

# Bare Facts

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Official Publication of the Lake Edun Foundation, Inc.

June 1, 2005

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38° 58' 7" North; 95° 47' 56" West

## President's Corner

By: Ernie Cooper

Last night as I was getting ready for bed, my wife looked at me and said, "Boy, you're really getting tan!" I thought about that for a bit. Here it was the end of May, and I had the start of whole body tan! Not that many years ago, that would not have been the case; I was a dedicated "white tail"! No one outside of my bedroom was going to see me in the buff! Things have changed a great deal in just a few short years.

I remember the great fascination I felt as I discovered the world of naturism. The websites and magazines all said the same basic things. In short they all seemed to indicate that chaste social nudity was not only possible, but actually a reality at dozens of naturist venues across the land.

I also remember the anxiety I felt the first time I approached Lake Edun. I had a cardio workout that ranked right up with the best I had ever been able to achieve on a treadmill! How would I react? How would the people at the lake react? How would I feel after?

All of these questions seem so irrelevant now! Many Eduners greeted me warmly with big smiles and words of encouragement. Each of you forms a kind of extended family for my wife and me. I only wish I had more time to spend with you.

I hope that as time passes I can be as friendly and welcoming to each one I meet at the lake as you were to me when I was a newbie. I hope that when someone comes for a first time visit at our special place, he or she leaves with a feeling of having been to a wonderfully friendly and safe place. Each of us plays a role for the individual who is visiting with us for the first time.

Webb once told me that we have only three fast rules at Lake Edun, NO Glass, NO Clothes and NO Jerks! The *no glass* and *no clothes*, needs no explaining! Sometimes though, the definition of jerk needs a little interpretation.

Overt sexual conduct is not permitted. If you are observed being overtly sexual we will ask you to stop. If you persist, we will ask you to leave. Any sexual overture or contact that is not with a consenting partner is grounds for immediate removal from the lake.

Any activity that could be construed as improper sexual conduct with a child is grounds for immediate removal from the premises and a possible report to the sheriff.

Any use of illegal substances, drugs, is grounds for immediate removal from the lake for up to a year. Please understand the delicate position we have at the lake. Many in the community already think negatively about us and our activities at the lake. If for any reason, someone were to be arrested at our special place for possession or use of illegal drugs; the Lake Edun Foundation and the owners of the property would be placed in a very serious position.

## Return To Edun/12

Plans are firm for our 12<sup>th</sup> annual Return to Edun. We hope all our friends and supporters will join us at this event.

On Friday, we will have an opportunity to enjoy a staged reading of the four semi-finalists from the one-act play writing contest we sponsored last year. It will be a sneak preview of the performances being organized in the Fall.

Musical entertainment Saturday will be provided by two Kansas City groups: Motion plays classic rock and will keep us dancing. The Chaz Singer does vocal impressions of some of the greatest singers we are all familiar with. Of course, between times there are the trails, the lake, the friendly people and wonderful setting that characterizes Lake Edun.

This is our annual fundraiser in support of the LEF mission. Spread the word. It's a great setting for someone curious to experience Naturism for the first time.

As always, members enjoy a discount for advance tickets. Use the form in the enclosed brochure to reserve your place under the Lake Edun sun.

On behalf of the board of directors, I would like to thank all of you who are responsible with your use of alcohol. Please help us keep the environment we all enjoy so much, free from the effects of over indulgence.

Anyone who feels some activity at the lake is not in keeping with what I have just outlined should bring his or her concerns to the groundskeeper or a member of the board. Anyone who feels that discipline was unfair or unjust also has the right and privilege of asking to speak to the board during a monthly board meeting. Anyone may also contact the board or me at the [bornnude@aol.com](mailto:bornnude@aol.com) address.

I hope this brief discussion of what we on the board consider "jerk" behavior is helpful. I truly do not want to offend anyone; however, I also do not want anyone, whether they are visiting for the first time or the hundredth time to be offended or to become anti-nudist because of some individual's misconduct.

Memorial Day is past! The whole summer is before us! I hope to see many of you during the summer on beach, with diminishing tan lines!

## DON'T FORGET

Activities designated HN are sponsored by Heartland Naturists

June 1; Mulberry season begins

June 4; Sat; 12-3; Open House

June 11; Sat; 10-12; Board of Directors

June 17; Fri; 8-10; HN Swim

July 4-10; Nude Recreation Week

July 9; Sat; 10-12; Board of Directors

July 9; Sat; 12-3; Open House

July 15; Fri; 8-10; HN Swim

**July 15-17; Return to Edun**

## Trip Report

*By: Michael*

Every year members and friends of Lake Edun take naturist vacations. When you return, we encourage you to share your experience with us.

This year Eileen and I visited Living Waters Spa in Desert Hot Springs, California. This delightful mini resort is owned by Jeff and Judy Bowman, friends we met two years ago when they were still in the dreaming stage, prior to purchasing the property that would become Living Waters Spa.

Selling their home in Anaheim, they made the leap of faith, committing all their resources to make their dream come true. Their gamble paid off, and the rest of us reap the benefits of their vision. You can see for yourself at their website <http://www.livingwatersspa.com>

We arrived on a windy Sunday afternoon, driving in on I-10 from the San Fernando Valley. Probably the only time of day you won't encounter the notorious Southern California 0 one moment to 75 mph traffic the next and still being passed. Driving through the pass in the mountains to the Coachella Valley, we were dazzled by the wind turbines that carpet the hills in forest like numbers. As it turned out, this was a very good wind day.

Directions on the website were easily followed. Pressing the buzzer, we were greeted at the door by Judy, wearing a sarong. We were escorted to the office where we greeted Jeff. Greetings over, Judy disrobed and proceeded to check us in. Once done, Jeff gave us a tour of the spa.

The spa was originally a custom made "spa-tel" built in the 1960's which in more recent years had been turned into low income apartments. The Bowmans have completely renovated the property, returning it to the immaculate condition of the old Kismet Lodge. To prove this, Jeff showed us picture postcards of the original Kismet Lodge as it was in the 1960's.

Desert Hot Springs is unique in the quality of the mineral water available. A well on the property provides 100 degree pure mineral water directly from the aquifer to the Jacuzzi style spa, and from there to overflow goes into the 80 degree swimming pool. No chlorination is needed due to the 20 hour a day flow of water from the well. Delightfully, there is no sulfur smell, just the combination of minerals that leave the skin feeling silky smooth. Believe me; we spent a lot of time in both pools.

There are nine guest rooms, a number of which have a kitchen, very handy for longer stays. The rooms all have wonderfully firm king size beds and small shower bathrooms. Besides the essential air conditioner for hot desert summer days, the rooms are tastefully decorated with the usual amenities.

A day at Living waters Spa begins when you get up. For me, this was around sunrise. The sun rise over the high desert lighting up the snow capped Mt. San Jacinto rising 10,804 feet above the desert floor. Judy pointed out to us the "angel" on the mountain. This is a geological feature that in the morning sun gives the appearance of an angel with wings outstretched. The cool clear desert air, the "heavenly visitor,"

and the dazzling blue sky are not to be missed.

Each morning Jeff and Judy prepare a breakfast of pastries, bagels, and fresh fruit in the meeting room. A refrigerator stocked with soft drinks, and milk for cereal round out the morning fare. Each afternoon at 3 PM around the hot tub, guests are invited to enjoy snacks of sliced fruit and veggies and dip, plus a pitcher of sangria laden with slices of fresh fruit, or punch. This is a time of relaxation and conversation with other guests.

Be warned. There are no TV's in the rooms. This a place to rest, indulge yourself, and get away from the cares of the world, get a massage, work on your tan, read a good book, make new friends, restore your soul. If you want more than that, enjoy a local restaurant, or do some shopping at a local antique store as we did. More excitement can be found in the casino's in Palm Springs.

Our evenings were spent in the hot tub watching the sun go down, casting its golden glow on the palm trees. There, spa guests gathered and we shared about ourselves and how we came to enjoy nude recreation. We look forward to our next stay at Living Waters Spa.

## Thoughts

*Michael Curry*

I was at Lake Edun in April for the board meeting and work day. It was my first visit this year. Fortunately, the early April weather was more cooperative than during the last of the month. That is to say, I could get naked!!

Being so early in the year, I was pigment challenged. Perhaps dazzling is something of an overstatement, and it could be my imagination, but it seemed that everyone I met put on their sunglasses.

It was thoroughly enjoyable getting outdoors and sharing some work time with Ernie. Two who have become friends would never have met except for Lake Edun.

Walking the trails to the West of the lake never grows old. It may be fanciful, but not having clothing on always gives me the feeling of being just a little closer to nature. There is rightness, a goodness about this experience that permeates me as I make my tour.

I marvel at the wonder of the many webs spread across the trail. At times they are glistening and bejeweled by the dew. As much as possible, I try to avoid disturbing the delicate threads of the spider's industriousness. Who knows, someone else may pause as they pass and take delight in these arachnid masterpieces.

Later, it is time to greet other old friends not seen for months, catching up on their news. What's shared is not only the words from our lips, but also the message our nude bodies silently, yet powerfully proclaims.

We have removed our clothing to become open and vulnerable to one another, actualizing the strength of our conviction. This conviction is that our nude bodies are not shameful. Rather, they are good, serving our need to relate to others of our kind and with the natural world.

We are human, born of woman, coming naked from the womb. It is very good!

## From the Mail Bag

Dear Lake Edun,

Hello to you and all Lake Eduners.

What a beautiful and non-threatening life style. Although I am a senior citizen, it doesn't deter my love and passion for the clothing-free lifestyle. Also, being raised in an ultra-conservative church-going family, means I'm not unlike many fellow naturists.

Several years ago, I began nudity at home alone during my day off. Gradually, nudity became more enjoyable and desirable. So I began looking and exploring our city and county for places and venues to enjoy nudity which included my backyard and remote places out of view to the public.

At first, I even hid my nudity from my wife, but eventually she became more accepting and realized yours truly was not crazy, or some kind of weirdo. Obviously, she doesn't share my enthusiasm for naturism.

Having subscribed to Bare Facts, your articles and personal testimonies help me realize that nudity is neither shameful nor sinful. Those of us who are accepting and practicing naturists are the normal, realistic people, appreciating and accepting of others regardless of social status, age, or any other defining characteristics. Even though I'm unable to join Lake Edun and enjoy the experience with fellow naturists, I still consider myself a practicing Naturist.

I enjoy being clothes-free. I'll continue to practice and enjoy it as often as possible. The best part of my day is being...clothes free. I'm hoping my future includes meeting and fellowshiping with the Lake Edun family. I've bonded with Lake Edun even though Webb is the only one I've met.

May afforded me an opportunity, although brief, to visit Lake Edun. Disrobing and placing my threads in a locker was so liberating. The temperature was under 60 with a brisk wind. But, it felt so exhilarating. Unfortunately, I enjoyed it alone. I applaud all of you who have discovered and practice the naturist lifestyle. In my opinion, naturism is natural, normal, liberating, and unobtrusive. You accept and are accepted as God made us; short, tall, male, female, young and old. It matters not.

Thank you Webb and everyone who has helped make Lake Edun a little bit of heaven-on-Earth. Please keep it going!

Loyd Henry

[Thank you Loyd, keep coming back – Ed.]

Dear Maxine,

I'm really happy to hear from you and also to let me know about the latest thing going on. I have been so busy the past winter and now that it's spring, even more so.

I purchased a '75 Harley Davidson last month and have been rebuilding it the past four weekends! I am ready to go for a ride and spend the summer enjoying it.

I thought about you all last week while the weather was so warm. Thinking how nice it would be bathing in the sun and catching up on a nice tan. Maybe just kikk'n back and do some fishing. If all goes well this week (getting tags), my

wife and I may just cruze in and say hello. We could check things out and get on the books with you. It would be great to enjoy Lake Edun and make some new friends for the summer of 2005.

Thanks again, still thinking aboutcha!! ☺

Take care and wish me luck on the tags!!!

Hope to see you,

Ronnie (Needing a tan bad)

[Sounds like a plan Ronnie – Ed.]

## Interview Reviewed

by Ernie Cooper

Recently I meet two young women from a local university at the lake. One of the women was doing a paper, which included doing research and study on naturism in Kansas. She first made contact with us through the website. Her request was forwarded to me after we sent her the information packet, which we send to many who are investigating naturism.

We had several exchanges over the internet while schedules were worked out. We finally set a time to meet at Lake Edun. Her professor had explained to her that a personal interview would be good for the paper, and doing the interview at the lake would be even better! It was a cool Saturday when she and her roommate arrived. We had a good conversation over naturism in general. Both of them had good questions and an excellent grasp of the ideals of naturism. Since it was cool and few were at the lake, I had opted to stay clothed at least for the first part. After about a 30-minute period of questions and answers, she posed the following question. "Is it too cold today to be naked?"

"No, it is not for me. I only remained dressed because I did not want to offend. I was not sure what you expected." I replied.

During a break in the conversation, I went over to the barn and undressed. As I came back to the picnic table, she asked where she could undress. "I did not come this far not to try this out!" she exclaimed.

So it is with many who come to our special place. They did not come this far not to try it out! Like so many, after she had tried it out, all she could do was smile and be joyful! "I need to try this again! Thank you so much for your time. This has been a nice day!" She said as she headed for her car.

It is a joy to see the faces of people who, after trying naturism for the first time, become as little children. Revealing in the freedom they have only hoped for, and now experienced for the first time. Often we hear the phrase, "Why did I wait so long?" or "If I had only known how liberating this is!" from those who come for the first time.

The board has set aside several open houses this summer. Bring someone yourself and see the joy break out on their faces! Share the smile of one who has become liberated!

## A Study In Contrasts

*By: Michael*

Two articles about attitudes toward the naked body appeared in the March and April issues of Bare Facts.. They were polar opposites in their orientation.

One described a treatment for nakedness phobia. It is such a bizarre concept it took more than one reading to convince myself it was written in seriousness. I kept thinking it had to be an April fool's spoof. The other article was a beautifully written account of adolescent girls learning in a summer camp setting that their bodies, though different, are okay.

Anna Schnur-Fishman, writing about her summer camp experiences taking group showers makes these telling comments about our culture:

It's pushing back against American culture. It's unbelievable and tragic, to realize that it's actually subversive for females to feel okay about their bodies, to take back our right to feel even adequate....

It's joyful! When you're naked in the shower and your whole self is out there for everyone to see, you basically have nothing more to lose. You can regress to the years before you learned to feel insecure about your body and, like a toddler, just enjoy the opportunity to run around nude. It's pure liberation.

Contrast this with the description given for the psychological treatment program for fear of nakedness. These psychologists speak of a state of fear they report as having significant impact on the quality of life:

It can cause panic attacks and keep people apart from loved ones and business associates. Symptoms typically include shortness of breath, rapid breathing, irregular heartbeat, sweating, nausea and overall feelings of dread. They note however, that everyone experiences nakedness fear in their own way and may have different symptoms.

The clinicians offering treatment for the fear of nakedness obviously don't share the view that the naked body is something loathsome or distressing. After all, they label this extreme and irrational fear a phobia. At the same time, their discussion of treatment is from the negative. That is, their goal is solely the removal of something that is harmful. Nothing is said from the positive, other than the implication that once cured, you can go on business trips and visit with family. This is certainly an improvement, but it would only seem to allow the individual to be as comfortable with their body as the average American. That, in a word, would still be pretty unaccepting, just not paralyzed.

The tone of the psychologists describing their "cure" seems to be a far cry from the genuine appreciation for, and joyfulness about the body as described by Anna Schnur-Fishman. What she describes is a joyful body acceptance, full of compassion and delight. The psychologists offer something more pragmatic. For them freedom from a phobia isn't about acceptance of the body, that's at best secondary to other gains. For example, you will be able to enjoy life experiences, earn more money, get a promotion at your job, etc.

The psychologists attribute nakedness phobia to some event

linking nudity and emotional trauma. These scary events can range from something seen in a movie to some real-life scare or trauma. They assert that this negative association causes the unconscious mind to attach terrible feelings to nudity so as to steer clear of it in the future and remain safe.

Apparently they view nakedness phobia as being caused by random events in a person's life. Much as you might become afraid of spiders. They make no mention of the possible role of an anti body culture as the context in which nakedness phobia proliferates. In this country, it would seem to me that the culture of the summer camp bath house, if it were an animal, would be placed on the endangered species list.

The nagging question is, what accounts for a culture that breeds nakedness fear, or as Anna Schnur-Fishman states it, "...you learned to feel insecure about your body...." This is something far more wide spread and ingrained than can be accounted for by incidents of trauma, such as sexual abuse. There is a cultural thread, no doubt of many strands, that together lead to suspicion, insecurity, phobia, and even hostility toward the naked body.

What all the strands may be would no doubt make a lengthy list. All of us can suggest a number of them without being exhaustive; indeed both articles make some suggestions. Even without knowing all the reasons, we are well aware of the intensity of emotion, and at times unreasoning anger toward nakedness outside a few highly restricted locations. There is a widespread acceptance of the fallacy that nakedness equals sex equals sin. Additionally, there is implicit an ethnocentric belief that wearing clothing equates with making one civilized, good, and moral.

The law of un-intended consequence for not having a healthy attitude toward the body shows up in unexpected and diverse ways, nakedness phobia being one. Two additional illustrations of this can be observed in the pages of the LA Weekly, a tabloid devoted to informing the public of entertainment options in the area.

In the issue I obtained, there were 29 advertisements for making "improvements" on the body medically. These costly and potentially life threatening procedures were pitched as the way to acquire ideal beauty and sexual desirability. Then there were 22 pages of ads for many dozens of legal, sexually oriented businesses cynically exploiting the body and sexuality. However, there is not a single nudist/naturist club, or clothing optional beach in LA County.

These examples are in sharp contrast with the celebrative acceptance of the body Anna Schnur-Fishman writes about. She breaks with the narrowly defined meaning of nakedness equaling sex. She recognizes that nakedness takes its meaning from its setting. For example, we recognize that for lovers, their self-revelation is in highly sexual terms. However, as many have observed, nakedness in a medical setting is well understood to be non-sexual. For medical staff to interpret nakedness as a sexual expression is gross professional misconduct. Likewise, nudity on a clothing optional beach is also understood to be non-sexual, and attracts little attention. To misunderstand is abusive behavior.

Again following Anna Schnur-Fishman observations, and that of others, nakedness at its best is a visual confession of truth. It is a silent proclamation that, "This is how it is with me." This is at once healing and freeing.

The counter examples of phobia, surgical enhancement to gain confidence and sex appeal, and the sex trade argue for something more than what first meets the eye. As one author puts it, "There is a sexual aesthetic at work in the culture of the body perfect that has the bulk of Western society it its grip. Its power is rooted in the fallacy that there is indeed a perfect body shape. This conceded, all who rightly sense that they ought to be able to feel good about their bodily self and others ought to be able to feel good about them, are trapped into a deceitful double ... labor. They must make themselves as like the perfect body as possible, and they must conceal that they are unlike the perfect body as much as possible."

This same writer suggests that the way out of this bind is to embrace an adequate understanding of individuality. That is, we each need to embody our own essence, not some collective ideal of society. As he says, "Our ultimate good is to live out our own essence before our fellows to the delight of God. Nakedness defies the body perfect." He concludes by saying being nude with others, "... asserts that our life here is a celebration of our bodily individuality and difference." We delight in each other as we are, acknowledging our worth as persons, and in this honoring our bodies as the vehicle for relationship with others. The ideal of naturism is this unconditional positive regard can occur without judgments about the degree we match a passing standard for physical beauty.

## What's Your Opinion?

I think we men underestimate the devastating power of social conditioning on women's opinions of themselves and their bodies. On the one hand are the countless images of the "ideal" form that all men supposedly desire exclusively, and that almost no woman can hope to match. On the other hand are all the messages that "good girls don't take off their clothes (unless they're doing sex)."

There's also a mixed message about sexuality, which says that somehow you shouldn't even think about it until you're eighteen years old – then anything goes! Between all these, it's no wonder so many women are confused about the whole business!

If we want to attract women to naturism, we must to counteract a lot of lies.

[I came across this opinion about barriers to women participating in naturism – written from a male perspective. (Men spend a lot of time wondering about women – if you haven't noticed). Is this opinion on target or not? It's time for women to set the record straight, (then we will know what to think from an authoritative source ☺) – Ed.]

## Items We Need

- Coozies
- Wheel Barrow
- Tops for trash cans
- Variable speed, reversible drill
- Chipper/shredder we can use about once a month

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

**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: 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	250.00	300.00	_____
Associate Member (Over 125 miles away)	150.00	200.00	_____
Working Membership (Discount)	(50.00)	(50.00)	_____
Separate Mailing Address for members		12.00	_____
<i>Lake Edun Exposed</i> – Video		35.00	_____
<i>Lake Edun Exposed</i> – DVD		50.00	_____
Naturist Society Membership		50.00	_____
Subscription to <i>Bare Facts</i> only		20.00	_____
Tax Deductible Donation - Legal Defense Fund			_____

**Total Enclosed** - Check, Money Order, or Credit Card \_\_\_\_\_

Please charge my  Visa;  MasterCard # \_\_\_\_\_ Exp. / \$ \_\_\_\_\_

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