

# Bare Facts

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38° 58' 7" North; 95° 47' 56" West

## Items We Need

Every month Bare Facts contains a brief listing of various items we need to make our special place even better. Typically these are things someone might be considering discarding. Eduners typically are extremely generous in their support. As Fall approaches, we offer a more comprehensive listing.

Patio Furniture - We need new tables by the barn. Small metal patio tables would be perfect.

Non-motorized boats. Eduners really appreciate all the boats we have available. If you are through with yours, consider donating it to LEF.

Wheel Barrow - Ours are beginning to show signs of age.

Hoses - The type you use around your house. They must have good ends although small holes or leaks are not usually a problem.

Lounge Chairs - If you know of a club or community pool that plans to upgrade their lounge chairs, ask if they would consider donating the old ones to LEF.

Aluminum - We save our aluminum cans, etc. throughout the year. If you have some that you have been saving, please bring them with you on your next visit.

## LEF Annual Meeting

Every year the Lake Edun Foundation has an annual meeting to elect new members to the Board of Directors, hear a report on our progress for the past year, and discuss issues for the upcoming year. Mark your calendar, this important meeting is scheduled for Saturday, November 1.

The Board is our governing body. It sets policy and insures we deliver a quality program. LEF can not exist without an active Board to put our program into action.. We hope all members consider a position on this very important board. More details will appear in the October issue of Bare Facts.

## Work Days On The Calendar

Before Winter arrives, there are many tasks we must complete to insure our special place is secure. None of the tasks are particularly arduous. Each year, we count on Eduners to assist with these. Most find it an enjoyable way to give back to an organization they get so much from. We hope you will find a work day that fits with your schedule and come out to assist.

Looking forward, we plan to call up our band of Winter Warriors once again when the cold settles in and the snow falls. Last year, our Winter Warriors surveyed and marked the path for the new trail (a surprisingly difficult task), cleared trees from more than half the dam, and made substantial progress on the North Road. This year, we will complete work clearing the dam, clear Cedar from the West side, and try to complete the first leg of the North Road. If you wish to join in the fun and work this group enjoys, send us an email.

## The Buff Astronomer – September, 2014

The September sky is changing with the season. Scorpio and Sagittarius move westward and drag the Milky Way across to its eventual diagonal path. Overhead the “Summer Triangle”, including Vega (in Lyra), Deneb (in Cygnus the swan) and Altair (in Aquila) move in the same westward direction.

The fall constellations, including Pegasus, Taurus, The Pleiades, and eventually Orion, make their appearances in the east one after the other. Pegasus and Andromeda rise earlier with the large W of Cassiopeia pointing towards both. On a dark clear night you can see the Andromeda galaxy, only needing binoculars for this treat. M 31 (this galaxy) is actually wider than the moon in size, and any telescope that makes the moon look gigantic will not contain the galaxy.

This month Mars (also called Aries in Roman times) moves from Libra towards Scorpio. It will approach its ant-agonist star, Antares. This is a red star in Scorpio that mimics Mars red glow. Mars will come within 4 degrees distance on Sept 24-30. The moon is just to the right of Mars on the 28<sup>th</sup> & above Mars and Antares on the 29<sup>th</sup>. The moon will be just to the right of Saturn at dusk on the 27<sup>th</sup>. Saturn and Mars are again paired in the evening sky, while Venus and Jupiter are together in the morning sky.

Jupiter climbs above the horizon at 4AM in early September, with the view improving as it climbs higher later in the month. Venus shines very brightly around 15 degrees to the left of Jupiter.

NASA has sent a new mission to Mars (MAVEN mission) to get data on the red planet's past. It is dedicated to sampling the thin upper atmosphere and to try to find out why Mars has been losing atmosphere over time (time measured in centuries and longer). Unlike other missions to Mars, MAVEN does not have a visible light camera on it. Another mission to Mars, called MOM, was launched by India late in 2013, just before MAVEN. It is great to hear of other countries getting involved in the “race for space” knowledge.

Until next month, enjoy the evolving fall sky and welcome back our beautiful fall companions as you look upwards with the Buff Astronomer.

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## DON'T FORGET

Sept 6; Sat; 2-4; Board Meeting  
Sept 20; Sat; Noon-4; Work Day  
Sept 20; Sat; 8-10; Sauna  
Sept 24; Wed; 7-9; Sauna  
Sept 27; Sat; Noon-4; Work Day  
Sept 28; Sun; 7-9; Sauna  
Oct 4; Sat; Noon-4; Work Day  
Oct 4; Sat; 8-10; Sauna  
Oct 12; Sun; Noon-4; Work Day  
Oct 12; Sun; 7-9; Sauna  
Nov 1; Sat; Annual Meeting

## Random Thoughts And Reflections

Our bumper crop of Sand Hill Plums continues to flourish. If you are interested in gathering some, bring a container and gather as many as you wish. Already we have received a jar of delicious plum jam. Thank you, Ralph.

The change in seasons brings many changes in our personal lives. Some may find they have unused 'stuff' in their homes and yards. Please take time to read through our Things We Need article to see if there is some way you can help us.

With the change in seasons, it's time to once again change our lock. Members will find the new combination enclosed.

## Got Your D?

More good news! So far, all the reports about the benefits of vitamin D have been remarkably positive. The good news for naturists is that we are remarkably well situated to make the most of our opportunities to get our D. So, here's to us, "Live long and prosper." [Ed.]

Older adults who are severely deficient in vitamin D may be more than twice as likely to develop dementia or Alzheimer's disease than those who don't have a deficiency, according to the largest study of its kind, published Wednesday in the journal *Neurology*.

According to the study, adults who were just moderately deficient in vitamin D had a 53 percent increased risk of developing dementia, the general term for any severe decline in mental ability, while the risk jumped to 125 percent for those who had a severe deficiency. Similarly, for Alzheimer's disease, the most common type of dementia, the moderately deficient adults were 69 percent more likely to develop it, while the severely deficient had a 122 percent increased risk.

The lead researcher explained that "It's a relatively large study, and it looks like it does show a pretty substantial link.... It just doesn't show us why there is a link." One hypothesis is that the brain, including the hippocampus, which is one of the first areas to break down with Alzheimer's, is full of vitamin D receptors.

There has been a growing body of research on the disease's connection with vitamin D, the main sources of which are sunshine and supplements, with minor sources including egg yolks and oily fish like salmon and sardines. The vitamin has also been linked, in various studies, to preventing asthma, diabetes, and cancer.

It was explained that "...vitamin D has a profound mechanism of action, as it's really a steroid hormone that turns genes on and off, and no other vitamin works that way. There are at least 1,000 different genes directly influenced by vitamin D." The council recommends a combination of cautious sun exposure combined with supplements in winter months.

This is an important subject for everyone ... even non-nudists. Learn more [here](#).

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*"Sometimes I like to run naked in the moonlight and the wind, on a little trail behind our house, when the honeysuckle blooms. It's a feeling of freedom, so close to God and nature."*

– Dolly Parton

## Danger! Danger! Naked Man In Topeka

Goooooollly! Can you imagine it? Right here in Topeka a naked man wanders the streets! Is no one safe anymore? Someone should do something about this. There oughta be a law! Yada, yada, yada.

Very recently several citizens sent pictures to a local TV station documenting a naked man walking past them on the street. Diligently following up on this sensational story, the TV station anxiously inquired of local law enforcement, "Why wasn't this man arrested?" We were shocked as no doubt you are also that, (it just can't be true) walking naked in Kansas is actually not against the law. (At least not yet anyway).

One sender of the damning photographic evidence says she "couldn't believe her eyes when she saw this man." Suddenly, "I realized he was butt naked!"

All this took place on Burlingame Road. She added, "The fact that kids could be outside playing, or in their classroom. He walked past schools, past churches."

The county sheriff informed the reporter that according to state statute it is legal to walk around naked. The caveat is that if said person is exposing themselves or a sexual organ to gratify or arouse someone other than self, it's really not anything against the law."

This clarification of state law was deemed confusing to the woman interviewed. "I'm confused! I'm like really baffled about it. I don't understand how is this okay?" She concluded by saying how disturbing all this has been to her and "...makes me wonder how many people are going to catch wind of this and think it's okay to do that."

Indeed, how could this be true? To inquire further the TV station interviewed several state legislators. They discovered to their dismay that only one of them was even vaguely aware of the state law.

One opined that there are 12 volumes of state laws. He did add that he thought the law should be reviewed, but added, "You know if it's freedom of expression, now you are getting into freedoms that we all share."

Since no one talked to "the nude man," we have no idea why he was taking his nude stroll. Perhaps someone stole his clothes, perhaps...perhaps?? We don't know.

What we do know is that some in the community will be on the war path to make another law, because more laws and penalties fix everything. This is driven by the unproven assumption that seems to be in the water supply, that simple nudity is harmful and an outrage.

Grow up people! Unless the conditions already covered by law are met, no tangible harm is done to anyone in any sense of the word. We are then left with merely opinion that everyone is welcome to have, but not to impose on everyone else as they see fit. After all, liberty is a bedrock principle of the founding of this country. [Ed.]

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*If possible, compute in the nude. - From the book "Supercharging MS-Dos" by Microsoft Press, 3rd Ed., pg. 393, under the section "Static Electricity Is A Killer"*

## Correction

In last month's Bare Facts one sentence was written in error and the record, with my apology, needs to be corrected.

The statement in question made reference to the NAC Advisory of 1-21-14. The advisory was referenced from memory which after six months wasn't accurate. Contrary to my assertion that it didn't seem that AANR or TNS were open to initiatives not originating with them, the advisory did contain the statement that NAC encourages responsible grass roots efforts, "...whether or not it originates with NAC."

Michael Curry, Ed.

## Kids Say The Dandiest Things

It's not easy being a parent – it's expensive too. The unfortunate truth is none of us are perfect parents and neither do we have perfect children. Fortunately perfection isn't required by either side of this equation. All we can hope for is to be a 'good enough parent.'

Narrowing our focus to just one aspect of parenting, the issue of acceptable family nudity is always a source of spirited debate in the larger society. Naturists tend to have a pretty accepting view of unrestricted home nudity when raising children as do a fair number of non naturists. The rest of society doesn't endorse this and set some arbitrary age limits that vary widely.

The following excerpted article shows the struggle of one British mother and daughter to come to terms with mom's nudity around her 10 year old daughter. On balance the mother makes a number of good points. However, it seems that had she been doing her 'teaching' all along, her daughter wouldn't have been nearly as swayed by societal prejudices as she expressed to her mom about mom's body.

What is it?" I rasped, trying to cap my irritation. 'What are you looking at?'

'You, Mummy. You just look ... err ... .' Looked what? Cold? Annoyed? Psychotic?

But it was worse. 'Sorry Mummy, but you look so, err, floppy' Floppy?

But looking down at the pendulous breasts just peeking out from the foamy bubbles, I silently conceded that Sophie had a point. At that very moment I decided there was only one thing for it; I would never let my daughter see my naked body again.

The writer explains that discussions of parent/child nudity are usually seen in a context of sexuality. The back story to this is the persistent grounding in prudery, Freudian formulations, and fears of sexual abuse; quite an unholy trio.

To emphasize her point she says her husband began covering up whenever their daughter was around at about five years ago. And by the time their daughter's three older brothers had reached the age of two, she always was at least partially clothed around them.

From a naturist perspective, to think that male children need to be protected from female nudity at age two is indeed carrying caution to an extreme. Apparently this same standard of care

didn't apply to the father as his covering up began when the daughter turned five.

As a female, the mom thought things always would be different between herself and her daughter. She thought her nakedness was a natural way for her daughter to come to understand her own physical development. Certainly this is a rational view. Further the writer hoped to counter the many damaging influences young women are subjected to. She adds, "I wanted her to learn that to be beautiful you do not need to be slender to the point of emaciation. And I wanted her to understand that nudity is not always sexual."

So I didn't mind her seeing me as nature intended. She'd bound into my room in the morning and sit chattering to me while I got dressed, and trail after me into the bathroom when I went to have a shower in the evening, asking her about her day as I washed.

But in recent months, I've noticed that Sophie has become more critical in her appraisal of my naked form. Partly because she is getting older and more aware of her own body, and partly because she soaks up the body-conscious, over-sexualized imagery of fashion and pop music like a little sponge.

We appreciate the intention this mom had. But without realizing it, by covering up, first with the boys, then with the daughter, the parents subtly gave the opposite message about the body.

Credit has to be given to the writer for not going to an extreme as it first seemed when she made her declaration to never allow her daughter to see her naked body again. Instead she is using this as a teachable moment.

She is intending to let her daughter know that she doesn't care what she thinks of mom's body, that it's far more important to feel comfortable in one's own skin, and not listen to what others say about appearance.

It's a good ending.

Different people have differing views on child-rearing ... particularly when it comes to nudity. Learn more about this point of view [here](#).

## Body Painting – Amazing!

Body painting has developed over the years into a highly creative and artistically superb art form. Artists continue to push this art form to new levels of creativity.

Based on the name of the artist, Du'ong Quoc Dinh and that of his models, he appears to be Vietnamese. Regardless of national identity, the nearly six minutes of still images is fascinating.

The artist places his models in nature settings elaborately painted to blend with their background. The pictures bring to mind European mythological images of wood nymphs, but with Buddhist inspired poses. Besides the beauty of the models, there is a quiet serenity seen in their faces and relaxed lines of their bodies.

This is a treat for the [eyes](#).

# The Rise Of A New Prudishness

There does seem to be something amiss. Over the last 15 or more years there have been an increasing number of reports of a decline in naturism, not only in America, but even in Europe. This has been accompanied by an increased public and official hostility toward naturists. It's a complicated sociological maze, to understand what is going on and account for the various forces at work in society.

This includes more frequent complaints by citizens about any and all public displays of nudity in any form, and increasingly successful efforts by government to close down both designated and traditionally accepted clothing optional beaches.

What accounts for this? Naturists in the 1930's were confident naturism would someday enjoy wide tolerance, if not full acceptance. Perhaps they were just naive. But, the growth in numbers of naturists in post war America seemed to point to a bright future. This no longer appears to be the case. What went wrong?

The following summaries of three news articles address this question. They take into account results of some surveys in Europe about a decline by European youth to embrace nudity in the same numbers as did their parents. Some facts are presented, but, there is mostly speculation, perhaps well informed, by all those commenting about causes. Still, what they have to say is food for thought.

Even if we learn the causes for declining support for participation in naturism, the question remains: What to do to sustain naturism in this climate; or even to advance the naturist cause in today's world. [Ed]

This month, Britain's legions of naturists mark an important anniversary. But, overshadowing the celebrations is an ominous new mood of suspicion and prudery in society.

Not only dedicated "lifestyle" nudists but also those who merely fancy an all-over tan or a spot of skinny dipping are experiencing a toughened response from the authorities.

According to Malcolm Boura, the director of British Naturism (BN), such heavy-handedness is becoming increasingly common. His organization is using the term "gymnophobia" – an irrational fear of nudity – to describe what it feels it is up against. A strain of neo-puritanism, compounded by other complex factors, is gnawing at nudity's popularity.

The question confronting naturists is how to explain the increasing groundswell of discomfort and outright hostility toward nudity. A number of explanations have been advanced, a few which will briefly be touched upon here. However, just how much any of these conjectures actually explains the new prudishness remains to be seen. Genuine scientific research is needed to sort out what is the truth.

Some social scientists argue that our celebrity-driven obsession with body image and, conversely, the growth of obesity have made us less willing to go naked. Others say the "pedophile frenzy" resulting from some particularly notorious cases is a disincentive, particularly to men, to be naked in public.

The latest issue of Elle in France reports on the reluctance of today's French women to bare their breasts on the beach. It suggests the retreat is partly due to health concerns, with greater awareness of skin cancer risks, and partly to the unseemly politicization of breasts by militant organizations such as Femen and Free the Nipple, an American group claiming the US is waging "an insane war against boobs".

Germans tend to have fewer inhibitions than most about stripping off. Yet, even in the home of Freikörperkultur – free body culture – the new prudery is creeping in and the president of the German Federation of Nudist Clubs says the numbers going naked are in steady decline.

Some blame the country's changing demographics, with large-scale Muslim immigration bringing an edge of social and religious conservatism to a society that once barely raised an eyebrow at nudity. Unclad sunbathers have reported being abused and threatened by passers-by. Younger Germans, moreover, appear less ready to peel off than their parents. Polls suggest that most under-25s prefer to stay covered.

So why should going naked be such a big deal? Researchers broadly concur that for 99 per cent of our time on Earth, nudity has been the norm, and dressing for the sake of decency is an almost wholly modern phenomenon.

In the West, it wasn't until the early Christian era that an association between nudity and sin began. The big cover-up followed. "The naked body," wrote the art historian Kenneth Clark, "ceased to be a mirror of divine perfection and became, instead, an object of humiliation." However, this hasn't been a uniformly held view in the West. The painters and sculptors of the renaissance clearly saw the naked body as a mirror of divine perfection as did many of the leaders of society. However, the last two hundred years is rife with the perception of the body as an object of humiliation. Perhaps even more so in the last 30-40 years

Once established, the obligation to wear clothes has proven fiendishly hard to overthrow. However, to the core devotees of naturism, the appeal remains just what it always was – the delightful sense of freedom, innocence, and oneness with nature.

In Britain, naturists observe such feelings are not shared by the new prudes who readily report any glimpse of an uncovered body. Fifty years ago naturists assumed such provincialism would recede, but today they find themselves beleaguered and short on hope for tolerance.

Here is part of the [story](#).

After shocking the world in the 1970s by baring their breasts on the beach, French women are said to be covering up.

Weighing in on the political meaning of the supposed retreat from topfree beach sunning by women in France, two noted European feminists discuss their assessment of the phenomenon. Their analysis adds some depth to the conversation both political and philosophical.

Both agree topfree sunbathing isn't inherently a feminist act. However, the decision to be or not to be topfree does not occur in a vacuum. To make this point, they note the historic male efforts to control women and their sexuality by conflating women's bodies with being bad, sinful, etc., which continues to this day. This leads these women to conclude that what women do with their bodies in public must be seen in this context so the personal is indeed the political.

They view the trend toward women avoiding going topfree as having less to do with narcissism and vanity and more about the impact of body-shaming and a sexist culture which is explicitly critical of female bodies. Unfortunately, they don't point any fingers at what or who might be behind the increased body shaming. However, their proposed solution is more, rather than less, nudity to desexualize the body.

One of the writers observes the female body is a political minefield and a battleground for misogynists of all creeds and beliefs. She views the culture of nudism as partly answering feminist pleas for treating the female body as a body like any other ... a functional machine, rather than a sinful object of dark desires. She states nudity leads to an acceptance of all our differences, to gender equality, but nudism has remained utopian as a movement and is constrained by law.

The other writer agrees and states, "Given this, can we really separate the issue of topless sunbathing and write it off as just a 'fashion'?"

We need to recall the origins of topfree sunbathing to better understand the rejection of it now. The writers argue that in post-1968 French society, it was a symbol of the feminist struggle. The topic then, as now, provided a battleground for feminists and polite society alike. This highlights that it's not just about a sartorial or "fashion" choice, but about the bigger picture: how women present themselves in public.

Another point: women choose to cover up for fear images of their body may be shared via social media. We should be looking at the culture itself, rather than on individual choices women make. If men comment upon, objectify and take photographs of women's bodies without their consent, then we need to question that entitlement, and the sexist socialization of men, rather than women's behavior.

It seems to me that hypersexualization of girls from a very early age in the wider society, including through religion, and shameless marketing, should be tackled much more vigorously by both society and legislators.

In society as a whole there is a preoccupation with women's bodies, their clothing – or lack of – and how they present themselves in public, and it is this we need to battle. The constant focus by media on women's image contributes to the misogyny. How women look, or what they wear, should be

unimportant – indeed, you and I should not even be discussing it! – But given society's sexist double standards and unchallenged misogyny, I fear this debate will continue for some time.

They conclude the discussion with their hopes for the future to celebrate the – one day, soon – end of misogyny, "I'll happily bare my breasts like in Delacroix's painting, *Liberty Leading the People!*" "That day can't come soon enough. I'll be there, *sans* bikini top, on the frontline with you. *Vive la révolution!*"

Here is more of the [story](#).

**The constant focus by media on women's image contributes to the misogyny. How women look, or what they wear, should be unimportant – indeed, you and I should not even be discussing it!**

But, according to two French women, it's more than a fear of skin cancer and political activism that keeps them covered.

One says she thinks the decline is inextricably linked to social media: "Young women in their 20s do it less because they are aware you can end up topless on your own Facebook wall." Further, she blames "pop-porn culture – Miley Cyrus to American Apparel, i.e., aggressive naked imagery of young girls" – for the shift in perception of going topless.

"Globalization and Americanization of women's portrayal and sexiness in France has pushed away gentle, (and generally harmless) French eroticism towards a porno, frontal, hyper-sexualized consciousness." She adds, "Nudist, beach-like freedom is not what it used to be. Breasts no longer feel innocent or temporarily asexual."

Though probably universal, this attitude towards topless sunbathing has had the biggest impact in France more so than in Germany, Austria, or even in Britain. One British respondent to a poll commented, "I don't think about skin cancer, or being photographed, or activism when I go topless. I just want an all-over tan."

The change hasn't happened overnight. One of them commented, "I've never seen young women doing it loads. But some women over 50 do." They agree the shift has been generational, but maintain "French women of most ages have, as far as they can remember, sunbathed topless."

Nudity as a political statement is no new thing, but, thanks to the internet, it has become a mainstay in the world of political activism. In France "showing your breasts wisely can be a political statement."

And, here is the balance of the [story](#).

I believe we can all sense an increased prudishness in society that threatens naturism. Topfreedom is but one aspect of aspect of the total picture, but worth examining as "the canary in the mine." [Ed.]

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*If we aren't concerned about children seeing adult facial hair, then why are some concerned about children seeing adult pubic hair?*

Salamis (480 BC)



This larger than life statue in Ampelakia, Greece commemorates the battle of Salamis that decided the fate of the Western world, in fact whether there would be a Western world shaped by the flowering of Greek culture.

The theme is heroic and no one looking at the heavily muscled nude figures and knowing what they represent could be anything but in awe, not only of the art, but of their accomplishment. There are a few other pictures on the website taken from different angles.

Some works of art transcend the ordinary and lift and inspire. Michelangelo's David is another example of the power of the nude to suggest nobility and dedication to a higher calling. It humbles and moves us to share and glory in their triumph.

Yet, there are souls so small that they would shrink in disgust at the sight of the bared genitals. Such is their reductionist view of the worth of the body that their response is with shame and fear.

The Greeks didn't go into battle nude, they wore armor. The point isn't historical accuracy of battle dress, but rather to indicate the vulnerability of the relatively few Greeks taking the battle to the vastly greater number of Persian ships and men. The nudity is a metaphor, symbolizing all that was at stake and the willingness to lose everything to fiercely face great odds for the defense of their homeland. The power of this idea is embodied in these two robust figures. [Ed.]

An admirable piece of art honoring a great historical [event](#).

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

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