

Bare Facts

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38° 58' 7" North; 95° 47' 56" West

Report From The Board

Spring has passed and already we have seen some of the humid days that make Kansas memorable. For our friends and supporters, a dip in the lake is especially refreshing. When the heat and humidity take their toll, it is essential.

We had some great events in June. We have an equally full schedule in July.

Independence Day this year makes for a 3-day weekend. What better way to spend it than at Lake Edun.

We were pleased with the interest in our June Open House. It was one of the best attended Open Houses in years. We saw many new faces at our special place, some from as far away as Colorado and Central Missouri. Our July Open House will be on the 9th. Be sure to let your friends who may be curious about Naturism know. Our final Open House is August 6.

On the 23rd, our local dermatologist will once again be on hand to provide a free screening to all who are interested. While we appreciate the benefits the sun provides for a healthy and balanced life, we also respect the risks it poses. If you have not seen a dermatologist recently, be sure to take advantage of this free screening. It does not take long and is painless.

That evening, Forrest, who hosted the tie-dye day, will host a drum circle. This is a fun chance to connect with something deep within our genetic past. Forrest will have some drums to loan out. If you have something to pound on, bring it and be prepared for an event.

Finally in July, is our Home Brew competition. We don't know how many Eduners are preparing an entry but we expect it will be a treat. There will be a modest charge to the "tasters", all of which will be used as prizes for the entries they choose as #1, #2, and #3. Be prepared!

One of our supporters suggested changing our movie nights from Saturday to Friday. We need to hear from you. Because we can't start until about 9, it makes for a late night. So, which night works best for you: Friday or Saturday?

We have a wonderful frame for a hammock. However, we are without the actual hammock. If you have something suitable we can add to the frame, please consider donating it to the cause. Nothing beats laying in a hammock on a hot Summer afternoon.

A reminder to all visitors: If you are the last to leave our special place, please insure the chain is placed between the eye bolts and the lock is secured.

As a reminder: On their first visit, our policy allows a spouse or friend when visiting as a couple (one male; one female) to remain clothed as long as the other undresses. Remind your spouse or special friend of this. Perhaps it will aid in convincing them to join you on your next visit.

Only Two Open Houses Remain

It's hard to believe we only have two Open Houses left this year. July 9 and August 6. Many are interested in knowing more about the Naturist lifestyle. They are just waiting to be asked. So ... Just do it! Friends, associates, co-workers. They are everywhere. And many of them want to know more.

During the Open House, we ask everyone to remain clothed from noon until 3 pm. From 3-5, dress code becomes clothing-optional. After 5, we expect everyone to respect our simple dress code.

You Have An Appointment

Every summer we try to schedule a visit from our friendly dermatologist to provide a free screening of our skin. It is important we not neglect this vital organ that is often taken for granted. While exposure to sun is vital for production of vitamin D, there can be some not-so-pleasant side effects.

Be safe. Keep your appointment with the dermatologist on July 23 beginning at 3pm so your skin can be examined. This is a free screening.

Items We Need

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

- Non-motorized boats
- 5 gal. buckets
- Lawn or lounge chairs
- Aluminum cans, etc
- Concrete pavers
- Plastic barrels
- Large water storage tank
- Hammock

DON'T FORGET

Activities designated HN are sponsored by Heartland Naturists

July 1-4; Clothing Independence Weekend

July 1; Fri; Dusk; Evening program

July 2; Sat; Dusk; Evening program

July 3; Sun; 1-3; Board of Directors

July 4-10; Nude Recreation Week

July 9; Sat; 12-3; Open House

July 9; Sat; Dusk; Evening program

July 15; Fri; 8:30-10:30; HN Swim

July 16; Sat; Dusk; Evening program

July 23; Sat; 3pm; Dermatologist Screening

July 23; Sat; Dusk; Drum Circle

July 29; Fri; National Commando Day

July 30; Sat; Home Brew Competition & Presentation

July 30; Sat; Dusk; Evening program

Aug 6; Sat; 12-3; Open House

Aug 6; Sat; Dusk; Evening program

Aug 7; Sun; 1-3; Board of Directors

Aug 13; Sat; Body Painting

Aug 13; Sat; August Birthday Bash & Pot Luck

Aug 13; Sat; Dusk; Evening program

Aug 19; Fri; 8:30-10:30; HN Swim

Aug 20; Sat; Dusk; Evening program

Aug 27; Sat; Dusk; Evening program

Body Painting Is Fun

It's been a few years since Eduners have had an opportunity to practice the art of body painting. Looking forward to the next month, we will all have another chance.

If you are feeling particularly creative, talk it over with a friend. Decide what scene you want to create. How it will enhance your natural body features. And how you want to remember the work done. Bring a camera if you want. But, use it only on yourself or your partner.

Be prepared on August 13 to show off. We'll have the body paint available. You bring the "canvas" and painter.

From The Mail Bag

Dear Lake Edun,

My wife and I had a great time at the lake this past Sat. Everyone was friendly and welcoming. We met some nice people who are members of your foundation. We hope to be able to get back over for another visit soon.

– John B.

Dear Lake Edun,

Another good weekend was had by me at Edun. Enjoyed talking with visitors Anne & Bruce and Christine & Robert. I am wanting to visit more with [them] and to see when they may be there next. Can ya drop a note to them from me saying thanks for the popcorn for the movie. (I can bring some next time) Would also like to bring movie for next sat I am there. Will try to get back there soon.

– John S.

Hi!

I wasn't sure who was still around at Lake Edun anymore! Do you have updates on the old regulars?

Bill graduated in 2003 with his doctorate and he did a post doctoral fellowship at Arizona State University in Tempe. We were there for two years during which time we adopted our son, Danny. He is definitely his mother's son!

Bill then took a job at St. Cloud State University in St. Cloud, which is 70 miles northwest of the twin cities. He got tenure last year, so we'll be staying for awhile!

We saw the episode that was aired on MTV and thought it was great! I told some of my friends about it!

Tell everyone who remembers us we say hello!

– Dizzy and Biology Bill

Dear Lake Edun,

Christine here, Robert and I are both pretty flexible regarding evenings at the Lake. As new members we have every intention of going out there to enjoy the water as much as possible. I agree with Webb regarding "bags" of popcorn vs. microwave corn (much easier). We just need to keep cups or bowls on hand... If you think the turnout [for movies] would be greater on a Friday night, I say we go for it.

Robert mentioned that if we could get enough people to do a days worth of fishing and find some volunteers to clean, we could do a fish-fry some weekend. (food for thought)

Anytime anyone would like to get together on an evening or weekend to grill, we would surely try to participate.

I've rambled enough.....

– Christine :-)

Harmonie Respect Et Liberté

Here's a French video about naturism in France. Go to: http://www.dailymotion.com/video/x9ez1d_harmonie-respect-et-liberte_people/

Even if you don't speak French, the travelogue aspect of the video keeps your attention. Different naturist locals are shown ranging from a nude beach location, a natural rural setting by a river with swimming holes and waterfall, a camp ground/small cabin resort, and finally a very nice upscale resort. Something for every taste is available.

Sort of makes me want to visit France. The interesting thing about the locations presented are the number of families that have their children with them. It really makes the phrase, family friendly mean something. The normality of families playing together while on vacation is very noticeable. It's a balance and an ideal we strive for at Lake Edun. [Ed.]

Chile Promotes Naturism Tourism

by Hosting Regional Conference in 2012

We all know naturism has a worldwide appeal, but we tend to focus on being a marginalized minority without clout or a means to boldly promote ourselves. Probably Latin America is not on our radar as a haven for naturists. Yet, naturists in Chile are making waves ... big ones!

Naturists in Chile have landed an international naturist conference and are working with the Chile Convention Bureau to promote it. Further, part of the big picture is the anticipation of the benefits to the local economy deriving from a gathering of naturists.

Chilean naturists are to be commended for taking on such a huge enterprise. There will be a lot of work, but with great rewards. It will provide the opportunity to educate the public about naturist values and likely attract many new participants to naturism who otherwise wouldn't think about giving nude recreation a try. Bravo! [Ed.]

"This nomination allows us to promote Chile as a destination for the tourism business, just as we have focused campaigns in Latin America and Europe," said Carolina Bugmann, head of the Chile Convention Bureau, which is part of the private business Turismo Chile.

Over 5,000 people have registered with Chile's Nudism-Naturism Association, headquartered in the Luna beach area near Valparaíso.

"The development of international tourism meetings also brings other benefits, as promotional efforts have a multiplying effect and generate jobs and businesses, on top of additional spending by tourists," Bugmann said. Organizers are looking to attract businesses to sponsor the event.

"We have a lot of work to do for the summit, because we're interested in every type of request so that Chile remains on a good foot," explained René Rojas, who has been president of the Chilean Nudism-Naturism Association for 12 years..

Minorities In Naturism

A number of years ago I was visiting Glen Eden nudist resort in Southern California during a large AANR sponsored meeting. The grounds were crowded with people engaged in the things everyone does to enjoy a day nude at a resort. People were engaged in water volleyball, tennis, regular volleyball, lounging in the large hot tub and of course, lots of people sunning around the large and well used pool.

While the majority of participants were Caucasian, there was a sprinkling of people of color and Asian origin. It was a welcome sign and added to the enjoyment of the day.

Most people weren't out the next morning which allowed plenty of room to take a long swim. Finishing my work-out, I noticed someone I hadn't seen before who happened to be African American. We exchanged greetings and I swam a few more laps.

After swimming I approached this gentleman as he had been sufficiently warm in his greeting I felt he wouldn't mind some conversation. After further introductions we discovered a common interest – Nebraska football! As it turned out he had been a house parent in the group home a well known Husker football player had grown up in. Wow, unbelievable!

From time to time Lake Edun has been host to minority participants. Sadly, this hasn't been in any great numbers or on a regular basis. I hope this can change. After all, naturism is about body acceptance – all bodies – regardless of racial and ethnic origin.

Growing naturism is always a challenging task. Anyone coming to naturism has to be a person with some willingness to take a risk. At the same time, we at Lake Edun need to make it explicit that all people are welcome. As members, we can support this with a sincere and friendly greeting to all our guests. This is what makes people willing to return.

As it turns out, a really helpful podcast from Bareoaks naturist club in Canada focuses on this topic. The 40 minute podcast features two naturists discussing their minority participation in naturism, with suggestions for recruiting more minorities to naturism. It's a good listen. Go to: <http://feeds.bareoaks.ca/NaturistLivingShow>

BLM Establishes New Rules for Some Tracts

California is a huge state. Many things start in California that spread to the rest of the country. Let's hope this is one of them.

Once again the contradictions found in California are on display, but this time they are positive. If the state government of California would follow the Federal government's lead, real progress could be made for naturism. Perhaps with this added precedent, other BLM land could be opened for nude use. [Ed.]

<http://www.nytimes.com/gwire/2011/06/10/10greenwire-no-clothes-no-problem-on-some-blm-tracts-1630.html>

Naturist outdoors lovers rejoice! The Bureau of Land Management's California Desert District this week issued new regulations for public nudity that specify where nudists may hike, camp and fish on public lands.

The final supplementary rules came in response to concerns from the American Association for Nude Recreation that BLM's interim rules issued last summer, which banned nudity at "developed sites" and areas open to off-highway vehicles, were too vague and could allow nudists to inadvertently enter developed areas.

The new rules clarify that wilderness areas, which cover well over a million acres in the district, are open for nude recreation as long as there are not large groups of people.

The new rules prohibit nudity near campsites with picnic tables, toilet facilities or visitors centers, in addition to off-highway vehicle trails, BLM said.

Diving With Whales

Here's a story that if not a hoax is extraordinary. Your editor has attempted to verify the factual nature of this story, but nothing was found to prove the pictures are photo shopped. The said diver, Natalia Avseenko is indeed a record holding free diver.

The pictures accompanying the story are beautiful. However, I, like some of the people commenting on the story, have an uneasy feeling about the trade in whales for amusement park aquariums. Who is to say they are treated well and even if they are, I can't help but believe they would be better off in their natural habitat. I think we can live well without confining such magnificent creatures in small pools.

No comments from readers were negative about the nudity. Ms Avseenko's body is stunning in its athletic muscularity so tellingly shown in the photos. There is no hint of an erotic angle, just an accomplished athlete performing an extraordinary feat.

If more depictions of the human body in this manner were seen, perhaps once again the public would comprehend that nude can mean innocence, purity, and the heroic rather than signifying lewdness. [Ed.]

Braving sub-zero temperatures, she has thrown caution — and her clothes — to the wind to tame two beluga whales in a unique and controversial experiment.

To test the theory that belugas do not like to be touched by artificial materials such as diving suits, Natalia Avseenko, 36, was persuaded to dive naked among the whales.

The skilled Russian diver took the plunge as the water temperature hit minus 1.5 degrees Centigrade. The photographs were taken in the far north-west of Russia at the shore of the White Sea near the Arctic Circle.

An area of the sea is enclosed to stop whales and dolphins from getting out and instructors tame the mammals before they are transported to dolphinariums around the world — a practice many animal conservationists consider cruel.

The average human could die if left in sub-zero temperature sea water for just five minutes. However, Natalia is a yoga expert and used meditation techniques to hold her breath and stay under water for an incredible ten minutes and 40 seconds.

<http://www.dailymail.co.uk/news/article-2004042/Naked-female-scientist-tries-tame-beluga-whales-arctic.html>

Stop Hating Your Body!

Once again the blogosphere comes through with something that you wish TNS had thought of and made available on the internet. Case in point is the, "Stop Hating Your Body" blog found at: <http://stophatingyourbody.tumblr.com/>

The parallel interest in body acceptance shared with The Naturist Society is amazing. This blog perfectly illustrates what was suggested in last month's Bare Facts. That is, there are interest groups and societal concerns and trends that are parallel to those found in naturism.

Unfortunately, it's unlikely any of these interest groups will ever spontaneously ally themselves with naturism. No matter. Nothing prevents TNS from recognizing worthy parallel kindred spirits and linking with their website to the TNS website, in effect joining forces with them. Some people will follow the link and go to the TNS website and learn that they share something in common with naturists. It's synergistic, a win win situation!

The founder of the blog explains what she is trying to accomplish. She states: "THIS BLOG IS PRO-HEALTH, but it's not ABOUT health.

We would like you to take as much care for yourself as possible! Of course! It's part of loving yourself; caring about yourself.

This blog is about loving your body **wherever you are in life**, healthy, not healthy, or working on it, **you deserve to be body positive and never self-loathe**.

I understand that people have concerns about physical health in accordance to weight, but that does not justify criticizing, bullying, or shaming people for their bodies."

To reinforce this conviction followers of the blog have a manifesto of their core beliefs. These are as follows:

THE BEAUTY REVOLUTION OATH

By following this blog, I am making a promise.

I promise that this is the first step in loving myself, all myself.

I promise never to insult someone else merely for their appearance, everyone is different, everyone is beautiful in their own way.

I promise to stop insulting myself, to stop assuming I am not good enough or pretty enough.

I promise to look up, think positively, know that no matter what, I deserve happiness.

I promise to not be influenced by weight-loss ads, the media, my relatives, my friends, my significant others, ANYONE, into thinking that there is a RIGHT way for me to look.

I promise not to change for anyone else. If someone truly loves me, they will love me no matter how I look.

I promise to stop denying I am beautiful, to start saying "Thank you. You are beautiful as well."

I promise to remember: I am a human being and no matter what I look like, as long as I have a beautiful soul, I AM a beautiful person.

BE BRAVE! JOIN THE REVOLUTION!

I like it! What's more, there are hundreds of young people that have responded, sending in their pictures and the stories of their struggles. They share their struggles with weight, anorexia, self injury, teasing, bullying, suicide attempts, abuse, etc. Most responding are females, but a few males have also sent in their stories. It makes for some very heavy reading. Yet the ability of the human spirit to rise to the challenge and overcome all odds is truly inspiring. [Ed.]

Naked In Iceland

Cultural values abound. All it takes is a little travel to discover that what is taken as a the law of the universe in your country isn't the norm elsewhere. Here is an interesting take on this by a native of Puerto Rico living in Iceland. Go to: [http://www.icelandreview.com/icelandreview/daily-news/The_Naked_Truth_About_Iceland_\(AH\)_0_377767.news.aspx](http://www.icelandreview.com/icelandreview/daily-news/The_Naked_Truth_About_Iceland_(AH)_0_377767.news.aspx)

She notes that the tropical heat found in Puerto Rico makes everyone sweat drenched and sticky. Given this environment, it would be common sense and most natural to relieve the heat with nudity. But no, prudishness reigns and male machismo would make a naked swim with male friends both uncomfortable and annoying.

Just the opposite is found in Iceland where for practical reasons coats and wool sweaters adorn the human body, but the stigma of the birthday suit in public is non-existent. She says, I love the freedom that being bare exudes.

In Iceland before entering the thermal pools, everyone of the same sex showers together.

It is lovely to see moms with their teenagers and toddlers gossiping and washing together.

Men having business matters settled as they freshen up their privates or bumping into the mayor in the buff is a common occurrence.

Tourists are another matter as they hold on to their towels for dear life and then strategically place their soap and shampoo when the towel is eventually dropped.

However, some get into the spirit of the state of undress as did a young American woman. She took off her clothes to change into her bathing suit right next to the hot spring in the view of everyone, just as everyone else was doing.

Her mother gasped, "What are you doing!?" "Relax mom! People here are way more liberal!" she responded..

There is even a holiday that needs undressing. Some locals brave the cold and take a naked roll in the fresh morning dew on Midsummer Day to celebrate the solstice.

That's my type of commemoration.

One bit of incongruity with the trumpeting of Icelandic nonchalance with nudity is that the showers are gender segregated and swim suits are worn in the thermal pools. It appears that Icelanders don't freak and call the cops when seeing nudity, but they aren't naturists either. It's half way, but a whole lot better than here. [Ed.]

Can You Believe This In America?

A 40-foot tall sculpture entitled, "Bliss Dance," depicts a dancing woman that once towered over the Nevada desert at last year's Burning Man festival. It is the newest resident of Treasure Island. The Treasure Island Authority glowingly announced their latest acquisition as part of their effort to encourage new public art installations.

Bliss Dance was described by city officials as "a marriage of classical sculpture technique and modern design." It is a sculpture of a naked woman standing on one foot as she dances, hands in the air. The sculpture is lit by 1,000 LED lights controlled by a customized iPad application,

Officials hope the sculpture will to attract lots of different people. "The more people come out, the more people realize Treasure Island is here as a destination for the Bay Area."

Of course, this is the San Francisco Bay area. Everyone knows a lot of crazy stuff goes on in San Francisco. So why not "Bliss Dance?" Who could possibly object to a public display of an anatomically correct 40 foot tall woman?

Apparently they haven't gotten around to worrying, "What about the children?" It reminds us of all the crazy stuff in the rest of the country. Stuff like neighbors being offended by a small copy of Michelangelo's David sitting in the front yard, or people trying to put clothing on the classical Greek nude statue of Poseidon, to name two examples of thousands of prudes in acts of outrage at all things nude.

Still the juxtaposition of the attitudes of the Treasure Island Authority officials and the rest of the country is amazing. This is a sharp contrast with the California State Parks and Recreation Department who has shown such hostility toward clothing optional beach use. Such opposites in the same state are amazing. [Ed.]

For a picture of "Bliss Dance" go to: <http://sfappeal.com/news/2011/05/-a-40-foot-dancing-woman.php>

Nude Gaming Party Trend Sweeps NYC?

Frankly, I suspect this is a marketing put-on to sell the XtendPlay ergonomic add-on to prevent "gamers' claw". If it's a marketing device, it's clever. Go to the address below watch the video and decide for yourself. http://gothamist.com/2011/05/24/nude_gaming_party_trend_sweeps_new.php

This afternoon, we received a tip with the subject line "Nude Gaming Party in NY," with the note, "had no idea this was going on in this city, but then again anything goes here." Instead of deleting the email, like we *normally* do when we see something with the word "nude" in the title, we decided to open and cautiously examine the video. In the name of science, of course. And lo and behold! We were in for a treat.

"I think there's a misconception about gamers that we're all just living in isolation, we're creepy, living in our mother's basement, but I don't think that's true...through these nude gaming events we can all just connect," says nude gamer Lisa. And party host Carlos adds, "This is our third nude gaming event this year!"

Of course the commentary of the author is what one would expect – if it's nude it has to be about sex. "How else are

these nerds gonna get laid, after all?" On the other hand, having a nude gaming party might just be a way to spend a fun evening with friends this winter. [Ed.]

China Shocker – Nude Wedding Photos

Are you kidding me? Nudity in China? Seems this new fangled freedom has taken some young people where no Chinese have gone before – much to the consternation of the older generation.

Who steps up to the plate to defend the sanctity of Chinese marriage tradition, just in the nick of time? Why the Shanghai wedding trade association does. Imagine that. Not that nasty old repressive Chinese government, (wink, wink). It is an uptight world after all. [Ed.]

Go to: <http://www.allvoices.com/contributed-news/4180188-nude-wedding-photos-the-rage-in-china>

Naked wedding photos are the hot new trend among young couples in once deeply conservative China to the fury of their parents' generation. One irate woman from the Anhui capital says, "I hope the authorities will do something."

She had just found out that her daughter had taken two sets of wedding photos, one to show the family, and another considerably more intimate one for her private collection. And her daughter isn't alone, it appears nude wedding photos is a growing trend that began in the south of China and has gradually spread to the rest of the country.

Some in the local media seemed to think that the photos are a welcome renewal to the stale unchanging traditions of the wedding photo. This attitude is now prevalent even in north-west China's proud ancient capital to the terracotta soldiers.

"Most of the people who come here to have the bold, naked photos taken are young, trendy and unconventional", said a studio owner. He did mention that, in most cases, the photos were carefully taken to avoid displaying full-frontal nudity.

Well, the irate mom above has had her request acted upon. In November a trade association for wedding photographers in China called for a ban on naked portraits of newlyweds, a new trend among the country's young couples. Go to: <http://www.freemalaysiatoday.com/fmt-english/world/world-news/12800-naked-wedding-photos-prompt-ban-call-in-china>

The Shanghai Wedding Trade Association said the practice disrespects the institution of marriage and warned it would press the government to ban any studio that takes such photos, the Shanghai Daily reported today.

"We don't advocate such wedding photographs as they are out of keeping with the conservative traditions of Chinese people," the association's vice president said.

While there was nothing illegal about taking naked portraits, a lawyer informed the newspaper that anyone who spreads such photos in the public domain could face pornography charges.

Samples of purported naked wedding photos have been posted on the Internet, prompting a debate over privacy and the wisdom of posing nude.

Fans of the photos say they capture a couple's deep love and intimacy.

Ten Rules For Being Human

By: Cherie Carter-Scott

You will receive a body. You may like it or hate it, but it's yours to keep for the entire period.

You will learn lessons. You are enrolled in a full-time informal school called, "life."

There are no mistakes, only lessons. Growth is a process of trial, error, and experimentation. The "failed" experiments are as much a part of the process as the experiments that ultimately "work."

Lessons are repeated until they are learned. A lesson will be presented to you in various forms until you have learned it. When you have learned it, you can go on to the next lesson.

Learning lessons does not end. There's no part of life that doesn't contain its lessons. If you're alive, that means there are still lessons to be learned.

"There" is no better a place than "here." When your "there" has become a "here", you will simply obtain another "there" that will again look better than "here."

Other people are merely mirrors of you. You cannot love or hate something about another person unless it reflects to you something you love or hate about yourself.

What you make of your life is up to you. You have all the tools and resources you need. What you do with them is up to you. The choice is yours.

Your answers lie within you. The answers to life's questions lie within you. All you need to do is look, listen, and trust.

You will forget all this.

Being a naturist, while including recreation, is really about how we live our lives in relationship to ourselves, others, and the physical world. As naturists we value our bodies for itself and as the means by which we interact with the world. To demonstrate the sincerity of our conviction in the goodness of the body, we meet our fellow humans without pretense or clothing.

The Ten Rules for Being Human quite rightly begins with the body. From there, we are entered in the "school" of life to learn, if we choose to do so, the lessons life has to teach us. Shame about the body has been one of the unfortunate false lessons most of us learn. Naturism is the antidote that sets up back on a healthy path of self respect that sets life's other lessons in their proper context. What context you ask? That it is alright to be human. [Ed.]

From, *If Life is a Game*. For the extended version, go to: <http://www.businessballs.com/rulesoflife.htm>.

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