

# Eastern Naturist Gathering 2017

## Preliminary Schedule of Events

Welcome to our eighth year here at Camp Westmont and our 36th year of hosting the Eastern Naturist Gathering. We appreciate all of you who offer your insight and expertise in presenting a workshop (or more) at the gathering. We appreciate all of you who join us as we learn new and interesting things from each of the presenters. The variety and quality of the workshops never cease to amaze me.

Our Eastern Naturist Gathering has become an extended family reunion. We look forward to seeing each and every one of you at this event, and are pleased when some of you venture to Oshkosh and pop in for a visit.

We start working on the gathering each year as we are driving home, and look over the feedback forms you all fill out. We look for new ideas or ways we can rejuvenate old ones. We appreciate your input—so keep filling out those forms.

Thanks for registering early, thanks for offering workshops, and most of all, thanks for joining us here at The Eastern Naturist Gathering.

Much Love,

*Nicky*





# Important Announcements!

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**All meals will be served in the Dining Hall.**



## **Meal Times**

Breakfast: 8–9:00 am • Lunch: Noon–1 pm • Dinner: 5:30 - 6:30 pm

Water and soft drinks will be available at no charge.

*Sign up at the TNS table for massages with one of our wonderful massage therapists.*

**fullSpectrum will host a table in the Dining Hall.**

*Claude will be at the TNS booth demonstrating pareo tying off-and-on all week long.*

The \$ Naked Rainbow Table—selling vintage jewelry and accessories!!! Open on-and-off throughout the week.

(If you have “old” costume jewelry that you never wear, please bring and donate to their table.)

**All schedule changes will be determined by TNS only! They will be posted on the white board(s) located at the TNS Booth and at the Dining Hall entrance.**



WiFi service is available at different spots around the camp.

# Monday, June 12

**9 am Opening Day.** Good Morning Everyone! Glad to see you here at Camp Westmont. Check in at the registration table in the Dining Hall, then find your room, unload all your goodies and get settled in. Today is a leisure day. Hike around the grounds, enjoy the lakefront, swim laps, play a little volleyball, or simply relax and reacquaint yourselves with all your old friends.

**1 PM Movie Matinee.** *Patriot's Day.* Mark Wahlberg shines in this all-star action-thriller that chronicles the courage and power of the people of Boston during the real-life manhunt for the Boston Marathon bombers. **Communications Building**

**3 PM ARE YOU A LOSER? Weight loss support.** We are naturists, and we love and respect our bodies exactly as they are. That said, there are times when for health, sports, or simply personal preference, we wish there was a little - or a lot - less to love. Come join with fellow LOSERS to learn from and encourage each other

as we share our journey down the scale. All ideas are welcome and this meeting is a guaranteed safe place for mutual support and personal recognition. *Kath Rooney.* **Communications Building**

**4 PM Ukulele Jam Session.** Come join us for some relaxed jamming. Bring music sheets if you have them. *Eric and Helen Fleischer* will be playing their ukuleles and perhaps some other instruments. Any instrument or voice is welcome. **Dining Hall Lawn**

**7 PM Cocktails, Conversations.** Bring your favorite drink (and wine and cheese or Susan's cookies, or your favorite treats to share) and your voice for a little fun and conversation. **Dining Hall.**

**8 PM Evening Movie.** *Manchester by the Sea.* Casey Affleck leads an all-star cast in this acclaimed and poignant film about a solitary janitor whose life is transformed after he becomes the guardian of his 16-year-old nephew. **Communications Building.**

## MONDAY, June 12, 2017

9:00 am – 7:00 pm		Opening Day			
12:00 pm – 1:00 pm		Lunch			
1:00 pm	Marketplace Open	Movie Matinee <i>Patriot's Day.</i> (Communications Bldg)			
3:00 pm – 4:00 pm		Are You A Loser? Weight loss support (Communications Bldg)			
4:00 pm – 5:00 pm		Ukulele Jam Session. (Dining Hall Lawn)			
5:30 pm – 6:30 pm		Dinner			
7:00 pm – 9:00 pm		Cocktails and Conversation (Dining Hall)			
8:00 pm		Evening Movie <i>Manchester by the Sea</i> (Communications Bldg)			

**Tuesday June 13**

**7:30 am Qi Gong.** Qi Gong is invisible, but you feel its existence. Qi means energy and Gong means cultivation. It beats your heart and nourishes your muscles. Join Robin and experience this ancient Chinese breathing and focused intention exercise. *Robin Stapley. Amphitheater*

**10 am The Commons.** Air, Water, Natural Resources, all in danger from being privatized and destroyed in the “name of profit” world in which we live. Can we restore the commons and our environment before it’s too late? We are the 99%. *Jack Arnold. Canteen Deck*

**10 am Active Stretching for EveryBODY.** Join me for a gentle but powerful full-body routine

of Active Stretching to reduce muscle tightness and spasms, increase flexibility and range of motion, improve posture, reduce stress, enhance the immune system, improve athletic performance, reduce pain and reverse some effects of aging. Active Stretching is appropriate for all ages, body types and fitness levels. *Barry Bailey. Gymnastics Building*

**10 am Living Naturally: Mini Beauty School, Love your Face.** Our faces are exposed to the elements throughout the year, in good times and in bad. We’ll talk about methods for self-care that will help your inner-beauty radiate. This workshop requires pre-registration and is limited to 5 participants. *Tracy Horgan. Communications Building*

**11 am Ellie Springer Memorial Drop in “Stich-n-Bitch.”** Bring your needlework, sewing,

**TUESDAY, June 13, 2017**

9:00 am – 7:00 pm		Registration				
7:30 am		Qi Gong (Amphitheater)				
8:00 am – 9:00 am		Breakfast				
10:00 am - 11:00 am	Marketplace Open	The Commons (Canteen Deck)	Active Stretching for EveryBODY (Gymnastics Building)	Living Naturally: Mini Beauty School, Love your Face (Communications Bldg)		
11:00 am – 12:00 pm		Drop in “Stich-n-Bitch” (Dining Hall)	Breast Self-Examination (Canteen)			
12:00 pm – 1:00 pm		Lunch				
1:00 pm – 2:00 pm		Unknown Workshop (Dining Hall Lawn)				
2:00 pm – 3:00 pm		Finally ~ Learn How You Can Lose Weight, Sleep Well and Release Pain and Addictions (Communications Bldg)				
3:00 pm to 4:00 pm		ARE YOU A LOSER? Weight loss support (Communications Bldg)				
4:00 pm – 5:00 pm		Ukulele Jam Session (Dining Hall Lawn)				
5:30 pm – 6:30 pm		Murder Mystery Dinner: Baxandall High Reunion Class of '87.				
7:30 pm – 8:30 pm		Wine Tasting/Sharing (Dining Hall)				
8:30 pm – 10:30 pm		Cowboy TV (Bonfire Pit)				

art or other craft projects. Sit a while and bitch about work, politics, and the weather, whatever's on your mind. *Susan Rothberg. Dining Hall*

**11 am Breast Self-Examination.** Round table discussion and practical discussion. *Bob Farnell. Canteen*

**1 PM Unknown Workshop.** Come share anything with anybody or nothing with nobody for the unknown workshop. Jerry, George, Eileen, and even Kramer may be there. *Jim Dickey. Dining Hall Lawn*

**2 PM Finally ~ Learn How You Can Lose Weight, Sleep Well and Release Pain and Addictions (And What's Been Sabotaging Your Success).** *Lisa Semle, Mind Body Practitioner, Health Coach. Communications Building*

**3 PM ARE YOU A LOSER? Weight loss support.** We are naturists, and we love and respect our bodies exactly as they are. That said, there are times when for health, sports, or simply personal preference, we wish there was a little - or a lot - less to love. Come join with fellow LOSERS to learn from and encourage each other as we share our journey down the scale. All ideas

## Wednesday June 14

**7:30 am Qi Gong.** Qi Gong is invisible, but you feel its existence. Qi means energy and Gong means cultivation. It beats your heart and nourishes your muscles. Join Robin and experience this ancient Chinese breathing and focused intention exercise. *Robin Stapley. Amphitheater*

**9 am Nude hike/swim in the Catskills.** Caravan to the trailhead (about 1 hour each

are welcome and this meeting is a guaranteed safe place for mutual support and personal recognition. *Kath Rooney. Communications Building*

**4 PM Ukulele Jam Session.** Come join us for some relaxed jamming. Bring music sheets if you have them. *Eric and Helen Fleischer* will be playing their ukuleles and perhaps some other instruments. Any instrument or voice is welcome. *Dining Hall Lawn*

**5:30 PM Baxandall High Reunion Class of '87.** A night of mystery and mayhem 30 years in the making. *Hostess Kath Rooney. Dining Hall*

**7:30 PM Wine Tasting/Sharing.** Red wine, white wine, dry wine, fruity wine. What's your favorite? Bring a bottle to share and we'll all sample several different varieties. Maybe you'll find your new favorite wine. *Dining Hall*

**8:30 PM Cowboy TV with Simply S'mores.** Join in for some tasty treats around the bonfire. Bring whatever S'mores fixings you enjoy. Stick around after and sing around the bonfire. Bring your instruments. *Bonfire Pit*

way). Hike to lake is about 3.5 mi. round trip with about 1,000 ft. total elevation gain. Wear sturdy shoes, and bring or buy lunch and liquid (sign up for bag lunch at the TNS booth by 5 pm Tuesday). Must be able to hike at a reasonable pace. Expect wildflowers and salamanders! *Sheldon Luberoff. Meet outside dining Hall*

**9 am Opinion Surveys: Help NEF Choose and Refine its Next Questions.** Naturist Education Foundation polling has become a cornerstone of information, allowing insight into what

people actually think and believe about nudity. You're invited to help shape the next round of questions. This will be time well spent! *Bob Morton. Canteen Lawn*

**10 am Movie Matinee.** *The Same River Twice.* The story of Colorado River guides taking a month long trip through the Grand Canyon - mostly nude. And where they are today. Spectacular footage of the Grand Canyon. (78 min) 2004. *Jack Arnold. Communications Building*

**10 am Intro to Self-Healing with STAR Tech.** Learn how to access your body's natural ability to self-heal. Discover basic self-healing

techniques to use on tight or painful muscles before resorting to drugs, chemicals or surgery. Learn how to create a Mind-Body Connection using Active Stretching and Soft Tissue Active Recovery Technique [STAR Tech] to initiate and support your body's natural process of self-healing. *Barry Bailey. Gymnastics Building*

**10 am Smoothies—Hair or Nair?** Do you leave it natural, leave a landing strip, or take it all off? This discussion group will examine personal attitudes and practices among us as well as give practical advice and suggestions or just provide a safe space to share war stories. *Susan Rothberg. Canteen Deck*

**WEDNESDAY, June 14, 2017**

9:00 am – 7:00 pm		Registration				
7:30 am		Qi Gong (Amphitheater)				
8:00 am – 9:00 am		Breakfast				
9:00 am - 10:00 am	Marketplace Open	Hike/Swim in the Catskills (Outside Dining Hall)	Opinion Surveys (Canteen Lawn)			
10:00 am - 11:00 am		Movie Matinee <i>The Same River Twice</i> (Communications Bldg)	Intro to Self-Healing with STAR Tech (Gymnastics Building)	Smoothies—Hair or Nair? (Canteen Deck)		
12:00 pm – 1:00 pm		Lunch				
1:00 pm – 2:00 pm		Drop in "Stitch-n-Bitch" (Dining Hall)	What Made You You? (Dining Hall Lawn)			
2:00 pm – 3:00 pm		Slow Flow and Restore (Amphitheater)	The Biggest Issues Facing Naturism (Canteen Lawn)			
3:00 pm – 4:00 pm		fullSpectrum Meet & Greet (Dining Hall Lawn)	ARE YOU A LOSER? Weight loss support (Communications Bldg)			
4:00 pm – 5:00 pm		Welcome and General Assembly (Canteen Lawn)				
5:30 pm – 6:30 pm		Dinner				
7:00 pm – 9:00 pm		Sing Along with Eric and Fred (Communications Building)				
7:30 pm – 9:00 pm		Square Dancing (Canteen)				
9:00 – 12:00 pm		Parrot Head/Tropical Night (Canteen)				

**1 PM Ellie Springer Memorial Drop in “Stich-n-Bitch.”** Bring your needlework, sewing, art or other craft projects. Sit a while and bitch about work, politics, and the weather, whatever’s on your mind. *Susan Rothberg. Dining Hall*

**1 PM What Made You You?** Your parents, a teacher, a mentor, an event, or are you simply self-made? Was there some pivotal moment in your life? Whichever, please come share your story. *Bryon Brandt and Nancy Stevenson. Dining Hall Lawn*

**2 PM Slow Flow and Restore.** Enjoy a 45-minute sweet and gentle yoga practice in the warmth of the afternoon. Find flexibility and resilience then fully melt into relaxation with video guidance from some of the most recognized yoga instructors in the world. Enjoy simple postures for beginners while more experienced yogis dig deeper. Bring a towel and mat or blanket. Feel recharged, relaxed and open! *Diane Barrett. Amphitheater*

**2 PM The Biggest Issues Facing Naturism.** Hostile lawmakers? Intolerance from religious adherents? The “graying” of the population? Pareos? This is not a simple topic. You may have your preconceptions challenged. *Bob Morton. Canteen Lawn*

**3 PM fullSpectrum Meet & Greet.** Meet, mingle and get to know the GLBT (Gay, Lesbian, Bisexual, Transgendered) SIG, their friends and supporters. *Dining Hall Lawn*

**3 PM ARE YOU A LOSER? Weight loss support.** We are naturists, and we love and respect our bodies exactly as they are. That said, there are times when for health, sports, or simply personal preference, we wish there was a little - or a lot - less to love. Come join with fellow LOSERS to learn from and encourage each other as we share our journey down the scale. All ideas are welcome and this meeting is a guaranteed safe place for mutual support and personal recognition. *Kath Rooney. Communications Building*

**4 PM Welcome and General Assembly.** Meet the TNS Staff, workshop leaders, group leaders, photographers or simply step up to the mic and introduce yourself and meet new friends. *Canteen Lawn*

**7 PM Sing Along with Eric and Fred.** Come join *Eric Fleischer and Fred Shuman* for a good old-time sing-along. We will have music projected on the screen and songbooks to use. Bring your voices and sing with us. Fred will be playing his 12-string and Eric will have his autoharp and ukuleles and you are welcome to bring your instruments (and voices) to join in. *Communications Building*

**7:30 PM Square Dancing** in the Canteen. Fun square dances with caller. No experience necessary. *Morley Schloss. Canteen*

**9 PM Parrot Head/Tropical Night.** Come on down to Margaritaville and join in the fun. *DJ Mike. Canteen*

## Thursday June 15

**7:30 am Qi Gong.** Qi Gong is invisible, but you feel its existence. Qi means energy and Gong means cultivation. It beats your heart and nourishes your muscles. Join Robin and experience this ancient Chinese breathing and focused intention exercise. *Robin Stapley. Amphitheater*

**9 am The Gift of a Storm.** Life is filled with challenges that can cripple and destroy our spirit and paradoxically make us stronger. Join this discussion and explore strategies, attitudes and qualities that can help us not only survive storms but thrive. Based on the book *Steering by Starlight* by Martha Beck, lets discover new tools for overcoming obstacles and get back on track to reconnect with our desired goals. *Diane Barrett. Dining Hall Lawn*

**9 am Naturists are Dangerous Parents.** At least, Child Protective Services, the Department of Children and Families, and their various equivalents across the country seem to think so. We say otherwise, of course, but who wins this dispute? What are our resources? What's at stake? Hint: naturists who are not parents or grandparents shouldn't feel comfortable skipping this workshop. *Bob Morton. Canteen Lawn*

**10 am Choices: Value in Relationship Game.** Discover/clarify what values are important to you in establishing or enhancing a relationship. *Morley Schloss. Dining Hall Lawn*

**10 am Low Cost Energy Efficient Shelter.** Is it even possible? The press would have you think that the "greener" you build it, the more it will cost. Not true. We will focus on the so-called

Tiny House, built on wheels and on the ground. *Jack Arnold. Canteen Deck*

**10 am Active Stretching for EveryBODY** – Join me for a gentle but powerful full-body routine of Active Stretching to reduce muscle tightness and spasms, increase flexibility and range of motion, improve posture, reduce stress, enhance the immune system, improve athletic performance, reduce pain and reverse some effects of aging. Active Stretching is appropriate for all ages, body types and fitness levels. *Barry Bailey. Gymnastics Building*

**11 am Writing for N Magazine.** Want to see your name in print or your photo on the cover of *N*? Come to this informative workshop and discover how you can make it happen. *Nicky Hoffman and Carmen Hamm. Dining Hall Lawn*

**11 am Hatha Yoga.** Yoga for experienced Yogini or physically active people. *Susan Shopiro. Yoga Room*

**11 am NUDE APPLES TO APPLES.** Enjoy a nude twist on this popular game. Limited to the 1st (10) people. Co-Facilitated by *Maureen Watts and Peter Burwen. Canteen*

**11 am Is Anyone Happy?** Being happy starts with loving one's self—nothing can take over a mind that knows itself—come on let's get Happy! *Bryon Brandt and Stanley Ware. Dining Hall Picnic Area*

**1 pm Super Scrabble.** The Super Scrabble game contains squares for quadruple word and letter scoring. The game has a bigger board with more spaces, four blanks, and double the amount



**THURSDAY, June 15 2017**

9:00 am – 7:00 pm		Registration				
7:30 am		Qi Gong (Amphitheater)				
8:00 am – 9:00 am		Breakfast				
9:00 am – 10:00 am	Marketplace Open	The Gift of a Storm (Dining Hall Lawn)	Naturists are Dangerous Parents (Canteen Lawn)			
10:00 am – 11:00 am		Choices: Value in Relationship Game (Dining Hall Lawn)	Low Cost Energy Efficient Shelter (Canteen Deck)	Active Stretching for EveryBODY. (Gymnastics Building)		
11:00 am – 12:00 pm		Writing for <i>N</i> Magazine (Dining Hall Lawn) Find Theirs. (Dining	Hatha Yoga (Yoga Room)	NUDE APPLES TO APPLES (Canteen)	Is Anyone Happy? (Dining Hall Picnic Area)	
12:00 pm – 1:00 pm		Lunch				
1:00 pm – 2:00 pm		Super Scrabble (Dining Hall)	Naturist Capture the Flag. (Pool Lawn)	TNS Lifetime Membership SIG Meet & Greet (Dining Hall Lawn)		
2:00 pm – 3:00 pm		Women in Naturism (Canteen Deck)	Men in Naturism (Dining Hall Picnic Area)	Breast Self-Examination (Canteen)	Take This Job, and Love It! (Dining Hall Lawn)	
3:00 pm – 4:00 pm		ARE YOU A LOSER? Weight loss support (Communications Bldg)	Foot Massage (Gymnastics Building)	Pudding Toss (Duck Pond Hill)	NAC Roundup (Canteen lawn)	
4:00 pm – 5:00 pm		TNS Singles SIG Meet & Greet (Canteen Deck)	Move and Move Big! (Communications Bldg)			
4:30 pm – 5:00 pm		Pareo Tying (TNS Marketplace)				
5:30 pm – 6:30 pm		Dinner				
7:00 pm – 8:00 pm		fullSpectrum Annual Meeting (Dining Hall Main Lawn)				
7:30 pm		Celebrate New Year's Eve with The Naturist Society (Bonfire Pit)				
8:00 pm – 9:00 pm		The Gong Temple Meditation Maryland (Girl's Campus)				
8:30 pm		Projected Images on the Human Form (Gymnastics Building)				
9:00 pm – 12:00 pm		Glow-n-the-dark Night (Canteen)				

of tiles found in standard Scrabble. The unique tile distribution allows players to create words that cannot be created in standard Scrabble. Limit four players (can take up to 3 hours to play). *Steven Stoller. Dining Hall*

**1 PM Naturist Capture the Flag.** Enjoy the naturist version of this popular team game! *Sean Burwen. Pool Lawn*

**1 PM TNS Lifetime Membership SIG Meet & Greet.** Lifetime members and those who have been thinking about becoming a lifetime member should join in this lively discussion. *Tracy and Michael Horgan, Jim Dickey and Claude Richards. Dining Hall Lawn*

**2 PM Women in Naturism.** What it means to be a woman in naturism. *Carmen Hamm,*

*Tracy Horgan, Nicky Hoffman, Claude Richards.*  
**Canteen Deck**

**2 PM Men in Naturism.** Bring your concerns, ideas, or anything you'd like to discuss. *Jim Dickey.* **Dining Hall Picnic Area**

**2 PM Breast Self-Examination.** Round table discussion and practical discussion. *Bob Farnell.*  
**Canteen**

**2 PM Take This Job, and Love It!** How did you find your Dream Job? Or if you are still looking for it, come find out some ways to help you find it. (Step 1: Connect with Liz Ryan Forbes on LinkedIn). *Bryon Brandt.* **Dining Hall Lawn**

**3 pm ARE YOU A LOSER? Weight loss support.** We are naturists, and we love and respect our bodies exactly as they are. That said, there are times when for health, sports, or simply personal preference, we wish there was a little - or a lot - less to love. Come join with fellow LOSERS to learn from and encourage each other as we share our journey down the scale. All ideas are welcome and this meeting is a guaranteed safe place for mutual support and personal recognition. *Kath Rooney.*  
**Communications Building**

**3 PM Foot Massage.** Give and receive a foot massage. *Robin Stapley.* **Gymnastics Building**

**3 PM Pudding Toss.** *Morley Schloss* is the ringleader for this popular naturist gathering event. **Duck Pond Hill**

**3 PM NAC Roundup.** A fast-paced look at naturist issues of interest and importance from across North America. New clothing-optional beaches. A beach that was reborn as clothing-optional after having been mothballed for years

as mandatorily textile. Legislative challenges and wins. Incredible stories of aberrant (abhorrent?) lawmakers. A splendid time is guaranteed for all. *Bob Morton.* **Canteen lawn**

**4 PM TNS Singles SIG Meet & Greet.** Meet other singles at the gathering. *Susan Rothberg.*  
**Canteen Deck**

**4 PM Move and Move Big!** An intro to the Parkinson's movement disorder and an effective treatment technique. *Susan Shopiro.*  
**Communications Building**

**4:30 PM Pareo Tying.** Join Claude and learn some new pareo tying techniques. Try them on, wrap them up, see amazing new ways to "dress in style." *Claude Richards.* **TNS Marketplace**

**7 PM fullSpectrum Annual Meeting.** **Dining Hall Main Lawn**

**7:30 PM Celebrate New Year's Eve with The Naturist Society.** Who says that New Years Eve has to happen in the dead of winter? Join us for a naturist celebration of our new year together. Bring snacks, play music and get ready to celebrate! We'll even have a ceremonial goodbye fire for all the thoughts and memories we want to turn to dust. *Michael and Tracy Horgan.*  
**Bonfire Pit**

**8 PM The Gong Temple Meditation.** Enter the ethereal realms of harmonic sound as Michelle Angel plays her sacred instruments: Gongs, Crystal singing bowls, Tibetan bowls, and the Halo handpan drum. Orchestrating these instruments, she sculpts a rich and varied harmonic soundscape that invites you to relax and allows the vibrations take you on an inward journey. Please bring a yoga mat and a pillow for

your horizontal relaxing experience of The Gong Temple Meditation. *Michelle Angel. Maryland (Girl's Campus)*

*Michelle will also be offering individual sessions of The Gong Temple Experience. The vibrations produced by large gongs have profound and penetrating effects on the mind, body and spirit. Lying on a massage table as I play the gongs, you are enveloped in deep soothing vibrations, resulting in a hypnotic, trance-like relaxation. She usually asks for donation of \$1 per minute and lets the person choose how much time they want to go deeply into this experience.*

## Friday June 16

**7:30 am Qi Gong.** Qi Gong is invisible, but you feel its existence. Qi means energy and Gong means cultivation. It beats your heart and nourishes your muscles. Join Robin and experience this ancient Chinese breathing and focused intention exercise. *Robin Stapley. Amphitheater*

**9 am What's Eating You?** Join us for a facilitated discussion exploring nutrition lifestyles, health and the impact of living in food-abundant environments has on our ability to make decisions. We are aware of only a fraction of the >200 food-related decisions we make a day and often unaware how our environment influences these decisions or unwilling to acknowledge it. There will be opportunity to practice mindful self-compassion and mindful eating. *Diane Barrett. Dining Hall Lawn*

**9 am Community: Why We Need A Return To**—Our culture and our economy are built upon separation, from nature, from each other

**8:30 PM Projected Images on the Human Form.** Come join *Eric Fleischer* for a photo workshop where we will use the human body as the canvas for an large array of images painted on with light from a collection of slides with pattern, pictures and graphics. Come and model and get a fancy instant body painting. Participants will have images emailed to them after the gathering. *Gymnastics Building*

**9 PM Glow-n-the-dark night.** Bring your glow-in-the-dark sticks or costumes. Let it shine. *DJ Mike. Canteen*

and from ourselves. But, our psyche is structured for cooperation/community, not competition. Let's return to our future to make sure we have one. *Jack Arnold. Canteen Deck*

**10 am Yoga Therapy.** Yoga practice designed for your health needs. *Susan Shapiro. Yoga Room*

**10 am STAR Tech Healing for Neck/Shoulder Pain & Headaches.** Neck and shoulder pain, as well as headaches, are often the result of tight, stressed neck and shoulder muscles. Learn specific techniques for relieving this cause of pain. Learn self-healing methods to eliminate pain and prevent future tightness and pain using STAR Tech [Soft Tissue Active Recovery Technique]. The workshop will be hands-on & lecture/demonstration. *Barry Bailey. Gymnastics Building*

**10 am All Politics is Local: the NAC Area Rep Program.** It's possible for YOU to make a difference for naturism. Learn about Naturist Action Committee Area Representatives, who they are, and the important work they do.

**FRIDAY, June 16, 2017**

9:00 am – 7:00 pm		Registration			
7:30 am		Qi Gong (Amphitheater)			
8:00 am – 9:00 am		Breakfast			
9:00 am – 10:00 am	Marketplace Open	What's Eating You? (Dining Hall Lawn)	Community: Why We Need A Return To (Canteen Deck)		
10:00 am - 11:00 am		Yoga Therapy (Yoga Room)	STAR Tech Healing for Neck/Shoulder Pain & Headaches (Gymnastics Building)	All Politics is Local: the NAC Area Rep Program (Canteen Lawn)	
11:00 am – 12:00 pm		Star Search Rehearsal (Field House)	TNS Book Discussion Group (Canteen Deck)	The Five Languages of Love (Dining Hall Lawn)	
12:00 pm – 1:00 pm		Lunch			
1:00 pm – 2:00 pm		Super Scrabble (Dining Hall)	Breast Self-Examination (Canteen)	My Best Ever Gathering Experience (Dining Hall Lawn)	
2:00 pm – 3:00 pm		Living Naturally: Talk Dirt-y to Me (Communications Bldg)	Together in Strength and Love Gathering and Guided Meditation	Chili Tasting. Bean-No-Beans? (Dining Hall Picnic Area)	Voyeurism, Publishing, Protests, Privacy, Strip Clubs ... and Drones? (Canteen Lawn)
3:00 pm – 4:00 pm		ARE YOU A LOSER? Weight loss support (Communications Bldg)	Nerd Squad (Canteen Deck)		
4:00 pm – 5:00 pm		Sustaining Naturism for Future Generations (Canteen Lawn)			
5:30 pm – 6:30 pm		Dinner			
7:00 pm – 9:00 pm		Star Search (Field House)			
9:00 pm		Following Star Search, Oneg Shabbat. (Canteen Deck)	Naturist Slide Show. (Canteen)	Purple Rain/Wham (Canteen)	

“Activist” is not a dirty word. If not now, when? If not you, who? *Bob Morton. Canteen lawn*

### 11 am Star Search Rehearsal. *Field House*

**11 am TNS Book Discussion Group.** Join us as we discuss *Firefly Summer* by Nan Rossiter. This *New York Times* best seller is an uplifting story of the resilience of sisterhood and the bright glimpses of joy and solace that, like fireflies after rain, can follow even the deepest heartaches. *Tracy Horgan. Canteen Deck*

**11 am The Five Languages of Love.** Enhance your relationships by discovering your own and your partner's desired expressions of love. (Experiential). *Morley Schloss. Dining Hall Lawn*

**1 pm Super Scrabble.** The Super Scrabble game contains squares for quadruple word and letter scoring. The game has a bigger board with more spaces, four blanks, and double the amount of tiles found in standard Scrabble. The unique tile distribution allows players to create words that cannot be created in standard Scrabble. Limit

four players (can take up to 3 hours to play).

*Steven Stoller. Dining Hall*

**1 PM Breast Self-Examination.** Round table discussion and practical discussion. *Bob Farnell. Canteen*

**1 PM My Best Ever Gathering Experience.** We keep coming back year after year because of the wonderful things that happen here. Please come and share what was your best ever gathering experience or memory. *Bryon Brandt and Stanley Ware. Dining Hall Lawn*

**2 PM Living Naturally: Talk Dirt-y to Me.** Join me to talk about ways to live more naturally, abandoning chemical cleaners, harsh additives, and compounds. We'll talk about two solutions that will change the way you clean: thieves and Norwex. *Tracy Horgan. Communications Building*

**2 PM Together in Strength and Love Gathering and Guided Meditation.** Lets gather together through guided meditation, visualization, music and other activities where we will drop into our true nature, love, which connects us all and gives us strength. Expect your heart to be wide open and feel as one with our naturist family and the universe. *Karen Kapus. Yoga Room*

**2 PM Chili Tasting.** Bean-no-beans? What's your preference? Do you have a chili recipe you'd like to show off? Bring it on!! *Christopher Dyer and Carey Hendricks. Dining Hall Picnic Area*

**2 PM Voyeurism, Publishing, Protests, Privacy, Strip Clubs...and Drones?** On behalf of naturists, the activists of NAC and NEF must keep their fingers on the pulses of issues

you might not recognize instantly for their importance to naturism. Computers in libraries, term papers written by students seeking social work degrees, bureaucratic appointments, legislative resolutions declaring pornography to be a health hazard ... The advancement and protection of naturist interests involves so much more than unclothed folks hiking on public land, or a weekend visit to a commercial nudist resort. Explore. Expand. *Bob Morton. Canteen lawn*

**3 PM ARE YOU A LOSER?** Weight loss support. We are naturists, and we love and respect our bodies exactly as they are. That said, there are times when for health, sports, or simply personal preference, we wish there was a little - or a lot - less to love. Come join with fellow LOSERS to learn from and encourage each other as we share our journey down the scale. All ideas are welcome and this meeting is a guaranteed safe place for mutual support and personal recognition. *Kath Rooney. Communications Building*

**3 PM Nerd Squad.** Having troubles operating your iPhone or Smartphone? Don't even know how to answer it? Bring your phone, ask some questions and we'll do our best to give you some answers. *Susan Rothberg. Canteen Deck*

**3 PM Slip-n-Slide. Duck Pond Hill**

**4 PM Sustaining Naturism for Future Generations.** Join us as we introduce the Board of Directors for the Naturist Society Foundation and discuss ways of making our organization sustainable for generations to come *Mike Abramson, Les Dearing, Jane Groth, Nicky Hoffman, Tracy Horgan, and Ruth Percey. Moderated by Michael Horgan. Canteen Lawn*

**7 PM Star Search.** *Bob Smith* emcees this wonderful showcase of naturist creativity and talent. All ages and abilities are welcome. **Field House**

**9 PM Naturist Slide Show.** View images from previous gatherings and other events. *Eric Fleischer.* **Canteen**

**9 PM (or after Star Search) Oneg Shabbat.** Come help us welcome the Jewish Sabbath. We'll have wine and challah, bring a kosher dessert to share. Everyone welcome, regardless of religious belief. *Susan Rothberg.* **Canteen Deck**

**9 PM Purple Rain/Wham.** Our tribute to Prince and George Michael. Dress up in your best 80s outfit. *DJ Mike.* **Canteen**

Events to attend: \_\_\_\_\_  
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## Saturday June 17

**7:30 am Qi Gong.** Qi Gong is invisible, but you feel its existence. Qi means energy and Gong means cultivation. It beats your heart and nourishes your muscles. Join Robin and experience this ancient Chinese breathing and focused intention exercise. *Robin Stapley.*  
*Amphitheater*

**9 am OUT!** The best responses to those who marginalize and dismiss naturists and nudists do not involve making wildly inflated claims of large

membership numbers, as one association chose to do a few years ago. In specific circumstances, we can - and should - use “hired guns,” like lobbyists and lawyers. But it can be argued that our very best tool is that of being seen and being known for who we are. If so, we should be OUT, as naturists. Thoughtful interactive discussion, with inevitable comparisons to other social movements.  
*Bob Morton. Canteen Lawn*

**10 am AM I JUST A KLUTZ?** Anyone else finding themselves more prone to falling down? That and other minor (but potentially major)

### SATURDAY, June 17, 2017

9:00 am – 7:00 pm		Registration				
7:30 am		Qi Gong (Amphitheater)				
8:00 am – 9:00 am		Breakfast				
9:00 am - 10:00 am	Marketplace Open	OUT! (Canteen Lawn)				
10:00 am - 11:00 am		AM I JUST A KLUTZ? (Dining Hall Lawn)	STAR Tech Healing for Lower Arms			
11:00 am – 12:00 pm		Yoga for Bone Health (Yoga Room)	Involving Families and Young Adults in Naturism (Dining Hall Lawn)			
12:00 pm – 1:00 pm		Lunch				
1:00 pm – 2:00 pm		Who Inspires You? What's Your Dream? (Communications Bldg)				
2:00 pm – 3:00 pm		ARE YOU A LOSER? Weight loss support (Communications Bldg)	Ultimate Frisbee Game (Pool Lawn)	The Significance of NEF's Research Library (Canteen lawn)		
3:00 pm – 4:00 pm		Eastern Nurtist Beer Summit IV (Dining Hall)				
4:00 pm – 5:00 pm		Creative Writing (Dining Hall)				
5:30 pm – 6:30 pm		Dinner				
8:00 pm		Havdalah (Dining Hall)				
8:30 pm		Cowboy TV (Bonfire pit)				
9:00 pm – 12:00 pm		Naturist Slide Show (Canteen)	Jammin' in Your Jammies DJ Dance. (Canteen)			

incidents seem to be happening more frequently. Come join the discussion on how we can better arrange our surroundings to make life better. *Kath Rooney. Dining Hall Lawn*

**10 am STAR Tech Healing for Lower Arms.** Hand/lower arm pain is widespread. Repetitive overuse syndrome brought on by computer keyboarding, texting, driving, playing a musical instrument and numerous other activities can cause the lower arms to become chronically inflamed, and if left unchecked can lead to serious overuse injuries including tennis elbow and carpal tunnel syndrome. Using STAR Tech [Soft Tissue Active Recovery Technique] you will learn self-healing techniques to both prevent and heal these lower arm conditions. This workshop will be hands-on & lecture/demonstration. *Barry Bailey. Gymnastics Building*

**11 am Yoga for Bone Health.** Yoga practice for people that have postural or bone health issues. *Susan Shopiro. Yoga Room*

**11 am Involving Families and Young Adults in Naturism.** People aged 18-30 do become active naturists—a successful model for offering what young adults and families want. *Morley Schloss. Dining Hall Lawn*

**1 pm Who Inspires You? What's Your Dream?** Cuba to Florida swimmer Diana Nyad inspired me to do 1,000 sit-ups per day. Who inspires you? What is your goal? How can we support you? Please come share your dreams, so we can help you make them happen. *Bryon Brandt, Carmen Hamm, Pauline Perkins (aka Mom). Dining Hall Lawn*

**2 pm ARE YOU A LOSER? Weight loss support.** We are naturists, and we love and respect our bodies exactly as they are. That said, there are

times when for health, sports, or simply personal preference, we wish there was a little - or a lot - less to love. Come join with fellow LOSERS to learn from and encourage each other as we share our journey down the scale. All ideas are welcome and this meeting is a guaranteed safe place for mutual support and personal recognition. *Kath Rooney. Communications Building*

**2 pm Ultimate Frisbee Game.** A friendly game of Ultimate Frisbee. No experience necessary. We will go through the rules of the game before we start. Bring your own Frisbee or use one of mine. *Stacey Schnee. Pool Lawn*

**2 pm The Significance of NEF's Research Library.** When you hear that the Naturist Education Research Library has more than fourteen thousand nudist and naturist magazines, you might be impressed. But maybe not. After all, we're bombarded with large numbers every day. But when you hear that it's the LARGEST SUCH COLLECTION IN THE WORLD, that will surely catch your attention. Add books, videos, and close to a thousand unique audio recordings on the topics of nudity, nudism, and naturism (recently added!), and you begin to realize that NEF is serious about this research library! Learn more. *Bob Morton. Canteen lawn*

**3 pm Eastern Naturist Beer Summit IV.** Let's do a sampling of local brews again this year. Bring a sampling of what your area has to offer. Plastic cups and some salty snacks will be provided. *Christopher Dyer. Dining Hall*

**4 pm Creative Writing.** Everyone has a story to tell. Bring paper and pencil for 5-minute writing prompts that are sure to let your creativity shine. *Ruth Percy. Dining Hall*





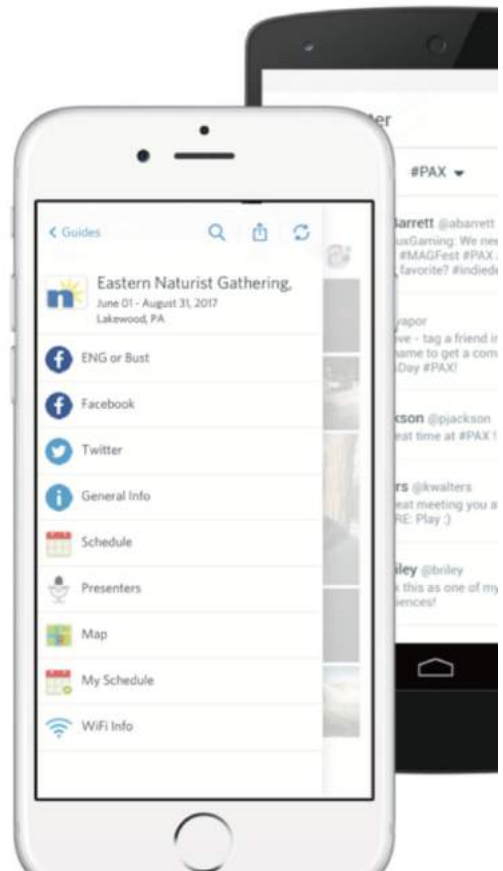


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# ENG Facilities Map

