Bare Facts

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Open House Season Begins

Every year, we try to make it easy for those wishing to learn more about the benefits of Naturism to visit our special place

Our first open house of the season is scheduled for Sunday, May 20 from Noon until 3. We all know people who are curious about naturism. They may be co-workers, friends or family. They are awaiting an invitation so they can learn more. Offer. You may be surprised by the response.

During an open house, we ask everyone to remain clothed. Visitors can explore our beautiful facility, ask questions, and decide if it is right for them. At 3, it becomes clothingoptional. After 5, we expect everyone to embrace our dress code. This Open House we will have a volleyball game at 3 open to all. Don't be shy; ask a friend.

Random Thoughts And Reflections

The results are in. By an overwhelming majority, Eduners favored The Far Side vs all other suggestions for our new camping area on the West side of the lake. The area is cleared. Grass seed is planted. We are trying to control regrowth of shrubbery. And, there is probably enough firewood for a full season of modest fires. We expect this new camping venue, accessible only by boat, to be popular.

A reminder: If you are the last to leave, please lock the gate by placing the chain between the two eye bolts and passing the lock through all three. This insures it is easy to unlock.

So far this Spring, we have had glorious weather. Everything is lush green and the lake is completely full. Normally our crop of Mulberries doesn't ripen until mid-June. We won't be surprised if they come a bit early this year. Watch for them; enjoy them. Standing under one of our Mulberry trees tasting their delicious fruit is a wonderful treat.

Participants at a recent sauna made a rare discovery. There in the mud in a path was what appeared to a human-like foot print but clearly a bit different. Not a large dog or cat; not deer. Too large to be a racoon. Too small and not quite right to be a human ... even a child. We finally concluded it was evidence Big Foot has visited our special place.

Our last scheduled sauna will be May 3 ... possibly May 19 depending on the choice of those present. If you haven't taken advantage of this relaxing evening, don't delay.

Once again, it is time to change the lock on the gate. Members will find the new combination enclosed.

Items We Need

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

- Non-motorized boats
- Chipper we can borrow
- Lawn or lounge chairs
- Large water storage tank
- Plastic barrels
- Concrete pavers
- Aluminum cans, etc

Regular Volleyball Games Begin

In conjunction with our Lake Edun Birthday the weekend of May 19, we will begin regular, weekly volleyball games. We expect they will start at 10 am and last as long as the competitors do. We hope many of our friends will be on hand for this initial game.

We have an excellent court with nearly a foot of sand, and a new net. Volleyball provides an excellent work-out and is enjoyable with teams of as few as two or as many as 9 per side. We realize there are "official" rules for the game. However, we expect some LEF rules will evolve over the season.

Beginning our Volleyball season on the 19th is appropriate. The next day is our first Open House. As soon as it is officially over, at 3 pm, the Board decided to schedule our second game of this season. It will give Eduners a chance to continue to develop their skills and their slam. It will also give visitors who are interested, an opportunity to join with us in a game.

DON'T FORGET

Activities designated HN are sponsored by Heartland Naturists

Apr 25; Wed; 7-9; Sauna

May 3; Thurs; 8-10; Sauna

May 5; Sat; World Naked Gardening Day

May 13; Sun; 12-4; Work Day

May 18; Fri; 8-10; HN Swim

May 18-20; Weekend; Lake Edun Birthday (age 29)

May 19; Sat; 10am; First Volleyball Game of season

May 19; Sat; National Homebrew Day & hints on brewing

May 19; Sat; Dusk; Evening program or

May 19; Sat; 8-10; Sauna

May 20; Sun; 12-3; Open House

May 20; Sun; 3pm; Volleyball

May 20; Sun; 4-6; Board of Directors

May 25-28; Memorial Day Weekend

May 26; Sat; 10am; Volleyball

May 26; Sat; Dusk; Evening program

May 27; Sun; 1 PM; Walking talk by arborist (Tentative)

June 1; Mulberry season begins

June 2; Sat; Dusk; Evening program

June 9; Sat; 12-3; Open House

June 9; Sat 7pm; Poetry Reading & wine

June 9; Sat; Dusk; Evening program

June 10; Sun; 4-6; Board of Directors

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

June 16; Sat; Dusk; Evening program

June 23; Sat; Chili Cook-Off

June 23; Sat; Dusk; Evening Program

June 24; Sun; 11am; Photography seminar

June 29-July1; Clothing Independence Weekend

June 30; Sat; Afternoon; Body Painting

June 30; Sat; Dusk; Evening Program

From The Mail Bag

Dear Lake Edun,

Can we renew for \$100, we're both still in school?

- Rick

Dear Rick,

We're looking forward to having you back. We discontinued the Student membership about a year ago and replaced it with the NUTs category. Unfortunately, I don't think you qualify for that. As a transition, I will propose to the board that you be permitted to join as an Associate Member which saves you \$100. Hopefully, you will find that fair.

- Lake Edun

Dear Lake Edun,

Thank you for your reply, and yes, your proposal is more than fair. However, it will be difficult to justify spending \$250 (if that's what it is) for recreation.

With four kids, and both of us still in school, money is a precious resource. We may just have to make donations as we find the time to come out.

Thanks again, and I can't wait to see the new campsite and the improvements made since we've been there last.

- Take care, Rick

P.S. It's unfortunate that the student membership has been discontinued. Perhaps it didn't generate the interest desired. I thought it was a great idea, not just because it saved us some dough, but because an increase in young educated members would seemingly enhance the Lake Edun experience for members and visitors alike.

Dear Rick,

Thanks for your thoughts. We didn't abandon targeting younger members completely. At only \$50, the amount was way too low and did not begin to pay for costs associated with supporting their membership.

We now offer the NUTs membership at \$75. This still doesn't cover our costs but the board believes it is important to introduce younger members. This membership class has been quite successful and we've had to limit it. I don't know if you read an earlier email where we announced that the board had decided to limit the number of NUTs to 25% of overall members.

We have a budget in excess of \$20,000. Obviously, at \$75/person, the math just doesn't work out. Compared to other facilities across the country and in the area, we are among the least expensive anywhere. We are able to do this because of considerable volunteer help and some donations. If you know where we can get more financial support, please let us know so we can continue to keep our membership costs as low as we have in the past.

We look forward to seeing both of you again this year. Hopefully, you can find a way to join again.

By the way, you know that you can bring your kids at no extra cost and it is clothing-optional for them.

– Lake Edun

Naturist Reality Show

Here's your chance to help a fellow naturist become the host for a reality show on ABC about naturist beaches. You'll find it here [Ed.]

Naturist Ton Dou has set out a new task to eliminate the bad vibe and misrepresentation that Naturism seems to regularly get targeted by. His efforts are going towards a campaign to free the stigma and set new boundaries for mainstream media to tackle bare body freedom.

Through popular website realitywanted.com Ton wants to drum up enough attention to get a place on ABC to star in a whole new reality show featuring naturist beaches.

Ton Dou stipulates that he is not in the business as an entertainer, but more as an advocate to natural human rights and bare body freedom.

This is what he says:

"Dear Friends.

"I am on a 'mission possible' to dispel the stigma associated with nonchalant nudity and I'm going to need your help!

"If we achieve it in mainstream media we will achieve it in legislature and subsequently in our everyday lives!

"Your votes will let both ABC and I know that I have your support and enough potential viewership to produce a show.

"Let ABC and I know that I have your vote! I need your help and if you can I need you to share this with your network of naturist friends!"

Ton Dou also sent this to the casting director of the reality show in question for ABC.

"If you support me with your votes, I will of course be expressly grateful and this could be where the rubber meets the road for bare body freedom in Mainstream Media."

Naked, But Not Naturist

Hard times call for desperate measures to make ends meet. Nudity is a gimmick many have turned to in a pinch and the following example proves the point.

That so many models, actors, dancers gain financially and professionally from nudity is common knowledge. Bringing nudity into a client's home to do some "work or service" is democratizing the practice. That is, ordinary people, not just the elites of celebrity and beauty, are granting permission to be seen nude for a fee.

The business owner says what his employees do is "purely entertainment." Fair enough. So it is. Society won't crumble from this any more than it has from any other commercial exploitation of nudity.

On the one hand we may say that some people will do anything for money, (not entirely true) but on the other hand we can equally say some people will pay almost anything to view nudity. Certainly this exchange agreed upon by both parties has an undeniable market.

The truth is we want to see each other, but some are willing to pay for the pleasure. In economic terms it's the scarcity of the desired pleasure that increases its monetary value. The linkage of nudity and sex drives this market. Even if there is no sex act involved, being near a naked person in this context provides a potent sexual thrill and an illusion of intimacy not otherwise available. That's worth money for some folks.

The prudishness of a textile compulsive culture creates both the context for the hunger to see the body and the thrill associated with seeing nakedness. This is a dynamic rife with economic possibilities, but not one conducive to body acceptance and non exploitive mutual respect of persons regardless of physical appearance. [Ed.]

The story associated with this commentary is as follows:

It's called Natural Cleaning Co., which bills itself as "the world's only all-naked service company." The startup company was founded a month ago after the founder struggled to find work as an accountant in a country with a 23.9 percent unemployment rate.

The company offers housekeeping, accounting, legal, computing and other services, with a twist -- staff show up either topless or fully nude, depending on the client's request.

He said he currently gets about one client per day, typically white, middle-aged, men. His employees, work for him part-time and have day jobs ranging from model to personal trainer to law student to accountant.

The service is "purely entertainment", Reid stressed, saying: "We don't offer prostitution or anything like that."

The company's website features a svelte shirtless man thrusting a vacuum across a rug, a slender young woman ironing in nothing but socks, a nude chef with a tastefully placed salad bowl, and a host of other naked services available in the country's four largest cities.

Prices range from 175 rand (\$23) per hour for "semi-naked services" to 450 rand for professionals like lawyers, accountants and plumbers.

"You choose your service provider and what they wear," the site advertises. See for yourself here.

The Great Mammary Cover Up

A female student at Scotland's St. Andrews University takes up the Claymore to advocate for topfreedom for women. She marshals her arguments well as the following excerpt demonstrates.

I am adding a personal experience in support of her argument that if women's breasts were more commonly seen in public, they would be viewed as appropriate. This observation comes from two visits to rural East Africa.

While living there for many months, it was a daily occurrence to see many women casually going about their business in village life topfree. Nursing mothers were everywhere. Even without this reason for their breasts to be bare, women accomplished everyday tasks comfortably, only covering themselves from the waist down.

No one considered this shameful or abnormal, nor erotic. The climate was hot much of the year and people did backbreaking work. For comfort's sake, it made a lot of sense.

Topfreedom there wasn't a political statement, it didn't mean equality between men and women, nor did it mean women didn't get raped. What it did mean was that the chest area of both genders was not an eroticized fetish.

So potent was this cultural understanding of women's breasts that a group of average American college males were untroubled by what our gaze beheld. Truly the context makes all the difference!

Neither topfreedom nor naturism can be expected to cure all human societal ills. However, there is something hopeful that both groups can work toward. That is, seeking to end the commercialized eroticizing of women's bodies along with many of the attendant side effects that lead to eating disorders, surgeries, and despair over the appearance of our "unaccepted" bodies. [Ed.]

Mammary glands, we all have them. However, I take issue with our social norms and the ingrained 'Sex-specific veiling' regarding them. In many women's lives, certain legal or societal rules of dress are necessary to avoid derogatory names, harassment, violence and/or punishment from the law.

I disagree entirely with these rules, for the simple reason that it points to an underlying belief that women must adapt their appearance to circumvent male lust, rather than expecting men to exercise self control, and view women as people instead of a collection of body parts.

Often, the message portrayed is that women can expect to be ogled and harassed by virtue of simply having a woman's body. ..In our society a topless woman is considered sexual and indecent, and possibly punishable by law in public, while a topless man is not....

The only difference is the association with sex. Except breasts aren't sex organs; they are secondary sexual characteristics, just like beards and deep male voices. However, they have become completely hyper-sexualized by the fact they are covered and only seen by men in sexual contexts....

...The attitude that expects women to adapt their appearance to over-sexualized images of themselves in order to be 'decent'...This shifts blame from the perpetrator and portrays these attacks as a 'natural hazard' that women can expect and must work to avoid rather than violent attacks by criminals....

It is so pervasive that even breastfeeding in public is seen as inappropriate, with nursing mothers asked to leave transport, restaurants and other public areas. ...

I suspect that if women were free to go topless in normal everyday contexts without being harassed or arrested, it would no longer be 'inappropriate.'

Could A Naturist Be A Quaker?

Mark Comick's blog <u>Nude</u>, <u>Renewed</u>, first brought my attention to some young Quakers who were <u>featured</u> in a previous issue of Bare Facts.

The following is his reflection on the four testimonies of the Quakers, but he makes them concrete by applying them to literal nakedness. I think you will enjoy his message. [Ed.]

...no one creed can adequately cover the entirety of the Religious Society of Friends, I can relate to four testimonies that are often held up as the essentials: the testimonies of equality, of simplicity, of integrity (or truth), and of peace.

Elsewhere on the Clothe Yourself in Righteousness site, a series of articles is running about modern Quakers' relationship with clothing. Since, as I said, I'm not a Quaker, and I have my own naturist-themed blog, rather than contributing there, I'm going to spin this a bit and talk about nakedness in the literal sense, and why I think it fits into my largely-Quaker-compatible thinking. I'm going to do this by talking about the four testimonies I just mentioned.

First, **equality**. How do we make ourselves unequal with others? There are many ways, of course. But one way we do this is by choosing to wear particular clothing. When we wear uniforms, we make ourselves equal with some people, but not with others; for instance, a navy sailor's uniform makes you more equal with other seamen, but distinguishes you from civilians. And a Wall Street investor wearing a business suit creates equality with other Wall Street investors, but distinguishes them from the Occupy Wall Street protesters. When we wear clothing that is not uniform, we still make ourselves unequal. The socialite wearing Prada makes herself unequal from the single mom who can only afford Wal-Mart.

Some naturists like to say that when we're nude, we are all the same. That's clearly not true in a literal sense. All of our bodies are different, and the person who insists on seeing him/herself as better than others will still find some way to create inequality between his/her naked body and the naked bodies of others. But when we are all nude, we are perhaps as equal as we will ever be. We have no uniforms and no fashions to differentiate ourselves. You can't use clothing to tell the seaman from the dry lander, or the investment banker from the anti-capitalist, or the socialite from the single mom. Does being nude change who any of these people really are? No. But it at least serves to level the playing field considerably. You can't prejudge people; you have to actually talk to them and get to know who they are. Even as an introvert, I think this is a great thing.

Which leads us to **simplicity**. Early Quakers and some modern Quakers have adopted "plain dress" as a rebellion against the fashions of the day, which they perceived as un-Godly. They chose to dress simply and practically, rather than ostentatiously. When I dress, I pursue similar goals. My choice of "plain dress" is usually a t-shirt (often black) and jeans, or something else that is similarly practical but not flashy. Simple.

I can boil all of this down to a few queries: *What is more simple than nudity?* Clothing is, essentially, a tool; we use it for warmth, or protection, or for other practical purposes.

Why use any tool when it is not needed? Is it not simpler to put the tool away until one needs to use it again? And if one does not possess one's own body, then what possessions do we have at all?

Which leads us to **integrity**. We've all heard the lines about "clothes make the man" and how we dress says indisputable things about who we are. The Wall Street investor I talked about earlier wears finely tailored clothing because it says, indisputably, that he can afford finely tailored clothing, thus demonstrating he knows how to make money on Wall Street. There's some minimal truth in that particular example, but there are other examples that are patently false. Such as: a woman who dresses in revealing clothing is "asking for it" and deserves to be sexually assaulted (an opinion that still is held by far too many men.)

Pardon my directness here, but all of this is bullshit. Clothes don't make the man, or the woman. The person is created naked. Nudity is our truest, most integral form. Any clothing we put on – whether uniform or casual, hand-made or machine-stitched, business suit or little black dress – hides and detracts from what we really, truly are. When we get dressed, we are compromising our true selves. Compromises can be worth it. Being warm in cold weather, protecting ourselves from hazards in our work environment, not being arrested for indecency – these are all positive outcomes of the compromises we make by clothing ourselves. But every compromise comes at a price, and the price of getting dressed is we're no longer who we really are.

Which leads us to **peace**. Peace is not just the absence of war, or the absence of preparation for war; peace is what happens when all of us are living in harmony with each other, with the world, and with everything in the world that we coexist with. It's very difficult to live in harmony with others when you can't live in harmony with yourself. Right living in the world starts with right living in your own life.

This ties back to everything else. Being nude in *equality* with others creates *peace*. Living *simply*, not exploiting the world's resources or other people for clothing creates *peace*. Being completely ourselves, being nude in *integrity* rather than compromising for fashion or perception, creates *peace*.

To be clear, there is a lot more to being a Quaker than holding to four testimonies – just as there is much more to being a Unitarian Universalist than holding to seven principles, or to being a Christian than holding to the Nicene Creed. And this, I think, is one of the main points of Maggie's missive – that saying you're a Quaker because you believe in equality, simplicity, integrity and peace doesn't make you a Quaker; the way you put these beliefs into action is what approaches Quakerness. And that's true of any set of beliefs. Beliefs are nothing without action.

Nonetheless, I believe that beyond the metaphorical nakedness of Maggie and Jon's clothing-oneself-in-righteousness, actual, literal nakedness has a place in living an authentic life. It's not incompatible with faith and belief; it's a way to enhancing faith and belief.

We Are Naturists

When I first began my exploration of naturism on the internet, I had no idea what I would find. Since then I have visited many hundreds, possibly even thousands of websites, but thirteen years later I am constantly amazed at the unfolding richness and variety of naturist lifestyle and the websites they create to tell their story.

It's no secret that I love being a naturist and have a bit of envy toward those that live in a naturist park. I have even contemplated the possibility of someday using my retirement to live in a trailer and tour the various naturist clubs year around. I know some people who have done this.

However Brigitte and Heinz are two naturists who are living out their naturist vision in a more radical way. They set about to make it possible to travel the world full time, visiting both naturist and textile destinations. It all depends on what is most important to you as obviously there are significant tradeoffs that come with their way of life.

In corresponding with Brigitte and Heinz they were warm and generous in giving permission to reprint their reasons for being naturists. However, they were most interested in having our readers go to their philosophy section where they fully explain their rationale for their choices. [Ed.]

Go to their website for the full story.

We are Naturists:

- ... because our body is something entirely natural and we accept it just the way we got it from mother nature.
- ... because the pleasure of being nude liberates us from our acquired inhibitions.
- ... because the bare facts don't hide anything, although this can lead to disappointment for those accustomed to having their fantasies inspired by sophisticated beach fashion. It's interesting to see the variety of bodies, from young to old, and to realize that all have a beauty of their own, even though few match the 'ideal' suggested by advertisements. The main point is that one accepts oneself and others just the way we all are, and we believe that this is a strong point of naturists. The saying goes, "clothes make the man", but are we only someone if we do wear something?
- ...because our birthday-suit is not only much more comfortable, it is also more beautiful and cheaper than any other garment. We do not need designer wear to improve our self-confidence; clothing just hides our own beauty!
- ... because it's just wonderful to feel the sun, the water and the air unhindered on our skin, whilst enjoying the calm and beauty of nature. To us, this is an important part of the joy of life.
- ... because social nudity requires mutual respect and therefore produces a positive and tolerant conduct towards others.
- ... because at naturist-resorts, quite often very far reaching conversations develop, be it with long-time friends or

complete strangers. Possibly one does subconsciously take off more than just one's clothes and one can therefore speak more openly. Those who have the self-confidence to show their bodies, also often have the honesty to open their inner selves. In any case, we have found that naturists generally think more open mindedly and reveal more of themselves than average people do. Could it be that naturists questioned the taboos and guidelines of today's society and deliberately chose their own path?

- ... because "au naturel" no sand sticks between our bum, the entire body quickly dries after bathing, no sunburned rims appear, nothing pinches and one sweats less because the entire body can breathe unhindered.
- ... because we are very often out in the fresh air in our birthday suits, we feel physically and mentally fit and well-balanced. In this way naturism inspires us to many activities, spiritually and bodily, which advance our creativity.
- ...because we wanted to experience our own freedom. We feel better towards others, because we are at one with ourselves. This freedom must be experienced, you cannot just "imagine" it.
- ... because the following thesis of the international naturist federation matches with our philosophy of life "Naturism is a lifestyle in harmony with nature, expressed through social nudity, and characterized by self-respect, respect for people with different opinions and for the environment."
- ... because we also agree with the following thesis of the international naturist movement: "Comprehensive nudity is the best approach to effect a return to nature. Without any doubt, it is naturism's most noticeable feature, though it's not the only one. This comprehensive nudity is a great leveler, freeing people from the internal tensions generated by the taboos and the provocations of contemporary society, and pointing to a healthier and more humane way of life. "
- ...because on a warm day out in the nature or on the beach, it's more fun just in the birthday-suit, it's more comfortable, more natural and even more healthy!.
- ...and especially because:

 On the beach, it's more fun just in the birthday-suit, it's more comfortable, more natural and even more healthy!

The following is an excerpt from the letter sent by Brigitte and Heinz in answer to my questions. [Ed.]

You're still curious how we finance ourselves. Well, coming back from our first trip together, we got ordinary jobs (secretary & engineer), one very small & cheap, instead of two expensive cars, flat mates who helped us paying the rent. And we started investing in the stock-market at a rather good time. Instead of getting addicted to "gaining" & saving ever

more, we quit our jobs already five years later in 1999. We arranged to have parts of our pension funds paid out, reduced insurance coverage to a level most would consider less than the bare minimum and started to enjoy a life enriched with unlimited freedom ...

In western societies, many people could do what we do, if their mind would be ready first; to refrain from excessive consumption, just to be par with their friends, and second; to leave the "Golden Cage" of exaggerated security. To us, freedom means much more than security, and quality of life means much more than quantity of life. Therefore, we decided to free ourselves, not only of clothing, and have an intense and fulfilled life, but not necessarily a long one; quality rather than quantity. Somehow like naturism; (wearing) less is more.

We didn't have that much money when we stopped working; in fact it was less than what we spent during the last 13 years. Though, "miraculously" there is still something left, our funds obviously softened considerably, as we still live off it. We don't hang on our savings for dear life; we just spend them and have a good time.

We're not worried at all whether we finally run out of money or not, though probably we will. We're aware how easily we will all finally lose everything: property, money, even our lives, but what we will not lose is all that we have experi-

Charge my □ Visa; □ MasterCard □ Discover □ AmEx #

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

enced in this life. Consequently, our aim is to collect as many as possible of these ever-lasting values and not to worry about material things. If we live every day to the fullest, what happens the next day is of no consequence, it may even be a good day to die. We decided to be wasteful and have the best time of our lives!

Our dream was born in 1993. We stayed at a tranquil naturist resort in New Zealand's South Island. Being nude as Adam and Eve in paradise provoked thoughts about our environment and new ideas about our future.

As naturally as we prefer to be naked if weather and the culture of the visited region permits, and as naturally as we don't need clothing to prevent others from "looking something off us", as naturally we wear clothing to protect ourselves against the elements. Therefore, we don't have any problems at all to spend some time around Asia or the arctic. If nobody is around, we sometimes strip off just for a funny picture, be it on a lonely Australian main road, or along a Greenlandic ice-fjord....

Right now, we're discovering the rough beauty of Brittany's coastline in France. Next month, the tulip blossom in the Netherlands and during summer we will roam around different French naturist resorts once more.

All the best from France to Kansas,

Brigitte Kamm & Heinz Sibler

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