

Bare Facts

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38° 58' 7" North; 95° 47' 56" West

We Thank Our Supporters

Delivering a quality educational program to promote the lifestyle we have learned to appreciate is expensive. We couldn't do it without the financial support of our members and many other supporters. Every year at this time, we send a letter to those who have made tax-deductible contributions to the Lake Edun Foundation in the past year acknowledging their gifts.

If, in the past year, you made a gift to the Lake Edun Foundation that could be used as deduction on your tax return, your acknowledgment letter is enclosed. Save it with your other important tax-related papers and share it with whomever does your tax work. We thank you!

Second Annual Survey Is Complete

By the time you receive this issue of *Bare Facts*, our second annual survey will be completed. Long-time supporters will recall our survey last year. We reported for several months afterwards on the wonderful information we received. And, we used it to prioritize both program and projects for this past year. We expect to do the same again this year.

As we begin to analyze the results of the survey, we will report to all our supporters on the results. If you took time to participate in the survey this year, we thank you. We expect the results will be as interesting and helpful this year as last.

It Was A Good Year

At year-end, it is customary to look at the year to see how we did and to make plans for the new year. Much of our planning will begin after we analyze survey results. However, the look-back, especially this year, is fun to do now.

2011 was an exceptional year for the Lake Edun Foundation. Membership grew by about 25% and the average age of our members dropped by 5 years. We are extremely pleased with these results. We believe the NUTs program has played a significant roll in this. If you know anyone age-eligible for a NUTs (Naturists Under Thirty) membership, be sure to tell them about it.

In addition, we have seen continued progress in restoring our lounge chairs and fixing up our other amenities. We had a problem with beaver but we believe (hope) that has been solved. Visitors next year may notice some of our trees are gone. But, they will see many more that continue to grow.

As is always the case, taking care of a beautiful place is more of a journey than a destination and we still have much to do. We expect some will be completed this Winter by our Winter Warriors. Look for other improvements to be made in the new season.

We thank all of our supporters and look forward to visiting in February or when the weather warms up in Spring.

Mid-Winter Events Planned

Christmas has passed and the New Year has begun. Soon we expect to see the mid-winter Blahs approach. They come every year about this time. Characterized by long, cold nights spent in isolation from our friends, lack of sunshine on our bodies, and, perhaps worst of all, the onset of cabin fever. What to do?

Your new board of directors has solutions: We are planning a mid-winter gathering the last weekend in February plus the option of a soak in a hot tub at different dates.

Mark the date on your calendar. Saturday, February 25 will see Eduners gather for some fun and socializing. We hope many of our supporters will join us. As is customary, we will share a pot-luck dinner and then catch up on everyone's activities since we last visited. We don't meet often in the cold months but they are always enjoyable. Plan to take advantage of this opportunity.

Then, anyone interested in joining other Eduners for a soak in a hot tub should email us. When we have 4-6 signed up, we will schedule an event. These will not be on our schedule so, you must be signed up to participate. We recommend you do it now.

There you have it. Two things on your to-do list. Mark your calendar for the party on February 25. More info and directions will be included with your February issue of *Bare Facts*. And, you must email us if you are interested in joining in the hot tub.

Items We Need

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

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

DON'T FORGET

Activities designated HN are sponsored by Heartland Naturists

Jan 8; Sun; 4-6; Board of Directors

Jan 8; Sun; 7-9; Sauna

Jan 13; Fri; 8-10; Sauna

Jan 19; Thur; 7-9; Sauna

Jan 20; Fri; 8-10; HN Swim

Jan 25; Wed; 7-9; Sauna

Feb 4; Sat; 8-10; Sauna

Feb 12; Sun; 4-6; Board of Directors

Feb 16; Thur; 7-9; Sauna

Feb 17; Fri; 8-10; HN Swim

Feb 22; Wed; 7-9; Sauna

Feb 25; Sat; 6-?; Mid-Winter Party

"Don't let those who have body negative values define what is and what is not acceptable. Seize your freedom and restore your dignity!" – BodyFreedom.org

Dawn Gets Naked

“Dawn Porter bares all in order to reveal how our idea of perfection has been perverted to fit the demands of the beauty industry. In a bid to get to grips with her naked self, Dawn is propelled into all manner of uncompromising situations – from hanging out with naturists to learning a valuable lesson in morality from a stripper. Spurred on to try and change attitudes and expectations of the female form, Dawn sets about organizing what she hopes will become the ultimate female Flashmob.”

Well, that’s what the promo for this 2007 BBC documentary says about the program. It’s a story a number of others have tried to tell for television. Despite our clothing compulsion, there endures a fascination with nudity that drives people to try and explain why we are so fearful of our naked bodies. Dawn does get naked eventually in her quest to discover body acceptance.

Dawn herself is a charming and attractive 28 year old who has to face her own insecurities about her body. Through it all there is a good bit of silliness in her efforts to overcome her excessive fear of being seen nude. Still, she does have some good observations.

Dawn begins with her effort to find a bikini that she feels she looks good in. Upon entering the store she notices a poster of an extremely attractive model with the perfect body in a bikini. That’s how she and millions of other women want to look. She says, “It’s hard to look at images we are told are perfect and feel depressed afterward.”

From there Dawn explores the many ways women try to get their body to look like the model starting with working out. She tried to talk with some of the women in the changing room, but they were reluctant. She observed that women fear what other women will think about their bodies.

From there she seeks the advice of a burlesque instructor about the secret of how to be comfortable with her body and ends up as a performer for amateur’s night. She notes that most people never get to see what real women look like without their clothes on.

Next she visits a professional photographer for a nude photo shoot and learns what happens after extensive make up and PhotoShop turns her into the image of “perfection.” Of course, by then the picture is barely recognizable as her.

Finally, she visits a plastic surgeon for an evaluation. She learns that Britain’s spend 529 million pounds on cosmetic surgery. The third segment of the documentary is the most worth watching. She discusses that all the magazines and images of women in advertising are fake. All of them. Women and men are being pressured to aspire to become something that doesn’t exist.

From this point she decides to do something about it and launches a “Get Naked With Me” campaign to promote body acceptance. Eventually this takes place with a number of women joining her, topfree for the most part on a double decker London bus around the city. The discordant and annoying note is that Dawn, despite urging women to get naked, doesn’t do so herself. Instead she wears fig leaves on her breasts and a bikini bottom.

No doubt, since she is doing the program for the BBC she wasn’t permitted to actually be seen nude or even topfree, but it was OK for other women to be recorded doing so. Seems to me if you are urging other women to do something, you better be prepared to do it yourself.

Despite some flaws, the message of Dawn’s [documentary](#) is in the ball park. Give her a B for effort. [Ed.]

What Does Being Naked Mean To You?

Here’s an excerpted introduction to a naturist blog I came across recently called Nude, Renewed. It’s pretty good and I encourage you to check it out regularly. The question is a good one. Hopefully some of you will write your answer to be published in next month’s Bare Facts. [Ed.]

Go to: <http://nuderenewed.com/>

What does being naked mean to you? What does it feel like emotionally for you to be naked?

...It means “this is me, this is who I am, no hiding, no BS.” Emotionally? Liberating, honest, comfortable, awesome.

...Modern society has little tolerance for imperfection. As flawed as we all are, we expect perfection in ourselves and others. We call out others for the flaws they exhibit, be they physical, mental or emotional. One way we hide our flaws is to clothe ourselves, hiding all the things we hate about ourselves, hoping not to be judged as flawed by others.

Well, I’m done with being ashamed of the ways I am different, flawed, and imperfect. I’m overweight (but working on it.) I’m abnormally tall (can’t do anything about that.) I have a big, ugly scar from emergency surgery (it is what it is.) I am impatient and quick to anger. I don’t tell my loved ones often enough that I love them. I acknowledge all of these things. I do what I can about them, but they remain a part of me.

When I’m clothed, I feel like I’m hiding. I’m often physically uncomfortable when clothed, even when my clothes fit me well (and being “big and tall”, this is sometimes hard to achieve.) When I’m clothed, you can’t see the scar and you can’t see as much of the fat. Clothes hide these things....

...I am not a dedicated follower of fashion, but I do feel the pressure to dress a certain way to appear “professional” or “modest” or many other things. This is, quite frankly, bull****. Do I really become someone different when I put on a collared shirt and a pair of khakis? Am I somehow more capable of performing my trade when I do? Do I cease to be a respectable member of society when I take off my clothes? Why do you say that?

Being nude is my way of liberating myself from all of this bullshit. It’s my way of saying “this is the real me, without disguises or costumes.” It removes the things that insulate the real me from the real world. It lets me be emotionally honest. It lets me experience the natural world as a natural being. It brings me “out of my shell”, both literally and figuratively. And it relieves me from the pressure to meet standards of perfection that neither I nor anyone else can achieve....

Beating The Winter Blahs

The best way I know as a naturist to beat the winter blahs is with a nice winter vacation to some delightful tropical beach. Yeah, right! As if that's going to happen!

I know some of our dear readers might make a fast winter break away to warmer climes, but the rest of us are stuck in snowland for the duration. It's not that we don't want you to enjoy yourselves in the sun; we just want to go along.

Since we can't all get away all that is left are memories from last summer at the lake. Or second best look at pictures of naturists enjoying sun, sand and ocean or lake.

With that in mind, [here's](#) a collection of such pictures to keep your spirits up until the sun returns too many months from now and we can again gather at Lake Edun.

Is Naturism On The Defensive?

Those of us that care about the current state of naturism look back with nostalgia to the 60's and 70's. Back then social change seemed to be a rising tide that would sweep all before it and usher in a time of acceptance for nudity. Broadway plays, movies, the youth culture all challenged the status quo. During this period the Free Beach movement gained ground along the nation's coastlines.

Alas, the tide has ebbed and the old Puritanism has largely triumphed. Decades of clothing optional beach use are being lost, and politicians mount successful assaults infringing on the rights of even club activities where children are concerned. They justify this on the presumption adult non-sexual nudity somehow harms children without any need to demonstrate or prove such "harm".

At the same time exploitation of female nudity for commercial purposes has never been greater. Female swimwear has never been smaller, with the thong being on the cusp of nudity. More celebrities are seeking publicity with nude photo shoots. At the same time, insecurity about our bodies, both by males and females is at an all times high.

In the midst of these mixed signals, it seems many in society really do want to both see more skin and show more skin than ever before. These things don't happen by accident. Could this be an unintended consequence of body repression that seeks to forbid non-sexual social nudity?

Sadly the high hopes of the earliest naturists for acceptance of nudity by the public at large have never come to pass. Even in the land of its birth, social nudity is on the decline. In this country, many beaches have returned to textile only use. While the impact is difficult to quantify, under the banner of protecting children from abuse, even family oriented social nudity is on the defensive.

Among the sure signs of lack of progress in mainstreaming social nudity is the oft noted condescending articles found in the newspapers from time to time. It is one thing to be denounced. It is quite another to be treated as humorously eccentric or even mocked. Being trivialized diminishes getting a serious hearing. Another sign is the ongoing obsession for anonymity by nudists and naturists in this country for fear of repercussions. The brave new world of body acceptance has not yet arrived. This state of affairs

hasn't escaped others notice as the following example gives evidence. [Ed.]

Recent posts and the general tone of many other postings here suggest to this observer that nudism as a philosophy is on the defensive. It may always have been, of course, but there is an absence of the positive aspects of nudism and the general philosophy of nudism as it has been historically.

I realize many of my posts both here and elsewhere sometimes have had the same or similar theme. Originally, as you may know, nudism was mostly oriented towards health and as an antidote to city life, it being mainly an urban thing. Country types really saw no point to it, given that they already lived much of their lives outdoors anyway. At any rate, it was seen as something to help restore the lives of urban dwellers in a recreational, camp-style format.

It doesn't seem to be like that anymore. But I also realize that, like other movements, it had overtones of political thinking and was not entirely liberal, although all attacks on the movement were from conservative quarters. But we often confuse conservative and radical and liberal.

Along came the social rebellions of the late 1960s and early 1970s and the thinking of American, at least, nudists became diluted with other ideas. A new kind of nudist emerged that had none of the old thinking of health and the life renewal of urban dwellers. They wanted nude beaches (and free parking). They didn't join clubs but other, looser organizations. Some would suggest other things became looser also.

Eventually, of course, when socially conservative people who had previously penned up nudists inside their fenced-in colonies realized what was happening and decided they had had enough, the tide turned, so to say, and the free beaches began disappearing. But the world gets turned upside down every few years anyway.

Is there a need for nudism or social nudism or outdoor nudity? Or is it an excuse for something else? Has something been lost or did we ever have it to begin with? Should there be a revival of nudism as it was practiced, say, 50 years ago? Or was nudism 50 years ago anything like what we imagine it to have been?

This writer attributes the failure of naturism to flourish as being the result of having lost its message and reason for being and second, renewed repression by a more conservative establishment. There may well be some truth in these observations.

Others have added to the list of reasons that social nudity hasn't flourished to a greater degree in this country. Still, I tend to place more weight on the failure to adhere to historic naturist themes aimed at health, and self improvement. Early naturists offered a critique of the failings of contemporary society that allowed them to advance naturist morality as the antidote. Somehow, I suspect the power of that message would resonate today much more authentically than does that of recreation and travel. Why stay defensive? [Ed.]

You will find the post [here](#).

Into The Nude

“This documentary follows the journey of five young film makers as they start to explore and understand the naturism (sic) lifestyle.

“The documentary explores the topic of body image and why people are so embarrassed about their bodies, with the hope to empower the public so they can begin to understand why people become naturists and what this lifestyle involves.

“The journey explores the five film maker’s perceptions of naturism and if these perceptions change at the end of the journey. Will anyone feel confident enough to carry on presenting themselves in this natural way?”

The film makers are students at the University of Westchester in the UK. A male and female team leads the investigation supported by three female fellow students serving as the film crew.

The five talk about their insecurity about themselves and being seen naked. One of the crew is missing part of an arm, and the male is overweight. He talks about hating his body, yet since the women are his close friends, he is more prepared to be naked in front of them.

The film sets out the terms of their exploration by contrasting nudity as it is currently depicted – almost exclusively sexual in nature – with naturism which is non sexual nudity

Their investigation first takes them to visit Studland Beach which is clothing optional and two different naturist clubs. Unfortunately, the season works against them as they begin the beach visit in February and finish their documentary at a club in April. Not the warmest time of year in Britain.

The documentary takes 31 minutes to watch, and is a bit slow. The film intersperses the views and observations of the film makers with those of naturists explaining their point of view. There is full nudity shown and the students all participate nude.

There is a positive and sympathetic interaction with the naturists interviewed all of whom are many years older than the students. The comfort level of the students is discussed at the end with some saying while they are glad to have participated, but they wouldn’t go back again. You can’t win them all but at least they tried it. [Ed.] See for [yourself](#).

Heart Health And Vitamin D Linked

Once again vitamin D is at the center of new reports stressing its health benefits to prevent a number of diseases. Researchers claim twenty minutes of full body exposure daily is necessary for sufficient vitamin D production.

It seems to me the researchers should study naturists to see if this population indeed is healthier than the average person in North America and Canada. The report can be taken as an alert for even naturists to take vitamin D supplements during winter months. [Ed.]

Analyzing data on more than 10,000 patients, University of Kansas researchers found that 70 percent were deficient in vitamin D and they were at significantly higher risk for a variety of heart diseases.

D-deficiency also nearly doubled a person's likelihood of dying, whereas correcting the deficiency with supplements lowered their risk of death by 60 percent. People with deficient levels of vitamin D were more than twice as likely to have diabetes, 40 percent more likely to have high blood pressure and about 30 percent more likely to suffer from cardiomyopathy – a diseased heart muscle – as people without D deficiency.

Vitamin D deficiency has been linked to a range of illnesses, but few studies have demonstrated the reverse – that supplements could prevent those outcomes.

Overall, those who were deficient in D had a three-fold higher likelihood of dying from any cause than those who weren't deficient. When the team looked at people who took vitamin D supplements, their risk of death from any cause was about 60 percent lower than the rest of the patients.

Many people are deficient in Vitamin D, it is believed, because we should get about 90 percent of it from the sun and only about 10 percent from our food. Our bodies makes vitamin D in response to skin exposure to sunlight.

Certain foods, like oily fish, eggs and enriched milk products are also good sources of D. A sufficient amount of Vitamin D absorption from the sun would require at least 20 minutes of full-body exposure each day in warmer seasons, and most people aren't outside enough.

In the northern United States and throughout Canada, experts say the sun isn't strong enough during the winter months to make sufficient vitamin D, even if the weather was warm enough to allow sufficient exposure.

That means adults should consider getting a simple blood test to check their Vitamin D levels. Generally, adults should take 1,000 to 2,000 international units (IU) of Vitamin D each day.

Find the full article [here](#).

But wait! There are two options to taking vitamin D supplements.

Canadian manufacturer SolArc manufactures a UVB only sun lamp for medical phototherapy. It can do the job for people with a variety of medical conditions that can't benefit from oral vitamin D.

They state that only UVB is needed for vitamin D production. They provide exposure tables to calculate length of exposure and avoid sunburn. As with all UV radiation, care must be taken to minimize risk premature aging of the skin and for cancer.

They claim commercial tanning beds are mostly UVA and provide minimal UVB. Their claim is that a single exposure to their lights will make the equivalent of ten to twenty five thousand International units of Vitamin D. Go to: <http://www.vitamin-d-phototherapy.com>.

The other option to taking D supplements is to visit [Lake Edun](#) regularly. Go to www.lakeedun.com.

There you have it, our naturist health note for the month. Good living and stay healthy! [Ed.]

Nudity As Protest

Just why does the naked body, so seemingly vulnerable, so obviously defenseless become so counter intuitively powerful? Yet we constantly see examples of this power from around the world. Heroically, individuals dare to remove their clothing in the name of a great cause to confront the powers that be. Certainly this wouldn't be done if it weren't for the hysterically obsessive demand that people wear clothing at all times in public.

The other side of the coin is that the natural consequence of living in a clothing compulsive society is that the naked body becomes a powerful tool to shock and challenge the status quo. Elegantly, it is the very repressiveness of the demand for clothing that in fact generates the greatest impact for the naked protest. [Ed.]

Whether its China's Weiwei or the Egyptian blogger Aliaa Magda al-Mahdi, people are using their naked bodies as a way to challenge authority and demand rights. Even in today's much more sexualized world, public nudity continues to be a powerful form of protest....

Stripping down as a sign of rebellion against repressive societal norms and constraints is anything but new. The only surprising thing about it is that even in our day, when nudity abounds, the technique still seems to work. Baring one's body in public remains a taboo and is perceived as a disturbance of proper public order....

Causes naked protesters embrace vary widely from country to country and is generally reserved for causes embracing great passion. It really is putting your body on the line. Nowhere is this more true than in the Islamic world.

There the status of the female body is at the center of a bitter cultural war between enlightened modernity and reactionary religiosity....The male's right to total control of the body and life of women is one of the most deeply-anchored forces of Islamic fundamentalism... It's not an accident that one of the things associated with the despised western "decadence" is the principle of female self-determination....

Historically, removing one's clothes has been synonymous with breaking out of the corset of "civilized" do's and don'ts, but it also has given new life to a form of protest favored by earlier generations, the life reform movements at the turn of 19th century. People involved in this movement saw nudity as a return to what was perceived as the essential purity of the human body in nature.

...The theory of Jean-Jacques Rousseau (1712–1748), that there were at one time "natural humans" to whom the injustices and ugliness of modern civilization were utterly foreign and who lived in tribal cultures. Since then the idea of a return to natural nakedness in a noble wilderness has been associated with a return to innate human goodness, freed from the corruption of civilization.

In today's world, when Chinese dissident Ai Weiwei and his supporters appear naked, it is basically along similar lines as Rousseau's 18th century Enlightenment message – a call to a better, democratic society. Their nudity symbolizes at once their total vulnerability to the will of the state but also the resilience of their own will.

Their gesture says: my body belongs to me; nature gave this body to me – and it is inalienable even if you take everything else away from me. Ai Weiwei's uncovered ample self tells the powers that be: See here, this is the natural me. I'm an offense to you – and intend to remain one....

...The imperfect unclothed body is thus an existential objection to totalitarianism.

The Ukrainian women known as FEMEN are acting on another symbolic level. They are children of an age when female public nudity is sexualized in the service of commerce. After women's rights activists fought for decades against the debasement of the female body as an object of lust, as seductive "goods," these new feminists are actually donning the sex object mantle and using it as a means to express self-awareness and fighting spirit.

They perceive their sexual attractiveness as a potential weapon. If you want it, come and get it, they're saying – but you're going to have to pay by accepting our social and political demands. One of their rallying cries to women is to withhold sex from men until the goal of a campaign has been achieved. The objects of desire, fully aware of their power, have the upper hand.

For the full article go [here](#).

Florida County Supports Naturist Tourists

You aren't going to believe this. Really. You aren't going to believe this. As far as I know, this is the first time ever in the United States that naturists have been able to gain enough respect that they could successfully get a county grant to advertise in Europe for naturist tourists.

Of course, this is happening in an area of Florida that probably has the most naturist clubs and resorts in the country. Still, despite this concentration of naturist activity and economic impact, they didn't get any love. The Tampa Bay area still refuses to designate any beach for clothing optional use. In fact the county has been downright rude and dismissive for years of requests for a designated beach. Now this happens. What's going on?

Could it be that with the economic downturn naturist dollars or Euro's are starting to smell much sweeter? Perhaps there is a silver lining to our economic woes, at least for the naturist industry. Money talks and BS walks. [Ed.]

Pasco County has been home to nudist resorts for 70 years, but 2012 will be the first year commissioners spend public dollars to promote the county as a nudist destination.

Commissioners voted 4-1 Tuesday to approve a \$3,818 tourism development grant to PANDAbare, the Pasco Area Naturist Development Association, to promote a "Eurobird" season during the slow, summer months of July and August.

"We will be focusing on France, Germany, Netherlands, and Britain," PANDAbare president Paul Brenot told a local ABC News affiliate. "There are over 19 million practicing nudists in there. So heck, if we just garner a hundredth of one percent, that's a lot of tourism coming in."

Pasco, north of Tampa on Florida's west coast, has a long history of clothing-optional hangouts dating back 70 years.

The area is so rife with nudists it boasts nearly a dozen nudist communities like Lake Como, Caliente and Paradise Lakes – all in Land O’ Lakes and are year-round resorts.

The marketing campaign includes placing advertisements in publications that cater to clothing-optional clientele, such as “Internaturally,” that will market Pasco County as a home base for travelers as they visit Florida’s museums, amusement parks, beaches, and the Space Coast. Enjoy it for yourself [here](#).

Originally PANDAbare sought funding in 2008 from the county’s Tourist Development Council, but was denied.

“In 2008, the organization made a presentation to the Tourist Development Council trying to partner and be the conduit for all the naturist destinations,” Keaton said. “They wanted to make an economic impact with naturist tourism though their organization’s marketing efforts.

“At that time, they weren’t organized enough and didn’t provide statistics or a marketing plan,” Keaton noted.

However in three years’ time, PANDAbare became so main stream it was rewarded with a resolution signed by all five commissioners in April honoring the 70th anniversary of naturism in Pasco County. Go [here](#).

Naked Body. Where Does It Fit In Society?

I came across a collection of [videos](#) created by an old friend, Jeff Bowman.

The first video on this page records a lecture he makes before a college class about body acceptance. He investigates a number of penetrating issues faced regularly by Naturists. When should parents cover themselves in front of their children? What is the roll of art in a child’s upbringing? Without early experience with nudity, how can we transition in a healthy manner to caring for our aging parents?

What is “good” nudity as opposed to sexual nudity? Would a super model really look attractive if she were nude? Does casual, non-sexual nudity promote pornography or serve as a deterrent to it? Why are naturist venues, such as Lake Edun, so controversial? And why are visitors so reluctant for their activity to become public knowledge? Why is it so socially unacceptable to be a Naturist.

These are all good questions we should all try to find answers to. The impact the way we live and raise our families. More important, they shape the way we carry out our educational mission.

There are a number of other video links Eduners may find interesting. Enjoy! If you find something you believe others should consider, please let us know.

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Membership Application
Change of Address Form
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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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Associate Member (Over 125 miles away)	175.00	250.00	_____
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NUTs Membership (Must be under 30)	75.00		_____
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<i>Lake Edun Exposed</i> – DVD		45.00	_____
Naturist Society Membership		55.00	_____
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