

# BARE FACTS

Official Publication of the Lake Edun Foundation, Inc,

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Box 1982; Topeka, KS 66601 \* e-mail: [nude@lakeedun.com](mailto:nude@lakeedun.com) \* 785-409-0274 \* Website: [www.lakeedun.com](http://www.lakeedun.com)

38° 58' 7" North; 95° 47' 56" West

## Notes From the Board

### Ralph Earles, President

Hey dear Lake Edun members and friends! Hope some of you have been able to get out and soak up a little sunshine during the surprisingly warm days of late January and first of February. Makes us realize that it won't be long till Spring will be here and we will all be wanting to flock to Lake Edun again for another great season with our nude friends.

The time payment plan that our Treasurer, Brad, has devised makes it easy for you to break the \$275 annual membership fee into affordable payments so that you can be a fully paid up member by the prime summer nude time. You can make credit card payments by phone. Make arrangements for that by contacting him at:

[brad@lakeedun.com](mailto:brad@lakeedun.com). If you prefer to pay your membership all at once the Topeka Gives event on June 7th would be a good time to do it as the Topeka Community Foundation will enhance your membership donation to the Lake Edun Foundation if you give through that event.

We had a great time at the potluck and hot tub party on the Earles farm. Since it was quite chilly only seven brave nudists made it out to enjoy the hot tub (103 or 104 degrees) and to consume hot chili, chicken noodle soup and lamb stew complimented by bread, chips and cheese dip. Wish you could all have been here!

February is a great time to be thinking about joining (if you haven't already) our national affiliate, The Naturist Society. Their publication, N (for Nude & Natural) Magazine which is issued quarterly provides lots of information on clubs and resorts around the country and in other parts of the sunny world. Most of those offer discounts to Naturist Society members. Its great fun to stop in to visit one or more of these affiliated clubs when you are traveling. Other benefits of membership include the work of the governmental watchdog group The Naturist Action Committee and the Naturist Education Foundation. You can join by going to the [NaturistSociety.com](http://NaturistSociety.com). or by adding the membership fee to your Lake Edun renewal. See the website for very reasonable rates with discounts for the young and the ancient (like me)

## More Notes From the Board

### Janet, Vice President

I may not be the first woman board member at Lake Edun (have to ask the old timers!) but I'm surely the first in a long while.

I made this commitment because I really love this place and I know better than to take it for granted. I love the natural unspoiled beauty of the area, the friendliness of the folks I've met here, and the simple but powerful acts of laying in the sun, canoeing around the lake and going for a swim naked. It's one of the purest forms of body acceptance I know, and something I wish for every woman.

So many women and girls start every New Year wanting more than anything to change their bodies and then about this time of year become frustrated at their perceived lack of progress. Please love and enjoy your body first and foremost. Whatever society has taught you about its value for how it looks, it's the only one you are ever going to have. Enjoying social nudity is a great way to do show your body some love and acceptance. Cont...

## Upcoming Events

### February

22 Full Moon Sauna 7

27 Board Meeting 2-4

28 Work Day 12-4

### March

12 Meet and Greet at Free State Brewery 4-6

20 Work Day 10-2

20 Board Meeting 3-5

20 Sauna 5:30

Continued from page 1 Notes From Ralph

While you are talking with friends about yearning for Springtime, tell them about Lake Edun. If you add a little jar of that natural plum jam from Lake Edun to the conversation it will be a sweet invite indeed. See Andy, Dave, Webb or me about getting more of the jars of jam.

Your board has been meeting regularly and working hard to ensure that we have a great next season. Your help would be much appreciated. Contact any board member to offer assistance. Especially important--there will be several workdays as we approach Spring. If you are willing to help but cannot come on the day scheduled, please contact Dave, Webb or me and almost surely one or more of us can come out to join you in getting Lake Edun ready for the new season on a day that is convenient for you.

**A BIG EVENT IN MARCH:** We Lake Eduners are inviting friends and neighbors to join us at the Free State Brewery in Lawrence on Saturday afternoon from 4:00 p.m. - 6:00 p.m. on March 12 to eat, enjoy some brews and enhance some friendships. It is a great chance to get folks who have considered coming to Lake Edun to come meet our friendly and welcoming community. Cheers! to all.

Continued from page 1 Notes From Janet

I started coming here years ago with my then husband and our preschool age child. We've talked about it many times over the years. Like me, my kiddo loved the woods and the paths and the lake, and the wonder of seeing giant catfish, geese and ducks, turtles, lizards, muskrat, deer and other creatures in the wild. Everyone was kind and indulgent with him, and sometimes he had other kids to play with. He always wanted to know why he couldn't just ride in the car naked to "Nakey Camp"!

He remembers a regular guest in those early years who had a mastectomy. At the time, he asked me, puzzled, why she only had one breast; and I explained that it was sick so they had removed it, and that it had saved her life to do that. "Oh, that's cool!" was his simple response. I think back to that, and wonder about how many issues some men seem to have with treating women as equal human beings, and not just sexual objects. Simply seeing that men and women of all ages and sizes can be very happy and comfortable with themselves was a powerful fundamental message that he's carried with him in life.

I would encourage guests with young children to bring them out to the lake, and let them run free as nature intended. And I especially invite women who think they would never be comfortable at Lake Edun to give it a try sometime this coming season. I think you will love it here.

### **Natures Healing Touch**

Some time ago it was reported in Bare Facts that the Japanese were promoting walks in forested, natural settings to help stressed workers relax. More recently the January issue of National Geographic has a long article about the beneficial effect being in nature has on the brain.

Cognitive psychologists are studying this phenomenon. One such psychologist from the University of Utah has a theory he calls the "three-day effect." He believes that our brains are easily fatigued, but when we take in beautiful natural surroundings we feel restored and our mental performance improves.

His theory is that time in nature allows the prefrontal cortex which is responsible for complex thought and decision making to slow down and rest. Others have measured the level of stress hormones, heart rate, and brain wave activity that indicates when we spend time in green space real changes take place.

Researchers in England have found that people living near green space report less mental distress after adjusting for other factors. Researchers in Holland and Canada report similar findings.

Experimental studies have found that even short dose of nature, even pictures of the natural world can produce a calming effect and improved performance. As previously mentioned, Japanese scientists have demonstrated that just 15 minutes of walking in the woods causes measurable changes in physiology such as a 16 percent reduction in the stress hormone cortisol, a two percent drop in blood pressure, and a four percent drop in heart rate.

So convinced are they of the beneficial effects of time in nature that the South Koreans have three official healing forests with thirty four more being planned.

Naturism is apply named. From the start the first naturists intuitively believed that getting workers out of dirty, polluted cities and into the open air and sunshine in a rural or forested setting would bring healing. It's nice that science has caught up, but no naturist has ever needed science to know how restorative spending a nude day in nature really is. [Ed]

Natures Healing cont from page 2

The next time you drive to Lake Edun notice the eager anticipation you feel and how you can't wait to arrive and remove your clothes. Those first moments of blessed relief brought by exposing your clothing encased flesh to sunshine and air, then water is exhilarating, freeing. What a rush!

The trails around Lake Edun are always a pleasure to walk even sixteen since the first time I visited. Similarly, having to dress and go home is done with regret at having to leave a place that has given so much pleasure. I think all of you know exactly what I'm talking about.

Unfortunately, warm weather and leaves on the trees are a few months in the future. What to do? Get on the internet and take virtual tours of Hawaii, the Caribbean, or the South Pacific until summer returns to these frozen plains. [Ed]

### **It's No Laughing Matter**

For some undisclosed reason after receiving an unsolicited invitation to attend a live nude comedy show in which the performers and audience will be naked the writer says, "I bought my ticket on the spot."

The writer wasn't a nudist, and says she had never done anything nude beyond being naked in her home. Whether out of curiosity or a spirit of adventure she decided to attend this performance. Who knows? Perhaps she is just very spontaneous.

In any event, the writer says she looked at her naked body in the mirror and critiqued all her body parts in a most unfaltering manner. That is to say, she described her bodily flaws in the most unattractive terms.

After arriving at the theater and going inside she found herself surrounded by a wide array of naked bodies of all sizes and shapes. She says she sat near the rear of the theater with another woman still dressed. Still feeling hesitant to undress, she asked her compatriot if they could undress together and on the count of three they did.

To her surprise, after a brief time she says she was surprised how comfortable she began to feel seated there. This she describes in the final two paragraphs of her essay.

"As awful as some of the performances were, I wasn't really there to see comedy. I was there for the nudist experience, and am genuinely happy to have done it. By the end of the show, I was able to get up and walk to the bathroom, without any hesitation about my body."

"I took to public nudity a lot better than I thought possible." In fact, it felt pretty great. Not one comment was made about any of the things I obsessed over in front of my mirror. No one was offended by my lazy nipple, or disgusted by my back acne. By the end of night, I came to terms with the fact that though these things on me were definitely being looked at, they simply didn't matter. Just like I took notice of a strange growth on one woman's breast, and one man's legitimate micro-penis, people were noticing what I thought of as "flaws" in my body and nobody cared. I left the show that night with Leslie and Patrick's contact information. They urged me to join them at another nudist gathering, and I think I just might take them up on it."

Perhaps this is a one in a million sort of story. In this case if it is, then with this article a lot more people participated second hand in her night of discovery. Since word of mouth testimonials carry the increased credibility of authenticity, this random act of attending a nude comedy show is worth a lot to naturism.

The added benefit of this experience for the writer was the discovery that not only didn't her body, but also the bodies of others don't have to be "perfect." Naturists are realists and take one another for what we are. It's the person that counts.

<http://www.vice.com/read/i-went-to-a-nude-comedy-show-and-le>

## A Matter of Philosophy

The following excerpt poses an interesting question. As we all know body acceptance is the mantra of modern naturism. This writer proposes a refinement which he terms "Body Contentment." By this he means being at peace with yourself regardless of your physical appearance or needing to change to meet external standards.

The thing about beauty is that there are two types of beauty: First there is Sexual Beauty or it can also be called Attracting Beauty. This form of beauty is pleasing to the eye and most people also find it sexually attractive. Its part of the way we are built as humans, so we cannot look at it as bad because God instilled it in us for the sake of helping us procreate.

The next form of beauty is Natural Beauty. It is the beauty that only Nature herself and God can make. Mankind cannot create it, only destroy it. Such beauty is timeless and is there for the general appreciation of all Humanity.

So then what am I getting at with this post? What I'm trying to say is that we as Naturists must not have "Body Acceptance," but we must obtain "Body Contentment." Think of "Body Contentment" as the enlightened form of "Body Acceptance." In Body Contentment we are content that there are certain things about our bodies that we cannot change, and that these things make us less physically appealing to the naked eye. We accept this ugliness as part of who we are and how God made us.

Think of Body Contentment in the form of the fat, 86 year old naked woman. Why is she content with her looks? She is content because she has lived long enough to look the way she looks now. The woman knows that she is lucky to have lived to see 86 years. She sees her current body as something she has earned and is glad in it.

What we should strive for as Nudists is Body Contentment in the now, not wait until we are too old and are somewhat forced to do so. Being content is in many ways better than being happy. In contentment we can find happiness in so many other things beyond ourselves. Such as the 86 yr old woman finds happiness in her great grandchildren, not in her looks. If we can reach the stage of Body Contentment then I believe we'll all be a lot happier with ourselves whether we are nude or clothed.

<https://naturismofcolor.wordpress.com/2015/12/15/ugly-nudity/>

## In The News

In California the walls keep closing in on naturists. More than one previously clothing optional beach has been closed down to nude use and appeals to re-open them fall on deaf official ears. This has been happening from San Francisco south to Orange County.

The latest loss is to a monthly naturist swim at a city owned pool that had been hosting nude swims for the past eight years with no problems. Suddenly a new administration has shut it all down. This is happening in a state in which the liberal banner reigns supreme from the Mexican to the Oregon border. This is a head scratcher.

The Naturist Action Committee (NAC) notes that the nude swims have been permitted despite an anti-nudity ordinance. All swims are strictly private and away from public view. Additionally, the general public is excluded from attending this private function.

While city lifeguards are present, they volunteer for the duty as do other city employees present. None are forced to work the swims and thus the contention that a hardship is imposed on these workers is untrue.

NAC contends that the city is singling out naturists and denying them equal access to a city facility. At the same time they rent the same area out to other private parties. When other private parties rent the facility all other people are often excluded from admission as is the case during nude swims. This does not impose any unusual interference with the public to enter city recreational facilities.

NAC points out that the new city ruling was adopted without any public input. Neither was the Huntington Beach City Council involved or informed of the administrative decision.

Why an otherwise very liberal state time after time takes such a regressive approach to nudity, even in highly restrictive environments is a puzzle.

For now, only speculation about the reason for this is possible. It appears that the prejudice against nudity and for mandatory clothing is so deeply engrained in the public consciousness that only an absolute ban will satisfy the populace both official and private. The arbitrariness of this constitutes an absolutist tyranny.

[http://www.naturistaction.org/AlertsAdvisoriesUpdates/ALERTS/CA\\_2016\\_Huntington\\_Beach/ca\\_2016\\_huntington\\_beach.html](http://www.naturistaction.org/AlertsAdvisoriesUpdates/ALERTS/CA_2016_Huntington_Beach/ca_2016_huntington_beach.html)

## We Have to be Carefully Taught

Given everything to deal with in this world, it's a wonder any of us make it to adulthood sane. But then, perhaps none of us even at our best are fully balanced. There's at least a bit of a wobble to us all. Let's just say that's what makes us "interesting."

The truth is, especially in our youth we all pick up a lot of good things, but also lots of mistaken information, bad habits of mind and behavior, prejudices, preoccupations, fears, and tastes that become embedded in our subconscious and often are never altered. To some extent, we spend the rest of our lives either repeating all this nonsense or working very hard to replace it with more functional, health giving beliefs as adults.

Naturism is an example of overcoming an almost universally held belief that public nudity after early childhood is a taboo and terrible consequences will occur if you don't obey this taboo. Laws reinforce this belief with heavy handed sanctions. That means this taboo has to be valid---doesn't it?

In reality, it isn't true. It's all based on emotional reasoning which means that if I fear something bad will come of doing something, then that feeling means that it really must be something bad. Phobias are examples of this—you know, fear of the number 13?

To wear clothing all the time is an arbitrary social rule, but not one practiced in all times in history by all people. Unfortunately, morality has been interwoven into the wearing of clothing in many places so as to signify sexual morality. The objective reality is that no amount of clothing or lack thereof has anything to do with moral intentions or behavior regarding sex. To link the two is a thought distortion.

The mistaken linkage of morality with clothing has unintended consequences in everyday life. The unexamined premise is that there is something unwholesome about the body. Being ashamed of the body plays itself out in untold ways both subtle and overt, but it is always negative.

Clearly clothing doesn't confer good morals nor does it in any way stop bad moral behavior of any kind. Yet society clings to the belief that clothing is essential to protect us all. A very unbalanced view indeed.

Writing a personal essay, one woman described her carefree childhood of nakedness with no sense of shame. From her perspective, she says that young children have no sense of shame.

about their bodies. In fact being naked is one of the most natural things a human body can be. In fact at that time that's all she wanted to be.

This changed after a chance comment when she was either six or seven by the older brother of one of her friends telling her that her little bikini was see-through. This shocked and mortified her. From then on the thought of being seen naked suddenly was an intensely embarrassing thing.

The writer elaborates that girls are taught to be ashamed of their bodies in a lot of different ways. This includes diet commercials and the thin models in magazines, to hearing boys and men commenting on women's bodies. The result is that naked, exposed skin becomes a lot more than just natural.

The implication too often given is that a woman's body is simultaneously an invitation and an explanation for exploitation and abuse. The message to skinny girls is that they need to be a little more filled out since Real Women Have Curves; while fat girls are told their curves are in all the wrong places. It's toxic. The writer says she became preoccupied with trying to conform her body to all the "right" expectations and spent all of high school and college fretting about her weight and shape, to the point of it becoming unhealthy. Then she reached enlightenment, and says, "...suddenly I was sick of it."

To heal herself she daily started looking in the mirror with deliberate and positive thoughts. She quit looking at the scale, and dropped all the thoughts of models and actresses as her role models. She then embraced her body with its own beauty and uniqueness.

She says she recalled a writing professor who stressed the importance of extending positivity and kindness to each other in a class where they bared their souls. "We were naked in that class in a different way, but there's still something revolutionary in looking at yourself with compassion, with love. Taking the time to see and appreciate yourself exactly as you. I dance. I stage a revolution of one."

This is one person, one life needlessly striving to be accepted not as she is, but by physically matching externally set standards for beauty. It brought her unhappiness and shame. This is the hidden cost our superficial culture extracts from us both male and female. Fortunately, we can throw off our chains.

<https://thenaturistpage.wordpress.com/2015/12/19/why-i-love-being-naked-christina-tesoro/>

## What's a Body to Do?

For at least the last one hundred years or more celebrities in the entertainment industry have been the go to models for male and female beauty in society.

The interesting thing is that through the centuries standards changed over time. One can immediately think of the plus size nudes painted during the renaissance by Rubens. Furthermore, even the subject matter of art changed from depicting male nudes in Greco-Roman times to primarily female nudes in modern times.

If one goes to the non-Western world a wide array of physical beauty standards are to be seen for both genders. In fact, there is so much diversity from cultural group to cultural group it is astounding.

The point is, as the saying goes, beauty is in the eye of the beholder. There is absolutely no one objective standard of beauty for all of humanity. We just happen to be stuck in our brief niche of time with the standards prevailing in this era.

Naturism has always tried to transcend the limited definitions of bodily beauty as it relates to intrinsic worth of the person. The focus in naturism hasn't been to define a single standard for physical beauty.

Certainly the early naturists stressed health and beauty. However, this was in the context of the alarm about what was happening to people being crowded into dirty, air polluted, industrial cities. The antidote to this was getting out in the countryside into sunshine, fresh air and water, and exercise.

The result was improved health and vigor, a sun tanned body invigorated by the weekend outings in the countryside, exposed to the natural elements of nature. Physical and mental health improved. This was a beautiful thing.

This is a far cry from the cult of personality with which we idolize modern celebrities, mimicking their every fashion, and endlessly obsessing about their lives. This is self defeating and a distraction from forming worthwhile lives of our own. How vacuous we have allowed ourselves to become.

It is worthy of note that some celebrities have recognized the perversity of the idolization of celebrities. One celebrity points a finger at the morbid attention given to naked pictures of celebrities which too many use to turn on ordinary people with contempt at their physical appearance.

Hers is a lone voice from within the entertain industry that speaks the truth about a perversion of heart and mind that is endlessly destructive in countless ways. [Ed.]

"We've grown into a culture of idolizing images of naked celebrities but body shaming any woman who chooses to go bare without the backing of a billboard or million dollar agency. As though nudity is only for the famous. Only for the fit and single. Only for the bodies ideal for runways."

<http://clothesfreelife.com/2016/01/15/celebrity-nudity-and-body-shaming-of-regular-people/>

## Lake Edun Foundation Membership Options

	Single	Couple
Lake Edun Foundation Membership	\$275	\$375
Working Membership (discount)	-\$50	-\$50
Associate Membership	\$175	\$250
NUTs Membership (under 30)	\$75	

There is a new option for membership in easy payments.

You decide how much and when, with no extra charges or fees, you just need to have your membership paid in full by May 1st 2016. There is also a discount for working ten hours per year helping our Board Members during scheduled workdays.

Payments can be mailed to:

Lake Edun Foundation, Inc  
PO Box 352

Baldwin City, KS 66006

Questions or to make a credit card payment (available over the phone) please contact Brad at [brad@lakeedun.com](mailto:brad@lakeedun.com)

If you would prefer to wait and pay your membership at once, The Topeka Gives Event on June 7th is a great opportunity.