

Bare Facts

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38° 58' 7" North; 95° 47' 56" West

Free Money Available At Topeka Gives

For the third year, the Topeka Community Foundation is hosting Topeka Gives. This is an opportunity for Topeka's charitable organizations to meet the public, gain new supporters and multiply donations in the process. The Lake Edun Foundation will be represented at this event for our first year. The best part: Any donations made at the event are augmented by matching money from the TCF.

Over 100 Topeka charities will be on hand. Each will meet current supporters and try to attract new ones. We will have brochures and members on hand to explain our mission to visitors. We hope some will choose to register their support by making a donation. Donations made at the event will be augmented on a pro-rata basis from a \$85,000 fund by TCF.

Eduners and friends, of course, are encouraged to be on hand. We hope they will register their support with a donation. The weekend following this event, we are planning our second Open House, a camping night, and a Women's Issues seminar. Spread the word. Many assume LEF is a fringe group without much local support. We believe this is not accurate. A good turn-out (measured in contributions) will go a long way to dispel this notion.

Topeka Gives takes place at the Fairlawn Plaza Mall on Tuesday, June 2 from 7am to 6pm. We hope many of our friends will be on hand to show their support.

Meet & Greet Scheduled For April 11

Our Annual Survey asked supporters their thought about hosting a Meet & Greet at a restaurant or other public location where those who may be considering Naturism can meet Eduners without the 'danger' of visiting our special place. While most endorsed the idea without committing to help, many volunteered to assist. Especially encouraging were the five who have, as yet, not visited our special place, yet volunteered to assist in recruiting others to participate.

At our last Board meeting, we decided to schedule our first Meet & Greet the evening of Saturday, April 11. We will be making plans for this event and will announce details in next month's Bare Facts. Grace will also send information in her missives as it becomes available.

In the meantime, if you know someone who may be interested in learning more about the Lake Edun Foundation or Naturism in general, insure they don't miss this opportunity.

In This Issue

- ! What a respected psychologist learned about Naturism
- ! What Naturism teaches about honoring our bodies
- ! Cub Scouts vs. Blacks Beach – What the parents said
- ! When traveling, a young woman learns much about herself
- ! Is public nudity a deviant behavior?

The Buff Astronomer – March, 2015

As we are looking forward to the return of spring this March, the previous snowy weather has blocked a lot of our viewing chances. But on those cold clear nights, we see Jupiter continuing to dominate the nighttime sky. Orion is slowly moving to the west, pushing Pegasus below the horizon early in the evening.

Venus and Mars are still together, but because Venus shines at magnitude -3.9 (brightest object up there), the red warrior is difficult to see before it sets. Mars will be easier to find in mid-March when it has a 13 degree separation from bright Aphrodite. But, don't miss it. Because of the difference of speeds of orbit between Earth and Mars, Mars will slip behind the sun before too long.

Jupiter is bright at magnitude -2.4, and stays in the sky longer than the brighter evening star. It is in the constellation Cancer, the Crab. Are you aware that Jove's largest moon, Ganymede, has a 23% larger in mass than the planet Mercury?

Saturn rises in the morning sky during March, appearing in the east at 1am early in the month, but rises at the end of March, 2 hours earlier. It is still fun to observe her rings which you can usually see with a pair of good binoculars..

All in all we hope to have a good viewing month in March as we anticipate warmer temperatures. We realize that clouds and showers are more important for the farmers than for our viewing pleasure. Be watching for clear skies with your Buff Astronomer and look forward to some wonderful and informative evenings looking up at the Summer sky when warmer weather arrives.

DON'T FORGET

- Mar 7; Sat; 8-10; Sauna
- Mar 11; Wed; 7-9; Sauna
- Mar 15; Sun; 2-4; Board of Directors
- Mar 21; Sat; **First day of Spring**
- Mar 22; Sun; 11-6; Holistic Health Fair @ UMKC
- Mar 24; Tues; 7-9; Sauna
- Mar 28; Sat; 12-4; Work Day
- Mar 28; Sat; 4-6; Sauna
- Apr 1; Wed; 7-9; Sauna
- Apr 11; Sat; 12-4; Work Day
- Apr 11; Sat; 5-7; Meet & Greet
- Apr 11; Sat; 8-10; Sauna
- Apr 18; Sat; 12-4; Work Day
- Apr 18; Sat; 5-7; Board of Directors
- Apr 18; Sat; 8-10; Sauna
- Apr 24; Fri; 8-10; Sauna
- Apr 26; Sun; 12-4; Work Day
- Apr 30; Thurs; 7-9; Sauna
- June 2; Tues; 6am-7pm; Topeka Gives**

Interview With A Psychologist

Respected philosopher and psychologist Marc-Alain Descamps has done something few of his professional standing have attempted.. He has done a systematic study of naturism and [published](#) his findings.

The following is a translation of an interview he gave which was later published on an Italian naturist blog site.. Descamps has made a number of important observations about naturism that support its worth in promoting good mental and physical health.. Descamps is optimistic for the future of naturism as a positive force in society. [Ed.]

Marc-Alain Descamps is a French philosopher and psychologist and psychoanalyst, yoga teacher and writer. From 1967 to 1994, he was professor of psychology at the Sorbonne and the University René Descartes in Paris. He has published more than 50 books on philosophy and psychology.

Here we see some of an interview about nudity and naturism, dating back a few years, but certainly still very cogent for the rich set of insights it offers us.

! *What studies have you done on naturism and why?*

I'm working on the construction of a psychology of the body. After studying the role of the clothes, I wrote a book on the psychology of fashion. So I wanted to inquire as to why some people would want to live naked, without clothes. So I did some research about this which led me to learn about the history of nudity, which led me to learn about the nakedness of the ancient Greeks.. **There have always been in Europe. groups that have claimed the right to be naked.** From the geographical point of view, I studied the naturist movement in Europe, New Zealand and Brazil. The ethnological study has shown me that there have always been people normally naked on all continents, from the Amazon to the Australian desert. And in addition to the philosophy of the nude, no less interesting are the psychology of the nude and the psychoanalysis of the nude. But I have also analyzed the economic, (commercial, social and tourism) of the phenomenon and continue my studies on the image of naturism and the role of the nude in advertising.

! *How has it changed modesty?*

Modesty is a social convention. It is linked to the feeling of shame that comes in front of others. This changes a lot depending on the historical moment, but also from the geographical point of view.. In the name of decency, it was considered necessary to hide the hair, genitals, mouth, ankles, ears, breasts, and so on. In many countries women's breasts have nothing to do with modesty, while in others it is more serious to show your mouth than your sex. For Oriental modesty concerns the manifestation of feelings. And in the West it would be a source of shame for males cry and show their tears where tears would in fact be reserved for women.

! *What are the psychological benefits of nudism?*

Nudism brings with it a set of advantages psychologically. First, **nudism gives a sense of freedom:** it is a true liberation to drop symbols of social conventions. It is also a return to the natural state, since all human beings have practiced

nudism at least once in their life. Coming out of the womb, each of us were naked, completely, fully, without any clothes.. **With nudism there is a return to a feeling of innocence,** i.e., non-sin and not-guilty. Moreover, **nudism stimulates the perception of ourselves as being a part of nature.** That is why in France the term *naturism*, (initially unknown in the Anglo-Saxon countries, where they spoke only of *nudism*) was coined in order to emphasize that nudity is a return to the original nature of man, whereby he can feel the life and love of nature. **The human being becomes real and authentic,** and in the process rehabilitates the body and enables us to be reconciled with it instead of stopping to divide it into parts that you can show and parts that are "shameful." It is therefore straightforward because there is nothing shameful to hide.

! *What are the social benefits of nudism?*

Nudism has significant social implications, as it develops feelings of brotherhood, equality, peace. Of course: nudism is not to be imposed on those who do not want it.. Several people have a great shame of their body and their sexual characteristics and are traumatized by the sight of the human body, so they could never get naked.. And you have to respect their condition, which is treated as a phobia, like that of those who cannot stand the sight of mice, spiders or snakes. **Nudists, simply ask that you respect their freedom, while they are respectful of the freedom of others.** They are the opposite of the exhibitionists who impose their display of the genitals provocatively.. Naturists have a great modesty and do not want nudism to be confused with pornography, swinging or sexual perversion. In fact it is quite wrong to mistake these things for each other!

! *What is the future of nudism?*

I am convinced that humanity will eventually give up the unbridled exploitation of nature, to its somatofobia, the frenzy for money and performance at all costs. It will reconcile humans with our nature and will recognize the right of everyone to nudity. **One day each of us will have the right to be naked.** Then society will be less prudish and not empower more feelings of shame or hatred of the body.

<http://esserenudo.net/2014/09/16/il-nudismo-secondo-lo-psicologo/>

Honoring The Body

The following is a [blog](#) essay from several years ago in which some of the distinctives of naturism are enumerated under the heading of "honoring the body." This term, I think, is an alternative way to say "body acceptance." Certainly, naturists who have championed body acceptance are in full agreement that we should honor our bodies.

The author notes some developments that have deviated from historic naturism and have blurred the traditional lines separating naturism from openly sexual practices. Invariably this is done for financial reasons. This is a real temptation when the bottom line becomes the overriding consideration.

The author urges naturists to remain true to their roots and points us to the benefits historic naturism provides. Indeed, the ideals of naturism call us to that which is best within us

and to overcoming many of the ills of society.

Naturism has always been about the betterment of the individual and of the society in which we live. Naturism takes a holistic approach to the individual in family and in society. The health of all of these interlocking entities is the guiding intent in naturism.

Each of the points the author makes could become the basis of a standalone essay. It would be an interesting exercise for our readers to share their thoughts on any one of the points the author makes. [Ed.]

The terms nudism, even naturism, have been stretched too far. They have been watered down. There was a time when these terms meant respect for the body and positive interactions with others within specific codes of conduct: Nude is not lewd. Cover an erection. No gawking. Nude does not equal sex. Nude is healthy – exercise; no over-eating, drinking, or smoking.

But over time, in some venues at least, nudism and naturism have come to mean total freedom of expression, while not judging a person's particular lifestyle. Doing otherwise is seen as old fashioned and unsophisticated. As a result, it's more and more difficult to separate nudism and naturism from perversions such as swinging, opening the door for including these more diverse lifestyles. No wonder textilists confuse nudism and naturism with less desirable lifestyles.

I think it's time to retrench, to encourage nudists and naturists to return to the positive, historic values – but how? Because we have stretched the terms, we now need a different way to encourage people to not just “avoid” bad behavior, but to “embrace” good conduct. I suggest we begin by referring to nudism and naturism as “Honoring the Body.”

! Through nudity, a person who “Honors the Body” controls sexual urges, especially when interacting with others. Rather than imposing sexual desires and preferences on others, sex is kept private.

! Through nudity, a person who “Honors the Body” is motivated to choose an active lifestyle that includes healthy exercise.

! Through nudity, a person who “Honors the Body” is motivated to live a healthy lifestyle, eating the proper amounts of good food and drink, avoiding what abuses the body.

! Through nudity, a person who “Honors the Body” accepts and respects others without judgment, while at the same time caringly and lovingly encouraging others to honor their bodies.

! Through nudity, a person who “Honors the Body” feels spiritually connected to God, humanity, and nature.

A person who “Honors the Body” is a nudist or a naturist.

Do you “Honor the Body”?

The list above is surely incomplete; in what other ways do “real” nudists and naturists “Honor the Body”?

<http://kenfreehiker.blogspot.com/2011/03/honoring-body.html>

Cub Scouts Hike In The Park

From a naturist viewpoint, this [news item](#) has an element of humor, but also sadness and eye rolling disbelief. For some reason a Cub Scout leader led a nature hike that included walking past the very famous Black's Beach clothing optional section. Anyone so clueless about the potential for parental outrage may not have enough common sense to be a scout leader. Naturally, some outspoken parents were outraged and complained. Who would have guessed??

We can all agree the parents needed to be made aware of the route of the hike and allowed to decide whether their children would participate. That being said, the degree of outrage at the sight of simple nudity only made the situation worse.

The parental agitation no doubt was easily visible to the young boys. This only served to emphasize to the boys adult discomfort with the human body and encourage them to feel the same way. Far better would have been to calmly get through the nude section of beach without comment or fuss.

No doubt the nine and ten year old boys have been exposed to far more disturbing sights on TV, the movies, and video games. After all, this is now a world where beheadings and burning people to death is shoved in our face on the nightly news. To me, the route the cub scouts took, by comparison, was, well...just a walk in the park. [Ed.]

A troop of California Cub Scouts saw more than just wilderness during a recent hike through Torrey Pines State Park on a path along Black's Beach near San Diego which led them straight through the nudist section of the beach.

Some parents were angered by the unexpected anatomy lesson their boys – most of them 9 or 10 years old – received January 24.

The Cub Scouts were walking ahead of a group of leaders and parents, one of whom when he saw the nude beach goers exclaimed, “Oh my God, there's nude people.”

One of the moms says she questioned the pack master, and was told, “You know, it's a naturalist beach and my family and I go through this all the time.” By this time, if they had turned around, they would just have to go straight back through the nudists, so they pushed on.

“It was like a nightmare,” the mom said. “I had never seen a bunch of nude people just walking around holding hands.”

A complaint was filed with the Boy Scouts of America, but what the pack master did is apparently not against the organization's rules.

In a statement from the Boys Scouts Council following a meeting with the parents it was acknowledged the pack encountered “some inappropriately dressed” individuals. However, it was concluded proper protocol had been observed and appropriate steps were taken in the matter.

The parents stated they didn't believe that it was OK to not have been told about the hiking route and placing other people's children in an environment like this.

<http://pix11.com/2015/02/04/san-diego-parents-furious-after-cub-scout-hike-along-nude-beach/>

Starting To Own Myself

It's true that travel is broadening. While studying in Germany, this author experienced the taken-for-granted aspects of German culture that find mere nudity incidental to daily life. Fortunately, culture shock gave way to understanding and even the adoption of the values of her German peers.

Perhaps if all Americans could spend a year in Germany some of their body-freedom attitude would rub off on a lot of us. This is not to say that all things European are superior. We can be selective. But, discovering increased body acceptance would be a gift to our culture. [Ed.]

As women, how often do we really see each other *au naturel* and actually feel comfortable?

For a schoolgirl in a U.S locker room.... modesty was so prevalent, it was as though we were expected to somehow keep our clothes on even while getting undressed.

Knowing this background, the author writes of finding herself at a nudist spa in the Austrian Alps last winter. It wasn't long or surprising that she says that she began to think about her body-baggage.

As she and a friend headed into the spa area they discovered all anybody was wearing was a birthday suit. "I cringed. *I didn't sign up for this.* I reverted back to that shy, seventh grade schoolgirl in the locker room."

Looking around the sea of naked bodies I felt immense shame. *I don't wax. I have stretch marks on my hips from having a baby. My left boob is a little bigger than my right boob. When was the last time I shaved my legs? Oh my God, that 50-year-old woman's breasts are bigger than mine. Will my ass look like that when I'm 70? No. God no! At least I exercise. Well, I guess I'm thinner than she is.* And so on.

At first she refused to take her bathing suit off. But after awhile she began to overheat so, as she puts it, "with a deep inhale, (and an enormous sigh!) I took off my top."

It was at this point she realized she had an easier time taking her shirt off in front of a sexual partner, than baring her breasts in public.

Given the circumstances, it's amazing she experienced some curiosity about how she was reacting to this new situation. She redirected her focus to why she felt so much shame. "*Why was it my first impulse to compare my body to everyone else's? Why was I cataloging every inch of cellulite I saw? Why was I obsessing over how awful I thought I looked?*"

Our writer doesn't answer these questions. Rather she launches into an insightful list of five liberating reasons why none of us should be afraid to get naked.

1. "Perfect" is an illusion.

While feeling happy with her body most of the time, she still feels immense pressure to appear "perfect...." Yet when the clothes come off, she still tended to worry about all the imperfections....What she came to realize was her body wasn't what separated her from everyone else. It was her attitude.

2. Being vulnerable in front of others is a good thing.

In Europe – Germany especially – it's perfectly normal to lose the swimsuit and go for a dip in the buff. Going to the sauna is a beloved pastime and it's generally understood everyone will be unclad.... She found seeing other bodies nude can make us more comfortable in our own skin, if we're willing to sit with the discomfort and fear.

3. When you judge other people, you judge yourself.

She realized she was afraid to confront her own self-judgment. Instead of practicing self-compassion, she defaulted to fear. Sadly, society has taught us to judge and criticize, instead of to love and care for ourselves and others....

4. When you become comfortable being naked, you feel less inclined to wear makeup and heels.

Obviously she makes this observation from the standpoint of being a woman. Perhaps not all naturist women endorse this for themselves. But, for her, making herself up was a way of putting herself down. Losing the costume helped her feel comfortable just being herself.

5. Baring your body to Mother Nature feels really good.

Like the snow on the pristine Alpine peaks, my body too will one day melt away. My bottom will get saggy and my skin will wrinkle.

This observer [recorded](#) her reflections on her time teaching yoga and what she learned. She is not solely her body nor is she solely her mind. Everything in this world is material, and subject to constant change. Even her skin is a material barrier to the world around her. Somehow taking her clothes off on that mountain, made her feel more at peace with nature and with herself.

Thought for the Day



Nothing is permanent in this world, not even our troubles. I find myself most at peace when I am outside, surrounded by all things natural and untampered.

That's how everyone should feel about their bodies as well. Feeling comfortable in the skin you were given is synonymous with loving yourself.

– Laura Kay

Public Nudity As Deviance

We all desire acceptance, yet by being naturists we each take upon ourselves the role of being a critic of the accepted dress code for society. During naturism's early years in America, there were a number of arrests for social nudity simply because those in authority believed it to be immoral/illegal. Fortunately, enough judges refused to convict people of simple nudity that a grudging non-interference won the day.

This scenario was replayed in most every country where naturism was practiced including Germany and France. Today naturists constantly need to be on guard against misguided and overly vague or broad laws criminalizing simple nudity. The Naturist Action Committee does awesome work on our behalf to protect naturist rights throughout the country.

Progress toward eliminating the deviant label from naturism has ebbed and flowed over the past century. Overall progress toward acceptance of the bare human body has been painfully slow. For every hopeful sign of progress there is another that makes naturists despair of ever gaining widespread acceptance. At this point there is no way to discern a trend that portends ultimate victory for the clothes free life. We just have to keep on keeping on.

The following essay examines this problem from a sociological perspective. As is noted, a number of deviant causes have gained majority acceptance. Hopefully naturism will one day move to the same fate. [Ed.]

Sociologists use the term “**deviant**” to refer to any **behavior that violates the conventions followed by the majority of a company, that establish how members should behave in a given context**. Deviances exist in all societies.

When sociologists employ the term “deviance,” it does not necessarily mean they consider a behavior as bad or wrong, but only that the majority of a society judges the behavior in a negative way and sees it with a feeling of disapproval, condemnation or hostilities. As noted by the sociologist Howard S. Becker, **not the behavior itself but the reaction to it that makes it deviant**.

Deviance is a label used by the dominant group – the majority in a society – to keep power, control and dominance position. Therefore, the assignment of this label is a form of social control, in which the members of a society are trying to influence the behavior of others. **That deviance is a relative concept**, since behavior considered deviant in one society may not be such in another.

For example, **in North American culture, public nudity is considered deviant, while in other places it is not**. The majority of this society sees public nudity as not appropriate, while in some States there are laws for overriding the ban. A person who violates this particular social norm, therefore, runs the risk not only of being frowned upon and marginalized socially, but also may receive a criminal conviction.

However, while nudity in the public square is illegal and subject to sanctions, this is not the case for nudity within the

confines of a nudist campsite or area designated clothing optional. Yet, even this is considered a deviant behavior by the majority of society. In other words, the majority that holds power and the encoding of social norms does not accept public nudity even in these circumstances, but simply tolerates it.

Deviance is generally considered negative.... Nobody likes to be categorized as deviant, even when they do not agree with the social norm and do not consider their behavior wrong. **Because nudists consider nudity as natural and normal for humans, they reject the idea that social nudity is immoral, indecent or inappropriate**, and may feel offended by the fact society views them as deviant.

Consider this comment, published at the bottom of an article discussing public nudity: “*Nudity = noncompliance = mental illness / Shame = Compliance = mental health.*” It should be noted, again, it is not the act, but the reaction which makes it deviant. Clearly the author of the comment quoted rejects the perspective nudists have about nudity. In fact, it leaves you amazed that nowadays a person considers the shame of nakedness is a test of mental health. This is especially true when **psychologists say we are not born with the shame of nakedness, but instead we learn it**, and are conditioned from childhood to believe that it is a vital code of conduct we must follow if we want to remain part of human society.

Although society in general considers nudists as deviant, it is the will of some people not to accept compliance to absurd social conventions as healthy and positive.... **The refusal of shame for our own naked body is an example of what sociologists call “deviance functional.”** The functional deviance produces a number of positive effects, such as the following:

- ! it highlights the need for change;
- ! it encourages the change of social conventions envisaging an alternative;
- ! deviant behavior provides a means by which to assert individuality and identity.

If not for the willingness of some members of society to rebel against certain restrictive social norms, which can't be logically or reasonably defended, **it would be very difficult to see a change of things in a positive way**.

When considered deviant by many people in society, the nudists are in good company. In the '50s and '60s civil rights activists were judged deviant and until 1973 homosexuality was on the list of mental illnesses drawn up by the American Psychiatric Association.

Today it is almost hard to imagine, in the history of the nation which since its inception has been a champion of the idea of "liberty and justice for all," there have been times when large sections of this country were disenfranchised and the idea of extending equal rights to all was derided as deviant.

Today, however, the majority of society supports equality for all, regardless of race, sex or sexual orientation, even without

even thinking about it a lot. This change occurred because some, believing their cause important enough, they were willing to violate established social norms and receive the label of deviant.

Social change takes place rather slowly, sometimes painfully, but the deviance function plays an important role in its implementation. Those who hold power in society to establish social norms, namely the members of the majority, do not give up easily their power and control.

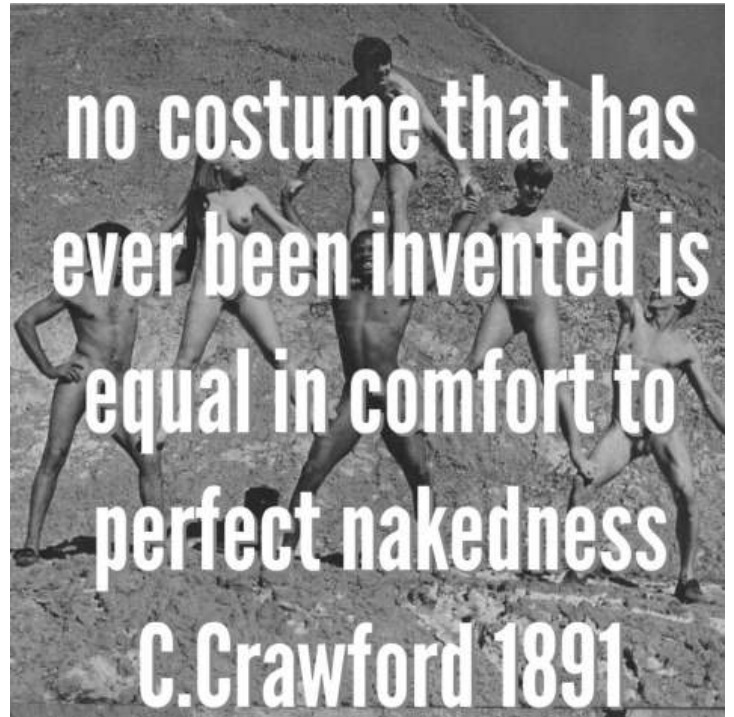
Like other minority groups, **nudists have to continue to violate social conventions establishing rules of decency and modesty to change the way people think.** Some people will never change the way they think, but this is not necessary. You simply change the way of thinking of the majority toward public nudity as being normal rather than as deviant.

Bibliography:

Stanley Cohen, *Deviance*, in *Encyclopedia of Social Sciences*, Rome: Treccani, 1992.

Mario Aldo Toscano, *Introduction to Sociology*, Milan: Franco Angeli, 2006, pp. 451-ss.

To learn more about the issue of perceived deviance as it relates to Naturism, go [here](#) and [here](#). These sites will need to be translated into English. To do this, right click anywhere on the page and select, "Translate into English."



"Clothes therefore, must be the insignia of the superiority of man over all other animals, for surely there could be no other reason for wearing the hideous things."
– From Tarzan of the Apes by Edgar Rice Burroughs

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