

# Bare Facts

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38° 58' 7" North; 95° 47' 56" West

## Wanted: Caretaker

Every year at this time, we begin our search for a caretaker for our special place. Our caretaker is responsible for keeping our special place looking wonderful, all maintenance and also to welcome members and visitors. It is an important position for someone who shares our values.

If you are interested in the position or know someone who may be interested, have them contact us. It is a full-time position that will begin in mid-May.

## NUTs Memberships Are Popular

One participant in our annual survey two years ago suggested we initiate a program directed toward students interested in the Naturist lifestyle. We appreciate all the suggestions we receive in our surveys and took action on this one.

The student program eventually became our NUTs (Naturists Under Thirty) membership. To say this has been well-received is an understatement. NUTs membership has grown significantly since its introduction. Interestingly, most NUTs are joining as a couple.

As frequently happens with new programs, we now have a new problem: Success of the NUTs program is unsustainable. Growth of NUTs membership illustrates the dilemma:

Our bare-bones budget is in excess of \$20,000. If we relied only on NUTs, we would need nearly 300 members to fund our budget. And if we successfully attracted that many NUTs, it would introduce an entirely new set of costly problems.

Thus, we have a problem.

On the one hand, the board is committed to this outreach effort; on the other hand, we recognize its success is also its undoing.

At its last meeting, the board voted to limit the number of NUTs members to 25% of our overall membership. At this level, we can currently admit about 3 new members under the NUTs program.

We are pleased with the success of the NUTs program and look forward to its continued popularity. The board seeks member comment on this change in policy and will re-evaluate the policy toward the end of the season.

As always, if you know of someone eligible for membership as a NUT, please let them know of the change and suggest they make application soon so they are not disappointed.

## Items We Need

Please see our website at [lakeedun.com](http://lakeedun.com) for more details.

- Non-motorized boats
- Chipper we can borrow
- Lawn or lounge chairs
- Large water storage tank
- Plastic barrels
- 20" chain saw to borrow
- Aluminum cans, etc
- Concrete pavers

## Spring Work Day Progress Report

What fabulous weather we have had so far this Spring. We have enjoyed a head start on getting our special place ready. Thanks to all who have helped.

We take many tasks for granted and, thus, are barely noticeable: hooking up the North Irrigation System, for example.

Others result in meaningful improvements our long-time members will notice. There are many of these: Tom began work on a fire pit for the new campsite. The jury is still out on a name but it has been narrowed to either Cast-away Cove or The Far Side. We need you to weigh in on a name.

Craig, one of our new NUTs, began clearing grass and weeds from the Volley Ball court. We will have a new net and ball soon. Hopefully, we will see some games there this summer.

Many of the trails have received new grass seed. If you see one roped off, please take an alternate path so we give the seed a chance to do its thing.

To accommodate our long-term goal of providing vehicle access to the North and West sides of the lake, we modified one of the trails on the West side of the lake slightly.

It was good to see Eldon again. Welcome back. Scuba diver Richard S. found several old anchors for us. Thank you. And we continue with progress on our Labyrinth. More later.

Tobi and his friend Mike made an appearance to help remove some of the very large Cedars on the West side. Thanks. And thanks to Alvin for use of his chain saw.

## DON'T FORGET

*Activities designated HN are sponsored by Heartland Naturists*

- Apr 10; Tues; 7-9; Sauna
- Apr 14; Sat; 12-4; Work Day
- Apr 15; Sun; 6-8; Board of Directors
- Apr 19; Thurs; 7-9; Sauna
- Apr 20; Fri; 8-10; HN Swim
- Apr 21; Sat; 12-4; Work Day
- Apr 21; Sat; 8-10; Sauna
- Apr 22; Sun; 12-4; Work Day
- Apr 25; Wed; 7-9; Sauna
- May 3; Thurs; 8-10; Sauna
- May 5; Sat; World Naked Gardening Day
- May 13; Sun; 12-4; Work Day
- May 18; Fri; 8-10; HN Swim
- May 18-20; Weekend; Lake Edun Birthday
- May 19; Sat; National Homebrew Day & hints on brewing
- May 19; Sat; Dusk; Evening program or
- May 19; Sat; 8-10; Sauna
- May 20; Sun; 12-3; Open House
- May 20; Sun; 4-6; Board of Directors
- May 25-28; Memorial Day Weekend
- May 26; Sat; Dusk; Evening program
- May 27; Sun; 1 PM; Walking talk by arborist

## Iranian Women In Nude Protest

Nudity as protest is again highlighted for the Middle Eastern part of the world. In this, take-no-prisoners part of the world it represents an act of courage, commitment, defiance, and perhaps desperation.

Certainly it stirs controversy and discussion about the status of women in Islamic society, but does it achieve anything more than that? That probably depends on the context and when it comes to Iran, the desperation factor looms large.

I wonder how long it took the last Ice Age to come to an end? But, it did! [Ed.]

After a nude photo and short video of a popular Iranian actress baring her breast roiled Iranian opinion, several online campaigns have sought to raise awareness about repression of women in Iran. The latest such salvo came from a group of European-based Iranians posing in order to promote sales of the Nude Photo Revolutionary Calendar. The women say their nude bodies are saying “no” to practices and ideologies, such as “stoning to death” and “political Islam.”

One of the women involved admitted nudity is not the only way to protest against discrimination, although it is a very effective way of challenging Islamism and the veil. “Islamists want us covered up, hidden, and not seen and not heard; we refuse to comply,” she wrote.

Go [here](#) or [here](#) for text and video.

## Naked at Home for a Week

Here’s another of those first person, “journalist gets assigned a quirky story about nudity” fluff pieces. In this case it’s a female reporter in Canada. The complete story is [here](#).

As is typical of such personal essays by journalists, they have to make it absolutely clear to the reader that despite making this personal sacrifice for their newspaper, they never really are comfortable with nor want to appear to endorse nudity. No, no, that’s just too weird! Something of a, “Yes I did it, but I still don’t get it” stance. Now give back my clothes! It’s part of human nature to desire to be daring, but still remain a part of the herd.

Obviously being nude at home for a week as part of a work assignment is an artificial situation. The reporter had no person investment in nudity beyond the assignment. So it’s no wonder she floundered on and on in a narcissistic manner about trying to accept her body, but then returning to worrying about her imperfections, yada yada. How tiresome.

The writer does conclude on a positive note about needing to become more comfortable in her own skin and perhaps trying to do this in some small ways...someday, then announcing she’s off to put on some pants. Yep! We know exactly how seriously she going to work on being comfortable with her body. Anyway, here’s her story. [Ed.]

Most people wake up in the morning and get dressed. Last week, I agreed to hop out of bed and not get dressed. I called it Naked Week.

I agreed to take it all off for a week in the name of journalism. At first, I was going to pass on the assignment. I had all sorts of excuses: How will I walk the dogs? What if the UPS man knocks on the door? It’s too cold to be naked!

But I decided that it might be fun and thought I could learn something so I signed on. For an entire week, as long as I was at home, I was naked. I wrote articles, interviewed sources, washed dishes, paid bills and watched TV all while I was naked. ...

On the first morning of Naked Week, I was resistant. I was tempted to fake an internet malfunction so I could work in a coffee shop all week. I decided to start slow. The first morning, I wore an oversized t-shirt and socks. It took me a full 48 hours to take it all off. I wasn’t naked for long when I decided that, for me, walking around the house au naturel felt unnatural.

I was like a teenage boy seeing breasts for the first time. I stared at my body. I was struck by all of the things I hadn’t noticed before: New moles, new hairs, new wrinkles. I obsessed over my dry skin and applied lotion in an attempt to moisturize, poked at lumps and bumps that clothes kept covered and decided I was overdue for a pedicure.

Even though being naked made me uncomfortable in my own skin, I was determined to focus on all of the good things about my body: Loving arms that cradled my niece just minutes after she was born, strong calves that helped me navigate trails on hikes with the dogs and hips that shimmied when I walked.

In between moments of appreciation, the focus shifted to all of the things I wanted to change. I wanted a flatter stomach, thinner thighs, stronger arms, perkier breasts....

While I worried about dry skin, cracked toenails and jiggling flesh, I could have shared intimate moments with my partner, ... watched the “naked episode” of Seinfeld or called an old friend and reminisced about the time we left our bathing suits on shore and swam in the lake.

Instead, I covered up. I counted the minutes until the naked experiment was over...because I found it downright comical when I stood in front of the fridge and searched for ingredients for dinner while staring at a cantaloupe and cucumbers! (Yes, being naked gave me the mindset of a prepubescent tween).

In an attempt to understand the reasons some people are more comfortable naked, I researched nudists....

According to the FCN website, naturism “promotes wholesomeness and stability of the human body, mind and spirit, especially through contact of the body with the natural elements...Children in naturist families learn to appreciate the body as part of their natural environment. ...”

It sounds like a state we should all aspire to. If Naked Week taught me one thing, it’s that I need to work on being more comfortable in my own skin, even if it is in dire need of moisturizer. I might start sleeping naked or doing the weekend crossword puzzle in the buff. But for now, I’m off to put on some pants.

## Looking At A Woman's Body

This photo is bound to grab attention. Breasts seem to have that power. The Ukrainian feminist group, FEMEN, clearly play to that reaction considering the relentless sexualization of female bodies. However, the photo provides a more complex reading of the exposed female torso.



Female breasts are commonly featured in public imagery in the name of titillation. The question is whether it is possible for any single act of protest to actually subvert the misogyny and objectification such 'exposure' inherently risks?

Perhaps it's merely 'tilting at windmills,' but that indeed is what Inna Shevchenko and her photographer attempt to

do and in the process win a World Press Photo's second prize in the portrait category.

In her stance Shevchenko, with the raised fist, speaks of her mission to teach women to be more assertive. The mythology of the Amazon is a crucial reference FEMEN utilize. In the marginalization these women feel, it also points to an Amazonian tribe made up of fearsome and fearless women.

Other symbology in the picture includes the headdress, tattoo and colored ribbons pointing both to femininity and to the Amazonians, as well as political protest as public theater. Showing the depth and intensity of her commitment is her garland tattoo. The photo turns on its head the usual signs of femininity. She is anything but weak, she is defiant, strong and rather than wearing the crown of a beauty queen, she has a warrior's headdress.

What this portrait also tells us is that, exposed or hidden, women's bodies are a hot topic...However, the female body is defined by sexuality in a way that male bodies are not...With this simultaneously innocent and knowing revelation of the female torso, I think Shevchenko is also asking us to realize how "exposed" or "hidden" are false distinction – that it is the human form and, as such, represents identity, physicality and power.

The risk is that too many may not be able to move past old ways of thinking about women and, thus, not get FEMEN's message. They will only see a topfree woman defying convention and only be angry about that.

"FEMEN considers it a risk worth taking to draw attention to the problems women face in their society. This picture as a photographic object must undergo the same difficult process of interpretation – is it a kind of pornography or a protest item that raises the awareness of FEMEN's cause? It is highly reliant on context. But in a world where the female body is so often appropriated by others, especially by visual media, it's also FEMEN's statement and demand to use their bodies as visual tools to further the cause of equality."

The FEMEN are an interesting group. They have been making news with their repeated topfree protests for a few years. They have taken on a lot of causes and taken their lumps, literally, from the police.

Fortunately for them, the reporter of this [story](#) has taken a very sympathetic stance in portraying their cause. The glowing decoding of Shevchenko's symbols is noteworthy. Could the writer secretly be a FEMEN? Ok, perhaps that's too conspiratorial. Still, I wish someone would write such a compellingly positive story about naturism. [Ed.]

## Naked, Pregnant Model Walks Fashion Runway

It's a paradox. News reports from all over the world come to our attention about someone doing something nude in public. For naturists, these news items are of intense interest. Probably in the so-far vain hope, that eventually the public will become accustomed to nudity and ignore those of us who already are.

To this point there isn't much evidence this vehicle is having too much effect in reversing body phobia by the masses. In fact, in this country numbers of once clothing optional beaches are being shut down to nude use and there's no discernible progress on the legal front to reverse this trend.

It's certainly true nudity and fashion shows, at least in England and Europe, have been around a long time. There it doesn't outrage anyone. Despite this, having all the models going nude to promote hats still gets your picture in the papers. That's fine, but it is still the titillation factor, driving it, not body acceptance.

Nudity still retains ... even in jaded Europe, or in this case, England ... the ability to surprise, even shock. More, as the designer clearly states it draws the attention she needs to get people to notice her hats. The main attraction in this particular show was an eight months pregnant former Miss Wales.

There is something curious about this. It seems to imply that even among the fashion elites, nudity isn't "normal." It's possibly even a bit "naughty." That doesn't sound highly sophisticated, or even enlightened, and it is in fact banal to exploit nudity for commerce. On the one hand we hope to be able to see nudity become unremarkable, but on the other hand nudity is still only commonplace when used to sell a product, rather than something to be seen in daily life.

Possibly it is a pipedream to hope simple nudity will become an unremarkable option in the public square. The human body may well remain taboo, allocated to separate spaces such as fashion runways, naturist clubs, or the occasional C/O beach which, in fact, marginalizes nudity. [Ed.]

Unexpected boobs are a surefire way to get people talking, and Welsh milliner Robyn Coles took advantage of that fact at her debut show in London. To showcase her newest line of hats, Coles didn't just send nude models down the runway – she sent a nude, pregnant lady down the runway.

Coles explained, "As an unknown designer, you have to find ways of getting people to your show," admitting her main motivation for getting them naked was for publicity.

The star of the show, Sophia Cahill is a 28-year-old single mother, about one month before her due date, when she

ambled down the catwalk wearing nothing but a blue hat. Cahill told reporters that, "I need to work to pay the bills and it's really tough doing it alone."

She added, "There were gasps when I went down the catwalk, but it didn't bother me. A pregnant body is beautiful and shouldn't be hidden. Some women feel fat and frumpy with a bump – but I feel sexy and womanly. Men tell me I look gorgeous and sexy."

Coles said she wanted to include Cahill, who is a friend, because it is rare to see pregnant women on the catwalk. "She was one person I knew would be more than happy to get her kit off. I thought it would be nice she would be pregnant for the show. You never see that kind of thing in fashion."

More on this story can be found [here](#) and also [here](#).

## **In The News With Helen Mirren**

What a fabulous woman and actress. All that and no body shame. She sees the naked body as no big deal.

All her career she has been famously willing to play roles requiring nudity. Her surprise is how prudish most of the public remains about the naked body. She commented in a 60 Minutes interview, when the subject of her nude movie appearances was brought up, "It's no big deal."

Elsewhere she commented: "I'm a naturist at heart," sipping wine. "I love being on beaches where everyone is naked. Ugly young people, beautiful old people, whatever. It's so unsexual and so liberating. I hate the British attitude to public nudity. The sniggering Carry on mentality. So hypocritical, so uptight, so f---ed up. Such a manufactured scandal. Go to: <http://www.angelfire.com/stars/HelenMirren2/interview.html>

Indeed, being scandalized by the nudity is a manufactured response. It is irrational at any level to fear our own bodies or the body of another for no other reason than it is unclothed. Objectively, the naked body minding its own business is not doing anything harmful, implied or un-implied.

Any perceived alarm is strictly arising in the mind of the observer interpreting nudity through a preconceived belief that nudity means something dangerous or shocking. Certainly in our textile repressive world, to find someone unclothed in a context not commonly reserved for acceptable nudity causes confusion. This condition of cognitive dissonance triggers their default reaction of alarm or outrage.

This alarmed person may be comfortable in an art museum filled with nude works of art, or view an R rated movie with ease. These and other contexts where nudity is permissible without alarm are treated as matter of fact by most people.

Why then is seeing a naked jogger or hiker, sunbather, or skinny dipper viewed so much differently? This is a complex question. Certainly being up close and personal with a nude person doesn't allow detached emotional distance as does a work of art or a movie. But why are there such extremes of fear and outrage even in the absence of any overt threat?

Likely there are many reasons for even simple nudity being so emotionally charged in the United States and others have enumerated several of them. However, let's keep it simple and stick close to home for now.

In large measure it has to do with what we were taught growing up to be acceptable nudity. Parental teaching about nudity in the home has historically varied widely.

Intense privacy messages about nudity often have been tirelessly taught in which nudity and shame were tightly linked in many homes. Other families were perhaps less stringent toward nudity, but still clear that it was only acceptable in the home at bath time. In recent decades the specter of child sexual abuse has been a further constraining factor on nudity even within the family. Exceptions were made for being examined by our doctor or a parent.

Unfortunately, society has difficulty differentiating between contextual categories of simple nudity versus nudity of a sexual nature. Examples of the former include a nude hiker, a doctor and nude patient, or nude works of art. The latter would include behaviors of sexual predators, pornographers, or the nudity of a stripper who does her/his work behind closed doors to thrill and incite the skin starved crowd.

The closest the law comes to making such distinctions is to stipulate that for nudity to be an offense it has to include intent to alarm or be engaged in lewd conduct. Unfortunately, such a legal distinction is not universal in this country. Such is the prejudice against simply nudity that even in the absence of any lewd conduct, police will arrest and ask questions later, or apply some charge such as disorderly conduct or disturbing the peace. Who needs that?

Helen Mirren the actress can get away with being nude before millions on film. People make an exception for her and she can go on to win two Oscars for her acting talent. Getting these same millions to open their minds and conclude that simple nudity by anyone falls in the contextual category of being inoffensive is the goal of naturism.

Unfortunately, naturists and naturism spends most of its time speaking to the converted. When interacting with the outside world we are too passive in waiting for the press to come to us. When they do, most contacts are initiated by reporters looking for a sensational story. In the process, they too frequently treat naturists in a scornful manner.

National naturist organizations need to be actively seeking a forum to speak out against the numerous egregious practices taken for granted in the media and society that foster body dysmorphia. In other words naturists need to push back. Make pointed critiques of our culture that are hostile to our humanity and our bodies in so many ways. Take an in your face, "I'm mad as hell, and I'm not going to take it anymore!" approach.

Speak out about eating disorders; speak out against the photo-shopping of models in advertisements and the distorted standard of beauty they portray; speak out against labia reduction, breast and penis enhancement; speak out for body acceptance; speak out on the health benefits of naturism, etc. It is a shame that only the recreational benefits seems to be played up when there is so much more to naturism. [Ed.]

# The Healing Power of Sunlight

by Dr. Joseph Mercola

If you enjoy feeling the warm rays of the sun on your skin, you already know that sunlight feels good. But you might not know that it can also be good for you. For decades, people have been told by experts and the media that the sun is harmful and should be avoided. We've been told there's no such thing as a healthy tan, and we've been warned to cover our skin, coat ourselves in chemical sunscreens, and avoid exposure to direct sunlight.

It turns out that this advice is not only inaccurate it is a contributing factor to a significant amount of the disease and illness in our society.

That's because exposure to sunlight is the ideal and safest way for your body to obtain vitamin D. It's nearly impossible to get adequate amounts of this vital nutrient from your diet without supplementation. This is why sensible exposure to natural sunlight is absolutely essential for optimal health.

Whether it's due to misguided warnings about the danger of sunlight, lifestyles that keep people indoors during daytime hours, or even because they live too far north, most people do not get enough sunlight to create the vitamin D their bodies need.

And, yes . . . you DO need vitamin D.

Increasing numbers of scientists agree that vitamin D deficiencies are widespread in the North American population, leading to a wide variety of health problems. In fact, vitamin D deficiency is clearly linked to heart disease, high blood pressure, diabetes, obesity, and depression. It's also associated with autoimmune disorders such as multiple sclerosis and rheumatoid arthritis.

In addition, without enough vitamin D, your body is unable to absorb calcium. That's why sufficient levels of vitamin D are crucial for healthy bones. Over 25 million adults in the United States have, or are at risk of developing, osteoporosis, a disease characterized by fragile bones. Clinical studies also show that a deficiency of vitamin D increases the risk of a number of different cancers, including four of the most common: breast, prostate, colon, and skin cancer.

The risk of all of these conditions, however, can be reduced naturally . . . simply by maintaining adequate levels of vitamin D.

Take cancer, for example. Numerous studies have shown that cancer – even skin cancer – is less prevalent in places where people are exposed to sunlight more frequently. In fact, lifeguards in Australia exhibit their country's lowest rates of melanoma – while office workers have the highest. One recent study was conducted by William B. Grant, Ph.D., one of the top vitamin D researchers in the world. Grant's research, which was published in the prestigious journal *Cancer*, proved a very strong correlation between the incidence of 16 different types of cancer and latitude. In other words, as the distance from the equator increases (and UVB radiation decreases), the rate of cancer in the population rises.

This is not to say that too much sun exposure cannot cause skin cancer. It can . . . if you allow your skin to get burned.

To avoid burning, limit the amount of time you spend in strong (afternoon) sunlight, and moderate your exposure with clothing. Sunscreens should generally be avoided. They virtually eliminate your body's production of vitamin D and also contain a number of potentially harmful chemicals.

Fair skinned, thin, and younger individuals need far less exposure to the sun to produce vitamin D. People in this category may be fine with as little as 10 minutes of sunlight on a sunny summer day, while deeply pigmented individuals may require 10 to 20 times as much. This is one of the major reasons why African Americans have a much higher rate of cancer in North America than other ethnic groups. They simply can't get enough sun to generate vitamin D, because their skin serves as an effective barrier to beneficial UVB radiation.

But they are not alone in this regard. If you fall under any of the following categories, you are likely to be deficient in vitamin D and, therefore, run a greater risk of serious health problems:

If you work indoors and rarely spend more than 10 or 15 minutes at a time in direct sunlight.

If you do not go out in the sun without sunscreen.

If you are overweight. Excess fat impairs vitamin D utilization in the body, meaning obese people need twice as much vitamin D to maintain health.

If you live in a northern geographic region. The further you live from the equator, the longer the exposure you need to the sun in order to generate vitamin D.

If you have dark skin. Darker skin pigments require significantly more sun exposure to synthesize vitamin D.

If you are over 65. There is an enzyme in the skin that helps produce vitamin D. However, this enzyme decreases with age, putting elderly people at an increased risk of vitamin D deficiency.

If any of these factors apply to you, you should look for ways to gradually increase the amount of time you spend in the sun. And you should also strongly consider supplementation. However, the vitamin D found in milk – as well as that put in most vitamins – is synthetic. It does not function the same way as the natural vitamin D you obtain from sunlight.

Next to your body's own production, the very best source of vitamin D is found in cod liver oil. Supplementing with cod liver oil is the healthiest way to assure you are getting the proper amount of vitamin D and decrease your risk of cancer and other diseases associated with vitamin D deficiency. For most people, one tablespoon per day should be enough. However, vitamin D supplements, if taken in too large a dose, can cause toxicity. So I would definitely encourage you to have your vitamin D level measured so you'll know exactly how much you should take. It's impossible to get vitamin D toxicity from too much sun exposure – your body self-regulates and will only generate what it needs. That's why receiving your vitamin D from the sun is your best option, if possible. Getting enough sunlight is the simplest,

easiest, and yet one of the most important strategies for improving your health.

(Note: Dr. Joseph Mercola is the Director of The Optimal Wellness Center in Chicago, one of the nation's leading natural health clinics. He is the author of two best-selling books, and is the founder of Mercola.com, the world's most visited natural health website. To sign up for Dr. Mercola's excellent, twice-weekly e-newsletter, please visit [www.mercola.com](http://www.mercola.com).)

## Clothing Optional Home Network

You asked for it, now you have it – a network of clothing optional B & B's. Pretty nice. Check out the website. These are nice places anyone would enjoy visiting. Take a look [here](#).

### A Network of Nudist Friendly Bed and Breakfast Style Homes

The Clothing Optional Home Network is a group of homes offering a private, Clothing Optional / Nudist Bed and Breakfast style experience. Our host homes are located throughout the US. Some are in suburban areas while other locations are in rural or mountain sites. What is common with them all is your hosts welcome you to enjoy their home as nature intended . . . clothes free! Whether enjoying the desert sun, seaside mist or crisp mountain air, your host couple will welcome you into their home just like a new friend.

## Our Goal For Your Experience

Our goal is to provide a private, relaxing and secure oasis where you are free to experience a nudist environment. This is the perfect environment for the first time nudist or the seasoned naturist! Relax in a place where you can leave your worries and clothes at home!

### The Clothing Optional Home Network Bed & Breakfast Style Homes

These very special homes are a favorite for travelers seeking a quiet, relaxing, romantic destination. The C-O-H-N features homes offering gourmet breakfasts, European sunbathing and luxuriously appointed guest rooms. We realize our guests want choices and that is why we are clothing optional...Our first, last and only concern is the comfort of our guests. We want you to feel completely at home and make your stay a relaxing and affordable vacation. You can enjoy an early morning cup of coffee alone or join your hosts for coffee and friendly conversation.

## From The Mail Bag

Dear Lake Edun,

I needed to let you guys know that I've moved and my new address ...

Thank you and again I want to say how excited I am about coming down this summer. – Chuck

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	_____
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		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 \_\_\_\_\_