



## Foreword

As all of you could read in the last Focus, we have begun to publish reports on personalities who not only worked for naturism for years and years, but who also were companions and supporters of the INF-FNI. Many presidents but also members of the younger generations have no relation to these sponsors of naturism, be it because they had no opportunity to meet them or because they are unaware of what these people have done for naturism in the past.

In order that they will not be completely forgotten and also as gratitude and recognition, we want to continue with these commentaries and report on a "personality" in each of the next Focus editions.

## Info Focus June

Deadline to remit articles: 20<sup>th</sup> May 2019

Release of Focus latest: 05<sup>th</sup> June 2019

## „Christiane Lecocq, the founder of the national and world naturist movement.“



Christiane founded with her husband Albert Lecocq the French Naturist Federation on 19th February 1950 and the International Naturist Federation in 1953.

In addition to the establishment of these two entities, highly important to the naturists around the world, Christiane Lecocq and her husband have worked for the development and promotion of the naturist values, namely through the creation of the "Club du Soleil de Carrières-sur-Seine", the first "Héliomarin Naturist Centre worldwide in Montalivet, or also the first large naturist centre of the "Île de France" at Saint-Chéron...

It were also Albert and Christiane who in 1949 created the first specialised magazine, the "La Vie au Soleil", still being published today. After taking over the management in 1969 Christiane Lecocq never had stopped working since the 40ties.

"I very precisely remember Christiane, who was my boss at the Vie au Soleil. She was a woman with a very sharp tongue, proud of her beliefs", recalls Yves Leclerc, the vice-president of the French Naturist Federation.

Every year Christiane Lecocq went with high pride to the General Assembly of the French Naturist Federation, of which she was Honorary President and where she recently had celebrated her 100th anniversary.

"If France today is the first naturist destination worldwide, with 3,5 million practitioners, whereof more than 1,5 French, she cannot deny that this is thanks to her!" specifies the president of the French Naturist Federation.

### WHO IS THE FRENCH NATURIST FEDERATION (FFN)

The French Naturist Federation is the institution of naturism in France. Founded in 1950 it ensures the promotion of naturism and looks after the interests of its members. It coordinates the actions and ensures the national representation of the 459 sites dedicated to naturism, whereof 154 associations, 155 holiday resorts, 73 authorized naturist beaches, 35 apartments or naturist bed and breakfast rooms, 24 urban pools with naturist zones, 2 naturist harbours situated at the Mediterranean and 16 regional federations of naturism.

### THE CREATION OF THE NATURIST MOVEMENT, THANKS TO THE LECOCQS, WITH THE KEY DATES:

#### 6<sup>th</sup> April 1911:

birth of Christiane Lecocq at Tourcoing

**1932:** Christiane discovers naturism through sports at the "Club Gymnique du Nord" at Fort de Seclin, near Lille. Meets Albert Lecocq.

**28<sup>th</sup> October 1933:** Albert and Christiane Lecocq get married.

**1944:** Albert and Christiane Lecocq found, in hiding, the first "Club du Soleil". In 1945 they move to Carrières-sur-Seine and create the "Club de Soleil de Carrières-sur-Seine", which becomes the unavoidable place of national and international meetings.

**1949:** In order to endow the naturist movement with a broadcasting device, the Lecocqs found the magazine "La Vie au Soleil". For 60 years this medium is the emblematic organisation of the naturist movement.

**19<sup>th</sup> February 1950:** Albert and Christiane Lecocq found the French Naturist Federation and set the concepts of naturism.

**23<sup>th</sup> July 1950:** They create the first "Centre Héliomarin Naturiste" worldwide in Montalivet.

**1953:** Albert and Christiane Lecocq create the International Naturist Federation so to group under one same banner all the federations that have developed in several European countries.

**1969:** Death of Albert Lecocq.

### **NATURISM: FROM ORIGIN TO TODAY** **The role of Albert and Christiane Lecocq in the development of naturism in France, in Europe and worldwide.**

**1770:** Dr. Jean Baptiste Luc Planchon (1734-1781), member of the "Société Royale de Médecine de Paris" writes in a memorandum, prize-winning by the Academy of Dijon in 1776: "Naturism is the doctrine of allowing nature to act rather than intervening artificially."

**1775:** The oldest modern day trial comes from Georges C. Lichtenberg (German author and physicist) who, in his study "The aerial Bath", noted that the Lord Monboddo, one of the most respected judges at the Edinburgh Court, bathed naked as well as his daughters.

**1888:** The painter Karl Diefenbach (1851-1913) started alone to preach nudity in a forest area of Bavaria. In 1897 he founds the community "Humanitas" with 25 supporters for a common alternative life with a passion for nature, nudity, spiritualism and vegetarian food.

**1893:** Creation of the "Association of natural well-being" in Germany. Registered in 1905 it is the oldest naturist association in the world. The hygienist sociologist Heinrich Pudor writes a book with the title "Nacktkultur" (nude culture), one of the first publications promoting the benefits of social nudity.

**1903:** In France S. Gay creates a Naturist Colony at the "Bois-Fourgon" near Etampes. Paul Zimmermann created the first gymnastics centre "Freilichtpark" (Open Air Park) at Lübeck (Germany), it operates till 1981.

**13<sup>th</sup> August 1905:** Birth of Albert Lecocq at Arras.

**1907:** In France Georges Hébert and Dr. Paul Carton will establish the principles of a naturist physical education by the creation of the "Natural Method".

Father Legré, with agreement of his superiors, takes his students to bathe without swimsuit in the creeks of Marseille.

The naturist activity starts in Spain by the creation of an association.

**6<sup>th</sup> April 1911:** Birth of Christiane Esterman at Tourcoing, future spouse of Albert Lecocq.

**1920:** Marcel Kienné de Mongeot and Yvan de Laval found the "Sparta Club", the first naturist club in France and the Centre of Garambouvill (near Evreux) the year after.

In the Netherlands a first naturist association is founded.

**1922:** Jacques Demarquette founds the Naturist Camping Ground at Chevreuse.

**1924:** Christiane Esterman starts her working life at age 13, when she becomes a factory worker.

**1925:** The municipality of Berlin opens the doors of its public baths for naturists.

**1926:** The naturist movement made its real appearance in France with the publication of the magazine "Vivre intégralement", published by Kienné de Mongeot.

**1927:** In Switzerland the citizen of Biel Edouard Fankhauser founds the "Organisation Naturiste Suisse" (ONS).

**1929:** Some people gather around Albert Lecocq at his office in Lille, where he works as journalist, and establish the close relationships with Marcel Kienné de Mongeot.

**1930:** Two doctors, André and Gaston Durville open a Naturist Centre, "Physiopolis", on the island of Platais, situated at the Seine between Médan and Triel-sur-Seine in Yvelines, where the 1st Naturist Congress takes place. At those days naturist clubs practice therapies based on the healing properties of the sun, the sea and the wind, nudity being the best way to have contact with these elements.

**1931:** Dr Fougerat de Lastours highlights the spectacular results achieved by solar hygiene. Constitution of the Austrian Federation Creation of CGF: "Club Gymnique de France" at Villecresnes, which still continues today. Albert Lecocq founds the CGN (Club Gymnique du Nord) at the Fort de Seclin, near Lille. Albert Lecocq joins Marcel Kienné de Mongeot and his ideas. Keen of the social naturism he directs the practice of naturism towards the wild sites and the camping grounds.





**1932:** Foundation of the village Heliopolis on the Île du Levant (Var) by André and Gaston Durville.

**1933:** By a decree dated 3<sup>rd</sup> March 1933 Goering banned all swimming and other outdoor activities in nudity on the German territory. The majority of naturist publications and magazines were destroyed.

Albert Lecocq creates the CNGN (Club Naturiste et Gymnique de Normandie) on 28th October. Albert Lecocq marries Christiane Esterman.

**1934:** Opening of the first naturist beach in Croatia.

**1935:** In Germany certain sites were returned to the naturists, authorizing them to practice sports and sunbathing in the most natural apparel.

**1936:** With its social reforms and the enthusiasm for the outdoors the "Front Populaire" inspires Albert Lecocq with "popular nudism". He sees the foundations of a social naturism, taking up the principles of regeneration of man of Kienné de Mongeot, according to the natural laws of the doctors André and Gaston Durville (founders of the city of Heliopolis on the Île du Levant), thanks to the heliotherapy recommended by Dr. Fougerat de Lastours.

Léo Lagrange (1st Assistant Secretary for Sports and Leisure) officially recognizes the utility of the naturist movement.

**1939:** The first Naturist Olympic Games take place on the site of the ONS (Switzerland).

**1942:** The Nazi regime decides to legalize naturism in Germany. Nude swimming is permitted again: a new decree is published authorizing the naturists to take off clothes on the beaches and at the borders of the lakes, to the extent that they are certain not to be seen by other people.

**1944:** Albert and Christiane Lecocq create, in hiding, the "Club du Soleil" à Carrières-sur-Seine, thanks to the contribution of "Vivre" of Kienné de Mongeot, with the idea one club for each city, one site for each club. The national vocation of the Club du Soleil does not take long to manifest itself. Carrières-sur-Seine hosts numerous French and international events.

**1949:** Albert and Christiane Lecocq create the magazine for naturist information intended for the general public, "La Vie au Soleil". 60 years after its creation this magazine still is the emblematic organisation of the naturist milieu.

**1950:** On 19<sup>th</sup> February Albert and Christiane Lecocq found the French Naturist Federation (FFN). It sets the concepts of naturism, its normal objecti-

ves, its rules of conduct and its statutes. The entity was established with the fundamental principle that all the clubs would group together under one single federation. The basic idea expressed by Albert and Christiane Lecocq was: "By naturism we mean the set of rules that bring the individual person closer to a natural life". Within 5 years the number of affiliated associations grew from 9 to 86.

On 23<sup>rd</sup> July Albert and Christiane Lecocq, with the help of the Club du Soleil de Bordeaux, found the "Centre Hélio-Marin (CHM) of Montalivet", a naturist leisure complex north of Bordeaux, on 100 ha of moors and dunes, (soon expanded to 170 ha). France and Croatia become the first countries to develop the concept of naturist commercial resorts.

**1953:** Albert and Christiane Lecocq create at Montalivet the International Naturist Federation (INF-FNI), which brings together the Federations of all the countries, recognized for their practice of family and organized naturism. The DFK (German Federation) officially becomes a legally registered association.

In August the 3<sup>rd</sup> Naturist Congress takes place at Montalivet, Gironde.

**1954:** Albert et Christiane Lecocq found Socnat (Société de Financement des Centres de Nature), a professional and financial entity, intended to ensure the economic development of the naturist holiday resorts.

**1956:** René OLTRA meets Albert and Christiane Lecocq at Montalivet and creates together with his brother Paul the naturist camping ground of Cap d'Agde, similar to the Centre Hélio Marin of Montalivet et names it "Centre Hélio Marin René Oltra"

## Events April

### 08.04.2019 Water Polo Tournament

#### **Paris, France**

The ANP (FFN) is organizing a water polo tournament at the Roger Le Gall swimming pool on Monday, April 8th at 9pm. For more information, please contact: [laurence.luft@gmail.com](mailto:laurence.luft@gmail.com)

### 13. - 21.04.2019 ENY Youth Skiing 2019

#### **Piller, Austria**

For further details, please check our download under ENY-YOUTH 2019. For more information, please contact: [eu-youth@inf-fni.org](mailto:eu-youth@inf-fni.org)

### 27. - 28.04.2019 Sziki Opening Weekend

#### **Szeget, Hungary**

Organized by FENHU, Contact: [info@natours.hu](mailto:info@natours.hu)



**1957:** Albert Lecocq creates the association Arena (Art and Nature).

**1959:** Foundation of the Belgian Naturist Federation (FBN).

**1961:** Albert and Christiane Lecocq open the centre "Héliomonde " at Saint-Chéron (Essonne), the largest naturist site in the Île de France (47 ha) on the former sandstone quarry from where the pavements of Paris were extracted. Members of the French Volleyball team train there, under the leadership of Christiane Lecocq, who practices competitive volleyball. Sports in nudity hold a big place then. The "Cortey-Cup" sends the best clubs to tournaments for meetings in France and abroad (swimming, archery, table tennis, volleyball).

**1964:** Albert and Christiane Lecocq create "Nauténa" (Boating and naturism) and the "Naturist Sports Union".

**1967:** Albert and Christiane Lecocq establish a Social Naturist Development Plan that aims to transform a closed society into a dynamic movement, integrated and socially accepted.

**1969:** The Interministerial Mission for Tourism Development of the "Littoral du Languedoc-Roussillon", named "Mission Racine", assigns a district of the new resort of Cap d'Agde to naturism.

On 31<sup>st</sup> October Albert Lecocq dies at Carrières-sur-Seine.

**1974:** On 29<sup>th</sup> January the "Mission Racine" decides the creation of a naturist complex at Port Leucate.

At the XIV<sup>th</sup> Congress of the International Naturist Federation of Montpellier, which takes place in the centers of Agde and Sérignan, the adoption of the international definition of naturism: "Naturism is a way of life in harmony with nature, characterised by the practice of communal nudity, with the intention of encouraging self-respect, respect for others and for the environment."

**1983:** On 28<sup>th</sup> October the French Naturist Federation receives the approval "Association de Jeunesse et d'Education Populaire" from the Ministry of Leisure, Youth and Sports.

Municipal pools open slots for practitioners nearly everywhere. In Paris the city administration opens a slot for naturists at the city pool Roger le Gall.

**1986:** The French Naturist Federation signed a convention of objectives with the Ministry of Tourism and joins the "Maison de la France".

**1993:** The "Maison du Naturisme" opens at Paris.

**1989:** At the initiative of the French Naturist Federation creation of the "Club Français du Naturisme d'Atout France", the agency for development of the tourism in France, dependent on the Ministry of Tourism.

**1999:** Christiane Lecocq stops with the table tennis competitions at age 88, "By reason", she will say later!

**2008:** On 11<sup>th</sup> September the Conseil Municipal de Leucate (Aude) decides unanimously to give the name "Albert Lecocq" for a new road of rue de Port Leucate; connecting the naturist villages of Ullyse, Eden and Les Mas de la Plage. The sign will be placed in October, almost day to day on the date of the 40<sup>th</sup> commemoration of the decease of Albert Lecocq. With high emotion Christiane Lecocq herself will unveil the street plate bearing the name of her husband, with the presence of the representatives of the city of Leucate, the French Naturist Federation and the inhabitants of the Naturist Village of Leucate.

**2014:** On 24<sup>th</sup> December Christiane Lecocq passes away at the old people's home Mapi at Chatou, at the dawn of her 104<sup>th</sup> year. Her funeral takes place at the church Notre Dame of Chatou and she is buried at the side of her husband Albert Lecocq, who died an 31<sup>st</sup> October 1969.



## FRANCE, THE WORLD'S FIRST NATURIST DESTINATION

3,5 million regular practitioners, whereof 1,5 million French and 2 million foreigners, live naturism each year in France (5,8 million of practitioners in Europe and nearly 16 million regular naturists worldwide), 11 million people are willing to try the experience (survey by Atout France executes in 2010).

6%, being nearly 4 million French people have already spent naturist holidays. 459 sites dedicated to naturism, whereof: 155 institutions hosting holidaymakers, 154 associations, 16 regional delegations, 73 authorized naturist beaches, whereof 9 beaches at the borders of rivers and lakes, 35 lodges and guest houses bed and breakfast, 24 city pools with a naturist zone, 2 naturist harbours: Cap d'Agde and Port Leucate, situated at the Mediterranean.

20.000 plots in outdoor accommodations, 60.000 available beds, 8 million overnight stays, 3.000 direct or indirect jobs, 300 million euros of annual turnover, 40% of naturist sites offer a natural swim area, 40 naturist sites offer fishing, 40% of naturist sites are established at less than 50 km away from thermal baths. 2 direct city managements: the naturist zone of Cap d'Agde and the Île du Levant. The first French naturist regions: Languedoc-Roussillon followed by Aquitaine.

France confirms its first place as a world naturist tourist destination and offers the largest naturist accommodation capacity in Europe. The establishment of holiday centers is registered in the most attractive regions for the tourists. The 5 regions of the Great South alone offer 15281 accommodation units (without counting the naturist housing estates of Cap d'Agde (34), of Leucate (11) and the Île du Levant (83):

**Languedoc-Roussillon:** 24 sites hosting holidaymakers, whereof 22 camping grounds (6475 lodging units - 5586 camping plots and 889 rental lots).

**Aquitaine:** 14 sites hosting holidaymakers whereof 12 camping grounds (4535 lodging units whereof 2769 camping plots and 1766 rental lots).

**Provence-Côte d'Azur:** 23 naturist sites, whereof 16 camping grounds (1780 lodging units whereof 1431 camping plots and 389 rental lots).

**Corsica:** 7 camping grounds (1451 lodging units whereof 760 camping plots and 691 rental lots).

**Midi-Pyrénées:** 15 camping grounds (1000 lodging units whereof 885 camping plots and 115 rental lots).

With a capacity of 20.000 accommodations, 60.000 beds plus 8 million overnight stays, the naturist tourist sector represents an annual turnover of 300 million euros, for about 3.000 direct and indirect jobs. In France 3,5 million holidaymakers live Naturism. Among them nearly 60% foreigners come to France, which is considered as "the cradle of Naturism".

The sites for naturist life offer a large variety in their structures, their equipment and their surfaces (from 1 to 340 ha). Here nature is particularly protected and the environment is laid out for an ideal practice of naturism. The choice is large: from a plot reserved at a camping-caravanning ground to a rental housing.

### The leisure activities and the offered facilities meet the pleasures of the holidaymakers:

- offers for sports: pools, golf courts, tennis courts, horse-riding centres, biking trails.
- relaxing and fitness and health facilities: saunas, hammam, gym, thalassotherapy, balneotherapy.
- comfort offers: shops, restaurants, culture, rentals.
- cultural offers: arts showrooms, craft workshops, libraries, movie theatres, conference rooms.
- local touristic offers.

## LE BETULLE Villaggio Naturista

Near the Alps, at 25 km from the center of Turin, 20 minutes from the airport Caselle. Caravans, plots for Recreation Vehicles and tents, completely equipped bungalows, caravans with chalet.

Pool, solarium, jacuzzi and sauna. Clubhouse restaurant, petanque, mini-tennis, table tennis, Volleyball. Mountain bike circuits and trails in the Park Mandria

**Sights:** Venaria Royal Palace and Park, St. Michele Abbey, Rivoli Castle, Mole Antonelliana, Egyptian Museum, Piazza S. Cario, Basilica of Superga.

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# „Interview mit... THE NATURAL CURAÇAO A paradise with Belgian Finesse“.

On 1<sup>st</sup> October the moment finally arrived. After a long search for the right location, Judith and Kris could call themselves the proud owners of a little paradise, in the middle of nature on the beautiful island of Curaçao in the Caribbean Sea. Curious as we are, we have contacted them to get to know them during this interview.

## **The newsroom:**

### **How does a Belgian couple end up in Curaçao? Isn't this Dutch territory (laughing)?**

Kris: The slogan "Limburg citizens are citizens of the world" certainly applies to us. Both professionally and in our spare time we lived in and visited different countries. I visited Curaçao the first time in 1991, so almost 30 years ago. The island always attracted me. Even after Curaçao became independent on 10th October 2010 it continued to be a cultural and tourist attraction. We can thus no longer speak of "Dutch territory". Our customers are mainly American, Canadian and European. Papiamentu is the local language but 80% of the people speak fluent Dutch. The island scores on many fronts: beautiful nature, the most beautiful beaches and many colonial beaches capture the imagination.

Willemstad has been recognized by UNESCO as a World Heritage Site and will be remembered by every visitor.

### **The newsroom: The Natural Curaçao is a clothing-optional resort. Why this choice?**

Judith: For us it is really important that everyone feels welcome. We have noticed that even with couples: one likes walking around naked and the other one doesn't. We and our customers respect that and that is important. On holiday you need to feel great – and who can determine that better than yourself. We want to stress, however, that almost 4/5th of our customers opt for nudity.

### **The newsroom: So... we can't consider The Natural as a "classic" naturist park?**

Kris: That is correct. We want to put the emphasis especially on peace and nature. And walking around naked fits the picture, of course. Naturism goes together with peace and nature. Recharge your batteries carefree and in complete freedom. If you look at our location on the island, it is really perfect: surrounded by nature and yet close to the beach, a beautiful natural park, shops, etc. You can reach the capital by car in 20 min and there are no traffic jams. It's really important for us that our visitors get an extra vitamin cure and can go back home with fresh ideas and a lot of energy. That's

what holidays are for, no? We are currently embarking on a new concept paying a lot of attention to inner peace, mindfulness thinking and resourcing. We work with someone who has a lot of experience in this area.

### **The newsroom: On your website you talk about low, middle and high season? Is this based on the weather?**

Judith: No, not at all. This distinction is based on customer demand. The winter months are almost always fully booked because people want to leave the winter cold behind. For example, at this time we are almost fully booked. Bizarre actually, because essentially these are the months when it rains mostly but a rainstorm lasts only 30 minutes here. The temperatures are actually the same all year round, typically with sultry nights. The temperature never drops below 23 degrees. The resort is surrounded by nature, but the wind ensures that we don't suffer from mosquitoes. Also, our glamping-tents (safari tents on the website) are for that reason very much in demand.

### **The newsroom: You make us curious. Where can we find more information and how can we book?**

Kris: You can find all the information on our website [www.thenaturalcuraçao.com](http://www.thenaturalcuraçao.com). To make it easy for our European customers we have created a Belgian account number so they don't have to pay extra charges when they use their credit card.

To book you can send an e-mail simply to [info@thenaturalcuracao.com](mailto:info@thenaturalcuracao.com). You will receive a price suggestion in EURO.

For other partners of the Federation of Belgian Naturists consult our website <https://www.naturisme.be/>



# 47<sup>th</sup> ALPE ADRIA NATURIST MEETING

CAMPING  
ADRIATIC  
by Valamar

Solaris  
Camping  
Resort

## 09.-16.06.2019

For the 47th time, naturists from all over the world gather to participate in sports competitions. Table-Tennis, Pétanque, Chess, Pedal boat, Beach Volleyball, Cross....

For the first time exciting workshops like Yoga, Sound meditation, Qui Gong and Creative Dance are waiting for the participants.

We are expecting numerous registrations, exciting games and live common days under the sun of Croatia.

### INFORMATION AND ENROLLMENT:

Jean Peters: [vicepresident@inf-fni.org](mailto:vicepresident@inf-fni.org)



Join us!

