



## ordinary people

**Anita Grigg, 51, nudist, Coolum**

**God was never upset with nudity. It was Satan who made Adam and Eve realise they were nude. They wouldn't have cared otherwise. Some people call themselves nudists, others naturists. I prefer nudist, it's more up-front.**

A nudist is a person who goes nude when it's appropriate to do so. They can be social nudists or just nudists at home. It's all about comfort. When you take off the garments of society you become equals. You're not rich or poor, fat or thin. We have blind people, deaf people, women with mastectomy scars. People don't even notice. We talk to the person, not the body.

Every part of the body is just the same to us, even the man's genitals. It's got to be pretty big to stand out but most guys are average. Guys get erections all the time. It's natural. You just put a towel around you. It's common courtesy.

Most textiles (that's somebody who wears clothes) are okay with nudists. Most just want to see warning signs alerting them of nude beaches, which is what we've been fighting for.

Around the age of 13, I went through a shy stage. One day, I came upon this nude beach

in Caloundra. I didn't know where to look or what to do. Then I just sat down by a family. Then, one piece at a time, I took my clothes off. I looked around and nobody was looking at me. I felt this incredible sense of freedom and relief. I was free.

My mum was very strict and very religious. She's 88 now and she still doesn't know I'm a nudist. I've got two kids. They're okay with the nudism. They went to nude beaches until they hit puberty, when they got into sports and scouts. I became a scout leader and stopped going to nude beaches.

When I split up with my husband in 1998, I went straight back to the nude beaches for self-esteem purposes. A lot of the problem was the weight. I have a thyroid problem and I just cannot lose weight. On a normal beach I'm laughed at and ridiculed. It's very cruel. I've never been treated like that on a nude beach.