

# Bare Facts

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38° 58' 7" North; 95° 47' 56" West

## Topeka Gives Is Important For You & LEF

As the date for Eduners to show their support approaches, we have had questions about Topeka Gives. It seems many are interested in showing others they believe in body freedom.

There are two important reasons we hope you will support this: 1) Any money donated at the event is increased proportionally by the Topeka Community Foundation. 2) It demonstrates clearly to everyone in Topeka the extent of support for our cause. And, oh by the way, your gift is tax deductible.

To qualify for a match, all donations must be made at the event on June 2. Cash, checks or credit cards may be used. Minimum to qualify for match is \$25; maximum - \$1,000. All donations are fully tax deductible. Although they don't encourage it, out of town supporters may send a check to our P.O. Box in advance payable to the Topeka Community Foundation. We will carry your gift.

Since LEF memberships are considered a donation, consider renewing during the event. If it doesn't expire until later, renew early; we will extend your membership date.

Many do not realize the number of lives we impact and the degree of support we have. In a very real way, this is the best, most public opportunity we have ever had for those who believe in body freedom to vote with their wallet.

The best part: a donation only says one believes in *body freedom*; it does not say the donor *is* a Naturist. We realize this is an important distinction for some.

Topeka Gives takes place at the Fairlawn Plaza Mall on Tuesday, June 2 from 7am to 6pm. We hope many of our friends will be on hand to show their support. If you would like to help man (or woman) our booth, please contact us soon. We can use the help.

## Sleep Beneath The Stars

Sleep beneath the stars and overdose on oxygen! The Lake Edun Camping Club is back for its second and soon-to-be best year ever.

Last summer our planned events were dogged by bad weather, but we're going to try again and hope the rain clouds quit following us around! Join us monthly beginning on June 6-7 for an evening of great company and a break from the hassles of city life.

Bring your own supplies, we'll bring the s'mores.

## In This Issue

- ! Work days can be fun
- ! Our first Open House scheduled
- ! Update from Spain
- ! Vitamin D is our friend
- ! Nudism is good for humanity
- ! South Africa now has a recognized nude beach

## Buff Astronomer – May, 2015

For those rested enough to be up for April's lunar eclipse, a spectacular treat was revealed. We got to see the first half at least. From the first darkening of the left edge to watching earth's shadow move across Luna's face, it was fun to watch and photograph. The sky turned lighter, then blue as the sun started to rise. Photos of the final tiny remnant on the right side have a blue background. Then as totality approached, the moon slipped behind the trees and disappeared from sight.

This month we will have good views of four planets, Mercury, Venus, Jupiter and Saturn. Mercury's greatest elongation from the Sun will be on the evening of May 6. It will be 21 degrees east of Sol and will stand above the horizon 11 degrees high at 45 minutes after sundown. Higher in the sky is a "waning" Venus. Less of the surface will appear, but the evening lady will appear larger each night as it travels closer to us. Venus is just a bit smaller in size than Earth. She crosses Gemini on the 8<sup>th</sup> and on the 9<sup>th</sup> comes into conjunction with an open star cluster called M35.

Jupiter and Saturn remain a treat to see as they transit the sky. Jupiter will be seen in Cancer, the Crab and Saturn starts rising in the sky around 9:30 PM. A good view can be had an hour later overlying the constellation Scorpius. Saturn is highest in the sky around 2:30 AM, and if you have a 4 inch telescope will show off her moon Titan.

Finally we see a meteor display from Haley's comet shooting out of Aquarius, peaking on May 6. This is one of two displays annually from Haley's, the other in October coming from Orion's area.

Pay attention this month with your Buff Astronomer for a display worth staying up for.

## DON'T FORGET

- May 2; Sat; Noon-4; Work Day
- May 5; Tues; Noon-4; Work Day
- May 8; Fri; 8-10; Sauna
- May 9; Noon-4; Work Day
- May 10; Noon-4; Work Day
- May 16; Sat; 12-2; Open House
- May 16; Sat; 4-6; Board of Directors
- May 16; Sat; 8-10; **Final Sauna**
- May 23-25; Memorial Day Weekend
- June 2; Tues; 6am-7pm; Topeka Gives**
- June 6; Sat; 12-2; Open House
- June 6-7; Camping for New Eduners
- June 7; Sun; Noon; Women's Issue Seminar
- June 13; Sat; 10-12; Board of Directors
- June 13; Sat; Evening with the Buff Astronomer
- June 14; Sun; Noon; Yoga with Bradley
- June 20; Sat; 7pm; Wine & Cheese tasting
- June 20; Sat; Dusk; Movie Night
- June 28; Sun; 3pm; Photography Seminar

## Work Days Make Work Fun

by Ralph Earls

May should be a very comfortable month for all hearty Lake Eduners to enjoy some good honest nude labor to help enhance the beauty of Lake Edun. We'd like the place to "look like a million dollars" before our scheduled Open House events May 16 and June 6. It really is (no bullsh\*\*ting about it) a million dollar place and we want it to show!

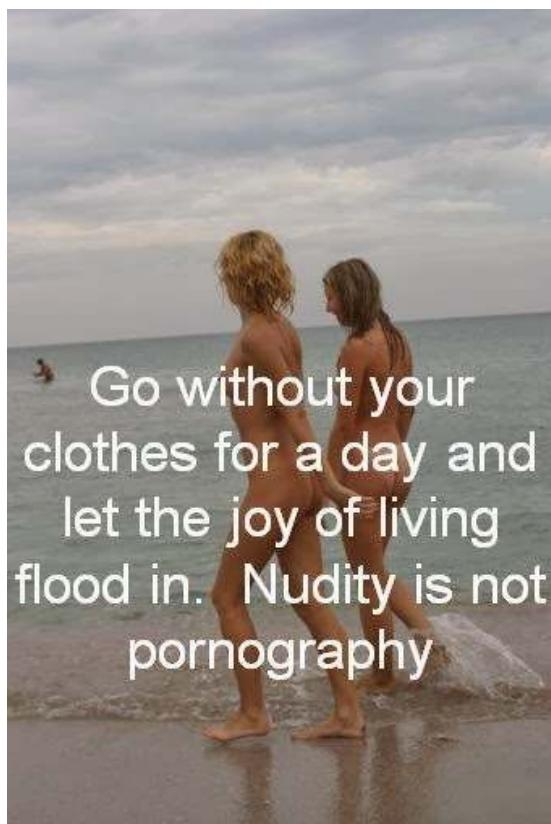
Our faithful workers have accomplished a lot this winter. Small cedars were cut back (more thoroughly than in some time); North Road has been cleared of low hanging branches and new rock added; small gravel added to walking trails where they get muddy during rain; bare spots were seeded; work on the trail below the dam continues; substantial progress clearing trees from the dam; grass removed from the volleyball court; to name just a few accomplishments. **HUGE THANKS** to those who helped with these and other projects.

Among my ambitions before we host visitors: clean the area north of the Barn; remove all old lumber from the "public" areas; do a thorough collection of litter; clear brush from the dam, try to complete work on the trail below the dam; get a few directional signs put up; install a stretch bar along a trail west of the lake; paint benches; etc.

The few who have done so much look forward to seeing more Lake Edun friends join us now that weather allows us to work naked. We especially encourage working members and NUTs to come out and enjoy making your work contribution. We always have a great time visiting and seem to find time for a little libation toward the end of the day.

Check the schedule on page 1. If there is a better time for your schedule, let me know. I will try to accommodate you.

I can hardly wait to see you for a work day! Nude cheers!



Go without your clothes for a day and let the joy of living flood in. Nudity is not pornography

## Our First Open House

A sure sign of the start of a new summer season at Lake Edun is our first Open House May 16th. Our Open House is an opportunity to introduce people to naturism who may have become curious about what Lake Edun is all about.

Contacts made at the Kansas City Holistic Health Fair and at our recent restaurant Meet and Greet were promising. We anticipate several will come to see what we have to offer. This is our chance to shine.

Ralph is busy organizing volunteers to get everything in order for the new season. Our annual surveys consistently comment about the friendliness newcomers encounter when they visit. We hope many Eduners will be on hand for our Open House.

Considering a visit? Check our schedule for a convenient date to see our special place for yourself. If you are apprehensive: relax. We ask everyone to remain clothed during the open house hours.

Are you a member? Invite a friend or colleague to visit with you. We all know others who are curious about naturism. Even if you don't bring a friend, come prepared to meet and talk with other visitors. Tell them about your experiences. Offer to show them some of our trails.

## Spain's Naturists Lose In Supreme Court

All good things end. Spain, long a bastion of beach nudity is no longer protecting those who prefer their beach time au natural. It appears their supreme court has given the green light for any town to now ban beach nudity if they choose to do so.

It remains to be seen what response naturists will make to this decision. It also remains to be seen whether other towns will follow the lead of Castell-Platja D'Aro and risk loss of tourists (and their euros) that no doubt will go elsewhere if Spain's beaches are closed to them.

Hopefully more information will be reported so the full context of all this will come into focus. [Ed.]

It has long been reported the Spanish constitution specifically protects nudism. Apparently this is not the case as Spain's Supreme Court has ruled nudism is not a fundamental right. The decision was in favor of the town of Castell-Platja D'Aro situated on Spain's northeastern coast known as Costa Brava. Furthermore, the town can enforce this ban and levy fines of 300 euros, or 322 dollars.

The town wanted to ban nudity on the beaches in 2009, saying the beaches are used by families. Naturist groups challenged this on the grounds that nudism is protected in the constitution. The Supreme Court rejected that argument.

Topless sunbathing is still allowed and nudism remains legal elsewhere in Spain, which has some 450 nudist beaches.

You can read more and follow this story [here](#).

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*It was as if, once out of our costumes, we felt authenticated, validated as human beings, each unique, each with intrinsic value. With nothing left to hide outside, we felt it easier to be whoever we were inside.*

# Our Friend, Vitamin D

Each year we advise all Eduners to be careful about their sun exposure. Tans are beautiful, sun burns are both painful and dangerous. [Ed.]

People need 10 times more bone-, teeth- and immune-system-building vitamin D every day than a major health group recommends, a new report revealed.

Vitamin D deficiency, which affects 42% of U.S. adults, has been linked to breast cancer, depression, diabetes and other health problems.

Ideally, people get plenty of vitamin D from the sun.

The paler a person's skin, the less time he or she needs to sunbathe, he explained. It may take a fair-skinned person in Florida a few minutes to produce their daily dose, while someone with a darker complexion may need an hour of New York summer sunshine.

Contrary to previous advice to avoid direct sun between 10 and 3, the researchers here interviewed say the best time to soak up the sun is when your shadow is shorter than you are. However, clouds, locations and other factors can block someone's daily sun exposure.

Fish oil, salmon and fortified dairy can provide some of the missing vitamin D, but people often turn to over-the-counter supplements as a quick fix. Some experts believe taking supplements on your own could, potentially, be unsafe and contribute to kidney stones or other complications.

Everyone should know his or her baseline vitamin D level, which is determined by a blood test, and get retested each fall. From there, a person can work with his or her doctor to determine how many IUs of vitamin D he or she should take.

Unfortunately, dosages vary from doctor to doctor. Experts butt heads over how much vitamin D a person should get from supplements. For example, The Institute of Medicine stands by its 600 units recommendation. The Endocrine Society suggests 1,500-2,000 units. And the Vitamin D Council advises people to get at least 5,000 units a day.

It doesn't look like the battle will be settled anytime soon, so people should use common sense and take advantage of the summer sunshine with no supplements other than in winter.

Rather than the Sun being deadly, it is healthy. How could it be otherwise?

In the not so distant past, people were out-of-doors working under the Sun's rays more often than they were indoors.

While excessive exposure to Sunlight can increase the risk of certain types of skin cancer, moderate daily Sun exposure is less dangerous than sporadic Sun exposure.

There is a good deal of evidence Sun exposure without Sunburn is beneficial. So safe Sun exposure is key.

As has been discussed in prior years, ultraviolet light from the Sun comes in two main wavelengths: UVA and UVB.

UVA is considered more damaging to the skin because it penetrates your skin more deeply and can cause more free

radical damage. In addition, UVA rays are quite constant during all the hours of daylight throughout the entire year. By contrast, UVB waves are low in morning and evening and high at mid-day.

UVA rays can deliver a bad Sunburn even on cloudy days. They can break through cloud cover and pollution and do real damage to your skin.

As soon as the Sun's ultraviolet rays strike your skin, your body is programmed to do something remarkable. It starts producing its own natural Vitamin D.

The body produces the most active form of Vitamin D in existence – calciferol, also known as vitamin D3. Vitamin D3 is actually the precise form your body needs.

Fortunately the human body knows when to stop producing natural Vitamin D before it reaches toxic levels. Excess Vitamin D supplements can be toxic.

Until we gradually develop a deep tan, the use of a sun screen is needed to prevent excessive exposure to the sun. Ingredients to look for include Zinc oxide which helps reflect and scatter away both UVA and UVB rays from your body. It accomplishes this through a micronized particle size.

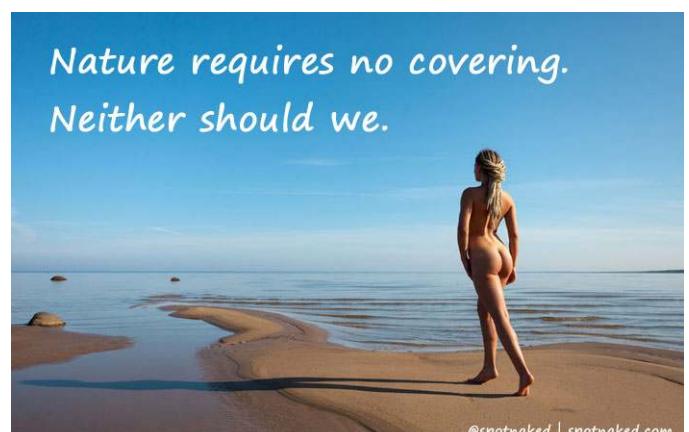
Another helpful item to promote a deep, dark tan, is tanning oil to nourish, protect and moisturize skin; to give that healthy 'Glow.'

Look for these ingredients in natural tanning products:

Coconut Oil, Glycerine, Jojoba Oil, and Shea Butter are all skin moisturizers. In addition, Eucalyptus Oil when mixed with other oils, can be absorbed by your skin. Best of all, it may assist other oils in absorption, which can support the moisturizing process. Finally, Aloe Vera Gel which contains over 130 active compounds and 34 amino acids is believed to be beneficial to skin

Natural products with the above ingredients results in a pleasant-smelling sunscreen lotion with no chemical fragrances or dangerous artificial chemicals.

Two great sources were used in developing this article. One from the [New York Daily News](#), The other, an unlikely source, the [Live Trading News](#). This is an important topic for our health. Be sure to stay on top of it.



*Nature requires no covering.  
Neither should we.*

# Night at the Museum

It is always a delight when someone writing in a major newspaper or magazine embraces the naturist message with genuine understanding. Always there is the hope that if he/she gets it, perhaps there is hope the readers will also, or at least will become more tolerant toward naturists. Sadly, this is almost never the case. The truth is, there are a few daring souls, but mostly there are conventional thinkers utterly afraid to go against popular opinion. Another truth is popular opinion usually is a lot of people looking to one another for reassurance they fit in with the crowd.

Despite this, the following summary of a published essay by Monica Tan is the exception that proves the rule. Her observations gleaned from a nude art museum tour are insightful and instructive. Particularly thought provoking is her final comment about nudity being the ultimate test of self acceptance and if so, can you then reveal your body publicly?

I believe our readers will have a number of moments of recognition and identification with her well thought out insights. We continue to live in hope, (tempered optimism?) that some of her readers will be persuaded. [Ed.]

“... With decades of exposure to sun, wind and rain, older naturists are sometimes identifiable by their leathery complexion and golden brown color (sans tan line)” – as 31 year old Monica Tan discovered when she took a tour of the National Gallery of Australia last week, completely nude, along with 49 other art lovers.

For many, she says, it is easy to write off a nude art tour as gimmicky; in fact, the experience was quite profound. ... The author explains that to remove one’s clothing, is a physical form of liberation.

The writer admits she isn’t a natural nudist. She was raised by a very strict and conservative mother who always taught her to cover up her body. But over time, she says she began to see how illogical bodily modesty was, and made a casual commitment to exercising her nudity muscle. This took the form of changing in front of close friends, then in change rooms of public pools. Once she went topless on a beach. Now having walked through the halls of one of Australia’s most prestigious galleries, naked as the day she was born, she believes she has completed “expert level” nudism, if there is such a thing.

Reflecting on this experience the author says, “It’s funny when you shed inhibition. You can no longer remember what it was like to care. And so I was baffled by the response from friends and colleagues after I published my story. “You’re so brave,” they said, as if I had returned from a month-long tour of war-torn Iraq. During an interview with the BBC on the topic, a listener sent in a two-word text: “no way”. That seemed to be how everyone felt, even those who I had otherwise considered open-minded. No way. No thanks.”

The Ms Tan quite accurately sums up the image public nudity has in the minds of most people, “All they see is terror, and multiple levels of it.”

The terror of being exposed to the supposed audience was of foremost concern to those she told of her museum adventure. “Everyone will look at you!” they claimed. The author insightfully responded, “Of course. We looked at each other’s bodies, but not with any real scrutiny. With so much visible flesh, it becomes as ordinary as an uncovered face.”

As for those afraid their body will be criticized – Ms Tan replies, “...who is in any place to judge? Nudity enlightens us to the fact that human beings, truly, come in all shapes and sizes, and bodies that adhere to conventional beauty standards are as rare as Jennifer Lawrence (And there can be more beauty to a rotund bottom than a flat stomach).”

And the final terror of being naked in public is the fear of being turned on by it. Ms Tan refutes this concern with the observation “...being naked taught me that a partially clothed form is infinitely sexier than a nude one. Clothing is what denotes our bodies as illicit....”

She asks, “Isn’t nudity, at heart, just a matter of personal preference and cultural norms? One woman wears a hijab, another a bikini on the beach...” Yet nudity for the museum tour attracts undue vitriol. “Exhibitionists at an exhibition, sneered one commentator. As if a group of consenting adults in a state of natural undress is somehow offensive. Allow me to fetch the smelling salts, should you be hit with a case of the vapors.”

The author notes the long history of bodily shame in the West, often associated with religious teachings. She asserts however, that with religion’s waning influence on our naked pursuits, taking its place is the rise of consumer society. Now our culture preaches bodily anxiety, but promising the answers to any search for salvation through “makeovers, protein shakes, gym membership, yoga class, nip and tuck surgery, fake tan, hair implants, fast fashion. I say, no way. No thanks....”

Finally, Ms Tan believes, “Nudity, and nude photos, is the ultimate test of self-acceptance.” She then asks an interesting question, “Do you love yourself enough that you can give it all away? I want to believe my answer is ‘yes.’”

Kudos to the National Gallery of Australia for taking this step. It was surely controversial. The entire article can be found [here](#).

## Nakedness Means Freedom

“Nakedness means freedom, and although dancing on a sun-kissed hillside with shorts on seems pretty similar to dancing with shorts off, there is all the difference in the world. It is as if your clothes take on the weight of your worries and concerns – they come to embody your defenses against the world, and if you can feel confident enough and safe enough, then taking them off evokes a powerful sense of liberation, of joy and freedom; and more than that – of innocence and of openness to the world.”

# Why Nudism Is Good For Humanity

When it comes to evaluating the human condition, I admit to some cynicism, if not despair. In all of recorded history there is nothing to give us hope that we humans (genus: Homo; species: Sapien) is in any way morally improved from the time of our emergence as a species, possibly 300,000 years ago. In our hearts we still carry within us all the failings and strengths of our ancestors from thousands of years ago.

That isn't to say that the barbarian can't be educated and somewhat tamed through patient correction of our unruly impulses between childhood and throughout adult life. However, all those improvements have zero impact on the genetic code of our offspring and the job has to start all over with the next generation.

That being said, I do believe naturism has had and still makes a positive contribution to improving the human condition. From the beginning naturism has appealed to our better nature as a counter to all the forces that damage, degrade, and destroy us individually and our common humanity as a society. When naturists consciously embody these values, we are practicing ethical naturism and are a force for good.

The natural world is the stage on which humans exist inextricably both as a part of it and at the same time as actors on and over it. All of human existence is a dual struggle, one with ourselves and the other with nature.

We cannot romantically deceive ourselves that "nature" is benign or neutral. There are uncounted numbers of ways the individual and indeed the planet can be rendered lifeless. We live in an incredibly dangerous universe that has no awareness of our existence and would shed no tear at our passing.

Yet for this moment in time we exist and make choices not fully dictated by "laws of nature." It is in this small space that humans, and in our case, family oriented naturism can exert an ethical influence which runs counter to mere demands of survival and that makes all the difference.

Historic naturism has sought a path in greater harmony with nature, bringing forth our better self. The goal has been to improve the individual and thus to improve society. This is to be seen in the larger context of many other ways of life turned into "isms." Whether by intent, excessive zeal, or ignorance, they tend to oppress and destroy humans and the earth. Humans cheerfully excel at turning anything into an extreme.

Naturism through its insistence on social nudity strikes down societal stereotypes about the relationship between the sexes both socially and sexually; confronts our unrelenting materialism and consumerism; challenges our relationship with nature on whom we are dependent; demands respect for the body; actualizes our vulnerability as humans with whom we are all one.

Unfortunately naturism hasn't been sufficiently widespread to fully exert this positive message. As far as other isms, some are partly or largely beneficial. Fortunately, others which are incredibly anti human, anti life, vile and disgusting, haven't managed to gain universal approval. Even though this

is the case, they continue to sway far too many. We can only point to the dark side of human potential to understand why this is so.

In the meantime, and with a firm grip on reality, naturists need to more actively inform and persuade others to join with us. One only has to look at the headlines to know that humanity is in serious trouble from all sides. Ameliorating the human condition is a difficult task. The roots of our self inflicted condition are both deep and profound. Quite honestly, naturism in itself will not remove humanities problems. But, it can be a part of the solution.

There is a temptation by some to lay much of the blame for human ills at the feet of clothing. They suggest if only everyone would get naked, just once, we would recognize our common humanity and all would be well, or at least far better than things are today. If only this were so!

It isn't that this program has nothing to commend it; I'm sure widespread acceptance of the naked body would have many positive benefits, possibly some we haven't even thought about. The problem is, human alienation goes far deeper than our clothing.

It's unrealistic to believe modern humans were loving, caring, and altruistic prior to clothing, but became mean, aggressive, and brutish with clothing. Clothing may be obnoxious when not needed, but it doesn't form our character. However, we can say with some confidence the obsession with always wearing clothing and deeming the body shameful has had a number of negative effects and has led to great suffering. This is a domain in which naturism can bring healing.

Unfortunately, the likelihood that ending body shame will usher in world peace and restore the environment to pre-human purity is zero. All the same, if naturism could positively influence even 10% of humanity that would be a very good thing. By the way, 10% is about 700 million people.

What if 10% of Topeka was naturist or naturist friendly? Kind of hard to imagine isn't it? But I have no doubt the approval of even this small number would do wonders for our cause and improve so many lives. That's what LEF and Lake Edun seek to accomplish. [Ed.]

For more info, click [here](#):

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*Adam and Eve entered the world naked and unashamed – naked and pure-minded. And no descendant of theirs has ever entered it otherwise. All have entered it naked, unashamed, and clean in mind. They entered it modest. They had to acquire immodesty in the soiled mind, there was no other way to get it. ...*

*The convention mis-called "modesty" has no standard, and cannot have one, because it is opposed to nature and reason and is therefore an artificiality and subject to anyone's whim – anyone's diseased caprice.*

– Mark Twain (Letters from the Earth)

# South Africa's First Legal Nude Beach

It remains to be seen, but for now South African naturists have an officially designated nude beach with the appropriate signage. The hesitation to fully rejoice is due to a concerned citizens group who continues to make every effort to ban the beach nudity. They continue to raise the specter of immoral influence as the basis for their objections.

Hopefully, there will be an active Friends of Mpenjati Beach group to patrol and make sure beach activities are suitably wholesome. Best wishes SANNA! [Ed.]

A hundred naturists converged Saturday on a beach in South Africa, which has become Africa's first official nudist beach, despite objections from some locals.

After months of applications, appeals and public backlash, hundreds of naturists descended on Mpenjati Beach, near Trafalgar on KwaZulu-Natal's south coast, for the Easter weekend opening of Africa's first official nudist beach.

A 500-metre (yard) stretch of Mpenjati Beach, which lies on the Indian Ocean, received local government approval last year to become the continent's first official nudist venue.

"It was a fantastic day on the beach. We had lots of people, no problem whatsoever. Wonderful weather, warm water, fantastic beach," enthused Serge Pavlovic, chairman of the South African National Naturist Association (SANNA).

Pavlovic said earlier that planned activities during the Easter weekend would include volleyball and sack races.

South Africa has been home to unofficial nude beaches for decades, such as Cape Town's famous Sandy Bay, but this was the first weekend of authorized naked beach sports and sunbathing.

Last-minute objections by a local group secured a compromise from officials, who designated the opening as a "trial run." The residents' group claimed naked sun-lovers would have a "negative effect on a society striving for wholesome lifestyles." The local authorities deferred a decision on the appeal, allowing the opening to go ahead.

The first day of the nudist beach passed without incident. The Hibiscus Coast local municipality approved SANNA's application last October, thus endorsing Africa's first official naturist beach.

Naturists insist their members adhere to a strict code of conduct which bans voyeurism and indecent conduct.

Rows of logs were placed on Mpenjati beach to set the limits of the nudist area, while signs warned passers-by were likely to encounter nude sunbathers.

We welcome South Africa's nod to the Naturist community. Follow this story [here](#).

**Lake Edun Foundation, Inc.**  
P.O. Box 1982  
Topeka, KS 66601-1982

**Membership Application  
Change of Address Form**  
*Please Print*

Name: First \_\_\_\_\_ MI \_\_\_\_\_ Last \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ DOB \_\_\_\_\_ E-mail Address \_\_\_\_\_

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:

Lake Edun Foundation Membership	275.00
Working Membership (Discount)	(50.00)
Associate Member (Over 125 miles away)	175.00
NUTs Membership (Must be under 30)	75.00
Separate Mailing Address for members	12.00
<i>No Sex, No Violence ... Only Nudity First Naked Plays – DVD</i>	25.00
<i>Lake Edun Exposed – DVD or video</i>	45.00
Naturist Society Membership	60.00
Subscription to <i>Bare Facts</i> only	20.00
Tax Deductible Donation	_____

Single	Couple	Amount
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