

# Bare Facts

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38° 58' 7" North; 95° 47' 56" West

## Naturist Etiquette

Like all cultures there are a few ground rules Naturists observe. For those considering a first visit, it is helpful to have an understanding of basic Naturist etiquette.

**No glass or glass containers:** Glass sometimes breaks. Thus, it is not permitted anywhere at Lake Edun.

**Expectation of privacy:** Naturists in general and Eduners in particular are genuinely friendly. Still, naturists have an expectation of privacy. Do not monopolize the time of new-found friends. And, since some wish to keep information such as full name and employment personal, it is impolite to ask personal questions.

**Photography considerations:** Just because someone feels comfortable being nude in a social setting does not mean they wish to be photographed. Cameras and cell phones with photo capabilities are prohibited. In the rare instances where photography is allowed, never photograph anyone without their permission.

**Towels are standard equipment:** Naturists carry a towel to sit on as a courtesy to others. Since others may not wish to view our nakedness, if you are in one of the few areas visible by others off the property, please use your towel to cover up.

**Staring and gawking:** From childhood we learned staring is rude. It is considered just as rude in naturist circles. We understand there is normal curiosity at play during a person's first visit so a certain amount of looking at others is tolerated. Just remember: Naturists enjoy nudity for the sake of nudity; not because they want others to look at them. Voyeurism or gawking at genital areas or female breasts is taboo.

**Public sexual display:** While we enjoy the bond sex brings to caring, consenting adults, we believe this is an intensely private matter. As a family-friendly environment, any open display of a sexual nature is not tolerated. Men concerned about erections during a first visit, can be assured it rarely happens. Our atmosphere is not sexual and natural nervousness during a first visit interferes with hormones. In the unlikely event, carry your towel in front or jump into the lake.

**Socializing:** Aside from the absence of clothing, naturists gatherings are like any clothed social gatherings. Coarse jokes, unwanted advances, excessive profanity or comments about another person's body parts are all unwelcome. Any behavior demanding an apology is unacceptable.

**Photo identification:** For the safety of guests and members, everyone joining any Lake Edun Foundation activity is required to present an acceptable photo ID.

**Genital piercing and jewelry:** We wear earrings to attract attention and frame our face. Because jewelry is intended to draw attention, we do not permit any visible jewelry below the navel.

## Welcome To The Lake Edun Foundation

Thank you for taking time to learn more about the Lake Edun Foundation. We are a not-for-profit, educational foundation dedicated to increasing awareness of the beneficial impact living a clothing-free lifestyle can have on the individual, families and communities in Kansas and Western Missouri.

To accomplish this, we produce a monthly, educational newsletter, maintain a webpage, and host various public performances to expose others to the benefits of Naturism. We also lease a facility where supporters can experience for themselves the beneficial impact of being natural in nature.

If you have never visited any LEF activity or if it has been many years since your last visit, we hope the information in this special edition of Bare Facts will entice you to at least try a clothing-free experience and visit us sometime soon.

For more information, visit our website, [LakeEdun.com](http://LakeEdun.com) or email us: [nude@lakeedun.com](mailto:nude@lakeedun.com). Ask and we will send you a copy of the latest issue of Bare Facts. If you are convinced of the value of our mission, please support LEF with your generous, tax-deductible donation. But, most important, we want you to visit us either at our leased facility southwest of Topeka or one of our other activities. Come by yourself or bring a friend to provide moral support.

## DON'T FORGET

June 6; Sat; 12-2; Open House  
June 6-7; Camping for New Eduners  
June 13; Sat; Evening with the Buff Astronomer  
June 14; Sun; Noon; Yoga with Bradley  
June 20; Sat; 7pm; Wine & Cheese tasting  
June 20; Sat; Dusk; Movie Night  
June 28; Sun; 3pm; Photography Seminar  
July 3-5; Clothing Independence Weekend  
July 5; Sun; 9 am; Yoga  
July 5; Sun; 12-2; Open House  
July 11; Sat; 4; Walk-talk with the Arborist  
July 11; Sat; Evening with the Buff Astronomer  
July 18; Sat; 7pm; Wine & Cheese tasting  
July 18; Sat; Dusk; Movie Night  
July 25-26; Camping for all Eduners  
July 26; Sun; Noon; Yoga  
July 26; Sun; 3; Visit the Dermatologist (date tentative)  
Aug 1; Sat; 12-2; Open House  
Aug 15; Sat; Evening with the Buff Astronomer  
Aug 22; Sat; 7pm; Wine & Cheese tasting  
Aug 22; Sat; Evening; Movie Night  
Aug 23; Sun; Noon; Yoga  
Aug 29-30; Camping for all Eduners  
Sept 4-7; Labor Day Weekend  
Sept 12; Sat; Evening with the Buff Astronomer  
Nov 7; Sat; 5-7; Annual Meeting

## What To Do; What To Do; What To Do

First time visitors to Lake Edun, the magic place leased by the Lake Edun Foundation, often wonder what there is to do once they arrive. Most are astonished at the variety of activities available. Few residents realize the beautiful facility hidden in Shawnee County.

Lake Edun is family-friendly with activities for all ages. Swimming, of course, is big. But, then, so is reading a book in a lounge chair. Or, visiting with other like-minded people.

Kids from 8 to 80 enjoy exploring the miles of well-maintained trails we have. The hike provides wonderful exercise. In the process, they can learn about the many trees and shrubs along the way. It's an opportunity to see Nature naturally.

In addition to the hike, we have one completed exercise station and another is being built. We want our supporters to be healthy enough to enjoy the beautiful gift Nature provides.

Others prefer to fish in our 10 acre lake. For its size, it seems to be under-fished. Evidently, the avid fishermen don't like our dress code ... which is fine with Eduners who like to fish.

Perhaps your preference is gardening or canning. Members may maintain garden plots in which they may grow a variety of crops suited to the Kansas environment. If gardening is too much effort, skip it and harvest the delicious Mulberries and Cherries. We have tasted some excellent jam from fruit grown naturally. Can anyone make cherry wine?

Canoes and paddle boats are available to get to any area of the lake. Some bring their own sail board or small sail boat.

Some want to learn more about a special topic. We schedule brief seminars on subjects our supporters have expressed an interest in.

What to do? With so much to choose from, we understand why that becomes a difficult question. Visitors must somehow narrow it down.

## Two Short Videos

Young Naturists America continues to amaze. Here are two short (too short?) videos produced by this organization. These are no "made in your parents basement" productions. These are high quality, dramatically beautiful videos with high impact messages. What a great group of talented people advocating for naturism!

The first, Nudism – What Nudism, packs two minutes and thirty six seconds with images, music, and text. It shows naturism as it really is: vibrant, interesting and fun.

<http://vimeo.com/62971561>

The second, Body Image – Who Said Body Image Was Not A Real Issue!?!?! , tackles the subject of media driven, impossible to reach standards of beauty and the devastating consequences this has for many. This is a subject critical for anyone concerned about the health of our children.

<http://vimeo.com/61438653>

These powerful presentations present and discuss issues everyone, even non-naturists, claim are important. Share them with everyone.

## My Story

*By: Danni*

The first time my husband mentioned visiting a clothing-optional place I thought, "you've got to be kidding!" Taking my clothes off in public? I mean, I was still a little nervous to go nude at home behind closed doors. But, we went. He walked around everywhere completely unclothed and I stayed covered from head to toe. But, I left very intrigued.

The next summer we visited Sandy Hook, New Jersey. I discovered very quickly that if I didn't undress there, I would be the odd ball. So I did. I found it to be very liberating, comfortable, and cool (it was a hot day). We have since visited Sandy Hook again as well as Haulover Beach in Florida, and Sauvie Island, Oregon.

Then about two months ago, my husband mentioned visiting Lake Edun in Topeka. I was very cautious once again. Topeka is awfully close to home. I was afraid to let anyone I knew that shy little Old me could possibly be nude in public. But once again, I went – only this time it was different. I liked it from the start. From the greeting and hospitality we received when we arrived at the barn to the immediate acceptance from those at the beach, I knew that I had nothing to fear. Now, after being a member for two months – and four visits later – my nude inhibitions are gone. I look forward to going and can't wait to disrobe.

Thank you Lake Eduners for welcoming us to this special place. Thank you for teaching me that I don't have to be far from home to find the comfort and liberation that I first discovered that day on the beach in New Jersey.

## Got Your D?

Older adults severely deficient in vitamin D may be over twice as likely to develop dementia or Alzheimer's disease as those who don't have a deficiency, according to the largest study of its kind, published in the journal *Neurology*.

According to the study, adults who were just moderately deficient in vitamin D had a 53 percent increased risk of developing dementia, the general term for any severe decline in mental ability, while the risk jumped to 125 percent for those who had a severe deficiency. Similarly, for Alzheimer's disease, the most common type of dementia, the moderately deficient adults were 69 percent more likely to develop it, while the severely deficient had a 122 percent increased risk.

The lead researcher explained, "It's a relatively large study, and it looks like it does show a pretty substantial link.... It just doesn't show us why there is a link." One hypothesis is the brain, including the hippocampus, one of the first areas to break down with Alzheimers, is full of vitamin D receptors.

There is a growing body of research on the disease's connection with vitamin D. Sunshine and supplements are the main sources. Minor sources include egg yolks and oily fish like salmon and sardines. Vitamin D has also been linked, in various studies, to preventing asthma, diabetes, and cancer.

"...vitamin D has a profound mechanism of action, as it's really a steroid hormone that turns genes on and off. No other vitamin works that way. There are at least 1,000 different genes directly influenced by vitamin D." The council recom-

mends a combination of cautious sun exposure combined with supplements in winter months.

<https://www.yahoo.com/health/clear-link-found-between-vitamin-d-deficiency-and-94074543072.html>

Another major study published in the Journal of Internal Medicine found women who never sunbathe during summer are twice as likely to die as those who sunbathe every day.

Researchers in Sweden claim guidelines which advise people to stay out of the sun unless wearing sunscreen may be harming the population, particularly in countries like Britain.

The new research followed nearly 30,000 women over 20 years. It suggests women who stay out of the sun are at increased risk of skin melanomas and are twice as likely to die from all causes, including cancer.

“Sun exposure advice which is very restrictive in countries with low solar intensity might in fact be harmful for women’s health. The mortality rate was increased two-fold among avoiders of sun exposure as compared to those with the highest sun exposure habits.” “The findings support the consensus that the ideal amount of sun exposure for Northern Europeans is ‘a little’, rather than zero.”

The study looked at 29,518 Swedish women recruited from 1990 to 1992 and asked to monitor their sunbathing and tanning salon habits. After 20 years there had been 2,545 deaths. Researchers were surprised to find that women who never sunbathed during the summer months were twice as likely to have died from any cause.

Of those with the highest UV exposure, 1.5% had died, compared with 3% for women who avoided sunbathing. Women who sunbathed in the summer were also 10 per cent less likely to die from skin cancer although those who sunbathed abroad were twice as likely to die from melanoma.

One researcher noted there is still strong evidence skin cancer is caused by sunbathing. However, another researcher pointed out striking a balance is important. She added, “The reasons behind higher death rates in women with lower sun exposure are still unexplained, as unhealthy lifestyle choices could have played a part.” Further, “Overexposure to UV radiation from the sun or sunbeds is the main cause of skin cancer. We all need some sunshine to make vitamin D for healthy bones. Enjoying the sun safely while taking care not to burn should help most people strike a good balance.”

<http://www.telegraph.co.uk/science/science-news/10811734/Why-avoiding-sunshine-could-kill-you.html>

## **It’s Never Too Late To Become A Naturist**

Some people’s zest for life never fades, regardless of age. These are the ones who never grow “old.” Too many have a self imposed concerns for what others might think, or there is “proper” behavior preventing them from fully enjoying life.

Fortunately, some hardy souls defy the convention and chart their own course. They insist on trying new things and getting the most out of life. Such is the case of a genial gentleman from England who is anything but staid. We should all embrace his exuberant enjoyment of life. [Ed.]

When a man reaches the age of 77, you might expect him to be walking around the golf course or indulging in some other leisure time activity, but Stuart is not your normal retiree.

Late in life, he found a love for an unusual hobby... Naturism.

“The feeling of freedom is fantastic,” he said. “When people are younger they might be self-conscious about what their body looks like. But I’m past worrying about things like that. Life is for living and I love being in the nude.”

His first tentative steps into baring all came when he posed as a life model. From that moment his love of being clothes free has only grown.

This led to joining British Naturism which celebrated its 50th anniversary in 2014. Soon after, he found like-minded souls at a naturist resort. It is a fantastic place full of people who enjoy taking their clothes off and has a host of activities.

At the resort there is an option to wear clothes, with no obligation to go naked. That comes in handy with Stuart’s wife of 54 years who gives her husband her full backing in his new pastime, but chooses to keep herself covered up.

She explains, “If he’s happy doing what he does then that means we’re both happy.”

Stuart has risked becoming very saddle-sore by taking part in a naked bike ride for charity. Last year Stuart decided he would participate in the World Naked Bike Ride. After buying a bike he joined 150 others for the 45-minute ride.

Describing this adventure he said, “When we all got ready at the start we got some abuse from one person, but a bunch of Japanese tourists rushed over and started taking lots of photos. They couldn’t stop smiling and laughing.”

Stuart concluded by admitting, “It is a bit eccentric, but I am not harming or offending anyone. At age 77, it’s something a bit different that I enjoy. I wish I had discovered it earlier.”

<http://www.derbytelegraph.co.uk/naked-truth-Stuart-Haywood-77-feeling-freedom/story-21658614-detail/story.html#ixzz3R4LYCLiB>

## **Nude Yoga**

If you have any interest in yoga you have probably heard or read stories detailing that some studios around the country offering nude yoga classes. Some are same gender, others are mixed gender. In fact nude yoga has been offered in Kansas City and by the Lake Edun Foundation during the past year.

Online video sites such as Tumbler, Vimeo, and YouTube to name just three, have a number of nude yoga demonstrations. These permit novices to see the advantages of practicing yoga without restrictive clothing.

The Huffington Post, U. K. edition online has 40 photos taken by professional photographer Petter Hegre of his wife demonstrating nude yoga. Her skill level is truly amazing.

[http://www.huffingtonpost.co.uk/2014/01/02/nude-yoga-luba-shumeyko\\_n\\_4530895.html](http://www.huffingtonpost.co.uk/2014/01/02/nude-yoga-luba-shumeyko_n_4530895.html) and

<http://imgur.com/a/HfFQq>

# The Naturalist Naturist

By Biology Bill

## Little creepy crawly bitey things

It's summer again at Lake Edun, which is great: warm, sunny days, good swimming, lots of people around, and lots of interesting critters to see. There are many interesting and also completely friendly, even beneficial creepy-crawlies around the Lake – just ask me about them sometime. However, this article is about the little critters that can be blamed for giving the rest a bad name – things that seek out people to bite.

Compared to other places I've lived, like New England or the southern Great Lakes, eastern Kansas is pretty benign in terms of little biting critters. In particular, I've never seen nearly as many biting flies (deerflies, mosquitoes, gnats, midges) here as in those places (you could never sit on your deck, or at the side of the lake, at dusk and get away with it – the bugs would eat you alive). But the big group of biting critters here you really have to worry about are not flies, and they don't even fly: ticks and chiggers.

Ticks and chiggers are not insects; insects have six legs, and ticks and chiggers have eight. Ticks and chiggers are really members of the group Acari, or mites. Mites in general are small, non-winged arthropods (that's the name for all critters with jointed legs, a hard outer shell and no bones) that are related to spiders and scorpions. (A biologist who studies mites is called an acarologist.) Mites are incredibly diverse (that is, there are huge numbers of species out there), and every bit of soil in Kansas is chock full of thousands of mites eating tiny insects, little bits of organic debris, each other, fungi, and other things. In fact, most mites don't have any adverse effect on people, and usually perform useful functions like cleaning up rotting organic matter. Unfortunately a few species have developed a parasitic lifestyle, and go after warm-blooded animals such as humans. (By the way, neither mites nor chiggers are much like fleas, other than also being external parasites of warm-blooded animals.)

Let's take ticks first. Ticks are a group of mites that are very compressed (flat), which helps them creep around on animals and underneath hair and feathers. Ticks gain all their nutrition and sustenance drinking blood. To find a host, a tick hangs out on the end of a leaf or grass stem, constantly waving its front legs in the air. After doing this patiently for almost certainly a very long time, some animal brushes past and the tick grabs onto a hair, feather, or article of clothing. (I have noticed that women get ticks less than men do – this almost certainly has something to do with the likelihood that women often shave their legs, and don't offer ticks very much to grab on to. This only works without clothes on, of course.)

Ticks do not burrow into your skin – that's an old wives' tale. But they do find a nice, sheltered spot (like under a belt or inside a sock – another argument for not wearing clothes) and bite into the skin with their mouthparts. The tick taps into a blood vessel, and uses blood pressure to fill itself up. An ingredient in their saliva that keeps the blood from clotting makes us itch like crazy. Ticks have several life stages, all of which are blood-sucking. Tiny seed ticks can be the same

kind as the bigger ones – they're often just babies. Females and males both suck blood, but the difference comes for adults: females need a really big meal to produce a clutch of eggs, while males only need to eat enough to hang out on the host and look for females to mate with. Yes, you too may become a tick singles' bar.

There are several kinds of ticks found commonly here in Kansas. There are lone star ticks, which are identified by a white spot (males have 'em, females don't), American dog ticks, and deer ticks. They can hang onto you for several days if they're not disturbed. Ticks really don't use humans as their primary food (deer, dogs, rabbits and such are more commonly bitten) but they like us. Unfortunately, they also can spread serious and unpleasant diseases like Lyme disease. As a safety note, Lyme disease symptoms are a flu-like bout that goes away, often accompanied by a bulls-eye or otherwise odd-shaped rash around the tick bite. People don't always get the rash, so be careful of flu-symptoms in the summer. Fortunately, if caught early it is very treatable, and heck, we're nudists! Rashes are easily seen by our friends, and sick people can go to the doctor.

The other group of our bitey mites is chiggers. These tiny red mites also lurk on vegetation and grab onto hairs and clothes. They are not similar to ticks for several reasons. They do not suck blood, but attach to the base of hair follicles and eat skin cells. They do not burrow into the skin either, though they may hide a bit inside a follicle. Their saliva *is* very irritating to humans and makes us itch. (Shaving legs seems to discourage chiggers as well.) Also, the chiggers we know and hate are really only the nymphs, or babies, of their kind. After feeding on people and other animals, chiggers drop off, turn into adults, and spend the rest of their lives feeding harmlessly in the leaf litter. Unlike ticks, chiggers are not very cold-tolerant so you will be fairly safe from them if nighttime temperatures drop much below 60 degrees. Fortunately, chiggers do not spread any diseases I know about, but they are so darn small you can't pick 'em off like you can ticks. If you've been going for a walk around the lake or in tall vegetation, I would recommend hopping in the lake and rubbing your legs vigorously to knock the critters off.

So, that's the word on little some crawly bitey things you are likely to encounter at Lake Edun. Sometime I'll write on some happier and friendlier creepy-crawlies.

A side note to those who asked, "whatever the heck this snake is in the water!" It was a northern water snake, a totally harmless brown-and-gray blotchy character that hangs out in the water, eating fish, frogs, and other animals. It can get up to about 4 ½ feet in length, although it's usually less than four feet long. Because the bigger, darker, and poisonous cottonmouth is not expected in our area, you don't have to worry about snakes in the lake. A water snake is not going to be personable like my two friends at home, but it will not come after you. If you see one in the Lake, calmly move out of the way and nothing bad will happen.

# Would You Sunbathe Topless?

A British woman and a group of female friends attended a music festival in Spain being exposed to Spanish and southern European values. European women feel very comfortable with their breasts uncovered. She wonders why Brits are so unlike their European counterparts in this regard.

Perhaps inspired by the moment she and a number of her colleagues decided to spend their sunbathing time topless. It was inspired by the relaxed atmosphere and a desire to rebel against the sexualized taboo surrounding breasts in British culture. That's when the transformation began.

"Going topless on the first day was a feeling similar to taking off a plaster [cast] after it had healed its wound. Once removed, you're displaying a much paler part of your body. But then you become accustomed to the breeze on your skin and you realize how nice it is to have liberated yourself from a wet bikini. My fellow topless sunbathers all agreed that it made them feel more comfortable with their bodies, not less. We were united in feeling that it demystifies breasts, too. We were neither staring at each other's bare chests nor looking away from them. We were simply getting used to them as part of our natural bodies."

Two in the group were embarrassed because of the size of their breasts. Another said she saw her breasts as a private and sexual thing she didn't want to be seen by 'everyone' – both reasons echo our overly sexualized culture.

Her description of her realization of what going topfree felt like is priceless: "Going topless was a feeling similar to taking off a plaster after it had healed its wound"

In the UK and the US, there is a strong relationship between the media and breasts. We're accustomed to seeing breasts on page 3 and in lads' mags as though they're the latest winners of *X Factor*, but never as simply part of the female body.

Another telling insight is how women are taught to think having their breasts out is not something one does casually for *oneself* – it is done for others. What's worse, we contribute to this by being self-conscious about our bodies, and obsessing over the impossible ideal we must attain.

All of this is part of a larger body dissatisfaction problem. She doesn't think there are many women in Britain who have never experienced anxiety surrounding their body. Whether it's a bum/pair of breasts/set of legs, we are constantly trying to fit a very narrow definition of perfection. Her conclusion, "All I can say is that during my week in Spain, all of my anxieties vanished with my bikini top. I really didn't care."

She wishes it could be the same at home, and if the predicted heat wave does arrive, she's going to sunbathe topless on Hampstead Heath.

<http://www.cosmopolitan.co.uk/reports/a29316/topless-sunbathing-benefits/>

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

**Membership Application**  
**Change of Address Form**  
*Please Print*

Name: First \_\_\_\_\_ MI \_\_\_\_\_ Last \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ DOB \_\_\_\_\_ E-mail Address \_\_\_\_\_

All information provided is strictly confidential. If you are joining as a couple, include names for both people. If you are a couple not living together, make a copy of this form for the other individual. (NB: To promote gender diversity, a couple is defined as one male and one female.) Those willing to assist with upkeep a minimum of 10 hours

per year may deduct \$50. One subscription to our newsletter *Bare Facts* is included with membership. A subscription only to *Bare Facts* is available for \$20.00. New members will receive a Waiver and Release which must be completed before membership is finalized. Visitation restrictions apply to Associate Membership.

**Membership Fees:**

	Single	Couple	Amount
Lake Edun Foundation Membership	275.00	350.00	_____
Working Membership (Discount)	(50.00)	(50.00)	_____
Associate Member (Over 125 miles away)	175.00	250.00	_____
NUTs Membership (Must be under 30)	75.00		_____
Separate Mailing Address for members		12.00	_____
<i>No Sex, No Violence ... Only Nudity</i> First Naked Plays – DVD		25.00	_____
<i>Lake Edun Exposed</i> – DVD or video		45.00	_____
Naturist Society Membership		60.00	_____
Subscription to <i>Bare Facts</i> only		20.00	_____
Tax Deductible Donation			_____

**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 \_\_\_\_\_

# Lake Edun



North Road



Sunny Bares  
Camping

Tent City  
Camping

Parking  
Clothing Required

Barn



Island



North Beach

Cooper's Crossing



Camping



South Beach

DAM

Indian Hills Fd.



-Porta Potty



Pull Up Bars



Meditation Point



RV & Trailer Parking

Green Trail circles the lake-level and is .86 mile

Red Trail-slight incline and is .16 mile

Blue Trail- has a slight incline and is .24 mile

Orange Trail- hilly with a rough terrain and is .29 mile