

# Bare Facts

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38° 58' 7" North; 95° 47' 56" West

## Winter Warriors Take Action

Recently, our Winter Warriors took advantage of a particularly warm Sunday afternoon. Four intrepid members presented themselves for the task: We worked on and made major progress on our new trail below the dam. We thank the combined efforts of Ralph, Mike, Gayle and Webb for their time and contribution to the final product.

For those who wonder if they can make a difference, our average age is well over 66. Of course it was lowered considerably by one spry 51-year-old. Participants came from as far as Abilene and Baldwin City. Roughly, we calculate that we all drove a total of about 150 miles.

It took about 2-3 hours before we reached the 'pooped' point. But, in that time we cleared the trail completely from the east side of the dam to the west side. Neither end is connected to other trails but we wanted to save something for others. One of our intrepid volunteers was heard saying, "If I had known this would be so much work, I would have stayed home." We hope this was a tongue-in-cheek comment.

Next step will be to review progress with Carl to see what he can do on either end with some heavy equipment. If you would like to know about future gatherings of the Winter Warriors, never fear: there will be more opportunities to make a difference at our special place.

Next time it appears the weather is cooperating, we will send an email to those who have expressed an interest in helping. If enough can be on hand to make it worthwhile, we gather.

If you enjoy working in the fresh air and getting to know other Eduners better, you may find the Winter Warriors worth investigating.

To join us, send an email to [nude@lakeedun.com](mailto:nude@lakeedun.com). We will let you know the details. Until then, be sure to thank those whose efforts make our special place so attractive. It will be appreciated by all Eduners when they can enjoy this new trail through an area few have ever seen up close.

## Items We Need

Please see our website at [lakeedun.com](http://lakeedun.com) for more details.

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

*"The best thing to do would be to designate everywhere as clothing optional, and we could leave little fenced in areas for the pruders to prance around in. Call them "Prudist Camps." They could peer out of their fences and indulge in their offensive "I'm offended" behavior whenever they saw a natural person walk by, without bothering the rest of us."*

– Anon

## Consider This Naturist-Friendly Petition

As our readers may know, an ongoing program of the Obama administration allows the creation and "signing" of online petitions to suggest an official action, position or policy. To quote the White House explanation, "If a petition gets enough support, White House staff will review it, ensure it's sent to the appropriate policy experts, and issue an official response."

We recently learned about from the Naturist Action Committee (NAC) of an online petition effort that makes suggestions naturists have found to be interesting. It urges that the National Park Service and other government agencies tasked with land management to designate portions of public lands under their management for clothing-optional recreation.

We believe this is something many of our supporters will find interesting and worthy of support.

There is evidently a time limit for these petitions to get support and the clock is ticking on this one. We urge all Eduners to sign on to the website, review the petition and, if they believe it is worthy of support, sign it.

Information concerning the petition, including its complete text and how to sign it if you wish, may be found [online](#). If you are considering signing this petition, it must be done before February 12, 2014, so, please, don't delay.

The NAC advisory we received reminds readers how important it is for all our supporters to be proactive in support of naturist-friendly events and, if continued access to naturist venues is important to us, we must support those organizations, like NAC, to insure they remain available.

*"What a singular fact for an angel visitant to this earth to carry back in his note-book, that men were forbidden to expose their bodies under the severest penalties!"*

– Henry David Thoreau, *Journals*

## DON'T FORGET

- Feb 1; Sat; 6-8; Sauna
- Feb 5; Wed; 7-9; Sauna
- Feb 11; Tues; 7-9; Sauna
- Feb 16; Sun; 4-6; Board of Directors
- Feb 16; Sun; 7-9; Sauna
- Feb 21; Fri; 8-10; Sauna
- Feb 26; Wed; 7-9; Sauna
- Mar 7; Fri; 8-10; Sauna
- Mar 9; Sun; 4-6 Board of Directors
- Mar 12; Wed; 7-9; Sauna
- Mar 16; Sun; 7-9; Sauna
- Mar 22; Sat; Noon-4; Work Day
- Mar 22; Sat; 8-10; Sauna
- Mar 29; Sat; Noon-4; Work Day
- Mar 29; Sat; 8-10; Sauna

## The Power Of Being Offended

If you want to know the power of one, just complain to government about nudity. In this case, paintings placed on display in a county government building. Of course, government buildings all over the country and throughout history have been decorated with nude figures.

Our supposedly unenlightened forebears frequently thought of as prudish had no problem with the nude being prominently displayed on buildings or as statues. It's their grandchildren who have seemingly regressed to body phobic prudes, fearful of all things nude to damage all who might see it. Apparently the naked body is the new Medusa in which all who look upon it will be turned to stone.

The fear of offending or being offended has been elevated in this society to new highs, or is it lows? Certainly kowtowing to any complainer is now unquestioned. It is true that minority views must be protected against being run over roughshod by the majority. However, this is accomplished through established means of hearing a grievance, and not by simply acquiescing whenever a protest is made.

The problem is that when nudity in any form is at question, its censor first and voice platitudes later. Of course, being spineless is a job qualification for too many officials. [Ed.]

Three paintings on display this week at the San Bernardino County administration building honoring National Hispanic Heritage Month have been taken down after complaints about nudity.

"If this were an art gallery it would be one thing, but it's a government building and people come here to work and to do business, and we don't feel they should be confronted with images that offend them," said a spokesman for the County of San Bernardino.

The American Civil Liberties Union sent a letter to the county, stating that removing the paintings was censorship and violated the artists' rights to freedom of expression and wants the paintings back on display.

"The government doesn't now get to say, Gee, we've seen it, and someone's complained about it and they don't like it so we're taking it down," said a spokesman with the ACLU.

The National Coalition Against Censorship also sent a letter stating, "San Bernardino County should show more respect for its citizens, who can make their own decisions to look or not to look at art and not yield to a heckler's veto."

Taking preemptive action, and being a bit cheeky, one artist said he censored his own artwork by pasting a band with the word Censored over the offending body parts after learning about the three other paintings to ensure his would remain on display.

"If it is artistic, I mean it's not like its pornography, but I can see how they'd be worried about having it in a public building," said one bystander when asked her opinion of the removal of the paintings.

Find the entire story [here](#).

## Are You Comfortable With Your Naked Self?

TNS founder Lee Baxendall coined the motto, Body acceptance is the goal, and social nudity is the way. Naturism is dedicated to helping people overcome body shame and all the ills resulting from it. Unfortunately, most refuse to consider this simple therapeutic approach to greater emotional health.

The author of the following article suggests a safe technique to use at home to help people overcome their learned inhibitions and body shame through the use of meditation. [Ed.]

Our naked self is an important part of who we are. Nudity is a natural state, but it's often seen as something vulnerable and personal. Many cultures teach us that nudity is something to hide and to be ashamed of. This often results in our creating a prison surrounding who we really are. It's also the main reason why so many people are disconnected to their physical bodies and sexual nature.

The key is to become more comfortable with being naked, which means practicing being naked for its own sake rather than just when we need to take a shower or change clothes.

To ease you into greater body acceptance, try practicing a naked meditation to become more comfortable with your naked self.

One of the main goals of meditation is to accept ourselves exactly as we are, so practicing a simple meditation while being completely naked can help us become more familiar and accepting of our naked self.

Here are suggested steps to follow to practice a form of naked meditation on your own:

Find a comfortable time and place where you can have alone time.

Once you're ready, take off all clothes, make-up, and accessories before the meditation.

Sit down in a comfortable posture that isn't going to irritate you if you sit for a long period of time.

Start with 5-10 minutes of deep breathing. Slowly inhale and exhale at a rate of six seconds each until you feel more relaxed and centered in yourself. Focus your attention on breathing. Should you be distracted by an intrusive thought, refocus on your breathing.

Repeat small affirmations associated with a positive body image. For example:

"I love myself and my body.

"Nudity is a natural state of existence."

"Everyone has beauty in them."

"I am secure with my body and sexuality."

Try doing this meditation in front of a full-length mirror with your eyes open. Look at your body without making judgmental statements.

If you begin to feel too insecure or judgmental while looking at your body, go back to the positive affirmations. The goal is to begin to associate more positive thoughts and feelings with how you see yourself.

Employing this meditation can in time help you become more comfortable with your naked self. Try practicing it just 2-3 times a week and you'll begin to notice that you have a

greater appreciation for your body and all the things that it does for you in less than a month.

To make the exercise more effective, write your own “positive affirmations” that resonate most with you. After a month, please share your results with us.

For more information on how to get comfortable with your naked self, consult the [source](#).

## Nude Yoga

If you have any interest in yoga you have probably heard about or read stories detailing that some studios around the country offering nude yoga classes. Some are same gender, others are mixed gender. In fact nude yoga has been offered in Kansas City during the past year.

You can check online video sites such as Tumbler, Vimeo, and YouTube to name three, and view a number of nude yoga demonstrations. Of course what you see may intimidate you as the practitioners involved are very advanced in their skill level. At the same time, the full body exposure allows for full inspection of muscle and flesh honed to beautiful perfection.

The Huffington Post, U. K. edition online has published 40 photographs taken by professional photographer Petter Hegre of his wife Luba demonstrating nude yoga. Her skill level is truly amazing.

Perhaps there is some interest in yoga by those that go to Lake Edun. Let us know. Perhaps someone can be found to lead a class. [Ed.]

This story originated from the [Huffington Post](#) but additional information on the benefits of yoga can be found [here](#) or [here](#).

## Definitely No!

Controversy! Controversy anytime someone wants to build a nude use recreation facility. This time it's from Australia's Gold Coast.

Someone proposed building a nudist resort on a barrier island off the coast. The city council's reaction ranges from outright hostility to support ... but at a different location. Fair enough. Some valid considerations were pointed out about the suitability of the proposed resort location.

What I found interesting about this otherwise small story was the hostile reaction by a majority of readers as expressed in letters to the editor. I have selected two of them to look at more closely. Admittedly, these were selected for their extreme views, but more than that, for the reasoning for their opposition. (Note: the first response was heavily edited to correct the spelling and to make it more easily intelligible).

The reasons the writer advances for opposing the project are: 1. There is the unsupported implication that adult nudity will harm children who might see it. 2. The unsupported assertion that nudism is equivalent to exhibitionism. 3. The value judgment about physical appearance that mainly men past their physical prime would frequent such a place and engage in sexual acts with other men. If only young, buff men were allowed, would this writer be any less outraged? 4. The

obligatory disclaimer to being prudish about nudity. (It's strange to feel the need to declare open mindedness while denouncing other's choices). 5. The hurling of unsupported suspicion that people at a nudist resort have "hidden agendas," and if not, then 100% purity of motive is the only acceptable standard for nude recreation. 6. The writer backs off a bit when allowing that all nudists aren't pedophiles, but any risk precludes approving a nudist resort. (I do agree that it's not a perfect world. However, talk to me about this all or nothing standard for kids attending school, church, the mall, walking down the street, etc. After all, no one can guarantee there will be no harm to children in any of these locations).

The second response could be added as number 7 in the list. This "highly informed" rant asserts that people who are nudists are to be explained quite simply – they are crazy, of marginal intelligence, and weird!

Those presenting these objections to a nudist resort might be dismissed as cranks. They may be, but their concerns are by no means outside the ball park of the general public's qualms about naturism. The depth of the visceral response to nudity can't be dismissed. It shows the tenacity with which the idea of clothing guarding against all the bad things the writers' imagine is held.

We better get used to this uninformed judgment widely held by the public. To date, over a century of naturism and all the promotion naturists have given their lifestyle has largely fallen on deaf ears. However, giving up is not an option. Keeping on keeping on and getting smarter is the only acceptable course of action. [Ed.]

Definitely no! There are so many other places these people can go out of the view of children visiting the spit or charis. There are various spots on the Moreton, nth & south straddy away from the general public.

Most clothes-free beaches I have encountered are predominately full of middle aged men and they tend to attract dv8's, (look at the sand dunes and why they are patrolled). They want to go naked what's wrong with their backyards, (if appropriately fenced of course).

There are good reasons why the moral majority wear clothes and why exhibitionism is illegal. (I have nothing against the naked body, I just think it is weird to want to go naked with other people and find it very hard to believe there are no hidden agendas 100% across the board).

These people have naked kids and teens running around with them for all to see and I can't understand this without thinking about pedophiles. Purely my opinion, of course, and most probably aren't, but it is not a perfect world so there are no guarantees this is a safe practice!

Another reader commented: It must be the hot sun, or something in the water that turns some people into blithering idiots with weird ideas.

Stories such as this underscore how important it is to keep clothing-free recreation a viable option in the United States. The entire store is available [here](#).

## The Simplicity Of Nudity

A family around the table sharing the evening meal pictured below is simple, much like it would be for any family except they are nude. Yet we recognize that otherwise nothing there shocks or gives the impression of anything inappropriate.

This picture in its beautiful ordinariness goes to the heart of naturism. It depicts a family comfortable with each other and their bodies with no hidden meanings attached. It is a scene just about everyone can identify with as charming and warm – if each family member were wearing some clothing that is.

Sadly, too many people would have a knee jerk reaction and take offense. They would “read” into this family scene their own harsh and condemning assumptions, and judgments.

The following essay enlarges on these points and contrasts our existence clothed in the larger world with the value of baring ourselves in simple nudity. [Ed.]



This picture was originally marked as originating from NaturismeFrance, and there is really very little that is remarkable about it, aside from it being a moment of ordinary tranquility! Yet this is an important point about **social nudism** and I hope the ultimate goal nudists all around the world share candidly, peacefully, openly and often! We want to keep doing everything good, happy and fun we are doing now as an occasionally clothing-free society. In some places we just want to do it more often in more places!

Sounds simple – right? We do not want to change the “ways of the world” or get families to do many things differently. We only want them to do one thing differently and that is educating themselves about the *dangers* of clothing.

Dangers? What’s that you say?

Well, a bit yes. Because like the cover of a book, the wrapping on a gift, or the glitzy marketing of a product, clothing deceives us into “buying” life with much of its goodness hidden! If you look at a man sitting in a restaurant and try to know what’s in his heart based solely on his clothing, you *will not know him* very well. If every movie you select to watch is chosen because of a preview, you will be happy about *half the time*. If everything you believe about your parents comes from seeing how they dress or surveying their home over twenty or thirty years, chances are you have missed much of their story!

We only get a chance to live this life once, and I believe the better way of living it is “obstruction free” or “barrier free”, with clothing representing much of that barrier. Not all of it of course, many of the barriers between us are created by silence, reservations (hesitation) and **self-doubt**.

After graduating from childhood, people expect us to begin thinking smarter, speaking intelligently and putting the pieces of life together in some thoughtful manner. It is also when our own **internal monologue** begins working, our toughest critic, and the thing which stops us before we say something silly.

Yet a lot of truth comes out when our internal censor DOES NOT stop us from saying things; when we just go ahead and speak our mind. If we ask the questions we really want answered, then we get the answers with the most meaning.

Naturism is like this to me. As a way of living it takes our wrapped up, dressed up, made up ways of living and strips a few barriers away. It uncovers the people we really are, including many of our faults and vulnerabilities, and puts them in the open – places them on the “hot seat,” (one covered with a towel of course).

Clothing is also a shield against the world, but are we **shielded** far too often? Is it **shielding our eyes** from the truth of our own existence? Clothing is a form of social armor, but it also dramatically influences our perceptions of each other; it hides the softness of the skin, the delicacy of our form, the functionality of our features.

Clothing turns us from simple animals into something significantly more complex; it takes a **uniform** people and divides them. Clothing takes the simplicity that was, and makes it into the complexity that is. Clothing takes the joy of youth and forms it into the struggles of adulthood.

However, the various social nudity movements of the world seek to unmake those barriers, remove the shields and promote the delicacy of our form! Nakedness opens our senses, allows us to feel more, encourages us to “see” the person within the personality, and reminds us of the curiosities of our youth; the persistent joy of discovery.

The happiness of knowing ourselves and sharing simple sensations in togetherness with each other is our goal. This means sharing life in smaller, less complex, **whole-some**, (whole of our selves, sum of the experiences together) ways.

The joy of free living is visible in the eyes, present to the ears in laughter, sensational to the skin in goosebumps, pleasant to the skin all over and unifying to the spirit in essence; wherever we allow it.

No part of our physical form is *worthy* of being denied. No function of our body is harmful to society. No pain of the spirit needs to be hidden so completely that we **MUST** wear clothes. We all have the same basic needs, are all capable of making a positive contribution and should respect each other **in spite of** the fabrics of society that divide us!

If we can share this message along with a simple, uncomplicated picture of three family members dining naked, hopefully the meaning of wearing “nothing” will come through.

Find the complete story [here](#).

# Naturism: Flourish? Or R.I.P?

Over the last fifteen years I have visited numerous naturist resorts/clubs and five clothing optional beaches. Along the way I have met many interesting and friendly people. I can truthfully say I have never had a bad experience at any naturist venue. It is my hope that in the years to come many others can enjoy similar experiences.

However, during this brief span of years troubling events have occurred. One of the beaches I visited is now closed to nude use as are Fire Island beach in New York and Mazo Mani beach in Wisconsin, plus there are threats to others. Some clubs have closed or turned textile.

Besides this, introducing naturism to a new generation is an ongoing concern. We must preserve gains naturists have made as a legacy to pass on to future generations of naturists.

This is no small task. Certainly there are encouraging signs that some younger naturists are taking the initiative to reach out to their generation. This is hopeful. Still the tide that seems to be flowing in society doesn't appear to be lowering barriers to social nudity. However, clearly defining why this is the case is elusive. Perhaps some gifted sociologist will be able to give us an adequate answer some day.

In the meantime, making sure we maintain what we have is vital for both the immediate and more distant future. Lake Edun is a case in point. Here we have a beautiful oasis of clothing freedom in the midst of hostile desert that seeks to overwhelm and obliterate our freedom.

In the commercial world, we see this all the time: Retail establishments come and go. Each time, however, there is something to take the place of businesses that fail.

When it comes to naturism, we must consider carefully. Although few actually oppose our purpose, those who do are vocal. Often, they shape the debate. If we lose organizations that advocate for a clothing-free lifestyle, who will take their place? That is why TNS or Lake Edun or any other naturist organization is so important. Loss of any one leaves a void.

Only by standing together in this shared fight will we succeed ... or fail. It will take all our enthusiasm, dedication, sacrifice, patience, and persistence to ensure our continued enjoyment of warm summer days at the lake, or walking the trails at dusk, and our fellowship of shared nudity.

Naturists in Portugal recognize this problem. I bring to your attention this article that shares my concern for our future. We need to take to heart what is expressed here and adopt the message eloquently presented. Naturists around the world must support our way of life or it will be taken from us. [Ed.]

Portuguese naturists/nudists trend to take for granted all that we have, but the world is changing and sooner or later intolerance against our naked life style will come to Portugal. We are on the way to a less tolerant, more aggressive, and a more economically driven society. The combinations of these factors are putting pressure on past naturists' achievements.

International news during 2013 showed a clear setback in acceptance of nude lifestyle, not in practitioners, but in bans

on outdoor spaces. USA, Spain and England are examples of publicized cases during 2013. Articles referred to in this post and others published throughout the year show we are faced with a reality that seeks to destroy naturists' achievements.

Some of us are probably more distracted and less attentive to what is going on and did not realize that Portugal has followed the same path. For example, the textile pressure on official naturist beaches like Mecos in which the naked spot is being "shifted" south, or to the difficulty in creating more official naturist friendly beaches even though they have been traditionally used by naturists for a long time.

Our heritage was passed down to us by all those in the past who fought and worked to make naturism lawful, or to make official naturist beaches where there had been by custom naturist use. Now and it's time to fight and defend all work done by those fellow, we owe it to them.

We cannot forget to defend, to expand and to promote the naked lifestyle. We cannot forget that this is never ending and currently all the work of the past is in a great danger.

Some practitioners of bare life trend to think naturist organizations are useless and may be superfluous. They may think beaches are public: they have free access, and they will always be there even if we do nothing to protect them.

This is a huge mistake and completely wrong. Naturist places exist because someone before us worked on behalf of these organizations and fought for them. They exist because someone before us contributed their work and financial support, allowing naturist organizations to exist and to defend and represent us. Today, supporting naturist organizations is the most important work we can do nowadays. It will be crucial and will determinate their future survival.

They need our financial support just as we need to support our homes. They also have expenses that are supported by the annual fee of associates or issuing Naturist membership card in the case of the Portuguese Naturist Federation.

Only with our support, our work and above all, our union to defend past achievements can we defend and extend the work done by so many who made current conditions possible.

Wake up to reality and support our organizations. Do not forget that some of them have recently fallen. Do it before it's too late for the remaining organizations. Defending the rights of supporters of the naked lifestyle needed and now it's mine, yours and our duty. Others will not do it for us.

Supporting and helping the naturist organization, supporting your naked spots is every naturist's job and should be our lifetime goal as long as we love our naturist lifestyle. It's simple to achieve, just offer your work, your donation, or your membership to them.

Doing nothing means losing everything. It means losing our heritage, and future naturists will only clothing.

This subject is important to Naturists everywhere. Additional information is available [here](#).

## Naked T-Mobile Ad

The link below will take you to a YouTube video in which a nude couple you at first think are at home in their bedroom lie together on a bed. Suddenly another nude couple enters the scene and you realize that they and several others are all attractive, twenty something shoppers at a store just sampling the merchandise.

As is usual, items in the store cover male frontal nudity and there are only side glimpses of breasts. In the checkout line the female clerk appears to give the male member of the couple an admiring gaze somewhere south of his navel. He of course, makes the credit payment using his smart phone and it ends.

It's a clever use of nudity to grab attention and promote a product. Despite all the camera angles and strategic blocking of breasts and genitals I am sure many in this country would object to the airing of this ad. Still, for a society so negative toward nudity even showing the back of naked people is enough to curl their toes.

Of course in real life the only place this scene would be realistic is in some upscale naturist resort. As a fantasy, it's a naturist's dream come true.

It's interesting that a large national company would spend the money on such an ad. They have to think it won't create a huge negative reaction that would harm the company. Of course, it could just be that some suddenly misguided executives briefly flipped out, or perhaps they know something about the American public we don't know. At least they may know something about the demographic they are targeting that causes them to make a slick TV commercial featuring numerous nude people.

Interestingly, there are a number of TV commercials featuring nudity for products such as Axe, and Sprite. They aren't as upfront with nudity as would be common in Europe, but it's as far as the FCC will let it go here.

This may all be testing the waters for more of the same, or eventually introducing European style nude commercials. Obviously society is experiencing some gradual, but persistent move by advertisers to explore nudity more fully.

Does this mean a similar gradual societal acceptance of real life nudity? I guess I am dubious that is going to happen in the foreseeable future. However, it may well mean there is an audience for naturism that needs to be better identified and addressed. Time will tell. [Ed.]

Enjoy the ad for yourself at this [link](#).

**Lake Edun Foundation, Inc.**  
P.O. Box 1982  
Topeka, KS 66601-1982

**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:

	Single	Couple	Amount
Lake Edun Foundation Membership	275.00	350.00	_____
Working Membership (Discount)	(50.00)	(50.00)	_____
Associate Member (Over 125 miles away)	175.00	250.00	_____
NUTs Membership (Must be under 30)	75.00		_____
Separate Mailing Address for members		12.00	_____
<i>No Sex, No Violence ... Only Nudity</i> First Naked Plays – DVD		25.00	_____
<i>Lake Edun Exposed</i> – DVD or video		45.00	_____
Naturist Society Membership		60.00	_____
Subscription to <i>Bare Facts</i> only		20.00	_____
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