## Bare Facts

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April 1, 2005

Box 1982; Topeka, KS 66601 ● Voice Mail: 785-478-BARN ● e-mail: benude@lakeedun.com ● Website: www.lakeedun.com 38° 58′ 7″ North; 95° 47′ 56″ West

#### **President's Corner**

By: Ernie Cooper

Over the past several months, your board has been working to improve our special place. I spent several hours at the lake Saturday, March 19<sup>th</sup>. Air temperature was about 50 with a light wind and full sun. It was a little cool but I needed some naked time! I took time to just stroll around and see what has been accomplished so far this spring.

Carvers' crossing has been improved and some of the riprap is along the side to help with the erosion control, several small berms have been constructed to help slow erosion on several of the other pathways. More rock has been added to some of the pathways to fill in the rut that formed from the constant foot traffic when the ground was soft. Webb had a survey team do some layout work looking at the possible path we might take to build a road to the Westside of the lake.

As you can all imagine this is a major undertaking for the future development of the lake. So please do not move the little flags when you come to visit!

You may have heard that we had fire on the west side of the lake early in March. Because of the windy condition, the fire spread quickly through the grass and cedars on that side of the lake. Our water line to the watering tank was damaged and may need to be replaced and some of the newly planted trees were destroyed as well. In short, though potentially very damaging it would appear to me that the area will recover during the next year to a more grassy meadow than it was before. We will of course need to replant the trees.

During the summer of 2003 we had a competition writing one act plays. It was the goal then, and still is, to use these plays to help educate others on the benefits of the clothesfree lifestyle and to help overcome the difficulties our society faces with body acceptance issues. Since the completion of the competition, we have been looking for someone who would direct the plays and a venue to perform the plays.

It now appears we may have both of those hurdles accomplished! Anyone wanting to be involved, either as technical or in an acting capacity, please feel free to contact us at *Continued page 5* 

## Return to Edun – Returns **July 15-17**

Those of you that have been to Return to Edun years ago are in for a treat. The music format you fondly remember is back this year.

That's right, bands, live music and dancing, a festive atmosphere. A gathering of friends!

Make your plans to join us in July for a great time, great music, and great memories!

#### **Work Days Scheduled**

There was some confusion last month concerning work days. We have three scheduled for April and one in May. Hopefully weather and volunteers will cooperate so we complete all our projects in these four days.

If you have not joined us for a work day, be sure to plan to drop by. It's a great opportunity to help our special place be even more special. It's even more enjoyable if everyone brings something to share afterwards at a pot luck.

Check our schedule of upcoming events and make plans to be at our favorite lake to help get it ready for our new season. And, if you have some special tallents, be sure you don't keep them a secret – there are usually some projects that require some skills.

#### **Open Houses Planned**

We have scheduled one open house every month from May thru August this summer. Be sure to start warming up your shy acquaintances to the prospect of at least checking our special place out.

As in past years, our open houses are clothed, except for an isolated area. So, if your friends are reluctant to join us for fear of seeing someone *naked*, not to worry, it is easy to avoid.

Open houses are scheduled for May 21, June 4, July 9, and August 6. Spread the word ... Let's not keep the benefits of our special place a secret any longer. Bring your friends, co-workers and acquaintances so they can learn why you are so happy on Monday morning after spending a weekend at our special place.

#### DON'T FORGET

Activities designated HN are sponsored by Heartland Naturists

Apr 2; Sat; 8-10; Sauna

Apr 9; Sat; 12-4; Work Day

Apr 9; Sat; 5-7; Board of Directors

Apr 9; Sat; 8-10; Sauna

Apr 13; Wed; 12-2; Educational program - Main Meadow

Apr 15; Fri; 8-10; HN Swim

Apr 16; Sat; 8-10; Sauna

Apr 17; Sun; 12-4; Work Day

Apr 23; Sat; 12-4; Work Day

Apr 23; Sat; 8-10; Sauna

Apr 29-30; Fri-Sat; Private Party

Apr 30; Sat; 8-10; Sauna

May 7; Sat; 8-10; Sauna

May 14; Sat; 10-12; Board of Directors

May 14; Sat; 12-4; Work Day

May 14; Sat; 8-10; Sauna

May 20; Fri; 8-10; HN Swim

May 21; Sat; 12-3; Open House

May 21; Sat; 8-10; Sauna

May 28-30; Memorial Day Weekend

July 15-17; Return to Edun

#### In The News

In the last issue of Bare Facts there was a report from Escondido, California about the city council quashing the clothing-optional swim at a local swim club. North County Times columnist Jim Trageser has followed up with a second story on the incident.

Councilwoman Marie Waldron tells Trageser that her sole purpose was to protect the children at the event. She was never concerned with what adults did in private. In addition Ms. Waldron tells him that he misunderstands her role in all this, and surely he can agree with her that children are harmed by a clothing-optional environment.

Trageser responds saying, "...no, I can't agree that nudity harms children – because there is, to be blunt, simply no evidence that it does." Further, "...there is a substantial body of research that suggests children raised in clothing-optional environments have healthier attitudes toward their self-image and sex than those raised in more prudish ones. That such children delay sexual activity longer, and are less likely to engage in promiscuous behavior. That they're less likely to develop anorexia or bulimia."

Other positives cited by Trageser are that studies show the incidence of sexual crime is significantly lower in clothing-optional environments than Western society at large. Whether we're talking "primitive" societies of the Third World, or free-wheeling back-to-nature hippie communes, clothing-optional cultures have created a healthier appreciation of the human body, seeing it as beautiful in ways beyond sex.

Turing to our own society Trageser asks the reader to look at recent news reports of molestation in their community. Where they have occurred has invariably been in places where the children and adults were both fully clothed at the time the molestations began — in our schools and churches. Perhaps with irony, he adds that it would seem that our children may, in fact, be safer at a nudist colony than at Bible school.

[It's too bad that clear thinking stories like this never have a national impact to spread a little sanity in an otherwise misguided world. Ed.]

#### **Nudist Pastor to Hold Naked Services**

Our next story is again in the West. So far West its East – Australia, actually.

Pastor Robert Wright, 51, is proposing to hold weekly fellowship meetings at a nudist resort near Brisbane. Mr. Wright, who has been a naturist for over 16 years said, "I am not trying to get Christians to become nudists, I am catering for Christians who are nudists."

Ordained three years ago, Mr. Wright is also planning to open a naked music festival at nearby Cabarita Beach and lead services there. Even security guards will be naked at the event, Raw Cabarita, which promises "an awesome three-day party where clothes aren't necessary."

As might be imagined, not all are sanguine about either a nude music concert or nude religious services. Pastor Graham Eggins declared nudists to be evil, and he is concerned the event would destroy the reputation of the area, which survives on family-friendly tourism. "It just offends common decency," Mr. Eggins said. However, Pastor Eggins said he had spoken with Pastor Wright and would talk further. Others voiced concern about the effect the event might have on children.

Residents Association president Cath Lynch reported that members voted 11 to 10 against lodging an objection to the proposed event, but would write a letter urging the town council to consider concerns.

Pastor Wright countered, "nude is not rude," moreover, "there are more Christians in it than people realize. We are not into sex orgies, we are very well-adjusted people."

Festival organizer Raice Nicholls said despite protestations by a vocal minority, the community was mostly supportive of the event.

[Give me that old time religion. Ed.]

#### Just a Tool Belt and a Tan

[Brought to you by the entrepreneurial division]

The Miami Herald Tribune is to be thanked for this interesting business idea. (Perhaps there are franchising possibilities here?)

Dan Mlotkowski was a middle-aged guy trying to make ends meet when he decided to rev up his business by crossing it with his pastime.

Dan's a handyman. In his spare time, he enjoys going naked. Check his web site, www.nakedan.com. Animated yellow and red flames shoot endlessly from the headline that floats at the top of every page: "NakedDan the Handyman."

Just below that logo is Dan himself. He's wearing a heavyduty tool belt with its own padded suspenders, and little else.

Incidentally, "Dan is 44 years young, 6'2", 198 lbs, 33" waist, 45" chest, and has 15.5" arms. He is a family man, loves to go out on his boat, enjoys bicycling, and simply loves being naked as much as possible."

One of his customers, Ann Beam is quoted as saying, "Dan is easy on the eyes. He is tan from head to toe." Besides that, Dan has fixed a leaky faucet and stopped a toilet from running.

Mlotkowski states that, "there are no games or entrapment, no physical contact or any type of sexual activity."

The cost? He charges \$130 an hour for up to four hours, with a one hour minimum. If you want to take photos, it is extra.

Mlotkowski claims he's looking to hire other naked workers and is interested in expanding his novel business into neighboring counties. He notes that, "Our customers are looking for people that would be considered "fit."

Meanwhile, Ann Beam has been telling two or her girl-friends about Dan's new service. "I want to tell all my friends about him. It's selfish: So when I call him, he won't be out of business."

#### The Naked Truth Of Freehiking

By: Ed Jensen

"The best dress for walking is nakedness." Colin Fletcher, The Complete Walker III

Gearing up for summer, Ed Jensen gives us the flavor of and tips for freehiking – otherwise known as hiking nude. Never done it? Well, you are in for a treat.

Ed isn't the only one who freehikes. Your esteemed editor has made a few forays on the trail throwing clothes and caution to the wind on the Kalalau Trail. But, now it's time for Ed to delight our senses and stir our souls with his account of freehiking in Utah.

A cool and breezy Sunday afternoon in May found me in Utah's west desert at an obscure and trail-less canyon in the Stansbury Mountains. A mere 50 minutes from Salt Lake City, this place has provided me many times with all

the solitude, serenity, and scenery that a naturist hiker could want so close to the big city.

As far as equipment goes, I am about to participate in one of the most cost effective adrenaline addictions since the Greeks invented the Olympics. I'm in the mood to be nude. Devotees of the sport call it free hiking; a euphemism for hiking sans clothing...au naturel...free as a bird...the full Monty...stark raving naked!

Only leaving on shoes, hat, and sunglasses, I eagerly strip down at the car, coat myself with repellant, and begin the 300 yard walk to the canyon's mouth. Free of my clothes and laden

with only a fanny pack and a small digital camera, I am still wearing far more than I care to.

Once inside its broad limestone corridor, the V-shaped canyon twists itself upward toward the rugged Cambrian anticline that forms the spine of this arid range and the craggy peaks that were once islands in the ancient Lake Bonneville. The rocky, seasonal streambed that doubles as a trail contains the imprints of fossilized sea creatures so long extinct. I have never been to the end of this canyon, always running out of time, motivation, or daylight before I can get there.

The tactile sensations of being nude in nature bring out the hedonist in me, and I revel in the sensation of the desert breeze skipping and dancing its way down the canyon, pausing just long enough to tiptoe across my pale, pathetic skin before waltzing away to somewhere else. Springtime in the desert is breeding season for a trillion noxious insects, and without this breeze I'd be nothing more than a walking, all-you-can-eat buffet. Emphasis on ALL!

Mosquitoes, sunburn, and cold weather are the only real deterrents to free hiking, although such inconveniences don't bother hardcore enthusiasts like Ben Miller. Miller is the moderator of a free hiking Yahoo group and has over 300 free hikes under his belt, as it were.

In Utah, state law trumps BLM and Forest Service law with regard to perceived obscenity violations. With this in mind, Utah freehikers go out of their way to avoid confrontations with "textiles." Fortunately, an unspoken code amongst trail users of all types usually results in nothing more than a smile and a nod, or perhaps a reaction of confusion.

Jensen goes on to describe his evolution into a freehiker. He was spurred on after discovering that there were others who also enjoyed the wilds clothes-free. He adds, that after meeting other like minded folds, I have come to the conclusion that we just enjoy a good outing more than most people do, trading the imposition of shame and social restriction for the chance to experience life through eyes of renewed innocence and a heightened sensory awareness.

As I wend my way across the hardscrabble ground, I feel the sun at my back, the earth beneath my feet, and sense of

> belonging. For the moment, I am a part of this place: alone but not lonely, naked but not vulnerable, unseen but not invisible, wary but not worried.

Actually, I'm not totally alone, for I can hear muted gobbles from the flock of wild turkeys that live here. I frightened them once, and they burst into a collective cloud of feathered hysteria, squawking and fleeing in flightless desperation. Actually, we surprised each other, and it took me a few moments to get my heart rate back to normal. I can't see them today, but I am reassured by their presence.

As the sun starts its descent toward the jagged horizon, I reluctantly begin my journey back, and the car comes into

view all too soon. Driving away, still undressed, I wonder about the people who would perceive my actions as some sort of perversion. Why do I have to drive so far to avoid being seen by them? What are they so afraid of? What's the big deal? Still, in the interest of prudence, I pull on a pair of shorts and t-shirt before entering the Interstate for the drive home through the desert darkness.

For the next five days I'll spend my time, a corporate prisoner in a cubicle cell, chained to the promise of a paycheck and my image as a civilized citizen. But, I'll just smile, content in the knowledge that the trail awaits, and that underneath the clothes they make me wear, I'm still very naked!

[Having hiked both ways, I agree with Ed. Let me hike free! I too have encountered other hikers, and have received the reactions either of confusion, or a smile. Just recalling brings a smile to my face. Ed]

#### **Items We Need**

Coozies

For the moment,

I am a part of this

place: alone but

but not vulnera-

ble, unseen but

not invisible, wary

but not worried.

not lonely, naked

- Wheel Barrow
- Tops for trash cans
- Pitch Forks
- Variable speed, reversible drill
- Chipper/shredder we can use about once a month

### **Bathing Beauties**

By: Anna Schnur-Fishman

A teenage girl and her friends learn the radical concept of loving their bodies.

NOT LONG AGO some summer-camp girlfriends and I had a sleepover, and at about 3 a.m., after we'd exhausted the topics of cute guys and the new 2005 SATs, the talk turned to our 16-year-old bodies: thighs, bellies, hair, boobs, booties. Did we like them? Did Jess wish she had Nomi's legs, did Maggie covet Natasha's complexion? Did we hate changing in the school locker rooms, did we plotz at the thought of being seen in our bikinis?

Sprawled out on sleeping bags, munching on mini-marshmallows and Cheez Doodles, we were somewhat surprised to find out that we all shared a similar sentiment: We felt fine about our bodies. Sure, Natasha confided, she wished her boobs were "more symmetrical," and Maggie that she had "less hairy upper-inner thighs," but in a hierarchy of things that obsessed us, these issues fell fairly low on the list. We looked, we all agreed, "good enough" for the locker rooms. And at the beach? Well, chicken legs, love handles, flat chests . . . they were just what we'd been dealt.

We knew that this level of body acceptance was very different from that of most teenage girls. America's consumerist culture, after all the vast self-improvement aisles at pharmacies, women's magazines that promise 6 or 8 or 10 steps to a perfect butt month after month, our society's fixation on Hollywood looks all seem almost intended to make girls feel like shit. Each one of us knew girls who stuck to mineral water while the rest of us split Chinese food, who passed up incredible class trips because the thought of someone seeing them undressed or without makeup flipped them out.

It was clear to us that our summer camp's overall culture had, to some extent, immunized us against this teen epidemic of body loathing. But how?

"The BIK," Toni said, referring to our camp's communal bathhouse, a plain concrete building: one side for girls, the other for boys – where we all (campers, counselors, assorted others) day after day, and summer after summer, showered naked with each other. BIK is a Hebrew acronym for bait keesay ("house of the chair"), a euphemism for bathroom. Ours, with its no-frills shower rooms, wasn't anything to write home about: the pipe missing its showerhead, dozens of bottles of shampoo, conditioner, and body wash strewn over a couple of wooden shelves, the slightly slimy floor.

Early in the morning or late at night there might be only two or three showerers in the BIK, but at rush hours like right before Shabbat or just after swim, there's hardly standing room. The building is intended for use by campers 12 or 13 and older, but as the single-shower stalls in

the younger kids' bunks inevitably break and flood, they often use the BIK regularly, too.

In the BIK, a 10-year-old camper rinsing off after a swim might suddenly find herself in a room full of naked singing 15-year-olds and counselors, and maybe a nurse or lifeguard or two, every one of them exhibiting an impressive ease with exposing their differently shaped bodies. "It's like the Great Equalizer," said Toni through a mouthful of Cheerios, "a place where you see all these differently shaped bodies that make you realize how ridiculous it would be to spend every minute of every day miserable about how you look."

"And when you're 8 or 10 or 12," someone else chimed in, "and you see all the older girls you completely idolize having very not ideal bodies, but they're singing and chatting and doing the naked hokey-pokey, discussing what kind of potato chip they like, you see that they're 100 percent comfortable being naked, and you want to have that comfort, too."

The lessons we learned at the BIK are profound (and extremely countercultural). Here are six properties that I think made the BIK work for us:

It requires an initial leap of faith. When a girl first steps into the BIK naked (a lot of girls start out showering in their bathing suits, and then there's that day when they "take it all off") it's scary. You have to pretend you feel fine when you really don't, hoping that pretending turns into the real thing. It does.

There's a culture of support. The larger culture makes you feel inadequate, and the truth is that the constant competition is exhausting. The BIK is a relief from that. Everyone who steps into the

BIK is affirming an implicit covenant: We support one another. Being naked was (or is) difficult for every single one of us; and that creates a feeling of safety.

It's multigenerational. The larger culture is pretty age-segregated, so the 8-to-25-year-old population of the BIK is unique. For younger girls, being able to identify with older females is a source of pride. The older girls and counselors, for their part, know that they are role models for the young showerers, and having that responsibility provides a potent incentive to be, as one counselor told me, "positive and open and free about our bodies."

The BIK is a reality check. Showering with dozens of other females over the course of a summer means that you see bodies of all different shapes and sizes. It cures you of the oppressive belief that you're the only one who is imperfect. Hannah, 16, recalls one shower during which every girl put forward her largest physical insecurity. Hannah's overwhelming memory is that she hadn't noticed any of these things: a mole on the backside of someone's ear, different-colored nipples, a faint unibrow. "It suddenly occurred to me that the things I obsessed about, other

It was clear to us our summer camp's overall culture had immunized us against this teen epidemic of body loathing. people weren't noticing about me, either," Hannah says.

It's pushing back against American culture. It's unbelievable, and tragic, to realize that it's actually subversive for females to feel okay about their bodies, to take back our right to feel even adequate. As a friend said, "We should be arrested for feeling this good about ourselves."

It's joyful! When you're naked in the shower and your whole self is out there for everyone to see, you basically have nothing more to lose. You can regress to the years before you learned to feel insecure about your body and, like a toddler, just enjoy the opportunity to run around nude. It's pure liberation.

Showering in the BIK is affirming, empowering, and fun, and it gives us the tools we need to keep working at the ongoing struggle for self-acceptance. The greatest challenge is during the winter months, when, lonely under the showerhead, you begin to feel too fat, or too flat, and you have to work to recall the lessons of the BIK.

"At home I try to spread the BIK just by being completely accepting of people, in every way, but especially physically," said Toni. "Everyone has the potential to be comfortable with her body, but not everyone has the privilege."

Published in the Jewish feminist magazine Lilith (Fall 2004).

I first became acquainted with this essay in early February. (Since then, several have called it to my attention.) I appreciate their enthusiasm for the message this conveys.

Anna Schnur-Fishman's eloquent first hand account of her communal shower experiences in summer camp touches on most, if not all the benefits communal nudity during youth. Indeed, one would be hard pressed to find anything written about body acceptance that is more insightful, or more appealingly written than this.

For those of us old enough to recall when group showers were the norm, the "the ring of truth" exudes from Bathing Beauties.

For myself, group showers began in Junior High P.E. class. For the guys at least, there was no choice given. We sweated, we stunk, we showered.

I recall in ninth grade not only showering with the guys on the track team, but also with the coaches. Today, sadly, this would be grounds for sexual abuse charges. So much for the closing of the American mind.

Back then, being nude at the YMCA was still acceptable. I recall my first nude swim being there with a couple of my cousins and their father – the pastor of our church! Imagine that in today's world.

Perhaps it's the quality of nostalgia that Schnur-Fishman conjures within us that makes her essay so moving. For those of us old enough, it recalls pasttimes when Norman Rockwell could grace the cover of Collier's Magazine with joyful boys skinny dipping in the 'ol swimming hole, and not be thought of as a pervert.

Anna nails it. Nudity doesn't pervert youth. On the contrary, it preserves and affirms our common humanity. She's right you know. [Ed.]

#### It Wasn't Always This Way

Smithsonian Magazine carried a remarkable story recently about a man who is working to preserve the culture of an indian tribe in a remote corner of the Amazon Jungle. It seems their way of life is being threatened by loggers, traders, and the general forces of "civilization."

What was most remarkable about the story were the fullpage photographs of the villagers walking, sitting, working and playing naked.

But it also raises two questions: Why is it permissible for this national magazine to print photographs of "natives" in their daily routines, but the same magazine would not consider printing photographs taken at Lake Edun or any Naturist facility without blurring strategic portions; and in all that was written, there was not a word about the damaging effects on the children of this exposure to adult nudity.

#### **President's Corner**

Continued from page 1

bornnude@aol.com. We will get back to you with times and places just as soon as we have them firmed up!

Some Eduners have been members since before the internet was. However, many of you have become Eduners because of the website. If you were one of those who found Lake Edun on the worldwide web, would you take a minute to e-mail me at <a href="mailto:bornnude@aol.com">bornnude@aol.com</a> and share your impression when you found the site?

As you know, websites are works in eternal progress at best. However, the web is probably our number one tool for reaching those who want to find us so they can shed their textile cover and enjoy the sun. To help make our website even more effective we would like to know if you were looking specifically for Lake Edun or just for a place in Kansas? What information, on the site, helped the most? What information would have helped more? How would you like to see it change? The more attractive and sharply focused our website is will be important in helping our numbers grow.

Some very good news is that after several years of lessening membership, it now appears that we are turning the corner and growing again! So, if it has been a while since you came to the lake, come on back and enjoy the memories. If your membership has expired, come on back, we can fix that too!

We are looking forward this summer to having our friends from Heartland Naturists share more time with us. I know I have enjoyed going to the swims in KC. All members of Heartland Naturist need to remember that you needed to be a member of HN as of December 31, 2004, with your name on the membership list filed with Lake Edun, for your discount at Lake Edun to apply.

Summer is just around the corner. As I strolled through the lake I could hear the laughter and splashes in my mind. I could almost smell the campfires and taste the burned hotdogs and burgers! As I looked around the south beach I could picture the tents and my Lake Edun friends enjoying each other's company, laughter and warm Kansas sun! Let's have a wonderful summer!

# See More of your Friends **At Lake Edun**

# **Join the Naturist Society**

### Pledge to the Lake Edun Legal Defense Fund

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

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Help us rebuile	d after the fire and continue our legal d	lefense.					
<ol> <li>Continue your membership.         <ul> <li>A. Contact others you know who may not have renewe</li> <li>B. Introduce Lake Edun to new friends.</li> </ul> </li> <li>Become more involved directly with Lake Edun.         <ul> <li>A. Serve in direct ways (more opportunities coming!)</li> <li>B. Continue your relationships outside of our beautiful facility.</li> </ul> </li> </ol>			<ul> <li>C. Write for <i>Bare Facts</i>. Tell us what Lake Edun means</li> <li>d. 3) Help complete the Legal Battle – <i>Pledge!</i> Consider this: We could easily cover costs of the Legal battle if: <ul> <li>Eating out 1 meal 1/month for 10 months = \$100</li> <li>2 movies/month for 10 months = \$100</li> </ul> </li> </ul>				
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