

# Bare Facts

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*Official Publication of the Lake Edun Foundation, Inc.*

December 1, 2015

Box 1982; Topeka, KS 66601 ! e-mail: [nude@lakeedun.com](mailto:nude@lakeedun.com) ! 785-409-0274 ! Website: [www.lakeedun.com](http://www.lakeedun.com)

38° 58' 7" North; 95° 47' 56" West

## Notes From LEF Board

*Ralph Earles, President*

While enjoying good holiday feasts and visits with family and friends remembering the good things that have come our way, let's not forget to be thankful for Lake Edun and the great community of like-minded nude friends we have here. Our social activities leader, Andy, suggests these holiday meet ups are a great time to let those close to us know how much we enjoy being part of the Lake Edun naturist community.

Maybe you have done that already. If not, a good way to bring the subject up would be to give a jar of the naturally made Lake Edun Plum Jam as a holiday gift. Few would turn it down and they might even consider coming with you to see where it was made. Invite them to a sauna or one of next Spring's Open House events. (You can buy the jam at the Barn when you come to a sauna or work day.)

Your LEF Board is planning a full schedule of events for 2016. Our hope is to keep all current Lake Eduners and new members and visitors excited about visiting our special place often.

Popular events like nude yoga, sky-gazing with the Buff Astronomer, nude camping week-ends, photography seminar and member appreciation potluck will be part of a basic calendar of events to be approved at the Board Meeting on Dec. 13th. If you have ideas for events you would like to see added at Lake Edun contact Andy or any other Board member.

Thanks to Jeff for getting e-mail notices out to members about work days, saunas and other events. The Board is working on more winter activities – possibly house parties or restaurant or brewery meet ups so watch those e-mails from Jeff for late additions to the calendar.

Notice the back page of Bare Facts gives the new address for the current Treasurer of the Lake Edun Foundation (LEF) for new memberships, renewals and address or other updates. The front page gives the permanent address for the LEF and can be used for requesting pamphlets or more info about LEF. The LEF Board will make sure that any mail sent to either address gets to the right person for a timely response.

We had a great year (2015) at Lake Edun. Not only have we grown our membership, we have also grown our close friendships. Lake Edun is not only a great place to lay aside our clothes; the equalizing effect of that act makes it a great place to lay aside our prejudices and to learn to love folks very different from ourselves who happen to share the joy of living naturally. Being part of a loving naturist community is so life enriching we must keep it strong and keep thinking of others we can encourage to share it. Let's continue to expand our community in 2016!

Happy Holidays! Love generously! Nude cheers to all!

## Buff Astronomer – December, 2015

Folks, it's gotten COLD outside. About the only place this here astronomer is buff is where there is central heating. Doggon it, now I'm the textiled astronomer. Oh well, into every life a little snow, freezing rain and sleet must fall.

This month the morning sky has much of the action, but there are a few things to see in the west. Like Mercury coming out from behind ol' Sol, seen best in the latter half of the month half an hour after sunset. On the 15<sup>th</sup>, it sits, brighter than usual, 4 degrees above the horizon. On the 28<sup>th</sup>, Mercury climbs to 20 degrees from the sun, half an hour after sunset.

The moon shows off twice during the month. On 7 December the waning moon slides closer to Venus in the morning sky until, shortly after sunrise, it occults (cover over) the bright morning star. On December 25, the full moon is tilted at it's maximum. Those with binoculars can see the Byrd and Peary craters at the north pole. They are usually hidden from view and only pop out when Luna is so tilted as she will be then.

A meteor shower, coming out of constellation Gemini, promises to peak at 120 meteors an hour on the 14<sup>th</sup>, just 3 days after new moon. These meteors are called the Geminids and are really Gems to see.

Jupiter rises at Midnight-thirty in early December, brightening to -2.0 magnitude against the fainter stars in Leo. It will get larger into the month as it comes closer to earth. Mars rises two hours after Jupiter and its orange color contrasts with the nearby blue-white star Spica in Virgo. It is on the opposite side of the solar system and looks small all month. Venus rises one hour after Mars on Dec 1 and is conspicuous at 4AM when it's magnitude reaches -4.2. As we said before, the waning moon will cover the "bright enough to see at sunrise" planet shortly after sunrise.

The Milky Way seems to pass more East to West in the winter as favorite constellations Orion and Taurus the Seven Sisters come into earlier view. Castor and Pollux, the two twins in Gemini, are also fun to follow, especially when the Geminid meteors come flying out of the twins.

Much to see this month as you join your scandalized (read textilized) Buff Astronomer gazing at the heavens.

## DON'T FORGET

Dec 3; Thurs; 12-4; Work Day

Dec 12; Sat; 1-4; Work Day

Dec 13; Sun; 2-4; Board of Directors Meeting

Dec 13; Sun; 5-7; Sauna

Dec 29; Tues; 7-9; Sauna

Jan 10; Sun; 2-4; Board of Directors Meeting

Jan 10; Sun; 5-7; Sauna

Jan 18; Mon; 11-3; MLK Holiday Pot Luck lunch & hot tub

Jan 23; Sat; 12-4; Work Day

Jan 23; Sat; 5-7; Sauna under a Full Moon

## For Your Health's Sake

It's now been over a hundred years since the first naturists, decrying the unhealthy environment of the new factory cities with all their pollution, prescribed open air exercise as the antidote. Technological progress has cleaned the air and made the city and workplace far less unhealthy places to be.

Despite all these changes, health concerns continue to be a major problem. Now however, health issues are related to such things as unhealthy, high calorie diet and lack of exercise resulting in an epidemic of excess weight which is associated with increased rates of cancer, diabetes, and heart disease.

Too often we think of leisure as consisting of lying on the couch and watching TV with a beer in our hand. Its true there is a place for doing this. However, most of the time being more active and putting down the snacks is the preferable choice. This means having an expanded meaning for the word leisure than just doing nothing.

Early naturists in Germany were quite serious about the need to strengthen the body and engaged in daily strenuous exercises and active games. Modern naturism has none of that as an expectation.

Those of us at Lake Edun are fortunate to have a variety of options for activity and still have plenty of time for sunbathing and rest. Some can be seen going for runs around the lake, others for walks, swimming, or canoeing. There has even been known to be spirited volleyball games.

As naturists appreciating the body and nurturing its powers is part of what we embrace in our philosophy. Invigorating the body by walking our trails in the sunshine and fresh air is made delightful when nude, promoting a feeling of well-being and closeness to nature.

The total nude experience at Lake Edun is a complete departure from the outside world, refreshing the soul and producing true relaxation. No one looks forward to having to dress and leave such bliss.

Just to add to this picture the following excerpt describes the benefits of barefoot walking in more depth. [Ed.]

“Walking barefoot, also known as ‘earthing,’ has gone from being a kooky counter-culture trend, to a scientifically-researched practice with a number of remarkable health advantages, such as increasing antioxidants, reducing inflammation, and improving sleep.

Earthing means walking barefoot on soil, grass or sand (meaning: any natural surface). So we'll have to get off the sidewalk. . . Even if there were no proven benefits to walking barefoot, I'd still recommend taking frequent walks in nature.

Regular walking, as little as half an hour a day, can reduce cancer risk, improve cardiovascular health, moderate weight and prevent diabetes. In addition, walking improves blood oxygenation, circulation, and immune response, removes toxins, and relieves stress.

True, we can get many of these exercise benefits by using an indoor treadmill at the local gym. But without being outdoors

in a natural environment, we miss out on many of the mental health benefits that are proven to increase when we spend time in nature. . . walking in nature is about being in the moment, rather than trying to achieve something.

Even more importantly, we are surrounded by fresh oxygen-rich air and beautiful scenery, rather than gym smell and flat screen TVs...Walking also creates physical and emotional rhythms. . . walking is gentle, nourishing and gives us space.

We have an opportunity to work through the day's events. . . As we walk, our breathing starts to synchronize with our motion. We experience a sense of expansion and freedom. Ultimately, walking becomes more than just exercise; it becomes a form of healing, removing our stress and replacing it with well-being on every level. . . Perhaps it's time to take a step back, barefooted.” – Dr. Isaac Eliaz, *The Surprising Health Benefits Of Going Barefoot*

## No Clothing Is Free Of Toxins

Just when you thought you were aware of every possible source of harm, researchers have found manufacturing processes leave dangerous chemicals in new clothing. I suppose getting new clothes from Goodwill is the only safe move, if not the most fashionable. [Ed.]

Researchers at Stockholm University found that chemicals used in manufacturing clothes, remain on them even after being washed. Several substances related to health risks were identified and not even organic cotton was a guarantee for non-toxic textiles, the university said on its [website](#).

Sixty garments from both Swedish and international clothing chains were tested. An initial analysis found thousands of chemicals in the clothes and around a hundred chemicals were preliminary identified. Several of the substances were not on the producers' lists and are suspected to be by-products, residues or chemicals added during transport.

A university spokesman indicated exposure to these chemicals increases the risk of allergic dermatitis, but more severe health effects for humans as well as the environment is still an unknown. Some of them are suspected to be or are proven carcinogens and some have aquatic toxicity.

The clothes were washed and then the levels of chemicals were measured again. Some of the substances washed off, but the residue can end up in aquatic environments. Despite the washing, other chemicals remained in the clothes at high levels, becoming a potential source of long-term dermal exposure. It is difficult to know if the concentrations of these harmful substances are hazardous, and what effects the chemicals remaining in our clothes have on people over time.

Researchers conclude by saying they have only scratched the surface, but these findings raise serious questions. Clothes are worn day and night during our entire life. It is critical to find out if textile chemicals go into our skin and what it means to our health. This is very difficult to assess and requires considerably more research.

Perhaps LEF should offer to serve as a control group for the research by wearing no clothes.

## Be Grateful And Respect Limits

Liberty is a word with a long and rich history. We most commonly associate it with its sociopolitical meaning: the condition of being free to choose, especially as between ways of acting or living, with an implication of wisdom and voluntary restraint. Liberty is not the way of the libertine, as we commonly think of the term.

Closely linked with liberty is the word freedom. Freedom carries the idea of enjoyment of personal liberty, and the state of not being subject to determining forces in acting and choosing.

The reality is both liberty and freedom, in the context of social relationships, mean maturity of thought and action and respect for the rights of others have to be balanced. This is no simple task. All the rules and laws of a society have, as their purpose, balancing my desires against or with others. Thus, we have relative liberty and freedom of action.

None of this means acceptance of the status quo is all that can be done. Cultural change is always possible. Cultural change is going on around us in a number of ways. The problem is, change regarding general acceptance of social nudity seems to be moving forward at a glacial pace.

The good news is that when compared to the travails endured by naturists in the 1920's and 30's, we have it far better than they did. Still, eighty plus years is a long wait for acceptance to be no better than it is currently. That said, I agree with what is recommended below to continue the campaign for more freedom for nudity. [Ed.]

Whilst we consider why we can't go nude whenever and wherever we like, it is worth considering that there are limitations on activities even at naturists resorts. For example some people enjoy sex in the open, but they cannot do that even at Cap d'Agde which is the most advanced naturist resort I know. Those who try are subjected to the full force of the law as they would be anywhere in the world if caught in the act at a public place. The point being, we all live with certain limitations all the time, no matter where we are or who we are.

However, it is possible to do what you want in most cases if you respect others and have a balance in our life, which allows us to enjoy life and push the barrier a little at a time without declaring all-out war and suffering the consequences.

Naturists need to campaign for more freedom through creating more public places where naturism can be enjoyed: more nude places in parks, more nude leisure venues to enjoy when they want rather than have fixed time of a few hours on a certain day of each week. For example, in Germany most saunas are mixed and clothing optional, so people have much greater options to enjoy social nudity whilst engaging in healthy activity. They also have many public places where nudity is accepted. The difference is the society's mind set.

This is an important issue for Naturists. Why do we continue to live in the shadows of society? To learn more, click [here](#).

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*"To be truly at ease, you have to be naked for yourself, not for the pleasure of others."* – Malia Wollan,

## Stop Shaming The Naked Body

Human beings are always paradoxical. We hear from many respected sources that the human body is noble, the highest work of God's creation, and in the next breath we are told from every side that it is shameful to see the human body naked.

This paradox could be elaborated upon with thousands of examples and thousands of pages of documentation to illustrate the two faced, double mindedness of much of humanity toward the undressed human body. We can rail endlessly against this obvious irrationality and consider all the subtleties of context when nudity is permitted or accepted and when it isn't.

The chief stumbling block is the closed mind. The closed mind is indeed a rock on which wisdom, logic, and science all founder. Underneath all the opposing arguments by those who insist nudity is shameful lies emotion generated by unexamined, irrational beliefs. As wonderful and enriching as emotion is when rightly informed, emotion in itself has no intelligence. Emotion can neither self reflect nor self correct.

A rigid, closed mind is a dangerous thing and explains why fanatical extremism is so dangerous in any field of thought. Unfortunately, recognizing extremism in one's thinking is rather hard to do. Indeed, I am far more acutely aware of your extremism than I am of my own. This is why dialogue and persuasion is so valuable. Unfortunately, those at the extremes seldom allow it to occur.

Those of us in the worldwide naturist community have to do battle with censure of both nudity in general and naturist practices in particular. At the same time, we must also recognize there is a large part of the population who are only superficially opposed to nudity and is open to persuasion.

We also have to recognize social nudity isn't an issue in the forefront of concern for most people in today's troubled world. Survival and paying the bills is far more concerning. Naturists must be able to bridge this gap to become relevant.

To date there has been no general end to the conflict despite pockets of accommodation. There probably never will be, but there may be expanded space for the naked human body. We can hope and advocate for that. Those opposed have every right to be wrong.

The following excerpt takes up the plea that nudity doesn't need to be forbidden, has no inherent downside, and harms no one. [Ed.]

Nudity shouldn't be censored. Why do movies and the media censor body parts considered obscene by certain cultures – butts, genitals, female nipples? Those are natural parts of our bodies, just like all our other body parts. It's no different to censor one body part or another. And no other animals' bodies get censored. The human body was not made to be censored.

The human body is wonderful and beautiful. It makes no sense to be arrested just because we're outside naked. How can that be criminalized while children playing violent video games is acceptable?

Being offended and even horrified of nudity is so sad and unfair. It means being offended by our own species – humanity.

Clothes divide and even dehumanize us. Nudism facilitates life so much. We should live naked as much as possible and not care if we're visiting and being visited by friends or family, going anywhere, or doing anything that doesn't require clothing to do.

This continues the inquiry: Why is the body illegal? For more on this perspective, click [here](#).

## Naturism: A Return To The Golden Age?

There are many stories and myths about a golden age of man before things fell apart and we find ourselves in our current circumstances. Many utopias have been proposed and some have even been put into action. Alas, no new golden age has resulted from any of these efforts.

We in the West are most familiar with the Biblical story of Adam and Eve in a garden, naked and unashamed where peace, plenty, and harmony reigned. Who can blame anyone for wanting to duplicate this?

It is without a doubt that the easy going nakedness described in this story is what catches our attention so strongly. The concept is so alien to our life experience that this exoticness of casual nudity symbolizes a state of being that attracts and intrigues us.

Little wonder then that naturists are at times dismissively accused of trying to return to Eden. The implication is naturists are romantic dreamers who have no realistic grasp of the human condition; that they are engaged in shallow, wishful thinking that mere nudity will undo human failings and usher in the Age of Aquarius. But is this really the desire motivating modern naturism?

In short, I don't think so. It is easy to see that the rationale for social nudity stated by the earliest naturist writers did not depend on reference to Adam and Eve. This doesn't mean such an analogy was never referenced, but religious grounds were never the centerpiece of naturist thinking.

Naturism was a significant part of the German Life Reform Movement which sought, in a number of ways, to reject and replace practices, beliefs, and relationships from the past with a more functional, healthy, and modern way of living. In this sense it was forward looking rather than looking to a model from the past on which to base living in the modern, industrialized world.

Still, it's understandable that many are reminded of the iconic Biblical story due to the role of nudity in naturism today. However, nudity in modern naturism, doesn't imply or represent what it did in this ancient story. No naturist labors under the delusion that simple nudity changes human nature along with the removal of all human flaws.

That being the case there is still much to commend social nudity as practiced by naturists. The pages of *Bare Facts* have elaborated on these benefits in detail for many years. It is true naturism does produce changes for the better in people, sometimes profoundly transformative changes. However,

simple enjoyment of naturism is adequate justification in itself even if it doesn't hail a new Golden Age.

Following are selected excerpts from an article that expands on some of the positive discoveries and observations made by a writer following his first visit at a naturist club. [Ed.]

The scene plays out, featuring every imaginable body-type adorned with the accoutrement of the bits-and-pieces so many in western culture have come to fear and lock away behind what nudists refer to as "textiles" (clothing).

There is no fear of what is hidden as it somehow finds its way into the light, and the shame generally associated with its presentation melts away along with society's curious and seemingly hypocritical obsession with those self-same bits-and-pieces. So many people with so many sets of genitalia, bottoms and breasts

For those who seek to find something wrong in nudism, there is the suggestion that overt and explicit nudity unduly sexualizes the human body. This, they argue, turns the body into an object of exploitation and dehumanization. What actually happens, and the literature is not just suggestive but demonstrative of same, is that social-nudism, for many, counter-intuitively, actually de-sexualizes the body. It seems strange the place freest of the onerous and dehumanizing effects of over-sexualizing the human body might very well be the local family nudist resort.

At the end of the day, the pedestrian Jane or Joe, or the "newbie," as known in nudist nomenclature, is left with a few very interesting thoughts, if not epiphanies. The fear sometimes associated with public nudity is quickly swallowed up in a feeling of acceptance, regardless of body type. There were men and women who exhibited the signs of body-altering surgeries or injuries and those with birth defects of all sorts. None of that mattered to anyone there. The idea of sex, if anything, was best seen as an afterthought, as the people assembled at Sun Meadow were about the business of relating to each other in a social setting that just happened to be informed by nudity. There is a saying amongst the loyal that goes something like this, "Naturism brings you here, relationships keep you coming back." Solid, life-long friendships are forged here and there is a feeling of genuine, agape love that develops amongst the faithful.

While men historically have been the ones bringing their wives to nudist resorts like Sun Meadow, things are evolving, and, on a more consistent basis, it is the women who are the driving force behind the population of these communities, as they find that here, curiously enough, old-fashioned values like inclusion, kindness, service and true friendship abound. Those with a differing agenda who find themselves at a family oriented nudist resort soon find that they are at the wrong place at the wrong time and eagerly excuse themselves. Quite literally, as patrons suggested, anything that should not happen at home or at church simply does not happen in a resort of this nature. The other-person service-orientation and ethos, as well as the nudists' self-governing comportment, is truly impressive.

To read the complete story, click [here](#).

# Run For Your Life

Nude 5K runs sponsored by naturist clubs were featured in last month's Bare Facts. These runs have been going on for a number of years, but recently seem to be gaining more widespread publicity.

Another first time nude runner, again a woman, writes about her experience and is altogether positive. It's obvious that despite the increased visibility, first time participants have a more adventuresome spirit than those in society in general. That being said, their glowing reports are sure to attract others to give nude running a go.

These races are an excellent tool for outreach to the public as well as a lot of fun for naturists. Outsiders have a "reason" to visit a naturist resort which results in an emersion experience in social nudity. Without reading any material, hearing a lecture, or having their arm twisted to visit, they learn by observation what a safe, accepting, and enjoyable place a naturist environment really is. Misconceptions are automatically disproved and the truth is experienced.

Obviously, runners are a minority of Americans and of those there is a smaller number who would have any interest in a nude 5K. However, runners in America number in the millions. That's a pretty large pool to draw from. Even so, the positive publicity generated is of enormous value.

There is no one thing that will win the day for naturism. Instead a collection of firsthand accounts eventually will have an impact in society which increases the space for normalizing nudity and naturism. The automatic rejection of social nudity we are so familiar with is, in fact, weathering away. The numbers of news articles over the years that are positive in tone is evidence for the greater tolerance of social nudity.

We must live in hope our way of life will increasingly be looked upon as basically benign even if most will never participate. Hopefully, the majority of people will end their visit like the writer who declared it is a conscious choice not to be ashamed of your body. [Ed.]

The writer begins with the disclosure that the idea of running a naked 5K had never previously crossed her mind. In fact a naked race wasn't even on her bucket list, but as soon as the opportunity presented itself to run one, she knew it HAD to be added to the list. She then ran the idea by her husband, who she says a clone of her, although in a slightly older male form, and he said "register us!" without skipping a beat.

**Then the jitters began. She says self perceived body image is a fascinating and scary topic.** While there is no doubt in her mind "body shaming" is an issue in our society, she asserts she thinks we are most guilty of shaming our OWN bodies, far, FAR more frequently than we pass judgment on others. Every little difference between our body and that of a model in a magazine is considered a flaw in our minds, magnified greatly, and perceived to be FAR worse than it actually is.

She states she is absolutely no exception to this quandary saying, "I am NOT what 'media' portrays the poster girl of

'fitness' to be. But do you know what? The majority of us aren't. And while I consciously know this, sometimes my insecurities still get the best of me."

When the week of the naked 5K arrived, the thought entered her mind that maybe, just maybe, she should cut back on carbs and try to lean out a bit before the race. Then she says she had to give herself a reality check. She realized feeling her body wasn't good enough at that very moment only perpetuated and encouraged the negative self talk and the personal body shaming she tries so hard to encourage her clients to fight... "the same negative talk I tell my own self to ignore."

At the race site while getting out of her car and taking everything off, she noticed people of all different ages, shapes, and sizes had pulled up and hopped out of their cars wearing athletic/running gear. She says, "To be quite honest, I was truly shocked at the variety of people there. I had foolishly assumed nudist resorts cater to more of the "retirement" generation, but there were indeed many athletic 20, 30, & 40 something's there as well as older, non athletic people."

Her personal discovery was not a single person was giving condescending looks or side glances, nor making comments about what other people looked like. Never once was she made to feel uncomfortable by someone else's actions or words. "After a few minutes, the whole 'naked' thing felt completely natural. You really become pretty immune to it, both with your own nudity and that of everyone around you."

When the run began it took all of 2 minutes to forget she was running naked and the only thing she could think about was her breathing and pace. Later, for finishing first in her age group, she won a medal. Upon reflection she says, "But truth be told, I won so much more than that. I won something that is so much greater than any material object..."

"I won a reminder that my body kicks ass. It is strong, it is fast, and it is capable of amazing things, from creating human life to running really far. I won freedom from ridiculous self imposed body shame. I won the feeling of fresh air and warmth, on my bare skin, just as nature intended. And I won an experience that proved to me once again we are so very much more than physical appearances."

After the race she posted a few status updates about her finish and was met with a ton of comments like: "I wish I could do that, but first I need to lose weight," or "I'd scare people, no one wants to see this," or "I'm too embarrassed," etc.

The author's caveat is, "Here's the thing, you guys: a naked race \*isn't\* for everyone. The good news she shares is "if you are one of the, 'I would love to do something like this, but...' crowd, drop the "but." Instead say, "I would love to do something like this!" and **DO IT!** I promise it is an experience you will NOT regret. You ARE capable of making the conscious choice to NOT be ashamed of your body."

It's always fun to come across first-hand accounts such as this. The complete story can be found [here](#).

# Are You A Subversive?

Naturism as subversion? You may not have thought about social nudity from this perspective, but indeed this is an accurate description of our behavior each time we casually take in a bit of sunshine sans clothing. Social nudity is a direct challenge to conventional wisdom in a number of ways.

This explains in large measure the knee jerk recoil when social nudity is mentioned. The backers of the status quo react to any discussion of nudity with immediate anxiety and rejection. To even discuss the merits of social nudity is met with disbelief and even anger. They **know** what nudity is all about. Their own body shame, and in some cases their own misbehavior shuts off all thoughtful consideration.

Obligatory clothing is time honored and requires no thought to go along with it. Arguments that clothing preserve morality are cobbled together to justify the necessity for clothing, but if clothing really did the job, why do so many people engage in behavior clothing is supposed to prevent? This belief is irrational.

Other evidence could be marshaled, but it is clear enough already that naturism is indeed subversive. Stated positively, being a naturist means thinking for yourself in spite of the

conventional wisdom. Naturists in a quiet way do call into question unsupported assumptions and to some degree have freed themselves from the herd.

The following assessment by a naturist psychologist speaks to this eloquently. [Ed]

There is something about daring to be bare that is subversive to the dominant culture. For whatever reasons, choosing nudity takes one out of the pool of being subservient into a contrasting pool labeled as deviant.

Simply by choosing the individual over the collective, one becomes a threat to all with a vested interest in the "status quo." That vested interest isn't necessarily economic or about power – it is about self-validation.

Too many of us find our validation in the eyes of others, in the collective. We dress in the fashions required; we hold the political, social, religious, and secular attitudes that best allow us to "not rock the boat." The last thing we want to do is to have to prop ourselves up. We need propping up by all the others who don't have the courage to be an individual.

Nudity isn't offensive because of sex, it's offensive because it challenges one to step outside, to risk vulnerability.

**Lake Edun Foundation, Inc.**

P.O. Box 352  
Baldwin City, KS 66006

**Membership Application  
Change of Address Form**

*Please Print*

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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.

**Membership Fees:**

|  | Single  | Couple  | Amount |
|--|---------|---------|--------|
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| Working Membership (Discount)                                      | (50.00) | (50.00) | _____  |
| Associate Member (Over 125 miles away)                             | 175.00  | 250.00  | _____  |
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| <i>No Sex, No Violence ... Only Nudity</i> First Naked Plays – DVD |         | 25.00   | _____  |
| <i>Lake Edun Exposed</i> – DVD or video                            |         | 45.00   | _____  |
| Naturist Society Membership  |         | 60.00   | _____  |
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