Bare Facts

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Box 1982; Topeka, KS 66601 ● Voice Mail: 785-478-BARN ● e-mail: benude@lakeedun.com ● Website: www.lakeedun.com 38° 58' 7" North; 95° 47' 56" West

Memo From The Board

Our season at the lake is over! We enjoyed meeting new guests and welcoming several new members. Despite the season starting a little on the cool and wet side, the summer finished in a strong, wonderful fashion with the lake being warmed and the sun being glorious.

We continue to contend with the restrictions that the county has placed upon our land owner. This makes growing our numbers and furthering our educational mission difficult to say the least. During our discussions at the lake during board meetings, we have discussed many times the difficulties that our society has encountered and continues to encounter with regard to body acceptance, and the sexualization of women and men. We believe as a foundation that we could do much to help neutralize these negative influences in our society. But, we are limited by the continued restrictions on our use of the lake.

The long term effect of these restrictions has been a distraction that diverts time and resources from doing activities that would enhance both our Foundation and the Lake we enjoy. Such activities would positively promote Naturism to people in our region and the benefits to be gained from the naturist lifestyle. This is exactly what those who oppose us had in mind, and do hope to accomplish.

Honest disagreement is part of our American heritage. We are a nation of people who came into being because we disagreed with the rule of King George and other European leaders. Personal freedom and self determination were founding principles of our society. Sometimes it takes a long time for disagreements to be settled. Sometimes we weary of the time or effort to continue. It is this idea of outlasting the opponent that appears to be at the heart of what our opponents are attempting to do.

So what do we do?

May we suggest what we should not do! We should not reduce our support for the Lake Edun Foundation! We need to support those things we believe in. In a very real sense, we vote with our wallet. That means if at all possible, we need to increase our donations to LEF to help overcome the expense being expended on behalf of naturists from Eastern Kansas and Western Missouri!

A handful of members have done a yeoman's job of supporting the foundation. They are committed to doing what they can to insure that we have a place to enjoy naturism. We need more help! We have dreams and plans for making our special place better, more comfortable, more accessible. We need your help to bring these things to pass.

If you have ideas, contact Maxine.

If you can donate to the cause, contact Maxine.

If you can help with projects at the lake, contact Maxine.

Let Maxine know she has your support!

Halloween Party & Annual Meeting

Our Annual Meeting is scheduled for Saturday, October 27 in conjunction with our Halloween Party. This annual event is eagerly anticipated by our membership to experience Dave's famous hospitality and his wonderful hot tub!

The annual meeting is required by our By Laws and provides all our members an opportunity to voice concerns, plans, dreams. We hope you will plan to join other Eduners at 6:30 the Saturday before Halloween. Bring something for the Pot Luck and wear a costume.

Members will find the directions enclosed. And all members should consider serving a term on our Board of Directors.

Final Work Day October 13

Enough Eduners working together make the tasks associated with the end of the season both not-so-difficult and also fun. We hope you will join us for the final work day of the season at our Special Place to assist.

We will pick up the lounge chairs, boats, docks and complete a significant number of the other pretty minor tasks required at the end of our season. If the effort is shared by a number of Eduners, it is very manageable; if left to a few, it is burdensome.

We hope you will join us from noon until 4 pm on October 13 to help out. It will be followed by one of our fabulous Pot Luck dinners, and a sauna.

In the event of inclement weather, all activities scheduled for October 13 will be postponed one week until the 20th.

Sign Up For The Winter Party List

Once again Beth will be planning some spur of the moment Winter parties for Eduners in the Topeka area interested. Last year this group gathered for house parties, saunas, and other local events.

If you are interested in knowing about these activities, contact Maxine and leave your phone number and email address so you can be added to the list.

DON'T FORGET

Activities designated HN are sponsored by Heartland Naturists

Oct 13; Sat; 10-12; Board of Directors

Oct 13; Sat; 12-4; Work Day

Oct 13; Sat; 4-6; Pot Luck Supper

Oct 13; Sat; 6-8; Sauna

Oct 19; Fri; 8-10; HN Swim

Oct 20; Sat; All day; Rain date for work day, etc.

Oct 27; Sat; 6:30; Halloween Party

Nov 10; Sat; 5-7; Board of Directors

Nov 10; Sat; 8-10; Sauna

Nov 16; Fri; 8-10; HN Swim

Nov 24; Sat; 6-8; Sauna

Winter Parties In The Planning Stages

To promote an active Winter season, the Board is working on at least two events for the coming months. We are putting the finishing touches on a party on December 8 that will probably include a band. Mark this date on your calendar.

We are also considering a party in Manhattan and possibly Wichita the first few months of 2008. We need to know about member interest in parties, particularly in other cities. Be sure to let us know if you can attend. We are not anxious to plan events that will not be enjoyed.

Question And Answer

My husband and I are avid campers and have camped for a lot of years. We have been nudist for a year now and I CAN'T BELIEVE how friendly people are.

They are friendly at campgrounds also but Not to the extreme people are at the nudist places. Why is that??

People feel more friendly naked?? Or is it the fact that everyone belongs to the same club?? I don't know what it is, but I'm not complaining. Are there people here who are closet nudist like my husband and I??

I have had discussions with people who don't know we are nudist and they assume nudists are immoral or not good people.

I know myself. I'm very moral, a good person.

Why is it so stigmatized???

- Love Karen

Dear Karen,

We nudist have a saying it is easier to make a friend out of a nudist than it is to make a nudist out of a friend. I have found that to be true because I now have a lot more nudist friends than textile friends. A nude person can not be pre judged by the way he is dressed. You don't know if you are talking to the bank president or bank janitor. So you listen to what that person has to say (also while you listen you are not wondering what they would look like if they were naked).

Too many people have misconceptions about us. They think we are immoral, into sex parties and orgies and when not doing those things we molest children. The opponents of nudity also want other non-nudists to believe that.

That leads to us being stigmatized and the only way we can contest that is by coming out of the closet, standing up, and supporting and promoting our natural way of living. No one is going to do that for us, we have to do it ourselves. The gays did it and have made great strides (in my state, Mass, they can even marry).

You can start by finding out how your non-nudist friends feel about nudists without coming out directly and telling them you are a nudist. Ask if they have they ever gone skinny-dipping. If they reply "My God, No, I would never do that." drop the subject, but if they have a more positive reply you can pursue the topic. You might even find out they are nudists themselves but don't want you to know for fear you will think poorly of them.

Naturally yours, George NIFOC (and everywhere else I can be)

A Beautiful Thought

Hi John,

I think you're so right about women my age. We are more certain of who we are and what we want by this time.

I don't think I could have been a nudist when I was younger unless I would have been introduced to it by someone else that was a nudist.

I try telling friends what a wonderful experience it is, but they think it's ridiculous and immoral. Its TOO BAD they are so closed minded, they are missing out on SO MUCH.

I've been fortunate to meet some incredible people this summer at Whispering Oaks. They have wonderful nature trails and I LOVE walking them nude.

Love, Karen

I found this brief testimonial to nudism fascinating. It speaks to a number of issues that have vexed naturists for ages. The issues of beauty and aging, women in naturism, and the problem of introducing others to our chosen lifestyle are the topic of endless discussion.

I find Karen's simple, enthusiasm for naturism a refreshing delight. Look at those bold, capitalized words. This is a radiant woman! I can't help but believe that this enthusiasm will be the encouragement someone she meets needs so that they will, "try it just once." Our paths likely will never cross, but if they did, meeting Karen would make my day! By the way, have you invited someone to Lake Edun? [Ed.]

Nudists Parade To Take Place

An interesting news item came my way. I haven't heard if the event took place, but I hope it did. I wonder what the chances are we could host this in Topeka?? J

A unique event will, it is hoped, take place in Yekaterinburg, Russia in August. Ten Thousand nudists are going to march along the central avenue of the city. The parade is annually held in different countries all over the world and this year Russia was chosen to host it.

All members of the demonstration, which was originated eight years ago, come from different countries. The participants believe their parade attracts people's attention to the nudist movement and raises their spiritual potential by showing the benefits of nudism for civilization.

Originally, the organizers of the parade wanted the demonstration to take place in Moscow, but were refused permission by the authorities. Alternatively, the parade will be in Yekaterinburg, if the local administration gives approval.

Items We Need

See our website at lakeedun.com for more details.

- Non-motorized boats
- Metal Barrels
- Lawn or Lounge Chairs
- Wooden Cable Spools
- Riding lawn mower
- Aluminum cans

Support Naturism Join The Naturist Society

Making the Case

Pastor Matt.

The following response was written to one of Naturisms religious detractors who believes that God is opposed to social nudity.

I am a pastor. I am on staff at a sizable fundamental evangelical church. I am committed to the absolute truth and authority of God's Word, the Bible.

In the past year, I have spent hours and hours studying God's Word and thinking and praying about the issue of our bodies and nudity. I have to tell you that I have not found one place where God forbids nudity in public.

To the contrary, God actually commanded it of one of His prophets, (Isaiah 20) for the space of 3 years. Later, King Saul was overcome by the Spirit of God and began prophesying, stripping off his clothes to do so – all under the controlling influence of God (1 Sam. 10).

History demonstrates that Jewish baptisms, (called a "Mikveh") were required to be performed nude. This means that unless John the Baptist used some other form of baptism, (there's no evidence that he did) that Jesus was publicly baptized nude. History also demonstrates that the early church baptized new believers in the nude.

In the upper room, the Bible tells us that Jesus took off His clothes and girded Himself with a towel to wash the disciples' feet. As my son pointed out, if Jesus was not naked without the towel, He would not have had to gird himself with it. And unless it was a very long towel, He would have had to disrobe before each disciple when He dried their feet.

Jesus left His grave clothes behind when He arose from the dead... we know that for a fact. So what was He wearing when Mary Magdalene mistook him for a gardener? The most logical answer is...,"nothing." History also demonstrates that gardeners, workers in the field, and fishermen (among others) worked nude so as not to soil the few garments they possessed. Jesus was not typically nude, but gardeners were. Mary saw Jesus – in my opinion – nude, and because of that fact, mistook him for a gardener. However, that didn't stop her from falling at His feet to worship Him.

Peter was nude fishing. Certainly, he was not the only nude fellow in the boat. He was also a professional fisherman. And that day, he was fishing as a professional, as professionals fish...nude. Why let your few articles of clothing get soiled with fishy smelling stuff? This was common practice and a common sight in Jesus' day, but He never condemned it.

Paul commonly referenced athletic activities...running, wrestling, & boxing...all of which were engaged in nude... that's historically established. Yet, he never condemned it. The author of Hebrews in chapter 12 asks us to think about how the runners in a race throw off everything that hinders, i.e., clothing, so that they can run completely free...and he uses that as a positive model for our spiritual lives.

I am not presuming to speak in place of God. I am just referencing what is actually in the Bible.

Yet, many speak confidently that God objects to the nude bodies He created! I suggest that it is they who are presuming to speak for God. Go back to God's Word. See if you can find anywhere God generally commands that people remain clothed around other people. It's simply not there. That is a man-made rule.

A chapter in a book entitled, *It's in the Bible*, speaks to the issue of nudity and lust. The author is NOT a nudist nor is he promoting nudity. However, he is honest about what the Bible does and does not say about nudity.

http://www.pastordavidrn.com/files/Nudity and Lust.PDF

For me personally, I embraced naturism, *because* of what the Bible says, not in spite of it. I am teaching a different understanding of the body to my children, *because* I want them to remain sexually pure, not because I have spurned biblical morality.

It is an insult to the Creator in whose image our bodies are created to act as if the nude condition is only about sexuality or sexual expression. Our culture AND the church have bought into Satan's deception that the naked form in public is illicit, indecent, or sinful. As a result, we have been reaping the consequences of that deception in the form of moral impurity and sexual bondage. This is the result of trusting a man-made rule, ("no nudity") to keep us pure.

As Col. 2:23 says, "Such [man-made] regulations indeed have an appearance of wisdom, with their self-imposed worship, their false humility and their harsh treatment of the body, but they lack any value in restraining sensual indulgence." Man-made rules lack any value in restraining sensual indulgence. The "no nudity" rule will not keep us pure.

Personally, I struggled in the area of "sensual indulgence" for over 30 years while trusting the "no nudity" rule. But, when I finally rejected that rule a year ago, the desire for that which is false and sinful faded out of my heart and life.

Speaking specifically about the bondage to sin, Jesus said in John 8:32, "Then you will know the truth, and the truth will set you free." That is exactly what I experienced in my life.

To this day, try as I might, (and I've tried plenty) I cannot find someone who can present a cogent case for the Scripture condemning family or social nudity. If anyone believes that they can do so, please do. I'm willing to listen. God's Word is my authority.

From The Mail Bag

Dear Lake Edun -

Please keep me on the list. I'll make it back there one way or another!

- Ron

We received the above note from a supporter and prior visitor from New Jersey in response to our Summer issue of Bare Facts. Good to hear from you, Ron. You may want to consider a subscription.

Naked Savages?

What I find frustrating is the way some people from cultures originating in temperate regions judge the cultures of people in tropical or equatorial regions. They equate fewer layers of clothing with a lack of 'civilization'. For instance, an elderly Chinese man once told me that people from some countries wear little clothing because they were not 'advanced'. He believes that the more flesh people in a given society expose on a regular basis, the more "primitive" they are, with our naked human ancestors at the furthest end of the spectrum. I don't know about that.

Let's take the Americas for example. The Inuit live as hunter-gatherers and they are covered in thick clothing from head to toe, for obvious reasons. Much further south, the Maya, Aztec and Inca civilizations developed sophisticated social and material cultures. They built great empires with complex models for political organization, something the Inuit and other peoples of the Arctic did not do.

Mayans, Incas and Aztecs are generally considered to be far more "advanced" than the Inuit and other northern peoples. And yet they wore a lot less clothing then the Inuit. After all, it can get pretty hot in Central and South America. So perhaps, the reason behind how much clothing people wear is climate, not the lack of 'civilization', if 'civilization' can even be measured.

A woman from India also said a similar thing to me: she said the custom of women in some parts of Africa to go about bare-breasted is "primitive" and "weird." I don't know if she remembered that Indian women went topless in ancient times, during a period when Indian civilizations were culturally and materially sophisticated. Perhaps not covering certain body parts is a matter of cultural convention, and has nothing to do with how 'civilized' a society is?

It might be that people find an unfamiliar practice "weird." After all, Ibn Battuta, a 15th century North African who visited the Mali Empire in West Africa, also had some things to say about the sight of naked women: "among their bad customs is the way women will go ... naked, without any covering, and the nakedness of the sultan's daughters – on the night of the 27th of Ramadan, I saw about 100 slave girls coming out of his palace with food, with them were two of his daughters, they had full breasts and no clothes on."

But does 'weird' necessarily mean 'primitive?' Ibn Battuta also praised the men of the Mali empire for their diligence in washing their clothes so that they have "good white clothes" for Friday service, and, in another unrelated anecdote, he described a handsome young student dressed in "fine clothes". Clearly, Ibn Battuta didn't see the people of Mali as naked savages. The men and women live in the same civilization - women cannot be more 'primitive' than men in the same society. It appears the surface area of the body covered by clothing cannot be used to measure the level of 'civilization,' at least not in this case.

Europeans and Euro-Americans have similar ideas concerning body covering too. European missionaries have often tried to get "naked savages" to adopt European dress. When

a native of a warm region starts dressing in inappropriately hot European clothing, the missionaries rejoice in their "success" at introducing "Western civilization."

This "more clothes is better" attitude can have a more sinister expression. In the 1930s, a white judge in the US was railing against Filipino men dating white women - he stated that Filipinos were "little brown monkeys", who not so long ago, were "running around in breechcloths." Are Filipinos as primitive as the whites make them out to be? Is wearing a breechcloth a sign of primitivism?

Indeed, the medieval Filipinos chose to wear pretty little. Here is a description of 16th century Filipino attire as seen by Spanish visitors:

...Spaniards kept reporting gold jewelry in truly astonishing quantities. They were struck not only by its amount and wide distribution, but by the fact that it appeared to be part of the normal attire of persons otherwise almost naked. A Samar datu by the name of Iberein was rowed out to a Spanish vessel anchored in this harbor in 1543 by oarsman collared in gold; while wearing on his own person earrings and chains, which Bernardo de la Torre estimated to be worth more than a thousand pesos, and little else.

If we are to judge Filipino civilization by the amount of clothing these people wore, we would also have to ask ourselves if a 'primitive' people would possess the technology and artistry to produce vast quantities of gold work "which certainly rank among the world's most exquisite."

Climate as well as culture influenced fashion choices for inhabitants of the Philippines in medieval times:

- Men wore tattoos as symbols of valor: They were applied only after a man had performed in battle with fitting courage and, like modern military decorations, they accumulated with additional feats. Therefore, a man would wear little more than a loincloth in order to expose as many of his tattoos as possible.
- Bare-chested exposure to the elements were a matter of masculine pride, and only old men would wear tunics to protect themselves from insects and temperature.

Regardless of what we think of the aesthetics of 'too much' or 'too little' clothing, we have to recognize that fashion is determined by aesthetics and practical considerations and is not a measure of 'civilization'.

The author of this essay is astute in his observations. It is true that Europeans, as they spread around the world, did see themselves as both representing what it meant to be "civilized" to the uncivilized primitives, and as doing God's work by "civilizing" all those they controlled. Lest we rush to exclusively bash Europeans, the author offers examples from three other cultures. The vision that says, "how we do it" is the one right way to do things, is a human fallacy. Tribal peoples hold the very same point of view. Anyone who is "foreign" is presumed to not be as "civilized" as my culture. Just ask the French. [Ed.]

My Naked Self

By Amelia Hintzen

It is 8:45 in the morning, too early for me to order my thoughts coherently or even realize where I am, but alas I am a working girl and have to take the shifts that come my way. So I lay sprawled naked across three different pillows, in front of the 25 intent faces of ARTS110: Observation Drawing. I try to slink into the type of sleep I reserve for these situations, the type I have perfected over the past three years, rigidly dozing while remaining aware enough to stay still. I manage to have complete dreams without one twitch.

The hardest part is waking up without the jolt. I have to be quick and catch myself before I flinch. This morning I have to be even more careful, it's the class's first time drawing a nude. They have been drawing fruit and chairs for the past three weeks, simple planes and lines, not the infinitely complex interlacing of light and shadow that pattern and are absorbed by my skin. They squint with frustration as I try to keep completely still.

My back is twisted front to back, testing more muscles, making the pose more interesting to draw, more challenging. As the hour passes my back strains, pushing first into pain and then into numbness. "Time," the professor finally says and I hear it through my haze of half-sleep. Rising groggy, the feeling returns swiftly to my back and I hunch over in pain while searching for my robe. The professor thanks me, knowing it was a tough pose. Still nursing my throbbing back I smile and shiver slightly; the room is too cold in the morning.

I don't remember exactly what made me decide to answer the ad in the NNB fall term of my freshman year that pled for models. The prospect of spending all of freshman year working in Burton Dining Hall was probably part of what inspired me. I've never been much of an exhibitionist or an artist, but it was first week and I was ready to test some of my previous limits in the exciting milieu that was college. So I answered the ad, filled out some paperwork, and was on my way.

After my first shift was scheduled I began to get nervous. By the time I arrived I was shaking, a nightmare to try to draw I'm sure. The professor gave me a short pep-talk, introduced me to that class and left me poised to take off my robe. The hardest moment of my modeling career was taking off that robe. I froze for a second and almost didn't do it. But the robe slide off so easily without any fanfare or consequence, it was almost as if I was taking off a coat or a sweater. Once I stood in front of the class completely naked, my nerves began to ease. I told people later you forget you're naked, but that wasn't exactly true. It just became unimportant.

Nude modeling would probably be a great way to finally become comfortable with your body, as people often suggest when I mention my job. However, no one really decides to become a model in the first place if they're uncomfortable with themselves. What modeling does is reconnect you with the reality of the body.

Modern society has made the body into a symbol for so much more than flesh and blood. We're all supposed to take care of our bodies in the right ways. The body now says how hard we work, our self control, how many people will love us. It seems the traditional mind/body problem has taken a new turn: the soul has become an expression of our body.

Standing naked on a pedestal day after day, I cannot believe that my body is something of any great consequence. It is an object, not a sexual object, but just a thing that is there. Not an extension of my soul or my temple, it is skin and muscle, light and shadow, line and mass, charcoal and conté and if we're lucky it becomes art.

Nude modeling has taught me a lot. It's taught me how to sleep standing up, how to deal with a drunken person who decides it good form to shout across a room full of people that they've seen me naked, and how to best revive a completely asleep limb. It's also made me question my own relationship with art. There are hundreds of drawings and paintings that would not exist without me, but I know that as soon as the artist finishes I lay no claim to their work. It is a strange thing to see yourself in a work, remembering the pain in your hips during that pose or the thoughts running through your head and yet know that it is not your own.

We equate nudity with some personal secret, as if when our clothes are gone everyone gains some special privilege, some insight into us. But this is not true. I stand naked in front of classroom after classroom full of people, hundreds by my estimate. They walk away with portfolios full of my naked body, but they don't walk away knowing me better. Fully bared under the glare of spotlights it may seem like I have nowhere to hide, but I don't share my soul with any of these artists.

The first response to being naked is to connect more with your body. As time wears on though, you start to disconnect and realize the absurdity of the politics surrounding the body. If I walk into a room in a short skirt and a push-up bra I'm somehow more vulnerable than I am when I lie completely naked in front of a room full of strangers. It's bizarre, but that why I keep doing it year after year.

Nude modeling is comforting and natural to me now. I've worked hard to be good at what I do and once I get a real job (God willing). I'm going to miss the calming meditative feeling it gives me. But I won't miss the back aches.

"My Naked Self" was originally published in the Carlon May 5, 2006. Reprinted with permission from the author.

Ms. Hintzen's reflections on her experiences as a nude model are valuable. I believe there is a natural connection that naturists and artists share. Both believe in the inherent dignity of the human body and the nude human body is both moral and noble. What I don't quite get is that the majority of artists are not naturists. Why this is the case is not clear.

The valuing of the nude body by artists for millennia for its ability to reveal truth in beauty is widely accepted. Why that doesn't translate for most artists to embracing nudism/naturism as a natural working out of the implications of their beliefs about the dignity of the body isn't clear. Certainly

Lake Edun has not been embraced by the arts community in Topeka. Since when have artists played it so safe?

Obviously, artists have no obligation to become naturists, but at least they could stand with naturists in our right to be given room to lead our chosen lifestyle.

Ms. Hintzen reflected that her being nude didn't lead to others learning anything about her. She shares the sight of her body with artists, but feels they have no insight into her soul. I suspect that is true. They are all silent, she is the object they the artist. All that she reveals is her exterior. In reality, what they see in her is largely their own interpretations imposed on her form. There is no dialogue.

In corresponding with Ms. Hintzen, I noted this problem and invited her to investigate The Naturist Society and social nudity. I appreciate nude art and the work of artists and models, but without the social aspect to naturism in which we say, this is who I am in my body, get to know me with no barriers we would be in the same emotional cul de sac she experiences. [Ed.]

On The Web

I found an interesting photography web site called The Emerging Image by Reinaldo da Silva. He has been a naturist and professional photographer since the 1970's. He explains his purpose as follows:

"I want to show the beauty inherent in the human, particularly the female, form at many ages, sizes and shapes. Advertisements and TV/Media have promoted the idea only youth has a chance of being beautiful and only if she is thin. If a woman is over thirty she has no right to think of herself as beautiful. If she wears a size 6-8, she's in, larger need not apply. This is not only repugnant, it is incorrect. Beauty is indeed in the eye of the beholder and I behold many women of 40, 50, even 70, who can only be called beautiful. Their beautiful spirit and personality shows in their physical body.

"Another goal is to expose the spirit of the woman posing for my camera. I want to honor women." Check it out at: http://www.emerging-images.com/index.htm.

On a different note, naturists aren't opposed to making a profit. Jackie Youngblood turned her retirement at Land O Lakes in Florida into a thriving real estate business.

"I have been a nudist for 15 years and retired to Land O' Lakes from Georgia in 2001. It didn't take me long to realize there is only so much sun tanning, shopping, and working-out I could do. Therefore, being an investor in real estate, I decided to become a real estate agent and just love it.

"I have met so many wonderful people and made many, many friendships over my four years in business." Go to: http://www.skiptheoutfitfloridarealestate.com/

Lake Edun Foundation, Inc. P.O. Box 1982 Topeka, KS 66601-1982 (785) 478-BARN			Membership Application Change of Address Form Please Print			
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Membership Fees:			Single	Couple	Amour	nt
	dation Membership		275.00	350.00		<u> </u>
Associate Member (Over 125 miles away)			175.00	250.00		<u> </u>
Working Membership (Discount)		(50.00)	(50.00)			
Separate Mailing Address for members				12.00		<u> </u>
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