

Bare Facts

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February Events Considered Successful

In February, Eduners were able to enjoy two events, both of which participants considered a success. Our gathering in Wichita drew about half a dozen Eduners to share Dale's hospitality. From the reports, all enjoyed good conversation and a wonderful main course Doug provided. Thanks to all.

Our Kansas City event was held in cooperation with our friends with Heartland Naturists. That gathering attracted about 18 – enough that they were able to hold elections for new officers before getting down to some serious partying.

Thanks to everyone who helped make these events fun for everyone. When weather is cold, it is sometimes difficult to maintain the warm Edun spirit. House parties help.

When the weather begins to turn cold once again, we will look to schedule some more house parties and other winter-time events. We hope you will consider hosting or assisting with one of these.

Check Out Our Schedule

At its last meeting, your Board of Directors completed a comprehensive schedule of activities for the next six months. Be sure to reference the *Don't Forget* column in each issue of *Bare Facts* to insure you don't miss anything. PtMike and Heather have been working on a fundraiser in April with a band. Hopefully, we will have complete details including location and date in the next issue.

We have several events scheduled for March. This, of course, assumes the weather cooperates. While we realize weather will not cooperate for all activities, we should be able to enjoy at least some. Join us when you can.

Also notice we are scheduling some activities specifically for families. Our hope is that members with children will make a special effort to bring their brood on these days so the kids will have an opportunity to make new friends and play together.

We are excited about the activities we have planned and the prospects for the entire year. We hope you will join us soon to renew old friendships and get the year started.

Even In The Ministry

by Dale Musser for *Arizona Naturally*

In discussion with non-nudists about naturism, it becomes apparent the general public is extremely ignorant of what naturism really is all about. The belief that it is some sort of sexual activity, the belief that everyone walks about in a state of sexual arousal, and the amazement that nudism is practiced by family units are all evidence of that misunderstanding. It is astounding to many non-nudists to learn that many naturists are "god-fearing Christians" who attend church and that some are even in the ministry, or that nudists are moral people, or that the sweet third-grade teacher and her husband and children are nudists.

Social Corner

by Diana

Hi everyone. I am LEF's new social director for the year. 2003 is shaping up to be a fun year. The activities we have been planed are group events and should be treated as such. By that I mean I want and need your input. Do you have a theme for a pot luck? Do you want to throw or host a party?

Don't forget! This weekend, on March 8 we have a weenie roast and a sauna so bring a pack of dogs, buns, and a side dish or something sweet. And, on March 15 don't forget Marge's party (always a good time.)

Work Days Scheduled

With Spring approaching, there is much to do to get our special place ready for Summer. We have scheduled a number of work days in order to get a head start.

Generally, work days are an organized effort to accomplish some of the many agricultural tasks required to make our special place truly *special*. Most of these are not particularly arduous and many have an element of being fun.

If you are interested in assisting with some of the projects necessary to keep Lake Edun beautiful, try to join us for a work day. If you are unable, there are plenty of smaller projects individuals may work on when they visit.

Either way, you can help make Lake Edun one of the most natural places in the mid-west.

DON'T FORGET

Activities designated HN are sponsored by Heartland Naturists

Mar 8; Sat; 10-12; Board of Directors Meeting

Mar 8; Sat; 12-4; Work Day

Mar 8; Sat; 5-7; Weenie Roast

Mar 8; Sat; 7-9; Sauna

Mar 15; Sat; 7-9; HN Ides of March Party @ Marges

Mar 21; Fri; 8-10; HN Swim in Lenexa

Mar 29; Sat; 12-4; Work Day

Mar 29; Sat; 7-9; Sauna

Apr 6; Sun; 1-5; Work Day

Apr 6; Sun; 5-7; Sauna

Apr 12; Sat; 10-12; Board of Directors Meeting

Apr 12; Sat; 12-4; Work Day

Apr 12; Sat; 5-7; Pot Luck

Apr 12; Sat; 7-9; Sauna

Apr 18; Fri; 8-10; HN Swim in Lenexa

Apr 19-20; Tax Freedom Campout

Apr 19; Sat; 12-4; Work Day

Apr 19; Sat; 5-7; Sauna

Apr 20; Sun; **Family Day**

Apr 20; Sun; 9-10:30; Easter Egg Dying

Apr 20; Sun; 11:30-12:30; Easter Egg Hunt

Apr 26; Sat; 2-6; CPR Training

Apr 27; Sun; 2-4; **Family Nature Walk**

Naturism In Brittan

For most Americans, being caught naked in the aisles of a supermarket is the stuff of nightmares. They would rather visit a dentist than do a strip in front of strangers.

But more than ever, British women and men are throwing caution – as well as their clothing – to the wind as they jet off on naturist holidays. Bookings are up by 200 per cent as thousands of young Brits sunbathe, shop, sail and swim – all without a stitch on.

And youth membership of British Naturism is increasing so rapidly that a special section has been formed for those aged 16 to 30.

There are an estimated one million naturists in the UK. They support 170 naturist clubs and 11 naturist beaches. Perhaps we can learn something from our British cousins.

Traditional Weddings

We have recently come upon a new career path: Lance Rancier, who calls himself a sex historian (wow! What a job), recently authored *The Sex Chronicles: Strange-But-True Tales From Around The World* (General Publishing Group). It is a look at courtship rituals in more than 300 ancient cultures.

Interestingly, the words wedding and wagering are derived from the same Anglo-Saxon word – weddian, which means *to vow*. “In a sense, the groom was gambling the future of his family on a woman,” says J. Joseph Edgette, resident folklorist at Widener University in Pennsylvania. “He would pay the bride’s family for the woman’s hand in marriage, and on that union hung the economic future of his family.” Talk about a money-back guarantee: The Anglo-Saxon groom often stipulated that the bride’s family return his payment if his wife didn’t conceive in the first year. Consider it early evidence of prenuptial agreements.

The custom I found most interesting occurred in ancient Britain. Women wore their finest dresses for this special day. Custom at the time dictated that the groom be “skyclad” or nude for the occasion. This practice might explain the tradition of June weddings. Perhaps we should encourage more couples to celebrate their wedding with a “traditional” ceremony.

Random Thoughts & Reflections

Although it is difficult to visualize Springtime as I look out my window, we all know that a March ice storm only means Winter is clutching at a last desperate attempt to give us all the flu. Spring is not far off. Green trees, warm sunshine, and a swimmable lake all are almost within sight. If you have not yet enjoyed the relaxation that comes from our warm sauna on a cold night, you should be sure you do before the sauna season is over. Check the schedule on page one to find a sauna that is convenient to your schedule and join us.

Items We Need

- Gas powered generator.
- Digital camera
- Patio umbrellas for cable pools
- Can crushers to attach to the recycling containers.
- Wood for the Sauna.

Clothes That Evoke Fear

Beau Brummel was the 18th-century snappy dresser who did for clothing what Lady Godiva did for nudity. Perhaps we should honor his memory by ironing our pants, or something.

Brummel’s role in history is greatly misunderstood. Most seem to think he went around looking like an explosion in a flag factory. As a matter of fact, the opposite is true.

In an age when men seemed to be getting their clothing off the rack at Ringling Brothers, Beau Brummel stressed simplicity in dress. That was one of his two big contributions.

The other was fragrance – or, more accurately, the absence of it. Brummel was a cleanliness freak at a time when the only persons to use the word “bath” were fishermen with a lisp. A walk down a public thoroughfare in Brummel’s time was like a stroll through the Augean stables, and the only thing that kept society going was the fact that everyone smelled just as bad as everyone else.

If there had been such a thing as spray deodorant in those days, it would have come in 50-gallon drums.

Brummel changed all that by bathing every day, and by dressing with a meticulous care that bordered on the maniacal. If he didn’t get his necktie knot right on the first try, he’d throw the tie away. He would not tolerate a wrinkle or an unauthorized crease, and it’s entirely possible he did not go to bed at night but was slowly lowered into a box and gently packed with excelsior, to be uncrated the following morning.

There were others before Brummel, of course, but we don’t know their names. We have no idea who invented trousers, for example. Perhaps they were invented by some naked guy who sat down on a rock that had been in the sun all day and discovered this provided a greater thrill than he anticipated.

Most scholars maintain clothing came into being for two reasons. The first was to protect the human body from the forces of nature. Quite possibly some nude caveman ran through a hard hailstorm yelling “Ow! Ouch! Oh! Ow!” and, when he finally reached his cave, discovered he looked like a golf ball. He may then have stitched a few animal skins together to serve as a body shield the next time he went out in a hailstorm, and the first leisure suit was born.

The other reason, scholars maintain, was modesty. Early humans soon discovered an exciting difference between men and women, one that could not help but evoke curiosity, and they decided to enhance the excitement and increase the curiosity by covering up the difference. It’s a principle but it still works.

Historian R. Brasch states that the earliest purposes of clothing were “to arouse admiration, desire, and fear.” This has maintained down through the years. Beau Brummel’s wardrobe undoubtedly engendered admiration; Jennifer Lopez’s skimpy dresses unquestionably foster desire; and many of my friends have told me that my outfits inspire fear.

That’s the wonderful thing about the history of society. Everything balances out.

Sanitized DVD's

One really has to admire the entrepreneurial spirit. Whenever there is a demand or perceived need, someone will come forth and, for a price, offer a solution.

Software and digital editing now make it possible to remove or, at least, cover up any nude scenes in movies. They can then be re-recorded on DVD's and sold.

Many parents today are concerned .. No, they are terrorized ... by the thought that their children may be exposed to adult non-sexual nudity. These concerned parents make a huge market! True to form, some enterprising organizations such as CleanFlicks or ClearPlay are filling the void.

It doesn't seem to matter to these concerned parents that there is absolutely no historical or scientific evidence to support their claim that exposing children to nudity is harmful to their development. In fact, quite the opposite seems to be the case. The pages of history clearly document that nudity was a fairly common part of daily life in past centuries. It is fascinating that many of these same parents seem to have no problem with their children watching graphic violence.

Film directors and studios are taking these companies to court on copyright issues. This will be interesting to follow

Good News For Eldon

by Dee

This is for those of you who remember Eldon, our former club president. Thought you would like to know that he was given a clean bill of health. He is cancer free.

Many of you might remember that he was diagnosed with prostate cancer. Two different doctors here in Topeka told him that he would have to undergo surgery to remove the tumor. Needless to say, Eldon was less than thrilled. He did his research and asked questions and found a relatively new alternative treatment in Loma Linda, California. It was an intensive 10-week radiation therapy, but it meant that he did not have to have the traditional invasive surgery. It was quite an ordeal that he and June went through. First they went to CA to scope the place out and find a place for Eldon to live. Then there were the 10-weeks of treatment. June made numerous trips to CA to be with Eldon. It was a real test to the strength of their marriage. But as one might expect, they DID prevail.

The great news is that on Feb. 15, Eldon was told the treatments worked; he was told he is healthy. Needless to say, he was pretty happy with the news.

You know, there never are any guarantees, but for Eldon it worked. Anyone out there who is interested or knows someone who might need information on the therapy that worked for Eldon, he would like you to have there website. It is: www.proton-therapy.org

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Membership Fees:	Single	Couple	Amount
Lake Edun Foundation Membership	250.00	300.00	_____
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The Perfect Body – How It Has Changed

The grimy, noisy factories that launched the Industrial Revolution also helped spawn a sportier vision of the human body, which still influences how we exercise, how we pursue health and whom we find attractive. A recent exhibit at Lausanne Switzerland’s Olympic Museum, called “Spotlighting the Sporting Body: From the Belle Epoque to the Age of Extremes,” examines how the ideals of the body were transformed by industrialization in the Western world, and later taken to extremes.

These extremes were particularly characterized by the Nazis, who linked the sporting body to patriotism, racial purity and service to the German nation. “We saw the emergence of a new body all around us,” Hitler said after the 1936 Berlin Olympics, where Jews were excluded from the German team. “Light, air and sun offer us a new ideal.”

The exhibit attempts to illuminate the links between physical culture and what the two historians who created the exhibit call the “tensions and aspirations of the 20th century.” “The body is not an immutable object,” Laurent Guido and Gianni Haver of the University of Lausanne write in the exhibit’s introduction. Men and women, they contend, have always sought to adapt their bodies to their era, culture and social milieu – even to fashion.

In the 19th century, inhabitants of Western countries were forsaking farms and villages to take up factory jobs in crowded cities. Slaving away indoors for long hours at repetitive tasks produced puny, unhealthy bodies. Eventually, a call for health and hygiene arose to counteract the ills of industrialization. “Modern life,” Guido and Haver note, “called for a new, more rational, more efficient, stronger body.”

Physical activity appeared to be the answer to regenerating bodies spent by Machine-Age toil. And sport, the two historians maintain, was at the heart of this rebirth. Transformed gradually from a pursuit of the privileged to an activity enjoyed across social classes, sport celebrated the values of modernization, including “rationalism, productivity, progress and record-seeking.”

Guido and Haver contend, “The practice of sport allowed the worker to partially retrieve a body that was essentially put at the service of the system of capitalist production.”

By the turn of the 20th century, the growth in popularity of sport, gymnastics and dance as countervailing influences to industrialization had given rise to new visions of the human body. The role model for this more athletic body came from Greco-Roman times, the last previous civilizations to exalt exercise and sport.

Europe was generally preoccupied with antiquity at the time. Greek texts had recently been translated into European languages. Archaeological digs at Troy, Olympia and other sites were unearthing ancient splendors. Greek influence was evident in music, education and architecture.

Hellenic values infused sport and dance, too. European and U.S. educators were busy formulating theories and systems

of “gymnastics,” a word derived from the Greek phrase for “naked exercise.” In 1896, Athens played host to a revival of the ancient Greek Olympics. Isadora Duncan danced barefoot in transparent, flowing costumes in an effort to bring to life the vestiges of Greek statues.

New ideals of physical beauty were drawn from antiquity, with regularity of facial features, harmony of proportions, muscular development and slimness – still the mainstays of attractiveness today – highly valued. Newspapers, magazines and sports manuals were full of comparisons between ancient statuary and the bodies of contemporary athletes.

In the prologue to her masterpiece, *Olympia*, the official film of the 1936 Berlin Olympics, German filmmaker Leni Riefensthal breathed life into this relationship. Using slow motion, she shifted from shots of a statue of a nude Greek discus thrower to footage of an equally naked contemporary athlete actually hurling a discus.

In reaction to industrialization, return to nature movements abounded. Naturism, which favored nudity in the great outdoors, even received the muted blessing of Baron Pierre de Coubertin, founder of the modern Olympics. While disapproving of “systematic” nudity, de Coubertin noted the benefits of “aerotherapy” and the “strength, pleasure and improvement” it offered.

Nations also had noticed the benefits to be gained from usurping the renewed interest in physical culture. Gymnastics became such an important part of Prussian military training that some French commentators blamed the lack of such training for the French defeat in the Franco-Prussian War. Gymnastics clubs were organized in France along paramilitary lines to “regenerate” the French race. Germany, excluded from three successive Olympics after the First World War, was finally allowed to compete in the 1932 Los Angeles Games. Democratic Weimar Germany was even awarded the 1936 Berlin Olympics. But when the Nazis took power, they married sport to their political ideology, using sport to counter growing international unease about Nazism.

The exhibit also examined how sport helped change notions of femininity, emancipating women and reinforcing the traditional virtues of beauty and elegance. A final section looked at the role of a growing media, in disseminating the image of the sporting body – creating in the process a new type of celebrity, the sports “star.”

