

Bare Facts

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38° 58' 7" North; 95° 47' 56" West

The Buff Astronomer – April

I hope you are ready for some treats this month on nights with cloudless skies, because our Moon and planets have a great time in store for us. April's skies bring us the chance to see the red planet better than we have seen it since 2007. Mars reaches opposition (nearest us) on April 8 and its brightness will match our brightest star, Sirius. It should be visible from dusk to dawn at that time near the constellation Virgo.

Jupiter remains high in the sky near Gemini and will show off its colors and moons all month. A half moon will be near Jupiter on April 6. Saturn will rise around 10:30 PM and, in late April as it approaches opposition in May, will shine at magnitude +0.1 with its rings very visible angling around 22 degrees. Venus is still the morning star and is only around 10 degrees above the horizon at sunup.

The moon will show us a total eclipse on the night between April 14 and 15. This is the best chance to see a total eclipse since 2011. In Central Daylight Time the total eclipse will be around 2AM, but the start of eclipse is after midnight at 12:20 and ends at 5AM. Totality should last over an hour.

What a great display our solar system puts on this month. Please keep looking up to the skies with your Buff Astronomer.

Amazing Progress By Winter Warriors

Our elite squad of Winter Warriors have mobilized several times this Spring with amazing results. Long time supporters will notice some of the improvements immediately; some are less obvious.

Most noticeable is the new trail below the dam. We completed connecting it with other trails this weekend. A generous contribution from Richard put this fund over the top allowing us to hire the proper equipment to complete this and also make very substantial progress on the West Road.

It is important to remember this is a new trail. Wear foot gear when walking on it. When Spring arrives, trekers should expect poison ivy on or near the trail. We will be working to bring it under control this season as well as bringing the trail up to the standards of our other trails. Thank you, Jeff, for your assistance with some finishing touches.

Because of contributions from a few individuals on our board plus that of Richard, North Road rounded the corner and is headed south on the west side of our special place. Based on our very crude surveying, we believe it is about half way to the south end terminus.

Ralph, who has plenty of responsibilities caring for his own land spent an afternoon helping to bring our Cedars on the west side under control.

We thank all who have contributed their time and/or money this winter to make our special palace truly amazing.

First Visit Report From Our Newest NUT

I had an amazing time! I walked down every trail (some twice!), did some yoga on the docks over the lake, and got a lot of sun especially in places I've never had sun before, haha.

I left at about 3 thoroughly satisfied with my visit. I only saw one other couple while there – an older gentleman and his African-American lady-friend. I'm guessing you may know them. We crossed paths on the trail, exchanged how-do-you-do's, and continued on our respective ways. They were both clothed and I was naked, so I'll have to admit it was a little strange and nervous for me since I'm not used to this, yet.

I would love to meet other people from the group and make some new friends sometime, but I'm embarrassed to admit that when I have this nervous feeling other people are watching me naked, I get an erection. There's nothing sexual about it at all, but it's still kind of embarrassing that my body reacts this way. I guess it's because I, like many people, was raised being told that being naked socially is taboo. Maybe if I make some friends in the group I feel comfortable around then this won't be a problem anymore.

I'm still new to this, haha, but I can't wait to come back and hopefully meet some people as friendly and inviting as you. ... and I hope my nervous problem won't offend anyone.

Thanks again for a great day!

- Jeff

[We're glad you enjoyed it. Hint: a towel can be very handy.]

Items We Need

Please see our website at lakeedun.com for more details.

- ! Non-motorized boats
- ! Concrete pavers
- ! Lawn or lounge chairs
- ! Large water storage tank
- ! Plastic barrels
- ! Wooden Cable spools
- ! Aluminum cans, etc

DON'T FORGET

- Apr 2; Wed; 7-9; Sauna
- Apr 11; Fri; 8-10; Sauna
- Apr 12; Sat; 12-4; Work Day
- Apr 12; Sat; 4-6; Board of Directors
- Apr 13; Sun; 12-4; Work Day
- Apr 13; Sun; 7-9; Sauna
- Apr 19; Sat; 8-10; Sauna
- Apr 23; Wed; 7-9; Sauna
- Apr 30; Wed; 7-9; Sauna
- May 4; Sun; 12-4; Work Day
- May 4; Sun; 8-10; Sauna
- May 9; Fri; 8-10; Sauna
- May 10; Sat; 12-4; Work Day
- May 10; Sat; 4-6; Board of Directors
- May 17; Sat; 12-3; Open House
- May 17; Sat; 8-10; FINAL Sauna
- May 23-26; Memorial Day Weekend

Count Your Blessings

It's good to hear from naturists around the world to gain from their experience and circumstances. Access to public lands and beaches isn't only being under assault in America. This gentleman speaks of what is happening in New Zealand and everything isn't going well for naturism there. [Ed.]

I can understand why so many people want, or are forced, to enjoy their naturism (for want of a better word) in private and keep it a secret. But the thing that seems to be getting forgotten here is that you are in a very privileged position: many of us do not have access to a private home where we can live the way you do. We are, therefore, reliant on public spaces and the 'naked ramblers' of this world are the fighters on the side of the angels.

You cite the situation in Britain as if there is nothing for anyone to worry about as long as they behave themselves, but the evidence worldwide, (and I'm doing a Ph.D. on this) is that we are fighting a rear-guard action to hold on to what we have. The right to go nude in certain places, including our own homes, was made possible by people in the past fighting for it, and there is plenty of evidence that the social norms that now make this possible are being rolled back.

Just this week, one of our nude beaches here in Auckland has made the news yet again for all the wrong reasons, and the only reason it's still going is because every time something like this happens (and it happens a lot) the more vocal naturists get involved to try and broker a peace.

Enjoy your passive naturism while you can, and have the luxury of being able to do so. BTW, I don't shout from the rooftops either but am quite vocal in my belief and enjoy a certain degree of privilege by virtue of it being my research topic.

Learn more. Click [here](#).

Sidney Skinny Dip

This is a great article. The author gets it. The reason is the author isn't a newspaper reporter, but someone who is working to help women overcome body image problems as founder of Body Image Movement in Australia.

Apparently around one thousand participants gathered for the event. I'm sure a lot of them were naturists, but obviously not all were. From the article, it appears a number of them were impacted very positively.

This includes some ladies that had mastectomies. It is likely others also experienced a joyous exhilaration from their nude swim. Such an event provides the opportunity for a lot of people to overcome their fears in a crowd and not feel they stand out. Then, they discover just how good it feels and then realize how freeing their nudity is. The outside world didn't change, but their inner consciousness did.

It may well be true that the participants were not a representative sample of the Australian population. The fact that they showed up may indicate they were open to "risk or adventure" to a degree more than those that stayed home. So what?

People who otherwise would never have given a thought to being nude in public were given a valid reason to give it a try.

The result was a marvelous discovery, perhaps even life changing for some. What more could you ask for? [Ed.]

"In the course of one day my life has changed forever. I am a better human being; I have experienced more joy than I'll ever be able to express. I didn't get married, I didn't save someone's life, nor did I rescue a small animal. I simply took my clothes off and swam in the ocean with more than a thousand strangers."

The Sydney Skinny is an event like no other; it is the world's largest nude ocean swim and happens each year at the stunning Cobblers Cove in Sydney. The event is a celebration of body acceptance and encourages participants to reconnect with their sense of adventure.

"When I got to the beach, the first thing I saw was a penis. Yep, a man's penis and oddly, it wasn't my husband's. Then I saw another, and another and another. Within minutes, a penis was a penis and a vagina was a vagina, and we were all just human beings. Nothing more: Nothing less. There was nothing scandalous, nothing dirty or creepy, and nothing remarkable.

"I eased myself into the water and immediately felt a sense of release, pleasure and freedom. The feeling of the water on my skin as I glided through it was delightful. The endorphin rush of being unclothed and doing something I had never done before was magical. This was life, and I was living it.

"I was in the zone that sadly, we rarely experience. I was out of the comfort zone and basking in what I describe as the sparkle zone. I felt utterly euphoric and deliriously happy.

"And I wasn't alone. I heard people squealing with joy exclaiming, 'I never want to swim with clothes on again!' and I saw others joyfully hugging as if they had just been reunited after a lifetime apart. There were high fives, people laughing and people rejoicing.

"... Could participation in the event be the 21st century's non-religious "psychological cleanse" that helps individuals lay their body image demons to rest? Is it possible to walk into the water with body image worries and walk out with an undeterred commitment to learn to love and respect your body more? I believe so.

"Amongst the thousand people who were there on the day, I didn't hear one person judge another. I didn't hear one person complain about their stretch marks, cellulite or jelly belly. People were just people; there were no barriers, there was no discrimination or prejudice. People were kind to themselves and kind to each other."

For the full article click [here](#).

The Beauty Of Art

The temptation is always to detach interest from the person and attach it just to the body, but real beauty isn't simply skin deep, and the intention, sometimes the achievement of art is to express, through depicting the body (form), the splendor of embodiment – a being freely expressing the joy of being through that form and the grace of life itself".

– Roger Scruton on Beauty.

Nude Light

You may be aware Spain is one of the more naturist countries in the world. Their constitution protects nudity. Of course, this is far from meaning the majority of Spaniards are naturists. Fortunately many Spanish beaches are clothing optional.

The following essay is an ode to the joys of nakedness in nature and the healing this experience can bring to all who partake in the adventure of naked self discovery.

The writer highlights themes of innocence, serenity, cleansing, fulfillment, and freedom made available when nude in nature. He sees this as, "...recovering the beloved childhood." Indeed, probably all of us can relate to this sentiment when walking the trails or sunning on the beach at Lake Edun. This is a truth the textile can't imagine, nor believe is possible. The dark shroud of learned fear and shame of the exposed body overwhelms their consciousness. As the saying goes, "None are so blind as those who will not see."

The author sees in naturism an antidote to self centered, superficial, and deadening consumer culture. There is much of value to be learned from the simplicity of nudity. The humility of vulnerability coupled with the strength to reveal our outer self to better know ourselves and respond with openness to others is all there waiting when we remove the mask of clothing. [Ed.]

"Recovering [the] lost innocence of nakedness – sometimes in life, the time becomes present: deep present, just present. . . When It happens, human consciousness feels plenitude. There are a lot of ways to reach plenitude. Putting our naked body in touch with natural elements is one of those ways. . . when our body is naked, all the senses form just one sense. . . When It happens, we feel plenitude. If we recover [the] serenity of nakedness, we will also recover the innocence we lost when we started to wish [for] money, power, prestige, and pride. . . Being nude in nature means recovering the beloved childhood.

Nakedness is like a sunlight which awakes us from a nightmare; the nightmare of consumption's civilization; the nightmare of utilitarianism. Nakedness is a peaceful and liberating revolution . . . The key to achieve dominion over instincts is not the concealment of human body, but its knowledge. . .

The more we hide [the] human body, the more it becomes perturbing reality. Human spirituality needs to recover the lost ground of the body's beauty. Human spirituality must . . . contemplate [the] body as a natural reality. . . nudism can be a vaccine against the use of human body as a consumption's product. . . nudism allows us to recover [the] natural aesthetic that has evolved in Earth since the beginning of time. When [the] human body is naked and free in nature . . . It shines as the most beautiful image in the whole universe, the most serene, the most elegant . . .

Nudism allows us to enjoy [the] natural elements with all our senses, with all our skin. It allows that we . . . feel free and beautiful. It allows that we humbly accept the dress [the] universe has sewn for us. It allows we discover our companions, free of fears. It allows us to be accepted by companions as we really are. It allows us to be conscious of present time,

and to live [in the] present time without longing for any future. It allows we educate our daughters and sons with the idea of freedom, free of fears, free of fetishism, free of disproportionate valuations of body's parts. . . when we are naked in nature, we are not visitors, we are part of [the] landscape." – Jeremias Soler

Follow it yourself [here](#).

It's A Cultural Experience

Travel, as they say, is a broadening experience. An intrepid 60 something American woman tells the story of when in Germany, do what the Germans do – go to the baths. While she is no stranger to nude soaks in rural hot springs in the U.S., it's quite another thing to do so with a bunch of strangers, or maybe being among strangers makes it easier.

What made this story of interest were the final two paragraphs. In a few lines, the author realizes she had experienced a transformed consciousness. No longer was she focused on being naked, in fact she was just a body among other bodies and it was no big deal. She values this realization as a positive she recommends to others as a way "...to get over ourselves." In any event, here is a condensed version of her account. [Ed.]

It's tough for many women to go naked in our 60s. The once perky parts slope downwards. There are stretch marks and cesarean scars, droopy tummies and thighs that move at their own pace. In U.S. society, while the young and firm can parade in thongs, there is no place for real bodies. Maybe it's because our society equates nakedness with sex, with sex reserved as the playground of the young and fit. Older, chubby or saggy bodies are, well, unseemly. Pass a certain age marker and, unless you're a media-star, keep it covered....

And then I went to Germany. More specifically to the baths of Baden-Baden which are usually co-ed and naked.

I had more soaks, hot and warm, with a frigid dip for contrast. Then the finale... a rotunda lined with high beds... whispery quiet... where I lay down as an attendant with strong hands and gentle eyes wrapped me in blankets. I felt my eyes closing, drifting off. I was in a cocoon. There was no tension remaining in my body. My skin felt pink and new. Every muscle was at rest. The air was soft to breathe. I could have stayed there for hours...

Strolling back to the locker room, I felt content. No, more than that, I felt delicious. I realized that somewhere between pool #7 and pool #10 I'd forgotten I was naked. I was just a body among bodies. Big bodies, trim bodies, 30-something to 70-something bodies. Nothing special. No shame, no glory. No big deal.

It was a healthy reminder. We should all get naked with a bunch of strangers sometimes to see who we really are, to curb our self-preoccupation, to get over ourselves....

The full article is [here](#).

When you find a burden in belief or apparel, cast it off.

– Amelia Bloomer, 1850's proponent of women's equality and body acceptance

A Plain And Simple Truth

Have you ever wondered why some people find the truth so difficult to grasp? Our language points to the reality that truth frequently tends not to be overly complex. Every time we use expressions such as, the plain truth, the unvarnished truth, the simple truth, the naked truth we point to a reality about the nature of truth. The truth is out there, right in front of us, if we have the courage and clear sightedness to apprehend it.

Sadly, there is much that gets in our way, clouds our vision, obscures our sight, and the truth is rejected or ignored. On the path to learning the truth we too often are detoured by myths, misinformation, and the misguided.

Fortunately for us all, some do come upon the truth almost by accident, or at least serendipity. We welcome this as their discovery benefits us all. Such is the case when someone new delves into the recent phenomena of nude yoga which has generated a flurry of at times breathless, “Can you believe what I just did?” stories.

What intrigues me is that suddenly yoga, after a century of practice in this country, has become an entry point for people to experience social nudity. No way would you have forecast that ten years ago. Nor is there a direct link to traditional naturism behind what is happening around the country with nude yoga.

Just the same, this new development is tapping into something that has been there under the surface, but now is going public. At the same time, the atmosphere and values described are very much in keeping with what historic naturism has said all along.

Just look at the following summary of a report written by a Canadian student after participating in just one nude yoga class. Pretty amazing stuff! Point after point could be lifted out of published stories that are parallel to what has been written about naturism. Free body culture has a way of breaking through the staid and ordinary for a new audience, no matter how repressive society becomes. [Ed.]

“Students can become quite vulnerable in a yoga class, regardless if they are wearing clothing, and towards the end of the class it’s not uncommon for them to cry or to have a bit of a meltdown,” Delahunt explained. “I didn’t feel that I would be able to hold the same kind of space if I’m handing them a tissue and I’m naked.”

She said that a large benefit of a nude yoga practice is the self-awareness and acceptance that is gained through the practice. Students dealing with body image and weight issues have turned to nude yoga as a way to approach and overcome their tribulations. It’s more of that self-acceptance; you can’t hide from it, right?”

“Embrace it as an experience, know wholeheartedly that yoga as a practice can sort of loosen up all kinds of feelings in your body whether it’s feelings or sensations or emotional experiences,” she said. “The practice itself offers so many benefits.”

“A return to innocence is how I heard it referred to. I mean it’s definitely outside lots of people’s comfort zones, and I think people have arrived on their mats to take this course for that reason.”

The moment we began I felt transported. Even though I acknowledged the other naked bodies around me, there was no sexual tension in the room.

...the rush or anxiety I felt about being naked in public for the first time seemed to wash away. All I was left with were myself, the moves and the steady rhythm of my breathing.

After the first few moments of being naked the novelty vanished. Perhaps the reality of knowing that everyone has a body underneath their clothes, female or male, is reinforced in nude yoga.

I was suddenly very aware of my mortality, and the mortality of the people around me. The fact that we are all fragile humans with skin, hair and teeth and that we are not on this earth for long became reinforced when faced with what is underneath.

I spoke with the student who had suggested the nude yoga class earlier. He said, “We were all born naked, we’re all just bodies,” describing the inclusivity and simplicity of nude yoga practices. He added that sexuality doesn’t play into any factor of the nude yoga practice. “It’s kind of beautiful,” he said. “It’s like come one come all, we’re all the same underneath our clothes.”

The article is [here](#).

Bottle Of Wine, Fruit Of The Vine

Here’s a fun story from South Africa outside Cape Town. The winemaker for a small vineyard came up with a unique promotional idea for this year’s harvest and vintage. His idea: Do a nude harvest to convey the message that his wines are natural, with few chemicals and preservatives. Hand picking the grapes was done with the help of the Western Cape Naturist Association who provided eight willing pickers.

Winemaker Bertus Van Niekerk says he’s not a naturist, but he and his wife do like to visit Cape Town’s nude beach, Sandy Bay, at least once a year and he likes to swim “without my trunks on”.

His wife, Selma Albasini, an artist who designs the wine labels, said when her husband first told her about the nude harvest she said: “I’m not coming.” But come they did, wearing nothing more than hats, sandals and sunscreen.

The owner of the farm where the grapes were being harvested, stayed fully clothed for the event, but said: “I’ve known Bertus for four years and he always comes up with something. When he said he’d like to harvest the natural way, I said go ahead. It’s a great idea. Brilliant and quite unique.”

Read it for [yourself](#).

Complete nudity in itself is not erotic. It becomes so only when preceeded by or contrasted to a state of dress. In this limited context then, all clothes become somewhat immoral, if we define immorality as inciting sexual interest. Habitual nakedness may indeed be capable of elevating man to a higher mental plane...

– Dr. Marylenn J. Horn, *The Second Skin: An Interdisciplinary Study of Clothing*

Two Short Videos

Young Naturists America continues to amaze. I draw your attention to two short (too short?) videos produced by this organization. These are no “made in your parents basement” productions. These are high quality, dramatically beautiful videos that are high impact messages. What a great group of talented people advocating for naturism!

The first, [Nudism – What Nudism Is](#) by Young Naturists and Nudists America that packs two minutes and thirty six seconds with images, music, and text that makes naturism appear as vibrant, interesting, with it, and fun.

The second, [Body Image – Who Said Body Image Was Not A Real Issue!?!?!](#), tackles the subject of media driven impossible to reach standards of beauty and the devastating consequences this has for many.

Once again I am blown away by the power of the presentation and production values involved. These are must see videos to be shared with anyone you discuss naturism with. [Ed.]

Naked Yoga – Are You Nuts?

Ok, here we go again – nude yoga. However, after again reading the usual disclaimers that it has nothing to do with sex; when naked we are all the same; and nudity frees the person from negative feelings about the body. Naturists get that.

However, go further and scan the reader responses to the original article. A number of the more colorful responses are quoted below. They are very negative toward the whole idea of nude yoga. ‘Recoil in revulsion’ might be the phrase that best describes these and many other respondents emotional reactions.

Let’s face it; it is not possible to overestimate the general level of body phobia that exists in society. It matters not to this crowd that nude yoga originated among the original practitioners. Heck no! Its spandex or else!

Being nude is disgusting; death is preferable to nudity; nudity places a human on a par with an animal; you are odd if you are nude and only nudists, exhibitionists and egotists would choose to be nude with other people. Something else to never underestimate is the human capacity for being judgmental.

These views are deep seated, but obviously not quite as compelling to everyone as in the past since a small and possibly growing number of people do go to nude yoga classes. We have to remember that for something as taboo as nudity, societal change will likely be quite slow.

The other thing to keep in mind is that these are anonymous responses to a news article. This isn’t the same thing as talking to family or friends with whom you have a personal relationship. To take a stand for naturism requires the courage of your convictions regardless of the response from others. If anyone is dependent on the approval of others for validating how they live, then naturism is probably not a good choice to embrace. [Ed.]

One New York City yoga studio has taken yoga’s flexible principles to the next level by offering co-ed, naked vinyasa courses.

“There are a lot of things that separate us in a normal yoga class, like what brand of yoga clothing you’re wearing or how you look when you’re wearing it,” sates a naked yoga class attendee, “But when we’re naked, it’s like we’re all the same.”

As the studio writes on its website: “While many equate being naked with sex, this couldn’t be further from the truth in a naked yoga class. It’s about being comfortable in your own skin and the amazing confidence that comes with it.

“Practicing yoga naked frees you from negative feelings about your body and allows [you] to be more accepting and deeper connected with yourself and the world around you.”

Naked yoga has become increasingly popular in the United States since the 1960s, when it was a component in the hippie movement.

In 1975, the short documentary titled Naked Yoga was nominated for an Academy Award in the Best Documentary, Short Subjects category.

The practice of naked yoga, which is called ‘nagna yoga’ in Sanskrit, has been in spiritual rotation since ancient times, and is still practiced by religious figures in India.

And now, a sample of the largely negative reader responses:

Yoga of all things. Why do people need to ruin stuff? Why nude? It’s bad enough seeing the person in front’s builder’s bum in a leotard without having to experience full exposure during the sun salutation.

I’m in pretty good shape but would rather die than be seen doing that!!

I’m a big fan of doing those things that separate us from animals, like wearing

clothes in public.

Some things should just be done with clothes on. Yoga is most definitely one of those things.

That’s Disgusting!

It seems yoga attracts some very odd ducks. Nudists, exhibitionists, egotists...to name just a few.

Both the article and the comments can be found [here](#).

Despite its puritan roots, the U.S. has a long history of skinny-dipping. Social nudity is celebrated in the writings of Walt Whitman and the landscape paintings of Thomas Eakins. Benjamin Franklin took a daily naked “air bath,” while presidents John Quincy Adams, Theodore Roosevelt and Lyndon Johnson enjoyed a refreshing nude dip. According to National Geographic Magazine, John Quincy Adams (1825-29), the sixth President, customarily took a nude early morning swim in the Potomac River.

It is not possible to overestimate the general level of body phobia that exists in society.

Fashion And The Camera

It's said pictures don't lie, or seeing is believing. Of course, neither of these is true. Often, any commercially produced picture is a perversion of the truth. Think photoshop.

Beyond the pervasive use of photoshop techniques to create an idealized image, everything in an advertising photo is designed to manipulate us. It's so common we rarely notice what is going on in our minds. We respond in predictable ways to the photograph.

Nowhere is this more true than in fashion magazine pictures where psychology and technology are cynically combined in a devastating manner. The selling of images, and by that I mean illusion, is the stock in trade of the fashion industry. It's a business in which everyone is bought and sold from the model, to the behind the scenes workers, to the consumers.

The following brief essay deals with the photographic techniques used to enhance the appeal and draw the eye to what the industry wants you to see. Read the analysis carefully and notice the subtitle of the original article, "seeing enough to want to see more."

The author identifies the photographer's motivation: use body parts from the point of view of the voyeur. In so doing every reader of the magazine becomes a voyeur and the "person" of the model is dehumanized, having no face. Her body is to be consumed for the sexual pleasure of the anonymous viewer who in this process is also dehumanized. Nice trick, huh?

In contrast, naturists also publish nude photographs. However, the tone and technique is different than that described below. Whole persons are depicted and the viewer is invited to join in the scene honestly and openly. It's a sense that the viewer could be there too and engage with the person being photographed as a person, not as a sex object. Further, no fetish or sexual tension is discernible in the scene. [Ed.]

...there's plenty written in faces. Staring into someone's eyes to get a sense of what they're feeling isn't just a romantic cliché, it's a psychological reality.

That's why seeing a body without seeing the face that goes with it feels not only voyeuristic but incomplete – surreal, almost. Consciously or not, we're searching for what isn't there and our brain wants to know more.

That's part of what makes these photos so intriguing to look at. In a series of six photos, four give us a glimpse of a torso – a beautiful, toned, partially clad torso that should leave our eyes feasted and fulfilled. Instead the shots draw us on and the viewing isn't complete until the entire model is revealed.

The images featuring anonymous body parts are rather the more captivating – perhaps even more than the suggestiveness of the model scantily clad and leaning against a bedroom doorway... Either way, anonymous or not, what we're being given is a voyeur's view into something highly sensual.

Learn more [here](#).

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Membership Application Change of Address Form

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