

2010 Mid-Atlantic Preliminary Schedule Of Events

thursday september 16

Noon Opening Day. Check in at the Avalon office, 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!

1 pm Acupressure Points For Everyday Use. Six pressure points will be taught to help your daily life. Robin Stapley. Meadow (near fire circle).

2 pm DumAssOlympics. DumAss SIG. Stage Lawn.

3 pm Speed Friending. Get to know your fellow naturists at 5 minute intervals. Singles, families, everyone is welcome! Stage.

7 pm Movie. *Black Diamonds.* Mountaintop removal and the fight for coal field justice. What human and environmental cost are we paying for cheap coal? And just how bad are the politics? Jack Arnold. Poolside Meeting Room.

friday september 17

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. Meadow (near fire circle).

9 am Yoga. Karen has just received her Level 3 certificate from Yogafit and she invites you to join her for a nature-influenced yoga class. Karen Kapus. Stage.

10 am Orientation For First-time Gathering Attendees. In front of the TNS booth in the Marketplace.

10 am Sitting Meditation. Meditate at your own comfort level. Different ways to relax yourself and control pain. Bring towels, pillow, or blanket. George Yonnone. Pool Lawn.

10 am Hand & Foot Massage. Robin Stapley. Meadow (near fire circle).

11 am Contour Drawing. Helen Fleischer. Lodge Lawn.

11 am TNS: A History In Pictures. Nicky Hoffman Lee. Poolside Meeting Room.

1 pm Whatever Happened To the Nature In Naturism? And whatever happened to the nature in western society? Might we "naturists" become leaders in our culture's need to reconnect with nature? Jack Arnold. Lodge Lawn.

1 pm Surviving Cancer. The journey to becoming whole and happy continues. Catherine Burgh. Stage Lawn.

2 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. Models and photographers welcome. This workshop will go on until 4pm. Eric Fleischer. Lodge Lawn.

2 pm Supporting A Loved One Through A Serious Illness. Ed Burgh. Stage Lawn.

3 pm DumAssOlympics. DumAss SIG. Stage Lawn.

4 pm Welcome and General Assembly. Meet the 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! Stage.

7 pm Singles SIG Meet & Greet. Drop by the pool and say hello!

7 pm Movie. *Food, Inc.* Filmmaker Robert Kenner lifts the veil on our nation's food industry, exposing the highly mechanized underbelly that has been hidden from the American Consumer with the consent of our government's regulatory agencies, USDA and FDA. Our nation's food supply is now controlled by a handful of corporations that often put profit ahead of consumer health, the livelihood of the American farmer, the safety of workers, and our own environment. Jack Arnold. Poolside Meeting Room.

8 pm This Is Naturist Jeopardy! 3 selected contestants will vie for the classic mental contest. Prizes awarded. Poolside Meeting Room.

8:30 DJ Dance. With DJs Jim Corley & David Mawhinney. Field House.

saturday september 18

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. Meadow (near fire circle).

9 am 5 Element Shiatsu. What is it, and what are meridians? Questions welcome. Robin Stapley. Meadow (near fire circle).

9 am Beginner Photo Editing. Learn the tricks of the trade with Curt Kapus. Poolside Meeting Room.

10 am Writing For N. Nicky Hoffman Lee. Lodge Lawn.

10 am Getting Familiar With Your Antique Home. Understanding immediate and long-term maintenance issues. Keeping your house high and dry and eliminating nearby hazards. George Yonnone. Pool Lawn.

11 am First Time Experiences. Do you remember the first time you ever indulged in naturism? Share your story here. George Winlock. VB Court Lawn.

11 am Freestyle Drawing. Helen Fleischer. Lodge Lawn.

11 am Group & Club Leadership Discussion. If you are heading up a group, club, or SIG come and join our discussion! Debbie Jungwirth. Stage Lawn.

1 pm The Happy Naturist. The focus here will be on positive naturist practice skills. How to promote naturism, avoid hassles, and just have fun! Wilbur Daley. Lodge Lawn.

1 pm Video Presentation Of Thesis. Larry Clark, Chief Photographer at WCHS/WVAH-TV in Charleston will present his thesis documentary. In 2005 Mr. Clark came to Avalon to do a story that aired on two newscasts about *Avalonfest*. The story generated so much interest that folks from southern WV, Kentucky, and Ohio wanted to participate. This was a four year project for Larry, who came to Avalon to tape willing interviewees who lived the naturist lifestyle. Larry graduated in the fall of 2009. Larry Clark. Poolside Meeting Room.

1 pm DumAssOlympics. DumAss SIG. Stage Lawn.

2 pm Unusual Poses & Perspectives. A participatory photo workshop. We'll try to look at the nude body from different angles and in different poses than those you might see in most photos. Models and photographers welcome. Eric Fleischer. Lodge Lawn.

2 pm To Tell Or Not To Tell... A brief discussion of why you might or might not want to tell your friends and family about your naturist activities, followed by a longer discussion of successful techniques that naturists have used to tell others about their naturist activities. Fred & Lana Van Nest. Lodge Lawn.

2 pm Naturist Family SIG Meet & Greet. Come mingle and talk with other naturist families! Stage Lawn.

3 pm fullSPECTRUM Welcome Meeting. Meet, mingle, and get to know the Gay, Lesbian, Bisexual, Transgendered SIG, their friends, and supporters. Pool.

3 pm All About Bees. An intriguing presentation on beekeeping, and explaining why bees are so important for everyone, whether or not you keep them. Joe will also provide new information on how some of the products created by bees are now being used by doctors to treat certain health problems in humans, and how everyone can become more bee friendly with their gardens through more prudent use of chemicals. Joe & Judy Flickinger. Lodge Lawn.

4 pm TNS Town Hall Meeting. Stage. Immediately following the group picture will be taken. Location announced at meeting.

7 pm Movie. *Dirt! The Movie.* A story with heart and soil. Inspired by William Bryant Logan's acclaimed book *Dirt: The Ecstatic Skin Of The Earth*, this film takes a humorous and substantial look into the history and current state of the living organic matter that we come from and will later return to. Jack Arnold. Poolside Meeting Room.

8:30 Live Band. Simon Sez, the area's premier 80s band will perform. Field House.

sunday september 19

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. Meadow (near fire circle).