

Bare Facts

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38° 58' 7" North; 95° 47' 56" West

Don't Miss A Sauna This Season

So far this season, we have had some highly successful saunas during which more than half a dozen Eduners and their friends have enjoyed the relaxing heat available. Surprisingly, saunas with the greatest participation were not at the scheduled times; they were held in response to a request for a special sauna.

To make these special events available to the greatest number of our supporters, we will change how we schedule and notify Eduners about these events.

For the remainder of this season, we will schedule only one sauna each month. In addition, we will strive to accommodate individual preferences by holding additional saunas as requested. Notification for these special saunas will be made by email or text message. These notices will go out a few hours or days before the event.

So, if you think you are interested in enjoying a sauna this winter, check for a scheduled sauna, or ask to be added to the text or email sauna lists. We will do our best to give all as much advance notice as we can. And, if you would like to request a special sauna that fits with your schedule, please let us know. We will make every effort to accommodate you. As always, be certain you arrive close to the starting time. If no one is on hand after 20-30 minutes, we may not stay until the scheduled ending time.

Social Nudity for Moderns

Jon Stall is a freelance writer in Arlington, Texas who became a naturist about a year ago, adopting the philosophy, nude when possible, clothed when necessary." Unlike many who become social nudists, Jon hasn't hesitated to let people know about his new found enthusiasm. In fact, he wrote an essay for publication – he's a freelance writer you know – so that the whole world could share in his joy.

Jon attempts to educate the public about the nudist/naturist lifestyle so as to dispel both ignorance and misperceptions as to what it's all about. Jon attempts to answer the usual question from the not naturist, "Why would anyone want to be naked much of the time at all, much less around other naked people?"

While naturists are generally familiar with the misperceptions and objections that circulate among the general public about social nudity, it is useful to have an insider make the case for social nudity in a public forum. Jon does a commendable job in presenting the facts about naturism, and laying to rest misunderstandings held by many.

This article is a worthwhile read, and if you print it out, to give to those you might have occasion to talk with about naturism. [Ed.]

See the entire article at: http://www.associatedcontent.com/article/1806306/modern_social_nudity_pg4_pg4.html?cat=7

Winter Activities Do Exist

Winter activities can be almost as much fun as our summer events. It's just a matter of becoming involved.

We are considering another house party in January or February, depending upon the feedback we get from our members and friends. If you would enjoy the fellowship of a winter get together in someone's home, let us know.

In addition to our regular (and irregular) saunas, we are planning a work weekend at our special place to complete some of the tasks that are most easily done without having to be concerned about PI, ticks, or excessive heat. The tasks we must address include our continuing campaign against too many Cedars, extending our North Road, and clearing trees off the dam. We will choose a warmish weekend, work some, play some, enjoy a great meal and probably a sauna. These can be a wonderfully fun way to make a significant contribution to our special place.

Because this is highly weather-dependent, we can not put it on the calendar. If you would like to be a part of this select group of volunteers, let us know.

Last Chance For Contributions In 2009

Shortly after the beginning of the new year, we will be sending letters our supporters can use to substantiate their contributions to LEF for the past year. If you itemize your taxes, your gifts can result in a tax savings. We appreciate the gifts we receive from so many of our supporters. We would appreciate more, also.

From the beginning, LEF has operated asking minimal amounts from each visitor in order to allow more people to experience the benefits of living a clothing-free lifestyle. We have counted on the generosity of those who have been more fortunate to make up for our operating deficits. With the struggling economy, this has been a difficult year for everyone, LEF included.

If you find you are in a position to support our special place, please consider making an additional contribution as we wind down our year.

Your generosity will make a difference for the organization that makes so much possible for us, for Topeka and for northeast Kansas.

DON'T FORGET

Activities designated HN are sponsored by Heartland Naturists

Dec 5; Sat; 10-12; Board of Directors

Dec 5; Sat; 8-10; Sauna

Dec 27; Sun; 7-9; Sauna

Jan 9; Sat; 3-5; Board of Directors

Jan 9; Sat; 8-10; Sauna

Jan 15; Fri; 8-10; HN Swim

NEF California Poll—2009

As the readers of *Bare Facts* well know, the State of California Department of Parks and Recreation dropped its long standing adherence to the “Cahill Policy,” and is shutting down San Onofre Beach to nude use. This was claimed as necessary due to complaints of public sexual misconduct.

But hold the phone folks! The latest news is that Californians don't support shutting down nude recreation on state lands. Between 11-6 and 11-9-09 the Zoby International polling firm conducted a scientifically valid poll of Californians funded by the Naturist Education Foundation.

The results show a startling high level of approval by Californians for nude sunbathing on a beach or location that is designated for that purpose. Agreeing with this were 79% to 16% that disagreed.

Californians agreed 70% to 25% that areas should be set aside for people that enjoy clothing-optional recreation.

Californians agreed 68% to 30% who disagreed that people have the right to be nude in their homes or on their property, even if they may occasionally be visible to others.

They also agreed 62% to 33% that the Parks and Recreation Department should designate clothing-optional areas in state parks.

At the same time 37% agreed that they are personally offended by the non-sexual nudity of others while 56% said they were not offended.

Finally, 40% responded that they had skinny-dipped or sunbathed nude with others while 56% said they hadn't.

These are impressive numbers, yet some factions of state government take the view that they have the authority to dictate their wishes to the majority. This is not to say state authorities should ignore public sexual misconduct. On the contrary, almost all, but especially naturists urge authorities to enforce laws regulating public sexual misbehavior. Naturists firmly believe nude recreation is not an excuse or occasion for sex acts in public.

The compelling question to ask is why authorities have failed to enforce laws against lewd behavior at places like San Onofre as naturists have repeatedly requested? It is very likely that enforcing the law would have quickly discouraged and eliminated objectionable behavior.

It is fairly clear that Parks and Recreation had little interest in ticketing people for illegal behavior as they did little in the way of enforcement of the law. Instead the agenda was to use complaints of lewd behavior as a means to end nude use of San Onofre. It causes one to wonder if possibly some special interest was applying pressure to end nude use of the beach. Time will tell.

Naturists everywhere should learn from this experience. We must allow our tans to fade a bit and spend more time in our state's capital. That's where the real power resides to make a difference for nude use of public lands. This new polling data confirms the trend shown by previous NEF opinion polls. NAC and NEF are well positioned to lobby California legislators for more favorable legal protections. We should all support NAC and NEF with our contributions. [Ed.]

Body Acceptance And Disabilities

No doubt many think naturists claims about body acceptance is easy to glibly champion if your body is not too far from the glamorous models seen in the media. Indeed, some naturists question a blanket claim that all bodies are acceptable suggesting obesity, a significant health risk factor, should be an exception.

Most naturists respond to this in two ways. First, the concern about obesity centers on what constitutes good health, while body acceptance is about the inherent dignity of the person and their body. Mixed gender social nudity is the concrete expression of the belief that the body is not shameful.

Second, the emphasis on body acceptance has never implied that naturists can ignore what they do to undermine the health of their bodies and say it is ok, all in the name of body acceptance. Historic naturism takes people where they are and fosters respect for the body by encouraging health enhancing practices such as exercise, sunshine, and good nutrition in a program of self improvement.

Still, we are all creatures of the culture in which we live. As such, those with a wide array of medical conditions that affect their physical appearance may experience either discomfort in or rejection by society. Fortunately, many have found acceptance and a home in naturism that has enriched their lives. The following describes the experiences of some in English naturism. [Ed.]

A wheelchair user with scoliosis who has been a naturist for 15 years says she still clearly remembers her first experience. “I used to go swimming because of the pain in my back and when I'm in the water it eases all the pain. There was no attendant at the pool we went to and very often we were the only people there. One day I just took my swim costume off and said to my husband, oh you've got to feel this, it's lovely. We swam outside, the moon was bright, the stars were twinkling and I was free of pain. I went home ecstatic.”

One thing that a disabled person might worry about when thinking about venturing into naturism is how people will view their “naked” disability. The Commercial Manager for British Naturism says: “Body image is such a big thing in the 21st century. Most people feel there is something about themselves that is not so wonderful but people find when they get into naturism that no one is bothered about it. It's the media and fashion industry that makes you believe that you should hide yourself in a room if you don't have the perfect body, which doesn't exist anyway.”

A blind naturist agrees: commenting that she isn't the best proportioned person, but when people are naked shape and size don't matter. The message that comes through time and time again from disabled naturists is that naturists are a very accepting, friendly bunch.

Another naturist adds: “Naturism is liberation from the attitude that you have to have the perfect body. What you've got doesn't matter because naturists see people for their spirit, for what they are.”

Naturists say that naturism can even help people deal with a negative body image. A male naturist who found naturism has given him new self-belief states, “I've never had a

particularly good self body image. I've had to work hard at weight control for most of my life and I was conscious of my 'man boobs' as they are called nowadays."

Exposure to the sun and fresh air can also be beneficial to those with various skin conditions as a naturist who has psoriasis, found. He also found, "by getting your clothes off you get the chance to observe that other people are just as imperfect as you, a perfect body is a very rare thing so you shouldn't feel inferior because of your body."

For the full article go to: <http://www.disabilitynow.org.uk/living/features/the-naked-truth>

Questions

The readers of Bare Facts have an appreciation for body acceptance and enjoy the benefits of nude recreation. No doubt we all long for the day when being known as a naturist would be met with respect, rather than with either open hostility or condescending bemusement.

Despite these polarities of public reaction, naturism has grown and persisted for over one hundred years. It is acknowledged a cultural gulf exists between naturist's love of nudity and society's love of clothing. Yet, despite this gulf, every year textiles become naturists. Of course, the question of in what numbers they do so is a serious concern.

To become a naturist means overcoming a major social taboo, i.e., being nude in public in a mixed gender setting. As we who have made this transition know, once this taboo is crossed, its power is rapidly lost. Before long we wonder what all the fuss was about. However, it is no small task for most to cross that line and learn by doing what cannot be experienced any other way.

Unfortunately, due to the unpredictable ebb and flow of the larger culture, acceptance of simple nudity becomes more, and then less tolerated. Currently we find ourselves in one of those ebbs in societal tolerance for simple nudity. The rest of the country thinks of California as pretty much hard core liberal and tolerant of everything, but this isn't true when it comes to nude use of beaches.

It is well documented by the Naturist Action Committee that there are increasing legal threats to naturist interests. Regardless of the 2006 TNS national survey that an overwhelming number of Americans approve of nude use at appropriate locations set aside for this purpose, nude use at traditional sites is being forcibly ended.

The only way to counter this is to grow the movement at every opportunity and on every front. Fortunately, there is available to us the least expensive and most potent means known for promoting a product or an idea – **word of mouth**.

Using our intelligence and social skills, there are times, places, and people with whom we can share our joy of naturism. Naturist ideas can be advanced without first proclaiming, "I'm a Naturist!" The responses you receive will tell you whether to continue more openly, or to drop the subject. Either way, you are giving people something to think about that is useful. Perhaps another opportunity will present itself to offer further pro naturist ideas. Never underestimate the power of your influence.

We would like to hear from you, our readers, how you were influenced to become a naturist and in addition we ask you to respond to the two following questions:

1. Do you openly share your nudist lifestyle with others - family, friends, coworkers, etc?

2. Have you ever converted any of your friends over to the nudist lifestyle, and if so how.

Please e-mail your responses to benude@lakeedun.com. Also, if you succeed in evoking some interest from a friend or colleague and want to show you are really well connected, offer to send them *Bare Facts* for free. Just get their name, and address and forward it on to Benude@lakeedun.com. We will do the rest.[Ed.]

Africa Reveals its Beauty

For a woman to shed her clothing and pose in a bikini or G-string is a daring act.

Why, then, is there such a strong disapproval of nudism as shown toward, for example, events like the Zulu reed dance?

(By way of explanation, the Reed Dance is an annual dance which takes place in September. Young girls clad only in woven skirts congregate at the riverside before the Zulu king. Each girl picks a reed from the river and a dance takes place. In order for the girls to take part they must be mature (most are about 16-20 years old) and they have to be virgins. Zulu tradition states that if a girl's reed breaks, it is a sign that she is unchaste. The dance is said to promote marriage, loyalty and chastity. It was abandoned for many years until the present Zulu King brought it back into existence in his effort to stop the spread of AIDS. [Ed.]

Perhaps one can refer to inhibiting factors imposed by Western thought as expounded by Charles Darwin's *Origin of Species* and Jean Jacques Rousseau's *Noble Savage* that propounded stereotypical views of a backward and primitive black race still walking around naked and uncivilized.

But does the reed dance fit this biased analysis? Of course not!

Based on cultural and religious orientation many people regard nudity as a repulsive crudity that lacks any aesthetic value. However, for the enlightened mind, nudism is acceptable and appreciated as an artistic depiction of the human body without pandering to salacious debasement or hardcore pornography.

The author goes on to state that in societies that demand that women cover themselves from head to toe do so primarily for the gratification of the dominant patriarchy.

He does admit that many men do come to the Zulu reed dance ceremony to lust over the bare-breasted maidens. But, he adds, it should be stated clearly that the reed dance is not a circus, nor an auction for the sale of virgins.

The purpose for continuing this traditional dance is the preservation of the probity of a people by maintaining strong family values that protect the community and society as a whole. Were it not for the ideals enshrined in the event and its rites and rituals, its practitioners would have long lost
(Continued on Page 6)

Naturism – What Shall We Tell The Children

The following is used with permission. It is a summary of some research done in England and presented by the Naturist U.K. Fact Finder (NUFF) web site. [Ed.]

If you decide to try naturism for the first time as a family, how best to discuss things with your children is a question that crops up periodically.

NUFF was asked to enlist the collective wisdom of the 'uk.rec.naturist' newsgroup and thanks are due to those naturists who replied and on whose replies these pages are based.

Every family is different and, without knowing the family concerned, it is difficult to give specific advice but some example situations have been chosen as possibly helpful.

How old are the children? As children get older they become more autonomous as foreign holidays or nudity around the house is likely to be of help.

What to tell them before going. They should be told something before going. How much, and when, depends on the maturity of the child. Most parents have good gut responses to the level of consultation appropriate to various situations. In respect of naturism, there will be "in the family" attitudes to nudity to take into account. Things like whether any or all

family members bath/shower with the door locked, for example. Just as children happily use different vocabularies with their peers and with their parents (and yet another one with teachers, etc), they seem to have no problem presenting different attitudes in different situations (hey, adults do it all the time - where do you think they learned to do it?). So while they might feel peer pressure to regard social nudity as "rude", "naughty", "sexy" or "gross," (depending on who is nude in front of whom) and would happily echo such attitudes, they may also happily enjoy family naturism in the back garden, or have a great time at a naturist resort.

Young children, say those under 5 or 6 years old, can just be taken. For young, easy-going kids a simple "right, we're off to the swimming pool now" could well be all that's required: "We did not bother telling the kids, they were used to us and them being nude around the house and seemed to accept others doing the same. (They told nearly everyone, you cannot stop that).

Our kids were quite young, I suppose if they were older you would have to explain, maybe the easiest way to introduce them to naturism is to go to swims first as it is more natural (to them) to undress to swim, but less so to socialize nude. Make sure where you are going has other children as this will help a lot."

Primary age children should have it explained to them before going that people will not be wearing swim suits and they will not need to wear one either. Any initial reticence about going will disappear very quickly once they start to have fun.

For adolescents, broach the outing in advance, making it

clear that the swim is naturist, and that there will be no obligation on the child to go or to be nude if they do go.

It is advisable to check whether the venue is nudity compulsory as it is best to give children the choice. I have been told that this is the CCBN Child Protection recommendation. Some of the contributors advised avoiding child nudity compulsory venues because of the child protection implications. The under fives couldn't care less what they are, or are not, wearing.

Putting pressure on children to remove costumes is likely to be counterproductive. If no big deal is made about it, they do normally dispense with them in their own time.

One respondent felt that children should always be fully consulted and given the choice, but others felt that they should do as their parents decided: "I coaxed a friend into going. We discussed it one morning, her 8-9 y/o daughter

was with us at the time. The daughter didn't want to go because of the nudity. That evening, we all went. The daughter was in tears. The daughter gladly went again and again and again - and got her elder sister to go, too." So, would it have been right to let her back out?

Many would consider that to be a high risk strategy:

"Obviously, there shouldn't be pressure. If it's clear that a child doesn't want to go, or wouldn't be happy, then it's totally pointless dragging them along. OK, so they just might "love it when they got there", but most kids like to prove that their presumptions were the right ones. "I told you this museum would be Bore-RING!"

As regards naturism, in my opinion a key factor in making it OK for kids of particular ages/attitudes to come along is to make it clear that costumes are optional, (actually seems to be desirable for adults – e.g., the success of the MADNAT taster sessions and ladies-only pre-sessions). Unless the kids are confirmed naturists themselves, even if they've experienced beach/holiday naturism they may feel uncomfortable at the idea of going to a local swimming pool without a costume. So any swim with an absolute no costumes policy should be avoided."

Peer and sibling influences can be funny things: "Kids are funny concerning choice. We have a family at our swim, two girls, (one of his and one of hers) and a baby, (one of theirs). One of the girls will invariably wear her costume if her step-sister is present and invariably be naked if her step-sister is not there."

What the children think. Young children couldn't care less, so long as they have a good time! Primary and teenage children become more concerned about what their peers may think as they get older.

Explaining about confidentiality at this point will both help to reassure them, and also help to make them aware of the need for discretion. It can be pointed out that it is up to them

**The under fives
couldn't care less
what they are, or
are not, wearing.**

as to what they tell their friends, because nobody else will. The presence of other kids at the swim in their own age group becomes increasingly important to them, and will also help to reassure them.

The following is the normal reaction from primary age children, although some will want to wear a costume, at least to begin with: "...well I don't have children, so it has never been a problem, however we are god-parents to two children and they have at times stayed with us. One of the weekends we were going to a local swim, and asked the parents if they had any problem of us taking the children along. Both parents had shown some interest in naturism, but had never gone any further because he was concerned about 'his reaction' in a naturist environment.

We just told the kids, 8 and 10 that we were going swimming in the evening, but where we swam no-one wore a costume. They did ask if they could keep theirs on, and we said we would ask. When we got there we went into the changing room and stripped off and said to the kids, "Come on, get undressed." No mention about wearing their costumes and they stripped off and were soon playing with the other kids. At the end they asked if they could do it again."

Children and discretion. Older children know the difference, but are not keen to tell anyone who won't understand, for their own reasons. Younger children probably won't even realize there is anything special to report!

However, there is no absolute certainty about this, especially if there are problems between members of the family, particularly between teenagers and parents.

One respondent wrote: "Again, the least said the better. In conversation with parents it never ceases to amaze me how quick children appear to be in developing a sixth sense in this matter. You see the same with bi-lingual kids, they always get it right when it comes to speaking the appropriate language when in company and they never mix languages."

Peer pressure and "Street Cred" are of course complicating factors but they usually result in kids going erring on the side of discretion rather than the other way round. Bear in mind too that "tan-lines" often loom large on their horizons. How can you show off a sun tan if you haven't got some white bits in contrast?

Another commented: "... in my opinion there's absolutely no need to worry about this one--which doesn't stop people worrying, but may give some reassurance."

OK, so kids can really enjoy putting a parent on the spot with an embarrassing remark during a visit to doting grandparents, and regarding at least some aspects of parental attitudes and activities as appalling when chatting to one's mates is essential. But children seem to develop extremely acute sensitivities about what they can/can't, should/shouldn't say in various situations. If social nudity is frowned on by their

peers, they will probably frown on it to those peers - whether they enjoy it for themselves or not.

A member of the Naturist Foundation wrote: "Most of the kids at the Naturist Foundation over about 8 years have been told that there are places where it's best not to mention the club, or just to mention that we have caravans there. AFAIK they were simply told that, "Not everybody agrees with naturism, so we don't tell everyone."

Of course, for the "avoid embarrassment" factor to work, the parent must play their part too, and not chatter happily to a child's friends about things the child doesn't want those folk to know.

Older children know the difference, but are not keen to tell anyone who won't understand, for their own reasons. Younger children probably won't even realize there is anything special to report!

Several years ago, Channel 4 broadcast a shortish play called, "The Spy Who Caught a Cold," about a young girl going on a naturist holiday with her Mum. Both had a good time. Over the closing credits, the youngster is chatting with a friend about the holiday, and being emphatic that she certainly hadn't been nude. Which, of course she had. It rang very true.

And another contribution was: "I know of a family who has two daughters who always used to come to our Tuesday swim. They also went to many of the other local venues such as Doncaster Dome, the youngest one, (about 12) did seem to tag along with me, and I did have some misgivings about what her parents might think, however they had no problems, and I think sometimes were happy to have someone else 'child

sitting' especially in the water race part of the Dome, where this girl was not allowed without adult supervision."

"One time, about a week or so after a Dome evening she told me she had had to draw a picture of what she had done at the weekend. She had chosen to draw a picture of us showering at the end of the evening, but she did say, 'I put swimming costumes on all of us.' She was fully aware that her lifestyle might not be understood by others at school, and just altered details slightly so as not to give herself problems with her peers."

Children's Friends. It's possible that a child who enjoys family naturism, including swim sessions, might suggest that a friend comes along. At that point it may be necessary to talk about the fact that some people think naturism isn't a good thing at all, and that the friend and/or the friend's parents might be such people. It's probably best to follow your instincts on that.

I have heard of one instance of this happening with older primary children. The friends didn't go to the swim, but the naturist children were perceived as being braver than them.

Child protection guidelines also suggest that great care is needed (ideally written permission) if the child is not with parents/grandparents/guardian.

See: <http://nuff.org.uk/factfile/content/view/119/56/>

Africa Reveals Its Beauty *(Continued from P. 3)*

their way in the morass of a confusing modern world, a world that is in a perpetual state of change.

The writer asserts that those that oppose the dance do so based on misconceptions and distortions. Some are due to ignorance, others from prejudice and the rest from baseless hostility. To read the entire article go to: <http://www.sowetan.co.za/News/Article.aspx?id=1088906>

As you may gather from the article, there is controversy surrounding the reinstating of this traditional cultural practice, as the participants are bare breasted during the dance. It is probably counter intuitive for many that returning to a discontinued cultural practice is argued as actually being in support of family values. Costumes for the dance are so at odds with contemporary ideas about dress and “modesty.” Many ask how could the dance possibly promote chastity and reduce the spread of AIDS?

Whether the Reed Dance will have an impact on stemming the spread of AIDS remains to be seen. Where there is desperation, desperate actions are justified.

The author is making a valid distinction that is crucial in responding to critics. He contrasts the “daring” of wearing very skimpy western swim garb, bikini’s and G-strings and

those that demand total female body covering with both the intent of the Reed dancers and the aesthetic of appreciating “...the human body without pandering to salacious debasement or hardcore pornography.”

The writer interestingly implies that those that do view the dancers with lust have the problem. The fault doesn’t lie with the young women. Their intent is for a noble purpose whose seriousness far outweighs the shallowness of those that fail to appreciate the women’s purpose. It can be surmised that the hope of the King is that men and women will be ennobled by both witnessing and participating in the ceremony to hold themselves in higher respect. Not as mere sex objects.

We live in a world that likes to think in simplistic either/or terms. This sort of thinking leads to an untold number of fallacies. Naturists rightly regard the human body as wholly good in all its parts and functions. Naturists applaud the beauty of the human form and oppose any that urge shame of the body. Naturists would argue normalizing and reclaiming the naturalness of the nude body is a cultural advancement.

It is hoped that continuation of the Reed Dance tradition will stem the spread of AIDS. It is further hoped that in time the dance will undermine the ridiculous borrowed western tradition of only seeing the body in sexual terms. Good for the Zulu! [Ed.]

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