

# Bare Facts

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38° 58' 7" North; 95° 47' 56" West

## Fourth Of July With LEF Is Spectacular

Although rain threatened as the July 4 weekend approached, it did not dampen the resolve of the Lake Edun Camping Team. Even the occasional sprinkle that visited the intrepid served more to keep the weather cool than to dampen spirits. Compared to past July weekends, weather this year was wonderful!

And braving only mildly inclement weather was well worth it. While traditionally good food and great fellowship are the norm at Lake Edun, this year, Ryan and Greg dazzled everyone with a spectacular display of fireworks.

If you have not spent a weekend at our special place lately, be sure to do so soon, before the weather becomes typical "Kansas". The weather we have had so far is nothing less than wonderful! And, if you missed Ryan and Greg's show, they have agreed to do it again at the end of the month. Make your reservations NOW for the Picnic at Edun.

## Garage Sale During Labor Day

Many Eduners and our friends have indicated they are putting aside some great items to bring to our Labor Day weekend garage sale. Not only do we expect to help fill our coffers, it also provides an opportunity for garage salers to wander our fabulous resource.

Popular garage sale items include clothing, of course, but don't forget the household decorating items, pictures, kitchen utensils, appliances, bathroom items, etc. We all have stuff we no longer use; put yours aside and save it until Labor Day. Then bring it with you to Lake Edun. It will help Cindi; it will help LEF; it will help our legal defense fund. And, best of all: everything you contribute can be tax deductible.

## Don't Forget Your Membership Benefits

It is easy to forget some of the wonderful benefits membership in LEF brings. This month, we are going to remind our members that they can earn a free membership at our special place just by introducing others to the beauty we take for granted.

For every person you introduce to the Lake Edun Foundation who joins as a member, you earn a 25% discount on your own membership renewal. So, while you are doing your friends a favor by introducing them to a great place with wonderful people, you can also earn a discount on your own membership renewal.

## Items We Need

- Digital camera
- Plastic Buckets
- Car ramps
- Variable speed, reversible drill
- Chipper/shredder we can use about once a month
- Wheel Barrow
- Pitch Forks

## Plan To Attend Picnic At Edun

Our traditional mid-summer event is coming up at the end of this month. Don't miss it!

This year, for the first time ever, our summer event will be a clothed fund-raiser. This, we hope, will encourage others who have never visited our special place to see for themselves what we all take for granted. In addition, it gives those who support our cause but are reluctant to make a full-body commitment a means to stand up and be counted. All funds raised will go toward our Legal Defense Fund.

Here's the scoop: The event is from 4 - 10 pm on July 31. Of course, we expect many Eduners and friends will wish to come early and stay late. And, of course, the clothing expectations (or lack of the same) are the same as normal before and after the event.

We have some great entertainment lined up. Mark Hofgard who made his first appearance in Topeka last Winter will travel from Colorado especially for this. Mark is a new-age artist whose instrumental work is inspired by the wonders of nature. He blends piano, acoustic melodies and electronic orchestration. It is a blend that is sure to please all.

In addition, the Cloddy Broons, from Baldwin will entertain all with their Celtic and folk music. For those of us who remember what folk music is, it will be a great act.

And finally, Ryan and Greg have promised to dazzle all with another spectacular display of fireworks.

Plan now to join us at the end of the month. Cost for the Picnic at Edun is only \$35 (or more, if you can. It's all tax deductible). If you plan to arrive early or stay late, the normal daily contribution will be sought. Send in your reservation NOW so you don't miss this [slightly modified] annual event.

## DON'T FORGET

*Activities designated HN are sponsored by Heartland Naturists*

July 8; Thur; 4-7; Open House

July 10; Sat; 10-12; Board of Directors Meeting

July 10; Sat; 12-3; Open House

July 11; Sun; 10am; HN Sun Run 4 – Race of Apollo

July 16; Fri; 8-10; HN Swim

July 17; Sat; 50's & 60's Party

July 18; Sun; Family Tie Dye

July 25; Sun; Christmas in July & Goofy Gift Exchange

**July 31; Sat; 4-10; Picnic at Edun**

Aug 8; Sun; 12-3; Open House

Aug 14; Sat; 10-12; Board of Directors Meeting

Aug 14; Sat; LEF Reunion

Aug 20; Fri; Jon's Birthday Party

Aug 20; Fri; 8-10; HN Swim

Aug 21; Sat; Jon's Weenie Roast

Aug 21; Sat; Crafts weekend

Aug 22; Sun; Crafts weekend

## A Funny Thing Happened. . .

By Michael

You may have noticed that this year the rains have continued in an ongoing basis to bless us with their outpourings. So much so that I was wondering if there ever was going to be a weekend of sunshine to enjoy. Daily checking the weather reports for Topeka indicated the possibility of intermittent thunder storms.

Saturday morning dawned overcast and damp from the night's shower. Not being faint of heart, but ever the optimist, I set out at 6:30 AM on my trek to "sunny Kansas." As the hours and miles rolled by I anxiously scanned the sky hoping for a break in the clouds to indicate my day would not be spent dressed against the cold and damp.

A time or two the clouds seemed to be thinning, only to reform in dark grey banks. Then when all seemed hopeless, the clouds parted, the sun shown through and I was at the outskirts of Topeka. John Denver was right; sunshine on my shoulders does make me happy! It was going to be a beautiful day!

I have to tell you, the drive down Wannamaker seems to take forever. To know just how close Lake Edun is, but to be delayed by the traffic, for even a few extra minutes, seems unbearable. It makes those last few miles seem the longest of the whole three hour trip. I am tempted to drive with reckless abandon, cutting other drivers off, weaving across lanes of traffic, and accelerate through amber lights, while anxiously checking my mirror for the sight of the police! BUT!...I don't. Reason and maturity carry the day.

The board meeting concluded and I'm free at last to survey the changes from a month earlier. It's wonderful to see the trees in full leaf, so green and fresh. Rain has filled the lake to capacity. The final delight is to be greeted warmly by old friends. I love it!

Through the day people arrive, some I know, others I don't, still others are first time visitors. The relaxed atmosphere at Lake Edun seems designed to encourage getting to know each other. No one need remain a stranger. With an easy inclusion, visitors are greeted and invited to share food, conversation, or a card game, as they desire. Never in my pre-naturist life would I have dreamed of walking over to strangers to introduce myself. It's a paradox. The less I wear, the more outgoing I have become. Go figure.

Now to the funny part – you were beginning to wonder? That evening the dreaded predictions of severe weather seems to be coming true. A furious blast of wind bent the trees and a number of minor limbs broke off. No doubt heavy rain, lightening, and possibly tornado activity would be on its way. I wasn't in a glass house, but a small tent began to feel pretty fragile.

Around 10 PM someone came by to warn us campers that 80 MPH winds were headed our way and we should clear out while we had time. Hmmmm? I took down my tent and headed to The Barn. Upon my arrival I was offered a cold adult beverage and good conversation. Outside the wind blew, the rain poured, and I was in good shape!

After drifting off to sleep, the vagaries of too much fluid and

too little bladder disturbed my restful slumber. Groggily opening the back door, I shuffled outside seeking relief. It was then that the chilly breeze stirred my senses to look back just as the wind swung the door shut. I came within a fraction of a second, a mere finger's length of stopping its swift travel. Alas! Too little – too late! I was suddenly wide awake and in disbelieving shock realizing the door was – locked! I hate it when that happens!

Two AM in the morning, the door's locked, its misting rain, the wind is blowing, it's cold, and I'm naked! Does this sound like one of your bad dreams? It's no longer one of mine. Fact has replaced fantasy.

Futile efforts to make denial work in my favor end with the recognition – I'm naked and locked outside with nothing but a flashlight. With keen analytical analysis of my situation, making use of finely honed problem solving skills, not to mention a highly developed desire for survival, I concluded that the only rational course of action was to walk back through the mud, rain, and wind to the South beach camping area.

Not wanting to disturb those sleeping, I went into the storage tent. Luckily there were several towels to cover with. I then settled into a fitful sleep, trying not to dwell on my warm sleeping bag safely in The Barn. Can you say "looong," for how the rest of the night went? ?

## Virginia Update

You may recall we reported in the April issue of *Bare Facts* the State of Virginia passed legislation requiring that parents had to be in attendance while their child was at a nude summer camp scheduled in July at White Tail Park nudist park. This restriction does not apply to any other youth summer encampment in the state. The law passed the Senate unanimously and cleared the House on a 98-1 vote. The Virginia law specifically would deny a state license to any hotel, summer camp or campground...that maintains, or conducts as any part of its activities, a nudist camp for juveniles in which there are openly nude juveniles unaccompanied by parents or legal guardians.

It has been learned that the ACLU has sued in federal court in Richmond to keep the state from enforcing this legislation against the nude juvenile camp scheduled for late July. Virginia ACLU executive director Kent Willis stated, "Legislators overreacted and in the process they substantially interfered with the right of families to make lifestyle choices ... Using the overall logic of this law, legislators are now free to prevent children from swimming, playing baseball or riding a bus."

The Attorney General Jerry W. Kilgore said last year that such camps could attract pedophiles and child pornographers. A spokesman for Mr. Kilgore, Tucker Martin stated, "We believe the law as passed is constitutional, and we look forward to defending minors and morals in the commonwealth."

The suit asks the court to declare that the law violates the U.S. Constitution's First and 14<sup>th</sup> amendments and that the state be barred from voiding White Tail's license at least by the time this year's camp opens on July 24. Plaintiffs in the

case include White Tail Park and three couples who are White Tail members and their children.

## Therapy, Nudity & Joy

By: Aileen Goodson

A long time ago in a state far, far away was a place called Elysium. Elysium, founded by the late Ed Lange, no longer exists, but was the only nudist club in Los Angeles County until its closure in 2001. I missed being able to visit this ground breaking nudist facility by one week. It was with regret that I drove down Topanga Canyon Road looking for the side road leading to the entrance to Elysium, only to be stopped by a closed and padlocked entrance gate. *Se la vie.*

Probably experiments in nude psychotherapy could only have taken place in the 1960's. It was a unique coming together of persons, time, and place that may never happen again in our life time, given the anti-body climate of today's society. Those of us who came of age in the 1960's recall it as a time of social change and experimentation like no other decade in the 20<sup>th</sup> century. With its relaxation of former standards of "proper" behavior, the persecuted nudist movement was gaining acceptance by politicians and the general public. It became fashionable for highly respected professional researchers to investigate the nudist phenomenon. Unfortunately, this is no longer the case.

*Therapy, Nudity & Joy* is a 353 page book in three parts, each distinctly different in focus. Part I details the circumstances and general findings of the benefits of nudity in psychotherapy, along with a summary of professional opposition to the propriety of nudity in therapy. Part II turns to a discussion of nudity in ancient and modern cultures, the psychology of clothing, the rise of nude beaches and parks, and finally, nudity in art. Part III discusses the historical development of the Esalen Institute in Big Sur, California, and rise of The Association for Humanistic Psychology, led by luminaries Abraham Maslow, Rollo May, and Carl Rogers. Out of this developed a number of human potential growth centers. Unfortunately, Esalen is the one notable remaining growth center today.

Chapter 13's intriguing title is, "Nudist Resorts as Therapeutic Communities." Researchers Hartman and Fithian, at the conclusion of their study, *Nudist Society*, state:

"We have gathered considerable evidence concerning many formal and informal activities that indicate that nudity has therapeutic value. This properly comes within the definition of social milieu that, if not designated as treatment programs, have the effect of being wholesome and beneficial environments in which social interaction can and does take place."

The description of what constitutes a therapeutic community finds support in *The American Handbook of Psychiatry*, Vol 3, 1966, where it states that, "...based on the assumption that the social milieu itself can be the instrument of treatment." Further support of this concept is given by Abraham Maslow who stated, "I still think that nudism, simply going naked before a lot of other people, is itself a kind of therapy...."

In this chapter are a number of personal stories dealing with issues of body acceptance for sufferers of a number of

diseases, such as polio and eczema, problems of overweight and agoraphobia, recovery after a mastectomy, nudism as an equalizer, are detailed. After summarizing conflicting opinions by various experts about the effects of adult nudity on children, and countered by the well documented research of Dr. Marilyn Story, Dr. Goodson concludes:

"...there seems to be no scientifically researched literature available refuting the findings reported in this chapter, and there is ample evidence indicating that nudist resorts do meet all the qualifications for therapeutic communities."

One is left wondering what might have been if the experimental use of nudity in group therapy and the human potential growth centers had been able to continue. One wonders what might be done today to use these pioneering ideas in contemporary naturist/nudist setting. *Therapy, Nudity & Joy* is valuable reading for today's naturist, both for the history and for the possibility thinking such a rich source of creativity stimulates. What would you think if we...

## Cross-Cultural Differences

By Michael

It's next to impossible to find current scientific studies of social nudism. Only a few are as recent as the 1980's. Somehow, from the mid 1980's on, academic research into the practice of social nudism ended. It can be speculated that this represents an indirect indication of a decline in acceptability in the United States for social nudity.

One of these older studies appeared in *Qualitative Sociology*, Fall 1980 by H. W. Smith, entitled, A Modest Test of Cross-Cultural Differences in Sexual Modesty, Embarrassment and Self-Disclosure. The author addresses differences between French, German, and American nudist values and practices. It is of interest for a historical perspective on social nudism in other countries, but also for shedding some light on the opposition to social nudity in America.

Smith made observations of German nudists at the Westerland Beach on the island of Sylt, West Germany, and of French nudists at the beach of Pampelonne near St. Tropez, France in the summer of 1974. These observations were then compared with Martin Weinberg's 1964 research about the norms of American nudists.

Smith relies on social anthropologist Edward T. Hall's high/low context typology of cultures to explain the differences he found. Low context cultures which include most to the Germanic and English-speaking world, are mostly Northern European and Protestant in background. These cultures are explicit: direct, linear, verbal, with clear channels of communication. The who and why of personal or business transactions don't matter. Time is viewed as sequential and highly scheduled.

High context cultures includes most of the rest of the world, including France. They are affiliation cultures. Much of the interaction between people is implicit: coded, circular, indirect. The message is in the body language, the setting, it is the relationship between people that is involved. The who and why of transactions between people are of primary importance. Time is viewed as elastic and isn't segmented, schedules are flexible.

The German and French nudist behavior norms are compared with each other and if they are like or unlike American norms. After making the comparisons, Smith concludes Germans and Americans largely act alike, while the French are nearly their opposites. The findings are as follows:

| <u>Norm</u>                             | <u>German</u> | <u>French</u> |
|-----------------------------------------|---------------|---------------|
| 1. No alcoholic beverages               | unlike        | unlike        |
| 2. No staring behavior                  | like          | like          |
| 3. No photography                       | unlike        | mixed         |
| 4. No “unnatural” attempts to hide body | like          | unlike        |
| 5. No accentuation of body              | like          | unlike        |
| 6. No sex display                       | like          | unlike        |

Smith observes that German and American nudists, being part of the larger low-context culture, have difficulty separating sensuality and sexuality, unlike the French. They therefore, put large amounts of normative energy into compartmentalizing their own sensual/sexual behavior. What this means is French nudists, being from a high-context culture, treat such things as physical contact and female genital exposure as not being immodest, embarrassing, overly self-disclosing, or overtly sexual. This is in marked contrast to Germans and Americans, in spite of the expressed ideology of the acceptability of the total body.

At the time he was writing, Smith noted the expansion of nudism in parts of America. He felt that changes along the lines which occurred earlier in Germany and then France would take place. Indeed, there is now increased acceptance of alcohol consumption at American nudist parks. However, I doubt anyone would confuse American nudist behavior with that of the French. Smith concludes by saying that the similarities between American and German nudists is to be expected since the nudist movement was founded by German immigrants.

Finally, this study sheds some light on why social nudity in America has had such a difficult time and has been under widespread assault. Social nudism finds itself being lumped in with sexually oriented businesses and community concern to control them. This is due to the inability of Americans to distinguish between sensuality and sexuality. Americans just don’t “get it” when told, nude isn’t lewd.

## Skinnydipping

Ever been skinnydipping? Apparently most Americans have, at least according to surveys done a few years ago. Quite a number have done so in mixed company. Chances are most of them recall their skinnydipping adventure(s) with some fondness.

Perhaps some of you recall the Norman Rockwell magazine cover of the boys in some pond joyously skinnydipping in the “ol swimming hole”.

Norman Rockwell’s America was a different place. He stands for a more innocent time and painted what he saw as the best in our national character. The time was the 1950’s, and the decade of *Leave it to Beaver* and *Father Knows Best*. This is the decade many turn when recalling when “times were better”, and family values were what “they ought to be”. Nostalgia is the key word here.

Some have pointed out “nudism”, the North American term for clothes-free living and recreation, is scary. This is due to the media reinforcing an association of kookiness with this term in the public’s eye over the last 75 years. It’s amazing how sophomoric many public figures become when human nudity or nudism is brought up. They seem to revert to their grade school age alter egos who found endless mirth in anything having to do with the bathroom.

“Naturism” is the term that the rest of the English speaking world uses to describe nudism. The Naturist Society rose up in the 1980’s and attempted to define “naturism” as meaning being nude primarily outdoors, and on public lands while distinguishing “nudism” as primarily being behind the closed doors of private clubs. In reality, there’s not a lot of difference since The Naturist Society promotes resorts and tourist services, and AANR has some involvement in public issues. The aims of the two groups are not always that far apart.

Using the term “naturist” is somewhat confusing for many in North America. Is this about a bunch of tree-huggers? The term “nudist” likewise has baggage that is unfortunate and leads to a lengthy litany of explanations just to overcome initial negative reactions. This brings us back to the term “skinnydipping.” More people can relate to this word right away with positive associations. It’s not weird or kooky; it’s memories of childhood, of joy, freedom and adventure. It’s “skinnydipping!”

Keep “skinnydipping” in mind the next time you have a chance to talk to someone about your favorite way to enjoy swimming. By the way, at Lake Edun you can “skinnydip” to your hearts content!

## Is Kansas Abandoning Its Proud History?

*By Webb Garlinghouse*

The Kansas History Museum is running an exhibit detailing its proud history as a free-state. Although I have not visited the exhibit, yet, I have seen several billboards and read announcements in the paper.

Evidently the exhibit deals with pre-statehood efforts to keep Kansas a free state and the costs of freedom. In fact, one billboard proudly asserts Kansans are willing to die for freedom. One would hope this is no longer necessary.

It is good that we, as a state, are justifiable proud of the part we played leading up to the Civil War. However, we have perhaps forgotten that freedom, as with all things, cuts both ways. In order to have freedom for ourselves, we must be prepared to give it to others. Sometimes, others will not use their freedom in a manner we believe is best.

But, that’s the beauty of freedom. Each individual is free to choose the course of action they believe best. They enjoy the fruits of their choices; they also pay the costs. If we proscribe a course of action for others, then they are no longer free. So, in the end, in order for each of us to enjoy freedom for ourselves, we must be willing to put up with what we believe to be bad choices made by others.

What does this have to do with the Lake Edun Foundation? Simple. In Kansas, the state so proud of its free past, citizens should be permitted to enjoy the beauty at Lake Edun if they choose. That’s what freedom is all about.

## Latest Fashion Trend...

The latest fashion from 300 years ago that is. Angela McShane Jones of the University of Warwick, England reveals that Queens and prostitutes bared their breasts in the media of the 1600s to titillate the public, and that the exposure of a single breast in portraits and prints was common in portrayals of court ladies.

In expensive portraits and cheaper engraved prints the exposure of both breasts tended to be restricted to court ladies who were known as mistresses. But, the exposure of one breast was a different matter. Depictions of court ladies as St. Catherine, for example, could involve the exposure of a single breast.

It is known that court ladies and 'town misses' actually wore extremely low cut décolleté fashions that revealed breasts and, sometimes, nipples. While royal breasts were not usually depicted in high art, they may well have been shown. A dress designed by Inigo Jones to be worn by King Charles I's wife Henrietta Maria would have fully revealed the Queen's breasts, if worn.

McShane Jones study of 17<sup>th</sup> century woodcuts used to illustrate over 10,000 ballads show that breasts – including the breasts of the Queen herself, were commonly depicted on ballad sheets to illustrate the text. Depictions of Queen Mary II, wife of William of Orange, frequently show her baring her breasts. In several woodcuts (1689-1694) the 'modest and virtuous' Mary is represented openly baring her breasts.

Woodcuts were chosen to target buyers and to complement the text of the ballad, apparently much like today's magazines often depict scantily clad women on their covers. Pictures of buxom women displaying their breasts were a selling point for a male audience, and a female one, if the pictures described the latest fashions.

Historian McShane Jones believes that public breast baring was fairly commonplace in the 1600s. The dress fashions of court members and Queens was replicated by ordinary women, imitating the fashions. Her interpretation is that rather than demeaning women, it could be empowering. "The extremely low cut dresses were designed to encourage men to look, but not to touch. They empowered some women to use their sexuality."

## Contemporary Fashion Sense

Not to be outdone, French avant-garde designer Renault Reno, in the Spring, 2003, unveiled his latest fashion design – total nudity. Other than the tattoo of his "RR" logo on the left buttock of the models, they wore nothing. It's reported that the trend is catching on with the young across the country.

To the dismay of the staff at Monmarte College, a clique of popular seniors decided to bare all when they returned to school from the Christmas holidays. The students were quickly covered in burlap and sent home.

"Young men and women are showing up wearing nothing but tattoos," declares Education Minister Jean-Luc Chiffey. The minister claims the French do not have a problem with nudity. "We are not pruders like say, the Americans. But our

students' grades are dropping and nobody's paying attention in classes. And that includes the teachers."

Weighing in as the main opponent is the Minister of Standards, Health & Cleanliness saying, "Not only is this new practice of nudity barbaric, it's extremely unsanitary."

Other designers quickly followed suit creating trademark tattoos of their brand-name logos. Designer Reno is ecstatic about the reception his "nude fashion line" has received. "My reputation has been made. After this, I will be known as among the most innovative designers the world has ever known."

*(Obviously this fashion statement didn't make it across the ocean. In fact, I don't recall even reading of it until this past week. One would hope American fashion sense wasn't that clueless. Of course, naturists have always been up to date fashion wise. lol –Ed.)*

## Haulover Beach

*by: Bruce and Jo*

Haulover Beach is a rare phenomenon in the United States: a beautiful, clothing-optional beach, easily accessible, free, and owned by Dade County, Florida. It is located in Miami Beach on route A1A, which is also Collins Avenue. Haulover is separated from the highway by tall dunes and a stand of tall Sea Grape, so it is secluded. The clothing-optional section is at least a half mile long. From February to November it draws several hundred people during the week, and often over a thousand on weekends.

Amenities include ample parking at nominal cost, a walkway from the parking area under the highway, beach lounges for rent at \$5 per day, a lunch wagon with hot foods, burgers, and soft drinks, lifeguards, public restrooms, and even foot showers. Several lunch establishments will take orders by cell phone, and deliver your food to the beach. The atmosphere is laid back with few "Gawkers." There are plenty of friendly people if you want a conversation, and privacy if you don't.

Naturally, some County officials want to spoil all this by developing the area. One plan is to locate a school in the park area near the beach. Parking and rentals make the beach a cash cow which has been an element in preserving the status quo. We have been there three times, for a week or so, and it is permanently built into our late winter plans.

Last year, we discovered a delightful place to stay near Haulover. The Ocean Palm Resort Hotel (800-231-6932) is on the beach, no more than a five minute walk from Haulover. It has double rooms, with kitchenettes in each room and free parking. The rooms are clean and comfortable. The managers are congenial and helpful. They even have a free continental breakfast! The rates are incredible for a resort area. We paid \$70 per night, including tax. By next year, tax re-assessment may raise the rates \$10 or so.

The area immediately north of Haulover beach is full of wonderful ethnic restaurants. We ate at an Irish pub, a Georgian restaurant with cable TV from Russia, and had a 5 course Cuban meal for \$30 for the two of us.

If you are interested in the Ocean Palm Hotel, advance reservations at least 2 months ahead are advised.

