

2009 ENG Final Schedule Of Events

In the event of rain: ALL changes will be made by TNS and posted on the whiteboard in the Mansion Lobby twice daily. Do NOT move a workshop location on your own!

Meal Times & Locations (All meals Poolside)
Breakfast: 8 - 9:30 am
Lunch: Noon - 1:30 pm
Dinner: 5:30 - 7:00 pm
Please be considerate! If you are finished eating please give your table to another, as table space is limited!

monday june 22

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.

All Day Tee Shirt Contest. Drop off a tee shirt that has something to do with naturism at the TNS Booth by closing time on Thursday. The DUMass Committee will judge (and will also vote on the best tee shirt!) Results announced Thursday at dinner. Shirt owner must be present to win. Presented by the DUMass SIG.

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.

8:30 DJ Dance. Tally Ho.

tuesday june 23

All Day Tee Shirt Contest. Drop off a tee shirt that has something to do with naturism at the TNS Booth by closing time on Thursday. The DUMass Committee will judge (and will also vote on the best tee shirt!) Results announced Thursday at dinner. Shirt owner must be present to win. Presented by the DUMass SIG.

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 The Sky Is Falling, The Sky Is Falling! Global what? Humpf! Is there a "green brick road" I can travel that works both for me and the environment that's somewhere between suburban denial and Southern Indiana survivalist? Jack Arnold. South Lawn.

10 am Safari Ride. Meet and greet the buffalo. *Clothing required.* 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 workshop, so bring a towel/blanket and your oil. Nancy Wilson. South Lawn.

10 am What's Going On With the Left Coast? Recent events in Washington and Oregon, but especially in California, have created as many questions as answers. NAC has sued the CA Parks Dept. for its handling of San Onofre State Beach, but has asked naturists to write letters of thanks and appreciation to CA Parks superintendents concerning their handling of the American River and Auburn State Recreational Area. And now, the Governor has suggested that large numbers of state parks simply be closed. What's going on there? What can it mean for naturists in other locations? Bob Morton, NAC. South Lawn.

11 am Contour Drawing. Helen Fleischer. South Lawn.

1 pm DUMass Olympics. Brought to you by the DUMass SIG. Individual prizes and an overall winner. South Lawn.

1 pm Frisbee Golf. Meet on the North Lawn.

1 pm Volleyball Pick-up Game. Volleyball Court.

1-3 pm Holistic Alternatives to Standard Medicine Part 1. A 2 hour program that explores the causes and treatment of 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.

3 pm Kids Camp. Arts, crafts, games, fun! Meet in Mansion Circle.

3 pm Nature Hike. To the base of October Mtn. Meet in Mansion Circle.

3 pm Yoga For Everybody. The instructor is in the process of completing teacher training for Yoga-Fit, which is part of the hatha tradition and in a vinyasa style that seeks to bring yoga to everybody in every body. We will link several poses together to create strength, flexibility, endurance and balance. The focus will be on beginner poses, but modifications will allow for all fitness levels to benefit and be challenged. Bring a towel or mat. Karen Kapus. Mohawk Room.

4 pm Water Slide! A Gathering favorite. North Lawn Hill.

7 pm Singles SIG Meet & Greet. An annual event. Drop by and say hello! Gazebo.

- 7 pm** **Movie.** Library.
- 8 pm** **Dave Does Mark's Video Vault.** A Gathering tradition! American Heritage Room.
- 8:30 pm** **DJ Dance.** Tally Ho.

wednesday june 24

- All Day** **Tee Shirt Contest.** Drop off a tee shirt that has something to do with naturism at the TNS Booth by closing time on Thursday. The DUMass Committee will judge (and will also vote on the best tee shirt!) Results announced Thursday at dinner. Shirt owner must be present to win. Presented by the DUMass SIG.
- 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** **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** **Gentle Water Exercise.** Peggy Lamb. Inside Pool.
- 10 am** **Dealing With The Reluctant Spouse & Naturist Public Outing .** How does the non-naturist public react to your lifestyle? Mike Abramson. South Lawn.
- 11 am** **Walking Tour of Eastover.** Meet in Mansion Circle.
- 11 am** **Gesture Drawing.** Helen Fleischer. South Lawn.
- 11 am** **Why Should Naturists Care When Lawmakers Target "Adult" Businesses?** State lawmakers across the US are looking for quick revenue by taxing sexually-oriented businesses. Do these "pole taxes" effect naturists? Are efforts to prevent minors from performing in strip clubs anything about which naturists should care? If we engage on such issues, how do we do so intelligently? Bob Morton, NAC. South Lawn.
- 11 am** **Volleyball Pick-up Game.** Volleyball Court.
- 1 pm** **The Condor Is Again Flying Wing To Wing With The Eagle.** Transitioning out of an era of earthly conflict and turmoil into more sustainable and earth-honoring ways—environmental sustainability, spiritual fulfillment and social justice. Jack Arnold. South Lawn.
- 1-3 pm** **Holistic Alternatives to Standard Medicine Part 1.** A 2 hour program that explores the causes and treatment of 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.
- 1 pm** **Learn Sign Language Part 1.** Learn this universal communication system. Donna Swanson. Gazebo.
- 1 pm** **DUMass Olympics.** Brought to you by the DUMass SIG. Individual prizes and an overall winner. South Lawn.
- 1-5 pm** **Drop-In Massage Exchange.** Like to give or relieve 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** **The Politics of Children & Naturism.** Meeting the challenges to children's participation in naturism: youth camps, home nudity, photography, adult-only venues, and Child Protective Services. Morley Schloss. South Lawn.
- 2 pm** **Women's Meditation: Finding Your Center From Within and Learning How To Use It.** Mara Fain. South Lawn.
- 3 pm** **Volleyball Game.** Eastover Staff vs. Naturists. Volleyball Court.
- 2-4 pm** **Kids Camp.** Meet in Mansion Circle.
- 3 pm** **Let's Fly A Kite.** Join longtime naturist kite fancier Fred Gerty and let's fly some kites. Bring a kite and meet on the hill near the Gazebo and hope for a good breeze! A few extra kites will be available. If there is no wind, we'll try again tomorrow at 4 pm. Fred Gerty. Gazebo.
- 3 pm** **Yoga For Everybody.** The instructor is in the process of completing teacher training for Yoga-Fit, which is part of the hatha tradition and in a vinyasa style that seeks to bring yoga to everybody in every body. We will link several poses together to create strength, flexibility, endurance and balance. The focus will be on beginner poses, but modifications will allow for all fitness levels to benefit and be challenged. Bring a towel or mat. Karen Kapus. Mohawk Room.
- 3 pm** **fullSPECTRUM Welcome Meeting.** Meet, mingle, and get to know the Gay, Lesbian, Bisexual, Transgendered SIG, their friends, and supporters. Pine Grove.
- 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! Poolside.
- 7 pm** **Environmental Movie Time.** *Flow*, Irina Salina's award-winning documentary investigation into what experts label the most important political and environmental issue of the 21st Century—the water crisis. Salina builds a case against the growing privatization of the world's dwindling fresh water supply with an unflinching focus on politics, pollution, human rights, and the emergence of a domineering world water cartel. Jack Arnold. American Heritage Room.
- 7 pm** **Movie.** Library.
- 7 pm** **Musical Jam Session.** Bring an instrument and join the fun! Fred Shuman. Mohawk Room.
- 8 pm** **Dave Does Mark's Video Vault.** "Blaze Starr Goes Nudist." American Heritage Room.
- 9 pm** **Slideshow in Tally Ho.** Eric Fleischer.
- 9 pm** **DJ Dance.** Rainbow Dance sponsored by fullSPECTRUM. Wear your rainbow themed accessories. Prizes. Tally Ho.

thursday june 25

- All Day Tee Shirt Contest.** Drop off a tee shirt that has something to do with naturism at the TNS Booth by closing time on Thursday. The DUMass Committee will judge (and will also vote on the best tee shirt!) Results announced Thursday at dinner. Shirt owner must be present to win. Presented by the DUMass SIG.
- 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 Speaking To College Classes & Groups.** How to relate and open the minds of potential naturists. Dave Cole and Christina Nixon. South Lawn.
- 9 am Irritable Bowel Syndrome Discussion Group.** A non-medical self-help discussion group for those of us suffering from IBS. This will be a safe, understanding place to discuss a chronic condition that is often a major part of our daily lives, but something non-sufferers generally don't want to hear about. Among the topics for discussion are: triggers, (food, stress, etc.) how it affects our daily lives, and coping techniques. Susan Rothberg. Plantation Lawn.
- 9 am The NAC Area Representative Program.** The Naturist Action Committee's Area Representative program allows locally-involved naturists to make a big difference. NAC's Area Reps are NAC's eyes and ears, and sometimes, NAC's voice. As U.S. Congressman Thomas P. "Tip" O'Neill famously said, "All politics is local." You're already paying attention locally, right? Find out how you can participate on behalf of naturists. Bob Morton, NAC. Pine Grove.
- 9 am Nude Hiking On the Appalachian Trail.** John Purbrick of the Outdoor SIG will lead. You'll need to be in reasonable physical condition and have footwear for walking a few miles in the woods. Bring water and a snack. Meet in Mansion Circle; we will carpool to the starting point. Back at Eastover in time for lunch.
- 10 am Safari Ride.** Meet and greet the buffalo. *Clothing required.* Meet in Mansion Circle.
- 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. Terrace Dining Room.
- 10 am Gentle Water Exercise.** Peggy Lamb. Inside Pool.
- 10 am Why TNS? Why Are You Here? Why Naturism?** Mike Abramson. Plantation Lawn.
- 10 am Words Are Only the Tip of the Communication Iceberg: Why Even Kind Words Can Have the Opposite Effect.** (Part 1). Fred Fain, South Lawn.
- 10 am Orientation For First-time Gathering Attendees.** In front of the TNS booth in the Marketplace.
- 10 am Learn Sign Language Part 2.** Learn this universal communication system. Donna Swanson. Gazebo.
- 10 am Trust Building Trust.** Talk about trust and learn to touch and be touched in a safe, nurturing environment. Joyce Orton. American Heritage Room.
- 10-noon. Kids Camp.** Arts, crafts, games, fun! Meet in Mansion Circle.
- 11 am Naturist Group/Club/SIG Leadership Meeting.** Working with TNS and networking with other regional leaders. Anyone involved with naturist group/club organizing or planning is strongly encouraged to attend. Debbie Jungwirth. South Lawn.
- 11 am Freestyle Life Drawing.** Helen Fleischer. South Lawn.
- 11 am 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. Plantation Lawn.
- 11 am Memoir Writing.** This workshop will help you write a memoir for yourself, for your family, or for the world. Simple, non-intimidating method. Bring a large writing pad and pen, or a laptop. Shelley Gilbert. Pine Grove.
- 1 pm Getting Published in N magazine.** Nicky Hoffman Lee. South Lawn.
- 1 pm Please Don't Call It "Sexting."** Because they can, teens are sending pictures to one another on their cell phones. State, local and school authorities are considering many images of bare flesh to be "lewd," even if naturists might call it mere nudity. It's led to absurdities, as in the case of a 14-year-old girl who sent pictures of herself and was named as both purveyor and victim of child pornography. Lawmakers have jumped in to "fix" the problem. What should naturists do? Bob Morton, NAC. Pine Grove.
- 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 Create Some Bling With Vickie.** Create your own bracelet using beads, crystal, and silver. Charge for supplies used only. Vickie Newman. Terrace Dining Room.
- 1 pm DUMass Olympics.** Brought to you by the DUMass SIG. Individual prizes and an overall winner. South Lawn.
- 1-5 pm Drop-In Massage Exchange.** Like to give or relieve 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 Skeet Shooting.** Gun Pit.
- 2 pm How To Shoot A Better Home Video.** Pete Burwen. American Heritage Room.
- 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 Mediums and Psychics and Ghosts, Oh My!** Have you ever had a near-death experience, or know someone who has? Are you fascinated by tales of apparitions, messages from the deceased, psychic phenomena, and other paranormal occurrences? Modern research has focused on these rationally inexplicable happenings. After a brief introduction, let's share our own mystical and psychic experiences and explore what they may mean. Ellie Springer. Pine Grove.
- 2 pm Men Talking With Men.** This workshop is about taking advantage of the greater openness, honesty, love and acceptance between people without any clothes on to discover more about what we have in common. Perhaps, as a result, improve our friendship, relationship. We aren't here today to judge each other, just to share ideas and compare thoughts.. Richard Nadeau. South Lawn.

- 2 pm The Female Factor.** 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! Moderated by Karen Kapus. 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 TNS Facebook Group Page Get-Together.** Michael & Tracy Horgan. South Lawn.
- 3 pm Keeping It Alive.** 10 tips to stay involved and interested in relationship love. Fred & Mara Fain. Plantation Lawn.
- 3 pm Flute Playshop.** Everyone will learn how simple this instrument is to master, since all the notes are in tune with themselves, so even those with no musical ability can play lovely melodies. Armand & Angelina. Pine Grove.
- 4 pm Buffalo Races.** Poolside.
- 4 pm Diversa-Cheese and Whine!** fullSPECTRUM SIG invites you to join them for some "whine" and cheese! Come one, come all! Poolside.
- 4 pm Surviving Breast Cancer.** The journey to becoming whole and happy. Claude Richards. Plantation Lawn.
- 4 pm Values In The Relationship Game.** This exercise helps discover what is really important to you in forming a relationship. Morley Schloss. South Lawn.
- 4 pm Singles SIG Meet & Greet.** Drop by and say hello! Gazebo.
- 4 pm Photoshop For Beginners.** Curt Kapus. Terrace Dining Room.
- 7 pm Movie.** Library.
- 7:30-9 pm Armand & Angelina.** Join us at TallyHo for a musical performance extraordinaire from world "Popera" artists Armand & Angelina. You won't be disappointed! TallyHo.
- 8:30 pm Bonfire & Drumming Circle.** Everyone welcome, bring your own drum! Gunpit.
- 9 pm Naturist Slide Show.** Eric Fleischer. Tally Ho.
- 9 pm Dancing in Tally Ho.**

friday june 26

- 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 Lifetime Member Breakfast Reception.** By invitation only. RSVP to TNS by 4 pm Thursday. Terrace Dining Room.
- 9 am Acupressure Points For Everyday Use.** Six pressure points will be taught to help your daily life. Robin Stapley. Plantation Lawn.
- 9 am The Naturist Society Walk For the Cure.** Join us in support of the Susan G. Komen battle against breast cancer. 2 mile walk. Prizes awarded afterwards. Pre-registration and \$20 fee (donation) by Wednesday at the TNS Booth. Clothing required, why not wear pink? Meet in Mansion Circle.
- 9 am Crowdsourc Our Problems Away.** A presentation on the idea of crowdsourcing; how it can clean up our beaches, recruit students, and change public perception. Doug Hickok. Mohawk Room.
- 11 am Naturist Trivia.** Mike Abramson. South Lawn.
- 9 am Emergency Medical Evacuation.** For campers, RV owners, and all other vacationers. Why do it, what to look for, and how to get it. Jeff Berger. Pine Grove.
- 9 am Where Our Words Come From, Part Two.** An exploration into why our well-intentioned communication to people gets misinterpreted and/or misspoken. Whose "fault" is it anyway, and how do you undo it? Mara Fain. South Lawn.
- 10 am Orientation For First-time Gathering Attendees.** In front of the TNS booth in the Marketplace.
- 10-noon Kids Camp.** Meet in Mansion Circle.
- 10 am Gentle Water Exercise.** Peggy Lamb. Inside Pool.
- 10 am What Does "Going Green" Really Mean?** If we're naturists, how should we take better care of nature and our environment? An open discussion on the various options for green living, what they mean, and how they apply to us as naturists and human beings. Discussion topics will be pre-selected and moderated. Virginia Schnee. South Lawn.
- 10 am Self-Photography For Naturists.** Naturists must often rely on themselves to illustrate their favorite pursuit, outdoor venue, home life, or vacation. Naturist photographer Fred Gerty will discuss techniques and equipment, and provide tips on how to get the best shots of your naturist self. Fred Gerty. Mohawk Room.
- 10 am Beginning Genealogy.** Ruth Percey. Terrace Dining Room.
- 10 am What Do the Australian Naked Child Scandals Tell Us?** In 2008-09 Australia was consumed by a controversy over pictures of naked children that did not come from naturism. Yet a naturist perspective would have solved the problem. The issue ignited in May 2008 and made many people look very foolish, including the country's Prime Minister. Could this happen here? Paul Rapoport. Plantation Lawn.
- 10 am Everything You Ever Wanted To Know About Clubs & Resorts.** Steven Stoller and Robin Handleman have visited about 40 landed nudist and clothing-optional clubs/inns/spas and can help you decide which facility, location, and "culture" is the best fit for you. Discover what they liked about each venue and get the inside scoop regarding little-known facts and helpful tips. A spreadsheet will be passed out to the participants for future reference. Sharing your resort experiences is encouraged. If time permits, photos may be shown. Pine Grove.
- 11 am Walking Tour of Eastover.** Meet in Mansion Circle.

- 11 am The Impact of Economic Recession On Naturism.** Even though naturists prefer outfits without pockets, we're not immune to the same pocket pinch that others are feeling. It's no secret that the economy is affecting naturist organizations. It's also affecting the generous donations that are so necessary for the vigorous defense of the rights and interests of naturists. But it goes even further than that, impacting where we're able to visit, how we'll get there, and what will be there for us when we arrive. Believe it or not, there's some good from all of this, too. Bob Morton, NAC. Pine Grove.
- 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 A Baxandall Tribute.** Nicky Hoffman-Lee. Mohawk Room.
- 11 am Hatha Yoga.** A basic class of asanas suitable for people who've studied yoga or are physically active. Susan Shopiro. Plantation Lawn.
- 11 am Introduction To Ayurveda.** Come and learn about Ayurveda, the medical system of the yogis and the oldest medical system in the world. Free analysis. John Mundahl. South Lawn.
- 11 am DUMass Olympics.** Brought to you by the DUMass SIG. Individual prizes and an overall winner. 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 pm Mind Over Matter.** Gail Dobrowolski. South Lawn.
- 1 pm Advanced Photoshop.** Curt Kapus. Terrace Dining Room.
- 1 pm Apparent Youth Death Among Naturists.** The graying of Naturist Society membership does not bode well for our future. It seems that young people tend to be more tolerant of minority lifestyles, including naturism, than are their elders, but at the same time are more uncomfortable with exposing their own bodies. What is going on, and how should we address the problem? I don't have the answers, but the question is important and should be thought about. What insights do you have? Dick Springer. Pine Grove.
- 1-3 pm Stroking Community Group Massage.** Learn hands-on massage techniques with 5 or 6 people coordinating together at a table. Joyce Orton. Mansion Parlor.
- 1 pm Whatever Happened To the Naturism In Nature?** Can we move beyond canned beer, koozies, and satellite TV in air-conditioned rooms just a short golf-cart ride from the pool? Or is being at the beach "naturally," or gardening "naturally," or biking "naturally" such a stretch that we need to keep hiding behind high fences in the middle of nowhere? Jack Arnold. South Lawn.
- 2 pm Family SIG Cookies & Milk Social.** All families are invited! Enjoy a family favorite while you meet other parents and kids and make new friends. Hosted by the Naturist Families SIG. South Lawn Tent.
- 2 pm Unusual Poses & Perspectives.** Come join us for a photography workshop where we will have the models pose in unusual poses or positions, from unusual angles, and framing the shots in unusual ways. Eric Fleischer. Gazebo.
- 2 pm Getting Organized With the 5 S's.** Learn the basics that some pay hundreds of dollars for! Lisa Flanagan. South Lawn.
- 2 pm Keeping God Close.** Talking about God keeps him close to us. Share your thoughts about God. Tell us about any signs you've experienced this past year or in the past. Shelley Gilbert. Pine Grove.
- 2:30-4:30 Kids Camp.** Meet at tent.
- 3 pm Law & Order COB (Clothing-Optional Beach).** Mike Abramson, Dave Cole. South Lawn.
- 3-5 pm Drop-In Massage Exchange.** Like to give or relieve 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.
- 3 pm Flute Playshop.** Everyone will learn how simple this instrument is to master, since all the notes are in tune with themselves, so even those with no musical ability can play lovely melodies. Armand & Angelina. Pine Grove.
- 3 pm Pudding Toss.** Softball Field.
- 3 pm From the Heart Of the Lotus.** The teaching stories of Swami Kripalu. Author John Mundahl will introduce you to the life and teachings of the great Kundalini Yoga Master. What does he say about sex, love, life, and the spiritual path? John Mundahl. Plantation Lawn.
- 4 pm Buffalo Races.** Poolside
- 4 pm NAC Roundup.** A fast-paced look at what's happening across North America, as presented by the Naturist Action Committee. Includes efforts to save clothing-optional beaches, establish new ones, battle anti-nudity laws and legislation, create new alliances with lawmakers and regulators, and much more. Bob Morton, NAC. South Lawn.
- 4 pm Supporting A Loved One Through A Serious Illness.** Jim Dickey. Plantation Lawn.
- 4 pm 5 For Fun.** Camp games, relays, etc. Randy Swanson. Gazebo.
- 4 pm Myths & Misconceptions About Naturism.** George Winlock. South Lawn.
- 4 pm Happy Hour.** Music poolside.
- 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.
- 8 pm Dave Does Mark's Video Vault.** A Gathering tradition! American Heritage Room.
- 9 pm (Or after Star Search) Jewish Naturists Shabbat Kiddush and Oneg.** All are welcome to share songs and wine (or grape juice) to welcome the Sabbath with a traditional *Kiddush* blessing, followed by an *Oneg* dessert social. Please bring a dessert to share, potluck style. Hosted by Virginia & Matthew Schnee, Robin Handleman and Steven Stoller.
- 9 pm Images & Patterns Projected On the Human Form. (or 30 mins. after 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.
- 9:30 pm DJ Dance.** Tally Ho.
- 10-midnight Stan & Louie In the Stalls.**

saturday june 27

- 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 Who Speaks For Naturists?** At a time in which organized nudism shunned free beaches, The Naturist Society established itself as a strong voice for naturists. Working as adjuncts to TNS, the Naturist Action Committee and the Naturist Education Foundation have implemented important natural extensions of that original advocacy through focused activism. Meanwhile, other organizations have attempted to turn their attention outward to include issues and locations beyond their cloistered origins. Who speaks for naturists? Bob Morton, NAC. South Lawn.
- 10 am Catch A Rising Star.** A NOVA Program update and brainstorming session. Nicky Hoffman Lee. South Lawn.
- 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. Terrace Dining Room.
- 10 am Safari Ride.** Meet and greet the buffalo. *Clothing required.* Meet in Mansion Circle.
- 10 am Raising A Naturist Family.** Discussion group facilitated by the Family SIG. Pine Grove.
- 10 am What Lurks Within: Why You Are Afraid Of It.** An experimental journey (bring a large handheld mirror). Along the way we might pop a dimension or two and experience an ET master. Fred Fain, Plantation Lawn.
- 10-noon Kids Camp.** Meet in Mansion Circle..
- 10 am Amateur Radio Sig Meeting & Demonstration.** Mansion Dining Room Terrace.
- 11 am Environmental Movie Time: The Story Of Stuff.** Jack Arnold. American Heritage Room.
- 11 am Musical Chairs, DUMass Style!** Interested? Come and join the fun! South Lawn.
- 11 am fullSPECTRUM Summit.** Guest speaker: Gunner Scott, NE Political Update: MA Transgender Equality Bill. Poolside.
- 11 am Greening For Profit.** A presentation of ideas to lower your bills and make profit from green technologies. Doug Hickok. Mohawk Room.
- 11 am Yoga Therapy.** A gentle routine and positions or asanas designed to address injuries, illnesses, and other issues. Susan Shopiro. Plantation Lawn.
- 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. South Lawn Tent.
- 1 pm STAR Tech Self-Help For Hand & Arm Overuse Pain Relief.** Learn specific techniques for relieving hand and arm pain caused by stress and tight muscles. Learn to prevent future tightness and pain. Hands-on and lecture. Barry Bailey. Plantation Lawn.
- 1 pm Flute Playshop.** Everyone will learn how simple this instrument is to master, since all the notes are in tune with themselves, so even those with no musical ability can play lovely melodies. Armand & Angelina. Pine Grove.
- 1-4 pm Drop-In Massage Exchange.** Like to give or relieve 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 fullSPECTRUM Annual Meeting.** Poolside
- 2 pm Group Photo/Closing Circle.** Closing Circle to immediately follow group photo shoot. Meet Poolside.
- 2-4 pm (Or immediately following the group photo) A Shirt To Dye For.** Come tie-dye something using professional-quality dyes that will produce vibrant, long-lasting colors guaranteed not to disappoint. We will keep dying until we use up all of the supplies. Cotton shirts, long & short sarongs, market bags, and small shoulder bags will be available for purchase for \$6 each. Please pre-register and pay workshop fee of \$2 at the TNS Booth. Matthew Schnee. South Lawn.
- 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 and Fred Shuman. American Heritage Room.
- 3 pm Yoga For Everybody.** The instructor is in the process of completing teacher training for Yoga-Fit, which is part of the hatha tradition and in a vinyasa style that seeks to bring yoga to everybody in every body. We will link several poses together to create strength, flexibility, endurance and balance. The focus will be on beginner poses, but modifications will allow for all fitness levels to benefit and be challenged. Bring a towel or mat. Karen Kapus. Mohawk Room.
- 4 pm Naturist Society Town Hall Meeting.** TNS is a membership organization and we want to hear from you—our members. Please join us for a discussion on the state of the organization. (No Gathering feedback please, that's what the comment cards are for!) We need to stay on track for this very important topic. South Lawn.
- 7 pm NAC Large Donor Reception.** Join NAC for fruit, cheese and wine. Terrace Dining Room.
- 8 pm Parents Night Out.** Drop off your kids, their sleeping gear, and their beverage at the Mohawk Room for a movie, some popcorn, some games and a sleepover. Pre-register at the TNS Booth, 10 kid limit, \$10 fee covers movie, popcorn, and TLC! Kids must be picked up no later than 8 am on Sunday morning.
- 8:30 pm Bonfire & Drumming Circle.** Everyone welcome, bring your own drum! Gunpit.
- 9 pm DJ Dance.** TallyHo.
- 9:30 pm Naturist Slide Show.** Come see pictures from the 2009 Eastern Naturist Gathering. Eric Fleischer. TallyHo.

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- 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** **Do Drop In: Breakfast with fullSPECTRUM.** 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!