Bare Facts

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Memo From The Board

Recently a young mother was told by her neighbor that the neighbor's six year old son would not be allowed to play with the mother's two children, a boy also age six and his sister age eight. The reason for this ban was simple. The neighbor's six year old son had been taught by his parents that boys and girls do not live together who are not married. The child had been visiting in the home with the two other children and had innocently asked if they were married. The two answered that they were not, they were brother and sister. The neighbor told the mother her child was not ready for such discussions!

Another mother was very concerned that her young teenage daughter was asking her questions about sex and personal relationships. Did the mother still have sexual relations with the girl's father? "Is it true mom, that men and boys are really only interested in food and sex?" she had asked! The mother had side stepped the issue, telling her daughter that she was not old enough for such answers.

A boy about age ten asked his mother, who was pregnant, how the baby got in there. She told him it was something that happened after you were married. Five years later while sitting in high school English class, he noticed a classmate who was pregnant. Innocently he asked her when she had gotten married!

Many parents are worried about the consequences of teenage sexual activity. They note with alarm the sexualization of almost every aspect of American advertising. We do have a problem. Of all the industrialized nations of the world, the United States is are number one in teen pregnancy rate, teen birth rate and pregnancy per capita. And we are number one by a wide margin!

As naturists we already address many of the questions our young people have by merely being natural! Many of the reasons for "playing doctor" or sneaking a peek at "Playboy" or "Playgirl" are readily answered in a naturist home. Research, though sparse, indicates that the teen pregnancy, teen birth rate and per capita pregnancy are very much lower among teenagers who live a naturist lifestyle.

Will you and I be believed when we speak to our friends and neighbors about this benefit of living a more clothesfree life? Probably not! It seems beyond reason to many. Yet the current methods being employed by our society seem to be yielding the opposite of their intent. Perhaps somewhere in the purple mountains or fruited plains a researcher can be found who will do some investigations of our lifestyle. Perhaps that researcher will be able to show that non-sexualized social nudity is an antidote to the over sexualized nation we are becoming. Or, perhaps we are just dreaming?

Items We Need

- Non-motorized boats
- Metal Barrels
- Lawn or Lounge Chairs

Barefoot All Over

The 2007 installment of the Lake Edun Foundation Annual Short-Play competition is under way. It seems the stigma of the actual human body still plagues many area actors.

At press time, our director has seven of the 15 actors needed for this year's four one-acts. If you know anyone interested, please have them contact Jon at (785) 608-1010 directly. Performances will be the last two weekends in September in the Topeka Performing Arts Center. Rehearsals are from 7 to 10, Monday through Thursday and from 1 to 4 on Sundays.

Traditionally actors are cast by auditions. These don't work to find a cast to perform around nudity. The most effective method is to speak freely and ask potential actors to join the effort. It's risky, but we have been doing just that. Assistance would be helpful, if we want to see it happen again.

All Eduners can support rehearsals by bringing cookies, brownies or other goodies, just to let the actors know they're supported by those who hold our views. It gets lonely for actors taking the leap into nudity to find that those who asked you to are not active in supporting the effort. If you are willing to bring goodies, coordinate with Jon.

To date we have our directors, stage manager, assistant director, marketing director, set designer, and builder. We still need help in support positions: builder, lighting tech, carpenters, and Eduners to bring munchies during rehearsals.

Promoting our performances is a responsibility we all share. If you have advertising space, ideas or money, contact Webb, who will put you in touch with our Marketing Director.

We have more theater people involved in this production than we have ever had before. That's a good thing. The Naked Plays are building support in Topeka's already robust theater community. But populating the actors roles – and Jon really can work well with almost anyone when it comes to the stage! – is the most important goal for right now.

We'll take all the help we can get. And the shows will give you back everything you bring to them ten-fold.

DON'T FORGET

Activities designated HN are sponsored by Heartland Naturists

Aug 17; Fri; 8-10; HN Swim

Aug 27; Mon; 6-8; Closed for Private Party

Sept 3; Mon; Labor Day

Sept 8; Sat; 10-12; Board of Directors

Sept 21; Fri; 8-10; HN Swim

Sept 15; Sat; 6-8; Sauna

Sept 21; Fri; 8 pm; Naked Plays

Sept 22; Sat; 2 pm; Naked Plays

Sept 23; Sun; 2 pm; Naked Plays

Sept 22; Sat; 6-8; Sauna

Sept 28; Fri; 8 pm; Naked Plays

Sept 29; Sat; 8 pm; Naked Plays

Items We Need

The LEF community is wonderfully supportive of the objectives of our foundation. Each of us may have items or skills that could be valuable to us. We offer this list of items we need so our supporters may scan it and perhaps offer their support. Each month we print a summary for your convenience. Remember: all gifts can be tax deductible.

Lawn Mower - Keeping our grass mowed is a constant need and our mowers eventually wear out. If you have or know of a good commercial grade (or even good home) riding mower or ZTR mower, it would be put to good use.

Non-motorized boats - Eduners love to get out on the lake. If you have a canoe, paddle boat, sail board, sail boat, etc. you no longer use, we can find a home for it.

Lawn or Lounge Chairs - Many years ago, a LEF supporter helped a local country club carry off old lounge chairs that had been used around their pool. Eduners have made good use of them. But now they are showing even more signs of age. If you come across a pool or club planning to upgrade their chairs next year, bring the old ones to us.

Paint the Barn - It has been a number of years since our storage barn enjoyed a coat of paint. If you have a paint sprayer and the inclination to use it, we will provide paint.

Talent for the Naked Plays - The second production of our plays promoting issues of body acceptance is nearing production. Contact us if you have an interest in or talent for theater.

Mulcher - We can use a chipper/shredder to dispose of small dead-fall and feed a mulch pile.

Aluminum - Cans, of course. Also castings and many other items made of aluminum. Most families do not find it worth their effort to save aluminum. However, the combined effort of many Eduners makes recycling aluminum worthwhile.

Metal Barrels, Cable Spools, etc. If there is something you believe will be beneficial to other Eduners, please contact us. Please see the mast-head for ways to contact us.

From The Mail Bag

Dear Lake Edun,

I'm sorry, I wish I could be a member this year. But, I don't make it very often to the paradise we all know and love to be at. A place we would all love to spend all our free time. But, I'm a caregiver for an elderly man and his 85 year old wife that live in Silver Lake. They have a hard time getting around and I'm a friend and helper. They have a handicap van, also.

I do plan on coming out to the lake when I can get away. I did ask the man if he had heard of Lake Edun. He said, "Yes", but only bad news. I said naturism is not for everyone, but try it, you will maybe like it. He said they are too old for that now.

Anyway, tell all "hi". I will come and visit some this summer. I love to read Bare Facts.

P.S. Tell Beth and Lane thanks for helping make a better place at the lake.

- Gerald.

As I See It

By John Schonick

My my, time is a flying. I got my Bobcat out to the lake and started working on three areas; Carvers Crossing, the parking lot, and the new North road.

Saturday, after the board meeting Ernie used a skid loader to fine finish the areas I had worked on, while I used lots of muscle to cut a few trees by the culvert. I next distributed rocks to slow down the flowing water going into the culvert. I did not have my bobcat available, so that morning I had to load the rock in my pickup by hand.

By Saturday evening I once again discovered I am not as young as I once was, and my body sure told me I am getting too old for the manual labor stuff – well at least with rocks. As always, there's never enough time so we still have the trees that were cut to remove from Sunny Bares. Despite this, everyone should be able to tell a lot of progress has been made.

I am sure next we will be getting more sand for the beaches. Everyone need to know that it is not too late to donate money for any of the projects we are or will be working on in the near future. Your labor would also be appreciated if you have a chance. With more new members and old members renewing we just might be able to get more done.

To those that visit we do need donations to keep up and running so you can come back and enjoy what we have here. If you enjoy the place, tell your friends about us so we might grow more. Yes, I understand some will not talk about going to a naturist place because of all the wrong concepts that are out there in society. But remember, Naturists/Nudists are a growing fraction in the U.S.A. as well as the world.

I feel this board has done a lot and has accomplished what goals we have set so far. However, in the near future we will be asking you about what you want and feel we need at Lake Edun. You can have a positive affect if you present your ideas to the board. As always, having a safe peaceful place to come to where we can all relax and enjoy life sans clothing is our goal.

We also need more people writing articles for the Bare Facts. It does not have to be a full page. Things you could choose to talk about might be to describe what it was like for you, what did you expect, were you comfortable, was the place nice, and the experience pleasant? A few words would really be appreciated. You can write an email to Bare Facts, or leave a few words written on paper at the barn so we can forward it to our editor.

We believe this is extremely important because the Bare Facts helps others to see that coming here and getting, dare I say "Naked," is a good thing and very satisfactory in a gathering of like minded people.

Letting us know how it was a good thing for you might just prompt others to say, "Hey! Maybe I should try that." I hand out copies of the Bare Facts to people all the time so they will read the articles and perhaps visit the web site.

By the way, the new web site is coming along very nicely and hopefully will be posted soon. Creating a website is all new to the couple that is building, or "rebuilding" might be a better word, our website with new pictures and all. I am very excited about the progress they have made.

Till next time, be very careful in this heat. Heat kills more people than all other weather events put together.

What better way to cool off than a dip in the lake and laying in the shade! Just be sure to drink plenty of water. Be safe and courteous – following the posted rules for conduct. We look forward to seeing you out at Lake Edun.

Out In The Open

(Words of advice on being a naturist)

When you are out of the closet and proud to be a naturist, that acceptance, self-acceptance, rubs off on all you meet and socialize with.

If you are secretive, then others will believe that it is something that you are ashamed about.

When you are open, others will share their personal skinny dipping stories with you.

This can be difficult if you have parents that you know will not accept your being a naturist. However, in communicating privately with the media, you can use a nom de plume.

Richard

There is nothing wrong with being a naturist and one should not be ashamed to be one. Too many of us are and are not willing to stand up for our naturist rights but would prefer to have someone else do it for them. (For obvious reasons I do not like the expression "Let George do it").

To promote our beliefs we have to stand up and be counted, and no one else is going to do that for us.

Imagine two nudists trying to hide that fact from each other.

I will admit you do have to be careful if you don't want members of your family to know you are a nudist because you know they will object. But no matter what, you will still be a member of that family, (maybe the black sheep).

As for friends, how much of a friend are they if they will not accept you for the way you really are?

There are ways of approaching people and working to find a way to disclose the fact you enjoy the nudist way of living. Don't just jump in and say "I am a nudist," start off with asking what they think about skinny dipping and judge from their reply how to proceed from there.

A recent newspaper article about my being a nudist has informed a lot of people of that fact.

Well, my friends know the truth about me. My enemies will blame me for everything anyway, and the rest of the world really does not care.

I am a nudist and proud of it.

George Gwinmass

A Few Reasons Why

We would be savage, therefore we choose civilization. We would be lawless, therefore we choose laws. We want to learn, therefore we choose an education. We need to comfort, therefore we choose to comfort.

We need love, therefore we choose family.

We hope for an answer to life, therefore we choose faith.

We seek balance in life, therefore we choose a schedule and routine.

We hope to pass our values on, therefore we have children. We use clothing for "protection", therefore WE choose nudity.

Being clothed is easy, therefore we aspire to a higher standard by choosing to be nude. Rather a bit like monks who pray for years to achieve enlightenment.

Nudism to me is something that challenges me to reach for something even better, to imagine being more social, more giving and more receptive than I have ever been before.

Top Ten Reasons To Go To Work Naked

- 10. No one ever steals your chair.
- 9. Gives "bad hair day" a whole new meaning.
- 8. Diverts attention from the fact that you also came to work drunk.
- 7. People stop stealing your pens after they've seen where you keep them.
- 6. You want to see if it's like the dream.
- 5. To stop those creepy programmer guys from looking down your blouse.
- 4. "I'd love to chip in...but I left my wallet in my pants.
- 3. Inventive way to finally meet that 'special' person in Human Resources.
- 2. Can take advantage of your computer monitor radiation to work on your tan.

And...drum roll...the Number One reason to go to work naked:

Your boss will never say, "I wanna see your ass in here by 8:00!" ever again.

Freedom Yoga

Something new of interest to those wanting to enhance their fitness in the Kansas City area. The KCFITNESSLINK in Kansas City, Missouri is offering something a bit different. Nude Yoga classes, both individual and group.

What is this you ask? They explain that freedom yoga is a clothes off style of yoga that incorporates elements of power yoga, Kundalini and Tantra yoga. The class focuses on poses and active meditation to facilitate the release of energy. This style of class emphasizes mental enhance-ment and self-acceptance by releasing barriers for ultimate transformation.

Just so you know, and quoting from the FAQ page,

Yes, everyone including the instructor is naked. Most people are surprised by how quickly they get over any anxiety they might have about being naked. If you are not ready to be naked with a group, you might try an individual or partner session first before attempting the class format.

Check out their website at, http://www.kcfitnesslink.com/nudeyoga.html and find out more.

Family Nudity

The following excerpt from a newspaper column addresses a common parenting concern. Just how controversial is the issue of family nudity becomes readily apparent by the responses the column's author received.

There are many opinions but few facts about undressing in front of children, writes psychologist, Dr. Gregory Ramey.

Ramey writes that he was recently asked about the age at which children should no longer see their parents naked. I responded that parental nudity around children is a matter of personal preference, and parents should be guided by what feels comfortable for them and their children.

He adds he had no research basis for telling the reader that children beyond a certain age should no longer see their parents nude, thus he did not offer a set of strict guidelines.

Response to that advice was intense. "You're nuts," suggested one reader. "I have a three-year-old daughter, and I would never let my husband parade nude around the house in front of her. Where are your morals?"

Several parents said they felt it was wrong to ever undress in front of their children, and no so-called "expert" was going to tell them it was ever acceptable.

An acquaintance of Dr. Ramey who grew up in Europe severely criticized his advice stating that within her family, nudity at home was common. She felt it contributed to a healthier view about her body and sexuality. Such a casual atmosphere about nudity prompted many family discussions. "You lost a great opportunity to educate parents about the importance of teaching children healthy attitudes about their bodies and protecting children from sexual molestation."

While respecting both viewpoints, Dr. Ramey states that neither position can be justified by scientific facts. Parental nudity is a matter of style, and no expert can give a specific age that applies to all families and circumstances.

As a professional psychologist, Dr. Ramey is not willing to declare all parents who take their families to nudist camps are harming their children. His decision not to do so is based on his personal preferences, not professional evidence.

Within reason, parents should use their own values, morals and styles to raise their children in a way that seems right to them. They shouldn't look to some "expert" to argue that their way is the one and only way to raise all children.

When it comes to family nudity, parents (particularly those from other cultures) have a variety of approaches. Your way may be right for you, but it doesn't make it the only way for everyone.

Ramey does caution about guarding against child sexual abuse in which adult nudity may be used to condition a child for later sexual exploitation. Such behavior is cause for immediate action by a responsible adult.

Dr. Ramey encourages parents to rely on their own good sense and intuitive judgment, recognizing what works for them may not be the only way for the other 6 billion people in the world.

The following opinion about the above article was found on a naturist internet website.

The time for parents to stop undressing and being nude in front of their children is – NEVER. Nudity is something natural to children. Continued through childhood and adolescence, casual, nonsexual, non-threatening nudity helps children keep issues about bodies in familiar perspective. Such a "first-hand" frame of mind helps them avoid common societal nonsense and through familiarity "knowing better", so they grow into better adults.

Infants are natural nudists. If you raise your children in a continuous atmosphere of what is termed "casual home nudity", your children will live naked at home among all family members in complete trust and love. They will also be far less vulnerable to the sexual and social misuses of nudity.

It is extremely important for nudity among family members to continue at about the same level throughout the life of all children. If you bathe them every day, keep doing so. If they see you dressing or walking from the shower nude regularly, keep it so. If you sunbathe nude and include them, keep it up. A break of a few weeks may seem inconsequential to you, but it could mark a big change in feeling for some child. Be constant, and keep the faith.

Social nudity builds trust between practitioners because it requires trust to get naked among other people in the first place. If a child feels that they have lost this trust that gives them the confidence to "be seen" by others, it may be lost for good. Don't lose the thread.

Single parents: keep dressing and bathing your children. Dress and undress casually and comfortably with them watching and talking naturally with you. As they get older, shower with them as an act of caring and familial love.

If a new partner comes into your life, work out ways to introduce them totally to your children without care – a day at a nude beach, or a remote lake, for example. If that person cannot accommodate themselves to nudity among your family members – a relatively simple psychological matter – how likely are they to be able and worthy of raising your children to responsible adulthood?

But in all ways, keep familiarity constant. Once the continuity of trust is broken with your children, it is nearly impossible to reinstate. So, if you have not hugged your child recently, do that tonight. If you have not been naked together for a while, make it soon, but make it natural, too.

We at the Lake Edun Foundation are not so naive to see social nudity solving all human problems. While we are sympathetic with pro family nudity, we do not solely rely on personal testimonies and beliefs. Contrary to what Dr. Ramey says, there are controlled, scientific studies on the effects of family nudity on children that have been reported in these pages. These studies provide genuine evidence for the benefits of family nudity. Most recently was the survey of scientific literature by Mark Storey and originally published by the Canadian Federation of Naturists, reprinted with permission in the May, 2006 issue of *Bare Facts*.

From Sublime To Ridiculous

Once again my non scientific observation has been verified, that when it comes to the press and reporters, naturists should always – allow me to repeat, ALWAYS refuse to be interviewed by a male reporter. The reason? They almost never treat naturists with anything other than condescension, juvenile humor, and contempt. I mean it, when asked anything about naturism by a male reporter, JUST SAY NO!

That said, exhibit A is from Faye Flam. It seems Ms. Flam had been invited to visit the famous Sandy Hook clothing-optional beach in New Jersey. Her curiosity getting the better of her, she checked it out on the Web.

She noted Americans tend to conflate nudity and sex, as evidenced in our movie-ratings, which lump the two together. But, she observes, "... we have a pretty quick capacity to adjust to and desexualize public nudity, even in New Jersey."

The question of the origins of clothing was addressed by speaking with Dr. James Adovasio, director of archaeology and anthropology at Mercyhurst College in Erie, Pa. He is a specialist in perishable artifacts.

Dr. Adovasio informed Ms. Flam that about 1.7 million years ago in Europe, *Homo erectus* was covering themselves with animal skins. By the time of the Neanderthals, around 300,000 years ago, they were wearing more fitted, tailored leather clothes.

The archeological record shows an explosion in the use of awls, punches, and other devices used to fabricate holes in leather when modern man got to Europe around 45,000 years ago, Dr. Adovasio notes humans were venturing into colder areas where they needed good gear. They wore fitted clothing with sleeves, buttons and toggles, gloves or mittens. Clothing was crucial for the expansion of man around the world.

Fossilized impressions of woven cloth have been found that dates back around 28,000 years.

He goes on to say that in hot, humid climates, the idea of covering up in damp stultifying clothing didn't make any sense. This only came about with Western intrusion into these parts of the world. Another anthropologist, Dr. Chris Kovats-Bernat is quoted as saying, "If you're in the jungle or the South Pacific, your sweat needs to be evaporated. For that reason, 'The vast majority of populations that have gone naked or mostly naked have done so because climatically, it makes sense.' " [Emphasis mine. Ed.]

Dr. Kovats-Bernat speculated that in tropical climates when males covered their genitals it was likely for protective reasons, not modesty, as sometimes they're decorative and designed to "accentuate masculinity."

Ms. Flam ends by asking, "Is exposure to nudity harmful?" Dr. Kovats-Bernat replied that anthropological studies would suggest not. "In societies when nudity is not tabooed, children have a diminished degree of anxiety and trepidation about sex than Westerners do." [Emphasis mine. Ed.]

Exhibit B is provided by David Harsanyi.

The opening lines of this piece state that there are two inarguable truths about nudity. The first is that, I am ashamed

of my body. Second, Adults who are most inclined to take their clothing off in public should be ashamed of theirs. Naturally, if Mr. Harsanyi is ashamed of his body, he is entitled to that opinion. However, the second so called "truth" is nothing more than his irrational prejudice. He may prefer that they be ashamed of themselves, as he is, but there is no objective reason that they have to share his self contempt.

Ostensibly, Mr. Harsanyi is investigating Nude Recreation Week. To do this he talks to people at AANR who, "... recommends Merriment...," through uninhibited activities like housekeeping fun, using the treadmill, or dust off one of the workout videos. His response? "Please don't. Really."

Further research was done by talking to the manager of Mountain Air Ranch, (MAR). After finding out about membership and amenities, and the 10 miles of hiking trails, he asks, "Hiking in the nude?" Followed by, "Personally, I couldn't imagine anything more horrific. Other than that, it sounds like fun."

Mr. Harsanyi offers that like most hobbyists, nudist come from all walks of life. "And having met silly people from all walks of life, I'm not surprised." [Emphasis mine. Ed.]

With great originality Mr. Harsanyi then wonders about the ogling perverts. "Aren't they drawn to a nudist ranch outside of Denver?" He is assured that visitors are checked out before becoming members.

Then, the BIG questions are asked. "Are there children present at these au natural recreational activities? (Please say no.)" He then comments, "Regrettably, there are...somewhere between 45-60 of these unfortunate, impressionable young souls are exposed to the horrors of the hairy, cellulite-ridden naked adult body."

Then the REALLY BIG question, "And the sex thing? Isn't it just a tad unsettling to have so many folks wandering about – playing table tennis, engaged in calisthenics, or what have you – in the buff?"

Instead of a real answer to this, that there is no, "sex thing," (beyond his imagination) the rules of nude etiquette are listed. While avoiding the usual shop worn denials of overt sexuality, this comes off as a non sequitur for an answer.

Big question #3 is why? WHY do people want to go nude? MAR's director notes that most folks get started in hot tubs and skinny dipping.

Not to leave a quip unuttered, Mr. Harsanyi adroitly responds, "Funny! I too visited a nude beach during my college years. Did you know models don't hang out at nude beaches?"

Hmmm? Makes you wonder how he knows so much about ogling perverts. Mr. Harsanyi, were you one of those ogling perverts checking out the women? Shame on you!

Getting back to the why nudity question, the MAR director informs Mr. Harsanyi that he feels "more liberty," as clothing, "can be a restraint." Further, he can't understand why being naked is taboo.

Never short on insight, Harsanyi instructs, "Actually, far from taboo, most of us just believe nudity has a time and place.

And that place is far away from strangers and children. In all probability, 'nude recreation' has a very specific meaning to you. And that activity, in my opinion, is more natural than the sterile nudity these hobbyists engage in."

Sorry, I should have warned you to have your "air sickness" bag handy before reading the second exhibit. Moving on, what is it that explains the sharply contrasting views of the naked human body?

Mr. Harsanyi clearly shows his preference. Being naked is for sex – Period. Being naked for any other reason than sexual intercourse is sterile and worthless in his view.

Porn is for sex, strip clubs are for sex. Surely, he wouldn't be giving his blessings to these forms of nudity because they are about sex and are therefore, not sterile? What about the nudity used in magazines from high fashion to Cosmo? Is that nudity an object of his disgust also?

Does he include nude art in the category of the sterile use of nudity? Hard to know, but I would assume he wouldn't go that far in condemning nudity. No, Mr. Harsanyi reserves his disapproval of nudity for ordinary folk that would dare choose to ignore hypocritical societal standards by revealing their bare bodies instead of being properly ashamed of them.

It would seem that Mr. Harsanyi could stand a bit of that diminished anxiety about nudity that Dr. Kovats-Bemat talked about. Just might improve his sex life too.

Amazingly, Ms. Flam writes about clothing and makes a marvelous case for nudity when practical. She learned that our ancestors weren't stupid or slavishly clothes compulsive. They were practical though.

Imagine that! Humans wearing clothing appropriate to the circumstances, and not because of a compulsive need to cover the disgusting body. Who would think of such a thing? It was our genius ancestors – that's who. For them it was nudity in the tropical climates, clothing in cold climates. For them, being clothed or naked had nothing to do with being moral, and everything to do with common sense. Human survival depended on this.

I guess Ms. Flam had to ask – "Is exposure to nudity harmful?" Yikes! Does she keep her eyes closed to bathe?

Is the sight of simple non sexual human nudity so powerful that you have to fear that it has dangers associated with it akin to plague? Might nudity cause blindness, deformities, sterility, brain damage, or gasp! Moral degradation?

Fortunately for Ms. Flam the kindly and wise doctor reassuringly calms her fears by offering the findings of anthropology. In fact, where not taboo, nudity has beneficial effects he knowingly asserts. Given this, it stands to reason that what is truly harmful are the nudity taboos and taboo enforcers.

I rest my case about male vs. female journalists writing about nudism/naturism.

Lake Edun Foundation, Inc.

P.O. Box 1982 Topeka, KS 66601-1982 (785) 478-BARN

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