

The Western Sun

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

January 2026



Happy New Year!

In this issue:

- Reframing the naked routine
- Your guide to the digital nude
- The campfire never has to go out!

AND MORE!

Letter from the Editor

Happy New Year, Sun Seekers!

by Dustin Cox, AANR West Director

Welcome to 2026. As we turn the calendar page, the air is crisp, the days are slowly starting to lengthen, and the promise of a fresh start hangs in the atmosphere. I hope your holidays were filled with warmth, relaxation, and weather permitting, a little bit of winter sunshine on your shoulders.

January is traditionally the month of heavy expectations. We are bombarded with messages to buy more, do more, and change everything about ourselves. But here at The Western Sun, we prefer a different approach. We believe that you are perfectly fine just the way you are, stripped down to the essentials.

This year, instead of the usual impossible goals, we are proposing a list of "Nude Resolutions." These aren't about changing your body; they are about embracing it, freeing it, and living more authentically in your own skin.

Here are our top resolutions for the community in 2026:

1. Shed the Mental Layers

We spend so much of our lives buttoned up, both literally and metaphorically. This year, resolve to let go of the social anxieties and the need for "textile armor" that weighs you down. Let your guard down as easily as you let your towel drop. Emotional vulnerability is the bravest form of nakedness.

2. Even Out the Tan Lines (and the Work-Life Balance)

It's a classic goal, but a good one. A patchy tan is often a sign of a patchy schedule—too much time in the office, not enough time in nature. Resolve to prioritize your leisure time. Whether it's a weekend at the club or just a private morning coffee in the backyard, make time to feel the elements against your skin.

3. Practice Radical Body Acceptance

In 2026, let's banish the negative self-talk. When you look in the mirror, or when you walk down to the pool, resolve to see your body as the miracle it is. It carries you, it warms you, and it allows you to experience the world. Wrinkles, scars, and soft spots are just the map of your life. Wear them with pride.

4. Invite Freedom

The naturist lifestyle is one of the best-kept secrets of happiness. This year, if the opportunity arises, share the philosophy (if not the practice) with someone stressed out by the constraints of modern life. Explain the freedom of simplicity. You might just plant a seed for a future sun-seeker.

Stay warm, stay free, and keep it natural.

Warmly,

Dustin Cox, Editor - The Western Sun

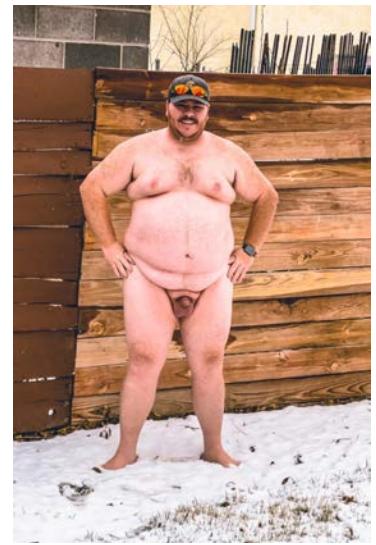


Photo: Dustin Cox

MEMBERSHIP MATTERS!



Join AANR
TODAY!



aanrwest.co/join

PROTECT YOUR FREEDOM

From the desk of the President

Ponderings of the President

A New Year, Some New Faces, Same Great AANR

by Tom Stark, AANR West President

Happy New Year! As we begin this new year, I wish everyone who reads this newsletter a healthy, happy, and prosperous new year.

Let me start by introducing myself for those who do not know me. My name is Tom Stark, I have been a member of Shangri La Ranch in Arizona going on ten years, and a member of AANR since late 2015. I am married, have two adult children, and one grandchild. I was elected President of AANR West during our 2025 Summer Convention, along with Jeff Jackson of Rocky Mountain Naturists, who was elected as Vice President. Since the convention, Jeff and I have been working with our Board of Directors and Committee members to continue the work for AANR West. AANR West is truly fortunate to have a talented, dedicated, and hard-working Board of Directors.



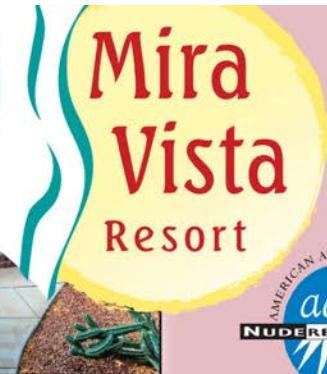
There have been several changes that have happened since the summer convention. Probably the most noticeable is our newsletter and social media postings. Dustin Cox and the Public Relations committee have been working hard to produce our expanded newsletter and improved social media posts, which have had a greater increase in engagement since they have begun their work.

Another incredibly important, but not as visible, group that have been hard at work is our Government Affairs Team (GAT). Steve Schubert, Tim Mullins and the team are constantly monitoring any bills, laws, or actions at the government level to ensure that we, as AANR members, can continue to enjoy our rights and freedoms as nudists/naturists. Their work is vital in the current political environment.

Each month I will be sharing the work of one or two of our board members and committees and keeping you informed of the work that they are doing so that we can all continue to enjoy the benefits of being AANR members.

Finally, I want to share one goal that is very important to me. AANR membership in just about every region is down from a year ago. Here in the West, we are down about 150 members in the past year, and it is my goal to increase membership over the next several years. I will be working with our Public Relations, Marketing, Club Relations, and other committees to find ways to re-engage previous members and introduce and attract new members.

AANR West exists to serve you, our members. Your thoughts and concerns are always welcome, so if there is anything you would like to share, you can email me directly at president@aanrwest.org.



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Be part of our Legal Defence Network to assist with nudity issues in the above categories. May be pro bono or paid.

Email alowery@aanr.com



The minute Santa finished his route.

At AANR-West, our mission is centered around promoting body acceptance through social nudism while bringing awareness to the numerous benefits it offers. We believe that by doing so, we can contribute to a more just and tolerant appreciation of the human body in all its facets.



2026 AANR Convention- The Willamettans

August 11, 2026 - August 16, 2026

The 2026 AANR convention will be at the Willamettans in Oregon. Convention takes place the second week of August, with assemblies the Wednesday and Thursday of the week, though there may be earlier social events.

Non-Landed Social Club Spotlight



Northern California Exposure is a family-oriented, non-landed social nudist group that serves the Northern California region. They focus on creating a warm, welcoming environment for couples, families, and single adults who enjoy social nudity in a respectful setting. Since they are non-landed, the group meets at a variety of locations including private homes, rented pools, and other clothing optional venues.

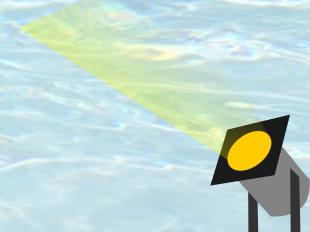
Membership is open to those who follow the club's guidelines and participate in the community. New members attend a clothed orientation along with at least three nude events before their membership is reviewed. Children are welcome at events when accompanied by a parent or guardian, although they cannot hold membership themselves. The group emphasizes community, respect, and shared experiences that bring people together in a comfortable and enjoyable naturist environment.

Learn more by visiting <https://norcalexposure.com>

Wasatch Naturists is a clothing optional social naturist club based along the Wasatch Front, including Salt Lake City, Ogden, and Provo. The group welcomes adults who apply and agree to the club's behavior guidelines. Members enjoy a variety of activities such as nude swims, gatherings in members' homes, and visits to nearby hot springs. Their events focus on creating a relaxed, social environment where naturism can be practiced comfortably and respectfully.

The group also places strong emphasis on body acceptance, personal respect, and environmental mindfulness. They make it clear that nude recreation is nonsexual and centered on community, connection, and shared experiences. Wasatch Naturists aims to create a supportive space for people who value naturism and want to enjoy it with others who share the same mindset.

Learn more by visiting <https://www.wasatchnaturists.com>



WOMEN IN NUDE RECREATION



How do you see yourself? As a capable, self-confident woman? Or an adventurer? Maybe you don't have the confidence yet to see yourself in a positive light. Choose two or three of the words here and write them down on a piece of paper. Put that paper on your bathroom mirror or refrigerator. Look at them daily and tell yourself that you are worthy and powerful, just the way you are.

Acceptance

Admirable

Adventure

Adventurer

Adventurous

Advocate

Audacious

Awesome

Awe Inspiring

Balanced

Blessing

Bold

Brave

Capable

Comfortable

Confident

Confidence

Daring

Dauntless

Dependable

Determination

Determined

Empowered

Encourage

Endurance

Enlightened

Fearless

Grit

Gutsy

Heroic

Hope

Humble

Impressive

Love My Body

Passionate

Perfect

Plucky

Powerful

Respect

Resolved

Self Confident

Spunky

Strong

Surety

Tenacity

Trust

Venturesome

Wondrous

Wonderful

Worthy



The mission of Women In Nude Recreation (WINR) is to inspire women to embrace nudism through community, camaraderie and connection. WINR passionately promotes the many benefits of nudism by encouraging and supporting women through body acceptance and empowerment.

[Learn more: aanrwest.co/WINR](http://aanrwest.co/WINR)

Your guide to the digital nude

A review of the top naturist apps

by Dustin Cox, AANR West Director

Have you ever found yourself standing on a pristine coastline, wondering if the secluded cove around the bend is officially clothing-optional, or if you're about to commit a major social faux pas?

Navigating the world of naturism has historically been a word-of-mouth affair, relying on dog-eared guidebooks and hushed recommendations. But in the age of the smartphone, the search for the perfect sun-dappled spot has gone digital. We've combed through the App Store to test the most popular naturist apps available today—separating the essential travel companions from the glitchy afterthoughts. By the end of this guide, you'll know exactly which icon deserves a spot on your home screen and which ones are better left uninstalled, ensuring your next clothes-free adventure is as seamless as it is liberating.



NaturistConnect

If there is a gold standard for what a modern naturist app should feel like, this is likely it. NaturistConnect has positioned itself as the heavy hitter in the space, and for good reason. It doesn't just drop pins on a map; it attempts to build a social ecosystem.

The standout feature here is the "AI Trip Planning" tool, which feels genuinely useful rather than just a buzzword. You can input your preferences—seclusion versus social resort, beach versus spa—and get a tailored itinerary. The app also features a verified spots system and community chat, which adds a layer of safety and trust often missing in this niche. It feels like the Airbnb of naturism: polished, functional, and community-driven.

Naturist Radar

For the traveler who values spontaneity over planning, Naturist Radar is a breath of fresh air. Its primary selling point is accessibility: there is no mandatory registration. You can simply download the app and start scanning the map.

The interface is clean and map-centric, allowing you to easily visualize spots near you. It also features a "Global Chat" wall, which gives it a lively, real-time feel, though the quality of conversation can vary. It's less about curating a perfect vacation and more about answering the immediate question: "Where can I go right now?" If you want a low-friction tool for quick discoveries, this is your best bet.

H&E Naturist

This isn't a travel utility; it's an institution. H&E (Health & Efficiency) is the world's oldest naturist magazine, and their app is essentially a digital newsstand.

If you are looking for map pins or GPS coordinates, look elsewhere. But if you want culture, journalism, and high-quality photography, this is excellent. The app offers a smooth reading experience for their monthly issues, which cover everything from travel reviews to lifestyle essays. It feels less like a tool and more like a subscription to a club. It is perfect for the armchair traveler or anyone who appreciates the history and philosophy of the movement.

Nudlify

First, a necessary clarification: do not confuse this with the controversial "Nudify" AI deepfake apps making headlines. Nudlify is a legitimate travel tool, and it actually brings something fun to the table—gamification.

The app frames itself as an "FKK Explorer" (FKK being the German acronym for free body culture), allowing users to "check in" at locations, earn points, and level up from a "Newbie" to a "Globetrotter." It lists beaches, saunas, and campsites with a clean interface. If you are the type of person who enjoys tracking your travels and earning digital badges for your adventures, this adds a fun layer of engagement to the standard map app.

INudisti nudist beaches

This app is a bit of a relic. Branded as the "First Italian APP" for naturists, it shows its age. The interface feels like a throwback to the early days of the iPhone, and user reviews have been less than kind, citing crashes and a database that is heavily skewed toward Italy with sparse coverage elsewhere.

While it technically offers navigation to beaches, the user experience is clunky compared to its modern competitors. Unless you are specifically planning a trip to the Italian coast and want a backup resource, you are likely better off with a more globally updated option like NaturistConnect.

iNaturistSpots

Proceed with caution here. In our testing, this app raised a few red flags. It operates on a subscription model, but the support infrastructure seems thin, relying on a generic email address rather than a dedicated support system.

The database is not as robust as the free alternatives, and the "premium" feel it promises doesn't quite materialize in the user interface. In a market where robust, free (or freemium) community-driven apps exist, it is hard to justify the recurring cost for this one. We recommend sticking to the more established players.

Naturism

This entry is something of a ghost. While there is a popular Android app by FLYYRT UG called "NATURISM - The nudist app," a direct, high-quality equivalent with this exact name does not appear to have a strong foothold on the Apple App Store.

Users searching for "Naturism" on an iPhone will likely be directed to H&E or general map apps. If you have moved over from Android and are missing that specific interface, you might be out of luck. For iOS users, NaturistConnect or Naturist Radar are the spiritual successors that fill this gap most effectively.

The Verdict

For the modern traveler, NaturistConnect offers the most complete package, blending tech-forward planning with a safety-conscious community. However, if you prefer a quick, anonymous way to find a beach without signing up for an account, Naturist Radar is a fantastic lightweight alternative.



Rocky Mountain Naturist Club

January 10 - Soup Party
January 18 - Nude Bowling
January 25 - Nude Volleyball
February 9 - Big Nude Boat
February 21 - Nude Improv

Shangri La Ranch

Water Aerobics - Daily
Jungle Ball - Daily
Potluck - Every Tuesday
Karaoke - Every Friday

Mountain Air Ranch

No events listed at time of publication.

Southern California Naturists Assn.

Jan. 13 - LA Online Meetup
Jan. 17 - Scavenger Hunt
Jan. 20 - Ventura Online
Jan. 22 - Intro Meetup
Jan. 31 - BITS Womens Party

Sequoians Clothes-Free Club

January 11 - BoD Meeting
January 17 - New Member
Celebration

Glen Eden Sun Club

Jan. 4 - William Florian
January 10 - Game Night
January 11 - DJ John
January 17 - Movie Night
January 18 - Paint & Sip
January 24 - Bingo

**AANR Western Regional
2026 General Assembly & Convention**
August 7-9, 2026
Laguna del Sol, Wilton, California

Come join us!



**8683 Rawhide Lane
Wilton, CA 95693**

Vigilance in the West: AANR's Watch Over Legislation

Monitoring Thousands of Bills to Protect Naturist Freedom and Self-Expression

Steve Schubert, AANR West Director, GAT Chair

AANR's Government Affairs Team (or "GAT") for the Western region (AANR-West) covers 8 western states (Arizona, California, Colorado, Hawaii, New Mexico, Nevada, Utah & Wyoming). GAT is tasked with monitoring legislation that may impact the rights of nudists/naturists.



GAT reviews proposed bills to identify those that may affect our way of life. GAT keeps a close eye on possible threats and consults with AANR's counsel to determine whether more direct action is warranted, and if so, what is the best course to follow. Oftentimes, proposals will be amended as they make their way through the various committees and Houses, which require ongoing monitoring. In the event a bill "gets legs", it may be necessary for GAT to take action.

Every year thousands of bills are introduced on both the federal and state level. For example, in 2023, for the 8 states included in the AANR Western region, 13,195 bills were introduced. Of those, 3,178 (approximately 24%) passed.

In the first 6 months of 2024, 76,756 bills were introduced in all 50 states – this amount does not include carryover bills which brought the total to over 144,000. Of the bills introduced, fourteen thousand eighty-eight were passed (roughly 18%). That's a lot of bills and new laws for a free society!

Obviously, only a small percentage of all the bills introduced had a potential impact upon nudism. However, the sheer number of bills highlights the extraordinary challenges facing organizations such as AANR, as it is a herculean task to sift through all this legislation to know what may be a threat to nudism.

Many proposals state that they are to protect children from sexual exploitation and prevent the spread of child pornography. Each of these are valid concerns. However, oftentimes legislators may be misinformed or misguided. By using broad terms, they may inadvertently and negatively impact those practicing social, non-sexual nudity.

GAT does more than just monitor pending legislation. Individuals with local connections can also play a pivotal role in the fight to preserve public nudist venues. For example, in Hawaii local authorities engaged in behavior which impacted nudists' ability to access Little Beach, a well-known nudist beach. Individuals who were not GAT members were instrumental in bringing this situation to the awareness of the Government Affairs Team. These individuals continued to monitor and report activities to AANR/GAT in the event more direct action was needed. For the time being, this situation appears to have abated.

GAT has a vested interest in all nudist/naturist venues regardless of the state or whether the venue is a member of AANR. Thus, GAT will continue to monitor and report to AANR in the event a threat is identified. GAT consists of volunteers who generously donate their time to preserve our freedom of self-expression through nudity.

As the new legislative sessions begin to gear up (some states are already having bills pre-filed), GAT will be in the trenches, ready to act if needed. Future articles will highlight some of those proposals as well as the different ways GAT/AANR deals with these potential issues. If you become aware of any Hawaii legislation that could impact naturists, please contact the AANR West Government Affairs Team so we can review and take action.

Contact GAT: gat@aanrwest.org

Shangri La Ranch Hosts Community Diaper Drive Supporting UMOM

Shangri La Ranch, in partnership with WINR, Women Helping Women Better Together, and AANR West, is hosting a community diaper drive to support families served by UMOM New Day Centers in Phoenix. Members and visitors are encouraged to donate urgently needed items including full-size hair conditioner, diapers in sizes NB, 6 and 7, 4T5T, pull-ups, pack and plays, toilet paper, baby wipes, and cash contributions.



Donations can be dropped off at the Shangri La Ranch office daily between 9:00 am and 5:00 pm. Every item collected helps UMOM provide stability and care for families facing homelessness. The drive runs through January 31, 2026 through February 28, 2026, and even small contributions can make a big difference. If you cannot donate in person, you can donate by scanning the QR code below.



SHANGRI LA RANCH

— New River, AZ —



ROOMS

BARE BUNS CAFE

COURTS



Reframing the naked routine

Finding fresh perspective in a familiar habit.

by Dustin Cox, AANR West Director

Have you fallen into a routine of comfort even within the naturist way of life? We often treat our time without clothes as a static escape rather than a dynamic practice, assuming that once the clothes are off, the work is done. By reading this, you will discover how to reignite your passion for the lifestyle and find a deeper layer of personal freedom this year.

We all remember the adrenaline of our first skinny dip or that initial walk across the sand. But for many of us, the novelty has faded into predictability. We have our memberships, our preferred spots, and our designated "naked friends." This comfort can act as a ceiling. The "new you" this year doesn't need to be a textile version of self-improvement. It should involve pushing the boundaries of your comfort zone within the movement.

If you usually stick to the privacy of a landed club, challenge yourself to visit a public beach. If you are a casual sunbather, sign up for a nude 5K, a yoga retreat, or a hiking group. Growth happens when we stop treating naturism as a vacation and start treating it as an active discipline.



Being comfortable naked at thirty is a different psychological game than being comfortable naked at sixty. Even long-time naturists are not immune to the insecurities brought on by aging or physical changes. This year offers a chance to re-introduce yourself to your own skin. Instead of silently mourning the body you had when you first joined the lifestyle, consciously celebrate the resilience of the one you have now.

Finally, consider moving from participant to advocate. The freedom we enjoy exists because others fought for legal beaches and safe spaces. Whether it is writing a letter to a local council regarding beach access or simply having a transparent conversation with a curious textile friend, expanding the circle is the ultimate form of growth.



2026 AANR Convention- The Willamettans

August 11, 2026 - August 16, 2026

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Euphoric

by Kaycee



I am a very late in life newbie to going about naked. I'm a grandma that has always loved the outdoors. especially gardening and the beach. Going natural in these activities has just been mind-blowing to me.

In a word EUPHORIC!

It was only this last May that a post showed up on my social media feed promoting World Naked Gardening Day... maybe because I post a lot about my gardening. I was eerily fascinated, intrigued and curious. The folks from the group who posted it were very kind and encouraging. I was resolved that I would give it a go. I am home alone for a couple weeks. who would know?

The day came and what a beautiful, glorious day. I bolstered all my courage to step out into my garden just as I was born. Completely naked. The moment the sun kissed my nude body, I was overcome by such a feeling of bliss that one could only call it euphoria. After a while I got comfortable enough to snap a modest picture. I had never seen myself naked the way another person would see me.

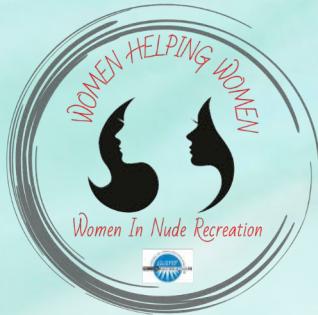
After some trepidation I posted it up to the WNGD group and was overwhelmed by the response and how wonderful it made me feel and appreciate my naked self. Quite an accomplishment for a girl who suffered from body shame her whole life. By the end of the day, I was feeling completely at home naked, pondering why I never tried this before. I felt so wonderful with the feeling that I stayed naked for days. Transformed. A new joyful, free, emancipated, euphoric me. Never to go back.

In the months since I have found new friends in the naturist community that have encouraged me, helped me grow and feel comfortable, and love my naked self. I can't thank them enough for their kindness. Each new naked experience has added to my euphoria.

A peaceful, easy feeling that I hope will never end.



“and i said to my body. softly. ‘i want to be your friend.’ it took a long breath. and replied ‘i have been waiting my whole life for this.”— Nayyirah Waheed



The mission of Women In Nude Recreation (WINR) is to inspire women to embrace nudism through community, camaraderie and connection. WINR passionately promotes the many benefits of nudism by encouraging and supporting women through body acceptance and empowerment.

Learn more: aanrwest.co/WINR

Empowering Women, Serving Families

How the 'Bottles and Bottoms' drive is creating a legacy of care

by Jeanette Ziegler, AANR West WINR Committee

I recently retired after 20 wonderful years as a second-grade school teacher. One of my deepest passions has always been serving the community, especially helping families with children. I love giving back to our community.

Now that I am retired, I have more time to devote to community service. As an AANR member who is active on the AANR-West WINR committee, I thought it would be great to come up with a way that AANR could help out communities around our nation while bringing together women from WINR for a common purpose. I know that when women work together for a common cause they can make life-long friends and life-changing impact.

And with that thought in mind we developed the Bottles and Bottoms diaper drive, a cause where we are dedicating 4 weeks at Shangri La Ranch to collect diapers and various other needed items for women in our community and donating them to a local Women's Center in Phoenix, AZ. I feel that this is a great way to help others, and introduce and invite women in our community to AANR and WINR.

My ultimate goal would be to encourage other women who are AANR members to find ways to serve women in their communities, and then share their ideas and stories. Together, the Women of WINR can use this as an opportunity to introduce other women to the caring, accepting, and wonderful community that AANR provides.

Bottles & Bottoms Diaper Drive

January 31st to February 28th



The Western Sun

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



Email us:
publicrelations@aanrwest.org

The NEW AANR Meet & Greet

**Join our discussion groups every first and third Thursday via Zoom at:
8 pm. EST, 7 pm. CST, 6 pm. MST, 5 pm. PST.**



Sign up at: <https://aanrwest.co/mgsu>

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Content: Photo/graphic ads may include text within the image

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If you need us to create your ad:
\$50 one-time setup fee per new ad design
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Submission Guidelines

Accepted file formats: PNG or JPG

Required dimensions:

1800×1800 px (300dpi)

AANR West club ads will always be free both online and in print.

Submission via email to publicrelations@aanrwest.org.

All ads are subject to approval for adherence to AANR West guidelines.

The future of nude recreation

Investing in our non-landed social clubs

by Jeff Jackson, AANR West Vice President

As nudism and nude recreation continues to evolve, it is essential that we look forward with both honesty and optimism. Nude recreation has long been supported by a strong foundation of traditional clubs, but the future of our community depends on our ability to adapt, expand, and meet people where they are. One of the most promising developments in recent years has been the rapid growth of Non-Landed Social Clubs, and I believe they represent a vital part of the future of naturism.

To understand why, it helps to look at the difference between Landed and Non-Landed clubs.



Landed clubs are what most people traditionally picture when they think of organized nude recreation. These clubs own their own property and operate from a permanent location that members and guests can visit. They often offer a secure and private environment, set operating hours, and a consistent calendar of events. Many also provide overnight accommodations, food service, and popular amenities such as swimming pools, hot tubs, sports courts, and nature trails. For decades, these clubs have served as the backbone of nude recreation, creating safe, welcoming spaces for social nudity and community.

However, the Landed club model comes with significant challenges. Owning and maintaining property is expensive. These clubs must cover salaries, ongoing maintenance, taxes, and insurance. As a result, annual membership fees are often higher, and some clubs require qualification processes that can feel intimidating to prospective members.

In addition, many people live far from the nearest Landed club, making regular participation difficult. There is also a lingering public perception that these are “clubs for older people,” which can discourage younger adults from exploring naturism. Finally, Landed clubs face the real risk of being sold or converted into textile resorts, sometimes with little warning to members.

This is where Non-Landed Social Clubs have begun to change the landscape in powerful ways.

Non-Landed Social Clubs do not own property. Instead, they hold events at nude beaches, in members' homes, or in rented spaces such as community clubhouses, arcades, bowling alleys, archery studios, and other commercial or private venues. This simple difference dramatically lowers the cost of operation and eliminates many of the complex regulatory and maintenance burdens faced by Landed clubs.

Because of their lower overhead, Non-Landed Social Clubs can offer much more affordable membership fees, opening the door to people who may not have considered joining a traditional club due to the cost. They are especially valuable in areas where no Landed club exists at all, bringing organized nude recreation to communities that would otherwise be left out.

Another major strength of Non-Landed Social Clubs is flexibility. Rather than expecting members to travel long distances, these clubs can bring events to where their members live. Activities can be held in different neighborhoods and venues throughout a city, making participation more convenient and accessible. This flexibility also allows for a wider variety of events that appeal to a broader age range.

Clubs can more easily design specific activities that attract younger members and first-time participants, helping to break down outdated stereotypes and build a more diverse, vibrant community.

Like any model, Non-Landed Social Clubs are not without challenges. Finding appropriate venues can sometimes be difficult. Event schedules may be less predictable than those of Landed clubs, and without careful planning, a club can be vulnerable if a key organizer steps away. These are real issues, but they are manageable with the right structure, training, and support.

Despite those challenges, the trend is clear: Non-Landed Social Clubs are not just a supplement to traditional clubs — they are a critical part of our future.

That is why AANR West is actively investing in the success of Non-Landed Social Clubs. We are leveraging a comprehensive, step-by-step guide developed by a team of Non-Landed Social Club organizers to help individuals and groups in the West Region start new clubs with confidence. We will also be launching virtual training classes next spring to provide practical instruction and best practices for new organizers.

We are creating a mentorship program that will provide one-on-one guidance and support during the club's critical first year. In addition, we host quarterly peer group meetings so that current Non-Landed Social Club organizers and officers can learn from one another, share ideas, and support each other with challenges our clubs may be facing.

The future of nude recreation depends on accessibility, adaptability, and strong local leadership. Non-Landed Social Clubs are helping us reach new people, serve new communities, and create new pathways into naturism. AANR West is proud to champion this work, and I am excited about what lies ahead.

We are not just preserving naturism. We are building its future.



Photo by Dustin Cox for Rocky Mountain Naturist Club

My evening at the FÜDE Experience

by Cynthia Holbach, SCNA Member

Through newspaper reports and social media Rolf and I have known about the FÜDE experience for a few years now but have never attended. The Füde Experience was founded in 2020 by chef Charlie Ann Max. Her dinners take place in cities all over the world, but primarily Los Angeles and New York. From their website, "Füde is an immersive dining experience that invites connection, presence, and authentic expression through plant-based food and intentional gathering.

Rooted in themes of body acceptance, nourishment, and vulnerability, Fude creates spaces where guests can shed both physical clothing and emotional armor. We invite participants to dine nude – not as spectacle, but as practice in radical acceptance and genuine intimacy. This is about the deeper, more courageous act of emotional, spiritual, and relational nakedness." When it came up in a BITS planning meeting on how to reach young women to come to a BITS women's event, Ali D. and I decided we would attend one that was coming up shortly.



Charlie has a way of attracting younger females to the dinners that she prepares. These gatherings are generally for women only, but men can be invited after they have been approved and recommended by a woman who has been to the dinners already. The one we attended was strictly for women since the topic of the evening was on the menstrual cycle. Ali and I met at the location in Hollywood with about 18 other women.

Once you went in, our clothes came off, and we introduced ourselves to some of the other guests. They had a circle on the floor for some introductions and a holistic OB/GYN doctor led a discussion and meditation experience. We then sat down to a beautifully set table for a 3-course meal. There were lively discussions that were opened before each course by the doctor who asked for opinions on several topics that were relevant to the night's theme.

Being the oldest person there, by at least 20 years, and not dealing with this issue anymore, I found I could only give advice on what to expect for what was coming. I found the event to be exhilarating to see so many young women try social nudity. It was the first time for some, and for many it's the only social nude event they have ever been to. Most did not know that there is an entire nudist community in their midst. I'm not sure how many would venture out, but there seemed to be interest when Ali or I discussed other events. With the help from Charlie, we are hoping we can reach some of these women to come to our BITS event next year.

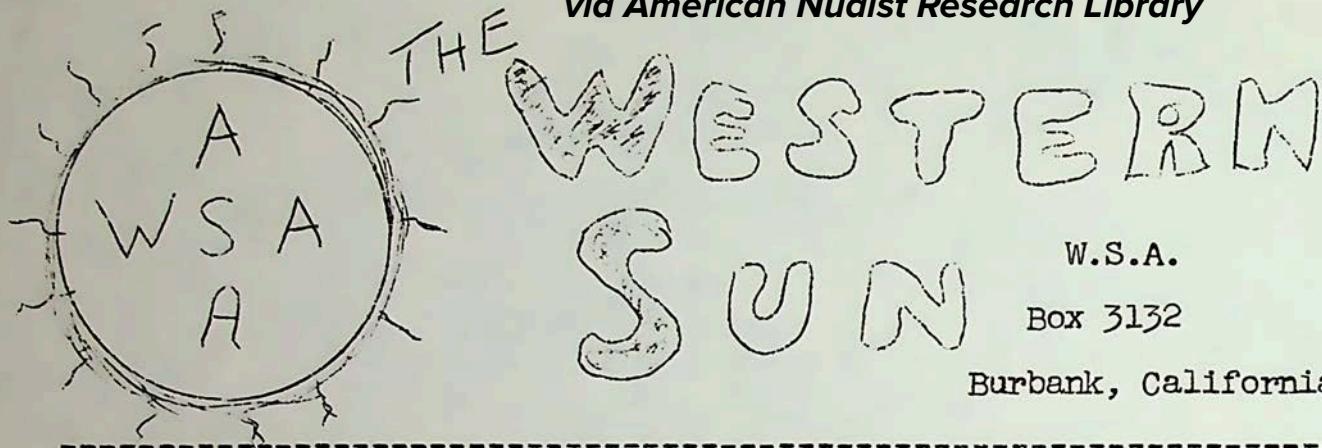
Established in 2001, SCNA is the largest naturist travel club in Southern California. We seek to promote and encourage clothing-optional recreation, education, and personal growth throughout Southern California. In 2003 SCNA became a Non-Profit 501(c)(7) Mutual Benefit California Corporation. We are governed by a seven-person Board of Directors, elected annually by participating members.

Learn more about SCNA by visiting www.socalnaturist.org.

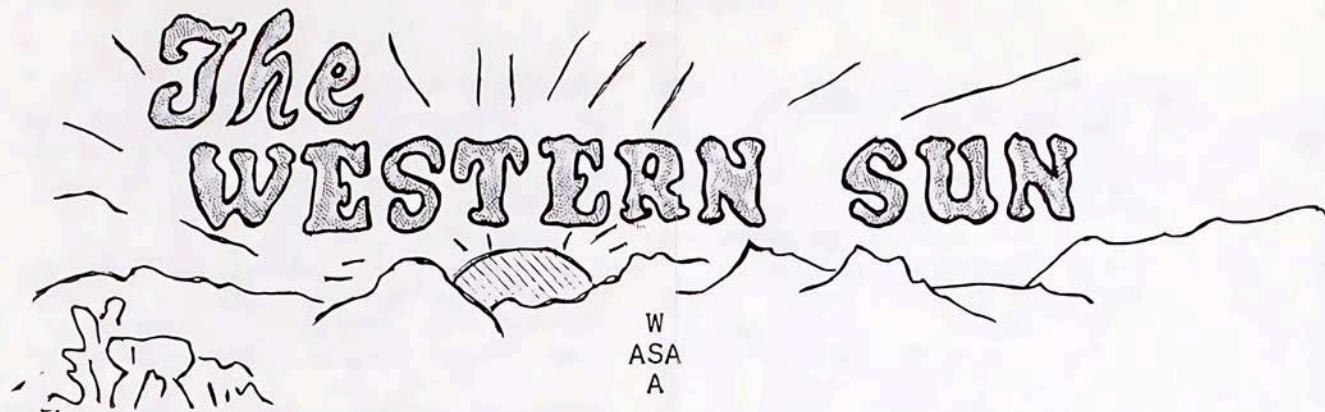


Vintage logos for The Western Sun

via American Nudist Research Library



JANUARY 1961



THE WESTERN SUN,

P.O. Box 2065,

San Bernardino, California

JANUARY, 1964

EDITOR - Edmund Kiernan

THE WESTERN SUN

JANUARY 1966

"I am not a naturist, a nudist, a streaker, nor an exhibitionist. Labels are for clothes. My unclothed appearance is also not motivated sexually nor out of any gratuitous need to seek attention. I believe that while society continues to have a fundamentally negative relationship with the human body and appearance, we can never be a free or mature society. It's the 21st century. Time to evolve."

Russell Higgs



T'was the day after Christmas...

Silence, Stone, and Sunlight

Embracing the freedom of a clothes-free hike

by Peter Farney, AANR West Member

I've always enjoyed the freedom of hiking without the constraints of clothing, but in Colorado's Front Range it can be challenging to find hikes where "free hiking" is possible. Many trails are extremely busy – I remember hiking Mt. Bierstadt (clothed) a few years ago and was astounded to find the highway jammed with vehicles parked along the road and a virtual "conga line" on the trail to the summit. I prefer a quieter hike that provides an opportunity to enjoy nature,

My solution is to look for remote trails without connections to major trail networks to minimize the traffic I need to contend with. With that goal in mind, I hoped the weather would work out and aimed for a weekday in November when trails would be little used rather than the weekend when too many people head out to take advantage of the area's natural beauty. I selected the "Noddle Head" trail south of Sedalia because it's far enough out of the Denver metro area on gravel roads to reduce traffic. This particular trail is also more used by motorized off-road vehicles rather than hikers.



Timing my start was tricky, though – I wanted to arrive before other outdoor enthusiasts, but late enough to have light and, more importantly, the heat of the sun. Balancing these factors, I arrived at the trailhead by 8:20 am with the sun rising, the temperature already in the upper forties, and only one other vehicle in the parking area. It was a large pickup and a trailer, and the tracks in the sand indicated they had taken off on four-wheel OTVs some time earlier – there was no sound of the motors in the distance. The trail was mine.

It was still a bit cold, so I wore my go-to hiking outfit until it warmed up a bit – a thick sweatshirt and my trusty hiking kilt. I started off by listening to the sound of approaching engines for the first half-mile, and as the silence deepened I was reassured by movement ahead – two deer bounding away from the trail at my approach.

That signaled to me that there were no other people in the area and as the sun warmed the air I was free to shed my clothes. That said, the warmth of the sun was relative and the morning temperature was still only in the low 50's. Brisk, but comfortable so long as the wind didn't pick up and I kept my body temperature up with a good hiking pace.

Along the way I took the opportunity to scope out potential areas for harvesting a Christmas tree. This is the second year my family has participated in the US Forest Service's Christmas tree program that offers inexpensive licenses to cut down trees on designated public lands as a means of mitigating future wildfires. Using landform navigation to check my position against my topographic map, I successfully located three groves with some promising Christmas tree candidates. I'll bring my family later during our allotted permit days to harvest a tree for the Yule holiday. That will be a clothed hike. Although my family isn't inclined to participate in naturist activities, they tolerate my "eccentricity."

Moving down into the valley with increased ease as I get farther from the trailhead, I glimpse the course of a creek meandering across the trail ahead. Crossing the stream the trail shifts southward and begins to climb back upward towards the "Noddle Head" landmarks that I'm hoping to reach. The Noddle Heads are the remains of ancient magma pools that slowly cooled beneath the surface and, as the surrounding land eroded, remain as upthrust monuments to Colorado's geothermal legacy.

Suddenly, I hear the sound of rapidly approaching engines. I don't want to surprise or offend other trail users, but I'm prepared for this. Quickly donning my hiking kilt and sweatshirt, I make my way off the trail and up a secluded hill. A few minutes later the dirt bikes come into view and two riders continue on their journey without noticing me. Once they pass I'm free to shed my clothes once again and continue on towards my goal – a promontory with views of the Noddle Heads where I plan to eat lunch.

I make it there by noon, and although the sun is overhead the clouds keep rolling in and the wind has picked up. This isn't the warm Fall day I'd hoped for, and as I rest and eat lunch I begin to chill in the breeze. It won't be a leisurely rest, and given the weather I begin heading back to the trailhead hoping that resumed activity will help warm me. It does, and the sun also makes a tardy appearance in the early afternoon.

I warm to the point where I'm beginning to sweat and, coming across a small pond, decide I'm going to seize the opportunity for a "polar plunge." The pond is shady and there's a thin crust of ice on the surface as I feel along the shore for an easy entry point. Unsurprisingly, the frigid water is a shock to my body, but it feels refreshing and once I get out and resume my hiking I'm warm and dry again within minutes.

The sun continues to warm the air as I re-cross the stream and begin back up the valley toward the trailhead. There's time for one more stop, though – a granite rock outcropping overlooking the whole valley. I'm able to spend nearly an hour laying on the rocks, getting a good dose of vitamin D, and taking in the tremendous views. As the sun dips toward the horizon I reluctantly make my way back the final two miles to my waiting vehicle, satisfied that I'd taken full advantage of a fleeting opportunity in the waning days of Autumn to get close to nature without the barrier of clothing. Tomorrow, it's back to work but I'll be anticipating the next chance to hit the trail and ditch the clothes... Here's to hoping for some mild winter days ahead!

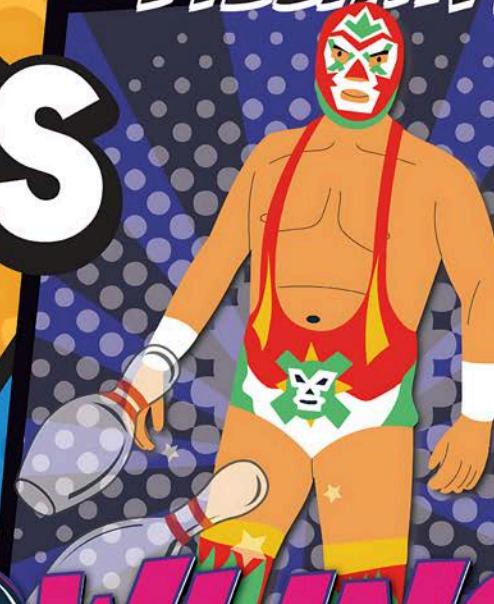


SUPERHEROS



VILLAINS

VS



NUDE BOWLING

JAN. 18, 2026 6:00PM - 9:00PM
DENVER, COLORADO

Fulfill Your Bucket List with Nude Bowling!

Join the **Rocky Mountain Naturist Club** for a night of fun, flair, and friendly competition on January 18, 2026, from 6–9 PM in Denver, Colorado! Dress as your favorite superhero or villain or just bring your natural self for a truly unique bowling experience.



Spots are limited, so sign up by email to rmncdenver@gmail.com

Learn more: www.RockyMountainNaturistClub.org

Rocky Mountain Naturist Club: Celebrating freedom, fun, and body positivity, RMNC is Colorado's premier traveling naturist community. From social events and nude recreation to educational opportunities, we provide a welcoming space where members can relax, connect, and enjoy life au naturel—no judgment, just good vibes and great company.

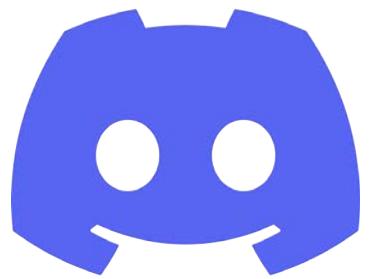
The campfire never has to go out!

Connect with your AANR West family year-round.

We know the best part of AANR West events isn't just the sun and the swimming—it's the community. It's the conversations by the pool, the laughter at the potlucks, and the friendships that span across states.

But why wait for the next festival or convention to catch up?

We are thrilled to announce the launch of the Official AANR West Discord Server! This is a modern, real-time space for our members to stay connected, share news, and support one another 24/7.



What you'll find inside:

- **General Chat:** Say hello, share your morning coffee, or just hang out.
- **Club Corners:** Discuss news and events specific to your favorite clubs.
- **Event Updates:** Be the first to know about upcoming conventions and festivals.
- **Advocacy Alerts:** Stay informed on legislative updates affecting our lifestyle.
- **Safe Space:** A moderated environment that upholds AANR's values of body acceptance and wholesome family recreation.

How to Join: Click the link below to accept your invite. If you are new to Discord, don't worry—it's free and easy to set up!

👉 <https://discord.gg/KAgsKd8VQa>

Let's keep the conversation going!



NEW Photo Guidelines

The Western Sun would love to have your photos so we can have more diverse pictures for our publication. All photos must be 300 DPI or larger. Please keep in mind that we must have a photo release for all parties in the photos. The release can be found at the URL below or by emailing us. Photos may be submitted to social@aanrwest.org.

Photo Release: aanrwest.co/release

We will no longer accept photos that do not meet the new criteria.



For questions, advertising or to submit an article for a future publication of The Western Sun, please send an email to publicrelations@aanrwest.org. We look forward to hearing from you!

The Western Sun

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



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The American Association for Nude Recreation - Western Region

