

# WBPS



# 83<sup>rd</sup>

# NEWSLETTER

WRECK BEACH PRESERVATION SOCIETY NEWSLETTER

ALL THE NUDES THAT'S FIT TO PRINT!

Published occasionally by a non-profit group of beach users and friends who represent the Public Interest to all authorities and levels of government. We define Wreck Beach as the Foreshore beaches from Spanish Banks West and Acadia to Booming Ground Creek bordering Musqueam lands. The Original and Official WBPS Website: [www.wreckbeach.org](http://www.wreckbeach.org)

BODY ACCEPTANCE IS THE IDEA.  
PREPARED BY BEACH VOLUNTEERS: NUDE RECREATION IS THE WAY!

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WRECK BEACH DECLARED ONE OF CANADA'S TOP 52 WONDERS OUT OF 25,000 NOMINATIONS IN THE JUNE 7, 2007 CBC "WONDERS OF CANADA" CONTEST!

*Keep the Good Thoughts and Energy Going for Captain Billy, everyone. We love you, Captain Billy.*

**Buns Run Winners 2013 to be posted in Newsletter # 84**



## SUMMER 2013 WBPS POSTERS AUG. 2<sup>ND</sup>!

### \$3.00 EACH OR TWO (2) FOR \$5.00

#### PUBLIC NOT ALLOWED ON UBC COMMITTEE DRAWING UP ISMP

Thanks go to Eric Mazzi for touring a group of us Wreckers and UBC infrastructure engineer, Doug Doyle, to various former water-flow monitoring sites on the UBC campus. Mr. Doyle has been charged with designing a stormwater management system for UBC's waterways as they plunge down our cliffs into the receiving waters of Wreck Beach. Now that South Campus is building out with an eventual 13 high rise towers, and new towers are being constructed and planned for the Campus at the Ponderosa Hub and the Orchard Gardens site, a comprehensive stormwater management plan (ISMP) becomes crucial. The WBPS has maintained to UBC for years, that they need a comprehensive stormwater management plan with stakeholders involved in the planning process from the beginning, not brought in *to be informed* of the plans made by someone else! When very few folks showed up at the Open House of July 6, it was due to their having lost faith in UBC really caring about or listening to other stakeholders in the surrounding communities, including the Wreck Beach one.

#### WONDERFUL NEWS FROM THE RIVERSHED SOCIETY OF BC FOUNDED BY CANADIAN HERO, FIN DONNELLY: Fin's Swim Book

Recently released book by author Helen O'Brian about our founder, Fin Donnelly, and his epic swims down the Fraser River in 1995 and 2000 is now available through RSBC for \$15. To order a copy, please [email Patti](mailto:patti@rsbc.ca) or phone her at (604) 808-1515.

biggest thing notice was/is the amount of people wearing clothes. In our porn-obsessed society, why are so many people coming to a nude beach and keeping on their clothes? I imagine that people come for the vibe [Ed.Note: Or to brag that they have been on famous Wreck Beach!] and the opportunity to drink and smoke on the beach, clothing-optional!"

#### From the Wreck Beach Diary of 2013:

By Dean McKay

"Oh, if every beach could be such as our dear Wreck Beach. I haven't graced its shores for too many years, but am happy I made it today! As a bonus, there is even a boat (a wreck) washed ashore. Since my last visit many years ago, I would say the vibe is the same. People enjoying themselves, good music, various things being consumed. There doesn't seem to be as many vendors but still enough that you should be able to find something to meet your desire. Probably the



Lydia's Phoenix rises above Wreck!

# Marine Patrol Set for Summer 2013

## LETTERS TO THE EDITOR

Dear Judy,  
I guess I am a little smug these days, because I am celebrating my 20th year of being "Watermelon."

I owe the best parts of my life and the biggest parts of my identity to Wreck Beach.

I envy the young folks who still get to unfold into themselves and truly become themselves by hanging out on Wreck Beach. I wouldn't trade lives with anyone (except maybe Zenon)

When I was young and ignorant about my body. Wreck Beach was there.

When I wanted to hone my new stand up jokes, Wreck Beach was there.

When I was entrepreneurially curious, Wreck Beach was there.

When I was in need of some friends, happy or sad, Wreck Beach was there.

When I was stuck in the city wanting to be in the country, Wreck Beach was there.

Winter. Spring. Summer. Fall. Wreck Beach was there.

I imagine Wreck Beach will be there for millions of years to come. I imagine my life appears small and insignificant in the big, vast, celestial picture of things to come, but it is mine all mine and Wreck Beach was there.

I am happy just knowing it is there even when I am not.

I will bring 500 lbs of watermelon on Sunday Aug 18th for Free Watermelon Day in honor of Wreck Beach Day!

I love you Judy.  
You are my Pope.  
Wreck Beach is my church.  
And Sunshine is my drug of choice."

Watermelon

## GET TARGETTED WITH THE MOLE PATROL AND PICK UP YOUR SKIN CANCER LIT ON WRECK BEACH DAY

Article, in part, forwarded by Howard Williamson of the Seattle area-based SLUGS non-landed naturist club.

**New Risk Factors for Melanoma**  
Melanoma -- it's scary but solvable, if caught before it spreads. The deadliest form of skin cancer, melanoma is responsible for 75% of all skin cancer deaths but is 99% curable in the early stages. As yet no particular melanoma gene has been identified, which makes it even more critical to understand the factors associated with encouraging early detection and sun-smart

### WRECK BEACH CALENDAR OF 2013 EVENTS

(1) **Saturday and Sunday, May 4** - Jane Jacobs "Walk on the Wild Side," an ethnobot and historical tour of Wreck Beach led by Judy Williams. Start time 11:00 a.m.

(2) **Saturday, June 29th** Third Annual INF World Naturist Day and 3rd Annual Hula Hoop Contest. (11:48 a.m. 11.2 foot tide) -Time TBD. Postponed until Labor Day because Lei fractured her ankle.

(3) **Saturday, July 6** (To coincide with TNS International Body Acceptance Day)- Dedicate to Amanda Todd and Body Acceptance: 32nd Annual Wreck Beach Day/Sandcastle Evnt and Family Portrait Day (Noon-9 m or 3.0 feet) - Rain Date: August 18, 2013 (Tide at 11 a.m. would be at 2.3 feet) -Portrait at 3:00 P.M. -Try our BAM! Machine...for nude discounts! We believe if we had more body acceptance in our society, that Amanda Todd could never have been shamed by bullying into committing suicide. We are opposed to bullying in any form whether due to our physical selves, being mentally or physically challenged, religious, political, racial, socio-economic, or gender reasons! Our Sandcastle categories include: Anti Bullying; Castles; The Sea; Fantasy; Animals; Anything Else! (See August 18th below)

(4) **Sunday, July 14**- FS Run -Issaquah, WA. (For Bare Buns Run participants)

(5) **Thursday, July 18th** Pre-Run for Media at 9:40 a.m. We need naked volunteers. Call Judy-604-856-9598

(6) **Saturday, July 20**- Skinnydip Fundraiser Photo Challenge! Foot of Trail 6 - (3 p.m.-1.2 m)(Bare Buns Run participants could be invited to join us the day before the run for a full filled weekend) .....Also, Wreck Beach Kokoro Butoh Dance, Bottom of Trail 4.

(7) **Sunday, July 21**- 17th Annual Bare Buns Run (Beginning time, at Noon, tide will be 1 m. or 1.0 feet)-Volunteers Needed and Welcome. Awards Ceremony officiated at by our beloved Watermelon . Also.....Base of Trail 4 at Noon, Wreck Beach Kokoro Butoh Dance.

(8) **Sunday, July 28**- Kanikau Ranch Bare Buns Run, Final Run of the three-way Wreck Beach Buns Across the Border Event. (For Bare Buns Run participants)

(9) **Sunday, August 18**- **NEW WINDED-OUT "RAIN" DATE, SECOND SUMMER 2013 32<sup>nd</sup> ANNUAL WRECK BEACH DAY.** We have beautiful tides that day. Free registration but at 9 a.m., Bottom of Trail 6. Get those buckets and shovels ready. Another naked group photo will be taken and anyone entering the BAM machine and emerging naked will be given a voucher for a discount on any food or other item for sale from legitimate vendors...but...you must be naked to collect that discount! This year's Wreck Beach is dedicated to eradicating bullying of any kind on Wreck Beach or elsewhere in our Society. We believe nude recreation helps overcome body shame. Amanda Todd who never have been able to have been bullied about her body if more people accepted the bodies as nature created them.

(10) **Saturday, September 14**- Vancouver Aquarium Wreck Beach Coastal Clean-Up an Inventory of Trails 6 and 3 of Wreck. Contact Judy for details or check out one of our summer newsletters. Maybe even our new website blog if it is up and running by then

(11) **Friday, December 6**- Annual Christmas Party Fundraiser, 6 p.m. to 1:00 a.m..Grandview Legion. We need volunteers to carry the alcohol up all those flights or steps. Anyone who is there to meet our van and helps carry everything upstairs will be given one free beer once the party starts!

16<sup>th</sup> work out. However, since they are at Trail 4, the two events complement one another. Healing energy to Helen, Leila, Craig Beemer Man, Marilyn, Happy August 8 birthdays to Stormin' Normand, Denise, Trula, Beth, and anyone else whose birthday is on that day! Bella Boo's is on the 13<sup>th</sup> and Dante's is on the 23 although a little birdie told us it was on the 16<sup>th</sup> so wish him a happy birthday on both days! Get those buckets ready for our second annual Wreck Beach Day re-scheduled for August 18<sup>th</sup> as there will be optimum low tides and lots of trophies and ribbons to go around. The theme of Wreck Beach Day this year is anti-bullying and our family portrait between 3:00 and 3:30 that day will form the words: "NO BULLYING." We are dedicating the 32<sup>nd</sup> annual Wreck Beach Day to Amanda Todd and her mother has offered to donate Amanda Todd wrist bracelets to go to each person who crawls out of the BAM machine naked! We will be giving out vouchers that will get you discounts from participating beach vendors and little book marks celebrating naturism and body acceptance. We truly believe if the whole world were naked, there would be no room for grenades and other weapons of war! And...bullies would have a hard time harassing others not to their liking. Wreck Beach may be the most accepting beach you will ever enjoy, but there simply is not place for bullies here. What is needed is an old-fashioned boycott or shunning for those individuals who think they treat others disrespectfully with impunity and immunity simply because they can. Just a tidbit about one of our beach artists, Lydia Kunnap. After a trip to Burning Man, she became inspired to start metal sculpting and her work is exquisite. Take a look at her Phoenix elsewhere in this issue or the next. Also, set aside September 14 for our Van Aq Coastal Clean Up at both Trails 3 and 6. We'll have details in Issue #84, or go to their Website and sign up to help us in either of those two locations at Wreck. Just had a letter from a Seattle friend, Rick, who single-handedly cleaned the estuary trails between Trail 6 and Trail 7 over last weekend.

behavior. A number of recent studies shed new light on who should worry with a far longer list of associated traits than the blue eyes, freckles and history of sun exposure we've been hearing about for years and years. Darrell S. Rigel, MD, clinical professor of dermatology at New York University Medical Center, and a colleague examined factors common among 600 people (300 melanoma patients and 300 who did not have the disease), age and gender matched from age 21 to 80, to identify which were most often associated with melanoma. They came up with a list of 43 different factors, then conducted a multivariate analysis that ferreted out six characteristics that each independently predicted melanoma. These are (in no particular order): 1. A history of blistering sunburns as a teenager. 2. Red or blonde hair. 3. Marked (meaning the number totaled more than 100) freckling of the upper back, which indicates excessive sun exposure along with a person's susceptibility to the sun, due to the fact that they are less likely to form a protective tan. 4. A family history of melanoma. 5. A history of Actinic Keratoses (AKs), which are lesions on the skin considered to be precursors to skin cancer. 6. Outdoor summer jobs for three or more years as a teenager (where he/she was likely to have had excessive sun exposure).

### DO THE MATH: ARE YOU AT RISK?

Each of these factors separately predicts an increased lifetime risk of melanoma, regardless of the others, Dr. Rigel said. While the average American has a 1.5% lifetime risk of developing melanoma, having just one of these six factors increased lifetime risk to 3% to 5%... two or more boosted risk five to tenfold... and a person with three or more factors has a 10 to 20 times increased lifetime risk of developing melanoma. Dr. Rigel presented the findings at the 67<sup>th</sup> Annual Meeting of the American Academy of Dermatology. The goal of the study was to "simplify the modeling" of Melanoma so "you don't have to be a doctor to be able to identify yourself as being at high risk," Dr. Rigel explained.

The reasoning: Realizing they are in greater danger, people can modify their behavior to reduce their risk, using sunscreen more aggressively, wearing a hat, sunglasses and protective clothing when in the sun, and being very vigilant about seeing the dermatologist for annual skin cancer screening. Dr. Rigel urges even more caution and screenings if you "have three to four of these factors, and especially if something looks suspicious on your skin." "Use of tanning beds is a major risk factor for melanoma. Source(s): Darrell S. Rigel, MD, is clinical professor of dermatology at New York University Medical Center.

I want to dedicate this poem to Wreck Beach. Thank you for all that you are...

## Nude Beach

unveiled  
covered with a copper tan  
baring my soul  
before the sea embracing  
sand  
while waves perform  
their oceanic opera  
for my aquamarine  
mood

awake  
upon a beach blanket  
of sand  
seaweed sleeps  
as a breeze caresses  
sun-slept skin  
beneath azure sky  
I listen to a seashell  
whispering wisdom

dreaming  
I wish upon a starfish  
hearing a seagull's cry  
that nothing can wash away  
this natural place  
except for the tide  
of human  
ignorance

(c) Richard Barrett 2008

[http://dolphinsbluedreams.gala.com/blog/2008/7/new\\_moon\\_in\\_cancer](http://dolphinsbluedreams.gala.com/blog/2008/7/new_moon_in_cancer)

## Flotsam and Jetsam

Beware of those watching and filming our children surreptitiously! Taking photos of children or of anyone else without first asking permission or, in the case of minors, the permission of their parents, will not be tolerated. Cameras have been known to take swims. Kudos to Marilyn, Steve, Don, Eric, Judy and others who helped put together our 2013 "Welcome to Wreck Beach" brochure setting out friendly guidelines and reminders for both new and returning friends of the beach. Congrats to Janie for earning her "wheel wings" on her new glossy red Jessica scooter. And thanks to Kirsten and Doug for helping "man" and "woman" the table and hand out water and fruit during the run. Kirsten also earned a "Keeper of the Medals" medal for her help during the run for a second year in a row! And, Thomas, Watermelon's nephew, was a great help with Kirsten and Thomas keeping Watermelon and Judy on our toes in spite of the fact incoming waters forced a speedy conclusion to the awards ceremony for our 17<sup>th</sup> annual BBR and BAB event. Thanks too, to Scarlet and Sharon for helping sign people up for our skinnydip photo and to all those who helped collect signatures and donations toward keeping our beach free and undeveloped. When we set the date of our run, many factors are involved from being mindful of the tides to trying to avoid marathon dates (because we rely heavily on same-day walk-in registrants for our run), other bare buns runs, Gay Pride weekend, the Wreck Beach Kokoro Butoh dancers annual performances at the foot of Trail 4, although both events have been co-existing for years. There are only so many weekends and low tides in the summers. We are currently trying to set the date for next summer's run and it's looking like it may have to co-exist once more with our wonderful Butoh dancers on July 13 unless August 9<sup>th</sup> and