

The Western Sun

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

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Nudism is Naturally Earth-Friendly!

Earth Day began with a series of grass roots efforts conducted by citizens in 1970 following the disastrous oil rig spill off the Santa Barbara coast the previous year. Concern over the world's environment is now celebrated in 192 countries.

The American Association for Nude Recreation is long known for promoting the natural life and of encouraging its members young and old to serve as eco-conscious custodians of planet Earth. In honor of Earth Day 2019, we are pleased to share some fun factoids and recommendations:

1. On Earth Day, or any day, don't sit alone in front of the television or computer. The energy your home consumes with you in it using electronics and lights can be substituted with spending time out on the town, congregating with friends or at an AANR-affiliated club. It's worth noting that most public areas now use LED bulbs, which are more efficient than those found in the average home. If you're not going be sure to turn off the lights in unoccupied rooms of the house.
2. Think about **housekeeping or exercising in the nude**. By doing so you sweat less, don't dirty clothes, and can also keep the air-conditioning bill down and shrink your clothes washing loads too. In the sunbelt, by turning up your central air conditioning thermostat one degree, fuel consumption can be cut by as much as 10%.
3. Take your **clothes off at home** and feel more comfortable free of restrictive clothing. Typical (non-energy efficient) top-load washers and dryers generate 5 pounds of CO₂ per washer/dryer cycle. Given it's used an average of 4 times a week, that's 20 pounds a week, 80 a month, and 960 pounds of CO₂ a year. The typical nudist family will use the washer and dryer about half that. If every AANR member did this, that would amount to a collective savings of 24,000,000 pounds of CO₂.
4. When you run your dishwasher, you produce approximately two pounds of CO₂. Hand washing dishes is no better; that can use up to 15 gallons of heated water and that's almost 3

pounds of CO₂ per dish washing, so **wait until the dishwasher is full** to run it.

5. Need to get away? **Take a Nakation®**, a clothing optional vacation! Take less luggage to save money when flying (airlines charge \$30-50 per checked bag).

Travel light on road trips too. An extra 100 pounds in your vehicle reduces your car's fuel economy by 2%. A few towels weigh less than a day's worth of clothes! Visit one of the 200+ clubs, campgrounds and resorts scattered throughout the Western Hemisphere; no doubt there is one you haven't visited yet!

Despite all the damage caused to the environment by humans, most of it is reversible. As conscientious custodians we should resolve to do our part to restore habitats, clean rivers and streams; renovate buildings; replenish the topsoil, replant forests, etc. Nudists are closely connected to and get eagerly involved in the **preservation of our nation's beaches, parks and other natural resources** and they are also committed to reducing their personal impact on the Earth's resources.

What are our club doing on Earth Day or year-round to help sustain the environment? Read on...

How Will AANR-West Clubs Be Celebrating Earth Day This Year?

Not all our clubs responded to the email we sent out asking to submit their Earth Day plans. All clubs are encouraged to send in what they did, and we will publish it next month.

Olive Dell – Annual Bare Burro 5K Run



COLTON, Calif. – Olive Dell Ranch has announced its tenth annual Bare Burro 5K Trail Run will be Sunday, April 28.

"We changed the course again this year," said Olive Dell Ranch owner Becki Kilborn. "It's backwards from last year. We're making it more challenging because people see this as a serious running race."

More than 250 runners completed the course in 2018 and Kilborn expects a sellout of 300 this year.

Running shoes are strongly recommended for runners on the gravel and dirt course, but nudity is not an "option," it's a requirement for the race.

The Bare Burro 5K race starts promptly at 10:30 am.

On Saturday, the day before the 5K run, the park will host its third annual **Naked Beer Mile**. The Beer Mile requires the runners to down a 12 oz. beer (or soft drink) every quarter mile.

Runners can register for all events through the Olive Dell website at www.olivedellranch.com.

2-Day Women's Expo Planned in Arizona

April 27 and 28, representatives of AANR-West will be hosting an information booth at a 2-day Women's Expo in Phoenix.



This is the first time we will be attending the show; new booth backdrops. New handout material has been developed to fit the focus of women and family-focused nude recreation and social nudity.

Following the Expo, the AANR-West team will follow-up with an offsite and clothed dinner for those women who need more information before giving nudity a try.

Earth Day in San Diego

This year, AANR-West and the local Camping Bares club will be sharing a double-booth promoting nude recreation. This is the tenth year for this one-day show, and it always draws nearly 100,000 people. In years past we have had a great response to our environmentally-friendly handout material promoting World Naked Bike Ride, Nude Gardening Day, etc. as well as providing other important information about our nudist clubs and locations of nearby hiking trails, beaches, and hot springs. The AANR-West staff looks forward to a busy but successful day!

9th Annual World Naked Bike Ride in San Francisco

This World Naked Bike Ride through the streets of San Francisco will take place Saturday, April 20.

4/20 is also the 180th birthday of environmentalist John Muir, who championed the first National Parks in California including Yosemite and the Grand Canyon. We remember his memory with every turn of our pedals!

Anyone interested in joining should meet at 11:00 a.m. at the northwest corner outside of the Ferry Building, between the Farmer's Market and Starbucks, where bodypainting will be encouraged. The ride is scheduled to start just after Noon.



Starting at the Embarcadero, we plan to ride on through the financial district down Market Street. We will then turn north to Fisherman's Wharf and then back south again to the Earth Day Festival in the Mission district before ending on Castro Street.

If you do not own a bicycle, skates and skateboards are perfectly acceptable.

For more information contact see the Facebook page at https://www.facebook.com/events/1031177553745785/?active_tab=about

Mountain Air Ranch:

MAR will be doing a Highway Cleanup Day on May 4 at 10 AM. Meet in the MAR Clubhouse Parking Lot

Volunteers will walk a 2-mile section of South Turkey Creek Canyon Rd and pick up trash. Mountain Air Ranch will provide lunch to everyone who helps at the Lost Bikini Grill. To RSVP, contact Chris May in the office at (303) 697-4083

Lupin Lodge

Saturday, April 20 is the Earth Day Spring Cleanup at Lupin Lodge in Los Gatos. Members and guests are invited to help clean the hiking trails above the park, and do other volunteer things to make the park and the twisty road in the front presentable for the summer season:

A colorful poster for a Spring Clean Up event at Lupin Lodge. At the top, it says "CELEBRATING EARTH DAY AT LUPIN LODGE" with a globe icon. Below that, "SPRING CLEAN UP" is written in large green letters. A dark green banner contains the date "Saturday, April 20" in yellow. The main text, in black, invites members, residents, staff, and friends to meet in the restaurant at 10:00 AM for free lunch and free gate for guests. The poster is decorated with illustrations of lupine flowers in various colors (blue, purple, pink) and a small "LUPIN" logo. At the bottom, it says "We are bringing back the old tradition of getting the grounds ready for the season with members and friends of Lupin pitching in. Experience the Mountain Magic..."

Other Club News

As of April 1, both Mountain Air in Colorado and the Sequoians in the Castro Valley of Northern California are open again to outside visitors and guests.

Arizona's Canyon State Naturists

Sunday, April 14 is the annual Tax Day Party. This party will be a typical potluck affair to celebrate the end of another tax filing season. The party will be a house party at the home of two of our members and the hosts have a pool and hot tube.

Sunday, May 5 is our annual Cinco de Mayo Party

This party, also, will be a typical potluck with prizes for the best costume. This party also will be a house party at a member's home and the host has a pool and hot tube.

Get directions and other information when you RSVP at canyonstatenaturists@yahoo.com

SCNA (Southern California Naturist Association)



This club is hosting a "May the 4th Be with You" party in West LA near LAX. Creativity in costume and cuisine is encouraged. We will reward the most creative costume that incorporates nudity and a Star Wars reference.

Members will vote for the most "Out of This Galaxy" dish, so bring on the Han-burgers, Wookie.

Cookies, Tatooine Tacos, Leia Buns, 7 Leia Dip, Padawan Pizza, Force Fries, and Vader Veggies . Let's have some fun with this, and remember to "Use the Forks, Luke!"

Lupin Lodge

Women, are you looking for a place to just be yourself? A time and a place to repair, restore and BE one with nature - your nature? We have a place for you! Lupin Lodge helps us tap into nature through its hiking trails, flower gardens, art features all contained in this luscious green environment of the Santa Cruz Mountains. Lupin holds a safe space for women, because we are a women-owned and run, clothing optional club and community. Our history goes back as far as 1935. We pride ourselves in making Lupin a safe place for ALL.

The new **Empowered Women Series** begins May 18 and includes activities on different days throughout May such as game night, dances, yoga, nature hikes, Goddess Circles, and a "Grounding Into Goddess" restorative retreat. Contact Lupin at (408) 353-9200 or email to relax@lupinlodge.org

Have a club event happening? We want to know about it! Send your email or text to us at information@aanrwest.org.

Coming Next Month: Celebrate Nude Gardening Day Saturday May 4

People across the globe are encouraged, on the first Saturday of each May to tend their portion of the world's garden clothed as nature intended. The event is fun, costs no money, runs no unwanted risk, reminds us of our tie to the natural world, and does something good for the environment. So, what should you do?



First of all, on May 5, find an opportunity to get naked and do some gardening.

Do so alone, with friends, with family, with your gardening club, or with any other group collected for that purpose. Do it inside your house, in your back yard, on a hiking trail, at a city park, or on the streets. Stay private or go public..

Make it a quiet time or make it a public splash. Just get naked and make your part of the botanical world a healthier and more attractive place

Secondly, tell someone about your experience. No one owns this event, so it does not really matter whom you tell, but tell *someone*. Tell your friends about your day of naked gardening; write down what you thought of it and email it to your local newspaper; post your thoughts and images onto an Internet blog.

Email us a text of what you did, where, and how it went. We will publish your stories here next month.

2019
Saturday
June 1st
9am
Gates Open @ 6:30 am

NUDE
5K RUN/WALK

Glen Eden, 25999 Glen Eden Road
Temescal Valley, CA 92883 (800) 843-6833

Register at: <http://glenedensdaretobebarenude5k.racewire.com>

Regional News

AANR-West at the California State Parks & Recreation Trade Show

By Gary Mussell, AANR-West President

The California Parks and Recreation Society (CPRS) sponsors a trade show each year where to state park employees and administrators can attend four days of workshops to discuss policies and procedure of interest. Workshops on how to handle police or fire emergencies (“shots fired”, etc.) or homeless encampments were some of the most highly attended, for example.

AANR-West had a booth strategically placed on a corner of two intersecting aisles near the lunch area and this gave us maximum exposure as all the attendees had to walk by us.

It is always fun to see the double-take on the faces of first timer attending the show when they read our backdrop and realize the subject matter. Many lower-level park administrators and staffers told us they never knew there was any nudity in the 270 state parks, or even in California! In that sense it was no different than any other trade show, but as only about 5,000 people attended the event, we could take the time to talk to people a little instead of giving the usual frantic 20-second speech at the busier shows. I estimate we spoke with about a thousand booth visitors who showed an interest during the two days, many of these for more than a minute each, and a few for even longer than that. It was a good exchange of information. Some admitted (often in a whisper) they were also skinny-dippers and wanted more information about where they could go within the state to do it with minimal hassle (yes, we had a handout for that). Some gave us their names so we could contact them later.

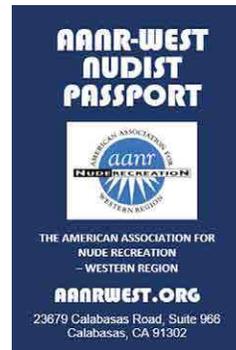
Much thanks to our staff who came from the Northern Exposure AANR club in Sacramento: Janice and Robin Murphy on Wednesday and Susan Conforti and Russell Johnson on Thursday.

We distributed almost all of the giveaway items, the most popular being the beach balls, lip balm, and writing pens. The *Nudist and I Vote* pins also were popular, but we told people they had to wear them around the exhibit hall the rest of the day if they took one – and most people did! It was great PR to drive business to our booth.



The Thursday CPRS crew: Susan Conforti, Russell Johnson, and Gary Mussell

Have You Used Your Passport Yet?



Clubs may have already begun greeting at their check-in desks some of the 190 people in the region who have received their Passport books. Be sure your club staff know what to do when someone presents them their book (answer: find your club page inside – alphabetical by state and then club name – and stamp the book in both the front and back sections of the book.

Don't have a Passport book yet? You may purchase one at any participating club in the 8 western states, or you may purchase one at the AANR-West website at www.aanrwest.org, may via PayPal for \$10 online including shipping. Books cost less at most clubs (usually around \$5).

The Passport program is a way for AANR members and their guests to visit many different clubs. We especially wanted to encourage our Associate members, who are not affiliated with any club, to feel more welcome at the nudist parks and also at the many non-landed local clubs and bed and breakfast sites affiliated with AANR that are scattered throughout the eight western states.”

Reminder: A raffle will be held in July 2020 for great prizes offered by the various clubs (merchandise, dinners, gate fee coupons, weekend days, etc.) to those who participate in the program and get their books stamped at different clubs and participating events. For more information, see the Home Page of the www.aanrwest.org website.

Scholarship Period Ends April 30 for College-bound Applicants



As we announced last month, the AANR-West Scholarship Program has been expanded to cover not only those who want to attend a college, but also a vocational or technical training school; open to all

ages, anyone seeking continued education.

College-bound applicants still need to submit their application to AANR-West by the **April 30** deadline, however vocation school reimbursement can apply any time. There will still be up to **two college scholarships** of \$2,000 each awarded every June (we formally announce the winners at the annual summer convention in July).

Second, since **vocational schools**, run courses year-round applications can be submitted at any time. This money is on a first come first serve basis.

The **application form** may be found on our website at: www.aanrwest.org/scholarship.html.



Nudists Celebrate Annual Festival in Zipolite, Mexico

More than 4,000 nudists participated in this year's annual Festival Nudista at Zipolite Beach, Mexico. The 3-day event was held February 1-3 adjacent to the town of San Pedro Pochutla, which is located about one hour up the coast from Huatulco. It is the only beach in Mexico that has a legally-designated nude beach.

Activities included nude yoga, hiking, beach volleyball, dancing, karaoke, and body painting. Last but not least the convention concludes with fireworks.

Sami Pineda, mayor of the municipality of San Pedro Pochutla, said local authorities are in favor of promoting the event because of the boost to the local economy.

Since 1950, Zipolite has been known worldwide for promoting nudism, its tolerance for marijuana consumption, and more recently, as a sought-after destination for gay weddings.

The mayor said that since the festival began six years ago, it has been considered one of the best nudist events by the international nudist community and it now attracts visitors from all over the globe.

The local hotels also allowed nudity in their restaurants and other facilities. Pineda said they had been sold out for several months in advance. Zipolite is seeking to become a year-round global destination for nudism.

To hear how some of the first-time nudists felt about the Festival, Click here:

<https://clothesfreelife.com/2019/04/experiences-at-zipolite-2019/>



Federal Appeals Court Says Women Can Be Top Free in Fort Collins

The 10th Circuit Court of Appeals ruled last month that women can't be banned from going topless in Ft. Collins, Colorado.

The ruling potentially sets up a show down at the U.S. Supreme Court should the city decide to appeal to the next level.

The appeals court judges ruled 2-1 in favor of Free the Nipple activists who sued the city of Fort Collins over its ban on females appearing topless in public. The court ruled that ordinances that target a group based on gender— such as banning women specifically from going topless, while allowing men to do so — is a violation of the equal protection clause of the U.S. Constitution, attorney Andy McNulty said.

"I think this is a pretty historic moment in the women's rights movement," McNulty said in an interview. "Since the beginning of the 20th century, court decisions have slowly but surely chipped away at the idea that women should be stereotyped by their sex and gender. This is the next step to make sure women have equal rights in this country."

The city's ordinance prohibited women from knowingly exposing their breasts in public, with certain exceptions, like breastfeeding.

City of Fort Collins spokesperson Emily Wilmsen said City Council will decide next steps. "All we can say right now is that the city is reviewing the implications of the court's ruling," she said.

The city argued in court that women going topless could prompt public disorder, distract drivers and expose children to public nudity. The court rejected those claims, noting that children may already be exposed to topless women if they pass a mother breastfeeding in public — an act that is specifically legal under city code. The judges further argued the ban "creates a gender classification on its face" and furthers gender stereotypes.

"Laws grounded in stereotypes about the way women are serve no important governmental interest," wrote the opinion of the majority, citing prior rulings. "To the contrary, legislatively reinforced stereotypes tend to 'create' a self-fulfilling cycle of discrimination."

The court acknowledged that men's breasts and women's breasts serve different functions and have inherent physical differences. Those differences didn't pass muster for banning one gender from displaying a bare chest in public view but allowing the other to do so, they ruled.

Other federal appeals courts have ruled against Free the Nipple activists, creating a patchwork of enforced and invalidated laws throughout the country, McNulty said. The 10th Circuit Court's ruling applies to Colorado, Wyoming, New Mexico, Kansas, Utah and Oklahoma.

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There's Always Something Happening Around the Region!

Below is a list of major club activities for the next several weeks from around the region. This is only a partial list. Visit the aanrwest.org web site for a more complete list. Click on the club link at right to view some details about the event at the club's web site.

Calendar of Major Events at the Clubs April 13 - 30

<u>Date</u>	<u>Event Description</u>	<u>Host Club</u>	<u>Club Link</u>
04/13/19	Potluck Dinner	Front Range Naturists	clubinfo@frncolorado.com
04/13/19	Deep Creek (Spring Flower Hike)	SCNA	scna@socalnaturist.org
04/13/19	Birthday Dance	Lupin Lodge	relax@lupinlodge.org
04/13/19	Game Day	Mountain Air Ranch	marinfo@trynude.com
04/13/19	General Membership Meeting in Corona	Olympians	olympianclub@aol.com
04/13/19	Scavenger Hunt on the Nature Trail	Olive Dell Ranch	olivedell1952@gmail.com
04/20/19	Easter Weekend Dinner/Dance	Glen Eden	info@gleneden.com
04/20/19	Kite Day	Laguna del Sol	office@lagunadelsol.com
04/20/19	Spring Wedding Dance	Mountain Air Ranch	marinfo@trynude.com
04/21/19	Easter Egg Coloring and Egg Hunt	Lupin Lodge	relax@lupinlodge.org
04/27/19	Arbor Day Party at Faywood Hot Springs	SunTree Travel Club	information@suntree.net
04/27/19	3rd Annual Nude Beer Mile	Olive Dell Ranch	olivedell1952@gmail.com
04/27/19	Naked Beer Mile Run	Olive Dell Ranch	olivedell1952@gmail.com
04/28/19	11th Annual Bare Burro 5k	Olive Dell Ranch	olivedell1952@gmail.com

Calendar of Major Events at the Clubs May 1 – 31

<u>Date</u>	<u>Event Description</u>	<u>Host Club</u>	<u>Club Link</u>
05/04/19	"May the 4th Be With You" Party	SCNA	scna@socalnaturist.org
05/04/19	Cinco de Mayo Weekend	Glen Eden	info@gleneden.com
05/04/19	Highway Clean-up	Mountain Air Ranch	marinfo@trynude.com
05/04/19	World Naked Gardening Day	Lupin Lodge	relax@lupinlodge.org
05/04/19	World Naked Gardening Day	SunTree Travel Club	information@suntree.net
05/05/19	Cinco de Mayo Potluck	Front Range Naturists	clubinfo@frncolorado.com
05/05/19	Cinco de Mayo Dinner & Dance	Lupin Lodge	relax@lupinlodge.org
05/10/19	Karaoke Night	Mountain Air Ranch	marinfo@trynude.com
05/11/19	Disco Dance Party	Laguna del Sol	office@lagunadelsol.com
05/11/19	Game Night	Olive Dell Ranch	olivedell1952@gmail.com
05/11/19	Volleyball Tournament	Mountain Air Ranch	marinfo@trynude.com
05/12/19	Mother's Day Brunch	Lupin Lodge	relax@lupinlodge.org
05/18/19	Korean Spa Night	SCNA	scna@socalnaturist.org
05/18/19	Camping at Faywood Hot Springs	SunTree Travel Club	information@suntree.net
05/19/19	Bare to Breakers, San Francisco	Lupin Lodge	relax@lupinlodge.org
05/24-26/19	Live Music Festival Weekend	Olive Dell Ranch	olivedell1952@gmail.com
05/24-27/19	Memorial Weekend at DeAnza	Olympians	olympianclub@aol.com
05/25/19	Memorial Weekend Dance & Activities	Glen Eden	info@gleneden.com
05/25-27/19	Rock'n the Ranch Music Festival	Olive Dell Ranch	olivedell1952@gmail.com
05/25/19	Anything But Clothes Dance	Lupin Lodge	relax@lupinlodge.org
05/25/19	Bocce Tournament	Mountain Air Ranch	marinfo@trynude.com
05/25/19	Memorial Weekend Dance	Mountain Air Ranch	marinfo@trynude.com
05/25/19	Memorial Weekend Dance	Laguna del Sol	office@lagunadelsol.com
05/25/19	Pie Eating, Beer Pong, Cornhole & BBQ	Olive Dell Ranch	olivedell1952@gmail.com
05/26/19	Put-It-On Poker	Mountain Air Ranch	marinfo@trynude.com
05/27/19	Memorial Day Service	Mountain Air Ranch	marinfo@trynude.com

Note: These activities and dates are subject to change.