

# Bare Facts

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38° 58' 7" North; 95° 47' 56" West

## The Doctor Is In

While we all appreciate the beneficial impact sunlight has on vitamin D production in our bodies, we also realize it can have a harmful impact on our skin. For the fourth year, our friendly Dermatologist will visit our special place to check us for some of those harmful side affects.

We encourage all our supporters, and, because this is so important, even our detractors, to put this on their calendar and be present for this FREE screening. When it comes to skin issues, early detection is critical.

If there is anything your are particularly concerned about be sure to ask. Even if you think all is well, it is wise to be sure.

A few years ago, he 'strongly' suggested one of our supporters have his own doctor check one area ... SOON. He did. It turned out to be deadly melanoma. Fortunately, it was detected early enough for successful treatment.

We hope everyone will take advantage of this free screening.

## Items We Need

As we approach the end of a wonderful season, we reflect on some of the items we could use to make our special place even more spectacular. We hope our supporters will consider if they have access to some of these items:

One of our mowers has become unreliable. Perhaps someone is upgrading their mower or no longer requires one. We would like to have a ZTR but any riding mower with a minimum of 40" cut will do.

We have many lounge chairs everyone appreciates. These came from a country club that was upgrading their pool chairs as the season ended. If you know of some chairs being discarded, offer to help 'take them to the trash.' and call us.

Five gallon buckets are always useful.

We have a number of wooden cable spools we use as tables. Most are showing significant signs of age and should be replaced.

## Consider The Board Of Directors

The Lake Edun Foundation is governed by a volunteer Board of Directors who are responsible for setting policy and major administrative responsibilities. It is comprised of members elected during our Annual Meeting to serve for one year.

It is important that we have enough active Board members to distribute the work load and thus, not over-burden any single member. It is also important members of the Board are able to represent, and speak for, our many different member groups: young, old; male, female; single, couples, families.

We hope all our supporters will give serious consideration to becoming an active member of our Board. It is one way to give back to an organization we all appreciate so much. A list of Board responsibilities will appear in an upcoming issue.

## Astronomy And Camping Merge

The Lake Edun Foundation has really contributed to the Topeka area farm environment by planning a myriad of outdoor activities that have invariably brought rain during the month of July. Mother Nature and the Weather Forecasters have teamed up to put a "damper" on Music, Astronomy, Camping, and several other plans.

However, we were able to sneak one in this weekend with the Astronomy Campout. As the tension rose, we had rain the day before, cloudy skies in the earlier day, BUT a clearing blue sky at sunset brought out the stars. (Not just our star Astronomer, but actual heavenly bodies). Telescopes, Binoculars and Monoculars allowed us to orient on the North star, find Venus (at first thought to be a ringless Saturn), plus the famous Sagittarius constellation wherein hides the center of the Milky Way Galaxy and the tremendous Black hole there.

Families and singles there enjoyed the evening looking at heavenly objects, but other things also emerged. When an iPad with astronomy programs on it was brought out, our two youngest star gazers stole the show by demonstrating that even a 4 year old can quickly master a complex digital platform and enlarge/diminish/find galaxies and even close one program to open another without ever seeing that computer before. Naturally this rising star became the focus.

Her family had only visited once before (last year on a star gazing outing also). We all became friends and suddenly connections of people with like-minded Naturist qualities blossomed before us. This is what our activities really are about. Connections made can last a lot longer than a simple season of outdoor activities. It is our hope we will see that kind of interaction occur many more times as visitors not only participate but find bonds and connections they may have missed in the Textiled world.

Oh yeah, for those of us camping the rain came around 2AM and lasted well into the next morning when camp was broken. But this time a grand time was had by all, and I am still amazed at our youngest visitors abilities to bring us to a focus of family-friendly nude recreation.

## DON'T FORGET

Aug 3; Sat; Night; Astronomy (camp with the astronomer)

Aug 4; Sun; Afternoon; Seminar: Photography

Aug 10; Sat; 12-3; Open House

Aug 10; Sat; 4; Dermatologist Screening

Aug 11; Sun; 4-6; Board of Directors

Aug 17; Sat; 2-5; Body Painting

Aug 17; Sat; Dusk; Drum Circle

Aug 24; Sat; Music

Aug 24; Sat; Massage

Aug 30-Sept 2; Labor Day Weekend

Sept 15; Sun; 4-6; Board of Directors

Sept 21; Sat; 8-10pm; Sauna

Sept 29; Sun; 7-9pm; Sauna

## Coming In August (And Beyond)

Although August is the final month of our traditional ‘season’, typically we have several weekends of great weather before the snow flies. We hope all our supporters find time for one final visit to our special place.

We are particularly pleased to see so many new visitors, some with their families. We hope they will all decide to become regular visitors and annual supporters of LEF.

Our final Open House of the year will be from Noon until 3 on Saturday, August 10. Be sure to tell others who may be curious about Naturism. During our Open House, we ask everyone to remain clothed so reluctant visitors will have no fear of seeing any nudity. Later that afternoon, we will have a return visit from our Dermatologist. Don’t miss this.

The next two weekends will be busy with music, body painting (a favorite with kids of all ages), and massage.

Because of inclement weather, we rescheduled our popular final photography seminar for Sunday, August 18.

Of course, we expect Labor Day Weekend will be busy with everyone wanting to squeeze in one final dip in the lake. We hope many of our supporters will be on hand.

With temperatures and humidity at typical Kansas levels, it is difficult to realize we have saunas on the schedule, once again. These are a great way to relax and have some quiet discussion with other like-minded folks. Plan to join us for at least one through the cooler months.

## Naturism And Health

Naturism began as one of many groups known collectively as The Life Reform Movement in early 20<sup>th</sup> century Germany. Life reform arose out of a deep dissatisfaction with sweeping changes that had transformed Germany from a rural to an industrial and city centered society over the course of thirty years. Youth despised both the pomp and superficiality of the imperial court, but also the pervasive Victorian morality.

Health reform was at the forefront of the life reform movement. Scientific medicine was viewed with deep suspicion. Alternative medicine with its emphasis on natural cures such as air baths, sun baths, and vegetarian eating to prevent disease was widely touted.

The early naturists joined in supporting the improvement of the living situation of city dwellers. Exposure to clean air, sunlight, a healthy diet, and exercise were stressed. This was coupled with disapproval of tobacco, and excessive alcohol consumption. A bunch of prudes you might say.

Regardless, they were essentially on the right track with these recommendations for healthy living. When you consider the number of disease conditions we continue to deal with such as heart disease, cancer, diabetes, obesity, etc., all of which are made far more common by our own poor habits of living; we have to concede that the early naturists had a valid point.

It is pretty clear that modern naturism has a very minor if not nearly non-existent emphasis on good health. Certainly the triumph of modern scientific medicine following WWII is a major part of the reason. So many diseases were cured, so much advanced technology to aid in diagnosis and treatment,

lured us into thinking medicine would always save us and we had to do nothing to preserve our health.

This was a temporary delusion that is coming back to bite up in the 21<sup>st</sup> century. The number of chemicals we have introduced into the environment and into our food supply stresses the body’s ability to maintain health. Further, the pathogens are becoming resistant to antibiotics, widespread obesity is a plague that leads to increased heart disease and diabetes to name a few of the signs that our health can’t come out of a pill bottle.

Instead, healthy living is something that we all need to embrace. What this means is cut the calorie intake by about half, stop smoking, only moderate alcohol consumption, and get some exercise! It’s true, death will find us all, but we don’t have to give death a helping hand.

Naturism is about affirming life, the goodness of the body, and living in harmony with each other and the natural world. This is a struggle, but a worthy one. Does it mean that if any person doesn’t choose to adopt all these features of a generally healthy lifestyle they can’t be a naturist? No, but it does mean a choice not to avail yourself of all the benefits that naturism has to offer.

This brings me to this short critique of modern naturism I came across. I think there is a valid point worth considering by this writer. [Ed.]

I agree! I definitely need to take this advice to heart. How about you?

“When did naturism stop being about health? Back when naturism started, it was all about health. People did calisthenics, ate vegetarian, and learned about healthy ways to live.

“Things were a bit regimented and I’m not suggesting we go back there. However, we now seem to be almost the exact opposite.

“The stereotype is the fat guy sitting by the pool drinking beer. How true! I once heard a woman in the pool at our club say something to the effect that she didn’t exercise and she wouldn’t walk if she didn’t have to. She looked it.

“I’m all about body acceptance, but come on, let’s not let it be an excuse to be flabby and out of shape. . . I’m sure there is a happy medium. I don’t want to go back to the days where I am awakened at 5:30 am to do jumping jacks.

“I do want to bring the idea of nudism being a healthy way of life back though. Maybe we would have more young people if naturism was seen as something good for mind and body instead of simply a hedonistic activity for old fat people.

“. . . I understand that body acceptance is a huge thing for nudists. It is one of the things I love about it. Each person learns to accept who they are. I am only suggesting that as nudists, we have an opportunity to live not only naked, but as healthy we are able as well.” – VNP.

## Study: Health Benefits Of Sunshine

When there is good news to report about the health benefits of exposure to sunlight, we need to get the word out. This is a follow-up on a previously reported study about the positive benefits of sunlight for heart health. Not everyone is familiar

with these findings including my dermatologist. At the same time keep in mind that what is recommended is *moderate* exposure to sun light. Sun burns are to be avoided.

What is of particular interest in this report is simply taking a vitamin D supplement does not produce the heart health benefit that only comes from exposure to UV radiation. [Ed.]

Exposing skin to sunlight may help reduce blood pressure, cut the risk of heart attack, stroke and even prolong life, a new study has claimed

The findings suggest exposure to sunlight improves health overall, because the benefits of reducing blood pressure far outweigh the risk of developing skin cancer.

Production of this pressure-reducing compound – called nitric oxide – occurs when the skin is exposed to UV light and is a separate process from the body's manufacture of vitamin D, which rises after exposure to sunshine.

Researchers studied the blood pressure of 24 volunteers who sat beneath tanning lamps for two 20 minutes sessions each.

In the first trial, volunteers were exposed to both the UV rays and the heat of the lamps. In the second, only the heat of the lamps affected the skin.

The results showed that blood pressure dropped significantly for one hour following exposure to UV rays, but not after the heat-only sessions. Scientists believe this demonstrates it is the sun's UV rays that lead to health benefits. The volunteers' vitamin D levels remained unaffected in both sessions.

Researchers will continue to investigate the relative risks of heart disease and skin cancer in people who have received different amounts of sun exposure. If these studies confirm that sunlight reduces the death rate from all causes, doctors will need to reconsider their advice on sun exposure.

There is much good information on the health benefits of sunshine. This is a particularly good [article](#).

## Naked Yoga

Investigative reporting is a time honored tradition. Historically, courageous reporters have exposed the horrors of exploited workers, political corruption by high government officials, etc. Now it is the time to turn the journalistic spotlight on naked yoga.

Already you can sense the drama, the angst, and the potential for titillation exuding from just the thought of “nudity” plus yoga. Sorry, I don't think the subject rises to the level of being a big deal. I do thank the female writer for not making cheap jokes and in the end viewing the experience of naked yoga as positive, if not life changing.

Then again, who is to say this experience wasn't the beginning of some changes in perspective that in time may well alter her life? In fact, she does indicate a new comfort level with her own and other's nudity. Nudity was normalized for her in just the brief time in which the class was held. That's a pretty good change it seems to me. [Ed.]

Our night of naked yoga started out as something of a joke. My original intention was to publish an article on the psychology of nudism, in honor of National Nude Day on July 14. Since scientific research on the topic was scarce, going for a

naked yoga lesson seemed to me the only way to properly cover this touchy topic.

Others have written about naked yoga, but it seemed as though all of them had gone solo. I wanted to break out of this model by including two women with whom I work in my research into nude yoga. I was curious about the consequences this might have for our working relationship, and so were co-workers Laura and Sophie.

Nine people, both men and women, showed up to class, leaving just enough room for everyone to lay out a mat with a comfortable amount of space around them. The regulars chatted and laughed from a still-clothed lotus position, while I wondered how much Laura and Sophie would hate me if I bolted right then. Regardless of the instructor's efforts to be reassuring, all I felt was a dry lump in my throat.

“You can disrobe whenever you feel comfortable,” she told us. One young woman, (we later found out she's a nudist) seemed all too eager to slip a sundress over her head, then a bearded man next to her stepped out of his jeans. I caught a glimpse of genitals and turned away with burning cheeks, afraid I'd be accused of staring.

Laura broke the ice first, gracefully removing one article of clothing after another, and I followed, until it was just me and my birthday suit on a flimsy purple mat.

We continued on with several poses. At some point I realized my palms were sweating so much that I was practically slipping off the mat. But it was less from nervousness than from the physical exertion of holding myself in plank, stretching back into down-dog, and hoisting my feet up onto the wall behind me.

At some point I suddenly realized I was fine. To be honest, I didn't feel so different from the way I'd felt seated at my desk chair at work a few hours earlier. There was no drama; we were still us, just naked.

After class, our group dressed and stood around chatting. “It's the society we're brought up in,” one gray-haired man observed. “What we did tonight is considered shameful.” We nodded, acknowledging our agreement.

When I initially spoke with the yoga instructor over the phone, she had talked about clothing being one of the “barriers” to real experience that we face in our daily lives. By the end of class, I started to understand what she meant. Instead of just being ourselves, when wearing clothing we're always covering physically and emotionally, making sure no one knows what we actually look or feel like.

Prior to going to the nude yoga class my co-workers and I joked about the perils of going bare. But now it just seemed silly, and maybe a little sad that we'd fretted and panicked so much just to stand around in our own skin.

At work the next morning, I saw Sophie and waved. She barely looked up to wave back. Sure, we'd all bonded, but it was much the same kind of closeness we formed seated next to each other on the elliptical. The naked part just wasn't a big deal. But hey, it sure makes for a good story.

Find more information [here](#).

# Nudity and Sex

By: Steve of YNA Upstate New York

This is a re-print of a post at Young Naturists America with the permission of Steve, the post's author. I encourage everyone to make this blog a regular read. It has consistently presented thoughtful, high quality essays about naturism.

This is the first in a series of essays on the very important topic of the relationship between nudity and sex. Steve examines the basis for the frequent assumption nudity and sex are identical, and challenges the assumption. This is a timely and important task, given that the nudity = sex paradigm informs so much of both the popular and legal thinking of most Americans. Unfortunately, this linkage damages not just naturists, but all who unquestioningly believe it.

We have a culture awash in the use of nudity, usually coyly showing just enough skin to grab our attention to sell every product under the sun. Simultaneously, we are outraged by simple, non-sexual nudity in a family photo, or at a beach and finds a pretext to close one after another to nude use.

Fighting this upside down set of values in our country has been going on from the beginnings of naturism in America. The goal is to persuade the American public of the innate goodness of the body and to accept the truth of the difference between nudity and sexual behavior. [Ed.]

Change is a fact of life; sometimes subtle, sometimes dramatic. An area of change in our culture and naturism is sexuality. I would like to focus on this topic and its impacts on naturism in a short series of blogs. These blogs will lead up to my sex-positive workshop at the Northeast Naturist Festival in upstate New York (July 30-August 4th, 2013).

Within YNA we are working to embrace sexual change in a positive way i.e. sex-positive ways of thinking, doing, and being within a newer, emergent naturism. This first blog, entitled, "Why Sex-Positive?" is going to focus on dealing with the changing aspects of sexuality within naturism, first in terms of mere language. We are going to look at some basic reasons of why our claim that naturism is completely non-sexual seems so strange to the textile world, and what that means for us as naturists and nudists.

I do not consider myself an expert in either sex-positive development, or naturism – I am relatively new to both. But, an area in which I have a master's degree and years of experience, is cross cultural communication. I have been a translator and problem solver between many diverse people and language groups in foreign refugee camps, including sexual issues. I also have years of personal cross-cultural experience, having been immersed cold turkey into German culture as a young professional and new husband.

I look back now with humor at the mind boggling conflicts that arose cross-culturally over the subtlest linguistic, or body language misunderstandings. Make no mistake, the problem of bridging the naturism-textile gap is a matter of cross-cultural communication every bit as complex as being dumped into a "foreign" culture and having to learn the language and culture to survive. In the case of naturism it's

not just culture like, music or food – it's culture at its most formidable, because few cultural issues are more controversial than sexuality.

Unfortunately in our culture, naked = sex. That is an almost universal association in people's psyche for many reasons, one which the pornographers have promoted and perfected for their sordid gain. This linguistic association is the first of many cross-cultural reasons we will explore about why naturism needs to embrace sexual change if we are to reach our textile world. So, in this blog we are going to talk about this mere linguistic association between nudity and sex.

Whether we like it or not, naturism has an uphill battle when it comes to a non-sexual message to the textile world. Consider an example; the German words for "gay" (schwul) and "humid" (schwül) are nearly identical. The difference is a very subtle matter of pronunciation, represented only by the "umlaut", or double points above the letter 'u'.

I knew a very macho American soldier who could not speak German well, but was too egotistical to know when to keep quiet. At a German dinner party he insisted on telling the Germans that it was uncomfortably hot and humid. He didn't realize he, the tough macho soldier, was insisting he was "gay." He didn't get the pronunciation difference – he was actually saying, schwul, when he meant, schwül! The contrast was too much and the laughter was uproarious. No offense to gay people – trust me, you would have all been embarrassed for him while trying like everyone to contain your mirth!

Well, it can be kind of like that when we insist to the textile world, our nudity is non-sexual. Let's be blunt. How is a teenager supposed to understand that mom and dad, who have never done anything crazy before, and may even go to church every Sunday, are now jumping in a hot tub with a bunch of naked people? Is that not an orgy?

Without any supporting context or common experience, the kid's hormones and sense of propriety inherited from his pre-naturist parents, simply protest the notion. We think we are explaining things one way in our mind, like the macho soldier. But the language just isn't there, especially when it has a history of very different meaning.

To a non-naturist friend or family member, naked = sex. Period. The naturism-textile cross-cultural communication gap is a vast void, consisting of a lack of common experience and language to connect two worlds as foreign as the Ithaca area, upstate New York culture I left, and the Hessisch and Pfälzer German culture I was suddenly immersed into.

The nudie has little or no precise language to communicate her new experience, and the non-nudie has no experience base from which to interpret the vague language. Metaphorically speaking we may think we are saying "schwül" but we are really saying "schwul" when we insist, that naturism is non-sexual nudity. Then we wonder why the non-nudist frowns, freaks, furrows his brow, or bursts out in laughter. It's really not even the right place to start the conversation.

OK fellow nudies, can't we just admit it? We have a cross-cultural communication problem of major proportions. If we continue to insist to the textile world that naturism is purely non-sexual, especially in an increasingly hypersexual world, we are going to have to find better language to do it. Our language, when it comes to sexology, is pretty weak.

Consider the Eskimos. They have 13 words for snow in a highly developed culture of snow. They share common snow language and common snow experience. Sex is a bit more complex than snow, so we can do better than to insist that being naked is somehow absolutely void of sexuality. After all, in naturism, our genitalia, our sex if you will, is in plain sight. If you take offense at someone seeing your penis or vulva, then of course you would not be a nudist.

On the other hand, most textiles would consider exposure of their naked body to anyone other than their spouse, either underhanded seduction, or some form of sexual abuse. So, isn't it kind of odd we insist so strongly our social nudity is non-sexual? After all, it's not the "neutral" parts of our bodies, like our elbows, fingers, or toes that elicit such strong emotions. NO! It is explicitly our exposed sexuality that brings out such reactions. If we hope to grow naturism it's important to be honest with ourselves, and understand where many of the textiles we are trying to reach may be coming from. And it won't do to insist "schwul" isn't "schwül" – non-nudists don't get the difference!

In view of the above, sex-positive is a great start at developing a whole new, fuller, richer vocabulary surrounding naturism and sexuality. Let's stop pretending naturism has nothing to do with sexuality – in the non-nudist mind it does, and we need to start there. Furthermore, for us naturists, sex-positive is a way to start being more confident about our own sexuality and therefore more genuine with the textile world.

Instead of being reactive and negative about sexuality, maybe we can take a lead role in teaching about truly fulfilling sexuality. This in turn challenges us to a deeper understanding of our naked experiences and our sexuality, and how we may relate them metaphorically to similar textile experiences in a way that makes the non-naturist want to consider naturism as a real option. Maybe we should consider this precisely because many textiles are looking for a way to bring balance, meaning, and fulfillment to their sexuality. And so we must take a deeper look inside and really ask, is our naturism as non-sexual as we seem to say to the non-naturist?

What are we afraid of, that keeps us from confronting sexuality in naturism? Does the textile world see something that we don't want to see? All of this is why we need at least some change in our understanding, our experience, and our development of new language as we face changing sexuality within textile culture and naturism. Sex-positive. It is the first step in dealing with these changes, and hopefully in reaching many new people, so that they too may experience the freedom and joy we have experienced.

In this blog we have considered that a large problem in reaching the textile world is that there is a cross-cultural communication gap between our world and theirs. There is a lack of common language and experience to bridge this gap or deal with changing sexuality. We need the sex-positive

movement, because we need to start where non-nudists start – whether or not we like it, they start with nudity = sex.

Maybe, beyond this fear, they are even trying to gain a deeper understanding of their own sexuality. So that is where we start and it is sex-positive. Once we accept this we can begin to examine what this means in terms of real experience within naturism and our encounters with the textile world.

Later, I will address one of the first and most formidable barriers we face with regard to relating naturism to the textile world. We are going to drop the insistence that naturism is completely void of sexuality and introduce the idea of breaking sexual silence.

The full story can be found [here](#).

## Jesus vs. The Naked Body

A Polish church group has dropped tennis star Agnieszka Radwanska as their ambassador after the world no. 4 posed nude for the ESPN Body Issue sports magazine.

A devout Catholic, Radwanska was a part of the Kruczata Mlodych (Youth Crusade) movement. The motto for the organization is, 'I am not ashamed of Jesus.' Radwanska has appeared in videos for the group, urging young Catholics to wear Christian pendants.

But the movement slammed Radwanska's recent magazine spread in ESPN's 'Body Issue' featuring the 2012 Wimbledon runner-up naked on a deck chair, beside a pool full of tennis balls. Incidentally, the photo is from the side and shows no taboo body parts.

Despite this, the Youth Crusade called the shoot "immoral behaviour" and ended their association with Radwanska.

A senior priest Father Marek Dziewiecki joined the chorus of Poles condemning Radwanska saying, "It's a shame that someone who has declared their love for Jesus is now promoting the mentality of men looking at a woman as a thing rather than a child of God worthy of respect and love."

The ESPN Body Issue has become an infamous staple in magazine publishing, featuring the big name sports stars in all their glory. The idea is to "stop to admire the vast potential of the human form. To unapologetically stand in awe of the athletes who've pushed their physiques to profound frontiers."

It's curious why the word "infamous" is used to describe the ESPN Body issue. This is a highly pejorative word whose use implies that the whole project is merely appealing to prurient interest. That is debatable as no genitals or even breasts are ever shown in this issue, nor do the pictures exhibit any sexual innuendo.

Once again merely showing the unclothed body is automatically characterized as sexual in nature. No thought is given to the possibility that people can gaze upon the nude body with awe and appreciation instead of lust. Such is the knee jerk reaction by guardians of public morality seeking to protect others from themselves. [Ed.]

We find stories like this fascinating. You can find this one [here](#), but there are many such instances.

## Not So Tolerant In Missouri

It's not a naturist story, but it has a naturist message. It also goes to prove that it's not just nudity that can raise the ire of the locals. Missouri woman Madelyn Sheaffer found herself afoul of swim park officials who objected to the bikini she was wearing.

Ms. Sheaffer, who recently lost one hundred pounds, states that she simply wanted to go swimming to cool down from the summer heat. What she wore was a standard bikini, but Ms. Sheaffer breasts are larger than the average. Apparently water park staff and possibly some patrons were disturbed by the sight of what they considered an excessive display of flesh and asked her to leave.

Sheaffer's contends she was wearing nothing different than other attendees at the water park. She stated she hopes her daughters and other young girls – like the employees at the water park – can learn earlier than she did to accept themselves. The human body is nothing to be ashamed of, she says. "You don't have to be perfect to feel good," adding that, "the more comfortable you are, the better you look."

Spurred on by this rude experience, Ms. Sheaffer implemented her plan to move to Hawaii where she feels she will find more acceptance. A journey she wrote about on her Facebook account.

After a 14 hour flight she says she woke up safely and wonderfully rested in the arms of Maui. She goes on to explain her motivation saying it was a post divorce decision made over a year earlier.

"This has nothing...and yet everything to do with the discrimination I faced at Adventure Oasis Water Park in Independence, Missouri." She states that she has known for awhile that her future destiny lay elsewhere.

With great optimism she says, "I now consciously and carefully take my mid-west values into the future with me, while leaving the oppression and repression behind."

The day after her arrival Ms. Shaeffer put on her all white cotton bikini, saying, "I will wear this bikini with respect and I will wear it proudly; knowing that my body is a holy temple of all that is Godly and divine. I have nothing to be ashamed of. Maui will not escort me off the island. I am embraced here."

I certainly hope Ms. Shaeffer finds the acceptance she is seeking on Maui. It is a beautiful island and home to Little Beach which is clothing optional. Nothing could be better than for her to discover this magical bit of sand and body acceptance in paradise. [Ed.]

For details and pictures go [here](#).

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

**Membership Application**  
**Change of Address Form**  
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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

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**Membership Fees:**

	Single	Couple	Amount
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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	_____
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