

# Bare Facts

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## Are You NUTS?

How many of us have friends or family who know of our interest in Naturism and think we have totally “lost it”? If invited to our special place or any clothing-free facility, they might respond, “Are you nuts?”.

In recognition of this reality, your board of directors has decided to make it official by organizing a group of NUTS. Of course, this acronym stands for something: Naturists Under Thirty.

We have mentioned the idea to some of our age-eligible supporters who have expressed significantly more than just a passing interest. We look forward to whatever they may come up with.

Initially, we suspect NUTS will use the organization to meet like-minded people, visit both our special place and, perhaps other similar facilities in the region. We expect they will develop their own leadership and plan their own activities. We anticipate they will have complete autonomy to develop their own program. As a new idea, we are anxious to see how this eventually develops.

Initially, the board has established the cost of membership in NUTS at \$75/year with \$25 set aside to fund the organization’s activities. Once the group gets organized, they may change this, of course.

We hope our members and supporters will mention NUTS to their friends who are under 30. Once they join, they will be able to honestly answer “Yes” when their friends or parents ask, “Are you nuts?”.

## Sauna Season Coming To An End

With only about 10 more weeks of sauna season ahead of us, we have adjusted our schedule to suit everyone’s schedule. In the next two months, we will hold a sauna on nearly every day of the week. Surely all of our friends can find a time that works for them.

A sauna is a wonderful, relaxing time in the heat. Some have described the experience as taking a shower from the inside out. For the truly adventurous, a dip in the lake after heating up can be wonderfully invigorating.

If you have never tried it, check out our schedule and find a time you, too, can enjoy a sauna.

## Student Memberships Still Available

There are just a few weeks left to obtain a one-year Student Membership in LEF for only \$50. Student members enjoy the same privileges as regular members. ... They just save a bunch of money. This opportunity expires on the last day of March. We have signed up some student members and several others have expressed an interest.

So, if you, or someone you know has been considering the opportunity, be sure they take advantage of it soon.

## Lake Edun Foundation Is Hiring

With summer approaching, once again we are searching for a suitable caretaker. We rely on our caretaker to meet all visitors and to keep our special place looking wonderful. If you or someone you know may be interested in this summer position, contact us. Our position will begin in mid-May.

This is a full-time position and supports some of the best benefits anywhere: our caretaker gets to work in a beautiful environment, meets some of the most friendly people, and gets to wear an extremely comfortable work uniform.

If you have already contacted us about being our caretaker, please do so again. If you or someone you know is interested, have them email or write us expressing their interest, experience, qualifications and remuneration requirements.

## Work Days Can Actually Be Fun

Every Spring, Eduners gather at our special place to do some of the many tasks required to get our season started. It is a great treatment for cabin fever and a wonderful excuse to visit our special place early in the season.

Our work details change as the weather warms. Early, we clear trees, check trails, inspect the docks, and do the more basic tasks. As it gets warmer, we will put chairs, docks, and other items in place and begin trail trimming. Many hands sharing the load make the tasks not so difficult.

If you are so inclined, we hope you will join us. If you have a chain saw, please bring it. Those who enjoy seeing their efforts produce tangible results, like work days. Of course, you may dress (or undress) appropriately for the weather.

## DON'T FORGET

*Activities designated HN are sponsored by Heartland Naturists*

Mar 9; Wed; 8-10; Sauna  
Mar 18; Fri; 8-10; HN Swim  
Mar 19; Sat; 12-4; Work Day  
Mar 19; Sat; 8-10; Sauna & Full Moon  
Mar 23; Wed; 8-10; Sauna  
Mar 26; Sat; 12-4; Work Day.  
Mar 26; Sat; 4-6; Board of Directors  
Mar 26; Sat; 8-10; Sauna  
Apr 1; Fri; 8-10; Sauna  
Apr 9; Sat; 12-4; Work Day  
Apr 9; Sat; 4-6; Board of Directors  
Apr 9; Sat; 8-10; Sauna  
Apr 10; Sun; 12-4; Work Day; Sauna following about 4  
Apr 14; Thurs; 8-10; Sauna  
Apr 15; Fri; 8-10; HN Swim  
Apr 16; Sat; 8-10; Sauna  
Apr 19; Tues; 8-10; Sauna  
Apr 23; Sat; 12-4; Work Day  
Apr 23; Sat; 8-10; Sauna  
Apr 27; Wed; 8-10; Sauna

## Honoring The 'Ordinary' Male Body

Not the ordinary way of speaking of the male body is it? Actually, photographer Robin Shaw titles her work with even more unexpected and startling words. She calls it, "Honoring the beauty and mystery of the 'ordinary' male body." Go to: <http://www.robinshaw.net/index.htm>

To explain herself Shaw says, "I am a woman, and I love men's bodies. I think men's bodies are beautiful." Pretty powerful words there. Has anyone since the classical period ever said anything so positive about men's bodies outside a sexual or pornographic context?

For at least the last five hundred years, (or two thousand?) artists in the West have paid almost exclusive attention to the female nude as the ideal for contemplation and beauty. Obviously, in the history of art there are notable exceptions, Michelangelo's David being a prime example.

Shaw's self description of her work goes on to say that, "As part of her practice, Shaw documents the wider social implications of looking at and photographing the male body. In particular, she has talked to and shown her photographs to women of all ages, and found that many, when they are given the opportunity, speak of the wonder and delight they feel about men's bodies – the penises, the hair, the shapes – the difference."

Of particular interest, besides the photo's themselves is the essay Shaw wrote about the men's experiences. Some highlights are as follows:

"Tom sent me a thoughtful email answering his own question, 'What was I anxious about?' One of the things he was aware of was 'anxiety about bodily imperfection' ... I have the feeling that this is something to do with stereotypical notions...that the male body is not what is thought of as conventionally "beautiful" (and the ageing and deteriorating male body even less so!)."

The average male body is very beautiful to me because the human body is beautiful to me. Someone's body may be considered 'imperfect' (or unacceptable) by advertising and fashion criteria, but not by mine (being an average, un-airbrushed, human myself). Being 'imperfect' is an intrinsic characteristic of humanness (and life, the universe and everything). It is what makes each person's body unique and precious.

Yeah. These guys weren't six packed Adonises. Some were closer, and some further, from that supposed ideal. And yeah. Their bodies were very beautiful to me.

And, by the way, to other women....

That there is an un-catered for desire to look at the male body had been noted by George: 'For many years I was a life model and was pleased to find how much the students appreciated being able to stare intently at the naked male body. Many women even telling me that they were unable to do this even with their partners.'

When all your life you have been told that the appropriate response to the sight of the male body (your body) is disgust, ridicule or fear, the idea that the male body (your body) might actually be considered beautiful and desirable is quite

appealing. And intriguing. Seductive even...."

I for one very much appreciate Robin Shaw's motivations and the photographs she produced. Obviously this is a role reversal. It is men seen from the perspective of the "female gaze." Yet, when you look at the pictures, you see that she cares about her subjects. They aren't being exploited or in any way degraded. She does love men.

What is more, Shaw's exhibition of her photo's had a profound effect on the viewer. For example, "As a nurse, I have seen a fair cross-section of male bodies, all shapes and sizes, but I have never thought of them as things of beauty. The photos made me see them in a different way." That is powerful. That is what good art can do.

I'm sure naturists know that this is all true. Yet I suspect even naturists, influenced by our culture, share some of the conventional ways of thinking and viewing of the male body. If we all can consciously become more in touch with the naturist wisdom that all bodies are good, the time we spend together will be even more enriching. [Ed.]

## With Oprah's Ok, Acceptance May Be Near

Did you know Oprah promoted skinny dipping? Me neither, but she does. Go to:

<http://www.oprah.com/oprahshow/Step-Out-of-Your-Box/6>

Watching Ali push her limits gave Oprah an idea. "I said, 'Ali, you can help so many other women who are not willing to step out of their boxes but who want to challenge themselves.'" So began a program to help women push their limits and engaging in a series of challenges to get them out of their box. Skinny dipping in the ocean was the last challenge.

For the final challenge...Ali starts to strip down on the beach for the skinny-dipping challenge, the women are all in shock. "Are you serious?" one asks. "She's kidding. She's kidding."

Eventually, the women realize this is not a joking matter. Slowly, all the women but Robin run – completely naked – into the ocean. "The great thing about these three things was that you couldn't predict who was going to excel," Ali says. "I was thinking: 'There's no way Jane's going to get naked. I can just tell.'... As soon as I showed my girls, [there's Jane], naked, running past me into the ocean."

Yanick says that of all the challenges, skinny-dipping was her greatest fear. "I'm a real woman with curves," she says. "Magazines don't say my size, you know? So naked? I mean, a month from now when I can lose 10 pounds, great. But now?"

That immediacy was the greatest thing about the challenges, Ali says. "As soon as we got over the [fear], it was like: 'Who cares what we look like? We're just going to literally get out of our skin and be a bunch of gals naked in the ocean.'"

Great story huh? There's lots more to it, plus a link to Ali working out with the Dallas Cowboy Cheerleaders. But the real point for naturists is the ease with which several women accepted skinny dipping. It must be the Oprah effect.

I believe if some talented naturist was interviewed by Oprah on her show, hands down, naturism would be "in." If only! [Ed.]

## FKK Still Lives In Germany

Fortunately, naturism still lives in the land of its birth, Germany. This news article recalls with nostalgia the bad old days of East Germany repression and naturist resistance and eventual triumph. Go to:

[http://www.google.com/hostednews/afp/article/ALeqM5jcKj1BKS0yXo6QafidSuZpGu0l\\_4g](http://www.google.com/hostednews/afp/article/ALeqM5jcKj1BKS0yXo6QafidSuZpGu0l_4g) Just goes to show that naturism is about human freedom. [Ed.]

“If you go in and experience how lovely it is to swim with a naked body, and come out without wet trunks on, you feel healthy. And if you can get over the fact that you are naked, it is great,” he told AFP back in August.

“Freikoerperkultur” (“Free body culture”), or “FKK” for short, was hugely popular in the otherwise highly restrictive German Democratic Republic (GDR), much more so than in West Germany.

And 20 years after the fall of the Berlin Wall this November 9, the habit is still going strong, and has even attracted a loyal band of followers from what was West Germany to the beaches of the east.

With the ministry of the interior calling nudism a threat to the “natural and healthy feelings of our working people”, the authorities tried to stamp out FKK in the 1950s.

But many nudists were also party members, policeman and even judges, who protested that “doing FKK” and being a good communist were not mutually exclusive, and that nudism was non-sexual.

“Here, the woman is not an object of desire, she is a comrade, there is no bikini to excite you,” McLellan cites one contributor to an illuminating 1966 survey of nudists as saying.

A widespread campaign of popular resistance soon made the authorities relent, and by the 1960s and 1970s onwards FKK was almost a national pastime that was even encouraged by the regime.

## Pornland: The Book

Author Gail Dines has written on a very important subject. A subject you may think is far removed from naturism. At first glance and on one level this is quite true. However, if one looks at the philosophical foundations of naturism, our gymnosophy, then the relevance of this book becomes apparent. Go to:

<http://gaildines.com/pornland/pornland-about-the-book/>

Historic social nudity has always been about engendering trust, respect, equality, and the inherent dignity of each person and between both sexes. It is clear whether one reads Ms Dines book or not, pornography promotes exactly the opposite values.

It is one thing to say that adults have the legal right in a free society to consume whatever material they choose, and naturists agree. However, having a right does not mean that the choice is wise or promotes the good. This is not to go to an extreme and say that everyone viewing porn becomes some sort of brute.

However, what does happen can be far more subtle, go unnoticed, and therefore be more pernicious. More pernicious

because the norms of porn can become norms in society without the masses having a clue about what has happened. Society has been nudged in a direction under the radar.

We well know that sex sells and we view this as a demeaning vulgarity. But, we tolerate it and a thousand other manipulations of our normal urges. It is true, the title of the famous sex manual by Alex Comfort says it all, *The Joy of Sex*. Like many good things taken to an extreme, we have allowed our hedonistic tendencies to have no limits – pornography exploits this and we risk losing not only the joy of sex, but ourselves as well.

Many have made the claim that naturism in a family oriented context is an antidote to porn. Naturism promotes true human values of mutual respect without exploitation. It satisfies our natural desire to see one another as we really are and without pretense. This takes place within the context of non sexual social nudity experienced across the lifespan. This makes all the difference.

Our nudity becomes valued as expressing our openness, trust, and respect for one another and thus liberating and life affirming. Who needs porn to see nakedness? We see it all the time. It is then the person that becomes the focus as valuable in and of their selves.

Naturists are not anti sex. We just view sex as having its proper place between people that love each other and experienced as private acts.

*PORNLAND: How Porn has Hijacked our Sexuality* takes an unflinching look at today’s porn industry: the stories woven into the images, the impact on our culture, the effects on us as men and women, the business machine that creates and markets porn, and the growing legitimacy of porn in mainstream media. Above all, *PORNLAND* examines the way porn shapes and limits sexual imaginations and behaviors.

And, with the advent of the internet and other digital technologies, users don’t have to wander far to access porn; today, the average age of first viewing is about 11 for boys, and studies reveal that young men, who consume more porn than ever before, have difficulty forming healthy relationships.

*PORNLAND* also looks at how our porn culture affects the way women and girls think about their bodies, their sexuality and their relationships. *PORNLAND; How Porn has Hijacked our Sexuality* argues that rather than sexually liberating or empowering us, porn offers us a plasticized, formulaic, generic version of sex that is boring, lacking in creativity and disconnected from emotion and intimacy.

Be aware that the website allows you to read select chapters from the book. It’s a worthwhile read. [Ed.]

## Items We Need

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

- Non-motorized boats
- 5 gal. buckets
- Lawn or Lounge Chairs
- Aluminum cans, etc
- Concrete pavers
- Plastic Barrels
- Large water storage tank
- Electric Drill

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*“Not all the Greek runners in the original Olympics were totally naked. Some wore shoes.” Mark Twain*

## Radically Accepting Your Body

Truth be told, from time to time all of us have questioned our body, wishing here and there that it was something different. Imagine having that flatter stomach, or more developed and toned biceps, etc. We may do this exercise in fantasy consciously or unconsciously many times, usually from a negative point of view.

We all know what a great body looks like, right? We never have to look far to see what the ideal bodies both male and female look like and all the adulation they receive. It would be surprising if we didn't want something approaching such perfection for ourselves. Sadly, we know it will never be and this realization creates a lot of problems for many people.

Even if we know the pictures we see are glamorized, (digitally enhanced, etc.) we still bite on the hook and suspend our critical thinking. It's as though a veil drops over our brain allowing all the phoniness to slide under our radar. As a consequence the winners in society's artificially created beauty lottery still get the rewards while everyone else is pressured to feel deficient and dislike our own bodies.

What is the answer? A psychologist writing for textiles offers some good advice to her patients about body acceptance. She suggests trying something new: accept your body the way it is. For the full article go to: <http://public.nyspa.org/index.php/articles/12-wellness/21-radical-body-acceptance>

Too many people push themselves with unreasonable weight-loss goals often using unhealthy and at times dangerous attempts to diet, and exercise. Instead, we all need to promote good health by learning to eat in moderation a balanced diet and exercise year around.

Rather than setting yourself up for disappointment, try something healthier and more long-lasting: radically change how you feel about your body. Improving body image is not about losing weight or toning up, but about learning how to accept your body the way it is. Working toward enhanced body image is associated with less anxiety and depression and greater self-esteem.

When you catch yourself thinking negative body thoughts stop and, ask yourself, "How is this thought serving me right now?" Usually, the only role such thoughts serve is to cause us to feel bad about ourselves, which does nothing to improve the way we look.

Below are some tips to textile wearing people as they consider summer swimwear and their angst about their bodies.

Recognize that your body is just one aspect of your appearance, and your appearance just one aspect of yourself. Focus on all the other traits that make you

who you are. Are you bright, resourceful, a loyal friend? Honest, empathic, hard-working? Your personality stays constant despite fluctuates in weight and shape.

Identify what you like about your body. See if you can find 10 things you like about how you look (for example, the sparkle in your eyes, the strength of your calves, your hair). Write them down and post this list in a place that is readily visible to you and recite the list aloud each day. Continue to add to the list as you identify more features you enjoy.

Practice mirror exposure: Stand in front of the mirror (first clothed, then, for the more advanced, naked) and take a few deep, cleansing breaths. Begin to gaze at the parts of your body you like. Relax your body and think positive thoughts. Once you accomplish this you can move on to body parts which you like less. Focus on relaxing and avoiding negative thoughts. "My arms look fat" is a negative thought. "Here, the angle of my legs increases" is less judgmental. The goal is to engage only in non-judgmental statements about your body. If negative thoughts creep in, identify them and try to take some deep breaths and relax again. If the negative thoughts persist, step away, and try again another time.

Focus on what your body can do, rather than on how it looks. Too often, we pay attention to how our bodies appear, rather than what they allow us to do. Can your body dance or swim? Can you build sandcastles at the beach with your kids? Does your body allow you to enjoy a hot bath or intimacy with a partner? Does your body transport you down the block or up a mountain? Began sensing and moving your body, rather than thinking about it.

The more you focus on what your body can do, rather than how it looks, the more you'll enjoy yourself (and your summer!), and the better your body image will be, which can reduce the incidence of disordered eating and improve mood and self-esteem.

It's true – we aren't textiles, but the focus on body acceptance is a good one, ably presented. Her recommendations about positive ways to think about your body are excellent. We can applaud the sanity being advocated here, even if the joys of nudity aren't being recommended. Still, might what she is saying be subtly undermining the foundations for compulsive clothing in the minds of some readers? [Ed.]

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*"The church says: The body is a sin. Science says: The body is a machine. Advertising says: The body is a business. The body says: I am a fiesta." Eduardo Galeano, "Windows on the World"*

## Anorexic Model Isabelle Caro Dead at 28

Isabelle Caro, the French model and actress who allowed her skeletal frame to be photographed and placed on billboards as a warning about the dangers of anorexia, died recently at age 28. Her cause of death wasn't immediately known.

Caro permitted her 68-pound body to be photographed nude and at its most vulnerable in 2007. This photo was then placed on billboards. People were horrified by the sight of the model's protruding bones, straining against her skin.

The “No Anorexia” poster, which had been splashed on billboards and in newspapers was banned by the Italian government, claiming it commercially exploited the illness, according to a BBC report.

Prior to her death, she appeared on Jessica’s Simpsons show, “The Price of Beauty” and talked about her illness.

Through a translator, she said that her desire to be thin began with a fashion designer telling her that she had to lose 10 kilos (about 20 pounds) to make it in the fashion world. Her illness pushed her health to its limits – she had been in a coma in 2006. She weighed only 55 pounds.

After that, she said that she tried to eat and to recover from the illness that plagued her since she was 13.

In a 2007 interview she commented on the photo saying, “I thought this could be a chance to use my suffering to get a message across, and finally put an image on what thinness represents and the danger it leads to – which is death.”

This is indeed a sad story, but only notable due to the celebrity of Ms Caro. There are many thousands like her over the last three or four decades mourned only by family and friends. What was surprising was the lack of compassion by readers responding to the article and picture. Some were mocking or said, “You did it to yourself.”

Of course lots of bad outcomes in life can ultimately be traced back to our own decisions. Lifestyle choices, risk taking, and carelessness can result in harm to ourselves and others. The most obvious ways too many of us harm ourselves include drug and alcohol abuse, smoking, overeating, and lack of exercise. In general, some degree of injury comes our way any time we allow ourselves to go to excess, losing balance in our lives.

A website dedicated to the issue of anorexia, offers this fitting analysis and advice:

<http://www.mirror-mirror.org/society.htm>

“The diet and fashion industries are not totally to blame for society’s obsession with thinness. We are the ones keeping them in business. We buy into the idea that we can attain the “ideal” body image. We allow ourselves to believe the lies being thrown at us constantly. We buy their magazines, diet books and products, hoping that this time they will work. We are throwing away our hard earned money trying to live up to the standards that society has set for us. Be prepared to spend lots of money on your quest for the perfect diet and be prepared to never find it, because there isn’t one.

It’s unfortunate, but in today’s society, people have forgotten that it’s what’s inside a person that counts, not what’s on the outside. We need to start loving and accepting each other for who we are, not what we look like. Next time you decide that you are going to start another diet because you feel you are too fat, stop, sign up for a self-esteem class instead. That would be money well spent. If we learn to love and accept ourselves, we will also begin to love our bodies, no matter what size we are.”

The early history of naturism was characterized by the desire to bring about beneficial reforms to peoples lives. This agenda included vegetarianism, abstaining from alcohol and tobacco, promoting alternative medical practices, and

promoting physical exercise, in addition to body acceptance.

However, over the past century, much of this distinctive health oriented emphasis has been lost in naturism. Yet remnants remain. Perhaps, as some have suggested, the self denying Spartan lifestyle advocated by early naturists was too onerous for most to endure.

Perhaps so, but we can fight today’s battles by applying naturist values to the issues of our day. By engaging our culture with a critique based on our principals, we point to a purpose that goes deeper than a recreational choice. To do this we must live our values with a high degree of consistency without becoming shrewish nit pickers.

Hopefully, Ms Caro’s effort to draw attention to the horrors of anorexia will result in both increased awareness and someone’s life being saved. It is sad that a life could be set on a course of self destruction by a simple piece of advice from someone in a place of authority. It’s a reminder of the power of words to unknowingly influence others in ways never intended by the speaker. Words are indeed powerful for bad, but also for promoting the good.

It is up to us to promote body acceptance, first by practicing it in our own lives. Our remarkable practice of social nudity is the arena in which we have to come to terms with our own body and with the bodies of others. Social nudity is the training ground in a new perspective of the world alongside others, both male and female. Our eyes are opened to the truth of the marvel of our own body and that of others in a mutually shared experience.

The false shame we have been taught about the body falls away. The mind and body is calmed and the joy of being alive is revealed. The tensions of daily life can be set aside in a socially nude environment, including those created and promoted by the ideology so stringently prescribed for us all of mandatory clothing .

On one level we can say that Ms Caro did it to herself, but on another level we recognize the vulnerability of a young person who wanted to follow her dream and did so in the manner “the expert” told her was necessary for success. She had help and enablers along the way.

None of us are perfect physical specimens when compared to the manipulated media images held up as ideals. However, we are all good enough as human beings. As such, each of us wants to be valued as a person for our self rather than just for our physical appearance.

Too frequently we don’t come to self acceptance by virtue of our upbringing, but rather hold it as a yearning in our hearts. Naturism provides the appropriate context for revealing our physical self. Our nudity is both an act of faith in our self and in others of like mind. It is also a metaphor for our desire to be more fully known and appreciated as a person. Naturism’s power is to facilitate the accomplishment of this goal. [Ed.]

For the full story and pictures go to:

[http://www.nydailynews.com/lifestyle/fashion/2010/12/29/2010-12-29\\_anorexic\\_model\\_isabelle\\_caro\\_is\\_dead\\_at\\_28\\_french\\_models\\_nude\\_no\\_anorexia\\_billbo.html](http://www.nydailynews.com/lifestyle/fashion/2010/12/29/2010-12-29_anorexic_model_isabelle_caro_is_dead_at_28_french_models_nude_no_anorexia_billbo.html)

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*“Government, like dress, is the badge of lost innocence.”  
Thomas Paine, “Common Sense”*

# Remember Summer

Oh! To just lay back and relax. Even the trees along the trails seem soft against our skin. And, warmth soaks into our pores. Around every corner of each trail is a new, beautiful sight or interesting discovery to be made.

Our special place supports miles of well-maintained trails. Benches are strategically placed to allow the casual hiker a comfortable place to rest as they explore all there is.

In this photo, one of our visitors is caught resting in a Osage Orange Tree (also known as a Hedge Tree) near the north trail. Anyone interested in learning more about the Trees and other plants can join our visiting arborist as he explains the characteristics of the various varieties.

With Spring just around the corner, we expect an explosion of color and growth once again. Already the geese are busy setting up their nests and working to hatch their eggs. If we are lucky, we will have one or more families of little yellow goslings sharing our lake with us.



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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	_____
Recession Discount – if you need help	(50.00)	(75.00)	_____
Working Membership (Discount)	(50.00)	(50.00)	_____
<b>Student Membership (Special, limited time rate)</b>	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> – Video		20.00	_____
<i>Lake Edun Exposed</i> – DVD		45.00	_____
Naturist Society Membership		55.00	_____
Subscription to <i>Bare Facts</i> only		20.00	_____
Tax Deductible Donation - Improve our Educational Program			_____
Tax Deductible Donation - Legal Defense Fund			_____
<b>Total Enclosed</b> - Check, Money Order, or Credit Card			_____

Charge my  Visa;  MasterCard  Discover # \_\_\_\_\_ Exp. \_\_\_\_ / \_\_\_\_ \$ \_\_\_\_\_

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