

Bare Facts

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Message From The Board

Due to the flu and working schedules the board is behind in its scheduling. The schedule in this issue may experience some minor changes.

We are developing a new way to keep abreast of upcoming events. We will be listing our events on Cjonline.com and in the Capital Journal paper. Hopefully this will help improve participation.

There are some fun weekends ahead and summer is edging closer every day. Daylight savings time will make its leap forward soon and the temperatures are warming. Can summer be far behind?

In addition to being more visible in the newspaper we are working with VisitTopeka.com. If you are visiting from out of town, you may check out their web page to see what else is happening in Topeka.

We have long been aware that many of our supporters drive great distances to take advantage of all we have to offer. In an effort to make Topekans aware of the fantastic resource Lake Edun is, we will be asking out-of-town supporters for some generic information such as miles traveled, etc. The accumulated data will be mentioned in the paper to help increase our presence and good will in the community.

Open House Dates Set

Every year, we schedule a number of Open House afternoons. Many people who are curious about Naturism take advantage of an open house to visit our special place and learn about all that we take for granted. It is their introduction.

Some who want to learn more, freely admit their first visit to Lake Edun takes them out of their personal comfort zone. To make it easier, we ask everyone (even members) to remain clothed during the open house (noon to 3pm). This way, visitors can become comfortable before making a full-body commitment.

This year, we will be asking member-volunteers to show visitors around and answer any questions they may have. This is an accommodation that featured high on our annual survey. Eduners interested in volunteering for this service will have the enviable privilege to be the first to meet and become friends with a potential new member.

At 3pm, dress code changes to clothing-optional; after 5, we will expect everyone to respect our simple (un)dress code.

Our first open house is scheduled for Saturday, May 18. Subsequent open houses are tentatively set for June 15, July 13, and August 10.

We all have some friends who are curious about our lifestyle. Let them know about our open houses. Invite them to check us out. Encourage them to experience for themselves the freedom that comes from living clothing-free.

Urgent: Your Help Is Needed

There is an underlying theme present in these page 1 stories: Our board is working hard but is becoming over-taxed. We need 2-3 more board members.

Here's the back story. One couple that have been a long time, dedicated supporters of our educational mission is reaching a point in their lives where they seek to dial back their commitment.

They are not lessening their belief in and support for our mission; they just want to devote more of their time to other pursuits. Combined, their contributions have been legend. Perhaps we depended too much on their input.

Now, we must pass on to others some of their responsibilities. If we fail to attract more committed board members, we can expect to continue to have difficulty maintaining the superior facility and program our supporters have come to expect. For more information on the board and its responsibilities, see either the September or October, 2012 issue of Bare Facts available at www.lakeedun.com.

Where Is The Season Schedule?

Long time supporters and readers of these pages will probably recognize we have been a bit behind in announcing our summer plans. See the accompanying *Message From The Board* for an update.

Soon, Spring will be upon us. Our trees and flora will burst with the beauty we appreciate so much. We can expect our supporters will want to take advantage of it. At this time of year, we schedule several work days to get everything ready. We need multiple days scheduled because some tasks need to be done at different times. Also, because we are pretty sure some will be rained-out.

Typically, work days are an enjoyable opportunity to reconnect with other Eduners and share some of the many tasks required to prepare everything. We work a bit; we talk a bit more; we laugh and smile a lot.

Our first work day is scheduled for March 23. If the weather cooperates, it will be a great chance to shake off a bad case of cabin fever and, of course, your clothes.

DON'T FORGET

Mar 6; Wed; 7-9; Sauna
Mar 10; Sun; 4-6; Board of Directors
Mar 10; Sun; 7-9; Sauna
Mar 19; Tues; 7-9; Sauna
Mar 23; Sat; 12-4; Work day
Mar 24; Sun; 4-6; Sauna
Apr 6; Sat; 8-10; Sauna
Apr 12; Fri; 8-10; Sauna
Apr 14; Sun; 4-6; Board of Directors
Apr 24; Wed; 7-9; Sauna

From The Mail Bag

Dear Lake Edun,

The letter from Mike S. [February] is interesting and over the top! The monthly payment option seems a good choice to me. Also, this is the standard practice of clubs all over the country to encourage people to make both membership and revenue stable and adequate to cover costs. Membership encourages a deeper commitment to the club and hopefully to its running and to the practice of social nudity. It's certainly less per month than basic cable which most people choose not to live without.

– Michael C.

Dear Lake Edun,

I love the feeling I get when I visit Lake Edun. Awesome place! Thank you.

– Rick

Dear Lake Edun,

I received your last newsletter with the insert about receiving the newsletter by mail. I have been able to read the newsletter on your web site and enjoy it. I have not been able to get to your lovely corner of the world as often as I would like because I live about 100 miles from there but the times I have been there have been very enjoyable. I just wish I lived closer. So once again I will stay up to date on things happening there by reading your newsletter on your web page.

– Lyle

Dear Lake Edun,

I really do appreciate your willingness to help me and if I can make it down again this year I will certainly let you know because I really did enjoy it and it was very relaxing. It was also great to finally be naked and not get looks of disgust. I felt completely comfortable and I didn't feel judged at all. There were even some times in there that I even forgot I was naked. So I am hoping to come down again this summer but I'll have to see how the money is. Maybe somehow I can even make it to a sauna but I will have to see.

– Chuck

Another One Bites The Dust

Lighthouse Beach features “one of the most popular nude beaches in the U.S. A mix of straight and gay, singles and couples and some families,” the site says. And in Kismet, there is an official nude beach with a big sign ‘Beyond This Point You May Encounter Nude Sunbathers.’”

But this summer, that guide will be rendered obsolete. Fire Island National Seashore authorities will begin enforcing laws banning the decades-long practice of nude sunbathing on the 32-mile-long barrier island off Long Island.

As reported on CBS 2, the small strip of sand known as Pristine Beach, just east of Robert Moses Field 5, is located near a bird sanctuary where families stroll.

The ban will be enforced there, as well as four other Fire Island beaches where nude sunbathing is known to take place, according to Newsday.

Fire Island chief ranger Lena Koschmann said the popularity of nude beaches has grown. There has been an increase in complaints and observations of sex, masturbation and prostitution, especially on the popular Lighthouse Beach.

Koschmann noted there are only six field rangers on staff to patrol 32 miles of beach. Too often they have been stuck most summer days at the nude beach answering complaints. She added that, “To have school groups, and family groups and tour groups coming to the lighthouse and stumbling upon nudity right there, this is what we call incompatible uses.”

Ms. Koschmann's last statement is interesting in that Fire Island has a long history of nude use as well as signage to warn people of that fact. In light of these facts it difficult to understand how anyone could, “stumble” across nudity. As others suspect the local National Park Service had already made a decision to close the beach to nude use, but the storm damage allowed the decision to be implemented now. By way of contrast, Sandy Hook, also administered by the National Park service is indicating that nude use will continue there. But, we wonder, if National Parks are to serve tax payers, don't Naturists pay taxes? [Ed.]

San Francisco Nudity Ban

The Huffington Post Live program features a live interview with a number of people regarding the recent city council decision to ban public nudity. Unfortunately technical difficulties prevented some local participants from being heard. Still, the interview is worth watching.

Tom Mulhall, owner of Terra Cotta Inn in Palm Springs spoke of his San Francisco experience interviewing naked people and nearby shop owners. He wrote an article for the Huffington Post reporting his observations and findings.

The show's host asked a valid question. “Why is it that we permit public nudity on specific days or when we are selling nudity, but when nudity is just there when there seems to be no reason, other than someone wants to be naked, we have a problem with it. Why does there have to be a public hook for nudity?”

The local Huffington Post reporter says her conversations with those favoring the ban felt they were being given no choice about the nudity and it was being forced on them. Of course, these same people think nothing of wanting other people to lose choice and are forced to be dressed.

Overall, the interview presented the story and range of opinions in a balanced manner. [Ed.]

You'll find it [here](#).

“Never before did I get so close to Nature; never before did she come so close to me ... Nature was naked, and I was also ... Sweet, sane still Nakedness in Nature! – ah if poor, sick, prurient humanity in cities might really know you once more! Is not nakedness indecent? No, not inherently. It is your thought, your sophistication, your fear, your respectability, that is indecent. There come moods when these clothes of ours are not only too irksome to wear, but are themselves indecent.” – Walt Whitman

Free At Last

The case against the so-called Naked Rambler, who was arrested for walking nude in the district [London, England], has been dropped.

Stephen Gough had denied a charge of using threatening, abusive or insulting words or behavior or disorderly behavior. The former Royal Marine was only told the day before his trial was due to start in Leamington.

The prosecutor told magistrates on Friday, (February 15) ‘a decision has been taken to discontinue the case because of insufficient evidence.’

At that hearing, Mr. Gough’s attorney, Mr. Perry, denied the charge because his behavior had not been insulting.

He added London solicitors which had previously represented Mr. Gough had argued under human rights legislation he should be allowed to walk around naked, but added most of his court appearance had been in Scotland rather than under English law.

“His argument is the Crown say his behavior in walking around naked is insulting behavior; and whether or not it is insulting is going to be the issue,” Mr. Perry said.

This is good news. Later news reports indicate that Mr. Gough has finally returned home and was warmly welcomed by his mum.

Thought you would like to know about the ongoing Naked Rambler saga. Who knows? It may not yet be over. For more information, follow this [link](#). [Ed.]

An Interesting Observation

The following reader response to a news story about The Nu Project caught my attention. The Nu Project’s intention is to show a variety of nude images of ordinary women who volunteered to be photographed.

The project’s purpose is to show what real women look like as a positive, real to life counter to the body proportions of the typical fashion model. He is attempting to address the body shame felt by many women since they don’t look like super-models.

This is certainly not a new idea. The Century Project, and doubtless other efforts predate this by many years. There’s probably plenty of room for the Nu Project as little has changed in media depictions of “acceptable” bodies.

In light of this a reader observation is on target. [Ed.]

With idealized body images thrown at us on a daily basis we forget that we’re packaged in more styles and sizes than just “airbrushed perfection.” How do we get to a place where we are comfortable in our own skin? Of course having good health, free (as possible) from any physical suffering due to body condition is paramount to feeling OK about our own bodies in the moment. Circumstances tomorrow could cause a change in our bodies, (a worsening condition or an improvement).

We do have one thing in common, we all are headed to the same place: of decay, old age, disease and will experience loss and disappointment in our lives. I don’t say this to be a Dennis downer, but the whole of humanity is, (pointlessly it seems) struggling to maintain some idealized image of ourselves.

The desire to maintain youth, beauty, perfection, etc., is very powerful. While some desire can be beneficial, really strong cravings of desire can often bring us to a place of suffering, (weight loss failure or obsessively desiring a person).

The denying of pleasure is not the answer, but realizing an understanding of the truth, that the search for comfort through “pleasure” rarely has an end. The search to make one “beautiful” is usually insatiable in the end.

Use empathy to see thin, thick, smooth, wrinkled, firm, flabby, short, tall, etc., as beautiful variations, less the judgments. Yet don’t stop purchasing beauty all at once, or a global economic collapse may ensue!

The entire story is [here](#).

When Is She Too Old To Pose Nude?

Julia Bradbury, who became host of a BBC TV program, offered the opinion that she is too old to pose nude again. She says that 40 is the age at which posing naked becomes “unsuitable.”

She added, “It’s nothing to do with having a child, more about a suitable age.” Further, “If I was going to do any of that, I thought it was good to do it on the right side of 40.”

Her nude photo history is that she has posed naked twice: firstly as part of a charity fundraising campaign; secondly, for the artist John Myatt in the Sky Arts television series *Fame in the Frame*.

When asked what she has done with the Myatt painting, Ms. Bradbury explained that, “I haven’t quite plucked up the courage to put the painting on the wall. It’s quite a big, imposing picture. It’s an odd thing to have a painting of yourself.”

It may be that she doesn’t really like the painting. Who knows? However, her pronouncements about the suitability of anyone over 40 posing nude is curious, arbitrary, and judgmental. Certainly she has every right to set such limits for herself, but she also seems to imply it’s true for everyone in her opinion.

Sadly, she betrays a way of thinking that has implications that are too prevalent in society. That is, there are good, young, firm, athletic, desirable bodies we would all want to see. Then there are all the other bodies that are not worthy and need to be hidden. Such is the thinking of the textile wearing world. [Ed.]

If you are interested in more, you can find it [here](#).

“Some day people will grow up and realize that the only thing vile about human bodies is the small minds some people have developed within them.” – Dick Hein

Recreational Naturism vs Ethical Naturism

With the kind permission of Stephane Deschenes, owner of Bare Oaks Family Naturist Park located near Ontario, Canada, this essay from their website is reprinted here.

A distinction is drawn between a nudist and a naturist. It is suggested based on the latter having a life philosophy that includes nudity while the nudist is primarily focused on social nudity. A further distinction drawn is between the Recreational Naturist and the Ethical Naturist.

For the Ethical Naturist, their gymnosophy (life philosophy) informs daily life that extends beyond simply being nude. This is a position that has been taken at Lake Edun from its inception. However, the Bare Oaks statement adds to our understanding by explicitly stating the ethical/moral dimension of naturism.

More depth could be added to flesh out the proposition of Ethical Naturism, but this is a good beginning. Indeed, the concept of Ethical Naturism is a pivotal conceptualization that gives moral depth to naturism as it confronts the larger society's failure to respect the body. [Ed.]

Nudist vs. Naturist

Which term is used depends partially on where you are. In Europe, the term "naturist" is used almost exclusively while "nudist" is often derogatory. In the US, most people who attend clubs call themselves nudists because they belong to the **American Association for Nude Recreation (AANR)** who uses the term "nudist". Americans who go to free beaches tend to prefer to identify themselves as "naturists" because historically, the **Naturist Society (TNS)** has been the biggest defender of free beaches in the United States. In Canada, the official naturist organizations are called the **Federation of Canadian Naturists (FCN)** and the **Fédération québécoise de naturisme (FQN)** but many Canadian use "naturism" and "nudism" as synonyms.

At Bare Oaks, we believe naturism more accurately conveys what the movement is about. Our philosophy is much more than just taking your clothes off and the term "nudist" suggests it is only about nudity. It is a life philosophy with physical, psychological, environmental, social and moral benefits. Furthermore, we argue it is not *about* nudity. It is about respect for self, for others and for nature. It is about being more *natural*. But clearly nudity is a critical tool we use to achieve those goals.

Yet many people who call themselves nudists still clearly hold naturist values. So what matters most is what a person believes and how they act.

The Naturist Recreation-Ethical Scale

Over time, people sometime change from being a mere participant in naturism to being an activist. But not everyone sees naturism as a life philosophy. Thus, we introduce two categories within naturism: the Ethical Naturist and the Recreational Naturist. These are not finite classifications. Rather, it is a scale with most people positioned somewhere between the extremes.

Recreational Naturists

Many people start out as Recreational Naturists for the simple reason that it just feels great to be free of clothing. There is no denying the fact that skinny-dipping is one of the great joys in life. From that initial beginning, many naturists progress to understand the more complex ideology behind the movement – but not all do.

The Recreational Naturist views nudity only as a recreational activity. While they enjoy being nude, it is only within the confines of their club or while at the beach; most are rarely nude in their home. Generally they don't see any naturist implications out in the textile world.

Since there are few principles connected to their nude activities, the Recreational Naturist is unlikely to object to fashion trends or how people are portrayed in the media. The objectification of the body and unattainable standards of beauty are not concepts that concern them. They are likely to judge others on looks and sexuality. Some even yearn to wear items of fashion in naturist environments; which is why many of them prefer a clothing-optional environment. Almost certainly, the Recreational Naturist doesn't associate getting closer to nature with their hobby.

Many prefer the term nudist since nudity is what it is all about for them. But some use the term naturist as a euphemism for nudism because they think the word will be less offensive to their relatives, friends and neighbors.

At Bare Oaks Family Naturist Park, the office staff works nude. As naturists, we see the human body as wholesome and natural. Since we deplore the use of clothing to denote status, having staff wearing clothes (or worse uniforms) seems counter-intuitive. Yet some people have fiercely criticized that policy as "unprofessional". In discussing the issue with some of the critics, it became clear that they saw nudity only as an alternative to the bathing suit. That made sense. If you visit a Caribbean resort in the textile world, you would not expect the office staff to be wearing bathing suits – that would indeed seem unprofessional. So consequently, nudity in the office at Bare Oaks appeared unprofessional to the Recreational Naturist.

Ethical Naturists

While Ethical Naturists enjoy the freedom of being nude, they also see naturism as a creed and a life philosophy. They believe that it is immoral to make people ashamed and embarrassed of their own image. They understand that society's attitude towards the human body results in a lack of self-esteem. The consequence is often a lack of self-confidence and the beginning of a variety of emotional dysfunctions. Accordingly, they strive to accept their natural selves and to respect others.

Respect for the body also leads them to seek out healthier practices for their physical self. The Ethical Naturists see themselves as part of nature and consequently endeavor to minimize their impact on it.

(Continued P. 6)

A Psychiatrist's View Of Early Nudism

We seem to be going in circles. Everything old is new again! Read the arguments quoted below as advanced in 1932 favoring naturism and notice that similar arguments are presented today in updated language. The truth is, whatever we say in support of naturism is merely an echo from the past. The same can be said of what the opposition says against naturism.

The simple truth is as it always has been only personal experience with social nudity breaks through the conditioning that society imposes on us all. That isn't to say that education and argument are of no value, and in fact are essential. However, simply to remain in the philosophical and theoretical seldom moves to conviction. Actual experience is the step that breaks through the barriers and liberates the mind to the simple truth that has always been there. Nudity feels good.

Nudity is neutral. Historic naturist philosophy serves to guide us toward greater self respect, respect for others, and the environment. Historic naturism promotes a paradigm shift, stressing respect and equality between the sexes. In social nudity, the body is normalized and the value of the person is heightened.

The old paradigm stressed prudishness as the means for protecting us from ourselves and ended in emphasizing the one dimensional erotic potential of the body. Social nudism rejects this reductionist project teaching that the body is wholesome in all its parts and functions. At the same time, naturists understand and insist that sexual activity is private. [Ed.]

When Frances and Mason Merrill in 1932, published *Nudism Comes to America*, they had sent questionnaires to gather what doctors, psychologists, artists and philosophers thought of the nudist movement. One extended quote from the psychiatrist Dr. S. D. Schmalhausen in Chapter 10, "What the Psychiatrists Think" (pages 235-238), offered revealing insights about the religious views and influences of that day. His descriptive vocabulary may not exactly match that adopted by the nudists then or now, but his insights are still painfully relevant:

"The question that immediately concerns us is the possible relationship between nudity and emotional wholesomeness. Which promises more genuine decency and moral excellence, in childhood, concealment with its accompanying consciousness of shame and guilt, or candid playful exhibitionism with its accompanying sense of naturalness and shamelessness? Nothing, in retrospect, seems so hilariously astonishing and amusing as the attempt on the part of the pompous guardians of the race to prevent boys and girls from knowing nature at birth presented them with the free gift of sex organs. No student of culture yet knows whether the complicated attempt to conceal the simple sex organs had as its unconscious motivation to decrease or to increase sex-consciousness. In fact, it wildly increased it; as a matter of pretense it supposedly decreased it. The imagination cannot help pondering what the fig-leaf conceals.

"Prurience, pornography, puritanism, are the unholy trinity that have lorded it obscenely over the private mind of man (and of woman) because a certain number of over-sexed theologians and a few under-sexed saints foolishly agreed that the way to solve the sexual problem is to give birth to children in sin, to be ashamed of that fact for the remainder of one's life, and to instill in young minds a proper sense of degradation and misery. This insane solution of the sexual question has come close to wrecking human nature.

"Could anything be more natural and innocent -- in a brand-new born babe! -- than nudity? Would even the Pope expect a child to be delivered in a full dress suit? Nudity is natural; innocent: human. Why, then, have the elders of the tribe for so many moralistic and melodramatic centuries considered it the very weightiest problem in the living universe to super-vise with ceremonial trepidation and hushed ritual the process of dressing and undressing? Why has the unclothed body, even of children, been under the ban, surrounded with suspicion and anxiety-haunted curiosity, so that long generations of grown-up men and women have actually been ashamed to look once more at the sex of their own children, the father fighting shy of femaleness, the mother of maleness, the children of both!

"Who can longer doubt that squeamishness, awkwardness, excessive sexual embarrassment, infantile curiosity lingering in the adult years, vulgarity truly vulgarizing, the cult of the toilet (especially in the adolescent years), silly misunderstanding between the sexes in love and marriage, taboo psychology, moral hardness and humourlessness, are each and every one of them traceable to the nasty inculcation in childhood of attitudes of concealment and evasion, attitudes which were possible and plausible because of the superstitious and most irrational cult of clothes (as the moral protectors and guardians of the immoral sex organs).

"I do not go so far as to assert that the wholesomeness and liberating acceptance of nakedness in childhood, in adolescence, in maturity (whenever the circumstances and social desire permit), will automatically guarantee pure scientific objectivity in sexual thinking or completely devulgarize behavior erotically. There is a wholesome as well as an unwholesome obscenity. Life without wholesome obscenity would be emotionally sterile, sexually colorless, and humanly humorless. The cult of nakedness, as modern writers like to call it, should promote the more joyous and playful aspects of obscenity. At any rate, no student of the newer sciences of sexology, psychiatry, culture, can have the slightest doubt that the general unembarrassed acceptance of the sweet and lovable human body in its naturalness will solve some of the acutest of the neurotic dilemmas that confront those who have been moralistically and theologically trained in the puritanic philosophy of life.

"I myself am deeply of the opinion that both Puritanism with its inevitable consequences of pornography and prurience (let's not forget that the vicious institution of prostitution flourished most lustily in the ages of official prudery), and

impuritanism, the far from lovely counterpart of repression in an age of brazen expression, will both vanish when a humanized society founded upon the scientific temper of mind, psychoanalytic candor, honesty in teaching, the rights of children to a free and aesthetically exhilarating expression of the body as well as of the mind, comes into existence.

“If men and women throughout the repressive and morally shamefaced centuries had devoted the energy they idiotically gave to repressing and concealing and tormenting the erotic impulses to the sane problem of ridding their social systems of injustices and cruelty, of exploitation and inequality, long ago the earth would have smelt sweeter, life would have flourished more happily, tolerance and humaneness would have dwelt among the peoples of the earth. When people’s minds are constantly preoccupied with sexual immorality, they appear to have no energy or sense left for those deeper problems of life which in truth are responsible for most of what is wrong in the sexual situation. The social question is primary; the sexual question is subsidiary....”

“Wearing nothing is divine. Naked is a state of mind. I take things off to clear my head, to say the things I haven’t said. I live inside my elements – the earth and sky are my best friends. Water is the evidence that washes me from end to end...” first verse of track #1, *naked eye*, on Luscious Jackson’s CD

Recreational Naturism *(continued from P4)*

Thus naturism is fundamentally about ethics and morality for the Ethical Naturist. So much so that it even takes on a spiritual dimension for some.

Although cultural restrictions generally limit nudity to their club, beach and home, the Ethical Naturists bring their ideals everywhere. Naturism is a creed that shapes how they perceive the world and how they react to it. They seek to incorporate the principles of naturism in all aspects of their lives.

Some Ethical Naturists identify themselves as nudists but many prefer to call themselves naturists because they see that it is more representative of the complete ideology.

Although nudity is preferred, the Ethical Naturist can practice naturism even when clothed.

Conclusion

Again, it is important to understand that most people don’t fit neatly into either category nor will anyone manifest every single characteristic described. Like many classifications, these two categories of naturists represent a continuum with almost all people positioned between the extreme ends. But for those who believe that naturism typifies an ideal for a more wholesome society, being an Ethical Naturist should be the goal. <http://www.bareoaks.ca/>

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Membership Application
Change of Address Form
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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.

Membership Fees:

	Single	Couple	Amount
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Associate Member (Over 125 miles away)	175.00	250.00	_____
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NUTs Membership (Must be under 30)	75.00		_____
Separate Mailing Address for members		12.00	_____
<i>No Sex, No Violence ... Only Nudity</i> First Naked Plays – DVD		25.00	_____
<i>Lake Edun Exposed</i> – DVD or video		45.00	_____
Naturist Society Membership		60.00	_____
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