

Welcome 2014 ENG Attendees!

## Monday June 16

**9 am Opening Day.** Welcome Everyone! Check in at the registration table in the Dining Hall, find your room, unpack and relax. Hike or bike the grounds, enjoy the lakefront, swim or play volleyball.

**2 pm Afternoon at the Movies. *Forgetting Sarah Marshall*** - Jason Segal and Kristin Bell star in this funny, romantic comedy. Devastated Peter takes a Hawaii vacation in order to deal with a recent break-up with his TV star girlfriend, Sarah. Little does he know Sarah's traveling to the same resort as her ex...and she's bringing along her new boyfriend. **Communications Building.**

**7 pm Speed Friending.** You think you know everyone here at the gathering? Think again! Join us and find out some new, fun facts about your naturist friends. *Carmen Hamm, Nicky Hoffman.* **Dining Hall.**

**8 pm Movie Night. *A Place at the Table* narrated by Jeff Bridges.** 50 Million Americans - 1 in 4 children - don't know where their next meal is coming from. *A Place at the Table* tells the powerful stories of three such Americans, who maintain their dignity even as they struggle just to eat. In a riveting journey that will change forever how you think about the hungry. *A Place at the Table* shows how the issue could be solved forever, once the American public decides—as they have in the past—that ending hunger is in the best interests of us all. **Communications Building.**

## Tuesday June 17

**7:30 am Qi Gong.** An ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. *Robin Stapley.* **Amphitheater.**

**10 am Gentle Water Exercise.** Light to moderate aerobic workout with exercises in the water to help increase endurance, core strength and flexibility. *Peggy Lamb.* **Pool.**

**10 am Tuesday Morning Matinee. *Happy People: A Year in the Taiga.*** Werner Herzog takes viewers on yet another unforgettable journey into remote and extreme natural landscapes. The acclaimed filmmaker presents this visually stunning documentary about the life of indigenous people living in the heart of the Siberian Taiga. Deep in the wilderness, far away from civilization, 300 people inhabit the small village of Bakhtia at the river Yenisei. There are only two ways to reach this outpost: by helicopter or boat. There's no telephone, running water or medical aid. The locals, whose daily routines have barely changed over the last centuries, live according to their own values and cultural traditions.

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Happy People follows one of the Siberian trappers through all four seasons of the year to tell the story of a culture virtually untouched by modernity. **Communications Building.**

**11 am STAR Tech Healing for Lower Arms.** Hand and lower arm pain is widespread in both the work place and the home. Repetitive overuse syndrome brought on by computer keyboarding, texting, driving and so many other activities cause the lower arms to become chronically inflamed, and if left unchecked can lead to carpal tunnel syndrome. This workshop will teach you exercises to both prevent this condition and to heal it. *Barry Bailey.* **Gymnastics Building.**

**11 am NAC 107 Triage as an Essential Part of Naturist Activism.** We often refer to naturists as being involved in a “fight” or a “battle.” In fact, the opportunities for skirmishes, confrontations and engagements are almost limitless. NAC says we must choose our battles carefully. How do we do that? Not just theory, we’ll discuss actual examples. *Bob Morton.* **Canteen Lawn.**

**2 pm Nude Tales of the Old West.** There are many legends of O Homo, the old west figure I recently wrote about in *N* (33.2). As these are contradictory, and are often stories told verbally, rather than as documented facts, I did not include them in my article, but I have no problem discussing them at the gathering. Additionally, we will be discussing the tales of Climax Jim, and Adah Isaacs Menken, whom some call, "The Original Naked Lady." *Mark Silverstein.* **Dining Hall Lawn.**

**3 pm NAC 108 Political Action Committees.** It has been said, by some who should know better, that politicians and political lobbyists won’t work with naturist individuals or organizations that aren’t associated with a political action committee. That may be demonstrable nonsense, but what’s the source of the notion, and is there a grain of truth in it? Do naturists need a PAC? *Bob Morton.* **Canteen Lawn.**

**7 pm The "Nudely" Wed Game.** *Bob Smith* will once again emcee this very popular ENG staple. Be in the audience as we watch our *celebrity couples* try to "match" their answers. If past gatherings are any indication this should be an entertaining hour—full of laughs. Couples please be sure to drop by the TNS table, before seven, to submit your names. We will draw four couples to be contestants. **Communications Building.**

**7 pm Square Dancing.** Square dancing has been an important part of American social life for centuries. It was vital in rural communities to help everyone stay in touch. Join in as Morley calls out some dances. **Canteen.**

**8:30 pm Movie Night.** Coming of age movie *Now and Then.* Starring Demi Moore, Gaby Hoffman, Christina Ricci, Rosie O'Donnell, Thora Birch, Melanie Griffith, Rita Wilson and many more you will recognize. Four childhood friends get together to

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celebrate impending motherhood for one of the ladies. They look back on the summer of 1970 when they were only 12-years-old. **Communications Building.**

**8:30 pm Bonfire with Simply S'mores.** Join us for some tasty treats around the bonfire. Bring whatever s'mores fixings you enjoy. Stick around after and sing around the bonfire. Bring your instruments. **Bonfire pit.**

## Wednesday June 18

**7:30 am Qi Gong.** An ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. *Robin Stapley.* **Amphitheater.**

**9 am Acupressure Points for Everyday Use.** Six pressure points will be taught to help your daily life. *Robin Stapley.* **Gymnastics Building.**

**10 am Gentle Water Exercise.** Light to moderate aerobic workout with exercises in the water to help increase endurance, core strength and flexibility. *Peggy Lamb.* **Pool.**

**10 am The good, the bad, and the ugly (mostly ugly);** death without planning for it is not an option. *Mike Abramson.* **Dining Hall Lawn.**

**11 am The Importance of Touch.** Touch has essentially been outlawed in this country and the results are looking more bleak every year. The media and laws of the land increasingly view touch as dangerous and always being sexual in nature. However, we also know that touch is absolutely necessary for the survival of both man and beast. This workshop will be a talk and discussion on the value and importance of both giving and receiving touch throughout our life time. *Barry Bailey.* **Gymnastics Building.**

**11 am NAC 203 Lighthouse Beach.** Last year, National Park Service authorities declared an end to nudity at this popular and traditional clothing-optional beach and other areas within Fire Island National Seashore. NAC has met with NPS managers. Learn what else has happened since then and what may happen soon. *Bob Morton.* **Canteen Lawn.**

**1 pm Drop in "Stitch-n-Bitch."** Bring your needlework, sit a while and bitch about work, politics, the weather, you name it. *Susan Rothberg.* **Dining Hall.**

**2 pm Choices: Values in Relationships Game.** Discover/clarify what values are important to you in establishing or enhancing a relationship. *Morley Schloss.* **Canteen Lawn.**

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**2 pm: fullSPECTRUM Meet & Greet** - Meet, Mingle and get to know the GLBT (Gay, Lesbian, Bisexual, Transgendered) SIG, their friends and supporters. **Dining Hall Main Lawn.**

**3 pm NAC 211 Topfree Topics.** Raelians consider “topless” women (with their areolae covered, of course, by curious rubber pasties) to be the implementation of a religious edict. Others see female breasts, bared publicly, as a case of women’s rights. NAC considers topfree issues for women to be a clear matter of incremental body acceptance. Join the discussion. Panelists include Susan Rothberg (NAC Area Rep.), Morley Schloss, and Pam “Sarva” Stevens. *Bob Morton.* **Canteen Lawn.**

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

**7 pm Sing Along with Eric and Fred.** Join in for a good old time sing-along. We will have songbooks to use and we can also get lyrics from the interwebz. Bring your voices and sing along with us. Fred will be playing his 12-string and Eric will have his Autoharp and you are welcome to bring your instruments and join in. *Eric Fleischer and Fred Shuman.* **Communications Building.**

**9:00 pm Movie Night. Rocky Horror Picture Show.** This 1975 musical comedy show is a cult phenomenon. Crazy and outrageous. If you haven’t seen the movie before watch it NOW before the *Time Warp* dance Friday evening. **Communications Building.**

**9:00 All “Request” Dance.** *DJ Mike* will spin the tunes you want to hear. **Canteen**

## Thursday June 19

**7:30 am Qi Gong.** An ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. *Robin Stapley.* **Amphitheater.**

**9 am Hatha Yoga.** Yoga for experienced Yodini or physically active people. *Susan Shopiro.* **Amphitheater.**

**10 am Morning Meditation.** *George Yonnone.* **Amphitheater.**

**10 am Calm is the New Happy.** A conversation on how to create a happier (and therefore less stressful) environment at home and at work. Happiness is a state of positive emotions (joy, gratitude, serenity and pride are some examples), and what you want at work (and at home) is to experience those more than negative emotions (anger, sadness, frustration and the like). We will show you how. *Bryon Brandt and Stanley Ware.* **Dining**

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**Hall Lawn.**

**10 am Gentle Water Exercise.** Light to moderate aerobic workout with exercises in the water to help increase endurance, core strength and flexibility. *Peggy Lamb.* **Pool.**

**11 am. Touch and Trust.** Our society has become sadly touch-phobic, leaving too much of the population touch-starved. This workshop will include a brief discussion regarding the value and importance of touch and the trust that goes with it. The workshop will be mostly enjoyable exercises involving trust and safe, non-sexual touch. *Barry Bailey.* **Gymnastics Building.**

**11 am Camp Westmont Nature Walk.** *Henry Taves.* Meet outside **Dining Hall.**

**11 am Nude Apples to Apples.** Enjoy a nude twist on this popular game. Limited to the 1st (10) people. Co-Facilitated by *Maureen Watts & Peter Burwen.* **Canteen.**

**11 am NAC 213 Essentials for Naturist Parents.** Headlines in newspapers and online can be alarming. Task forces targeting child pornographers sometimes mistake simple child nudity for “sexual performance.” Meanwhile, some who are charged are saying suddenly that they are “nudists.” Families with children have long been an integral part of naturist culture, but now some resorts and groups have moved to exclude children. Become informed without becoming panicked. *Bob Morton.* **Canteen Lawn.**

**1 pm Paleo—Carnivore, Omnivore, Vegetarian, Vegan—Gluten-free?** What is the paleo diet? Is it the healthiest diet for everyone? Should we return to a diet humans were adapted to before the development of agriculture? Learn the beneficial effects of eating less carbohydrate and more fat—on body fat, body weight, metabolic syndrome, blood sugar and fat levels, risk of heart attacks and strokes, and risk of Alzheimer's disease. Learn what misinformation about fat you get from the American Heart Association and even from our government. *J. Ross Stevenson.* **Canteen Deck.**

**1 pm Drop in "Stitch-n-Bitch."** Bring your needlework, sit a while and bitch about work, politics, the weather, you name it. *Susan Rothberg.* **Dining Hall.**

**1 pm. Slip-n-Slide. Duck Pond Hill.**

**2 pm Men's Discussion Group.** A discussion on issues affecting men in naturism. *Dick Nadeau.* **Dining Hall Lawn.**

**2 pm Women in Naturism.** What it means to be a woman in naturism. *Carmen Hamm, Tracy Horgan, Nicky Hoffman.* **Canteen Deck.**

**2 pm Foot massage.** *Robin Stapley.* **Gymnastics Building.**

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**3 pm Living Naturally: The Home and Body.** Join us to talk about ways to live more naturally, abandoning chemical cleaners, harsh additives, and compounds. *Tracy Horgan.* **Communications Building.**

**3 pm Men in skirts.** Like that airy feeling? If you can't be nude, wear a skirt! We'll discuss the skirting movement and examine various skirts and kilts (bring yours). *Henry Taves.* **Canteen Lawn.**

**3 pm Pudding Toss.** Morley Schloss is the ringleader for this popular naturist gathering pastime. **Duck Pond Hill.**

**3 pm NAC 222 Creating a Naturist Group.** Can you create a naturist group without having a resort? Can you meet in your living room, back yard or garage? The answer in most cases is yes! Join this interactive discussion, and exchange ideas for developing and sustaining local social nudity. *Bob Morton.* **Canteen Lawn.**

**4 pm Spike Jones** was an American musician specializing in performing satirical arrangements of popular songs of the 40s and 50s. Join *Kath Rooney* for an hour (or more) of listening to tunes and having a laugh. **Communications Building.**

**4 pm Diversa-Cheese & Whine!** fullSPECTRUM SIG invites you to join them for some "whine" and cheese! Refreshments provided by fullSPECTRUM. **Canteen Deck.**

**7 pm fullSPECTRUM Annual Meeting - Dining Hall Main Lawn.**

**8 pm Bonfire with Simply S'mores.** Join us for some tasty treats around the bonfire. Bring whatever s'mores fixings you enjoy. Bring your musical instruments, enjoy the fire an some singing and playing. **Bonfire pit.**

**8:30 pm The Nude Figure in Motion.** Come join *Eric Fleischer* for a photography workshop where we'll be taking long exposure special effects pictures to portray the body in motion. Working against a dark background. We will use floodlights or strobe lights to record the movement of the models. Come join us to observe and model. **Communications Building.**

**9 pm "Jammin' in Your Jammies" DJ Dance.** Back by popular demand! Wear your coolest pj's (no lingerie please!) *DJ Mike.* **Canteen.**

## Friday June 20

**7:30 am Qi Gong.** An ancient Chinese health care system that integrates physical

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postures, breathing techniques and focused intention. *Robin Stapley*. **Amphitheater.**

**10 am Yoga Therapy.** Yoga practice designed for your health needs. *Susan Shopiro*. **Amphitheater.**

**10 am Gentle Water Exercise.** Light to moderate aerobic workout with exercises in the water to help increase endurance, core strength and flexibility. *Peggy Lamb*. **Pool.**

**10 am Male Pelvis Wellness.** A tight pelvis is common for many males. Learn why we may have this tightness, and when and how it begins. Learn exercises and stretches that are helpful for men with tight hips, upper legs and lower backs - techniques that will relax muscles whose tightness can contribute to low back pain, hip pain, groin pain, testicle pain, constipation, hemorrhoids, incontinence, erectile dysfunction, premature ejaculation, weak erections and even penis size. For men 18 years old and older. *Barry Bailey*. **Gymnastics Building.**

**11 am NAC 227 “I Know It When I See It.”** To distance ourselves from whatever confusion may exist, naturists have frequently proclaimed, “Nude is not lewd.” But do naturists know what “lewd” is? Concerning the matter of obscenity and hard-core pornography, Justice Potter Stewart said it was difficult to define. Nevertheless, he famously wrote, “I know it when I see it.” Learn a little about what we say we’re not - and why we say it. *Bob Morton*. **Canteen Lawn.**

**11 am Star Search Rehearsal.** Sign up for the **Star Search Talent Show** at the TNS booth, and rehearse your act. **Field House.**

**11 am Morning Meditation.** *George Yonnone*. **Amphitheater.**

**1 pm TNS Book Discussion Group.** Read *The Giver* by Lois Lowry and come together to discuss the book, the writing and your reading experience. *Tracy Horgan*. **Canteen Deck.**

**1 pm Raising Children as Naturists.** The benefits and issues of raising children as naturists. *Morley Schloss*. **Dining Hall Lawn.**

**1 pm What is Lymph?** We all have it. What does it do—Is it important? *Robin Stapley*. **Communications Building.**

**2 pm Before the Music Dies.** With all the years we've lived, we've had many insights and inspirations of gems worth sharing. Please come share those that you most want to make sure get passed on... **While the Music Is Still In You!** How did you have your Eureka moment? Any suggestions on how to improve the odds on having a Eureka moment? Please come honor your journey—and what you have to give. *Bryon Brandt*

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*and Stanley Ware. Dining Hall Lawn.*

**2 pm. Involving Families & Young Adults in Naturism.** As we hear many speak of the “graying of naturism” Sunsport seems to have a good model for involving young people in naturism. Hear firsthand from Morley what they are doing at Sunsport that is working. *Morley Schloss. Canteen Lawn.*

**3 pm NAC 301 Days of Future Past.** Okay, if you have to ask *X-Men* or *Moody Blues*, then you’ll be staying after class. Participate in a discussion of naturism’s coming challenges, using naturism’s past challenges as a source of predictions. Extra credit for making your point without using the words, “boom” or “gray.” *Bob Morton. Canteen Lawn.*

**3 pm Naturist Photography in 3D.** Join *Eric Fleischer* to model for some stereoscopic naturist photography. We'll be doing some classic naturist poses, including flying, floating naturists, but this time in 3D! Models and other participants are welcome. **Meet in picnic grove outside dining hall.**

**4 pm Living Naturally: Wellness.** Join us to talk about ways to live more naturally, traditional medical solutions in favor of natural essential oils used historically for hundreds of years. *Tracy Horgan. Communications Building.*

**4 pm Creative Writing.** Everyone has a story to tell. Bring paper and pencil for 5-minute writing prompts that are sure to let your creativity shine. *Ruth Percey. Dining Hall.*

**4 pm Ultimate Frisbee Game.** A repeat from last year. Bring your own Frisbee and join in for the Ultimate Frisbee Game. *Stacey Schnee. Swimming Pool Lawn.*

**5 pm Wine-tasting Sampler.** Bring a bottle (or two) to share from your home state. Everybody who brings a bottle will get to partake of wine from another area. What a nice addition to dinner. **Dining Hall.**

**7 pm Star Search.** *Bob Smith* emcees this wonderful showcase of naturist creativity and talent. All ages and abilities welcome. **Field House.**

**8:30 pm** (or after Star Search) **Oneg Shabbat.** Help us welcome the Jewish Sabbath. We'll have wine and challah, bring a kosher dessert to share. Everyone welcome, regardless of religious belief. *Susan Rothberg. Canteen Deck.*

**9 pm Naturist Slide Show.** View images from previous gatherings and maybe even "some surprises." *Eric Fleischer. Canteen.*

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**9 pm Time Warp Dance.** Dress up in your best Transylvanian Costumes. Are you Dr. Frank N. Furter, Columbia, Riff Raff, Janet, Brad or some other creature from this outrageous movie. *DJ Mike* is sure to whip us into frenzy with his crazy music. **Canteen.**

## **Saturday June 21**

**7:30 am Qi Gong.** An ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. *Robin Stapley.* **Amphitheater.**

**10 am Gentle Water Exercise.** Light to moderate aerobic workout with exercises in the water to help increase endurance, core strength and flexibility. *Peggy Lamb.* **Pool.**

**10 am Just What is the American Nudist Research Library?** Many of us know that there is an American Nudist Research Library. Most know about our project to scan and digitize the library's contents. Few are aware of what the library contains or why it is worth a visit. In this session, we shall discuss the surprises and treasures that can be found at the ANRL. *Mark Silverstein.* **Dining Hall Lawn.**

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

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

**11 am NEF 309 The Millennials Say ...** Philosophy Professor Mark Storey recently initiated a project entitled "Critical Thinking and Social Policy." Already, the project is generating interesting results in determining the thinking of college students in areas that are important to naturists. Assignment before class: read the article, *College Students Speak Up about Nude Beaches*, that begins on page 38 of the current issue (*N* 33.3) of *N* magazine. *Bob Morton.* **Canteen Lawn.**

**1 pm. Slip-n-Slide. Duck Pond Hill.**

**1 pm The Gratitude Show.** *Bob Smith's* experience with transformational, inspirational training. **Dining Hall Lawn.**

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**2 pm NAC 313 NAC Roundup.** Yes, you'll receive credit for coming up to speed on what NAC's doing across North America. But more than that, you'll have a chance to suggest what NAC should be doing more of! This is a brisk overview of what has taken place since last year's Roundup. From Bagby Hot Springs in Oregon to the Florida State legislature, from Gunnison Beach in New Jersey to Black's Beach in southern California, with stops in between. *Bob Morton.* **Canteen Lawn.**

**2 pm Cooking Naturist Style!** Come get some tips and tricks on camp cooking. This is a live grill demo! Come sample some treats with *Chef Lisa* and *Chef Christopher.* **Dining Hall Picnic Area.**

**2 pm Yoga for Body, Mind, and Spirit.** Yoga can be many things to many people. Come and find a sense of balance in your body, mind, and spirit. We will begin with centering and breathing exercises, then warm up slowly to open and energize the body. The second half of class will be devoted to flexibility and the release of tension, ending with a guided relaxation/meditation. *Karen Kapus.* **Amphitheater.**

**3 pm Introduction to Swedish Massage.** Learn the basic strokes to this technique. Bring a towel. *Nancy Wilson.* **Gymnastics Center**

**3 pm TNS Lifetime Membership SIG Meet & Greet.** Join in a lively discussion on what's been happening on the Lifetime SIG front this past year. *Tracy & Michael Horgan.* **Dining Hall Lawn.**

**3 pm Eastern Naturist Beer Summit III.** Let's try dark beers this year: Stouts and Porter. Not everyone cares for dark beers, of course, so bring your own to share. Many beers are brewed and distributed only locally so why don't you bring a sampling of what your area has to offer. Plastic cups and some salty snacks will be provided. *Christopher Dyer.* **Dining Hall.**

**4 pm. Growing the Gatherings Together.** A look to what we'd like to see at future gatherings or have our gatherings run their course. A discussion about the TNS gatherings. **Canteen Lawn.**

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

**8 pm The Vagina Monologues** by Eve Ensler. This controversial work soon rode a wave of national acclaim and continues to be performed in North America and around the world. *Lisa Flanagan.* **Communication Building.**

**9pm Naturist Slide Show.** Eric will be sharing some photographs from this year plus some of the interesting images from last year and other work he has been doing. *Eric*

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*Fleischer. Canteen.*

**9 pm New Year's Eve Party.** Let's celebrate New Year's Eve together. Get all gussied up in your best bib & tucker (or not). *DJ Mike* will be on hand to spin the tunes for us.  
**Canteen.**

## **Sunday June 22**

**7:30 am Qi Gong.** An ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. *Robin Stapley.*

**Amphitheater.**

**9:00 am Friendship Closing Circle.** Wrapping things up, saying our goodbyes. **Canteen Lawn.**

**10:30 Checkout Time.** Plan to depart Camp Westmont by 11 am. PLEASE make sure your trash is out and your area is neat and tidy. I appreciate your cooperation. ***Thank YOU for coming. See you next year!***