

BARE FACTS

Official Publication of the Lake Edun Foundation, Inc.

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38° 58' 7" North; 95° 47' 56" West

Notes from the LEF Board

Ralph Earles, President

Happy Nude Year to all Lake Eduners! Your Lake Edun Foundation Board Members and our Founder, Webb, wish you many happy nude experiences at Lake Edun during 2016. Andy, our events planner, and the Board have been working on a calendar of activities that we hope will have you coming to Lake Edun often during the coming year.

January in eastern Kansas is "the dead of winter" but attend a scheduled sauna or winter work day and you will find that Lake Eduners are very lively even in January. And January is a great time for a hot tub party! Come join us in Baldwin City to celebrate the holiday dedicated to the great champion of freedom for all, Dr. Martin Luther King, Jr. on Monday, January 18th, beginning at 11:00 a.m. We will have a pot luck lunch together around noon and the outdoor hot tub will be plenty warm to chase away the winter chill. Inside you can warm by the blazing flames in the fireplace as you wait your next turn in the tub. Look for a special e-mail to all Lake Edun members for more details and directions to the Earles farm.

The beginning of a new nude year is a natural time for remembering the good experiences that we have had together during the past year and for thinking about what we hope to see in the year to come. Our membership annual meeting this past fall was a highlight experience that made clear the love and dedication to Lake Edun that is widely shared. Expressions by members at the meeting about events I had missed made me more determined to take advantage of the many opportunities that being a member of the Lake Edun Foundation offers. Members who were able to come to camping weekends talked of long fireside visits that enriched friendships. Hikers and "jogging Andy" talked of the joy of engaging nature naturally at beautiful Lake Edun through the seasons. Stargazers marveled at the knowledge of the sky shared by the "buff astronomer." Yoga enthusiasts wished they were as supple as Bradley. And many spoke of the dedication of Dave and Webb to keeping the Lake Edun property beautiful. In this new year I hope more of us can make more time in our lives for the natural joys on offer at Lake Edun. I would love to see enough of us there at one time for a good rowdy game of volleyball on one of the first really warm days of Spring!

YOUR BODY
IS TRULY A
WORK OF ART
Embrace it. Take pride in it.

Upcoming Events

January

18 MLK Potluck and Hot Tub

23 Work Day 12-4

23 Full Moon Sauna 5

February

15 President's Day

22 Full Moon Sauna 7

27 Board Meeting

Times are Changing in the Men's Locker Room

Gym designers have made bathroom stalls ever more private and cushy with couch corners, Wi-Fi and lockers with built-in locks have become standard issue. Well, that's not true at the new YMCA gym I go to, but apparently more upscale gyms are better appointed.

The caveat to all this modernization is that gyms are still unable to provide the one thing younger men in particular seem to really want: a way for them to shower and change without actually being nude.

Each day, thousands upon thousands of men in locker rooms nationwide struggle to put on their underwear while still covered chastely in shower towels...That may be true, if the guy ever undresses at all. Today I witnessed a young man having finished his workout, pull on some sweat pants and a jacket and head home unshowered. I'm just guessing he did this to avoid any possibility of being seen nude. You can rest assured that my seventh grade gym teacher wouldn't have put up with any of that nonsense.

One gym designer commented on this phenomenon saying, "In the last 20 years, maybe 25 years, there's a huge cultural shift in people that ultimately affects gyms... Old-timers, guys that are 60-plus, have no problem with a gang shower and whatever...The Gen X-ers are a little bit more sensitive to what they're spending and what they're expecting. And the millennials, these are the special children. They expect all the amenities...."

Showering after gym class in high school became virtually extinct in the '90s. And if Manhattan's high-end gyms weren't riddled with ab-laden models or Europeans (or both), there would be few heterosexuals under 40 who have spent any naked time with other men.

"It's funny, they're more socially open with everything — Facebook, social media — yet more private in their personal space," said the president of one gym.

This is all a curiosity that some social psychologist could examine and publish about. Short of that, anyone's guess is as good as any others. Certainly this reflects a discomfort at being seen naked or prudishness about the body. Whatever the case, at least we can say with some certainty; they wouldn't pass the smell test. [Ed.]

<http://www.nytimes.com/2015/12/04/fashion/mens-style/mens-locker-room-designers-take-pity-on-naked-millennials.html>

Bad News for Naturists Down Under

You can't get away from them. The prudes will go to any extreme to stop nude recreation. This time the excuse was children's safety which became the pretext for instituting an extremely onerous set of requirements for all participants in the nude beach games. Despite 30 years of the nude games, no safety concerns for children were cited as a basis for the new regulations. [Ed.]

One of the Australia's most popular nudist events, held at Maslin Beach, is under threat of ending because of bureaucratic red tape.

A decision on whether the Pilwarren Maslin Beach Nude Games goes ahead on January 17 is expected in the coming weeks.

The games are a premier event on the nudist calendar attracting overseas competitors and have a 30-year history of being held on the southern beach.

Organizers said new conditions to a permit issued by Onkaparinga Council — on the back of police concerns — had forced him to reconsider its future.

Some of the new conditions included: every participant to fill out a five-page application form, children to be clothed so not to expose their genitalia, and for a register of all participants and spectators to be kept.

"If a six-year-old wants to throw a frisbee they'll have to get their parent or guardian to sign a form and that's absolutely silly," Mr. Pillar said. "These are ridiculous conditions ... between the council and the police they are making it hard to comply with, so in affect they're shutting us down."

In a letter the council retracted a permit previously issued and replaced it with a new one with a list of new conditions following "concerns" raised by the police.

Last year's games attracted about 300 competitors for events.

<http://www.adelaidenow.com.au/messenger/south/nude-games-at-maslin-beach-may-be-cancelled-because-of-red-tape/news-story/6074e4f4746f705ba9819bf36c007162?sv=a63ef7fe068269461d5f601c26e7f9aa>

In the News

The Church of England's latest woman bishop is a strong advocate of naturism who stripped off in her youth. The Archdeacon of Buckingham, the Venerable Karen Gorham, 51, was brought up in a naturist family, though she gave up going nude on beaches in her teenage years. In 2000 she co-wrote a controversial treatise defending the practice of naturism.

She said the Church often portrayed the naked body as something rude to be covered up, but Christians shouldn't feel uncomfortable wandering around in the nude, as long as they were not breaking the law.

In a theological booklet she co-wrote they counter the standard assumptions and wrote, 'The connection of nakedness and sex, though it may seem inescapable, need not necessarily be so... Life in a naturist club, or a naturist resort is just about doing things which one generally does with clothes on, but unclothed when the circumstances permit it.'

<http://www.dailymail.co.uk/news/article-3337945/Bless-s-Britain-s-NUDIST-Bishop-Female-Archdeacon-51-brought-naturist-family-wrote-controversial-defence-disrobing-public.html>

Another news article refers to a booklet, *Naturism and Christianity* the new bishop co-wrote in which it was urged that churches educate their members about naturism, or nudism. She is quoted as saying, "There is need for much education and openness to talk about issues of sexuality, to remove false taboos which we tend to have about our own bodies, and to define the differences between what is impure and what is godly and properly natural to us."

The booklet argues that the naturist lifestyle is not incompatible with Christianity and that a distinction must be drawn between "physical nakedness and sexual impurity." She noted that Scripture was agnostic on the subject, neither promoting nor banning social nudity.

Archdeacon Gorham explains that the central thesis of naturism is that, "Naturists believe that the 'hang up' about the body being shameful in itself, in whatever way, is both morally wrong and mentally harmful. This points to the fundamental difference of attitude between naturists, who are not frightened or ashamed of their bodies, and that of much of the world, which would seem to be so. In naturism one realizes that there are no truly private parts; all parts of the body serve their proper and honorable purpose, and in this respect we are all alike."

The authors concluded by stating, "From this review of the different aspects of nakedness that there is no essential conflict between Christianity and naturism, that there is nothing inherently sinful about the naked body, and that the realization of this is part of what it means to be at ease with oneself, to be healed, to be made whole."

<http://www.anglican.ink/article/christian-naturism-advocate-appointed-bishop-sherborne#sthash.jVKS3aPn.dpbs>

Lake Edun Foundation Membership Options

There is a new option for membership. in easy (you decide how much and when) payments. No extra charges or fees, just have your membership payed in full by May 1st, 2016. You can also earn the \$50.00 discount by working a minimum of 10 hours per year helping our Board Members during scheduled workdays!

| | Single | Couple |
|------------------------------------|-----------|-----------|
| Lake Edun Foundation Membership | \$275.00 | \$350.00 |
| Working Membership (Discount) | (\$50.00) | (\$50.00) |
| Associate Member (Over 125 Miles) | \$175.00 | \$250.00 |
| NUTs Membership (Must be under 30) | \$75.00 | |

Payments can be mailed to:

Lake Edun Foundation, Inc.

P.O. 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

If you would prefer to wait to pay your membership at once, The Topeka Give event on June 7th is a great opportunity!

Women and the Dream of Body Acceptance

Living in this technologically advanced age would make one think that we all have it made, especially compared to the harsh lives of our ancestors even a hundred years ago. Alas, all the gadgets science lays before us has not managed to satisfy our hunger for meaningful lives of dignity and equality.

Sadly, culture and our emotional lives lag far behind the blinding pace of advancing technology. This is a perplexing turn of events. Science has not been our salvation ushering in The Golden Age. Unfortunately we can't just push the pause button on technology and allow everyone to catch up.

Behind the scenes there is a great deal of pain masked by the glitz and glitter of our age. Too many of us have chosen to follow the Pied Piper of popular culture and mass consumption and know no other way, yet feel lost. Our souls are starved, discounted, and shunted aside in one blind grasp for "happiness" after another. Disillusionment is the inevitable result.

We are all caught up in this, both men and women, inextricably bound together by our mutual destiny to endlessly search, but never discover what truly satisfies. A great deal of attention has been paid to this problem by feminist writers as they try to unlock the bonds that women in particular feel in our culture.

Since they continue to write about the problem, this suggests that no one has really discovered an answer or a cure. Perhaps a culture wide answer is forever out of reach, but hopefully answers for individuals are available. It is our belief that naturism holds part of the answer to body acceptance so elusive to many.

The following very brief excerpt of a much longer essay highlights one woman's struggle and thoughts about what it means to her to be a woman. I highly recommend reading the entire essay. [Ed.]

Once upon a time we may have been angry about this. Fat was a feminist issue. Beauty was a myth. Oppression was structural and bodies were real. Now it's every identity for itself. We have no desire to name the female body yet we manage to reject and abuse it all the same. An amazing achievement, to be disembodied creatures weighed down by so much flesh. Why, we ask ourselves time and again, can't we just get over it?

If "I'm fat" were just a thought – akin to thinking "I'm no good with strangers" or "I'm hopeless at math" – that would be one thing. You could either try to get thinner or train yourself to stop caring. "I'm fat" doesn't work like that. We may treat the body as something to which we stand in relation, creating the illusion that there is some negotiation to be made, but it is more than that. It is us. When a woman says "I'm fat" she doesn't think it; she feels it in every part of herself, and the words don't do justice to the feeling at all.

Leaving behind the anorexia of my teens, I remember watching myself grow and disappear. To have breasts that spill forward and thighs that touch is to make an offer every time you walk down the street. You can't withdraw it. Either brazen it out or make yourself harder, more sculpted, and more contained. It's incredibly clever, the way women have absorbed what others want our bodies to be, so much so that no one voices it other than in crude, cartoonish terms that it would seem churlish to take too seriously. You have to say, "no, I want to be thin for me," ridiculously, as though your self-perception is not in constant dialogue with what others perceive you to be.

The more I consider it, the less odd it seems to me that women are engaged in a hopeless quest to correct the shape of themselves. It's about wanting to hit that point where you'll be seen as a person, able to operate neutrally, without femaleness, without excess.

I discovered, yet again, that while starvation is draining, bingeing miserable, self-induced vomiting degrading, all of it is much easier than accepting your body as it is. By this I mean genuine acceptance, not just the repetition of mantras, when you tell yourself that you're fine with this,

Perhaps I am too far down this road to have an epiphany but talking to photographer Laura Dodsworth, I felt something click. Of course body image is about experience, because experience is all that we have. There is, as Dodsworth points out, a drive to "erase the signs of experience, the signs of childbirth, of breastfeeding, of ageing". Whereas men can wear "the marks of life", women are expected to remain pristine. So much of the effort we put into changing how we look is about making it seem as though we are passive objects, not subjects who might have an impact on the world. We must make it seem as though our breasts cannot feed, our brows cannot furrow and our bellies never, ever need to be filled.

<http://www.newstatesman.com/politics/feminism/2015/12/why-it-so-hard-women-accept-their-bodies>