



Federation Focus January

International Naturist Federation Newsletter

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January 2015

PREAMBLE

As requested by some federations we have decided to publish the Focus again in its original format, namely pdf. We hope to give the possibility to the federations to transmit the Focus without any problems as information to their associations and holiday resorts.

As a result this offers of course also the possibility for resorts and clubs to "advertise" in Focus. For this we have fixed "Deadlines" and dates for release. For the tariffs of advertisings please contact our Treasurer.

As in the past Focus will appear every 2 months, it can and it shall be used by the federations to communicate interesting events from the federations to a wide audience. By this means Focus will turn into an interesting medium for any reader. As Focus is published in our three languages and as we have to arrange appropriate translations for each article we receive, we have fixed following dates:

Focus February:

Deadline to remit articles is 20th January,
Release of Focus latest 5th February

Focus April:

Deadline to remit articles is 20th January,
Release of Focus latest 5th February

Focus June:

Deadline to remit articles is 20th January,
Release of Focus latest 5th February

Focus August:

Deadline to remit articles is 20th January,
Release of Focus latest 5th February

Focus October:

Deadline to remit articles is 20th January,
Release of Focus latest 5th February

Focus December:

Deadline to remit articles is 20th January,
Release of Focus latest 5th February

We hope to give you a source of information as well as the possibility to communicate with other federations about activities in your country, with texts and pictures.

MEETINGS

30.01. - 02.02.

SANNA
(South African National Naturist Association)

27.02. - 01.03.

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26.03. - 29.03.

6. EuNat Meeting (interfederal)

01.05. - 04.05.

Scottish Naturist Weekend

14.05. - 17.05.

ENY Springtime meeting & general assembly

04.06. - 07.06.

Alpe Adriatic Meeting 2015

28.06.

World Naturist Day 2015
(Northern Hemisphere)

05.07. - 12.07.

BN Nudefest 2015

24.07. - 02.08.

MEE(H)R ERLEBEN (DFK) Familyevent

26.07. - 08.08.

4th International Youthmeeting 2015

28.08. - 30.08.

INF-ENC Petanque Tournament 2015

09.10. - 18.10.

Southeuropean Meeting, El Portus, Spain



(crédit photo guy rusca)

CHRISTIANE LECOCQ

PASSING OF A NATURIST ICON

The French naturist federation (Fédération française de Naturisme or FFN) posted the following yesterday:

It is with deep sadness that the Fédération française de Naturisme has learned of the passing of Christiane Lecocq at the retirement home in Chatou (Yvelines), on Wednesday 24th December. The funeral was held on Friday 2nd January 2015 at the Notre-Dame de Chatou church (Yvelines), place Ste Marie, followed by the burial at the Carrières-sur-Seine cemetery where she joins her late husband, Albert Lecocq.

This news sends into mourning the naturist movement not just in France but worldwide. In fact, this venerable resident of Carrières-sur-Seine, native of Tourcoing, 103 year old (she was born 6th April 1911), founded with her husband, Albert Lecocq, the Fédération française de Naturisme on 19th February 1950 and the International Naturist Federation in 1953.

Aside from the creation of these two organizations that impact naturists around the world, Christiane Lecocq and her husband worked on the development of naturist values and their promotion. Notably, they created the "Club de Soleil" of Carrières-sur-Seine, the first sun and sea site in Montalivet, and then there was the first large naturist site at Île-de-France in Saint-Chéron...

It were also Albert and Christiane who created in 1949 the first national, specialized magazine "La Vie au Soleil" which is still published today. After having retaken the management in 1969, Christiane Lecocq continued the work that had been hers since the 1940s. „I remember Christiane very clearly who was my boss at "La Vie au Soleil". She was a woman who was not afraid to speak up, proud of her

convictions", remembers Yves Leclerc, vice-president of the French federation.

It was with pride that Christiane Lecocq attended every year the annual general meeting of the French federation of which she was honorary president and where she recently celebrated her centennial.

„If France today is the top naturist destination in the world, with 3.5 million followers, 1.5 million from France, it cannot deny that it is largely due to her!" added Armand Jamier, president of the Fédération française de Naturisme.

The development of the naturist movement in relation to the Lecocqs – here the key dates:

6th April 1911: Birth of Christiane at Tourcoing.

1932: Christiane discovers naturism through sport at the Club Gymnique du Nord, Fort de Seclin, near Lille. She meets Albert Lecocq.

28th October 1933: Albert and Christiane Lecocq are married.

1944: Christiane and Albert create, in secrecy, the first sun club „Club de Soleil".

In 1945 they settle in Carrières-sur-Seine and create the sun club of Carrières, which becomes the unavoidable location for national and international meetings.

1949: In order to provide the naturist movement with a method of communication, the Lecocqs create the magazine "La Vie au Soleil". For 60 years it remained the leading publication of the naturist movement.

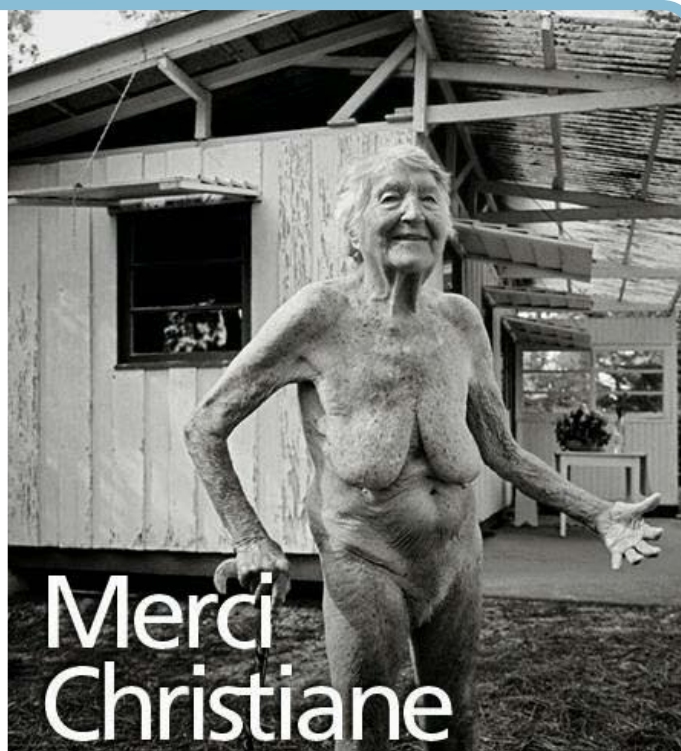
19th Februar 1950: Christiane and Albert create the Fédération Française de Naturisme and establish the concepts of naturism.

23rd July 1950: They create the “Centre Héliomarin” (CHM) in Montalivet.

1953: Christiane and Albert create the International Nudist Federation to bring together all the federations, which have developed in several European countries.

[Editor’s note: the founding countries actually included more than Europe. The minutes of the 1st INF congress list the following 9 founding countries: Germany, Switzerland, Italy, Austria, Netherlands, France, UK, Canada and the USA.]

1969: Death of Albert Lecocq.



THE ABSURD NUDE-RULES AT THE ONLY NATURIST BEACH IN SOUTH AFRICA

Recently the Mpenjati Beach has officially been appointed a complete nudist beach – the first in South Africa. Yet, there seem to be some difficulties with the newly obtained freedom of movement, as show some of the 19 rules applicable to the beach. Among others, these state that one should refrain from dancing and that men please should cover possible erections with a towel.

In South Africa, nudists are now officially authorized to swim nude at the Mpenjati Beach. Germany cannot be imagined anymore without Nudism. Whereas nudists can meet their desires not only when bathing, but also during hiking, cruises, other countries still are sorely buttoned – at many places people are even prosecuted when taking off clothes for a nude swim in public.

South Africa now dares to take a decisive step into the nudist paradise. During last fall the Mpenjati Beach, north of Port Edward in the eastern province of KwaZulu-Natal, has been designated by the Hibiscus Coast City Administration as the first official nudist beach in the country. This has been backed by the local organization KwaZulu Natal Nudist Association (KZNNa), which, among others,

fought with a petition for a textile-free beach – to the horror of many inhabitants. According to the initiative this beach is generally known for 20 years already as being a nudist beach, many would travel from all around the country and the world just for these nude activities.

As new as nude sunbathing might be for the South Africans, as absurd are some of the rules, as listed in the online site “Thrillist.com”. The nudist fans must abide full 19 rules at the zone about 500 meters long between Trafalgar and Palm Beach. Many of these rules are not uncommon and are valid at most nudist beaches worldwide or at least are part of the nudists’ etiquette.

But at one point something has now been regulated in South Africa that often creates uncertainty among nudists. How shall men react in case they accidentally get an erection? What is being strongly discussed mainly in forums on Internet is now regulated in South Africa. Men shall kindly hide their erection: “We know this may sometimes happen, uncontrolled. A simple towel to cover, and nobody will notice anything”, states the Code according to “Thrillist.com”.

Many of the other rules more or less correspond to the codes of the nudist fans, like one shall not stare at others at the beach and - of course – it is not allowed to take pictures of people at the beach without their permission. Also, one should refrain from obscene talks as well as provocative dancing, where according to

“Thrillist” Pole dancing is stated as example, which is rather very absurd. In addition, some of the rules tend to suggest that the term “naked” is similar to “sex”. In this view the rules state that sexually stimulating objects may not be brought to the beach. Like at most of the naturist beaches, wild fiddling or ‘making out’ of course is illegal at the naturist beach in South Africa, too. Likewise, the hint that for hygienic reasons one shall sit only on one’s own towel is international standard. Yet, the explicit statement that one shall not sit on or touch other genitals again is bizarre. And further on one inevitably wonders, is this rule not already covered by the sex- and petting-ban?



As of Spring 2015, the Mpenjati Beach shall officially be entered totally in the nude, as confirmed by the South African City Administration upon a question asked by TRAVELBOOK.

The same way the rules sound confusing, the same way the information flow of the communication was confusing, as within the administration the competence for the new naturist beach remained unclear till the end.

Finally, one wonders how some of the grotesque naturist rules shall be implemented or how violations of these should be punished. Perhaps by an Erection-Police? Hardly imaginable.

Do you feel that specific rules for naturist beaches are to be written down in such an explicit way? Or is it enough when naturist fans simply abide the valid rules of conduct already in force?

Source: <http://www.travelbook.de>



OR DIDN'T YOU KNOW...?!

MYTHS, DOGMEN AND THE NUDE THRUTH



In this short article we would like to meet with historical and medical facts, common prejudices and myths about the theme nudity and naturism. Because, remember: What has stimulated health and contained illnesses for thousands of years is still today the best prevention.

OR DIDN'T YOU KNOW:

- Already at the beginning of our era, nudity was very common in the Greek civilization. After work, leisure time was spent mostly being nude. Out of this also developed the fact that sportsmen and athletes were nude during the Olympic Games.
- Till the 4th century Roman citizens including the early Christians bathed nude together in public baths and practised sports being nude. Nudity was very common also in other parts of the Roman society.
- The writings of early Christians like Irenaeus and Tertullian prove that they had no ethical reservations against joint nakedness; for example earlier Christian adult baptisms rather happened in complete nudity.
- In the Medieval Renaissance Society nudity was very common, in public baths, and during leisure activities within family units, nudity was also self-evident.
- Even during the Victorian Era nude swimming in the sea and in swimming pools still was a daily activity. In theatres and in music halls performers, musicians and models often acted all nude, this had no erotic background, but in these days simply emphasized aesthetic and naturalness.

- Only a few know that swim suits, as we know them today are a relatively new concept. The idea of having to wear special clothes when swimming is not even 100 years old.
- In Europe a significant increase of diseases, which nowadays we would group under the term „cancer“, can historically be noticed only after the Renaissance. And just think once: it is exactly since that time where paleness was accepted as being „noble“! A dramatic increase of abdominal diseases among women (in our opinion usually cancer) can be proved as of the 19th century. Exactly since these times a narrow waist was seen as a sign of beauty for women, and in order to reach this standard, they squeezed themselves into corsets and in addition they wore up to fifteen layers of underskirts and crinolines under their long skirts; that way no UV light could ever reach their abdomen – with serious consequences, also for their descendants.
- Only in Islam nudity was always considered sinful and was also inexistent in the idea of the Paradise. With the „Fall of Men“, from the point of view of Mohammed, the Paradisiac clothing



fell off from men (so exactly the contrary to the biblical history of creation), which speaks about nudity free of shame as initial status!). This full-body „clothing“ was to consist of material of the fingernails; only a remnant remained on the fingers so that men could recall the original status....

- It was only during the time of Enlightenment that in the West – after several thousands of years with natural nudity – a real banishment of nudity from everyday life and its stigma as „unchaste“ occurred by a counter-movement initiated by religion (especially in parts of Catholicism and increasing Islamization). These moral points of views were particularly adopted by the proletariat without reflection. To this day, especially often weakly educated and strongly fundamentalist influenced people object nudity or see this as being „abnormal“.

So, indeed, it is a tragic reality that especially groups of people with insufficient education, often due to lack of possibilities to reflect, have problems with nudity. How important is it here, in particular also for our children, to teach an enlightened view of the world and a healthy body awareness through a totally open minded approach with nudity!

- Exactly during the prudish post-war period naturism became again the expression of a free life without any sickening constraints – for good reasons especially in the GDR.



During the last 50 years the naturist lifestyle (also thanks to increasing offers for naturism/ clothing optional) meanwhile became an important part of tourism in large parts of Europe. For example, in 2013 solely in France, 8 million people spent their naturist holidays in hotels, clubs and at beaches, most of them were local people though. Could it be that exactly it is in France where there is the lowest rate of cancer in Europe?!

Therefore: Don't let yourself being kept off a regular naturist lifestyle by misguided religions, shame acquired by education, „malaise“ or any other unhealthy influencing, finally let the air and the sun reach every part of your body, the more often and the more regularly you do, the better. Your health will appreciate it!

Your health & naturism-team

PS: as an appropriate annex to this article we would like to add a short article by Doreen, which she had originally published for her friends on Facebook.

HOW CAN I GET RID OF MY SICKENING INHIBITIONS OF SHAME?

This issue especially addresses Christians, because amazingly it are precisely these persons, „called for Freedom“ by Christ, who have the most problems with nudity.

After hundreds of years of massive church indoctrination of body hostility and the dogma „sinful nudity“, most Christians, without question, will first feel some inhibitions to discover their nudity again as something for granted, good and even soothing.

A „weak conscience“, as apostle Paul would call, needs some time for purification of all the religious-legal moral values that have no relation to the Will of God. During this time it is useful to make yourself aware again and again:

- Our body has been created by God and is at no place inferior or bad, therefore natural nudity does not need to be covered nor lead to any feelings of shame.

- Feelings of shame in relation to our body are only acquired by education and instilled by religion into our conscience! Keep in mind: shame is not a protection, but a curse! Shame has never protected against sins, because shame is based on inferiority and has always lead to dissociation of God and man!
- Should you still have your „construction site“ regarding feelings of shame, give yourself time, yet – just at the sake of your health and freedom – let yourself not being permanently slowed down, always give yourself some new goals and deliberately go step by step further towards freedom!
- In case you are a woman, you should know that your initial „unease“ in relation to nudity also strongly depends on your hormone balance! Maybe you already have got some experience with nudity in saunas or at beaches, and noticed that sometimes you did like it, other times you rather felt uncomfortable.

In fact that is fully normal at the beginning and demonstrably strongly depends on your hormone levels during the menstrual cycle and in context of sexual intercourse. Without going too much into detail in the medical point of view, I would like to give you a very effective

practical hint: Consciously use the favourable times and at the beginning avoid the less favourable times; these latter especially are up to 24 hours after sexual intercourse and also the last 4-6 days before the start of menstruation.

- It is like with most other things: the more often you overcome yourself, the easier and better it will be. Yes, you will thoroughly enjoy this freedom! Many women have confirmed me in the last years. You, too, will experience more and more what it is really about:

Natural nudity in the sense of naturism is a unique soothing expression for health and carefree joy of life – and a deliberate exit from the physically and mentally sickening constraints of religious and cultural dogmas - yes, it is a gift of God!

Yours Doreen

Source

<https://gesundheitsnaturismus.wordpress.com>





ONE DAY LAST SUMMER GRAHAM MACGREGOR

After the Rotota Roman Campout, our USA visitors came to Tauranga for a few days. Claudia asked Graham Macgregor about Opoutere Beach, about 70 km from Tauranga, having heard that it was clothing-optional.

Lunch packed, and after a drive through some rain in the hills we walked from the public car park through the pine forest, with the day now sunny and warm. On the beach, the immediate reaction is WOW!

The beach is about 6km long, stopped by a cliff 5km to the north, and 1km south to the sand-spit with the channel to the estuary. Much of the sand-spit is roped off, as the area

is a nesting place for the New Zealand dotterel, and a bird sanctuary.

We walked 200m from the track, and Claudia looked a little concerned as I peeled off about 100m from textiles (clothed) people. The beach was almost deserted, and it is known to be clothing-optional. NZ law is clear: there are no designated naturist beaches and nudity is not illegal, but bad behaviour is illegal!

Alexander built a structure with driftwood and sand then went swimming with Claudia. A hot day, a gentle swell with the tide going out and the sea turned cool.



After eating lunch, we left our gear and walked along the beach northwards. Claudia and Blair used their umbrellas as sun-shades, realizing the NZ sun has quite a bite to it. Alexander was in a world of his own as we walked, playing, kicking the sand and water, and just enjoying the moment.

Returning, we decided to walk south around the sand-spit and estuary to return to the car. In previous years the roped-off nesting area was mostly the centre of the sand-spit, but this year right to the edge of the estuary, meaning we had to retrace our steps on the beach side. I'm glad of this, as we saw a dotterel chick, the first I have seen. The birds nest on the sand, with both bird and nest blending in with the

surroundings. The chick (probably a teenager, really), was half the size of its anxious mother, same colour but fluffier (just out of the hair-drier maybe?) and running around with the mother following about 2m behind.

Alexander came with me as we went through the pines and native trees, talking about vegetation, birds, landforms, and insects. He was pleased to spot a cicada exoskeleton on a tree, and listening to the birds calling.

Claudia asked if we were near Katikati Naturist Park, and with it being on our way home, I phoned Kevin for permission to visit. Food bought, and the usual welcome at KNP impressed the visitors. I gave them a quick tour around the pristine grounds and friendly people, before having a swim and dinner. It really is nice to be welcomed like this.

Home, after another great day.

Opoutere is not just a beach, this is the real New Zealand, giving visitors the „Wow!“ experience to their travels.

