



the naturist society  
*Foundation* Inc.

# 2023 Western Naturist Festival



*Photo by Susanne Oliphant*

**Shangri La Ranch 44444 N Shangri La Lane, New River, AZ**

## Thursday, June 15, 2023

**7:00 AM Pickleball - *Pickleball court***

**9:00 AM NO POOL TILL 1:00 PM - THURSDAY ONLY.** Outside community group giving swim lessons.

**1:00 PM Free hiking Seminar -** What is freehiking? Detailed two-hour power-point presentation on all aspects. *Ken Carlisle. Library*

**1:30 PM Jungle Ball or no rules volleyball. *Pool***

**2:00 PM Free hiking continued -** Where to go, is it legal, encountering others, etc. *Ken Carlisle. Library*

**3:00 PM Future of Naturism -** A power-point presentation on various aspects of the possibilities. *Ken Carlisle. Library*

**3:00 PM Zumba - *Clubhouse***

**4:00 PM Opening Ceremony -** Meet the discussion/event leaders, our hosts, and other participants. *TNSF. Clubhouse*

**5:00 PM History of Elysium Publications -** A history of photographer Ed Lange and his line of influential nudist magazines. *Rolf Holbach. Clubhouse*

**6:00 PM Dinner - *Restaurant***

**7:00 PM Movie -** “Disrobed-Why So Clothes-Minded.” *Rolf. Library*

**8:30 PM LRC – Left, Right, Center Game -** An easy fun game with no skill required, except rolling dice. *Rolf/Sonya. Clubhouse*

## Friday, June 16, 2023

**7:00 AM Pickleball - *Pickleball court***

**8:00 AM Two Palms Hike –** 2 hours. *Ken Carlisle. Front Gate*

**9:00 AM Water Aerobics - *Pool***

**9:00 AM Chi Gung -** Chi Gung is a gentle mind, body, spirit practice for balancing the body. Anyone can join, no experience necessary. It’s easy to follow and has many health benefits. It is safe and can even be done from a chair. Participants generally become relaxed and take away a sense of inner peace. Start your day with a big smile. Comfortable clothing, or nude. *Breeze. Clubhouse*

**10:00 AM Tai Chi -** A slow-moving meditation focusing on balance and even breathing. Attention is placed on alignment and five principles; 1) relax, 2) body upright, 3) turn at the waist, 4) subtle wrists, 5) separate weight. The form I use is the Cheng Man-Ching 37 posture short form. *Bootz. Clubhouse*

**10:00 AM Philosophy Looks at Naturist Art -** Explore three important theories of art in assessing the merits of various pieces of naturist art. *Mark Storey. Library*

**11:00 AM Women in Naturism -** Open to women for a discussion about being a women naturist and just being a woman. *Kathy & Cynthia. Library*

**11:00 AM How We Got Our Beach Back -** The politics of Nude Beaches, what it takes to get one back and keep it from being lost again. *Gary Mussel. Clubhouse*

**12:00 noon Lunch - *Restaurant***

**1:00 PM TNSF Book Club -** A discussion of “Running Around Naked” by *Jelaine Lombardi. Library*

**1:00 PM Places to Go Nude in the Southwest -** Where to go nude in California, Arizona, Nevada – Resorts, Beaches, B&B’s, etc. *Rolf Holbach. Clubhouse*

**2:00 PM Tools for Nudist Research -** Learn about the TNSF Professors & Researchers SIG and discuss various tools useful in researching nudist history. *Mark Storey. Library*

**2:00 PM Knot Tying** - Gaining the skill of knot tying. Whether camping or at home. Half hitch, bowline, clove hitch, square knot, slipknot, and the Alpine Butterfly Bend. *Bootz. Clubhouse*

**3:00 PM WNRL** - Discussion on the current status of the Western Nudist Research Library at Glen Eden. *Mark Pavelchak/Rolf. Clubhouse*

**4:00 PM AANR West/GAT** - Discussion on various challenges around the country with new laws affecting our communities. *Cyndi/Steve S/Gary. Clubhouse*

**5:00 PM How to Take Really Bad Nudist Photos** - From Storey's vault of terrible nudist imagery, we'll examine common photo mistakes everyone can copy... or avoid. *Mark Storey. Library*

**5:00 PM Drum Circle** - *Bootz. Pool Ramada*

**6:00 PM Dinner** - Music by *Bootz* - Guitar. *Restaurant*

**7:00 PM Nudist Movie.** *Leonard Summers. Library*

**8:00 PM Karaoke** - *Clubhouse*

## Saturday, June 17, 2023

**7:00 AM Pickleball** - *Pickleball court*

**9:00 AM Water Aerobics** - *Pool*

**9:00 AM Chi Gung** - *Breeze. Clubhouse*

**10:00 AM Tai Chi** - *Bootz Clubhouse*

**10:00 AM Ancient Cynics & Public Nudity** - Explore how the ancient Greek and Roman Cynics engaged in public nudity to advance their philosophy. *Mark Storey. Library*

**11:00 AM Nude Ultralight Backpacking** - We'll explain how and why we go about it and demonstrate equipment that we have used, both economy and high-end. An overnight pack doesn't need to weigh 25 to 50 pounds. We are both in our seventies and

I have a history of back issues, but we are out on the trail, living naked in the wonderment of nature by using these ultralight methods. *Jon Michael. Library*

**11:00 AM Putting a Nudist Newsletter Together** - What goes into creating an award-winning newsletter? *Gary Mussell. Clubhouse*

**12:00 noon Lunch** - *Restaurant*

**1:00 PM Meetup Discussion** - Learn how to use Meetup.com to start a club, contact other naturists in your area, or increase membership for your existing club, and vet potential members. *Rolf Holbach. Clubhouse*

**1:00 PM Composting with Worms** - Learn how to give worms a home, eat your garbage, and produce stellar compost. *Kathy Blanchard. Library*

**1:30 PM Water Volleyball** - *Pool*

**2:00 PM Writing for N Magazine** - Learn what's popular among *N* readers, and what *N* is looking for from its writers. *Mark Storey. Clubhouse*

**2:00 PM Clothing Optional Home Network** - What does it take to find a clothing optional B&B, and what the owners need to know to run one. *Larry Link. Library*

**3:00 PM Group Photo** - *Pool*

**4:00 PM Women in Naturism** - Open to men and women for a discussion on women in naturism and what that entails. *Kathy/Cynthia. Library*

**5:00 PM Nudist Themes in Comic Postcards** - Laugh at and with our naked tribe as you explore a taxonomy of nudist themes among 20th-century comic postcards. *Mark Storey, Library*

**6:00 PM Dinner** - Music by *Bootz* - Guitar. *Restaurant*

