

Bare Facts

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38° 58' 7" North; 95° 47' 56" West

Annual Meeting Will Be Important

Every year, our annual meeting is important. It is when we select new members for our Board of Directors and discuss plans for the coming year. This year, it will be even more important. Some long time supporters of our mission have expressed their desire to scale back their involvement. While they will continue to be strong supporters, they believe it is time for others to step forward.

Maxine's familiar missives are one candidate for another to assume. Many of us look forward to her informative emails to keep abreast of activities at our special place. Maxine has informed us she intends to step aside to allow someone else to assume this responsibility. She has agreed to work with her replacement to insure a smooth transition and we expect she will probably submit periodic guest appearances. If this is something that appeals to you, let us know. The board will provide some guidance concerning issues to cover. Because it is done on the internet, anyone anywhere can do it.

Another important position looking for a volunteer is Facilities and Conservation. (See the Board of Directors Responsibilities elsewhere in this issue.) Whoever fills this responsibility should probably live fairly close to our special place. The responsibility is great; both during the season when much is going on. But, also off season when we develop our plans.

These are just two board positions we know are open. See all the responsibilities of the board elsewhere in this issue. Nearly all LEF members and supporters can find some way to insure we continue to provide an exceptional experience at an affordable cost.

Halloween Party and Annual Meeting

Sometimes we forget the Lake Edun Foundation is a not-for-profit, educational foundation governed by our by-laws. As required by these by-laws, we hold an annual meeting every fall around Halloween for the purpose of reviewing activities for the past year and looking forward to the coming year. We also use this meeting to select members for our Board of Directors. It is an important event open to all members.

This is a particularly important meeting since several very important board positions are opening up. We hope all Eduners will consider a position on our Board. In addition to the normal business items, we will probably get a report on this year's survey.

Our Annual Meeting will be held this year at Truck Henge. It will begin at 6:30, Saturday, October 27. Members will find directions enclosed. Non-members are welcome at the meeting but cannot vote. If you do not have directions, contact us by email or at our PO box.

After the meeting, it's Party Time! Bring something for a pot luck. If you play an instrument, be prepared to jam. Eduners do not, generally, support an all-work, no-play outlook.

Take The Survey

Every Fall, for the past four years, we have conducted a survey of our members and supporters to learn what they like about our Foundation and what improvements they believe we can or should make.

As a direct result of information gained from prior surveys, we have undertaken some projects, canceled others, and offered program enhancements. Our supporters have been exceedingly helpful with their many suggestions. We hope for the same level of support now.

This year we ask about the activities we conducted this past year and what our supporters would like us to plan for next year. We test ideas we are considering to measure the support we might expect. Even if you did not visit our special place this year (or ever!), the survey is designed so your input will be valuable as we make our plans.

Plan to take 20-30 minutes to complete the survey. Watch your emails from Maxine for a link. Or, you can click [here](#):

Your input provides important information the board will use as it formulates our plans for next year. Please take time to register your views. If there is sufficient participation by our annual meeting, we will present some of the results there.

Fall Work Days Require Assistance

We had two work days scheduled for September. Beautiful weather coincided with both of them. However, we need volunteers in order to complete the necessary tasks to secure our facility for the winter months.

Few of the tasks we ask volunteers to assist with are particularly difficult; all are important. With a few volunteers on hand, they go quickly and can actually be enjoyable.

Check our schedule; consult your calendar. We hope more of our supporters can be on hand to assist. Without this volunteer help, we need to hire it done. This increased cost will necessarily lead to increased fees.

DON'T FORGET

Oct 13; Sat; 12-4; Work Day
Oct 13; Sat; 8-10; Sauna
Oct 14; Sun; 12-4; Work Day
Oct 14; Sun; 4-6; Board of Directors
Oct 18; Thurs; 7-9; Sauna
Oct 20; Sat; 12-4; Work Day
Oct 23; Tues; 7-9; Sauna
Oct 27; Sat; 6:30; Halloween Party; Annual Meeting follows
Nov 3; Sat; 8-10; Sauna
Nov 4; Sun; 4-6; Board of Directors
Nov 7; Wed; 7-9; Sauna
Nov 17; Sat; 8-10; Sauna
Nov 27; Tues; 7-9; Sauna

Annual Meeting And Board of Directors Responsibilities

2012-2013

Our Annual Meeting, as required by our By-Laws, is scheduled for October 27, 2012. This is an opportunity for our Board of Directors to report on progress and plans to the membership; it is also an opportunity for members to bring suggestions and concerns to the Board. We hope all Eduners will plan to attend this important meeting.

We also hope some members will consider running for a position on the Board. It is the Board that makes everything happen for the foundation. They make the plans and allocate our budget. Please don't wait to be asked. If you have an interest, review the responsibilities and take some time to give back to an organization that gives so much to all of us.

The Board sets policy and implements the program for the Foundation. Members meet monthly as a group. Each Board member chairs a committee with specific responsibilities and makes periodic contributions to *Bare Facts*.

President:

Preside at all meetings of the Board of Directors. Sit as an ex officio member of all committees.

Recording Secretary:

Keep minutes of all meetings of the Foundation. Maintain contact with all appropriate national organizations including TNS, NEC and NAC. Educate our membership on the function and importance of these organizations. Encourage support among our members for these groups.

Secretary/Treasurer:

Check our P.O. Box and reply to inquiries received by mail or email. Update our database so we have accurate mailing address, email address, and an accurate record of payments received. Make bank deposits and pay legitimate invoices. Prepare monthly financial statements. File our 990 taxes and annual form with the State of Kansas. Account for all property and money owned by the Foundation. Run labels for *Bare Facts*. Print out and mail member cards. Periodically print member lists for the board & caretaker.

Promotion/Publicity:

Send out our weekly emails [Currently done by Maxine].

Suggest updates & changes for our web page to our Web master. Post updates on Facebook. We really need someone to do more with these. We should probably also do something with twitter, linkedin and other networking sites.

The promotion and publicity committee should work in concert with the Education Committee to arrange for appropriate publicity of our foundation with the objective of improving the public perception of nude recreation in general and increasing membership in the Foundation. We want to present nude recreation as a healthy alternative to other forms of family entertainment. We should strive to be featured positively in news stories twice during the year.

Facilities and Conservation:

Supervise the Caretaker. Insure projects are undertaken in a priority consistent with the Board's directives. Keep a list of special projects we can work on. Be present for all work days. Handle personnel matters. Arrange for hosts for winter saunas and summer movie nights. Make recommendations to the board regarding development and improvements.

Insure we meet our obligations for conservation, maintenance and improvement as required by the terms of our lease. Organize resources, including work days, toward achievement of these obligations. Coordinate with other committees to insure their requirements are met.

Education/Outreach:

Implement the educational mission of the Foundation to the public through seminars, press releases, articles, presentations, meetings, interviews, etc.

Education & Outreach committee is responsible for spreading the word on the beneficial impact naturism can have on the individual, the family, and our community.

Bare Facts Editor & Publisher serve on this committee. Our monthly newsletter is an important component of our educational mission. Edit, write articles for, produce, print and mail our monthly newsletter. We strive to make *Bare Facts* a respected source for information on body acceptance, the history of common nudity, and the impact living a clothing-free lifestyle can have on the family and our society.

The **Web Master** also serves on this committee. Maintain and enhance our presence on the Internet. Keep our web presence vital and relevant.

Social:

We realize not everyone will be comfortable with the Naturist lifestyle at first. The Social Committee must plan and coordinate special activities throughout the year that implement our educational objectives with our membership and permit members and guests to learn firsthand about the benefits of naturism. It should plan indoor events during winter months when use of our leased facility is not practical. It should make a special effort to conduct events that will attract women and families to the Foundation. Major summer activities should be limited to not more than one per month.

Member Relations:

The overall purpose of this committee is to improve membership retention. Screen new applicants. Make a recommendation to the Board concerning their suitability for membership. Maintain contact with members; determine problems or conflicts that may develop with their membership. Work with the Social Committee to develop meaningful activities for all members. Remind members we have not seen about upcoming activities. Keep all members active and interested in the Foundation.

Kate Middleton's Breasts

Among all the mundane things we mortals have to deal with, i.e., taxes, the economy, the collapse of the Euro, war, murdered ambassadors, etc., something of far greater import grabbed our collective attention. No doubt with the tipoff of the title you know where this is going.

When the furor hit, we were all to be aghast at the brazen lack of respect being shown the royal couple. Kate's breasts became a cause celeb. Endless debates over the ruthless, money mongering paparazzi stalking celebrities and royals filled news pages and TV news programs.

One writer, not so impressed by the angst over "The breasts," wrote the following, "We can only assume that the world's greatest minds have come together to combat the scourge that is the breasts of the former Kate Middleton.

Yes, the danger presented by grainy photos of Catherine, Duchess of Cambridge, sunbathing topless while on vacation in France cannot be underestimated, if the tone of some daily news reports is to be believed.

They may be grainy, but they're also juicy, according to Forbes magazine, where the unprecedented phrase "juicy yet grainy" recently appeared."

He later suggests that if people want to avoid finding pictures of ourselves in tabloids we can keep our chests covered outdoors. Something Kate failed to do.

He goes on to express bewilderment with the way this pseudo-scandal, as he terms it, combines two obsessions that makes no sense to him. The first is the obsession with all instances of celebrity nudity, and the second is the obsession with the royal family.

There's the nub of it, – all of us rubes being bedazzled by the cult of celebrity and personality. The result is the big business of supplying an endless supply of stupid pictures of the beautiful people. One suspects that too many of the consumers of these pictures don't believe their own lives are very meaningful. Distressingly, obsessing over the lives of others fills that void.

The author concludes by suggesting that, "The only thing that could put the brakes on this economic gravy train is if people started to grow up and stopped being so sophomoric about the female breast.

"Luckily, that won't happen any time soon."

Obviously, even if Kate's breasts had been covered, the photographer would still have been able to sell the photos of their vacation retreat. He just received a lot more money for the bare flesh.

Still, the final suggestion to grow up and stop being sophomoric about women's breasts is the real answer. Of course not getting so huffy about the pictures would have been a step in the right direction also. The royal outrage merely enhanced the spread of the story. A simple, "So what?" would have gone a long way to pour ice water on this story and given it the attention it deserves.

Read more [here](#).

There Ought To Be A Law

It's a strange state of affairs. Nevada is a unique state in the nation with its major gambling centers and legal prostitution. Both offend the sensibilities of many people. Still, Nevada has managed to exist up to the present with both of these concessions to what most view as pandering to human weakness.

So when a group of pastors decided to protest a request by a local trailer park to have an enclosed clothing optional area, it was somewhat surprising. After all, they had managed to co-exist without raising a protest to the existing brothels and strip clubs. Yet, somehow in their minds simple nudity posed a grave threat to community decency. As I said, it's a strange state of affairs. [Ed.]

This week local pastors testified before county commissioners over a proposed ordinance regulating clothing optional businesses. The pastors urged commissioners' not to approve such an ordinance, because it would indicate that clothing optional businesses were acceptable in Nye County.

The truth is of course that they already are. It's already legal to take your clothes off at a private business so long as you aren't committing some sex crime, such as exposing yourself to children or some sort of moral decadence. All that the commissioners are considering is building a framework to regulate such a business. That's what they're supposed to do.

To hear the preachers talk, the town of Pahrump is headed for ruination, damnation and the wrath of a vengeful God should commissioners decide to pass regulations outlining what's allowed and not allowed at a local RV resort that wishes to offer a secluded place for nudists.

One preacher urgings included the story of his daughter bursting into tears when she heard about the middle-aged nudists who might wish to flock to Pahrump to frolic in our dry sunshine away from public view.

Tears come to our eyes at the thought too, but for a totally different reason — most middle-aged naked people make for a pretty sad sight, particularly with this whole American obesity epidemic going on. Can't we get some naked spring breakers instead? (Florida has all the luck).

It's understood that everyone has a right to speak to the commissioners about their point of view, and in the case of these pastors, they were just doing what they feel is right to guard the moral character of the community, as it were. But in a town where brothels thrive and juiced-in pimps open strip clubs on Main Street, the pastors are totally barking up the wrong tree.

The editorial opinion of the newspaper was decidedly negative toward the choice of cause to rail against. The editorial pointed out examples of questionable businesses the pastors could better expend their moral outrage on. Instead they chose to go after a proposed clothing optional area in a trailer park. The paper suggests in this case that pastors testifying are probably best left for Sunday morning, and the commissioners' best left to do the job they're elected to do.

The complete story is [here](#).

Being A Naturist: One Woman's Experience

Genevieve is a young woman who has become a naturist and wants to pass on the good news about naturism to others, especially to women. As with many women, it was at her husband's urging that she first went to a naturist club.

For her, overcoming her insecurities and anticipated fears were the biggest hurdles to get over. Crucial to her eventual "first time" was trust in her husband. Thanks to her becoming a naturist, she reports having overcome a lot of her fears and has had an increase in confidence.

For Genevieve, becoming a naturist appears to have been accompanied by a blossoming of her personality. She had faced her fears and overcome them in the joy of social nudity.

Her experience is no guarantee everyone will experience the same sense of growth. Still, there is a potential therapeutic benefit to naturism that is available to many. All you have to do is give it an open minded try. [Ed.]

I was not a very confident girl growing up. I was teased and picked on a lot to say the least. Mostly I was just trying to scoot by under the radar at both my private Catholic grade school and later in high school. I learned one thing during that time, and that was to wait this out. That is what I did. I waited.

It felt like forever at the time, but it ended and I became an adult. I had a care-taking job. I worked holidays, and all week long. Still something was missing. What was it? I had a job that I liked and I went out with friends regularly. What could it be?

It wasn't until I met my husband that I started to piece it together. He showed me the confidence that I lacked. He gave me many new experiences to try. A typical exchange between us would go something like this: he would suggest something new to do or try and I would refuse initially only to try it later and, in almost every case, love doing it!

You would think that I would be able to bypass this initial hesitation when presented with a new experience to try and that I would learn to trust that my husband knows what I will like. For the most part, I have let go of the overwhelming fear. Thanks in a very large part to being a naturist.

Like most women, my first time going to naturist club was very nerve-wrecking. A thousand questions went through my head all at once. Questions like: "What will they think of me?" "What if I stare too much?" "What if I don't like being naked in public?" "What if no one talks to me?"

If you have never been to naturist club before, you may have same thoughts that I did the first time I was nude in public. That's natural and that is fine! Everyone is nervous in new situations. Being clothing-free make everyone equal, though. There is much less competition due to the elimination of material goods.

Some tips that might help you to relax during your visit:

- Everyone there is there to be nude. They are there at the nudist club because they ENJOY being clothing-free!
- Everyone is nervous their first time being naked with others.
- No one will come on to you just because you are naked. It is against the code of conduct. All naturist clubs take great pains not to be associated with anything sexual or erotic.
- No last names will be given out. Most naturists have jobs that would be adversely affected if it was discovered that they were nudists.

“Overcoming her insecurities and anticipated fears were the biggest hurdles to get over.”

- There are definite rules about bringing your mobile phones, all mobile phones have cameras now, and cameras into a naturist resort. Some resorts will let you bring them in and use them while you are there, if you get permission from the people who will be in the photograph. Other nudist resorts will not allow your mobile phones or cameras on the premises; however they may have a camera you can request to borrow from the main office instead.

I have been living the clothing optional life for about two years now. And the list of things that I have discovered both about myself and others is a bit surprising. For instance, who would have thought that taking your clothes off and baring all would result in a greater acceptance of your own body? It sounds completely crazy, but it is true for me. I have a higher level of body image approval in the short time I have been a naturist than in all the years I have spent clothed.

I have also learned that status does not matter when you are naked. No one cares if you are the highest ranking official who makes the most money or if you are experiencing extremely hard times. Being nude is the best equalizer there is. No one cares how fit you are or what kind of car you drive, those things have no place at naturist resorts.

Being nude is fun! Where else can you openly skinny dip that is socially acceptable? The best thing about being naked? It has to be the lack of a soaking wet swimsuit! Naturist clubs are relaxing places. Those who are at the nudist resort are there for enjoyment, not networking. Leave the office politics at the office and enjoy the company of others. Nudists are fun people! Go to a resort and make some life-long friends!

I hope that when you go to your first nudist club, you are able to relax and enjoy it as much as I have done and will continue to do in future visits. Being naked is the best thing I have ever experienced! I hope it will be the same for you!

Read her story for yourself [here](#).

Nude Education

The following excerpted book review is from Young Naturists America. It can be purchased from Amazon. The book's author, Guido Nigro suggests a new mental health diagnosis he calls, nudophobia to account for the unreasonable hostility toward seeing the nude body. It's an interesting suggestion. Chances are the American Psychological Association won't adopt it for real. [Ed.]

Nude Education – Recent talks about nude education began to spread throughout the continent of Australia from the Cambridge Conference Center, on air at the WHRB 95.3 FM. It has even found its way into The University of Australia. It all started with a single book called Raped by Clothing: A Nudophobic Society.

The author Guido Nigro wrote this book asserting the theory that everyone in the world, who is offended by nudity, has a mental sickness called “nudophobia.” He compares this idea to the reaction people have against spiders in clinical cases called “arachnophobia.” The fear of spiders in our society was a direct result from the 1970 s film “Arachnophobia.” The case is similar with people who are afraid of seeing naked people. “You see once we got a disease like that, we have to adjust to change the world....those who attack are nudophobic” Guido says.

Inspired by his research and novel, Guido recently started teaching nude education seminars in March of 2011 in a clothed setting to help people learn of this sickness that indirectly encumbers every moment of their public lives. He hopes to expand these bits of education into classes at school all throughout the world starting with Australia. He believes that eventually nude acceptance will become more of the norm ... if we teach society to look at the human body as something other than the sexual image the media constantly drills into our minds through marketing schemes.....

The book, Raped by Clothing, is a fictional novel about non-sexual nudity that interprets the lifestyle of nudism through characters similar to the lifestyle of Guido and his companions. He was first introduced into nudism in Italy at the early age of 13 and has been practicing social nudity going on 38 years now.

His curiosity towards nudity started at the age of 12. He regularly sneaked behind the school building after hours with the other boys to ogle cut out pornographic images of women. When he confronted his older brother about this new boyish fascination, it was then his brother told him. “No Guido that is wrong! I will show you another way that you can keep away from pornography.” From there his brother took him to a nude beach to teach him the facts of life.

“The first time that I went to a naturist beach, I could not believe my eyes because there were girls, roughly my age, that I was seeing nude for the first time in my life. After a while I realized that the sexual link in my mind was completely gone,” says Guido.

Raped by Clothing is “A tragic story about a society that has lost the ability to distinguish between pornography and art, between purity and perversion. It is a place where the human spirit is engaged without any hope to emerge.”

The book begins to describe a closed minded society where the author highlights the change that is happening throughout the world; the change where every form of recreation in schools containing open enlightenment is closed down including astronomical observatories, artists groups and even religious practices such as prayer groups....

“I strongly believe that nudophobia is a sickness that is used by society. Society introduced this in building clothing. In fact Raped By Clothing, the name many people find strange, the majority of people are raped by clothing because society imposed clothing on us at an early age which brings a lot psychological problems later on in life.” – Guido Nigro

The complete book review is [here](#).

Breast Cancer Awareness

A few days ago I learned from my next door neighbor that in a few days she will be undergoing a double mastectomy. Her breast cancer treated five years ago had re-emerged. It was a shocking and sobering disclosure.

She expresses confidence and acceptance of what she needs to do to protect her life. Still, the drastic nature of the procedure is disturbing for me to contemplate. The courage she is showing to face the choice necessary to give herself the best hope for life is moving.

It's truly amazing how clarifying it is when we are faced with a life and death choice. Suddenly, breasts so much a part of our self concept as taught to us by our breast crazed culture become expendable. Suddenly, the truth is outed.

Women aren't their breasts. In the end, breasts don't define their worth or their identity. My neighbor's charm, creativity, personality and worth, etc., lie in who she is as a person in her totality, not in a body part.

The message of naturism for a hundred years has consistently been that the body is honorable in all aspects. Equally, naturism has stood for changing the culturally conditioned relationship between men and women into one of equality. The presentation of the body in social nudity speaks to both these ideals. Naturism teaches that human beings aren't valued based on the proportions of their body parts, but by their character without pretense.

The author of the following article writes approvingly of the paintings depicting real women's breasts. Of course, they are viewed in the context of breast cancer awareness. This context takes breasts out of the traditional role of only being about sex. Suddenly, attributes of nobility are imputed to the pictures of breasts. This shows that people can be induced to interpret nudity as other than sexual.

Once again, naturists have promoted this message for the whole body for a century. No one listens. At the same time a cause approved by society can sell paintings depicting breasts painted by a famous artist with huge approval. The author does so using arguments long advanced by naturists. Society listens to one and rejects the other.

When it comes to effecting cultural change toward greater body acceptance, naturists haven't made much headway. It seems to me that naturists need to come on board with causes that have messages in line with our own and share in their

legitimacy. [Ed.]

How do you convince non-models to disrobe and go topless so you could paint their breasts? It's easy when the artist is Sequi Cu Unjieng and the paintings are meant to raise funds for breast-cancer patients.

Mastering depictions of nude human forms is a threshold for any artist, and Cu Unjieng seems to have crossed this in the upcoming *Transcending Boundaries*, her third and latest exhibit after last year's *Mind on What Matters*.

The exhibit, which will be held on October 2, shows breast paintings of real women, featuring the uniqueness of each sitter. October is Breast Cancer Awareness Month. "When the viewer looks past the 'breasts,' facets of each woman may be discerned and observed. Not only do the paintings focus on the individuality of the women, but the body of work also gives a sense that all women share the same feelings, roles and aspirations. The use of mixed media highlights the idea that women escape definition and are a composite of many qualities and attributes," Cu Unjieng said in explaining *Transcending Boundaries*.

The breast paintings have depth and spark, and perhaps even some transference of energy from each model. There is an overall sense of reverence in the depictions. Even adolescents viewing the exhibit would not see anything bad about looking at the breasts.

The paintings show breasts in all of their natural, nonsurgical enhanced glory, radiating strength and beauty, with no hint of voyeurism or titillation by the artist, whose assessment of the subject and all its re-imaginings, being a woman herself, is dead-on.

There is one painting, however, that clearly shows a breast-cancer survivor after surgery, telling us quite powerfully that art is not meant to be restricted to just the youthful perfect models we all so often see in paintings; and shattering common cultural notions of what is or isn't beautiful. The painting says all our bodies deserve to be celebrated as art.

The proceeds of the fundraising through the sale of the paintings have been earmarked to benefit women who otherwise have no financial means to have the necessary tests for early breast-cancer detection.

Finding a cure for breast (and all forms of) cancer is important. You can learn more about this fundraiser [here](#).

Items We Need

Please see our website at lakeedun.com for more details.

- Non-motorized boats
- Chipper we can borrow
- Lawn or lounge chairs
- Large water storage tank
- Plastic barrels
- Concrete pavers
- Aluminum cans, etc
- Wooden Cable spools

Lake Edun Foundation, Inc.
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 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	_____
Associate Member (Over 125 miles away)	175.00	250.00	_____
Working Membership (Discount)	(50.00)	(50.00)	_____
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	_____
Tax Deductible Donation - Improve our Educational Program			_____
Tax Deductible Donation - Legal Defense Fund			_____

Total Enclosed - Check, Money Order, or Credit Card _____

Charge my Visa; MasterCard Discover AmEx # _____ Exp. ____ / ____

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