

Mealtimes:

Breakfast: 8 am – 10 am

Lunch: 12 pm – 2 pm

Dinner: 6 pm – 8 pm

Thursday July 19 Registration is open! Please check in at the office.

9:45 am Bonny Doon Beach Trip. We will meet near the Lupin office and carpool to the beach, leaving at 10 am. Pack your own lunch (or stop on the way) and bring water for the day. The morning fog should disappear by the time we make our way to the beach. **Rich Pasco** will be leading this adventure.

1 pm TNS Book Discussion Group. *The All-Girl Filling Station's Last Reunion. Join us in a discussion of this* fabulous, fun-filled book, spanning decades and generations, and centered on a little-known aspect of America's twentieth-century story. Another irresistible novel by the remarkable Fannie Flagg. **Restaurant Lawn**

1 pm How can naturists gain political/social power. Open Discussion. *Ron Weimer, NAC/NEF Board Member.* **Redwood Grove**

2 pm Naturist Beaches. Retention, Development & Management. Tried & True methodologies on keeping what you have, getting what you want, and dealing with success. *Richard Mason, NAC/NEF Board member.* **Restaurant Lawn**

2 pm Ice Breaker Games and Improv Theater Class with Rochelle

3 pm The Importance of Kentucky. And Arkansas, and Utah, and Alabama, and Oklahoma, and several other places that some have called "toxic for nudism." *Bob Morton, NAC/NEF Executive Director.* **Redwood Grove**

3 pm Creative Grilling. *Dave & Chrissy Cole* will amaze us with creative food and ways you can grill at the beach. **Restaurant Lawn**

4 pm Welcome and General Assembly. Meet the folks from Lupin, workshop leaders, group and club leaders, NAC/NEF Board Members and TNS Staff. Step up and introduce yourself. **Restaurant Lawn**

5 pm The Need for NAC/NEF Area Representatives. You can make a difference. Whether you realize it or not, you have something to offer. Come join us and see how naturists like you all over the country are helping protect our naturists rights...AND YOU CAN TOO. *Bill Schroer, Jim Dickey, Susan Rothberg, NAC/NEF Board members.*
Restaurant Lawn

Friday July 20

10 am Embrace. When Body Image Activist Taryn Brumfitt posted an unconventional before-and-after photo in 2013 it was seen by more than 100 million people worldwide and sparked an international media frenzy. EMBRACE follows Taryn's crusade as she explores the global issue of body loathing, inspiring us to change the way we feel about ourselves and think about our bodies (DVD). **Restaurant**

11 am Why Don't More Women Participate in Naturism? Why aren't there more women in naturism? And what can we do about it? Do we have all the answers? No, but we would like to lead a discussion between men and women and offer some suggestions. *Cynthia and Rolf Holbach.* **Oak Tree Lawn**

1 pm My Seven Rules of Political Engagement. Discussion led by *Gary Mussell.* **Oak Tree Lawn**

1 pm Women in Naturism. What it means to be a woman in naturism. *Carmen Hamm, Nicky Hoffman, Claude Richards.* **Restaurant Lawn**

1 pm Men in Naturism. Join the discussion. Almost all topics will be appropriate regarding naturism. *Jim Dickey.* **Redwood Grove**

2 pm "Lookism" is the new construction of a standard for beauty and attractiveness, as well as judgments made about people on the basis of how well or poorly they meet the standard. We'll listen and talk about *lookism*. We'll strategize about how to avoid it. We'll team up and learn how to overcome it. We'll respect, support and affirm each other as naturists. *Bob Brown.* **Redwood Grove**

2 pm Travel in the Northeast. Focus on New York and New Jersey. Where we're at with Lighthouse Beach and Gunnison Beach (My regular haunts). What it's like to live under Santorelli in New York State. *Susan Rothberg, NAC/NEF Board Member.* **Restaurant Lawn**

3 pm Beach First Aid and Heat-Related Emergencies. Identifying and treating some common medical emergencies beachgoers may experience or encounter, some of which may become life-threatening without early recognition and intervention. Don is a retired firefighter/paramedic of 36 years and will share some quick tips on helping fellow beachgoers in distress, and preventing potential problems from becoming true emergencies. *Don Zirbel, NAC/NEF Board Member.* **Redwood Grove.**

3 pm NBC's Meet and Greet. A time for Naturist Breast Cancer survivors (or friends and relatives) to connect and share. *Claude Richards.* **Restaurant Lawn.**

4 pm How to Brew Your Own Beer. Allen Baylis. Restaurant Deck

4 pm DumAss Sig Games. You've all heard about the DumAss Sig, right? Join in some fun, silly DumAss games. *Head DumAss Dave will be assisted by his wife Chrissy and Susan Rothberg.* Restaurant Lawn.

5 pm NAC is not Legal Insurance. Nor is TNS. Nor is NEF. Nor is ANR. *Bob Morton, NAC/NEF Executive Director.* Redwood Grove

8 pm Open Mic. Join Charlie Perkins, Lupin's own favorite nude guitar player (and mine too), as he plays classical guitar and hosts this evening's festivities. This is an opportunity for you to express your artistic side. Sing, dance, play an instrument, read poetry or whatever. Sign up! Get up! Perform! **Clubhouse**

Saturday July 21

10 am Folk Dancing. Learn some basic folk dances with **Vic Vickland.** **Upper Lawn**

10 am Ten Reasons For Joining a Naturist Organization. Number 3 might surprise you. *Bob Morton. NAC/NEF Executive Director.* **Redwood Grove**

11 am Women's Luncheon. Skin Deep: How Naturism debunks the Beauty Myth
Enjoy a delicious meal in the Lupin restaurant with a discussion among like-minded women. The luncheon will be followed by a fabulous playtime of body painting with Red Moroccan Clay, which has been used for centuries in spa applications, such as the body wraps used in Turkish bath houses. Both your soul and your skin will be nourished!
Cindy Gregory. **Restaurant**

1 pm Western Naturist Gathering Group Photo Redwood Grove

1:15 pm TNS Lifetime Membership SIG Meet & Greet. Lifetime members and those who have been thinking about becoming a lifetime member should join in this lively discussion. *Jim Dickey and Claude Richards.* **Restaurant Lawn**

1:15 Challenges Facing Naturism now and in the future. Open Discussion. *Susan Rothberg and Ron Weimer NAC Board members.* **Redwood Grove**

2 pm Better Living through Energy. This session will be composed of brief descriptions of the history and underpinnings of acupuncture coupled with lots of "fingers on" participation. Expect to learn some simple techniques to hook into the body's energy system and have a really fun time while doing it. *John Flavin, known as The Gentle*

Acupuncturist, has a Master's Degree in Traditional Chinese Medicine, and is a licensed acupuncturist. He has been practicing acupressure for 15 years, and has an office in Palo Alto, CA. **Oak Tree Lawn**

2 pm The Fight For Women's Topfree Rights in California. Why this is a naturist issue. *Allen Baylis.* **Redwood Grove**

2 pm Go. Asian Board Games with *Tim M*

3 pm The Possibility of Us and the Land on Which We Stand. Carolyn Finney, Assistant Professor in the Department of Geography at the University of Kentucky, discusses the ownership and use of public lands. Finney questions who is allowed access to the land and focuses on prejudice in America. (DVD). **Restaurant**

4 pm Fun in the Sun. Enjoy these classic *Barnyard Games* courtesy of the Southern California Naturists. **Restaurant Lawn.**

5 pm Mancala Madness Games with *Lori Kay*

5 pm Pornography and Naturists. We say it's not us. Increasingly, lawmakers and policy makers seem to think it is. *Bob Morton, NAC/NEF Executive Director.* **Redwood Grove**

7 pm Aluminum Foil Fashion Show and contest

9 pm Summer of Love Dance with *Tangerine and Moonbeam*

Sunday July 22

10 am. Naturists and Children. Naturists are sometimes marginalized or criminalized because of some perceived effect on children. Including their own children. Is that rational? Meanwhile, some naturists themselves would exclude children from naturist activities. *Bob Morton, NAC/NEF Executive Director.* **Redwood Grove**