

Bare Facts

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38° 58' 7" North; 95° 47' 56" West

Buff Astronomer – August, 2015

The historic fly-by of New Horizons visualized both Pluto and its moon Charon in detail never seen before. Going to the NASA website will give you pictures of the dwarf planet that are astounding in detail. New Horizons is definitely a success story in our attempt to know our Solar System. Its mission not over, this space probe will travel further into the Oort Cloud for more adventures.

Other working spacecraft continue studying Mars, looking for water and signs conducive to life. There are seven craft there, two on the ground and five in various orbits. Again NASA produces a wealth of information that is available at the website. Mars is on the far side of the sun this month and will slip into the predawn sky in mid-month.

Jupiter exits the evening sky this month and Mercury slips back in, but neither is easy to see. Venus also heads towards the sun, passes (on our side of orbits) and later becomes the "Morning Star". The only bright planet this month is Saturn. It is easy to see, sitting just to the west of Scorpius.

Turning attention to Scorpius, those with telescopes can see a double star just 5 degrees to the left of Beta Scorpius (use a sky map to locate). Then just to the left of that is a "double-double star, "Nu Scorpii". Scorpius is easy to find if you see Saturn or look for the red star Antares in the middle of the scorpion.

During the month those up during clear weather will see:

- ! On the 8th, the moon is forming a morning triangle with the Pleiades and Aldebaran (in Taurus)
- ! In mid-month from 12 – 13 we will have a fantastic meteor shower, called The Perseic show, because they seem to come from the constellation Perseus (famous for protecting beautiful Andromeda.
- ! On the 16th, at dusk, Mercury will sit six degrees to the right of a thin crescent Moon at dusk.
- ! The 22nd will have a first quarter moon about four degrees from Saturn
- ! And the 29th will have Venus ten degrees above the eastern horizon ½ hour before sunrise.

As you can see, August will bring a lot to see as you join together with your Buff Astronomer to view the heavens.

In This Issue

- ! Heartland naturist Festival 2015
- ! What one reluctant woman finally learned
- ! What can/should Naturists learn from the LBGT movement
- ! Extend your life & improve your health with vitamin D
- ! First experience with nude Yoga changed her life
- ! What photographers learn when photographing nudes
- ! Haulover Beach turns 24

LEF Annual Meeting

Every year the Lake Edun Foundation has an annual meeting to elect new members to the Board of Directors, hear a report on our progress for the past year, and discuss issues for the upcoming year. Mark your calendar, this important meeting is scheduled for Saturday, September 12.

The Board is our governing body. It sets policy and insures we deliver a quality program. LEF can not exist without an active Board to put our program into action. Next year will be a year of transition. It will be extremely important to the long term health of the Lake Edun Foundation.

We hope all members will consider a position on this very important body. Those who help find it is more rewarding than they had expected. More details will appear in the October issue of Bare Facts.

Final Session With Our Buff Astronomer

With all the rain and cloudy skies, it has been difficult to enjoy the sights brought to life by our Buff Astronomer. August 15 is the last scheduled appearance of our buff friend; we hope the weather cooperates.

Be on hand at our special place as the sun heads toward the horizon. Those who have participated have come away knowing a bit more about our place in a wonderful universe. They also enjoy the evening.

It is perfect for families with children. Several telescopes and strong binoculars will be available to use. If you have questions, be sure to bring them. A special prize to anyone who can stump the Buff Astronomer.

Massage Therapist Available

Our highly popular Massage Therapist will be available for body work in September. Email us for advance reservations.

DON'T FORGET

- Aug 1; Sat; 12-2; Open House
- Aug 15; Sat; Evening with the Buff Astronomer
- Aug 22; Sat; 5-7; Board of Directors
- Aug 22; Sat; 7; Wine & Cheese tasting
- Aug 22; Sat; Dusk; Movie Night
- Aug 23; Sun; Noon; Yoga
- Aug 29-30; Camping for all Eduners
- Sept 4-7; Labor Day Weekend
- Sept 6; Sun; Noon; Yoga
- Sept 6; Sun; 2-4; Board of Directors
- Sept 11-13; Massage Therapist at lake
- Sept 12; Sat; 5-6; Pot Luck Dinner
- Sept 12; Sat; 6-8; Annual Meeting
- Sept 12; Sat; 8-?; Music Jam
- Sept 18-20; Massage Therapist at lake
- Sept 19; Sat; 8-10; Sauna
- Sept 25; Fri; 8-10; Sauna

Heartland Naturist Festival 2015

By Jeff Jensen

The Heartland Naturists had their annual naturist festival July 11th and 12th at Camp Gaea and if you were there you know what a “festive festival” took place. My hats off to the organizers for the event as it was well planned with non stop activities for two days. After signing in you could explore the camp grounds, go swimming, socialize with your friends and hopefully make some new acquaintances.

It was the perfect day for a naturists event, plenty of sun and a nice breeze kept everyone in a festive mood. I enjoyed a rousing round of giant size scrabble, complete with 12” tiles played on a 20’ x 20’ playing board. If you preferred you could also play giant size Jenga or something I don’t know the name of but it consisted of a lot of balls and a bunch of sticks.

That evening everyone had BBQ hamburgers with all the fixins’ along with salads, fruits, and your choice of several desserts. All the while listening to live band followed by a DJ that rocked the house till the wee hours. People enjoyed a “nite lite” hike followed by a bonfire complete with S’mores.

The next day was the 5K run or walk finishing up with an afternoon lunch.

If you get a chance, sign up for the Heartland Naturists newsletter and enjoy the many activities they offer.

Learning By Doing

Here’s a great [story](#) of a reluctant woman who was finally persuaded by friends to visit the Sandy Hook, New Jersey legal nude beach. It’s a tribute to the openness and persistence of these friends that the writer consented to go with them one time.

There’s a lesson here: Just because someone declines visiting a naturist venue with you one or more times, gently talk up how great your nude time has been. Curiosity has a way of eating away at a closed mind. You just never know. [Ed.]

“I’m 59 years old – I am not going to a nude beach. Two of my close friends had been asking me to come with them to their favorite nude beach for months, and each time they asked, I gave them this same answer.”

The writer explains she didn’t hate her body as she was in good shape. However, her next words reveal the category in which she placed a nude beach saying, she isn’t hung up about sexuality as she is more than willing to take risks and try new things.

Another prejudice she suffered from was distaste for the human body. “Getting soaked and naked with large groups of strangers was an activity I had no interest in whatsoever. Not only was I not willing to take the risk of exposing myself, I surely didn’t want to be a witness of some naked guy bending over to grab a volleyball. I couldn’t fathom why my friends wanted to have such experiences.”

Despite all these reservation the persistence of her friends sparked some interest in why they enjoyed going to the nude beach so much. She says she writes and speaks on topics of self-esteem, sexuality, and empowerment so she decided to

investigate. She brought along her photographer to document her adventure.

“When we arrived at Sandy Hook beach, the first surprise was how calm and secluded it was. This was not the typical Jersey shore – there were no wild parties, no vendors, no blaring music, and no bling.

“The second surprise was the variety of people present. On the whole beach, I could see only one supermodel-type, and the rest were just regular people with regular bodies, from their early twenties up in to their seventies. The majority were middle aged. Some people had tattoos, but most seemed pretty vanilla. This was not a beach full of wild, sex-crazed swingers or perfectly toned and tanned workout goddesses – these were just normal people, enjoying the sun, the waves, and the sand, just without bathing suits.

“So I joined them.

“I stripped off everything and walked off toward the shoreline with my photographer. As he snapped off photos of me near the surf, I felt my insecurities about body image and exposing my private parts start to fade away. All the years of my misconceptions about what other people thought of my naked body disappeared. All my scars and stretch marks that told my life story took on a badge of honor, instead of the shame game I had been playing with myself all those years.”

After awhile lying out on her towel she says she started looking around, taking in the people and the atmosphere of the nude beach. She observed that what she felt and saw in those minutes, relaxing on the sun-warmed sand, made her feel silly for worrying so much earlier that morning.

“No one seemed uncomfortable. No one was staring at other beach-goers’ bodies or rubbernecking to see if people were staring back at them. No one was trying to hide or flaunt anything, so there was no reason for anyone to gawk.

“That day on the nude beach, though, no one was judging, even though many sunbathers there had stretch marks, aged skin, and cellulite.”

This writer’s firsthand experience being at a nude beach was a life changing revelation. Her experience reinforces the frequent refrain by naturists that you have to try it to know what it’s all about. Her conclusion:

“The longer I spent on that sunny judgment-free afternoon, the more I felt light, free, and relaxed. I even chatted, still completely bare, with fellow sunbathers and a cute park ranger. No one else seemed interested about their bodies or mine, it was all about feeling free of the stigma of body image and enjoying the ocean, sun, and the wildlife.

“I was so sure that I never wanted to visit a nude beach before I tried it, but now feel like I never want to go back to a non-nude beach again. Allowing myself to be so vulnerable empowered me.”

“Shame is something that must be learned; we’re not born with it. Once you get past 30 seconds of awkwardness, you realize that the learned shame melts away.”

In Defense Of Naturism

Fear – to borrow from Shakespeare makes cowards of us all. Hamlet’s “to be or not to be” speech summarizes the problem when he asks whether ‘tis nobler to face the slings and arrows of outrageous fortune or to take up arms against a sea of troubles and by opposing end them. It’s a real dilemma.

In the United States various groups demanding tolerance and legal protection base their arguments on something from the constitution, and/or concepts of fairness and justice. Obviously advocates of a cause have to stick their necks out and be publicly associated with the unprotected group. I may be wrong, but I don’t recall naturists very often doing this.

Undoubtedly there are exceptions pre and post WWII to visibly advance legalization of social nudity. The Free Beaches movement comes to mind led by Lee Baxandall and the Naturist Society, as do the efforts to make Haulover Beach a legal nude beach. Still, this didn’t translate into a national cause/movement to achieve national legal recognition of nude recreation.

Naturism continues to be scorned and dismissed as unworthy of consideration by most opinion makers. Always wearing clothing remains the automatic option most of society considers as rational. Over a hundred years of naturism and hundreds of positive newspaper articles has made a negligible dent in this uniformly dismal condition.

This lamentable situation is addressed by one blogger who has been trying to develop a framework around which naturism could rally to appeal for legal legitimacy. At the same time he is doubtful naturists will openly support their own cause. Whatever the cost may actually be, the majority of naturists are unwilling to pay it. [Ed.]

Nudists and naturists want to be free to practice their varied interests while naked and without interference by outsiders who, for various reasons, take offence at nakedness. Many, if not most, simply hide in secluded locations to have naked time.

Hiding is about self-protection and it is often symbolic of feeling guilty for doing something that subconsciously is held as intrinsically wrong. They hide from spouses, from family, from friends and colleagues, and from all authority that would put them in jeopardy. The desire for freedom to be nude is there, but fear keeps them from doing what is necessary to find a legitimate place for nudism in our modern world.

There is hope that someone else will do what is necessary to make this happen. When the time arrives, then perhaps there will be a movement out of the closets and into the broader world in their natural, naked state. But, I won’t hold my breath.

Reader response

This is an excerpt from a reader response that clearly lays out a major source of the fear that binds naturists. Everything the reader says may not be supportable, but in the main he is correct. [Ed.]

Most of us fear that if our participation in nude recreation were revealed there would be serious negative consequences.

(This is much like the fear most people have about appearing nude in public, which is groundless). As a result they remain hidden in the shadows, not participating in the political discussion about the issues, or struggling to improve our situation. Our refusal to stand up and be counted allows the rest of society to consider us to be a tiny group of kooks whose rights can be ignored. We have practically no political power, and that is our own fault.

We need more activism following the remarkably successful example of the LGBT rights movement in gaining public acceptance. We are a much larger minority, and our demands are not as radical. We should have an easier struggle, but there aren’t enough of us on the front lines. So we try to drum up support on internet nudist forums and watch, as our lifestyle circles the drain, hoping the nudist community will wake up and recognize what needs to be done.

Much more information is available [here](#) on this important subject. It is something we should take more seriously.

Bring Me Sunshine For A Long Life

Those of us who seek our time in the sun continue to receive support from the medical research. The positive benefits of moderate sun exposure have been regularly discussed in Bare Facts, including the following information. However, it never hurts to confirm the most recent scientific findings. At the same time, the caution remains that sun burns are never good. This latest [installment](#) comes from the Daily Mail. Many will find the report surprising; most will find it quite interesting. [Ed.]

Not many are aware of it, but too little sunshine can also kill you, a leading researcher has claimed. Far from being something to be scared of, regular exposure to the sun is good for us.

A renowned Edinburgh University dermatologist said there are major benefits to exposure to the sun. Sun exposure can, among other things, reduce heart attacks, lower blood pressure and stroke risk. Some studies suggest that people with skin cancer actually live longer. There are studies showing that people with the most common form of skin cancer actually live longer than the average person, he says.

The doctor adds, “The wider benefits of sunlight should no longer be ignored. Although the benefits of sunlight are often attributed to vitamin D, a gas called nitric oxide is also important. Made when the sun hits our skin, nitric oxide lowers blood pressure when it enters the bloodstream. Although the reduction is small, it could “make a big difference.”

He explains that, “High blood pressure is the world’s leading cause of premature death and disease because it leads to stroke and heart disease. Even a small reduction in blood pressure across the whole population will reduce overall rates of stroke and heart attack.”

We are so narrow minded that we show war, murder, and rape on TV, but we are not allowed to show one of the most wonderful creations (the human body) in its natural form.

What I Learned From Naked Yoga

Once again a non naturist, in this case a yoga practitioner, contemplates her naked experiences and faithfully recapitulates the insights learned by naturist from early in the last century. This is marvelous and documents how the naturist experience is a universal truth.

Part of that truth is that the practice of nudity, regardless of the reason, produces similar outcomes. Consider the nature of claims from a scientific theory and do experiments to support the truthfulness of the theory. The question is, can others independently reproduce the same results?

The answer is a resounding, YES!

In this issue of Bare Facts the observations of persons not already naturists were noted to be closely aligned with the historic claims and experiences of naturists. Many others unconnected with naturism have made similar claims about their experiences with nudity. Thus, it is clear that independent observers report nearly identical claims about their experiences with non sexual nudity. This is a high level of congruity that is remarkable and persuasive.

It's not known whether any of these people have ever been involved in naturism, or would ever consider participating in naturism. Despite this, they all espouse views identical with naturism. To some degree, the reading public is exposed to the ideas that in essence are naturist philosophy. This is a good thing.

All of these news articles to some extent reach a pre contemplative public, (pre contemplative refers to not previously having considered something) yet without the preconceptions a lot of people hold toward naturism. These testimonies explain, demystify, and normalize nudity as desirable and non threatening. Unfortunately, it is to be lamented that the depth of explanation for the desirability of nudity is more ably articulated by non naturists than by many naturists. [Ed.]

The following summary of this excellent essay is extremely valuable. Accompanying the article are a series of striking fine art photographs of a nude yoga demonstrating a number of poses. Enjoy!

When practicing yoga I do so fully naked as a way of honoring and uniting each part of myself.

Naked yoga, also known as “nagna” yoga can be traced back to ancient times when a sect in India called Naga Sadhus chose nudity as a form of breaking free from the material side of human life and the demands of the outer world.

Although being naked has come to feel very unnatural for many, when naked we are in our most natural state of being. However, once we become comfortable with ourselves naked and allow ourselves to be vulnerable, we will find not only a deep sense of relaxation but also an immense inner strength.

She states that the benefits that she has found have been incredible, inducing life-altering changes about how she feels about herself and also how she perceives her body.

She admits that like many others, she had allowed social media's portrayal of “the perfect beautiful body” to influence how she felt about her own body. “Subconscious and sublim-

inal messages from around me had somehow sunk in and so, I managed to find imperfections with my shape or flaws with my skin and judged myself harshly.”

Initially she says she focused only on how her body looked and was overwhelmed with her insecurities. The temptation to cover up heavily weighed her down. That was one of the greatest lessons she says she learned—to breathe, accept and let go. She then discovered that, “My body and mind quickly replaced the anxieties with a deep and profound sense of freedom and acceptance.”

It was not just her body perception that changed. Her entire mental and emotional health also changed dramatically in the process too. From the moment of that first practice onwards, she says she was led through a journey of self-acceptance, self-love and self-appreciation and most importantly, for the first time, she began to fully feel comfortable in her own skin.

The author astutely observes that naked bodies are all too often subjected to objectification and thought of as a sexual thing; however, “I see the body as a work of art, an ever changing masterpiece that is an outer reflection of our inner nourishment.”

It was in getting to know herself naked that helped her discover so many truths about who she is and has helped in letting go of the inhibitions that had built up over time. After spending so many years covering up and concealing different parts of her body, she discovered that this practice allowed her to embrace each unique piece of herself, and expose it to the sensual feeling of being able to move freely without the restrictions of fabrics.

She says that new awareness became immensely healing, balancing and transformational for her body, mind and soul. She explains that our body can hold on to negative emotions, so by fully relaxing and absorbing into the practice, her body is free to re-vitalize and re-energize, as the energy flow releases physical and emotional tension.

Even more empowering are the emotional and mental restrictions that are released and removed with each piece of clothing taken off.

Follow this story for yourself [here](#).



Freedom Of Expression: For The Sake Of Art

The following comes from a [newspaper article](#) in which two professional photographers discuss the role of nudity in their art. Their comments are insightful and remarkably in harmony with the naturist point of view.

As we are aware, throughout human history attitudes toward the body have varied widely. This ranges from practicing total nudity to total covering of the body. Equally true is that each era believed its dress choices to be appropriate and normative. In short, culture determined the dress code. There is no such thing as one style or mode of dress that is “right” whether nude or clothed.

We can't help it; we humans attach meaning and values to everything we do. Some of them are dictated by appeals to divine law and others to tradition. Some cultural standards can persist for centuries and others can change rapidly.

In this case the photographers are confronting the sensibilities of a southern state toward nudity. This was a clash of cultures. They represent an urban and decidedly non southern understanding of the nude body that they consider modern and communicates meanings at odds with the culture in which they reside. In effect, they are engaging in social change.

The reporter appears quite willing to convey their message that addresses the Puritanical and prudish citizens with arguments about the value of nudity in art. The similarities with the arguments advanced by naturists are remarkable.

This is so much so that I used bold type to highlight a worthy and better way to state the cliché that naturism isn't about sex. The statement is that the naked body is not sex; rather it is the vehicle in which we travel through life. I like that. I also liked the statement that separating the human form from the sexual act is key to appreciating art nudes. Similarly, non sexual family nudity is key to separating social nudity from the sexual act, thereby preserving the social space for protected social nudity. [Ed.]

The body exposed has been a subject in art for centuries from the David to the Birth of Venus. The historic artwork is priceless and revered, but the idea of nudity is still taboo.

One artist's theory to explain this is that some people in the United States hold on to the Puritanical and prudish ways of the early years. She and other artists want to change the negative stigma and show the beauty in nudity.

Artistic value

A common misconception of nude art is: it's about sex. But there may be many other underlying reasons and messages in an artists' work. Historically, “The first objects that have been found made by people are nude women – the fertility figures The Venus of Willendorf,” said an art professor. “At the time it was a celebration of the female form because that was where children came from and where the world began.”

Over time, the perspective has changed and sexuality has become a social issue.

The intention of artists, renaissance to contemporary “...is about discovering the beauty in the human form at every age and taking the taboo out of it.” One artist states that her “...philosophy is God made it and it's beautiful and it doesn't need to be covered in shame or photoshopped or plastic surgeon-ed to death.”

Celebrating and loving the true human form isn't something that can be told with clothes, which could be a distraction. While wanting the audience to look at the body, a point of view, a new perspective, or a theme can refocus the audience's view. One photographer commenting on the work of another artist explained, “It was more about the personality and their life and what their body had been through, and it was a wonderful, wonderful series.”

Commenting on the value of nudity the artist suggested, “Modeling nude is a liberating and healing experience for many models. Clothing often hides the insecurities we harbor about our bodies; stretch marks, scars, weight (or lack of) can no longer be hidden away, so we have to accept ourselves for who we are.”

The pursuit of happiness

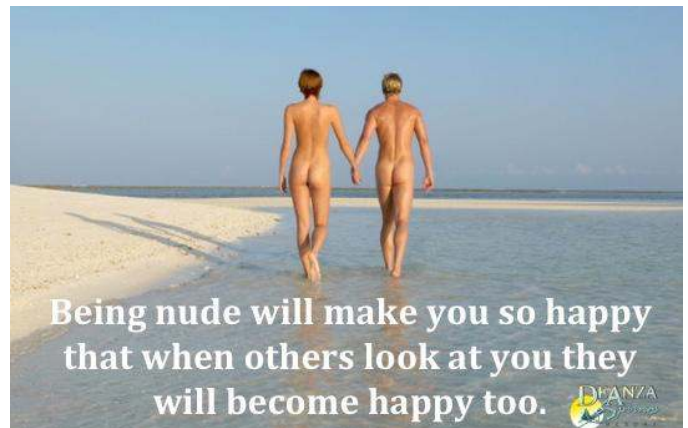
Life drawing – or figure drawing – remains in art classrooms across the country. Nude models pose for students as they practice capturing the likeness of the human form.

Artists work to express, through the camera or paintbrush. But, on the other side of the camera or canvas the models have their reasons for becoming the subject.

A young man who is a nude model for art classes explains, “Getting in front of people who don't care you're naked in front of them is a freeing, liberating feeling,” he said.

Life and liberty

Taboos in America still stand as some mistakenly connect nudity to sex one artist said. “**The naked body is not sex, it is the vehicle in which we travel through life,**” he said. “Our bodies carry our thoughts, memories, relationships, knowledge, hopes, fears, and often show the history of our struggles and triumphs. Separating the human form from the sexual act is key to photographing and appreciating art nudes.”



Happy 24th Birthday Haulover!

Have you been to Haulover Beach? It's the clothing-optional beach near Miami. It is also a very visible example of the very positive impact a clothing optional facility can have on the local economy. Prior to the effort of the Mason's, Haulover was a rarely used, less desirable section of Miami's famous beachfront. Today, it attracts tourists to Miami from across the nation and around the world.

It's impact in parking revenue alone is easy to measure and substantial. Less easy to know is the amount spent by Haulover visitors in hotels, restaurants, and other local venues. Most who study the impact of tourism typically use a multiplier that would place the overall impact of Haulover in the tens of millions of dollars ... an amount any city would love to claim.

I've been to Haulover Beach a couple of times and it's a terrific experience. Of course it's on the Atlantic and there isn't much surf, but that aside, it's a great experience. All naturists are in the debt of Richard and Shirley Mason for the superior political savvy that made this legal nude beach possible. [Ed.]

There were no shirts, no shoes and all smiles as members of South Florida Free Beaches and the B.E.A.C.H.E.S. Foundation celebrated the 24th anniversary of the clothing-optional

section of Haulover Beach with birthday cake and lemonade.

Richard Mason, president of the SFFB, said in the late 1980s and early 90s that section of the beach was far from a tourist destination. "Before we started it was not considered a very nice beach," Mason said. "Everything that's there is there because of our efforts."

"We put in showers, mobi-mats (for the disabled) and donated wheelchairs to bring handicap people right to the water," Silver said. "Our donations help make it a nice place to come."

According to the foundation, the clothing-optional beach annually draws millions of visitors and tourists. It largely contributes to more than \$1 million in parking revenue Haulover Beach generates for the Parks Department. One of the main reasons the nude beach has remained popular is because the foundation has worked to help visitors feel safe. Beach ambassadors comb the beach ensuring no illegal behavior and curtailing any catcalling or harassment.

Be sure to visit this wonderful attraction next time you are in the Miami area. Learn more about this resource for the Miami area [here](#).

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Membership Application Change of Address Form

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All information provided is strictly confidential. If you are joining as a couple, include names for both people. If you are a couple not living together, make a copy of this form for the other individual. (NB: To promote gender diversity, a couple is defined as one male and one female.) Those willing to assist with upkeep a minimum of 10 hours

per year may deduct \$50. One subscription to our newsletter *Bare Facts* is included with membership. A subscription only to *Bare Facts* is available for \$20.00. New members will receive a Waiver and Release which must be completed before membership is finalized. Visitation restrictions apply to Associate Membership.

Membership Fees:

	Single	Couple	Amount
Lake Edun Foundation Membership	275.00	350.00	_____
Working Membership (Discount)	(50.00)	(50.00)	_____
Associate Member (Over 125 miles away)	175.00	250.00	_____
NUTs Membership (Must be under 30)	75.00		_____
Separate Mailing Address for members		12.00	_____
<i>No Sex, No Violence ... Only Nudity</i> First Naked Plays – DVD		25.00	_____
<i>Lake Edun Exposed</i> – DVD or video		45.00	_____
Naturist Society Membership		60.00	_____
Subscription to <i>Bare Facts</i> only		20.00	_____
Tax Deductible Donation			_____

Total Enclosed - Check, Money Order, or Credit Card _____

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