

# Bare Facts

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38° 58' 7" North; 95° 47' 56" West

## Memo From The Board

Well there is no doubt about it now! It is winter! This is usually the time of year that we close our eyes and remember last summer, the warm sun, the refreshing water and the smell of burgers and brats! This year we are also thinking about winter parties. So far we have planned one party for December. It will be in the Topeka area. We are also in the late planning states of a get together in February! Please look at articles in the newsletter that give more information on these activities. We are also trying to get a third party for March or April, probably in the Manhattan, Junction City area. Hopefully, these activities will be well attended and help us keep at least warm at heart even if the weather is not.

The November board meeting also was the yearly organizational meeting of the board. The president, secretary and treasurer were all retained. John S. was elected as Vice-President for the coming year. We are excited about the possibilities for the future.

We were all introduced to one of the directors who is willing to work with us on the "Naked Plays." She was excited about the prospects of these performances. We spent much of the meeting discussing ideas for advertising, staffing and staging for the plays. We were given a set of plans for a set module. It utilized plywood, 2 x 4's, 2 x 2's, one mounted window frame and one mounted door frame. It all fits together on a pallet so we can use it over and over. If any of you have some 2x's or plywood you could donate to this part of the project, please let Maxine know at the lake. We will set up some kind of pick-up for you as needed.

We are just weeks away from celebrating the beginning of another year. Many of us will review the past year and make plans for the new year. We surely hope that your plans will include coming to the lake and enjoying at least one day with us!

In the spring we will stage the new "Naked Plays," plays. We hope you plan on coming and sharing an evening with us and enjoying these presentations.

In short, we hope you are making plans to visit with your Lake Edun family, whether at the winter get togethers, the plays, or a warm sunny day at the lake.

## Saunas

Winter saunas are wonderful. The brisk Winter air contrasting on your skin with the hot sauna seems to stimulate the senses to a new level. If you haven't enjoyed a sauna recently, be sure to put one on your schedule.

As a convenience to our members and friends, we can add you to a reminder list which we send out a day or two prior to a scheduled (or especially scheduled) sauna. Reminders are available either by email or text message to your cell phone. To take advantage of this, just let Maxine know.

## December Party Plans

On December 8, Eduners will meet for our Beginning-of-Winter party. Festivities begin at 6 pm. Bring a dish for a pot luck and whatever you want to drink. Our hosts have a wonderful home they are opening. We will also have a grudge gift exchange for anyone wishing to participate. The gift exchange will be completely voluntary. If you want to join in, bring a gift costing not more than \$10.

We have a band that will begin play about 7:30. There is plenty of room so bring friends, if you wish. But, you should be sure to explain the dress code to them. And, they should be prepared to make a generous donation to LEF.

We hope to see all Eduners this weekend.

## Mid-Winter Party Taking Shape

Mark your calendar for our mid-winter party that is taking shape February 9. It will be in Wichita. Our host has a 14' shuffle board table, air hockey, and ping pong in addition to a hot tub and home theatre setup and seating. This should be a wonderful opportunity for all Eduners, especially those to the south of our normal pursuits.

Because of space limitations, participation at this party will be limited to just 20 Eduners and their friends. Make your reservations with Maxine as soon as you know your schedule. Complete plans will appear in the next issue of *Bare Facts* but you can (and should) make your plans and reservations now. Directions will be sent to those with reservations. If you are interested, ask Maxine to help with car pooling.

## DON'T FORGET

*Activities designated HN are sponsored by Heartland Naturists*

Dec 8; Sat; 5-7; Board of Directors

Dec 8; Sat; 7-?; December Party

Dec 15; Sat; 8-10; Sauna

Dec 29; Sat; 8-10; Sauna

Jan 12; Sat; 3-5; Board of Directors

Jan 12; Sat; 8-10; Sauna

Jan 18; Fri; 8-10; HN Swim

Jan 26; Sat; 8-10; Sauna

Feb 9; Sat; 3-5; Board of Directors

Feb 9; Sat; 6-???; Mid-Winter Party in Wichita

## A First For Karen

by Karen

Hi everyone. I was asked by Michael to write something for the December issue of *Bare Facts*.

I became a nudist 2 years ago and my only regret is that I didn't discover nudity and naturism much sooner. I've always been in love with nature and an avid camper so being out in nature and being without clothes just seems SO PERFECT to me.

I was raised catholic in a household of males so I spent my entire childhood covering up my body in case someone would see me, lol. We were taught through words and actions that the body was dirty and to cover up and stay covered. For so many years I didn't question what I had been told, I just went along with the program.

My husband used to try to encourage me to try a nudist resort but there was NO WAY I was going to expose my body.... How could I do that?? Not only did I not want to be immoral, I didn't like myself and there was NO WAY I was going to expose all my flaws to the world.

Five years ago I lost my oldest son to a drug overdose. After something as tragic as a death of a child you learn to question your whole life, your whole belief system, and it makes you realize how fragile and short life is. When you lose a child your whole world is turned upside down and it takes so much soul searching, and hard work to make things whole again.

After getting over the initial grief, which took me a long, long time, I started to look at the person I had become. After many, many hours of therapy and hard work I realized that my son's death wasn't a lack of parenting skills, and sometimes these things just happen to good families. Little by little I started making subtle changes, and giving life a chance again, trying new things, and developing new interests ... .

Three years ago we went on vacation to Punta Cana in the Dominican Republic and the beaches were all topless. It took me several days to take off my top, but when I did the only regret I had is that I didn't do it sooner. It was INCREDIBLE going into the Caribbean topless and not worrying about pulling at my bathing suit top because when I would swim I always had a tendency to hang out of it.

My husband was a happy man sitting on the beach with me topless but he was so jealous, lol. He wanted to be able to take off his pants too. He didn't think it was fair that I could go topless and he couldn't go bottomless.

Two years ago my husband was turning 50 and I wanted to surprise him for his birthday like he's never been surprised before, lol. I got online and found a clothing optional resort in South West Michigan that had camping too.

I thought, HOW PERFECT. We could shed our clothes in the privacy of our own campsite and if that was good we could take part in the resort. If not, we could stay at the campsite because we had a new trailer and we were completely self-sufficient. If I wanted to be around people I could, if not I didn't have too. As we got closer to the resort I got more and more excited because my husband had NO idea where we were going and what we would be doing. When we pulled into the resort he still had no idea.

We parked our trailer and our truck and went into the office to check in. As soon as we walked in, the reservation women came to the counter nude. My husband looked at her, then looked at me and got the BIGGEST smile on his face. In fact, I think it took him a minute to put two and two together.

We were immediately greeted by the nicest people you would want to meet. When I told them why we were there and that it was a surprise for my husband's birthday they were only too happy to have us there.

The first thing they did was to give us a tour of the resort and showed us around. We were introduced to a lot of very nice people. After the tour we parked our trailer on the campsite. Then my husband and I looked at each other and it was a race to see who could take their clothes off first, lol. Of course we went inside to take our clothes off as someone might see us, LOL.

After sitting around the campsite for an hour or so we decided we felt comfortable enough to wander off and check out the facilities. We were both in shock. We had done a lot of camping over the years, but we had never been greeted by so many nice people in all our years of camping. It was the BEST birthday my husband ever had and something he will NEVER EVER forget. We had such a nice time, but the drawback was the resort was 4 hours from our house and not something we could do at the spur of the moment.

This past summer, after doing several searches online for clothing optional place, I found a resort 45 minutes from our house. We went there for my 50th birthday and we fell in love with the place and the people there. We then went back every Saturday and sometimes Sundays for the rest of the summer. This fall we decided to pay for the whole season and we now have our trailer on a permanent spot.

The resort is BEAUTIFUL and has the most gorgeous walking trails. When I'm feeling down, a walk through the woods always puts me in a much better mood. In fact, the last weekend we went there before the weather got cold, I felt like Eve in the Garden of Eden. We were nude, walking in the middle of the woods with the sun streaming thru. I wanted to bottle that day and those feelings so that I could feel that way all the time.

Since becoming a nudist I want to scream on the rooftops that everyone should try it. I want people I know to experience such a positive activity like I have. I haven't gotten any of my friends to try it yet, but I'm not giving up, lol.

I was told by a wonderful man at the resort that you can make friends with a nudist much easier then you can make a friend become a nudist.

Now there is one more hurdle my husband and I have to get past. It's telling the kids what we do on our free time. They have NO idea, and I know they are going to be shocked when they find out. It's only a matter of time until they find out, and I'm anxious for them to find out. I don't like lying to them about where we are going on the weekends and I want them to keep an open mind in case they decide they want to try nudism.

Happy camping !!!!!!!!!!!!!!!

# Exploring The Origins Of Naturism

I've always been interested in history. To understand what we are today, we have to understand where we came from. Perhaps most of you will recall the powerful TV mini-series "Roots." It was the tracing by author Alex Haley of his family history from Africa to slavery in America, and then on to himself. Likewise, naturism also has roots.

Many are familiar with the origins of naturism in early 20<sup>th</sup> century Germany. Others have no clue about the beginnings of naturism, and don't really care. It is enough to spend a pleasant afternoon with friends soaking up sunshine between dips in the cool Lake Edun water. Fortunately, naturism is broad enough to accommodate both levels of interest.

For those that enjoy discovering how things work and why things are the way they are, spend a little time and read on. The one disclaimer is that this is by no means a complete or definitive history of nudism/naturism. What will be presented is an overview of three academic studies looking at nudism from different perspectives, plus some additional historical material found on the internet.

As probably most naturists know, social nudity was first promoted in Germany in the late 19<sup>th</sup> and early 20<sup>th</sup> centuries. An interesting question posed by one writer is, "So why Germany? What was happening there...that caused a phenomenon like this to erupt so big?"

It is important to gain some insight into the historical context in which German naturism developed, the situation in life so to speak. For this it is necessary to take into account the pre-Christian past of the German peoples. These are the tribal peoples who battled, but were not conquered by Julius Caesar around 51 B.C.

The religious beliefs and practices of these people were animistic in nature. That is, all of nature was believed to be indwelt with personalized spirits. Germanic peoples lost their paganism at a relatively late date, roughly 500 to 1100 A.D. thanks to a military victory over the Romans in 9 A.D. This prevented the advance of Latin culture and subsequently, Christianization for centuries. Some have asserted that the German pagan heritage has never been fully erased. In fact, this pagan heritage has been appealed to by German thinkers for the past 200 years. More about this later.

In 1796, far ahead of his time, Christoph Wilhelm Hufeland published a study of aging in which he coined the term "macrobiotic," and included exercise and fresh air, sunbathing, cleanliness, regular scheduling, temperate diet, stimulating travel and meditation as a means to prolong life.

Goethe, (1749-1832) the poet of Nature religiosity erased the boundary between man and nature altogether, proclaiming, "God can be worshiped in no more beautiful way than by the spontaneous welling up from one's breast of mutual converse with Nature." Goethe also decried man's misguided impact on the natural world that powerfully interfered with nature.

In the mid 1860's Eduard Baltzer organized some vegetarians and founded a Free Religious Community, advocating a "natural life style." Others were influenced by his writings, including Karl Wilhelm Diefenbach (1851- 1913) who

formed several life reform communities. He spent the last portion of his life at his retreat on the isle of Capri.

While this strand of back to nature vision of leading a simplified life was spreading, Germany was experiencing a dramatic upheaval. In 1870 Germany was 2/3 rural, but by 1900 it had become 2/3 urban. These reformers saw the emerging middle class as becoming superficial, course, complacent, gluttonous, materialistic, industrialized, technocratic and pathetic. Among the responses came many natural healing modalities and numerous youth movements were organized.

It has been claimed that Germany had always made a virtue of their late submission to Latin civilization and had glorified the natural man and woman with all their vices and virtues. There may be some truth to this as paganism was deliberately revived in the German-speaking world during the late 19<sup>th</sup> and early 20<sup>th</sup> century. Those advancing the virtues of paganism claimed that Christianity is a repressive religion, but that paganism was inherently freer and more joyous. These beliefs found their way into literature and art; a highly influential example being Richard Wagner's operas.

This movement insisted that Germans must get in touch with suppressed pagan values to regenerate their souls. Influential philosopher, Friedrich Nietzsche, (1844-1900) claimed that when Europe became Christian it became decadent and lost its creativity. He taught that the irrational factor must neither be eliminated nor thoroughly tamed by order-seeking reason, but somehow integrated into our lives.

The rapid social changes in Germany in its path to becoming a modern urbanized, industrial nation in the late 19<sup>th</sup> century led to many stresses. Masses of people were moving into overcrowded and unsanitary cities, there was sharpening social conflict, increased alcoholism, disease, crime and suicide. Lower middle-class Germans experienced increasing discomfort over their economic and professional future. These alarming developments gave rise to intense concerns about Germany's collective health and national fitness.

At the turn of the 20<sup>th</sup> century the forces of modernity, rapid industrialization, and overwhelming bureaucracy filled people with a sense of powerlessness. All three seemed to attack men's and women's health and body, causing it to degenerate and decline in a very direct way. Seen as contributors to this decline were processed foods, increasingly sedentary lives, and office or factory work that inspired a sense of drudgery, forcing human bodies to perform in unnatural ways to the extent that obesity, ugliness, and early decay was increasingly becoming the norm.

In this context a series of movements arose, among them nudism, vegetarianism, and appeals to live a back-to-nature lifestyle arose that condemned the alleged degenerative effects of modern life and the urban milieu. Their call was for a healthier, more "natural" lifestyle. These movements centered on reunification of humankind with nature.

The rise of naturism in Germany in the late 1800's was part of the neo-Romantic movement known as "Life-Reform."

Life-reform advocated a back-to- nature lifestyle with the establishment of independent rural communes, the use of herbal medicines, and tolerance for alternative lifestyles. These ideas, however, were not altogether new, but rather were revived from the 18<sup>th</sup> and early 19<sup>th</sup> century.

The earlier Romantic Movement also had a sympathetic interest in primitive nature. The prominent French philosopher and social theorist, Jean Jacques Rousseau (1712-1778) epitomized this idealized view of nature and “natural man.” Rousseau glowingly and eloquently wrote of “The Noble Savage.” This was his fanciful view of primitive man, both one with nature and his fellow man, free of the vices and repressive institutions and mores found in Europe.

Many of these life reformers also rejected the authority of scientific medicine, promoting instead alternative methods of healing. In this regard, their rejection of science casts them as a kind of anti-modern backlash against contemporary trends.

The life reformers gained a ready hearing among the lower middle class who felt themselves caught up in a life and system over which they held little or no control. The reformers offered a variety of programs which centered around healthful food intake and physical exercise designed to restore man’s original fitness, and thus, withstand the onslaught of modern life.

hose feeling powerless in many aspects of their lives could at least maintain control over their own bodies, improve their physical selves, and gain additional self-respect. Indeed, despite being stuck in boring or dead end jobs, people could improve their own lives and physical attractiveness even more than those in the idle higher social classes. Life reform resonated with largely middle-class sensibilities by offering the possibility of control and a guarantee of success through rational management of the body. Health was associated with beauty, and illness with ugliness.

It should be clear from what has been presented thus far that discerning the origins of naturism is not a simple and straightforward task. There were numerous influences at work in a particular country at a particular time in history that gave rise to what we now call naturism. This will be explored further in next month’s *Bare Facts*. To be continued. [Ed.]

### Items We Need

See our website at lakeedun.com for more details.

- Non-motorized boats
- Lawn or Lounge Chairs
- Riding lawn mower
- Metal Barrels
- Wooden Cable Spools
- Aluminum cans

### Lake Edun Foundation, Inc.

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

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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:

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Working Membership (Discount)	(50.00)	(50.00)	_____
Separate Mailing Address for members		12.00	_____
<i>No Sex, No Violence ... Only Nudity</i> Naked Plays – DVD		25.00	_____
<i>Lake Edun Exposed</i> – Video		35.00	_____
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