

Bare Facts

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38° 58' 7" North; 95° 47' 56" West

Have You Taken The Survey?

Each year, we ask our members and supporters for feedback on our program and for guidance going forward. Responses to this survey heavily influence our planning process. Once again, we are in our survey season.

If you have not already done so, please take time to leave your feedback. It is an important tool the board relies on as we make plans. It is carefully designed to present different questions based on your involvement with Lake Edun. Even if you have never visited our special place, your feedback will be valuable.

We use this tool to make sure Lake Edun remains accessible and provides good value for all of our supporters, including designing our summer activities and deciding on which educational, outreach, and policy options to pursue.

The survey can be found at: <http://www.instant.ly/s/zpDcN>

In advance, we thank you for your assistance. Increasingly, the plans we make; the improvements we plan are a result of the feedback we get from our annual surveys.

LEF Board Developments

As we do each year, we elected a new Board of Directors for the Lake Edun Foundation at our annual meeting on November 1. The board then divides their responsibilities among their new members.

At the December meeting, the following officers were chosen to guide our organization for the next year: President: Chris, Vice-President: Jim, Treasurer: Webb, Secretary: Craig, Editor: Michael, Facilities Coordinator: Ralph

Congratulations to all! We believe we have a strong leadership team in place for the coming year. Opportunities still exist to help with education/outreach and also promotion/publicity. Hopefully, one of our favorite couples will serve as our "Social Team".

As is always the case, the quality of our program depends on active support from volunteers. Winter is a busy time for our Board. Please let us know if you'd like to step up and serve!

Winter Warriors Swing Into Action

With the holiday season behind us, we expect our team of Winter Warriors to become active once again. Visitors to our special place are unanimous in their praise of its beauty. This is a result of many years of effort by scores of volunteers.

Winter, when the chiggers, poison ivy and ticks are no longer a problem, provides a wonderful opportunity to make many of the improvements we will enjoy in the future.

Because weather is unpredictable, we meet on short notice. If you are interested in joining this group, be sure to let us know so we can let you know when we will gather.

The Buff Astronomer – January, 2015

A new year of stargazing is coming our way. I hope those who wished for Santa to bring a new telescope or set of binoculars got what they wanted. You can join the Buff Astronomer in searching the star fields for precious gems of light. The cold nights are on us and we have to admit wearing more textiles to get to see the clear skies above. But the skies seem to snap into focus in cold air and some of our favorite constellations are out there to see.

This is a great time to enjoy all the variety of Orion the Hunter. It is easy to see that stars are sometimes colored differently comparing red Betelgeuse on the right shoulder to blue Rigel near the left foot. The Orion nebula (M43) hangs in the sword off Orion's belt with M42 there also.

A beautiful star cluster can be seen near Orion's Pooch – Sirius the dog star. The Tau star in Canis Major is right in the middle of open star cluster NGC 2362. This may require some looking and maybe use of a star map to find Tau, but the cluster is a good find.

Jupiter appears on the 7th within 5 degrees of a waning moon. Then later Saturn is near a very small sliver of a moon 1 hour before sunrise on January 16.

A very special conjunction appears in the early evening sky from the 8th to 12th January as Venus and Mercury are within about 1 degree from each other. Venus continues to rise in the month as the Evening Star and Mercury will slip around the sun again. Venus starts to go towards Mars in the west later and both will set early.

January skies promise a lot and if they stay clear will deliver a lot to observe with your Buff Astronomer.

Thank You For Your Support

Each year at this time, we thank our supporters. As required by the IRS, all our 2014 supporters will find a letter acknowledging their support for the year. This should be used to claim a charitable deduction when filing your 2014 taxes. Please keep it with your important tax records. Thank you..

With the holiday season behind us, we will be activating the Winter Warriors soon. If you have an interest in assisting, please contact us soon.

DON'T FORGET

Jan 3; Sat; 8-10; Sauna

Jan 14; Wed; 7-9; Sauna

Jan 24; Sat; 4-6; Board of Directors

Jan 24; Sat; 8-10; Sauna

Jan 31; Sat; 8-10; Sauna

Feb 11; Wed; 7-9; Sauna

Feb 14; Sat; 4-6; Board of Directors

Feb 21; Sat; 9-10; Sauna

Feb 26; Thurs; 7-9; Sauna

Little Did We Know

Thank goodness for science. The findings listed for the benefits of sleeping nude makes it official. We no longer need feel odd, contrarian, or ashamed about our bare sleep habits. Science has given us its secular blessing on what we had been doing intuitively for years. At last, we can now all sleep guilt-free.

By the way, who are the pinheads who seem to believe only “science” and its “priests,” the scientists, can validate/grant us permission to live according to our own innate experiences, beliefs, feelings, intuitions? Just wondering. [Ed.]

Scientists have confirmed a number of reasons that showcase how sleeping in the raw can benefit your health tremendously.

When it comes time for bed, most people feel no need to dress any certain way. There is such an oppressive demand from society for clothing to determine how certain people treat an individual, the ridding of clothes at the end of the day seems perfectly reasonable. In fact it has been found that only one-third of the United States’ population will actually dress up for bed, putting on pajamas or a nightgown.

Studies have proven the constraint of clothing such as even tank tops and underwear can affect the quality of an individual’s sleep. The act of shedding every article of clothing has been shown to decrease cortisol levels in the blood. Lowered cortisol is very beneficial, as the hormone is known to disrupt sleep cycles and even cause unwanted weight gain.

An additional benefit of sleeping nude is that it promotes an increase of growth hormones. These particular hormones lower risks of heart disease and diabetes as well as repair tissue and increase the host’s immune system. They also help a person build muscle quicker and stimulate the growth of internal organs.

Further, it has also been demonstrated that sleeping in a cooler temperature at night, preferable around 70 degrees Fahrenheit also boosts anti-aging hormones and allows the body’s natural melatonin to flow smoothly, resulting in easier awakenings in the morning. If one sleeps in the nude, the body’s temperature will naturally be cooler than if one was wearing clothing.

Sleeping naked will also help an individual on an emotional level. It allows you to be completely vulnerable resulting in a gradual increase in one’s confidence. Partners who sleep nude together will also develop a stronger bond, both emotionally and sexually as the skin-to-skin contact will release oxytocin throughout the body. This is a chemical that increases the sex drive, decreases social anxieties and helps establish an overall feeling of satisfactory euphoria.

Follow the complete story [here](#).

When Is Breast Feeding In Public OK?

There’s arbitrariness to a lot of the “rules” we follow regarding dress; what’s polite and what’s not, and in what context. Breastfeeding in public is one of those shifting grey areas that are on the cutting edge of a societal shift.

Sometime before and after WWII the medical community actively discouraged breastfeeding and pushed bottle feeding. Naturally the winners in this were the big baby formula manufactures who aggressively pushed their product.

Given the authority role doctors play in society, many mothers bought into this “advice.” Other influences can also be identified that aggressively promoted breasts as sex symbols. Of course, this was nothing new, only more blatant in the culture.

Following a hard won court victory by nudist publications to legally distribute their magazines by mail, many sexually explicit “men’s” magazines exploited this newly available distribution to the hilt. Graphic material reached millions totally overwhelmed the message of the nudist magazines that reached a few thousands with their message of healthy non sexual nudity. The dominant message to the masses was that breasts are exclusively erotic. This is the legacy from which we now are trying to extricate ourselves.

The following story illustrates the ongoing conflict between those seeking to restore breasts to an honored place in sustaining babies and those certain the sight of a breast is damaging to children and makes adults uncomfortable. At this distance it’s impossible to know all the facts. The parties involved tell diametrically different stories. For the moment that is irrelevant.

What we know for sure is a woman was breastfeeding her baby in public, which is protected by Florida law. This made some attempt to shield her from the view of others. Nevertheless she drew a complaint from another adult. The principal stated that her concern was the breastfeeding was “distracting” fifth grade students, but later blamed the problem on the mom’s conduct in the school office.

The triggering event was breastfeeding. The question is, who was the more distracted? The students engaged in their running on the track or the adults in the stands? I may be wrong, but aren’t school sponsored health classes informing 10 year old students about some of the basic facts of life? If so, this incident totally undermines whatever is taught in school about the body and enforces the sexualization and objectification of women’s bodies. What are they thinking? [Ed.]

A young mother was banned from the elementary school her niece attends following a parental complaint by the school’s principal and later arguing with the principal about the way she breastfed her daughter on campus.

The offending mother was issued a trespass warning by the school’s resource officer two blocks away from the campus.

Earlier that morning, she had breastfed her 8½-month-old daughter in the bleachers near the track during the weekly Mile Club event.

School officials say they have no problem with breastfeeding, but that the mother later became “hostile” and upset the front office staff.

The female principal says, “I asked her to use discretion around the kids.” I never told her she couldn’t breastfeed.”

The “offending” mother stated that she was discreet and put a barrier between herself and the students while nursing. She explained that, “It was tall enough that it was blocking (their) view,” she said. “None of them could see.”

Others claimed the breastfeeding was visible and distracted the students.

On her way out of the school, the young mother stopped in the office to complain that Florida law allows her to breast-feed her children in public.

“I wasn’t yelling, and I wasn’t cursing,” she said. “I wasn’t coming at her with my body. I wasn’t backing down and I was standing my ground, but I wasn’t violent.”

The school rebutted that saying, “She was hostile. She was not in control of herself.” At this point they called the resource officer.

Summing up her position, the mom observed, “Breasts are so . . . sexualized that they can’t be used for their intended purpose. And that, to me, is wrong.”

For more on this subject, click [here](#).

Is It OK For Parents To Sleep Naked?

Where to begin? As we know, it takes all kinds to make a world. Right after detailing in this issue of Bare Facts many of the benefits of sleeping nude that science has validated, comes this gem from England.

This is from a blog by a mom who analyzes the propriety of parents sleeping nude and being seen for whatever reason by their children from toddlers to teens. This is a theme endlessly debated in blogs by mothers around the English speaking world. Admittedly, a number of these mom’s are pretty relaxed about family nudity, but some, including their readers are quite averse to family nudity.

It is apparent the issue of nudity generates feelings of insecurity that strongly resonates in huge numbers of people. That it does indicates there may be a taboo about the naked body that operates on a primal level. We may intellectualize this feeling by calling it a boundary, etiquette, or modesty, but in the end it comes back to shame. This is a sense of shame inculcated in thousands of ways overt and covert. We may never fully unravel its origin. But it’s there and it’s real.

Somehow the belief develops that our body is not altogether good and the mere sight of the naked body, even absent any overt behavior, is by definition harmful and arouses intense shame. There is a fusion of the rules about sexual propriety which are overlaid on the body with the body itself. The body is blamed/scapegoated with what the mind bears the sole responsibility. Nothing protects us from a perverse and obscene mind, not even clothing. Conversely, the absence of clothing doesn’t make us perverse or obscene.

Unfortunately, we too easily run off into the weeds on the subject of nudity and blight ourselves and others with body shame. [Ed.]

In the following excerpt the author discusses her choice of winter and summer sleep wear. She then informs her readers

she had presumed this was the kind of attire all her mum friends wore to bed.

When two of her friends recently admitted they and their husbands sleep naked, she was shocked. Claiming not to be a prude, (the usual mandatory disclaimer) and as proof tells us that pre-children, of course there were nights she wore nothing to bed.

As further proof of non prudery she reports that these days, her very young children regularly see her in the shower and using the bathroom. She explains she wants them to know what normal human bodies look like, rather than the air-brushed versions we see in magazines.

She acknowledges everyone has different opinions about what level of nudity is appropriate in a family. Some people she knows won’t even allow their toddler children to see them in the shower, and other friends who still walk around naked in front of their parents and siblings in their teenage years. Both of those are too extreme, in her opinion.

I love my children’s (lack of?) inhibitions and total ease and acceptance of their bodies, but she knows there will come a time when they naturally start asking for more privacy and when it does, I’ll respect that and practice appropriate boundaries. For me, that includes not sleeping nude when my children are in the house.

Some of the mums she knows who sleep nude have children close to secondary school age. When asked, they didn’t quite know how to answer her question about what they do if their child comes into their room in the middle of the night because they feel sick or have had a nightmare.

Some of her friends are completely fine with nudity in the family. ‘I’m a bit of a naturist at heart,’ says one mum friend. ‘If my son, (currently a baby) is fine walking in on me in the bathroom when he’s 12 then that’s fine with me.’

However, just because you are happy with your child seeing you sleeping nude, it doesn’t necessarily mean your child feels the same, especially as they get older. The writer tells the story of two of her girlfriends who told her that they are still traumatized after bumping into naked parents in the night when they were teenagers. I may be wrong, but there’s probably more to these stories. I’m only guessing, but it’s likely that these weren’t families that were all along at ease with family nudity to begin with, otherwise why the trauma?

Another friend the writer consulted told her, “I have no problem with my kids seeing me naked in the shower and I have no privacy in the toilet, but I wouldn’t want them to necessarily know I’m in bed in the buff!”

Say, what??

This is a subject of interest to many Naturists. Learn more by clicking [here](#).

I think the main reason some people find breast feeding offensive is the fact that it reminds us that breasts are a food source and not an object of male fantasy that is further facilitated by the legal system that says breasts cannot be seen unless they belong to a male.

Going Naked To Overcome My Insecurities

Life happens. It's not always kind, and leaves its mark in our flesh. Illness, injury, surgery, wear and tear are common to us all. Everyone knows this truth, but we live in a world obsessed with the illusion of eternal youth and physical perfection. As a consequence, we all know the shame of not being endowed with a body matching that ideal.

It is out of shame that we discount our physical self we believe compares so unfavorably with the icons of beauty presented to us daily. This sense of shame is a learned construct carefully and cooperatively created within each of us by our culture and our own minds.

The trigger for shame is any perception that we do not match the idealized standards and images place before us as the model of the beautiful. The tenacity with which we will support and defend this model even to the point of death demonstrates its tyrannical strength. We are social creatures and seek approval from others to validate our worth.

The catalogue of sins imposed upon each of us, or committed by us to others or to our self is long. The cost to strive for beauty is impossible to calculate. Of course we can count the money spent on diets, clothing, surgery, and a list of products guaranteed to make us "beautiful." However, this cost is minor to the pain paid in the heart from feelings of inadequacy, shame, rejection, and self alienation leading to all manner of mental health disorders, damaged and destroyed relationships, and personal insecurity to make a short list.

The messages we learn from our culture are powerful and urge us to conform. Yet, they aren't indestructible. As we learn and mature, we begin to recognize fallacies in some of the things we were taught. Life intervenes and challenges us to look deeper. In so doing, we grow as a person. It's not as if greater wisdom hasn't been available all along. "Beauty is only skin deep," gives us insight into a greater reality. Yet, in its simplicity, the truth of this old aphorism escapes us for far too long.

The following story is of a young woman in England who suffered from ulcerative colitis eventually resulting in the removal of her colon and having an ileostomy in 2013. Helping her cope with this drastic change to her body has been her blog in which she tells her story and her struggle. In the process, she tries to encourage others with the same medical problem. She talks about her insecurity due scars and having her ostomy bag seen in public. [Ed.]

Recently she and her husband vacationed at Lanzarote a beach on one of the Canary Islands. There she had to deal with having her scars on display. She has previously shared photos of herself online, but now she had to face the fear of showing her "...entirely imperfect body as it is..." face to face.

"And so I do still have insecurities about my body and the scars that criss cross my stomach that might be hard to believe as I promote loving your body and having self confidence. But I am only human, the reason I can talk about having body confidence and coping strategies to deal with

having your ostomy or scars on show is because I have all those fears, I just work hard to overcome them in the hope that I can help others with the same worries."

At first she went to a textile beach wearing a bikini. There people took notice of her scars. She says she recognized that this was natural, but it did make her feel on display which caused her to feel uncomfortable. This was to change the next day.

"Our next beach trip was a little different; we went to a naturist beach... It is one of those things that have been on my bucket list, something I wanted to try before I died. I had been to one once before but there was no one else on the beach and so this time, going on to a busy nudist beach was a challenge."

She says she was really nervous, but then she and her husband slipped off their clothes, and as she described it, "...giggling like kids." About them were lots of nude people, some sunbathing, some sat chatting, some walking or swimming.

She says it was odd at first, and she felt extremely self conscious, but after a while realized there was such a nice atmosphere, no one was staring at one another, and I felt no judgment, totally comfortable and really relaxed.

"The beach was filled with men and women of all shapes and sizes and though you got the odd glance and smile, everyone kept to themselves and there was no judgment. A totally different feeling to being on a normal beach. Perhaps it is the fact that without clothes, we are all a little vulnerable. Or perhaps it is that being nude is a great leveler. Either way we loved the day and for the first time I felt great in my own skin and didn't worry about the sight of my scars. Isn't that a weird thing, I felt more comfortable with no clothes on, than with a swimsuit or bikini."

Given her appearance, she says visiting a naturist beach wouldn't usually be somewhere she would think of as relaxing, but it really was. "My size wasn't even a thought and my scars were soon forgotten about, the most attention I got was for my tattoos!"

Despite all the benefits of her nude beach experiences she says, "I wouldn't call myself a naturist now, I don't feel the need to be naked all the time and nor would I go out of my way to find naturist beaches, but I can say that a good chunk of the good feeling on our holiday came from our visits to the nudist beaches and I'm really happy to say that the experience has helped me on my way to accepting and loving my scars."

My question is, why not? [Ed.]

Follow this story [here](#).

Fred Rogers, creator and star of the children's program Mister Rogers' Neighborhood was 71 years old; has been married to his wife for 48 years; is an ordained Presbyterian minister; and took a morning swim every day in the nude.

Is Naturism Really Not About Sex?

For our society, this is the crucial question when thinking about or participating in naturism. Every time a reporter interviews naturists, eventually the declaration, "It's not about sex!" is uttered by someone. Having to continue repeating this hackneyed phrase for over one hundred years is exasperating.

If I had my way, no naturist would ever again utter these four words. To do so displays a defensiveness that is absolutely unnecessary. Our society has an obsession about sex and that's *their* problem. We know our heritage and unless explicitly asked about sex, don't bring it up! If anyone wants to try naturism, they will learn the truth on their own, everyone else is irrelevant.

That being said, it's just part of the environment. People have to resolve this personal dilemma for themselves. The following is the account of a woman struggling with being a naturist and from her life experience in this society finding it difficult to conceive of social nudity not devolving into sex in the end.

Notice her reference to social media and the non-stop one dimensional turn to sex when the discussion is about nude yoga. This is considered normal and inevitable by many in society. This represents a distorted understanding of the nature of both men and mankind. Naturism, not to mention tribal peoples for ages, has demonstrated that nudity does not equal sex. [Ed.]

I have read that, for naturists, being clothes free is not about sex. I am currently struggling with this concept, because most of my "social" exposure to clothes free anything is online via social media with folks who do not necessarily live clothes free. Based on the conversations that unfold there, the question that comes to mind for me is, "Is it for real?"

This year in late summer I was tagged to participate in a naked yoga challenge. From there, not only did I slide into clothes free yoga, I walked further into the field of clothes free living. I found myself reading, cooking, writing, watching shows, even working clothes free whenever possible.

Writing clothes free allows me to go deeper into my personal exploration. Being clothes free puts me more in tune with my body, so I don't tend to overeat like I used to. Practicing yoga clothes free feels natural and grounding. When I find opportunities at the office to shut the door and work clothes free, I am measurably more focused and productive. I feel at peace. This is just a sampling of the benefits I experience being clothes free on my own.

Yoga was a big part of my life before I went clothes free, so doing the naked yoga challenge was, for me, an exploration of being clothes free more than anything else. However, it seems that for 99% of those with whom I'm connected on social media, it is but a brief moment in time where they strip down for the pictures and post them. There is nothing wrong with that in my opinion. Sometimes what I feel, however, is that the conversations around the naked yoga posts turn sexual.

There is a lot of attention given to the body, especially, although not exclusively, women's bodies. I see comments on the perfect shape of someone's breasts or butt.... However, my personal journey is elsewhere. From seeing those kinds of patterns and conversations, I find myself falling into comparison quickly. Am I not also interesting? Me and my nappy hair, black skin, body proportions, curves and so forth... do they deter people?

Then I have to bring myself back to the original intent of my exploration. I ask myself, "Why am I here?... Am I here to share my clothes free journey, yoga and beyond, or am I here to be liked and lusted after? What's at the heart of my heart?" I have to get real with myself and spend some time sorting through my intentions....

I am human, (I think... hold on ... yep, still human). There are always questions about self-concern and self-worth that pop up in me. I want to be liked, I want to be desired, I want to be seen as beautiful. I enjoy expressing my sexuality when the time comes. **BUT/AND** - my clothes free journey is broader than that. It is an entire country outside of that one city of a topic.

When I'm not surrounded by those conversations on social media, I reconnect with the heart of what I'm after. I don't get caught up in the comparisons and beauty preferences and standards, etc. I just feel like I'm connecting deeper with myself and more deeply with my environment. I feel more balanced. I feel more vulnerable. I can just be.

I've heard naturists say they are not about the sexualization of the clothes free lifestyle. *Is it for real?* Was it always that way for you, or was there a shift when you went clothes free? Given the nature of the conversations I see in social media that *aren't* driven by naturists, these questions pop up for me every day. Personally, my mind just doesn't go to a sexual place when I see naked bodies. Yet, right now I feel alone in that perspective, because so much conversation I see in the social media space in which I stand trends in that direction.

I've never been part of an experience where people don't connect to one girl instead of me because her skin and small waist and perfect breasts are better than mine. What is it like to really be in a community where I can be in my own skin and have full vibrant connections with people regardless of my stretch marks and squishy bits? What does a world look like where – without denying naturists have sexuality, attraction and connection as part of the human experience – the entire clothes free lifestyle is not sexualized?

I have to find out. I have to go by any means possible, to an in-person naturist event of some sort, because right now I feel a bit doubtful, scared and discouraged.

Those concerned if Naturism is all about sex can follow this [story](#) for themselves.

"We was always naked, day and night, whenever the mosquitoes would let us," said Mark Twain's river hero Huck Finn.

Women/Feminist/Naturist

Over a century ago the Life Reform Movement in Germany set out to correct the perceived ills of the society they lived in. They attempted to address a wide range of problems with tremendous energy resulting in varying degrees of success.

In the end, there is no utopia all can agree upon. We are all flawed. Nothing will excise this defect from our DNA. We can only hope to work toward an approximately better world.

Naturists trace our heritage to the Life Reform Movement. In fact anyone who embraces naturism has to have a certain amount of hopefulness that this is a path toward some improvement in our quality of life. Once experienced and found rewarding a growing idealism develops about what this means for our life.

Since its inception, naturism has articulated a philosophy that not only declares the body as good, but that relationships between genders are to be based on equality and mutual respect. Striving for these ideals has been a consistent characteristic of naturists wherever they are found.

Proof of this can only come from the life experiences of those who become naturists. Alexis Beckett writes about her experience working at Bare Oaks Family Naturist Park near Toronto, Canada as compared with what she encounters in the outside world. Here is an excerpt from her essay. [Ed.]

“But what about creepy men?” It’s the question I get asked most frequently by men and women alike when I say I work in a naturist resort. I typically reply that I could get as much creepy attention from men working at a Starbucks, and probably more. Yes, from time to time there will be a fella, almost never a woman, who makes a gesture or a comment that makes me very conscious of my body. But in my experience, it happens less often when I’m at work than it does on the street....

I find feminism in naturism. I find equality. I find a place where I am not obligated to look the way anyone else looks, because it is very obvious, when it comes down to skin, that we are all different and there’s no use comparing. I find a place where sexualization and sexual harassment aren’t tolerated. I find a place where people look out for each other, take care of each other, and respect each other’s individuality and individual life experiences. These are all things I hadn’t expected to find in naturism, but I’ve been pleasantly surprised. When we loosen the grip of obligatory sexualization for a little while, beautiful things can blossom.

This blog is available to everyone [here](#).

“The human body: Legalize it”

Lake Edun Foundation, Inc.
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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.

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Associate Member (Over 125 miles away)	175.00	250.00	_____
NUTs Membership (Must be under 30)	75.00		_____
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