

Bare Facts

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

Winter Warrior Progress Report

So far, our Winter Warriors have enjoyed strong support. We've had two teams working independently on two different projects. Late fall weather cooperated to provide several good days to begin our projects before the latest cold snap. Our teams took advantage of these mild days. We will monitor weather predictions for more good weather.

Clearing trees from the dam is an important, on-going need. As much as we enjoy trees at our special place, over time, their roots can cause serious damage to our dam. One team of Winter Warriors has completely cleared the lake side of the dam and began clearing the back side. They expect to be able to complete this project before spring sets in.

Although our survey recently closed and analysis has not begun, a cursory reading suggests our supporters are very interested in a new trail below the dam. A second team has marked a path for this new trail. Because of the dense growth below the dam, this part of the project has been surprisingly difficult. After a number of revisions, we believe we have a good route marked and we can begin clearing the path.

Even if we complete trail-blazing before Spring, the trail will be rough for the first year or two. However, everyone who has previewed it recognize it will be beautiful and completely different from our current trails.

Our Winter Warriors take on tasks that are necessary and, sometimes, difficult. The work can be strenuous but we don't push ourselves too hard and we make it a point to have fun as we work. Most find it enjoyable and look forward to our gatherings. If you want to become a Winter Warrior, send us an email.

Happening At Edun

This is a time of activity at Edun, just a little chillier.

Our saunas are going well and offer great conversation sitting around a very hot wood fire. It is sure to open sinuses and get us talking about the weeks ahead. The heat rises when someone pours that cup of water on the coals and it feels 10 degrees hotter.

Winter Warriors have several projects going on. A new path below the dam is being marked out for our intrepid backhoer to clear for the next season. We also want to make some new trails on the west side and try to connect the North Road to the West. As usual, Canadian geese have taken over the lake, and it is a fine time to meet and greet our visitors from the North. Multiple smaller projects could use your help, if you will contact through Grace's e-mailing to find something you can do for your spot in Paradise.

Remember to support the Lake Edun Foundation this holiday season

The Lake Edun Foundation is a 501-c-3, not-for-profit, educational foundation dedicated to educating citizen of Kansas and Western Missouri about the beneficial impact living a clothing free lifestyle can have on the individual, the family and society. Your tax-deductible support helps us provide programs and information to further this goal.

The Astronomy Buff - December, 2013

IT CAME BACK!

Supposed "Comet of the Century" was declared dead and gone by the European Space Agency and by NASA on Thursday and Friday last week. Its orbit took it too close to the sun and the snow and dirtball glowing object was destroyed by the massive forces hitting it from the sun's corona.

But, guess what, it survived – at least in part. When all were saying the feisty comet was gone forever, the head of the comet appeared traveling away from the sun. Way to go, ISON. It is now much smaller than it was and the tail part is fading fast. When ISON passes earth's orbit we will not likely see it. But we are very proud of our "comet of the century" in that old Sol could not have all of it. Brings a salty tear to the eye in favor of the Underdog.

This time of year is time to look at the constellation Orion. It rises in the early night sky and has a lot of things to look at. Today we are focusing on Orion's belt. Nebulae are one of the harder things to find unless you know just where to look. A Nebula is a cloud of interstellar gas that came from an exploding star. Some Nebulae glow, some reflect light and some are dark, (much harder to see). But you can find Orion's Nebula if you look just below his belt to the left and see what could be stars forming a sword hanging there. What appear to the eye to be three stars include in the center an easy-to-find Nebula. It has the label M42 and is a grand "find." Included here are two star clusters and at least one binary (double) star. Have a good time looking at this object on a moonless night.

As always, enjoy the nighttime sky with me, The Buff Astronomer. This month, you can find the Pleiades, Orion, and even the Andromeda Galaxy in the early night sky. Join me, in the buff or textiled depending on your cold tolerance, in viewing things like the Gemini meteor shower (peak 13-14 December). Here's to looking up!

DON'T FORGET

Dec 1; Sun; 7-9; Sauna
Dec 8; Sun; 4-6; Board of Directors
Dec 10; Tues; 7-9; Sauna
Dec 19; Thurs; 7-9; Sauna
Dec 28; Sat; 8-10; Sauna
Jan 3; Fri; 8-10; Sauna
Jan 11; Sat; 8-10; Sauna
Jan 12; Sun; 4-6; Board of Directors
Jan 14; Tue; 7-9; Sauna
Jan 17; Fri; 8-10; Sauna
Jan 25; Sat; 8-10; Sauna
Jan 29; Wed; 7-9; Sauna

YNA Chapter Comes To Kansas City

This is some really exciting news! Young Naturists America has announced that Dan Stark is forming a chapter in the Kansas City area. What is amazing is that Dan has been a naturist for only two months.

You are encouraged to go to the YNA website for an in depth introduction of Dan and his girlfriend and how they became naturists. It is their hope to introduce naturism to other young people in the Kansas City area. We at Lake Edun wish them much success and hope they will visit our favorite naturist retreat. [Ed.]

The following is a summary of Dan's thoughts. "We started out being nude around one another. We would be naked in the house and slowly progressed to camping nude in our backyard (134 acres). Albeit, only the two of us, but she enjoyed the experience immensely. What began as a week-end of nude relaxation and ultimate appreciation for nature (and all things therein) soon turned into a lifestyle that we would never have thought about.

With research and conversation, we have learned that nudism has evolved quite radically over the years... We have also learned that it's a "help one, help all" community and we hope to be able to live up to the high standards that were set by the YNA family and the pure nudist movement.

We, in our nubile nudie position, understand that our choice of lifestyle is not for everyone. But we do hope to ignite such passion as what we have seen from those who have come before us....

With the help of Felicity and Jordan, I am opening another chapter of the YNA here in my area with the hopes of educating the uneducated, opening the closed minds and combating the unknown that lies ahead! Let the nonsexual Nude-Times Roll!

"We are free. We are united. And we will live how we see fit."

Visit their website [here](#).

Naturism Brings Hope And Healing

The following testimonial is a must read. We can become philosophical and theoretical about all the positives and benefits derived from naturism. Such intellectual endeavors have their place, but actualizing the theory is quite another.

Martin, the author of this next piece has lived the healing he has gained since becoming a naturist. This is the human face of naturism on display. And no, naturism didn't heal his chronic affliction, but it surely eased his suffering and enriched his life. The doctors can work on a cure for his body, but naturism has helped him build a life worth living. [Ed.]

This is a subject very close to my heart and with so many stories lately in the media of people coping with body confidence issues, I wanted to write my story of coping with an illness which has left me with some physical deformity, but thanks to Naturism which has given me the confidence to love and be proud of my body.

I was diagnosed with Ankylosing Spondylitis, (a reactive Arthritic disease) which causes inflammation of the joints, pain and stiffness and can lead to total fusion and lack of mobility. I have suffered with AS for well over 20 years now and it has been a roller-coaster of conflicting emotions, such as sadness, depression, love, fear and hope.

All through my illness I have continued to keep my naturist passion and following the naturist ideals of body freedom, love, nature, respecting the body and those of others. My AS has left me with a completely fused upper spine and neck and two total hip replacements and residual pain which very rarely goes away.

I went through a particularly bad phase of my AS and was getting very depressed and fed up with how my body looked. I was looking in the mirror at my somewhat stooped posture and thinking, "Oh my god I look horrible!"

Luckily during this period I decided to take a holiday on my own in Fuerteventura, (Canary Islands) for a break on my own and discovered that my holiday apartment was literally within walking distance of a clothes-optional beach. I held my breath and stripped off my shorts and T-shirt, and the feeling was incredible with the sun, the sea, and the air all around my skin.

There were lots of other naturists on the beach that day and some of them came over and asked me if I was ok as they could see I was in pain. To cut a long story short, I made some very good friendships the week I was there, and the most incredible thing was that they accepted me and didn't care that I have several very large scars and a fused, stooped spine. I was a person, a naked person, but a human being and they were naked too. It was the most wonderful feeling, and one I shall never forget.

Since that wonderful holiday I have taken many Naturist holidays, visited beaches, and attended some Naturist events. I don't go to as many as I would like, but I continue to stay naked as often as I can at home or in my garden. Doing this constantly teaches me confidence and love for my body.

It doesn't matter what you look like or how many scars you have or whether you are slightly bent over or a little tubby or thin, tall, round or short, gay, straight, black, brown, white or whatever. The message I'm trying to put across here is that Naturism or Nudism, (whichever you prefer) is an amazing tool for teaching body confidence and by spending a lot of time naked yourself in the company of others you realize that we might all look a little different under our clothes, but we are all the same; and as Naturists we respect others and crucially we don't judge or make snap opinions about our appearance.

Naturism has done more for me in accepting and teaching body confidence than any other treatment, (counseling, medication, etc.). I only hope this message gets across to others out there who have body issues or a disability, please try Naturism. It will improve your physical and mental well-being!

The full story is [here](#)

Heartland Naturists In The News

It's time for some good news – literally! A positive news story was presented on Kansas City television station channel 41 recently about Heartland Naturists. Featured for on-air interviews were Heartlands members, Julie Dailey and Ray who told how they became naturists.

Both noted the improvement in self confidence they experienced after joining Heartlands Naturists. They also related the benefit of being accepted by others in the group as a person. It was also noted that many people who are naturists keep this part of their life secret from family and friends out of fear of judgment or possibly losing a job.

Julie discussed the greater degree of safety she feels in naturist settings as compared to clothed settings. Ray explained that his religious faith reinforced his decision to be nude. This is because God created the body as good. So there is nothing, “shameful or bad about it.”

The reporter treated the subject in a straight forward and professional manner. It was a good day for Heartlands and naturism in general. We commend our brethren with the Heartland Naturists for helping to get the message out. We are particularly supportive of both Julie and Ray for having the courage to take a public stand.

Watch the interview on-line at the following address: [Ed.]

It's a great story we can all view [here](#).

It's Tough Being A Woman

The name of an old soap opera contains a simple truth. ‘One Life to Live’ features a singular truth about the reality of our being: It is a one time, never to be repeated project. Therefore, what we do with the time of our earthly existence matters.

It follows that our every decision, every action has consequences for all that follows. There are countless choices we make, and countless influences that bear on our choices. Many of these influences intimate that they are in our best interests, when, in fact, they are not. Separating fact from fiction then is a lifelong task.

Naturism arose to drive a stake through the heart of the lie that our bodies are shameful and a source of evil. Unfortunately, it is human nature to cherish some time-honored “truths” without question. Despite this, humans gradually sift and evaluate such beliefs discarding those that are flawed.

The truth about the body that naturists have been proclaiming for over a hundred years is more and more being independently re-discovered as the following abridged essay attests. It is gratifying that this is happening with increasing frequency. Observant and thoughtful people are unknowingly confirming the truth naturism teaches.

May the message this writer and the many others place in the public domain stand on its own, but also serve as a bridge to a more general acceptance of naturism. [Ed.]

As a mature woman, I've come to the conclusion that a healthy, positive body image is hard to find. It is absurd to

believe that caftans, liposuction, or photoshopping provides a remedy for the internal disordered self-assessment in a person's life.

The beauty industry sees opportunity and exploits it. The question is how do we keep ourselves from being hooked by their manipulations? How do we prevent seeing the mirror, – food, and other women as the enemy? Most importantly, how do we intervene to immunize our daughters, nieces, or the teen who feels her life will be ruined without breast implants in the midst of this toxic environment?

I don't expect little girls and teenagers to have insight in these matters. It is we, as mature and self aware women, who have to save ourselves, then speak up and help the young to see through the sham of the media imagery.

An important step toward this goal is to make friends with the mirror. It's true, look at yourself in the mirror. Just look and still all the criticisms you have habitually spoken to yourself. Those are the words of manipulative trend-setters who have infiltrated your consciousness since childhood. They form the heart of the deceit that surrounds and traps you. Instead, challenge the truthfulness of the negative self-talk. Little by little this web of shame is revealed to be a phantom that has no existence in reality. In realizing this you, go beyond just being able to bear the sight of yourself in the mirror to recognizing and accepting the beauty of your humanity

You will recognize you are becoming a healthy person when you suddenly realize you no longer sigh or cringe every time you see your own image, eat a cookie, or see a digitally enhanced picture of a model. This state of mind is not about a pretense that you are ok with your body. It is about taking steps toward self-love. From there forward, every bit of confidence you display helps not only you and other women, but makes the world a better and safer place for all.

Another insight we have to embrace is that the media manipulators use us against ourselves to pass on their damaging messages. Check your speech and notice the messages you pass on without recognizing that their origin is from the media machine.

When you do this you will stop talking to the girls and women in your life about "healthy eating" if what you actually mean is, "Your stomach isn't flat and it freaks me out." They will hear what you mean. Nor will they believe your 300 calorie dinner is really healthy.

You think not? It has been demonstrated that even 5-year-old girls know a diet when they see one. Furthermore, stop criticizing other women's bodies for sport or to make yourself feel better. Instead, start admiring aloud the things in other women that you really do admire. Show this by speaking about what you love and value in them.

It is my observation that even the most Botoxed, lipo'd, lifted woman cannot conceal herself. If you really don't accept yourself it shows through every cream and artificial enhancement there is. Until we stop disowning our own imperfect selves and our normal physical traits as if they were signs of pathology, there will always be some misery in the eyes that nothing can hide.

In truth we all are imperfect – permanently and inevitably flawed. And we are beautiful.

To learn more about this, check out the [story](#).

A Blog By An Accidental Nudist

Here's a nice story of one man's eye opening discovery of naturism. As he testifies, it was a turning point in his recovery from cancer and the treatment that saved his life. The healing power of sunshine and acceptance of his body combined to create a new sense of life affirming wellbeing.

The early naturists extolled the healing benefits of the rays of the sun. They were helping those whose lives and health had been negatively impacted by city and industrial life in factories at the turn of the 20th century. The goal was to restore workers to health through a regimen of full body exposure to the sun, exercise, and a healthy diet.

When healthy, we take it for granted, but life threatening disease reminds us of our frailty and mortality. This takes a toll not only on the body, but also on the spirit. I know of nothing so simple, so available to all at no cost as spending time in the sun in nature which in itself revives a love for life and all that leads to good health. This writer captures that spirit and it is a blog worth following. [Ed.]

This summer I stumbled into nudism by chance. The personal change I experienced was so profound that I decided to document and describe the journey, partly to understand it myself and partly to share my experience with others.

I am a man in my early 60s, 5'10, and 190lbs, reasonably unfit, pasty, tired and worn out. I had just been through a grueling two year struggle with cancer and the life changes this disease entails. The stress it placed on my professional life, my family life and my marriage was enormous.

For two years I lived in the haze of cancer treatments and those powerful painkillers that steal your soul. This spring, pronounced cured, or at least, cancer free, I set off on the road to recovery and normalcy. I resumed bicycling again, (I had always been an avid cyclist). I hoped to feel better soon.

One day while cycling near the river, I spied a huge group of ducklings near the shore and so went down to see and photograph them. I came upon several groups of people sun tanning naked on the large boulders near the water. They paid me no mind and I must say I was taken somewhat aback, not at their nakedness, but more at their disregard for me.

Anyway, it was a fine day indeed, and I decided I would try this out: after all, 'when in Rome.' I had never enjoyed sunbathing before, so I really didn't expect much. Out of sight of others, I stripped off my clothing and lay down on a large flat rock.

The sun was just behind some fluffy clouds, the rock was warm and the breeze gentle. I closed my eyes and began just to feel my surroundings. Very pleasant it was. As the sun emerged an almost electrifying energy enveloped me. It was magical, especially on my genitals. I had never felt such

warmth before. It was not at all sensual or erotic, but life giving, healing warmth.

The sun was so warm that I began to sweat and so like the others nearby, I went into the water to cool off. I was a bit apprehensive of my out of shape body, but no one paid any attention, and many of those around me had similar shapes to mine, except that they were tanned rather than my pasty white skin. I headed back to my rock, lay down again and let the sun and gentle breeze caress me once again. I began to come alive. Go [here](#).

Naked And Afraid, Season 2

Perhaps all of you have watched the Discovery Channel's series Naked and Afraid. Season two starts December 8th with two couples in a two hour special first episode.

The original premise was to team up a male and female in some wild and highly inhospitable environment with only one piece of self selected gear apiece. No doubt to gain an audience, and heighten the degree of difficulty, the pair has to strip naked at the start of their ordeal to survive for twenty days before being picked up. Of course, all the "naughty" body parts are pixilated, but this is to be expected.

The participants all have significant back country experience and survival skills. Of course, their prior experience usually wasn't in the same environment as they find themselves in for their episode.

There is no doubt that these survivalists are in for a truly hard core test of their knowledge, wits, and ability to become a team to give their selves the best chance to survive. The first season proved that that no one fools Mother Nature and humbled all participants.

Here's hoping this series and others featuring nudity has a salutary effect on the popular mind by normalizing nudity as not being so outrageous. Aiding in this is the ease with which the participants accept their mutual nudity and it doesn't become sexualized.

Indeed, the struggle to survive is so intense, not to mention the presence of a film crew, there is no incentive or opportunity for sexual behavior. This clearly demonstrates how sex goes lower on the hierarchy of needs even in the presence of full mixed gender nudity when clean water or adequate food are scarce. Indeed, nudity and sex aren't inescapably linked. Perhaps that reality will seep into the minds of those most doubting of this proposition. All in all, two thumbs up! [Ed.]

Find the full story [here](#).

"The girl with dark hair was coming towards him across the field. With what seemed a single movement she tore off her clothes and flung them disdainfully aside. Her body was white and smooth, but it aroused no desire in him, indeed he barely looked at it. What overwhelmed him in that instant was admiration for the gesture with which she had thrown her clothes aside. With all its grace and carelessness it seemed to annihilate a whole [oppressive] culture, a whole system of thought." *George Orwell, 1984*

Sexual Modesty, Social Meanings And Naturism

A study by Martin Weinberg of Northwestern University published in *Social Problems*, Vol. 12, No. 3 (1965) looked at nudists as an example of people differing from societal norms of modesty.

Weinberg describes the normative system of the nudist camp which maintains interaction patterns between genders in a nude setting. The general sociological framework he uses is a study of subjective “social meanings” attached to behavior.

Sexual modesty is sexual reserve, (or a communication of non-availability for sexual interaction). This meaning is the result of the actor’s following the dictates of sexual propriety, i.e., the common-sense understanding of proper or “decent” behavior. The author is looking at sexual modesty as an institutionalized pattern of social interaction.

In a sexual realm, acts of immodesty take some basic forms, all of them communicating a boldness or lack of inhibition. This can include verbal and non-verbal communications which may be perceived as showing sexual availability, or an act that may be perceived as a projection of bad breeding. These behaviors can be seen as both active performance of an act, or by failure to manage effectively an impression of restraint in regard to another’s immodest act.

Weinberg hypothesizes modesty is maintenance of social control over latent sexual interests. Common conceptions of modesty also put most emphasis on covering the body when in the presence of the opposite gender. A breakdown in clothing modesty bring forth images of rampant sexual interest, promiscuity, embarrassment, jealousy, and shame.

Finally, if nudists effectively change the societal definition of situations regarding nudity, and are able to maintain forms of modesty pertaining to other aspects of modesty, then social control over latent sexual interests will still be maintained.

The ideology within the nudist camp sets forth a new definition of situations regarding nudity. They maintain:

- 1) nudism and sexuality are unrelated
- 2) there is nothing shameful about exposing the human body
- 3) the abandonment of clothes can lead to a feeling of freedom and natural pleasure
- 3) nude activities, especially full bodily exposure to the sun, leads to feels of physical, mental, and spiritual well-being.

As a result of field work and formal interviews, Weinberg reports, the social organization of a nudist camp developed a system of norms which contribute to sustaining the official definition of the situation. Norms in place when his study was done included strict restrictions on the number of singles and potential members had to be certified by the camp owner and in some cases had to have three letters of recommendation.

Norms regarding interpersonal behavior included no staring; no sex talk or telling “dirty” jokes; no body contact; no alcoholic beverages, and Rules limited photography. Any accentuation of the body is suspect as being incongruent with the ideology of nudism. Attempts to cover any area of the body are rejected as contrary to the belief there is no shame

in exposing the body.

Weinberg concludes by saying his research indicated breakdowns in modesty in nudist settings are not common as a consequence of mixed gender nudity. He adds the social organization of the nudist camp provides a system of meanings and norms which negate the likelihood of rampant sexual interest, promiscuity, etc.

General conclusions regarding modesty in nudist camps are:

- 1) Covering the body through the use of clothes is not a necessary condition for modesty to exist, nor is it required for tension management and social control of latent sexual interests. In fact, sexual interests are very adequately controlled in the nudist camp experiment. Some have observed that sexual interests are controlled to a much greater extent than they are on the outside.

The author explains clothes are not a sufficient condition for a pattern of modesty as the manipulation of clothes and fashion in stimulating sexual interest is widely recognized.
- 2) Except for clothing immodesty, all other forms of modesty are maintained. This suggests nudist norms are adequate to achieve the functions of modesty even when definitions regarding body exposure are changed.
- 3) When deviance from the societal patterns of modesty that occur in nudist camps is limited to only social nudity, the typically expected consequence of such behavior in the nudist context does not occur, i.e., rampant sexual interest, promiscuity, embarrassment, jealousy, and shame.

This forty eight year old study verifies what naturists have asserted for over a hundred years. It is a consistent, long-term finding by all researchers into naturism. Despite such empirical evidence, the accepted, “common sense” assumptions continue to be a significant barrier to growth of naturism.

Of course, there is the possibility that if naturism were ever to become main stream, these standards of conduct could not be maintained. There is something to be said for some exclusivity and high standards of conduct that helps naturism continue its proud tradition of non sexual nudity.

Norms of our larger society attempt to make everything about sex ... in a desperate attempt to make the meaning of life primarily about sex. Such behavior is akin to using a narcotic to anesthetize us against recognizing our lives are empty of meaningful values, and hopes for the future.

There is no doubt that the non-sexual atmosphere in naturist settings gives space for personal growth and self acceptance. The personal gains derived from naturism are from our gymnosophy which frees us from the dehumanizing objectifying and oppressive demands and expectations of the larger society. This is a prize not to be given up in exchange for social approval. Approval from the textile world would be detestable if it meant loss of who we historically have been.

Naturism has lived without universal approval since its beginnings. We don’t need it. At the same time we do want to extend an invitation to those seeking what naturism has to

offer based on our lived experience and supported by independent scientific research. [Ed.]

New Book For Naturist Reading Enjoyment

It's winter and lots of long cold months ahead before we can again stretch out beside Lake Edun and enjoy the warm rays of the sun. What is there to do about this? Well, you can take in a sauna, or go to a Heartland Naturists swim, take a vacation to somewhere warm, or read a good book about naturism.

Why not do all these things? To help you with this list of things to do for the winter, I bring to your attention a new book written by a Canadian naturist. While it obviously is for naturists, it also aims to attract a wider readership. Let's hope the author; Catherine Roberts is a smashing success! [Ed.]

The book is titled, 101 Things to Do Naked! A Guide to Dress-Free Living was published last month and is now available via Amazon in a Kindle or paperback edition.

The book offers a light hearted glimpse into the life of a laid back naturist on a self-described mission to alter a "clothes-minded" society.

Roberts says, "I started on a journey a year ago documenting things that you can do naked, and actually doing most of them," "I thought it would be a funny book, a 'joy of living naked' kind of thing. I'm really into humor. I think humor is the best medicine."

Using the list format of 101 things to do naked, Roberts embellishes the list with numerous amusing stories and anecdotes into which the author seamlessly weaves the 101 items.

The idea for her book was actually planted after waking up to the steady thumping of an ax being wielded by her bare boyfriend. This observation led her to wondering whether there might be 100 other things you can do naked.

The author states that her book isn't about exhibitionism or voyeurism. She explains that, "I'm a naturist. I don't mind being naked... Maybe a lot of people feel this way and want to be like this, too."

"Her slogan, 'live, love, laugh,' is without a doubt exhibited in her writing. She says, "I want people to have fun with this book, to enjoy it, and to live naked. It's a journey."

Here's the [link](#).

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