Bare Facts

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Memo From The Board

It has been very difficult over the past several months for the board to meet! Weather has played a big part in the conflict, but part has just been the schedule of the board members! It seems that many of your board members have just been overwhelmed with the call of life. Work assignments that have bled over onto weekends, family duties and difficulties and just the press of life itself have all played part in the problem.

Many of our members have expressed the same time constraints that were just listed. For some it has caused their time to be very short at the Lake. For others it has actually taken them away from our Lake family for extended periods of time. For some it has made membership seem to be pointless.

Increasing fuel costs, food costs and an economy that seems not to know where it will go next have also put a large strain on our members and their pocketbooks!

We have struggled in the board meetings over the past year with the issues of finance at the foundation. Obviously, our ongoing difficulties with the county have played a part in this issue. We have not given up the fight on the issue, nor do any of us whether board member or member at large wants to lose our association with the foundation or our visits at the Lake! Yet the power needs to stay on, the insurance needs to be paid and we all expect the phone to work! This is not magic; it is just plain old fashioned money!

We have had several long discussions about how best to present this to our membership. We have toyed with idea of publishing with the newsletter the current financial statement. It was felt this would allow all to see how the money is flowing and any overages, which are few, and shortfalls, which seem to be increasing, could be noted. This seems a good idea but would require each member to actually spend time studying the statement.

We discussed having a foundation meeting early in the summer to discuss the financial situation with the membership in an open meeting format. Attendance counts from the past few years would show that at best we might hit a day when half of the membership was present. But then when you come to the Lake is a meeting what you are really looking for? Probably not!

So, we come to you as our Lake family to find out what your suggestions might be! Please take a minute and email us or call the Lake and leave your name and phone number for us to call you back, so we can discuss how best to fund the foundation and our educational outreach. We need your input! Please let us know what you think.

Support The Naturist Society

First Work Day Of The New Season

Weather was about perfect for our first Work Day of the new season. On Saturday, March 22, three Eduners volunteered to begin the clearing and cleaning process that takes place every Spring at our special place.

Special thanks to Mark who came from Missouri. He spent the afternoon directing the business end of our chain saw. We now have our North Road cleared across creek #2. Soon, Tractor Doug & John can begin the process of setting the culvert. Then we will get some more rock and have a road to make easy access to one area most Eduners have never seen.

Visitors will also notice that we roped off the two principle trails. Grass seed has been planted. Please, if you visit in the next six weeks, use the alternate, most eastern, path.

We still have more Work Days scheduled and plenty to do. If you are able, please plane to join us.

Random Thoughts And Reflections

Daylight Savings Time has started, Spring is here, and the days are getting warmer. Already some Eduners are enjoying the warm weather at our special place. We all look forward to getting out of our houses and meeting again in the sunshine. Next month we will announce our open house schedule. Begin talking to your friends about visiting. It is always a treat to introduce others to the joys we take for granted.

Last month, we incorrectly published a scheduled sauna on April 4. This was an error. No sauna will be held on the 4th.

Time has come to once again change the lock on our gate. Members will find the combination to the new lock enclosed. If you are the last person to leave, insure the chain is locked by passing the hasp of the lock through the top eye bolt, then through the chain, and the bottom eye bold.

DON'T FORGET

Activities designated HN are sponsored by Heartland Naturists

Apr 11; Fri; 6 pm until Sat AM; Private Party

Apr 12; Sat; 12-4; Work Day

Apr 12; Sat; 5-7; Board of Directors

Apr 12; Sat; 8-10; Sauna

Apr 13; Sun; 12-4; Work Day

Apr 18; Fri; 8-10; HN Swim

Apr 19; Sat; 8-10; Sauna

May 2; Fri; 6 pm until Sat AM; Private Party

May 9-11; Weekend; End Of Cabin Fever Days

May 3; Sat; World Naked Gardening Day

May 3; Sat; 8-10; Sauna

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

May 10; Sat; 12-4; Work Day

May 10; Sat; 8-10; Sauna

May 16; Fri; 8-10; HN Swim

May 24-26; Memorial Day Weekend

May 31; Mulberry season begins

Reflections On Paradise

By John S.

Last week was the first time it was warm enough to go out to the Lake and actually strip down and enjoy the warmth. I did not enjoy the relaxing much because I wanted to get the trailer by the stage pulled out of there and filled with all the debris, (scrap metal) that came from the creek. That much I did get done with the bobcat. Now it just has to dry out so I can fix the road back to the stage area.

Next the weather crashed again and we were wearing coats. What's up with that Mother Nature??? If this is global warming I just wish some of the warmth would come back to Kansas. We really do not need any more moisture be it rain or snow. All the flood control Lakes in my area never reached the point they were not overflowing. In other words, they are all full.

Lake Edun is saturated and you will sink just walking across even the meadow. All we can do is hope it warms up, and dries up very soon so we can get out and enjoy the Lake.

I was at the lake for the board meeting. While I was waiting for someone else to show up, I turned on the heat upstairs in the barn and gazed out the sliding glass door thinking just how nice and peaceful it was even though I was fully dressed and inside. The scene really put me in a relaxed mode. That is something I have not done much lately other than when in my friends hot tub.

Working one full time job and two part time ones, I wonder just how much time I will get for relaxing. With the price of fuel how many of our out of town people will be able to come see us again. This is a time when we need more members and visitors to keep our special place going. Have you tried to get some of your friends to come visit?

News That Never Makes the News

The following is an extended excerpt by Liz Book of her most recent Topfreedom protest at Daytona Beach. Frequent checks at the TERA web site will keep you caught up on the latest news. Lake Edun Foundation salutes Liz for the endurance she has shown in the face of great odds. Go to: http://www.tera.ca/index.html

Wow, wow, wow! For all that I have been through in the past four years, that victory dance was almost worth it! They still haven't decriminalized women's breasts in Florida. But now I have paved the way for it.

There were an estimated 15,000 people that drove by the protest site. A big part of them had either video cameras or cameras. A lot of them just used their cell phone cameras to capture the event.

I began picking up the area and posting signs. I even put out one that said, "Park at your own risk--Site of political protest." On the back window of my Firebird I put a Hot Pink poster that said, The International Topfree Stand

A Daytona Beach News Journal reporter came early. She took some pictures of me setting up the site and standing on the coral stone when I began my speech. I wish that she had stayed longer. She left an hour before the fun really started.

The vehicles started to back up on the bridge, as they always do during Bikeweek. Then bikes started pulling up to the site. People were all quite surprised to see me up there on that coral, bare breasted in Daytona Beach with an American flag in my hand. I jumped down from the rock and went over to speak to them. There were about twenty bikes that had pulled in.

The women were cool. Several of them actually took their tops off tops up in solidarity to what we were doing. But then they would nervously look around and quickly put them back on. I understand their hesitancy, after twenty years of topfree arrests, most of us know the consequences of topfreedom in Daytona. For all of the abuse I had taken over the years, and my conviction to see it all through, enduring the bite of the elements was a small price to pay for victory.

Many women came by to get some nice cool air on their breasts. I'd say at least fifty stepped up to stand with us throughout the day. Some were more at ease with their topfreedom than others. Some yelled, "You go sister! I've got two, too" and up or down their tops would go from the back of the bikes on the road where they sat waiting to cross the bridge. Sometimes the women actually walked that whole bridge topless, then come over to talk to me. Others shyly enquired, as they looked nervously around, "Are you sure we won't get arrested?" I just laughed and said, "I've been standing up here for hours. Don't you think that they would have nailed me by now?" That was all it took and the tops were popping again!

What a wonderful day it was. As I drove home, I couldn't help but think, "Wow, this is fantastic! With the proven right to protest topfree, "The International Topfree Stand" will grow. Our voices really have the opportunity to be heard now. There is a great opportunity in this to enact the change we are working towards, topfreedom for women in Florida.

I have shown people that protesting can be a peaceful happy thing. We don't always have to rant and rave for what we want. I have shown them the true beauty of Freedom of Speech. I was happy to do it.

I have shown them how perseverance in the face of adversity does work. It wasn't easy to endure that. But I lived through it all and came out so very happy for it.

I have shown people that Faith in their Constitution and our Country is a great thing. "Even the smallest of voices can be heard." I was determined and happy to do that.

I am anxious, myself, for the next Topfree Stand. We haven't achieved topfreedom in Florida, yet. So the challenge is still on. Who knows? Topfreedom for women in Florida could be right around the corner. I'll be happy to lead the charge.

Victoriously Standing Topfree In Daytona Beach, Liz

Items We Need

See our website at lakeedun.com for more details.

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

Art Reflects on Society

Naturists are constantly stressing the inherent dignity of the human body. Yet in so many ways ours and other societies find ways to diminish bodily dignity. It is well understood that exploitation, particularly of female bodies, is ubiquitous with advertising in our consumer culture. That is, we objectify women and men for commercial purposes either to sell a product or as a product in itself—pornography—in all its varied forms.

Lest we get overly negative about our consumerist culture, it is equally clear that every culture and political system, ancient and modern, has exploited men and women for financial gain. The amazing thing is the ease with which we justify it, remain unaware of it, or willingly and unthinkingly participate in it.

The artist can help illuminate this condition and allow us to evaluate our own values vis-a-vis our culture. We are allowed to consider how naturist values influence our self understanding, our tastes, choices, values. The following article about an art exhibit that surveys the depiction of women as a reflection of particular cultures can help us clarify our thinking about society and how we respond to it as naturists.

At first glance, the works of art seem scarce. Bright track lights shine onto suspended panels and glass cases house ancient relics throughout the room. However, soon after passing the first corner between the Egyptian bronze statue "Isis and Horus" and the gelatin print of "Los Tentaciones en Casa de Antonio," it becomes clear that much more lies within these pieces.

A senior art student's exhibit is aimed at Revealing Sexual Agency and the Female Body, and is divided into three sections exploring specific views, interpretations and representations of the nude female body throughout a multitude of cultures.

Viewers are first met with pieces exploring the parallel of humanity and divinity in "Between God and Man." Divine motherhood connects the engraved copper plate of "Mary and Jesus," Marc Chagall's lithograph of "Antilopa Passengers" and the bronze ancient Egyptian statue of "Isis and Horus." These were chosen to show the glory and power females have in connecting with God, sharing human experience and expending maternal love that perpetuates society.

"In the contemporary college setting, I think we're constantly bombarded with marketing which uses the body and sex to advertise objects which are completely unrelated," Stewart said. "So I became interested in how past cultures used the female body in visual media, and to what ends."

In the title, the term "sexual agency" is used to refer to one's personal control of their body and sexuality, and in the context of nude artwork, as how the woman is portrayed.

"More often than not the female body is used to reflect the erotic desires of the patron and artists, and is rarely about the sexuality of the woman herself."

The section called "The Constructed Body" does a wonderful

job of contrasting themes of exposure and concealment of the subjects, both physically and emotionally, through renditions of females consciously formulated by the artist.

The most intriguing section, entitled "Wild Thing," explores cultures that view women's sexuality as dangerous if not regulated. A Japanese woodblock print from the turn of the century called "Yamamba" shows a woman unkempt, and portrayed as untraditional in Japanese culture. This woman defies social norms and is shown having several animalistic characteristics that are both threatening and pitiful. An ancient Greek terracotta vase "Nuptial Oinochoe," and an engraved print from a Vatican fresco entitled, "Presentation of Eve" share the theme of the evils of women's sexuality and promotes the purity and chastity values held in high regard in both of these cultures.

In the News

Anna Kournikova: Oh my god! I've never seen so many naked people! Seriously, like it was really cool. It was raining and you felt a little bad for the parade going by because they were getting poured on but they still performed and acted and danced. It was quite an amazing experience. It's amazing how people there keep up that tradition and they're so happy because they know how to have a great time. They relax and disconnect and celebrate. It's really cool. But they're definitely much more relaxed in terms of their bodies and being naked.

Why Be A Naturist ???

Never before have I felt more alive. The sun is sinking over a Mediterranean ruffled only by my fellow bathers. Couples roam the water's edge aware of little but themselves, parents watch their children playing in the sand or larking in the water, still more sit and relish the air of calm. We are on our first holiday as a couple again after the children have left home, my wife smiles at me in the warm French air. Swimming around lazily, I have the time to reflect on this most peaceful of scenes. Everyone is naked.

The path I have chosen is not always easy, as Rudyard Kipling wrote, "The individual has always had to struggle to keep from being overwhelmed by the tribe. To be your own man is a hard business. If you try it, you will be lonely often, and sometimes frightened. But no price is too high to pay for the privilege of owning yourself." This idea is supported by others who have struggled to be themselves, one such was E. E. Cummings, the US born poet who said "To be nobody but yourself in a world which is doing its best, night and day, to make you everybody else means to fight the hardest battle which any human being can fight; and never stop fighting," In The Mind as Nature, Loren Eiseley wrote, "Like the herd animals we are, we sniff warily at the strange one among us."

My underlying assumption is that there cannot be anything fundamentally wrong or immoral with nudity, we were born nude. Any wrong that does exist came from social values derived directly from religious teaching that vary between different cultures and from time to time. As Shakespeare's Hamlet says "There is nothing either good or bad, but thinking makes it so." or Alfred North Whitehead, "What is

morality in any given time or place? It is what the majority then and there happen to like and immorality is what they dislike."

In western culture, apart from a small minority of religious sects or cultures, nudity is considered fine in private. The problem, if there is one, lies with nudity in a social setting, being seen naked by others, possibly even by strangers. It is the reaction of others that is feared by the nude, whether it be ridicule, being ostracized, the attention of the police or even violence. That a few find nudity something to fear is a complete puzzle.

There seems to be a strong desire on the part of many people to categorize others by their politics, attitudes, lifestyles and values. In this respect, others would describe me as a naturist but this does not tell the truth. I enjoy the feeling of being without clothes but apart from that, I am just a human.

I do not follow any "ism", I am not an "ist." Describing me or anyone else as a naturist conjures up a set of learned assumptions which immediately reduces understanding. As Robert Tedder says, "For me to regard myself as a nudist, I would also have to be a breathist, walkist, eatist, blue-eyesist, for while a motorist is someone who does driving, being without clothes is not something I do. It is my supposed natural state."

To many, a naturist is someone who belongs to a "nudist colony," is a strict vegetarian and who tries to "go back to nature." I am none of these but for sheer convenience, the term naturist will have to do, it is the best we have. In the USA they use the term nudist but I make no distinction between the two words. Some argue at length over the term nudist and naturist but there is often no common ground. I treat that distinction as sterile, it leads nowhere because language is not owned by groups, it just happens.

When presenting a book such as this, it is easy for detractors to make the allegation of confirmation bias: willingness on the part of a proponent to accept supporting evidence as true or useful and counter evidence as unreliable. I am aware I may be accused of taking sides, that I have written it from a naturist's point of view which cannot therefore be impartial.

It is true I have written it from the naturist viewpoint but in mitigation, my researches have made me keenly aware of attitudes and feelings concerning nudity. I have taken the time and trouble to discuss them with family, friends and acquaintances and to research the attitudes to nudity found in many different spheres.

I have also recognized the drawbacks of social nudity, those times and places where it is not appropriate and have reported some disturbing aspects in the history if naturism. I have tried to present the subject of social nudity using evidence not simply belief. This is no project that once finished will be filed and forgotten only to move onto the next one. It is my life.

This is an essay from Howard Anderson's web site. You are encouraged to look it up on the web and read what else he has written about naturism. I think you will find it is well worth the time. http://anderh.com/fkk/index.htm [Ed].

Away From Your Clothes - Part I

There is something about leaving all your clothing behind that almost seems empowering.

My best experience was last summer when my wife and I went to our favorite nudist resort. I got up before dawn and went to retrieve our two seat convertible from where it is stored. Since it was dark I didn't feel it necessary to get dressed. The car was about eight miles away. When I returned, my wife had the food and adult beverages packed for the trip which was about 100 miles away. We got in the car and she never asked me about getting dressed. I never took any clothes or shoes with me and any cover up was in the trunk.

We spent the most wonderful warm day lying around the pool and lake. On the return trip, I became too tired to drive and she needed to stop at the rest area. The car was too cramped to try to climb over to the passenger seat so she could drive, so I had to get out and get in the other door. It wasn't quite dark and fortunately the rest area wasn't busy, although there were cars parked on both sides of us. This was a very risky move on my part, since I was in full view of the freeway, but better than falling asleep at the wheel!

We got home and I returned the car still totally nude and no clothes with me. I try not to think of the possibility of car trouble, but it wasn't an issue.

I guess that had someone seen me, they probably wouldn't realize that I was nude, since no one would be that daring, and that they just imagined it.

Away From Your Clothes - Part II

There's almost nothing more enjoyable for my fiancé and me than taking a long walk on a nude beach, hand-in-hand, or with our arms around each other's waists.

I know you're an experienced nudist, but that's especially true for first-timers and people who are still getting used to being nude. When we introduce people to nude swimming or hot-tubing or a nude beach, we've learned it's important for first-timers to have physical separation from their clothes, and to get used not just to being nude sitting on a towel or under the water in a tub, but walking around or swimming or otherwise being exposed to the open air and being seen nude by others.

If a friend gets the courage to take off her bikini while lying down on a beach blankets, okay, that's good, but her bikini is just a few inches away and she can just roll over on her stomach. It's the experience of actually getting up and walking down the beach, even if it's just a hundred yards or so, that really helps her overcome her fears and modesty and get used to being nude.

Why? There's a certain vulnerability that comes with being nude, being seen by others, and being unable to cover up because clothes aren't anywhere around.

It doesn't seem to matter who you are. Getting out of your clothes changes how you feel. Very liberating! You can follow this and other threads at a terrific naturist web site: http://www.geocities.com/sunnydaynew/

Being Taken Seriously: A Dialog

In the March issue of Bare Facts were two responses to a newspaper article in England report a nude flight to a German nude beach. The reporter made some of the usual comments we have grown used to by the press, poking fun at nudists. The following responses to the tone of the press report raise some thoughtful questions about why naturism is the subject of jokes. The question posed for naturists is what to do to change this perception.

Seems to me that nudists/naturists ought to be questioning themselves about the way we're always the target of such puerile "humor." Sure, we should be able to laugh at ourselves, but this is a little bit like racial jokes. A particular group may tell such about each other, but when outsiders do it, there's this hint of contempt, or at least disrespect.

Is it just possible nudists/naturists bring this on themselves, because our cherished "beliefs" are uncomfortably like the Emperor's new clothes? That is, there's nothing there.

I'm not raising this issue as any criticism of your message, but just because it's something I've been thinking about. Just something for the group to think about: Nudism/naturism gets very little respect in the popular media, and perhaps we need to put more thought into what there actually is in our lifestyle that *deserves* more respect.

What they did do was suggest that being naked was automatically a joke, related to the "frolic and gambol" style of writing about nudity, and I'm not that it's an improvement.

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I'm afraid that to say we have ideals about something that's so often treated as a joke is just to make the joke all the more funny. The only cure is to make nudity so familiar that it just wouldn't be original to laugh at it. Some of us of a certain age (ahem) can remember when there were often jokes about women driving cars, with the same kind of general expectation that it was always going to be amusing. And then the jokes just seemed stupid and we stopped hearing them. It could happen with nudity, we can hope.

Let's turn now to the question of why humor is used so often to put down nudism/naturism. I think it has to do with the fact that humor helps people remember little stories and narratives that summarize conventional wisdom about certain classes of people. It's the same reason that ethnic jokes are so popular – they facilitate stereotyping.

People need easy ways to organize their "knowledge" of the social world. Especially about people who are "different" from the "normal" social world in which most people (by definition) exist. It's also, as Freud noted a sublimated form of aggression against outsiders and people who don't follow conventional norms.

Evolutionary psychology teaches us that humans are very sensitive to signs of untrustworthiness in others. Knowing who can be trusted and who can't is very important. Other people who don't follow social conventions (such as wearing clothes) are almost by definition not trustworthy. They

certainly aren't "predictable." ("Flaky" is largely the antonym of "predictable"). People usually prefer predictability in those they associate with.

Now, I'm just hypothesizing these things. It's difficult to prove such hypotheses scientifically. And people won't bring up these points when trying to explain why they are leery of nudism, because these things are mostly below the level of consciousness.

Nevertheless, I find this kind of analysis often explains a lot of things we notice in how people behave regarding naturism – both outsiders to the lifestyle and the select few who take it up. Such analysis helps us understand how difficult it can be to change disdainful attitudes towards nudism. On the other hand, if we could get people to understand how these attitudes come about, it might make change easier.

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I agree though, that we're reassured if we can see others as predictable. To assure ourselves that we're going to be approved of, we tend to go along with whatever fads and fashions our society has set up. That particularly includes anything related to sex, where perhaps we know that instincts are closest to the surface, and we're afraid that our rationality may slip, or be seen to slip by others.

Hence young people who are insecure about their place in society make public shows of the "right kind" of sexuality – heterosexual and limited to attractive young people, with ritualized changes in appearance required, especially for women. Anything else might as well be the regalia of a rival tribe, to be ridiculed and at least conceptually attacked on sight. Unfortunately, part of this standard unthinking presentation involves a demand that the genitals always have to be covered, perhaps as proof that we're keeping our sexuality under control, although simultaneously making a fetish of it.

Naturists have the heretical idea that first of all, the concept of an "attractive" body is personal and not dictated by society, and there's no body that needs to be hidden; in fact we say the diversity of human bodies is a joy and a wonder.

Secondly, we say that sexuality isn't affected by the genitals being visible. We say that we can choose to act sexually or not, regardless of how we're dressed, and that it's an insult to our bodies and our minds to say we have to keep some parts covered up.

These are difficult concepts for most people to grasp, and they go against some things which are consistently assumed in our society, yet those things are never explicitly talked about. Merely to suggest that these assumptions can be challenged makes people uncomfortable, as few of us have the vocabulary or the patterns of thought to make a dialog possible. Hence, the response to naturist concepts is embarrassment, and attempts at jokes which reassure people that naturists are foolish eccentrics, while the world continues to run on its familiar course.

Breastfeeding a la Pump

A new mother has been feeding her daughter expressed breast milk for nearly all her six months of life. Before having her baby she wanted to try nursing, but found it a psychological struggle. "This is a part of my body that's always been reserved for sexual activity," she said, gesturing toward her breasts. "And I sort of assumed my brain would make whatever necessary adjustments it had to do to make breastfeeding not a completely creepy experience for me."

She was determined to overcome her aversion, because she wanted the health advantages for her daughter. But after a bad hospital experience she turned to the pump.

Even though she figured the pump and bottle regimen was only temporary, "I really don't think we tried breastfeeding after the first day we left the hospital. Breastfeeding was an unpleasant sensation to me, and I thought, you know what, if I'm flinching, I might as well flinch to a machine instead of to my girl."

"I don't think there's any question" breast milk is superior to formula," said a professor of pediatrics and expert on breastfeeding at the University of Rochester. Still, she said, drinking pumped breast milk from a bottle differs consider

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

ably from nursing. The baby doesn't get the same kind of activity — tongue, mouth, swallow — when it is feeding from the bottle."

The balance of foremilk and hindmilk that helps nursing babies first satisfy their hunger, and then feel full is missing when pumped milk mixes in a bottle. And psychologically there can be more pressure to finish a bottle when expressed breast milk represents so much work for the mother.

She worries that most women aren't getting the proper support when they set out to nurse their babies, and that some women find the idea so distasteful they don't try. "Some women do it because they can't envision the baby suckling at their breast. I suspect it has to do with our whole modern attitude about the breast. It's become such a sex object."

Who would have guessed the sexual revolution of the last century would have such unintended consequences? Women are now programmed to view their breasts exclusively as sex objects. The ideology of our sexualized, technologized, dehumanized brave new world now trumps the welfare of our children. One can almost hear the words of the song, In the Year 2525 playing in the background. Naturists of the world unite! Fight to save our humanity! [Ed.]

Lake Edun Foundation, Inc. P.O. Box 1982 Topeka, KS 66601-1982 (785) 478-BARN			Membership Application Change of Address Form Please Print		
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