

Bare Facts

Copyright 2013 Lake Edun Foundation, Inc.

Official Publication of the Lake Edun Foundation, Inc.

July 1, 2013

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

June Kicks Off A Promising Season

Our second annual Wine and Cheese Tasting was well attended. Gathered around the table near the barn, guests and members sampled various wines and enjoyed cheeses and fellowship. Luckily the stormy weather held off until a fine time was had by all. We even had some rabbits from the woods, but they couldn't be tempted by the delicious fare. Perhaps they were teetotalers. For our non-imbibing friends, a mango juice drink was on hand to round off the offering. Stories were shared, palates were delighted, and we ended just before rainfall started.

An Astronomy evening was planned to follow the Wine and Cheese, but as the sky was covered with pregnant clouds that soon began dumping liquid sunshine on us, that event was cancelled. More sky watching is planned for coming months. The first weekend in August has a scheduled Astronomy Campout.

Our second Open House for the season took place Saturday, June 15. A special Feature that day was "Women's Issues in Naturism" hosted by Francis and attended by members and guests. More about the topics covered are on page 5. The seminar was well received and we hope this can be the start of a regular feature at Edun. As usual a mixture of members, guests, and first-timers came to share in the Open House, getting to know our facility and members.

A very popular event, the Photography Seminar, was led by Tom, a professional photographer on June 29. The subject "naturally" was Naturist Photography and covered topics including lighting in an outdoor setting, use of camera settings to change areas of focus, and a demonstration of flash equipment and reflectors. More important, the "art" of Naturist Photography was covered throughout the session. Tom introduced the concept of "painting with light". Using our minds and emotions, in controlling the mechanics of photography, we try to capture the Naturist human's interface with the natural world. The artistic image is appreciated in its own right, with the added context of our participation in and with nature.

Our masseur set up shop under the trees near the stage and provided relaxing and healing application of his art. The setting of green grass and trees lent an ambience not provided in clinical setting of a massage office. We hope he is able to participate often with us in the future.

Once again, our friendly arborist conducted his very informative tour of our special place. This year, we began placing temporary tags on many of the trees and plants. As time and funds permit, we will convert these to more permanent markers so our visitors can learn more about the nature that surrounds all of us. In the main meadow and on most of the trails, look for the laminated temporary markers on our trees. It is an opportunity for all of us to learn more about the nature that makes our special place so very special.

Upcoming Events Of July

Relaxation, relaxation, relaxation...our favorite theme continues. The trees are lush, mulberries are falling and our lake is pleasantly warm and enjoyable. The last weekend of June one of our younger visitors had a swim lesson. We hope more will take advantage of this opportunity made possible by trained volunteer instructors. Please let us know by email if you or a family member wish to take advantage of these.

As July 4th is mid-week, we declare July 4-7 as Clothing Independence Weekend. This is your chance to enjoy the fellowship of naturism, free from the shackles of the Textiled Lifestyle. Saturday afternoon, the 6th is Music and Massage.

Our folk musician is planning to bring several instruments, including various drums. We can fill the air with singing and playing. Come and jam. Our Masseur is also planned for Saturday afternoon. We all know how a good rubdown relaxes us and allows the stresses of life to fade away.

July 13, is our third Open House and Tie-Dye that afternoon around 3 PM. As usual the North Beach is open all day for naturist sun exposure, but the rest of the area is Clothing Required from 12 noon to 3 pm and Clothing Optional from 3pm to 5pm.

An all-members Campout is planned for July 20th, with communal cooking, scary story telling and possibly even a Liar's Contest. Better start practicing your prevarication.

We hope to have the annual Dermatologist Visit on Saturday, July 27, but this is not confirmed. Watch Grace's messages for the final word. Massage and Archery are also planned for the 27th. (Please don't shoot our guest medical professionals).

And I should end with... relaxation, relaxation, relaxation. Everywhere. Always.

DON'T FORGET

July 4-7; Clothing Independence Weekend
July 6; Sat; Music
July 6; Sat; Afternoon; Massage
July 8-14; Nude Recreation Week
July 13; Sat; 12-3; Open House
July 13; Sat; 3-5; Tie Dye
July 14; Sun; 4-6; Board of Directors
July 20; Sat; All-Member Campout
July 27; Sat; Afternoon; Massage
Aug 3; Sat; Night; Astronomy (camp with the astronomer)
Aug 4; Sun; Afternoon; Seminar: Photography
Aug 10; Sat; 12-3; Open House
Aug 11; Sun; 4-6; Board of Directors
Aug 17; Sat; 2-5; Body Painting
Aug 17; Sat; Dusk; Drum Circle
Aug 24; Sat; Music
Aug 24; Sat; Massage
Aug 30-Sept 2; Labor Day Weekend

Nude And One Of The Crowd

We've been following a blog written by a female journalist in Canada who wasn't a naturist, but has been exploring naturism in a series of blog articles. The following is an excerpt from one of them. If her writing peaks your interest go to her blog and read the whole series.

We've appreciated the openness shown in essays to understand naturism. This is in keeping with our observation that women make far better reporters of naturism than do men. Men seem to have to use humor to cover their anxiety about nudity more than women. This runs counter to what we might expect from the much more ready acceptance of the practice of naturism by men in general than it is for women. [Ed.]

It was time for me to bare it all and join the others in the pool.

Ted and I undressed in the locker room, put our clothes in the same locker, and strolled out into the pool area. How did I feel about my public debut in a nudist/naturist setting? Smiles ... No big deal. I wasn't in the least shy. I felt no different than if I had been fully dressed. No, strike that: if I had been fully dressed in a room full of naked people, I would have felt out of place. Here, I was just one of the crowd.

I wasn't the only newbie there. A gentleman, about 65, from Gatineau had just joined the organization. He asked me if I am a journalist, and when I told him that I am, he asked if he could tell me his story. (Of course I said yes.)

When he was a kid, he told me, he had a slight frame and was small. The other kids used to tease him.... At the age of 20, someone suggested he try camping in a public naturist setting, and within six hours after setting up tent and baring it all, he was effectively cured of his body inhibitions. Everybody there accepted him, he said.

That is a common theme in naturism: people don't judge you by your looks. It's not a beauty contest. Size and girth are irrelevant.

The next morning...I thought about all the people who attended Woodstock, and why they were there. Sure, it was about the music and the herbal pleasures of the time. It was about grooving on good vibes. But it was about something else, too: it was about rebellion against "the system." And it was about liberation from that system, if only temporarily.

I began to draw comparisons. Naturists are very much rebelling against a "textile world," as they call it. They are also rebelling against a system that disses anybody who doesn't look like a Barbie Doll or a Ken Doll. Yes, these nudism/naturism events are more than about social gatherings and good vibes; they are about people thumbing their noses at the system that says nudity is something of which to be ashamed and forces people to cover up the body's natural state. It's about liberation from that system ... if only temporarily.

So, I will be joining the Ottawa Naturists, and leaving my clothes and my stiletto heels behind in the locker room while I socialize au naturel with other naturists ... and thumb my nose at the textile system.

"And we've got to get ourselves back to the garden."

Here's the [full article](#).

To Your Good Health

Prior to the British takeover of India a few hundred years ago, nudity and topfreedom were common in much of India. Western contact ended all that. Since then, India has become as staunchly textile compulsive as anywhere in Europe.

Given this background, it was surprising to find the following advice being published in a leading Indian newspaper. That being said, no doubt the article in question is probably a bit of light entertainment rather than a serious proposal any would likely follow. Still, the writer did get the facts right. [Ed.]

Guess what? Stripping down to your birthday suit is actually helpful and full of health benefits. Sound shocking to you? Don't be shocked as what you will learn here is sound medical advice given by highly knowledgeable medical doctors. If being naked is a problem, then hop into minimalistic or loose clothing. Here's why!

1: Loads you up with vitamin D

We are too quick to cover ourselves with sunscreen, fearing damage the sun will do to our skin. It's true the sun can cause damage, but only if you stay under it for a long time. Soak yourself in the early morning rays for about 10-15 minutes. This session will help in boosting the production of vitamin D and will also help boost your mood.

2: Gives a healthy skin

Our skin needs air to breathe. Being naked helps your skin to respire, by eliminating the toxins from your body.

3: No 'Red' marks

Being free from your clothing will help you prevent those red pressure marks left by your too tight bra or panty elastic, helping to improve blood circulation throughout the body.

4: Healthy brain

According to a study – barefoot running helps to lower the risk of Alzheimer's in adults. The stimulation, which is created in the sole of the foot, encourages our brain to boost more neuron connections.

5: Relaxes you

Nakedness is a sort of therapeutic massage for depression, low-self esteem and other mental problems. Lying naked helps to improve your blood flow, and thus provides you warmth and freedom.

6: Lowers risk of infection

When clothes are soaked with sweat, they can be a breeding ground for bacteria. Nudity lowers your risk to these harmful fungi and bacteria and maintains personal hygiene.

7: Improves fertility

Wearing tight elastic underwear can restrict blood flow to the penis and can increase temperature in the genital area reducing sperm count. Tight underwear or low waist jeans directly press onto your penis, which further slowly kills nerve receptors in the surrounding area and lowers sperm count.

Learn more about Naturism and health [here](#).

Nudity And Truth In Dance

I admit, I know nothing about dancing or the art form called dance. However, I have been to a number of dance performances and appreciate the athleticism and grace displayed. It is obvious that the level of precision and strength which professional dancers have can only come from intense training, and passion for their art.

We may think of dance as movement in time with the music. While true, it is much more. Dance is a nonverbal language whose vocabulary is meant to speak to the emotions and tell a story to the audience.

The instrument of dance is the body in motion. Humans have danced probably about as long as there have been humans on the planet. Apparently there is something within us that has to move to express what is within in a way that speech alone cannot adequately express. It is the body-mind connection in a primal outflowing that cannot be otherwise expressed. It is not a choice, we must dance!

Experimental dance in the early twentieth century, particularly in Germany took many forms, but in some cases include nude dance. Nude dance never became main stream, but didn't die out either. Perhaps there is now a revival of nude dance that will have a wider audience than in the past.

In any event, the nudity isn't for shock or to sell tickets. Instead, it is intrinsic to the message the dancers are attempting to convey. The unclothed body is a message essential to the purpose of the dance piece.

The following excerpt for an article about nude dance helps in explaining the intention of the dancers for their nude performances. While not naturists per se, some articulate a message quite consistent with naturism. They protest the manner in which society treats and degrades the body and the ubiquitous association of nudity with sex. Theirs is a powerful message. [Ed.]

A nude – or naked – body can signify many things along a spectrum from extreme vulnerability to ultimate power. It can represent an unsocialized primal being, but in Greek mythology, the gods were depicted nude to show their higher status. These days, present a naked body on stage, particularly a female naked body, and there is one automatic association: sex. “Nudity does not have to be linked to sex or pleasure and I have the right not to be sexual even if I am nude,” says dancer Aoife McAtamney.

It's a sentiment shared by female dancers Fitzgerald and Stapleton. “Our nakedness is a protest against the pornographised, photoshopped, dissected, airbrushed, sexually objectified, passive images of women which we're constantly being fed.”

As dancers, their artistic expression happens through the body so they can articulate their ideas about the body by performing naked. “We're not hiding our physique, altering how we look with clothing or editing our movement choices in case we upset anyone.”

“Society is so engrossed in this sexualized culture that many people can't see beyond the pornographic,” says Stapleton. She adds, “But this is exactly why I continue. It is important

to me as a woman, a dancer, a friend and an aunt living in a society that preys on women's self-esteem to the point where serious body dissatisfaction is created, that I have my art form as a means to challenge these opinions.”

The [Irish Times](#) reveals the back story and some of the concerns when performing nude.

Sunlight Reduces Risk Of Breast Cancer

A hundred years ago helio therapy was widely practiced in Europe as a cure for TB and other diseases. Only the advent of antibiotics during WWII caused the eclipse of sun therapy.

However, man's greatest plagues, cancer and heart disease stubbornly resist modern medicine. Now it appears we have come full circle, not that many in modern medicine want to acknowledge it. Once again, sun exposure is being advocated by mainstream scientists and validated in scientific studies as having healing properties. Sunlight is now a valued agent for promoting health and reducing both of these diseases.

So, let the sun shine in! [Ed.]

Swedish scientists confirm the results of a French study which is good news for sun worshippers! Spring has finally arrived, and when the sun shines, we can enjoy the first rays without a guilty conscience. And anyone who is short of time during the day to enjoy the spring sunshine can happily top up their vitamin D levels at the solarium.

More and more studies have been taking a closer look at the links between sunlight and overall cancer risk. The most recent of these studies was carried out by a group of scientists at the Karolinska Institut in Sweden.

In this study, the researchers observed 49,261 women between the ages of 30 and 49 for a period of 15 years starting in 1991/92. Their findings show that the risk of breast cancer in women who used sun beds was reduced by 44%. Thus, the Swedish scientists also confirmed the result of a similar French study of 10,000 women which showed a 43% reduction in the risk of breast cancer for those women getting moderate sun exposure.

The study could not establish any association between cumulative sun exposure, (during holidays and in the solarium) between the ages of 10 and 39 and overall cancer risk. However, one week a year on a sunbathing vacation had an inverse association with the overall risk of cancer of 30% compared to women who never took a holiday in the sun.

A spokesman for the Sunlight Research Forum stated, "This study shows that UV light has a positive effect on the overall risk of cancer. It's also interesting to note that solarium use evidently leads to a reduced risk of breast cancer. So we urge women to ensure they get moderate exposure to sunlight while being very careful to avoid sunburn."

The published studies, of course, are far more complete than what we can include here. If you are interested in more information, click [here](#).

“I come from a country where you don't wear clothes most of the year. Nudity is the most natural state. I was born nude and I hope to be buried nude.” **Elle MacPherson, Australian model and actress**

I'm An Accidental Nudist

Dear Readers, I've been rolling the idea for this post around in my head for awhile and there just isn't any other way around it – I'm an Accidental Nudist.

I grew up in a Catholic household. I went to Catholic grade school. I was taught that being naked was shameful and all that jazz.

And then there was the tiny fact that we had shelves-upon-shelves of National Geographic books and magazines... with naked or semi-naked people plastered on the pages. Within the house there were also books on drawing people, namely "nude figures", where I'd stare in fascination for hours at the naked bodies.

Oh, I was conflicted. Surely I was going to burn in the fiery depths of hell in damnation for my sins of gazing upon naked bodies, (even if they weren't *actual* naked bodies, just drawings). I never got up the gumption to ask why, exactly, being naked was bad or sinful or shameful.... it just was. Don't question it, (amazingly it was one of the few subjects for which I didn't voice my "But why?" questions).

I showed horses growing up and that involved a fair number of wardrobe changes. Standing in the back of a horse trailer, nimbly avoiding "horse pukeys" and puddles of urine while stocking-footed as I changed from Western to English or vice versa AND putting on appropriate boots, always left me in some state of undress at some point in the changing of outfits.

I don't remember the boys name or exactly how old I was that day when he was innocently walking past the back of the horse trailer as I was sans pants. I only remember that I'd seen him at shows before, thought he was cute and that I thought it immensely hilarious at how red his cheeks got when he just happened to turn to see me in my Underoos trying to wriggle into my jodpurs, my shirt awry, probably half a butt-cheek showing with my undies half-crammed up my crack.

He stood still for a moment, shock and surprise registered on his face. I looked up, surprised as well, but recovering much more quickly, gave half a smile and said, "Hi." He ran off. Probably scarred for life.

I can't remember if I saw his face at a horse show ever again.

Years later, in college, my friend Ryan #1 (I know a few Ryan's) walked in on me in a topless state when he mistook my saying, "One second" for "Come on in". We laugh about it now... because a week later he did the same thing to my roommate. (Okay, we laughed about it then, too.)

Fast forward to two years ago. I started modeling more in earnest and modeling nude (don't worry, Mom already knows) seemed to earn some extra cash. Then I was asked to pose for "natural nudes" for a well-published photographer, Michael, for N Magazine, the publication for The Naturist Society, ("nudists" for those who are wondering). I also traveled to Croatia and spent time on the beach, where toplessness for women is NORMAL. I didn't spend time at the nude beach down the way while there. And yes, I mentally kick myself for not going... but that's another story.

I was asked to participate in The Big Nude Boat in February 2013. I said, "Yes!" I love cruising and the people I've met so

far have been wonderful. I've gone out and frolicked in nature for shoots with Michael a couple times now, and this fall I learned some of those images he shot were published in *N Magazine*. Then, I found out that I had an image in the 2013 Naturist Society Calendar ("Ms. May").

So there you have it.... I became a Naturist by accident.

Now, I'm sure that some here are reading this and thinking all kinds of prurient thoughts, but I assure you that it has nothing to do with that. Nothing sexual about it – just people being naked. Trust me, after fifteen seconds you're pretty much "over" the fact that people are naked around you.

I came to this point by interesting opportunities, curiosity and an overall sense of "everyone has a birthday suit." All by accident.

And as Paul Harvey would say.... "Now you know... the rest of the story."

For those really interested in "the rest of the story" it is available on the [internet](#).

Body Positive Mom

An Adelaide mother whose nude post-pregnancy pictures gained international attention says her campaign to tackle negative body image has only just begun. She will be speaking at body-image workshops in the coming months to help women feel more confident about themselves.

It all started earlier this year when she posted un-retouched pictures of herself to show that women should be proud of their bodies.

The 35-year-old said the international reaction to the pictures was surprising. "I put it on Facebook and I just watched the numbers just ticking over within seconds of putting it up."

"It had 3.6 million views and then from there I was on the Today Show, Channel 9 news, and in New Zealand and American (news)." Mrs. Brumfitt said she still has a long way to go in changing people's perceptions of their bodies.

She points out that, "We only ever see the one type of body celebrated in the media and advertising. You don't see any bodies that may have stretch marks and we don't see that celebrated. That's what most women look like and we can be sexy, confident women in our evolving bodies."

Taryn took up the challenge to change public perceptions of women saying, "I am one woman who is trying to change the world and I need women to jump on the movement."

What inspired her to start her body image campaign was watching her daughter Mikaela, 3, play. She explains, "I had my own body image issues and I almost had surgery to fix up my boobs and tummy." Then, "I had an epiphany as I was watching her play.

"The thought came into my head, 'how am I going to have surgery and teach her to love the parts of her body (and) to love her body unconditionally?'

"I wanted to be a positive role model."

We should all be as body-positive as this mom. Read more [here](#).

Women Of Edun

By Francis

I had a wonderful opportunity on Sat, June 15, 2013 at Lake Edun. I was asked to share with women who attended Lake Edun's June Open House, a woman's perspective on naturism. So I prepared some research, my story, etc. etc. And, as most people who "give talks" know, the "talker" receives much more from participants than we give. I'll come to that, but first, just a few notes on women and naturism.

My husband introduced me to naturism, following his visit to the Kalalau Beach on Kauai, Hawaii. He was sold! ... I wasn't. He found Lake Edun when we returned to the mainland and after a year, I promised ONE visit and ONE visit only if he would not mention it again. I came, I stayed, and that was 12 years ago. I found the people I met there to be extremely accepting, welcoming, warm, and fun. At that time I was 60# heavier than I am now. Never did I feel critiqued, criticized, or unfeminine.

Naturism is different from nudity. The absence of clothes is not an invitation for sex. It is not about being seen. It is about freedom to accept self and others. It is an honest interaction with people – male and female. It takes courage to push beyond the boundaries we have been taught and are comfortable with and remove our clothing, or textiles as many naturists call them.

Naturism clearly teaches and demonstrates that morality does not reside in layers of clothing nor does clothing prevent immoral behavior. In fact, in our culture much the opposite is true – clothing is used to further sexuality and in some cases may be an invitation to immoral behavior. What an insight and pleasure it has been to sit and enjoy a meal with naturist men and women who have accepted me with honor and respect, all without clothing.

I do want to address some specific questions women often have in considering naturism for the first time. Many women have expressed a fear of being judged – either by men, but especially by other women. Some women have a sense of self judgment – of being embarrassed by weight, scars, or more commonly – comparing themselves with others.

How real is this? Do people look? Of course – we are human. But in my twelve years as a naturist I never have sensed being gawked at – by men or women. My initial fears or embarrassments were based on false assumptions of comparisons. Naturism has given me the gift of learning to be comfortable with my own body – regardless of scars, loose skin, "parts" I may have questioned or "hidden" in the past. I like me just the way I am.

I remember, appreciate and celebrate one of our members who several years ago taught a class on women with breast cancer. She and her husband taught it together – she had had a mastectomy. From them I learned about breast cancer, mastectomies, what her new prosthetics looked like, how she and her husband dealt with the trauma they experienced, how this did not define her femininity to either herself or her husband, and how elegant she was with her husband by her side. Where else could this happen?

I've also learned some men have difficulty considering naturism and being judged. Penis size or fear of erection are often cited. In the past twelve years and visiting naturist resorts in many states, I have never seen a man with an erection. However, that is not to say it may not happen. Erections are a part of the human male experience, but sexuality is not the emphasis of naturism. Indeed the freedom of non-erotic nudity between men and women normalizes the body and promotes acceptance, respect, and equality rather than fear, embarrassment, or rejection.

Naturist etiquette is an important part of participation. The Golden Rule is a great place to start: do to others as you want done to you. Secondly: always carry your towel and use it – on the beach chairs, on the picnic table, around the fire pit, when visiting a campsite, etc. Third: no photography is acceptable unless permission has been granted. Fourth: If you ever feel someone has behaved in an inappropriate manner or you have received unwanted attention, report it! At Lake Edun report it to the caretaker or to any of the board members. They take this very seriously and behavior that causes discomfort will not be tolerated.

Some of us come from pasts that may have religious or cultural taboos regarding being without clothing. It is important to discuss these beliefs and the feelings associated with them. Much has been written on religious teachings and applications. We receive tremendous messages from our own culture that dictates the use of clothing to heighten sexuality. Tune in to a Victoria's Secret Christmas special for a perfect example. The absence of clothing does not heighten sexuality. In effect, Naturism encourages the acceptance of humanity as we are, rather than to present a false image of who we should be, or how we all should look as male and female.

Naturism is fun, healthy, and good for the soul. It promotes body acceptance, age acceptance, self-esteem, self-confidence, gender acceptance, and celebrates God's creation.

Women of Edun – Part 2

Paths cross and lives are enhanced. So it was for me at our women's meeting at Lake Edun's June Open House. We weren't a big group, but there was much shared and learned. Both experienced naturists and those considering naturism participated. We shared how we had first gained interest, our concerns, how we overcame those concerns and "dove in."

The most common pre-naturist fear was "being compared" or "looked at." Those who have not experienced naturism share a false assumption of being compared to some cultural ideal. That soon melted. After experiencing the freedom and acceptance naturism provides, they would not seek to give up. It is difficult on "this side" to convince other women of this acceptance. I know this is so because I myself did not believe it existed. Yet here I am. So we sat at the picnic table, under the tree, with clothes on, talking about many issues. We laughed and we listened because we heard sad and hard things. I thank those women who were there and dared to share: F, J, and S. Hope to see you soon back at Lake Edun.

What Constitutes "Nudity"?

A woman was booted out of a triathlon after baring her breasts during the grueling challenge.

Mary Curran, 49, was disqualified from the swim, cycle and run last recently as she changed from her wetsuit to her running gear. When she got out of her gear, she had nothing underneath, bearing her breasts to the other athletes who were changing.

However, she wasn't the only one: men changing from the swim into cycling/running gear were letting it all hang out, also.

Mary said her chest was only on show for a maximum of 15 seconds, but it was enough for a marshal to wander over and flash a red card. "Unfortunately I was disqualified because my chest was visible. I was changing from swimming outfit into my running gear and I was kicked out for that."

"I was trying to get changed because the sea is very cold it was very difficult. I survived the swim and got out, took my wetsuit off, had my bathing suit off down to my waist, trying to dry myself. At that point one of the marshals took out a red card and told me I was out. I was disqualified because of nudity, he told me." Ms Curran protested saying that she wasn't flaunting her body in a gratuitous way; rather she was trying to get changed fast.

ary said she, "...was shocked she was the only one to be booted out even though there were men letting it all hang out." She added: "I did see some male torsos and chest and one man's backside, but he wasn't disqualified. The inequality seems ridiculous."

It was reported that racing chiefs defended their decision, claiming that rules had been breached. A spokesman for the Triathlon Ireland said: "According to Appendix K, point 33 of the rules, an athlete can be disqualified for nudity or indecent exposure. "The same rules apply to everyone to make sure the race is fair and safe for everyone."

From where we sit, gratuitous stupidity is on display by race officials. Blatantly ignoring male nudity by officials and singling out a woman for briefly uncovering her breasts is an obvious case of gender bias. Further, calling bared breasts "nudity" is ludicrous in itself.

It is common practice in all triathlons when changing from one costume to another that participants briefly bare their bodies. It is totally non sexual and it is laughable to say the rule enforced in this instance makes the race "safe." It certainly wasn't safe for Mary. If the rules applied to everyone, several men would have also been disqualified. Read the full, unbelievable account [here](#). [Ed.]

Lake Edun Foundation, Inc.
P.O. Box 1982
Topeka, KS 66601-1982

**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)	_____
NUTs Membership (Must be under 30)	75.00		_____
Separate Mailing Address for members		12.00	_____
<i>No Sex, No Violence ... Only Nudity</i> First Naked Plays – DVD		25.00	_____
<i>Lake Edun Exposed</i> – DVD or video		45.00	_____
Naturist Society Membership		60.00	_____
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 _____

Charge my Visa; MasterCard Discover AmEx # _____ Exp. _____ / _____

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