

# Bare Facts

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38° 58' 7" North; 95° 47' 56" West

## Return To Edun

Plans are underway by your Board of Directors to plan our next Return to Edun celebration. After the problems we had last year, we are taking special precautions to insure a successful and uninterrupted event

Watch for more plans to be announced next month in *Bare Facts*.

## Thanks, John

All Eduners should make a special effort to express our appreciation to John for the work he has done this winter in preparation for our next season. With our trapper and other friends, he has begun a project of identifying some of the plants and other natural features that we often take for granted at our special place. He expects to make signs that will identify them for the benefit of everyone.

He is also anxious to continue the flower bed project that SusieQ and others have worked on occasionally. If you have bulbs or seeds you would like to see grow at our special place, bring them out and ask John where they should be placed. Some families have heirlooms of bulbs that have been passed down for generations. What better place to see these heirlooms grow than in the peace and beauty of Lake Edun.

## President's Corner

By: Ernie Cooper

2005 is in the history books! All that came, went, and flowed in between for the year is written and done. We had some wonderful high points and a few rather depressing low points in our year at the Lake Edun Foundation. Perhaps the one act plays were the high point! And, perhaps the judges injunction preventing our annual Return to Edun the low point. Perhaps for a few, it was coming timidly to visit for the first time and then returning to embrace our wonderful place and lifestyle. Again for some it may have simply been the coming together again of our Lake Edun family under the warm Kansas sun!

What does 2006 offer? I hope that many new friends will come and expand our numbers in the Lake Edun Foundation. I hope that many new faces will come and visit for the first time, and, even if they decide not to return, will spread the word that those folks over at Lake Edun are actually not that strange after all! I hope that some, who could not renew last year, for various reasons, will renew this year.

The continuing growth of the Lake Edun Foundation is important to our future. If we do not grow in numbers, we will die by attrition, and the county will only need to wait to post the obituary. How do we obtain this growth? This question is frequently asked at board meetings. How do we attract new blood? It always comes back to each of us to spread the word about what we have found in the naturist

(Continued on Page 2)

## Planning For Summer

Your Board of Directors has been busily making plans for the next season at our special place. Several ideas have been put forward and we are working to bring some, including what we believe will be a fail-safe Return to Edun, to fruition.

One of the ideas that all Eduners can assist with is holding periodic seminars on topics of general interest to our members. There are a number of subjects we might all enjoy learning more about. Perhaps you are interested in meditation or relaxation; Maybe you'd like to know more about simple massage. Or, maybe it's diet and health issues. Whatever it is, let us know.

Also, many of our members are well versed on these and other subjects and would be willing to conduct a seminar for other members. If you have such knowledge and inclination, let us know. In the next few months, we will be working on a schedule of interesting and informative seminars that will benefit all our members. But, for this to be successful, we must hear from all our members about either their interests or their particular skills (or both).

## Don't Forget To Sauna

With the passing of the new year, we are mid way through this year's sauna season. If you have not yet enjoyed a sauna this season, don't let it pass.

For the entire month of January, Brad and his crew will host extended sauna hours beginning at 6 pm on Saturday and lasting until 10 pm. This is a four hour period during which Eduners can enjoy one of the most relaxing winter activities. Depending on how many Eduners respond, Brad may continue this or reduce the sauna schedule.

If you have questions or suggestions, contact Brad at [SaunaBrad@yahoo.com](mailto:SaunaBrad@yahoo.com).

## DON'T FORGET

Activities designated HN are sponsored by Heartland Naturists

Jan 1; Sat; 4-6; Sauna  
Jan 7; Sat; 4-6; Board of Directors  
Jan 7; Sat; 6-8; Sauna  
Jan 7; Sat; 8-10; Sauna  
Jan 14; Sat; 6-8; Sauna  
Jan 14; Sat; 8-10; Sauna  
Jan 20; Fri; 8-10; HN Swim  
Jan 21; Sat; 6-8; Sauna  
Jan 21; Sat; 8-10; Sauna  
Jan 28; Sat; 6-8; Sauna  
Jan 28; Sat; 8-10; Sauna  
Feb 4; Sat; 8-10; Sauna  
Feb 4; Sat; HN Party in KC  
Feb 11; Sat; 8-10; Sauna  
Feb 17; Fri; 8-10; HN Swim  
Feb 18; Sat; 8-10; Sauna  
Feb 25; Sat; 8-10; Sauna

## President's Corner *Continued from Page 1*

lifestyle. Our numbers grow by adding one at a time. It will not come by mass media, billboards and splashy articles in the newspaper. It will come one person, one couple, and one family at a time.

We have learned by experience that those who are attracted to naturism search the internet for information. The board of directors has discussed over the course of the last several months, changes to our current website. One of the needs is for the posting of current pictures of our activities. Another need is to update our policies and procedures to include all those who would like to come and visit with us. I would like to ask you, the members, to please give me input on our website and our policies and procedures. Send your comments and questions to [benude@lakeedun.com](mailto:benude@lakeedun.com), and they will be forwarded to me. If you do not have computer access, letters are welcome at PO Box 1982, Topeka, Ks. 66601. I hope to hear from many of you!

## Russian Naturism

*This is another in the series of looking at the way others are defining naturism. The following is excerpted from the Holy Nature website.*

### What is Naturism?

Simply put, Naturism is a lifestyle and philosophy based on harmony with nature. As further expressed by Kiril Valisiliev and other founders of The Free Body Cultural Society, Naturism implies a holistic ethical system that borrows deliberately from the Christian holy trinity. Rather than the Father, the Son and the Holy Ghost, we propose Physical Health, Mental Health and Environmental Health. The goal of The Free Body Cultural Society is to harmonize all three as an ethical, moral guide to life: to build a harmony of self among healthy minds, healthy bodies, and an unpolluted, beautiful world in which to enjoy life.

Obviously, our embrace of Naturism is a much more ambitious and farther-reaching concept than most people have of its counterpart, nudism. Nudism is included in Naturism certainly, but it does so as merely another element of personal freedom.... Freedom, for us, means responsibility: responsibility for our personal mental and physical health, for the health of our families, friends and social institutions, and ultimately for the environment as well....

We believe these freedoms...are ancient ones and true. The ancient Rus peoples, from whom the term Russia is derived, lived in such a harmony with their world and themselves long before the advent of repressive rulers and censoring ideologies...Naturism in today's social and ecological reality however, strongly differs from its ancient analogue. Even though much of the root motives of our ancestors remains as the foundation of modern naturism, to speak of it simplistically as a reversion to the good days denies its true power. For Naturism in our modern world, whether here in Russia or anywhere else on earth, demands that we address ethical and spiritual issues of the highest order.

The American writer Theodore Roszak most succinctly expressed this need to reunite ourselves spiritually and ethically with natural principles when he writes: "The task

before [us] is to remind us of the joy and nobility that come from honoring our bond with the earth."

This implied or virtual responsibility points to the main concept of Naturism. One that invites all of mankind's most vital concerns for Good and Evil, Justice and Injustice, Moral Responsibility and Ethical Choices, into a single world view. If ethical laws exist in the universe, then they live in the concept of Naturism. But it is not our intention to impose ideological or moral values on others. We believe in freedom. We have had enough of its opposite. Our favorite idiom states it best: My freedom ends at the place where it prevents yours.

A St. Petersburg journalist wrote:

"I hope that the Naturist movement clears itself from any ideological constructions, since all such percepts will always seem very borrowed.

"Naked people on clean sand: this is the solution. This is where we, as humans, absorb the forces of the Earth, when we swim in the clear water and give ourselves up to our immersion in it. Such contact with the water can never be achieved wearing a swimsuit, or even a wristwatch, since all our material possessions encumber us and restrict our ability to absorb Nature.

"Therefore, it is important to relax our concerns about ethics and social responsibility, even as we embrace them. The same with our environment concerns.

"Naturism, to prevail, must above all be flexible. Nature does not reward rigidity, as the fossil record of the dinosaurs so clearly informs us."

The subculture of Naturism instinctively generates a moral code of behavior, but it in no way constitutes an ideology in the pedagogical sense of a structure imposed from without. On the contrary, it is a code that evolves naturally from within as one experiences the therapeutic nature of achieving the balance among the holy trinity of mental, physical and ecological health. This is a natural code, one we like to think of as part of our basic humanity, and without which Naturism would devolve into legalized shamelessness.

...The great struggle to conquer Mother Nature and to conquer Human Nature that was the Communist goal is over. It failed. In its place, more and more people understand that the struggle for social and economic survival cannot form the sole purpose of existence. It is time to begin to live!

When I visit the clothes-optional beach, I feel in myself the power to crush the mountains by my hands. I feel wings begin to grow upon my back.

Such is how one Naturist lady described the feelings of spiritual power she received from participating at a clothes-optional beach. Such feelings are hard to achieve at a traditional beach where swimsuits and clothing are required. On the clothes-optional beach there is a constant exchange of thoughts and feelings of general well being and joy. This good feeling generates a kind of infection among its members. The more one participates, the more the good mood spreads.

...It could easily be said that Naturism is simply a role-playing game, created by adults, to occasionally return to childhood?

In fact, adult games are an important element on Naturism. Role playing and game playing are key to psychological development and to healthy social interactions. Many adult Naturists do not consider their many activities as games at all, but as part of their rest and relaxation....

At the beaches, at the baths and in our private meetings we teach meditation, sensory awareness and relaxation techniques to improve self awareness and to increase our empathy for the feelings of others...and sensitivity to the world around us.

...Practicing these techniques and participating in the Naturist lifestyle/philosophy appreciable helps to achieve deep feelings of soul/mind comfort. They intensify the process of realization of what's going on around you and they build self reliance, enhance creativity, amplify your moral values and intensify dramatically the sense of beauty that everywhere surrounds you....

...Naturism is a friendly path that leads you away from daily cares. It can lead you to a wonderful beach with beautiful people, seeking harmony with themselves and nature, just like you!....

## Full Of Grace And Truth

*Svetlana Mintcheva*

From the Senate Office Buildings to exhibition spaces on both coasts, nudes are becoming taboo. In Lake Alfred, Florida you can find a replica of Michelangelo's David wearing a loincloth; in Santa Cruz, California, watercolors of nudes were unpalatable to a community arts center director; in Spokane, Washington, a mural of stylized human figures was painted over. The same reasons are given: children might see, adults might feel sexually harassed, and, in short, representations of naked human bodies are obscene and pornographic.

Obscene and pornographic?

The Greek masters attached great importance to the naked body because it expressed their sense of human wholeness, of spirit and body as one. In the Middle Ages Christian dogma, together with the denunciations of the pleasures of the senses and the condemnation of woman, transformed the body from an image of divine perfection to an object of shame.

The Greek proud heroic body became the humiliated body of Adam or Eve, huddled with the consciousness of sin. In the Renaissance, thinkers and artists rediscovered the beauty and dignity of the human body, believed to be the visible externalization of spirit.

In the 20<sup>th</sup> century, the nude becomes increasingly contorted by pain, weighed down by old age, marked by time and suffering; however, it also brings an aesthetic perspective to the complexity of embodied human life and offers a glimpse of redemption from the anguish of history.

Yet, at the dawn of the new millennium, the assumption is gaining ground that the simple sight of a nude would be harmful to children and offensive to adults. The body is covered with shame again.

There is no evidence the sight of a nude would in any way harm children. The misnamed "harmful to children laws" have been designed chiefly to make commercial pornography unavailable to minors. These laws apply only to material found to be legally obscene, i.e. appeals primarily to prurient interest, is offensive by community standards, and has no redeeming social, political or artistic value. Even though what ranks as obscene for children is more inclusive than what is obscene for adults, the simple representation of a nude is certainly not obscene.

As for adults it is impossible to take out of sight everything that disturbs somebody's sensibilities.

So we either choose to conform to the beliefs of one group at the expense of all others or admit that our interpretations are not necessarily valid for all.

Pornography, for instance, remains a term of largely subjective evaluation. The interpretation of a work of art as pornographic is often more revealing of the beholder than of the intentions of the artist: there is a mind-boggling range of things people find sexually stimulating and the abstract representation of a human form could well be one of them (it is, however, worth remembering that shoes are another possible stimulus and their representation remains, at present, uncensored).

Take out the nudes and you condemn Michelangelo, Titian, Rembrandt, Manet, and Picasso; take out the nudes and you destroy a living language of visual expression. But more than that, wrapping the human form in shame alienates us from our own bodies.

Paradoxically, we live in a culture obsessed with engineering the perfect figure: through relentlessly working out at the gym if possible, through tummy-tucks, acid peels, face-lifts and extreme diets if necessary. Shame and obsession both deny the reality of the imperfect, yet still beautiful in its imperfections, human body.

We know some vital connection is broken when 14 year olds look in the mirror and see their skeletal bodies as too fat. Perhaps art offers us a chance to break through the process of alienation, to see once more the grace and truth of the real body weighed by age, swollen with pregnancy, bent, sagging, flawed a body through which we see the spirit in all its pain and joy.

*[Used by permission from the National Coalition Against Censorship. Taken from NCAC's World Wide Web site.]*

## Items We Need

- Tops for trash cans
- Wheel Barrow
- Chipper/shredder we can use about once a month

### ***Even our founding fathers?***

*Benjamin Franklin took daily naked "air baths."*

*Presidents John Quincy Adams, Theodore Roosevelt and Lyndon Johnson all enjoyed skinny dipping.*

*President John Quincy Adams took a nude swim every morning in the Potomac. Anne Royall became the first female journalist to interview a president when she followed Adams to the river and sat on his clothes until he agreed to an interview with her.*

# Naturally Nude

By: *Laura Snyder*, Jayplay writer – With permission of the Daily Kansan, December 1, 2005

On a warm afternoon in September, Stephanie Cooper sits at a picnic table in front of a calm lake, absorbed in her Bible. She takes notes in preparation for the church youth class she'll teach the next day. As the afternoon continues to heat up, she'll re-apply sunscreen, her skin's only protection against the warm sun – she isn't wearing any clothes.

In fact, no one at Lake Edun (appropriately, “nude” spelled backwards) wears clothes. Established in 1982, the 65-acre site southwest of Topeka is a refuge for naturists, a European term that means the same as nudists. “Naturism” is the preferred term of most nudist organizations because it's a little more discreet, says Nicky Hoffman of The Naturist Society, a national association of nudist clubs.

Contrary to stereotypes, Stephanie and her husband Ernie, a mechanical contractor from Lenexa, don't look like aging hippies resembling Dharma's parents from *Dharma and Greg*. Outside of Lake Edun, the gray-haired, church-going couple is respectably dressed — like they could be your parents. In fact they are parents. The Coopers have eight children, aged 18 to 31. With all but one child out of the house, Ernie, president of the Lake Edun Foundation, enjoys living out his nudist lifestyle at home. He sleeps nude, wakes up to feed the cats and dog in the nude and only puts on clothes when it's time to leave for work. When he gets home, he showers and doesn't dress again. “I'd walk out to my mailbox nude and get the paper if I wasn't afraid the neighbors would call the police,” Ernie says.

The Coopers first visited Lake Edun in 2002 after Ernie learned about naturism on the Internet. Ernie says he was concerned about one of his son's problems with pornography and had been researching ways to help him when he came across the topic of naturism. He says the idea of nudity as healthy and positive struck him as odd. He continued to read about naturism and e-mailed several naturists across the country. One was Jim Cunningham from Newport, Vt., who soon became a good friend and a mentor to Ernie. Even with Cunningham's encouragement, Ernie was still a bit skeptical. “I finally asked him, ‘How do you deal with those naughty parts?’” Ernie says. “And he said, ‘Who told you those parts were naughty?’”

Naturism has a long history. After all, the ancient Greeks are known to have competed in the nude during the first Olympics. In more recent times, according to a Naturist Society pamphlet, Germans during the early 1900s enjoyed outside nudist activities as a contrast to the rapid urbanization and industrialization of society. The pamphlet asserts that they believed being nude put them closer to nature. Lee Baxandall, founder of The Naturist Society, helped to develop naturism in the United States during the 1970s. However, the U.S. seems to have been slower at accepting nudity as a virtuous practice than Europe, where today nudity is not thought to be shameful or sinful.

## Sex and naturism

Overcoming society's misconceptions about naturism is a challenge, Ernie Cooper says. Of the 75 to 100 members at Lake Edun, the median age is 54. Ernie attributes the absence

of younger people to a lack of education and understanding about naturism.

Sarah Stacy, Germantown, Md., senior and member of the facebook.com group “KU Nudist Club,” considers herself a nudist as a sort of rebellion against society's idea women should strive for physical perfection. Although she has swum nude while visiting El Salvador, Stacy says she does not care to visit a nudist camp. “I would think that would attract perverts just trying to get a free show,” she says.

Ernie says there is a big myth nudist camps involve sex or group orgies. “Sex and the naked body are not synonymous,” he says. “Ads and movies all show the sexual side of nudity. But as human beings, we're all a little deeper than that.”

Hoffman agrees with Ernie. “I get calls from radio shows all the time, and they can't believe we do the same thing at nude beaches that they do at regular beaches,” she says. In fact, Hoffman thinks seeing someone in a skimpy bathing suit is more sexual than seeing someone who is nude. After all, she says, we use clothing to cover our flaws and accentuate our best parts. Almost no one looks better naked than clothed, Hoffman says. “There are no perfect tens,” she says.

Brad Redburn, professor of human sexuality and psychology at Johnson County Community College in Overland Park, says it is possible for nudity to be non-sexual. “I think that some nudists truly are just into nature and it isn't a sexual thing,” Redburn says. “However, I think there are nudists who do it for sexual reasons. I think there are people on both sides of the coin.”

But Lake Edun and other nudist groups have no tolerance for sexual activity in public. Sexual comments are frowned upon at Lake Edun and Ernie says anyone behaving inappropriately will be escorted out and have their name added to a “Do not admit” list. “There are going to be creeps no matter where you go in life, if they're in a coffee shop or at the beach,” Hoffman says.

The myth associating nudity with sexuality can be harmful. Ernie remembers a young woman who tried out for one of Lake Edun's nude plays, only to have her boss threaten to fire her if she participated. As a result of such discrimination, nudists have an unspoken understanding not to “out” anyone they may encounter at a club or resort.

Other rules of etiquette at Lake Edun help maintain its family-friendly image. Genital piercings are banned from Lake Edun. “What would a piercing be there for?” Stephanie Cooper asks. “It's there to draw attention to that area, to try to accentuate something.”

Men new to naturism tend to fear becoming visibly aroused by all the nudity and causing embarrassment or insult, says Ernie. However, he says this rarely happens. Ernie says young men are usually too nervous to get erections. If someone does, he will be expected to excuse himself from the group or cover himself with a towel.

## Religious perspective

Some people actually see naturism as a spiritual practice, says Walter M. Green III, founder of the Maryland Area

Naturist Association. “They see it as a connection to God and creation,” he says. “When you take off your clothing, you feel like you’re part of nature, part of creation.”

A lifelong Christian, Ernie says he always bought into the idea that modest dress lead to modest behavior. He says he also sees a tendency, among conservative Christians, to associate sexual body parts with sexual behavior. “But it was never explained to me that there is a separation between what you are and what you do,” Ernie says.

George Franck, a 25-year-old self-employed naturist from Gladstone, Mo., believes the Bible does not condemn or condone a nude lifestyle. Franck, the public relations and membership officer of the Heartland Naturists, a Kansas City-based naturist group, describes himself and his family as “pretty religious.” Citing John 21:7, Franck recounts the story of how Simon Peter, a fisherman, worked in the nude because his job was messy. Franck points out that in the biblical times, clothing was a luxury afforded only by the rich, and it was perfectly acceptable – and not at all sinful – for people like gardeners and fisherman to be nude.

### **Family-friendly**

Obviously, most people in today’s society do not accept nudism nor do they incorporate it into their daily lives. When Ernie decided the naturist lifestyle was for him, he says he knew he had to tell his kids. With his children gathered in the living room one day, Ernie walked in naked and sat down. “I said, ‘There’s going to be some changes around here,’” says Ernie. The kids were surprised and a few of them say they still don’t understand why their parents are naturists. “Some of the kids think I’ve gone off the deep end and some think I’m still in a mid-life crises,” he says.

Jamie, the Coopers’ 24-year-old daughter, says she was initially shocked, but has since gotten used to the idea. Her parents invited her and her siblings to join them at Lake Edun and try the naturist lifestyle, but she wasn’t interested. “I’m not comfortable with doing things like that, partly because I’ve been raised that you always stay dressed unless you’re in the shower or at the doctor’s office,” she says.

Now that she has learned not to view nudity as sexual, Stephanie questions her past parenting approaches. “I wonder how much harm we did do the kids by enforcing the modesty thing,” she says. If she could do it over, Stephanie says she would not insist that the bathroom door stay closed or place such an emphasis on privacy.

Lake Edun, like many naturist resorts, is actually a family place, and children are welcome to attend with their parents. George Franck and his wife Heather, 22, decided to raise their children, Austin, 5 and Brianna, 21 months, in the naturist lifestyle. The Francks attend the Heartland Naturists’ monthly nude swims and visit Lake Edun whenever they can. George says he spent time with relatives in a rural area as a child, where nudity was accepted and nothing to be ashamed of. As a result, he says he thinks he is more secure about his appearance. In contrast, George says his brother and sister, who did not spend as much time in the rural area with the relatives, grew up with much different body images. “My brother and sister are both very worried about how they look, my sister to the point of thinking she needs to diet all the time, although she’s very fit,” George says. “Her confidence

and self-image are based on how others view her, not how she views herself.”

Nicky Hoffman of The Naturist Society points out research, including a 1988 study by R.J. Lewis and L. H. Janda and a 1979 study by M. D. Story, shows children who grew up in a naturist home are better adjusted and less likely to have problems with eating disorders or promiscuity as teens. Redburn, psychology and human sexuality professor, agrees. “I think naturism may even contribute to healthy attitudes toward one’s body and sexuality in adulthood,” he says.

At Lake Edun, clothing is optional for children until age 18. Hoffman says adolescents, even those raised in the naturist lifestyle, tend to lose interest or avoid participating while their bodies are changing. However, she says they typically come back to naturism when they have children of their own and want to raise them in that lifestyle.

### **Body image and health**

Redburn acknowledges that while nudity may make some people feel inadequate about their bodies, it may also prevent it. “People who are comfortable being nudists seem to be more comfortable with sexuality in general,” he says.

While encouraging a positive body image is one reason the Francks have chosen to raise their children as naturists, George emphasizes the connection between body acceptance and a healthy lifestyle. While George admits he has a beer belly, he believes naturism aids self-acceptance of features such as large ears, excessive body hair and even skin color. “Accept what you can’t change and work on the things you can, but don’t obsess over it,” he says.

The Naturist Society actually offers workshops around the country about eating right and exercising, Hoffman says. “We believe that people should be healthy, but everybody’s ‘healthy’ is different,” she says.

When George’s wife, Heather first attended a nude swim hosted by the Heartland Naturists, she fell victim to a common misconception: naturists are all beautiful people with model-type bodies. “I was scared to death and about ready to cry,” Heather, a curvy blonde, says of her first experience at a nude swim. “I thought everyone was going to be thin and prettier. I wondered, why someone who is not very fit would go into a place completely nude and not feel ashamed of themselves?” But once Heather entered the pool area, she says she was surprised at how nice everyone was. Strangers introduced themselves and chatted with the couple. “They weren’t staring at me or checking me out,” says Heather. Once she finally realized naturism wasn’t what she thought, she says she started feeling better about herself. She noticed she had better self-esteem about her body and didn’t worry as much about what other people thought of her.

Stephanie Cooper learned this lesson as well. “My legs are like roadmaps, and not once has anyone said anything about my varicose veins,” she says.

In addition to the positive body image that comes with naturism, being nude just feels good. Hoffman says she’s heard everything from the feeling of freedom to how nice it is not to get sand in your bathing suit. “Swimming with no clothes on just felt nice,” says Heather Franck, referring to her first experience at the nude swim.

**Try it**

Along with the hesitance of society in the U.S. to see nudity as anything other than sinful, naturist clubs and resorts are still scarce in some areas. Nebraska doesn't have any, so naturists from Omaha and Lincoln make the drive to Lake Edun or Heartland Naturist events on a fairly regular basis. Both organizations also draw visitors from Iowa and Missouri.

To attend Lake Edun, a "landed" naturist club, (meaning it actually has its own property) all prospective naturists need to do is just show up. Although Lake Edun is a membership-based club, unannounced visitors are welcome. But all visitors are asked to present identification for security purposes. New naturists may want to first attend Lake Edun on visitor weekends, with an optional clothing rule, until they decide to stay. Ernie says this is to prevent gawking, and also because clothed people tend to feel uncomfortable being the only ones not in the nude.

The Heartland Naturists are a non-landed organization, but the group holds several events throughout the year, including bowling, dinners, and a run/walk/jog, in addition to their monthly nude swims in Lenexa. George Franck says those who want to attend a Heartland Naturist event should send an e-mail to [hnclub@kcsky.net](mailto:hnclub@kcsky.net).

*"What spirit is so empty and blind, that it cannot recognize the fact that the foot is more noble than the shoe, and skin more beautiful than the garment with which it is clothed?"*  
— Michaelangelo

Heartland Cove at Smithville Lake in Smithville, Mo., is not an officially recognized naturist beach, but the U.S. Army Corps of Engineers has so far tolerated its use as such, says George Franck. Other area naturist organizations include Prairie Haven, about 25 miles south of Topeka, and Shady Lane near Hutchinson.

Before attending a naturist event, Stephanie Cooper recommends doing some research into the organization. Those new to naturism might want to find out if an organization is clothing-optional or clothes-free. Some groups are open only to couples and families, while others allow singles.

A warning, though: Green says some organizations that call themselves naturist or nudist clubs may be involved in drugs or sexual activities, which are not in alignment with naturism. A good bet would be to seek out a group affiliated either with The Naturist Society or the International Naturists Association, says Green.

And, Ernie acknowledges that naturism isn't for everyone. "I think there are people who have so many hang-ups that they just can't do it," he says. "Society has so deeply engrained that into us."

If you do decide to visit a naturist organization, bring a towel. Hoffman says this is one of the most important rules of naturist etiquette – no one wants to sit on a lawn chair that your exposed genitals have touched. You may feel uncomfortable for the first five minutes — until you realize no one is looking at you.

**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                           | 250.00  | 300.00  | _____  |
| Associate Member (Over 125 miles away)                    | 150.00  | 200.00  | _____  |
| Working Membership (Discount)                             | (50.00) | (50.00) | _____  |
| Separate Mailing Address for members                      |         | 12.00   | _____  |
| <i>Lake Edun Exposed</i> – Video                          |         | 35.00   | _____  |
| <i>Lake Edun Exposed</i> – DVD                            |         | 50.00   | _____  |
| Naturist Society Membership                               |         | 50.00   | _____  |
| Subscription to <i>Bare Facts</i> only                    |         | 20.00   | _____  |
| Tax Deductible Donation - Improve our Educational Program |         |         | _____  |
| Tax Deductible Donation - Legal Defense Fund              |         |         | _____  |

**Total Enclosed** - Check, Money Order, or Credit Card \_\_\_\_\_

Please charge my  Visa;  MasterCard # \_\_\_\_\_ Exp. \_\_\_\_ / \_\_\_\_ \$ \_\_\_\_\_

*Note: There is a \$30 charge for any checks returned unpaid for any reason.*