

Bare Facts

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38° 58' 7" North; 95° 47' 56" West

Annual Survey: What Are People Saying?

We recently closed our annual survey. We were extremely pleased with the level of participation. 170 of our supporters and friends started the survey; 151 actually completed it.

It is very comprehensive. We can tell many of our supporters took a considerable amount of time registering their thoughts. We appreciate their input. Please be patient with us. There is a massive amount of information to digest.

One of the questions asked, "Have you talked with any of your friends, acquaintances or co-workers about Lake Edun or the Lake Edun Foundation?" 88 people said they had; 34 had not. Then we asked what response they had received. Here's where it gets interesting ... and fun:

"Mostly interested. No negatives"

"Open minded and intrigued"

"Amazed I'm one of 'those people.'"

"Positive response, though a little shocked. They are too modest! But the subject has been discussed and they are not off-put."

"Most were very accepting and a little curious. Some have asked for a newsletter." [If anyone you talk with is interested, offer to send them a newsletter FREE. Just send us their name and address; email address, too, if you can.]

"Some positively. I am careful who I mention it to. It's flipping Kansas you know."

"Some have explored it with me, others think I'm crazy ... basically what you would expect."

"Another couple wants to go with me next summer and three are thinking about it and two have not said much, probably don't agree or too self conscious?"

"I mentioned to a few friends. They said they would be interested but didn't have the nerve, but appreciated that I was so bold."

"I had a friend that wanted to visit for the first time after I talked to her about Lake Edun so we went and she really liked her experience."

"One friend was interested but hesitant to visit, and ended up loving it. Other friends are supportive but have no interest in visiting."

"Usually quite favorable. I have brought two people to Lake Edun with me, and given directions to a few others who may or may not have visited."

Those who have not mentioned it to others confidently say:

"I don't have any friends that are nudists. Since they are not nudists, I don't bring up the topic" [We wonder how this writer knows his/her friends are not nudists?]

And the winner is: "NO one likes being naked with others."

Lake Edun Foundation: Charity To Support

Most of us have charities we support usually because we believe in their mission. We believe the organization receiving our support provides a benefit to some cause that resonates with us. Sometimes, we derive a personal benefit from their activities. Our church or public radio are examples.

LEF is a charity worthy of support by all Eduners. Your tax deductible gift to the Lake Edun Foundation insure we continue to promot the benefits of body acceptance which all of us embrace and have benefitted many.

Truly Unique Christmas Gifts Available

In our annual, desperate attempt to find the 'perfect' gift for our friends or family members, we often forget the obvious: the Lake Edun store. Not only can you give something memorable, you are supporting a good cause.

You will find coffee mugs with original messages, ball caps, t-shirts and more. If there is something you are particularly interested in, ask us. Maybe we can make it for you. Whoever you give these gifts to will remember your thoughtfulness long after Christmas, 2012 is but a memory. You'll find the full selection our [store](#).

Half-Price Memberships Until Year-End

That's right. The Board voted that anyone who renews their own membership (or buys a membership) can get a second membership for a friend who is not already a member at only half-price. The is a tremendous offer which the board hopes we will use to expand our membership rolls.

Too often, our gifts are quickly forgotten. That won't happen this year. Your lucky friend will be reminded of your generosity each month when Bare Facts arrives in their mail box. When Summer arrives, they will consider your thoughtfulness as they become comfortable with themselves while exploring the trails at our special place.

This is not available on our website. If you are interested in this opportunity, you may [email](#) us and we will help you make it happen. Be unique this year; Be thoughtful; Consider this memorable gift.

DON'T FORGET

Dec 9; Sun; 4:30-6:30; Board of Directors

Dec 9; Sun; 8-10; Sauna

Dec 14; Fri; 8-10; Sauna

Dec 19; Wed; 7-9; Sauna

Dec 29; Sat; 8-10; Sauna

Jan 5; Sat; 8-10; Sauna

Jan 13; Sun; 4-6; Board of Directors

Jan 13; Sun; 7-9; Sauna

Jan 17; Thurs; 7-9; Sauna

Jan 20; Sun; 7-9; Sauna

Jan 30; Wed; 7-9; Sauna

From The Mail Bag

I'm really sorry for the delay in returning a reply to the last newsletter about my membership. I recently changed homes and I'm going to have a minor medical procedure which makes it difficult to renew now.

I will have to rejoin later. I really miss Lake Edun.

– Burt

We Are Naturists Because ...

... because our body is something entirely natural and we accept it just the way we got it from mother nature.

... because the pleasure of being nude liberates us from our acquired inhibitions.

... because the bare facts don't hide anything, although this can lead to disappointment for those accustomed to having their fantasies inspired by sophisticated beach fashion. It's interesting to see the variety of bodies, from young to old, and to realize that all have a beauty of their own, even though few match the 'ideal' suggested by advertisements. The main point is that one accepts oneself and others just the way we all are, and we believe that this is a strong point of naturists. The saying goes "clothes make the man," but are we only someone if we do wear something?

...because our birthday-suit is not only much more comfortable, it is also more beautiful and cheaper than any other garment. We do not need designer wear to improve our self-confidence; clothing just hides our own beauty!

... because it's just wonderful to feel the sun, the water and the air unhindered on our skin, while enjoying the calm and beauty of nature. To us, this is an important part of the joy of life.

... because social nudity requires mutual respect and therefore produces a positive and tolerant conduct towards others.

... because at naturist-resorts, quite often very far reaching conversations develop, be it with long-time friends or complete strangers. Possibly one does subconsciously take off more than just ones clothes and one can therefore speak more openly. Those who have the self-confidence to show their bodies, also often have the honesty to open their inner selves. In any case, we have found naturists generally think more open mindedly and reveal more of themselves than average people do. Can it be naturists question the taboos and guidelines of today's society and deliberately chose their own path?

... because "au naturel" no sand sticks between our bum, the entire body quickly dries after bathing, no sunburned rims appear, nothing pinches and one sweats less because the entire body can breathe unhindered.

... because we are very often out in the fresh air in our birthday suits, we feel physically and mentally fit and well-balanced. In this way naturism inspires us to many activities, spiritually and bodily, which advance our creativity.

...because we wanted to experience our own freedom. We feel better towards others, because we are at one with ourselves. This freedom must be experienced, you cannot just "imagine" it.

... because the following thesis of the international naturist federation matches with our philosophy of life "Naturism is a lifestyle in harmony with nature, expressed through social nudity, and characterized by self-respect, respect for people with different opinions and for the environment."

... because we also agree with the following thesis of the international naturist movement: "Comprehensive nudity is the best approach to effect a return to nature. Without any doubt, it is naturism's most noticeable feature, though it's not the only one. This comprehensive nudity is a great leveler, freeing people from the internal tensions generated by the taboos and the provocations of contemporary society, and pointing to a healthier and more humane way of life."

...because on a warm day out in the nature or on the beach, it's more fun just in the birthday-suit, it's more comfortable, more natural and even more healthy!

[These sentiments](#) do capture the positive reasons for being a naturist. Possibly other reasons could be added, but this list shows that simply being naked doesn't capture what it means to be a naturist.

Obviously the core word in naturist is nature and as the writer suggests, there is a desire to "return to nature" as naturism's most noticeable feature. In the above, social nudity seems to be what defines a return to nature.

While not disagreeing that social nudity in particular represents a dispensing of an artifact of our material culture, does this in itself return us to nature, and if so to what extent? We can glibly say we are naturists and as such are somehow closer to nature, but is this really so?

Exactly what does "return to nature" mean? How elastic or absolute is this phrase? Lake Edun for example, is considered a rustic, natural setting and is taken for granted as such. Yet, the raw fact that stares us in the face at each visit is a dam, built by humans. This isn't a natural lake. In addition, the trees we so very much enjoy were mostly hand planted.

For the sake of returning to nature would anyone seriously suggest removing the dam and all the trees? Don't even think about it!

Despite removing my clothes at the lake, I always bring my modern tent shelter and store-purchased food, stored in an ice filled cooler. Real natural, right? We could go on at length about how natural we really want to be. If you are like me, I want to be natural with my minimal, technologically constructed comforts – like bug spray to name one. Chiggers, mosquitoes, and ticks are a little too natural for me. You catch my drift.

So while I don't want to full-on return to nature with nothing but my bare skin and minimal survival skills, I do want to get "closer" to nature and, for a time, dispense with the majority of things that encumber us in modern life. Despite this, delving further into what it means to return to nature or being natural is worth further consideration in the pages of *Bare Facts*. [Ed.]

Observations From A Nude Hiker

Shane Steinkamp's website contains this excerpt. He does nude hiking and shares his insights about what it means to him to experience nature this way. Shane isn't an intellectual lightweight and perusing his website is not something to be done in one sitting. That's ok. You have all winter to sit back at the computer and delve into this rich resource. [Ed.]

Anyway, back to humanity – and being a human animal in nature. Your body is your whole body – and an important part of your whole Self. Your nude body is you in your most basic state. A nude body is not a body *lacking* something (that is, clothing). Rather, a clothed person is a whole and complete naked body, *plus* clothes. In the end, clothing is part of the mask of civilization that we are trying to escape by going to nature in the first place.

Alas, society at large is still recovering from Victorian prudishness, among other things, and isn't ready to face the human body without shame. The concept that dignity, modesty, and nudity are not always connected values escapes most people. As an aside, there is a life sized nude statue in the New Orleans Museum of Art at the top of the stairs near the entrance. I have always wanted to strike off my clothes and stand next to that statue and have my photo taken, then see how long it takes someone to have me arrested. Why is it OK for bronze to be nude, but not for flesh and blood? Exactly why is my body illegal? Maybe one day...

Nevertheless, I respect most people aren't ready for this kind of dialog or this kind of raw experience. In those places and times when one can shed all the interposing masks, however, I do recommend it for those few souls who can cast off their timidity long enough to reconnect with their humanity without worrying about what their mothers would say...

If you have never stood atop a high place as the wind caresses your whole body lovingly, then you have missed something sweet.

If you have never leapt from that high place and plunged into a deep clear pool uninhibited by any trapping of society, then you have missed something delightful.

If you have never lain in the cool grass while the rain drops kiss you in your entirety, then you have missed something valuable.

If you have never sat in a waterfall and been truly free, you have missed something worthwhile.

If you have never been down to the sea clothed only in the night, then you have missed something divine.

If you have never met the wilderness exactly as you are, then you have missed something very precious.

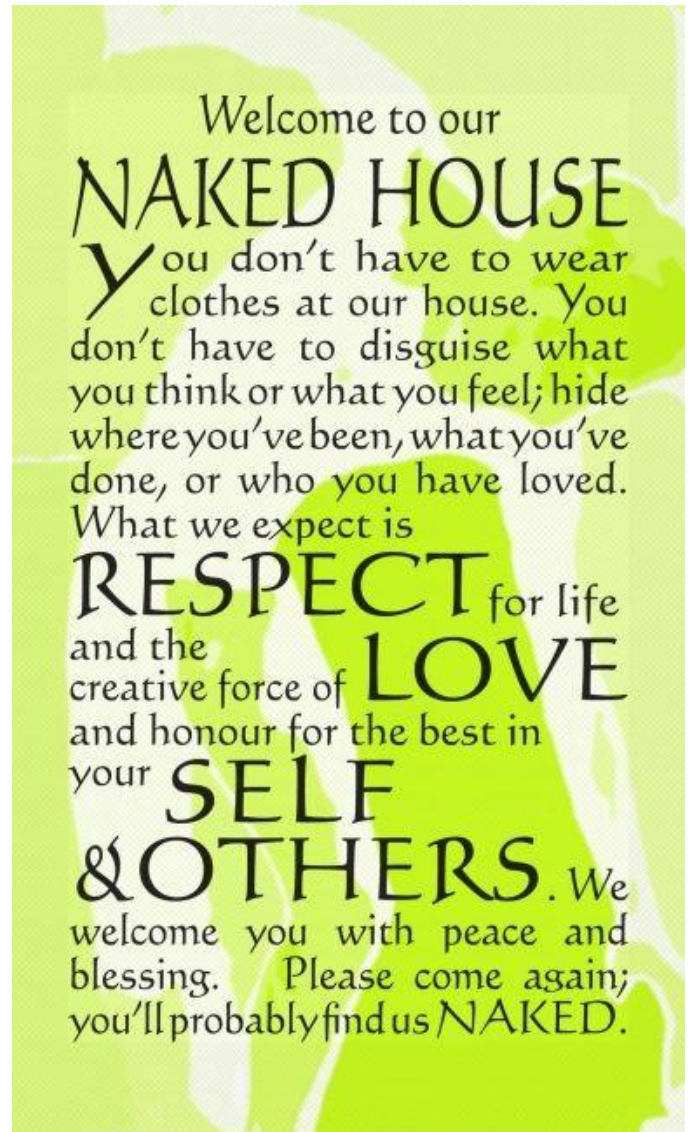
If you don't understand any of this at all, I hope that one day you will. If you never do, then you will have missed something important about your very humanity.

Either that or I am some kind of sick pervert... I don't think so, though, because I have wept in the wind, and swam in the sky, and danced with the rain, and made love with waterfalls, and spoken to the sea, and been a part of the wilderness in ways that are mostly lost to modern man. These are precious

gifts that have very little to do with nudity, but nothing to do with clothes – or any of the other interposing masks that we carry with us into the wild.

The entire story is [here](#).

Welcome To Our Naked House



I found this, but neglected to note where. Sorry. I really liked the sentiments it expresses and thought you might enjoy it also. It struck me that the meaning of "naked house" can be used literally or figuratively if we mean by naked being open, honest, and vulnerable.

It's a tall order to just simply be who we are with no pretense that all may see. That's an honesty we shun as being too painful. We use phrases such as, "Too much information!" to tell others, even friends, we can't tolerate the truth. Instead, we prefer the little white lies of euphemism and gentility to buffer us from harsh realities. Reminds me of a line in an old song, "...lie to me, lie to me, I'd rather have it that way."

Somehow, we too easily lose our belief in the power of intentional love to cover our defects and uphold us as worthy, honorable, and valued -- no matter our flaws. It is a lot to ask after all. [Ed.]

The Relaxation Response

Time after time when people explain what they enjoy about naturism, relaxation or stress reduction is frequently listed as a benefit. That relaxation or stress reduction comes from a day or longer of nude recreation might sound unrealistic to a skeptical public. After all, the textile public can't imagine anything other than extreme self consciousness if they were to be nude in public. Such is the anxiety-producing power simple nudity arouses in the uninitiated.

How is it naturists report such an opposite experience from the actual practice of social nudity? Of course, self reports in themselves don't prove much. However, researchers Hartman, Fithian, and Johnson, 1970 (p. 169-72) found that men and women reported a main reason for remaining in naturism was physical and mental health derived from relaxation.

The following quotation from one respondent offered by these researchers is fairly representative:

"The sense of relaxation; the moment the binding belts, ties, and all other necessities of "the dress" are removed it is like being relieved of a burden. It is a wonderful feeling to spend a few hours a week away from all anxiety, tensions, worries, etc., of the normal everyday living. When the clothing comes off, the tensions are laid aside with them." (p. 175).

They summarize their findings as follows: "According to our respondents, complete relaxation is possible for them only in a nudist setting, and no other comparable social situations have provided the degree of relaxation they have found to exist in the nudist park." (p. 176).

Naturist's comments offer some hints, but the question remains, what accounts for the phenomenon of such widespread perceived relaxation in a naturist setting?

By chance, I read the December, 2012 issue of Outside magazine. An article entitled, The Nature Cure caught my eye. Whatever might be the nature cure? Good question.

The abstract for the article says, "These days, screen-addicted Americans are more stressed out and distracted than ever. And nope, there's no app for that. But there is a radically simple remedy: get outside."

This reminded me of the writings of early naturists in Germany who decried terrible living conditions of city dwellers. They complained of foul air, crowded spaces, and unhealthy working conditions in factories. Their preferred remedy was to get people to open countryside to exercise, relax, and soak up healing rays of the sun in the clean fresh air.

One hundred years later, the same burdening environment and attendant stressors fray people's nerves and lead to numerous mental health problems. Once again the suggested cure is to go to wilderness and allow nature to provide a cure.

One hundred years ago naturist advocates offered a speculative philosophical and poetic rationale to explain why being in nature was curative. More recently, sophisticated scientific tools have been developed to assess the how and why nature can restore health to frazzled humans, body, spirit, and mind.

We turn to research first done in Japan to understand just how and why being in nature produces astonishing results.

There are now 48 official Forest Therapy Trails set aside for shinrin-yoku, or forest bathing. In Japan this is standard preventative medicine. Its method is to be in the woods. It's not about wilderness so much as being about the nature-civilization hybrid the Japanese have cultivated for eons.

One guide explained that people come out from the city and literally shower in the greenery. This way they are able to become relaxed. Each person after entering the forest area is told to breathe in from the diaphragm for a count of seven, hold for five, and then release. The idea is to let nature enter your body through all five senses.

Japanese scientists are leading in understanding how green spaces soothe the body and brain. While there are psychological studies that suggest spending time in nature improves cognition, relieves anxiety, and depression, and even boosts empathy, scientists in Japan are measuring what's actually happening to our cells and neurons at the molecular level.

These researchers have found leisurely forest walks, compared with urban walks, yield a 12.4% decrease in the stress hormone cortisol, a 7 percent decrease in sympathetic nerve activity, a 14 percent decrease in blood pressure, and a 5.8 percent decrease in heart rate. Additionally, the subjects tested subjectively reported better moods, and lower anxiety.

With this good news a quarter of the Japanese population is partaking in forest therapy in some way. That's 2.5 to 5 million visitors walking the Forest Therapy trails each year.

Modern life is very demanding with sustained attention to numerous tasks of varying importance. But what leads to resting our brains' directed attention function? University of Michigan researcher Rachel Kaplan says, "Soft fascination" is the answer. This means turning our attention to observing nature which shuts off our multitasking.

Her findings are that this formula helps people at least partly recover and perform significantly better on cognitive tests and report feeling happier. They also seem to improve in creativity, and the more time in nature the better.

More good news is that these scientists are discovering that the good effects of being in nature aren't simply wiped away by the first traffic jam a person encounters. In fact, they have found that the benefits can still be measured a month later.

They also have evidence scents emitted by trees and other flora play a role in providing the benefits of being in nature. Consequently, they recommend one weekend a month in a natural area. Also, visit a park at least once a week. Gardening is also helpful. Even urban walks under trees are helpful.

All of this free medicine is available in abundance every time we visit Lake Edun. Indeed, walking the trails around the lake, freed from our confining clothing, immerses our bodies in the glory of nature. Around us an ocean of unseen airborne scents and chemicals are inhaled into our bodies, adding subtly to our feeling of peace of mind and well being.

The first naturists intuitively knew nature is essential to our wellbeing, a curative to our artificial urban existence. The next time you visit the lake, walk around breathing deeply. Reflect on how blessed you are to bathe in Lake Edun and walk its forested health-giving shores. This is priceless. [Ed.]

Naturist Photography

The subject of photography at naturist gatherings is challenging. Actually, it's taboo. At the same time naturists have used photographs to illustrate and propagate our lifestyle for over one hundred years. How is such a conflict to be resolved? Further, just what constitutes a naturist photograph?

This past summer, one of our board members presented a seminar on photography. Hopefully, this will be repeated next summer with the added benefit of actually taking naturist photographs.

The following essay is an opening discussion on the subject of naturist photography and some of the issues to consider. [Ed.]



There are, of course, these days many photographs that hint to be naturist ones, and there are many other ones which hide behind the naturist banner. But what, to be honest, is a naturist photo? To me a naturist photo is one that shows the full liberating experience of being naked in the open air, or one which shows how comfortable it is to be naked in your own home.

With all the palaver over nudity these days with regards to children, the overriding view of naturists is that children are more damaged by lack of ordinary nudity in the home, rather than by any or too much of it. The total hysterical attitude of parents towards nudity across the western world is just so much more damaging to children than a naked day at a club or a day swimming naked at the beach.

A guy called Mark Tyrell is one of those people. He has a total over-reaction, restrictive attitude towards nudity. He has petitioned on HM Government e-petition website that nudity be totally outlawed. He states:

“It is about time that nude bathing in public should be outlawed altogether, including ‘private naturist clubs’. Beaches in public places have become a haven for those who like to harass alarm and distress innocent members of the public, whether clothed or not. Children must be protected. We need to make public nudity come under Indecent Exposure, despite the act not to offend or alarm and distress the public. Persons can commit ‘Outraging Public Decency’ in these places and the safest bet is to actually close beaches and places where social nudity is accepted.”

So far, he has only gotten 2 votes on this, one is probably his own and you have to wonder what kind of sad persona this guy actually has. It is this kind of attitude which gives people

the wrong idea of the human body and also the wrong idea of naked photos. How many times did Boots report people for taking the odd naked photo?

When I was younger, and not really a full-time naturist I too got confused with what is a naturist photo and what kind of photo is used to titillate.



As I've become more educated and as I've lived more of a naturist lifestyle, the goalposts of what is naturist and what isn't have changed. Just as art lovers study the classic nudes, I think I'm now able to study the occasional classical naturist photo and only appreciate it for its quality of subject, without any sexual overtones.

For so many others, it's difficult to differentiate between one and the other, mainly because in their lives they're starved of open nudity and only see it on the adult channels or on the top shelf in news agents. In newspapers and magazines, I see partially clothed photos as being far more suggestive overall, than a normal total nude photo, whether it be a rear shot or a full frontal.

Being around naturists fairly often, you really just don't notice or look if a naked person, male or female, walks past. These days I'm more embarrassed by The Sun's page 3 “meat feature”, than I ever was before and magazines like FHM, Zoo, Nuts and GQ, I'm just not interested in at all.

Again a lot of sexual intrigue, especially in young men, comes from a photo that leaves something to the imagination. In other words the sexual intrigue comes from what you can't see, rather than what you can. Then of course there is the use of airbrushing, making something, a body or a face, to be basically what it isn't...perfect.

A naturist photo can be improved if you can also capture the liberating joy that the subject, (model) is feeling as well as the pose, background, lighting, etc....

Go [here](#).

“Gymnophobia”-- (gymnos being the Greek word for “nude”) The fear of being (or seeing others) naked. A gymnophobic person usually wants to force all others to a clothes compulsive lifestyle.

Nature

Every so often you come across a beautifully conceived and photographed video. The You Tube video, Nature is one that will touch every naturist's heart.

The opening scenes set the mood. Captured in the video, really a photo essay without words is a mood of longing to be released from the oppression of a drab, humdrum existence of daily life in a modern industrial city.

A young woman is seen, subtly tense and distressed, returning home by train, looking out the window to a grey sky and cityscape. Once home, she showers as if to wash away the clinging burdens of her day, then dons her sweats to go for a run.

The camera follows her through the chill damp streets into the country side. It seems she has run for miles at a quickening pace and finally down an empty country road. Suddenly the scene shifts and she is running through brush and tall weeds. Before long she piece by piece removes her running gear, as though leaving behind the last remnants of a deadening life, until finally she is nude in a forest. It is a return to nature.

Chest heaving her exhaled breath condenses into a visible cloud in the chill evening air as she pauses. Carefully she makes her way until at last the grey sky is gone and she stands facing into a ray of the glorious setting sun.

There transfixed she stands; silhouetted against the glare of the sun. Whatever was her burden, we know she has found release and renewal. It is seen in her final act, as she lifts her arms to the sky in a gesture of triumph, supplication, or is it gratitude? [Ed.]

Go [here](#).

Actual Call To Fire Department:

"Send someone over quickly!" the old woman screamed into the phone. "Two naked bikers are climbing up toward my bedroom window!" "This is the Fire Department, lady," the voice replied. "I'll have to transfer you to the Police Department." "No, it's YOU I want!" she yelled. "They need a longer ladder!"

Items We Need

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

- Non-motorized boats
- Chipper we can borrow
- Lawn or lounge chairs
- Large water storage tank
- Plastic barrels
- Concrete pavers
- Aluminum cans, etc
- Wooden Cable spools

A little boy got lost at the YMCA and wandered into the women's locker room. When he was spotted, the room burst into shrieks, with ladies grabbing towels and running for cover. The boy watched in amazement and asked, "What's the matter, haven't you ever seen a little boy before?"

Lake Edun Foundation, Inc.

P.O. Box 1982
Topeka, KS 66601-1982

Membership Application

Change of Address Form

Please Print

Name: First _____ MI _____ Last _____

Address: _____

City: _____ State _____ Zip _____

Phone: _____ DOB _____ E-mail Address _____

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	_____
Associate Member (Over 125 miles away)	175.00	250.00	_____
Working Membership (Discount)	(50.00)	(50.00)	_____
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 - Improve our Educational Program			_____
Tax Deductible Donation - Legal Defense Fund			_____

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

Charge my Visa; MasterCard Discover AmEx # _____ Exp. ____/____

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

Security code _____