

The Western Sun



News from the Western Region of the American Association for Nude Recreation

October 2020

Vol 4 No 10



AANR-West Gets Prominent Story on Clothes Free Video Episode

By Andrew Walden and Linda Weber

Corky Stanton has revived CFI – Clothes Free International, the subscription “nude news service” and is back filming the popular “Nudes in the News” segments with his cast of “nudecasters”. He tapped two AANR-West Board members for his three latest episodes.

The first to be recruited by nudecaster Kevin was AANR-West Secretary, Andrew Walden. In episode #360, broadcast from the Bonneville Salt Flats in Utah, Andy modeled the GPS Coordinates T-shirt and discussed its inception. He also spoke about the recent convention at Shangri La resort using an innovative hybrid of GoToMeeting video technology and on-site membership at Shangri La. He referenced the four new people and two re-elected members to the Board of Directors. There was a promise of fresh new ideas for AANR-West. Andy referenced the effort by AANR to change the verbiage of the various resorts and current clubs to better reflect their purpose, especially for new members.

In episode #362 (released September 19, 2020), Linda Weber was interviewed, and Kevin referenced how they met on the Big Nude Boat and asked about her recent election to the AANR-West Board of Directors and the various affiliations she has made within the naturism community.

Through the Zoom conferences, she has been a member speaker for programs through British Naturism, the INF

through the Irish Naturist Association, and The Naturist Society while representing AANR-INT and AANR-West.

Andy and Linda spoke about the successful “Hair-Raising FUNdraiser at the end of the meeting at Shangri La Ranch that raised more than \$1000 for the AANR-West Scholarship Foundation. Kevin put Andy on the spot and asked him if he would grow his locks and beard for a second annual event and the bar was raised for a new total.



Linda spoke in-depth about the GPS Coordinates T-shirt, which features the coordinates of the 9 resorts within the AANR-West Region on the back, and how it is intended to “open the conversation” to those that have not yet discovered the benefits of the naturist philosophy.

There is a plan being formulated to tie the GPS Coordinates T-shirt in with the successful AANR-West Passport Program and create a fun contest whereby people could submit pictures of themselves in the T-shirt with the club’s sign and submit it for inclusion for prizes.



Clothes Free International is a video subscription service and AANR-West affiliate. The videos referenced may be viewed through via subscription at ClothesFree.com. Email: clothesfreeinternational@gmail.com

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Annual AANR-West Fall Festival!

Shangri La Ranch Planning Roaring 20's Theme for October 9- 11 Fall Festival

The annual AANR-West Fall Festival will be held this year at the Shangri La Ranch in New River, Arizona (an hour north of Phoenix) from Friday, October 9 through Sunday, October 11 with a Roaring 20's theme.

This three day event will include a water volleyball tournament, a pool tournament, Friday night karaoke, and a Saturday night dance where people are invited to show off their best Charleston moves while we are welcoming back DJ Jason to DJ our karaoke, poolside party, and our Saturday night theme dance.



Saturday will see our annual Bare Buns 5K Run (see story about club 5K races on page 4). Registration for can be made at:

<https://www.active.com/new-river-az/running/distance-running-races/bare-buns-desert-run-2020>

As usual, all of our meals will be provided by the Bare Buns Cafe. Check out the cafe pages for their full menu.

Call soon for reservations! Day passes are available at the office. If you are a first-time guest, check out the coupon below for a discount rate.

Call Shangri La's office for more info: (909) 277-4650 and to reserve overnight accommodations (we have a limited number of RV and camping spots, subject to availability).

Prizes will be given following each of the sports tournaments: Water Volleyball, Billiards, Pickleball and much more.



Lupin Finally Gets to Celebrate Its 85th Anniversary

After a two-week postponement due to nearby fires and smoke, Lupin Lodge finally got to celebrate its 85th Birthday over the September 25-27 weekend.

On Friday, a time capsule was created to open on our 100th birthday. Wiffle Ball was led by Johnny F which was a great deal of fun. Historic videos of Lupin were shown and were repeated thru Saturday. Nourish offered a 1935 menu for dinner which was quite amazing.



On Saturday, Beth led Hatha Yoga class at 11 am, then there was music on the lawn starting at noon with Darin and Dave. At 3 pm, Glenda and Justin played Reggae music on the lawn (thank you to all who played music in the afternoon).

An archive display of artwork and posters was hung which showed a pictorial history of Lupin since its founding in 1935.

Lupin received a birthday proclamation from both AANR-West and TNS while we toasted with champagne and birthday cake. A large crowd of happy people sang "Happy Birthday" while more items went into the time capsule.

In the evening, a presentation of selections from "Mid-Summer Night's Dream" played to an appreciative audience. Afterwards, Sara hosted a Variety Show! The outstanding acts were Samara on the ring which was amazing and Sara working the lit hula hoops; that was awesome! Thanks to everyone who participated.

DJ's Moonbeam and Tangerine led the Birthday Balloon dance and there were a lot of happy dancers moving to some really good tunes. And as if that wasn't enough there was a silent disco with Sara and Dylan to cap off the evening.

The weekend ended on Sunday with Yoga by Cameron, the Camera Club with Dylan, and Progressive Art with Mindy later in the afternoon.

Once again Happy 85th Birthday Lupin Lodge!

Utah's Wasatch Club Hosts Campout Labor Day Weekend

By Mike Thiriot, President Wasatch Naturists

Below are some pics from our event the weekend after Labor Day. For the third year in a row, Wasatch Naturists members and guests held a nude campout at 'The Beach' It's really just a dry lakebed so no water to swim in. It's about 45 minutes west of Salt Lake City, and it's isolated enough that we can safely be nude outside.

We had a great turnout - probably 50 people showed up this year. Shane and Paul put a lot of work into this event - there was plenty of shade, tables and benches, a porta potty, a redneck hot tub, and even an outdoor shower. And the food was amazing.

There were games and contests, with prizes for the winners. We played bocce ball, ladder ball, and volleyball. At one point, a giant beach ball was used for the volleyball games. There was also hiking and nude yoga every morning. Make sure and join us next year! Wasatch Naturists can be contacted at: www.wasatchnaturists.com



Air Quality Much Better at Many California Clubs

For much of September, almost all of California suffered under a blanket of smoky haze for two weeks while over 200 different fires raged across the state, which is even more amazing when you consider California is 1500 miles long!

No California club was in danger from fire. The fact that most clubs are only partially open due to COVID actually has reduced any fire's impact. To the north, Lupin and Laguna del Sol members tell me the smoke there has caused the postponement of some planned outdoor events.

In the south, the prevailing winds blow off the Mojave Desert toward the sea and that spreads the smoke over Los Angeles to San Diego. So even though Glen Eden, Olive Dell, and De Anza are at a distance from the fires they still got the residual smoke. For many days, residents saw a dim orange sun struggling to shine in the sky.

The clubs that had online activities such as board game, bowling, or yoga, were unaffected.

The state also suffered through record breaking heat. The first week in September saw a suburb of Los Angeles reaching 121 degrees! That kept people indoors and out of the smoky air.

A large fire north of Los Angeles is not endangering and SCNA or Olive Dell members. The fire, just above Los Angeles, has been burning for 2 weeks and has passed 120,000 acres in size. Winds are also blowing north for a few days, so LA is relatively clear.

But we are only halfway through "fire season" out here. When the annual Santa Ana winds start to howl in a month, one only can guess at what dangers lie ahead.





Photo of 2019 Finish Line at Shangri La Ranch's Bare Buns 5K Run

Clubs Prepare for Annual 5K Runs

As the country climbs out of the COVID-19 pandemic threat, several clubs are preparing to host their 5K runs, some of which were postponed from last Spring.

Shangri La "Desert Buns 5K Run"

44444 N Shangrila Ln, New River, AZ 85087

Saturday, October 10, 2020

At 8:00 a.m., runners will assemble at the starting line near the clubhouse of the newly groomed 3.1-mile course. The race consists of two laps around the park, up and down hills of starkly beautiful desert scenery. Racers are encouraged to run with nothing on but tennis shoes, however nudity is not a requirement

Last year, the best time across the finish line was 20 minutes 37 seconds. All runners will receive a special T-shirt, and the winners in each category will win other special gifts. Registration costs \$35 and includes a day visit so plan on spending the day with us to enjoy our pools, café, clubhouse, game room, more hiking, and meeting great friends. Pre-register at <https://www.active.com/new-river-az/running/distance-running-races/bare-buns-desert-run-2020>.

Olive Dell Ranch Bare Burro 5K Trail Run

26520 Keissel Road Colton, CA 92324

October 24 and 25, 2020

The annual Naked Beer Mile starts at 3 pm Saturday October 24. The beer mile is a fun tradition with many running groups. You start by drinking a beer, running a ¼ mile, drink another beer, run ¼ mile etc. until you complete one mile. They also had sodas for the kids and non-beer drinkers.



Since it's at Olive Dell, participants must do it naked! You can run, walk, skip, saunter, stroll or crawl your way to the finish line.

As they did last year, they will have a preliminary event prior to the Beer Run: a game of Giant Beer Pong. Normally the game is played where red Solo cups filled with beer are set up in a pyramid on either side of a table Olive Dell's brilliant idea was to "supersize" the game using twelve 55-gallon plastic containers, painted red to resemble a large soda cup. Participants try to throw white volley balls (the supersized ping pong balls) and toss them across the pickleball court into the "cups". In fact, the playing area turned out to be so large, it had to be played on the park's Pickleball court! It is a lot harder than it sounds, and as the beer gets chugged, over time people's aim usually gets worse. No fee to enter.

That evening, the restaurant will have a special meal available Saturday evening (please reserve in advance). There is a Toga party that evening so get your sheet together and come to the dance!

Sunday, October 25, is the main event: the annual Bare Burro 5K Race, which starts promptly at 10:30 am. Over 200 runners are expected. Check-in starts at 9:00 am.

Dress code for the race: The actual race is to be run nude except for socks and gym shoes. Women may wear a sports bra.

Pre-registration rates: \$45 per person until October 23. People who register up to 10 days before the race will get a commemorative T-shirt. Those who register after that date (or on race day) will not get a t-shirt, sorry.

<https://www.active.com/colton-ca/running/trail-run/bare-burro-nude-5k-trail-run-weekend-2020>

\$55 registration at the clubhouse on day of the run.

For more information visit the club website at, <http://www.olivedellranch.com/bburro/>

De Anza Hot Springs Bare Booty 5K Fun Run

1951 Carrizo Gorge Road, Jacumba, CA 91934

The club's annual Bare Booty 5K Fun Run is postponed until Sun May 23, 2021. This event, like the original Olympics, is a nude run. Shoes, hats, sunscreen, and big smiles are welcome.



Registration opens November 25, 2020. Early Bird Registration (11/25-01/01): \$29. Advanced Registration (01/02-3/14): \$34/Adults, Kids under 18 get discount.

No registrations accepted after Sun May 16, 2021

<https://runsignup.com/Race/CA/JacumbaHotSprings/BareBooty5kFunRun>

A few weeks ago, De Anza hosted a 12K run on its new course for those who were unable to participate in the **Bare 2 Breakers** race that was cancelled in San Francisco (*see story on next page*).

De Anza Unveils a New 12K Running/Hiking Trail

By Graham Stewart, De Anza Activities Chair

One of the reasons De Anza's hiking trails are so special is its location on the south side of the Anza Borrego Desert State Park and the adjoining Jacumba National Cooperative Land and Wildlife Management Area. This area is sparsely visited by the textile public, making the area ideal for nude hiking.

Radiating out from the resort are several hiking trails and routes. The trails range from easy to follow to faint and overgrown. The routes lead to various points of interest both natural and man-made and offer a chance for solitude or physical challenges.

The first trails were created by wildlife. The bigger the animal, the more obvious the animal tracks. Herd animals such as mule deer and bighorn sheep incised many deep tracks across the landscape as large groups often used the same route season after season. Native Americans then arrived and followed these game trails first to hunt and then to trade. Natives like the Kumeyaay also created new trails to connect villages and camps both to each other and to food and water sources. Miners arrived in the mid-19th century and left their own trails leading to their mines and prospects. The advent of motorized travel widened certain trails for vehicle use. Then the railroad came, and more trails and roads were created to service the workcamps along the way.

The land the resort is on was once a major Kumeyaay village, so it was natural that many native trails radiated out from the site of this village. When the area became a ranch, the old trails were used to herd cattle. Later, when the railroad used Carrizo Gorge to connect San Diego with El Centro, access roads were built through Walker Canyon and then through the ranch, creating the Carrizo Gorge Road. Mining activity created even more roads. The Northeast Trail became an off-road vehicle route, connecting the roads leading to the Carrizo Gorge Overlook Mine, the Circle Quarry, and other prospects mined in the mid-20th century. The ranch then became a campground and some of the old ranch trails were converted to recreational trails.



With the completion of the railroad, the workcamps were dismantled and the access roads abandoned. The mines were played out or proved uneconomical so the roads and trails to the mines were no longer used. The cattle trails no longer had cattle, the Kumeyaay, restricted to reservations, no longer traveled their trade routes. The original campground went bankrupt and, save for the trails used by the deer, the original trail network became overgrown and returned to nature.

Jeep enthusiasts discovered the major mine roads and began using these routes recreationally. When Dave Landman bought the property and De Anza Springs was born, he closed off the Northeast Trail to vehicles and the route became a popular nude hiking trail. Carrizo Gorge also became popular, both along the railroad and the abandoned workcamp roads. Temple Peak, being the most obvious geological feature of the resort, also attracted hikers, although the old trail became more difficult to follow over time.

The Carrizo Creek Trail was the first De Anza Hiking Trail to be rehabilitated. This trail led to a group of petroglyphs and explored the cool wooded areas of Carrizo Creek. Being relatively flat, it was easy to rebuild. The Temple Peak Loop Trail came next, and from there the trail network continued to grow. As old routes were explored and more points of interest rediscovered, volunteers worked to clear and mark the trails and the variety of hiking opportunities grew.



The map offered here is based on my exploration of these routes using my Garmin Oregon 750t GPS unit and from studying the aerial photos on Google Maps. These are what I feel to be the major routes. There are other routes not shown but those have been added to the hiking book displayed in the recreation room of the Clubhouse. It seems every time I go out for a hike, I find new routes. Some are easy to find as they are lined with stones and obviously ducked with cairns. Others are fainter and a challenge to follow, the ducks being less frequent, but they lead to what I feel are interesting destinations.

Reprinted with permission from the De Anza Newsletter 9/21/20

Reminder: Co-Op Advertising Receipts Deadline is November 30

AANR Western Region chartered clubs may be reimbursed for advertising in outside (non-nudist) publications or online sites. To qualify for reimbursement:

- (a) the advertising must specifically have a link to the AANR West website home page (www.aanrwest.org) and
- (b) the logos of AANR, or AANR-West (or both) should be displayed if space permits, and
- (c) the club's website home page must provide a link to the AANR or AANR Western Region website page.
- (d) Copies of 2020 club receipts or bills which have been paid, and a copy of the advertising must be submitted to the AANR West Treasurer no later than Nov 30.**
- (e) Ads in the AANR Bulletin and other AANR publications are not eligible for reimbursement. Advertising in any other nudist publication must have prior approval of the AANR West President for reimbursement.

Clubs can be reimbursed at either **50% of the cost** of qualified advertising, the amount not to exceed **\$400** per year per club, or at 25% of the cost of qualified advertising, the amount not to exceed \$1,000.00 per year per club, at the club's option.

A bonus for 100% membership clubs: Reimbursement can be as much as 50% of the cost of qualified advertising, the amount not to exceed **\$800** per year per club, or 25% of the cost of qualified advertising, the amount not to exceed **\$2,000** per year per club, at the club's option.

Advertising which conflicts with the principles and standards of AANR and/or AANR-West is not be eligible for reimbursement.

Provisional (newly formed) clubs are not yet eligible for co-op advertising reimbursement.

AANR International has a similar program with similar guidelines. By submitting to both, a club could "double dip" and possibly get a rebate for nearly 100% of their cost. Advertising does not need to be in the print media. If a club bought coffee cups with the AANR or AANR West logo, for example, they could be eligible for reimbursement up to a certain dollar amount.

AANR-West Board Meeting Scheduled for Nov 14

The AANR-West Board Fall Board meeting will be held Saturday, November 14 at the Glen Eden Sun Club.

The Fall meeting is when the Board creates and approves its budget for the following calendar year. The 2021 budget will be particularly scrutinized as we do not yet know the impact of COVID-19 on our membership numbers or what activities we can plan. AANR members are invited to attend (either in person or by video link) and advocate for specific programs and policies if they wish.

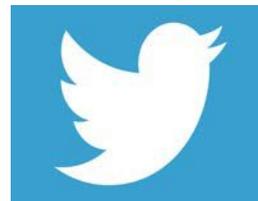


A New Twitter Account For AANR-West ... Again

By Andy Walden, AANR-West Social Media Chair

If you are on Twitter, come visit our new page at: @WesternAANR

The Western Region of AANR has had to create yet another new Twitter account and start from Square One which has been both frustrating and perplexing, given the sheer number of porn accounts that exist on the platform. The



social media platform, whose mission is, "to give everyone the power to create and share ideas and information instantly without barriers," barred our account in August – the fourth time in as many years.

This time, it started as a verification check; apparently, Twitter thought we were using a "bot," which is an autonomous program designed to respond or behave like a human. Twitter locked our account and asked for its affiliated cellphone number; afterwards, an unlocking code would be sent. Simple! Well, the phone number was rejected.

Appeals were submitted, each receiving a standard form letter in response — from their bot! After several attempts, our account was suspended without reasonable cause. Unfortunately, there is no avenue to speak to a human, to which our appeal would certainly be considered, given our content.

From those ashes, a new account is now open, **@WesternAANR**. Our message remains wholesome, positive, and supportive of family-oriented social nudism. We hope that Twitter refocuses their efforts on the more deviant of the accounts and allows us to share our message without removing our account yet again.

P.S. We have also opened an **Instagram** account! Please visit us at: <https://www.instagram.com/aanrwest/>

AANR Office Invites All Clubs to Get Impexium Membership Database Training

We invite you to contact AANR Club and Member Relations Director Carolyn Hawkins to schedule a session for your club's Certifying Officers and other leaders to learn more about using the Association's Membership Impexium Database and how it can assist you with tracking member data and needs.

Sessions typically take about an hour with an additional 15-20 minutes for questions and answers. We look forward to holding a session with you soon!

Call Arlette at (800) 879-6833 to make your appointment.

AANR Responding at a Time of British Naturism Concerns

September 18, a British Naturism family swim event was disrupted when protesters converged on adjacent parking areas by the indoor pool where it was being held. The protesters, angry that minors are allowed to attend events albeit with their parents, yelled heated comments and made threatening overtures to visitors and staff of the pool.

The following Monday AANR main office staffers Jeffrey Baldassarre and Carolyn Hawkins made contact with several members of the British Naturism board expressing, "We are with you!" and "How can AANR help?" British Naturism has written back expressing their thanks for our show of support and requested additional resources such as research materials that AANR has on the subject of family nudism. We have assembled and begun conveying that material as requested.

An Invitation to the Worldwide British Naturism Conference for AANR-West Members and Clubs

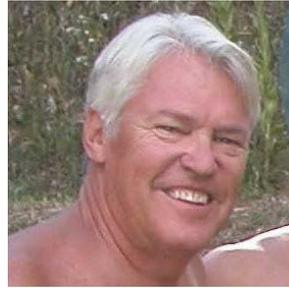
British Naturism is hosting a worldwide "International Conference" in support of naturism and the nudist industry online on **November 14-15**.

They anticipate that Naturists from all around the world will attend. **All of our AANR club leaders and our members are invited to join in this free event.**

There will be 2 sessions on each of the days There is no requirement to be a member of any nudist organization to listen in. Drop us an email at information@aanrwest.org if you wish to attend and we send you the login information.

Also "If anyone in the US nudist business world is interested in becoming a **sponsor for this global event**, they are seeking \$329 for advertising that will be sent to all in attendance, plus placement afterwards in the British Naturism Magazine and on the BN website. This will attract people to your club and result in probable tourist visits once the national borders are lifted from the pandemic. Contact: Sheryn at magazine@bn.org.uk

Remembering Bob Watzel June 3, 1950 – Sept 5, 2020



Our beloved friend and member, Bob Watzel, passed away on September 5, 2020. We are deeply saddened.

Bob and his wife Kathy joined Mountain Air Ranch in May of 1991. Starting in 1998, Bob served as Manager of MAR for 14.5 years, retiring in 2012.

During that time, he saw MAR through many major changes including approval of the initial Official Development Plan (ODP), a new water system, remodeling of the lodge, clubhouse, and community kitchen to name just a few.

Bob was a master of fun! With his ready smile and quick wit, you would find him at the paddle tennis courts or playing bocce, his favorite Ranch pastimes. He never missed a chance to visit at the pool or dance the night away with his white socks. He was filled with humor and you could always count on him to share his joke of the day.

He was a "Bop" to five grandkids that believed he was made up of laughter and magic, a dad to two daughters who knew his support and dirty jokes were both endless, and a friend to countless people who were lucky enough to know his generosity, stories and smile. He was a friend to many and will be greatly missed.



In 2000, in **Erie v. Pap**, AANR argued to the US Supreme Court that cities must prove nudity causes "adverse secondary effects" before banning it.

Justice Ruth Ginsburg agreed, and wrote in her dissent, "Nudity is protected speech and it is the target of the ordinance. The ordinance should be clearly invalid."

AANR-West wishes to acknowledge her life and her contribution to the nudist cause.

Read the court case decision at:

<https://www.cga.ct.gov/2000/rpt/2000-R-0700.htm>

From the AANR Weekly Report of 9/25/20, published by the AANR main office.

Selling Nudism on Social Media

By Evan Nix



A common maxim in the advertising world is “sell a good night’s sleep – not a mattress.” This adage offers sound advice for a salesperson: rather than selling features, you sell the benefits. Though nudists tend to share a sensible contempt for the conventions of consumer culture, this particular nugget of marketing

wisdom might be valuable to us as we spread our message through social media. To make nudism attractive to the next generation, our message should focus on the primary benefit that our way of life has to offer: body acceptance.

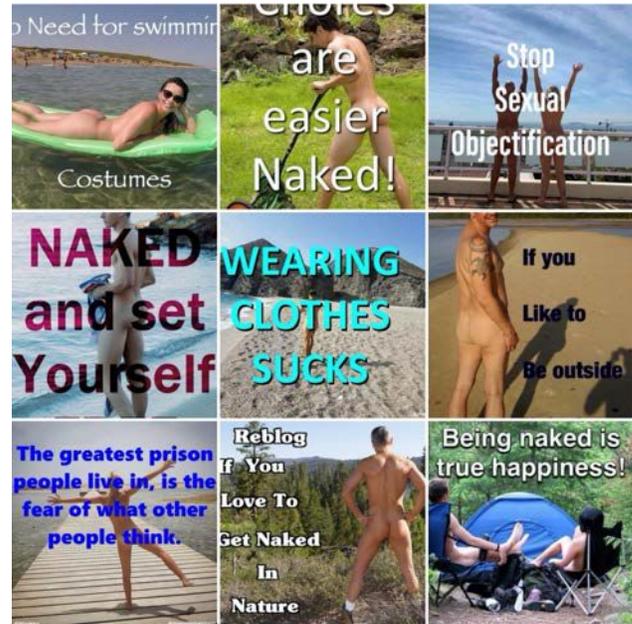
After a review of the many different AANR social media accounts from the various regional divisions, one should be excused for any confusion over our messaging. If there’s any uniformity it’s in the ubiquitous, generic meme format of a stock image featuring an anonymous nude person walking away with superimposed blocky text proclaiming how good it feels to hike (or sleep/eat/etc) in the buff. For those of us who believe in the true health and mental benefits of a nude life, these messages tend to fall frustratingly short. Of course, living nude feels good. That’s a feature of it, not one of the benefits.

In fact, the “it feels good” message also falls short for someone who is daunted by social nudity. Eating chocolate cake feels good. Riding a roller coaster feels great. Why should one challenge their deep sense of modesty to experience a good feeling when there’s a world of other, less intimidating options available? Especially if we’re to reach those who are predisposed to try social nudity but need an intellectual nudge to jump in, we’ve got to make them aware of the greater benefits, and what they can gain in the long term.

Beyond the persistent problem of memberships, if we’re to win the war against that moralistic taboo that abhors nudity as shameful and wrong, the foremost way to change society’s ideas is to educate people about the healthy mental attitude one obtains about the human form through our family-friendly, therapeutic practice. The name for this healthy mental attitude, again, is body acceptance.

Lucky for us, “body acceptance” is experiencing a renaissance in our culture. Yearning for liberation from the pressures of materialism, young people especially are reclaiming their bodies through art and photography, holistic wellness and education about body diversity, and through nude political and social advocacy. Much of that activity is taking place on Instagram.

One of the first efforts of the AANR West Young Adults committee was to work with the Social Media team to start an **Instagram account (@AANRWest)**. We quickly began to find body acceptance influencers sharing nude-positive stories and images with a “body acceptance” motif. Some of these wellness ambassadors have thousands of followers who turn to them daily for inspiration and entertainment.

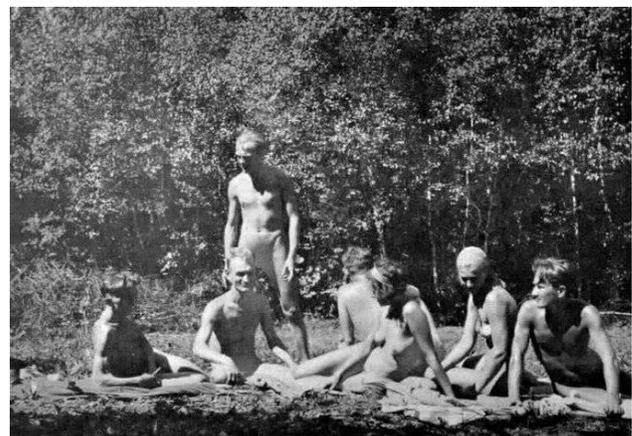


Their stories purposely feature all body types, not just one shape, size, or color.

The AANR-West Instagram is still in its infancy. So far, our content has been curated and measured. We’re identifying ways to partner with influencers who are already passionately sharing the message of body acceptance. Many of them have no idea what AANR is, but wholly endorse what we represent.

The notion of body acceptance is already abundantly embraced by young people, which the business-minded might call a market opportunity. As the pre-eminent nudist organization with a 90-plus year history of facilitating social nudity, “body acceptance” is AANR’s message to champion. Let’s be sure to sell the benefits.

This Month in Nudist History



One of the earliest photographs of an American nudist outing from September 1929 when **Kurt Barthel**, founder of the American League for Physical Culture, took three couples to Peekskill Park, up the Hudson River from New York City, for a picnic in the buff. “We had a glorious time,” Barthel (standing in the photo) is quoted as saying in *The Nudist Idea*. It was the founding of the first official nudist club in America.



ARIZONA

• BUFF-A-TEERS (TUCSON)

The Buff-A-Teers evening outing on September 27 at members Dan and Kat's home was well attended. It was nice that regular members, new prospects, and some guests joined us but also that we had some visitors from surrounding towns outside of Tucson.

The word seems to be getting out as the Buff-A-Teers is definitely extending its reach not only to its local members but those who are willing to hit the road for a day visit with us. The club also continues to commit to enjoying each other's company while maintaining a safe, clothing-optional environment.

For more information about the Tucson Buff-A-Teers club please call 520-298 2427 or send email queries to tucsonbuffateers@gmail.com. You can also check us out on [Meetup.com](https://www.meetup.com) under **Tucson Clothing Optional Recreation Meetup** or at our website:

<https://sites.google.com/site/tucsonbuffateers/> where we have updates regarding events.

Our next outing will be October 24 with a Halloween theme. Due to the COVID-19 pandemic we will not be sharing food this time and you will need to bring your own. Face masks are recommended when social distancing is not practiced. We are suggesting that you bring something to carve or decorate such as a pumpkin, apple, veggie etc. Prizes will be awarded for both the most creative works of art and ...we also recommend you costume "dress up" with a favorite fun hat - if you have one.

• MOHAVE SUN CLUB (LAKE HAVASU)

Mohave Sun Club is starting to do activities again although it is somewhat spontaneous like deciding a week ahead. Date is yet to be set for October boating date on Lake Havasu.

Nov 13-15 Camping weekend in cabins at Hualapai Mountain near Kingman by prior RSVP and attending planning meeting prior. Outside activities such as golf frisbee and hiking will be textile with indoor meals and activities nude.

Contact us at mohavesunclub@gmail.com

• SHANGRI LA (NEW RIVER)

The Ranch is open to members and visitors. Check the club website for further details: <https://shangrilaranch.com/>

The AANR-West Fall Festival will be held here October 9-11. See story on page 2 of this newsletter. Make your plans to attend now!

• MIRA VISTA RESORT (TUCSON)

The park is open for lodging and members every day. Day guests are welcome Monday through Friday. If you are a frequent day visitor, this is a good time to become a member, call 520-744-2355 for details. We ask that you do your part in practicing social distancing by 6 feet, washing your hands often and using common sense in social situations.

The Desert Cafe and Mira Vista Lounge are due to re-open on Friday, October 2.

Mira Vista's Chef Jeri Says Goodbye



Jeri began working here in July of 2012 as our housekeeper. She was always willing to do whatever was needed. Throughout the years she would work as a bartender in the lounge and as a server or cook in the Cafe. Many times, it was Jeri cleaning rooms all day and then working at night because we were short staffed,

or someone was unable to work. Jeri always brought her personality and work ethic to any position. She took over as our chef in October of 2017. To say she will be missed is an understatement, she is much more than a co-worker, she is our friend. We say goodbye with sadness, but, hopeful she now will be able to focus on herself.

With love from all of us, the Staff at Mira Vista

CALIFORNIA

• DE ANZA SPRINGS (JACUMBA)



De Anza Springs has changed its weekly newsletter and transformed it into an on-line magazine (see photo). It covers not only club activities but also contains feature articles about different topics of interests to nudists. To sign up for a free issue, contact Graham Stewart at info@deanzaspring.com

- COVID-19 Restrictions: De Anza Springs continues to provide a safe environment where social distancing remains a priority for most people. Masks are required in the clubhouse and they are optional outside on the porch.
- The indoor pool has a max occupancy of 15 people within the pool building. Both pools and the hot tub require the six-foot social distancing, as ordered by the State of California.
- The Cactus Flower Café is open for takeout only, the dining room is closed. The Oasis Lounge is also open Thu – Sat 5-10 PM for takeout only.
- If you have any questions, please feel free to contact the office during normal business hours.

- **GLEN EDEN (TEMECULA VALLEY)**



The Spirit Dance Labyrinth is Born

Walking along the berm trail south of dry camping, you'll find a treat—a lovely labyrinth built with concentric circles of stones. We invite you to enter from the east and walk in meditation. Not a maze, a labyrinth is an ancient traditional path used to find purpose and renewal, recover balance and insight and promote self-reflection. It is a journey, not a destination.

Dennis Braeutigam, a member of GE for 30 years, designed the labyrinth six months before he died in 2018. As a Pasadena Architect, he designed many features around the club. His first labyrinth was washed away in the mudslides last year. Dennis' memory inspired the reconstruction of the new Spirit Dance Labyrinth.

Volunteers gathered stones from around Glen Eden. Many stones, washed down by the mudslides, were chosen as mementos. Intrepid builders leveled the area, laid out the path and created heart art. Dancing, singing, praying and positive thoughts fill the air, making it a sacred spot. On October 24th, there will be a labyrinth workshop and dedication ceremony.

Jeannie H. directed the labyrinth project. Dennis loved Jeannie's dance. Thus, the name: "Spirit Dance Labyrinth".

COVID-19 status: Glen Eden is open for business, with all its outdoor recreational facilities operating. There are lots of fun things going on to entertain everyone.

Glen Eden offers a wide variety of activities, including Tennis, Pickleball, Water Volleyball, Zumba, Karaoke, Disc Golf, Billiards, Ping Pong, Yoga, Taekwondo, Hiking, Bicycling, Pottery, and Ukulele. You can visit the Love Me Two Times Thrift Shop & Bookstore or Western Nudist Research Library, or just relax in one of the pools.

The Sunshine Café is also open on weekends for take-out orders. Glen Eden is family and pet friendly.

- **NORTHERN CA EXPOSURE / RIVER DIPPERS (SACRAMENTO)**

All events through October remain cancelled. Once we have a firm date when social activities are again the norm, we will let you know when we will hold these events.

- **LAGUNA DEL SOL (SACRAMENTO)**



Oktoberfest is Coming Soon!

Saturday, October 10, 12 pm to 4 pm

Come down to the outdoor stage area and enjoy some music, games along with beer, bratwurst, sauerkraut, potato salad and pretzels!

We still have rooms and RV spots open for this event! Call the office 916-687-6550 to schedule your reservation!

Also, the Lakeside Inn now open for dining inside:

Friday & Saturday 12 pm to 8 pm

Thursday & Monday: 12 pm to 7 pm

Nudestock Arts & Crafts Vendor Fair

September 18-20 - The music part of our annual Nudestock Festival was cancelled but some of our favorite Nudestock vendors created an outdoor bazaar instead, with many individual booths. Members and guests loved it!



Photo above is from 2019 event. The hula hoop booth was popular this year also!

- **LUPIN LODGE (SANTA CRUZ)**

See story about our 85th anniversary party, page 2.

The park says, "We are still open because we have adapted our business to be outdoors. Our pool is open, but the sauna and hot tub are still closed. We require social distancing on the pool deck and in the pool between people who are not residing in the same household.

We will continue to offer outdoor restaurant seating. Please wear a face mask **before** approaching the office as we are unable to admit you without one. We have begun using a forehead thermometer to check guests' temperatures upon registration. Indoor activities are currently postponed.

We keep outdoor gatherings to 25 people or less. Currently, guests are required to wear a face mask when using indoor facilities, like restrooms, lounge, kitchen, etc. to keep others safe. Masks are not required in outdoor areas, but recommended, but social distancing must be practiced."



The AANR-West region covers eight states and western Mexico.

• SEQUOIANS (EAST BAY)

Sequoians is the San Francisco Bay area's membership-based destination for nude recreation. Their open season is April through October.

To comply with California and Alameda county COVID-19 restrictions, they are open on Saturdays, Sundays, and holidays from 10 AM to 7 PM to all members, member's guests, AANR members and prospective members who are interested in visiting our club to evaluate membership.

Prospective members need to contact the office before their visit to ensure other regulations have not been put in place. Masks and social distancing is mandatory and enforced. Some facilities are currently unavailable due to restrictions including the rec hall, pool, hot tub, cooking facilities.

For more information, email: sequoians@gmail.com or phone: 510-582-0194.

• OLIVE DELL RANCH (COLTON)

Visit Olive Dell Ranch's Facebook page for the most recent information about restrictions. You must maintain proper social distancing from other guests at all times. Many of the chairs and lounges were removed from the patio and pool area to enforce social distancing. Masks are optional.

The 11th annual Bare Burro 5K Run is Sunday October 25 and the Naked Beer Mile is on the previous day, Saturday October 24. See story on page 4.

• SCNA (LOS ANGELES)

In October we are combining our annual Ice Cream Social with an Oktoberfest on Saturday, October 10 in Altadena with limited attendance to ensure proper social distancing.

We'll have another of our Online Game and Cocktail Parties on Saturday, October 24. Our Halloween party will now also be an Online Costume and Dance Party the following Saturday.

The picnics at Bates Beach have been switched to Thursdays when the beach is less crowded. The team felt it important to maintain that space away from the textiled

beachgoers and avoid any potential user conflicts.

Paralleling these events will be the monthly Men's Only Nude Yoga classes in Canoga Park as well as Co-Ed Nude Yoga classes that take place in Altadena. People can also participate online.

We continue to host two online monthly Meetup dinners for the greater LA area and Ventura/Carpinteria

COLORADO

• MOUNTAIN AIR RANCH (DENVER)

Information taken from the MAR October 2020 Newsletter:

The 2020 high season was a time of reduced activities and lower attendance due to the pandemic. Despite that, those members who were here shared a good summer! Thanks to all for observing social distancing and wearing masks to keep us all safe. By County rules, masks are still required inside all buildings (except when dining) and outdoors when social distancing of six feet is not possible.

MAR's lodge and the community kitchen have new colors for Fall. We thank those members who volunteered to help with the painting.

The summer season ended with a fun and exciting series of sports tournaments over the September 7 Labor Day weekend. There was a large turnout for the bocce event, for the paddle tennis round robin, and for the first ever cribbage tournament.

The annual General Membership Meeting was held poolside on September 12. Voting for candidates for the Board of Directors and for a referendum is being conducted via SurveyMonkey. The last day for MAR to receive ballots is October 10.

MAR is planning a fun family weekend with a Halloween theme for the weekend of October 24-25.



Boneyard Thriller event in the Tent Meadow, 2 pm. Pumpkin carving, haunted hayride, headstone design contest. Dress like a zombie for the 8 pm Thriller (a la Michael Jackson's song) Dance.

The next day Sunday October 25, 6:30 pm to 9:30 pm is the Ghouls and Goblins Nude Bowling! Location: Crown Lanes Bowling Center in Denver. \$15/person, kids 12 and under are free. Wear your favorite Halloween costume and your scariest looking Coronavirus mask. Open to members only.

Due to the uncertain nature of event planning during the pandemic there will not be an official calendar of events published in the newsletter until event planning returns to normal. Other MAR event information is available on the MAR website at www.trynude.com

NEW MEXICO

• ROADRUNNER NATURIST CLUB (ALBUQUERQUE)

Some of us camped out at Faywood Hot Springs the weekend of September 26-27 in SW New Mexico. They are divided between clothes-required and clothing-optional areas.

We will be doing our annual club elections this month by email. Otherwise, the Roadrunners have canceled all of our events for the month October.

Email us at: RoadRunnerNaturists@hotmail.com

NEVADA

• LAS VEGAS BARES

Email for event information to nakedinvegas@yahoo.com

• LAS VEGAS NATURISTS

Las Vegas Naturists has really enjoyed the Summer and looking forward to the Fall. We have installed even more shade around the grounds, this record hot year. Our new virus safety rules everybody likes, and we are happy to report no nudist in Vegas has reported any problems. We have weekly "potluck" and water volleyball events every Saturday until the end of October. Moving to Vegas? Look us up.

Email for event information at: actionnude@gmail.com

• NORTHERN NEVADA NATURISTS (LAKE TAHOE)

There were no planned activities for this club last month. Some members continue to visit Sand Harbor and Zephyr Cove on the east side of the lake.

• TAHOE AREA NATURISTS

The parking lot gates were closed at our beach in September as the state attempts to restrict the number of people allowed on the beach at one time due to COVID-19. TAN reports people continued to come to Sand Harbor and to Zephyr Cove anyway. As many as 60 cars per day are parked along State Route 28 instead. Tickets are being give to cars not parked behind the white lines.

HAWAII

The mandatory 14-day Quarantine in Hawaii is still in effect so there was no planned activity this month in any of the clubs or beaches.

UTAH

• SUNS (ST. GEORGE)

Wow! We had 19 wonderful people at our event last Saturday. We even had guests from Arizona (Ken & Amy) and from Florida (Steve & Cathy). We enjoyed meeting you and are so glad you found us and spent the afternoon with our group. The potluck was yummy, as usual, the pool was just right, and the conversation was even better. Thank you all for attending and supporting the SUNS events.

Please note that our SUNS Swim event scheduled for October 10 is cancelled due to the following conflicting events. We will resume our events with a swim and

optional potluck on October 24 beginning at 1:00 pm at the Johnson Pool.

Our trip to **Shangri La** is scheduled for **October 9-11**. If you haven't made your reservations yet, please contact the Shangri La office now (623-465-5959) to reserve your spot since they are expecting a crowd due to the Fall Festival occurring there that weekend.

After having met Ken and Amy this past weekend, we are even more excited about their offer to attend an event at their home in Dewey, AZ, near Prescott Valley, about one hour from Shangri La. They live on 5 acres that is totally nude-friendly with wonderful trails and gardens to visit on site. They also have room for us to park our RVs. They have invited us to join them for an event **from 10:00 am to 3:00 pm on Monday, October 12**. There will be a BBQ and they are even inviting us to stay overnight Sunday and/or Monday evening. If you are interested in attending, please contact Ken and Amy directly at 928-554-5155 to reserve your spot. Many thanks to Ken and Amy for this very generous offer!!!

We are reviewing the answers we have been receiving to our survey regarding future SUNS events. Please reply to the survey and have your opinions be heard. If you didn't receive an invitation to the survey, please check your spam folder and then contact us if it is still not found. Thanks so much!

October Is Breast Cancer Awareness Month

Breast Cancer Awareness Month (BCAM) (also referred to in America as National Breast Cancer Awareness Month (NBCAM)) is an annual international health campaign organized by major breast cancer charities every October to increase awareness of the disease and to raise funds for research into its cause, prevention, diagnosis, treatment and cure. The campaign also offers information and support to those affected by breast cancer.

BCAM is a prime opportunity to remind women to be breast aware for earlier detection.

Male breast cancer, which is rare, is generally overlooked. The third week of October as "Male Breast Cancer Awareness Week".



The Back Side



Women Are Posing Topless on Colorado Mountaintops

September 21, 2020 - Women in Colorado are reportedly baring it all in half-naked photos after hiking to mountaintops, in a social media fad some say has helped their confidence soar.

Though topless photos of bare backs at soaring summits is not a new fad, *The Denver Post* reports that the trend has been “exploding” in popularity among female hikers in the Centennial State this summer.

“It feels fun, exciting and maybe a little risky to be naked in nature,” Kari Armstrong of The Boulder Hiker Chicks, a hiking club for women, explained. “When you have worked hard for your hike, or even if you haven’t, it is fun to do something a little silly and liberating to celebrate.”

According to Armstrong, another now-defunct women’s hiking group got the trend going in 2015.

Some participants say that the photo ops mark much more than a lighthearted moment.

Kelli Schulte told the Post that her topless photo atop the 14,000-foot Torreys Peak felt “big” and “important” after the 36-year-old left a relationship that battered her self-worth.

“With every step, I felt empowered. Like I was taking control of my life,” she explained. “Like I could and would be me again. I looked at my friend and said, ‘I’m taking one of those topless pics and I’m never giving up the things I love again.’ Then I snapped a couple of pics and I absolutely love them.”

Coral Scherma knew of the trend but was hesitant to join in herself, until hiking with her daughter-in-law at Kenosha Pass.

“I turned to her and said, ‘You know, I’m almost tempted to do one of those topless photos,’” the 58-year-old recalled, and she did just that. “It’s freeing and exhilarating. Men are out there hiking with their shirts off all the time.”

In the wake of her husband’s passing a few years ago, Scherma found solace in hiking as “therapy.”

“I’ve found more solace in the mountains than anywhere else, and I’ve discovered that I am much stronger —

physically and emotionally — than I thought I was,” she revealed.

Another Facebook group for female hikers in Colorado is 20,000 members strong, and users often post topless mountaintop photos on the empowering page, *The Denver Gazette* reports. Some share the photos with funny captions, while others more seriously discuss battles with cancer, eating disorders and bad relationships – and the pride they have for persevering through.

Hiker Lauren Robison playfully likened the bare photos to “giving the middle finger” to life’s hardships.

“It was awesome to see so many women who have been through things in life that they have overcome,” she said. “And have that confidence in themselves to do such a bold thing.”

Source: news story on KDVR-TV, Denver CO



Please Remember to Vote!

America is filled with competing opinions these days, but we all agree that in a democracy the best way to have your views expressed is through the ballot box. Please research your local candidates and issues to select the ones that best represent your views.

We especially want you to look for candidates that will support – even if they won’t say so out loud – the right for people to be nude in their own homes, backyards, hiking trails, beaches, and clubs. Ours is a fragile way of life that can be endangered by some ambitious politician intent on making an issue of us. Be on guard! Vote in your best interest.

Do You Need a “Nudist and I Vote Button?”



We still have a few **Nudist and I Vote** label buttons available for wearing around town. We are happy to send one out as long as supplies last. Email us at information@aanrwest.org.

Include your name and mailing address, and be sure to wear it when you go to the grocery store, barber/beauty shop, etc. or to the polling place! Start a conversation!