

Bare Facts

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38° 58' 7" North; 95° 47' 56" West

Memo From The Board

Finally, it looks like winter has left us! April sure had some fine reminders of winter in it. After several weeks of slowly rising temperatures we were all hard hit by 10 days of lower than normal temperatures.

Many of the trees at the lake were just getting well into the leaf stage when the cold weather returned. Needless to say the new leaves are just now forming. The frost has had the effect of making our south beach just a little too exposed at present! However, it would appear that by Memorial Day we should be covered!

During the board meeting we discussed the possibility of asking any of our friends and members of the Lake Edun Foundation for any Iris, Tulip and Day Lily bulbs or starts you might have that you want to donate for the entrance to the lake. We thought it would be good to start some large beds of these plants by our entrance to make it more attractive. All of these varieties need little in the way of care to help them flourish. Wouldn't it be wonderful to have our special place noted as one of the beauty spots in the area in the spring? Come and join with us to make this happen!

Plans are moving forward with the road. The culvert has been delivered along with several loads of dirt and rock to help with the roadbed. As this is being written the weather has hindered equipment from getting into the area to do the work. As a board we further looked the project over with an eye to going beyond Sunny Bares. We can see the need to get the second and larger creek done as soon as possible. This will allow more vehicles to park in less obvious view of our neighbors. Opening the west side of the lake has long been talked about and now looks like it just might happen.

We have received several inquiries about the "Naked Plays." We are happy to let all of you know that although our first two attempts at the second season seemed to sputter, things are still actually moving forward in a positive direction.

Many Eduners have no experience with theater other than as an attendee. Our director, his assistants, and actors would all appreciate more help and input from us, the sponsoring organization. This is traditional in theater, especially when dealing with a specific topic and a targeted audience. Visits to the rehearsals are welcomed. Members who would be willing to do small parts or generally help with the production would all be appreciated. Please feel free to contact Maxine at the website to let us know what you would like to do to help the "Naked Plays" along.

Speaking of the website – our website has been updated with "Bare Facts" to currently include the April issue. New web pages and images are in the works to help our site show we are alive and well!

The sun is out, the sky is blue, and we are ready for another summer at the lake with you!

Return to Edun

Return to Edun will be held early this year. Mark your calendar and be sure to join us at our Annual Return to Edun festival this year. Dates for the festival are June 1, 2, and 3.

Because we know the county is interested in interfering with our right of assembly, details of this event will be available only from members of our Board of Directors. Be sure to talk with a board member and join us at this annual event.

As always, Return to Edun this year will include a weekend of music, swimming, and FUN. Don't miss this weekend of with like-minded, free spirited people.

Open Houses

As our season looms ahead, we have a number of Open Houses scheduled. These are great opportunities to introduce others to the freedoms we take for granted.

Watch our schedule for dates of upcoming open houses and be sure to join us with your curious friends.

Paint The Barn

The land owner, who graciously permits many of our members to use his property, tells us it is time to, once again, paint the barn. If any members are interested in assisting with this project, please let us know.

The land owner will provide the paint. Hopefully a member will have a sprayer and the other equipment we might need to do a superior job.

Road Progress Report

We had hoped to dedicate the weekend of April 21 to completing the first phase of the road project. However, the weather Gods weren't cooperating.

The event has been rescheduled for the weekend of May 19. If you can join us in this effort, please do. Extra hands can easily be put to productive use. This will be your opportunity to be a part of this major improvement effort.

DON'T FORGET

Activities designated HN are sponsored by Heartland Naturists

May 4-6; Weekend; End Of Cabin Fever Days

May 5; Sat; World Naked Gardening Day

May 12; Sat; 10-12; Board of Directors

May 12; Sat; 12-4; Work Day

May 18; Fri; 8-10; HN Swim

May 19; Sat; 12-3; Open House

May 20; Mulberry season begins

May 26-28; Memorial Day Weekend Weekend

June 1, 2, 3; Return to Edun

June 9; Sat; 10-12; Board of Directors

June 9; Sat; 12-3; Open House

June 15; Fri; 8-10; HN Swim

June 23; Sat; Closed for Private Party

First Time Visitor To Lake Edun

By: Deb

I have been out to Lake Edun a couple times now. I like it! It's a very relaxed and rustic place to hang out. I haven't camped there, but may eventually. Everyone I've met so far has been very nice and friendly. The first time I went out there, I wasn't sure what it would be like ... have only been to one other place with a trusted friend. This time I was going to meet John, whom I really don't know all that well and felt a bit awkward about it, so took a girlfriend with me.

He was glad to see both of us and gave us a short tour of the East side of the pond, including the meadow and bandstand, the sand volleyball court, and the two beaches.

What an amazing array of trails to explore with plenty of wildlife and vegetation. We saw tracks from deer, beaver, and some other critters in the soft wet soil. It was pretty muddy with all the rain we've had lately, so it was fun to go barefoot and feel the cool puddles and the mud oozing up between my toes.

We didn't venture to the other side of the pond because of all the mud, and because my girlfriend is recovering from knee surgery, but we walked as much as her knee would allow. We then settled on the big beach, near the barn, to relax.

I felt comfortable with the people there and my surroundings, so stripped down to really enjoy the early season warm weather. My friend kept her clothes on as she had never done anything like that before, but she managed to get comfy enough to eventually remove her shirt. I'm sure in time she'll relax more. This was a pretty big step for someone who isn't that comfortable in her own skin, even while wearing clothes.

As we sat there and visited, my friend started talking about what she wanted to bring along next time. I think she's hooked. I have never before seen her so relaxed and comfortable. It was a great day and we have talked about coming back out ever since.

I managed to get back out for the second time this past Sunday, April 15th after calling John to say that I would meet him out there. This time I drove out on my own.

You gotta love those surprise warm spring days. It was only 68F for a high and breezy enough, but I managed to find a bit of a wind block with all the trees. We grilled out, having pineapple strip steaks, baked potatoes, and a big salad. John cooked, I just brought the salad. Nothing like dining al fresco though ... really gives me an appetite, and everything seems to taste better. We just rinsed our messy hands in the pond after we put everything away, and took a big nap. As it turned out I was the only woman there that day, but the few men that came out were complete gentlemen.

I did get quite a sunburn ... old sunscreen is never a good thing. Fortunately the burn is gone now and everything is tan. After buying new sunscreen, I am looking forward to going back out this week. My girlfriend wants to go out Thursday. We'll see.... This is my first day without sunburn pain.

Looking forward to meeting more like-minded people, and eventually seeing one of the naked plays I keep hearing so much about. I think its going to be a fun summer now that I have such a fun place to go to that's only 90minutes away.

From The Mail Bag

Dear Lake Edun Foundation,

I want to Thank You for a wonderful 1st time experience at the Lake on 21 April 07. The members I met made me feel very comfortable and at "home". I did not want to leave. ...

I hope the members who were there did not mind all my questions. I know they answered all of them in gracious fashion. I thank you all, from my heart. I have never had a more pleasurable experience.

If you want to know my story, look at "From The Mail Bag", *Bare Facts*, January, 07 edition, letter from Robert T.

My doctor was right, the heat was wonderful for my pain!

Enclosed you will find my membership check. I am coming back as often as I can. I love Lake Edun!!!

Thank you again

- Robert T.

Just Imagine

By: John S.

Well, spring might be here, but so far we have not had many days that the weather was nice enough to be there. I have seen a few new faces around as well as some of the regulars already. There are two things I would like to press on with:

1. Members, both old and new, are our strength. They provide the backbone we stand with make possible the many programs we enjoy, including our special place we some times take for granted. Without members, there would be no Lake Edun Foundation. Those who like to join LEF activities once in a while, should consider membership to insure the programs they enjoy continue to be available.

2. While work is being done by a few, just think what could be accomplished by 6 or 10 or even more people at one time.

If you know someone who might be interested in the Lake Edun Foundation, bring them as a guest so they can share the freedom we find sans clothing. Let them see we are ordinary folks who do the same things they do on their weekends at lakes and beaches. We cook, camp, sun, swim, and enjoy other peoples' company, only we do it without the restrictions of clothing.

My first time at the Lake was a good experience with the very friendly regulars as I call the long time Eduners.

Once again I am going to ask for ideas for activities you believe would make your time at the lake more enjoyable. Contact us as board members or e-mail us through the web site. Any organization is only as good as the people themselves. We as board members will try on your behalf, but we need your input.

Items We Need

- Tops for trash cans
- Non-motorized boats
- Chipper/shredder we can use about once a month
- Lawn or Lounge Chairs

"I'd go somewhere where no one spoke. I would take a stack of books up to my hips, and I'd read nonstop. And I'd be reading naked." – Linda Hamilton (actress), on what she'd do with a day to herself.

Guess Who's Afraid of Nudity?

When Catholic protesters recently shut down a New York exhibit displaying a naked, life-sized Jesus sculpted from chocolate, the outcry wasn't totally unexpected. Labeled offensive by critics, the artwork touched an angry nerve by pushing religion and nudity – two substances that historically don't mix – into the limelight. While the media was quick to exploit the story, it also expressed surprising reluctance when it came to the naked Christ. They avoided the full frontal, opting for photos of the Lord's backside.

Perhaps much of this attitude can be laid at the feet of America's cultural forefathers, the Puritans, whose deeply religious moral zeal made them fear nudity so much they refused to bathe, ensuring a future of national prudishness.

This might appear a huge contradiction given the American media's rampant appetite for sex, but how else to explain the fury over Janet Jackson's "wardrobe malfunction" and the network's rush to cleanup before facing clampdowns and stiff fines? Or PBS's need to position the disclaimer, "For mature audiences only" when broadcasting footage of Michelangelo's David.

A further inconsistency when it comes to nudity is what Americans regard as risqué: barely clad Victoria's Secret models strutting their way across television or nude grandmothers? As Dove soap found out this March, it's the latter. The Federal Communications Commission, which regulates America's broadcast media, banned a series of prime-time ads depicting six middle-aged women posing nude for Dove Pro-age products, claiming it was inappropriate.

While a number of pro-family and women's groups complained the ad contributed to the further commercial sexualization of women – an ongoing and valid debate – clearly, older nudity is threatening because our culture rarely separates nakedness from sex.

Another sobering reality: According to the American Association of Pediatrics America has the highest teen pregnancy rate in the industrialized world. It exceeds the Dutch by nine-fold. A healthy attitude to nudity as well as sex, something the Dutch are known for, might have a positive impact as more exposure typically leads to greater information.

In Europe, neither moral outrage nor public disorder greets nudity. Men don't go wild; women remain safe. The zero fashion statement is just that, something with zero impact. (Learn more at <http://www.alternet.org/story/50732/>).

Tick Warning!

I hate it when people forward bogus warnings, and I have even done it myself a couple times... But this one is real, and it's important so please send this warning to everyone on your e-mail list:

If someone comes to your front door saying they are checking for ticks due to the warming weather and asks you to take your clothes off and dance around with your arms up, DO NOT DO IT!! IT'S A SCAM!!!

They only want to see you naked ... I wish I'd gotten this yesterday. I feel so stupid.

Random Thoughts And Reflections

Because of irregular weather patterns this Spring, we will cancel the remainder of our scheduled saunas for this season and pick them up again in the Fall.

Its that time again to change the lock. Members of our foundation will find a new combination enclosed with this issue of *Bare Facts*.

Some of the barrels we use for trash collection are beginning to show signs of their age. If you have access to barrels, particularly ones with a top that completely removes, please bring a few to our special place.

Fun In The Sun—Beware!

It's not yet summer, but it's time for the annual reminder to be careful with your skin. Various forms of skin cancer, plus aging of the skin are real hazards. The effects don't show up suddenly, but over time they happen.

The damage is done as we all know by UVA and UVB. There is no safe level of ultraviolet light. Consequently, there is no "safe" tan. This year, be sure to only buy a broad spectrum sunscreen that blocks both forms of UV light.

Remember to always reapply sunscreen at least every two hours and use it generously. It takes about two ounces to cover the average adult body properly, plus more for the face and head area. Additional protection is also recommended, such as a broad brimmed hat, and sunglasses that block both forms of UV light. Finally, between 10 AM and 4 PM, avoid prolonged exposure to sunlight on your skin. Seek shade.

Sunscreens do not offer 100% protection and should not be thought of as making it possible to spend many hours safely in the sun. An SPF (Sun protecting factor) rating of 15 is the minimum level of protection recommended, but SPF 30 is better. Sunscreen should be applied a half hour before sun exposure. Other sun safe tips include:

- Use extra caution near water, snow, and sand as they reflect the damaging rays of the sun, which can increase your chance of sunburn.
- Avoid tanning beds. UV light from the sun and tanning beds causes skin cancer and wrinkling. If you want to look like you have been in the sun, consider using a self-tanning product which does not expose you to UV light. Continue to use sunscreen daily.
- Check your birthday suit on your birthday. If you notice anything on your skin that is changing, growing, or bleeding, see a dermatologist. Skin cancer is very treatable when caught early.

There you have it, this year's reminder for sun safety. Remember, even a naturist can get too much of a good thing. Tans look good, but they do indicate damage to the skin, so don't over do it. Have a great summer at Lake Edun!

Of course, there is a second opinion. Be sure to read the article on the next page.

Justin Timberlake wants to strip off on a nudist beach after spotting one in France. He said, "I was born naked and I'm going to die naked so I don't see anything wrong with it."

The Healing Power Of Sunlight

by Dr. Joseph Mercola

If you enjoy feeling the warm rays of the sun on your skin, you already know sunlight feels good. But you might not know it can be good for you. For decades, experts and the media have told us the sun is harmful and should be avoided. We've been told there's no such thing as a healthy tan, and we've been warned to cover our skin, coat ourselves in chemical sunscreens, and avoid exposure to direct sunlight.

It turns out that this advice is not only inaccurate it is a contributing factor to a significant amount of the disease and illness in our society.

That's because exposure to sunlight is the ideal and safest way for your body to obtain vitamin D. It's nearly impossible to get adequate amounts of this vital nutrient from your diet without supplementation. This is why sensible exposure to natural sunlight is absolutely essential for optimal health.

Whether it's due to misguided warnings about the danger of sunlight, lifestyles that keep people indoors during daytime hours, or because they live too far north, most people do not get enough sunlight to create the vitamin D their bodies need.

And, yes . . . you DO need vitamin D.

Increasing numbers of scientists agree that vitamin D deficiencies are widespread in the North American population, leading to a wide variety of health problems. In fact, vitamin D deficiency is clearly linked to heart disease, high blood pressure, diabetes, obesity, and depression. It's also associated with autoimmune disorders such as multiple sclerosis and rheumatoid arthritis.

In addition, without enough vitamin D, your body is unable to absorb calcium. That's why sufficient levels of vitamin D are crucial for healthy bones. Over 25 million adults in the United States have, or are at risk of developing, osteoporosis, a disease characterized by fragile bones. Clinical studies also show that a deficiency of vitamin D increases the risk of a number of different cancers, including four of the most common: breast, prostate, colon, and skin cancer.

The risk of these conditions can be reduced naturally . . . simply by maintaining adequate levels of vitamin D.

Take cancer, for example. Numerous studies have shown cancer – even skin cancer – is less prevalent in places where people are exposed to sunlight more frequently. In fact, lifeguards in Australia exhibit their country's lowest rates of melanoma – while office workers have the highest. One recent study was conducted by William B. Grant, Ph.D., one of the top vitamin D researchers in the world. Grant's research, published in the prestigious journal *Cancer*, proved a very strong correlation between the incidence of 16 different types of cancer and latitude. In other words, as the distance from the equator increases (and UVB radiation decreases), the rate of cancer in the population rises.

This is not to say that too much sun exposure cannot cause skin cancer. It can . . . if you allow your skin to get burned. To avoid burning, limit the amount of time you spend in strong (afternoon) sunlight, and moderate your exposure with clothing. Sunscreens should generally be avoided. They

virtually eliminate your body's production of vitamin D and also contain a number of potentially harmful chemicals.

Fair skinned, thin, and younger individuals need far less exposure to the sun to produce vitamin D. They may be fine with as little as 10 minutes of sunlight on a sunny summer day, while deeply pigmented individuals may require 10 to 20 times as much. This is one of the major reasons why African Americans have a much higher rate of cancer in North America than other ethnic groups. They simply can't get enough sun to generate vitamin D, because their skin serves as an effective barrier to beneficial UVB radiation.

But they are not alone in this regard. If you fall under any of the following categories, you are likely to be deficient in vitamin D and, therefore, run a greater risk of serious health problems: If you work indoors and rarely spend more than 10 or 15 minutes at a time in direct sunlight.

If you do not go out in the sun without sunscreen.

If you are overweight. Excess fat impairs vitamin D utilization in the body, meaning obese people need twice as much vitamin D to maintain health.

If you live in a northern geographic region. The further you live from the equator, the longer the exposure you need to the sun in order to generate vitamin D.

If you have dark skin. Darker skin pigments require significantly more sun exposure to synthesize vitamin D.

If you are over 65. An enzyme in the skin helps produce vitamin D. However, this enzyme decreases with age, putting elderly people at an increased risk of vitamin D deficiency.

If any of these factors apply to you, you should seek ways to gradually increase the amount of time you spend in the sun. And you should also strongly consider supplementation. However, the vitamin D found in milk – as well as that put in most vitamins – is synthetic. It does not function the same way as the natural vitamin D you obtain from sunlight.

Next to your body's own production, the very best source of vitamin D is found in cod liver oil. A cod liver oil supplement is the healthiest way to assure you get the proper amount of vitamin D to decrease the risk of cancer and other diseases associated with vitamin D deficiency. For most, one tablespoon per day should be enough. If taken in too large a dose, Vitamin D can cause toxicity. You should have your vitamin D level measured so you'll know exactly how much you should take. It's impossible to get vitamin D toxicity from too much sun exposure – your body self-regulates and will only generate what it needs. That's why receiving your vitamin D from the sun is your best option, if possible. Getting enough sunlight is the simplest, easiest, and yet one of the most important strategies for improving your health.

[Note: Dr. Joseph Mercola is the Director of The Optimal Wellness Center in Chicago, one of the nation's leading natural health clinics. He is the author of two best-selling books, and is the founder of Mercola.com, the world's most visited natural health website. To sign up for Dr. Mercola's twice-weekly e-newsletter, please visit www.mercola.com.]

The Sexualization Of Girls

The March issue of Bare Fact gave a brief announcement of the recent report made by the leading psychological association in America. The importance of this report is so great that this extended excerpt from the study is presented here.

Naturalists and nudists have been saying for over a hundred years: society has it all wrong; whether it's been the repression of Victorians or the current fixation on the body for its sexual component. Finally, the demeaning sexualisation of girls and women in our culture has become so obvious it's not just the disparaged advocates of traditional values standing in opposition, but the weighty American Psychological Association is adding its voice. They are saying there's real harm to women going on! You can read all about it at: <http://www.apa.org/pi/wpo/sexualization.html?imw=Y>

Numerous child advocacy organizations, parents, and psychologists have argued that the sexualisation of girls is a broad and increasing problem that is harmful to girls. The APA Task Force on the Sexualisation of Girls was formed in response to these expressions of public concern.

There are several components to sexualization, and these set it apart from healthy sexuality. Sexualisation occurs when

- a person's value comes only from his or her sexual appeal or behavior, to the exclusion of other characteristics;
- a person is held to a standard that equates physical attractiveness (narrowly defined) with being sexy;
- a person is sexually objectified – ie, made into a thing for others' sexual use, rather than a person with the capacity for independent action and decision making; and/or
- sexuality is inappropriately imposed upon a person.

All four conditions need not be present; any one is an indication of sexualisation. The fourth condition (inappropriate imposition of sexuality) is especially relevant to children. Anyone (girls, boys, men, and women) can be sexualized.

But when children are imbued with adult sexuality, it is often imposed upon them rather than chosen by them. Self-motivated sexual exploration, on the other hand, is not sexualisation by our definition, nor is age-appropriate exposure to information about sexuality.

The Evidence

Study after study finds that women more often than men are portrayed in a sexual manner and are objectified (e.g., used as a decorative object or as body parts rather than a whole person). In addition, a narrow (and unrealistic) standard of physical beauty is heavily emphasized. These are the models of femininity presented for young girls to study and emulate.

Societal messages contributing to sexualisation comes both from media and merchandise, and through girls' interpersonal relationships (e.g., with parents, teachers, and peers).

Parents contribute to sexualisation in a number of ways. They may convey the message that maintaining an attractive appearance is the most important goal for girls. Some may allow or encourage plastic surgery to help meet that goal.

Both male and female peers have been found to contribute to the sexualisation of girls – girls by policing each other to ensure conformance with standards of thinness and sexiness, and boys by sexually objectifying and harassing girls.

Finally, at the extreme end, parents, teachers, and peers, as well as others (e.g., other family members, coaches, or strangers) sometimes sexually abuse, assault, prostitute, or traffic girls, a most destructive form of sexualisation.

If girls purchase (or ask their parents to purchase) products and clothes designed to make them look sexy, and if they style their identities after the sexy celebrities who populate their cultural landscape, they are sexualising themselves.

Girls also sexualise themselves when they think of themselves in objectified terms. Psychological researchers have identified *self-objectification* as a key process whereby girls learn to think of and treat their own bodies as objects of others'. Girls internalize an observer's perspective on their physical selves and learn to treat themselves as objects to be looked at and evaluated for their appearance.

The Consequences

Psychology offers several theories to explain how the sexualisation of girls and women could influence girls' well-being. Ample evidence testing these theories indicates that sexualisation has negative effects in a variety of domains, including cognitive functioning, physical and mental health, sexuality, and attitudes and beliefs.

Cognitive and Emotional Consequences

Self-objectification has repeatedly shown to detract from the ability to concentrate and focus one's attention, thus leading to impaired performance on mental activities such as mathematical computations or logical reasoning.

In the emotional domain, sexualisation and objectification undermine confidence in and comfort with one's own body, leading to a host of negative emotional consequences,.... The association between self-objectification and anxiety about appearance and feelings of shame has been found in adolescent girls (12–13-year-olds) as well as in adult women.

Mental and Physical Health

Research links sexualisation with three of the most common mental health problems of girls and women: eating disorders, low self-esteem, and depression or depressed mood. Research also links exposure to sexualised female ideals with lower self-esteem, negative mood, and depressive symptoms among adolescent girls and women.

Sexuality

Sexual well-being is an important part of healthy development and overall well-being. However, evidence suggests that the sexualisation of girls has negative consequences in terms of girls' ability to develop healthy sexuality.

...Frequent exposure to ideals of attractiveness is associated with unrealistic and/or negative expectations concerning sexuality. Negative effects (e.g. shame) that emerge during adolescence may lead to sexual problems in adulthood.

Attitudes and Beliefs

Frequent exposure to media images that sexualise girls and women affects how girls conceptualize femininity and sexuality. Girls and young women with more exposure to mainstream media tend to endorse sexual stereotypes that depict women as sexual objects. They also place appearance and physical attractiveness at the center of women’s value.

Impact on Others and on Society

Sexualisation of girls can have a negative impact on other groups (boys, men, and adult women) and on society more broadly.... Women may suffer by trying to conform to a young standard of ideal female beauty. General societal effects may include increased rates of sexual harassment and violence; and an increased demand for child pornography....

Positive Alternatives

Because media is an important source of sexualising images, there is an urgent need to teach critical skills in viewing media, focusing on the sexualisation of women and girls.

Parents and other caregivers need to learn about the impact of sexualisation on girls and practice co-viewing media with their children in order to influence the way media messages are interpreted. Organized religious and other ethical instruction can offer girls important practical and psychological alternatives to the values conveyed by popular culture....

These are disturbing trends of our contemporary society. This is a damning portrait of un-health largely foisted on us by a media-driven popular culture; a culture that, at its heart, is superficial and trivial, sacrificing individuality and creativity for the latest celebrity, the latest thing that’s “in.” So thoroughly does popular culture influence our society, that its values are widely taken for granted and the negative consequences ignored.

The aspects of popular culture that sexualises and objectifies girls does them pervasive harm. Both males and females are harmed and each plays a role in maintaining the destructive potential of popular culture by being caught up in the same warped views of what it means to be female and male.

Historically, naturism has always been a protest against the damaging beliefs of the culture, whether that of Victorian prudish repression, or the current objectifying sexualisation of females. Naturism says people are whole beings. All bodies carry with them the dignity of the person. Nudity signifies this belief as a way of saying this is who we are as human beings – bodies through which our intelligence, gender, and personality is most appropriately shown, unashamed. It is the naturist’s assumption that the social milieu of mutual nudity itself can be an instrument of correction and healing in the lives of participants and a beacon pointing to health for society. [Ed.]

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