Bare Facts

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Tell Your Friends About Our Open Houses

Weather for our first open house of the season was unseasonably cool which seemed to discourage the curious from sating their curiosity. In spite of this, we had one old friend show up again for the first time in many years and received one membership renewal.

We all know friends and acquaintances who are interested in learning more about our special place. They will appreciate receiving an invitation to check it out for themselves. So, do your friends a favor and tell them about our open houses. They will be glad you did.

The Board has scheduled four more open houses this season. Be sure to spread the word. Enclosed is a reminder you can use to explain the Lake Edun Foundation to those who have an interest.

Dates for upcoming open houses are Saturday, June 5, Thursday July 8, Saturday, July 10 and Sunday, August 8. With this diverse a schedule, everyone should find a time convenient for their schedule. All we must do is get the word out. Please help!

How Does Your Garden Grow?

The gardening season has begun. If you have not started your garden plot, you may wish to consider planting something you will enjoy on your dinner table. All Eduners can use our irrigation system to keep their crops healthy through the hot, dry Kansas summer.

Garage Sale

Don't forget to begin saving items for our garage sale. This will be a major fund-raising event for the Foundation and an opportunity for you to allow your trash to become another person's treasure. And, the best part is that everything you contribute can be tax deductible. Details will appear in the June issue of *Bare Facts*.

A Lesson To Learn

You may be aware of the controversy that raged last year over the nudist youth leadership camp in Florida. White Tail Park in Virginia also was the host of a similar camp last summer. This year, the Virginia legislature passed into law Virginia HB 158 which only permits nudist youth to attend a nude camp if a parent or extended family member is present during the camp. Of all the hundreds of summer camps for youth in Virginia sponsored by organizations of all types, this law selectively targets nudist parents and youth for this restrictive requirement. Adding insult to injury, the Virginia Governor offered commentary about his signing of this legislation using puns and jokes about nudism.

You may wonder what an obscure piece of legislation in Virginia has to do with us. Among other things it is another example of how the majority can pass laws that

dramatically affect the freedoms of a minority. The recent "unpleasantness" with the Kansas legislature is a reminder that, "it can happen here." Opponents of naturism are fully aware of what Virginia has done and will look to it for inspiration for restrictive legislation of their own.

The question raised by reflective naturists is why in Virginia we have not even a single friend in the legislature? This is a question that naturists in every state need to take seriously. It is not the case that naturists can not have friends in high places. Haulover Beach in Florida, designated CO beaches in California, New Jersey, and New York exist through the decision of government officials.

The issue of friend or foe in the legislature may not necessarily be the focus that's needed. Instead, the crux of the problem may well be about education. It can be argued that an educated legislator would not vote the way the Virginia legislators did. Without sufficient education, voting against naturist interests seemed a no lose proposition for them.

Virginia, like Kansas is a conservative state. Lobbying efforts to explain naturism needed to have been done over the years. It was suggested by one observer that there was an astonishing failure of naturist individuals and clubs in Virginia to have been working hard enough behind the scenes to make reliable friends before legislation like HB 158 arises.

This is a lesson that individuals and clubs in all states need to take to heart. Waiting until the proverbial wolf is at the door is simply not acceptable in Kansas. All TNS/AANR affiliated individuals and clubs in Kansas need to, "...hang together, or we will surely hang separately." Such an education effort will take resources, a plan, and leadership to maintain a continuing course of action to represent and protect our freedom.

DON'T FORGET

Activities designated HN are sponsored by Heartland Naturists

May 1; Sat; May Day Party

May 2; Sun; 12-3; Open House

May 8; Sat; 10-12; Board of Directors Meeting

May 15; Sat; Armed Forces Day @ Lake Edun

May 21; Fri; 8-10; HN Swim

May 22; Sat; Mulberry Season Begins

May 29; Sat; Family Weekend @ Lake Edun

May 30; Sun; Survivor Weekend

May 30; Sun; Dusk; Renew Wedding Vows

June 5; Sat; 9-12; Open House

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

June 18; Fri; 8-10; HN Swim

June 19; Sat; Father/Son or Daughter Fishing Contest

June 20; Sun; Summer Solstice

July 3-5; Clothing Independence Weekend – In honor of Ben Franklin

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

Midwestern Plantings

By The Garden Guy

This topic could cover volumes in just listings alone! However, I will attempt to make suggestions of trees, shrubs, grasses, perennials, and annuals that do well especially here in the Kansas City and Topeka area.

There are a variety of Maples that are always excellent such as the Autumn Blaze, Red Sunset, Crimson King, and the Sugar Maple, which always provide for wonderful color during the summer & fall. Fast growing trees that do well in this area are Pin Oaks, Bald Cypress, and Tulip Tree. I really recommend the Ginko for its unusual shape, durability and brilliant gold color in the fall, which is one of the oldest in existence. The streets of New York and Chicago have them because they are so tolerant of pollution in the air!

I always love to look out my window and see green during the winter, so the Eastern White Pine is a fast grower and has a great survival rate for this area. The Canadian Hemlock is extremely fast growing and has a wonderful shape but is not seen too often in the Midwest. I have 3 in my yard and they are gorgeous in the winter when it snows! The Hoopsi Spruce is the bluest of blues and is always an eye-catcher, and is a little different from the traditional Colorado Blue Spruce and Norway Spruce. All of the Spruce are slow growers. The Austrian Pine is a classic, but unfortunately is subject to disease in the Midwest and is generally short lived. Don't forget the Boxwood! This is extremely slow growing and requires little maintenance after the desired shape has been acquired. It is great for creating globe shapes & hedges.

There are some ornamental trees that I would love to recommend for that special place that you want to highlight. The Dwarf Korean Lilac on a standard is really awesome. It prefers full sun and tends to keep its globe shape on the grafted tree trunk. The fragrance & color is gorgeous during the spring. The Rose Tree of China is another wonderful specimen, with pink rosette blooms which are really attractive. The Weeping Norway Spruce and Ice Blue Juniper on a standard are wonderful conversational pieces to have in that special spot that calls for something with an Oriental flair. One of my favorite Crabapple trees is the Red Jade Crabapple. It has a white flower with pink highlights during the spring and cherry size fruit during the Fall & Winter, actually looking like a winter cherry tree, plus it tends to have a weeping growing pattern.

If you have not seen the Endless Summer Hydrangea, get it! I blooms the entire summer on new and old stems. If the soil is alkaline the blooms will be pink, and if you add aluminum sulfate the blooms will be a beautiful blue! This beauty can survive in shade & sun. Repeat blooming day lilies are a wonderful addition to the garden, and will bloom the entire season: Stella D'loro (gold), Happy Times (yellow); Little Grapette (purple); and Fairy Tale Pink(actually is peach color).

Grasses are really great to feature when used with contrasting types:

My favorite is a Maiden Grass called Yaku Jima, which gets to about 3-4 feet and has silvery plumes for fall & winter enjoyment. The Dwarf Fountain Grass is good too, getting around 2 feet tall. Then Liriope is incredible as an individual specimen or used as a border, which only gets about 10-12 inches tall and has a purple spiked bloom during July or August, staying green through December! This wide blade grass comes in deep green & variegated.

I could make many more suggestions, but then we don't have the space for that! Happy plantings and may all your gardening efforts bring you lots of enjoyment this Spring, Summer, Fall, and Winter!

Allow Me To Clarify

By NakedG

Nudism **requires** nudity.

Nudity does not equal nudism.

Sex does not equal nudism.

Nudism does not equal sex.

Sex and nudism have nothing to do with each other.

Sex and nudity have nothing to do with each other.

Nudity can lead to nudism.

Nudity can lead to sex.

BUT...

Nudity cannot lead to both nudism and sex at the same time because...

Once and for all...

SEX AND NUDISM HAVE NOTHING TO DO WITH EACH OTHER!!

All of which led to the following assessment by another writer saying that the assumption that nudity and sexual activity are inevitably associated is the result of "Alice in Wonderland" thinking. To wit, Alice became involved in an argument – possibly with the Caterpillar – and makes the very important point that true statements are not necessarily reversible. In Alice's case the proposition that, "I breathe when I sleep," does NOT also mean that, "I sleep when I breathe." So, in the case of naturists, the fact that, "When I engage in sexual activity I take off my clothes," does NOT mean that, "When I take off my clothes I engage in sexual activity." Sensible girl, Alice!

Random Thoughts And Reflections

Its time to change the lock, once again. Members will find a new combination enclosed with this issue of Bare Facts. Remember, if you are the last to leave our special place, please be sure the chain is locked.

Items We Need

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

Save Your Aluminum

Fun In The Sun

There it is – 98,000,000 miles away, the center of the solar system. Sol, the star nearest our planet! At the speed of light, it is eight minutes away. Yet, for us in the temperate zone it seems to have been away for months, with us buried in snow and icy winds. It is with rejoicing that we again welcome the return of the sun, its warming rays of light bringing balmy breezes and the resurgence of life to the beautiful, cool green hills of earth.

All of us are relishing the thought of again being able to bare our bodies and freely walk the paths and swim in the cooling waters of Lake Edun. Hold that thought!

We interrupt this reverie for a quick reality check. Too much of a good thing can have undesirable consequences. We all know this, but frequently allow denial or carelessness to block good judgment. You all know what I mean – ultraviolet light. That part of light lying just beyond the violet end of the visible light spectrum from 100 to 400 nanometers.

Ultraviolet comes in three types, the familiar UV-A, UV-B, and the lesser known, UV-C. All forms of ultraviolet light have the ability to harm biological tissue. UV-A is the form most commonly associated with tanning booths, and is relatively the least damaging to tissue. UV-B is the wave length that is the most destructive to tissue, being the form most associated with causing skin cancer. UV-C is fully blocked by the atmosphere and is of no concern to sun worshipers. I take that back. It is of enormous concern to sun worshipers. UV-C is what causes the formation of the ozone layer which screens out most UV radiation and makes life as we know it possible – including working on a beautiful tan.

Naturally, besides a great tan, WebMD notes that modest amounts of sun exposure results in vitamin D production in the skin. Studies in Australia indicate that the presence of vitamin D is an important cancer-fighting nutrient.

Medical researcher, Dr. Bruce Armstrong, discovered that the more time people spent in the sun in their off-work hours, the lower their risk of non-Hodgkins lymphoma. He believes that vitamin D is producing this protective effect. Other types of cancer are also believed to be protected against by sufficient levels of vitamin D. However, it doesn't take a lot of sun exposure to produce the desired amount of vitamin D. Melanoma is from significant overexposure to the sun.

Ground rules for minimizing the dangers of excessive sun exposure leading to sun burn and skin cancer aren't that hard to follow:

- 1. Apply generous amounts of sun screen, and re-apply every two hours. The mistake frequently made is to apply too little sun screen. The SPF on the bottle is only correct when used generously.
- 2. Use a sun screen SPF of 15 or higher.
- 3. Avoid extend sun exposure between the hours of 10 AM to 3 PM. Some say 4 PM.
- 4. Do not believe that just because you aren't getting a sunburn, thanks to sun block, that you are fully protected from UV radiation. Sun screen is by no means as effective in blocking UV-B as it is for UV-A. Limit total sun exposure time.

With this firmly in mind, return to your interrupted visions of a summer of fun in the sun at Lake Edun. Remember, happiness is no tan lines!

Voyeurism and Naturism

By Dave Bitters

An article in the April 4 Kansas City *Star* caught my attention. The headline was "Bill takes on video voyeurs." The two lead paragraphs read:

"Congress is aiming to punish digital-age Peeping Toms who snoop on people with cell phone cameras and other high-tech gadgets.

"Lawmakers say a growing trend of video voyeurism threatens personal privacy and dignity in an era when indecent images can be beamed onto the Internet in seconds with tiny, low-cost cameras."

The article went on to note that "dirty old men are taking pictures in girls' locker rooms and looking at ladies through peepholes," according to Rep. Michael Oxley (R, Ohio). House Majority Leader Tom DeLay (R. Texas) was quoted as saying that the legislation is "common sense to protect families."

The bill has bipartisan support. According to Rep. Charles Gonzalez (D. Texas), "This is about privacy and democracy. This happens more than people think."

The gist of the bill is that "it would establish fines or

penalties of up to a year in prison for digital offenders who knowingly capture 'an improper image' of a person's 'naked or undergarment-clad genitals, pubic area, buttocks or female breast' when the individual has 'a reasonable expectation of privacy.' "

Congress isn't plowing new ground, of course. Many states (Kansas included) already have similar statutes. The *Star* cited, for instance, an example of "a 20-year old man [who] was charged with felony voyeurism in Sammamish, Wash., for using a cell phone to take photographs up a woman's skirt." (Yes, *felony*.)

I can argue both ways about this bill. As a 2-year veteran (in 1999 and 2000) of San Francisco's "Bare to Breakers" run, I admit to having had concerns about the possibility of my photo winding up as an exhibit on someone's web site. (In the end I decided that my profile was uninteresting enough that the chance of this happening was slim. I did pose with Judy Williams during the 2000 run, and allowed the photo to be published in N-Magazine.)

Naturists and nudists tend to be fairly aggressive in not allowing others to take photographs of them without per-

mission. Nude beach devotees have a variety of ingenious ways of dealing with amateur "grab-shot" photographers, for instance. However, I suspect that in many cases naturists' concerns have more to do with misuse ("sending the wrong message") than with personal privacy.

Still, the *Star* article brought to mind some things I've read in my quest to understand the quirks of our culture. It's well-documented that during the late 19th century it was customary to cover tables with drapes to hide the legs. (This Victorian legacy persists into the 21st century – recall Attorney General John Ashcroft covering the statue in the Justice Department headquarters). Legs weren't called legs; rather they were referred to euphemistically as "limbs." Cases have been documented of Victorian gentlemen swooning at the sight of a lady's ankle. Until the mid-1930's it was illegal for men to appear without shirts on many public beaches.

Do you recall anyone swooning recently over the sight of a woman's ankle? Has anyone called the police lately because a man has appeared in public without a shirt?

In 1979 the *Journal of Social Psychology* published the article "Factors associated with more positive body self-concepts in preschool children" by home economist Marilyn Story. Prof. Story interviewed preschool children from the textile and naturist/nudist communities and compared their responses to questions such as "What body parts do you like best?" and "What body parts do you like least?" Regarding body parts liked best (noses, faces, arms, etc.) she found no statistically significant differences in the responses between the two populations. However she did find statistically significant differences in the responses to the question about body parts liked least. The textile children found the anus and genitals somehow "dirty." The nudist/naturist children could name no body parts they particularly disliked.

So this bill may have as much to do with cultural engineering (along social conservative lines) as with genuine concerns about public safety or privacy.

I wondered how it would be interpreted/enforced in practice. It would "apply only to offenses on federal property, such as military bases and national parks." But some national park units include nude beaches. These beaches are tolerated if not officially sanctioned. At some of them naturists have fought hard to have signage advising "Beyond this point you may encounter nude sunbathers." The purpose of the signage is not so much to warn the squeamish as to protect the naturists. The "indecent exposure" statutes in many states have vague language about "causing affront or alarm." If you encounter a naked person in a public place and haven't been warned, you might have a basis for complaint in these states. If you go past a "beyond this point" sign you wouldn't.

But what happens if someone takes a grab photo at a nude beach "beyond this point?" Can an aggrieved naturist file a complaint under the proposed federal statute? Thus far, park managers have sided with the grab-shooters, saying that nude beaches are public places and people have as much right to take photos as to go without clothes.

This reasoning suggests that naturists give up their privacy when they doff their duds. But if one interprets privacy as "the right to be left alone," one could make a good case that the proposed federal law ought to apply to the grab-shooters too. On the other hand, there's the First Amendment consideration....

See how murky it gets? The vague language about "improper image" and "reasonable expectation of privacy" speaks volumes about the utility of this legislation. Who's to say what these terms mean?

Long term, this bill amounts to bad public policy. The real remedy to voyeurism (in any form) is to make the "naughty bits" described in the bill as commonplace as faces and legs. The Marilyn Story article suggests that this can be done, through changed cultural attitudes. Our Victorian ancestors probably would be shocked at the skimpy costumes one sees at some public beaches today.

Occasionally people of politically religious persuasion go on crusades against what they regard as "indecency" (and their definition can be pretty broad). One recent attack had to do with Abercrombie & Fitch catalogs. (And of course there was the Janet Jackson incident that so fascinated the Fox network pundits and FCC Chairman Michael Powell.)

When these moralists mount their bully pulpits, listen carefully to their language. They'll use words such as "filth" and "sewage" and "smut." This language traces back to Victorian times, when there were genuine concerns about the treatment of sewage and the control of disease. Some writers of the period argued (erroneously) that many of the problems of disease, public health and mental illness could be attributed to illicit sexual practices. This explains in part why some regard the genitals and buttocks as nasty (as did the children in Marilyn Story's control group, who probably got the idea from their parents.)

The book of Heywood Brun about Anthony Comstock provides an interesting glimpse into the extent of hysteria among some moralists of the Victorian era. Comstock was a deeply troubled man who, as chief postal inspector, exercised enormous influence over what Americans could and couldn't read in the late 19th century. He spent much of his adult life using the enormous police powers Congress granted him in 1874, in an attempt to rid the country of "smut and filth" (defined operationally as anything he didn't like). Yet he amassed one of the largest personal collections of pornography known at the time.

I sense more than a whiff of "Comstockery" in the proposed federal legislation. There's nothing we can do about it at this point. According to the *Star* it should be law by the end of May. We can only hope that eventually the culture will outgrow the Victorian residue that brought it into being. This in itself will signal a movement toward greater body acceptance.

But don't expect this to happen anytime soon.

See more of your friends
At Lake Edun

Teaching In The Nude: The Danish Experience

By: Wendy

(The following was passed on without any indication of the original source. The cross cultural perspective, however, is most enlightening and delightful)

So there I was, standing in the locker room. There were eight four-year olds (boys and girls) the two teachers (both women, about twenty five) and me. It was a Wednesday, which means it is a swim day. As everyone around me began shedding his or her clothes, I felt my heart skip a beat as I wondered where I was going to change.

"Um. Do I just take off my clothes and change right in front of the children?" I asked, sheepishly. "Well, unless you plan to swim in your clothes, I think it would be a good idea to take of your clothes!" was the Danish response. They were not used to my cultural views on nudity; but I was. Seeing as I did not want the children to think me strange, I took a deep breath and stripped down.

Standing there naked, for the first five minutes was the hardest thing I had ever done – or so I thought. Here in Denmark, when changing in a locker room, it is proper etiquette to wander around in the nude. One's towel does not serve any other purpose besides drying one off – it is not a cover for one's nude body. This was a big step for me. It is the American way to use your towel as a shield from exposing your naked behind to others. Well, not here.

So, I proceeded into the shower chamber (naked) along with my naked class of children and the two naked teachers. The shower chamber consisted of a long corridor of waterspouts – there was no place to hide! I had to grin and bare it, literally. After our six to ten-minute communal nude shower, we finally put our bathing suits on and went swimming.

I thought I had accomplished a great feat! I, the modest American, stood naked in front of the whole class and the teachers. Yay for me!! But, to my surprise, I was mistaken. After our swim, we entered the naked chamber once again. Our bathing suits and towels were hung up, and the naked party began! We all showered again (the Danes are really clean people!), and as I grabbed my towel and began to dry off, I received strange looks.

"Am I not supposed to be getting dressed yet?" I asked with apprehension visible in my eyes. I soon found the answer to my inquiry as I viewed eight little naked butts scurrying into the sauna. I proceeded to follow, going with the flow (and I also snuck my towel around my waist! I cheated a bit!).

Once I entered the steamy box, I was greeted by naked people – they were everywhere! I glanced around, hoping to find someone with a towel wrapped around them, but no luck. Everyone was sitting on their towels. So, I did like the majority. I consciously smoothed my towel on the bench and sat down, fully exposed, between two of the children. I just sat there, aware of how naked I was, aware of the fact that there was no part of my body hidden from anyone's view. We must have sat there for about twenty minutes. Just sitting, stark naked, in a sauna with eight four-year olds and two teachers – a classroom field trip.

When it was time to leave the sauna, I felt a bit of relief – I think I was beginning to get used to my bare state! But I was given another chance at bravery because we showered once again. I was getting good at the showering part. After the final shower, we all dried off and put on our clothes. My clothes have never felt so heavy in my life! After being naked for so long I felt strange in clothes! What happened to me!!

My analysis of the situation is severe culture shock. I experienced culture shock in its extremity – I was fully exposed with nowhere to hide. Despite this, I am thankful for such an experience. I look at my self naked in a different way now. When I am naked, I am just naked. Roaming around in the nude with a group of people who find it normal is such a mind opening experience. I was the only one in the locker room who felt uncomfortable, no one else thought anything of my nakedness. And this has made me view nudity in a different way, in a more positive way. I recommend this sort of experience for everyone!

My Danish experience with teaching in the nude is one I will never forget, and it is one I cannot fully explain in words, hence the word experience. But I often wonder, will I one day get to teach in the nude? I could just imagine! But I will probably have to stick with wandering around my dorm room naked – it is good to start small when converting to the nudist way! Only in Denmark do you come home with such a tradition – just wait until my family sees what I have picked up over here!

America is so funny that way. They have a big problem with nudity – not vulgarity and violence and cheapness, just simple nudity. I always marvel at how really uptight people are. You can have these really heavy-duty sex scenes with half-clothed actors doing really vulgar things on a kitchen table or in a bathroom or on an airplane. But take your clothes off and suddenly it's a big problem. It's a funny, prudish side we have. And it is so silly. - Bo Derek

Men are even lazier than they are timorous, and what they fear most is the troubles with which any unconditional honesty and nudity would burden them.

There are one hundred and ninety-three living species of monkeys and apes. One hundred and ninety-two of them are covered with hair. The exception is a naked ape selfnamed Homo sapiens. The zoologist now has to start making comparisons. Where else is nudity at a premium. - Desmond Morris, The Naked Ape.

Your clothes conceal much of your beauty, yet they hide not the unbeautiful. And through you seek in garments the freedom of privacy, you may find in them a harness and a drain. Would that you could meet the sun and the wind with more of your body and less of your raiment.

- Khalil Gibran, The Profit

- Friedrich Nietzche

From The Mail Bag

Dear Lake Edun,

Just a quick note to say that I appreciated Ernie's article "The Shower Room."

With the accounts mentioned in the article, the author clearly illustrates how we are moving backwards as a nation in terms of body acceptance and, for that matter, in human sexuality. I have no doubt as to at least two of the causes of the locker-room behavior of the younger men: Abstinence Education and Homophobia. Both can be traced back to the agenda of the Religious Hard Right.

The Religious Right has pushed and pushed Abstinence Education on this country, even to the point of forcing state legislatures to accept it as a standard for Sex-Ed. On the surface, a lot of people think that Abstinence Education is just about teaching kids to wait until they're a little more ready to participate in sexual behavior. But it's much more insidious than that. The hidden message in this form of "education" is that sex, sexuality, and for that matter nudity, is a bad, terrible thing that needs to be keep under control and bottled up, lest dire consequences come of it. It withholds valuable information from our children, while subtly laying down a foundation of guilt and shame, which is the hallmark of their brand of religion. This inevitably spills over to how young people see their bodies and how

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Note: There is a \$30 charge for any checks returned unpaid for any reason.

they will relate to other people's bodies in contexts like this one.

The other issue is Homophobia. Both religious and secular arts of our society haven't quite fully come to grips with homosexuality and gay people. To the religious, homosexuality is a sin that needs to be stamped out and gays to be censored and repressed. Much of secular society, on the other hand, still reviles homosexuality because it's viewed as "sissyness" or "being different." Young men growing up absorb these attitudes and fear and find themselves petrified to disrobe in the company of their own gender for fear of someone calling them a "faggot" or a "homo" regardless of their orientation.

The only thing sadder than these trends is the fact that it wasn't always this way. That there was a time not too awfully long ago, in living memory, when things weren't as bad as this. I, for one, am quite disturbed by the direction our beloved America is taking. I don't know all the things that need to be done to reverse this course. At the very least, education on body acceptance issues is necessary. Getting the word out both to friends and family members and society as a whole has to be a starting point.

Thanks again for your article.

- C.B.

Lake Edun Foundation, Inc. P.O. Box 1982 Topeka, KS 66601-1982 (785) 478-BARN		Membership Application Change of Address Form Please Print		
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