

NORTHEAST NATURIST FESTIVAL, August 2-7, 2016

Breakfast 8:00- 9:00 AM	Lunch: Noon – 1:30 PM	Supper: 5:30 – 7:00 PM
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TUESDAY, 8/2/2016

- 1:30 **OPENING FRIENDSHIP CIRCLE** 10:00
- 2:30-5:30 **Sweat Lodge Construction** - Craig Discher, Judy Chilson, Petra Stone
Build the Native American type lodge used during the Festival. 10:00
- 2:30-4:30 **Thai Yoga Therapy** - Huck Ingles
Ancient method of movement and stretching will bring you to bliss. Work with partner. Bring mats, blankets, towels. 10:00
- 2:30 **Sexuality & the Aging Process I** - Brian Leonard
Ways to enrich yourself & relationships, experience fun & real intimacy, quick paced & engaging. 11:00
- 2:30 **Numerology** - Brenda Ludlow
What your date of birth & birth name have to do with your life path & your personality. 11:00
- 2:30 **Children's Activity: Pool Time Fun** - Bill & Gwen Bradshaw 1:30
- 3:30 **West African Drumming** - John Dodge, Dakota Holmes-Dodge
Learn the rhythm parts that create an African dance; play in the following African dance class. 1:30
- 3:30 **The Five Languages of Love** - Morley Schloss
Enhance your relationships by discovering your own and your partner's desired expressions of love. Experiential. 2:30
- 3:30 **Children's Activity: Rock Painting** - Shen Tai, Kemet, & Thana Rivkin 2:30
- 4:30 **West African Dance** - John Dodge, Dakota Holmes-Dodge
African dance movements to build your body and spirit. 2:30
- 4:30 **Recovery Plus Support Group** - Brian Leonard
Non Judgemental 12 step based group for individuals, family members and friends who may be struggling with effects of addiction/compulsion. 2:30
- 4:30 **The Art of Modeling** - Bill & LaDonna Pacer
Being an artist's model. Artists welcome. 3:30-5:30
- 4:30 **Singles SIG Meet & Greet** - George Winlock
Get to know other single nudists. 3:30
- 4:30 **Children's Activity: Scavenger Hunt** - Gwen Bradshaw 3:30
- 7-11:00 **Coffee House by the Pond** - Brian Leonard, Petra Stone
Conversation, dancing, open mike; bring instruments & snacks. 3:30
- 7:00 **DEADLINE: ORDER BOX LUNCHES FOR POTTERS FALLS TRIP** 3:30
- 7:00 **Magnificent Obsession** - Morley Schloss
TV show on naturism filmed at Empire Haven. 3:30
- 7:00 **Children's Activity: Campfire with S'mores** - Thana Rivkin
Join us by the camp fire for S'more making fun! 4:30
- 8:00 **Benjamin Franklin, Naturist (performance)** - Bill Pacer
Portrayal of the life of this important statesman, scientist, & naturist. 4:30
- 9-11:30 **Drum Circle & Bonfire with Dancing** - John Dodge, Dakota & Forest Holmes-Dodge 4:30
- 9-10:30 **Empowered: Power from the People (documentary)**
Proving that energy needs can be met through totally renewable sources in Ithaca, N.Y.. 4:30

WEDNESDAY, 8/3/2016

- 8:00 **Morning Yoga** - Melissa Siener
Begin your day with breath & movement. 7:00
- 9:00-2:30 **Potters Falls Trip** - Morley Schloss
Clothing optional hike through beautiful gorge; swim below waterfall. 7:00
- 9:00 **Finding Your Roots** - Beverly Jilson
Share experiences in searching for ancestors. 7:00
- 9:00 **Herbs** - Brenda Ludlow
Features, benefits, use for medicinal & nutritional purposes. 8:00-11:00

- Orientation to Men's Sweat Lodge** - Craig Discher, Judy Chilson
What to expect, Inipi Purification Ceremony in the Lakota tradition.
- Puja** - Darrell & Nancy Casey
Mostly non-verbal introduction to tantra & each other.
- Zen Doodling** - Laurie Perry
The art of mindful doodling.
- Couples Massage** - Ofer Orr, Beverly Jilson
Demonstration, instruction, and practice with your partner. Bring a partner, pillows & towel.
- Nudist Experiences** - George Winlock
First times; places, & interesting/funny events.
- Pickleball Workshop** - Tammie & Ray Brown
Learn to play the game of pickleball.
- Stitch 'n Bitch** - Susan Rothberg
Bring your needlework; complain about whatever.
- La Vérité Toute Nue (The Naked Truth)** - Dave Curtin
Demonstration of a sundial that uses a mirror's reflection to indicate the time. Sundial history.
- Poly 101** - Murray Schechter, Lee Hencen
Discussion: what is polyamory, how does it work, do's & don'ts of polyamory & ethical non-monogamy.
- Being a Photographer's Model** - Bill & LaDonna Pacer
Techniques & practice. Photographers welcome.
- Our Justice System: Is There Redemption?** - Les Rivkin
Is there fairness in the judicial system?
- Children's Activity: Pool Time Fun** - Gwen & Bill Bradshaw
- Shamanic Drumming Journey** - Charles Myers
Journey for a message of spiritual guidance from a power animal or spiritual teacher.
- Love Builders** - Darrell & Nancy Casey
Explore ways to create loving relationships despite going through challenging circumstances.
- Hair vs Bare** - Murray Schechter, Susan Rothberg
Which do you prefer? Hair? Bare? Where? There? Everywhere? Bald and ribald? Hirsute and cute?
- Savasana & Nidra: Ultimate Yoga Relaxation** - Huck Ingles
Bring mats, towels, blankets for a guided meditation so mellow it should be illegal.
- Children's Activity: Making Decorative Rattles** - Petra Stone
- The Acceptance of Topfree Equality** - LaDonna Pacer
Topfree activist discusses progress.
- Testosterone - Looking Good at 100** - John Dodge
What does testosterone do for us? What foods will increase and decrease it? Why is Sunlight exposure so important? Men & women welcome.
- Recovery Plus Support Group** - Brian Leonard
Non Judgemental 12 step based group for individuals, family members and friends who may be struggling with effects of addiction/compulsion.
- Children's Activity: Ready, Set, Smoothie** - Shen Tai, Kemet, & Thana Rivkin
Make delicious smoothies while rocking to the 70's.
- Comfort Zone**
When global climate issues come to our backyards. Specific setting is Upstate, NY, but can happen anywhere. (documentary)
- Body Parts Game for All Ages** - Morley Schloss
- Square Dance** - Casey Carr, caller & Live Band
Fun square dances. No experience necessary.

- 8:30-10:00 **Nudist Features Night** - Jeff Riddlebaugh
Nudists in the early years.
- 9-11:30 **Drum Circle & Bonfire with Dancing** - John Dodge, Dakota & Forest Holmes-Dodge
- 10-11:30 **Free the Nipple**
Documentary on topfreedom.
- THURSDAY, 8/4/2016**
- 8:00 **Morning Yoga** - Melissa Siener
Begin your day with breath & movement.
- 9:00 **Naturist Public Relations** - Bill Pacer
Being public & increasing acceptance of naturism.
- 9:00 **Sundials Part I** - Dave Curtin
Overview of sundial types and how they tell time.
- 9:00 **Recovery Plus Support Group** - Brian Leonard
Non Judgemental 12 step based group for individuals, family members and friends who may be struggling with effects of addiction/compulsion.
- 9:00 **Learning to Love the Shape You're In** - Darrell & Nancy Casey
Explore ways to deepen body acceptance and transform nude recreation into nude Re-Creation.
- 9:00 **Children's Activity: Drumming** - Forest Holmes-Dodge
- 10:00 **Nude Cruising** - Beverly Jilson
Information & share experiences.
- 10:00 **Orientation to Women's Sweat Lodge** - Craig Discher, Judy Chilson
What to expect, Inipi Purification Ceremony in the Lakota tradition.
- 10:00 **Integrity in Relationships** - Murray Schecter, Lee Hencen
How we've been in integrity - and not; what we've learned along the way.
- 10:00 **Water Aerobics** - Marianne Thibault
Low impact aerobic exercise.
- 10:00 **Children's Activity: Tablet Games** - Daniel Redmond, Ann Walden
- 11:00 **GENERAL ASSEMBLY**
- 1:30-5:30 **Sweat Lodge for Men** - Craig Discher, Petra Stone
Native American purification ceremony.
- 1:30 **What's On Your Bucket List** - Vera Scroggins
What keeps you from realizing your dreams.
- 1:30 **Free Your Voice** - Helene Williams, Leonard Lehrman
Find the singing voice you never knew you had.
- 1:30 **Compass Readings** - Brenda Ludlow
Demonstration of Compass - an electronic tool to determine what supplements would most benefit you.
- 1:30 **Children's Activity: Food Crafts & Chemistry** - Ann Walden
- 2:30-4:30 **Thai Yoga Therapy** - Huck Ingles
Ancient method of movement and stretching will bring you to bliss. Work with partner. Bring mats, blankets, towels.
- 2:30 **Raw Pasta & Gourmet Sauces** - John Dodge
The Amazing Spirooli! Use this tool to make fast, healthy raw pasta dishes without grains and without calories. Make exciting gourmet sauces to top raw vegetable noodles - Spicy Thai Peanut Sauce.
- 2:30 **iPhone Basics** - Marianne Thibault
Power tips & using your address book.
- 2:30 **Children's Activity: Pool Time Fun** - Thana Rivkin
- 3:30-5:30 **Naturist Photography Safari** - Carl Zablak
Pose for pictures and take pictures of each other in nature.
- 3:30 **Play Reading Rehearsal** - Leonard Lehrman, Helene Williams
Prepare for Stark and Vagina Monologues readings.
- 3:30 **Children's Activity: Explorers Hike & Treasure Hunt** - Daniel Redmond, Ann Walden
- 4:30 **Raw Food Aphrodisiac Desserts** - John Dodge
Have fun making & tasting live food sensual desserts. Spice up your love life one bite at a time.
- 4:30 **Swami Talk for All Ages** - Nevada Luce
Contacting your inner wisdom.
- 7-11:00 **Coffee House by the Pond** - Brian Leonard, Petra Stone
Conversation, dancing, open mike; bring instruments & snacks.
- 7:00 **Stark Play Reading** - Naturist Society Opera Musical Theatre SIG
Original naturist comedy.
- 7:00 **Children's Activity: Disco** - Amber & Forest Holmes-Dodge
- 8-11:30 **Oldies Karaoke** - Dave Herholtz
- 8:00 **Vagina Monologues Play Reading** - Naturist Society Opera Musical Theatre SIG
Important long running play.
- 9-11:30 **Drum Circle & Bonfire with Dancing** - John Dodge, Forest & Dakota Holmes-Dodge
- FRIDAY, 8/5/2016**
- 8:00 **Morning Yoga** - Melissa Siener
Begin your day with breath & movement.
- 9:00 **Choices: Values in Relationships Game** - Morley Schloss
Discover/clarify what values are important to you in establishing or enhancing a relationship.
- 9:00 **Singles SIG Meet & Greet** - George Winlock
Get to know other single nudists.
- 9:00 **Rosemary's Perfect Cream** - Felicity Jones
Make this luscious body butter using natural ingredients. Bring a small container to take some home.
- 9:00 **Orientation to Sweat Lodge for All** - Craig Discher, Judy Chilson
What to expect, Inipi Purification Ceremony in the Lakota tradition.
- 9:00 **Children's Activity: Hopscotch Tournament** - Susan Rothberg
It's just plain fun.
- 10-12:00 **Conscious Communicate** - Brian Leonard
Non-sexual touch: how to say "no" or "yes" with clarity & confidence. Be ready to laugh & learn.
- 10:00 **West African Drumming** - John Dodge, Dakota Holmes-Dodge
Learn the rhythm parts that create an African dance; play in the following African dance class.
- 10:00 **Water Aerobics** - Marianne Thibault
Low impact aerobic exercise.
- 10:00 **Overview of Energy Healing Modalities** - Beverly Jilson
Similarities & differences.
- 10:00 **Children's Activity: Field Games** - Jasyn Skynyrd
Egg toss, water balloon toss
- 11:00 **Nude Apples to Apples** - Maureen Watts, Pete Burwin
Nude twist on this popular game. Limited to the 1st 10.
- 11:00 **West African Dance** - John Dodge, Dakota Holmes-Dodge
African dance movements to build your body and spirit.
- 11:00 **Kirtan** - Michelle Angel
Singing from the heart as a meditative experience.
- 11:00 **Children's Activity: Gymnastics** - Kemet Rivkin, Nevada Luce
- 1:30-5:30 **Sweat Lodge for Women** - Petra Stone, Rob Wandell
Native American purification ceremony.
- 1:30-3:30 **Improv for Fun & Improved Life** - Gwen & Bill Bradshaw
Learn some improv games; how improv can improve your work, family, personal and social life.
- 1:30 **Cybercrime** - Ed Thibault
Cybercrime allows cheap, anonymous access to your information for identity theft, stealing credit and bank accounts, cyber bullying and stalking.
- 1:30 **Exotic Fruit Tasting** - John Dodge
Taste some interesting tropical fruits.
- 1:30 **Children's Activity: Caricatures** - Jasyn Skynyrd
Cartoons of you!
- 2:30 **Sprouting - Going Beyond Lettuce** - John Dodge
Which seeds can be sprouted, easy sprouting and storing techniques, recipes, demo, samples to eat.

2:30	Ibogaine: The Drug Addiction Interrupter - Thana Rivkin <i>Benefits of Ibogaine and its role in treating drug addiction.</i>	10:00	Nudists & Lifestylers - Beverly Jilson <i>Can we coexist? Share how your club handles this topic.</i>
2:30	Children's Activity: Pool Time Fun - Thomas Moore	10:00	Zero Waste Living - Felicity Jones <i>The zero waste environmental movement; how we can significantly reduce or eliminate trash we create daily.</i>
3:30	Dances of Universal Peace - Jim Leff <i>Sacred circle dances from the world's religious traditions. Easily learned, a fun and deepening experience.</i>	10:00	Round Robin of Jokes & Old Commercials - James the Beloved, Faerie Elaine <i>Come with your funniest jokes. Please be PC appropriate: no racist or off-color jokes. Just be FUNNY!</i>
3:30	Difficult Conversations - Murray Schechter, Lee Hencen <i>Submerge issues, risking an eventual explosion, or bravely discuss them. What has worked & what hasn't.</i>	10:00	Water Aerobics - Marianne Thibault <i>Low impact aerobic exercise.</i>
3:30	Sarong Tying - Vicki Burt <i>Learn different ways to tie a sarong.</i>	10:00	Children's Activity: Treasure Hunt - Gwen Bradshaw
3:30	Children's Activity: Face & Body Painting - Jasyn Skynyrd	10:00	Involving Young Adults & Families in Naturism - Morley Schloss <i>People aged 18-30 do become active naturists - a successful model for offering what young adults and families want.</i>
4:30	Politics of Children in Naturism - Morley Schloss <i>The challenges to children's participation in naturism: youth camps, home nudity, photography of children, child protective services, adults-only sites and events.</i>	11:00	Sundials Part II - Dave Curtin <i>Sundial design, how to locate, orient, & read.</i>
4:30	Theatrical Comedy Fun - Wylie Richardson <i>Sketch comedy, Improvisation, Theatrical Games; preparation for a group performance.</i>	11:00	Kirtan - Michelle Angel <i>Singing from the heart as a meditative experience.</i>
4:30	Nutrition for Healthy Aging - Jim Leff <i>The interface between the wisdom of our ancestors and modern nutritional research.</i>	11:00	Vinegar - Brenda Ludlow <i>The features & benefits of vinegar in daily life & for health.</i>
4:30	Recovery Plus Support Group - Brian Leonard <i>Non Judgemental 12 step based group for individuals, family members and friends who may be struggling with effects of addiction/compulsion.</i>	11:00	Children's Activity: Super Soaker Fun - Jasyn Skynyrd
4:30	Children's Activity: Blow Your Bubble - Thomas Moore	1:00	David Bowden Memorial Coin Toss - George Winlock <i>Securing the legacy of David "the money man" Bowden and experiencing the gift that comes from giving. Coin donations will be accepted.</i>
7-9:00	Makid: The Beginning - John Dodge <i>Simple solution to the meaning of the Universe without negating any of the existing science and religious dogma – Learn the answer to Einstein's last problem!</i>	1:30-5:00	Sweat Lodge for All - Craig Discher, Petra Stone <i>Native American purification ceremony.</i>
7:00	Naturist CaBAREt - Leonard Lehrman, Helene Williams <i>Songs by The Naturist Society Opera-Musical Theater SIG.</i>	1:30-3:30	Nudity of the Heart: Love & Intimacy - Ben Ferris (Human Awareness Institute) <i>Explore ways of being with others that are satisfying & nurturing, with the potential of moving through pretense & protective behaviors that prevent us from receiving and giving love. Experiential.</i>
7:00	Children's Activity: Ice Cream Social & Pool Time - Pete Burwin	1:30	Nude Poet's Society - Ed Thibault <i>Present your own poetry or your favorite poems; listen to the sound of one hand clapping.</i>
8-11:30	DJ Dance with Karaoke - Steve Richmond	1:30	Practical Yoga Philosophy: Understanding True Nature - Huck Ingles <i>The realistic physical and mental abilities brought about by meditation and yoga.</i>
8-10:00	Faerie Elaine in Concert - Faerie Elaine, James the Beloved <i>The inspiring music of award-winning performer and recording artist Faerie Elaine.</i>	1:30	Children's Activity: Have Your Pie & Eat It Too - Thomas Moore
9-11:30	Drum Circle & Bonfire with Dancing - Rob Wandell	2:30	Sarong Tying - Vicki Burt <i>Learn different ways to tie a sarong.</i>
10:00	Oneg Shabbat - Susan Rothberg <i>Welcome the Jewish Sabbath with chocolate fountain, wine, and challah. Bring kosher desserts, dips for chocolate to share. All beliefs welcome.</i>	2:30	Christians, Pagans, Atheists, & Agnostics - Joseph Hartigan <i>Where are these groups concentrated around the globe?</i>
10:30	Harmonic Immersion - A Meditative & Sound Experience - Michelle Angel <i>Singing bowls, large gongs and the Halo handpan drum create a rich soundscape that invites the listener to step inside the vibrations and embark on an inward journey.</i>	2:30	Children's Activity: Pool Time Fun - Jasyn Skynyrd
SATURDAY, 8/6/2016		3:30-5:00	Vulnerability in Relationships - Murray Schechter, Lee Hencen <i>We are taught to "be strong", hide what is going on inside. How does this serve us in personal relationships? What works about vulnerability in relationships & what doesn't? Opportunities to choose our level of vulnerability.</i>
8:00	Morning Yoga - Melissa Siener <i>Begin your day with breath & movement.</i>	3:30-5:00	How to be Healthy in the 21st Century - John Dodge <i>Nutrition, meditation, yoga, visualization, exercise, herbs, aromatherapy, Ayurveda, dancing, drumming and more to maintain your physical and spiritual humanity.</i>
9:00	How Much of a Nudist Am I? How Public Am I About Being a Nudist? - George Winlock <i>Scale of 1: "compulsively anti-nude" to 10: "tell the world".</i>	3:30-5:00	Barely Funny Rehearsal - Wylie Richardson <i>Prepare for performance.</i>
9:00	A Gathering of Divine Beings - Faerie Elaine, James the Beloved <i>Come together to share and to be heard using simple, ancient ritual in a sacred space. If desired, bring item for altar.</i>	3:30-5:00	Children's Activity: Water Slide, Water Balloon Launch - Thomas Moore, Jasyn Skynyrd
9:00	Recovery Plus Support Group - Brian Leonard <i>Non Judgemental 12 step based group for individuals, family members and friends who may be struggling with effects of addiction/compulsion.</i>	5:00	GROUP PHOTO - Carl Zablak, Charles Myers
9:00	Musical Hula Hooping for All Ages - Shen Tai, Kemet, & Thana Rivkin, Arizona Luce <i>Join us with some rockin' tunes and laughter. Family fun for all. Bring your own hoola hoop or borrow one.</i>	7-11:00	Coffee House by the Pond - Brian Leonard, Petra Stone <i>Conversation, dancing, open mike; bring instruments & snacks.</i>
		7:00	Barely Funny - Wylie Richardson & Company <i>A Saturday Night (Live) clothing-optional Cabaret.</i>

7:00	Children's Activity: Movie with Popcorn - Jasyn Skynyrd	10:00	DIY Body Care - Felicity Jones <i>Make your own deodorant, sunscreen, bug spray.</i>
8-11:30	DJ Dance - Steve Richmond	10:00	Children's Activity: We're All Different & Perfect Friendship Circle - Morley Schloss, Maureen Watts
8:00	David Redmond in Concert <i>Instrumental and folk rock music.</i>	11:00	Naturist Values - Jeff Riddlebaugh <i>Naturism is more than nude recreation.</i>
9-11:30	Drum Circle & Bonfire with Dancing - John Dodge, Dakota & Forest Holmes-Dodge	11:00	Glossolalia, Xenoglossy, Nigun - Joseph Hartigan <i>"Speaking in tongues" as it relates to Christian, Pagan, and other religions.</i>
9:00	Through the Years of the Northeast Naturist Festival - Charles Myers <i>Photos from many previous years. (slide show)</i>	11:00	Pudding Toss for All Ages - Morley Schloss <i>Messy, gooey free-for-all.</i>
10:00	Lights on the Pond Water Ceremony - Brian Leonard, Petra Stone <i>Share your relationship with water.</i>	12:30-2:30	Skin Cancer Screening - Tom & Lydia Brown
10:30	Harmonic Immersion - A Meditative & Sound Experience - Michelle Angel <i>Singing bowls, large gongs and the Halo handpan drum create a rich soundscape that invites the listener to step inside the vibrations and embark on an inward journey.</i>	1:30	Naturist Rochester - Rich Hauver, Gwen Bradshaw <i>Growth by attracting different groups.</i>
		1:30	Sexuality & the Aging Process II - Brian Leonard <i>Ways to enrich yourself & relationships, experience fun & real intimacy, quick paced & engaging.</i>
SUNDAY, 8/7/2016		1:30	Zen Doodling - Ginny & Morgan Davie, Laurie Perry <i>The art of mindful doodling.</i>
8:00	Morning Yoga - Melissa Siener <i>Begin your day with breath & movement.</i>	1:30	UFO's & Extraterrestrials 2016 - Thomas Moore <i>Discussion, answers, & opinions.</i>
9-12:00	Sweat Lodge Deconstruction - Craig Discher, Judy Chilson, Petra Stone <i>Help take down the sweat lodge so we can reconstruct it another year.</i>	1:30	Children's Activity: Body & Face Painting - Nevada Luce
9:00	Nondenominational Christian Worship Service - Joseph Hartigan	2:30	Young Naturists of America - Jordan Blum, Felicity Jones <i>Introducing an important new activist organization.</i>
9:00	Recovery Plus Support Group - Brian Leonard <i>Non Judgemental 12 step based group for individuals, family members and friends who may be struggling with effects of addiction/compulsion.</i>	2:30	Power Yoga: Work Hard, Think Easy, Feel Better - Huck Ingles <i>A strong and intelligent workout designed to challenge both your body and mind. Bring your water bottle, your yoga mat, towels.</i>
9:00	Charicature for All Ages - Jasyn Skynyrd <i>Be a cartoon!</i>	2:30	Nipple Rings, Genital Jewelry, & Other Body Decorations - George Winlock <i>Your thoughts? If you have them, why do you like them?</i>
10:00	Basic Mindfulness Meditation - Charles Myers <i>Simple meditation techniques for improved mental & emotional health. Group meditation practice at end.</i>	2:30	General Detoxing - Brenda Ludlow <i>Holistic modalities keep our bodies in good health.</i>
10:00	Climate Change - Vera Scroggins <i>Update on fracking & warming of the planet.</i>	2:30	Children's Parade - John Dodge, Amber, Dakota, & Forest Holmes Dodge
		3:30	CLOSING FRIENDSHIP CIRCLE