

# NORTHEAST NATURIST FESTIVAL

## AUGUST 4 - 9, 2009



### EMPIRE HAVEN, MORAVIA, NEW YORK

Join us for 6 days of fun, growth and community.

Choose from 190 scheduled activities or simply relax at the **Northeast Naturist Festival** where you can: Renew friendships and make new friends. Be part of a caring community committed to exploration and growth. Enjoy the freedom of feeling the sun, air, and water over ALL of you.

This year we welcome Faerie Elaine Silver whose inspirational, fun singing has highlighted The Midwinter Naturist Festival for many years as well as the return of entertainers Leonard Lehrman, Helene Williams and Robin Renee.

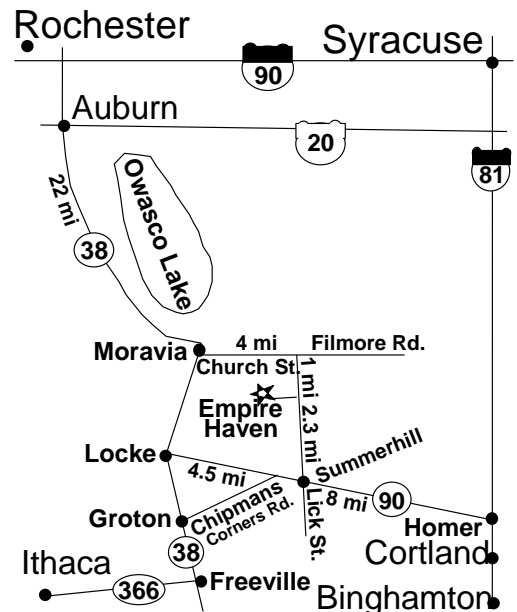
The program includes experiential workshops on health and alternative healing, personal growth, relationships, ecology, and arts topics, plus reports on the important work of the Naturist Action Committee in protecting and expanding opportunities for clothes free recreation. The energy will be high in the ceremonial area featuring a labyrinth, sweat lodge, and campfire drumming circle. You can experience healing body work, the wild & messy pudding toss, body painting, Mark Sadan's intensive photography workshops and the Human Awareness Institute's Love and Intimacy workshop. You can swim right under a waterfall and explore a magical gorge on a field trip to Potter's Falls. Evenings include a musical theater production, a naturist play reading, a square dance with a caller and band, drumming circles with dancing each evening, videos, DJ and live band dances, party games, karaoke and, on Wednesday, Faerie Elaine's Full Moon Concert. Of course, children will enjoy a full schedule of their own fun activities.

The **Northeast Naturist Festival** is celebrated at **Empire Haven Nudist Park** which offers a heated 25' x 50' swimming pool, a sauna, 2 hot tubs, a lighted volleyball court, a pickle ball court, pétanque courts, sunning decks, a children's playground, and a nature trail on 100 scenic acres. Most facilities are wheelchair accessible. The pool, hot tub, and sauna area is clothes free; clothing is optional elsewhere. Pickup volleyball games happen any time, pétanque games at 10 AM and 2 PM. Volleyball, basketball, and shuffleboard equipment is available in the clubhouse.

**Directions from Syracuse or Binghamton:** Take I-81 to Homer (exit 12). At the end of the ramp turn right onto Rt. 281. At the first light turn left onto Rt. 90. Go 7 miles to Lick St. in Summerhill (Summerhill Town Hall and Community Center is on the left). Turn right onto Lick St. Drive 2.5 miles. Turn left at the Empire Haven sign, then right at the 2<sup>nd</sup> drive.

**Directions from Ithaca and Southwest:** Take Rt. 366 east. At Freeville turn north onto Rt. 38. Just after Groton, turn right onto Chipmans Corners Rd. and go to its end at Rt. 90. Turn Right onto Rt. 90. Take the left onto Lick St. in Summerhill. Drive 2.5 miles. Turn left at the Empire Haven sign, then right at the 2<sup>nd</sup> drive.

**Directions from Northwest through Moravia:** Turn east on Church St. (becomes Skinner Hill Rd.) next to the Post Office. Keep right at fork. After 3 hills (about 4 miles) turn right onto Lick Street. One mile further, turn right at the Empire Haven sign, then right at the 2<sup>nd</sup> drive.



The Naturist Action Committee receives a portion of all registration fees.

# NORTHEAST NATURIST FESTIVAL, AUGUST 4-9, 2009

Breakfast: 7:30 9:00 AM Lunch: Noon - 1:00 PM Supper: 5:30 - 7:00 PM

## TUESDAY, AUGUST 4, 2009

**1:00 PM.....Opening Friendship Circle - Pavilion Lawn**

**2-5:00.....Creative Photography: The Nude in the Environment – Mark Sadan - Jamboree Hill**

*Bring your camera; participants must love photography and be interested in taking pictures... discussion in a nurturing and encouraging atmosphere.*

**2-5:00.....Sweat Lodge Construction – Craig Discher - Ceremonial Area**

*Help build the Native American type lodge to be used during the Festival.*

**2:00 PM.....Tantric Harmony: Introduction to Tantra & Each Other - Darrell & Nancy Casey - Quiet Lawn** *Introduction to Tantra by using music, to get us into our "right mind" as we begin to connect with each other.*

**2:00 PM.....Throat Singing Practice – Jon Horne, Ron Kalinowski - Khaki Shack**

*Three different techniques for singing multiple notes simultaneously.*

**2:00 PM.....Children's Activity: Paper Airplane Making – Michael Raymond - Playground Shelter**

*Construct a variety of paper airplanes using paper and other aerodynamic parts. After building and decorating your airplane, take part in the Festival paper airplane challenge.*

**3:00 PM.....Yoga Deeper – Zen Marie Holmes - Middle Lawn** *Advance your practice.*

**3:00 PM.....Trashy Drumming for All Ages – John Dodge - Playground Shelter**

*Build your own drums from discarded items.*

**4:00 PM.....Introduction to Healing Touch – Michael Raymond - Middle Lawn**

*The basics of the Human Energy Field to enhance that of another: techniques for head-ache relief, improved digestion, and relaxation while exploring how energy fields interact.*

**4:00 PM.....Discovering Healthy Chocolate – Darrell & Nancy Casey - Quiet Lawn**

*Healthy Chocolate is NOT an oxymoron and not ALL dark chocolate is created equal.*

*Join us for a lively presentation and sample some of the best healthy chocolate in existence.*

**4:00 PM.....Children's Activity: Kids & Dogs – Mark Quadrozzi - Playground Shelter**

*Empowering children to have a healthy relationship with people's best friend.*

**5:00 PM.....Introduction to The Naturist Society & This Festival - Morley Schloss - Jamboree Hill**

*Discussion of naturism, the Naturist Society, and the organization and objectives of this Festival.*

**7:00 PM.....Group Games for All Ages – Morley Schloss - Khaki Shack**

*Sing Down (singing ability not needed) and the hilarious Body Parts Game.*

**8-11:30.....Karaoke and Dance – Dave Herholtz - Pavilion**

**8-10:00.....Wisdom of the Wild (movie) – Mark Quadrozzi - Clubhouse**

*The healing powers of animals: dolphins, horses, chimpanzees, elephants.*

**9-11:30.....Drum Circle with Dancing – John Dodge - Ceremonial Area**

*Drum circle and bonfire with dancing.*

## WEDNESDAY, AUGUST 5, 2009

**7:00 AM.....Yoga – Zen Marie Holmes - Middle Lawn** *Gentle morning postures.*

**9-2:00.....Potters Falls Trip – Hike to Waterfall and Swimming – Meet at Pavilion Lawn**

*Car pool to Ithaca for clothing optional hike through beautiful gorge and swim below and underneath waterfall.*

**9-11:00.....Artists & Models – Carl Saber - Jamboree Hill**

*An informal, non-instructive shoot; models are needed.*

**9:00 AM.....Mushroom Walk – Ron Kalinowski – Meet at Middle Lawn**

*Hunt local mushrooms, gather specimens, and identify them.*

**9:00 AM.....Chant & Be Happy – Michelle Angel – Ceremonial Area** *Singing from our hearts.*

**9:00 AM.....Children's Activity: Body Painting – Michael Raymond – Playground Shelter**

**10:00 AM.....Every Bit Counts, for All Ages – Mark Quadrozzi - Playground Shelter**

*Simple actions that can make a big difference in the lives of those with whom we share the earth.*

**10:00 AM.....Integrating Divine Energy into Your Physical Body – Marcus Dove - Quiet Lawn**

*Through the process of accepting Divine Energy, we begin to integrate the energy into the energetic self allowing it to resonate into the physical.*

**11:00 AM.....Recent Travels to Nudist Venues – Beverly Pinkley - Middle Lawn**

*Share your nudist travels including resorts, cruises and beaches. Bring photos.*

**11:00 AM.....Nude Poets Society I - Ed Thibault - Quiet Lawn**

*Our poetry is full of joy, laughter and insight; bring original poems.*

**11:00 AM.....Spirituality & Dance – Judi Walters - Middle Lawn**

*Participatory presentation on the role of dance in various spiritual practices.*

**11:00 AM.....Children's Activity: Sand Art - Bridget Vanaman - Playground Shelter**

**1-3:00 .....Interviews 2009 – Carl Saber – Meet on Clubhouse Deck**

*Come for a video interview; share your experiences of NENF 2009, or naturism in general; receive a copy of the finished DVD.*

**1-3:00 .....Positive Approaches to Negative Criticism – Darrell & Nancy Casey - Quiet Lawn**

*How can you give criticism in a way that enhances your relationship with the person you're criticizing? How do you know when to accept or reject criticism that seems negative?*

**1-3:00 .....Children's Activity: Fun with Bubbles, Pool Games – Rhoda Brown, Paul Meier - Playground Shelter, Pool**

*Have good clean fun with bubbles, then a dip in the pool.*

**1:00 PM.....Better Family Photography – Grey Vanaman - Jamboree Hill**

*Make more successful images of family events.*

**2-5:00.....Sweat Lodge – Richard Ballard & Craig Discher - Ceremonial Area**

*Native American purification ceremony.*

**2:00 PM.....Naturist Photography: When and Where, Public or Private – Gerald Dixon - Jamboree Hill**

*Share your experience and policy suggestions.*

**3-5:00.....Using 12 Steps to Heal Mental/Physical Problems – Dick Hare - Pavilion**

*We will explore the use of the principles of self help groups to meet the challenges of life.*

**3:00 PM.....Naturist Action Committee: Working with Officials to Gain & Protect Clothing Optional Sites – Morley Schloss - Middle Lawn**

*Techniques for dealing with legislators and administrators at the local, state and national levels.*

**3:00 PM.....Looking for a New Story – Chuck Myers - Quiet Lawn**

*Old cultural paradigms are shifting; a new story for mankind is possible; discuss possible ways forward personally and culturally.*

**3:00 PM.....Children's Activity: Story Time Yoga – Zen Marie Holmes, Raven Holmes-Dodge - Playground Shelter**

*Play out animal and nature stories.*

**4-5:30.....The Living Canvas for All Ages – Michael Raymond - Playground Shelter**

*After identifying an important character trait, participants will use body paint, music and movement to express this trait, an opportunity for creative self-expression.*

**4:00 PM.....All of This Earth – Mark Quadrozzi - Jamboree Hill**

*All animals are individuals who deserve our respect.*

**5-6:30.....Skin Cancer Screening – Jeff LaDuca MD, William Patrick MD - Khaki Shack**

**5:00 PM.....Singles Meet & Greet – Beverly Pinkley – Quiet Lawn**

*Get to know other singles.*

**7-9:00..... Faerie Elaine Silver's Full Moon Concert - Upper Haven**

*An inspirational, fun evening with award-winning performer and recording artist Faerie Elaine.*

**7-8:30..... Children's Activity: Movie with Popcorn – Rhoda Brown, Paul Meier - Clubhouse**

*Enjoy a movie and popcorn with your friends.*

**8-11:30.....Oldies Dance – Dave Herholtz - Pavilion**

**8:30-10:30....Urban Elephants (movie) – Mark Quadrozzi - Clubhouse**

*The effects of humans on this powerful mammal.*

**9-11:30.....Drum Circle with Dancing – John Dodge - Ceremonial Area**

*Drum circle and bonfire with dancing.*

**11:30 PM.....Harmonic Meditation with Waterphone – Ron Kalinowski, Jon Horne - Khaki Shack**

*A meditation session: focus on the harmonic sounds of the waterphone, an acoustic friction rod instrument.*

**THURSDAY, AUGUST 6, 2009**

**7:00 AM.....Yoga - Zen Marie Holmes - Middle Lawn** *Gentle morning postures.*

**7:30 AM.....Morning Meditation – Robin Renee - Middle Lawn**

*Begin the day with stillness through sitting and walking meditation.*

**9-12:00.....Creative Photography: The Beauty of Vision – Mark Sadan - Jamboree Hill**

*Bring your camera; participants must love photography and be interested in taking pictures.... discussion in a nurturing and encouraging atmosphere.*

**9:00 AM.....Developmental Disabilities Family – Rhoda Brown - Pavilion Lawn**

*Do you or your child live with AD/HD, ODD, Autism Spectrum, Childhood Bipolar? Share your stories and support.*

**9:00 AM.....Basic Massage Techniques – Zen Marie Holmes – Middle Lawn**

*Basic massage techniques that promote relaxation and pain relief.*

**9:00 AM.....Using the Chakra Track to Channel in Divine Energy – Marcus Dove - Quiet Lawn**

*Channel Divine Energy into your life in a positive and meaningful way.*

**9:00 AM.....Emergency First Aid for the Family: Medical Emergencies, for All Ages – Grey Vanaman - Playground Shelter**

*Basic first-aid techniques focusing on emergency care for the sick and injured in the critical few minutes before care can be obtained; learn the signs and symptoms as well as first-aid care for medical problems such as Diabetic Emergencies, Heart Problems, Allergic Reactions, and Strokes.*

**10-12:00.....Exciting the Writer – Robin Renee - Ceremonial Area**

*Journey through movement, silent meditation, music, and chant as portals to the awakening writer within. Bring a notebook & a pen.*

**10:00 AM.....Clothesfree vs. Clothing Optional – Morley Schloss - Pavilion Lawn**

*Share your views on naturist resorts requiring nudity.*

**10:00 AM.....Energy Healing & Massage Work – Vera Scroggins - Middle Lawn**

*Conscious touch with light and firm strokes, using sound, music, and loving intention to open the stuck energy spots and allow for free flow of life force.*

**10:00 AM.....Pickleball: An Introduction – Al Robinson – Pickleball Court**

*Learn to play this ping-pong type game on a court.*

**10:00 AM.....Children's Activity: All of This Earth – Mark Quadrozzi - Playground Shelter**

*Animals are similar to us.*

**11-12:30.....Flirting for Naturists – Beverly Pinkney, Murray Schechter - Quiet Lawn**

*What is acceptable and what is not. Are you a flirt? Do you want to be one?*

**11:00 AM.....Healing Touch – Michael Raymond - Middle Lawn**

*Practice techniques for headache relief, improved digestion, and relaxation while exploring how energy fields interact.*

**11:00 AM.....Children's Activity: Face Painting – Bridget Vanaman - Playground Shelter**

**1-3:00.....Interviews 2009 – Carl Saber – Meet on Clubhouse Deck**

*Come for a video interview; share your experiences of NENF 2009, or naturism in general; receive a copy of the finished DVD.*

**1-3:00.....Children's Activities: Slip n Slide, Pool Games – Rhoda Brown, Paul Meier – Parking Hill, Pool**

*Dare the Parking Hill for grass burns while having clean soapy fun and finish off with pool games.*

**1:00 PM.....Lifestyle Nudism – Wib & Pat Daley - Jamboree Hill**

*Let's embrace our roots and return to the "Colony."*

**1:00 PM.....Dances of Universal Peace – Jim Leff - Middle Lawn**

*Easy to learn circle moving meditations incorporating songs and sacred phrases from the world's spiritual traditions.*

- 1:00 PM.....Recreation: Releasing Your Dis-Ease – Darrell & Nancy Casey - Quiet Lawn**  
*Have you “grown” through facing physical and/or emotional challenges? Share experiences and a healing guided journey (available on CD).*
- 2-4:00.....The Iroquois Confederacy – Dick Hare - Pavilion**  
*Explore the history and traditions of the Iroquois Indians.*
- 2:00 PM.....LOVING TO FEEL: Tears, Our True Connection to REALLOVE – Diane Kohl - Quiet Lawn**  
*Discussion about our body's natural way to heal into healthy love, including physical symptoms.*
- 2:00 PM.....Henna – Zen Marie Holmes – Jamboree Hill**  
*Basic techniques of the ancient art of henna.*
- 2:00 PM.....Natural Facials – Michael Raymond - Middle Lawn**  
*Experience a healthful facial and learn to do it for yourself.*
- 3:00 PM.....Sensual Massage – Michelle Angel - Middle Lawn**  
*Sacred touch massage with loving presence.*
- 3:00 PM.....Gender Differences in Wants & Needs – Murray Schechter, Jewel Snow - Jamboree Hill**  
*Are there differences between what men and women want? Your experiences? Let's discuss ...*
- 3:00 PM.....Body Banging for All Ages – John Dodge - Playground Shelter**  
*Be the musical instrument. (This is not a mosh pit or group sex.)*
- 4:00 PM.....GENERAL ASSEMBLY - Pavilion Lawn**
- 7:00 PM.....The Photography of Mark Sadan - Clubhouse**  
*New works, premiers and recent works, projected as musical DVD's with music  
Including the premiere of Illuminata 2, H. Bosch/Sadan and Celtic Illuminata from last year.*
- 7:00 PM.....Children's Activities: Ice Cream Social, Pool Games – Rhoda Brown, Paul Meier – Clubhouse Deck, Pool**  
*Share some ice cream with your friends then a dip in the pool.*
- 8-11:00.....Square Dance – Ted Crane, Pamela Goddard, callers, with Hedgehog Band - Pavilion**  
*Lively, fun square & circle dances; no experience required.*
- 8-10:00.....Dog: The Early Years (movie) – Mark Quadrozzi - Clubhouse**  
*Explores the human/dog relationship.*
- 8:00 PM.....Harmonic Meditation with Voice I – Jon Horne, Ron Kalinowski - Khaki Shack**  
*Improvisational harmonic singing meditation session. Vocal training or ability not needed.*
- 9-11:30.....Drum Circle with Dancing – Ron Kalinowski - Ceremonial Area**  
*Drum circle and bonfire with dancing.*

## FRIDAY, AUGUST 7, 2009

- 7:00 AM.....Yoga - Zen Marie Holmes - Middle Lawn** *Gentle morning postures.*
- 7:30 AM.....Morning Meditation – Robin Renee - Middle Lawn**  
*Begin the day with stillness through sitting and walking meditation.*
- 9-11:00.....Igniting the Inner Wisdom of the Shaman's Way I – Richard Ballard - Ceremonial Area**  
*Introduction to Shamanic cosmology, learning to journey into non-ordinary reality, meeting your power animal in the Lower World.*
- 9-11:00.....Artists & Models – Carl Saber - Jamboree Hill**  
*An informal, non-instructive shoot. Models are needed.*
- 9:00 AM.....Family-Friendly, Non-Sexual Nudism – Wib & Pat Daley - Middle Lawn**  
*How are we doing?*
- 9:00 AM.....Poly Chat – Robin Renee - Quiet Lawn**  
*A time to meet and talk with others who identify as polyamorous. (Any genders and orientations welcome).*
- 9:00 AM.....Emergency First Aid for the Family: Bleeding, for All Ages – Grey Vanaman - Playground Shelter**  
*Learn the care of family members who have suffered trauma and are bleeding; emergency bandaging techniques will be demonstrated.*

**10:00 AM.....Naturist Action Committee: Overview of Current Issues & Challenges – Morley Schloss - Middle Lawn**

*Trends in North America: anti-nudity legislation, adult entertainment ordinances, gaining and protecting clothing optional beaches, naturists on sex offender lists, topfree equality for women.*

**10:00 AM.....Connecting As One – Marcus Dove - Quiet Lawn**

*Beginning in guided meditation, allowing your molecules and atoms to openly flow with the universe and embrace the true feeling of Oneness.*

**10:00 AM.....Non-Violent Communication – Vera Scroggins - Middle Lawn**

*The basics of supportive, active listening, how to express feelings and needs, and what the vast range of feelings and needs are; how to express hurts and fears without being abusive and reactive.*

**10:00 AM.....Children’s Activity: Body Painting – Rhoda Brown, Paul Meier - Playground Shelter**

**11:00 AM.....Introduction to Massage – Beverly Pinkley – Vendor Area**

*Demonstration and discussion.*

**11:00 AM.....Chant & Be Happy – Michelle Angel - Ceremonial Area**

*Singing from our hearts.*

**11:00 AM.....Hair vs. Bare – Murray Schechter, Diane Ballard - Quiet Lawn**

*Which do you prefer? Hair? Bare? Where? There? Everywhere? Bald and ribald? Hirsute and cute? Join the debate.*

**11:00 AM.....Posing: Put Your Best Face Forward – Floyd Baker - Jamboree Hill**

*How to come across to the camera. Have a photo taken while you're aware of what it takes to look good.*

**11:00 AM.....Children’s Activity: Make Paper Chain Snake - Bridget Vanaman - Playground Shelter**

**1-3:00.....Interviews 2009 – Carl Saber – Meet on Clubhouse Deck**

*Come for a video interview; share your experiences of NENF 2009, or naturism in general; receive a copy of the finished DVD.*

**1-3:00.....Children’s Activities: Field Games, Pool Games – Rhoda Brown, Paul Meier - Playground Shelter, Pool**

*Run some of the wiggles out; then cool off in the pool.*

**1:00 PM.....Pipe Circle Native Prayer Ritual – Richard Ballard - Ceremonial Area**

*Authentic Native American prayer ritual.*

**1:00 PM.....Re-Creation: Building Self Esteem Within Yourself & Others – Darrell & Nancy Casey - Quiet Lawn**

*If we don't love and accept ourselves, it is difficult to love and accept others. In this experiential workshop explore creating these positive self images. Bring your sense of humor; be prepared to laugh.*

**1:00 PM.....Body Painting – John Dodge, Zen Marie Holmes - Jamboree Hill**

**2-5:00.....Sweat Lodge – Richard Ballard, Craig Discher - Ceremonial Area**

*Native American purification ceremony.*

**2:00 PM.....Choices: Values in Relationships Game – Morley Schloss - Jamboree Hill**

*Discover/clarify what values are important to you in establishing or enhancing a relationship.*

**2:00 PM.....Our Energetic Interaction with Food – Michael Raymond - Middle Lawn**

*The fundamentals of our energetic interaction with various foods; the relationship of degenerative disease and oxidative stress; how our food choices affect our health.*

**3:00 PM.....Naturist Action Committee: The Politics of Children in Naturism – Morley Schloss - Jamboree Hill**

*Meeting the challenges to children’s participation in naturism: naturist youth camps, photography of children, child protective services, adults-only sites and events, home nudity.*

**3:00 PM.....Women’s Sharing Circle – Audrey Perry - Quiet Lawn**

*Relating to our adult children and closest friends. How do we infuse the notion of “unconditional positive regard” into our closest relationships? How do we address our own needs in this context?*

**3:00 PM.....Men’s Circle: Practical Wisdom – Bruce Michaels - Pavilion Lawn**

*Practical Wisdom: What is it and do we have it? What is wisdom in the modern world? Caring for others may be one aspect of practical wisdom. Examine some of the aspects of it in relation to our everyday lives.*

**3:00 PM..... Massage Practice – Beverly Pinkley – Vendor Area**

*Practice your massage techniques and learn new ones.*

**3:00 PM..... Children’s Activity: Squaint Ball – Grey Vanaman - Playground Shelter**

*Squirt guns with paint.*

**4:00 PM.....Raising Children as Naturists – Rhoda Brown - Jamboree Hill**

*Parents share your stories and questions about raising out kids without clothes.*

**4:00 PM..... Sacred Touch Massage for Partners – Michelle Angel - Middle Lawn**

*Touch your partner with living presence.*

**4:00 PM.....Varieties of Meditative Practice – Jon Horne, Ron Kalinowski - Quiet Lawn**

*The meditative aspects of harmonic singing; various forms of meditation; their common elements and benefits.*

**4:00 PM.....Children’s Activity: Basic First Aid – Michael Raymond - Playground Shelter**

*Learn the essentials of first aid in this fun, interactive activity. After discussing the most important topics (i.e. sunburn prevention, treating insect bites, cuts and abrasions), participants will use their knowledge in a specific scenario. Great for children who love drama. Free first aid kits.*

**5:00 PM.....GROUP PHOTO - Pavilion Lawn**

**7:00 PM.....Naturist Play Reading – Jerry Dixon, Ed Thibault - Upper Haven**

*Volunteer cast reads “Barely Proper”. Get script from Ed.*

**7:00 PM.....Children’s Activity: Campfire with S’Mores – Rhoda Brown, Paul Meier - Ceremonial Area**

*Enjoy roasting marshmallows, fire side chat and maybe even some songs.*

**8-11:30.....Karaoke & DJ Dance – Steve Richmond - Pavilion**

**8-10:00.....2012 The Odyssey (movie) – Chuck Myers - Clubhouse**

**8-9:30.....Robin Renee in Concert - Upper Haven**

*Assertive, soulful, and deeply personal, recording artist Robin Renée's mantra-pop performance (alt-folk with a spiritual twist).*

**9-11:30.....Drum Circle with Dancing – Steve Calkins - Ceremonial Area**

*Drum circle led by Steve Calkins, One-Heart Community Drum facilitator*

**9:30-11:30....Illuminata 3: The Creation – Mark Sadan - Quiet Lawn**

*New projections, to be shown Saturday evening.*

**11:30 PM.....Harmonic Meditation with Voice II – Jon Horne, Ron Kalinowski - Khaki Shack**

*Session will be recorded; participants will get copies of the recording.*

## SATURDAY, AUGUST 8, 2009

**7:00 AM.....Yoga - Zen Marie Holmes - Middle Lawn** *Gentle morning postures.*

**7:30 AM.....Morning Meditation – Robin Renee - Middle Lawn**

*Begin the day with stillness through sitting and walking meditation.*

**9-Noon.....Creative Photography: One’s Personal Vision – Mark Sadan - Jamboree Hill**

*Bring your camera; participants must love photography and be interested in taking pictures.... discussion in a nurturing and encouraging atmosphere.*

**9-11:00.....Igniting the Inner Wisdom of the Shaman’s Way II – Richard Ballard - Ceremonial Area**

*Journeying to your Sacred Garden. Journeying to the Upper World, meeting your Spirit Teacher.*

**9:00 AM.....Changing Images of Naturism – Dennis Coyle - Pavilion Lawn**

*Nudist and Naturist magazines over the decades reflect the development of naturist philosophy.*

**9:00 AM.....Couples Massage – Beverly Pinkley - Middle Lawn**

*Guided instruction on massaging your partner. Bring towel or blanket and pillows.*

**9:00 AM.....Sexual Abuse and Its After Effects – Les Rivkin - Quiet Lawn**

*Discussion of sexual abuse from various perspectives.*

**9:00 AM.....Children’s Activity: Painting – John Dodge, Zen Marie Holmes - Playground Shelter**

**10-Noon.....Seeing All of Me – Murray Schechter, Vera Scroggins - Khaki Shack**

*Should observing body parts usually concealed be as acceptable as observing faces? Discussion and experiential exercise.*

**10:00 AM..... Let the Spirit Move You – Salvatore Torrissi - Middle Lawn** *Dancing to awaken your inner self.*

**10:00 AM..... Tie Dye for All Ages – Rhoda Brown, Paul Meier – Playground Shelter**  
*Give your cotton clothing new life, relive your hippie days or make some new hippie day memories.*

**11:00 AM.....Native American Drumming & Flute – Michelle Angel – Ceremonial Area**  
*Soft drumming to the heartbeat. Bring your instruments.*

**11:00 AM.....Sharing Life's Lessons – Bruce Michaels, Audrey Perry - Quiet Lawn**  
*As we go through life we encounter many difficult experiences. We will use small group techniques that will facilitate sharing our experiences. We will discover the wisdom found in these challenging situations.*

**11:00 AM.....Children's Activity: Make Paper Bag Owl Puppet - Bridget Vanaman - Playground Shelter**

**1-4:00.....Children's Activities: Water Balloon Launch, Slip –N-Slide, Pool Games – Rhoda Brown, Paul Meier - Playground Shelter, Parking Hill, Pool**  
*Water balloon and soapy fun games.*

**1-3:00.....Nudity of the Heart: Love & Intimacy – Human Awareness Institute – Ben Farris, Khafiya Wolf - Khaki Shack**  
*Explore ways of being with others that are satisfying and nurturing, with the potential of moving through pretense and protective behaviors that prevent us from receiving and giving love.*

**1:00 PM.....Naturist Values: Nudity with More – Morley Schloss - Middle Lawn**  
*The status of Lee Baxendall's legacy: ecology, healthful living, welcoming diversity, public land use, peace, activism.*

**1:00 PM.....Nude Poets Society II: Ed Thibault - Quiet Lawn**  
*Our poetry is full of joy, laughter and insight; bring original poems.*

**1:00 PM.....Figure Drawing of a Model – Floyd Baker - Jamboree Hill**  
*Drawing instruction: Learn an easy method for putting the body onto paper accurately proportioned. Paper and pencils, charcoal supplied.*

**2:00 PM..... Naturist Action Committee: Area Representative Program - Middle Lawn – Barbara Crumb, Gerald Dixon, Morley Schloss**  
*NAC Area Reps describe their roles in protecting naturist rights; how you can help.*

**2:00 PM.....Creative Disorganization: AD(H)D Mutual Coaching Group – Les Rivkin - Jamboree Hill**  
*Meet and talk with others who share your differences, struggles, and special talents.*

**2:00 PM.....Connecting with Your Guides – Marcus Dove - Quiet Lawn**  
*Beginning in a process of guided meditation and stillness, slowly emerging into true embodiment and acceptance.*

**3:00 PM.....Yoga Deeper - Zen Marie Holmes - Middle Lawn** *Advance your practice.*

**3:00 PM.....Free Your Body, Free Your Voice – Helene Williams, Leonard Lehrman - Khaki Shack**  
*Singing & dancing with the Opera/Musical Theatre SIG of TNS.*

**3:00 PM.....Integrity in Relationships – Murray Schechter - Jamboree Hill**  
*What challenges have we experienced in maintaining our integrity in our relationships - let's share our stories.*

**3:00 PM.....Group Massage – Beverly Pinkley – Vendors Area**  
*Take turns receiving healing touch from the group.*

**4-5:30.....Understanding Light in Photography – Liam Sharp - Jamboree Hill**  
*We take light for granted; how to see and use light in your photography.*

**4-5:30.....Children's Activity: Make Kangaroo Wreath - Bridget Vanaman - Playground Shelter**

**4:00 PM.....Sacred Touch Massage: Tantric Approach to Sensuality – Michelle Angel - Quiet Lawn**  
*Discussion of all you ever wanted to know about sacred touch massage.*

**4:00 PM.....Looking for a New Story – Chuck Myers - Middle Lawn**  
*Old cultural paradigms are shifting; a new story for mankind is possible; discuss possible ways forward personally and culturally.*

**4:00 PM.....West African Dance – Zen Marie Holmes, John Dodge – Ceremonial Area**  
*Learn simple, but highly energetic movements to West African rhythms.*

**5:00 PM.....NAC/NEF Donor Reception - Khaki Shack**

**5:00 PM.....Human Awareness Institute: More Information – Khafiya Wolf - Quiet Lawn**

*Question and answer session for anyone who attended the Love and Intimacy HAI workshop at 1 PM or anyone wanting to learn about HAI. HAI grads welcome.*

**5:00 PM.....Practical Steps in Eco-Change – Jerry Dixon - Middle Lawn**

*Keeping positive balance and satisfaction in lifestyles is possible through effective personal strategies for Eco-Change.*

**7:00 PM.....Illuminata 3: The Showing – Mark Sadan - Upper Haven**

*Showing the images from Friday night.*

**7:00 PM.....Magnificent Obsession: TV Show Taped at 2007 Festival - Clubhouse**

**7:00 PM.....Children's Activities: Laser Tag & Pool Games – Rhoda Brown, Paul Meier - Playground Shelter, Pool**

*Have some running tag fun, then water fun with new friends.*

**8-11:30.....Dance to Jam Bones Band - Pavilion**

**8-10:00.....Time Wave 2013 (movie) – Chuck Myers - Clubhouse**

**8:00 PM.....20<sup>th</sup> Anniversary Naturist Concert Extravaganza with Helene Williams & Leonard Lehrman - Upper Haven**

*20th anniversary performance of the Opera/Musical Theatre SIG of TNS honoring the Elie Siegmeister centenary & the memory of Lee Baxandall.*

**9-11:30.....Drum Circle with Dancing – John Dodge - Ceremonial Area**

*An open drum circle and bonfire with dancing.*

**11:30 PM.....Harmonic Duet – Ron Kalinowski, Jon Horne - Khaki Shack**

*A meditative performance by Ron & Jon, playing new exotic instruments - the orbiting space plate and the harmonic water cello.*

## SUNDAY, AUGUST 9, 2009

**7:00 AM.....Yoga - Zen Marie Holmes - Middle Lawn** *Gentle morning postures.*

**7:30 AM.....Morning Meditation – Robin Renee - Middle Lawn**

*Begin the day with stillness through sitting and walking meditation.*

**9:00 AM.....Earth Celebration Service – Diane & Richard Ballard - Ceremonial Area**

*Celebrate and worship the Goddess/Mother Earth, Father Sky, and the four directions. Led by an ordained Pagan minister and his wife.*

**9:00 AM.....Non-Denominational Christian Service – Paul Meier - Jamboree Hill**

*Share some time of faith and support.*

**9:00 AM.....Battle of the Sexes – Beverly Pinkley - Quiet Lawn**

*A group discussion for marrieds and singles on how relationships have changed.*

**9:00 AM.....Emergency First Aid for the Family: Fractures, for All Ages – Grey Vanaman - Playground Shelter**

*Learn emergency care of people with broken bones. Various splinting techniques will be discussed and demonstrated*

**10-12:00 .....Learning to Love the Shape You're In – Darrell & Nancy Casey - Quiet Lawn**

*An experiential program which uses music and humor to address a basic challenge many of us face as we age.*

**10:00 AM.....Sharing Festival Photography – Mark Sadan - Clubhouse**

*The products of the Creative Photography workshops.*

**10:00 AM.....Preparing for a New Story – Chuck Myers - Middle Lawn**

*Old cultural paradigms are shifting; a new story for mankind is possible; possible ways forward personally and culturally.*

**10:00 AM.....Spirituality & Dance – Judi Walters - Pavilion Lawn**

*A participatory presentation on the role of dance in various spiritual practices.*

**10:00 AM.....Children's Activity: Put on a Play – John Dodge, Zen Marie Holmes - Playground Shelter**

*Produce and perform an original play.*

**11:00 AM.....Contacting the Inner Fire – Marcus Dove - Middle Lawn**

*By consciously fueling your inner fire, it grows and you become happier and more powerful in your own life.*

**11:00 AM.....Coping With Terminal Care-Giving – Bob Swanson - Pavilion Lawn** *Sharing experiences.*

**11:00 AM.....Looking at Jesus as a Mystical Teacher – Richard Ballard - Jamboree Hill**

*The value of the teachings of Jesus to believers and non-believers alike.*

**11:00 AM.....Children’s Activity: Make Paper Plate Octopus - Bridget Vanaman - Playground Shelter**

**1-3:00.....Natural Sculpture – Ron Kalinowski – Meet at Pavilion Lawn**

*Create art in nature, using natural materials found in natural settings. Explore possible settings, then design and build sculptures. An improvisational approach to sculpture, often producing results that are stunning and profound, but gentle on the land.*

**1:00 PM.....Nudists Have Nothing to Hide – Wib & Pat Daley - Middle Lawn**

*A positive perspective on being honest with friends, family, and employers that you don't like to wear clothes; even in presence of other people!!*

**1:00 PM.....Nude Model Photo Shoot – Floyd Baker, Lindsey Prial - Jamboree Hill**

*Instructions on lighting and camera settings under various conditions. Bring your camera.*

**1:00 PM.....Kirtan-O-Rama – Robin Renee - Ceremonial Area**

*Kirtan is a form of call and response chanting in the Indian devotional tradition; the repetition of these mantras brings one to deep stillness, bliss, and to a profound sense of oneness with All. Drums & percussion encouraged.*

**1:00 PM.....Children’s Activity: Story Time Yoga – Raven Holmes-Dodge, Zen Marie Holmes - Playground Shelter**

*Play out animal and nature stories.*

**2:00 PM.....Eco Actions for Your Home & Lifestyle – Les Rivkin - Middle Lawn**

*Discussion: What you can do to help save the planet.*

**2:00 PM.....How to See – Carl Saber - Jamboree Hill**

*Understand what you are looking at through an artist’s eye.*

**2:00 PM.....Pudding Toss for All Ages – Morley Schloss – Lower Lawn**

*Messy, gooey free-for-all for children and adults.*

**3:00 PM.....Sacred Touch – Michelle Angel - Quiet Lawn**

*Tantric Approach to Sensuality.*

**3:00 PM.....A-hay, Uh-oh, Now What? – Judi Walters – Pavilion Lawn**

*Integrating the lessons from the Festival into our more mundane lives.*

**3:00 PM.....Tribal Belly Dance 101 – Lindsay Prial - Middle Lawn**

*A dance demo, how to make and use a tribal belt, the dance's history and current rising popularity.*

**3:00 PM.....Discovering Healthy Chocolate – Darrell & Nancy Casey – Jamboree Hill**

*Healthy Chocolate is NOT an oxymoron and not ALL dark chocolate is created equal.*

*Join us for a lively presentation and sample some of the best healthy chocolate in existence.*

**3:00 PM.....Children’s Activity: Pool Games – Rhoda Brown, Paul Meier - Pool**

*Last gathering chance to play with your friends in the pool.*

**4:00 PM.....Closing Friendship Circle - Pavilion Lawn**

# THE NORTHEAST NATURIST FESTIVAL AUGUST 4<sup>th</sup> - 9<sup>th</sup>, 2009

Empire Haven Nudist Park 5947 Sun Lane Moravia NY 13118  
 (315) 497-0135 e-mail: mrobin2459@aol.com www.empirehaven.homestead.com

**Registration fees** are \$45 per person (\$40 for The Naturist Society members) for the total festival, \$12 for Sunday only. Ground fees are \$15 per day. There are no fees for children under 18.

**Gate hours** during the festival are  
 9 AM - 8 PM Monday  
 8 AM - 10 PM Tuesday - Saturday  
 8 AM - 7 PM Sunday

You must arrive between the hours shown in order to check in. Otherwise, check in is the next day.

**Cameras:** All festival registrants will sign Naturist Photo Policy "Agreements". Only our official photographers may take photos on the common grounds. Please confine family and friend photos to campsites. Devices with built-in cameras are prohibited.

**Meals:** Meals are served buffet style and will include several entree choices, vegetables, and dessert at dinner. Vegetarian options will be available at all meals. To ensure that enough food is available, please order meals with your reservation. Order the total meal plan (Monday breakfast thru Sunday Dinner) at a discount or select which meals you wish to have. Please indicate the number of people for each meal. **No refunds or substitutions for meal plan.** (Menus are available by calling Empire Haven or at www.empirehaven.homestead.com).

**Accommodations:** Some rental units available by reservation (for the total festival only). Some campsites have hookups (first come, first served). There are unlimited sites without hookups. Close sites must be reserved before the festival.

**REGISTRANT INFORMATION:**

DATE: \_\_\_\_\_

Name \_\_\_\_\_ TNS Member # \_\_\_\_\_

Name \_\_\_\_\_ TNS Member # \_\_\_\_\_

# Children under 18 names & ages (no charge) \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Indicate AM or PM Arrival & Departure:

Phone (day) \_\_\_\_\_ (eve) \_\_\_\_\_

Sun 2 \_\_\_ Mon 3 \_\_\_ Tue 4 \_\_\_ Wed 5 \_\_\_

E-Mail \_\_\_\_\_ License Plate No. \_\_\_\_\_

Thu 6 \_\_\_ Fri 7 \_\_\_ Sat 8 \_\_\_ Sun 9 \_\_\_

**REGISTRATION FEES**

**Total Festival (non TNS)** \$45.00 x \_\_\_\_\_ adults = \$ \_\_\_\_\_

**Total Festival (TNS mbr.)** \$40.00 x \_\_\_\_\_ adults = \$ \_\_\_\_\_

**Sunday Only** \$12.00 x \_\_\_\_\_ adults = \$ \_\_\_\_\_

**GROUND FEES**

**Daily Grounds Fee** \$15.00 x \_\_\_\_\_ Days x \_\_\_\_\_ adults = \$ \_\_\_\_\_

**ACCOMODATIONS**

**Camping W/ Hook-Up** \$13.00 x \_\_\_\_\_ nights = \$ \_\_\_\_\_

**Tenting No Hook-Up** \$10.00 x \_\_\_\_\_ nights = \$ \_\_\_\_\_

By Reservation: **Rental Units Site #** \_\_\_\_\_ \$ \_\_\_\_\_ x \_\_\_\_\_ nights = \$ \_\_\_\_\_

**MEALS**

**Meal Plan (NO Refunds or Substitutions)** \$170.00 x \_\_\_\_\_ meal plans = \$ \_\_\_\_\_

**Individual Meals (Fill in Chart Below)** Total for individual meals = \$ \_\_\_\_\_

**TOTAL FOR ALL CHARGES**

\$ \_\_\_\_\_

All persons are to pay fees through Sunday PM. A refund will be given upon departure for pre-paid days. Checkout is by 11 am Tues-Sunday. **NO EXCEPTIONS!!**

**PAYMENT:** I WILL PAY BY \_\_\_\_\_ VISA \_\_\_\_\_ MC \_\_\_\_\_ My Check Or Money Order Made Out To: **EMPIRE HAVEN**

CREDIT CARD# \_\_\_\_\_

EXP DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_

Identify # for INDIVIDUAL MEALS	BREAKFAST			LUNCH			DINNER			TOTAL \$
	Price	# meals		Price	# meals		Price	# meals		
		*	**		*	**		*	**	
MONDAY	\$7.99			\$9.99			\$12.99			
TUESDAY	\$7.99			\$9.99			\$12.99			
WEDNESDAY	\$7.99			\$9.99			\$12.99			
POTTERS FALLS BOX LUNCH				\$9.99						
THURSDAY	\$7.99			\$9.99			\$12.99			
FRIDAY	\$7.99			\$9.99			\$12.99			
SATURDAY	\$7.99			\$9.99			\$12.99			
SUNDAY	\$7.99			\$9.99			\$12.99			

**Meals for Children Under 12 Are Half Price.**

\* Adults  
 \*\* Children

TOTAL FOR INDIVIDUAL MEALS \$ \_\_\_\_\_

**I/WE HAVE RECEIVED COPIES OF THE NY STATE SPLASH PROGRAM AND THE NATURIST PHOTOGRAPHY AGREEMENT, UNDERSTAND THEM AND WILL ABIDE BY THEM.**

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_