

Bare Facts

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Official Publication of the Lake Edun Foundation, Inc.

February 1, 2011

Box 1982; Topeka, KS 66601 • Voice Mail: 785-478-BARN • e-mail: benude@lakeedun.com • Website: www.lakeedun.com
38° 58' 7" North; 95° 47' 56" West

Report From The Board

This season's planning is well underway. We are planning to schedule a number of special events throughout the summer months in our continuing effort to be responsive to all the wonderful feedback we received from the survey.

This month, we will share with you a preview of the tentative plans we have made. Please keep in mind this is only tentative and still subject to change.

Each month from May until August, we will host an **Open House** as a visiting opportunity for those unfamiliar with our special place to learn about Naturism. Typically these include a period from Noon until 3pm when everyone must be clothed. Thus, anyone who may be apprehensive, can easily avoid the sight of unwanted nakedness.

This year, we are planning a monthly **birthday bash** to honor all Eduners and friends who celebrate their birthday during the month. With this advance notice, we hope some of our supporters will begin making fantastic plans to celebrate.

Response to the question on the survey about a **family day** was overwhelmingly favorable. So, we will be planning such an event in June. We expect to define "family" as a couple, with or without children.

We are also considering a day where former members and long-time friends can get together. The last such **reunion** was about 5 years ago and was extremely well received. If you know some former friends, tell them to watch for this event.

Last season, the **walk/talk** given by our arborist was very well received and we hope to get him back. The visit by our **dermatologist** friend is another popular event which we hope to repeat.

One of our supporters offered to organize a **tie dye** event. So, find a suitable cotton shirt or dress and think what colors you would like for it to be. Forrest will explain how it is done and provide some guidance. Thank you, Forrest.

Body painting is another event Eduners have enjoyed in the past. We have some body paints and expect to have them out and ready one warm summer afternoon so visitors can exercise their artistic talents. Watch the schedule.

A number of our friends and supporters claim they produce their own home brew. If you are one (or think you could be one), plan to have an entry in a **Home Brew Competition**. Beer, wine and root beer are possibilities in this. With this advance notice, you have ample time to practice your craft.

As you can see, we have many activities to look forward to this summer. This is just a sampling of the ideas we are considering; several others under discussion. If you have an idea we should consider, be sure to send it to us. Better: if there is something you are passionate about and want to explain to others, tell us. We can put it on the schedule. Watch for the schedule to come.

Work Days Are On The Schedule Again

As cold as it has been recently, it is hard to believe that summer will ever arrive. But, we have it on good authority: It will! And we need to be ready.

Every Spring we plan a number of workdays to give Eduners and friends a chance to visit and help get our special place ready for another season. The tasks range from trail maintenance to readying our irrigation systems; from putting our lounge chairs out to clearing unwanted Cedars.

Nearly everyone can find something that fits their interests. We hope all Eduners will plan to participate in at least one workday. Because we know and respect Kansas weather, we schedule many more workdays than we really need knowing some will be rained out.

If you've read this far, here is the great part: Sometime soon we expect to have a Winter workday to do some of those tasks most easily accomplished before the growing season begins. We will work hard; and we'll play hard. After 3-4 hours of work, we'll enjoy a hearty meal and a warm sauna.

We really can't schedule this day as it is highly weather dependent. If you'd like to be included in this elite group, email us. Do it now, otherwise you will forget.

Random Thoughts And Reflections

Enclosed with this issue of Bare Facts is our annual letter thanking all who have supported the Lake Edun Foundation in the past year for their generosity. Be sure to put this with your other important tax papers so you may claim your support as a deduction from your 2010 taxes. Thank you!

With Summer approaching, we will once again be looking for a caretaker for our special place. If you or someone you know may be interested in this position, please let us know. We will carry more information about this position in a future issue of *Bare Facts*.

Wednesday saunas get far more support than Saturday saunas. We will be planning more of them.

DON'T FORGET

Activities designated HN are sponsored by Heartland Naturists

Feb 5; Sat; 8-10; Sauna

Feb 9; Wed; 8-10; Sauna

Feb 18; Fri; 8-10; HN Swim

Feb 19; Sat; 4-6; Board of Directors

Feb 19; Sat; 8-10; Sauna

Feb 23; Wed; 8-10; Sauna

Mar 9; Wed; 8-10; Sauna

Mar 18; Fri; 8-10; HN Swim

Mar 19; Sat; 12-4; Work Day

Mar 19; Sat; 4-6; Board of Directors

Mar 19; Sat; 8-10; Sauna & Full Moon

Mar 23; Wed; 8-10; Sauna

Mar 26; Sat; 12-4; Work Day. Sauna follows at 4 pm.

City Turns Deaf Ear To Nude Beach

The city of Delray Beach, Florida is in the news due to the request by David Armstrong, speaking on behalf of area nudists for an official nude beach.

This group has been lobbying for a clothing optional beach for the last six years.

Armstrong notes that those who like to swim nude pay taxes and deserve a portion of beach set aside for clothing optional use. He claims it would bring millions in revenue to Delray Beach, possibly as much as \$100 million dollars a year based on a study of the economic impact of Haulover Beach near Miami.

The vice mayor scoffed at the projected millions in revenue that would come to the area and dismissed any intention of changing city ordinances to accommodate a clothing optional beach. His rationale is such a beach wouldn't fit with the child-friendly and family-friendly principles found in Delray Beach.

Armstrong has gathered 45,000 signatures from residents, visitors and local business owners and plans to attend a January 25th meeting with city officials to continue his lobbying efforts.

This is important. We can have a say in support of a clothing optional beach in Delray Beach by responding to an online survey in the affirmative. Go to: <http://www.wpbf.com/news/26566293/detail.html> [Ed.]

National Commando Day

Now for a timely public service announcement in the interest of better men's health. National Commando Day will be July 29. Go to: <http://www.nationalcommandoday.org/> [Ed.]

Friday, July 31, 2009 was the first ever National Commando Day – a day when people across the nation came together to support prostate cancer awareness by not wearing underwear to raise funding for the Prostate Conditions Education Council. 28,000 men die each year from prostate cancer, that's one death every 19 minutes. 35% of men are more likely to get prostate cancer than women are to get breast cancer...yet there is little to no awareness about prostate cancer.

National Commando Day is when people will practice being unbound by their underwear together. A new level of freedom and unity will emerge knowing that others have also decided to free themselves. Going commando, being freed, is a great statement to make for prostate cancer which is a taboo subject for men. Even though prostate cancer does not affect you, it can very likely affect those who are close to you. So free yourself and make a stand...participate on National Commando Day.

Our mission is to have a day of fun and creating a sense of well being awareness through prostate cancer awareness.

National Commando Day is an anti-stigma campaign about prostate cancer. The prostate is a taboo subject and as a result, early detection of prostate cancer does not occur as often as it should. 7 to 9 out of 10 men had prostate cancer by age 80. But neither they nor their doctors even knew they had

it. With early detection, prostate cancer can be treatable. If detected too late, many die from this cancer.

Make plans to participate in National Commando Day this year. Mark your calendar: July 29.

Textile Attitudes And Our Future

"Each to their own, I suppose, but frankly I would rather eat my own feet than go to a nudist resort. Yuk!

So long as these naturists stay firmly in their own communes, that are [sic] fine with me - live and let live."

The above response was sent by a reader of a very well presented news article about the Katikati naturist park in New Zealand. To read the article go to: <http://www.voxy.co.nz/lifestyle/spending-your-holiday-nude-quotvery-relaxingquot/5/77704>

Just goes to show that when you are a naturist, you have the courage to take the road less traveled. It takes courage to wade past a lot of people who are chained to their inhibitions. They represent the sort of person that if their house was on fire and they got out while nude, would run back in to get their clothes. Good fodder for the Darwin Awards. On the other hand, people who become naturists aren't intimidated by the herd, and want to see what lies at the end of the rainbow and discover liberation!

The good news is that this person didn't mind if others wanted to participate in naturism. The bad news is that the reader wanted such "shenanigans" strictly out of sight and presumably out of mind, confined to "their own communes."

While this is an extreme opinion, I would suppose the attitude of the majority of non naturists would be somewhat more moderate. At least national surveys sponsored by TNS supports this belief. That is, personally no interest, but not against others doing it if they want to. That's ok. Naturists have always said it isn't for everyone.

Given this mind set by some, it is up to us at Lake Edun to consistently uphold naturist values. We do our best to be good neighbors, for example by keeping up our property, by keeping the noise level down after 10 PM, and never being undressed in the parking lot.

Among ourselves consuming adult beverages is done in moderation while the use of illegal drugs is expressly forbidden. We make sure everyone feels safe and remove and deny admission to anyone that is sexually inappropriate or a jerk. We have done and will continue to do background checks of people that come to Lake Edun.

We are not a resort. Our objective has always been to maintain the experience of being close to nature. We believe we can stay true to this vision and over time add amenities. Our desire is that people visiting Lake Edun feel assured that their experience will be as relaxing and enjoyable as possible. To this end there has been an ongoing effort to upgrade the grounds and facilities in the context of maintaining as natural a setting as possible.

The world is a big place. Those who want no part of naturism control 99.99% of it. For the rest of us, there's Lake Edun! [Ed.]

Lice Tell Us About Clothing In The Past

The story *Textile attitudes and our future* later in this issue, refers to lice mutations to date when humans started wearing clothing. A new study sheds more light on the question. Go to: <http://www.sciencedaily.com/releases/2011/01/110106164616.htm>

Researchers at the University of Florida have announced the results of their five year study of human lice DNA to determine when humans might have first started wearing clothing. Their thesis was that, "Because they are so well adapted to clothing, we know that body lice or clothing lice almost certainly didn't exist until clothing came about in humans."

Their data indicates that modern humans started wearing clothes about 70,000 years before migrating into colder climates and higher latitudes, which began about 100,000 years ago. This date would be virtually impossible to determine using archaeological data because early clothing would not survive in archaeological sites.

The researchers say the study also shows humans started wearing clothes well after they lost body hair, which genetic skin-coloration research pinpoints at about 1 million years ago, meaning humans spent several hundred thousand years without body hair and without clothing. It wasn't until they had clothing that modern humans were then moving out of Africa into other parts of the world.

Lice, unlike most other parasites, are stranded on lineages of hosts over long periods of time. This long standing relationship allows scientists to learn about evolutionary changes in the host based on changes in the parasite.

A previous study of clothing lice from 2003 at the Max Planck Institute in Leipzig, Germany, estimated humans first began wearing clothes about 107,000 years ago. But this new study includes new data and calculation methods better suited for the question.

An anthropologist asked about the significance of the new study replied, "The new result from this lice study is an unexpectedly early date for clothing, much older than the earliest solid archaeological evidence, but it makes sense. It means modern humans probably started wearing clothes on a regular basis to keep warm when they were first exposed to Ice Age conditions."

The last Ice Age occurred about 120,000 years ago, but the study's date suggests humans started wearing clothes in the preceding Ice Age 180,000 years ago, according to temperature estimates from ice core studies. It is believed that modern humans first appeared about 200,000 years ago.

Regardless of how long ago clothing began to be worn, it appears the factor driving its development as an innovation was to deal with colder climate conditions outside Africa. Apparently humans managed to successfully exist for a long time without nudity (flaunted or not) causing social collapse. However, when needed to ensure survival, clothing became a welcome addition to human material culture. Those of us alive today are grateful for our ancestors' genius that makes our existence possible. Naturists just want to get back to this original functional purpose of clothing without the baggage of body shame promoted in the last few thousand years. [Ed.]

Too Old To Dare To Be Bare?

It's a fact. If we live long enough, we grow old. Of course at some point in life we may share the opinion expressed by George Bernard Shaw that youth is wasted on the young. Of course, Shaw was cantankerous sort. In any event when it comes to baring the body, society seems to be bothered.

Case in point. A news story from Australia explores this issue. Is there an age that we should cover up? Her point of departure is a 90 year old mom and her 60 year old daughter – both nudists.

Starting her day in grand style, Maud is having a good morning. Fresh from a win at bingo, the 90-year-old is en route to catching up with her daughter. Rather than heading for a nap, as people think that someone of these years might be doing, you would be wrong! Today, she's indulging in her favourite pastime - nudism.

Both are regular visitors to a nudist club in New South Wales Watagan Mountains where Maud and her daughter like nothing better than to strip off and enjoy their own piece of paradise.

"It's so beautiful there," Maud reflects. "Being naked is natural. The world would be a better place if we didn't have to wear clothes."

Earlier in the year Oscar-winning actor Dame Helen Mirren stirred up the debate after she shed her clothes for a photo shoot. A month short of her 65th birthday, Mirren was baffled by the controversy that erupted over photos of her in a bath.

"Honestly, what's the matter with people?" she asked. "It's ridiculous. It's because I'm old."

For Maud and Beth, and their fellow nudists, the idea of staying permanently clothed as they age rankles.

"Is there an age we should cover up?"

"God, no!" says one of their friends. "Why should any woman, at any age, cover up? You still feel the same inside as you did in your 20s."

The textile public has so many prissy rules – well, prejudices – about what bodies are ok to be uncovered. There is a fear of aging, and who likes all the changes age inevitably brings to the body, yet we all want to live a long as possible. It's a paradox.

Naturism says all bodies are good, and that one benefit of naturism is in educating children about all the changes that getting older brings. We applaud the spirit of Maud, Beth and Helen Mirren for accepting themselves as they are. [Ed.]

For the full article go to: <http://www.heraldsun.com.au/ipad/too-old-to-bare-all/story-fn6ja7nc-1225972096340>

Items We Need

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

- Non-motorized boats
- Lawn or Lounge Chairs
- Concrete pavers
- Large water storage tank
- 5 gal. buckets
- Aluminum cans, etc
- Plastic Barrels
- Electric Drill

Public Service Award

A group of strippers from the Cheetah Club traded their poles for snow shovels in a topless attempt at clearing Times Square sidewalks. The NYPD reminded these civic minded citizens who were wearing stilettos and unbuttoned jackets at the time, revealing nothing but bare skin underneath that Times Square was now a family neighborhood.

“There were tourists and kids,” said Bruce Lynn, a spokesman for the West 43rd Street club. “But the firemen liked it, and the sanitation workers liked it.”

Protesting the innocence of their intentions, the strippers said they were just attempting to do their civic duty. “We’re here helping the mayor clean the city up,” said a dancer, who stood with six of her colleagues in the bone-chilling cold.

The group had to change locations after police shut down their first attempt at bare-breasted shoveling in front of the Nasdaq building, despite the fact that court ruling in the 1990s made it legal for women to be topless in New York. They let the Cheetah Club manager off with a warning.

The Cheetah Club had to close during the Dec. 26 blizzard and this was a way to let people know that the club was open for business, said a dancer who referred to herself Zsa Zsa.

“Everyone has to do their part,” Zsa Zsa said of storm clean-up. “Even us.”

I notice that the police didn’t ticket anyone, yet they clearly pressured the club and these women not to exercise the freedom the court has granted. Isn’t that a crime? At the very least, it is abuse of police power.[Ed.]

The waves most washed me off the raft sometimes, but I hadn’t any clothes on, and didn’t mind.

– Mark Twain (*Huckleberry Finn*)

What Is The Problem With Nudity?

British psychologists conducted an experiment examining the question of why humans are so uncomfortable with nudity. A BBC documentary of the project is shown on YouTube. It takes about an hour to watch all four segments. Go to: <http://www.youtube.com/watch?v=9UbrZuB00g0&playnext=1&list=PLD3828FA8E1B7302B&index=5>

The experimental design involves eight volunteers, four male and four female who spend a weekend engaged in the experiment in hopes of providing answers to a number of questions. Initially half the group, evenly divided between men and women, one at a time strips in front of a one way mirror while being observed by one of the remaining four participants. They will remain nude for the next day and a half before dressing. At that time, the remaining four are undressed by the clothed participants.

Nudity has nothing to do with humans cheating on their partners, nor does clothing stop them.

Ukrainian Protests

From the wide world of protest, a group of Ukrainian women, calling themselves “Fremen”, have been staging a series of topfree protests aimed initially at the sex tourism trade, but then expanded to protesting government officials and actions.

It’s a small group, only about 300 strong and only 20 or so of them participates in the topfree demonstrations. Their slogan is, “Our God is woman, our mission is protest, our weapons are bare breasts.”

Due to their bare breasts tactic, they have received news coverage, (no pun intended) from around the world. The group’s leader views this as a sign that they are making an impact saying, “What we do is we get Ukrainian and international coverage and it shows that the authorities are scared of seeing bare breasts. And the fact that they are trying to arrest us and not let us undress now proves it.”

She further added, “I don’t have advice for women from other cultures about how they should protest but one thing I know for sure is that they should raise their voice.”

It seems that the causes they protest about are legitimate, but it’s unclear whether they have accomplished anything more than gaining publicity. [Ed.]

To see the story and pictures go to: <http://www.cnn.com/2011/WORLD/europe/01/21/femen.topless.protest/>

Wikipedia – Naturism

If you are interested in a quick, but well done overview that is very informative about naturism, its history, philosophy, spread to a number of countries around the world, and more, here’s the place to go: <http://en.wikipedia.org/wiki/Nudist>

The question of why high anxiety is triggered by the very thought of being nude is examined. The more obvious explanation of the link between nudity and sex is suggested, but they probe deeper into this question.

The question of why humans, of all the primates, have lost their fur is investigated. Obviously, this involves a degree of speculation, but there are some clues that inform the suggested answer.

Evidence from the lowly head louse is examined to give some idea of how long ago humans essentially lost their fur. More about this later. In any event, it is suggested that the forces of natural selection leading to greater reproductive success is the probable cause for the “naked ape.”

The same genetic studies of lice are also used to deduce when humans started wearing clothing. Based on research available when the documentary was made, they suggest clothing began

being worn about 650,000 years ago and that body fur was lost about 3 million years ago. So, a long time elapsed between losing our fur and developing clothing.

Just why nudity has become taboo so widely is speculated on. One psychologist suggests that nudity is a threat to our social contract. Humans live in close social contact and the naked body is a constant source of temptation to cheat on our partner. Flaunting nudity can send out a dangerous message. With nudity the person exposes their body, their person, and their sexual selves. It presents an opportunity for sexual behavior outside the principal union.

He believes shame of nudity serves the beneficial purpose of encouraging faithfulness to our partner, and to share in the rearing of our children.

However, this speculation seems to be contradicted by the lead investigator. He notes that toward the end of the experiment, the participants appeared to have become habituated to nudity; they were more relaxed as they came to know each other. They became more comfortable and congenial.

A number of the participants commented on the degree of comfort they had begun to experience around other volunteers. One participant stated that he had begun to not notice the nudity. The investigator noted that attitudes and inhibitions about nudity had changed within the space of forty eight hours.

The narrator noted that we are not born with sexual modesty, so humans are free to shift the boundaries of what's acceptable and what's not and as long as everyone agrees we are free to create new rules and avoid offense... "just like at a nudist camp."

Over all I would say this is a documentary worth watching. However, the shop worn phrase, "nudity is linked to sex," bears some further discussion. Fortunately, the researchers didn't stop with this explanation. Certainly in most contemporary cultures nudity and sex have a strong linkage, but that's because that's about the only context in which nudity is presented in the experience of most people.

We could rank cultures on dress norms from total female cover other than the hands in some Islamic societies, to total male and female undress as in numerous tribes of Indians in South America. Historically, there have been many other examples of people living in near or totally nudity.

What are we to make of these extremes? We are not justified in saying that these widely varying codes for dress implies that those wearing fewer clothes have had no code of propriety when it came to sexual behavior. By making this factual observation we are recognizing that the assumption that there is an absolute link between nudity and sex is not an objective fact.

All societies stipulate approved behavior and dress to safeguard the integrity of the society and foster child rearing. The fact is the amount of clothing worn is a radically shifting variable. It is an illusion to believe clothing enforces any code of morality or prevents behaviors violating established norms. Interestingly, most people in clothing compulsive societies unquestioningly believe this illusion. What would cause this superficiality to be so tenaciously held?

Human behavior is pretty consistent in all places and times. Adultery and rape are found in all societies. Sexual lust is found everywhere and in all ages. Moral codes in all ages have sought to control, perhaps even abolish these behaviors that have the potential to upset stability. The tools of coercion and shame have been used mightily. Yet, the behaviors persist.

Let's face it. Humans are a perverse lot. From time to time we are going to do what we are going to do. No moral code and no amount of clothing will change that.

The documentary chose a curious word in its discussion of nudity. The word is "flaunting." What defines flaunting?

It could be argued that the test subjects were flaunting their nudity. Certainly critics of any nudity could make that charge. Nudity in a mixed gender context other than between marriage partners would match their definition of "flaunting" behavior.

Curiously, the researchers do not seem to view their test subjects as "flaunting" their nudity. However, the last challenge given was to see who would go into the open street nude to a waiting car in full view of passersby. That seems to match the definition of flaunting nudity to me. It's amazing how even trained professionals can be oblivious to the meaning of what they are doing after offering a dire warning about the negative consequences of "flaunting nudity."

There's another questionable statement by a psychologist who opines that nudity is dangerous and presents the opportunity for sexual behavior outside the primary sexual relationship. On the surface this sounds learned, thoughtful and reasonable.

However, this opinion is no more substantial than the time honored custom of the chaperone always on hand to guard the purity of the virgin while she is being courted despite both parties being dressed to the hilt. Nor does the equally time honored belief that women are so sexually potent and seductive that no man could control himself in their presence have any merit. The truth is nudity has nothing to do with humans cheating on their partners, nor does clothing stop them. To believe otherwise is a nonsense belief that can only be answered with a highly skeptical, hmmm.

The evidence is staring the researchers in the face. They take note of it, saying that exposure to nudity alters perceptions and inhibitions and humans are free to mutually agree to change boundaries – just like at a nudist camp. Yet, they don't say that all the angst and furor over nudity by most societies is much ado about nothing – that nudity does NOT indissolubly equate to sex.

Sexual behavior is highly consequential and loaded with meaning. As such, cultures regulate it, each in its own way. Naturists do so by stressing family oriented social nudity. Naturists say there is no strict link between nudity and sex and this is unambiguously born out in numerous cultures. The difficulty naturist's face is in overcoming the huge emotional investment our culture places in making nudity a direct equivalent with sex, and therefore taboo.

Quite frankly, the problem isn't nudity. Rather, the problem is our beliefs about nudity. [Ed.]

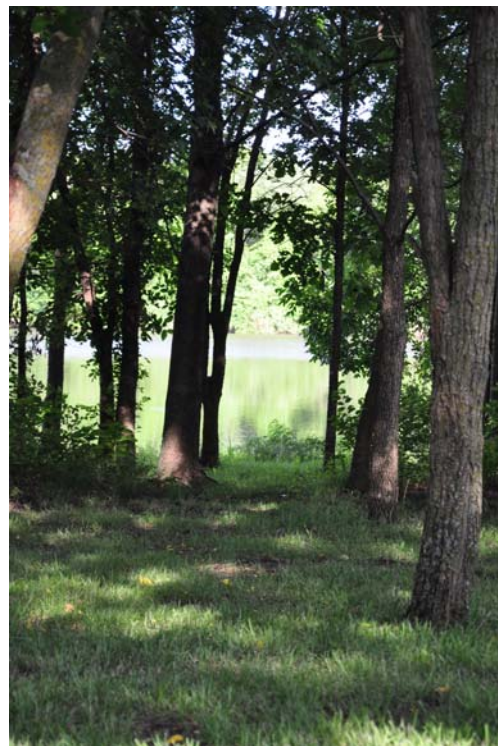
Remember Summer

For over a quarter of a century, we have planted thousands of trees to turn this piece of Kansas prairie into a wooded wonderland. Today, many of these trees have grown and, tellingly, we are beginning to see “volunteers” that they have spawned.

This photo was taken near South Beach in an area that had been clear cut to the water’s edge. Today, it looks quite different. Visitors who take time to walk around the lake will find an array of trees and brush to engage those who are biologically curious. How many of the plants are you able to identify? Can you tell the difference between an Oak and a Maple? A Green Ash and a Locust? Perhaps most important: can you identify Poison Ivy?

This season we hope to engage the services of our arborist once again to lead a group around the lake. It’s an opportunity to learn about the natural setting we share with the animals. He will help identify the many species our special place supports. He will also be able to answer questions Eduners may have about the purpose each plant serves in the grand scheme of things.

We hope all Eduners and our friends will take time to learn a bit about the plants that bring so much beauty to Lake Edun. Watch the schedule so you don’t miss the arborist’s tour.



Lake Edun Foundation, Inc.
 P.O. Box 1982
 Topeka, KS 66601-1982
 (785) 478-BARN

**Membership Application
 Change of Address Form**
Please Print

Name: First _____ MI ____ Last _____

Address: _____

City: _____ State _____ Zip _____

Phone: _____ DOB _____ E-mail Address _____

All information provided is strictly confidential. If you are joining as a couple, include names for both people. If you are a couple not living together, make a copy of this form for the other individual. (NB: To promote gender diversity, a couple is defined as one male and one female.) Those willing to assist with upkeep a minimum of 10 hours

per year may deduct \$50. One subscription to our newsletter *Bare Facts* is included with membership. A subscription only to *Bare Facts* is available for \$20.00. New members will receive a Waiver and Release which must be completed before membership is finalized. Visitation restrictions apply to Associate Membership.

Membership Fees:

	Single	Couple	Amount
Lake Edun Foundation Membership	275.00	350.00	_____
Associate Member (Over 125 miles away)	175.00	250.00	_____
Recession Discount – if you need help	(50.00)	(75.00)	_____
Working Membership (Discount)	(50.00)	(50.00)	_____
Student Membership (Special, limited time rate)	50.00		_____
Separate Mailing Address for members		12.00	_____
<i>No Sex, No Violence ... Only Nudity</i> First Naked Plays – DVD		25.00	_____
<i>Lake Edun Exposed</i> – Video		20.00	_____
<i>Lake Edun Exposed</i> – DVD		45.00	_____
Naturist Society Membership		55.00	_____
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