

# Bare Facts

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38" 58' 7" North; 95" 47' 56" West

## Memo From The Board

We would like to give a big thanks to Tractor Doug for donating his time and tractor this past month. We have been working on the road into Sunny Bares for some time now. Because of his persistence, it is nearing completion. See the related article on Page 1.

We also need to give another big thanks to the intrepid preservers of our benches. Over the course of the past summer and into this one, Dennis and Rosanne have donated many hours of selfless labor to cover our benches and docks with coatings of finish to help ward off the elements and make our special place a little nicer.

So, if you are strolling one of our many paths and come upon a couple with paint brushes in hand be sure to stop and thank them for the work they have done. And speaking of beaches, – thanks go to Beth and Lane for their efforts to obtain replacement sand.

Jon, our play director gave a wonderful, upbeat report to the board this past month on the status of our naked plays.

Sometimes the work behind the scenes of such an effort is not fully appreciated. The rehearsals, set design, construction, lighting, sound, and costuming are all in place before the curtain goes up and plays begin.

Many hours are spent editing scripts and staging before actors even begin to learn their parts. Later, they dedicate themselves to rehearsals that sometimes drag on for hours.

The several hours we will spend in the theater enjoying our plays represents literally just the tip of the iceberg of time invested to bring them to life. All of this happens out of sight of foundation members and friends.

When the plays are staged this fall members of the Lake Edun Foundation need to ensure that the house is sold out! That those who have given so much time and effort to see these plays performed have the satisfaction of seeing standing room only for the performances. Please note the times and dates for the plays and support these wonderful theater people who put so much of their time in presenting the ideas we want our friends and associates to understand!

Another big thanks from the board and hopefully from all our members goes to our editor. Mike's dedicated effort insures that each month a quality issue of "Bare Facts" comes to your mailbox.

Finding articles of interest to include in the newsletter or composing original material takes many hours of time and effort. Our editor accomplishes this month after month with a dedication that is very much appreciated and is also unheralded by many. Arranging them to fit the space and organizing them in the page takes another commitment of time from our publisher, Webb.

(Continued on Page 3)

## North Road Progress Report

Work progresses slower than we would like many times. Not because of laziness or lack of desire, but because weather and



time do not come together frequently enough for members like Tractor Doug to work on it. This past month was an exception! Even though it was a little muddy, Doug and Tractor were able to snake the old culvert out and put the new, larger culvert in place. On another visit Doug leveled the road, then added some rock so that the road is about ready for use!

Doug and his tractor completed a huge amount of work and we on the board are very thankful for the effort. Any Eduners meeting up with Tractor Doug need to give him a thank you and a big pat on the back.

## Vacationers Look For Nude Recreation

Don't look now, but nude recreation is more widespread than you think: 40 million Americans have skinny-dipped in mixed company, according to a Roper poll, and a YPB&R /Yankelovich Partners travel survey revealed that vacationers rated access to nude recreation higher than golf or tennis in choosing a destination. Find the complete story at: [http://www.usatoday.com/travel/destinations/10great/2007-05-31-nude-beaches\\_N.htm](http://www.usatoday.com/travel/destinations/10great/2007-05-31-nude-beaches_N.htm)

## Items We Need

- ! Non-motorized boats
- ! Metal Barrels
- ! Lawn or Lounge Chairs

## DON'T FORGET

Activities designated HN are sponsored by Heartland Naturists

July 4-8; Clothing Independence Weekend

July 9-15; Nude Recreation Week

July 14; Sat; 10-12; Board of Directors

July 20; Fri; 8-10; HN Swim

July 21; Sat; Closed for Private Party

Aug 4; Sat; 12-3; Open House

Aug 11; Sat; 10-12; Board of Directors

Aug 17; Fri; 8-10; HN Swim

**Sept 21; Fri; Naked Plays**

**Sept 22; Sat; Naked Plays**

**Sept 28; Fri; Naked Plays**

**Sept 29; Sat; Naked Plays**

## Be a Part of the Future of Nudism . . . Join the Nude Revolution!

As this year's Youth Ambassador Program, scheduled to take place June 20-24 at Cypress Cove Nudist Resort and Spa, approaches, new developments to the agenda are rapidly taking place. Among these developments is the teaming of ClothesFree International (CFI) to make the program as valuable to participants as possible.

This year's Youth Ambassadors program promises to be like no other, and gives young nudists the opportunity to develop their leadership skills and positively impact the future of nudism. The Ambassador program was open to nudists 18-25 and took place June 20-24 at Cypress Cove near Orlando.

Besides meeting new friends, participants will have the support of a national organization to learn what works and what doesn't in finding other young nudists and how to present nudism properly. Included in the agenda are seminars on Public Relations and Public Speaking, as well as outreach trips to a college in Orlando and to world-famous (nude) Playalinda and Cocoa Beaches, where Ambassadors will educate nudists and non-nudists on nude recreation and its benefits. But the fun does not stop there!

Those involved will play a vital role in shaping a strategy for reaching young people with brainstorming sessions on grassroots marketing strategies, outreach programs and forming college naturist clubs. Days will be spent working together on these initiatives, and going to beaches, while nights will be spent enjoying the nightlife of Orlando.

*[Tip of the hat to AANR for promoting nudism to a younger generation through the means of this summer camp/workshop. Involving CFI with its emphasis on youth and their Nudes in the News online programming should make for a great educational experience. I hope it is successful. Ed.]*

## I'm Happiest Dressed In My Birthday Suit

"The world would be a better place if we could all take off our clothes and look each other in the eye."

*What a great line! The following is an excerpt from one man's story of becoming a nudist. Ed.*

I am a nudist. I am not a naturist. I am not awestruck when I see a green mountain range or a waterfall or a babbling brook – whatever that is. I love to look at tall glass buildings.

Having grown up in the 60's and 70's, the author's point of view was shaped by the images of the day – Sophia Loren, Jane Russell, and Dagmar – all full figured women. His fantasy was to see women in their bikinis at the beach.

Then, in 1999, as luck would have it, he and a buddy visited a clothing-optional beach in New Jersey. Eventually, "We took off our shirts, but neither of us took off our bathing suits. I felt very uncomfortable wearing a suit while mostly everyone else was nude."

Later, as I thought about my experience, I realized those I had seen with their clothes off were ordinary citizens such as myself and had conducted themselves in a very civil manner. I also realized I was not at all titillated by my experience.

The next week I returned, and got fully undressed, though I didn't wander too far. On subsequent visits I strolled the beach and even joined in a few games of volleyball. I later struck up conversations with some of the other beachgoers, and by the end of the summer I felt as if I had been a nudist my whole life.

I also joined a group called Clothing Optional Dinners – CODinners for short. We have had several functions, including nude dinners at local restaurants, poetry reading in the nude, a nude high tea and a night at a nude comedy club (the comedians were also nude). Over the years, I have truly become a convert to the nudist lifestyle, to the point that I believe all people should join me in taking off their clothes.

Have I become jaded about women's bodies by my experience? The answer is *no*. Although I am married (my wife has been to the clothing-optional beach but does not feel comfortable there, and I respect her wishes as she respects mine), I still find women in clothes to be attractive.

Some people fear that our society will turn into a modern-day Sodom and Gomorrah if we allow people to be nude in public. This is far from the truth. You know who should really worry about public nudity? The peddlers of pornography – for if we became inured to nudity in everyday life, then there would be little or no market for their wares.

A final thought: I have slightly elevated blood pressure. But when I am at the clothing-optional beach, people have told me they want to put a mirror to my mouth to make sure I am still breathing – I am that relaxed. Nudity, for me, truly is my most natural state.

*I have been reading "first time" stories for years in which people write their account of becoming a naturist/nudist and what occurred in their lives afterward. This story is typical of what almost everyone writes. This fact is significant.*

*No one person's story is anything more than anecdotal. It's just, "their story" and doesn't count for scientific evidence on which a generalized claim can be made. However, when dozens of independent experiences are available for analysis, that then becomes a different story. Then, the many accounts can be compared according to their content using the scientific tool of qualitative analysis.*

*Instead of employing statistics, qualitative analysis looks for themes, similarities and differences between numerous accounts of an experience. Within the written accounts by naturists/nudists is a noticeable stability and consistency in the descriptions of what people say they have discovered about nudism, and its impact on their lives. This similarity of experience by many people over many years is a powerful argument for the truthfulness of what they say. Certainly, it is evidence that can't be dismissed by critics out of hand.*

*While writing your personal story of becoming a naturist may seem trivial, or that it is something no one would be interested in reading, you would be wrong. Every person that writes about their journey to naturism adds to the accumulating evidence that naturism is a beneficial and positive behavior that enhances your life. Everyone reading this newsletter is invited to pass on their "first time" experience as your contribution to promoting naturism. Ed.*

## Memo From The Board *(Continued from p. 1)*

Mike does need a little help from time to time. He needs to have each of you, our members, write notes and thoughts about your naturist experiences. Jot them down and e-mail them to Maxine at lakeedun. She will get them forwarded.

We are very appreciative and extend a big thanks to all of those who labor in some way or another for the Lake Edun Foundation. We appreciate all who do things to help further our educational mission. Your kindness and generosity does not go without notice. Without such acts of kindness and support we would not be able to achieve the things we have.

## Designer Vagina Surgery

One of the world's most prestigious health journals has spoken out against a fast-growing trend in the United States and Britain for "designer vaginas." This is the tabloid term for cosmetic surgery to the female genitalia in which women are increasingly seeking cosmetic surgery to make their vaginas match pornographic pictures.

Women primarily want the operations, known as genitoplasty, to acquire so-called "designer vaginas," the journal report says, though some patients cited lifestyle reasons, such as an inability to wear tight clothing, ride a bicycle comfortably, or participate in certain sexual practices.

Patients seeking genitoplasty want their vulvas to be flat and with no protrusion, similar to the prepubescent look of girls in fashion ads. "It's more based on the self-esteem issue than how the labia looks," one doctor said. "Even though nobody on the street sees it, they feel more self-assured."

"Surgery is an extreme and unproved intervention in this instance and should be thought of as a last resort, not the first port of call," the British medical journal warns. It usually involves shortening or changing the organ's outer lips, or labia, but can also include reducing the hood of skin covering the clitoris or shortening the vagina itself, the commentary says. Risks from this surgery include loss of sensitivity to the genitals, and the benefits are unclear, they wrote.

One doctor reports most women he sees are between the ages of 28 and 32, and he doesn't perform surgeries on children under 16. His patients usually cite shows like Nip/Tuck, or news stories for how they learned of the procedure.

The medical journal piece suggests genitoplasty is a classic example of where commercial, media and social pressures artificially create a problem, fuel concern over it and then put forward a solution for it." There is nothing unusual about protrusion of the labia," it says.

"It is the negative meaning that makes it into a problem – meanings that can give rise to physical, emotional and behavioral reactions, such as discomfort, self-disgust, perhaps avoidance of some activities and a desire for a surgical fix."

*[If I tell you I think this is another corrupt use of the surgeon's skills, would you call me judgmental? The last paragraph says it all. People don't want to come to terms with reality and respect their bodies. For them, the body is a thing to be molded for some purpose unrelated to the actual needs of the body. Ed.??]*

## Nudity – Getting Started

If you've just been waiting for encouragement to get naked from a mainstream source, especially if you are female, now you have it. Here are the 5 steps to a more naked you:

1. Expose yourself. Get comfortable being nude alone at home.
2. Get to know your body. Pay attention to your body's sensory signals, especially when unclothed.
3. Look at yourself. Become familiar with – and accepting of how you look without clothes.
4. Move on to semi-public nudity. Do this in commonly acceptable places, such as a locker room after playing tennis or working out at a gym. Also, shower naked at a public swimming pool where others are showering naked together.

If you are a female there is another great way to experience semi-public nudity. Wear a long dress or a skirt with no bra and panties on underneath it. Now go and do your shopping down town at a crowded supermarket and experience the awesome feeling of being semi-naked in public.

If you do this for a couple of month you will desensitize yourself from feeling insecure and embarrassed about your semi nakedness in public so you can eventually enjoy the experience of total nudity.

5. Graduate to social nudity, the real thing.

The feature, of course, is about body acceptance. The message has been repeated often enough, that people (women especially) are needlessly unhappy due to fears their bodies are somehow not "right". But this time the way to overcome the problem is stated very clearly.

Starting Going Nude Around the house:

Skinny-dip in your own pool or spa:

If you live with others, they may find it a little odd if you just go naked around the house. However, they may very well understand if you go in the water without a bathing suit. There's a right time and place for most things, and water is one of the most appropriate for nudity. You'll love it that way, and others who may be around will have a chance to get used to a little innocent nudity.

Do house cleaning or other chores in the nude:

Are there some unwelcome chores you'd prefer to avoid but can't? Try doing them without any clothes on and see if it isn't a lot more pleasant that way. (Hopefully, if it's something that has to be done outside, you have some privacy where you live.)

Gradually become more comfortable with your clothes off:

If you live with others, be sure to respect their feelings. However, once they find out you like to be naked, they may not have any problem with it, even if they don't choose to go along. Soon "no clothes" will come to seem normal, just another way you may choose to be at times.

At some point you will certainly want to try nudity with others. The others might be family, close friends, people you live with, or perhaps, total strangers (which is often easier).

## More Banned Art

A painting banned from a Dallas art showing recently is generating controversy. The work is by portrait artist Rhon Drinkwater and depicts a nude breast cancer survivor who's had a mastectomy.

The gallery management sent an email explaining the "unwritten rule" of hanging "G-rated" work appropriate for people of all ages. However, there were other nudes in the gallery and only this particular painting was taken down.

"It was banned and censored and I was told it wasn't family friendly." The artist explained that, "She's an older person, she's disfigured. I don't know. I've looked at the painting and I don't really know why," (it was removed). "When I was painting her I was thinking how brave she was."

Given the rate of breast cancer in the course of a lifetime, and how many families that affects, Rhon believes the painting is appropriate for everyone. At the very least Rhon hopes her portrait is now making for a teachable moment about breast cancer, beauty, artistic interpretation and even censorship.

To see the painting in question go to:

[http://www.wfaa.com/sharedcontent/dws/wfaa/localnews/news8/stories/wfaa070502\\_wz\\_cancerart.2e129bf9.html#](http://www.wfaa.com/sharedcontent/dws/wfaa/localnews/news8/stories/wfaa070502_wz_cancerart.2e129bf9.html#)

## Naked Beneath Your Clothing

By: John Veltheim

The following excerpt is meant to whet your appetite to read the full essay by John Veltheim. You can find it at <http://www.parama.com/html/naturism.html>.

The writing of this booklet came from watching the transformation of those patients and students who chose to bridge the abyss of indoctrinations. People who chose to investigate their need for clothing, their fear of nakedness and the disempowerment such unquestioning acceptance of moral codes had been subjecting them to... I think we all know people with these negative agendas:

Clothes are used continuously in this process: the weak person uses powerful or aggressive clothing; the 'naughty' person wears clothes designed to give them acceptance and make them appear 'good'; 'guilty' people portray themselves in pious and 'pure' attire with a 'holier' than thou attitude.

People who don't approve of themselves deep down also cover up by becoming judgmental of others. They feel that by pulling someone else down, they are bringing that individual down to their lower level. They ensure they always wear the 'right' clothing for each occasion so they won't be judged badly. People who hate being judged are the very people who tend to be judgmental themselves.

This whole process is unfortunate because the inner low self image people think they are hiding is not the true self. It is simply another mask at a deep level. The true self lies below that set of belief systems they are taught as a child. In situations where people are able to 'peel off' the outer masks and expose the true self, they always find someone they love and feel good about.

We are born pure, loving and innocent. The sooner we can get back in touch with that, the sooner we get in touch with

experiencing the joy of life. The only reason we are not experiencing total abundance of joy, peace, love and financial security is because we are actively resisting those things which are our birth right. We resist them by creating the masks which act to separate us from our true inner selves and block us off from that abundance.

## From The Mail Bag

Dear Lake Edun,

To all at Lake Edun: I have moved to Florida and will not make it to the lake this year. That is one thing I will miss about Kansas. My new address is: []. Please keep in touch.

– Randy

*[We will miss you, too, Randy. Enjoy your new home. - Ed]*

## Blog On Wayne. Totally, Garth.

*(Some much needed comic relief. Ed.)*

Monday will soon be upon us, and – as many of you know – with Monday comes the moral duty of every decent blogger to blog in the nude.

Why should all morally decent bloggers blog in the nude on Mondays? By adhering to the rapidly growing custom of blogging in the nude on Mondays, bloggers are doing their moral duty to point out in the most practical way possible that nudity is not sinful – contra the opinions of many pundits, preachers, and prudes.

Can you imagine Pat Robertson, James Dobson, or Dick Cheney blogging in the nude on Monday? Of course not! Such morally confused people lack the insight and resolve to blog in the nude. The Robertson's, Dobson's and Cheney's of this world are so confused about morality they almost certainly think nudity is a threat to the very fabric of society. By blogging in the nude on Monday's you point out the lie in their thinking.

But what happens if, like most of us, you work on Mondays in a crowded office where it might not be practical to blog in the nude? That's actually not much of a problem. You can still show your solidarity with the Nude Blogging Movement by blogging in the nude either before or after office hours. You can also, in an absolute pinch, shrewdly compromise by removing only your shoes and socks when you blog on Mondays. After all, barefoot is the next best thing to full nudity.

As more and more millions of people join the growing Nude Blogging Movement, we shall at last overcome the silly Victorian aversion to nudity; the aversion that equates nudity with sin; the aversion that morally confuses so many people. And when that happens, society will at last be free to focus it's energies on something – on anything – more important than whether the now infamous two second sight of Janet Jackson's nipple at a Superbowl doomed the nation and the Western World to moral decline. Wouldn't it be nice if people could see a nipple without thinking they're going to hell for having seen it?

This Monday, strike a blow for good moral sense and psychological freedom! Join the [Nude Blogging Movement!](#)

# What Naturism Taught Me

Last year I did something I have been promising myself for a long time: I finally joined a naturist club. Over the course of the summer, this was to have profound effect on me, and on my views on nudity and what I found attractive in women. At first, I was rather nervous, and spent most of the time in the relative safety of the pool. Everywhere else, I felt rather exposed and self-conscious, and very aware of parts of me moving around rather alarmingly. The possibility of becoming aroused appalled me – what would I do? – and made me conscious of every movement of my body.

Initially, it felt like complete sensory overload to be surrounded by so many naked people. It is distinctly surreal to order a cup of tea, chatting to the couple in front of me, knowing that none of us had a stitch of clothing on. The whole thing seemed slightly ridiculous, and I couldn't help feeling that everyone looked ridiculous – myself included.

What on earth would my family think, if they could see me wandering around in nothing but a pair of flip-flops? There were other anxieties, too. On the one hand, my eyes wanted to look everywhere at once, just to take it all in. My brain, on the other hand, wanted me to look nowhere at all, to avoid the dreadful possibility of getting an erection. This disaster never happened, and the worry eventually subsided.

Outweighing all of this, though, was the sheer physical joy in being naked in the sunshine, which just felt glorious. Swimming naked is such a fundamental joy that it should be prescribed by doctors. I'm sure it would have a noticeable effect on the nation's health. I went back.

I think it was on my 3rd visit that I started to notice a distinct difference in my state of mind. Something subtle had been working away at me, something unexpected, and it was rearranging my neural connections in a way that surprised me. After I had seen countless naked people – let's be honest, countless naked "women" – the novelty eventually started to wear off. The sexual side of me had calmed down, and I found that something else was to come and take its place, something that I now hold onto as being very precious and wonderful.

Firstly, I became aware of just how relaxed and at-ease I was becoming – and of how un-relaxed I must have been beforehand. I was walking with a spring in my step, conscious of how deliciously wonderful it was to be aware of my entire body, as one continuous uninterrupted entity. I found myself smiling for no reason. I become completely unaware, and completely unconcerned, of whether anyone was looking at me. After all, they could see all of me in seconds, so what was the point worrying about it? I was discovering a kind of openness that made me feel quite childlike again.

I was also looking at people once again, but now in a different way. I started noticing the astonishing variety in our bodies, something we don't normally see when we are clothed. I saw the way skin changes texture as it ages, the way that a woman can be indescribably beautiful just by her

posture alone, the way sunlight can turn fat and muscle into a beautiful golden fabric. There is something utterly beguiling in watching a body move, in seeing the play of light across the curves and lines and textures.

Suddenly I started feeling that we are all beautiful, in our own way; both skinny and plump, pale and tanned, young and old. And I realized something else: clothes are just not designed for ordinary people. Yes, a woman with a perfect body looks fantastic in almost anything. But real women have big bums with slim legs, or chubby thighs and small breasts, or a well-toned body with a bit of a belly.

The clothes we are given expose all the deviations from the ideal with remorseless cruelty, and make us look ridiculous. But with no clothes, something rather lovely happens: all that variation just adds to the sense of wonder, and of beauty, and of "humanity". It made me realize how incredibly harsh we are on ourselves, and of course, on each other.

We judge ourselves relentlessly on how we look, which is probably the most difficult thing for us to change. Why don't we judge ourselves on how kind we are, or how productive, or something else we can actually do something about? More to the point, why judge ourselves at all? To see 20 naked men or women is to see 20 unique people, each with their own quiriness, their own idiosyncrasies, and their own beauty.

It was a genuine shock to realize that there was a beauty to all shapes and sizes, not just the traditionally perfect ones. I have never been attracted to larger ladies, but now I saw that there was beauty and uniqueness in the curves that larger women have, and slimmer ones don't. In fact, there is a beauty in all of us.

The critical point for me was that all this happened "after" my sexual side had lost interest. The sexual response is driven by intrigue and desire, by curiosity about that what is hidden. It's just not possible to be endlessly desirous to see naked people when you are surrounded by them. This doesn't mean that naturism is puritanical. It just means there is something else, some other way of responding to each other, and to seeing ourselves in each other. This doesn't compete with sexuality, or take away from it. It just adds another way of relating to each other, one which I found enormously liberating. There is something beyond desire, and beyond puerile curiosity, and that is appreciation for ourselves as we actually are.

For me, this is what DOMAI taps into. Sure, there is porn in the world, and there always will be. But there is also something else, which is the ability to look at each other with wonder, and humanity, and to take delight in the simplest and most natural thing in the world: we are beautiful to each other. – Paul, London

*"Complete nudity in itself is not erotic. It becomes so only when preceded by or contrasted to a state of dress. In this limited context then, all clothes become somewhat immoral, if we define immorality as inciting sexual interest. Habitual nakedness may indeed be capable of elevating man to a higher mental plane." – Dr. Marylin J. Horn*

# This 'D' Is A Good Thing

*[From the Bare Facts science and health department comes this recent news item].*

Vitamin D, that is. New research is strengthening the case made by some that vitamin D may be a powerful cancer preventive and most people should get more of it. The problem is, there isn't agreement on how much to take.

The exciting news is that new research indicates vitamin D cuts the risk of several types of cancer by 60 percent overall for older women.

Dr. Cedric Garland of the University of California-San Diego stated, "No other method to prevent cancer has been identified that has such a powerful impact."

Others note it is a small study and not definitive. Regardless, it does extend several decades of research that began with observations that cancer rates among similar groups of people were lower in southern latitudes than in northern ones. It was reasoned this had to do with more direct sunlight in southern regions.

The skin makes vitamin D when exposed to ultraviolet rays. This study used the same form of the vitamin, known as D3. Multivitamins usually carry a much weaker variant known as D2, but D3 is available in standalone dietary supplements.

Vitamin D helps regulate cell growth, a fundamental biological process that goes haywire in cancer. This study is the first time blood levels of vitamin D were boosted (giving 1,000 daily international units, up from current guidelines of 200 to 600 units depending on age), and measured. Patients were then followed from start to finish.

Of those in the study taking vitamin D, only 3 percent developed cancer, compared with 7 percent among those not taking vitamin D. This represents a 60 percent lower cancer risk over four years in the group taking the vitamin D supplement. After excluding those that developed cancer during the first year – as probably already present – the findings showed a 77 percent lower risk of cancer.

It was warned that people should consult their doctors before boosting their vitamin D dosage.

*BUT – Lake Eduners are way ahead of the game. Our increased exposure (within reason) to the sun already naturally boosts our levels of vitamin D. Just another factoid to bolster the health giving benefits of the naturist lifestyle. Thought you would want to know. [Ed.]*

**Lake Edun Foundation, Inc.**

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**Membership Application  
Change of Address Form**

*Please Print*

Name: First \_\_\_\_\_ MI \_\_\_\_\_ Last \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ DOB \_\_\_\_\_ E-mail Address \_\_\_\_\_

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

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

**Membership Fees:**

	Single	Couple	Amount
Lake Edun Foundation Membership	275.00	350.00	_____
Associate Member (Over 125 miles away)	175.00	250.00	_____
Working Membership (Discount)	(50.00)	(50.00)	_____
Separate Mailing Address for members		12.00	_____
<i>No Sex, No Violence ... Only Nudity</i> Naked Plays – DVD		25.00	_____
<i>Lake Edun Exposed</i> – Video		35.00	_____
<i>Lake Edun Exposed</i> – DVD		50.00	_____
Naturist Society Membership		53.00	_____
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 G Visa; G MasterCard # \_\_\_\_\_ Exp. \_\_\_\_ / \_\_\_\_ \$ \_\_\_\_\_

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