

Bare Facts

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38° 58' 7" North; 95° 47' 56" West

Report From The Board

What a wonderful August! Weather turned from extremely hot to the beginning of a beautiful Kansas Fall. As our season approaches a close, we picked up several new members we look forward to betting to know better. Vlad has done an exceptional job keeping our special place looking wonderful.

Last month we asked Eduners for help find a solution for a bee problem and also beaver and muskrat. Two great bee-guys were recommended. In short order, they had removed most of the bees. Only a small hive remains which they will remove, soon.

We still have a problem with the beaver and muskrat. Any ideas?

Thank you to a couple of NUTs who donated a beautiful hammock. Renee and Anthony, our generous couple, were the first to try it out. They looked quite comfortable!

If you do not receive our periodic emails, be sure to get on our email list. Just send an email to benude@lakeedun.com to receive the most current updates. We do not abuse your trust and will not send out excessive emails. Usually only one a week in the summer and 2-3 each month in the winter.

Finally, we are beginning to work on another survey for the fall. Many of our supporters weighed in last year for the survey and we used much of the information provided and implemented many of the suggestions. Thanks to everyone who took time to help. Once again, please watch for the new survey which will come out in a month or two. If there are any questions you believe should be included, please submit your suggestions.

Thanks to all the supporters who helped to make this such a wonderful year. Although the weather becomes cooler, Lake Edun never closes. Members are welcome to visit anytime. Even a sunny, not-too-cold day in January can be fun to visit if there is no breeze. And our saunas thru the winter can be particularly invigorating. We hope to keep up with our friends thru the winter.

Sauna Season Begins

Cooler temperatures mean sauna season is just around the corner. Sitting in the heat of the sauna can be amazingly relaxing. If you have experienced a mid-winter sweat while the snow covers the ground, you have enjoyed this wonder. If you have never had this experience, plan to join us at least once this sauna-season. Our first sauna is scheduled for Saturday, September 24.

Our sauna is heated with a wood stove. We are always looking for a source of firewood. If you have any pieces of 2x4 you are throwing out, please consider throwing them our way. We can put them to good use ... certainly better than the land-fill.

Annual Meeting Scheduled

We sometimes forget that the Lake Edun Foundation is an educational not-for-profit foundation governed by a volunteer board of directors. It sets policy and works to fulfill our mission. As we approach our annual meeting, it is time to elect a new Board. All Eduners should consider a position on this body. The only requirement for a board position is to be a member in good standing. Our Annual Meeting will be held on Saturday, October 29 beginning at 6:30. Complete details will be included in the next issue of *Bare Facts*.

While the Board sets policy, it is a working board. Each member is expected to assume responsibility for some aspect of our mission. A complete list of board responsibilities can be found later in this issue of *Bare Facts*. We have many new members. We hope some will consider a board position so the board reflects our membership. Men, women, seniors, couples with families at home, and NUTs (Naturists Under Thirty). We want the board to be truly representative.

Our mission is to educate the citizens of Kansas and western Missouri on the beneficial impact living a clothing-free lifestyle can have on the individual, the family and our society, in general.

Fall Work Days Scheduled

We rely on the combined efforts of our members in both Spring and Fall to open and close our season. We customarily schedule more work days than are typically required because we never know what Kansas weather will do to our schedule.

In the Fall, we basically secure everything and prepare it for the cold weather. If you are available, we hope you will join us. It really isn't difficult and, with enough help, can be fun.

Then, after the leaves have fallen and it has become legitimately Kansas Cold, the Winter Warriors take over. This is a group of dedicated volunteers who take on some of the major projects required to move us ahead. Like cutting Cedar trees, clearing the North Road and keeping the dam clear. Last year, we made major progress in all three areas and we thank the small, dedicated group who helped.

DON'T FORGET

Activities designated HN are sponsored by Heartland Naturists

Sept 10; Sat; Dusk; Evening program

Sept 16; Fri; 8:30-10:30; HN Swim

Sept 24; Sat; 8-10; Sauna

Oct 8; Sat; 8-10; Sauna

Oct 9; Sun; 1-3; Board of Directors

Oct 21; Fri; 8:30-10:30; HN Swim

Oct 22; Sat; Sauna

Oct 29; Sat; 6:30; Halloween Party; Annual Meeting

Visit To Lake Edun

Here's a nice trip report from an avid naturist, along with some pictures taken of our special place. You can get daily e-mails from Ken and his Skinnytrippers group by signing up at: <http://groups.google.com/group/skinnytrippers/topics>

We then drove north on the 75 for about a half hour and stopped at Lake Edun (<http://www.lakeedun.com/>). This wonderful naturist paradise in Topeka, KS is a must visit for those wanting to commune with nature the way God intended. Only one other car was parked in the gravel parking lot. We walked down the well-groomed trail through the trees to the small shed where we registered, made a donation, and locked our clothes.

At the first boat docking area we met and talked with the only other visitor – a local man, fairly new to naturism. We explained that we were making a short visit, and headed off around the picturesque lake. Lake Edun's well-groomed, tree-covered trails wind all the way around Lake Edun, making for a relaxing and private nude hike. (This would be a great place to introduce someone to the feeling of being naked outdoors.) Several canoes were available, but we didn't take the time to use one – next visit for sure. We took several photos along the way (see <http://imageevent.com/kenandjane/lakeedun>). We dressed again on returning to the shed to walk back to our car (a club requirement), leaving paradise as a sign on the path out said. There is no naturist paradise quite like Lake Eden – with all the local political pressure we hope it can remain just like it is.

Soon we were skinny driving again back on the 70 towards the Kansas City area. (Nude driving is such a refreshing way to travel, especially if one is hot and sweaty from a naked hike.) We covered up only briefly with towels as we passed through two toll booths on the turnpike, but had no concerns. Too soon we arrived at our destination in the "real" world where clothing was again required, the end to a perfect Skinny Road Trip.

If you live in the Kansas City area and haven't taken this Skinny Road Trip, you've truly missing a wonderful experience.

Anyone else have a Skinny Trip Report to share?

Ken

In Praise Of Wine

Wine lovers now have something else to cheer about as they consume their favorite beverage. Leave it to science to confirm the benefits of wine, something humans have known intuitively for thousands of years. In this case, it's protection from UV damage.

Does this mean you can forget about sunscreen, just bring a bottle of your favorite vintage to the Lake, consume liberally and be worry free in the sun? Not really, unless you are only consuming grape juice. Remember: No Glass, and there's still that old alcohol downside to guard against.

New research published by the University of Barcelona indicates that grapes and grape derivatives, including wine, have compounds called flavonoids, that helps protect human skin from the damaging effects of ultraviolet radiation.

This adds one more health benefit associated with wine consumption. Other studies have found that wine has some effect in protecting against Alzheimer's disease, cavities, and prostate cancer. Now add the effect it may have on human skin to the list.

Previous studies have shown that human skin can be protected against UV radiation by using plant-derived antioxidants.

Researchers explain that the mechanism of how flavonoids confers their protective action begins with understanding how UV rays cause their damage. When UV rays hit human skin they activate ROS (reactive oxygen species), which oxidize lipids, DNA and other large molecules, which in turn activate other enzymes that destroy skin cells. Flavonoids, found in grapes undermine the formation of the ROS in skin cells that are exposed to UVB and UVA rays.

These findings suggest that there may be new ways of protecting skin from harmful sun rays.

Decline Of Naturism In Germany

The times and the population, they are a changin. Germany, the birthplace of the modern naturist movement is facing a crisis.

The president of the German Free Culture Society association (DFK) states that, "German society is changing and it's not easy to be a naturist anymore." Incredibly, the numbers of nudists are dropping by 2% every year, the reason given? Immigration.

Germany is looking at a serious demographic shift as the number of native Germans looks set to drop from 75 million to 50 million by 2050. Germans simply aren't having enough children to replace themselves, much less expand their number

Currently, only immigration is keeping the German population levels steady, but immigrants are often not so big on nudism – many have strong religious views that are coming from Eastern Europe and the Balkans as well as Turkey and Arabic countries.

Some also suspect that the German population's growing waistline may also be a factor. Who knows?

Germany isn't alone in these population changes. All of Europe is in the same situation with a declining birth rate among native Europeans. In addition, let's not forget the legacy of two world wars and the millions who had no chance to have children. It is ironic to think that by 2050 naturism may only have a home in North America. Well, let's hope it has a home in North America. [Ed.]

Go to: <http://www.businessinsider.com/germany-nudism-naturism-2011-7>

Items We Need

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

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

Are You A Home Nudist, Too?

Here's another piece from Skinnytrippers who are asking readers to respond to the question of whether they are home nudists. We would welcome anyone receiving this newsletter to e-mail us about being home nudists or not. We would like to include your replies in our October issue. [Ed.]

PJ and I are home nudists, as are the following people. Are you a home nudist too? – Ken

“I have never liked clothes. When I do go clothes shopping it takes me hours. I just don't like them. When I get home from work the clothes come off. I love the feel of my naked body against the nice crisp clean sheets and the air coming in through the window onto my naked skin. We live out in the middle of nowhere and we have warned the ranchers in the area that if we are outside when they come up to yell so we can get something on if we are out in the back pasture. My husband shares this with me. We will run around the farm all day long in the nude. We have a pond we are trying to get started and I can't wait to go skinny dipping. Going out into the rain in the nude is great too. The human body is so beautiful I don't know why any of us have to wear clothes anyway.” – Rondat (woman)

“I too love to relax without clothes and often do. I own a house and have deemed it a clothing optional place. Everyone is welcome to dress or undress to their comfort. We mostly relax, talk, watch TV without wearing clothes. It is too bad society prevents this. I believe if nudity was legal, people would have much less hang ups.” - Nudydude

“I've hated clothes since my teenage years and that's a while back (40 years!). I regularly go walking in our lovely countryside shoes only (and sometimes barefoot too!), and am nude at home - can't see any logic in wearing clothes indoors.” – Naturistmike

“I have been a closet nudist since I was a teenager. I slept in the nude and when I got home from school. If I was alone, I would spend my after school hours completely naked while I did my homework, read or worked on my hobbies. I continue to shed my clothes the minute I get home.” – Laidbacknudist

“I walk around the house naked. I sleep naked. If I could I would go to school naked . . . I'm mad that guys can walk around shirtless, but us females have to suffer. I'm hittin those nude beaches every day! I mean we came in this world naked right; well I want to be buried naked, even if I am an old saggy wrinkly old old old lady.” – Princesschanel

Healing Time

Richard Mason from Haulover Beach fame supplies the following touching account of how a visit to Haulover Beach had a healing effect on one of our combat veterans. [Ed.]

During the Celebrated Nude event on July 23rd, a young woman who was signing up for our free mail newsletter told me the following story.

The lady stated that she was from Texas (Hispanic Mexican/American) and this was her first time to a beach. It was also her first time to a nude beach.

She had spent two tours of duty in Iraq in a combat situation and was wounded when the vehicle she was in was hit by a rocket launched grenade. She also stated that she was 100% disabled and was having daily and continuous PTSD symptom episodes. A friend brought her to South Beach [not a nude beach] to try to help her relax. It did not work.

She then stated that her 4 hours on the beach, nude, at Haulover was the first time since she returned from Iraq that she had a relaxing experience without a PTSD episode. She said that when she returned to Texas, she was going to discuss the experience with her VA doctor.

She said that she was in her early 20's but she looked 17 years old.

I asked her if she had any regrets about her army experience in Iraq. She stated that she would go back tomorrow if she could.

Richard Mason

The following actions are our way of thanking her for her service.

I discussed this incident with Nicky Lee at TNS. Nicky has donated a free TNS membership to the lady. SFFB/FNA will be doing the same.

I stopped at the Mental Health Clinic of the VA Hospital on my last visit to share the story. The two residency doctors I spoke too could not handle the situation when I explained it was a nude beach. I believe it was a cultural clash because they were both from other counties. Also, in the VA, doctors at the residency level can only work with approved protocol.

I will attempt to speak to the department chief. My personal experience on my first nude beach visit was similar. I do not have PTSD, but I was a type A personality.

Never slept during daylight. Hated to go to sleep at night because I had a large do-list. My first day on a beach, nude, I fell asleep. I changed.

Richard, Korean War Vet, US Army
Non-Combatant, 1953

What's Going On In China

Once again you will find the pages of Bare Facts will keep you up-to-date on societal evolution ... this time from China of all places. For sure, this isn't your father's China.

The Lian Wah Square shopping mall in Beijing was the site of a public art show. Seven or more very attractive young women participated as live canvases for a body painting exhibition.

This was being done as a promotion for an international art and ceramics event in the Convention Center of Zibo, Shandong, China.

If you go to the web site there are twelve photos' documenting the body painting in progress. If the Chinese people were ever to embrace naturism, even if only a small percentage of the population, we would be welcoming millions of naturists to our international ranks. [Ed.]

Go to: <http://stuffmomsendsme.posterous.com/fw-shopping-mall-in-beijingunbelievable>

Annual Meeting And Board of Directors Responsibilities

2011

Our Annual Meeting, as required by our By-Laws is scheduled for October 29. This is an opportunity for our Board of Directors to report on progress and plans to the membership; it is also an opportunity for members to bring suggestions and concerns to the Board. We hope all Eduners will plan to attend this important meeting.

We also hope some members will consider running for a position on the Board. It is the Board that makes everything happen for the foundation. They make the plans and allocate our budget. Please don't wait to be asked. If you have an interest, review the responsibilities and take some time to give back to an organization that has given so much to all of us.

The Board of Directors sets policy and implements the program for the Lake Edun Foundation. Board members meet monthly as a group and as needed with their committee. Each member of the Board chairs a committee with specific responsibilities and makes periodic contributions to *Bare Facts*.

President:

Preside at all meetings of the Board of Directors. Sit as an ex officio member of all committees.

Secretary:

Keep minutes of meetings of both the Board of Directors and members. Maintain membership records. Correspond with members and with others for the Foundation.

Maintain contact with all appropriate national organizations including TNS, NEC and NAC. Educate our membership on the function and importance of these organizations. Encourage support among our members for these groups.

Treasurer:

Account for all money and property owned by the Foundation. Pay all legitimate invoices in a timely manner as directed by the Board. Make regular financial reports to the Board.

Facilities and Conservation:

Insure we meet our obligations for conservation, maintenance and improvement as required by the terms of our lease. Organize resources, including work days, toward achievement of these obligations. Coordinate with other committees to insure their requirements are met. Provide advice for members on their agricultural activities and garden plots.

Our lease requires we maintain a rustic, natural setting. This committee must plan ways that will tend to encourage suitable plant and wildlife growth. This includes planting trees and shrubs and attracting compatible wildlife. This does not mean all plants and wildlife are desirable. Poison ivy and other noxious and annoying plants must be discouraged. Likewise, beaver that kill trees or muskrat that damage the dam are not desirable. Our objective is to balance the needs of desirable plants and wildlife against our lease requirements.

Promotion/Publicity:

The promotion and publicity committee should work in concert with the Education Committee to arrange for appropriate publicity of our foundation with the objective of improving the public perception of nude recreation in general and increasing membership in the Foundation. We want to present nude recreation as a healthy alternative to other forms of family entertainment. We should strive to be featured positively in news stories twice during the year.

Member Relations:

The overall purpose of this committee is to improve membership retention. Screen new applicants. Make a recommendation to the Board concerning their suitability for membership. Maintain contact with members; determine problems or conflicts that may develop with their membership. Work with the Social Committee to develop meaningful activities for all members. Remind members we have not seen about upcoming activities. Keep all members active and interested in the Foundation.

Education/Outreach:

Implement the educational mission of the Foundation to the public through seminars, press releases, articles, presentations, meetings, interviews, etc.

Education & Outreach committee is responsible for spreading the word on the beneficial impact naturism can have on the individual, the family, and our community.

Bare Facts Editor serves on this committee. Our monthly newsletter is an important component of our educational mission. Edit, write articles for, produce, print and mail our monthly newsletter. We strive to make Bare Facts a respected source for information on body acceptance, the history of common nudity, and the impact living a clothing-free lifestyle can have on the family and our society.

The **Web Master** also serves on this committee. Maintain and enhance our presence on the Internet. Send periodic emails of our activities to our membership and friends. Monitor, expand our presence on social networking sites and look for other avenues to get our message out to those who may be interested in learning more..

Social:

We realize not everyone will be comfortable with the Naturist lifestyle at first. The Social Committee must plan and coordinate special activities throughout the year that implement our educational objectives with our membership and permit members and guests to learn firsthand about the benefits of naturism. It should plan indoor events during winter months when use of our leased facility is not practical. It should make a special effort to conduct events that will attract women and families to the Foundation. Major summer activities should be limited to not more than one per month.

Did Jesus Rise From The Dead Naked?

By Father James Farfaglia

American attitudes toward the naked body are complex and varied. In general, a person seen naked in public is viewed with suspicion and hostility. Too many equate nude with lewd. This is reinforced by laws giving force to this belief. If it's illegal it must be wrong/immoral/dangerous – right?

Naked people are typically suspected of either being mentally ill or a sexual pervert. Then there is fear the mere sight of adult nudity will damage children.

Besides these negative general societal views toward nudity, add the denunciation of social nudity voiced by a number of religious leaders, usually Christian pastors.

This unfortunate and unnecessary conflict is fueled by fear and misunderstanding by many Christians: Fear that all nudity outside the marriage bedroom or the doctor's office is only sexual, leading to lust; and misunderstanding of what the Bible has to say about simple nudity.

On the other hand, it can be rightly argued naturists have failed to adequately educate and influence society with our gymnosophy which holds the human body is good in all its parts and functions. Naturists believe it isn't good enough simply to make an intellectual statement about the goodness of the body; this reality must be actualized in social nudity.

Against this background, when a body positive message about nudity comes from a Christian source, it deserves our attention. Enter Father James Farfaglia, The Smoking Priest. That name for a blog from a priest is arresting in itself, possibly from some sort of non conforming iconoclast.

Iconoclast indeed! Go to his blog site to read the responses he received from some of the faithful to this essay! His station as a respected member of the clergy didn't protect him from their knee jerk ire. Apparently the thought that Jesus wore no clothing following the resurrection overwhelmed their sensibilities shaped 2000 years after the fact.

Not only that, Father Farfaglia suggests the antidote to our addiction to pornography is to understand the truth of the human body. He eloquently argues for the beauty and truth of the body, following the teachings of Pope John Paul II's brilliant, Theology of the Body.

True, Father Farfaglia isn't arguing for Catholic nudist colonies, although a lot of naturists are Catholics or other Christian denominations. However, he is saying our body phobic and repressive society has it wrong. To some extent this body negative attitude in our churches and society has the unintended consequence of opening the way to a pornographic view of the body. Wow! Right on Father Farfaglia!

Given time and some more daring souls within the Christian churches, Christians and society in general just might come to a more balanced view of the body. Simple nudity might become far less controversial in general. Here's looking forward to that day.

We thank Father Farfaglia for his permission to reprint this essay. [Ed.]

There is something in the Gospel of Saint John that I never understood. Why did Mary Magdalene think that the Risen Jesus was the gardener? Gardener? What's the deal? "*Supposing him to be the gardener...*" (John 20: 15).

Think of a place on earth that is very, very hot. Think of a time when there were no washing machines; no dry cleaners; no Malls to buy clothes; people making their own clothes; people having only a few outfits.

During the time when Jesus walked the earth, gardeners worked naked. Naked? Yep, they sure did.

So, if Mary Magdalene looked upon a naked man and thought that he was the gardener, could it be possible that Jesus rose from the dead naked?

OK, before you have a heart attack, consider this:

Referring to John as he waited for Peter before entering the empty tomb, the same narrative says: "*he bent down and saw the linen cloths lying on the ground...*" (John 20: 5). Then when Peter enters the tomb, the Gospel tells us that "*he saw the linen cloths on the ground, and also the cloth that had been over his head; this was not with the linen cloths but rolled up in a place by itself*" (John 20: 6-7).

Unless I am missing something, Jesus did not go to the Mall to buy a new set of clothes before leaving the tomb on Easter Sunday.

He rose from the dead naked. He appeared to Mary Magdalene, naked. I do not know if someone gave him a robe later on, but one thing is certain from the Scriptures: Jesus rose from the dead naked.

Now that you have gotten over your heart attack, why is all of this so essential?

We live in a pornographic culture. Maybe you are one of the millions of people in America who are addicted to pornography. What is pornography? It is a lie. It is counterfeit. It is a distortion. And you know who the father of lies is, right?

The only way that Americans will be able to free themselves from their addiction to pornography is through the truth of the human body.

Go to Rome. Enter into the great basilicas; the museums; the plazas and what do you see? The naked body; the truth of the body.

And you know what? In Rome you don't see the pornography and the strip joints that you see in America. Why? Because the Romans, like everyone who lives in a Catholic culture, are immersed in the truth of the body.

Catholicism is physical.

We have art and music. We have poetry and incense. We have feast days with food and wine. We have gardens and fountains. We have saints and mystics, some of whom are incorruptible. We are immersed in the physical because Jesus

has risen from the dead with a glorified body. He is not the product of the imagination of his disciples. He is physical! "The glory of God is man fully alive" are the beautiful words of Saint Irenaeus.

OK, I am not advocating Catholic nudist colonies. But what I am talking about is the fact that America needs to come out of the lie and see beauty and truth anew. Too many Americans are walking around like zombies because they are immersed in the pornographic. It is all around us.

We need a new romance.

We need to fall in love again.

As Saint Augustine says, "To fall in love with God is the greatest of romances, to seek Him the greatest adventure, to find Him the greatest human achievement."

Perhaps the notion of the nakedness of the Risen Jesus is difficult to consider, even daunting to write about.

However, is not the Eucharist the Risen Body of Jesus? Cannot we affirm that the Risen Jesus is naked in heaven? Thus, cannot the naked body of Jesus draw us out of sin and allow us to see our own body and every other body in a different way, free from lust?

Although we will always struggle with concupiscence until the resurrection of the body, is it not possible for the naked Risen Jesus to free us from lust and allow us to love correctly?

In other words, is it not possible that the exposed Eucharist more clearly draws us, through grace, to understand the nuptial relationship between me and God? Is it not possible that the exposed Eucharist more clearly makes the Body of the Lord a gift for me and me a gift for Him?

Theologically, there is no difference between the Blessed Sacrament reserved in the Tabernacle and the Blessed Sacrament exposed in the Monstrance. But, we do use the word *exposed*.

Is this not the same as saying *naked*?

Is He not open, vulnerable and exposed for us, so that we may receive His love?

Is it not possible that the Risen and naked body of Christ, solemnly exposed in the Monstrance, can free us from the darkness of lust so that we can see our body and the bodies of others with a new vision, the vision of the redeemed?

See: <http://blog.beliefnet.com/thesmokingpriest/2011/04/did-jesus-rise-from-the-dead-naked.html#ixzz1Vokwqe3I>

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**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	_____
Recession Discount – if you need help	(50.00)	(75.00)	_____
Working Membership (Discount)	(50.00)	(50.00)	_____
NUTS Membership (Must be under 30)	75.00		_____
Separate Mailing Address for members		12.00	_____
<i>No Sex, No Violence ... Only Nudity</i> First Naked Plays – DVD		25.00	_____
<i>Lake Edun Exposed</i> – Video		20.00	_____
<i>Lake Edun Exposed</i> – DVD		45.00	_____
Naturist Society Membership		55.00	_____
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