Bare Facts

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Box 1982; Topeka, KS 66601 ! e-mail: nude@lakeedun.com ! 785-409-0274 ! Website: www.lakeedun.com 38^{N} 58' 7" North; 95^{N} 47' 56" West

Details About Topeka Gives

After last month's announcement about the Topeka Community Foundation's event, supporters have asked for details.

Topeka Gives is open to all local charities to raise funds. They sweeten the deal by matching all funds raised proportionally. This means money donated at the event to participating charities is increased from their own, matching money.

To qualify for a match, all donations must be made at the event on June 2. Cash, checks or credit cards may be used. Minimum to qualify for match is \$25; maximum - \$1,000. All donations are fully tax deductible. Although they don't encourage it, out of town supporters may send a check to our P.O. Box in advance payable to the Topeka Community Foundation. We will carry your gift.

Since LEF memberships are considered a donation, we hope many will consider renewing during the event. Don't wait for it to expire; we will extend your membership date.

Many do not realize the number of lives we impact and the degree of support we have. In a very real way, this is the best, most public opportunity we have ever had for those who believe in body freedom to vote with their wallet.

The best part: a donation only says one believes in the *right* to be a Naturist; it does not say the donor *is* a Naturist.

Topeka Gives takes place at the Fairlawn Plaza Mall on Tuesday, June 2 from 7am to 6pm. We hope many of our friends will be on hand to show their support.

UMKC Holistic Health Fair

On March 22, we participated in the UMKC Holistic Health Fair to help get the word out in the Kansas City area about the presence of such a great place as Lake Edun. It also served as a trial for the June 2, Topeka Gives event.

We had a display table featuring large color photos of the lake and trails, brochures about the Foundation and naturism and our new, updated color site map Jeff produced. You can check it out at www.lakeedun.com.

Pleasant Eduners answered questions of the many interested attendees. All commented on the beauty of our site, and most were unaware there is a facility like us anywhere so close, especially near Topeka. Quite a few took brochures home, and many signed up for Grace's Newsletter and Bare Facts.

Some folks even said they came to the Holistic Health Fair specifically because they had read about our participation in the event on our website, and wanted to personally meet some of us and ask questions – (be sure to check out our upcoming Meet & Greet event).

Thanks to all of the Lake Edun members who contributed to the success of this event. Let's all look forward to greeting some new friends at our special place this year!

Meet & Greet April 11

It's a go! Saturday, April 11, from 5-7 ... or later, is an opportunity for everyone interested learning more about Lake Edun to meet at the Blind Tiger Restaurant in Topeka. It's a local brew-pub with great food and award winning beer.

If you're not a member and just curious about Lake Edun, this is the place to be to meet current members and friends, have a nice meal and conversation, and ask any questions you might have. It's also a great time for past and present members and visitors to get together and make plans for the season. – Spring is here, and your Board has a lot scheduled!

A sauna is scheduled later that evening at the Lake. Please join us. From out of town? Make it a mini-vacation. Get a hotel room, have a nice meal with friends, and then enjoy a refreshing sauna before retiring. What a great getaway!

IMPORTANT: The Blind Tiger is typically very busy on a Saturday evening with people waiting for a table. We have reserved space. But, if we won't be using it all, we don't want to prevent them from offering the tables to other paying customers. We will try to accommodate all comers. You can make it easier for us. If you expect to be there, email us: info@lakeedun.com to RSVP or if you have other questions.

We look forward to meeting and greeting both our old and new friends ... and you. When you arrive, go to the front of the line and ask for the Lake Edun group.

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DON'T FORGET

Apr 1; Wed; 7-9; Sauna

Apr 11; Sat; 12-4; Work Day

Apr 11; Sat; 5-7; Meet & Greet

Apr 11; Sat; 8-10; Sauna

Apr 18; Sat; 12-4; Work Day

Apr 18; Sat; 5-7; Board of Directors

Apr 18; Sat; 8-10; Sauna

Apr 24; Fri; 8-10; Sauna

Apr 26; Sun; 12-4; Work Day

Apr 30; Thurs; 7-9; Sauna

May 8; Fri; 8-10; Sauna

May 16; Sat; 12-2; Open House

May 16; Sat; 4-6; Board of Directors

May 16; Sat; 8-10; Final Sauna

May 23-25; Memorial Day Weekend

June 2; Tues; 6am-7pm; Topeka Gives

From The Mail Bag

Dear Lake Edun,

I think now that I am back in Kansas I'm going to start making regular visits to the lake on the weekends depending on the weather so we'll have more opportunities to meet.

My visit yesterday went very well. I have to admit I had butterflies in my stomach when I first pulled into the parking lot and saw 5 cars parked there! I navigated the trails as I did last time, dipped my feet in the lake, and laid out on one of the reclining chairs on the sandy beach just thoroughly enjoying the peaceful stillness of nature while being completely nude.

I encountered 5 men older than myself and made some good conversation with a couple of them. I also saw one woman tanning nude on the beach, but I was too nervous to introduce myself. As much as I want to make friends and become more comfortable with social nudity, my "nervous problem" is still on my mind. I had no trouble with it at all yesterday though, which was incredibly relieving. I think after a few more visits around others I'll shake my fear of it.

All in all, I had a great time. I love the lake and the property, the liberation of being completely nude in nature, and the friendly people I have met who made me feel so welcome. I can't wait to make another trip down there next weekend!

- Jeff (NUT)

The Third Annual Sydney Skinny

Once upon a time in Sydney, a hemline higher than a woman's knee was considered outrageous. These days, a thousand people can strip off starkers and swim in the ocean and no one bats an eyelid. In fact, most people who have bared all for the Sydney Skinny at Cobblers Beach on Sunday say the clothes-free event is the highlight of their year.

Event founder Nigel Marsh said he was "floating on cloud nine" after watching a record number of people enjoy the swim. "When I first had the idea, every day there was resistance," Marsh said. "But now it has become a really cherished event.

As always, nudity was kept to a minimum, with swimmers prohibited from getting their gear off until their toes are on the sand. Once they completed the course and stepped out of the water, they were given a sarong to immediately cover up.

Participants must be over 18 and spectators were not allowed.

"The event has nothing to do with promoting nudism and it's not about tits and arses. It's obviously about acceptance," Mr. Marsh said. "We've had women who have had mastectomies do it. People who are size 24. My mate Max has done it and he's in a wheelchair." There has been an 89-year-old lady and a number of pregnant women."

"We have all been blessed with one small life on this planet so I think there is space for just three hours every year to have an event that makes us realize we are all equal and we're all in it together."

One participant said, "If jumping in the ocean without any clothes on in a secluded national park with no spectators once

a year is too far out of your comfort zone, blimey, I'd like to know what's in it."

To ensure privacy, there is an exclusion zone around the cove for the day, so no one can be within 1.2km of the shore.

Besides the good time had by all, the event raises money for the Foundation for National Parks and Wildlife. The event has the service's full support. Further, there have never had any complaints in the past to the Parks and Wildlife service.

This fantastic story is available <u>here</u>. It is easy to begin thinking about exporting this idea. We might even wonder if we could have a Topeka Skinny? [Ed.]

The Buff Astronomer – April, 2015

Some clear and a few partly clear nights in March provided fantastic viewing of two conjunctions. First, when a thin crescent moon was next to Mars, photos were very good near the horizon. Two days later the evening skies held dark clouds with the Moon and Venus sharing the ride. With a little patience, some beautiful photos of Miss Luna with Miss Venus were taken.

My youngest son, who shares my penchant for astral-photography, showed me some finer points of digital picturing as we saw Orion's Nebula, the Pleiades, and photographed Jupiter with three of his four moons in grand display.

April is coming and there are several grand events to be seen. On April 4th, the full moon will pass into Earth's dark shadow for this decade's shortest total lunar eclipse – at totality lasting a full 4 minutes and 43 seconds. The partial phase will start at 5:15am near Edun, with totality an hour and a half later in the morning sky.

It is said that April showers are an important part of springtime, but this year a meteor shower occurs on the night of April 22/23, coming out of the constellation Lyra. This will be easier to see when the moon sets at midnight with prime viewing in the predawn sky. Expect between 15-20 meteors an hour at the peak, when/if skies are clear and dark.

Mars sets about 90 minutes after the sun, but is only about 5 degrees above the horizon. Venus is easy to see in the early evening sky and will be 3 degrees south of the Pleiades on April 10. Jupiter remains high in the sky this month and Saturn will start rising at 11:30 PM early in the month and rises 2 hours earlier at month's end.

Here's wishing you clear nights and loads of fun looking up with your Buff Astronomer.

Naturism vs. Exhibitionism

A lot of damage is done by the careless use of language. In this case the epithet sometimes hurled at naturists as being a bunch of exhibitionists. Ignorance of what the word really means is responsible for this confusion. It's annoying.

Naturists have no interest in making a display of themselves as though to an audience either willing or unwilling. The motivations of a naturist for their nudity are not sexual in nature. It is the inability of many in the public to grasp this truth that creates their confusion.

The following is the attempt by one naturist to make clear the distinctions between naturists and exhibitionists. [Ed.]

Naturism is not exhibitionism. Many non-naturists think naturists are exhibitionists. Also, some exhibitionists use the title "naturist" as an excuse for their behavior, but their activities are contrary to naturist values.

First, what is exhibitionism? According to Wikipedia exhibitionism is defined as:

"Exhibitionism refers to a desire or compulsion to expose parts of one's body – specifically the genitals or buttocks of a man or woman, or the breasts of a woman – in a public or semi-public circumstance, in crowds or groups of friends or acquaintances, or to strangers."

Another definition taken from Psychology Today defines exhibitionism as:

"Exhibitionism, which involves exposing one's genitals or sexual organs to a stranger, falls under the psychiatric sexual disorders category of a paraphilia. This is defined as an "abnormal or unnatural attraction" or obsession with unusual sexual practices or with sexual activity involving non-consenting or inappropriate partners."

The operative words between the two definitions are "compulsion" and "sexual." Exhibitionists have a sexual need to expose themselves. Exhibitionists use nudity to shock others or to draw attention to themselves. Exhibitionists view nudity solely in a sexual sense.

Second, contrast exhibitionism with naturism. Naturism is defined as:

"Naturism or nudism is a cultural and political movement practicing, advocating and defending social nudity in private and in public. It may also refer to a lifestyle based on personal, family and/or social nudism." (Wikipedia)

What's missing in naturism is a sexually motivated component. Naturists aren't using their nudity as a vehicle for their sexuality, nor are they trying to draw attention to themselves. Yes, we are all sexual beings, but naturists understand that mere nudity is not about sex.

Another aspect of naturism is about fostering a re-connection with nature:

"A lifestyle in harmony with nature, expressed through social nudity, and characterized by self-respect of people with different opinions and of the environment." (International Naturist Federation)

Many naturists believe that being nude brings them back to nature and humanity. In the Western World, we have lost touch with nature. This is evident by Global Warming, pollution, and loss of natural resources. Naturism is about being in harmony with nature by being nude.

Naturism is not exhibitionism. Naturism is about respecting others and respecting yourself, which exhibitionism does not.

The distinction between these two -isms is important. More information can be found here.

It's Never Too Late To Become A Naturist

Some people have a zest for life that never fades, regardless of age. These are the ones who never grow "old." For too many there are self imposed concerns for what others might think, or there is "proper" behavior solely based on age which prevents them from fully enjoying life.

Fortunately, some hardy souls defy the convention and chart their own course, insisting on trying new things and getting the most out of life. Such is the case of a genial gentleman from England who is anything but staid. We should all embrace his exuberant enjoyment of life. [Ed.]

When a man reaches the age of 77, you might expect him to be walking around the golf course or indulging in some other leisure time activity, but Stuart is not your normal retiree.

Late in life, he found a love for a rather unusual hobby... Naturism.

"The feeling of freedom is fantastic," he said. "When people are younger they might be self-conscious about what their body looks like. But I'm past worrying about things like that. Life is for living and I love being in the nude."

His first tentative steps into baring all came when he posed as a life model and from that moment his love of being clothes free has only grown.

This led to joining British Naturism which is celebrating its 50th anniversary in 2014. This led then to finding likeminded souls at a naturist resort. He explains it is a fantastic place full of people who enjoy taking their clothes off and has a host of activities.

At the resort there is an option on whether or not you choose to wear clothes, with no obligations at all to go naked. That comes in handy with Stuart's wife of 54 years who gives her husband her full backing in his new pastime, but chooses to keep herself covered up.

She explains, "If he's happy doing what he does then that means we're both happy."

Stuart has risked becoming very saddle-sore by taking part in a naked bike ride for charity. Last year Stuart decided he would participate in the World Naked Bike Ride. After buying a bike he joined 150 others for the 45-minute ride.

Describing this adventure he said, "When we all got ready at the start we got some abuse from one person, but a bunch of Japanese tourists rushed over and started taking lots of photos. They couldn't stop smiling and laughing."

Stuart concluded by admitting, "It is a bit eccentric, but I am not harming or offending anyone and at age 77 it's something a bit different that I enjoy. I wish I had discovered it earlier."

Not quite ready to give it a try but want more information? It is available for all here.

"It is illegal for women to go topless in most cities, yet you can buy a magazine of a woman without her top on at any 7-11 store. So, you can sell breasts, but you cannot wear breasts. in America."

Why Ancient Greek Statues Are Naked

"The Egyptians,

Persians and Assyrians

depicted nudity as

shaming while to the

Greeks, it was the

mark of a hero.

Greece 2500 years ago, and for the next two hundred years following their victories over the Persians, was called The Golden Age. Greek culture, art, science, and philosophy flourished. From these people developed all of what we call Western civilization. It is a magnificent heritage.

To this day, we look back at the accomplishments of tiny Greece for our roots and inspiration. Modern naturism was heavily reliant on Greek conceptions of aesthetics in shaping the philosophical underpinnings and ideals.

Richard Ungewitter defined the aesthetic goal of nudism and Nacktgymnastik/nakedgymnastics saying he wanted, "... to transform homo sapiens to an ideal ... living artwork." His model for the New Man was that of the Ancient Greek.

Historian Maren Mohring says, "The strictly neo classical aesthetics of nudism implied studying Greek statuary and by this means education one's sense of beauty. Furthermore, one had to imitate

the Greek statues by continually practicing figure and posture control according to the Greek model."

"The nudists tried to form an ideal body by imitating Greek statues. This was body-building, in the fullest sense of the word." Mohring adds, "The reform activities of German nudism were focused on the body. The body of modern civilization was viewed as 'deformed,' 'pathological and 'abnormal."

"...these deficits were to be overcome through a return to nature formulated in a Rousseauian manner...." Rousseau thought of man as estranged from nature and "... now had to form a new, conscious unity with nature. Nature and the natural body were therefore seen as the lost origin as well as the ideal to strive for."

Thus, "...the natural body was not conceived as something simply given. Returning to nature meant you had to work hard to build this lost ideal body."

To be clear, the early naturists were not employing the term "body acceptance" as we do today. Far from it. In the view of Ungewitter and others, German bodies had degenerated and needed to be rebuilt so they could exhibit their greatest health and potential. To them, the Greek statues were considered the perfect embodiment of sex and, yes, racial norms.

Perhaps a soon to be opened exhibition in London will kindle, a revival of the Greek aesthetic toward the body. Whether the impact of these statues will inspire anything approaching what they meant to early twentieth century Germans is unknown. At the least, an appreciation for an art form that viewed the naked human body as noble would be a welcome enrichment of our modern world. [Ed.]

When the British Museum opens its exhibition of Greek sculpture this spring, curators believe visitors may have one burning question. Why are all the statues naked?

There is an immediate contrast between Greek statues and neighboring Egyptian and Assyrian galleries filled with fully clothed gods and mortals.

To answer this question, the British Museum is providing an explanation for the nudity: For the Greeks there is a tendency towards nudity [in sculpture] which is not true in any other civilization. The Egyptians, Persians and Assyrians depicted nudity as shaming while to the Greeks, it was the mark of a hero. It was not about representing the literal world, but a

world which was mythologized.

"The Greeks took their clothes off more than we did, but they didn't walk down the High Street in Athens naked," stated the curator of the exhibition.

By way of contrast, in the Assyrian galleries, there are nudes but they are not heroic. They are victims of war, stripped and flayed alive. The nudity was meant to show the absolute power of the conqueror over the conquered.

The Greek message in their use of nudity in art was to elevate the body to symbolize their highest ideals and in part a disassociation from the reality of war. There's was an entirely different aesthetic world.

A famous Greek statue was studied and greatly admired by Michelangelo, and its influence can be seen in the ceiling of the Sistine Chapel. It is said the artist was asked by Pope Juius II to restore the work by adding limbs, but he refused.

The sculpture will be displayed at the British Museum alongside Michelangelo's drawing of Adam for the Sistine Chapel. They will be shown next to one of the Elgin marbles, a reclining figure from the east pediment of the Parthenon.

Another loan is the majestic statue of Apoxyomenos, found on the seabed off the coast of Croatia in 1999 and on show in Britain for the first time after years of conservation work.

The director of the British Museum commented on the Greek aesthetic saying, "Everyone knows the Greek body. It is one of the great achievements of this particular art form that it has become the currency of daily life from Bondi Beach to California and all stations in between."

He added, "But the point of this exhibition is to show that this isn't just an artistic tradition, but also connected to a set of ideas and ideals."

We find it fascinating how nudity is treated by different cultures and impact these differences seem to have. More information is available here.

The Four Laws of Nudism

- 1. Accept Yourself
- 3. Live Simply
- 2. Respect Others
- 4. Relax Daily

Living Naked and Frugal: A Handbook for Parsimonious Nudity – by Paul Penhallow with Marilyn Lowell

Body Ideals And Pornofication Make Children Insecure

By Peter Terp

Re-printed by permission, the following essay discusses an important societal issue from a European perspective. The author's concern is about what is happening to children growing up in an increasingly sexualized public square.

Our perception is that Europe is so much more "mature" than we Americans are about sexuality and nudity. Perhaps on the surface that impression seems warranted. However, those who live there raise concerns for the welfare of their youth raised immersed in openly adult oriented sexual displays.

The author's concern is about the "pornofication" of the body as portrayed by media. He alludes to the increasing influence of the porn industry in establishing values, and role models as the new norm for the larger society.

Abetting the porn industry, mainstream trend setters such as advertising, fashion, and entertainment, use porn imagery to sell their products. The result is a skewed understanding of both the body and sexuality which the young, in particular, have no framework of life experience to challenge. The result is confusion, body shame from a porn informed self image.

This consequence is bad for people. The pornofication of the body is bad for body acceptance, it is bad for human relationships, and in fact it is bad for sex. To have values bent to largely view ourselves and other people primarily for their sexual potential is highly reductionist.

By definition pornography is solely about sexual arousal. The imagery is always about an exaggerated preoccupation with body parts, primarily of proportions far larger than average. The sole goal of pornography is sex. People in pornography only have value to the extent they embody this singular preoccupation. These are the illusory values the sex industry and its imitators are selling. However, this portrays the reality of human sexuality and the values of persons no more than does a video game give us the reality of war.

Naturism historically has urged the opposite. The body, nude or clothed is not predominately defined in terms of sex. Instead, the message of naturist nudity has been to deeroticize the body and value each person on the basis of the whole person. Obviously, this reforming message has not carried the day ... even in Europe.

The German Life Reform Movement questioned the 19th Century Victorian repression of the body as shameful. Social nudity was set in the context of a sane, balanced appreciation for the body, coupled with strong concerns for health, diet, and exercise. Actual sex was seen as a healthy part of human relationships; the desired end being marriage and family formation. The program of naturism was to improve the individual and society. It was community oriented. Pornography is atomistic and makes no pretense of being otherwise.

Despite this failing, pornography is seductive, singling out one of our deepest drives while fanning our fantasies by suggesting that if we heed its siren song we will achieve ultimate happiness and fulfillment. However, when the fantasy substitutes for reality our humanity is diminished. When breast, penis, or labia size along with astounding sexual performance ability is matched with reality, real people suffer in the comparison. In this sense, porn is not victimless. The injury is to our souls.

Societal reform is again called for. Naturists must openly champion their historic message as a corrective to porn run wild. [Ed.]

In Denmark there is something called Børnetelefonen, which basically is a child helpline. Children can call it with their problems. In 2014 there was a huge rise in calls regarding the body and sexuality. I think it's a worrying trend; it simultaneously shows the pressure is on body ideals in society.

Most questions children asked were still about love, unfriendly people and the like. But new topics have entered the top 10 questions asked, and that is what is concerning.

Change in the questions

Bente Boserup, Head of Child Helpline says

- ! We are seeing more body anxiety than previously among the children and young people who contact us. They see silicone breasts on the buses, and the boys see big penises on the net and think that their own is too small.
- ! There has been a general pornofication of the body. The kids are confused about the worship of the constructed body. They are generally being talked to less about the body and sexuality in society because no one wants to be accused of pedophilia, she says.

Christian Graugaard, professor of sexology at Aalborg University, is not surprised the children's helpline is getting more questions about the body and sexuality:

- ! It probably reflects the fact children and young people today are living in a public space filled with ideals of the good body, good sex and good sexuality, he says.
- ! A few generations back there was not the same massive bombardment of the ideals we see in popular culture today, he says.

A backlash is needed

We live in a society where people post picture perfect bodies on Instagram and Facebook, where media tries to make nudity equal to sex, photoshopped pictures are the norm and porn is easily accessible. This is how it is. I am not advocating that you should make laws and restrictions, because I don't think it will have any good effects.

What I am advocating is that we loosen up a bit, and start showing the world nudity does not equal sex, and a human body actually is very different from person to person.

I think naturism, nudism or just people who love to be nude can be a part of that backlash. When you bring your child to a nude beach or at naturist resort, your child will learn we are all equal and different at the same time. Some are high, some are low, some have a little more on the side bones and others are skinny, some have a large penis and some have a small

one. It is all natural and it is actually ok that we are different, so why don't we praise it?

This is a subject important to all parents. It is important to the Lake Edun Foundation. There is more information here.

Clothing First Appeared 170,000 Years Ago

I know we all think getting rid of our clothes is a good thing, so why didn't our ancestors leave well enough alone? Of course that's a silly question. We all know clothing is essential to our daily lives for completely utilitarian reasons. That may be what our ancestors thought, also.

Today clothing is something like my car. I absolutely need it and I spend quite a bit of time in it every day, but neither I nor anybody else has any interest in spending all their time in their car. Sounds simple, but don't make the mistake of practicing this logic in your local neighborhood tomorrow.

In any event, humans didn't always wear clothes and in some places today, they still don't. Just the same it's fascinating to learn more about the origins of clothing. [Ed.]

A new University of Florida study examined the evolution of lice shows modern humans started wearing clothes about 170,000 years ago, a technology which enabled them to successfully migrate out of Africa.

The approach to determine when clothing began to be worn comes from studies of lice in modern humans. The five-year

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Separate Mailing Address for members

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No Sex, No Violence ... Only Nudity First Naked Plays - DVD

Total Enclosed - Check, Money Order, or Credit Card

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study used DNA sequencing to calculate when clothing lice first began to diverge genetically from human head lice.

The data shows modern humans started wearing clothes about 70,000 years before migrating into colder climates and higher latitudes, which began about 100,000 years ago. This date would be virtually impossible to determine using archaeological data because early clothing would not survive in archaeological sites.

The study also shows humans started wearing clothes well after they lost body hair, which genetic skin-coloration research pinpoints at about 1 million years ago, meaning humans spent a considerable amount of time without body hair and without clothing.

A 2003 study of lice estimated humans first began wearing clothes about 107,000 years ago. But the new research includes new data and calculation methods better suited for the question which resulted in an unexpectedly early date for clothing, much older than the earliest solid archaeological evidence, but it makes sense.

Because there are no descendants of archaic hominins there are no clothing lice for sampling. The study does not explore the possibility archaic hominins outside of Africa were clothed in some fashion 800,000 years ago.

For the full story, click here.

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