

Bare Facts

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38° 58' 7" North; 95° 47' 56" West

One Act Play Semi-Finalists Chosen

In response to our contest for the best one-act play dealing with issues of body acceptance, we received a number of well qualified entries. All were read and considered by three independent, highly qualified judges. They were: Phil Grecian, a local playwright, critic and producer; Paul Prece, Chairman of the theater department at Washburn University, and Jeff Kaufman, head of the theater department at Topeka High School

The semi-finalists are: Birthday Suit by Terry Davis, New Mexico; Just Give It A Try by John Ladd, New York; Our Vacation by Joseph Bruner; and To The Bottom of It by Adam Burnett, Kansas. We were pleased with the quality of the manuscripts we received.

Now that semi-finalists have been selected, we will stage these four entries to select the winners. Any Eduners interested in becoming involved with this process should contact us. We will need directors, actors, and technicians. If you have theater experience, consider becoming involved in this process.

Random Thoughts and Reflections

Elsewhere in this issue of *Bare Facts* is information on our one-act play contest. If you have theater experience and are willing to assist in producing these, please contact us.

Now that we are using the sauna on a weekly basis, we are using much more wood than we have in past years. If you have small scraps of wood, please bring it to our special place. We can use either small pieces of fireplace hard wood or scraps from new construction such as 2x4's, etc.

From The Mail Bag

To whoever was responsible for sending me the birthday card.

I just wanted to say Thanks! It was an unexpected surprise and it made me laugh when I read it. That was a good one.

Lake Edun is a really neat place and I appreciate the opportunity to come down there and enjoy it every once in a while.

Hope you guys all have a great holiday.

- Your friend up here in Lincoln, L.

Items We Need

- Outdoor Volley Balls
- Plastic Buckets
- Wheel Barrow
- Variable speed, reversible drill
- 55 gal barrels with re-sealable lids
- Can crushers to attach to the recycling containers.
- Chipper/shredder we can use about once a month
- Digital camera
- Pitch Forks

Nude is Normal

Did You Know ... ?

Lake Edun is a treasure we all love to visit. I never tire of the sight of the lake on a sunny day, or the back trails at dawn. Those who enjoy a relaxing float or paddle boat ride, or a long distance swim know the joys of the lake. A quiet time of sunbathing, later followed up with casual conversation in the shallows around South dock, as the afternoon winds down toward sunset. Those staying the night gather around a welcoming fire, sharing an evening meal and more enjoyable talk. Whatever your week has been like, a day or two of this restores body and soul. Sound good? Well, do I have good news for you! The video tape made to highlight Lake Edun and promote the positives of naturism has been re-worked. Every member will enjoy owning a copy, especially in these cold, dark days of winter. Just imagine yourself sharing this video with friends, recalling the good times working on those no tan lines, and counting down the days until the sun heads back North. Anyone watching will see just how good it is, and think about making a visit themselves. Oh yeah!!

Second, did you know. . . . We hold a sauna every Saturday evening from 8-10 pm. This is a terrific way to meet other Eduners and relax at the same time. We want people to come to sauna. What a great chance to introduce friends to Lake Edun and learn more about naturism.

Why Not Share

Do you have a story of your own to tell? Many times in the past, Eduners have enjoyed reading about the experiences of others; their first memories experiencing naturism, skinny-dipping as a youth, their first nude encounter with others, or their first social nude activity. Perhaps you can share your similar experience. Or, maybe you have visited another facility or free beach in another part of the world. Whatever it is, other Eduners would like to learn of it.

If your privacy is a concern, we can assign a non de plume to protect your anonymity. The important thing is to share your past experiences so others, particularly those new to Naturism, can learn how things were in the past.

DON'T FORGET

Activities designated HN are sponsored by Heartland Naturists

- Jan 3; Sat; 8-10; Sauna
- Jan 10; Sat; 10-12; Board of Directors Meeting
- Jan 10; Sat; 8-10; Sauna
- Jan 16; Fri; 8-10; HN Swim in Lenexa (unconfirmed)
- Jan 17; Sat; 8-10; Sauna
- Jan 24; Sat; 8-10; Sauna
- Jan 31; Sat; 8-10; Sauna
- Feb 7; Sat; 8-10; Sauna
- Feb 14; Sat; 10-12; Board of Directors Meeting
- Feb 14; Sat; Valentine's Day Party
- Feb 20; Fri; 8-10; HN Swim in Lenexa (unconfirmed)
- Feb 21; Sat; 8-10; Sauna
- Feb 28; Sat; 8-10; Sauna

Hello Lake Edun!

By Marian Sue Wilson

We sure miss all of you. We wanted to update everyone on what is going on in our lives, therefore, this note.

Chuck and I are very happy here in New Mexico, except for the fact that there aren't any landed clubs here. The humidity is ALOT lower but the dust is BAD!!!!

We have found a place we can camp and fish. A place called Bluewater Lake. It's beautiful there. Although it isn't a nudist type place, if you find the right camping spot ... there isn't a problem. It takes about 2 hours to get there from here, but it's worth it.

Okay, on to the family. Chuck works for a company on base. He works with disabled adults. I am SO proud of him! In December, he'll have been there a year.

My daughter, Misty, is pregnant again. She's due in February. I think she's finally figured out what causes it because she says she's getting fixed after he is born. She has always said that she only wanted 2 kids. It looks like they will both be boys! I think that makes it easier on her. Don't have to worry about sitting on the porch with the shotgun! He he he. Misty is talking about joining the Air Force after her baby is born. If she does, you may see me because I NEED to help take care of my grandkids.

Danny still lives in Overland Park. As far as I know he still does the band thing, but I don't know of any gigs... If I hear of anything I'll let ya's know. He still works with Bob doing carpentry type work.

Both Misty and Danny got their GED's this past summer! I am so proud! I had to nag Danny for awhile, but he finally did it.

Carl has gotten into music too. He has his guitar and has been trying to start a band. The only problem is, no-one wants to practice except him. I keep telling him to keep trying. He'll find the right group eventually. As much as I hate to admit this, I allowed Carl to drop school this year. He has taken the pre-tests for the GED and has passed them with flying colors! He can schedule for the actual test on December 1st. He could have done it earlier, but he didn't have a state issued ID card. In New Mexico, from what I understand, ALL high school seniors have to pass the GED test in order to graduate.

Mom is doing pretty good. She works too hard. Sometimes she's out of here by 3 in the morning! I think she is still in denial about dad passing because sometimes she talks about him like he's right here. I guess it takes time. It's been almost a year since dad passed. I hope I never have to deal with it. It was bad enough when Bryan passed.

I am a homemaker. Someone has to do it! I'd hate to see this place otherwise. I am considering volunteering at the hospital down the street. I'm a little afraid though because I don't want to get too close to someone and then they pass. I do spend a lot of time on my computer.

Ok, I guess I'm done rambling for now.

If anyone wants to contact us, LEF will forward letters on to us.

- Love you all! Marian Sue

Our Rotten Stinkin' Kids

Reprinted from the December, 2003 issue of In The Loop published by TNS.

The Fort Worth Star-Telegram reports that there is a fresh (or maybe not-so-fresh) taboo among American teenagers: showering at school. "The typical high school kid would sooner don rubber overalls than bathe publicly," notes reporter Josh Shaffer. "Some balk at having to wash, dress, blow-dry hair and apply various kinds of goo in five minutes. Others are content to mask their stink in a mist of cologne. Most, though, want to keep their developing bodies under wraps." Sophomore Dakota Lane summed up the prevailing sentiment: "I don't like seeing other people naked. I don't like seeing myself as it is."

So sorry is the current state of affairs that schools are demanding four or five individual shower stalls per locker room. And still, some kids are dodging the once mandatory post-gym class shower. Shaffer jokingly blames humiliating shower scenes from the movies (Carrie, Porky's, Sixteen Candles) for the current spate of hydrophobia, and he may have a point. The entertainment media's role in shaping youthful attitudes toward the human body has been anything but healthy. More disturbing than the media's role, however, is the way we adults have caved in. Instead of addressing the issues that cause young people to loathe their bodies, we opt for more shower stalls.

Lake Edun Exposed Video Re-Edited

Bret, our video expert, has recently completed a re-release of our educational video, Lake Edun Exposed. This new release reflects countless hours of careful editing and painstaking attention to detail. It also incorporates some new footage not included in the prior release.

This is a wonderful video. Those who have seen the early release agree it is way superior to the prior version of Lake Edun Exposed. It explains Naturism in general and the Lake Edun Foundation, in particular. All Eduners should have a copy to introduce their friends to the benefits we take so much for granted.

To encourage all Eduners to obtain a copy of this video, it will be given for half price to anyone joining, renewing or extending their membership prior to March 1, 2004.

SAUNA – A Finnish National Institution

By Michael

"There is nothing that Finns have been as unanimous about as their sauna. This unanimity has remained unbroken for centuries and is sure to continue as long as there are children born in their native land, as long as the invitation comes from the porch threshold in the evening twilight: 'The sauna is ready'."

- Maila Talvio 1871-1951

Finland is the land of the sauna and the Finns are a nation of sauna-enthusiasts. With a population of 5.1 million, there are 1.7 millions saunas in Finland. However, sauna is not a Finnish invention, nor are Finns the only users of the sauna. Over the course of centuries many nations have practiced sweat bathing. How long there has been sauna is unclear, but the current Finnish practice goes back to somewhere in the 5th to 8th century. The practice of several

periods of repeated perspiring in the heat and steam, known as *loily* which is a Finno-Ugric word going back 7,000 years.

In Finland, a whole culture has grown up around sauna, but has not been wholly followed as the sauna has spread to other parts of the world. No matter. The rest of us recognize a good thing when we see it.

One of the wonderful assets of Lake Edun is our sauna. Several Eduners have made frequent use of the sauna, enjoying its benefits of relaxation and fellowship. Others may ignore its existence or seldom take the time to participate.

With the Finns we can end the week with a sauna, get a renewed sense of well being and recovery from the week's toils. Several hundred scientific papers have been published documenting the response of the human body to sauna. It will please all to know that there is little to indicate any health risk from sauna. The cardiac load from sauna is similar to that seen during brisk walking. Fluid loss is easily replaced by drinking a couple of glasses of water. The only caution is with young children who must be able to express discomfort understandably. The time they spend in a sauna needs to be reduced. In Finland 95% of children have their first sauna before age two, and are also among the healthiest in the world.

The pleasures of the sauna are that it cleanses and heals the body, soothes the mind, and provides agreeable sensations and many other pleasures. The cleansing of the body is fairly obvious. A good sweat and a shower cleanses the skin better than normal. Healing comes to tight or sore muscles. Soothing and relaxation of the mind is frequently experienced during sauna. Finally, altered perception of time is noticed by many who report the sensation of time standing still in the sauna. After the sauna there is no hurry anywhere. The feeling is blissful. 'Recreated' best describes what the refreshed mind feels.

There are no rules about how long you should stay in the *loily*, or how many times warming up and cooling off should be repeated. Everyone should do exactly what feels good. The time to stay in the heat depends on the temperature, humidity, and the individual. Some people are happy with one or two rounds, while others go on for hours.

In Finland the most popular ways to cool off are to swim in a lake or the sea if possible, and in winter, rolling in fresh snow. The extremes of ice cold water or snow need to be done only after a pause to allow the pulse to settle down. Also, people with heart conditions should avoid this practice.

Traditionally sauna is done nude, participants sitting on towels for sanitary reasons. In Finland, families or close friends sauna together. Mixed sex sauna as practiced in other countries is not thought to damage the reputation of the genuine Finnish sauna. The temperature of the sauna ranges from 176 to 194 degrees F. Between rounds, have something to eat and drink according to personal taste. When finished, gradually cool down before dressing to leave. Finally, there is a strong tradition in Finland that sexuality, noisiness, and otherwise indecent behavior has not and is never to have a place in the sauna. Lake Edun fully endorses the tradition and practice of the Finns for sauna.

Oh, by the way, according to the 2000 census there are 1,933 Finns in Kansas, 3,261 in Missouri, 2,413 in Iowa, and 1,427 in Nebraska. Your challenge, should you accept it, is to find a Finn to invite to our sauna. In the meantime, most everyone enjoys a sauna, so invite a friend.

If you are interested in learning more about the sauna and Finns, here are some websites:

<http://virtual.finland.fi/finfo/english/sauna.html>

<http://www.sauna.fi/pages/>

<http://www.euroamericans.net/finnish.htm>

http://www.hazelden.org.uk/13_sauna.htm

GOOD NUDITY/NUDE IS NORMAL

By Michael

I like these terms. Good nudity and nude is normal! Phrases that are simple, clean, yet suggesting something intriguing, attractive, and profound. I believe these phrases encapsulate what nudists/naturists have been saying for over a century. It's a positive message about the body that is wholesome, liberating, and healthy. They suggest a platform to stand on when representing ourselves in the larger world.

The predominate view in our culture about nudity is that it is illegal, shameful, dangerous, immoral, pornographic, harmful, and on and on. It is equally true that the same people who believe these things about nudity recognize exceptions where nudity is acceptable. For example, nudity is appropriate between spouses in private, during a medical procedure, or in paintings and statues in an art museum. These generally accepted exceptions are further expanded within our society to a number of legal, but not as widely approved situations, such as strip bars, R rated movies, advertisements, various men's and women's mag-

azines depicting nudity, but not overt sexual behavior. All in all, a very mixed bag.

People seem to develop and very passionately defend beliefs about the uncovered human body. Complicating and intertwined with these beliefs are legitimate safety concerns for children and women who have experienced abuse at the hands of predators. There can be no minimizing of the harm done to those that have this experience. That being said, the unclothed human body is not the causative factor behind such terrible abuse. As has been amply documented elsewhere, power and control is the issue for predators, not sex, nor dress or lack thereof.

What nudists need to counter all the confusion rampant in society is a way to cut through the misperceptions, fears, and irrational hostility toward simple nudity. Nudists have been trying to do this for over a century with varying degrees of success. Obviously, no one idea, argument, or demonstration will satisfy all who currently object to non

sexual social nudity. Yet, as the saying goes, “If at first you don’t succeed, try, try again.”

The following are two interesting efforts to advocate for good nudity. In the first, David Goines uses the term, “Nude is Normal,” to denote the positive emphasis he is promoting.

Nude is Normal Advocacy Initiative 3

(c) W. David Goines 2003 Permission is granted to share intact, copy, print, and distribute for the greater advocacy of humanity.

This the Beautiful New Garden

While some mourn and agonize the fact that humanity was thrown out of the Garden of Eden, and now for some reason must cover themselves in Shame and Modesty, failing perhaps to realize that THIS is the NEW Garden of Eden experience for humanity. A new Improved Version, so much improved, that indeed, we can even forgive ourselves and each other for any sins of the past and even sins of tomorrow, and indeed, Celebrate Life and Living instead of Agonizing it to death!

Except that there are those who have a very different agenda for humanity, predicated upon Fear and Anxiety and the need to take control, respect and responsibility away from humanity as unworthy of this their own autonomy and convinced that we must indeed cover ourselves in Shame and Modesty and dis-respect of even the Divine Creation. Horrors!

Perhaps they do deserve all this shame and modesty of themselves, BUT humanity does NOT. In fact Humanity by its Divine Creation deserves the very best of themselves, even including a better opinion of and for itself. Except that we’ve allowed our beautiful NORMAL (nude as a more normal, natural state of being for humans) to be stolen from us – and trashed so bad as to even allow naughty and nasty to prevail in the minds and human reality!

Fearing more naughty and nasty – these less than optimum advocates for humanity now scream for NONE (no nude), failing to realize that this only opens the door of opportunity for naughty and nasty to prevail itself upon humanity!

We would like to take this opportunity to remind humanity of the Good Nude that they are, as reminded by each and every nude birth upon the earth that indeed Divine Creation might have had something better in mind for this more normal, natural, state of being for humanity. We should not cover it up in disgust but seek to Celebrate Life and Living in this NEW Improved Garden Experience that indeed, humanity might become the something MORE of and for themselves instead of the Less that we too can be!

I think it is very curious that Religion for what ever reason chooses NOT to remind humanity of their profound potential for GOOD and beauty (as the Creator intended) instead seemly to damn humanity to something less! Now that is disgusting! And it is very worrisome that this less optimum element might be given the power to damn everybody that will accept it.

NUDE IS NORMAL and it becomes humanities responsibility to re-take respect and responsibility BACK from those who would steal it away! Without Your Good Nude, of course you are left with only naughty, nasty or None! And that is cause to be very up-set!

But here in this wonderful New Garden Experience - We can enjoy something better of and for ourselves, and do it with the blessing of Divine Creation! NUDE IS NORMAL and nothing less!

This then is the better advocacy for humanity. Are you not worth some Good Nude for yourself? Take back your good nude autonomy (ownership) and don’t let anyone diminish that fine capacity of and for yourself ever again! Only YOU can take it back and Only You can make your good nude respectable and responsible having then therefore no need for naughty, nasty or worse, None! Do NOT allow those who would steal your good nude away from you offering you NONE in exchange, plus perhaps a little damnation for having been so stupid. You Deserve Better! Unless, of course, you are not part of Divine Creation? Then indeed, you’re on your own and entitled to all the damnation you can get! But we think a bit better of you predicated more upon Love and generosity for the MORE that humanity can be and out of a profound respect for Divine Creation. Your good nude is indeed a fine Gift of Divine Creation and becomes an entitlement of birth-right unless of course you decide to squander the Gift instead of Celebrating the Gift of some normal nude of and for yourself. Please don’t let someone turn your beautiful new Garden Experience into a living hell of un-right dominion and damnation. This then too is the responsibility of the New Garden Experience! And the special Gift that it is!

David invites you to his Yahoo group where he elaborates more fully on his views at <http://groups.yahoo.com/group/NINAI3/>

Another excellent proponent of good nudity, is Jeff Bowman. Jeff, who is a pastor, advocates for good nudity from the perspective of his personal experience and understanding of the Bible. The following excerpts are from his website. You will find the full document, plus the link to the Bowman’s newly opened spa near Palm Springs at <http://www.oursunhome.com/index.html>

At this point I must address two common ideas about nakedness. First, “Doesn’t modesty imply that nakedness is wrong?” Modesty actually deals with what is put on the body, not what taken off or absent. When we say a person has a modest income we are describing the small amount they make. The word modest is only found in I Timothy 2:9 (KJV). It is the translation of KOSMIOS from which family of Greek words that we get our words cosmos, and cosmetic. It means the arrangement of things, their orderliness. Applied to people it would be clothes or other ‘add ons’ that are considered excessive by culture. Such excess can only be culturally defined. Second, can nakedness cause lust?” No, lust is caused in the heart of people by their own sin. Lust is a strong word denoting an “I’ve got to have it” and “I’ll get it whatever way I have to” mentality. A house, or job can be an object of lust. So can a fully clothed person. Also, those in the health field, who are

around good nudity can attest that a nude patient is simply that, a nude patient.

Good nudity is so foreign to most Americans. What we typically see is what I would call bad nudity. This nudity is on a voyeuristic level, in the pages of sex magazines and sex movies. Such bad nudity is meant to sexually entice or allure. Good nudity acknowledges and celebrates the differences in each human in a non-sexual way. In other countries nude swimming, public bathing and even nude recreation is accepted. In some cultures nudity is a way of life due to very practical climate conditions. Because of this the body is demystified for people (much like a doctor or nurse who sees nudity in a non-sexual environment) and the curiosity to “look and see” is fulfilled. Today the same curiosity exists in the hearts of people and is typically met by viewing bad nudity. It is my suggestion that if we had more exposure to non-sexual nudity the “lust” factor would decline in our hearts. We would see the creation of God as good and we would view the body not as an object of voyeuristic sexuality, but as the wonderful creation it is. Good nudity is found in our art museums and art books.

Life is seen and the body is viewed naturally. Michelangelo, commissioned by the church, painted the Sistine Chapel and created larger than life sculptures with good nudity.

David and Jeff are firm believers in the intrinsic goodness of the body. They are speaking out against the forces in culture and religion that have come together to create shame of our natural selves, enforcing this with the weight of the state. Simple, non-sexual, family oriented social nudity does not promote social disorder, crime, or bring out the worst in human nature. On the contrary, the current social and moral order is rife with all the evils the enforcement of clothing is supposed to prevent. Given the prevailing cultural belief system about the nude body, it is counter intuitive to assert that the remedy for the evils society is trying to end, is in fact the freeing of the natural human body from the current constraints, and permit simple social nudity in more settings. The larger society needs to be reminded of the adage that if something isn’t working, try something different. Something different is frequently the opposite of what isn’t working.

Lake Edun Foundation, Inc.

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

Name: First _____ MI ____ Last _____

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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, you may make a copy of this form for the other member of the couple. (NB: a couple is defined as one male and one female.) A \$50.00 membership discount is offered to those willing to assist with upkeep a minimum of 10 hours per year. One

subscription to our newsletter *Bare Facts* is included with membership. Some may wish to receive *Bare Facts* without becoming a member. A subscription only 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) - deduct	(100.00)	(100.00)	_____
Working Membership (Discount)	(50.00)	(50.00)	_____
Assist with educational mission (Discount)	(25.00)	(50.00)	_____
Student Membership (full-time student)	150.00	200.00	_____
Separate Mailing Address for members		12.00	_____
<i>Lake Edun Exposed</i> – Video		35.00	_____
<i>Return to Edun Documentary</i> – Video		35.00	_____
Naturist Society Membership		50.00	_____
Subscription to <i>Bare Facts</i> only		20.00	_____
Tax Deductible Donation - Legal Defense Fund			_____

Total Enclosed - Check, Money Order, or Credit Card _____

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