

SAHNOAN STAR

Stand not between me and the sun.



CHILLY CHEEKS 5K FUN RUN

The next 5K is October 12th!! Less than two weeks away!

Pre-register if you wish to run.

OR please sign up to volunteer for your spot - on the bulletin board in the Nekkid Cafe.

Come one, come all!

WE NEED LOTS OF HELP...WORK DAY SCHEDULED FOR SATURDAY OCTOBER 5

STAR RANCH LUAU 2019



October 19th @ 6PM, \$10.00 per person

[Click here for food sign-up form](#)

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Notice that there are links to other information in some articles.

FRIGHT NIGHT IS COMING

The Star Ranch Costume Contest will be held on Saturday October 26 at Tara Hall at 7:30 followed with a dance at 8:00



Hawaii has a special October event called "the Aloha Festival," sometimes described as the "Mardi Gras of the Pacific."



2ND ANNUAL FILM FESTIVAL

By Mark Baird

Our second annual film festival went off without a hitch. Due to less response this year, we had fewer entries and thus fewer screening blocks. Friday night featured a selection of videos curated by our festival director, Mark B.

Saturday featured two screening blocks with a large amount of nudist films in the mix. This year's audience favorite, "Skin: The Movie", was also the favorite feature film of the judges. Other honors went to "Sweet, Sweet Kink (best short film)", "The Wall Between" (best short screenplay), and "Nudie Moonies" (best nudist film). "Carnage Radio" was also recognized for being very close in the balloting for both audience

The prospect for next year's festival are bright, we should see an increased number of entries since we will be partnering with Bare Necessities Travel to bring the SRTANFF to the "Big Nude Boat" in 2021

Also for 2020 we will be adding a music video section to the festival. We hope to play a wide selection of independent music with videos around the pool on Friday night.

Thanks to everyone who participated in the 'filter committee' for their help in pre-screening the film content and to Mike and Jennifer for bringing out the projector and screen again!

EIGHT THINGS TO KNOW ABOUT NUDITY AND YOUR FAMILY



Get Nude with Your Family
Source: Shutterstock

About the Author: Lea Lis, MD, “The Shameless Psychiatrist,” is a double board-certified adult and child psychiatrist, helping parents, children, and adolescents develop healthy, sex-positive attitudes and practices.

Getting naked with your kids.
Posted May 05, 2019

I believe that nudity should be treated as something natural, but unremarkable. Parents will be comfortable with different degrees of nakedness, depending on their own background and [body image](#). Some families are comfortable showering or visiting saunas together. Others may be more comfortable only being naked around same-[sex](#) members. Still other parents may be reluctant to undress in front of a child, much less hold a conversation while nude. But remember that your attitudes towards nudity will shape your child’s future in a variety of ways.

Children have a natural curiosity about nudity. Being naked around your children—whether occasionally or regularly—can teach them what a “normal” adult body looks like. Modeling comfort with and respect for your body can become a basis for a healthy body image as your child grows and experiences the changes of [adolescence](#).

Here are some tips for handling nudity in your family.

1. Be explicit about the fact that there are different cultural rules around nudity. How nudity is handled varies across cultures and even across families. In some northern European communities, whole families will hot-tub together naked. In Germany, some public pools allow kids to swim naked until the age of 6; adults may frequently strip down on beaches or in parks. Elsewhere, however, we find numerous restrictions on when one can undress and in front of whom. Explaining such differences to children will help them develop an understanding of appropriate behavior in their own cultural context, as well as an ability to refrain from judgment when faced with different customs or beliefs.
2. Be explicit about situational rules as they come into play. Being naked is normal in some situations and inappropriate in others, even within your own family. When children are young, they have not developed a sense of modesty based on cultural prescriptions and do not care who sees them naked. Eventually, though, they will need to manage the display of their body in expected ways, and parents can help children learn to do this without instilling a sense of [shame](#). During the early years, they can have opportunities to see you naked. You may want to bathe together, as they will need help anyway. Request privacy when you want it, however, as when using the toilet. Children should also learn that nakedness will make people uncomfortable in some situations, as when visitors are present. Nakedness will be natural and expected in some places, such as in the bathroom or bedroom when changing, but out-of-place in the kitchen.

Click the following link to continue reading this article
<https://www.psychologytoday.com/blog/the-shameless-psychiatrist/201905/eight-things-know-about-nudity-and-your-family?eml>

October 2019 [\(click for full calendar\)](#)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 Work Day
6	7	8	9 Monthly Pot-	10	11	12 Chilly Cheeks 5 K
13	14	15	16	17	18 Birthday Dinner	19 Board Meeting Luau
20 Council Meeting	21	22	23	24	25	26 Costume Contest
27	28	29	30			

November 2019 [\(click for full calendar\)](#)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Movie Night
3	4	5	6	7	8	9 Sand Volleyball Cash-in games
10	11	12	13 Monthly Potluck	14	15 Birthday Dinner	16 Board Meeting Cash-in games
17 Council Meeting	18	19	20	21	22	23 Cash-in Bingo
24 4	25	26	27			29 30

BIRTHDAYS AND CELEBRATIONS

OCTOBER BIRTHDAY DINNER

WHEN: Friday October 18
TIME: 6PM
WHERE: Eva Mae's Kitchen
[313 N Main St, Elgin, TX 78621](#) (click for map)



OCTOBER & NOVEMBER BIRTHDAYS

October Birthdays	
Luke T	10/2
Jeanie O	10/6
Cody H	10/7
Bill G	10/8
Lottie H	10/14
Gregory S	10/17
Ethel M	10/19
Heather K	10/19
Rodney Mc	10/21
Robert D	10/24
Charlotte M	10/29

November Birthdays	
Diane H	11/1
Russell S	11/1
Judy L	11/2
Carolyn C	11/4
Mace T	11/9
Carolyn Mc	11/10
Lynn D	11/12
Gary B	11/13
Elena S	11/14
Erin S	11/14
Kathryn Mc	11/15
Allen N	11/18
Mike A	11/19
James L	11/21
Ann D	11/25
Bill H	11/27
David Ph	11/30

CONGRATS TO Randy and Shala S. on the birth of their baby boy, Shephard Ezra-Gray, our newest Sahnoan!



C.O.G. Board of Directors

President	Mike W
Vice President	Wanda H
Secretary	Larry S
	Ivan Mc
	Paul O
Treasurer	Gary H
Corp.Secretary	Linda M

Sahnoan Council

Roy F
Grace L
Pete & Lisa T
Craig & Linda Mc
Deborah V & Tim S
Rob & Marietta

Star Ranch Staff

General Manager	Ken W
Treasurer	Gary H
Front Office	Carla W
	Linda M
	Melissa S
	Michelle G
Maintenance	Mike M
Housekeeping	Jean M
	Kerry A

Note from the Editor

Please bare with me as I settle into the role of Editor for our newsletter. This edition is a little rough around the edges, but I hope to have it smoothed out over the next couple of months. If you have an idea or submission for the newsletter please email me at jkm8765@gmail.com.

The Sahnoans at Star Ranch is a family-oriented nudist community/ club that has been in operation since 1957. Dedicated to maintaining a wholesome and safe environment for the enjoyment of nudist activities, the Club is a member in good standing of the American Association for Nude Recreation (AANR) and AANR -Southwest. You have received this Newsletter because your are either a member of the club or you have opt-ed-in on our website. Please let us know if you do not wish to receive future editions.

STAR RANCH



McDade, Texas