

Bare Facts

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Box 1982; Topeka, KS 66601 • e-mail: nude@lakeedun.com • Website: www.lakeedun.com
38° 58' 7" North; 95° 47' 56" West

Camping Has Started

Our first camper of this season set up a tent in Locust Grove near South Beach. A large fire pit is available there, plus the beach. What is most desirable is the peace and quiet, away from activity at the Barn Hub in a beautiful forested area. Bare bones camping does not get much better.

But wait. Tent City and Sunny Bares on the north side have been mowed and firewood set out for even more enjoyment. We will soon have electricity at Tent City for those who need it. In our survey, many expressed interest in having electricity available to charge electrical devices or even run a CPAP.

An even larger area is available for RV's to park on North Road. Much of the road does not have gravel, yet, so mud can be a problem. Please contact us to let us know you are coming. On arrival, see the caretaker to open the gate to RV Heaven. No electricity, septic service or water are provided; but you know how to have fun in your RV –NATURALLY.

Highly Successful First Open House

Our first open house of the season was very successful. It was good to visit with some members we hadn't seen since last year. Even better, some past supporters took the opportunity to visit. Best of all, about a half dozen new guests checked us out. Some of our visitors were single individuals, some pairs, and one group of four walked around our lake and enjoyed visiting with other Eduners.

Be sure to spread the word about upcoming Open Houses scheduled for June 15, July 13 and August 10. During an Open House, from noon to 3 pm, we ask everyone to remain clothed so guests can visit without the expectation to be or to see any nudity. After 3 pm, it becomes clothing optional and after 5, we expect to have everyone to respect our simple dress code. Of course it is always clothing-optional for children under 18 in the company of parents.

Music Anyone?

Among many other activities available during Memorial Day weekend, we scheduled time for music Sunday evening. We have had impromptu music before and even one serenade last year while our Masseuse was active. This year, we are planning a lot more music. The group was small on Sunday, but appreciative. A flute, Irish drums, a guitar and singing voices put music in the air from the barn area. Old show tunes and folk music were the fare for those who braved threatening weather.

Coming this season we anticipate a local naturist jazz musician, who really wants to share jam time with both players and listeners. Our two musicians, one Jazz and one Folk, will give incentive for you to come and enjoy music naturally. Bring your own, non-electrically enhanced instrument or beat on one of several drums to join in the fun. Music is particularly enjoyable, under a beautiful canopy of blue or stars.

Don't Miss June Activities

Our paradise lake is nearly full. We are excited to see the swimming areas inviting us for first-of-season dips. Both docks have been checked and will be back in the water soon. It's good to see everything come together for another season.

June 1, Carl plans to set up an area on the west side of the dam for archery. See if Robin Hood blood runs in your veins and try your shoulder muscles drawing a bow.

Massage will be available on June 1 and again June 29. These offerings from an expert masseur were well received last year.

June 8, a wine and cheese tasting is planned at 7pm. If the weather is clear, our astronomer will camp out with binoculars and telescopes to view the stars and planets.

We are especially proud of the scheduled seminar on Women's Issues that will run concurrent with our Open House on June 15. We have engaged the services of Francine who is coming from Nebraska for this women-only presentation. Be sure to invite your shy female friends. Watch Grace's weekly emails for more information.

June 22 we expect many campers. Activities will include both a jazz musician and a folk guitarist leading Jam Sessions. If there is interest a local expert has offered to present a woods survival course. **Important:** If you are interested Email us.

Our very popular Photography seminar is scheduled June 29. This was a favorite last year and ranked high on our survey.

June can be a busy month. Or, some can just visit and do that favorite thing: nothing but relax with friends and soak up sun.

DON'T FORGET

June 1; Sat; 1-3 Archery

June 1; Sat; Afternoon; Massage

June 8; Sat; World Naked Bike Ride

June 8; Sat; 7pm; Wine & Cheese

June 8; Sat; Dark; Astronomy (camp w. astronomer)

June 9; Sun; 4-6; Board of Directors

June 15; Sat; 12-3; Open House

June 15; Sat; 2-4; Seminar: Women's Issues

June 22; Sat; Camping Weekend

June 29; Sat; 11am; Photography seminar

June 29; Sat; 4 pm; Walk-Talk with arborist

June 29; Sat; Afternoon; Massage

June 30; Sun; Photographer on hand

July 4-7; Clothing Independence Weekend

July 6; Sat; Music

July 6; Sat; Afternoon; Massage

July 8-14; Nude Recreation Week

July 13; Sat; 12-3; Open House

July 13; Sat; 3-5; Tie Dye

July 14; Sun; 4-6; Board of Directors

July 20; Sat; All-Member Campout

July 27; Sat; Afternoon; Massage

Talking With Friends About Lake Edun

I received an email from Dave Bitters, the KC NAC representative, recently. It reminded me about one of the questions in our survey concerning talking with others about Naturism. This is the summary of that question Webb wrote:

"We asked if people had talked with their "friends, acquaintances or co-workers about Lake Edun" and 88 reported they had; 34 said they had not. Interestingly, 91% of the women who completed the survey said they had talked with others about Lake Edun.

"Those who hadn't talked with friends cited pre-judgment ("They would not do it."), fear ("Likely disapproval"), and privacy ("This part of my life is private and I don't discuss my private interests with my friends and acquaintances.")

"Those who had discussed it with others reported generally positive reactions, even if their friend was not prepared to visit. Some reported their friends appreciated the candor and some friends even asked to come along on their next visit.

"To consider: We should consider a prolonged campaign aimed at getting our supporters to become more comfortable discussing Naturism and Lake Edun with their friends. Since almost no one reported a negative reaction from their friends, and many claim positive reaction, it would seem a good thing for people to do. Perhaps we can equate talking with others about Naturism to their first experience with social nudity: Initially fear and trepidation. Once done, it becomes natural."

Obviously naturism isn't a mainstream activity in the US. Despite this, polls conducted by the Naturist Society demonstrate a strong majority of Americans approve of setting aside clothing optional beaches for those who wish to participate.

The point is that there isn't a solid national hostility toward naturism and nude recreation. Despite this, far too often naturists hesitate to divulge their "secret" practice. To suggest naturist be more open in telling others about their enjoyment of naturism doesn't mean you have to tell everyone at any time you are a naturist. Common sense is always to be used.

Just because you might withhold this information about yourself from some, doesn't preclude sharing your naturist involvement with others. It's reasonable to expect most we talk with will not ask to join us the next time we visit Lake Edun. That doesn't matter. It is valuable for more people to simply know a naturist as a nice person they respect. This breaks down barriers and promotes tolerance for naturism.

As an experiment, try this: Within the next week (7 days), tell your single best friend who does not already know you support the Lake Edun Foundation, about your involvement. See what their reaction is. Then tell us.

If you have talked with friends or family about your experience, share it.. What happened? How did it turn out? Send an e-mail to maxine@lakeedun.com with your story. [Ed.]

Naturism Made Me A Better Person

When surveying the blogging output on the internet it is a delight to find so many who are thoughtful, sharing personal insights about the naturist experience and philosophy. In this case, the writer reflects on his growth as a person which he

attributes to being a naturist.

It is my contention that naturism is more than just being naked. Believe me; I have the utmost respect for being naked. But what captures my imagination and maintains my interest, is the philosophical framework that supports and elevates mere nudity to a higher dimension of consciousness.

By this I mean it is a means of achieving a deeper understanding of our humanity – what it means to be human. The simple process of removing our clothing among others helps us slip free from the surly bonds of narrow cultural expectations and view our bodies/ourselves from a new perspective.

Gymnosophists have been exploring the meaning of the body going all the way back to the ancient Greeks and Hindus, over 2000 years ago. Since the early 1900's modern naturists have sought to revive these ancient insights in a modern context. So alienated has our society become from the goodness of our bodies, that shame, commercialization, and pornification of the body, is the new norm. Unwittingly the self styled guardians of "morality" call what is good evil and see no connection between their anti body crusade with the evils they decry.

This essay alludes to this, pointing to the hopeful and inspirational content of naturism as a way out of the shamed body cultural and moral morass of modern society. [Ed.]

Naturism is more than being naked.

A few days ago, a co-worker showed me a photo of a nude female on his phone. Soon, all the men in the room were gathered around the phone oohing and aahing, making fools of their selves. Then my co-worker asked for my opinion of the photo, I shrugged my shoulders and said it was "okay." My co-worker probably thought there was something wrong with me or that I was gay. But unknown to him is that I've seen so many naked bodies over the years that nudity is commonplace. Why? Because I'm a naturist.

Naturism has taught me so much. Outsiders see only naked bodies, but it's much more than that. I learned from naturism the difference between nudity and sexuality. Just because someone is nude doesn't mean it's an invitation for sex. Just because a woman is nude or topless doesn't turn her into an object devoid of humanity. We have become so detached from nudity in modern society that it's been turned into something sensational or wholly sexual.

Naturism has improved my confidence. I see myself as I really am, not clouded by preconceptions of myself. I learned to accept myself and not care what other people think. Seeing other nude people, teaches me the reality of humanity, outside the air brushed media. I've seen hundreds of nude people over the years and none of them were 100% perfect. And being "imperfect" is what makes people beautiful.

Naturism has made me more respectful and conscious of nature. I was never an environmentalist, but naturism made me one. Being nude at the beach or in a wooded grove, barefoot feeling the grass and pebbles under my feet, and the breeze surrounding my body has made me aware of nature. When I'm nude, I'm part of nature not at odds with it.

Another positive aspect of naturism is people acceptance. When we are naked, we are all the same and yet different. All

humans have the same body parts, the only differences are in the genders. However, after awhile you just see the person. Tall, thin, fat, bald, old, young, rich, or poor; people are people. I cannot count the times I've talked to someone and thought to myself what a nice person this is and that I would never have found out if they were clothed. If they were clothed, I could have just brushed them off as whatever class they were from or being whatever body type they were. Some of the most "attractive" people I've met would have been thought unattractive by non-naturist standards.

Naturism has made me a better person. Being in nude recreation has given me a perspective that I would never have gotten if I hadn't been a naturist.

The entire story is available on the [internet](#).

My Naked Self Screaming To Be Set Free

The following article is a summary of an important message. I am highlighting this essay because it is written by a woman.

The author wonders why there aren't more female naturists. She isn't alone. As editor of *Bare Facts* I constantly wonder why more women don't contribute their perspective to our newsletter. From conversations with women who visit Lake Edun, the vast majority express having a positive experience.

The question remains, what is preventing most women from communicating with others about naturism? Let's face it; having positive testimonies from female members/visitors would help break down barriers that stand in the way of other women visiting even one time.

Anything that helps create more gender balance would enhance the comfort level of women considering naturism. The mere presence of more women signals a non verbal endorsement of Lake Edun as a safe environment in which to relax and enjoy the benefits of naturism this essay points out.

The values of naturism are lived out in a positive social experience in which men and women learn better how to relate to their selves, to their own gender, and to the opposite gender in the context of nature and a non sexualized environment. It's quite refreshing really, and such a radical break from the expectations of clothed society that the uninitiated can't imagine it being possible. Naturism truly must be experienced to be believed. In this is the rub.

All the experiences in clothed society teach us to fear our bodies and the bodies of all other people as somehow dangerous or vulgar. The unvoiced feared danger is vulnerability, ridicule, and equating nudity with sex in all its myriad connotations. Dispelling this bias is a daunting task, but one millions have accomplished, much to their great pleasure.

Join us. Share your experience with naturism and Lake Edun, both men and women. [Ed.]

As a female nudist, I wonder why it is, in a world where we have fought for equality, there are not more female nudists?

My objective is to create a more comfortable and understanding message to let women know it is ok to be nude.

Society as a whole has sent out messages that you're too fat, you're too skinny, you're too short, you're too tall, you're too white, you're too dark, you have stretch marks and scars that

should be hidden. Add to this the fear that if you get nude in front of others you will be labeled with horrible names such as tramp, whore, etc., by anyone that might find out.

It is unavoidable that the conditioning of life experiences of being ogled by the perverts of the world is something always in the back of our minds. It is an unnerving experience that seems to never end, leaving women constantly feeling violated and filthy. Accompanying this behavior is the double standard where men approve of one another making sexual advances on women. The good news is that this boorish behavior doesn't occur in a naturist environment. Mutual respect is the norm.

Unfortunately too many women have a lot of doubts when it comes to their bodies. I believe they feel a sense of comfort hiding behind clothes, but in doing so they are only falling deeper into the abyss of poor self acceptance, lack of confidence, and even depression in some cases. By way of contrast, I don't think I've ever met a female nudist that didn't show how confident she is with herself.

It doesn't help when we are bombarded with images of the excessively thin, photoshopped super models of the world we are continually told are the norm that we, as women, should aspire to look like. Speaking for myself, I don't want to, nor do I need to look like them. I'm happy with who I am and I encourage you to be just as happy with who you are.

Being free to be who you are in a naturist environment is incredibly liberating. In a short time you will discover you are at ease and feeling alive, secure and confident about yourself. All my naturist female friends are close to me and are special, wonderful women. We are who we are and there is no competition between any of us. In shared nudity our common humanity is what counts. Freed from the compulsive, shame based wearing of clothing, we have learned there is no need to hide our bodies nor is there the need for pretense to mask our true selves. It's just us, as wonderful people.

Its an interesting [read](#).

Not Anyone I Would Want To See

The following illustrates the change in perspective that occurs once a person becomes a naturist. The contrast in attitude is dazzlingly clear. The non-naturist betrays themselves through phrases that appear over and over in the press. The clunker phrase featured here is, "...he's/she's someone you don't want to see naked."

This phrase betrays the belief thcalled nude watching, AKA voyeurism. He/she wants to rate the naked bodies for their sexual appeal. To the voyeur that's all a naked body is about--SEX! Shame on these unenlightened souls!

The comments about "not someone you want to see naked" indicate the article's author is not a nudist. ;)

It indicates someone with some real unhealthy hangups about the human body. What is this guy going to do when he starts to sag? Or his wife starts to sag and becomes someone who he doesn't "want to see naked"? Divorce her or cheat on her?

Naturism provides a natural cure for the voyeuristic mind. It's called body acceptance. The writer below shows this cure has taken place in him. Naturists say the curative effects of social

nudity can cure everyone, *even you* of being a voyeur. [Ed.]

CJ wrote:

I copied the following from a recent article in the C section of the Windsor Star. This was lying on a table at a McDonald's on Thursday, so I know it's only a few days old. I am not posting this as a defense of gymnophobia, or a discomfort with being naked in a change room, or being with other naked guys, but only to show that this sentiment is common. It wasn't just me. I'm quite certain that I will be comfortable with nudity – mine and that of others – the next time I'm in a change room, since I've learned to see things differently. In fact, now I find this a little strange.

The following is the last few paragraphs from the article. The headline of the article was about Naked Guy.

"And my favorite: Naked Guy. According to the men I talked to, every gym has Naked Guy. Buddy loves to be naked in the change room. He struts around, he stands and talks to you, he sits on the bench and he even likes to shave in the nude."

The worst part about Naked Guy is he's someone you don't want to see naked. Luckily, most gyms don't have Naked Woman in the ladies change room." - CJ

Re: Nudity in the locker room... again

I also agree with you. Personally I love being naked, but unfortunately my wife doesn't appreciate my walking around undressed. I'm not unattractive. I'm thin and athletically built. She has her hangups. Consequently even though I consider myself a naturist my time to be naked is limited. So once a year I go to resort nearby where people of all shapes and sizes can go and not be judged. It's wonderful. - Mario

Toxic Body Shame Run Amuck

It's not as if no one is aware of the horrendous amount of pain and suffering modern society inflicts on ordinary people, both female and male because of a culture of body shame. It is easy to find article after article in the popular press detailing the wreckage wrought by these misguided intentions.

Misguided ideas about morality, modesty, commerce, sex, and the propriety of the body itself ravage us all. These misguided ideas are enshrined in our laws and are reinforced in thousands of ways too numerous to detail here. Perhaps the biggest, most egregious and destructive tool for enforcement of all our problems with the body resides in one four letter word – FEAR!

Fear in itself isn't the problem. Healthy fear is based on fact and aids us to avoid danger. However, there is irrational fear based on imagination, misinformation, and emotion. Discerning between the two is difficult as irrational fears may be passed to us by authority figures, or has been planted in us by those with an agenda to exploit our fear for their gain.

This latter sort of fear is at work in the five women described below. They have a terrible relationship with their bodies and no amount of evidence has been able to dispel their fears. The news story below from Britain is a summary of an experiment to help them overcome their rejection of their bodies. [Ed.]

A survey reveals 60% of women hate being seen nude. Five women are interviewed to reveal their body hang-ups as they

strip for this article.

Their other half believe they have terrific curves, lovely legs and fabulous figures – not that they ever get to see them.

These women all hate the sight of their naked bodies so much that they refuse to be nude in front of their partners, some of them enforce a strict lights off policy in the bedroom, or keep partly covered up during intimate moments.

The poll of 2,000 women also found one in three prefer their partner not to see them naked and a third admitted their love lives were suffering because of it.

The women interviewed here reveal the lengths they go to remain covered up and what they thought after we tempted them to bare all between the sheets.

One of these women, Charlotte says, she longs to be comfortable in her own skin, but "I see pictures of perfect women in mags and I don't look like them," despite being a size 10. When she looks at herself, all she sees is her imperfections.

Maria says, "We have separate bathrooms so he doesn't walk in on me naked." In fact her husband hasn't seen her nude in the five years following the births of their two children.

She admits the problem isn't her husband, but her saying, "Since having my children I can't stand to look at myself in the mirror without clothes on." She adds, "I hate everything about my body. I wasn't prepared for how much it was going to change during and after childbirth. My breasts have no shape, my stomach has stretch marks and is flabby and I hate all my extra weight."

Emma echo's the first two women saying, "Having the bits that I hate about myself on show, like my tummy and boobs, makes me feel really vulnerable and I lose all self-confidence, so it makes more sense to cover up. I guess I feel under pressure to look perfect. When I see celebrities my age with washboard stomachs, I want one of those."

Lauren states, "When we're intimate in bed, I keep a top on to keep myself covered." She adds, "It does impact on our relationship as I don't feel sexy and it's not attractive trying to cover up all the time. It's something I'm trying hard to get over and I am trying to lose weight."

Finally, Yasmin states she won't allow her partner to see her naked because she feels her figure is out of proportion. She is also very self-conscious about the scarring on her back and chest from teenage acne. She says: I always take my clothes off under the covers in bed because I'm so paranoid about my partner seeing my naked body. In bed I wear a vest top and shorts to keep covered up and no matter how many times Simon tells me I look fantastic, I cannot undress in front of him. The only time he has seen me naked has been twice, when I've been too drunk to care.

The article ends with advice from a behavior expert on how to deal with body issues that severely impact these and other women. Not surprisingly, naturism isn't one of her five recommendations. The recommendations she does give can be found in this internet [story](#).

Naked

You don't have to be a naturist to correctly question the modern hostility toward the human body. The contradictions found in society regarding the body and nudity are vast and subtle.

Here are a few well known examples. The annual Sports Illustrated swimsuit issue is a case in point. It's very successful as the monthly sales figures testify. The ESPN annual issue showing famous athletes naked is another example. The Victoria's Secret catalogue and TV programs are another example. All these and thousands of other examples of near soft pornography reinforce our conflicted view of the body and sexuality.

Perfect youthful, athletic bodies are deemed good and worthy of viewing. The downside is that *only* these possess the dignity that justifies their bodies being on display. For the rest of us, we are encouraged to admire these worthy bodies, but never ever have the audacity to leave our shameful bodies uncovered. Thus, a culture of self loathing and shame is covertly and sometimes overtly enforced through a thousand messages.

Through it all, nudity, sex, and commerce are linked. It is often a subtle linkage. Sports Illustrated doesn't show straight out nudity. That wouldn't be allowed. Instead, poses and facial expressions of the barely covered models breasts and vulva tantalize the voyeur impulse. Overtly, the issue is about fashion. Covertly, it's all about sex. As we all know, sex sells.

All of these publications negotiate the fine line between showing the most skin and sexuality the public will tolerate and soft porn. At the same time the other extreme is offense taken at works of art that depict nudity. The recent outcry about a nude statue in a park in Kansas City a few months ago is but one example. This and other instances of people taking offense at nudity have been chronicled in Bare Facts for years.

It is no wonder that confusion reigns supreme at how to regard our own body. Still, people here and there are asking questions. They are experiencing discomfort about feeling discomfort about their body. Indeed, some are seeing through the haze and contradictions and are sharing their insight with us. The following is a summary from one whose sight has cleared. [Ed.]

A female blogger has written of her visit to Japan and visiting a Japanese bath with a friend where they got naked together and lay in a hot spring for a few hours.

As she recounts the experience the usual, "I was terrified" statement was included at the prospect of being naked in front of so many people. Her fear centered on what others might think of her, but also of her own self judgment. She reveals that she is incredibly uncomfortable being naked.

For the record, the reality she observed was that no one cared what she looked like. This experience led her to reflect on why should being naked be such a big deal, and why should she find it so uncomfortable to be naked?

She attributes part of her fear to Victorian prudery and the influence of the media, with all its impossible standards plus the notion of humility and chastity being the feminine ideal. She believes these influences nurture a desire to cover up and be ashamed.

Digging deeper she speculates that these influences don't fully account for how she felt. The more she thought about this, the more she found the links between knowledge, innocence and shame intensely interesting. Knowledge she asserts, particularly of nudity and sex, is something which we have been taught to view with suspicion.

Due to this, the writer asks, "How anyone can possibly be expected to have a healthy relationship with their physicality when they are not encouraged to ask questions or explore themselves is beyond me. No wonder we have such complex relationships with our bodies, and with our naked selves."

It is the fascination with and taboo nature of sex that worries people. In this context, nudity often represents physical lust. The differing opinions on every aspect of the complexities of nudity and sex are innumerable.

"What is "normal" confuses people still more. Why is mine like that? Are others the same? Is there such a thing as normality? *Why?* This bodily insecurity can be harmful not only to our self-esteem, but also to our relationships and interactions with other people. Yet, sexual knowledge and confidence in nudity are seen to be shameful. It is something tentatively alluded to, and never discussed in polite society." As a consequence, to be seen naked can never be empowering, only embarrassing.

Girls who are comfortable in their nudity are decried as 'shameless.' But is this shamelessness necessarily a bad thing?" The author says she doesn't believe the human body is something to be ashamed of, no matter its shape or size.

Her concluding statement is, "I, like most people, have very complicated feelings about my own nakedness. My body is a part of myself, as well as an excellent way to transport everything that I am around. I will not disconnect myself from the chunk of flesh I inhabit, and I will not think of it as something shameful. Experience has made its indelible mark on my skin as vividly as on my memory, and I wouldn't change that for the world." Find it by clicking [here](#).

*"Gymnophobia (from the Greek word for nude *gymnos*) is the fear of being (or seeing others) naked. A gymnophobic person usually wants to prevent others from experiencing the freedom of not wearing clothes." Anon*

Taiwan Moves Forward

It's taken awhile, but social nudity is finally being advocated on Taiwan. The driving force is one Ruan Ren-chu, who runs a butcher shop for her day job. This sounds like an unlikely point of departure for such a groundbreaking innovation in very body negative Chinese culture. Who knows where the courage comes from to blatantly defy all social conventions?

Never-the-less, this butcher from southern Taiwan is urging the public to join her in a quest to understand more about the human body by socializing in the nude for afternoon tea.

As she explains, "Nudity is still a taboo in our society. People are afraid to talk about it, and almost anything that has to do with the body is considered dirty." She states that most women in Taiwan have never seen their own genitals.

Her inspiration came during an artist's workshop she had attended a few months earlier. It was her idea that participants strip naked, then sit around a table sipping tea while discussing topics such as nudity and gender discrimination.

The response to the idea has been ambivalent, with only three women showing up at the first tea meeting.

For Ruan, who sees herself as an artist, controversy is nothing new. Her protests and bold, controversial actions

often draw media attention. In April, she staged a nude demonstration, calling for the legalization of nude beaches. Two months later, she posed as a nude model at public event in which children were present.

She rationalizes this saying, "I know I'm attracting a lot of negative attention but there has to be someone on the front-lines, pulling the society forward."

The publicity has not been all negative. She is now the subject of a documentary film called Curious Body, which is being commissioned in part by Taiwan's National Culture and Arts Foundation.

Here's to you Ruan!

Go to this [link](#).

"Being natural and matter-of-fact about nudity prevents your children from developing an attitude of shame or disgust about the human body. If parents are very secretive about their bodies and go to great lengths to prevent their children from ever seeing a buttock or breast, children will wonder what is so unusual, and even alarming, about human nudity."

– Dr. Lee Salk, psychiatrist

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