

Bare Facts

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38°N 58' 7" North; 95°N 47' 56" West

Notes From LEF Board

Ralph Earles, President

We know many guests and members of Lake Edun enjoyed the wonderful late fall warm days that made our special place a liberating, clothes free place to be during the past month. As it turns a bit to the chill side be sure to take advantage of the opportunity to come out to Lake Edun for an "all the way to the bone" warming experience.

An intimate warm sauna is a wonderful opportunity for great conversation that leads to forming strong bonds of companionship in our Lake Edun nudist community. If you haven't experienced it, I strongly recommend you give it a try. If you have, bring a friend. See the schedule for times. Many thanks to Webb and Dave our devoted Lake Edun "Sauna Masters."

Your Lake Edun Foundation board is busy planning for the next year at the Lake. Board members are forming committees to assist in insuring that Lake Edun continues to thrive. Two board responsibilities that need a lot of member involvement are the Site Manager – that's Dave Mowry's job; and the Activities and Marketing Director – that's Andy's job.

If you are willing to help with the upkeep of our special place (a lot of which needs to be done during winter months), please let Dave know you are willing to join the "Winter Warriors." I have participated this past year and find it a great way to get better acquainted with other Eduners and to feel a sense of ownership for a new trail or a new improvement at Lake Edun.

Andy also needs volunteers to help plan and host social activities – movie nights, wine tastings, star gazing, bonfires, camp-outs and any other good, fun nude event you can imagine. We particularly need more winter events planned. Contact Andy to help plan great Lake Edun Foundation events.

The Board sent a note of appreciation to our immediate past President, Chris, under whose leadership LEF membership grew substantially. For the past 2 years, he frequently came from Wichita, not only to chair Board meetings but also to host movie and wine tasting nights, camp outs and bonfires. More recently, Chris has had some family responsibilities that have kept him from Lake Edun. When you see him back at our special place be sure to express your appreciation in person for his leadership of the Lake Edun community.

Hope to see you at a sauna soon. Nude cheers to all!

In This Issue

- ! From the mail bag
- ! Being naked has multiple health benefits.
- ! Is nudity really the Big Question
- ! Is nudity indecent or is our attitude toward nudity indecent?
- ! What are we covering up and why?
- ! How confident are we in our own skin?
- ! Nude Racing

Buff Astronomer – November, 2015

Fall is upon us, with colored leaves, cool temperatures, and the need to look at stars with a few more textiles than before. And along comes the change from Daylight Savings times, so I hope the times in this article are close to the times of changing skies.

Saturn, who has graced our evening skies, will slip from only 5 degrees above the horizon on the first day to traveling behind the sun on November 29. We will not see the famous rings until she comes out from behind Sol in the winter.

Venus, Mars and Jupiter are in the constellation Leo Nov 1. Jupiter rises just after 2am then and at 5am is 30 degrees above the horizon. At the close of November, Jupiter will be 50 degrees high by twilight. Venus and Mars rise about a half hour after Jupiter on the first. They are closest together on Nov 3, less than a degree apart, but Venus will shine 275 times brighter than Mars. On the 6th and 7th the Moon will pass through our planetary trio as a waning crescent. Surely this is something you would get up early to see.

The full moon will pass the largest star in Taurus, Aldebaran, on the 26th. Some in Northern skies will see the moon occult (pass over and hide) Aldebaran.

In late November the comet Catalina will be visible in the constellation Virgo, reaching 4th magnitude at the end of the month in the morning sky. November has a meteor shower to be seen by the hardy. The meteors will seem to come out of the constellation Leo. The peak show will be on the night of November 17/18, easiest to see after the waxing moon sets at around 10PM. The Leonids are the fastest of all showers and thus produce more easy to be seen fireballs. Some will be as bright as Venus in the morning sky.

Lastly a new heart has been found in our solar system. Pictures from Pluto show a huge Ice area in the shape of a giant heart. This is easy to find at the Pluto mission on the NASA site.

Even though the nights are getting chill, you will enjoy November mornings when you watch with your Buff Astronomer.

DON'T FORGET

- Nov 5; Thurs; 1-5; Work Day
- Nov 5; Thurs; 7-9; Sauna
- Nov 14; Sat; 1-5; Work Day
- Nov 15; Sun; 2-4; Board of Directors Meeting
- Nov 15; Sun; 4-7; Bon Fire and Naked Dancing
- Nov 15; Sun; 5-7; Sauna
- Nov 28; Sat; 8-10; Sauna
- Dec 3; Thurs; 12-4; Work Day
- Dec 12; Sat; 1-4; Work Day
- Dec 13; Sun; 2-4; Board of Directors Meeting
- Dec 13; Sun; 5-7; Sauna
- Dec 29; Tues; 7-9; Sauna

From The Mail Bag

Greetings for kind words in the past. ... Lake Edun is one of the bright spots (amidst those virtual toxic algae scumpools?), and I enjoy the communiques by all media that you send. And, how about those cool postage stamps? Keep up the good work. All the best,

– Jon, Columbus, OH

To Your Good Health

If you aren't very concerned about health it just proves you haven't lived long enough. Unfortunately, for too many people health only becomes a concern after they begin to suffer from the loss of health. However, improving our long term health often depends on good health practices from early in life.

Fortunately, no matter how old you are it's never too late to start taking care of your body with proper diet, exercise, and rest. Naturism has historically stressed the importance of good health practices even though this theme doesn't receive much attention nowadays. I believe this is a mistake.

The message of body acceptance needs to be enlarged beyond being non judgmental about the body to include rational encouragement to do all in our power to nurture good health. This includes using common sense and sound medical knowledge to improve our nutrition, engage in adequate exercise, and be moderate in our drinking habits for example.

There are some additional health benefits advanced in the following article for nude living. [Ed.]

How many times during this year's super hot and humid summer did you just wish you could strip all your clothes off to cool down?

Well, it turns out being naked may not only be more comfortable but healthier as well. Some experts say that donning your birthday suit more often can help with myriad physical and psychological problems.

So how do you reap these benefits?

According to the National Sleep Foundation, in order to have a normal sleep schedule and sleep comfortably, your body needs to reach an optimal temperature of around 65 degrees Fahrenheit. Losing the pajamas is an easy way to lower your body temperature which can help increase levels of metabolism-boosting brown fat.

You may not have paid much attention to indentations and marks all over your body often left by restrictive clothing and undergarments leading to drying and wrinkling of the skin. In addition, sleeping naked helps with the elimination of sweat toxins that clothing can reintroduce into the body and with better overall blood circulation according to one doctor.

A New York dermatologist agrees adding, "Wearing restrictive clothing can cause excessive sweating which may lead to inflammation of the skin follicles, rashes and breakouts." She adds, the truth is, "...going bare gives your skin a chance to breathe."

However, taking your nudity outdoors can help as well. "Being naked in the sun not only boosts your vitamin D intake and your mood," says one sex educator, "But, also it can help

improve your circulation, and detoxify the skin." The dose of sunshine you get outside for 10-15 minutes will be the best natural mood booster.

Finally there's the mental health component to embracing your nude body. "Spending time in the nude is a great way to get in touch with your body," according to one relationship expert who added, "Most people in today's society are so disconnected from bodily sensations and this could help." She also suggested more time in the buff can help women battle body image issues. "Being in the nude reduces shame," she adds. "You can work on self acceptance and that can be very healing."

So take this as permission to let loose and ditch those clothes – after all, it's good for your health!

To learn more and see the complete article, click [here](#).

The Big Question

Why is it so hard to convince people to try naturism? Probably the answer to that is as varied as there are non-naturists. Without too much reflection we can come up with a lengthy list of objections we've heard given or used to give before finally trying naturism, "Just one time, then don't talk to me about it again!"

We know public nakedness is taboo, and worry about what family, friends, neighbors, employer, church, etc., will say or think about us. This is followed by the fear that our body doesn't match up with the ideal body, and we will be judged by other naturists, etc. Finally, we can't imagine what value there is to going around without clothing.

Someone else has wrestled with categorizing all the excuses to avoid being nude with others. He lists a number of frequently given excuses and distills them down to three basic categories. See what you think of his effort. [Ed.]

Here are the main reasons for refusing to try Naturism.

- ! Not wanting to expose his/her naked body, nudity is something private.
- ! Being comfortable with clothes, including a wet swimsuit.
- ! Not feeling, not rationally understanding the need to be naked.
- ! Binding nudity and sexuality, so leaving both in the private sphere.
- ! Seeing clothes as a differentiating element between human and animal.
- ! Not standing the sight of bare body.
- ! Being afraid to be judged by others.
- ! Not being sufficiently "well made" to undress.
- ! Being afraid of the excitement caused by the sight of other naked bodies.

In the end, one can consolidate these reasons under three themes:

- ! Belief – related to the "you cannot do this", religious or not.
- ! Trust – linked to the imperfection of his own body.
- ! Feeling – linked to the fact that we feel no particular well-being when we're naked.

There may be more reasons but this is a good start. The entire article can be found [here](#).

Nudity Isn't Indecent

A British journalist claims that nudity isn't indecent as it's a noble British tradition citing the nudity of the ancient Britons, Lady Godiva, and more recently Stephen Gough who has been treated to ten years of prison time for refusing to wear clothes. Obviously there's a contradiction at work here.

The reality is: nudity is treated as indecent by most people in England and the US. Harsh legal consequences for public nudity in these two countries prove that. Times have changed so radically that appeals to two thousand year old dress customs don't carry much weight today.

Certainly I agree with the writer's thesis – nudity isn't indecent. I also agree with his observation that the taboo on nudity is at fault for producing a lot of pain and social ills. My frustration is that after reading this and many other essays about the benefits of non sexual nudity, I see little change of attitude in the larger society.

Still, we can continue to educate, advocate, and participate for and in our chosen lifestyle looking to the day when greater tolerance and maturity in society develops. Being conversant with the philosophical underpinnings of naturism is vital when the opportunity arises to talk with others about social nudity.

Equally important is a mindset of confidence in the wholeness of social nudity. Your comfort with naturism and your own body has a psychological impact on others which may outweigh logic and rational arguments. Talk about naturism with the assumption your position is valid and don't feel the need to "defend" your participation.

For your edification a summary of the author's [essay](#) is below. His analysis is spot on. [Ed.]

What's "indecent" here – a person wearing no clothes, or a hypocritical society? Surely there's nothing more seemly than the human body. "Nature has but little clay, like that of which she moulded you," as Virginia Woolf, who went skinny-dipping with Rupert Brooke, wrote.

The nude is a historical celebration of our intrinsic beauty, the epitome of fine art, from classical statuary and Michelangelo to Spencer Tunick's contemporary installations and Marc Quinn's Trafalgar Square plinth statue of the naked Alison Lapper. There is barely a public building unadorned with a naked sculpture, yet we criminalize the real thing. Punishing people for being as God intended, (or whomsoever you think made you) is itself a perversion – and actually sexualizes the naked body in an extraordinarily unhealthy way.

In 19th-century New England, the radical vegan transcendentalists of Fruitlands, an extreme and short-lived utopia, experimented with nakedness as the ultimate communion with nature and rejection of capitalism. Clothes represented repression – not least because cotton was the product of slave labor, and silk and wool of animal slavery.

Down in Cape Cod, where the author had once lived, nakedness was a natural state for the likes of Eugene O'Neill and Tennessee Williams. Following in this tradition, an 84-year-old friend of the author ignored the National Park Service edict

forbidding sunbathing nude in the dunes. When one ranger tried to give her a ticket, she scoffed: "I've been doing this for 70 years. Do you think that's going to make any difference?"

The hippies' disavowal of clothes at Woodstock and other festivals drew a direct, naked line back to the 19th-century utopians and beyond. It was the ultimate expression against an age whose hardware was geared up towards apocalypse. What better way to diffuse that corruption of power than by stripping it away, physically and spiritually, to the only thing we really own: our bodies.

Tongue in cheek, the author humorously says that as someone who conducts a daily act of indecency by skinny-dipping, "I find the whole idea of getting dressed to get wet utterly ludicrous – all that stupid tugging of towels to prevent anyone being shocked by the sight of flesh." We might blame the prudish Victorians, but contrary to received opinion, naked open-air swimming was par for the course in Britain until the 20th century. When a ban on bathing nude in the Thames was introduced in the early 1900s, one protester entered the river with his trunks on his head: "They said we had to wear them, but they didn't say where!"

Impossible demands on our body images – what we are expected to look like without clothes – lie at the root of much pain and trauma precisely because, generally speaking, no one ever sees us naked. Perhaps we need to return to our Edenic ways – before we took a bite of that apple. The law remains ambiguous on getting your kit off in public. But isn't it time we all grew up, and remembered what we were?

Hiding Vulnerability Behind Clothing

Many might agree it would be ideal if we could live in a tropical paradise where the temperature doesn't vary more than 10 to 15 degrees year around and seldom gets over 90 degrees. Sadly, neither I nor most of the world's seven billion people live in such a delightful climate.

Of course we all know climate is far from the dominate reason we compulsively wear clothing. The issue of "modesty" and all associated with the concept plays the far more dominate role in wearing clothing than do practical concerns.

As Bernard Rudofsky cogently observes, "Any dispassionate examination of the nature of apparel reveals the unwelcome truth that modesty, rather than being the cause for wearing clothes is its result... In civilizations such as ours which set great store in conformity, precepts of modesty are drummed into children's heads at an early age, yet to judge from the mass of civic and ecclesiastic edicts necessary to enforce these precepts later on, this is no easy task. Once established, however, corporeal modesty seems to be as strong as any natural impulse. It merely confuses by its many-hued facets." (The Unfashionable Body, 1971, p. 27).

Modesty and shame are closely linked as any breach of modesty produces a sense of shame. It has been suggested some clothing is the result of the felt need to "cover up" so as to avoid shame in a social situation. One anthropologist writes, "This does not mean that we see in the emotion of shame *the* cause of *all* human...clothing. In shame we see *one* of the

manifold origins of (some specific) clothing, while at the same time many feelings of shame find their origin in the fact of clothing itself.” (Fisher, in *The Body Reader*, 1978, p. 192).

To cover up or hide due to concerns for modesty or shame is another way clothing provides a symbolic way to hide from something we would rather not deal with openly.

Much, much more could be written about factors involved in our clothing compulsion. Suffice it to say there is a great deal of irrationality surrounding this subject. Beliefs about the necessity of clothing are emotionally charged and have more to do with what has been uncritically accepted from tradition, parents, and other authority figures than it does with reason.

The following essay is a thoughtful examination of the relationship between clothing and why there is both necessity and compulsion to the imperative to wearing clothing. Following this author’s blog is recommended. For those interested, it can be found [here](#). [Ed.]

Hiding behind clothing, defining who we are to the world through carefully selected styles and brands of clothing, is normal. Wearing clothing has long since become an issue of practicality. Yet, there is a real need for clothing and no wishful thinking will change that truth, in spite of what self-proclaimed “true nudists” assert.

I like being able to be nude at every possible instance. Yet, living in Canada and being a person who enjoys being outdoors, I am faced with the reality that, laws or no laws, weather conditions demand I protect my body from the elements. And then, because I live in Canada, there are laws and community codes that are powerful in limiting just where and when (if at all) I can be nude while in the public eye. No amount of wishful thinking will change this truth either.

However, when weather and situation are favorable to being nude, why is it that individuals continue to wear clothing?

Religion? Well one could say this is a significant factor, but is it really? In my opinion, it all comes down to the individual’s personal response to their own nudity in private situations, or when others may see their nakedness. There are too many who are comfortable with their own nudity who are religious from all versions of religion.

No, I don’t think one can lay all of the blame on religion as I am certain there are as many agnostics and atheists who suffer from being uncomfortable, sometimes very uncomfortable with nudity – their own nudity as well as the nudity of others around them. The roots of this dis-ease (unease that borders on dysfunction), will be found within a person’s first years of life.

Does this mean we have to blame the parents? Not necessarily though parents do factor into what each individual encodes deep within their own psyche about vulnerability and nudity. Each individual creates a belief system for what they perceive is necessary for their survival and well-being as defined by their immature minds. Lacking the ability to make rational decisions, they are left with creating decisions based on what can best be described as magical-thinking rationale. It’s all very complicated and one is very naive to try and reduce reasons for being uncomfortable with nudity

Confident In Your Own Skin

Perhaps all of us can recall an occasion when we took a stand, or faced up to some challenge and in so doing marked a defining moment in our life. If not, perhaps that moment will come your way eventually.

Regardless, we can all appreciate and identify with the testimony from someone who struggled and eventually overcame. Such stories touch our hearts and inspire us, perhaps to go ahead and make a courageous decision that liberates us from some weight or oppression we have carried. Such a moment lifts a burden from us and we feel liberated.

This is part of the power and charm of so called, “first time” naturist stories.

Most all of us have been there. We know about the nerves and second thoughts that suddenly vanished moments after joining others in social nudity. The huge hurdle we had struggled to get over, looking back was no more than a mirage; a figment of our fevered imagination and all the voices we had heard in the past screaming that the naked body is shameful. All gone!

This is empowering.

Recently singer Demi Lovato proposed doing a nude photo shoot for *Vogue* magazine. Her concept was to make a statement about confidence in which she refused to allow all the technological tricks of photography, lighting, and makeup. She chose to appear as her actual self, unretouched.

Of course it’s somewhat ironic that her choice of vehicle for her pictures is *Vogue*. It is arguable that *Vogue* and other fashion magazines have for decades used their corporate power to dehumanize and objectify women without any reservation. Have the editors grown a conscience? Mended their exploitive ways? Somehow, I’m skeptical.

Reservations aside, I take Ms. Lovato at her word that she sincerely believes in what she is proclaiming and indeed does want to help other women discover self acceptance. It’s a good message. Why not use the same medium that helped promote the widespread damage to the psyche of so many women, to discover the sham behind the Wizard’s curtain?

As philosopher of communication Marshall McLuhan said so many years ago, “The medium is the message.” In this case, hopefully the right message will be communicated not only to the elites, but also to “everywoman.”

Lovato states, “I thought there was something incredible about the idea of no makeup whatsoever, no clothes and no retouching. ... I would have never thought I would have ever gotten to a place in my life where I would feel comfortable doing that. It’s empowering me and it shows other women you can get to a place where you can overcome the obstacles of body image issues and you can feel comfortable and confident in your skin.”

Lovato has discussed her battles with eating disorders in the past, so for her to expose herself in this way holds significant personal importance.

Like so many women and men also she says, “I basically went from hating every single inch of my body to working on myself and trying to figure out ways to love myself and love the skin

that I'm in. I learned after working very hard on my spirituality and my soul and my body, I learned that you can get to a place where you love the skin that you're in and I'm excited to share that with the world."

She asks, "How do I really walk the walk? What does it mean to be confident? It means letting go, being authentic, saying I don't give a fuck and this is who I am. I want to show the side of me that's real, that's liberated, that's free. What if we do a photo shoot where it's totally raw? Super-sexy, but no makeup, no fancy lighting, no retouching, and no clothing. Let's do it here, let's do it now."

I would have preferred the word, sensual to the clichéd "sexy." Without realizing it, Ms. Lovato's use of the language of exploitation diminishes her true intention and puts her back in the box of a sexual object. It's subtle, but very real.

This is a small but important difference. If you are interested in learning more, the entire article can be found [here](#). [Ed.]

Nude Racing

To be free, free as the wind – that's the exuberant feeling of health, strength, and joy of nude running. The runner's high is real, and not just that point of euphoria where the body adjusts and the endorphins kick in. For the nude runner this feeling of delight is there from the beginning.

Non runners probably don't get this. Understandable. Competitive running demands discipline, persistence, and a tolerance for pain. Despite this, millions put their bodies through this discipline mostly for the thrill and feeling of pride and personal satisfaction. They do what most people will not attempt.

Sport, any sport, is about the body conforming to the will of the mind. This relationship of mind and body working in harmony is a glory to behold. This is why great athletes are heroes to many.

We are reminded of A. E. Housman's tribute,

Ode to an Athlete Dying Young

The time you won your town the race
We chaired you through the market-place;
Man and boy stood cheering by,
And home we brought you shoulder-high.

Today, the road all runners come,
Shoulder-high we bring you home,
And set you at your threshold down,
Townsmen of a stiller town.

Smart lad, to slip betimes away
From fields where glory does not stay,
And early though the laurel grows
It withers quicker than the rose.

Eyes the shady night has shut
Cannot see the record cut,
And silence sounds no worse than cheers
After earth has stopped the ears.

Now you will not swell the rout
Of lads that wore their honours out,
Runners whom renown outran
And the name died before the man.

So set, before its echoes fade,
The fleet foot on the sill of shade,
And hold to the low lintel up
The still-defended challenge-cup.

And round that early-laurelled head
Will flock to gaze the strengthless dead,
And find unwithered on its curls
The garland briefer than a girl's.

Nude runner Whitney Lasseter recounts the jitters she often experienced before races. But the first time she entered a nude 5K, she hid behind her car until just moments before the start. That's because the runners in this Florida event compete nude, except for their shoes.

"I didn't want everyone to see me naked," says Lasseter who ended up winning among the women and who won again the next year. "There were people there I see at regular races – actual people who I knew. But I just kind of got the nerve up and went out and did it."

She is far from alone as more runners are getting up the nerve to run naked, in a growing number of clothing-optional runs – nearly 30 of them, nationwide – that are beginning to emerge from beneath the radar.

Because of the growing number of nude running events, there's even a National Championship of Nude Running. Leading the way in the innovation of nude runs has been a series of five runs in Texas and Oklahoma. Most of these runs are held at nudist resorts or on other private property, but they're increasingly attracting runners with no experience of nudism who want to try something different.

"More and more people are discovering the pleasure of being outdoors without clothes on," says the special events coordinator for a California nudist resort where the race debuted in May with about 60 runners. "They'd always wanted to participate in a nude run and thought this was a great way to do it."

Following the race, many runners with no experience of nudism find they like the idea, and stick around for clothing-optional ice-cream socials, barbecues, live music, and other events organizers of these competitions say. "It was interesting to talk to the people who had never done it before. They had a blast. They never put their clothes back on."

"It's a great introduction to nudism," says a spokeswoman for the American Association for Nude Recreation. "You don't have to worry about clothes bunching. It's a free feeling. It's more relaxing, exciting."

Clothing-optional run organizers say nude runs aren't simply a gimmick or only about sport running. The runs are part of a larger purpose and promote something serious: body acceptance.

Lasseter no longer hides behind her car before the start of a naked race. She explains, "Once I did it once, it was so much fun, and every fear I had just went away. After all we were born naked. Our bodies were designed to be naked. So when we're doing an activity like that, it's not about our bodies. It's our minds we have to tell to shut up."

Here experience is recorded [here](#).



Our Annual Meeting. If you missed it, you missed a great time. Thanks Pancho and Leigh for the wonderful home brew.

Lake Edun Foundation, Inc.
 P.O. Box 1982
 Topeka, KS 66601-1982

**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: To promote gender diversity, 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	275.00	350.00	_____
Working Membership (Discount)	(50.00)	(50.00)	_____
Associate Member (Over 125 miles away)	250.00		_____
NUTs Membership (Must be under 30)	75.00		_____
Separate Mailing Address for members		12.00	_____
<i>No Sex, No Violence ... Only Nudity</i> First Naked Plays – DVD		25.00	_____
<i>Lake Edun Exposed</i> – DVD or video		45.00	_____
Naturist Society Membership		60.00	_____
Subscription to <i>Bare Facts</i> only		20.00	_____
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