Bare Facts

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

Halloween Party and Annual Meeting

Sometimes we are so engrossed with the fun and beauty we take for granted, we forget the Lake Edun Foundation is a not-for-profit, educational foundation. As required by our bylaws, we hold an annual meeting every fall around Halloween to review the past year's activities and look forward to the coming year. We also use this meeting to select members for our Board of Directors. It is an important (and fun) event open to all members.

This is a particularly important meeting since several board positions are opening up. We hope all Eduners will consider a position on our Board. You will find a description of Board Responsibilities later in this issue. In addition to the normal business items, we will hear an interim report on our survey.

Our Annual Meeting will be held this year at Truck Henge. It will begin at 6:30, Saturday, October 26. 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.

Sign Up For The Winter Warriors

Every Winter, we rely on a close-knit group we affectionately call our Winter Warriors. Mobilized on short notice after the first frost when weather looks reasonable, we work on annual tasks such as clearing trees from the dam. We also undertake projects to make improvements to our special place.

If you want to be counted as a member of the Winter Warriors, send us an email so we can get you added to the list.

While we do try to work hard, we also take time to talk, laugh, and have a great time. It is one more way to get to know other Eduners and supporters better. If you cannot personally assist, consider a donation to pay some Boy Scouts willing to help with our projects to earn camping money.

News Of The Board

Our Fall tasks in preparation for Winter are well underway. Already Floats and Docks are being brought in and Boats stored. If you have been out recently, you may have noticed new rock at the entrance to smooth a drop from the road. One member recently remarked that we need to totally redecorate or cover the sign. We hope she likes to do things with us.

As the weather changes, we will call up our Winter Warriors. Every year, this wonderful group of Eduners and supporters work on the many tasks most easily done when foliage is more cooperative and we don't encounter ticks, chiggers, and poison Ivy. In addition to annual Winter maintenance tasks, there are several improvements we are considering. We await results from our annual survey before finalizing these.

Take The Survey

Every Fall, for the past five 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.

This year we ask about the activities we conducted and what our supporters would like us to plan next year. We test ideas 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 Grace for a link. Or, click <u>here</u>. If that doesn't work, copy and paste: http://www.instant.ly/s/qf6Vq

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.

Cool Weather Brings Us New Friends

Rather than shutting down with a quiet beep, cool weather has brought new faces to the Lake Edun circle of friends. At our first sauna we had the good luck to meet a couple from Alabama staying for a while in Topeka. They lived for a year in a naturist resort in mid-Oklahoma and had many stories to tell. We appreciate that they took time to find us, after seeing Bare Facts on our website. We hope to see them again.

Last weekend a new couple from Lawrence came to camp for a couple of days in spite of dire predictions of rain. Now they were well equipped campers and at the first opportunity were invited to join us and be part of the permanent family.

Plans are underway to expand our paths and trails and hopefully more of you that have been holding back for the right time will participate with us in making Edun more perfect. As described elsewhere, our Halloween party will be a great time to see more of our members and we welcome honored guests.

DON'T FORGET

Oct 6; Sun; 4-6; Board of Directors

Oct 8; Tues; 7-9; Sauna Oct 17; Thurs; 7-9; Sauna

Oct 26; Sat; 6:30; Halloween Party; Annual Meeting follows Halloween Party/

Oct 27; Sun; 7-9; Sauna Nov 1; Fri; 8-10; Sauna Nov 9; Sat; 8-10; Sauna

Nov 10; Sun; 4-6; Board of Directors

Nov 17; Sun; 7-9; Sauna Nov 27; Wed; 7-9; Sauna

The Buff Astronomer

Recent cool, clear evenings and nights have offered astounding views of both constellations and planets. Venus and Saturn have stayed paired in the evening sky, although ringed Saturn is moving closer to the sun and may disappear for awhile.

In the early morning, my favorite constellation, Orion starts his march across the sky only to disappear when the Sun comes up. At around 5AM Mars is visible, with Jupiter more to the south and very big and bright.

What is special about Mars just now is that the new Comet ISON is just now coming into view in very large telescopes. On October 1, it made its closest approach to Mars (6.5 million miles) and it is now heading Sunward where it could possibly be so bright in winter (December) that it would be visible during the day. Keep a watch for this and I will watch out for you also.

Naturists' Progress In The U.S.

This is the first in a multi-part series looking at Naturism and how society reacts to Naturists in various countries around the world. We begin, of course, with a look at our home turf.

It is probably not surprising that Naturists experience some resistance nearly everywhere from those who claim the moral high-ground. This is particularly the case in the U.S. But, are these claims true?

In many countries, courts have played a part. A court victory against the US Postal Service paved the way for naturist publications to be sent through the mail. Of course, that same victory opened the door to publications such as Playboy to do the same.

We all know Playboy became wildly successful, making Hugh Hefner a multimillionaire. At the same time naturist publications, with their much tamer and non-erotic content didn't fare nearly as well. Sex sells, as they say. With such commercial evidence, one wonders who really has the moral high-ground

It is confounding that millions of subscribes to Playboy openly received their monthly magazine, but naturists continued to stress anonymity. Naturists only used first names, and feared serious repercussions should their naturism become public knowledge. All of this at the same time that Playboy and its readers openly encouraged casual sex while receiving only minimal, and largely unsuccessful, social disapproval. This is something of a head scratcher.

The message society at large seems to be sending is that it is normal and manly, not to mention hip, to be willing to pay to see extremely beautiful women nude. Perhaps the motivation is to better enhance their esthetic appreciation of women. Playboy was a fantasy message to many a lonely and socially inept male about being in charge and experiencing pseudo intimacy with women they would never be sexually intimate with, much less even meet. What's not to like about that message??

Playboy was on Main Street, or at least the newsstand, while naturists were in their ghettos. Playboy promised sexual liberation and perhaps even conquest. Naturism stressed nonsexual family oriented nudity with the possibility of liberation to grow as a person. Major companies flocked to the pages of Playboy to advertise. Naturist publications advertised other naturist clubs.

The bottom line for the larger society it seems is that seeking fantasy sexual stimulation by looking at magazines in the privacy of your bedroom is ok. However, to seek genuine mature, but non-sexual relationships through social nudity with other like minded people is horrifying, and an affront to good morals and all that is holy!

America made the decision to tolerate and financially reward voyeuristic, erotic nudity. Except in the imagination, the nudity was one sided. Men, purchasers of the product, did so with their clothes on. Only women, the objects of the male readership's gaze, were undressed. Men kept their clothes on, and the nude women weren't really there. What better way to strike a balance between the traditional male position in society vis-a-vis women, and striking a blow for modernity?

Social nudity, on the other hand, doesn't play games with our sexuality. Instead, its intention is, and always has been, to place men and women on a level playing field. Neither is cast as object, both are subject to the other. Mutual respect for the personhood of the other is fundamental to naturist philosophy and practice.

The male naturist isn't looking for a "playmate" of the month to consume and then move on to next month's offering. On the contrary, early naturism was concerned that single male and female participants honestly evaluate one another for the prospect of marriage and children. However, this is a far cry from the objectifying nature of 'casual sex', even if mutual.

Early naturists viewed social nudity as the ideal arena in which to value and improve the health and vitality of the body. The world of the city and factory were viewed as causing debilitating weakness and decay of the body. It was believed that sunshine, exercise, and healthy diet could restore to the body what had been lost as a result of modern life.

This is the message and credo that was sent forth from Germany and Europe in the early 20th century. Sadly, on this side of the Atlantic only the body as sexual was the prevailing paradigm. Here, we can only look at the wide spread acceptance of naturism in Europe and mutter, "If only...."

It is good to read the story of the Naturist experience in other countries, even if only in abbreviated form. Next month, we will look at France where Naturism has flourished, even though most French aren't naturists. Today, over a million tourists from all over the world flock to naturist venues in France. Overall, this is all that naturists ask: A degree of coexistence and non-interference with our choice of outdoor wear, generally in recreational settings.

In turn, naturists uphold to an unbalanced society, the essential dignity of the body, not as inherently shameful nor exclusively sexual in all its parts and functions. This message is a valuable corrective to all. The body is simply "the body," and unless the context is explicitly sexual it is neutral. This would be a message of healing to many ills that plague so many people.

Who Are You Calling Disgusting?

Being different always has its hazards. Hiking nude, or freehiking as some call it, across the English countryside is a case in point. The following is an account of one incident where naturists meet the disapproving public and neither is happy about the outcome.

It's not easy practicing naturism openly, even when it isn't illegal. There is always the chance encounter with the person who can ill afford the loss, eager to give you a piece of their mind. Such is life. [Ed.]

Our hike took us to the beautiful valley of the River Ouse on its journey from Alfriston to the sea at Cuckmere Haven. Despite the beauty of the scenery, about 15 minutes earlier and a kilometer upstream there occurred a little altercation that proved not all was as peaceful as it at first seemed.

I was out walking the countryside naked with Richard and Will. After a mid-walk pint we were looking for a place to undress again to continue. We strode onto a wooden bridge over the river which Will declared was a suitable place to get naked, and then proceeded to do so.

A male voice rang out. At first it seemed jokey. We looked around and there 5-10 meters away, partially hidden on the river bank under the bridge, was a burly middle aged man with a large video camera on a low tripod. The camera was pointed at the bridge.

Soon it became apparent this man was in no mood for humor. He was disgusted, offended, and ranting. Will took the bait, as both he and Richard tried to argue rationally. The man stormed onto the bridge, filming each of our faces from one foot away while talking about the BBC, calling the police, and finally about that old anti-naturist fallback, 'the children.'

Of course there were no children anywhere in sight, not just here, but on our whole walk.

A mix of the after effects of this altercation on my head and the now cool wind kept me clothed. Richard stayed clothed too as we walked to the bridge as Cuckmere Haven. Will, who is hardier than us, walked nude all the way.

We passed nobody on route. No police were there to meet us. Perhaps they had read the new Crown Prosecution Services guidance making it clear that we three naturists were involved in a perfectly legitimate activity.

Thinking back, it is curious we did not question why exactly this individual was nestled down on the riverbank with his camera pointed up from below at this bridge. The open sides meant he saw and filmed Will naked. As a photographer myself, I can imagine another day when a different person might shout down from the bridge at him, calling him a pervert for wanting to film from below children crossing this bridge. It was he that raised the issue of children, not us.

People do not understand that walking is a legitimate form of nude recreation for the naturist. Thinking the worst of somebody who is merely different is what disgusts me. This incident soured our walk a little.

Those interested can follow the story for themselves here.

Baring It All In Toronto

The following is from a Toronto, Canada morning news broadcast. To really understand what the TV cast and crew attempted, watching the video online is a must. See the website address here.

The cast was inspired by a California woman's thirty day challenge to photograph herself in her bra and panties in various public locations. She wrote slogans on her body that proclaimed her message of, "Be beautiful."

What sets her project apart is that she is a large woman struggling with body acceptance issues. The Toronto morning show cast were inspired by her courage and message and decided to put the same challenge to The Morning Show team, (both behind, and in front of, the camera).

Their premise was that in all honesty, viewers never see real life depicted on the screen. Anyone on camera spends an inordinate amount of effort trying to look good. This includes hours getting make-up, styling clothes, learning angles, (it's the reason why everyone makes the same pose on the red carpet) and of course looking thin which is the Holy Grail.

The be thin message comes like hurricane-force winds. You can't avoid it.

At some point we all have a moment of insecurity in which we think: I am too fat, or too ugly. This insecurity doesn't just come once, but numerous times.

The moment of "terror" for one of the female hosts was when she got pregnant. Amidst all the excitement, I worried about getting fat on TV.

Another revealed her negative self talk as, "...a ramble that goes on mostly in my head, but it's annoying and exhausting nonetheless. Unchecked, it's dangerous. I already spend half an hour in makeup every day. I go to the salon three times a week. I get facials. I work out. In healthy doses, it's not a big deal. It's part of the job, I tell myself."

She then added, "The reasonable part of me knows I look fine. Most women look fine. And yet, we all go to extreme lengths to look a certain way. We want to measure up. Who doesn't? But what happens when the measuring stick is not only dangerously unattainable, but distorted?"

One cast member explained her motivation in taking part in their experiment saying, "In a small way, taking this picture is admitting that's true. It's also admitting, that in some small way, I know I contribute to that problem by showing only one aspect of myself on-air, all the time: the one who spends half an hour in make-up, wearing clothes often picked with the help of a stylist, in studio lights that cost a fortune."

She adds, "Taking a photo with minimal clothes, no makeup and regular lighting (gasp!) isn't a fun thing to do. But it is a reminder to me and maybe others, to snap out of these unreal expectations we set for ourselves."

The take away from all this is that reality looks just fine, and we shouldn't be afraid to show it.

I believe the comments from the cast and crew illuminate the image shaping power of the media and highlight the everyday struggle each of us faces in dressing to favorably impress others. In effect we all have to "face the camera" so to speak. The danger is that anything less than our full attention risks the fear of public rejection. The other side of this coin is that this story illuminates a major reason that nudity is such a terrifying prospect for people.

Educating and promoting naturism to others has to be sensitive to the dilemma to be overcome. Public nudity arouses a visceral terror of vulnerability in many so intense that it is too great to even contemplate, much less subject their selves to. [Ed.]

If this is important to you, see it for yourself.

Join With NAC And Support Naturism

Many of you may be aware of the destructive role the California Department of Parks and Recreation has played in closing to clothing optional use traditional naturist beaches. Now there is a way to right these wrongs.

Go to the NAC <u>website</u> and read the latest NAC Alert. There you will find all the information about what is transpiring in California along with specific suggestions for lending your voice to such an important cause.

The good news is that you don't have to live in California to help. California is a major tourist destination. Let them know you are a naturist and would enjoy being able to visit a designated clothing optional destination when you visit their state.

Remember, what happens in California has a way of influencing the rest of the country. [Ed.]

In Praise Of Naked Yoga

A growing trend in yoga is nude classes. This is being explored by a number of people in the media. The practice of nude yoga is controversial among yoga practitioners, but when did that ever stop some from exploring the possibilities of something new?

The writer of the following excerpt isn't a naturist yet manages to arrive at conclusions about her body and nudity among other people that are identical to the observations of naturists. It's amazing!

When coming with an open and non-judgmental mind, people with no background in naturism arrive at an almost universal "Aha" moment in which the blinders fall away. Shrouded in our clothing, what had been unthinkable shortly before, now becomes so clearly obvious. The body in simple nudity is neutral, but at the same time opening us to a profound experience of self revelation and connection to others. It's a good thing!

When thinking of talking to people you know about naturism, it is helpful to keep this truth in mind. When tried, most people will react with pleasant surprise. The preconceived fear and trepidation gives way to delight, just as it did for each of us at our, "first time." Notice this process progress in the author's descriptions of her own thoughts and reactions. [Ed.]

The author begins by saying that for whatever reason, she wasn't all that nervous about going to a nude yoga class.

After all, yoga is all about connecting with our inner core, and is so mental and spiritual. I thought it would be cool to practice without any physical barriers.

Accompanied by two co-workers we reached the studio, and I gawked at every person: "Are they in the class too?" "Will they potentially be staring at my vagina in about ten minutes?" "Will they like my cool bra?" And it all felt ... a little weird

When instructed to begin, I immediately took everything off, and sitting on my mat, completely naked, I finally felt fine OK — when everyone is in a room ... without clothes on ... it stops being weird.

We were doing half-moon, a pose I love, but have trouble getting into the full expression. The teacher came around offering encouragement and some hands on help. I tried to correct my pose, but began to lose my balance, so she came over to me. Her naked hip was against mine as her body supported me and led me for the first time into the full expression.

Suddenly it struck me that here we were, two strangers with our naked and beautiful bodies next to one another. I was definitely saying "I'm having a moment ... I'm having a moment ... I'm having a moment" in my head. It was cool.

The writer in searching her feelings and reactions was lead to the insight that the class had helped her realize the way our bodies *look* shouldn't be that big of a deal; it's far less important than what they *do* for us. This body is what allows me to do this pose, and the one after that, and the one after that. It's what allows me to run marathons injury free, travel around the world, and have enough energy throughout the day. This body, right here, fuels me. Not a body five pounds lighter, or a body with a six-pack, or a body with crazy calf muscles or bigger breasts. The body I was staring down at, perfect in its imperfections, has and continues to give so much to me. So how could I ever be upset with it?

Perhaps the thing I loved most, though, were the connections we made after class. Something so different than after clothed yoga classes I've attended. But once you practice next to people butt naked starting up a conversation afterwards ain't no thang. Some came who were simply curious (aka me), others are working on body issues, and others are nudists simply working on their chair pose.

So – final verdict? Naked yoga was definitely worth experiencing, and helped me realize hangin' out sans clothing should be something we all do a little more often. As one of my co-workers noted, "We were still us, just naked." Exposing yourself doesn't have to always be sexualized, or taboo, or just plain uncomfortable. It can be freeing and fun, and a good reminder that we're beautiful just as we are, and should thank our bare bodies for all the crazy wonderful things they do for us.

Find the full story <u>here</u>.

Annual Meeting And Board of Directors Responsibilities

2013-2014

Our Annual Meeting, as required by our By-Laws, is scheduled for October 26, 2013. This is when our Board of Directors reports 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 members of the Lake Edun Foundation plan to attend this important meeting.

We also hope all members will consider accepting 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 has given 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 Grace].

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 social 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 events. 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.

Not Anyone I Want To See Naked

The following illustrates the change in perspective that occurs once a person becomes a naturist. The contrast in attitude is dazzlingly clear. The non-naturist betrays themselves through phrases that appear over and over. The clincher here is, "...he's/she's someone you don't want to see naked."

This phrase betrays the belief that there is a spectator sport called nude watching, AKA voyeurism. He/she wants to rate the naked bodies for their sexual appeal. To the voyeur that's all a naked body is about – SEX! Shame on these unenlightened souls!

The comments about "not someone you want to see naked" indicate that the article's author is not a nudist. ;)

It also suggests someone with real unhealthy hangups about the human body. What is this guy going to do when he starts to sag? Or his wife starts to sag and becomes someone who he 'doesn't want to see naked'? Divorce her or cheat on her?

Naturism provides a natural cure for the voyeuristic mind. It's called body acceptance. The writer below shows this cure has taken place in him. Naturists say the curative effects of social nudity can cure everyone, *even you* of being a voyeur. [Ed.]

I copied the following from a recent article in the C section of the Windsor Star. This was lying on a table at a McDonald's on Thursday, so I know it's only a few days old. I am not posting this as a defense of gymnophobia, or a discomfort

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with being naked in a change room, or being with other naked guys, but only to show that this sentiment is common. It wasn't just me. I'm quite certain that I will be comfortable with nudity – mine and that of others – the next time I'm in a change room, since I've learned to see things differently. In fact, now I find this a little strange.

The following is the last few paragraphs from the article. The headline of the article was about Naked Guy.

"And my favorite: Naked Guy. According to the men I talked to, every gym has Naked Guy. Buddy loves to be naked in the change room. He struts around, he stands and talks to you, he sits on the bench and he even likes to shave in the nude.

The worst part about Naked Guy is he's someone you don't want to see naked. Luckily, most gyms don't have Naked Woman in the ladies change room."

You could probably find this article at the Windsor Star's website. — CJ

Re: Nudity in the locker room... again

I also agree with you. Personally I love being naked, but unfortunately my wife doesn't appreciate my walking around undressed. I'm not unattractive. I'm thin and athletically built. She has her hangups. Consequently even though I consider myself a naturist my time to be naked is limited. So once a year I go to resort nearby where people of all shapes and sizes can go and not be judged. It's wonderful. – Mario

Security code

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