Bare Facts

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Report From The Board

Analyzing the message sent by several hundred of our supporters in the recent survey is not an easy task. But, your chosen representatives have begun that process.

At the last meeting, we looked at improvements members and friends said they would like to see. First on the list, supporters say they would like us to continue our project to rehabilitate the lounge chairs. This was started last summer by Larry. It involves removing the old plastic webbing, washing and repainting the frame, then affixing new webbing.

It is not a simple task and the new webbing is not cheap. However, it is a project that will be ongoing. Some of the frames have become bent. We will weld additional bracing on those that can be salvaged. Then, we will continue to replace the plastic straps.

Another area of concern: Our membership continues to age. Several people suggested we find ways to appeal to more younger people to insure a future for our group. This theme was picked up at the Annual Meeting in October.

After some discussion, we decided to offer deeply discounted memberships to students on a trial basis, for a limited time. Any full time student may now get a full, 1-year membership in the Lake Edun Foundation for only \$50.00. This is a limited time opportunity and must be exercised before March 31, 2011. Already, two people have expressed an interest.

If you know of anyone who may be interested in taking advantage of this offer, be sure to pass the information along. It would make a great Christmas gift ... Just add it to your wish list. One can never tell what Santa may bring.

We will continue to analyze the information on the survey. One question we have has to do with the Saturday night movies we have done for two years. During this period, attendance at showings was extremely limited. Often no one stayed for a movie. We were surprised then when many people expressed an interest in purchasing a new projector. Since this is not an inexpensive commitment, if you believe this is a good use of our resources, please contact us to explain how this should be presented.

Random Thoughts And Reflections

Soon we will need a new webmaster to manager our website. If you have the skills necessary, please contact us to discuss our requirements.

Mid-week saunas are popular. We'll be doing more of them.

Items We Need

Please see our website at lakeedun.com for more details.

- Non-motorized boats
- Lawn or Lounge Chairs
- Concrete pavers
- Large water storage tank
- 5 gal. buckets
- Aluminum cans, etc
- Plastic Barrels
- Electric Drill

MTV Comes To Lake Edun

Regular readers may recall when cable TV channel MTV filmed a segment of their series, Buried Life at our special place last July. We had almost no advance notice but ran an article about it in the August issue of *Bare Facts*.

Buried Life follows the activities of four 20-somethings as they work to complete a list of 100 things they want to do. Kind of like a bucket list for young adults. One entry on their list brought them to Lake Edun last summer.

Ken S. found the link to the segment on the internet. Anyone may watch it at: http://www.mtv.com/videos/the-buried-life-season-2-ep-1-streak-a-stadium-and-get-away-with-it/1648799/playlist.jhtml. Thank you, Ken.

It is interesting to watch this unrehearsed visit by four adventurous young people as they grapple with the realization they must disrobe ... in public! All the anxieties most who visit our special place must deal with are reflected.

For one, it is no problem. He quickly disrobes and jumps into the lake. A couple of others are a bit more reserved but eventually come around. Viewers can tell it is a major problem for the fourth, even though he knew this is what they (and he) were going to do. It is not unlike what nearly everyone who visits a Naturist facility must deal with the first time. Each viewer should be able to identify with one member of this group.

We were glad MTV chose Lake Edun for this and we were pleased with the coverage they gave to both our special place and to Naturism.

Naturism Survey

The Cyprus University of Technology is conducting a survey on naturists' profile, behavior and attitudes in relation to their naturist holidays. We would be very grateful if you would reply to the following questions to the best of your knowledge. All the information provided will be treated in confidence and is to be used only for academic purposes.

If you would care to participate, it doesn't take long, go to: http://www.cut.ac.cy:8080/staff/k.andriotis/survey/index_e h.jsp [Ed.]

DON'T FORGET

Activities designated HN are sponsored by Heartland Naturists

Dec 1; Wed; 8-10; Sauna Dec 11; Sat; 8-10; Sauna

Dec 18; Sun; 2-4; Board of Directors

Dec 18; Sat; 8-10; Sauna Jan 5; Wed; 8-10; Sauna

Jan 8; Sat; 3-5; Board of Directors

Jan 8; Sat; 8-10; Sauna Jan 21; Fri; 8-10; HN Swim Jan 22; Sat; 8-10; Sauna

What People Really Think

Although it's anecdotal, but it comes from a highly experienced and reliable source, Richard Mason of the South Florida Free Beaches (SFFB). He observed that a lot of people aren't hostile toward skinny dipping per se. As he notes, polls indicate that a large percentage of the American public is sympathetic toward skinny dipping in designated settings. That's something we need to highlight all the time. [Ed.]

Prior to the internet and web sites, I had the opportunity to speak to hundreds of people over a period of a few years of answering the phone for SFFB.

What I learned is that there is a large segment of the population that has harbored thoughts of being nude on a beach or at a remote wooded area. Most would prefer it to be in a tropical setting. These thoughts began at an early age.

Those thoughts were about mere nudity, non-sexual nudity.

This connects to the Roper Poll where a large segment of the population was found to accept the custom of nude skinny-dipping in an area set apart for that purpose.

The reason most people did not live out their desire to go nude on a remote beach are many.

But fear is up there as a reason. Peer pressure, etc.

This knowledge is important to understand the importance of geography and the availability of places to go nude if naturism is to grow in numbers.

Haulover Beach is a good example of what happens when you make a place available. Over a million visitors annually show up. [They spend their tourist dollars at south Florida hotels and restaurants. - Ed.]

Sure, many are repeats, but there are a whole lot of first timers there also.

- Richard

Shame

Here's another naturist blog titled, Journey of a Nudist by Ryan of Vancouver, Canada. I encourage you to check out his work. Go to: http://nudistjourney.blogspot.com/?zx=484af6396ac20623

I've noticed most people who go to the trouble of blogging about naturism have something worthwhile to say. This is amazing given the steadily growing numbers of naturist blogs I've discovered. Just goes to show that naturism is a lot more complex and stimulates lots of higher order thinking than many would think possible, given the subject matter.

This particular essay will give you the flavor of Ryan's thinking and addresses the damaging role shame plays in people's lives and the positive role naturism plays in removing shame. [Ed.]

I made a startling realization today, one that has been right in front of me ever since I started on this naturist journey, but one that I hadn't thought much about until today.

I work in the health care field, and that's the kind of job in which you see a lot of simple nudity during the course of a normal day. Helping patients change, assisting with medical procedures, nudity just happens. Since I have become a nudist, I don't even give it a second's thought. In fact I've noticed myself staring at times; not gawking at anyone, I was just simply in another world and not at all affected by the nude body in front of me. I'm so comfortable with nudity that I barely notice when someone else may have a problem with where I'm looking. I've chuckled at my own comfort level before, but today I noticed what it can be like for others who don't share my feelings.

I was to assist a patient in taking a shower, and I was alarmed by his bashfulness. He was so afraid of being nude that he tried to shower with his gown on. After that was removed for him, he kept his underwear on and showered that way. There were people in the room, but nobody else in the shower and nobody watching him. I guess I really take it for granted that I am unashamed and comfortable because this man's attitude towards simple nudity really impacted me. After all, this was a professional setting with trained health care professionals.

What I realized about this is that nudists and naturists don't only shed their clothing, but they also shed their shame. They are freed not only from the restriction of clothing but also from the feeling that their bodies are unsightly and need to be hidden. I spend a lot of time thinking about the benefits of naturism but I don't seem to pay much attention to how restrictive shame can be. I found it sad that this gentleman had such a hard time removing his clothing in front of professional nursing staff; he made it look like the hardest thing he ever had to do. I wouldn't have given it a thought, and what that means to me is freedom. The shift in my attitude towards nudity has blessed me with the freedom to not find my own body shameful, to not find other bodies shameful, and the freedom to be happy with myself and who I am regardless of where I am or who I am in front of. Think about that for a second. That freedom is priceless.

Shame can be so terribly suffocating. All you nudists out there ought to be thankful for the wonderful freedom you enjoy; not just freedom from clothing, but freedom to love yourself and not find it shameful. Your body is a wonderful blessing given to you and only you. Love it, find it beautiful, and feel no shame.

Good News From Playalinda Beach

This news item is a welcome contrast to the related story from the west coast of Florida. Certainly the fact that jurisdiction for Playalinda and Apollo Beaches is Federal rather than local makes a huge difference. None the less, improvements in attitude and cooperation following the change in superintendents to at least neutrality toward naturists are wonderful. [Ed.]

Two of the signs at Playalinda Beach that offended naturists have been removed.

The signs stated that "Nudity is banned by Brevard County Ordinance." These signs were at the north end of the beach road at Crossovers 13 & 14.

The signs were removed by the order of the new Park Superintendent.

This action was requested in a meeting held by naturists with the new superintendent in September 2010. Attending the meeting was Bob Allen of Friends of Playalinda, Frank Cervasio of Central Florida Naturists, Shirley Mason of BEACHES Foundation and Richard Mason of South Florida Free Beaches/Florida Naturist Association.

The previous superintendent was transferred following a petition drive initiated by Bob Allen of Friends of Playalinda and supported by SFFB/FNA.

The petitions were delivered to US Senator Maartinez/Florida, (since resigned).

The Naturist Action Committee was working on these same issues, independently, through their Washington DC lobbyists.

Richard Mason, SFFB/FNA

Anti-Nudists Cause A Stir

A local woman who enjoys quiet, solitary walks on Caspersen Beach, a two-mile stretch of jutting rocks and natural Florida coastline that she says has gotten a bit too natural.

"I see this guy standing in the water facing me and he's completely nude," said a local resident, who claimed the encounter a few weeks ago first rattled, then angered her. "I was so surprised by his boldness."

She has decided to take matters into her own hands. She created a flyer that she hands to people she encounters in the buff, telling them nudity is not allowed on the beach. She wants police to enforce the rules and arrest people if necessary.

Further, besides handing out her flyer, she urges friends to take regular walks at Caspersen "to take back the beach." "Inadvertently we're handing this gorgeous space to nudists by avoiding the area," she added. "This is a place for families and we should be able to walk down there with children and not have to see this," she said.

But the Suncoast Naturists, a group of 80 local people who meet for nude social gatherings, suggest that the best way to combat unexpected nudity on the beach is to sanction it. The naturists cite creation of a nude section of Haulover Beach is a good model for Sarasota County to follow and have approached the County Commission to no avail to designate a "clothing optional" section of beach.

He said a clothing-optional section of remote beach here would attract visitors and generate local restaurant and hotel business.

At Venice's nearby dog beach, on a day so cold that only the Labradors were in the water, visitors did not think a designated nude beach would fly.

"It's not good for the area," said a Venice resident who was at the dog beach with his wife and St. Bernard puppy. "We'll have problems," added his wife. "Even a mile down is not far enough."

Florida has one of the two officially recognized clothing optional beaches in the country. Florida has the most nudist clubs of any state in the country. Yet, it seems impossible to get another legally designated clothing optional beach approved.

The leading activist against the nude use of a section of beach sees no inherent problem with the clothing compulsive "taking over" the entire beach. After all, she demands that she and her kids have priority rights to every single inch of the thousands of miles of Florida beach. A few hundred yards of clothing optional beach would be an unbearable burden for them to bear when going on endless beach walks. What an inflated sense of entitlement she displays.

Other opponents of a designated nude use section of beach hold the unsupported opinion that there would "be problems," or the vague belief that "it wouldn't be good for the area." Really? Why not? It certainly hasn't been bad for Miami or for New Jersey's Gunnison Beach. Apparently they also have no idea of the nude use permitted at the National Seashore at Playalinda and Apollo Beaches North of Cape Canaveral. No problems with nude use there either. Prejudice is a tough nut to crack. [Ed.]

The full article: : http://www.heraldtribune.com/article/2010 1109/ARTICLE/11091068/2055/NEWS?p=all&tc=pgall

Zeta-Jones Misses Nude Lifestyle

I guess we all like it when someone that is famous or respected happens to say or do something that coincides with our beliefs and practices. Case in point, this item reporting actress Catherine Zeta-Jones as revealing the lifestyle the family enjoyed in tropical Bermuda and the change they will have to make while in New York.

First off, all naturists probably will have a smile on their face while reading about casual family nudity. I'm sure we all wish we had the opportunity to enjoy the same freedom from clothing.

Second, we recognize kindred spirits in Zeta-Jones and her children. The fact that she is a highly respected celebrity whose parenting and personal lifestyle endorses our beloved way of life is a real plus.

Knowing the power of celebrity to influence public opinion is well known, and having Zeta-Jones casually comment on this private behavior is a real plus. In some ways her voice lends some credibility to being clothes free as something "normal." At the same time, and I could be wrong, I haven't heard of a new fan driven fad developing around family nudity. So much for celebrities leading the way to clothes freedom for the masses. Still, it's a nice story, and who knows, perhaps celebrity endorsement might make a difference for some. [Ed.]

Catherine Zeta-Jones and her kids along with husband Michael Douglas are trying to adapt to their new life in New York, because they can't walk around naked all the time anymore.

The family have relocated from tropical Bermuda to New York City while Zeta-Jones stars in a Broadway show and recently announced they were making the move permanent.

The British born actress says she's having to adjust to a new way of life in the big city. She comments that, "(In Bermuda, the children) were like naked, opening the back door. So was I. Just running out into the garden. It's really hard to do that in Central Park."

How Fashion Misses The Point

Imagine my surprise when contemplating writing a response to the content of a newspaper article and then discovering that a blogger had beaten me to it. See The Thoughtful Naturist at: http://thoughtfulnaturist.blogspot.com/2010/11/how-fashion-misses-point.html. It must have something to do with "great minds," etc.

So, I'll introduce you to Howard the blogger, who is retired, and indeed is thoughtful. Check out his other posts and see if he gives you something to think about. [Ed.]

Howard writes that passionate supporters of fashion simply cannot see the point about naturism, even if it is explained to them again and again in very simple language. On "Naked celebrities: Why we'd all rather go nude," Mimi Spencer wrote "Going naked, in all its knobbly glory, still attracts attention. It unmasks. It equalizes and surprises." From this you may expect an insightful article, but later she writes, "And here's where I'll admit to the narcissism that is a prerequisite for doing it in the first place: I rather like my naked pictures. I was 39 when they were taken, and I don't think I look too bad."

What she misses is that going naked does not have anything at all to do about what you look like, narcissism or image. Nothing at all. Not a jot. Nil. Need we say it more? It is irrelevant, it has no meaning. None.

Spencer is a fashion journalist and makes the unwarranted assumption that everyone thinks that their own narcissism is the be-all and end-all of existence. Nothing else matters unless you are fashionable, cool on the street. Her own narcissism leads her to like her own nude photos, "I don't think I look too bad."

She does not question the assumption that fashion, attractiveness, belonging to her set, your look is the Purpose of Life, the Meaning of Existence. It isn't, as humans we are worth a lot more than that.

The only part of the analysis that she got right is that nudity equalizes. Yes it does, people of all shapes and sizes, color, race and surgical scars can meet nude in equality. In contrast, in the fashion world, the value of people is measured only by their attractiveness.

If you are young, born thin and with features that fit the current fickle fashion, bully for you, you will be "in." But if you do not fit these measures of the Aryan race, hard luck, you will never be accepted as a valued person in the hallowed halls of Mimi Spencer's world.

When you get old, more hard luck. You will not feature any more; your value will have faded however you stared out. So I say to all fashion obsessed people and to Mimi Spencer, get a life. See people as people not as fashion statements. Narcissism is not a prerequisite for a nude photo shoot. The only prerequisite for a nude photo shoot is a camera.

Howard makes some good points. At the same time, she was addressing why celebrities are willingly having themselves photographed nude. She is probably correct in suggesting that their motives are more self promoting. From a naturist perspective celebrity nudity frequently has little or nothing

in common with our values regarding the human body. However, there were some words of insight to distill from the article worth further consideration.

Commenting on the fund raising calendars first started by the Rylstone Women's Institute to raise money for cancer research the author states that: Like most of the celebrity exposure that followed, there was nothing ribald or rude about it – it was a gentle joke to tickle the fancy, and the public reaction was more "heavens to Betsy" than horror unbound. As one journalist wrote at the time: "You have to admire their nerve, obvious sense of humor and refusal to be ashamed of their bodies." This, then, was liberation, not objectification. This was empowerment, cunningly concealed behind a nice, moist cherry bakewell.

I believe Ms. Spencer does put her finger on why the rash of nude calendars has been such a marketing hit and avoided heavy moral outrage. Obviously the context she is commenting on is not that of naturism. Despite this, she correctly understands that nudity in some contexts can be separated from objectification and can in fact be empowering.

Another useful insight delves into the impact seeing the nude has. Being seen naked Ms. Spencer suggests, especially the famous and beautiful as being egalitarian. That is: Naked shots are the great leveler, the visual equivalent of realizing that even the Queen goes to the loo, that all of us have belly buttons, that we're fashioned from the same clay. There's something pleasing and liberating about this, especially in an age where the blessed have bonuses and Botox and bolt holes in St Moritz. Excise all that and you have a mere mortal. This banality of the body is what drove David Bailey to shoot his Democracy project in 2005, using 100 naked volunteers. It's why artist Spencer Tunick persists with his nude gatherings. And why nudity has long worked as an act of protest.

It is perplexing when Ms. Spencer first says seeing celebrity's nude is a "great leveler," then later approvingly quotes a magazine editor who says, "We scrutinize. See if we measure up." Who is she kidding? Whatever makes her think people are seeing themselves as having anything in common with the bodies of supermodels and movie stars? That is a far cry from gaining an egalitarian perspective of the body. She may be right about Tunick's work, but then he only does photos of anonymous individuals and groups.

Referring to a number of noted supermodels, magazine editor Katie Grand is quoted as saying, "It was interesting to study them naked." Yes. That's exactly what we do to naked pictures, isn't it? We study them. We scrutinize. See if we measure up. And the most absorbing subjects are generally the unexpected bodies – not the models that have precisely what you'd expect beneath their clothes (smooth skin, taut bellies, yawn, a general sense of pertness and pulchritude). It's the freaks that fascinate, the ones wearing woolly shorts that turn out to be their thighs, the ones with Hobbit feet or hollow chests or a mole shaped like Sardinia.

This "study" of the nude bodies presented in magazines is curious. The writer seems to have presented two opposing purposes for what viewing a nude photo does. She first postulates that it levels people – we all have the same bits, but then suggests we also are making comparisons. Compari-

sons of what? Easy. How our body compares with theirs.

Models, by definition, have the "ideal" body as dictated by current fashion. Most of the rest of us don't. End of story. Unfortunately, for some this leads to drastic negative self evaluations and depression.

Perhaps the writer believes that seeing people we can feel physically superior to (the freaks), has some beneficial effect for our vulnerable egos. Given the almost total lack of a naturist perspective in society about the value of the body, I don't think so. Possibly much (all?) that is happening in fashion and other highbrow magazines that feature nude women is an appeal to the voyeuristic tendencies most or all of us have.

It's sad. Yet we as naturists continue to struggle onward attempting to contribute to a better understanding and appreciation for our bodily self. In doing this, we are realistic and realize that human motives and meanings are generally not pure, but some combination of what is uplifting and degrading. It's, "The sky above, and the mud below."

For the full news article go to: http://women.timesonline.co.uk/tol/life_and_style/women/article7088793.ece [Ed.]

Maui

In case you were wondering, and I know that "inquiring minds want to know" as the saying goes, we spent the first ten days of November on Maui. And it's all true: had a wonderful time and wish you all could have been there!

Before detailing our activities, I feel compelled to assure everyone that a vacation in Hawaii isn't the impossible dream you may have dismissed as too costly to consider. Check out the cost of flying for yourselves. I found a number of bed and breakfasts going for eighty to a little over a hundred dollars a night. What you spend after that is up to you. It is true that the flying time is a pain.

Maui is a terrific island. Of course, each island in Hawaii is terrific. None the less, we opted for Maui for a number of reasons. First, we had been there briefly eleven years ago and missed out on seeing a number of the local attractions. Second, we could stay at a clothing optional guest house called Tropical Breezes. (Unfortunately, the owners are moving back to the mainland as soon as they can sell their property). Third, Maui's nude use Little Beach is there. Already you see the choice of Maui is a no brainer.

A major highlight was driving to the top of Haleakala volcano to watch sunrise over the Pacific Ocean. Following tourist information recommendations, we happily got up at 3AM to make the 40+ mile drive to the visitor center located at the 9727 foot elevation. We came prepared for the predawn cold (it was), but were surprised by the gale force wind. Wow! Was I ever glad for the guard rail to hang onto while we waited for over an hour for sun rise. After daylight, we were surprised by the large number of crazy people that had been standing around us in the dark.

Sure enough, the first perceptible glow of red spread across the horizon. Slowly the red glow expanded wider and higher. Then the first rays of actual sun light shown, illuminating the surrounding bank of billowing clouds and top of the volcano in the foreground. It was glorious! One of those breathtaking moments watching the wonder of this planet and feeling so grateful to be alive in this world to witness something so every day, yet so beautiful.

Later we walked down into the eroded heart of the volcano. I only wish I had been able to join an older local couple who were doing an overnight backpack trip across the floor of the volcano. Hopefully, there will be another time.

Another day we took a guided snorkel trip with the Pacific Whale Foundation to Molokini crater to view the tropical fish, and then to so called, "turtle city" to swim with the green turtles.

Another not to miss side trip is to visit Lahina. Lahina is the long ago home of the Pacific whaling fleet. Now it's more famous for its Mardi Gras like Halloween celebration, and great shopping.

Suffice it to say there and many, many things to do on Maui and we left quite a few for another trip.

For us the major daily highlight was a few hours on Little Beach which was a twenty minute drive from where we were staying. Little Beach is a treasure.

We met a couple from California that has been going to Maui annually for eleven years, just to spend a few days at Little Beach. That's it. They spent the entire week, all day at Little Beach. They weren't the only loyal Little Beach goers. We met many others from all over the mainland whose destination was Little Beach.

As the name implies, the curving beach itself is only about three hundred yards long and thirty or forty yards wide. The beach is guarded from sensitive eyes by a narrow lava flow on both ends that must be crossed to reach the beach. Behind the beach is a wooded hill two or three hundred feet high.

The popularity of Little Beach is amazing. The much larger Makena Beach has to be crossed to reach Little Beach, but every day, more people were bunched on Little Beach than on Makena Beach. True, Makena and Little Beach are at the end of the highway going east, and most tourists go to beaches much closer to their hotel, but it is still a major draw. The large parking lot fills daily.

Those on the beach were an eclectic blend of kids and parents, young single adults and an older adult population. Various lifestyles were represented and all blended together, enjoying the sun and surf. The most curious group was the textiles that went to the effort to reach Little Beach, but wouldn't undress. Still, everyone did their own thing and had a good time. If only all textiles had this ability to enjoy themselves and leave the nudes alone. No harm to anyone.

The weekly big event on Little Beach is the drumming. Twenty or more drummers gather to pound out their rhythms while members of the crowd danced to the beat and others paraded their costumes and ecstatic gestures. It's a highly colorful and interesting event as the crowd gathers closely around the drummers. Yes, this crowd wouldn't have been out of place in late 60's San Francisco.

Like I said, I wish all of you could have been there. It was a blast! [Ed.]

Remember Summer

Least we forget, we thought we would bring you another photo taken by Paul.

Trails connect nearly every corner of our beautiful place. On a hike around the lake it is possible to see wild turkey, deer, and a host of other wildlife. There is also a wide assortment of wild flowers and other plants.

To facilitate maintenance, we have bridges over the major creeks that feed our lake. These make a hike all the more enjoyable.

Some Eduners hike the trails to enjoy the beauty. Some to soak in the solitude. Some for the exercise. (It's easy to make a one-mile hike around the lake.) Some make use the time to talk with a good friend.

Whatever reason you may choose to hike our trails, you stand to make some interesting and enjoyable discoveries. Maybe about our special place; maybe about yourself.

Next summer, be sure to take a hike.



Lake Edun Foundation, Inc. P.O. Box 1982 Topeka, KS 66601-1982 (785) 478-BARN

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