

Eastern Naturist Gathering 2016
Preliminary Schedule of Events

Monday, June 13

9 am Opening Day. Good Morning! Check in at the registration table in the Dining Hall. Check out your welcome packet and see what goodies we've stuffed inside it for you. Get settled in your room and then relax by the lake, take a hike or just explore the grounds. We're in for a week of family • friendship • fun.

2 pm Afternoon at the Movies. Wild Hogs. Four weekend-warrior friends decide to hit the road for a cross-country motorcycle adventure, but the perils of the open road turn out to be a lot more than they bargained for. Communications Building.

4 pm Ukulele Jam Session. Come join us for some relaxed jamming. Bring sheet music if you have them. Eric and Helen will be playing their ukuleles and perhaps some other instruments. All instruments and voices are welcome. Helen and Eric Fleischer. Dining Hall Lawn.

7 pm Cocktails, Conversation and Coloring. Bring your favorite drink and your voices; and we'll supply a large coloring poster of the USA and pencils and/or markers. Join us for a little libation, conversations and coloring. Dining Hall.

8 pm Evening Movie. The Inkwell. A dull family trip becomes the summer vacation of a lifetime when good friends, cool clothes, and hot music turn Inkwell Beach upside down. Communications Building.

Tuesday, June 14

7:30 am Qi Gong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. Qi is usually translated to mean the life force or vital energy that flows through all things. Gong means accomplishment, or skill that is cultivated through steady practice. Together QiGong means cultivating energy—a system practiced for health maintenance, healing and increasing vitality. Robin Stapley. Amphitheater.

9 am The Perils of Family and Business. Join Mike Abramson in discussing a family business. Communications Building.

9 am Gaia Yoga. Diane Barrett. Amphitheater.

9 am New Hampshire. You might have expected better from a state with the stirring motto, "Live free or die!" Two reactionary legislative bills concerning women's breasts were introduced by New Hampshire lawmakers during this legislative session. This deserves our attention. Bob Morton. NAC. Canteen Lawn.

10 am Are You a Loser? Weight loss support. We are naturists, and we love and respect our bodies exactly as they are. That said, there are times when for health, sports, or simply personal preference, we wish there was a little—or a lot—less to love. Come join with fellow LOSERS to learn from and encourage each other as we share our journey down the scale. All ideas are welcome and this meeting is a guaranteed safe place for mutual support and personal recognition. Kath Rooney. Communications Building.

10 am Active Stretching for EveryBODY. Learn a gentle but powerful full-body routine of Active Stretching to reduce muscle tightness and spasms, increase flexibility and range of motion, improve posture, reduce stress, enhance the immune system, improve athletic performance, reduce pain and reverse some effects of aging. This workshop and Active Stretching is appropriate for all ages, body types and fitness levels. Barry Bailey. Gymnastics Building.

11 am Drop in “Stitch-n-Bitch.” Bring your needlework, sewing, art project or other craft ideas, sit a while and bitch about work, politics, the weather, whatever is bothering you. Susan Rothberg. Dining Hall.

1 pm Afternoon Movie. Wild Things. Kevin Bacon, Matt Dillon and Neve Campbell star in a steamy story of murder, intrigue and sex. Communications Building.

1 pm Super Scrabble. The Super Scrabble game contains squares for quadruple word and letter scoring. The game has a bigger board with more spaces, four blanks, and double the amount of tiles found in standard Scrabble. The unique tile distribution allows players to create words that cannot be created in standard Scrabble. Limit: four players (can take up to 3 hours to play). Steven Stoller. Dining Hall.

1pm By the Numbers—a review of NEF’s opinion surveys. The Naturist Education Foundation sponsors polls to “take the pulse of America” on matters of nudity and body acceptance. Looking at the numbers can tell us something about our fellow citizens - and about ourselves. Bob Morton. Canteen Lawn.

2 pm The Five Languages of Love. Enhance your relationships by discovering your own and your partner’s desired expressions of love. Experiential. Morley Schloss. Canteen Lawn.

3 pm Ukulele Jam Session. Come join us for some relaxed jamming. Bring sheet music if you have them. Eric and Helen will be playing their ukuleles and perhaps some other instruments. All instruments and voices are welcome. Helen & Eric Fleischer. Dining Hall Lawn.

3 pm Smoothies—Hair or Nair? Do you leave it natural, leave a landing strip or take it all off? This discussion group will examine personal attitudes and practices among us as well as give practical advice and suggestions or just provide a safe space to share war stories.

Susan Rothberg. Communications Building.

4:30 Introduction to the first ever Naturist Society Murder Mystery Dinner. Introduction to the cast and preliminary news of the event.

5:30 Murder at the Naturist Juice Joint. Hostess Kath Rooney. Dining Hall.

8:30 Evening Movie. Euro Trip. Europe will never be the same again after Scotty Thomas and his buddies take off for the express to excess! They're hooking up with hot strangers and jamming all the extreme insanity they can into the wildest trip of their lives! Communications Building.

8:30 pm DJ Dance. Lets move those gangsters over to the Speakeasy and dance "Roarin' Twenties" Style. DJ Mike. Canteen.

Wednesday June 15

7:30 am Qi Gong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. Qi is usually translated to mean the life force or vital energy that flows through all things. Gong means accomplishment, or skill that is cultivated through steady practice. Together QiGong means cultivating energy—a system practiced for health maintenance, healing and increasing vitality. Robin Stapley, Amphitheater.

9 am Nude hike/swim in the Catskills. Caravan to the trailhead (about 1 hour each way). The hike to the lake is about 3.5 miles round trip with about 1,000 ft. elevation gain. Wear sturdy shoes, and bring water and lunch (sign up for bag lunch at the TNS booth by 5 pm Tuesday). Expect wildflowers and salamanders! Sheldon Luberoff. Meet outside Dining Hall.

9 am Gaia Yoga. Diane Barrett. Amphitheater.

9 am Florida. A couple of new clothing-optional beaches, one on the west coast of the peninsula and one on the east, are challenging the standard model for the creation of nude beaches. That's a good thing, and we can learn from it. Interactive discussion. Bob Morton. Canteen Lawn.

10 am Are You a Loser? Weight loss support. We are naturists, and we love and respect our bodies exactly as they are. That said, there are times when for health, sports, or simply personal preference, we wish there was a little—or a lot—less to love. Come join with fellow LOSERS to learn from and encourage each other as we share our journey down the scale. All ideas are welcome and this meeting is a guaranteed safe place for mutual support and personal recognition. Kath Rooney. Communications Building.

10 am Male Menopause. Women are not unique in their age-related body changes known

as menopause. Men experience these changes as well. Male menopause typically begins around ages 40-55, but can begin as early as 35 and as late as 65. Many menopausal symptoms for men are the same as for women. Learn the symptoms and share your experience(s). This workshop is FOR MEN ONLY in order to provide a comfortable, safe, open dialogue environment. Barry Bailey. Gymnastics Building.

11 am. Funny You Don't Look Jewish. A light-hearted discussion on the Jewish day of rest.

11 am Drop in "Stitch-n-Bitch." Bring your needlework, sewing, art project or other craft ideas, sit a while and bitch about work, politics, the weather, whatever is bothering you. Susan Rothberg. Dining Hall.

11 am Bone Health for Everybody. A slide presentation on bone health, what it is and what you can do to have healthy bones and why you want to have healthy bones. Susan Shopiro. Communications Building.

1 pm The Organic Debate. Challenges and benefits of buying products produced without pesticides, herbicides, hormones, antibiotics, sewer sludge and free of irradiation and genetic mutations. Diane Barrett. Dining Hall Lawn.

1 pm TNS Lifetime Membership SIG Meet and Greet. Join in this discussion on the purpose of the Lifetime Membership SIG and what can be done to increase membership overall. Tracy and Michael Horgan. Canteen Deck.

2 pm Active Stretching for EveryBODY, Learn a gentle but powerful full-body routine of Active Stretching to reduce muscle tightness and spasms, increase flexibility and range of motion, improve posture, reduce stress, enhance the immune system, improve athletic performance, reduce pain and reverse some effects of aging. This workshop and Active Stretching is appropriate for all ages, body types and fitness levels. Barry Bailey. Gymnastics Building. Barry Bailey. Gymnastics Building.

2pm Healthy Choices: We Are What We Eat. The decisions we make about what to put into our bodies affects our overall wellness and attitude. We will explore healthy eating choices and talk about easy recipes you can make at home. Tracy Horgan. Communications Building.

3 pm Gender Identity Laws and Naturists. Gender identity laws are a hot topic, both nationally and locally, and they may affect naturists in ways we haven't considered. It's more than just an issue for transgender individuals. Cisgender folks should pay attention. Bob Morton. Canteen Lawn.

3 pm A Whack Up The Side of the Head – Lessons Learned from Adversity. Scott Barrett and Bryon Brandt. Dining Hall Lawn.

4 pm Welcome and General Assembly. Meet the TNS Staff, workshop leaders, group leaders, photographers or simply step up to the mic and introduce yourself and meet new friends. Canteen Lawn.

7 pm Sing along with Eric and Fred. Come join Eric and Fred for an old time sing-a-long. We will have music projected on the screen and songbooks to use. Bring your voices and sing along with us. Fred will be playing his 12-string and Eric will have his Autoharp and ukuleles. You are welcome to bring your instruments and join in the fun. Eric Fleischer and Fred Shuman. Communications Building.

7:30 pm Adult Coloring Just For Fun. Coloring books, crayons, and colored pencils will be provided. No talent needed, just a relaxing evening. Dining Hall.

7:30 Square Dancing in the Canteen. Fun square dances with caller. No experience necessary. Morley Schloss. Canteen.

8:30 pm Cowboy TV. Bring your instruments and sit around the bonfire and sing and talk and maybe even make some S'mores (everybody bring some fixings for this tasty bonfire treat). Fire pit.

9 pm Evening at the Movies. Any Given Sunday. This powerful action drama puts you on the field with the players, on the sidelines with the coach and in the box with the team owners. Communications Building.

9 pm Sock Hop Soiree. Wear your fancy, colorful or outlandish socks and dance the night away. Lots of 50s and early 60s favorites. DJ Mike. Canteen.

Thursday June 16

7:30 am Qi Gong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. Qi is usually translated to mean the life force or vital energy that flows through all things. Gong means accomplishment, or skill that is cultivated through steady practice. Together QiGong means cultivating energy—a system practiced for health maintenance, healing and increasing vitality. Robin Stapley, Amphitheater.

9 am Gaia Yoga. Diane Barrett. Amphitheater.

9 am Nature Walk with Henry Taves. Explore the grounds and plant life. Henry Taves. Meet outside Dining Hall.

9 am Fire Island. We're not yet back where we need to be on Fire Island, but much has happened since Hurricane Sandy and the subsequent edict forbidding nudity at Lighthouse Beach and elsewhere on the island. NAC is not walking away from this issue! Interactive discussion. Bob Morton. Canteen Lawn.

10 am Active Stretching for EveryBODY. Learn a gentle but powerful full-body routine of Active Stretching to reduce muscle tightness and spasms, increase flexibility and range of motion, improve posture, reduce stress, enhance the immune system, improve athletic performance, reduce pain and reverse some effects of aging. This workshop and Active Stretching is appropriate for all ages, body types and fitness levels. Barry Bailey. Gymnastics Building. Barry Bailey. Gymnastics Building.

10 am What's Eating You? A facilitated discussion exploring nutrition lifestyles, health and ambivalence to change. Diane Barrett. Dining Hall Lawn.

10 am "Free the Nipple." The film focuses on the hypocritical contradictions in our media-dominated society wherein acts of baroque violence, killing, brutalization and death are infinitely more tolerated by the FCC and the MPAA, who regulate all films and TV shows in the US. Did you know an American child sees over 200,000 acts of violence and 16,000 murders on TV before they turn 18 and not one nipple? Empowering women across the globe. Communications Building.

11 am The 2016 Political Scene —An update and dialogue. Tired of all the bickering, name-calling and downright slander? Join Mike & Ruth for a lively discussion. Mike Abramson and Ruth Percey. Canteen Deck.

11 am Hatha Yoga. Yoga for experienced Yogini or physically active people Susan Shopiro. Yoga Room.

11 am Mindfulness...Be, Wait and See. How living in the moment saved my life. Come with something to share with all of us. Bryon Brandt and Stanley Ware. Dining Hall Lawn

1pm Beginner Level Line Dancing. Learn several line dancing basic steps, learn the process of linking the steps together to form the dance. Enjoy the music. Donna McIlwain. Canteen.

1 pm A Searching and Fearless Inventory of My Fears and Morals. What drives you? Or do you even know? Please come listen to what others have to share, and you'll likely learn something about yourself too. Scott Barrett and Bryon Brandt. Dining Hall Lawn.

1 pm Body Acceptance is the Idea ...Lee Baxandall, founder of The Naturist Society, recognized that our success flows from body acceptance. How are we doing? Interactive discussion. Bob Canteen Lawn.

2 pm Drop in "Stitch-n-Bitch." Bring your needlework, sewing, art project or other craft ideas, sit a while and bitch about work, politics, the weather, whatever is bothering you. Susan Rothberg. Dining Hall.

2 pm “Good Vibrations” Touch, Chakras & Universal Energy. Discover and explore how to use Universal Energy for yourself, and how to share it with another person and other living beings. Through a series of exercises you will discover Universal Energy, your chakras, and the healing power of your own touch. Barry Bailey. Lawn behind Dining Hall.

2 pm Are You a Loser? Weight loss support. We are naturists, and we love and respect our bodies exactly as they are. That said, there are times when for health, sports, or simply personal preference, we wish there was a little—or a lot—less to love. Come join with fellow LOSERS to learn from and encourage each other as we share our journey down the scale. All ideas are welcome and this meeting is a guaranteed safe place for mutual support and personal recognition. Kath Rooney. Communications Building.

2 pm fullSpectrum Meet & Greet. Canteen Deck.

3 pm Women in Naturism. An insightful discussion on the benefits of naturism for women. Carmen Hamm, Tracy Horgan and Nicky Hoffman. Canteen Deck.

3 pm Freestyle Fashion for men. Ever wish you could wear anything you wanted? Why not? Join a discussion about being out and about in skirts or dresses NOT cross-dressing. Henry Taves and Stanley Ware. Dining Hall Lawn.

3 pm Choices: Value in Relationship Game. Discover/clarify what values are important to you in establishing or enhancing a relationship. Morley Schloss. Canteen Lawn.

4 pm Lymph. One of the body’s ways to bathe each cell. Hints to keep it moving and detox on the cellular level. Robin Stapley. Canteen Deck.

4 pm Ukulele Jam Session. Come join us for some relaxed jamming. Bring sheet music if you have them. Eric and Helen will be playing their ukuleles and perhaps some other instruments. All instruments and voices are welcome. Helen and Erick Fleischer. Dining Hall Lawn.

4 pm 3D Printing at Home. 3D printers are becoming quite affordable for home use. Alan will have examples of objects downloaded from the web and printed and also give some examples of how this free software works. Alan MdIlwain. Communications Building.

7 pm Movie Night. Wild. With the dissolution of her marriage and the death of her mother, Cheryl Strayed has lost all hope. After years of reckless, destructive behavior, she makes a rash decision. With absolutely no experience, driven only by sheer determination, Cheryl hikes more than a thousand miles of the Pacific Crest Trail, alone. WILD powerfully captures the terrors and pleasures of one young woman forging ahead against all odds on a journey that maddens, strengthens, and ultimately heals her.

8:30 Khom Loy Festival of Lights. Khom Loy, lanterns traditionally made of rice paper

on a bamboo frame, are part of a beautiful annual Buddhist Tradition in Northern Thailand known as Loy Krathong. These lanterns are lit and released into the dark night sky as a symbol of letting problems and worries float away. Join us for our own rendition of this beautiful festival by sending your problems and worries or even your hopes for the future or messages to the dear departed up into the sky. Lanterns are available for \$2 each; all proceeds go to The Naturist Society to fund memberships for those with financial difficulties. Michael and Tracy Horgan. Hill outside Dining Hall. (in case of inclement weather this will be postponed until Saturday evening).

9 pm Discomania. Get your 70s groove on and disco away. A little something for everyone. DJ Mike. Canteen.

Friday June 17

7:30 am Qi Gong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. Qi is usually translated to mean the life force or vital energy that flows through all things. Gong means accomplishment, or skill that is cultivated through steady practice. Together QiGong means cultivating energy—a system practiced for health maintenance, healing and increasing vitality. Robin Stapley. Amphitheater.

9 am Gaia Yoga. Diane Barrett. Amphitheater.

9 am NAC Roundup. From Wreck Beach in British Columbia to downtown Asheville, North Carolina, with quick stops in between, this is a fast paced recap of selected naturist issues from across the North American continent. Some issues and locales have their own workshops, but here's where you can learn and discuss more. Does the Naturist Action Committee consider naturist issues in Vermont or Nebraska to be important? Yes, and so should you! Bob Morton. Canteen Lawn.

10 am Active Stretching for Low Back and Hip Pain Relief. Learn the specific Active Stretches that release the offending tight muscles that can be the cause of low back pain and a variety of hip pains. Bring your body and its pain to the workshop and let's see if Active Stretching can help you. This workshop and Active Stretching is appropriate for all ages, body types and fitness levels. Barry Bailey. Gymnastics Building.

10 am Involving Young Adults & Families in Naturism. People ages 18-30 do become active naturists—a successful model for offering what young adults want. Morley Schloss. Dining Hall Lawn.

10 am Fermentation. Almost every group of people around the world uses this way to preserve food. I will speak of the health benefits and if you bring a cabbage, cutting board, knife, big bowl and glass quart jar, you can make your own sauerkraut with me. I will also bring my homemade Kombucha and talk about its "how to's." Robing Stapley. Canteen Deck.

11 am Yoga Therapy. Yoga practice designed for your health needs. Susan Shopiro. Yoga Room

11 am Mod Podge. What's summer camp without arts and crafts? I will be bringing an assortment of glass items to decorate, or bring your own from home. We all have a plain vase or candleholder hanging around that we would like to jujje up. I will bring Mod Podge, which is a decoupage medium, paper, glitter, food coloring for tinting, sequins etc. will be provided. Come, relax and get creative. Chris Bowden. Dining Hall.

11 am Nude Apples to Apples. Enjoy a nude twist on this popular game. Limited to the first 10 people. Co-facilitated by Maureen Watts and Peter Burwen. Canteen.

11 am TNS Book Discussion Group. Wild by Cheryl Strayed. Hiking is a familiar and popular pastime for naturists of all ages. Wild is a memoir of Cheryl Strayed's journey through nature and self-discovery while hiking the Pacific Crest Trail. Join in our discussion about the book or the cinematic adaptation shown here at the gathering on Thursday evening at 7 pm in the Communications Building. Tracy Horgan. Communications Building.

1 pm A Taste of Home. Cooking is more than a medley of ingredients; it is a bundle of goodness, prepared with love. Please join us as we celebrate Lisa Flanagan by preparing one of her favorite recipes and adding our love. Michael Flanagan, Christopher Dyer and Tracy Horgan. Dining Hall Picnic Area.

1 pm Beginner Level Line Dancing. Learn several line dancing basic steps, learn the process of linking the steps together to form the dance. Enjoy the music. Donna McIlwain. Canteen.

1 pm The Most Inappropriate Thing I Ever Did (and lived to tell about). Bryon Brandt and Sarah Elizabeth. Dining Hall Lawn.

2 pm Unusual Perspectives in Naturist Photography. An informally guided participatory naturist photography workshop where we will be exploring the human form from unusual angles and in unusual arrangements of one or more bodies. Models are needed, so please come join us. Eric Fleischer. Amphitheater Stage.

2 pm Find Your Voice, and Inspire Others to Find Theirs. The 8th Habit of Dr. Stephen Covey. What do you have to get off your chest before you explode? This is the place to say it, so please come join us.

Warning: This workshop could also be called "Please Come Join Me In The Hot Water." Bryon Brandt and Carmen (the arm-twister) Hamm. Dining Hall Lawn.

2 pm Are You a Loser? Weight loss support. We are naturists, and we love and respect our

bodies exactly as they are. That said, there are times when for health, sports, or simply personal preference, we wish there was a little—or a lot—less to love. Come join with fellow LOSERS to learn from and encourage each other as we share our journey down the scale. All ideas are welcome and this meeting is a guaranteed safe place for mutual support and personal recognition. Kath Rooney. Communications Building.

3 pm Love Your Body. Naturism helps us to accept and embrace the bodies around us without judgment, but what roles does it play with your inner image? Come and share your experiences with naturism and its impact on your ID. Tracy Horgan. Communications Building.

3 pm Mazo Beach. An inland skinny-dipping gem on the Wisconsin River, Mazo Beach has been under attack for years by Wisconsin's Department of Natural Resources. Most recently, the DNR invoked an all-powerful regulation and simply closed the area altogether. Learn what NAC is doing and what you can do. Interactive discussion. Bob Morton. Canteen Lawn.

4 pm Pudding Toss. Morley Schloss is the ringleader for this popular naturist gathering event. Duck Pond Hill.

7 pm Star Search. Bob Smith emcees this wonderful showcase of naturist creativity and talent. It gets better every year. All ages and abilities are welcome. Field House.

9 pm (or after Star Search) Oneg Shabbat. Now that you've heard all about the Jewish day of rest from Mike Abramson come help us welcome the Jewish Sabbath. We'll have wine and challah, bring a kosher dessert to share. Everyone welcome, regardless of religious belief. Susan Rothberg. Canteen Deck.

9 pm Naturist Slide Show. View images from previous gatherings and other events. Eric Fleischer. Canteen

9 pm DJ Dance. Dress up in your favorite Cartoon or Super Hero Character and win a prize. Canteen.

Saturday June 18

7:30 am Qi Gong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. Qi is usually translated to mean the life force or vital energy that flows through all things. Gong means accomplishment, or skill that is cultivated through steady practice. Together QiGong means cultivating energy—a system practiced for health maintenance, healing and increasing vitality. Robin Stapley. Amphitheater.

9 am It Does Matter to Naturists Who's Elected. In an election year, you're flooded with appeals from candidates seeking money and votes. Most candidates will tell you where they stand on "standard" issues, but few will address naturist issues, leaving you to make your voting decisions based on other factors. Elected officials do affect naturists. Examples and possible remedies. Bob Morton. Canteen Lawn.

10 am Active Stretching for EveryBODY. Learn a gentle but powerful full-body routine of Active Stretching to reduce muscle tightness and spasms, increase flexibility and range of motion, improve posture, reduce stress, enhance the immune system, improve athletic performance, reduce pain and reverse some effects of ageing. This workshop and Active Stretching is appropriate for all ages, body types and fitness levels. Barry Bailey. Gymnastics Building.

10 am Are You a Loser? Weight loss support. We are naturists, and we love and respect our bodies exactly as they are. That said, there are times when for health, sports, or simply personal preference, we wish there was a little—or a lot—less to love. Come join with fellow LOSERS to learn from and encourage each other as we share our journey down the scale. All ideas are welcome and this meeting is a guaranteed safe place for mutual support and personal recognition. Kath Rooney. Communications Building.

10 am Take a Millionaire to Lunch. Who are your Mentors? How do you pick them? Or do they pick you? What is the most valuable lesson you learned from them? Who do you Mentor? We look forward to the pearls of wisdom you have to share. Bryon Brandt. Dining Hall Lawn.

11 am. fullSpectrum Annual Meeting. Dining Hall Lawn.

11 am Photo Editing On-The-Go. Many people have abandoned film and even digital camera in favor of their phones in the mobile era. Come talk about an array of mobile apps that turn your snapshots into masterpieces. Bring your phone and your imagination. Tracy Horgan. Communications Building.

11 am Yoga for Bone Health. Yoga practice for people that have postural or bone health issues. Susan Shopiro. Yoga Room.

1 pm Adult Coloring Book get-together. (Kids are welcome if accompanied by a parent). BYOB – coloring book that is. other things will be supplied. Just hang out and let your artsy side present itself. Krystin Watts. Dining Hall.

1 pm Over 60 and Still Doing It! Intimacy: what does it mean to you? What is your definition? And has its meaning and how your intimacy needs are satisfied changed as you age? Please come share your insights and experiences. Bryon Brandt and Stanley Ware. Dining Hall Lawn.

2 pm Healthy Breakfast? If you usually have a bowl of corn flakes with skim milk and a

banana for breakfast and you switch to bacon and eggs, your HDL (good) cholesterol will go up, your triglycerides will go down, and your risk of a heart attack will decrease. Come to the workshop and learn why fat, even saturated fat, is good for you in spite of misinformation we still get from many experts. Ross Stevenson. Communications Building.

2 pm Oregon. A success story! The Oregon Department of Forestry proposed sweeping prohibitions against nudity for over 1,000 acres of prime hiking land. NAC orchestrated a grass roots response that drew the attention - and the respect - of the bureaucrats. Learn some exciting and gratifying details. Bob Morton. Canteen Lawn.

2 PM Slip-n-Slide. Duck Pond Hill.

3 pm Eastern Naturist Beer Summit V. Sampling of local brews—bring a sampling of what your area has to offer. Plastic cups and some salty snacks will be provided. Christopher Dyer. Canteen Deck.

4 pm Town Hall Meeting. We can discuss the future of gatherings, the future of TNS or any other subjects that you feel are important. Bring your positive ideas—and if it's a problem—bring your solution. Canteen Lawn.

8 pm Havdalah. Help us celebrate the close of the Jewish Sabbath. There will be wine, challah, leftover desserts and singing...and did I mention wine? Susan Rothberg. Dining Hall.

8:30 pm Cowboy TV. Bring your instruments and sit around the bonfire and sing and talk and maybe even make some S'mores (everybody bring some fixings for this tasty bonfire treat). Fire pit.

9 pm Naturist Slide Show. View images from this years gathering. Eric Fleischer. Canteen.

9 pm Jammin' in Your Jammies. Wear your cutest pjs or nothing at all. DJ Mike. Canteen.

Sunday June 10

7:30 am. Qi Gong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. Qi is usually translated to mean the life force or vital energy that flows through all things. Gong means accomplishment, or skill that is cultivated through steady practice. Together QiGong means cultivating energy—a system practiced for health maintenance, healing and increasing vitality. Robin Stapley, Amphitheater.

9 am Friendship Closing Circle Wrapping things up, saying our goodbyes. Canteen

Lawn.

10:30 am Checkout Time —Plan to depart Camp Westmont by 11 am. Please make sure your trash is bagged up and set out and your area is neat and tidy. I appreciate your cooperation. Thank YOU all very much for joining us and participating in this once-a-year event. See you next year!