

Bare Facts

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38° 58' 7" North; 95° 47' 56" West

Memo From The Board

Many LEF members over the years have served on the board at the lake. It has always been difficult for members who live some distance from Topeka to feel that they can attend the meetings as required by the by-laws. During our end of year meeting we hopefully have laid the ground rules for changing this situation.

The Internet has made it possible to communicate in ways that were not even thought of when LEF came into being! That ability to communicate quickly makes such long distance membership on the board possible. We wish to thank those who volunteered to serve on the board for the coming year.

The next board meeting will organize the board for the upcoming year. After we accomplish that we will officially welcome our new board members in next month's issue of "Bare Facts"

The October board meeting spent a great deal of time on reasons that might explain the drop in our membership. No single cause is probably at the root of the lower membership numbers. We all know that prices for paying just the bills at the lake caused the increased cost of membership last year. Since then we have tried several ways to hold the cost of operation down, even to trying only having one porta-potty!

The higher price of gasoline contributes to the difficulty for many in coming to the lake on a regular basis. Obviously, the continuing legal atmosphere does not help either.

Yet we are still here! We still have activities. This winter we are planning on having several house parties. We are currently looking at Wichita and Manhattan for some house parties for LEF members who live in those areas. Other LEF members should plan attending these parties also. More information on these activities is coming shortly.

Also, we are planning on a party in the Topeka area this winter! It should be a lot of fun and an opportunity for all of us to see each other during the cold winter months!

Hopefully these additions to the normal activities will help fill in the long winter with some good activities for LEF members to help pass the time until spring.

December Party Plans

As announced in our last issue of Bare Facts, December 8 is the date for our first Winter Party. We hope all Eduners will plan to join us for another wonderful evening. We will have entertainment, good times, and, perhaps, some surprises.

Activities will begin at 7 pm. Bring a towel, some light finger food or desert and whatever you plan to drink. Directions will be included in the next issue of Bare Facts.

In the meantime, we are in the planning stages for parties in Manhattan and Wichita. Stay tuned!

What Does LEF Membership Mean?

We all seem to value our membership in the Lake Edun Foundation for different reasons. For some, it is this monthly newsletter with informative articles on body acceptance and Naturist activities both near and far. For others, it is the company we share and the great parties we all look forward to. For some, it is the beauty we tend to take for granted.

What is easy to forget is that LEF has a larger mission: To educate the citizens of Kansas and Western Missouri about the beneficial impact living a clothing-free lifestyle can have on the individual, the family and our society. Too many instances of the great harms caused by low body acceptance have been documented in these pages. It is easy to understand the need for us to successfully pursue our mission.

Nearly all not-for-profit organizations find that to successfully carry out their mission requires more money than they usually raise through their dues and fees. The same is true for us. Many of us support our churches, the Boy Scouts or Girl Scouts, Red Cross, and a whole host of other organizations that help make life better for all of us. We hope you will remember LEF.

That is why we come to our membership every year at about this time to ask you to consider making a contribution to the Lake Edun Foundation. It is tax deductible and, because we have a small budget, your gift will go far. While you are at it, check with your employer. Some employers will match your gifts which will double the impact you can have upon our program.

Thank you once again, David, our most consistent supporter.

Saunas

As a result of member input, we are scheduling a sauna once or twice a month through the Winter season. Be sure to check the schedule that appears in each issue of Bare Facts to see when the saunas are scheduled.

Remember: If you expect to join us, plan to be at the sauna within one half hour of the starting time. Occasionally, no one shows up. If that happens, we may not remain on site longer than 30 minutes past the schedules starting time. If you plan to join us but expect to be later, just call or email and we will try to coordinate with your schedule.

DON'T FORGET

Activities designated HN are sponsored by Heartland Naturists

Nov 10; Sat; 5-7; Board of Directors

Nov 10; Sat; 8-10; Sauna

Nov 16; Fri; 8-10; HN Swim

Nov 24; Sat; 8-10; Sauna

Dec 8; Sat; 5-7; Board of Directors

Dec 8; Sat; 7-?; December Party

Dec 15; Sat; 8-10; Sauna

Dec 29; Sat; 8-10; Sauna

Successful Work Day

Our work day on October 13 was wonderfully successful. About 20 energetic Eduners were on hand to share the load. As a result, we got nearly everything accomplished to prepare for Winter. Our barn even got a new coat of paint. Thanks, Mike S.!

John has cleaned all the metal out of creek #2 and we are nearly ready to extend our road to the West side of the lake to the third and final creek. This project is going extremely well and is ahead of schedule and below budget.

Eduners will recall we had a fundraising challenge last year the purpose of which was to get the road to Sunny Bares. We expect to get past Sunny Bares before we need to come to our members again for the funds to complete this task. Thanks to John, Tractor Doug, Trucker Dean, and a host of other Eduners who have helped make this possible.

We hope all Eduners will take an opportunity to walk around the lake at least once a year. With all that is being accomplished, it is easy to take it for granted and forget how far we have come.

Let's Dialogue Over The Winter

Probably most of us are in the same boat. We are stuck at home all winter. A lucky few might go for a winter vacation to some warm place for some nude time on a beach and we would like to hear from them about their travels. For the rest of us, it's a long six month wait for warm weather. That being the case, I propose that we share stories about our naturist experiences. The following are some suggested themes to write about.

I think a great topic for conversation is the reaction people get when they tell their loved ones they are naturists.

One person wrote that she and her husband have been really cautious and careful as to whom they share that information with and have been surprised by the reaction they get from the people they have shared it with. They know I'm a very moral, good person with strong family beliefs and practices. They were still SHOCKED to say the least when we shared with them our lifestyle. They somehow have the wrong view on public nudism and I wish they could all try it just once before they close their minds to the whole idea.

Another person wrote that he has never told anyone but his wife of his interest in naturism, and would like to hear stories about others reactions. Another possible topic is to hear if anyone has ever been caught nude by an unsuspecting clothed person? And how did you handle the situation?

Yep, that's the ticket. I think it's the whole issue of how we can live our lives naked more often, even around others who are not. What successes and failures have we had along those lines?

Let's make Bare Facts our forum. This is no more difficult to do than writing a letter. Forget about English class essays. This is story telling time among friends.

I refuse to compromise myself or my beliefs by giving in to America's secular ideas about bodily shame. – Bob Miller (CFI Member)

From Fun To Frustration

In a new advertisement, several female candidates of the Polish Women's Party running for seats in parliamentary elections posed nude, covered only by a sign that reads: "Everything for the Future ... and nothing to hide." According to novelist Manuela Gretkowska, head of the 1,500-strong party that was created this year:

This poster is intended to shatter stereotypes in the anachronistic world of politics, which is more often dominated by uncommunicative men with their black tie outfits. We are beautiful, nude, proud. This is not pornography; there is nothing to see in terms of sex. Our faces are intelligent, concerned, and proud.

A different story addresses the ongoing saga of lactating mothers being free from harassment for nursing their child in a public place:

An employee at PacSun, a women and men's fashions accessories retailer asked a woman who was breast-feeding her child to leave the store, according to the woman.

Melanie Flores, along with her grandmother, 3-year-old daughter and 12-month-old son, was shopping at the mall on Sept. 11. Her son "was getting upset due to hunger," and she spoon-fed him, hoping to satisfy him. She then entered PacSun to try on shoes, but he continued to fuss, so she breast-fed him, which is the baby's "regular routine."

"The clerk, Amy, let me feed him, but when I was finished and looked to her for assistance she was very forward and confrontational with me and told me I could not breast-feed in that store and if I wanted to do it again I needed to leave."

After the incident, Flores contacted Susan Manore, an international board certified lactation consultant, who said she provided Flores with information regarding her rights under Ohio law.

I told her that was not considered a lewd act under this law and she acted within her legal rights to breast-feed in public. In fact, Ohio law states, "A mother is entitled to breast-feed her baby in any location of a place of public accommodation wherein the mother otherwise is permitted."

Nudists Parade To Take Place

An interesting news item came my way. I haven't heard if the event took place, but I hope it did. I wonder what the chances are we could host this in Topeka?? ☺

A unique event will, it is hoped, take place in Yekaterinburg, Russia in August. Ten Thousand nudists are going to march along the central avenue of the city. The parade is annually held in different countries all over the world and this year Russia was chosen to host it.

Members of the demonstration, which originated eight years ago, come from different countries. The participants believe their parade attracts people's attention to the nudist movement and raises their spiritual potential by showing the benefits of nudism for civilization.

Originally, the organizers of the parade wanted the demonstration to take place in Moscow, but were refused permission by the authorities.

On the Web

The following observations were postings on the nnnlist that are worth passing on to our readers [Ed.].

Trust between Genders

by David

One very important barrier that social nudism helps weaken is the degree of distrust between genders. Even that barrier isn't completely gone in some strata of "orthodox" nudism, but orthodox nudism is a big step in the right direction in lessening inter-gender distrust.

In clothing-compulsive settings, the presumption is if anyone wants to see someone of the opposite sex naked, (and even, though to a lesser degree, the same sex), then your motives are sexually predatory, and therefore, unethical. It assumes the worst of the other gender, but especially of men. When (say) the women go into their own locker room at the textile gym where I work out, it's our society's collective way of one gender saying to the other gender, "we don't trust you."

In a social nude setting, the message is different: each member in a social nude setting is saying, in effect, "I trust you." While we discover nonetheless who among us are less than trustworthy, it's the very different *presumptions* about one another that seems to be made in social nude settings, that I can really feel.

Naturism Counters Superficial Judgments

By Charles

John O wrote: *Humans are humans whether clothed or nude. Don't we all still have a tendency to judge people by their appearance?*

Yes, absolutely. Evolution, as well as social experience, has structured our brains that way. (at least until we get to know them.)

Yes, in spite of our current tendencies, which have been constructed both by evolution and social experience (roughly equal parts), we are still able to change our judgments based on new experience. We just need enough help and encouragement (from the social setting and conventions) to do so.

That's the key – getting to know people beyond the first impression. Truth is, it doesn't matter all that much whether the first impression of a person is in a business suit or stark naked, though the first impression will probably differ in these two cases. It's like encountering a person for the first time in two very different social settings, where the behavioral expectations are very different.

Let's say you meet an interesting lady at a singles bar, or the same person at an art museum, (which is a special interest of hers) or the same person at a nude gathering. It's the same person, but perhaps very different first impressions. The first thing you do is to fill in part of your judgment, (which is not exactly the right word - it's not "judging," just "gathering data"). But you leave room for gathering more data as time goes on, perhaps in very different circumstances.

I look at the photos of members at Netnude and to me it appears some of these people are "posers." They come across as proud and maybe with exhibitionist tendencies. So,

you see I have a tendency to judge and stereotype people at first glance. But, I also know that once I get to know someone those stereotypes may fall away.

Right. The thing is, social nudity is so far from the norm in our society, it allows you to form your impressions of anybody under circumstances very different from the usual. If it weren't so unusual, of course, it would lose some of its "specialness."

I've heard several people on this list say that "barriers fall away" when people socialize in the nude. But in any group isn't there still some segregation even though it may be based on false impressions?

It all depends on how you approach the situation. You must still make the conscious effort (or unconscious, if you can learn to make it a habit) of not making a first impression be the final and only impression.

This is a chicken/egg situation. Which comes first – your judgment of a person or the effort to learn more about the person? There will certainly be people you decide quickly you don't want to know better, regardless of whether they're clothed or naked. Of course, in the long run you'll get to know more people and eventually make more friendships if you don't set the first impressions barrier too high.

Notice that the choice is only half up to you. The other person's predispositions also make it easier or harder to get to know them.

And that, in my opinion, is where social nudity makes its biggest difference. Whenever you enter a group like this, the first piece of advice you receive (as you've just discovered) is to hold off on the forming of lasting impressions from the first ones! It's excellent advice. And social nudists constantly remind each other of it. It's part of the social environment, just as many other norms and customs permeate (say) a particular business environment.

The second thing that happens is you have an automatic method for starting a conversation with a new acquaintance. Instead of trying to talk about their occupation or their hobbies – which the two of you might not have in common – you can talk about how you became interested in social nudity – which you KNOW is something you have in common.

This allows each of you to reveal some of your personality and life history (according to what you think is most important) in a context you can expect the other to be sympathetic to. Of course, you don't stay on that topic indefinitely, but it's as good a place to start as any.

Here's something to try with a person who asks, "Why would you want to socialize with others just because they're naked?" Reply with another question, (and no, I'm not a rabbi or Zen master) "Why would you want to socialize with others just because they come from a different culture (like Japan, India, Latin America, etc.)?" And if the person you're talking with has a hard time answering, suggest "Maybe it's because you'd learn something new and unexpected."

If the other person has any grey matter at all, this will be something they haven't thought too hard about, or they wouldn't have asked the question in the first place.

What Attracts/Discourages Women from Naturism?

The following is a series of online exchanges exploring why more women aren't involved in naturism. What do you think of what is said?

Fundamentally I think there's a power game that goes on between men and women, and women are the ones who get easily intimidated. They certainly don't need to "instinctively use nudity" – men supply all the energy that's needed! Clothing is the barrier that keeps male ardor at bay, and it's a tough job to convince a woman that it's safe to let it go. Charles's comment, "Try using a female name on an Internet naturist board and see how much e-mail you get," was a sign that he recognizes this to at least some extent. I believe that women need to be reassured, and that means men need to act as though we're not out to look at women in a naturist setting the same way as we look at women in sexualized representations, or even "artistic" representations where it's women who are so often on display.

If we let naturism truly be the idealistic environment we claim it is, then nobody is aiming to get a look at anyone else, and we're all on an equal footing. In fact, where Charles says, "Most women know they can't be the best looking in a large group of naked people, so of course they don't want to be looked at and evaluated," I say we ought to try to make it clear that nobody is being evaluated at all.

That would set us apart from the textile world, where we all, and most particularly women, are constantly feeling the need to present ourselves at our most "attractive" – using all kinds of artifice in clothing and grooming – to keep up with the competition or at least to fit the prevailing standard. Not to conform is to be "letting oneself go" or any number of similar derogatory terms. We've got the chance to present naturism as immensely liberating, a world where judgments about appearance just don't get made. All you need is you, and you are always welcome.

To a very large extent, I think we neglect our chance to do this. Instead, we let it seem as though exposure to voyeurs and exposure to judgments continue just as in the larger society, and the poor women even get deprived of the clothes that they're used to using as a simultaneous attraction and protection. Small wonder that it's difficult to convince women, particularly single women, to get involved in naturism, and small wonder also that they tend to cling to clothing, (I'm talking about sarongs and wraps, or more) even in a naturist setting. Well, as so often happens, what we most want is what we can't have.

Reply:

First, let me say that I looked at the trailer for the film. I don't know whether it was representative of the film as a whole, but it certainly conveyed to me the message that both men *and* women sometimes behave with extreme stupidity where breasts are concerned. Not all men and women of course, but certainly some, such as those caricatured in a film like *Animal House*. This sort of absurd comportment is all too common, and perhaps that's the point of the film *Dario* brought to our attention.

However, I come to exactly the opposite conclusion about whether naturists should be interested in this kind of social documentary. Sure, many non-naturists will look at such a film to satisfy voyeuristic obsessions with breasts and nudity in general. Probably more than a few people actually involved in naturism/nudism will too. But these are precisely the sort of yahoos that the documentary may be lampooning.

On the other hand, intelligent naturists should view and think about what this kind of documentary can tell us about the society we live in. We need to think long and hard not only about the fact that our society is so screwed up, but also to get a deeper understanding of why it is.

We should understand how there are biological and economic foundations for the bad behavior, and that the failure of our society is not mostly that it fosters the bad behavior, but that it lacks rational social norms to overcome the biological and economic problems. I think naturism has more rational norms in this department. But I don't think most naturists really understand what's going on.

Reply:

Here's another data point: Look at how much attention the news media gave to the pathetic story of that Anna Nicole Smith bimbo. Here's an extreme example, (tragic, to be sure) of a woman who successfully, (for a while) exploited men's fascination, (and often obsession) with boobs. Of course, it's a personal tragedy for Smith and her family, but what's really sad is how many other women exploit their bodies in much the same way, if generally less extremely. How many women go under the surgeon's knife either to augment or reduce their boobs, in order to secure the attention, (and eventually the financial support) of men, (Smith, again being an extreme example)?

There was just a thread here about women in naturism, and I was thinking of saying, but didn't because I've said it fairly often already, that I believe it's a major discouragement for women to expect that they'll be looked at and evaluated if they take their clothes off. Every time we concentrate on women's bodies, particularly the "erogenous" parts as our society defines them, we reinforce the idea that those things are what we want to talk about and look at.

Reply:

See, here's the problem with naturists affecting a superior attitude towards any attempt at an objective consideration (if that is what the documentary in question is) of bodies and sexuality. Occasionally there are "documentaries" that pander, but let's not assume all do. We can't afford, IMO, to act like we're above thinking about and discussing the role of sexuality in our society. That is, I think because it leads us to misunderstand the way this aspect of our society negatively affects naturism.

Reply:

I have a contrarian's view of why our society's sexual hang-ups deter women from involvement in naturism. Yes, what most women *say* is that they don't like the idea of being

looked at and evaluated while naked. And on some level I don't doubt that is true.

On the other hand, I also think that women instinctively use nudity in about the same way they use sex in general – it's a way to attract men and keep them interested. But this doesn't work so well in a naturist setting. Naturism gives men the opportunity to do "comparison shopping." Most women know they can't be the best looking in a large group of naked people, so of course they don't want to be looked at and evaluated.

But there's more to it than that. Naturism also explicitly *de-emphasizes* the importance of nudity and sexuality in male-female interactions – and this is not necessarily what women want, at some level. Dario may recall a discussion we had here nearly 6 years ago about a book entitled Tongue First by Emily Jenkins, in which the author described various adventures in "physical culture." Emily tried nude beaches, but wasn't won over, because she felt a preference to "save" nudity in order to "enhance" relationships with boyfriends.

Economically speaking, a monopoly is more advantageous to anyone who has something to "sell." Women have a vested interest in using nudity to attract and keep the interest of a man. This works best for the "average" woman, (which by definition most are) in a context where the social norms legitimize nudity only in a 1-to-1 situation. It's rather naive to think that most women will easily give up a monopoly advantage without a lot of hesitation. What would they get in return?

The other side of the coin, to be sure, is the excessive interest of men in nudity and naked female bodies. Men have this interest, (in the psychological sense) because it is *in* their interest, (in the biological sense) to be able to "comparison shop." This interest in nudity is a negotiating weakness men have which women can – and do – exploit. Men and women should share equally in the "blame" for this social dynamic. Everyone, men and women both, needs to recognize the genetic, instinctual nature of this fact, in order to get beyond it – which is what "society" and "socialization" is all about: developing social norms that help foster social relationships which are more "civilized" than baseline "animal" instincts.

I think that naturism and nudism, ideally, and as envisioned by some of the people who originated these concepts, can provide a superior social framework, as compared to textilism. Men have to learn to keep their sexual desires under control. And they have to understand that by so doing they will be better off, and less likely to be exploited by someone like Anna Nicole Smith. But by the same token, women have to recognize and admit that there is a little bit of Anna Nicole Smith in most every woman. And they have to perceive that they will be better off if the weakness that men have for nudity should not be exploited.

A naturist society can, (and occasionally does) work if men and women make a deal that they will comport themselves in a way that keeps their respective biological and economic self-interests well under control. But before this can happen, people have to be honest about what these biological and economic facts are.

Documentaries that honestly present the facts – and the one

that Dario suggested might be an example – are one way to gain the understanding necessary for a viable naturist society.

Many Hands Lighten The Load

by John

Well folks we are at the end of another season. On Oct. 20th we had a work day scheduled. When I got to the lake I just drove back on the new road and began pulling metal out of the creek where we will be putting in the next culvert.

Using a couple chains, my pickup, and lots muscle I only got about half of the old junk out, but plan to get back some time with me and ole Bob cat to finish the rest. It got really nice and I had taken my shirt off to keep the sweating down. Not that anyone cared if my 24 hr. deodorant worked or not.

I decided it was time to see who else had showed up at the barn to work and to my surprise there were several others working here and there. It was nice to see that many people on such a nice day to help pick up and clean for the end of the season. Most people may not realize how much needs to be done.

The chairs need to be put under shelter, and the floaties that are still good put in the barn. You have the paddle boats and canoes that need to be taken out of the water. Then there are the floating docks that need to be brought in to shore. Usually all this is done by the same people all the time so it was nice to see a few more faces.

The barn getting painted was the biggest change and I like the way it looks. Hope you do also! With Ernie, Dave and a little help from me we finally got another picnic table done. It would take too long to list all the people that have helped out, but they sure deserve KUDOS for everything that has been done.

There is always something that does need to be done to improve upon or keep our special place in good condition. You can help by contacting a board member or calling the barn. I have to say that some of the best times I have had at the lake are when sharing work time with other members. You really get to know someone and build friendships when sharing in some project together.

Although I have spent most of my time working instead of enjoying this year, I hope to do better at the enjoying part next season. Fortunately, we saw many new faces this year as in previous years. We are always anxious to introduce others to our freedom. Be sure to extend an invitation to your friends so they too will be able to discover Naturism.

I have many times asked people what they would like to see done at the lake to make their visit more pleasant and attract more people. The lake is enjoyed by all of us, and improvements are a process. So, look around; make notes; pass your suggestions on to a member of our Board of Directors so we can continue to make our special place truly special.

Items We Need

See our website at lakeedun.com for more details.

- Non-motorized boats
- Metal Barrels
- Lawn or Lounge Chairs
- Wooden Cable Spools
- Riding lawn mower
- Aluminum cans

Why Socialize Nude?

By Reinaldo

There are several common answers:

Among them is you will meet people who would be outside your regular social circle. Clothing is a way of demarcating social groups. My social circles include a few intellectuals, a few medical folk, (I am a hospital chaplain and a psycho-therapist) and some people whom I have known for years. Nothing wrong with that, but I miss discovering socially other people who are from different educational, economic, racial, religious, and ethnic groups. This makes life richer.

Another reason is peculiar to my profession. My experience is that voluntary, social nudity makes for greater emotional openness. I have noticed how much freer people are to share who they truly are. The encounter is richer for this honesty.

In the early days of the Christian church, baptisms were performed with at least the new convert and the officiant nude, sometimes the congregation as well. This was partly to protect their clothing which, for peasants of that day, was expensive. But it also enhanced the spiritual depth of effect.

Nudity is enormously beneficial psychologically. It promotes health. Research with adults and children who have grown up in social nudist families show a lower rate of psychological dysfunction. In fact, every scientific study of the effects of social nudity has demonstrated its benefits.

International Body Phobia

You may have thought only in the US is there such a profound fear and loathing of the human body. It's not necessarily so. The following story reminds me of similar prudish acts reported in these pages by officials in our country. [Ed.]

On the day British Columbia's first aboriginal lieutenant-governor was to be sworn in, murals of bare-breasted native women at the B.C. legislature were hidden from view.

The murals, painted on the walls of the building's lower Rotunda in the mid-1930s, have angered First Nations for depicting demeaning stereotypes of aboriginals in colonial B.C. For some reason, members of First Nations have embraced the assumption that more clothing equates with more civilization. Of course, there is absolutely no data to support this assumption and some could make the argument the opposite is true.

In April, it was voted to have the murals removed, six years after a panel of experts recommended the same course of action. Workers were ordered to cover the two offending scenes with tall blue curtains Monday morning.

Chief Ed John, of the First Nations Summit, called the cloaking a "significant gesture." But a government spokeswoman insisted the move was only to provide a backdrop for official photographs taken as part of the ceremony.

Lake Edun Foundation, Inc.

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Membership Application Change of Address Form *Please Print*

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Address: _____

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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:

	Single	Couple	Amount
Lake Edun Foundation Membership	275.00	350.00	_____
Associate Member (Over 125 miles away)	175.00	250.00	_____
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Separate Mailing Address for members		12.00	_____
<i>No Sex, No Violence ... Only Nudity</i> Naked Plays – DVD		25.00	_____
<i>Lake Edun Exposed</i> – Video		35.00	_____
<i>Lake Edun Exposed</i> – DVD		50.00	_____
Naturist Society Membership		53.00	_____
Subscription to <i>Bare Facts</i> only		20.00	_____
Tax Deductible Donation - Improve our Educational Program			_____
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