

Bare Facts

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38° 58' 7" North; 95° 47' 56" West

Summer Fun

As we enter July, we settle in to the Kansas Summer. Mulberry season has passed and cherry season is yet to come. However, the water is warm and Eduners are friendly.

The Fourth of July weekend will be past by the time most Eduners receive this. Labor Day is the traditional book end that closes our season. But, between now and then, we will feature regular Saturday evening programs which seem to be appreciated by those who take advantage of them.

In addition, we still have one or two Open Houses coming up and plenty of fun in the sun. Be sure to share your experience at our special place with your friends. Many are curious about Naturism and some will ask you to introduce them. Do yourself and your friends a favor: don't keep Lake Edun a secret.

Support The Naturist Society

Regular readers of *Bare Facts* know about The Naturist Society and its support of Naturism everywhere. Most are aware of its excellent, full-color publication that is mailed to Naturists four times each year.

But, we are all busy and it is easy to forget how important this national support is for those of us in the trenches.

We have read in these pages, stories by people who discovered the wonders of Naturism at the free beaches in California. Now, "N" tells us some of these traditional clothing-free beaches are threatened.

We have learned about the success of Haulover Beach in Miami, Wreck Beach in Vancouver and Black's Beach in San Diego. Each is a major draw for tourism in its area. Now, "N" tells us all are threatened.

We hope all Eduners will take time to support TNS.

Items We Need

Most issues of *Bare Facts* carries a brief listing of things many of us may have available that can make our place even more special. Eduners are wonderful supporters who take time to check their homes for things they no longer use. If you have access to any of these items, please take to the caretaker.

It won't be long before the metal barrels we use for trash need to be replaced. Also, many of the wooden cable spools we use for tables in the campsites have passed their useful life and must be replaced. If you are in a position to find any of these items and bring them with you on your next visit, it will be a great help.

Please see our website at lakeedun.com for more details.

- Non-motorized boats
- Metal Barrels
- Lawn or Lounge Chairs
- Wooden Cable Spools
- Aluminum cans, etc.
- Wheel Barrows

LEF Progress Report

Our careful caretakers, combined with wonderful Kansas weather are helping our special place become a showcase we can all be proud of.

Already, we have trimmed most of the trails, taken down several dead and dying Elm Trees and have begun the annual war against poison ivy. If the weather continues to cooperate, we should be able to make substantial progress this year on the poison ivy front. If any Eduners are aware of patches of PI, please bring it to the caretaker's attention.

Of special note, we will have an extra mid-summer work day the weekend of July 18. Tractor Doug will be on hand to make many of the tasks easier. If you are available that weekend, plan to join other Eduners as we work to improve some of the trails, spread some rock and dirt. With enough help, it should not be too great a task for anyone.

We have another Open House scheduled for August 8. Our Open Houses are wonderful times to introduce your friends and acquaintances to all that we take for granted. We all know people who are curious about Naturism. Don't keep your friends guessing; invite them to visit Lake Edun to learn for themselves how liberating our lifestyle can be and how positive it is for their children.

It is gratifying to note that many of our visitors have noted the wonderful appearance and are voting for Lake Edun in the most meaningful manner ... with their wallet. Since the 40% increase we noted last month, we have added another 8% to our membership rolls. Thank you to all who find our mission and our special place worthy of your support.

DON'T FORGET

Activities designated HN are sponsored by Heartland Naturists

July 2-5; Clothing Independence Weekend

July 3; Fri; Dusk; Evening program

July 4; Sat; 10-12; Board of Directors

July 4; Sat; Dusk; Evening program

July 5; Sun; Dusk; Commitment ceremony

July 5; Sun; 12-3; Open House

July 6-12; Nude Recreation Week

July 11; Sat; Dusk; Evening program

July 17; Fri; 8-10; HN Swim

July 18; Sat; Most of the day; Work Day

July 18; Sat; Dusk; Evening program

July 25; Sat; Dusk; Evening program

Aug 1; Sat; Dusk; Evening program

Aug 8; Sat; 10-12; Board of Directors

Aug 8; Sat; 12-3; Open House

Aug 8; Sat; Dusk; Evening program

Aug 15; Sat; Dusk; Evening program

Aug 21; Fri; 8-10; HN Swim

Aug 22; Sat; Dusk; Evening program

Aug 29; Sat; Dusk; Evening program

Sun Anyone?

It seems the world of science is catching up with the late 19th, early 20th century in recognizing the benefits of heliotherapy. Most of you will know this by its modern name – sunbathing. Yeah. Good old solar radiation, aka natural sunlight!

Prior to WWI there were a number of medical doctors in England and on the continent that experimented with the healing properties of natural sunlight. Remember, back then there were no antibiotics. Diseases caused by bacteria claimed a huge number of lives. Standard medical treatments made little difference. A few bold experimenters became convinced that a combination of sunlight, clean air, and a healthy diet – usually vegetarian, offered hope for cures eluding the medical establishment.

These pioneers established clinics in the mountains of Switzerland where the sunlight was even more intense and began treating the ill. Their results were remarkable. Recovery rates for diseases such as tuberculosis significantly exceeded those of the standard methods.

Heliotherapy was not exceeded in cure rate until the advent of antibiotics during WWII. Unfortunately, the misuse of antibiotics has created strains of “superbugs” that only respond to the most powerful antibiotics.

But, back to our real topic. The latest medical advice is that we indeed need a certain amount of un sun-screened exposure to natural sunlight. The reason? It is reported that 75% of Americans aren't getting enough vitamin D, and the consequences can be severe.

Vitamin D deficiency has been linked to everything from cancer to diabetes, osteoporosis, and heart disease. Further, vitamin D aids in calcium absorption, keeps us agile as we age, and may fend off colds. Possibly it could make us better athletes by improving reaction time and building muscles.

Consider this. You can get all the vitamin C you need daily with one 8 ounce serving of orange juice. However, to get sufficient vitamin D you would need to drink ten tall glasses of milk or eat seven pounds of wild salmon every day.

The body uses ultraviolet light to synthesize vitamin D naturally. The problem is, high SPF sun block lotions prevent the ultraviolet rays needed for its production. The UV triggers a form of cholesterol in the skin that is converted into vitamin D in our kidneys.

Different skin types and diets make everyone's sun needs unique. Generally short sun exposure of more skin is a lot safer than longer exposure of just your face and hands. Both the American and Canadian cancer society have concluded that supplementation and small amounts of sun exposure are the preferred methods of obtaining vitamin D.

So how much sun exposure is now being recommended by doctors? They suggest that 3 to 10 minutes of sun exposure with 40% of your skin bared, twice a week during the summer is enough to get almost a year's worth of D. After this, use sunscreen.

The information about vitamin D comes from the June/July issue of Adventure Magazine. [Ed]

Great Listening

The topic of my latest podcast is “why clothing-optional doesn't work.” <http://naturistliving.bareoaks.ca/>

In the beginning of the 20th century when naturism started, wearing clothes in a naturist/nudist club was not an option. In my opinion, (which I explain in the show) the clothing-optional policy, a well-meaning attempt to be more inclusive and to make it easier for new people, has actually back-fired.

Also of interest is the previous program which is an interview with the cartoonist that created the Loxie and Zoot online comic book

Breastfeeding In Public

A young mother takes offense to a television medical program discussion about breast feeding. It is obvious that the doctors involved are pointedly being sensitive to (politically correct?) societal taboos about public breast exposure while nursing a baby.

Once again the pervasiveness of modern body phobic attitudes are kowtowed to by the very people that should know better – medical professionals. Despite all their training and possibly daily dealing with their patients bare bodies, they too feel the need to parrot the prevailing discomfort at the sight of a breast, even when it's for the purpose of feeding a child. So much for hoping for a sign of enlightenment from the medical community and collude with prudery to reinforce negative attitudes about nursing a child in public when it is hungry.

It is ironic to use the term “modern” when speaking of contemporary standards of decorum for breastfeeding an infant. Prior to the near universal acceptance of bottle feeding, women routinely breastfed children wherever they happened to be at the time.

A number of theories can be advanced to explain the decline in breastfeeding. However, the upshot is that after WWII breastfeeding radically declined in America while the erotic potential of the breast was increasingly exploited. Whatever sociological explanation there is, 70 years later a number of women have had to take extraordinary steps to legally gain protections for breastfeeding in public. Quite counterculture! More power to them! [Ed]

I just became a mom in March so when I saw that Friday's show was all about Moms I wanted to watch. There was a question, (I don't remember what exactly it was) about breastfeeding and once the answer was given, all the doctors agreed that breastfeeding is always the best choice and you can breastfeed in public “discreetly.” In fact between them, they must have said the word “discreet” about 5 times.

I was and still am disgusted.

It is absolutely horrible that a group of doctors, (a ped and a woman no less) would rave about the benefits of breastfeeding on one hand and shame the mother on the other – you have to be discreet!! Excuse me, but what the hell for?? I'm feeding my infant. If I was formula feeding would it be as important to be discreet? I should be praised in public for breastfeeding my child and I shouldn't be made to cover up and hide it.

I think The Doctors should learn the Indiscreet Breastfeeding Manifesto:

- I will nurse my child anytime, anywhere, no matter who is present or what I am wearing.
- I will bare my breast with pride and confidence.
- I will not apologize for nourishing and nurturing my child.
- I will not smother my child with a napkin or blanket.
- I will smile at everyone around me and ignore rude stares.
- I will know that I am giving my child the perfect infant food from the most efficient, ecological, and economical delivery system.
- I will know that I am giving my child the healthy start that is his or her birthright.
- I will set an example for women and girls, educate the public, dispel breastfeeding myths, desexualize the breast, and make the world a better place, all through the simple act of feeding my child.

I live by this. I'll continue to breastfeed in public WITHOUT being discreet. There should be NO shame when breastfeeding. Mothers shouldn't be made to feel they need to cover up while doing what is right. Being a new mother is difficult enough without this kind of confusing message coming from doctors.

<http://www.thedoctorstv.com/forums/171-Feedback/topics/4391-Breastfeeding-in-public>

Texas Student Visits Nudist Club Gathering

The following excerpt is of a story written by a University of Texas student for the University newspaper. Fortunately, the female author does justice to the subjects of her story. I particularly appreciated her observation that while she felt naked, she didn't feel exposed or sexually objectified.

Naturists don't need to be validated by non nudists to prove their claims are true. However, it is worthwhile when non naturists accurately report their observations to a skeptical public, that indeed naturists are all they claim to be. [Ed.]

You can read the full article at: <http://www.dailytexanonline.com/nudist-club-gets-down-to-the-essentials-1.1639833>

We talked at length about nudism before the event, and they set my mind at ease. I was curious to know what goes down at a nudist event and how I would handle being naked in public.

After dinner, the group takes turns in the hot tub, which is housed in a room with hanging plants and a wall of windows overlooking Lake Travis. Saturday evening also happens to be Earth Hour, a time when people around the country are urged to turn off the lights and conserve energy for one hour.

So off go the lights, and I sit in the hot tub, in the dark, with a couple of middle-aged men. I marvel at the fact that there isn't even a hint of sexual overtone.

I'm serious. They're asking me about my career goals and I am responding openly. I definitely feel naked, but I don't feel exposed or sexually objectified.

I realize that these people are onto something, and that it takes maturity to be able to hold it down like this when you're all nude. At the end of the evening, after retreating to the guest bedroom to put my clothes back on, I say my

goodbyes. I am invited back and told to bring friends. I take their invitation seriously, but am not sure if I want to become a lifetime member just yet. I hug the women and men and promise to come back. And on the way out, I don't even glance at the penises.

The Sexting Controversy

Probably everyone is aware of the so called "sexting" controversy. If not, in short it has to do with young people sending nude pictures of themselves by phone to friends, and at times find them forwarded to the internet.

Authorities have had some extreme reactions such as wanting to charge the teens involved for child porn. Naturists on the other hand have argued the relevance of the issue for naturism.

The following is an online post discussion of the subject. [Ed.]

"I disagree on relevance. To the extent that naturism is about body acceptance, incidents like this are illustrations of a basic naturist issue. To be perfectly obvious on this point, when the mere sighting of a bare breast is a non-event, the attraction will be gone, this wouldn't even come up as babes and strippers, and ... naturists would be better off generally. The last really shouldn't require any more explication."

Actually I'm finding this a bit obscure. I think you're saying that if the naked body became familiar, there would be no place left for strip performances (or "sexting" either). If I've got that right, then I agree, but we're far from achieving that nirvana. Instead, at present our textile-compulsive society has made nudity such a fraught issue that it can never be treated casually. What most people assume is that nudity has to be a sexual event, and that's what was being presented in the Vassalboro coffee shop, in the hope of attracting more business. That's exactly what doesn't happen at a nude beach! As with the equally ridiculous sexting topic, the interest we should be taking in these things is the way it lets us point out how compulsive clothes-wearing makes the body into a fetish object. What I mean by "fetish object" is something that's automatically sexual, even if it's not that way by any reasonable logic.

We could and should be saying that nudity can be a completely ordinary occurrence, not involving any expectation of sexual arousal, and we'd all be better off if it were treated that way. Instead, I think that far too often, we see news reports of pathetic uses of nudity as eroticism, (topless waitresses, kids sending each other "naughty" pictures) and the social reaction against it, (prosecution of the sexting kids; the destruction of the topless coffee shop). What we should be doing is just pointing out how all this is based on a misguided view of nudity. Unfortunately, we're tempted to defend the things we should oppose, because we see it as "nudity."

In the sense that there's skin visible, it's "nudity," but it's a clothing-compulsive style of nudity. We need to make it clear that we've got a totally different approach. If we don't, we're throwing away an opportunity.

"I didn't grow up with a mother telling me what was under my clothes was bad or evil." – Charlize Theron

It's A Crazy World

For a small town in Maine the scandal of a novelty coffee shop featuring bare chested male and female wait staff has taken an unexpected turn. The town considers the shop a "sexually oriented business" which it intends to further regulate.

What was a fairly tame sales gimmick – the topfree wait staff, now has the owner making plans to raise the bar higher – a lot higher. He's now thinking of expanding into being a strip club. If the folks are upset about a topfree coffee shop, what will they think of a strip club in their midst? It's the law of unintended consequences at work.

The point isn't that either of these business options is naturist in philosophy or orientation. They aren't. The observation to be made is that the phobia and resulting hysteria about female breast exposure creates the climate necessary for these businesses to succeed.

The message from naturism is that the body isn't taboo. It is just the body which is good in all its parts and functions. Should society accept this principle, the prurient curiosity "sexually oriented" businesses thrive on would be greatly diminished and the exploitation of female breasts or nudity for profit would decline. But, in keeping with conventional wisdom – if it doesn't work, just keep doing it, only harder. Oh! One last question. When did breasts become genitals?? [Ed.]

The owner of the controversial coffee shop which features topless female and male waitresses and waiters, which opened last February, recently disputed a report that one of his waitresses had been outside of the shop without a top on.

The complaint of a bare-breasted waitress outside the shop was investigated on Saturday by a state trooper. The shop owner said the waitress was outside on the shop's deck, but she had her breasts covered. While not wearing a shirt, she was covering her chest with her hands and arms as she propped open the front door.

The waitress in question stated, "I wasn't exposing my breasts to the public; I was totally covered. It was pretty much a big misunderstanding."

The investigating state trooper said he didn't charge anyone and would file a report with the district attorney's office for review.

However, the owner did promise at the (Planning Board) meeting that it wouldn't happen again. Screening will be installed on the building and waitresses would stay inside.

Maine state law doesn't appear to outright prohibit partial or full nudity in public. But there are provisions against "public indecency," which the law says includes sexual acts or exposing ones "genitals under circumstances that in fact are likely to cause affront or alarm."

In response to this incident at the coffee shop, citizens at a town meeting on June 8 will consider an ordinance proposal that would regulate where, when and how "sexually oriented businesses" may operate in town. The ordinance would prevent such establishments from being near residences, schools, day-care centers and places of worship, and would

not permit the business to serve alcohol, among other conditions.

Even though the existing permit wouldn't be affected, the shop owner says the ordinance proposal is a direct attack on his business and threatens to sue the town if the ordinance is approved by voters. He now has said he plans to apply for a new town permit to expand the shop's seating capacity and hours of operation and acquire a license for a strip club.

Musings On Finding Other Naturists

This is perhaps one of the greatest "nudist" challenges i.e. finding other nudist in your own community or hardly a 100 mile radius! Sometimes, I'm tempted to just streak through town and see if anybody notices – (besides the dry-cleaner who is just dying to press my suit or the undertaker who ultimately gets to see everybody naked anyway and thinks I'm stiff enough already!) Yikes!

I tell almost everyone I know or meet that: "My wife and I are Nudist" and Nobody takes me seriously! The village idiot gets more respect! Nudism is no doubt the ultimate "minority" in the social structure! And yet everybody is born NAKED!! I just don't get it!

But nothing to get all dressed up and stressed out about I guess! And the people at our local Wal-Mart – such prudes! Every time the door alarms goes off (whether I'm going through it or not) – I rush over yelling: "it's alright – I'm a nudist – so strip search me!" and NOTHING! NEVER! Not yet anyway – even if I tripped the alarm! You would think in all of Wal-Mart there might at least one other nudist hiding in there! But nope apparently not! Everybody just looks the other way and or acts like I'm invisible (even family members!)

Geeeeeeze – it's not like I'm Rodney Dangerfield or anybody like that! One month, I signed all my checks: "nanookthenudist"!! The bank passed each one and not a comment from anyone! (not even Sears and Roebuck!) The gal at the electric utility examined the check very closely and still – said not a word beyond: "Electric or Cable payment?" Duh?

But so help me, if I live to be 70, every restaurant in town will have to change their little signs on the door "no shoes, no shirt, no service" SAYS not a damn thing about PANTS! But they WILL, so help me – though it might be my only legacy that I was ever on earth! Nude or otherwise!

But why is it so hard to meet other nudist? (other than nudist parks and the net web) We just can't really be THAT rare? Are we? I think we should write the EPA and every other Gov. agency claiming our "endangered species" status (rare beyond compare) and DEMAND if not support for time and eternity – at the least a little respect! (I'd settle for a free membership at Sam's club!) Surely to God there might be another nudist hiding in there! (but not in my neighborhood I guess!) Yes, it is VERY distressing! (that nobody is un-dressing!) Not around here anyway! I know it is the bible belt – but just slip up and get between them and the ABC store (and all hell breaks loose!) so why not a little social nudity!

Geeeeeeze!

Privacy Guidelines For Children

The author suggests a critical, but difficult task for parents is to teach children, "...the importance of personal privacy at home and the concept of proper and improper behavior related to privacy." After all, kids being kids just might want to be with mom and dad, even when they are in the bathroom or bedroom. Even more astounding, they might even want to take a bath or shower with them. Nipping this in the bud is crucial to their education in proper ideas about privacy and modesty. Do you agree with this author's position? If so, or if not, why?

Summary of the instructions given by the author:

1. When dressing in the morning, instruct your children to get out of whatever room you will be dressing in. Make them aware that your body is private and that it is totally improper for them to see you undressed. This is doubly so for an opposite sex child. Further, they should dress alone as well.
2. When bathing, tell the kids that you prefer to be along to bathe. "Tell them that you would be embarrassed if they were to see you without clothing." This plants the idea in your child's mind that there is the need for modesty and privacy at certain times.
3. It is recommended that parents be present when children four and under bathe for safety reasons. But, be prepared to give them a wash cloth or hand to cover their lower body so that you cannot see them if they do not want you to look. If they do mind, "...you will know that your lessons on modesty and personal privacy are being taken seriously."
4. For toilet training, "...explain to your children that it is OK for dads and brothers, or moms and sisters, to go to the restroom together as their bodies are alike for the most part."
5. Do not let your children walk around the house in underwear or nude in front of other family members or their friends. If it happens, inform them this is not acceptable and they should cover up in pajamas or a robe.
6. Starting as toddlers teach them about 'good and bad touching.' Make sure they understand that keeping the trunk and pelvic areas of their body covered exhibits modesty, but also "...using personal privacy will help keep them safe."
7. Inform teens that you expect them to act with decorum and modesty in front all family members. The same rules applies in front of peers of the opposite sex for their own safety and because that is proper behavior.
8. Teach your children to make sure that their room blinds are closed when not dressed. "Explain to them that this part of modesty and privacy and something they need to do to be safe."
9. Tell teen siblings of the same sex that it is OK if they choose not to dress in front of each other. They can take turns dressing if they share a bedroom or one could dress or undress in the bathroom with the other dressing or undressing in the bedroom.
10. Parents, be consistent, do not walk around the house undressed as your children might see you.

11. Parents, always lock the bathroom door behind you to prevent anyone coming in without permission. This goes for daughters as well. This will save everyone and prevent "...having to answer questions that any younger children could pose and that they are not yet ready to be confronted with."

Final tips

By following these guidelines you are teaching your children modesty and personal privacy. Importantly, "... you are helping them remain safe as well as preparing them to behave in a proper manner in their private lives."

This is essential as sexual predators and pedophiles are always looking for children of all ages to victimize. Inform your children that even if they close the door to their room, or the bathroom blinds and curtains, they still should not stand in front of the windows to undress or dress. Their shadow could possibly be seen by someone walking or driving by outside, thus endangering their safety.

The word that comes to mind after reading these guidelines for teaching privacy and modesty for children is: disturbing. What is this writer thinking? The author purports to be an expert in child development. However, no sources are given to allow the reader to know what theoretical or empirical basis there is for these recommendations.

Naturalists don't quarrel with the need to teach about good and bad touch and not being nude in front of open windows. Beyond that, the word 'bizarre' comes to mind for the other suggestions. It is sad to think anyone holds such extreme views about the body within the context of the family.

The writer asserts that there is a need to instruct children that total privacy is needed for the nude body. The exception is for same gender parent and child and sib. However, this seems to only be allowable while children are very young and needing assistance with bathing or toilet training.

The author approves of children under age four developing a desire to cover their genitals even with their parent. This is a sign that the lessons in privacy and modesty are having their desired impact on young minds. Of course, the author seems totally oblivious to the potential negative effects of these recommendations once a child internalizes them.

The word modesty is bandied about by the writer as though its meaning is obvious. Of course, the writer's implication is that it means keeping the body covered. Anything less is immodest. While not spelled out, the implication is that this is improper and probably by extension also immoral.

The writer in suggestion two states that a parent being seen naked by their child would cause embarrassment. This is a very loaded word as it implies shame. Thus, the thrust of the writer is to advise inculcating body shame in children as a powerful motivation to stay dressed and to fear nudity.

Next the writer, in recommendations six through eleven links the absolute demands for forbidding nudity to safety concerns. It is asserted that by being dressed they will be "safe."

The final tip warns of pedophiles that apparently are everywhere looking for children to molest. Somehow, if they keep the blinds drawn and no one ever sees them nude, they are safe from the danger of sexual predators. This is a highly dubious association.

Possibly the author of these recommendations has never heard of gymnophobia. However, what she suggests would likely increase the likely hood that children would develop this disorder. Below is a description of what gymnophobia does to a person.

“...but those suffering from the phobia can explain that it rises from a feeling of physical inadequacy.

The fear also stems from a certain incident where the victim was disclosed in front of the others that must have sparked a feeling of awkwardness in the mind. This leaves a persistent mark of stress and anxiety, which burgeon into phobia in the later stage.

It is not unnatural that you may be intensely anxious of sexuality and be reluctant to get into intimate situation with anyone.

Gymnophobics are sensitive about circumstances where they fear about negligible things like taking a shower in the bathroom or changing clothes in front of people. You will possibly live in a morbid fear throughout your life, unless you have the will power to overcome it.

This type of phobia is basically caused by the unconscious mind as the protective mechanism. The present situation is always linked to some past event at some point in your life when you must have confronted an event linking to emotional trauma and nudity.

Remember that, the original catalyst is a real-life scare and the fear haunts the rest of life. Some kind of movies and TV programs may also trigger this kind of situation. But at the end of it all, the phobia does not erupt abruptly but with reasons from the past.”

Would any reasonable parent want to foster this sort of phobic reaction in their children in the name of modesty and safety? Learning societal standards for dress and reasonable safety precautions do not require these draconian measures. Children are a lot smarter than people give them credit for. [Ed.]

Support Naturism. Join The Naturist Society

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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.

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