

Bare Facts

Copyright 2005 Lake Edun Foundation, Inc.

Official Publication of the Lake Edun Foundation, Inc.

December 1, 2005

Box 1982; Topeka, KS 66601 • Voice Mail: 785-478-BARN • e-mail: benude@lakeedun.com • Website: www.lakeedun.com
38° 58' 7" North; 95° 47' 56" West

Road Takes Shape

During the past month, we have made substantial progress on our new road that will eventually give access to the West side of the lake. With just some minor additional work, Eduners will be able to drive close to Sunny Bares camping area. We expect to clear additional spaces for limited parking.

Until we are able to install a permanent culvert and spread rock, it will be a fair-weather road. But, for much of the time we use our special place, that should be adequate.

Future plans call for the road to be extended all the way to the west side of the lake. It will cross three creeks and will have a rock surface. It will also allow us to put port-a-potties on the west side of the lake and to run water.

In this rather primitive state, it will be a great addition. Once finished, it will open up some wonderful possibilities.

Increase In Membership Coming

It has been several years since the Lake Edun Foundation board of directors has authorized a price change in our membership fees. Since our last increase in membership fees, we have absorbed continual increases in the cost of electricity, disposal fees and general maintenance of our special place. With major improvements in the works, it was decided at our last board meeting the time has come to increase our membership fee.

As of March 15, 2006, memberships in the Lake Edun Foundation will increase by \$25. Specifics of this increase in fees will be in the next issue of Bare Facts. In the meantime, the board decided that all members would have the opportunity to renew their memberships early at the old price for not more than two years. Therefore, if you have the means you may find it to your advantage to renew early!

Ice Skating Season Is Coming

With cold weather upon us, we can be pretty sure the lake at our special place will freeze over at some point. However, it is difficult to predict exactly when this might happen.

Ice skating on our lake is fun and great exercise. In years past, a small group of Eduners have found it enjoyable to meet on the banks of our beautiful lake and spend the afternoon skating. Last year, the ice was particularly ideal.

When conditions permit, we will once again plan to enjoy an afternoon skating and, alternately, warming ourselves by a friendly fire on North Beach. If there is interest, we can also fire up the sauna. If you want to join us, be sure we have your email so we can let you know when this is going to take place.

Expanded Sauna Hours In January

Plan ahead! The Lake Edun sauna will be available for additional hours in January, 2006. In addition to our regularly scheduled sauna times on Saturday from 8-10, members and guests will be able to enjoy the sauna on Saturday from 6:00 to 8:00 PM on January 7, 14, 21 and 28. This means that the sauna will be available on Saturdays in January for four hours from 6 to 10 pm. If these earlier sessions are popular we may add it to the regular schedule.

The saunas have been great this season and with colder weather on the way they should prove to be even more enjoyable and healthful.

If you have questions or suggestions, contact Brad at SaunaBrad@yahoo.com.

New Year's Day Sauna

Any Eduners and guests interested in a New Year's sauna, We'll have the sauna going on January 1 from 4:00-6:00. It may be a great time to recover from the night's celebration and hopefully enjoy a Kansas winter sunset over Lake Edun.

Winter Projects

In addition to work on our new road, the Winter Warriors met once in the past month. Most of the time was spent clearing growth from the dam. A few more days working will make our special place even more special this Spring.

If you wanted to be counted among this elite group, don't despair. There are still plenty of projects to work on. Contact us if you would like to be notified when the Winter Warriors will march again.

Items We Need

- Tops for trash cans
- Wheel Barrow
- Chipper/shredder we can use about once a month

DON'T FORGET

Activities designated HN are sponsored by Heartland Naturists

Dec 3; Sat; 8-10; Sauna
Dec 10; Sat; 4-6; Board of Directors
Dec 17; Sat; 8-10; Sauna
Jan 1; Sat; 4-6; Sauna
Jan 7; Sat; 4-6; Board of Directors
Jan 7; Sat; 6-8; Sauna
Jan 7; Sat; 8-10; Sauna
Jan 14; Sat; 6-8; Sauna
Jan 14; Sat; 8-10; Sauna
Jan 20; Fri; 8-10; HN Swim
Jan 21; Sat; 6-8; Sauna
Jan 21; Sat; 8-10; Sauna
Jan 28; Sat; 6-8; Sauna
Jan 28; Sat; 8-10; Sauna

President's Corner

By: Ernie Cooper

One of the most asked questions we receive on our website is, "Are you guys still open?" The answer is, of course, yes, we are still open. We still exist. Our legal difficulties aside, we are still planning and preparing for the future. Our membership grew somewhat over the summer months as new members joined the Lake Edun Foundation. Unfortunately, as the summer ended some of our old friends have yet to renew their membership, so the number appears to be static. During the business meeting at the annual get together, we had a lengthy discussion about how to better fund the foundation. Several of the ideas are under serious consideration as of the end of November. We have contacted several individuals to help us with planning, identifying and marking of trees and shrubs at our special place. We have also started to collect bulbs to make several flowerbeds to make our visits to the lake more pleasing to the eye. Last but certainly not least, we have begun the road to the west.



We hope that by opening up the north and westside of Lake Edun our Foundation will gain new access to the camping and hiking trails that so few have availed themselves of in the past. We have cleared the trees and stumps from the first section of the road and placed a temporary culvert to allow us to cross the first small creek. It is hoped, that by spring we will be able to allow our members to drive down the road and park adjacent to Sunny Bares. You have read correctly, we will be able to drive to Sunny Bares, park and walk just a few yards to the campsite. The pictures should help you see what progress we have made to this point.

Some of the trees had stumps that were very difficult to remove. We all owe John a special thanks for bringing his Bobcat and donating his time to remove the stumps and set the culvert. We also wish to thank Tractor Dave for donating his tractor and time to the initial removal of the trees and to those of our membership who assisted the old fashion way, with bent backs! What we have accomplished so far has been entirely through donations of time and equipment, for which we are very thankful. We need to place gravel on the new road, donations are welcome for this next phase of the project.

I hope if any of you have the time to come to the sauna on Saturday nights, that you will take few minutes and walk down the new road. The next phase has begun!

I hope if any of you have the time to come to the sauna on Saturday nights, that you will take few minutes and walk down the new road. The next phase has begun!



From The Mail Bag

Hey folks,

Ernie, myself, and my black lab "Missy Moo" met out at Lake Edun where we finished taking out a lot of tree stumps for the new road that were very tenacious. A lot of trees have one big tap root. You get to that one and three is history. Not the case with our wonderful trees. They had roots up to a foot wide in all directions.

I thought Ernie and I were going to have to learn Chinese pretty quick. Well the Chinese may be a little stretching it, but not the roots. The best way to describe the work even with the bobcat was and is bone jarring.

After I got the stumps out I turned the bobcat over to Ernie so my body could take a break. Ernie and I also put a temporary tube in the first creek crossing. It would have been nice to see more people there, but oh well.

That brings me to another subject. If more members attended the meetings they would know that there is no money for the road they want so bad that will eventually lead to a water line and showers.

Yes we all want to better our retreat from the rest of the population, but few are willing to work for it or step up and donate MONEY.

I know we are all busy. Some of us just trying to keep up with the bills, but look at it like this. When I have my bobcat at the Lake I am not getting my usual per hour, yet the time and upkeep (mainly fuel), are still costing me. I think Ernie could find something to make him money instead of driving to Topeka also.

I am not complaining. We donated our time for something that we think is worthwhile. If you cannot donate equipment, then think about donating time and or money.

If you have questions about where the money goes from memberships, then please come to a few board meetings. You will learn quickly that it goes out as fast as it comes in just like at your house. There really is no money for the dirt and the rock that is needed, let alone the culvert tubes needed, and by the way we need four of those.

If you can use a pair of tree shears you can help build the road. If you can run a chainsaw or carry wood, you can help build the road.

As far as money let me ask you this. Can you miss a few sodas or whatever else just a few times?

Come on out to the lake or just drive by and you will see the difference a few people have made. Then think of what a lot of people could do.

Next spring, I also want you to look around your yard and see if you can find a few Iris or Lillys. Maybe even talk your neighbor out of a few so we can improve the way our entrance looks. I would like to see it improved so that when others drive by they think, "Hey, that looks nice," instead of, "Hey, that's where those darn naughty nudists are." LOL

I will bring rock and make some raised flower beds like I have done at a couple of places in Lyndon.

My fellow naturists this brings me to yet another subject. As you know, I brought in some rock to help preserve Carvers Crossing, but a bucket load at a time just does not cut it. I found a guy that will haul the rock at the low rate of \$60 an hour, but there also is no money for that.

If you know of someone with a dump truck or willing to place the rock, we need them also. We don't have to buy the rock, but we do have to get it there. I would even be willing to fill trailers and pickups if we have enough people to unload them.

My last subject is another appeal to you all if you enjoy Lake Edun, please do your part to help it. Remember there are still costs through the winter. It doesn't matter if you are there or not. The Sauna is there on the weekend for those who just want to help clean out the body and have a good time with others while doing so.

Also, in case you did not notice, we are having pot lucks at the meeting so come on in and bring a dish as well as ideas to raise money, or improve our great place we all enjoy.

John

It's Sauna Season, Again!

It's sauna season and once again I feel lucky to be a Lake Eduner with access to a wood heated sauna. Wood is the traditional Finnish way to heat the sauna. It creates a very pleasant atmosphere that is easy to relax in. Relief from stress is one of the main reasons to sauna. Some think the relaxation also boosts the immune system.

Sauna has other health benefits – some touted in tradition and others that have been proven through research. Two of the most commonly discussed benefits are skin health and toxic waste elimination. During sauna, your body responds to increased skin temperature by increasing blood flow through the skin capillaries. This allows more oxygen and nutrients to the skin. Many believe this leads to a younger, more healthful look. Many Finnish women swear by this.

Skin is a huge organ and is often referred to as the “third kidney” because of its waste elimination abilities. Sweat carries heavy minerals and acids that are toxic to your body. Approximately 1/2% of sweat contains these waste materials.

The kidneys do this most efficiently but skin can assist by sweating. Many believe that sauna induces a “false fever” that helps prevent or eliminate the flu and colds. Some health care researchers dispute this claim. My feeling is that it won't hurt, and it may help. So just sauna!

Companionship and good conversation are benefits of the Lake Edun sauna in particular. Our sauna is a place to mellow out and enjoy the fellowship of some great folks.

If you have questions about sauna please feel free to contact me at SaunaBrad@yahoo.com. If you would like to try sauna but the regular time doesn't work for you, contact me. I'll try to arrange my schedule to introduce you to sauna. You may enjoy it enough to make it a regular habit. If you are a Lake Eduner but haven't been to sauna, you're missing one of the best benefits of your support of the Lake Edun Educational Foundation!

The Naked Self

Chris Ferdinandi

Article removed at the request of the author.

Response

Mr. Ferdinandi makes some excellent points (portions in italics for emphasis, Ed.), only to veer off into conventional thinking at the end.

Upon further examination, Mr. Ferdinandi appears to have unwittingly stumbled on a truth and doesn't recognize that he has undercut his own argument. Here's what I mean.

Readers are urged to take off their clothes with the words, "Come on, don't be shy." Then in the next paragraph, he asks, are you the same person now...as you were when you had your clothes on? He answers, "Of course you are..." I would say, yes and no.

True, the body is the same, but that's to miss the real point, (which the author does). The urging to overcome shyness recognizes that the person is somehow different when nude. There's a different relationship to self when not following the clothed norm. The naked self (in our society), is in an undefined way, not right. This is an internal, psychological if you will, evaluation of the body causing

disease. (No, that's not a typo, Ed.). Suffice it to say, it is society that fosters this self evaluation, not an innate characteristic of humans.

I have no quarrel with what is said about how the clothing we wear affects who we are. My interpretation of this is that clothing frequently is a mask that we put on and take off to suit our needs. The only problem is when we forget that the mask is only a useful device and believe the mask is us. Or we believe that without the mask the unclad body is shameful, or creates bad behavior.

As the author says, clothing is part of self re-invention, reflecting how we perceive ourselves and affect how others perceive us. With keen insight Mr. Ferdinandi notices that in Western culture there's a great discomfort and self-consciousness in our own skin. We then use clothing to hide and alter what we have underneath. What we wear, he goes on to say, "...reflects who we are, what we want to be and how we want others to see us."

Unfortunately, Mr. Ferdinandi's imagination falters at this point. He seems to see no way out. Even though he sees through the superficiality of Western culture, the author makes the assumption that if we gave up the body shame and compulsively wearing clothes things wouldn't be much different. Obviously, he knows nothing of evidence to the contrary provided by over 100 years of naturism.

He assumes that suddenly body shape would be judged (it isn't already??), and the plastic surgery industry would enjoy a boom. Hello! Earth to Ferdinandi!

Naturism is about body acceptance. Clothing compulsion and attendant body shame fuels the plastic surgery industry, not naturism. Adopting a clothing optional lifestyle would in itself mean losing the fear and shame that many feel about their body driven by media fads that tell us how the "ideal" body should look.

To those who reject naturism, please understand, the human body in simple nudity isn't the problem; never was. The true problem is what we THINK about the body. The fear and shame we have toward the body is an understanding derived most powerfully from culture, not from documents of the Jewish and Christian faiths. That the behavior of many may be objectionable does not diminish the inherent goodness of the body whether nude or clothed.

The Real Moral Issue – Imposing Our Beliefs

By: Paul Hazelden

Over the years, I have heard various people arguing about the morality of nudity, and read various articles on the subject. Occasionally, the experience has been interesting and enlightening. Often, it fails to get past the "Nudity is wrong because I say so" on the one side and "Nudity is right because it feels so good" on the other.

I generally don't feel I have a lot to contribute to these debates. For a long time, it seemed to me that if I took my morality from the Bible, then there was no distinctive moral issue relating to nudity – in other words, the moral issues that did exist were to show love to the people we

meet: the issues are the same ones we face when deciding whether to cut another bar of chocolate, or whether to travel by bus or car.

Eventually, I found a distinctive moral question concerning private nudity: Is it right to heat your house so you can be naked at home? Is not the morally responsible act to put on more clothes and lower the thermostat? When asked to comment on the moral issues, I wrote this up as an article called "[The Real Moral Issue](#)" and thought I could lay the subject to rest. More recently, there has been a nagging feeling there really is a moral question concerning public

nudity I have been ignoring over the years. This is what I want to explore here.

In most of the mainstream naturist press, you constantly read statements by naturists saying they accept that nudity be restricted to certain locations because people have a right not to be offended by the sight of naked bodies.

But do they?

What gives people the right not to be offended? And, more specifically, what gives them the right not to be offended by what they see?

In general, I am very skeptical about all the talk I hear about peoples' rights. We talk glibly about 'human rights' and 'the rights of the child' while ignoring massive difficulties with the concepts. I find it much more constructive to talk about responsibilities.

For example, while I agree with the sentiment, I struggle with the claim that 'children have the right not to be abused'. It seems much more helpful to say that adults have an obligation not to abuse children, and to protect children from abuse.

Similarly, I really don't know what it would mean to claim that you have a right not to be offended. Somehow, the universe should order itself in a way that conforms to your standards and expectations? I don't think so.

Turning it around, I can at least understand the claim that I have an obligation not to offend you. But let's think about that for a bit. It seems to me that the moral principle that I should not offend other people is a relative principle, not an absolute one. It is more like good advice than a command. Given the option, try not to offend other people. It is certainly not represented to us in the Bible with the same unambiguous clarity as "Thou shalt not kill", for example.

And this makes sense. In social settings, particularly where there is a clash of cultures, it is often impossible not to offend some people. Try answering the question, do women have the right to abortion on demand? Whatever your answer, however tactful you may be, you will offend many people. And, sometimes, not answering the question is simply not an option.

It is not clear how I can avoid offending everyone – or, indeed, how I can avoid offending anyone. With moral issues, it is clear, I can avoid telling lies, and can avoid committing adultery, I can avoid murdering people. All these are things I can choose to do or not do, choices I can make. But when I offend you, the problem is not simply with what I do: it is with how you respond to what I do. And how can I know how you will respond?

This is not a problem most of the time for one simple reason: culture. Our culture tells us how to behave; it tells us what is expected, and what is unacceptable, what is normal, and what is offensive.

But there are many different, conflicting cultures in the world today. The way children speak to their parents, the way wives are expected to obey their husbands, how newspapers pry into politicians' private lives – these and many other details vary greatly from one culture to the next.

And this is the core of our problem: you offend someone when you go against their cultural norms and expectations. But cultural norms are not moral principles: it is not sinful to dress a baby boy in pink, but (in my culture) it is certainly not normal, not acceptable.

And the situation gets worse: some cultural norms are, within a Biblical moral framework, simply wrong. Take the practice of forced marriage, or of killing unmarried pregnant girls. Just because it is culturally acceptable, within a certain society, does not make it right.

And, let's be honest, some people seem to be determined to be offended, whatever other people do: listen to the Protestants and Catholics in Northern Ireland talking about each other.

So "Thou shalt not offend people" cannot be a moral principle. "Try not to offend people" is a sensible piece of advice, particularly when it applies to people you live with or see a lot. But, it is only that: Sensible advice, which will often be helpful. It does not help you distinguish between right and wrong.

Which leads us to the conclusion that nobody has the moral right that they should not be offended by the sight of a naked person. The naked person may not be acting wisely, or helpfully, but we cannot say they are acting wrongly simply from the fact that they are giving offence.

Can we argue they are acting wrongly on any other basis?

Another line of argument which is sometimes applied is this: It is wrong to force your beliefs upon someone else. You may believe that public nudity is fine, natural, healthy, appropriate and good. But that does not mean you have the right to force your beliefs upon someone who believes it to be dirty, disgusting, disturbing, offensive, ugly and immoral.

It doesn't take a genius to spot the error in this argument. Yes, it is wrong to force someone else to accept your beliefs, but simply showing someone a naked body does not force them to believe that nudity is okay.

I happen to find a common Christian practice, infant baptism, offensive. Yet I have friends who believe and practice this ritual, and every now and then I find myself present at a service of infant baptism. I behave myself, and do nothing to indicate my feelings on the subject. In asking me to be present at a service of infant baptism, my friend is not forcing his beliefs upon me – only asking me to accept him with his beliefs.

In the same way, you may believe nudity is wrong, but simply by being shown a naked body you are not being forced – or even asked – to change your beliefs. You are simply being asked to recognize other people sometimes have different beliefs than you. Surely, this is not difficult?

Occasionally, people use the argument that they consider the human body to be ugly, and they should not be made to look at it. This hardly needs answering. They may consider some buildings, or some people to be ugly, but they would not expect that this opinion of theirs should be sufficient grounds for pulling down the building or for forcing the individual to stay at home.

The obvious answer is: If you don't like the look of something, or someone, then look somewhere else.

The final argument I have come across is no more substantial than the others. It boils down to this: Lust is a sin; the sight of naked bodies causes me to lust, therefore nudity causes me to sin, therefore nudity is wrong. This argument is, in my experience, only used by Christians, although presumably people from other faiths also use it.

This raises a number of deep issues, which I don't intend to go into here. A number of my Christian articles deal with the nature of sin and how to avoid it. For the sake of this argument, it is sufficient to note a few simple points.

Firstly, sexual arousal is not the same as lust, and is not sinful. In the Bible, lust is described as 'committing adultery in your mind'. A sight, or a smell, or a memory may cause you to be sexually aroused, and there is no sin involved. The key question is: What is going on in your mind? And, what is under your control.

Secondly, you can be sexually aroused by the sight of an attractive girl or boy walking down the street. You would not use this fact to argue that attractive people should not be allowed out in public. If you are tempted to lust by the sight of a naked body, then just do whatever you normally do when you are tempted to lust by a clothed body.

Thirdly, when you get used to it, nudity ceases to be sexually stimulating. After a while – and, for most people, this happens surprisingly quickly – nudity starts to feel normal (after all, it *is* normal!), and being with a naked person is no more sexually stimulating than being with a clothed

one. Other things being equal, a body in a swimming costume is far more sexually stimulating than a naked body: You naturally fantasize about what you cannot see. What you can see, you just accept.

And, finally, another obvious point: If the sight of an attractive naked body is causing you some difficulty – then don't look. If eating chocolate makes you fat, then don't eat it. But, equally well, don't use your particular problem or hangup to stop people from selling chocolate. Just because it causes you a problem, that should not prevent other people from enjoying it in a wholesome way.

Much to my surprise, I am forced to the conclusion that there is no moral reason to prevent people from being naked in public if they wish.

Of course, the law in some places may prevent public nudity. In many other places, the weather makes it impractical for much of the year. Many other factors and considerations may apply. But, in terms of simple, ordinary morality, there really does not seem to be any issue.

I said at the start that I have come to believe that there is a real moral question concerning public nudity. It is this: It seems that most naturists believe that public nudity (nudity outside an explicitly naturist environment) is wrong. If my reasoning is correct, then they are wrong in their belief

[Paul graciously granted permission to publish this article. You can visit Paul's web site at <http://www.hazelden.org.uk/index.html>]

Lake Edun Foundation, Inc.

P.O. Box 1982
Topeka, KS 66601-1982
(785) 478-BARN

**Membership Application
Change of Address Form**
Please Print

Name: First _____ MI ____ Last _____

Address: _____

City: _____ State _____ Zip _____

Phone: _____ DOB _____ E-mail Address _____

All information provided is strictly confidential. If you are joining as a couple, include names for both people. If you are a couple not living together, make a copy of this form for the other individual. (NB: To promote gender diversity, a couple is defined as one male and one female.) Those willing to assist with upkeep a minimum of

10 hours per year may deduct \$50. One subscription to our newsletter *Bare Facts* is included with membership. A subscription only to *Bare Facts* is available for \$20.00. New members will receive a Waiver and Release which must be completed before membership is finalized. Visitation restrictions apply to Associate Membership.

Membership Fees:

	Single	Couple	Amount
Lake Edun Foundation Membership	250.00	300.00	_____
Associate Member (Over 125 miles away)	150.00	200.00	_____
Working Membership (Discount)	(50.00)	(50.00)	_____
Separate Mailing Address for members		12.00	_____
<i>Lake Edun Exposed</i> – Video		35.00	_____
<i>Lake Edun Exposed</i> – DVD		50.00	_____
Naturist Society Membership		50.00	_____
Subscription to <i>Bare Facts</i> only		20.00	_____
Tax Deductible Donation - Improve our Educational Program			_____
Tax Deductible Donation - Legal Defense Fund			_____
Total Enclosed - Check, Money Order, or Credit Card			_____

Please charge my Visa; MasterCard # _____ Exp. ____/____ \$_____

Note: There is a \$30 charge for any checks returned unpaid for any reason.