

# Bare Facts

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38° 58' 7" North; 95° 47' 56" West

## What Price This Liberty

By: Justin Morgan

*And for the support of this Declaration, with a firm reliance on the protection of Divine Providence, we mutually pledge to each other our Lives, our Fortunes, and our sacred Honor.*

With these words the signers of the Declaration of Independence finished the document that brought our nation into existence. You can read more specific information about what happened to these men by doing a little search on the signers of the Declaration of Independence on the Internet. Many did pay with their lives and their total fortune for the privilege of signing the document that brought this nation into being.

We can look at other changes which have come since the signing of the Declaration of Independence. Women were not granted the right to vote in the Constitution. Many women in earlier generations fought long and hard, suffered imprisonment with attendant physical and mental abuse for the right to vote to be extended to them. Again you can read about many of these dedicated women and the price they paid so that all women can vote today.

Slavery was a cruel use of mankind for many centuries before we became a nation. Unfortunately Britain allowed the practice to continue as we founded and formed our nation. That choice would lead to many battles large and small, which many would argue culminated in the American Civil War. We actually have no definitive count of the lives lost in this fight. No count of the cost in the suffering of families and the financial cost to the nation. Finally, after almost destroying our nation we outlawed slavery, but then refused to give all Americans equal rights. After years of laying the argument at the feet of congress and the president, after many deaths, marches, strikes and rallies, we finally outlawed discrimination on grounds of race, color, gender and national origin.

We can argue that we did not need laws concerning these matters. Arguably, we should all have understood the rights of our friends and neighbors, and extended to them the same rights the rest of us enjoyed as American. Isn't it just common sense that women should have an equal vote? Isn't it just common sense that people of differing races or origin should have equal voice once they join us as citizens of our great nation?

We need to learn from history or we will certainly repeat it.

I don't mean that we will embrace slavery again nor exclude women from voting, but the ideas that allowed these conditions to exist still exist in other colors. Just think about it. The idea of personal responsibility seems to be dying! The idea of doing what is right because it is right has been replaced with let someone else do it! We all constantly complain and

*(Continued Page 4)*

## Final Work Days in October

Several helpful Eduners met for our September work day and began the process of preparing our special place for Winter. We still have several tasks yet to complete. None are particularly difficult; all are made easier with many hands.

If you can join us for one of the last workdays of this season, we will appreciate the help. The remaining tasks are not strenuous and can be enjoyable. See the schedule for dates.

## Halloween Party/Annual Meeting

Our Annual Meeting is an opportunity for LEF members to voice their concerns and desires to the Board of Directors. It is also when we vote for new members of our Board. This is an important opportunity for everyone to communicate their hopes for the future and learn about our plans.

Come prepared for a fun evening thanks to our wonderful hosts. Bring something for a pot luck and consider the goals you would like LEF to set for the future. This is your best opportunity to be heard. Plan to attend this important members-only meeting which will begin at 6:30 at Truck Henge. Members will find directions are enclosed.

## Random Thoughts And Reflections

Once again, thank you David, one of our most consistent long-term supporters.

So far, only two people have identified lockers they are using. If you have a lock on a locker, you must contact us immediately. Very soon, we will remove locks from any unidentified lockers and dispose of the contents.

## Aluminum Time

Every year, we collect scrap aluminum. This has been a successful aluminum year with many people bringing a wide range of aluminum products including old lawn chairs, an old ladder, and, of course, many cans.

If you have been collecting aluminum and have some ready to recycle, bring it to the lake. When added to contributions from many other Eduners, it makes a significant load worthy of the effort.

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## DON'T FORGET

*Activities designated HN are sponsored by Heartland Naturists*

Oct 11; Sat; 12-4; Work Day

Oct 11; Sat; 4-6; Board of Directors

Oct 11; Sat; 8-10; Sauna

Oct 17; Fri; 8:30-10; HN Swim

Oct 25; Sat; 12-4; Work Day

Oct 25; Sat; 6:30; Halloween Party; Annual Meeting

Nov 8; Sat; 4-6; Board of Directors

Nov 8; Sat; 8-10; Sauna

Nov 21; Fri; 8-10; HN Swim

Nov 29; Sat; 8-10; Sauna

## Taking Responsibility

by George Winlock

To promote and protect the nudist way of living we have to support nudist organizations. It does not matter if we give our support to AANR or TNS or some other group or more than one group, but we do have to give support. Money is a good way to show support so that these organizations can protect our interests, but money alone will not do it. Support has to come from individuals that are willing to stand up and make their selves known and actively participate in either setting things in motion or protecting things that are already in place. Haulover beach did not come about by an organization called South Florida Free Beaches. It was the members of that group that brought Haulover into existence. If the individual members of SFFB had all sat around in their chairs saying "SFFB should set up a nude beach" nothing would have happened. It was the work of the individual members that brought about that beach.

So we, as nudists, have to actively do what we individually and collectively can do to protect and promote nudism. We cannot just sit back and expect someone else to do it for us. Only we, as nudists, understand the benefits of our way of living. The textiles are not going to do a thing to protect us, establish areas where nudity is acceptable, or oppose anti-nudity legislation. Why should they? What do they care? What is in it for them?

We have to make our voices and desires heard and known. We can never accomplish this if we all sit back waiting for someone else to do those things we are not willing to do for ourselves.

*I am grateful to George for his words of wisdom. For the past century naturists around the world have had to stand up and be counted to gain the right for our lifestyle to exist. In hundreds of clubs around the world, members have pulled together to provide for themselves places of beauty and sanctuary from the outside world. Heroic efforts were made to build facilities where groups of naturists could gather and enjoy each other's company. This desire for socializing has always been a hallmark of naturism. However, I am sure that it has never been an easy accomplishment for a group to maintain a strong sense of purpose toward a common goal.*

*Human nature being what it is, it is difficult to set aside all differences. No doubt many clubs have met their demise over an inability to resolve these differences in a mutually acceptable manner. It is as Franklin D. Roosevelt said many years ago, "People acting together as a group can accomplish things which no individual acting alone could ever hope to bring about." This applies to both national organizations and local naturist clubs.*

*Naturists have been beating the odds for over one hundred years around the world. There have been great gains, but also many losses. Lake Edun has faced many challenges over the last fifteen years in which there has never been a time of smooth sailing. There will be plenty more challenges in the future. The key to success is being able to pull together in a common cause toward a common goal.*

*The future for Lake Edun is as unknown as it is for anyone. All we can do is make plans and work toward fulfilling them.*

*Lake Edun was never intended to be a high end destination resort. Rather, we desire to stay as close to a natural environment as possible. That is the reason for planting trees, and minimal emphasis on constructing buildings, ball courts, pools, etc. Lake Edun is all about men and women living naturally in nature. We believe this setting provides a retreat from the concrete, asphalt, and glass we experience elsewhere. The value of Lake Edun will always be the land and the creative ways we can interact with it and each other.*

*It is our opportunity and responsibility to the land and each other to work for the common good. Lake Edun and naturism is a bigger idea than any of us as individuals. This means not allowing ego or differences to deflect us from creating an ever improving Lake Edun experience through our combined efforts. Working together, we can expect to see Lake Edun here for many years, possibly decades to come. What we create is for our present enjoyment and that of those that come here in the next several years. What more can we mortals ask for? [Ed.]*

## Parenting In The Nude

Not all friends of common sense and body acceptance are naturists. Doesn't matter. If we had a few million more like minded people in this country, naturism and body acceptance would be well on the road to widespread acceptance. Anyone that adds their voice to the cause of comfort with the body is a friend in spirit. I just wish the experience of giving birth would uniformly open people's eyes to the needless anxiety about the body that most of society burdens itself with. [Ed.]

I've probably mentioned it before, but one side effect of giving birth for me was that my last, tiny shred of modesty went the way of the placenta, and I don't mean I planted it under a tree in my yard. Something about being buck-necked and making weird noises and grimacing in front of strangers killed any part of me that held on to a Victorian sensibility, and I bet you've guessed it wasn't my strong suit to begin with. I first noticed the effects when I'd nurse my kid in public, and realized I could give a rat's keester if the general public accidentally got a flash-view of nipple. Somebody throw me the Mardi Gras beads!

I have not become a streaker or topless waitress or nudist during my parenting years. I don't vacuum naked or answer the door in my towel. I have my limits and I have just a teensy bit of sensitivity to the people around me. But for those that live with me, including my 7-year-old child, it's not uncommon for me to try and have a conversation while changing my clothes or showering. I never rush over to grab a fig leaf. I doubt I would have thought twice about this except last year, when I was reading (for, um, journalistic reasons) about Britney Spears' custody case, there was mention of the fact that she walked around naked in front of her kids, and then I read a whole discussion on Slate about how while kids under 3 won't be bugged by nudity, you should start covering up before the children get old enough to remember it.

My husband is naturally far more modest than me, but even after reading this I never stopped the unseemly displays and I'm not really totally convinced by the arguments against parental nudity. Seems to me that you can teach there's a

time and a place for everything, and in the house, we get to be naked sometimes. Here's where I do my grumpy guy voice, "My home is my castle, and in my castle, dammit, I don't have to wear clothes if I don't want to."

Now, I guess I should add that if my kid expressed any discomfort about it, I'd be more than willing to change, because I'm not up for traumatizing anyone, (except my sister, who deserves it). But so far she has said nothing to indicate any problem. In fact, the commentary she's most liable to make is, "Wow, you sure are jiggly" and that's only traumatic for me. I've just always had the sense that my child isn't going to be hurt by it unless she senses discomfort or whatever from me, and if I felt that, I'd probably start doing that beach thing where you change with a towel wrapped around you. We'll have to hope it doesn't come to that, because I have always found that towel thing awkward and beyond my level of coordination.

We have had some discussions that were sparked by nakedness. The other day my kid asked, "Some day, will I have boobs like yours?" I bit my tongue on my first response ("If you are lucky, someday you'll have boobs like your aunt's") but instead launched into a matter-of-fact discussion of puberty and she asked me some good questions. Hell, if I'd had that kind of information going into adolescence, I'd have been saved some serious worrying, though my kid will probably miss out on the time-honored experience of being fed myths by knowing children on the playground. ("You can get pregnant from french-kissing!") And so far no Freudian signs of her wanting to kill me and marry her dad, or at least she doesn't seem to want to kill me in order to marry her dad, so I guess we are fine for now. I'll keep you posted if this changes. [http://www.sfgate.com/cgi-bin/blogs/sfgate/etail?blogid=29&entry\\_id=28503](http://www.sfgate.com/cgi-bin/blogs/sfgate/etail?blogid=29&entry_id=28503)

## Body Acceptance: Not Just A Naturist Issue

For decades the Naturist Society has been speaking to the need for body acceptance. It's been a lonely plea, seldom reaching the consciousness of society at large. An exception to this neglect would be those battling the plague of eating disorders. Despite some well publicized examples about the horrors and fatal consequences of eating disorders, the issue of body acceptance is still below the radar for most people.

Attention must once again be given to the 2007 report by the American Psychological Association on the damaging consequences of the sexualization of girls. This report fully documents that in our society men, women, and children are constantly being bombarded with images and words that undermine self esteem and devalue anyone who doesn't match the idealized standard of beauty. This represents a malevolent, anti human hostility toward us all. It ignores the fundamental worth of us all. The most vulnerable – children spend all their formative years immersed in this toxic environment. You can find the full report yourself at: <http://www.apa.org/pi/wpo/sexualization.html>

Fortunately, other voices are considering how to help those otherwise seen as "outcasts." Massage therapists also deal with people who suffer from body loathing. The understanding they have about the body is essentially the same as that promoted by naturists. They are allies in the battle for body

acceptance. As such, the sensitivity of their approach to reassure and comfort those with body loathing is instructive.

Massage therapy is deeply personal in that the bare body is the subject of both the gaze and touch of the therapist. Many are believed to refrain from massage due to exaggerated concern about their appearance. To address this, an article in a massage therapy publication this summer discusses how therapists can more effectively assist clients who suffer from issues of body acceptance.

The article's author cites the story of one woman who said she loathed her body. "It went beyond mere embarrassment at how 'fat' she was. Deeper still was the conviction that her body was unworthy of love, and was deserving of nothing that felt pleasurable or nurturing." It was this alienation from her own body, as part of a lifelong battle with anorexia that kept her from getting a massage. She is quoted, "I stayed away because getting a massage was being good to myself."

An experienced massage therapist warns that therapists need to be careful as they negotiate this potential psychological minefield with clients. She adds, "You can't invalidate what they think they're seeing because they'll think you're lying. You simply can't say anything that's value laden; good or bad ... never say anything about body weight ... no matter what weight people are."

The author comments that America is in the grip of an obesity epidemic, while at the same time holding up waif-like thinness as a cultural ideal. The fear of uncovering excess pounds drives away untold numbers of potential clients for a massage. Other body problems that embarrass are acne, surgical scars, birthmarks or some other physical deformity or flaw. We hear similar comments at Lake Edun.

Massage therapists recognize people have bad attitudes about their body and are self judgmental. Their task is to put clients at ease and reassure them they will not be judged on physical appearance. One therapist heard potential clients say they must wait until they get in shape before coming for a massage. They think they must be in shape before they can relax.

This same therapist recommends allaying client fears by letting them know he identifies with their fears by acknowledging we all have flaws. The demeanor of the therapist needs to be one of compassion. People come with all different kinds of baggage, including the image they created for themselves. It doesn't matter what flaw they have, the person standing there desires to move forward.

Indeed, naturists and massage therapists have much in common. Both seek to provide a sanctuary in which every person has the opportunity to be themselves and find healing, free from the shallow judgments society tries to bind on us all. It is not surprising we have a long association.

It is instructive for us to pay attention to the recommendations therapists give to deal with hurting people. It is remarkable how similar the concerns expressed by massage clients are with those voiced by those fearful of social nudity. We frequently have no idea of the internal struggles visitors and members alike have with their body image. Being genuinely welcoming, showing compassion and respect for all is essential to overcoming the distress people feel about uncovering their body so healing may begin. [Ed.]

**What Price This Liberty** (Continued from page 1)

say, "My neighbor, my mayor, my government should do thus and so!" Or my personal favorite – There should be a law!

It would seem that this attitude may be taking root at Lake Edun! We are all aware of the ongoing legal issue surrounding the lake. However, how many have paid a dime toward that expense? How many have expressed appreciation to the landowners for their continued fight on behalf of naturism in Northeastern Kansas?

It is hardly a matter of being called on to be as bold as the signers of the Declaration of Independence. We aren't being asked to suffer death and personal injury as did many suffragettes and civil rights workers. Yet, what are we willing to do? What are we willing to invest in Lake Edun to maintain our right to preserve our naturist values? Or do we expect someone else to do it for us?

Are you a member of The Naturist Society? They work hard to promote body acceptance across the country and they support our right to be free.

Are you a member of the Lake Edun Foundation? Or do you just visit and leave a donation of \$10 or \$20 or less? If you are financially able, do you make donations to the Foundation? Most of us support various charities and causes. Do you

choose to support Naturism either through TNS or LEF? If the answer is "No", how can you claim to be a supporter of Naturism?

Historically, Americans were actually once much more comfortable with the body and considered it normal, not abnormal! People bathed outside. Families changed in front of each other. Skinny dipping was so innocent it was more than once memorialized by Norman Rockwell on magazine covers! Try that today and expect an outraged response by some. The list is long. Unfortunately, our culture has become horrified, to the point of almost being paranoid, about our bodies. Naturists maintain that each person is beautiful in their natural clothes free state. We seek the liberty to enjoy the world in which we live without clothes if we wish. Regaining even the degree of body acceptance enjoyed in years past and keeping that liberty has a price tag.

Liberty never was and never will be free.

**From The Mail Bag**

Dear Lake Edun,

Thanks for your hospitality on our Honeymoon. You're all a great bunch of people.

Hope to see you next weekend.

– Mr. & Mrs. Larry & Brenda

Lake Edun Foundation, Inc.  
 P.O. Box 1982  
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 (785) 478-BARN

**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:**

	Single	Couple	Amount
Lake Edun Foundation Membership	275.00	350.00	_____
Associate Member (Over 125 miles away)	175.00	250.00	_____
Working Membership (Discount)	(50.00)	(50.00)	_____
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			_____
Tax Deductible Donation - Legal Defense Fund			_____
<b>Total Enclosed</b> - Check, Money Order, or Credit Card			_____

Please charge my  Visa;  MasterCard # \_\_\_\_\_ Exp. \_\_\_\_ / \_\_\_\_ \$ \_\_\_\_\_

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

# A Concern For The Future Of Naturism

By: Ismael Rodrigo, Presidente de la FEN

*Several months ago an in-depth review of the various movements that comprised the Life Reform Movement of early 20th century Germany was presented in four successive issues of Bare Facts. One reason for going through this history was to note the rich diversity of motivations that together created the dynamic that allowed Naturism to flourish in a Victorian era society. Despite the changing times, the Life Reform Movement serves as a source of inspiration for meeting today's challenges.*

*A number of the causes and ideals espoused by the Life Reformers ring as true today as they did a hundred years ago. We need only look at what they were critiquing in their times and recognize there are similar problems still plaguing our world today. Unfortunately, as was noted in the last article in the history of naturism series, today's emphasis has largely devolved to emphasis on recreation with a touch of body acceptance thrown in. It was suggested that this lack of any real prescriptions for addressing problems in society leaves the naturist/nudist movement without meaningful ideas or philosophy that would motivate people to join the cause, much less risk confronting social taboos.*

*It appears that others have recognized this deficiency in modern naturism/nudism. The following is from the web site of the Spanish Federation of Naturists. <http://www.naturismo.org/25aniversario/discourse25ae.html>. Its president, Ismael Rodrigo presents a cogent argument for naturism to get back to its philosophical roots and begin to address today's world more meaningfully. Only in so doing will there be a future for naturism. Obviously, the European situation is different than here in America, but his suggestions for the promotion of naturism are intriguing. [Ed.]*

Dear Naturist Friends,

A new statute was adopted at our last World Congress. There we upheld the traditional and already familiar definition that "Naturism/Nudism is a way of living in harmony with nature. It is expressed by communal nudity, associated with self-respect, respect for the opinions of others and care for the environment." (Art. 2.1).

The Spanish federation, which, by the way, is celebrating its 25th birthday as this World Congress is being held, would like to take this opportunity to call for debate among all naturists federations. We would also like to extend this debate to the mass media in order to effectively achieve the goals mentioned in Article 2.1 of our statutes.

## **Is Nude Recreation the Only Way?**

We often hear our federations say Body Acceptance is the Ideal as the goal to achieve, which frequently though is translated into the more practical Nude Recreation is the Way. Let us question whether this is the only way.

We believe the time has come to take a step forward so as to make nudism socially acceptable. Let us give our movement a rather revolutionary tilt and yet keep on enjoying our nude recreation.

In countries, such as Spain, where public nudity is no longer illegal, we take the view that nudity is one more right which has been achieved in the pursuit of freedom and must be spread everywhere.

In countries where there are still laws against nudity, derived from unacceptable moral codes, we must fight for their repeal within the legal framework of the land, appealing, as a last resort, to the Universal Declaration of Human Rights, (Articles 2, 18, 19, 20 and 26).

## **Concern for the Environment**

With regards to another aspect of our goals, concern for the environment, we see that often it is insufficiently dealt with in Naturist publications, being replaced by health concerns instead. Many a time what is known as alternative medicine is the only view on the subject of health.

While the promotion of physical and mental health can be read in successive paragraphs of our statutes, we should take care as neither the definition or methods of achieving are even mentioned.

According to the goals stated in our statutes a person can be a Naturist and also be skeptical of all that goes under the name of alternative medicine. Likewise, a Naturist can be a believer of all that is alternative medicine regardless of its reliability. In a similar manner a naturist can be either against what might be thought of as 'naturist ghettos' or in favor of leisure during the holidays in zoned-off areas.

Our movement is sufficiently open to take in people of differing beliefs and ideas. That does not mean we should take up our promoting them either institutionally or giving them support through our publications.

Conversely, we must promote all that might lead to a wider acceptance of nudity in our society and we must also fight for the preservation and improvement of our environment. Both ideas are explicitly stated in our definition of Naturism and are fundamental beliefs which should not be detached from each other. That is, we must promote a concern for our environment while enjoying nature, in the nude, with other people.

Article 2.6 of our statutes points in the direction of how to achieve this, through sports and other activities with special consideration to the youth. Indeed, we regret the decrease in membership among the youth. In our opinion, the lack of new ideas and goals worth fighting for could be part of the problem. We need to give our movement a revolutionary U-turn if we want young people to be involved. That U-turn must have an ecological concern, incorporating and picking up some of the ideas out there to bring back to our fold those who have moved away from what they thought was a submissive movement.

We must not give up the freedom that means the right of our bodies to be in the nude in any environment. We must not be complacent at having private areas where strangers can be subject to compulsory nudity. Our movement, once reinvigo-

rated, would undoubtedly attract number of young people with new ideas, new energy and new values; leaders in a new world; not just youth who may only enjoy spending their holidays without their clothes on.

### Some suggestions

Here are some suggestions on ways to follow and changes to carry out so as to reach the goals stated in Art.2 of the INF/FNI statutes:

1. The World Congress should not only be an executive assembly but also a meeting where Naturists can contribute with presentations and projects which are eventually compiled and published in a proceedings book. The INF/FNI must gather and select these presentations. The biennial assembly can continue being held while the World Congress takes place. The Naturist movement must generate its own philosophy which will find its way in forums, publications and research studies which should be financially supported by the IFN/FNI (Art. 2.6.e).

2. The present statutes of the Spanish Naturist Federation, (FEN), have amongst its goals 'to protect and claim the right to be nude amongst our freedoms and to spread that ideal' (Art. 5-2-d). We encourage every federation and indeed the INF/FNI to add a similar article to its statutes (Art. 2.4; in the present statutes it is not clear enough about it).

3. We should publicly show ourselves in the nude thus making a stand for our rights and demanding the removal of all legal obstacles which may curtail that right. Let us spread the notion of mutual respect; that is, we, Naturists, do not compel anybody to take their clothes off and, likewise, Naturists should not be forced to be clothed. There is no such right as 'not to see' what may not be agreeable to the eye of the beholder. Thus, nobody should be able to impose on others their prejudices or ethical imperatives. Naturism is our philosophy, we should defend it.

4. Federations must foster 'independent' sites on the Internet promoting media campaigns to inform about public events and massive e-mailing acting as independent lobbies.

5. We must encourage and hold nude public events in defense of our environment. For instance,

a. To demand, in the nude and in the presence of at least a journalist, reforestation of burnt down areas which are led by experts and subsidized by the authorities.

b. To demand the cleaning of beaches and recreational areas under the same conditions as in above.

c. To support and assist environmentalist groups in their activities which our associations cannot carry out directly. Such support can be translated into protests in the nude against the purchase, sale and wearing of furs.

d. To support and assist other groups with their demands for bicycle paths and other initiatives which are geared towards sustainable lifestyles in our cities. We should be able to support and publicize events although we might not organize them as they fall outside the range of our goals, but reflect the variety of interests there are among our members.

Naturists have plenty to offer our culture and our society. The repression of nudity is still a fundamental cog in the whole machinery that controls the behavior of human beings.

'Recreation' and 'leisure' are concepts which have the connotation of 'holiday making' and have inspired our model so far. We think that that approach may now be obsolete and often has been the source of an undesirable perception of our movement.

We should neither profit from nor be linked to past beliefs already debunked by Science and modern Medicine. On the contrary, our movement must come closer to environmentalist concerns, to mental health and educational preoccupations, which we see as closer to an urgent need for freedom from conventional repressions. (Art. 2.2)

Achieving freedom from having to wear clothes does not mean giving up our Naturist locations. By the same token, the existence of football federations and specific areas to play it has absolutely nothing to do with the fact that it was once declared a legal sport. In fact, since nudity stopped being forbidden in any public place in Spain, Naturist centers have kept growing in number and membership and they have been fully utilized summer after summer.

We regret the increasing desertion of young people from our associations. In view of this fact we should ask ourselves if we provide them with ideals and goals to strive for. Our movement must make the necessary revolutionary changes if we want the youth to be involved.

These are the ideas we lay before the Congress for debate by all world federations. This is our contribution on this our 25th anniversary. It is our wish that the outcome of that debate could be achieved at this, our World Congress.

During 2005 we have been commemorating the 50th anniversary of Rosa Parks' stance against discrimination. She was a 42 year old seamstress returning home from her job in Montgomery, Alabama, in December 1955 when she took a decision that changed History; Parks refused to give up her seat to a white man on a segregated bus.

Great battles for freedom are fought on apparently insignificant fronts; the right to sit on a bus, the right to show ourselves the way we are. The fight against criminalization of nudity is no less important than any other fight, like that against the deterioration of our environment. Our fight is the fight for the rights of women, and a healthy education for future generations so that they can go on enjoying this wonderful planet, in the nude.

### Items We Need

See our website at [lakeedun.com](http://lakeedun.com) for more details.

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

*In the US, if you were to take off all your clothes and walk down the street waving a machete and firing an Uzi, and terrified citizens will phone the police and report: "There's a naked person outside!"*

**Save your aluminum; Bring it to the Lake. It's time for to take it in.**