



November 2021

## THE AANR WEST WEBSITE IS CHANGING

Great changes are coming to AANR West and our website is the first step in the changes that are coming. Though the site is still in the modification process, the home page is a huge example of the changes coming.

Our new focus will be on promoting the associated clubs within our region and supporting their events and activities.

We will still stay true to the AANR mission of promoting wholesome social nudity, educating the public on the benefits of nudism and continuing to work with all government levels to insure our rights to continue to enjoy life through nudism.

AANR West is an organization of volunteers and we welcome your feedback and suggestions on how we can better serve the public in our region. Please take a moment to view our updated [home page](#).

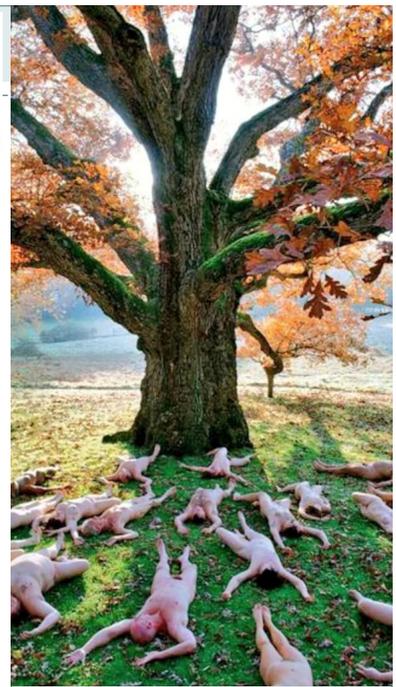
## 5 TIPS FOR PLANNING LAST MINUTE NATURIST VACATIONS

A couple of months ago, we were among the first tourists that were allowed to enter Italy again after the 3rd strong wave of the COVID pandemic. That was in early June, quite a popular travel period as the weather in Italy is not that hot yet as in the high season, but definitely already naturist-friendly. From our talks with the resort owners during the weeks that followed, we learned about the many cancelations.

People were still too afraid to travel, too afraid that they would lose their money or get stuck in a foreign country. Many preferred to wait a little bit more, see what would happen with the pandemic and the ever-changing rules, and maybe have their vacation a couple of months later. Today is later, and we hear from many of you that you are now ready to travel. But how do you plan this on such short notice?

If you are reading this in the future and COVID is meanwhile under control, feel free to skip this first tip. But at the time of writing, this is very accurate and to many, also pretty confusing. A lot of people seem to think that proof of vaccination is enough to be allowed inside another country, but that is definitely untrue. Everything depends on where you're traveling from, which places you've been in the last 14 days, and several other local rules and restrictions.

[Read more](#)





## BACK TO THE BEACH...FOREST AND BEACH CLOSURE ENDS EARLY

Written by Guy Dannehl

CREEK BEACH, Nev - After nearly 4 weeks, the USFS decided to end the Forest Closure early on Sept. 14. Originally schedule to be from Aug 22 to Sept 7, the order was extended to Sept 18 after the Caldor Fire crept into the basin.

Heroic work and some smart planning basically kept this fire from becoming the catastrophe that we all feared - a wildfire in the Basin. Apparently there was little or lax enforcement of this order anyway.

TAN observers found that only a few warning notices were left on cars parked on the highway, and observers in boats noted that no one was monitoring the beach. Access was limited as the highway was closed during the evacuation order. After the closure order was lifted on Sept. 6, we were counting 25-30 cars on the highway nearly every day. [Read more](#)

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*“Everyone else is already taken, so, just be yourself”*  
*Alex Sampson*

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### Why our children stop being nudists

Yes. They do. Not all of them. But many children stop being nudists and don't go back to the clubs/campsites they visited since they were born. They have really great memories of those times there. But from a certain age they 'lose interest'. And they hardly ever return. Why is that? Is there a lesson to be learned here?

We (parents) truly believe that naturism is one of the best things in life for a family. The freedom and fun in the sun is amazing. Not easy to compare with other things you can do or participate in as a family. And the children acknowledge this (sometimes after a few years). Still, they prefer to split the family in pieces into pro and contra naturism parties. This happens too many times. [Read more](#)

## BEAUTIFUL DAY TO RUN A 5K AT SHANGRI LA RANCH

On October 16 2021 Shangri La Ranch held its annual Bare Buns Desert 5K Run and the weather couldn't have been more perfect. It was cold enough as people gathered for the 8:00am start that some couples were entwined to stay warm, but once the race started the temperature seemed to warm quickly to a comfortable mid-60s.

Flooding in late July took out 3200 feet of last year's course so this year 81 racers had to circle the shortened course 3 times to run the full 5K distance instead of the usual 2. Part of the course ran straight down the flood-scoured wash that went through the middle of the property, which added to the difficulty as the runners had to contend with stretches of deep sand and piled boulders. But since the course was run in the reverse direction of previous years, this section of the course was the first section the runners faced, after which they emerged onto the easy-running paved roads of the ranch. In compensation for this grueling section, the water-stop where runners emerged from the wash gave out tequila shots as well as water.

The course circled the roads on the south side of the ranch before entering the Nature Preserve. After roller-coasting over the hills of the Preserve on the west side of the ranch, it was all downhill to the finish line. But since the course had to be run three times, Cyndie directed the runners down a parallel street so as not to confuse the timing mechanisms. All the runners were given a timing chip to wear around their ankles, and on the third circuit the runners were directed down the finish chute to where 4 Peaks Racing recorded everyone's race time. After the race, the runners were directed to return their racing chips into a bucket of disinfectant as part of the Covid protocols.

[Read more](#)

# TURKEY TROT



**POKER RUN**



**(BUT THIS IS NOT A RACE!)**

**Saturday, November 27 at 2 PM**

Pick up your first card and clues to the other stops at the start/finish table near the flag pole at the GE entrance. Turn in your cards at the same table by 4 PM.

**DECORATE YOUR CART!**  
Prizes will be awarded for the best poker hands, and best decorated carts.

**ALSO**

**BAND DANCE WITH CHRIS DANIELS PROJECT**  
at 8 PM

**Glen Eden Sun Club**

## Why Does the Naturist Get Dressed for Dinner?

During one of our first naturist camping experiences, we were invited for a communal dinner. This is pretty common at naturist resorts. Sometimes it's a kind of potluck where everyone brings something, other times one of the guests or the staff cooks the meal and you just pay for it. In any case, it's always a great opportunity to meet the other visitors of the resort and often a very social experience.

We didn't really know what to expect, but we figured that even though the evening was getting a bit chilly, we'd better show up undressed. This is a naturist resort after all, and being the only clothed person at the table would probably feel equally uncomfortable as being the only naked person in a group of clothed people. In fact, it was the latter that actually happened. We arrived with nothing but our towel to sit on, and everyone else was nicely dressed.

As newbie naturists, we started doubting whether we were doing something wrong. We had heard about the unwritten rule that said: "naked when possible, clothed when necessary". Maybe dinner time was one of those necessary cases? Even though the weather was still agreeable enough, maybe it was considered completely not done being with your genitals in such close proximity of your – and other people's – food? Maybe this was another one of those hygiene rules, like sitting on a towel. [Read more](#)



**WATER VOLLEYBALL**

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<https://shangrilaranch.com>  
[joinus@shangrilaranch.com](mailto:joinus@shangrilaranch.com)

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## ABOUT US

AANR West is a coalition of about thirty clubs. That means you choose the amount of clothing or lack of it that you wear. No judgments here! We want you to enjoy our events and activities without worrying about what you're wearing or how your body looks. It's all about body confidence.

According to a 2015 Zogby poll of American adults, 35% had gone skinny dipping at least once, and a whopping 73% believed individuals should be able to enjoy nude sunbathing at a location designated for that use.

We agree! You have rights over your body, whether it's choosing to take a swim au naturel, play tennis or go on a hike. As a clothing-optional nonprofit organization—501 (c) 7, AANR West (American Association for Nude Recreation, Western Region) advocates for nudity and nude recreation in appropriate settings. We organize social events for our members. We educate and inform our members and those in the greater community about our way of life. Begin living a freer life. Call us today and find out how you can start enjoying a world of family-friendly nude recreation.

If you haven't experienced the pure freedom of reading, hiking, bicycling, swimming, sunbathing or just being in the nude or have and want a safe environment in which to practice your way of life, AANR West is here for you. Our events are focused on good, healthy family fun.

AANR West provides education to our members about the areas where they can pursue their activities out of harm's way, the legislation that may affect them and what their rights are. We also reach out to the greater community, many who view nudism or clothing optional groups as outcasts.

## 2021 AANR FALL FESTIVAL

The 2021 AANR Fall Festival was held October 8th through October 10th this year at DeAnza Springs Resort and it was off to a cooler than expect start with rain (yes, rain!) and cold winds on Friday. A canvas tent had been set up outside the Oasis Lounge for the vendors but due to the wind the vendors instead set up inside the Cactus Flower Café dining area. Nancy sold her handmade local art. Freddie also offered up a selection of her craft items. Ashi offered up his famous hot sauces. While the Cactus Flower Café stayed open for business, there was also a food truck from the San Diego Sliders Company with offerings from their menu. Some ate on the patio but most ate in the Oasis Lounge.

While there was the usual 10am Water Volleyball game on Friday, the new management changed things up a bit with Water Basketball at 2pm. There was a best 5 out of 7 games, winning team the first to score 7 points, and there was a lot of action that required a lot more energy than Water Volleyball. It was an interesting experiment and a list of improvements were made for the next time. And at 7pm the Ghouls Night Out Movie was "Hocus Pocus", moved from the patio into the Oasis Lounge due to the wind and the cold.

The highlight of the weekend was Saturday's Pay-to-Play Round-Robin Volleyball tournament. Chuy and Chelsea checked in the players and handing out wrist wallets that signaled you had paid. Five teams got together and played each other for two rounds, a morning round and an afternoon round. [Read more](#)

## FIVE REASONS TO GET NAKED EVERY DAY

Nothing is more enabling than being healthy, strong, and naked.

At the point when was the last time you took a gander at your body in the entirety of its exposed wonder? I mean truly took a gander at it. No screeching at plump thighs or scowling at thin arms. Simply taking a gander at, understanding, and tolerating your body in the entirety of its splendidly flawed brightness?

Along these lines, If you need to quit thrashing yourself each time you look in the mirror, figure out how to cherish the body you have been honored with, and give a tremendous center finger to each mold show, magazine, and unscripted television demonstrate that says you have to look a specific way, every day stripped time ought to be at the highest point of your plan for the day. Why? [Read more](#)



## HOW DOES SOCIAL NUDITY HELP REDUCE STRESS?

There are various ways to reduce stress. You could take prescription tranquilizer drugs, such as anxiolytics, to reduce anxiety. But they can be addictive, and have other undesirable side-effects, as well as expense. Alcohol works too, but certainly has its own problems. Some other recreational drugs also work – but they're mostly illegal. And if the factors causing your stress remain in place, do you really want to rely indefinitely on prescription drugs, alcohol, or illegal drugs for relief?

There are much better alternatives to reduce harmful levels of stress. The best way, of course, is simply to reduce or eliminate the source of stress – if you can. Quit a job that is too unpleasant. Get out of a bad relationship. Move to a place with a lower cost of living. And so on. But such things are more easily said than done. And suppose you're stressed by something you just have little control over, such as fear of losing a job you like because of economic conditions. Or in-laws who drive you crazy. Or a serious health problem like early-stage cancer.

[Read more](#)



*"If they can't take you at your worst, They don't deserve you at your best"*  
*Machine Gun Kelly*

## CAN YOU HIKE COLORADO'S TRAILS NAKED? IN SOME CASES, YES...MAYBE

A few days ago, one of my friends shared a story with me about a trail runner that has been seen running naked on a regular basis near Colorado Springs. I was unable to verify that story with any real evidence aside from hearsay, but it got me looking into the rules around being naked on the trail. While I expected nudity to be banned in all cases while on a public trail – outside of designated clothing-optional spots – I found that this was quite far from reality.

"The mere fact that someone is nude in and of itself is not a violation of the Code of Federal Regulations," wrote the public affairs officer of Rocky Mountain National Park when I reached out about their policy. "The law is if a person without clothes causes any issues through lewd or obscene conduct they are cited under Disorderly Conduct, as well as for that lewd conduct."

Editor's Note: Be warned – there's conflicting information out there. Make sure you read this entire piece before making the decision to hit the trail in the buff.

According to an article from Men's Journal, there technically aren't laws about nudity on federally owned U.S. Forest Service and Bureau of Land Management land, though local, county, and state laws may still apply. Rules seem to be even looser at national parks. According to an article from Backpacker, which is owned by Outside Magazine, just one national park has made rules banning nudity outright – Cape Cod National Seashore, after numerous complaints were made in the 1980s and 1990s.

While the two aforementioned articles may make it sound like nudity is a go in many federally managed natural spaces, there's conflicting information available online.

Continued on page 6





*Friends-Giving*  
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## I AM JUST LIKE YOU

– Only I Am A Nudist and New AANR Member

If you are reading this while nude, enjoying a beach or a club, or considering nudism, you can thank AANR (American Association for Nude Recreation) for the opportunity.

I enjoy being nude and have for pretty much all my life. I rarely wear clothes if I can help it and would venture out to local nude beaches. Clothes are merely the wrapping we wear in public, and once we cast them off, we gain the freedom and confidence that comes with accepting our bodies and “living in our skin.”

I decided to seek out further opportunities and make the leap into the realm of “social nudity.” I started by booking the Big Nude Boat in 2016. It was great to be surrounded by people who were busy having fun, [Read more](#)

## CAN YOU HIKE COLORADO'S TRAILS NAKED? IN SOME CASES, YES...MAYBE

An article from Boondocker's Bible states that the US Forest Service has public nudity listed as a banned activity in National Forests and National Grasslands. The same article also states that Kaloko-Honokohau National Historical Park and Gateway National Recreation Area, both managed by the National Park Service, also have rules against nudity – not just Cape Cod National Seashore.

And don't forget – Colorado does have it's own rules that apply, too.

A 2017 Denver Channel article states that Colorado Parks and Wildlife managed trails are off-limits for nudity. The article also notes that US Forest Service managed lands in Colorado have their own individual rules, with nudity sometimes meaning a violation. A public affairs specialist working with the Bureau of Land Management also chimed in to note that on public lands they manage, various state and county laws apply.

So there you have it – can you hike naked? Maybe? Sometimes? The answer isn't quite cut and dry.

If you're looking to hit a Colorado trail in the buff, you should contact the managing organization to ask them about their specific policy, first. Because nudity in the wrong spot can lead to some serious charges, due diligence and triple-checking is key.

Looking to go somewhere where nudity is more-so formally welcome? Check out these seven clothing-optional spots in Colorado.

Happy hiking.



The American Association for Nude Recreation

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