

Bare Facts

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38° 58' 7" North; 95° 47' 56" West

Thank You All Who Took The Survey

We have just begun analyzing the great information our supporters (and detractors) shared with us in our annual survey. This is an important tool we use when planning activities and improvements to our special place. As we make progress in this endeavor, we will share the results with our supporters in future months.

Over 100 people started the survey with 85 taking time to complete it. This comment from one person was shared by several: "I want to visit but I can't get my wife to come with me." This sentiment was shared by several others.

To address the frustration this expresses, two years ago we offered a "Women's Issues" seminar. It was exceptionally well received in 2013; unfortunately, its leader was ill in 2014 and unable to keep her commitment. Although her husband filled in, somehow a man does not seem to be as good at addressing women's issues. We'll try to schedule another round this summer. Watch for it and plan to bring your reluctant spouse. She may leave with a new outlook.

We are gratified to read comments like this one: "I visited with a friend a few years ago. Loved it. Now that I'm retired, I hope to make it down (from Nebraska) more often. Keep up the good work/play."

Thank you. We try to offer the best Naturist experience available anywhere. The great feedback and help we get from our supporters makes that goal easier.

Thanks again to all who weighted in on this year's survey.

LEF Board Developments

Many probably presume not much happens during the cold, Winter months. That would be a big mistake.

A successful season is possible only if your Board of Directors creates a compelling schedule of activities and a workable budget. Contributions by the Winter Warriors is also an important factor.

The Board is working on a schedule for the season. Meanwhile, our Winter Warriors have been called up twice so far and are making progress on two tasks: clearing trees from the dam is a perennial task. They also completed a new connector trail on the West side of the lake. When weather improves, we expect to see them working again. Thanks to all who give their time to this effort.

If you want to become involved in any of the many tasks required to make our special place even more special, please contact us. There are opportunities that can fit your skills and time availability.

We should all remember to say "Thank you" to any of the many volunteers who make possible all we take for granted.

A naked man fears no pickpocket.

The Buff Astronomer – February, 2015

For those of us lucky enough to have had a clear view of the evening sky just after sunset in the days around January 10, we witnessed together a beautiful conjunction of Venus and Mercury. It is not always easy to pick out Mercury, but there he was next to his sister inner circle planet for all to see. Venus continued to rise in the sky, and shy Mercury slipped back around the sun on its quick orbit.

Venus is still in the western sky after sunset, known now as the "Evening Star" where she, fickle lady that she is, will now pair with Mars all month. Reaching Opposition this month, she will shine brightly at a magnitude of -3.9. A small crescent moon will join this pair making a good looking trio on February 20, only 2 degrees away. They are all in the constellation of Pisces, the fish.

With Venus setting in the west, Jupiter climbs higher in the sky from the opposite horizon. Jupiter will reach Opposition and be at its brightest in early February. On clear calm days, a small telescope should be able to pick out bands across Jupiter, and even see the Red Storm as Jupiter quickly turns. It is also fun to watch and track the orbits of Jove's 4 largest moons all month.

At the end of February, Saturn returns and appears near the stars of Scorpius in the early morning sky. We have talked about Antares in Scorpius in previous months being the big red star in that constellation. Saturn will be very near Antares at the first of February.

During the month, a newly discovered comet will be seen between the constellations Andromeda and Perseus. It was discovered last year in August and is currently between the orbits of Earth and Mars. We will see if it gives us a better show than our last cometary fizzle. Find Andromeda by locating the W of Cassiopeia and going somewhat in the direction of Pegasus (the horse that Perseus rode in legend).

February promises a lot of sights to see as you continue looking up with your Buff Astronomer.

"We find that relaxing with clothes off at Elysium Fields [Naturist Resort] is a great tension reliever, for ourselves and our kids too."
– Lynn Redgrave, actress

DON'T FORGET

Feb 11; Wed; 7-9; Sauna

Feb 14; Sat; 4-6; Board of Directors

Feb 21; Sat; 8-10; Sauna

Feb 26; Thurs; 7-9; Sauna

Mar 7; Sat; 8-10; Sauna

Mar 11; Wed; 7-9; Sauna

Mar 14; Sat; 4-6; Board of Directors

Mar 24; Tues; 7-9; Sauna

Mar 28; Sat; 12-4; Work Day

Mar 28; Sat; 4-6; Sauna

Greeks Knew All Along – Nude Is Not Rude

It's amazing. Things the Greeks knew over 2500 years ago still survive and influence us today. At the same time, there is a cultural amnesia and we have to rediscover what has been long known.

Early naturists drew inspiration from early Greek cultural ideals about the beauty of the body and the Greek use of the nude body to symbolize strength, purity of purpose, and heroism. Sadly our modern era seems determined to unlearn these truths once again. This will impoverish our self understanding and cast the body once again as the source of our failings.

How is it that we once again succumb to this lie?

Naturists perform a culturally valuable service by refusing to bend to either the body phobic, pornographic, or commercial objectification conception of the body. We aren't alone in this struggle by any means even though not all our allies in this cause are naturists.

To hold our own in this cultural battle, doesn't require the majority become naturists. It's enough to convince a sizable number of people of the truth about the goodness of the body for us to succeed in remarkable ways. Creatively aligning ourselves with others of like mind and clearly enunciating our message will have a huge impact on the attitudes of the general public.

A soon to be held exhibit at the British Museum is a case in point. A showing of a collection of Greek and Roman works of art in this prestigious museum lend weight and dignity to the subject matter – the nude human body. Finding ways to accomplish this goal needs to be pursued by naturists around the world. Let's hope they (and we) do. [Ed.]

As a forthcoming exhibition at the British Museum will show, the Greeks weren't just obsessed with athleticism – like you'd expect of the founders of the original Olympic Games. They also revered the naked body in a way no previous civilization had. In fact, they combined nakedness with athleticism. "Gymnasium" is derived from the Greek, gymnos, meaning "naked" – the state in which people exercised.

There had been naked depictions of Assyrians before the Greeks – you can see them elsewhere in the British Museum. But these were humiliated, naked victims of war, flayed and beheaded by the victors.

Unlike the Assyrians, Persians and Egyptians before them, the Greeks made heroes of the nude form. Greeks didn't actually fight naked in battle, nor did they stroll down Athens High Street in the nude. But the idealized human form; the uniform of righteousness and heroism, was the naked one. It was in the naked form that man was thought to be in perfect balance.

“[T]he idealized human form; the uniform of righteousness and heroism, was the naked one. It was in the naked form that man was thought to be in perfect balance.”

It wasn't just men who were depicted in the buff, but gods, too. Zeus, Apollo and Poseidon were regularly carved as nudes. The Greeks were more circumspect about naked women: Aphrodite was the only woman to be sculpted naked. This Aphrodite is a terrible flirt: completely naked, she crouches over, half-hiding her breasts and crotch from one side, leaving a pretty racy view from the other.

Still, the extraordinary thing was that you were allowed to see the nipples at all. The art historian Kenneth Clark said the nude “is an art form invented by the Greeks... just as opera is an art form invented in 17th-century Italy.”

The Romans followed their lead – that's why so many original Greek bronzes, later melted down, are only known today thanks to Roman copies.

How much were stone nudes supposed to titillate? When the writer Lawrence Durrell was at St. Lawrence's School, Canterbury, in the 1920s, his Greek teacher brandished a photograph of a naked Venus de Milo, thumped his fist on his

desk and barked, “What do you think they were trying to do? Make us tingle with lust? Certainly not! They were asking themselves what beauty is, and whether it lies in proportion.”

For decades, supposedly obscene treasures, such as little Ajax, were stuffed away in the British Museum's “Secretum” – the name for the ultra-secret Cupboard 55. It was only in the 1960s that the Secretum was opened up; only half a century ago that we caught up with the Greeks' astonishingly avant-garde approach to naked beauty.

Follow this interesting story yourself [here](#).

Revenge Porn: How To Fight Back

Finally, some creative thinking that squarely runs counter intuitive to what most people consider. Jerks are posting nude photos of their ex wife or girlfriend online to humiliate them. Getting them removed is next to impossible. Cyberspace is forever.

Certainly the pictures were always meant to be private, but revenge is a powerful human weakness. Unfortunately, the more a person feels humiliation or outrage the greater the satisfaction the jerk feels. They win, at least in their own eyes and often in the mind of the victim.

Emma, the young woman in this story is on to something. Her nude image is now online, so instead of lashing out in a traditional response, she is embracing her nude body and proudly posting her own nude pictures. Thereby assuming control over how she chooses to display her body.

The result of this decision has been healing and a reclaiming of her dignity. It's a paradox. In one context to be seen naked causes humiliation while in another this is turned on its head, becoming an act of courage and strength.

Obviously using private nude pictures to shame someone only has power where society tells us our nude body is shameful. Discovering we can reject this belief as false forever, liberates us from this societal convention.

You may be familiar with this. There's a breakup and one of the former partners posts nude photos of his or her ex online intending to harass and shame them. All too often the public buys into this and instead of holding the creep posting the pictures in contempt goes after the victim.

Obvious the power of this lowdown tactic lies in the social taboo about nudity. The recent furor over the hacking of a number of female celebrities' online accounts then disclosing their nude photos is a case in point. At least it was for the notorious 15 minutes. [Ed.]

A young Danish woman at age 17 found herself a target of someone, (her ex boyfriend?): Without her consent, posted on the internet were private pictures of her naked. Now, three years later she is determined to fight back and reclaim her body and has embarked on a project to free herself and her body on her own terms.

She has started a project, known as Consent, whose mission statement is clear. She wants to be seen as a subject rather than an object. The trigger was not just the act of having her naked body thrust at the online public, it was the rude, suggestive, demeaning messages and comments that were most troubling.

Turning her outrage at this mistreatment into something productive, she set out to desexualize nudity and put female nudity on an equal playing field as male nudity.

Her website explains why women need to hit back at such abuse. She refers to 'creepshots,' (a global phenomenon which entails photographing women without their knowledge or consent, then posting them online in a sexual context). The purpose is to make the female victims feel weak, vulnerable and nothing more than mere objects of male desire.

She enlisted the help of a professional photographer to be a collaborator on the project in an attempt to show the female naked body in its most banal, daily routines – stripping it of the sexualization too many men impose on nudity:

Between them, they set out to create nude photo where it was obvious she was, in fact, a human being, deserving of respect.

Engaging in the Consent project did in fact help her reclaim her body and humanity that had seemed to be stripped from her by posting those pictures without her consent – and is likely to help many other women who have been forced into similar situations.

She adds, "The pictures are an attempt at making me a sexual subject instead of an object. I am not ashamed of my body, but it is mine. Consent is the key. Just as rape and sex have nothing to do with each other, pictures shared with and without consent are completely different things."

She shares here experiences [here](#) for all to follow. It makes for an interesting, informative read.

Unmasked: We Are All Naked People

I came across this blog essay and wanted to share it with our readers. It's a serious article, but exhibits a lighthearted tone. The author tells of his experiences as a naturist with a focus on the fun and enjoyment he and his wife have experienced in naturist settings. I like that.

Don't get me wrong, I became thoroughly engaged in the harder edge required to explain and defend naturism. I have a shelf in my library devoted to serious books about naturism to prove it. Still, it has always been the sheer enjoyment of being naked in nature, with or without other people that captured my heart. Read on. [Ed.]

What does our clothing say about us and what are we hiding?

In the past year, I can't begin to tell you how many emails I've received from people concerned about their appearance on a nude beach. They honestly don't believe anyone would want to see them naked.

That's not why we go to a nude beach. We go because of how we feel when we're free of clothing and exposed to the sun, the surf and our spouse. It's one of the most incredible feelings I've ever felt and you can't really experience it unless you've stripped down and let the sun warm your entire body. It has nothing to do with how you look.

Neither my wife nor I are "10s." To be honest, to me my wife is a 20, but she would tell you that her hips are too big, her breasts too small and after nursing two boys, her nipples are too long. I would tell you she's perfect. Me, I'd like to lose a few pounds, put on some muscle and of course, be a little bigger down there. But after more than 40 years, what you see is what you get.

We all hide behind masks. Think about it. Clothing or a bathing suit masks us from others. Just like Halloween, we mask who we really are for something else. In five minutes, we learn a lot about people simply by seeing what they wear.

Recently I found a website that captures this thought beautifully. I'd like to share it with you now. It's a website project called, Naked People. I love their words on the topic:

"Clothing is our second skin. It disguises, reveals – it can reflect our innermost being or conceal it. Through one's clothing, he or she is able to exhibit his or her profession, social status, or mood. A suit lets us assume the bearer is a banker, office worker, insurance agent... In our society this is a distinguishing characteristic of respectability. But, how often is such an assumption true? Can we absolutely trust this covering? What really is underneath? Could the illusion be destroyed at the discovery of a tattoo, or leave the person as inscrutable as before? Here we have the opportunity to see the differences in perception between a person dressed and undressed."

As you can see, clothing really does hide us. When you're without your mask, you often meet the most wonderful people because they aren't hiding anything either.

My wife and I have a game we play similar to this website. We play it when we go to a clothing optional beach like

Haulover in Miami. We watch couples coming onto the beach and look at what they are wearing. We try to guess if they are conservative or liberal, if they are restrained or a little wild? We guess if they will or won't get naked? We guess if he or she will get naked first. We guess if they have tattoos. We guess if they have piercings.

Sounds a little immature doesn't it? You're right. It is. But I can honestly tell you that I've learned a lot through this simple game. Clothing is very deceiving. We all judge people by what they wear, then immediately make assumptions about who they are, and what they will do on a clothing optional beach.

The one thing we've learned is there is nothing consistent about this game. More than once, I've bet my wife about a modest couple coming down to the beach and said there is no way she will go more than topless. Later I was shocked to find that she not only shed all of her clothing, but had piercings all over her body and very large tattoos. Same with guy who appears hip and cool when he walks onto the beach, but starts sweating the moment his spouse takes off her top. You can tell he isn't getting naked, no how, no way.

What was your first experience on a nude beach or clothing optional resort? Were you surprised by what you felt when your clothing mask came off? I would love to hear your thoughts. Remember, regardless of what clothing we wear, we are all naked people.

It is informative to know others have basically the same fears and apprehensions during their first [experience](#).

Sun, Sun, Sun, Here Comes The Sun

A study published in 2011, *Ultraviolet Exposure and Mortality Among Women in Sweden*, followed 38,000 women for 15 years. It found women who got sunburned twice or more per year during adolescence had a reduced all-cause mortality, compared with women who had been sunburned once or less.

Another study, also from Sweden and published earlier in 2014 came to similar conclusions. This study, *Avoidance of Sun Exposure is a Risk Factor for All-Cause Mortality*, followed 29,500 women aged between 25 and 64 for more than 20 years. Those taking part had to fill in a detailed questionnaire which among other things indicated those who were sun avoiders and who were not.

By the end of the study 2545 women had died. Although the sun avoiders had developed fewer skin cancers, overall they were twice as likely to die from other causes as the sun worshippers. The conclusion: "following sun exposure advice that is very restrictive, in countries with low solar intensity, might be harmful to women's health".

These studies determined sun-avoiders were also more health-conscious with more non-smokers and non-drinkers in their ranks. Despite this they were still dropping dead earlier. Why?

The researchers thought it might be because sun avoiders weren't getting enough vitamin D. Vitamin D in recent years has become a hot area of research, implicated in everything from brain development to the proper functioning of the immune system.

Recent studies have shown low levels of vitamin D are associated with increased risk of heart disease, stroke, schizophrenia, multiple sclerosis, asthma and at least a dozen cancers including more aggressive forms of malignant melanoma. The risk of deficiency increases with age and is more common in women and the highly educated.

The easiest thing is to take supplements, but with caution. Too much vitamin D may be as bad for us as too little.

You could try obtaining higher vitamin D levels through food, but this is easier said than done. Oily fish is recommended for its vitamin D content, but this is dependent on the type of fish and how it is cooked. Wild salmon is top of the vitamin D charts with more than twice the levels of farmed salmon or mackerel, but be aware that while baking it is fine, frying will destroy almost all the vitamin D content.

Other sources of vitamin D include milk and eggs, two foodstuffs which we also have been warned off for years because of a misplaced fear of their effect on cholesterol.

In fact there is probably only one natural source of vitamin D that is cheap and reliable enough to boost blood levels through the long winter months.--Cod liver oil.

Vitamin D levels however, may explain only partly why sun worshippers seem to enjoy a longer life than sunshine avoiders. Dr. Gabriel Weston interviewed Edinburgh dermatologist Richard Weller. Studies he has been making have made him question government guidelines for sun protection.

This is due to research that shows sunshine lowers blood pressure. What he and others have discovered is that the UVA element of sunlight causes the release of nitric oxide into the bloodstream. The nitric oxide then makes arteries dilate, lowering blood pressure. The effect is not huge, but it is important.

He concluded that if your blood pressure falls by 2mm of mercury your risk of having a stroke drops by 10 per cent and of a heart attack by 7 per cent. This may help to explain why

deaths from heart disease soar during winter. He now believes that for many people the benefits of sunshine may outweigh the risks. If further studies confirm these findings doctors may need to reconsider their advice on sun exposure.

Dr. Weston says this has made her rethink what she tells patients. If they are not at high risk of skin cancer she no longer recommends they slather themselves with sun block at all opportunities.

This is an important subject for naturists and we encourage all our supporters to learn more. You may begin [here](#).

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Attacks On The Nude, The Naked, The Naturist

By Fred E. Foldvary

The following editorial, re-printed here with permission, was written in 2005. Unfortunately, it is just as valid today. [Ed.]

Civil rights now protect minorities of race, religion, and sex, but there is one minority that government is attacking without regard to civil liberties and Constitutional rights: naturists.

Naturism is the philosophy of living in harmony with nature. This includes an affinity and respect for wildlife and the natural environment, an attempt to live a healthy lifestyle with natural foods, and the acceptance of the human body as naturally good and wholesome, hence a rejection of the culture of lust and shame regarding the nude human body. The latter belief by itself is, of course, nudism, the belief that there is nothing wrong with not wearing clothing, and a lifestyle that includes nudity.

The nudist movement has centered on private nudist clubs and resorts, while the naturist movement has focused on nude beaches, springs, and back yards. Both nudism and naturism have been under increasing attack by the so-called “religious right,” and laws are being passed nationwide prohibiting non-sexual nudity even inside one’s home.

Civil asset forfeiture, confiscation of property without trial or conviction, is even being proposed as a weapon against the practice of nudity, even in enclosed private property. In Arkansas, it is illegal even to advocate in favor of nudism.

Nudity is a prime example of a possibly offensive but victimless state of being. It is not even an activity or act, since it is not behavior, but simply the absence of clothing. The nude and the naked should therefore be protected by civil rights and liberties, including natural rights, freedom of expression, freedom of religion, freedom of association, and private property rights.

Of course, most folks don’t want naked people to walk down the street. But anti-nudity laws extend way beyond this to prohibit nudity in one’s property and even inside one’s own house, and some places make it illegal to be nude in the company of a child even at home. In some place, breast feeding is treated as a crime. Art depicting nonsexual nudity is banned in some places, and many shops that develop film routinely destroy any film that depicts nudity, and if a child is shown nude, no matter how innocent the context, the shop reports it to the authorities.

Even in a liberal city such as Berkeley, California, the law extends to any nudity in “public view,” which includes not only nude use of back-yard hot tubs, but even inside one’s house if there is a window through which someone could possibly look. A man in Ohio was arrested because someone across the street using binoculars could see him nude inside his house, and in Florida, a child was taken from a woman who was dancing nude in the presence of her child because one could see her by looking up the closed Venetian blinds.

In Berkeley, a trial for public nudity ended in a hung jury. Since then, Berkeley police have enforced the anti-nudity law as an infraction, like a traffic ticket. Unlike misdemeanor and

felony cases, infractions are fines that cannot be tried by a jury. One court case resulted in a dismissal of the charges, because the Berkeley law was enacted as a misdemeanor. The Berkeley City council is now considering whether to change the law to make it an infraction. This would be a bad precedent, since the policy of infractions could be used to stifle any protests and free speech and the freedom of movement and association by fining it without any jury trials.

Nudity has already been used as an excuse for governments and private parties to shut down nudist camps and resorts as a real-estate grab. A private nudist resort in Los Angeles fought the government for years against those trying to grab the property, and in Virginia, a nudist camp was opposed by Madison County and finally shut down. Madison has a totalitarian law making it illegal to do anything the government has not declared legal!

In Tennessee, a law has been proposed allowing a group of ten people to declare skinny dipping a nuisance and have it halted. In Kentucky, nudist clubs and resorts must register with the government, but the government refuses to register them, thus effectively banning nudism. In many states, anti-nudity laws have been passed on the basis of outlawing pornography and commercial nude dancing and performances, but the language of the law also banned the practice of nudism by families at home or in social naturist clubs.

In Alabama and Florida, bills to apply RICO – Racketeer Influenced and Corrupt Organization – laws have been introduced to eliminate naturism. RICO allows the government to confiscate property that is only indirectly used in an offense. Hence, if you drive a nudist to a nude beach, your car can then be confiscated. Not only that, but people who file complaints against nudists are allowed to win penalties of up to \$40,000 upon conviction. With this bounty, zealous anti-nudists and those who are just greedy can get rich seeking out skinny-dippers.

In California, another weapon in the war against nudity is being considered. The California Senate is considering SB 1859, a “local option” law that would let local governments determine their own “community standards,” replacing the current state-wide standard. Naturist and nudist publications depicting nudity in a non-sexual context, or even a photo of one’s naked baby in a bathtub, could be classified as obscene by the local standard. Electronic communications and web sites showing non-sexual nudity, such as people at a nude beach, would become criminal in that locality.

Such laws are being pushed and passed throughout the United States because most folks are not nudists or naturists, and think it does not affect them. But these laws are not only unjust to nudists and naturists, but set terrible precedents against free expression and private property rights. Anti-nudity legislation is a foot in the door to the suppression of all our rights and liberties.

Many who are body phobic continue to attack the benefits we take for granted. Learn more [here](#).

Naturist Pioneer Dies

Too often we pay little attention to history. I admit I didn't know of Christiane Lecocq until seeing this death announcement. This is a shame as what exists today is built on the efforts of those before us.

Of course naturist pioneers in Europe are difficult for us to learn about. Yet people with the legacy of an Albert and Christiane Lecocq rightly deserve to be known and honored. The obvious courage, energy, and dedication to spreading naturism they displayed over a lifetime are truly remarkable. [Ed.]

[Christiane Lecocq](#), 1911-2014 was regarded as the doyenne of the naturist movement.

She was born April 6, 1911 in Tourcoing, northern France, and grew up at a time when women were beginning to expose their ankles and arms, but otherwise remained strictly covered up.

It was in 1932 that she first came across the practice of social nudity when she was invited to join the Club Gymnique du Nord, where members played sports in the nude. There she met her future husband Albert Lecocq. They married in 1933, but for many years had to keep their naturist activities clandestine. There were no naturist camps or beaches.

For the couple, naturism was about much more than nude sunbathing and skinny-dipping. It was a way of life: in keeping with the German model, they did not drink or smoke, followed what is now called a macrobiotic diet, and promoted "social nudity" as offering health and social benefits to all classes.

The two established a number of firsts in French naturism. In 1944, during the German occupation, the Lecocqs founded the Club du Soleil France, an underground organization dedicated to promoting what it called "family" and social naturism, with the aim of establishing naturist clubs in every city in France. The following year they opened a Club du Soleil at Carrieres-sur-Seine, which became an important center for meetings as the movement grew.

In 1948 they founded the French Naturist Federation and the following year published the first edition of *La Vie au Soleil*, now the world's leading naturist magazine. In 1950 they opened the world's first naturist holiday resort, the Centre Helio-Marin, ("centre of sun and sea") at Montalivet, in the Gironde. Despite initial local opposition, the CHM Montalivet has grown from a simple makeshift camp to the most important naturist park in Europe, attracting some 20,000 visitors per year. In 1951 the Lecocqs created the International Naturist Federation.

Christiane continued to promote the cause after her husband's death in 1969, regularly attending the General Assembly of the French Federation of Naturism, of which she was honorary president. In later years, however, Lecocq felt the movement had lost some of the idealism of its founders. "Initially, we wanted to live in harmony with nature, to open ourselves to others, to pay attention to our diet," she recalled – but the development of naturism as mass tourism meant that spirit had largely gone.

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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

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NUTs Membership (Must be under 30)	75.00		_____
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