

2008 Eastern Naturist Gathering Final Schedule Of Events

monday june 23

- Noon** **Opening Day.** Clothes are optional at Eastover for the next 6 days! Check in, relax and find your friends, it's a "free" day. Plan your own agenda. Hike, bike, swim, play volleyball, or just relax by the pool! Starting tomorrow a full schedule of activities is planned through Saturday.
- 2 pm** **Walking Tour of Eastover.** Meet in Mansion Circle.
- 2-4 pm** **Kids Camp.** Arts, crafts, games and fun! Meet in Mansion Circle.
- 3 pm** **Frisbee Golf.** North Lawn.
- 7 pm** **Movie.** Library.
- 7 pm** **Volleyball Pickup Game.** Volleyball Court.
- 8 pm** **Mark's Nudist Video Vault.** Vintage nudist films of the 60's. American Heritage Room.
- 8:30** **DJ Dance.** Tally Ho.

tuesday june 24

- 7:30 am** **Standing Brocades.** A series of 8 simple exercises that the ancient Chinese did early each morning to help activate the 12 energy meridians. Robin Stapley. Gazebo.
- 10 am** **Safari Ride.** Meet and greet the buffalo. *Clothing required.* Meet in Mansion Circle.
- 10 am** **Orientation For First-time Gathering Attendees.** In front of the TNS booth in the Marketplace.
- 10 am** **Kids Camp.** Arts, crafts, games, fun! Meet in Mansion Circle.
- 10 am** **Introduction To Swedish Massage.** Learn the basics of Swedish massage with a licensed and certified massage therapist. This is a hands-on work shop, so bring a towel or blanket, and your oil. Nancy Wilson. South Lawn.
- 11 am** **Writing Naturist Travel Articles.** Turn your vacation experiences into a story for a magazine. Mark Storey. Plantation Lawn.
- 1 pm** **Frisbee Golf.** Meet on the North Lawn.
- 1 pm** **Volleyball Pick-up Game.** Volleyball Court.
- 1 pm** **The Life, Times, & Photography of Jock Sturges.** Curt Kapus. American Heritage Room.
- 1-3 pm** **Holistic Alternatives To Standard Medicine, Part 1.** A 2 hour program that explores the causes and treatment of many medical conditions. Included will be discussions of clinical nutrition, herbal products, and chiropractic. The first session will be primarily a seminar, and the second focusing on the problems you or your loved ones may have. Dr. Merritt Armstrong. Pine Grove.
- 2 pm** **Water Volleyball.** Eastover Staff vs. Naturists. Outdoor Pool.
- 2 pm** **Be A Poet & Know It!** Many people enjoy the lyrics of Tom Lehrer, The Capitol Steps, and other current-topics singers. Come to this workshop and learn how to write your own parody songs. We're sure to come up with some gems, and a good time is guaranteed! Kath Rooney. Library.
- 2 pm** **Planning A Nude Wedding Or Renewal Ceremony.** The presenters will discuss the planning of their nude renewal ceremony for their 25th wedding anniversary. We will discuss issues and lessons learned, including finding a location, someone to officiate, photography, and the inclusion of non-naturists. Also included is a discussion of religious traditions in the ceremony using our inclusion of Jewish tradition as an example. Share your stories. Mark & Becky Silverstein. Plantation Lawn.
- 2 pm** **Be An Everyday Gourmet.** Turn everyday meals into gourmet treats! Come ask questions and/or get tips and tricks that will make your family and friends think you're amazing in the kitchen! Lisa Flanagan. South Lawn.
- 3 pm** **Nature Hike.** To the base of October Mtn. Meet in Mansion Circle.
- 3 pm** **Shiatsu Back Class.** By learning a few acupressure points and how to give compression strokes, each person will give and receive a relaxing back massage. Bring a mat or a couple of towels. Robin Stapley. South Lawn.
- 3 pm** **Water Flotation Massage.** Two people will take turns learning how to give each other a Water Flotation Massage. Meet at the shallow end of the indoor pool, limited space available. Joyce Orton.
- 4 pm** **Water Slide!** A Gathering favorite. North Lawn Hill.
- 7 pm** **Movie.** Library.
- 8 pm** **Mark's Nudist Video Vault.** Vintage nudist films of the 60's. American Heritage Room.
- 8:30 pm** **DJ Dance.** Tally Ho.

wednesday june 25

- 7:30 am Standing Brocades.** A series of 8 simple exercises that the ancient Chinese did early each morning to help activate the 12 energy meridians. Robin Stapley. Gazebo.
- 8:45 am Day Trip to Vermont's Ledges.** Don't miss this chance to experience one of the most popular skinny-dipping spots in New England! Meet in Mansion Circle to carpool. Phil Markham of Friends of the Ledges will lead the carpool caravan, which will depart shortly after 9 am. Those on the meal plan can sign up by 5 pm Tuesday at the front desk for a take-along lunch. Phil will have maps and directions available. The drive is about 56 miles and takes 1.5 hours.
- 10 am Orientation For First-time Gathering Attendees.** In front of the TNS booth in the Marketplace.
- 10 am Detecting & Dealing With Prostate Cancer.** How to deal with the effects, especially for naturists. Jeff Berger. Pine Grove.
- 10 am Gentle Water Exercise.** Peggy Lamb. Inside Pool.
- 10 am Wisdom Gathering.** Focus on learning to use the wisdom we have accumulated from our life experiences to move forward, and out of patterns and beliefs that keep us stuck or limit our potential. Women only. Mara Fain. South Lawn.
- 10 am Energy Healing.** Is left-brained Western medicine always superior to right-brained, intuitive methods from around the world? Most of the advanced healing research is not being done in America, but Japan, China, S. Africa and Europe. 80% of pain & disease is now being treated with energy medicine, and only 20% with drugs and surgery. We'll review the latest ways to stay healthy using the Body Talk System, Donna Eden's meridian-tapping work, EFT and others. Bill Dewey & Isabele Henry. Plantation Lawn.
- 10-noon Kids Camp.** Meet in Mansion Circle.
- 11 am Walking Tour of Eastover.** Meet in Mansion Circle.
- 11 am Volleyball Pick-up Game.** Volleyball Court.
- 11am Telling Friends & Family.** Have you ever been faced with telling your loved ones that you're a (GASP!) nudist? Compare stories. George Winlock. Plantation Lawn.
- 11 am Closest To The Pin.** Sponsored by the DumAss SIG. Putting Green.
- 1 pm Philosophy Corner.** From Karl Marx back to Confucious: Explore a Neo-Confucian naturist response to alienation. Mark Storey. Plantation Lawn.
- 1 pm Trust Building Touch.** Talk about trust and learn to touch and be touched in a safe, nurturing environment. Joyce Orton. Mohawk Room.
- 1-3 pm Holistic Alternatives To Standard Medicine, Part 2.** A 2 hour program that explores the causes and treatment of many medical conditions. Included will be discussions of clinical nutrition, herbal products, and chiropractice. The first session will be primarily a seminar, and the second focusing on the problems you or your loved ones may have. Dr. Merritt Armstrong. Pine Grove.
- 1-4 pm Drop In Massage Exchange.** Like to give or receive Swedish massage? Share your favorite strokes and learn new techniques. Drop by alone or with a friend and bring a large towel. Tables and oil provided. John Hamm. Mansion Parlor.
- 2 pm Art On the Lawn.** Kids' drawing contest for ages 1 to 12. See the ENG thru our youngest eyes. Materials provided by TNS. Awards presented at the General Assembly. South Lawn.
- 2 pm Gentle Yoga.** A class of gentle yoga asana with stretching and strengthening that can be done on the ground, standing, or from a chair. Suitable for all. Susan Shopiro. Gazebo.
- 2 pm Understanding Legislation That Affects Naturists.** Back by popular demand! This workshop explores the buzzwords, tricks, and standard fare involved in legislation that deals with naturist issues. Through specific examples, you'll learn the importance of amendments and riders, and you'll become aware of the surprising number of times that NAC has actually re-written legislative bills and the law. Bob Morton, NAC. South Lawn.
- 3 pm Volleyball Game.** Eastover Staff vs. Naturists. Volleyball Court.
- 3 pm Protecting the Vulnerable.** A forum seeking new ideas to further assist beaches, groups, and clubs, while maintaining safety for women, children, and men. Mark Storey. South Lawn.
- 3 pm fullSPECTRUM Meet & Greet Part 1.** The fullSPECTRUM SIG invites you to drop in and see what's happening. Poolside.
- 3 pm Ladies' Body Image Talk.** We come in all shapes and sizes. As naturists we have a certain level of acceptance for our bodies, but we may still struggle with some issues. Come give strength and get inspiration from the stories of others and enjoy the camaraderie. Our goal is to walk away loving ourselves a little more. Preferably women only. Karen Kapus. Plantation Lawn.
- 4 pm Welcome and General Assembly.** Meet TNS Staff, workshop leaders, group leaders and more. Hear what's happening for the rest of the week. Self-introductions will follow. Step up to the mic and tell us about yourself!
- 7 pm Movie.** Library.
- 7 pm Nudity, Public Lands, and Public Policy.** A detailed discussion of San Onofre State Beach in California, Canaveral National Seashore in Florida, hiking on BLM and Forest Service land, and more. Administrative and regulatory situations are quite different from legislative issues. NAC deals with all portions of the spectrum. Bob Morton, NAC. South Lawn.
- 8 pm Mark's Nudist Video Vault.** Vintage nudist films of the 60's. American Heritage Room.
- 9 pm Slideshow in Tally Ho.** Eric Fleischer.
- 9 pm Rainbow Dance.** Sponsored by the fullSPECTRUM SIG. Wear your rainbow-themed accessories. Prizes for the best! Tally Ho.

thursday june 26

- 6:15 am Early Morning Run.** Join Bill Schroer for a 2-3 mile eye-opener. Meet outside the Exercise Room.
- 7:30 am Standing Brocades.** A series of 8 simple exercises that the ancient Chinese did early each morning to help activate the 12 energy meridians. Robin Stapley. Gazebo.
- 9 am Nude Hiking on the Appalachian Trail.** You need to be in reasonably good physical condition, and have suitable footwear for walking a few miles in the woods. Bring water and a snack. John Purbrick. Meet in Mansion Circle.
- 9 am Female Meditation.** Connecting to your wisdom within. Starts at 9 am SHARP. No latecomers allowed. Mara Fain. Plantation Lawn.
- 9 am Inaugural East Coast Meeting of the Dum (D) Ass (U)Naturists (H).** What is DUH? Learn how and why you should be involved. We put the “special” in Special Interest Group! Dave Cole facilitates. South Lawn.
- 10 am Safari Ride.** Meet and greet the buffalo. *Clothing required.* Meet in Mansion Circle.
- 10 am Gentle Water Exercise.** Peggy Lamb. Inside Pool.
- 10 am The Cross un-Dresser.** An intriguing look at cross-dressing. Join us as we explore the “other side” of cross-dressing. Refreshments will be served. fullSPECTRUM. Pine Grove.
- 10 am Orientation For First-time Gathering Attendees.** In front of the TNS booth in the Marketplace.
- 10 am Creating Abundant Health, Wealth & Relationships.** Beyond “The Secret” DVD, Joe Vitale and Dr. Hew Len (“Zero Limits”) and Robert Scheinfeld (“Busting Loose...”) will change your way of thinking about life, and show you some practical ideas that will change your world completely. The most complex problems usually have a simple solution when you look closely at what is buried in your own subconscious. Bill Dewey & Isabel Henry. Plantation Lawn.
- 10 am Whatever Happened to the Nature In Naturism?** Some of the early naturists were considered pioneers in the modern environmental movement. Should/could that spirit be a part of what we are today? Jack Arnold. South Lawn.
- 10-noon. Kids Camp.** Arts, crafts, games, fun! Meet in Mansion Circle.
- 11 am Herding Cats & Other Naturist Network Scenarios.** Debbie Jungwirth, TNS Network Coordinator, will facilitate a discussion for group and club members about leadership issues and working with The Naturist Society. South Lawn.
- 11 am Hatha Yoga.** A basic asanas suitable for people who have studied yoga or are physically active. Susan Shopiro. Gazebo.
- 1 pm When the Clothed Are Among Us.** We have no problem being nude among the clothed employees of Eastover or our favorite naturist resort. Are we comfortable when the local construction workers settle down at the beach next to us while remain clothed? Are we as comfortable when the cab driver or the delivery truck driver drives past our campsite in our favorite naturist park? We'll examine a number of these scenarios. Mark Silverstein. Pine Grove.
- 1 pm Getting Published in *N* magazine.** Nicky Hoffman Lee. South Lawn.
- 1 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, reverse some effects of aging, and reduce pain. Appropriate for all ages, body types, and fitness levels. Barry Bailey. Plantation Lawn.
- 1-5 pm Drop In Massage Exchange.** Like to give or receive Swedish massage? Share your favorite strokes and learn new techniques. Drop by alone or with a friend and bring a large towel. Tables and oil provided. John Hamm. Mansion Parlor.
- 1:30 pm Water Slide!** A Gathering favorite. North Lawn Hill.
- 2 pm Water Volleyball.** Eastover Staff vs. Naturists. Outdoor Pool.
- 2 pm Let's Make Some Bling With Vickie!** Create your own bracelet using beads, crystal, and silver. Charge for supplies used only. Vickie Newman. Vickie's Booth in the Marketplace.
- 2 pm Body Painting.** For the “artist” who wants to paint, and the “canvas” who wants to be painted. Paints and brushes provided. Bring your imagination. Jack Holly. American Heritage Room.
- 2 pm Skeet Shooting.** Gun Pit.
- 2 pm Amateur Radio Sig Meeting & Demonstration.** Mansion Dining Room Terrace. Rain Date Friday, same time & place!
- 2 pm fullSPECTRUM Meet & Greet, Part 2.** The fullSPECTRUM SIG invites you to drop in and see what's happening. Poolside.
- 2 pm Shiatsu Back Class.** By learning a few acupressure points and how to give compression strokes, each person will give and receive a relaxing back massage. Bring a mat or a couple of towels. Robin Stapley. Plantation Lawn.
- 2 pm What Have You Learned From Your Children?** As parents, it is our obligation to teach our children, but at the same time we can learn from them. After all, we aren't the only people who say things worth listening to. What have you learned from them? Please come and share their memorable words. Bryon Brandt & his Mom. South Lawn.

- 2-4 pm The Naturist At Play.** A participatory photo workshop. We'll have an assortment of props and toys to pose with. The photographers will catch the naturists in action. Much of the action will be spontaneous, but there will be some planned shots for morphs, panoramas, and other special effects. Eric Fleischer. Gazebo.
- 3 pm The NOVA Factor.** Come learn about TNS' Naturist Outreach Volunteer Advocate program, and perhaps you could be our next NOVA rep! Nicky Hoffman. South Lawn.
- 3 pm What's A Nice Naturist Like You Doing At A Gathering Like This?** A discussion of expectations and advice on how to meet people. This workshop is the actionable result of previous workshops entitled "No Sex Please, We're Nudists!" Susan Shopiro. South Lawn.
- 4 pm Buffalo Races.** Poolside.
- 4 pm Learn Sign Language.** Learn this universal communication system. Donna Swanson. Plantation Lawn.
- 4 pm Beaches As A Business.** How to form a non-profit organization for your beach. Shirley Mason & Mike Abramson. South Lawn.
- 4 pm Using Photoshop to Alter Reality With Nudes.** Tips and techniques for creating convincing merged photographic images using the nude against unlikely backdrops using scale, lighting, depth of field, focus and detailed masking within Photoshop to merge photos of nudes that will "make you look twice." Computers not necessary, but if you have one already loaded with Photoshop feel free. All skill levels. Curt Kapus. American Heritage Room.
- 4 pm Singles SIG Meet & Greet.** An annual event. Drop by and say hello! Poolside.
- 4 pm A Naturist Look at St. Maarten.** Jeff Berger. Mohawk Room.
- 7 pm Talk with Nicky Session.** Join TNS for coffee & dessert and an open discussion about concerns, kudos, and the future of the organization. Mansion Dining Room.
- 7 pm Movie.** Library.
- 8 pm An Environmental Movie.** Jack Arnold. American Heritage Room.
- 8:30 Naturist Slide Show.** Eric Fleischer. Tally Ho.
- 9 pm Dancing in Tally Ho.**

friday june 27

- 6:15 am Early Morning Run.** Join Bill Schroer for a 2-3 mile eye-opener. Meet outside the Exercise Room.
- 7:30 am Standing Brocades.** A series of 8 simple exercises that the ancient Chinese did early each morning to help activate the 12 energy meridians. Robin Stapley. Gazebo.
- 9 am Wreck Beach Update.** PowerPoint presented by Judy Williams. Mohawk Room.
- 9 am Acupressure Points For Everyday Use.** Six pressure points will be taught to help your daily life. Robin Stapley. Plantation Lawn.
- 10 am Orientation For First-time Gathering Attendees.** In front of the TNS booth in the Marketplace.
- 10 am News-Worthy Nudes.** There have been many high and low points in the media concerning nudists and nudity this past year. Share a wide range of stories, from the humorous and positive to the negative and troublesome. Virginia Marchant. Mohawk Room.
- 10 am "Greening" Your Home.** Focusing on weatherization and water. Jack Arnold. South Lawn.
- 10 am Lobbyists & Other Dirty Words.** You can count on NAC to implement grass roots activism—vigorously. However, NAC is also skilled at working within the system and behind the scenes, using lobbyists and an array of other resources. When is a lobbyist appropriate? What does a lobbyist really do for NAC and for naturists? Includes specific examples. Bob Morton, NAC. South Lawn.
- 10-noon Kids Camp.** Meet in Mansion Circle.
- 10 am Gentle Water Exercise.** Peggy Lamb. Inside Pool.
- 10 am Tie-Dyeing For Fun.** Come and create your very own tie-dyed masterpiece! T-shirts, tank tops, bandannas, dyes, and fun supplied by TNS. All ages welcome, pre-workshop sign-up at the front desk. \$5 fee. South Lawn Tent.
- 10 am Y R U a Naturist?** Anyone who lives and promotes naturism has probably been asked this question hundreds of times already. Everyone has their own unique answer, but when the question arises you need to be able to answer it! Dave Cole. Plantation Lawn.
- 10:30 Conversations About God.** An open discussion workshop. Let's get close to God. As in past discussions, we continue to talk about our personal relationship with God. Bring your joy and your concerns regarding God. Share any signs from God that you have experienced, both small and wow. If an object was part of your experience, bring it along. I have some new signs to share with you too! Shelley Gilbert. South Lawn.
- 11 am Walking Tour of Eastover.** Meet in Mansion Circle.
- 11 am Star Search Rehearsal.** Sign up for the Star Search Talent Show in the Mansion Lobby, and rehearse your "act." Tally Ho.
- 11 am Learning To Co-Exist In a Naturist World.** Mara & Gray Fain. South Lawn.
- 11 am The Politics of Children & Naturism.** Meeting the challenges to children's participation in naturism: naturist youth camps, home nudity, photography of children, child protective services, and adult-only venues. Morley Schloss. Plantation Lawn.

- 11 am** **Singles Meet & Greet.** Hosted by The Singles SIG. Poolside.
- 11 am** **Maintaining An Appropriate Naturist Image.** Powerpoint presentation depicting photography and the true spirit of naturism. Nicky Hoffman Lee. Mohawk Room.
- 1 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, reverse some effects of aging, and reduce pain. Appropriate for all ages, body types, and fitness levels. Barry Bailey. Plantation Lawn.
- 1 pm** **Hospice: A Compassionate Approach to End Of Life Care.** An introduction to the hospice philosophy and improving the quality of life at the end of life. Susan Shopiro. Mohawk Room.
- 1 pm** **Philosophy Corner.** Explore a classic liberal line of argumentation for naturist freedoms grounded in John Stuart Mills' *On Liberty*. Mark Storey. South Lawn.
- 1 pm** **Privacy vs. Security at Nudist Resorts.** A spirited discussion of the trade-offs between invasions of personal privacy and security measures that our nudist resorts need to implement to protect us from sexual predators and other criminals. How much will you tolerate? Driver's license? Fingerprints? Closed-circuit TV monitoring? Leaders are developing security recommendations for nudist clubs and need your input. Fred Van Nest & Ed Thibault. Pine Grove.
- 1-5 pm** **Drop In Massage Exchange.** Like to give or receive Swedish massage? Share your favorite strokes and learn new techniques. Drop by alone or with a friend and bring a large towel. Tables and oil provided. John Hamm. Mansion Parlor.
- 2 pm** **Men's Discussion Group.** Let's talk about issues from the war in Iraq to the VA scandal, to what's happening in your life. Richard Nadeau. Plantation Lawn.
- 2 pm** **Women's Panel Discussion.** This popular workshop returns! Come hear our panelists share their unique experiences and common topics as they answer questions about naturism from their perspectives as daughters, wives, and mothers. Audience members will also be given the opportunity to ask their own questions of the panelists on a first-come, first-served basis. All are welcome to attend! Shirley Mason moderates. South Lawn.
- 2 pm** **Lawmakers Are NOT (Always) the Enemy.** NAC has called your attention to a number of hostile lawmakers who have created crisis' to which we must respond. But on behalf of naturists, NAC also works proactively and cooperatively with lawmakers—and you can too! Learn how to choose your battles and choose your lawmaker friends. Making yourself valuable is sometimes the best way to protect your issues. Bob Morton, NAC. South Lawn.
- 2 pm** **Poolside Photo Fun.** A participatory photo workshop. Come jump in, dive in, or splash around in the pool while we photograph you in action. Eric Fleischer. Outdoor Pool.
- 2 pm** **Stroking Community Massage.** Learn hands-on massage techniques with 5 people coordinating together at one table. Joyce Orton. Mansion Parlor.
- 2-4 pm** **Kids Camp.** Meet in Mansion Circle.
- 3 pm** **Yoga Therapy.** A gentle routine and positions (or asanas) designed to address injuries, illnesses, and other issues. Susan Shopiro. Gazebo.
- 3 pm** **Pudding Toss.** Softball Field.
- 3 pm** **Dressing "Silly" Contest.** You bring the body, we'll supply the silly! Sponsored by the DumAss SIG, judged by Ticki & Betsy from Eastover. South Lawn.
- 3 pm** **Beer Here!** Or beer tasting anyway. Join our premiere naturist "Braumeister" for taste tests of several brews, including Wisconsin's own Point Brewery's latest offering: Nude Beach Beer! Allen Baylis. South Lawn Tent.
- 4 pm** **PayPal Hypocrisy.** Learn the details of the much-publicized battle between FCN and the internet pay mogul PayPal. Judy Williams. South Lawn.
- 4 pm** **Power of Authentic Success.** This workshop focuses on the essential elements to recognizing authentic success. This workshop will help you clarify, focus, and realign your intentions to achieve the success you dream of. Mara Fain. Plantation Lawn.
- 4 pm** **Diversa-Cheese and Whine!** The fullSPECTRUM SIG invites you to join them for some "whine" and cheese. Age 18 or older please. Poolside.
- 4 pm** **Remember That?** Help name TV and Radio shows, cars, and more from the 40's, 50's, and 60's. Randy Swanson. Mohawk Room.
- 4 pm** **Buffalo Races.** Poolside
- 4 pm** **Happy Hour.** Music poolside.
- 5 pm** **NAC/NEF Large Donor Reception.** We would like to thank those of you that have donated a sizeable portion of your hard-earned money to help NAC and NEF this past year. Join the NAC Board for cheese, fruit and wine. Mohawk Room.
- 7 pm** **Movie.** Library.
- 7 pm** **Star Search.** Bob Smith of the fullSpectrum SIG emcees this showcase of naturist creativity and talent. All ages and abilities welcome. Tally Ho.
- 9 pm** **Images & Patterns Projected On the Human Form. (or immediately following the talent show)** Meet on the top of the driving range near Tally Ho if it's dry, the Mohawk Room if it's rainy. We'll be going until 11:30 or later, so feel free to join us later if you wish. Eric Fleischer.
- 9 pm** **Jewish Naturist Shabbat and Oneg. (or immediately following the talent show)** Hosted by Virginia & Matthew Schnee. Mansion Dining Room.
- 9:30 pm** Dancing in Tally Ho.
- 10-midnight** Stan & Louie In the Stalls.

saturday june 28

- 6:15 am Early Morning Run.** Join Bill Schroer for a 2-3 mile eye-opener. Meet outside the Exercise Room.
- 7:30 am Standing Brocades.** A series of 8 simple exercises that the ancient Chinese did early each morning to help activate the 12 energy meridians. Robin Stapley. Gazebo.
- 9 am Values In Relationship Game.** This values exercise helps you to discover what is *really* important to you in forming a relationship. Morley Schloss. Plantation Lawn.
- 9 am NAC Roundup.** A fast-paced and timely discussion of recent and current issues and opportunities facing naturists throughout North America. Learn about successes, setbacks, trends, and expectations. Bob Morton, NAC. South Lawn.
- 9 am Massage Therapists' Round Table.** For professional massage therapists, bodyworkers, and those seriously considering entering the profession. A discussion of legal, ethical, and practical aspects of being both a naturist and a massage therapist with a practice serving naturist and non-naturist clients. Jonathan Shopiro. South Lawn.
- 10 am Orientation For First-time Gathering Attendees.** In front of the TNS booth in the Marketplace.
- 10 am Body Painting For Fun.** A "how to" on body painting. Bring your own paint and learn from an expert! Judy Williams. Outdoor Pool.
- 10 am Story Starters.** Need some inspiration? Join us for *Story Starters*, 5 minute writing sessions based on writing prompts to awaken your creativity and imagination. No writing experience necessary; bring paper and pen. Ruth Percey. South Lawn.
- 10 am Safari Ride.** Meet and greet the buffalo. *Clothing required.* Meet in Mansion Circle.
- 10-noon Kids Camp.** Location TBA.
- 10 am Family SIG Meet & Greet.** Stop by and mingle with the wonderful naturist families in attendance this week. Plantation Lawn.
- 11 am Raising A Naturist Family.** Take a look at the problems and joys of being a naturist family in today's world. Karen & Curt Kapus, Virginia & Matthew Schnee. Plantation Lawn.
- 11 am Power Of Words.** Words (spoken or unspoken) can affect people very differently than intended. A good-natured joke or comment can actually hurt. Learn how your words affect those you interact with. Gray Fain. South Lawn.
- 11 am Exercising Your Legal Rights.** Fact or fiction? How public nudity ordinances came about. Allen Baylis. Pine Grove.
- 11 am fullSPECTRUM Annual Meeting & Luncheon.** Newcomers welcome, guest speaker is Gerri Cannon, followed by lunch. Poolside.
- 1 pm Magazine Editing.** Learn editing techniques to help make your own articles and those of others ready for publication in naturist magazines or newsletters. Nicky Hoffman Lee & Mark Storey. South Lawn Tent.
- 1 pm The Vaccination Controversy: Answers For Parents.** Why have autism, asthma, diabetes, and other childhood conditions surged in parallel to mandated vaccination schedules? Dr. Ron Marsh. Mohawk Room.
- 1 pm STAR Tech Self-Help For Neck/Shoulder Pain & Headaches.** Learn specific techniques for relieving headaches and painful neck and shoulders that are caused by stress and tight muscles. Learn to prevent future tightness and pain. Hands-on and lecture. Barry Bailey. Plantation Lawn.
- 1 pm Beach Panel Discussion.** The state of the clothing-optional beach in the United States. Richard & Shirley Mason, Dave Cole, Allen Baylis, Judy Williams, Susan Rothberg. South Lawn.
- 1-4 pm Drop In Massage Exchange.** Like to give or receive Swedish massage? Share your favorite strokes and learn new techniques. Drop by alone or with a friend and bring a large towel. Tables and oil provided. John Hamm. Mansion Parlor.
- 2 pm Group Photo.** Outdoor Pool.
- 2-4 pm Kids Camp.** Meet in Mansion Circle.
- 2:30 pm Naturist Sing-A-Long.** Come join the fun at a good old-fashioned songfest, led by Eric Fleischer & Fred Shuman. American Heritage Room.
- 3 pm The Nuts-n-Bolts of a Beach Organization.** Issues relating to running a beach organization, such as preparation of financial statements, payroll issues, merchandise sales, cashflow, grants, etc. Shirley Mason & Mike Abramson. South Lawn.
- 3 pm St. Martin/Orient Beach.** A group discussion moderated by the Naturist Action Committee. Orient Beach is a naturist favorite that presently finds itself in a state of flux. If you've experienced the beach there (or you think that you might like to) join a group discussion to assess this popular but often puzzling naturist destination. Bob Morton, NAC. South Lawn.

4 pm Naturist Society "Town Hall" Meeting. For current members or those who are thinking of joining. The Naturist Society is a membership organization, so we want to hear from you, our members! Please join us for a discussion of what's new in the naturist world. TNS Member Advisory Committee. South Lawn Tent.

Immediately following the Town Hall Meeting: The Circle of Friends in the South Lawn Tent.

7pm Movie. Library.

7 pm Fifty Nude Women: A Musical Montage. A 12 minute short designed to display a variety of women's bodies in an effort to show what realistic women's bodies look like, with an emphasis on healthy body acceptance, offsetting unrealistic media stereotypes, and promoting a healthy acceptance of aging. Virginia Marchant. Mohawk Room.

9 pm DJ Dance. Tally Ho.

9:30 pm Slideshow in Tally Ho. Eric Fleischer.

10-midnight Stan & Louie In the Stalls.

sunday june 29

6:15 am Early Morning Run. Join Bill Schroer for a 2-3 mile eye-opener. Meet outside the Exercise Room.

7:30 am Standing Brocades. A series of 8 simple exercises that the ancient Chinese did early each morning to help activate the 12 energy meridians. Robin Stapley. Gazebo.

8 am Breakfast with fullSPECTRUM SIG. Come say hello or goodbye, exchange e-mails, etc. with your new friends! Poolside.

11 am Checkout Time. Clothes are **required**, (no exceptions!) at this time. Plan to depart Eastover by noon. Thanks for coming and travel safely!