



# Federation Focus

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## In This Issue

- A message from the President
- A Pressing Debate
- Effects of Vitamin D

### President's Message

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### A Pressing Debate

[info@inf-fni.org](mailto:info@inf-fni.org)**Send us your comments**

<http://www.euronews.net/2009/04/27/swiss-village-votes-to-ban-naked-hikers/>

## A message from the President

By: Sieglinde Ivo

This issue of the Federation Focus will have a slightly different format. As we requested in the last issue, we have received articles from various INF-FNI members and we are happy to bring you a sample in this issue.

The first article was submitted by Ismael Rodrigo, president of the Spanish Federation (FEN). Due to the length of the article and since we realized it would be very difficult to shorten it without losing some of the ideas, with Ismael's permission, we will run the article in two issues. As the title states, it is a pressing debate and should lead to many discussions and conversations.

The second article, submitted by Glenne Findon, Communications Officer for the New Zealand Naturist Federation, deals with the benefits of Vitamin D and should be of interest to all of you, including your clubs and members.

We hope to be able to bring you more articles, submitted by the Federations, in future issues. Please send us your comments, suggestions and ideas.

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## A Pressing Debate: If we profess that nudism is but one of our freedoms, can we still go on looking at ourselves in the German mirror!

By: Ismael Rodrigo

Only a few months ago we relished the news that "The latest trend is to go up the Swiss Alps without clothes." (*The New York Times* photograph). We could read on in the same newspaper that "the police had arrested a young hiker in September, but they had to



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release him since Switzerland does not have any laws against naked hiking", and that "legal experts argue that to ban nudity in public would go against the Swiss Constitution."

I landed in the Spanish Naturist movement a little over ten years ago and I began to pay closer attention to the world of nudism abroad. I found out, for instance, that people took their clothes off at Spas and even in the public parks in Germany! At that time we had discussions, in the, by then, only Spanish Naturist forum on Internet, about the fact that nudity could be public as I confirmed, through research, the, up to then, imprecise knowledge, that nudity was not illegal in Spain. That was the beginning of a massive campaign in the mass media launched from the Madrid association (ADN), which started off with a two hour long nudity demonstration at *Puerta de Alcalá*, the very hub of Madrid. Since then, media coverage of myself and of the activities carried out by our militant members can be counted in the thousands. The FEN member associations also work in the same direction since the obligation of publicly spreading Naturism, as one more amongst our freedoms, was included in our statutes. And its WEB page has also been a cornerstone of the enlightenment of both Naturists and our society. We can say, without overstating it, that a majority of the Spanish society has been informed of the fact that nudity is one more amongst our freedoms. This illuminating endeavour is still going on, with already well known world campaigns such as the "Day w/o Bathing Suits" at any public beach. The world of journalism, be it written or audiovisual, takes this freedom for granted in the knowledge that it is not a legal void in our system of law but that it is an obvious matter of fact, which is summarised in "**the inexistence of a supposed right to not see what one does not like seeing.**" In the same way as we cannot be told how to dress, the freedom of others ends where ours begins.

Coming back to the Swiss case, a close look at the legal systems of other countries shows that they are not very different from ours, as mentioned in *The New York Times*. Mere nudity is not usually penalised as long as it is not associated with sexual offences, (or perhaps non-sexual, for clarification purposes.) If a naked person commits a crime, that person must be punished, but not for having been naked, not even as an aggravating circumstance. The case is similar to that of racists accusing a whole racial community of the actions committed by one of them.

Where does this lead us to? We don't have a very different legislation from that in Switzerland or other European or South-American countries and, given that "**in a democracy, all is permitted which is not explicitly forbidden**" holds true, the conditions

## Development

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should be the same for all. The difference stems from the fact that the FEN has actively hoisted that banner of freedom while other federations have limited their activities to particular ghettos, such as authorised beaches and private recreation centres.

The president of the German Federation (DFK), Kurt Fischer, was asked by a Swiss newspaper about the Alps nudists:

<http://bazonline.ch/schweiz/standard/Nachtwandern-FKKVerbaende-stuetzen-Appenzeller/story/30394772>

Mr Kurt Fischer, president of a federation in a country, Germany, Spanish naturists so much admired, *“describes those hikers as **neurotic and psychopaths**, and declares that **the freedom of a person ends where the others’ freedom is affected** [...] For him there is a strict rule; that is, **Naturist activities must be carried out within the Naturist Centres** [...] Mr Fischer thinks that authorities should be rigorous towards naked hikers.”*

The article leads us to understand that the Swiss Naturist Union does not back those activities, either, although it does not report any of its leaders saying so.

There is no need to say that if either I or any other leader of the Spanish Naturist movement said something similar to that effect, we would not last in our posts. I am also surprised that those statements are made about another country with its own federation and about whose laws he cannot be totally familiar. I understand that all the Spanish Naturists, whose associations have Naturist trekking, amongst their many other scheduled activities, would be branded **neurotic and psychopaths** as well, if Mr. K. Fischer were to be asked.

***This article will be continued in the next issue of the Focus.***

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## VITAMIN D - THE BEST THING UNDER THE SUN

***By: Glenne Findon***

Vitamin D is not a vitamin (a substance gained solely from food) but a pro-hormone, which is produced after the sun’s UV rays hit the skin. After several metabolic changes, vitamin D is produced in the kidneys. Some foods do contain small amounts of vitamin D. For example, 50g of cooked salmon contains 200-360 International Units (IU), whereas 10-15 minutes of full body sun exposure produces 10,000 IU. The production of vitamin D in the body is determined by latitude (distance from the equator), atmospheric conditions (pollution, cloud cover, ozone layer), season, skin colour, lifestyle, sunscreen,

clothes and percentage of skin exposed.

Vitamin D has been found to control over 2000 different genes and have receptors in many organs. A deficiency in vitamin D causes rickets and, as vitamin D is needed to absorb calcium from food, a deficiency can also cause osteoporosis and muscle weakness, especially in the elderly, resulting in falls and fractures.

Low vitamin D can cause insulin resistance leading to diabetes. Vitamin D is a powerful anti-inflammatory agent, relaxing and reducing inflammation in the arteries. It can also lower blood pressure. Vitamin D can regulate the production of macrophages, which if not controlled cause autoimmune diseases such as rheumatoid arthritis, Crohn's disease and multiple sclerosis. Pregnant women with low vitamin D levels produce asthmatic children and children with low vitamin D are more prone to pneumonia.

Vitamin D has a definite effect on the incidence of colon and breast cancer and plays an important role in regulating cell production, a control that is missing in cancer. Patients have a better prognosis with all cancers if vitamin D levels are high and it has been shown that mortality increases as vitamin D levels decrease.

People with 'the winter blues' and women with premenstrual syndrome often have low vitamin D levels. These conditions can improve with vitamin D supplementation.

Sun burn, not sensible sun exposure, can cause melanoma. Some dermatologists now recommend daily sun exposure for 'half the time it takes to burn', as sufficient to top up vitamin D levels, and of course the more skin exposed, the shorter the time needed. During winter, the angle of the sun is too low in many countries for adequate vitamin D production, so taking a vitamin D supplement should help maintain vitamin D levels during the colder months.

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