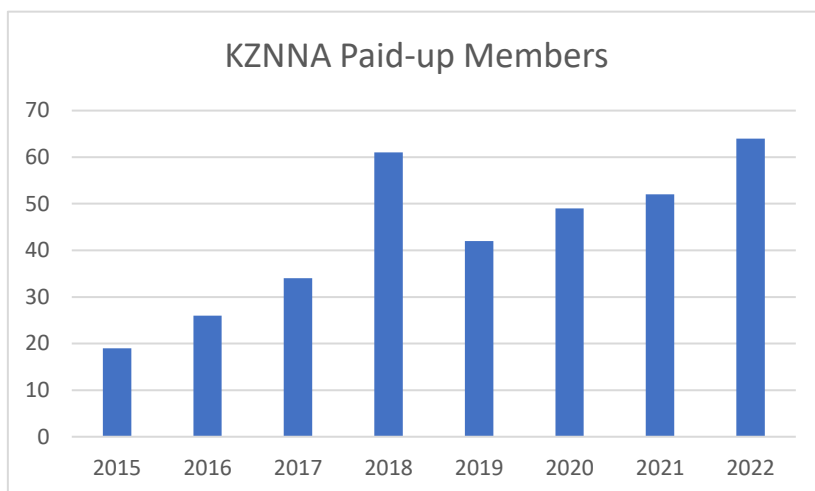
We may not have the hundreds of signposted nude beaches, parks and resorts of Europe, but damn, we do have the most incredible environment to make use of; and with just a little sensitivity to avoid offending some miserable clothes addict with a point to prove, we can experience so much of God's creation just the way He intended us to. So the next time you are out and about in nature, if the opportunity presents itself, don't forget to properly experience the bush, the berg, the beach, the river, the veld, the vlei just the way you are supposed to. As a creature of the Earth.



KZNNA Membership Statistics - Wayne

Membership growth

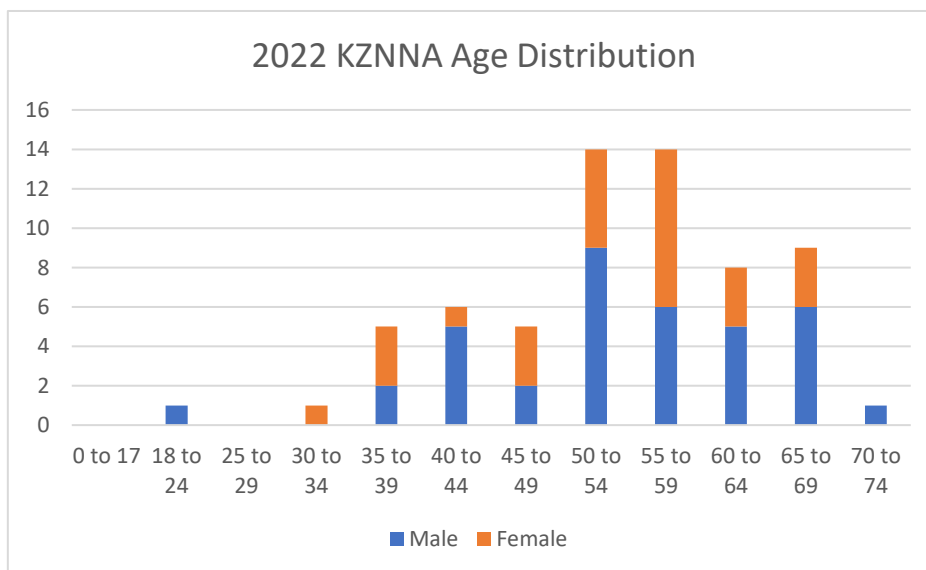
KZNNA has had an average growth rate of more than 20% per year over the period from 2015 to 2022. In 2018 we had a quite aggressive membership recruitment drive: We had a big spike in new members, but these new members did not stick around. We have subsequently become more discerning in our recruitment policy and prefer to get members who will be long term naturists.



Age distribution

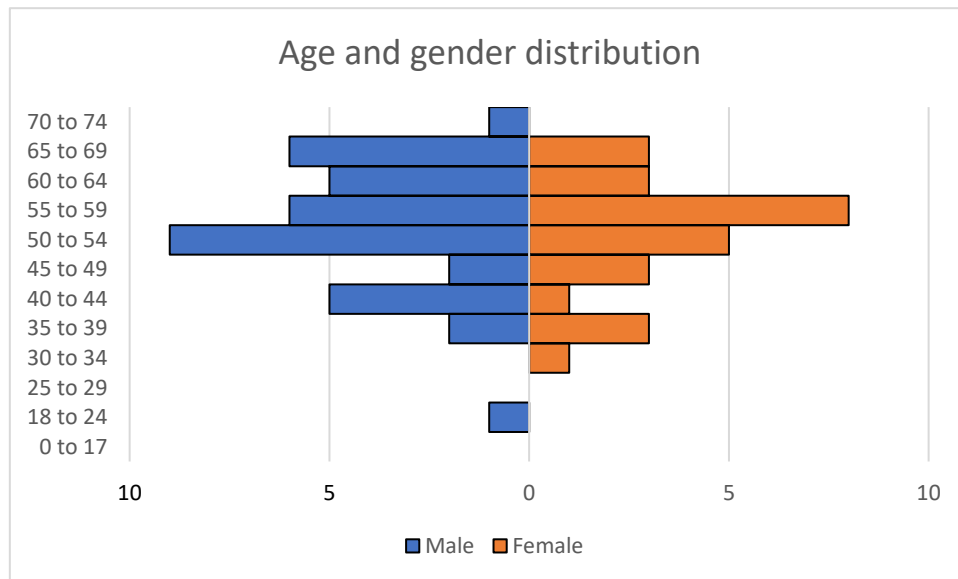
Our age distribution is one that is very common in naturist organizations, with many of us being in our 50s. There are a couple of very natural reasons for this:

During our early adult years many of us are very worried about other people think of us: Do we drive the right car? Is our house big enough? Am I earning more than my brother-in-law? Do I look good in a bikini (or at least better than my sister-in-law)? Suddenly in our early fifties, it's like a switch that



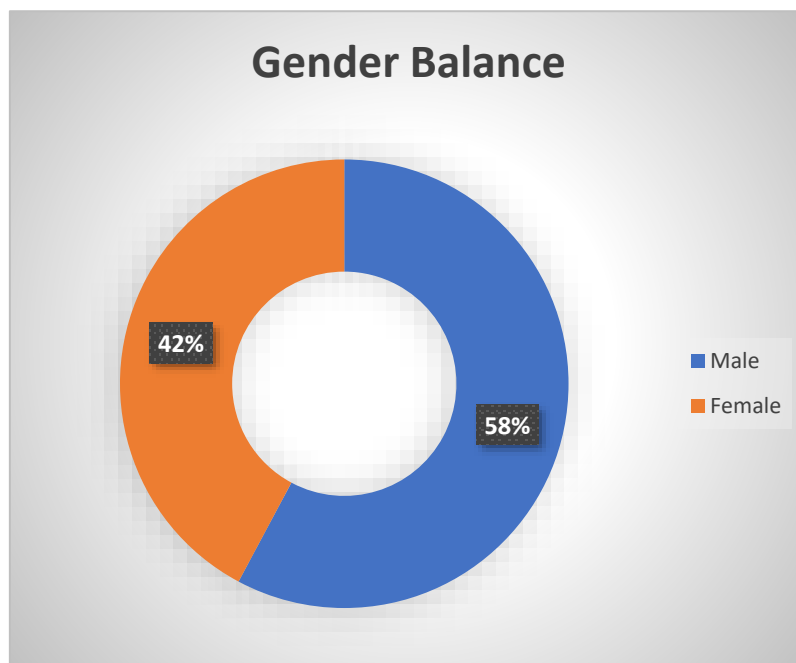
flips, we just stop worrying about that; we realize that we're not going to get that promotion, our house really suits us, and we don't care that others may not like it, and most of all the body we have is the body we have, and it's not going to get any better, and naturism suddenly seems very sensible.

Also, our children have mostly left the nest and we now have time to do the things we've always wanted to do, but before we had too many other responsibilities. And finally, possibly, we now have a little extra cash to enjoy weekends away that we couldn't do before because there were university fees, car repayments and the bond to pay.



Gender balance

Because KZNNA has quite a small membership we are more sensitive to gender balance than perhaps some of the larger naturist associations. Our management committee has taken the conscious decision to keep our gender balance at no more than 60% men and no less than 40% women.



Everyone in naturism wants a good gender balance. The most important of these are the women: In a social nudity setting if the men heavily outnumber the women, it is a fact that many if not most women will feel uncomfortable and may be wary to attend future naturist events. The men with female partners want their female partners to enjoy naturism with them and will be very disappointed if their partners lose interest in naturism because of being heavily outnumbered by

men. And finally, most single men also want to do social nudity in a context in which there are women, and so even the single men lose out if there are too many single men.

Conclusion

KZNNA is continuing to focus on increasing our membership; we have recently revamped our website to give it a more 21st century feel and tone. We use Twitter, Facebook and MeWe to keep up a social media presence, and most importantly we reach out personally to potential members and invite them to look at our website and fill in an application form. Personal contact is by far the most successful method of recruitment, but to seal the deal, a functional and living website is absolutely necessary.



**naked
friends
are
the
best
friends.**

Eastern Cape Naturist News - Chris

Karen and I were lucky enough to represent the Eastern Cape at the GNA Big Bash in Sun Eden over the long weekend prior to Xmas. The accommodation in the Baobab Orange Room was superb. Although the weather was a bit disappointing, we did manage to have a wonderful time. We especially enjoyed the Street Braai and made lots of new friends! Naturists are definitely the most friendly people! The Spa bath is also well worth a visit to unwind. Thanks to GNA for looking after us so well. The picnic lunch was very welcome and enjoyable. We are sorry that Sun Eden is so far from home and that we cannot visit more often.

We've had a great summer here in the unpronounceable city of Gqeberha. Never mind the name, it's still a good place to be a naturist. Oh, we do have the occasional windy days. (Most people don't actually know what a real bit of wind is until you've lived on the coast.) In between we have had a great summer, but it is always advisable to go to the beach fairly early in the morning, and then retire to the pool later on in the day.

Karen and I were very pleased when Dale and Iszie contacted us to say that they were staying nearby and would like to go to Secrets beach. We're always keen for a trip to the beach, so it was great to have company on a weekday morning. We met at nine in the morning at the Lookout parking lot and made the trek to the sandy area that is the Secret Spot, as it was dubbed by the surfers many years ago. It has since been adopted by the local naturists and we all enjoy the beach along with sundry fishermen, surfers and dog walkers. There is mutual respect between all beach users, and nobody pays any attention to any other groups. Live and let live! Anyway, the walk there is a bit challenging, which I don't think is such a bad thing as it tends to keep casual voyeurs at bay. Once at the beach, it's really such a nice place to practise nudity. I must admit to stripping off as soon as we passed the last rocks shielding us from the car park. Dale followed suit immediately afterwards. (Or maybe unsuits?) We spent a couple of hours enjoying the beach, enjoying the freedom of the being naked in nature, as we all do. Another memorable day at Secret's!

Meanwhile, back at home we've had a couple of Naturist braais at various venues and these have been very successful. We've had some new folk join us as well as some that we have not seen for a while. Summer is definitely the time for socialising and while the weather is so awesome, what is better to do than get your clothes off and absorb that important Vitamin D?





SunEden News – Lofty

Since the Summer Edition of the SANNA Newsletter, which was published early in December, SunEden has experienced an unusually wet, rainy, muddy, festive season. On 5th February we had floods which founder members think were the second worst floods in the past 26 years since SunEden was established. There was hardly a week in December and January when it was sunny, every week we had rain.

Despite the rain and mud, most of the guests had a great time and the feedback which we received was mostly “Excellent” or “Very Good”.

The GNA Big Bash on the long weekend 16th to 19th December, was very well organised by the GNA Management Committee and it was well attended even though the weather was rainy. The street braai, the karaoke and the dance were all a huge success.

Santa popped around on Christmas day and the Christmas Lunch long table was a great success.

The Festive Season from 27th December until 2nd January was well attended and a good time was had by all despite the rain and mud.

January started slowly but got busier as the month progressed. The month end “Sokkie” was well attended, and the dance floor was full most of the night.

The Valentine’s Weekend accommodation from 11th to 13th February was fully booked and the weather was hot and sunny. The live entertainment was very popular, and the feedback was positive.

In March, the St Patrick’s Long Weekend from 18th to 21st March, will be popular as usual. At the moment, 14 units have been booked but there are still 16 units available. All Long Weekends are fully booked so Book Now!

In April, the Nudestock Easter Long Weekend from 14th to 18th April, will also be fully booked. At the moment, 19 units have been booked but there are still 11 units available. There are still 20 camping sites available for those two long weekends. Book Now!

With all the rain in the past 3 months, the SunEden farm is beautifully green, and the fish, animals and birds are as happy as can be. The new SunLinks Golf Course and Norman’s Bird Hide are both work in progress, and both are looking better every month. They compliment the existing world class facilities including the amazing outdoor pool, the Pool Pub, the EdenSpa (the heated indoor pool and the 2 saunas), the Bare Boma bonfire venue, the Main Pub and Bosveld Lapa Dance Hall, the SunCafe Restaurant and the Kraines Convenience Shop. On most Party Weekends when the weather is good, we also have a Saturday Flea Market, Naked Yoga, Naked Massages, Naked Game Drives and sometimes we have Naked Water Aerobics.



The best news from SunEden is that our live entertainment, our younger bar staff and younger front office and shop staff have attracted a lot of younger naturists. Our biggest group of guests is 46 to 55 years of age, followed by 36 to 45 years of age, then 56 to 65 years of age and then 26 to 35 years of age (the biggest growth) so very few over 66 years of age and the group 16 to 25 is also growing, as is the group 1 to 15 years of age.

Exactly 10 years ago, in 2012, SunEden was rated 9th Best Naturist Resort in The World and since then most of the above facilities have been added or improved. I think that SunEden is now in the Top 5 Best Naturist Resorts in The World. Last weekend a young couple arrived for their first visit. They camped, they had Naked Massages, they went on a Naked Game Drive, they enjoyed the Spitbraai (naked of course) and they relaxed in the under-water loungers while they enjoyed the live entertainment. They said they will be back....soon.



RIP BUKS ADENDORFF

In the early hours of Friday, 4th February 2022, Buks passed away at his home at SunEden.

Our thoughts and love are with Rene, his wife. One of the last things

that Buks did was to pay their GNA Membership fees.

He was a loyal GNA Member since 2013.

Buks was also a shareholder of SunEden for many years.

The memorial service was held in the Bosveld Lapa at SunEden

And it was full of people – mostly SunEden shareholders and

regulars. The Chairman of SunEden, Ben, spoke highly of

Buks who was nick-named the Wingman because he was always willing to help.

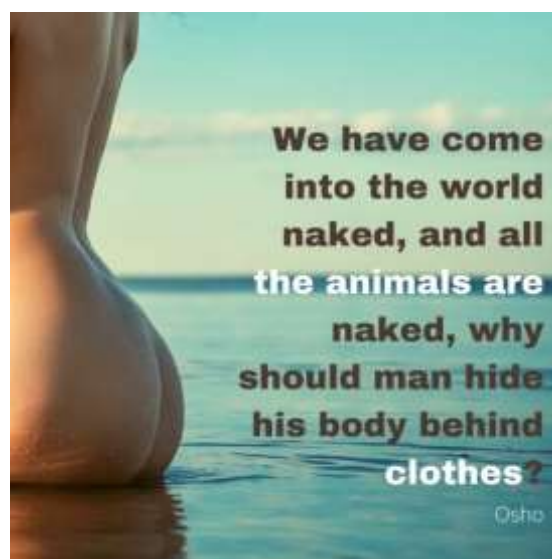
Ben mentioned that Buks and Rene were awarded the SunEden

Chairman's Award in 2020 and that he will be sorely missed.

Buks was a proud previous military man who loved to sing karaoke especially

The Green Beret, so it was fitting that Ben and Bert sang that song with many of the guests as a tribute to Buks.

RIP BUKS! Both GNA and SunEden will never be the same again without you!





HAPPY St. Patrick's DAY

Saturday,
19 March 2022
19:30 to Late




Contact Monique or Kathy
Tel: 071 658 0165
Email: reception@suneden.com



HAT PARTY



Saturday,
26 March 2022 19:30 to Late



Contact Monique or Kathy
Tel: 071 658 0165
Email: reception@suneden.com




DON'T WORRY, BE HIPPIE

NudeStock
(Like WoodStock)

14th - 18th April 2022

Contact Monique or Kathy
Tel: 071 658 0165
Email: reception@suneden.com



WOMEN IN NATURISM - SOUTH AFRICA

What a great start I had with my first 2022 Women in Naturism (WIN) Coffee Chat with Lins from Naked Wanderings as my special guest speaker!

Lins told the attending ladies how she and her husband, Nick, started Naked Wanderings.

They were working a regular job as most people and became naturists. Then they decided to quit their jobs and started traveling globe to visit and experience naked places. They initially started blogging and with You-Tube videos. After they had an awesome interview with a magazine in Greece, things exploded for them - for the better. They became famous naked wanderers!

Naked Wanderings started with enjoyment and for fun, but now can be seen as a successful business. They see themselves as professional naturists!

They started off just traveling and naturism took second place. But soon that, all of a sudden, changed. They started going from one naturist place to another and that was their focus of especially the last two years. They soon realized that they should start promoting naturism to people outside of naturism because of the big misconceptions about the lifestyle. Because they are going to nudist beaches, they meet people walking or sitting on naked on the beach, but some don't realize that they are naturists, or want to admit that they are. This is an issue all over the world.

They often get asked very interesting questions about naturism. The number one question, however is: "What is the best place to go naked"

Lins also often get asked by women how do you become a naturist without the issues women normally have. Women have to accept who they are and how they look. Women can be very rude and bitchy to one another, because of looks and appearance. We, as ladies, should realize that we are all together in this world and should respect each other. Bottom line for ladies, is to become body positive.

Nick and Lins prefer to promote what Naturism is all about, all positive things, instead of what it is NOT about.

Lins's advise to ladies who want to try naturism, is to rather go to a resort where you will have a safer environment because of the security normally at a resort. Beaches are not that safe, especially if you go alone. Best advice is to go as a couple to any place the first time. Or, if you wish, and it is possible, go to a beach in a group.

Tip on how to get to your first naked experience: Sleep naked, get up and make your coffee/tea naked and enjoy it in the buff! Then, at another time, do house chores naked - do your dishes, vacuum or even washing of clothes - this will become less to do as you become more comfortable at being naked. Then, when you feel ready, sit or walk naked outside the house and feel the sun on your skin! This is obviously done where and when place and time

allows it! Everything you do in life, has to start somewhere. Why not start at a place you feel most comfortable - your own house/space?

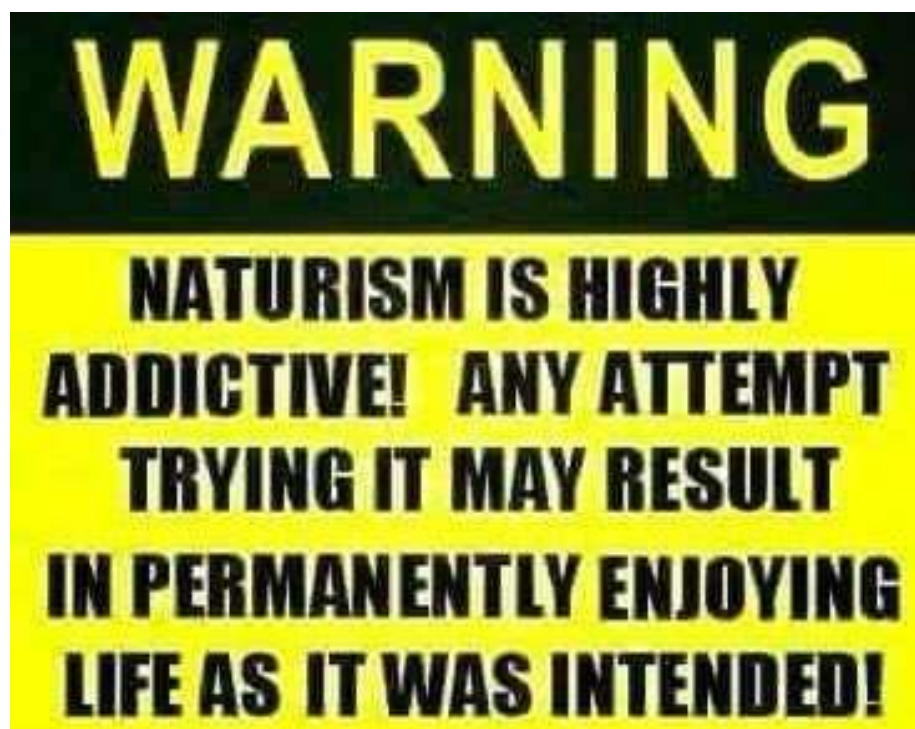
To carry on with the success of Women in Naturism in South Africa, we need to attract more women, but also women outside of naturism, who show interest in this awesome lifestyle and women who wish to become a naturist without feeling that they are bullied into it. We also need to attract younger people. We have to reach out to those who can help us building a successful naturist community without being judged by others. Just by talking to people about Naturism, you promote naturism, never force it onto someone!

The next WIN Coffee Chat will be sent out as a challenge to my fellow naturist women - Bring a Buddy. Preferably not a fellow nudist, but a non-nudist so they can learn about naturism in general!

Stay Good Stay Nude

Lana Bothma

Women in Naturism Representative.





Open Weekends and Events Calendar



January 2022



SUN	MON	TUE	WED	THU	FRI	SAT
						1 ✓
2 ✓	3	4	5	6	7 ✓	8 ✓
9 ✓	10	11	12	13	14	15
16	17	18	19	20	21 ✓	22 ✓ <small>GRK Breakfast</small>
23 ✓	24	25	26	27	28 ✓	29 ✓
30 ✓	31					



Valentine's
Vaal River
Cruise
5 February

February 2022



SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4 ✓	5 ✓ <small>Valentine's Cruise</small>
6 ✓	7	8	9	10	11 ✓	12 ✓ <small>GRK - Eat-in Menu 4pm into The Bar</small>
13 ✓	14	15	16	17	18	19
20	21	22	23	24	25 ✓	26 ✓
27 ✓	28					



March 2022



Let's Go
British!
Fish & Chips
day
5 March

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4 ✓	5 ✓ <small>Fish & Chips Day</small>
6 ✓	7	8	9	10	11	12
13	14	15	16	17	18 ✓	19 ✓ <small>Grasie/Bring it Back</small>
20 ✓	21 ✓ <small>Human Rights Day</small>	22	23	24	25 ✓	26 ✓
27 ✓	28	29	30	31		



Bird of Paradise

Private Naturist Club
Vaal Triangle

Price list 2022

Membership fee: R400 per year
calculated on a pro-rata basis from
January to December.

Cell: 083 331 7779

Accommodation and Meals	Member Per Day	Non Member Per Day
Day fee	R80 p.p.	R100 p.p.
Paradise Log Cabins	Single: R540 Double: R580	Single: R580 Double: R620
Guesthouse - on suite	Single: R560 Double: R600	Single: R600 Double: R640
Guest House - dee's	Single: R440 Double: R480	Single: R520 Double: R560
Garden Bungalow (Sleep 2)	Single: R380 Double: R420	Single: R460 Double: R500
Garden Bungalow (Sleep 2)	Single: R420 Double: R460	Single: R500 Double: R540
Caravan and Campers	R360 per couple R160 per additional person	R400 per couple R180 per additional person
Tents	R320 per couple R140 per additional person	R360 per couple R160 per additional person
Sundays Aasvoël Breakfast/ Mini	R80/ Mini Breakfast R60	R100/ Mini Breakfast R80
Braai pack/ with salads and roll	R80/R120	R100/R140



No under 18's

Please note:
*All overnight prices includes day fee!
Saturday overnight stay get you
free day fee on Sunday!*

*Check in time Friday 15h00
Other 11h00
Check out time 10h00*

*Day visitors 09h00 to 21h00
Sunday's 09h00 to 17h00*

Please supply your own





Movie night at Bird of Paradise hosted by GNA

Another super fun idea was hatched, movies under the stars! We were once again treated to a fantastic day at Bird of Paradise, the guests spent the day relaxing and enjoying the sun. We got our dinner plans sorted out and at 18:00 a lovely Italian pasta meal was served.

A big thank you to Henry and Elna who got all the technical bits sorted out and a fantastic Naturist movie was screened. Although we were a bit chilly, blankets helped and we were even spoiled with some pudding! Just like the drive in when we were youngsters.



Thank you once again to our hosts, Deon and Dave, it was so much fun that we want to make it a monthly event. It is also a great way of seeing some naturist movies, Bird of Paradise has agreed to host this, and GNA will come to the party with some movie snacks. Treat yourself and join us at the next one, keep an eye on the events notifications for more information.



Kingfisher Lakeside Retreat lies in the beautiful and peaceful town of Trafalgar on the edge of the Mpenjati Nature Reserve and a small 250m stretch of naturist beach. The ideal place to embrace your social nudity.

Just a few hundred meters down the beach and up a private beach path lies our four glamping tents and stunning two bedroomed cottage. We now have 3 units with splash pools which are perfect for those hot and humid Summer days and nights here on the South Coast. We have successfully hosted a few exclusive naturist weekends and look forward to more in the months and years to come. Call Malissa the owner now on 074 170 4242 to arrange a group booking as we are not an exclusive naturist accommodation.



Lyttel Gold Circle Naturist Getaway

73A Gold Circle,
Lyttelton,
Centurion

Herman & Yvet
+27 82 651 5868

Come have a Braai or a Picnic.....
Bring your own Cooler Box or if you run out.....
we can assist from our bar.

Bookings Essential, limited space!

Day Fee (Braai Wood Supplied)
Weekends: R100 p.p. / R180 couple
Weekdays: R80 p.p. / R140 couple
(9am-6pm)

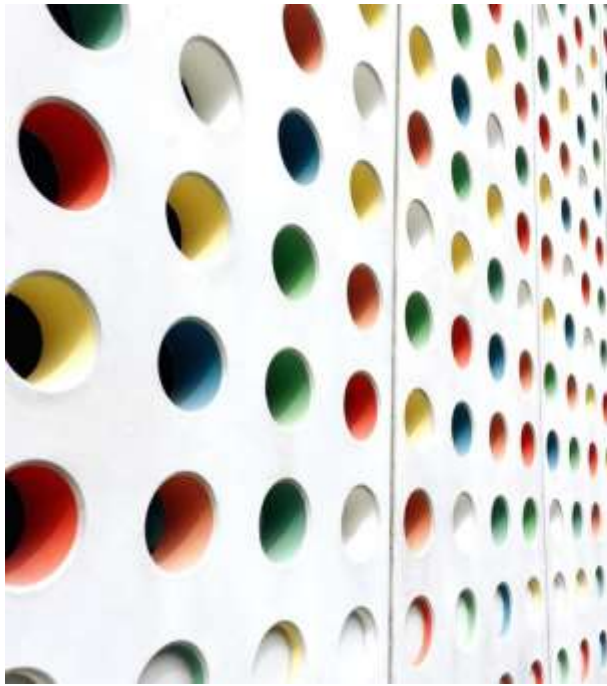
Accommodation
Day Fee Included
Breakfast/Dinner on request



1 Night Stay
R550 p.n Single
R600 p.n Couple

Weekend min 2 nights
R450 p.n Single
R500 p.n Couple





GNA is Steaming ahead!!

We have been moving fast and in 2021 GNA has doubled its membership.

This is all due to the hard work of our members and the GNA MANCO.

We are in the fortunate place to have over 730 members of which 400 are currently paid up.

We are looking forward to our growth in 2022.

HI FELLOW NATURISTS

HAVE YOU VISITED THE GNA WEBSTORE YET?
WOW A FEAST FOR THE EYE, NOT TO MENTION THE TOWELS FOR THE BARE BUMS,
WITH EITHER GNA LOGO OR INTERNATIONAL NATURIST LOGO ON, THE CHOICE IS YOURS.
NATURALLY WITH A LITTLE POCKET FOR YOUR ODDS AND ENDS.

CAPS & HATS FOR SUN PROTECTION. ALSO LADIES VIZERS NOT TO MESS YOUR HAIR, AGAIN EITHER GNA LOGO OR INTERNATIONAL LOGO, YOUR WISH IS MY COMMAND.

WHEN THE NIGHTS GETS COLD WE HAVE YOU COVERED IN A GNA LOGO HOODIE, FROM SMALL TO XXL.

ON YOUR WAY TO YOUR FAVOURITE RESORT? NO NEED TO STOP FOR A DRINK ON THE WAY. GET THE GNA TRAVEL MUG, YOU FILL IT WITH YOUR FAVOURITE DRINK, HOT OR COLD.

VISIT OUR SHOP, WE READY TO SERVE YOU, WITH DELIVERY WITHIN TWO DAYS.
WHY DELAY. SHOP TODAY!!!

WWW.GNA.ORG.ZA

GNA Big Bash 2021

We are proud to say we had another successful Big Bash in the theme of Great Gatsby . It was a fantastic time to eat , drink , laugh and catch up with friends , old and new !

Our venue for the event was SunEden and everyone was well received – from all over South Africa , even our SANNA members from KZN and the Cape .

We started with a street braai on Thursday night , a welcome little ice breaker for the rest of the weekend . Deon and Dave from Bird of Paradise did a fantastic job with catering on behalf of GNA – thank you as always for your scrumptious food . The atmosphere with the fires and people dancing was truly something to remember .

On Friday there were some performances from our more talented members at the Karaoke , with Elvis the resident DJ at SunEden.

The whole of Saturday was just a celebration of the year that was and of friendships that was formed. Once again Deon and Dave excelled in serving us a Meal Box that was indeed something different and out of this world .

THE GREAT
GATSBY



Our Great Gatsby event on Saturday night was beautifully decorated and we would like to thank everyone who worked hard to decorate and set up . Music was on point and everyone present had a lovely time .

May we continue to grow as a naturist family and the GNA Manco would like to thank all our members who attend functions and make it a success .

GNA Manco



GAUTENG
Naturist Association



Visit the GNA online shop to see our beautiful range of branded items . Delivery via courier nationwide .

Click on www.gna.org.za/shop



GAUTENG
Naturist Association

A world of body freedom
awaits ! Join now

Did you know ...

The cost of your annual GNA membership is less than the price of a bathing suit ?

And it doesn't **pinch** , **stink** , **fade** or go out of fashion



Kiepersolkloof had great rains over the past few months and so our dam is nearly full.

Kampers had a good time over the festive season and most of the accommodation was booked until the end of January.

Magda is responsible for all bookings (camping and accommodation) - there are some upgrades which have been done including more electrical points in the camping area and a garden around the manor area, is in progress - And as usual the great sunsets at Kiepersolkloof are a must to see.



The Pros and Cons of Sleeping Naked, and Whether or Not It's Actually Good for Your Health

Is sleeping naked healthy? Experts weigh in.



By Lulu Chang



GHISLAIN & MARIE DAVID DE LOSSY

If there is one domain of which you are undoubtedly the king (or queen, should you identify as such), it is undoubtedly your own bed. There, no one else is calling the shots, and you are as fully relaxed, fully yourself, and fully natural as can be. As such, it is only reasonable that every once in a while—or perhaps more often—you find yourself wanting to shed your cooling pyjamas or fleece pyjamas and sleep au naturel in your own bed. After all, why even bother when all you're doing is getting some shuteye?

As with all decisions in life, the choice to sleep naked or not sleep naked comes with some benefits and some disadvantages. Of course, you know your body and your comfort levels best, which means you are ultimately in the best position to make the final determination of how you spend your resting hours. But to help make an informed decision, we chatted with a few experts to provide some guidance on the pros and cons of sleeping naked.

The Pros of Sleeping Naked

Maintain your natural sleep rhythms

“Your body was designed to sleep in the nude,” points out Sarah Spoor, the co-founder of Pepper, a connection company focused on sexual wellness and education. “Pepper’s sex experts say sleeping naked helps your body maintain its natural sleep rhythms including circadian cycles,” which are key to helping you get deep, restful sleep.

Cold and Flu Remedies

Regulate your body's temperature

Given that sleeping in the nude can improve both temperature regulation and sensory cues, you may find that sleeping naked can improve your sleep quality. In fact, a 2018 study suggests that lowering your body temperature by sleeping naked can help you reduce the number of times you wake up in the night.

Improve vaginal health

For the ladies looking to sleep in their birthday suits, gynaecologists say that removing too tight or damp underwear can reduce your chances of getting a yeast infection. So if you find that you're constantly waking up sweating, considering no underwear (or much looser underwear) is probably a good idea.

Increase fertility among men

Guys, sleeping naked is certainly for you, too. Tight-fitting underwear for men is also suggested to be linked to lower sperm counts—a 2018 study found that men who primarily wore boxers (or looser fitting underwear) “had a 25% higher sperm concentration and 17% higher total count” than men who wore briefs of other forms of underwear.

Feel naturally sensuous

As sex and relationship expert and Vella Bioscience spokesperson Karinna Karsten points out, there are also some sensual reasons to sleep naked. You'll be more receptive to touch when naked, she notes, and also are more prepared to experience personal pleasure. “You get to have more of an intimate experience with your body when you're naked,” adds Ev'Yan Whitney, a sexuality doula. “We're cooped up in clothes for most of our lives and sleeping naked allows us to have one point during the day where we can feel what it feels like to be in our bodies in a vulnerable and intimate way.”

The Cons of Sleeping Naked

Increase bacteria in bed

If there's a major drawback of sleeping naked, it's definitely in the hygiene department. “The average person passes gas 15 to 25 times a day, and this can happen while you're sleeping,” says surgeon [Anthony Youn, M.D.](#), in a video on the subject. Moreover, whenever you do pass gas, you are also excreting a small amount of fecal matter, which your

underwear helps to catch. Without underwear (or any clothing), that fecal matter is going straight into your sheets.

Increase your chances of an allergic reaction

While your body could increase the amount of bacteria in your bed, experts also note that your bed itself could be home to allergens that might have a more pronounced effect on your health. According to the sleep experts at Saatva, including CEO Ron Rudzin, allergens like dust mites, mold, mildew, and pet dander can easily get into your mattress and trigger allergic responses. And if you have particularly sensitive skin, sleeping au naturel in such an environment can make a subpar situation a lot worse.

Risk sleeping cold

Perhaps the most obvious reason not to sleep naked is that you could lower your body temperature too much, thereby weakening your immune system and making it easier to get sick. While you won't get sick simply by being chilly, there are some studies that suggest that viruses like the rhinovirus can replicate more quickly at lower temperatures. So if you're going to sleep naked in the winter, be sure you have some skin to skin contact to help warm you up, suggests Karsten.



Is Naturism on the Rise in a Post-COVID World?

Throughout the Western world, the practice of living naked appears to be gaining traction among a newer, younger audience



Research indicates that living naked can have a positive impact on body image and, ultimately, happiness

Marty Melville

BY **JOSH SIMS**

Only the truly courageous attempt “the running man.” Among all the dance moves busted in Julien Claude-Penegry’s “Beautiful Skin” club night in Paris, those that cause maximum jiggle are probably best avoided. That’s because everyone is naked — except for shoes.

“We just wanted to prove that an event like this was possible in a city and not just on some naturist resort, to show that it can feel normal, and even lead the way for other naked events,” says naturist campaigner Claude-Penegry, who, following the opening of Paris’s first naturist park in 2017, is re-launching his club night as a bi-monthly event from September. “The people who come, and they come in their hundreds, typically say they have a completely different experience to anything they’ve done before. They’re free to be themselves entirely.”

This is not an idea lost on many others as well. Naturism — the practice of going without clothes, typically with others similarly unclothed — is on the up. Recent years have seen the flourishing of naked comedy nights, naked dining events and, across 70 cities in 20 countries, naked bike rides, as much a campaign action in favour of naturism as it is the road to saddle soreness. This summer sees the launch of NKD, the first naked music festival, in the U.K., further indicative of how younger people are getting interested and regarding naturism as the natural bedfellow to environmentalism. May, for those who missed it, marked World Naked Gardening Day.

There's even, some reckon, been a COVID bounce: membership of organizing body British Naturism has reportedly seen membership increased by some 20% over the pandemic period, despite events and travel being curtailed. Why? Because perhaps nothing better encapsulates a sense of personal freedom than getting naked.

"Attitudes are changing," suggests Laurent Luft, president of the International Nativist Federation, which will host 38 national organizations at its world congress this October in chilly Slovenia ("not everyone will be going naked then," he notes). "Five years ago anyone who asked me about naturism assumed it was all something kinky," says Luft. "These days naturists are seen as just another section of society. We're doing more to raise our profile, not to hide ourselves."

Nakedness has been regarded as normal before. In some times and places, stripping off was unexceptional: in Ancient Greece, men exercised naked; in late 19th-century Germany, the home of the naturist movement, full exposure to sunlight and air was re-framed as an entirely healthy thing to do — it's why many of us will spend the coming weeks sitting almost naked (or fully naked) on beaches, after all.

But in general, modern society has opposed the notion of public nudity. Recall how the first naturists, Adam and Eve, hid their shame after the fall. It's been mis-characterized as not just unconventional but as essentially, questionably sexual; as unclean; as a cause of deviancy; as illicit, as offensive, as a nuisance — albeit one deemed worthy of fines and in some instance's imprisonment. Self-described "prisoner of conscience" Stephen Gough has now spent, all told, a decade in Scottish prisons for choosing not to wear clothes. Not even to his court appearances.





**HAPPY FAMILIES, HAPPY DAYS
LIVING NATURISM**

What is Naturism ?

" Naturism is a way of life in harmony with nature , characterised by the practise of communal nudity with the intention of encouraging self – respect for others and for the environment "

For more info on how to become a member of this fast growing lifestyle in South Africa – please visit our website : www.gna.org.za or email : members@gna.org.za

