

Bare Facts

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Official Publication of the Lake Edun Foundation, Inc.

August 1, 2014

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

Final Open House August 9

About 20 people were at our special place July 12, the date of our most recent Open House. Several couples seemed to be making new friendships and everyone appeared to enjoy exploring all we take for granted.

Our final Open House of this season is scheduled for Saturday, August 9 from 1 to 3 PM. We know many are curious about naturism. This curiosity is often tempered by apprehension. That is why we ask everyone to remain clothed during our Open House: to make the first visit easier. At 3, it becomes clothing-optional; After 5, we expect all visitors to respect our (un)dress code.

Suggest Lake Edun to your friends, family and co-workers. Its safe for them and just maybe, they'll discover they enjoy it. Offer. You may be surprised by the response.

The Doctor Is In

Perhaps the most important service LEF provides to its members and supporters is an annual visit by a dermatologist. This is the fifth year we are offering a free screening to check any spots you may be concerned about or should be.

We encourage everyone to put this on their calendar and be present. As is always the case, early detection is critical.

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

Return Of Naturist Yoga

Last month's introduction to yoga was well received. Some Eduners commented on the 'new' muscles they had discovered. "I miss yoga so much," one said. "I'm so out of shape." another discovered.

If you missed our first introduction to yoga, Bradley will be on hand again August 16 for a repeat presentation. Be there!

Lake Edun Camping Club Begins

Several have expressed interest in getting like-minded Eduners together for camping weekends at our special place. The first event will be August 23-24 for all interested in enjoying a night of fun and fellowship below the stars.

In conjunction with this, we will have a Wine & Cheese tasting in the afternoon and a movie under the stars at dusk.

Bring your tent, something for the wine & cheese tasting, and plenty of food. Cook for yourself or join a pot-luck effort. With some luck, we may have popcorn with the movie and s'mores around the campfire.

Items We Need

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

- Non-motorized boats
- Plastic barrels
- Large water storage tank
- Concrete pavers
- Lawn or lounge chairs
- Aluminum cans, etc

The Buff Astronomer – August, 2014

The month named after Augustus Caesar is upon us. This is the best time, from an unpolluted stand point, to follow the creamy path of the Milky Way south to the constellation Sagittarius. There, just to the right, is the center of our Milky Way galaxy with its ravenous black hole.

Sagittarius was a centaur, half man and half horse and an excellent archer. His bow and arrow are pointed at a giant scorpion, Scorpius. While he was a great fighting machine, Sagittarius really looks like a big teapot. Some say the Milky Way is steam rising from the spout.

This month will have two exciting pairings of planets. These events are called conjunctions and one coupling will be in the mornings and one in the evenings. Venus, recently paired with Mercury, will be meeting Jupiter as it comes out from behind the sun. The best day to see these friends is August 18, about half an hour before sunrise. Venus will appear somewhat larger, but you can tell Jupiter by looking for its moons with binoculars.

Mars nears Saturn in the evenings in August as the red planet moves from constellation Virgo to Libra on August 10. This pair will be within 4 degrees of each other on August 20. On August 31, a waxing crescent moon forms a triangle with them – something not to be missed. Mercury passes behind the sun on August 8 and will be hard to find the entire month.

The Perseid meteor shower, which has been with us since late July, will peak the night of August 12/13. There is some interference in easily seeing the flashing streaks because we will be 4 days after a full moon then. By the way, a "super moon" occurs on August 10 as the full moon reaches its Penumbra (closest time to us) and appears 14% larger than its smallest showing.

Happy star gazing and we hope someone will actually attend our next night with the Buff Astronomer. We have telescopes, binoculars, spotting scopes, star maps and electronic star finders of several varieties. Please let us know if there is a special time you want to camp out and watch the sky if the clouds are missing.

DON'T FORGET

Aug 9; Sat; 12-3; Open House
Aug 16; Sat; 4pm; Dermatologist skin screening
Aug 16; Sat; 6-8; Explore Naturist Yoga Returns
Aug 23-24; Lake Edun Camping Club
Aug 23; Sat; 6-8; Wine & Cheese
Aug 23; Sat; Dusk; Movie Night
Aug 24; Sun; 2-4; Board Meeting
Aug 29-Sept 1; Labor Day Weekend
Sept 20; Sat; 4-6; Board Meeting
Sept 20; Sat; 8-10; Sauna
Sept 24; Wed; 7-9; Sauna
Sept 28; Sun; 7-9; Sauna

Random Thoughts And Reflections

Thank you, Jon a new member who has taken on the substantial project to put finishing touches on our new trail below the dam. We recognize this is a long term effort. We appreciate your considerable input.

At least one Eduner has expressed an interest in employing tradesmen who share our values (for pay). If you are a painter, plumber, electrician, etc. interested in working for other Eduners, let us know. We will attempt to maintain a registry.

It appears we will have a bumper crop of Sand Hill Plums this year. And, they are beginning to ripen. When red, the fruit is delicious, if a bit tart. In years past, some have made pies and jam. This year, one suggested using some for plum wine.

We are fortunate to have a near armada of various non-motorized boats available for our supporters to use when they visit. If you have a canoe, paddle-boat, small sail boat, etc. you would be willing to donate, talk with us.

New Research On Sun Exposure

Women who never sunbathe during the summer are twice as likely to die as those who sunbathe every day, according to a major study published in the Journal of Internal Medicine.

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.

But the new research, which followed nearly 30,000 women over 20 years, suggests that women who stay out of the sun are at increased risk of skin melanomas and are twice as likely to die from any cause, 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 in a 100 had died, compared with 3 in 100 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 medical 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.”

To learn more about research on the importance of sun exposure, go [here](#).

Nakedness In New York

Body painting artist Andy Golub has demonstrated that it is legal to have fully nude people participate in his body painting project on the streets of New York.

If you can spare a minute and forty seven seconds, you can see for yourself [here](#).

The best line is from the voice over announcer saying that Golub brought nudity to the streets of New York and broke the association between nudity and lewdness.

Naturists have known this all along. Small inroads in the larger culture for simple non-sexualized nudity to be observed by masses of people who would otherwise never conceive of this being possible is a positive.

Simply because someone outside the naturist movement has established this truth is cause for celebration. The more this occurs, the sooner the public will realize their knee jerk reactions to nudity are silly. In time the antiquated legal constraints on simple nudity will fade away.

Innovators from the arts such as Spenser Tunick and Andy Golub to name a few may be in the forefront of a rethinking of the acceptability of the body and nudity in general.

Time will tell. [Ed.]

First Time Story

Naturists love first time stories. They are tales of hesitation, reluctance, fear, imagination run wild, self doubts, fears of comparisons, worries of what others will think. You name it. Insecurity lashes out full force.

Any good story has its build up for dramatic tension: Will I? Won't I? Should I? Shouldn't I? It is resolved in the first terrifying moment and the ensuing exhilaration of experience that is surprisingly liberating. Clarity rushes in the recognition that all the barriers to social nudity were, in hindsight, mere tissue having no real substance.

For many, this moment marks the beginning of a new comfort with their body and that of others. In the end, it is having to dress again to go into the world that becomes an experience of loss. The realization that the comfort and freedom so recently gained is now to be encased in garments ... once so easily put on, but now feeling heavy and entrapping.

Writer Fernanda Moore unselfconsciously and joyously tells her first time story. What makes this noteworthy is that she is publishing her story in the Marie Claire online magazine.

This sort of public declaration is the most persuasive. It has “the ring of truth” about it. Equally noteworthy, there are none of the trite efforts at humor about nudity too many journalists feel compelled to use.

One small example of the change in perspective that comes from experiencing naturism is evident in this brief snippet from the article, “She moved slowly toward her boyfriend, who was lying on a blanket. As she walked, water ran down

the curves of her body; when she realized her boyfriend was watching, she struck a pose. She was confident and gorgeous, and she was, by conventional beauty standards, at least 75 pounds overweight." I love it!

What a gift naturism is to us and to all who participate. An aesthetic and moral adjustment rapidly transforms our old mind set from judgment to acceptance and appreciation for the humanity around us. Suddenly the complaint by the lout that all the nudies he saw are people he wouldn't want to see nude takes on all the repugnance it deserves.

When you read/hear this criticism and feel contempt for it, you have crossed over to become a naturist. [Ed.]

See it for yourself [here](#).

For Liberty

Columnist Larry Darter has done an amazing job promoting naturism in the Dallas and North Texas region. His regular opinion column is published in a Dallas paper. You may find it [here](#).

Larry is intelligent and insightful. A few months ago he initiated a drive to collect 100,000 signatures to present to The White House in support of naturism. Only about three thousand signed.

I suspect Larry didn't believe one hundred people would sign the petition, but what's the harm? If thousands had signed it would have demonstrated naturists really do exist in significant numbers and support their chosen lifestyle.

Sadly, although AANR did offer belated support, representatives of the Naturist Society reacted with condescension. I was shocked and disappointed by that. Responses of both organizations seem to have an attitude, "If it doesn't start with us, we want nothing to do with it." I hope I'm wrong about that.

In this excerpt, Larry takes on the issue of the current trend of society catering to "the offended" almost to the point of ignoring all other values. It's as though Americans have forgotten what Liberty means and why thirteen colonies fought a desperate war to escape the rule of King George.

Liberty isn't license. We can't go about doing actual harm to others in the name of liberty. Neither does it mean a tyranny of the minority as if one person has the only vote that counts to stop anyone or any group from exercising its liberty just because they don't like what's going on. Shame on us for giving up our birthright so cheaply!

I encourage you to follow Larry. He's a good guy, creative, and willing to stick his neck out for naturism. [Ed.]

When distilled to its lowest common denominator the reason so many have a problem with nudists and naturists is because they find nudity personally offensive. When people choose to take precious time out of their lives from arguably more important things to appear at public governmental hearings or to write letters demanding that a clothing-optional beach be closed down, while they may not put it specifically in these terms what they saying is this. "I'm offended by nudity and I want it to stop." The very reason they say it is because they have the expectation that it is their right to not suffer offense.

I am sure I'm not the only one who finds it more than a little disturbing that there seems to be more and more people in this country who evidently believe that they have the unassailable right to never be offended, ever? Part of living in a free society is tolerating freedom of expression. That means that some people, some times, are going to offend you. That is simply part of the deal. Unless someone is doing something that poses a real harm to themselves or others then no one really has any right to tell them not to do what they are doing.

...Being offended is a choice. A person consciously chooses between feeling outraged about something and simply ignoring it. It's the difference between trying to force your values on someone else and simply acknowledging that they have different values than you do, even if those values are something you sincerely disagree with...

...Shouldn't something be done to curb the wrong-headed belief so many seem to have that they have a right to never be offended? I think it is time legislatures and parks departments stop basing policies on knee jerk reactions to complaints from offended people. I think before authorities close any more clothing-optional beaches they start requiring a little higher standard from people than a mere claim of offense.

...Yet the fact remains, in order to prevail in court a real injury or harm constituting the basis for a claim by the injured party must be proven before damages will be awarded. Generally speaking, simply being offended is not going to meet that standard. The same test needs to be followed by authorities who make decisions about clothing-optional public areas. Someone just saying, "I should be able to go to the beach without seeing naked people because it offends me," shouldn't be enough. It doesn't even matter if a 100 or 1,000 or even 10,000 people are saying it because guess what? We don't live in a democracy and too many people in this country believe we do. That's a problem. It is what gives rise to people choosing to be offended by things like nudity and then acting on it.

If you believe we live in a democracy, I'm sorry, but you have been misinformed. ...Our founders, men who had lived under the tyranny of a king had no intention of establishing a democracy and for good reason. James Madison and others understood that in a democracy the majority rules and that can produce tyranny of the majority. Tyranny is tyranny whether dispensed by kings or mob rule. That is precisely why the Constitution focuses like a laser on restricting governmental powers, to secure and preserve individual liberty. The right to liberty is for all not just for the majority. The liberty of nudists and naturists to live according to the dictates of their own beliefs and consciences has and continues to be infringed by the majority who choose to be offended by nudity.

...I firmly believe some are always going to get up in arms about it. That is why it is so important that nudists and naturists pull together and start standing up collectively their rights to liberty.

...The state is failing in its constitutional duty to protect the liberty of the individual. Liberty is a meaningless concept where tyranny of the majority is allowed to exist. If naturists and nudists want individual liberty they are going to have to organize and collectively demand it. It's really that simple.

Is Nudity Really Damaging To Children?

Unfortunately, or fortunately in some people's opinion, (especially my girlfriends) I have come across something that has made me rather annoyed and I want to rant.

Recently I came across a news story being shared on the book of face from The Nottingham Post. It was all about the fact that Nottingham Council had refused a request for a naturist picnic to be held to celebrate 50 years of British Naturism. Now, the council's reason for declining the event was because it might offend or cause distress to families. You can find the full article here <http://www.nottinghampost.com/picnic-park-naturists/story-21292865-detail/story.html>

...I was not surprised by the council's rejection of the event or their 'reasons'. What did get to me were some of the comments on the article....

The worst one, in my opinion, had this included in it:

"Who but the likes of Jimmy Savile would advocate inflicting that on young girls or boys? Be careful what you profess to find acceptable."

I'm sorry, but WHAT?? The fact that someone would compare a naturist to that monster is just the most offensive thing I think I have ever heard about naturism!

Why are people so worried and scared of their children seeing nudity? It all comes back to the old argument, that society has been trained to associate any nudity immediately with sex. And obviously this then gets picked up by children. There is also the body issue side of things. For as much as society demands that we cover up, it also constantly dictates what our covered parts should look like.

Again, these issues are picked up on by our children. The amount of younger and younger children becoming anorexic, bulimic or even just with the same body issues that older teenagers normally have is quite frightening.

...In fact, I know a few naturist families with children of various ages from babies and toddlers to teenagers. I also know a few people that were bought up by naturist parents.

And, although I don't know them as closely as others, all the ins and outs of their lives, etc., they all seem like well balanced and happy people. They don't have any of the anxieties other people their age have and are very open and accepting people. They judge much less than others. I wouldn't say that they don't judge because that would pretty much mean they weren't human, but they don't seem remotely scarred and actually are much more understanding than others I have met.

In fact, at the naturist club that I am a member of, there are many families and it's such a friendly and happy place. One such family has two children and they are both lovely and always smiling. One of them is now 12 years old and is a very level and observant young girl. She has been brought up to understand that everyone is different and wrote the following:

At the tender age of twelve

*Is when the spell takes
When young girls' bodies
Are consumed with self-hate
Where mirrors are our enemies
Part of an evil scheme
To hurt and destroy
The average teen
Why can't we be like Miley
They all exclaim
The mirror feeding rubbish
To their brain
Soon it's too late
The evil scheme has taken shape
Girls on diets
Lettuce leaves and grapes
Just make up, painted porcelain dolls
Hearts broken like glass swans
Together let's unite
Let's shatter those fragile mirrors
Insecure mirrors
Together we will fight
Because, you know what
You're beautiful!*

Now, I know that at 12 years old I did not have that kind of understanding or insight into the world and what the pressures did to young people. I just thought I was ugly, odd shaped and that everyone was against me. I was bullied for being 'ugly' and not having any boobs. I was convinced that it was all true....

I also know other families that, although they are not naturists, do not try to hide their bodies overly much around their children. For example, my girlfriend was brought up knowing what the naked form looked like, that everyone was different and if she had any questions her mother just answered them honestly. ...

As long as people understand the body is not disgusting and shameful and that just being naked doesn't mean sexual things will happen, then we may make an improvement for the human race...I know there are only a few people in the world who will agree with that and some who don't agree, (the more extreme ones) will probably still think anyone who is naked near a child is going to do horrendous things.

...I have never seen myself having kids, but if I ever did then I would take them with me to naturist events and raise them to know that all bodies are different shapes and sizes. When they are older they can choose not to continue with naturism and that will be fine. I would just hope they still carried some of the same values and opinions that I would hope to raise them with and so they would be happy, understanding and happy people.

This is an issue important to many in the Naturist community. Learn more [here](#).

Clothing: Necessity, Habit, Or Addiction?

The normative wearing of clothing goes back many thousands of years in some areas of the world. There are good reasons for this. Clothing has lots of utility and no doubt has aided humanity to expand across the globe in the face of climate extremes. Clothing also is highly valued socially in ways having nothing to do with utility. However, this is far from saying that clothing has been mandatory at all times in the past or that not wearing clothing was always condemned by society.

Since its invention in pre-historic times, whether made of animal skins or textiles, wearing clothing has played a valuable role in the human story. However, this does not mean that the meanings now associated with mandatory use of clothing in so much of the world goes back to the origins of clothing.

In the beginning was the body. The body has both physical characteristics and very importantly, social characteristics. One anthropologist noted, "...the social aspects of the body may extend beyond flesh and bones to include clothing and adornment in the fullest sense of these terms."

Anthropologist H. Th. Fischer states, "The complex phenomenon, called clothing, does not have and apparently cannot have one single origin..." Wearing clothing has both practical and symbolic functions and meanings that vary widely depending on the context.

Our relationship with our body and clothing is complex and changes over time. Fashion itself shifts over time between covering and revealing or accentuating various parts of the body. Accompanying these shifts are the moral concerns of some and the embracing of the new by others.

Standing in the midst of fashion changes of just the past hundred years we smile at the prudish moralizing of those a century ago and what to us seem minor changes in dress compared to our "enlightened" age and dress. The same will no doubt be true a hundred years from now as our descendants marvel at our quaint dress styles.

In some tribal societies, wearing a string around the waist is their "clothing." It covers nothing, but signifies something important to them. They don't share the Western view of clothing or nakedness. The unfortunate result of this has been the imposition by Westerners of our "correct" understandings about the body on so called "primitive" peoples.

Naturists suffer from the same prudish misunderstanding and bigotry by the larger culture as have tribal peoples. The dominate culture is filled with its importance and arrogance. It scorns anyone who challenges their self-satisfied standards. Yet, isn't a string bikini an explicit rejection of established standards, even if it is a half way step toward nudity?

Naturism is an organized program to reclaim the dignity and worth of the body in all its parts and functions that runs counter to a cultural trend that holds the body to be shameful, the source of moral depravity, and an affront to decent people. The practice of social nudity puts the lie to what is deemed the conventional wisdom about the body and the

relationship between the sexes. It seeks healing in psyche about how we define our body as part of our person, and healing between men and women by fully humanizing each other and elevating our esteem for one another. In this process naturism de-eroticizes body parts, focusing on the whole and elevates to a central position the personhood of each individual.

Naturists are in full agreement with the author below in saying there is nothing wrong with clothing. It has a necessary role and function in our lives. We just add that this can be assented to without, at the same time, denigrating the body. [Ed.]

There is nothing wrong with being clothed. There is also nothing wrong with being unclothed. When a person is cold, needs protection for a task at hand, or is walking on rocky ground, clothing could be helpful or even necessary.

But how often do people put on clothes out of habit, security, or to comply with puritanical societal conventions? For instance, I ask folks who aren't nudists if they wear clothes when its summer and they're home by themselves. Usually they answer, "Yes," and I ask them why? It can't be modesty – they're alone. It can't be warmth - its summer. I believe it's usually one of three things: 1) it's just a habit 2) Their clothes are a security blanket or 3) They are uncomfortable with their own body.

In each of these cases I suggest they 1. Break the habit – it saves laundry if nothing else! 2. Enjoy the freedom of nudity instead of clinging to something that provides artificial security, or 3. Learn to love their body just as it is. They do after all take showers nude, so what's the difference if they're on the couch nude? Yet most say they're fine showering nude, but being nude on the couch? It strangely blows their mind.

I believe that the real challenge for most folks isn't that it's any one of these things – it's that it's ALL of these things. Most people are working against years of being programmed to believe their bodies suck; their habit of being continually clothed; and finally the discomfort of being in their own skin. The good news is that people can and do overcome these obstacles all the time, but friendly encouragement and support can make a big difference.

I'm happily "out" as a nudist. One of the best things about it is that when people are done with their questions about why I'm a nudist, I get to ask them why they're not! I don't convince most of them to try nudism, but I do get them thinking about their habit of being constantly clothed and I think that's a good start.

Go [here](#) to learn more.

"There's something therapeutic about nudity. Clothing is one of the external things about a character. Take away the Gucci or Levi's and we're all the same. But not when the nanny is around. But I will with my wife and kids." – Kevin Bacon speaking of his preference to be nude in his home.

My Body

Where to begin? The body we possess is fundamental. It is our existence yet as individuals and as a culture, we are at odds with ourselves – with our bodies.

With our body, we enter the world, grow, interact, experience, age, and eventually die. Without my body there is no me, no engaging with you, nothing. All I love to do, my body does it for me. It is exquisitely tuned to minute changes in the environment and is magnificently designed to ensure its survival and with its survival you survive to do all those things you love. It does all this automatically leaving each of us free to pursue whatever comes to our mind.

There is much more, so much that we take for granted that we depend on from our body. It is wondrous, and yet we humans find so much to be displeased with about our bodies. Part of the harm comes from external attacks. I truly mean attacks in the sense of a type of hostility toward each of us that seeks to make use of our body for their own ends.

A very well written and insightful essay explores this issue in the context of modern life. From her picture, it is easy to see she has been blessed with beauty and from what she writes, she is sensitive to the temper of the day, but intelligently analyzes the corrosive nature of our society. [Ed.]

The author brings us up short with the ugly reality that the world doesn't perceive her body from the perspective

described above. It has a different agenda. Thousands, millions of images and messages flood our minds telling us damaging and destructive expectations that are impossible to ignore or comply with.

Pointing her finger at a key component of the abuse machine she declares that Body Image is the most used tool of oppression for women in our society. Body rules are reinforced by women, men, and media again and again and keep women in self-maintained shackles, where our role is to be, primarily, a pleasure to look at.

She goes on to ask the question, "How do I fight back against this pervasive and harmful way that I experience the world and the world experiences me?"

Her answer is that, "By remembering what my body is. My body is beautiful, it is unique, and it is mine. It is an experience, not an image. It is the carrier of my identity, and it should be celebrated. No matter what shape, what size, or what color it is. It is my home. All of us have a home, and we should embrace it, no matter if society has told us to treat it with shame, or with fastidious standards. Our bodies are not objects. They are the places where our souls rest. What makes my body sing, what gives it pleasure, and what makes it feel the most alive? For this fleeting moment that we are given life, let's celebrate our bodies. Let's reclaim them. Let's reclaim ourselves."

Interested? See the original story [here](#).

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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

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.

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