

Bare Facts

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38° 58' 7" North; 95° 47' 56" West

Annual Meeting Report

Members of the Lake Edun Foundation held their Annual Meeting the evening of October 26, 2013 at TruckHenge. The meeting was called to order by Carl who served as Chair. He declared a quorum was present.

Minutes from our prior Annual Meeting held October 27, 2012 and printed in the November, 2012 issue of Bare Facts were approved.

The treasurer distributed financial statements and a discussion followed. Upon a motion made and seconded, the treasurer's report was approved.

Next Carl reviewed activities for the prior year and planned projects for the Winter Warriors. Some of the year's activities were well received and will be scheduled again next year. Others that were not, will be replaced with alternative events.

We need to increase involvement of the Winter Warriors this year. Primary project will be to clear trees from the dam, continue our on-going project to control Cedar trees on the West side of the lake, begin work on some new trails, and extend the North Road. Anyone interested in serving with the Winter Warriors was encouraged to sign up.

Finally, we held elections for membership on our Board of Directors. The following LEF members were nominated and elected to serve for the next year: Carl, Chance, Craig, Mike, Rod/Jennie, and Webb.

Then we had a general discussion on ways to improve our service to members, extend our educational effectiveness and reach more people. At the conclusion, the meeting was adjourned.

Minutes of the Annual Meeting or a copy of the treasurer's report are available to any member upon request.

Last Chance ... Take The Survey

If you have not already done so, we urge you to register your opinions on our annual survey. We will be closing it soon

Long time supporters will recall that for the past five years we have conducted a survey of our members and supporters. It is a critical part of our planning process and the Board relies on information our supporters provide when making plans for next.

This year's survey is designed so feedback from all our supporters, even those who have never visited our special place, is helpful. Many of the suggestions made in prior years have been exceedingly helpful to the planning process and have resulted in permanent improvements to our program.

We hope everyone will take the 20-30 minutes needed to complete the survey. Emails from Grace have a link. Or, you can find it [here](#).

Your input really is important!

Support Your Favorite Charity

We all have favorite charities we support. We do so for a variety of reasons. Church, relief organizations, arts, youth groups. There is a long list of worthwhile causes that improve our communities and the people in them.

Unfortunately, some view LEF as a recreational facility which it is not. We are first and foremost an educational foundation. It is important we embrace this mission. As we once again promote this ideal, we hope our supporters will endorse our mission and show their support with their contributions.

Your generous, tax-deductible gift to the Lake Edun Foundation helps us promote our message of body acceptance which all of us embrace and has benefitted many.

The Astronomy Buff - November, 2013

There are several exciting astronomical events coming this month. Fall has great clear skies interspersed with rain and gloom. Here's hoping you find a chance to view these events.

There are two meteor showers this month. The Taurids run from September to December, with a peak around November 4. The show from Leo constellation peaks on November 16. It can have hundreds of meteors an hour. A full moon may obscure some, but with patience there should be plenty to see.

The big event this month is the peaking of Comet ISON. It is closest to the sun November 28. If it survives this close encounter, many predicting it will be bright enough to see during daytime. It is best seen now in the early morning, and after swinging around the sun will be seen in early evening.

November's full moon on the 17th has special significance in folk lore. It was known by early Native American tribes as the Full Beaver Moon because this is the time of year to set beaver traps before swamps and rivers freeze. It has also been known as the Frosty Moon and the Hunter's Moon.

Fall and winter are favorite times for many amateur astronomers like me. This is when the constellations Pegasus, Taurus and especially Orion are in full glory. The cluster Pleiades is also a beautiful sight and can be enjoyed with just binoculars. Happy viewing this month, and please join us for nighttime Saunas when you may find yourself looking at the stars.

DON'T FORGET

Nov 1; Fri; 8-10; Sauna
Nov 9; Sat; 8-10; Sauna
Nov 10; Sun; 4-6; Board of Directors
Nov 14; Thurs; 7-9; Sauna
Nov 17; Sun; 7-9; Sauna
Nov 30; Sat; 8-10; Sauna
Dec 1; Sun; 7-9; Sauna
Dec 8; Sun; 4-6; Board of Directors
Dec 10; Tues; 7-9; Sauna
Dec 19; Thurs; 7-9; Sauna
Dec 28; Sat; 8-10; Sauna

Vitamin D Deficiency

Vitamin D deficiency is far more of a problem than anyone realized. Regular readers will recall Vitamin D is manufactured in the skin when exposed to sunlight. In the northern latitudes most people are unable to get sufficient sun exposure during the many months of winter for our bodies to produce the required vitamin D. The result: many people suffer from diseases that are easily preventable by taking a vitamin D3 supplement.

Medical researchers continue finding unexpected ways the body uses vitamin D. Some of the health benefits of sun exposure and the resulting vitamin D formation have been presented in these pages of Bare Facts. Now new medical research indicates vitamin D deficiency contributes to seasonal mood disturbances.

The April 2013 issue of *Current Psychiatry*, (Vol. 12, No. 4) presents research indicating that more than 50% of psychiatric inpatients have vitamin D deficiency. In response, several randomized controlled trials have demonstrated that vitamin D supplementation can benefit depression symptoms.

Risk factors for deficiency include insufficient sunlight exposure, obesity, gastrointestinal disorders, aging, renal disorders, and medications. Use of sunscreen has not been confirmed as a risk factor.

Vitamin D's role in psychiatric illness is complex and all the details can't be presented here. However, a number of regions in the brain have vitamin D receptors. These regions produce important enzymes essential for metabolism. Vitamin D regulates expression of enzymes essential to the biosynthesis of dopamine, norepinephrine, and epinephrine, all crucial neurotransmitters that have direct impact on mood. It also promotes neuronal survival by inhibiting oxidative pathways in the brain.

Epidemiological studies have linked low vitamin D levels to schizophrenia and other psychotic disorders. Low vitamin D concentrations have been associated with impairments in cognitive functions such as memory and orientation, executive function impairments, and Alzheimer's.

Seasonal variation in vitamin D levels suggest supplementation may help patients who have seasonal mood disturbances. These studies only involved small numbers of people. However, findings were inconsistent. Still, vitamin D supplementation may help some patients who have seasonal mood disturbances.

The Endocrine Society developed guidelines for supplementation to prevent deficiency. They suggest those under age 70 take 400 IU/d and those over age 70 to take 800 IU/d with an upper limit of 4,000 IU/d.

This highly simplified discussion of the role of Vitamin D in the body gives an indication of both the complexity and the crucial role this vitamin plays in our wellbeing. Obviously, full body exposure to the sun in reasonable amounts is the easiest, quickest, and most pleasurable way to get our vitamin D. In the winter, just add a quality vitamin D3 supplement. Here's to good sunning! [Ed.]

Why Is LEF An Educational Foundation?

Some wonder why we take our educational mission so seriously. The Lake Edun Foundation is, after all, first and foremost, an educational foundation. Our mission is to educate residents of Kansas and Western Missouri about the beneficial impact living a clothing-free lifestyle can have on the individual, the family, and our society.

The following story from Alabama is tragic. We hope it never happens in Kansas. LEF works hard to insure it doesn't. 'Stunning' describes the horror resulting from the combination of a highly punitive and overly zealous school administration and legal authorities' desire to exact the harshest possible punishment for a youthful prank that harmed no one.

The dastardly crime a 15 year old student committed was to streak a football game. Yeah, that set back civilization forty years and no doubt made pregnant women miscarry and small children go blind. The heavy handed school threats of grave consequences should qualify as officially sanctioned bullying.

I lived through the heyday of streaking in the 70's and saw a high school graduation streaked by four masked boys. After laughter and applause, the graduation proceeded to its usual boring conclusion. Apparently now days it can get you, not only expelled from school, but on a sex offenders registry that will follow you for life. It's those "naughty bits" you know.

And so it goes. The naked body is degraded by the guardians of morality, and sadly a young man would rather die than go through the public humiliation they intended to administer. Lacking was judiciousness and any regard for the welfare of the offending student. He was to be cut off, expelled from society; unworthy to reside among the righteous.

Tellingly, this story comes from an English newspaper. We wonder what they think is happening in the 'colonies'. [Ed.]

A popular 15-year-old student committed suicide after he reportedly faced expulsion and could have been placed on the sex offenders' register simply for streaking at a high school football game.

Christian Adamek, from Huntsville, Alabama, hanged himself on October 2, a week after he was arrested for running naked across the Sparkman High football field during a game.

The Sparkman High Principal told television news the day before the suicide attempt that the teen could face major repercussions because of his actions. "The incident was not just a prank and needed to be treated seriously."

He added that Sparkman High administrators even recommended that Adamek face a hearing in the Madison County court system to determine if formal charges would be filed.

In Alabama, indecent exposure is linked to the state's sex offender laws, meaning that he could have found himself on the sex offenders register due to the streaking.

The principal declined comment on Adamek's death, but the school district issued a statement saying it had 'received word that a Sparkman High School student has passed away'.

The entire, unbelievable story can be found [here](#).

The Dangerousness Of Nudity

You didn't know? It's true, nudity kills, or rather can get you killed. This is the second news story this month in which nudity was directly linked to a tragic loss of life. This is unhinged, deranged! Why are we such an idiotic people when it comes to nudity?

If the young man had been wearing running shorts, no one would have paid attention. Somehow, the sight of genitals evokes consternation, suspicion, disgust, and hostility. Such is the systemic abhorrence of nudity that a hostile confrontation led to a man's death.

Had the driver been a Samaritan or even made a reasonable inquiry there may have been a much different outcome. [Ed.]

Cherry, a 22-year-old man running naked down the street in Florida has been shot dead by a passing driver following a bizarre altercation, according to police.

The alleged gunman was driving down Hollywood Boulevard when police say he spotted Cherry running home in the buff and doubled back to check up on him. The victim and motorist got into a quarrel that turned physical and ended with the motorist allegedly pulling a gun and shooting the victim once in the stomach.

The motorist has not been charged in connection to the shooting, and police would not say what exactly transpired between him and the victim.

According to the bereaved mother, it all started when her son and his co-worker got into an argument and came to blows. After being punched in the face, the friend ran off with his companion's clothes, cell phone, wallet and skateboard, leaving the victim stranded naked on the beach.

Left without clothes, a ride or a cab fare, the victim apparently decided to get home to Pembroke Pines on foot and set off running west on Hollywood Boulevard.

The victim leaves behind his 3-year-old daughter.

The link to this tragic story is [here](#).

Christian And Body Positive

Every now and then there is a bright spot of common sense. The author of this excerpted piece from a leading evangelical magazine is a case in point. This is not to say this is a lone example of common sense coming from a conservative Christian – far from it.

Over the years a number of examples have been presented in these pages of Christians being involved in naturism or being body positive. We just tend to hear more about negative attitudes and actions by Christians in the news. It's easy to form a stereotyped impression, when in fact there is wide diversity in a tradition with about two billion adherents.

In this case, a Christian mom gives a very sensible body positive message to her readers. She doesn't think children seeing a breastfeeding woman on TV is at all negative. She applauds it! In fact, she believes it is a corrective to the many objectifying images seen on TV.

The writer isn't a naturist, at least I doubt that she is, but her perspective is right on with what naturism teaches. Regardless of our differences, as human beings let's look for common ground and uphold what is good. [Ed.]

My youngest son pointed at the TV. "That baby's 'doing the doo,'" he said, invoking the phrase he used for breastfeeding in his toddler years.

When I looked up at the TV, sure enough, there was a breastfeeding mama with her baby "doing the doo," in a commercial for Luvs diapers right there on the TV, right in between episodes of SpongeBob on a Tuesday morning.

I turned around to see if my other kids had noticed. They just shrugged, like it wasn't some huge deal to see a woman's nearly bare breast, nursing away during a diaper commercial. To them, it was not noteworthy. Perhaps they've seen enough nursing mamas in their real life to make seeing it on TV no big deal.

But it *was* a big deal. Though the commercial wasn't even new (it debuted last year), its in-your-face, I'm-nursing-in-public-so-deal-with-it boobage (which I support) isn't something normally seen during morning cartoons.

I realize not everyone will agree with my excitement about this. Certainly not all parents would rejoice in their kids seeing a strange woman's breast on TV. But considering the other body messages our kids are getting on TV – on *morning* TV – I think we'd all do wise to celebrate this.

We know what our kids see on TV and online and anywhere *marks* them. These images that flash across our screens and the sounds that shoot from speakers seep in and shape our kids, their ideas of what is normal and acceptable, as well as their behavior.

As a mother, naturally, this concerns me. But here's the thing: I'm concerned beyond merely the sexual *aging* and even behavior of my kids. I'm concerned with the very ideas about the body that they're growing up with and about the skewed ideas "the media" often communicates about what the body is for.

I'm concerned that in this sex-saturated and sex-glorifying society my kids are being reshaped – warped – by this idea that attracting others and being "sexy" is the best thing our bodies can offer and that they won't understand the full amazingness of our bodies.

Since TV – and outside media – is and will be a part of my family's life, I want to celebrate instances when it provides these fuller images of the amazing bodies God gave us when it uses its power over our minds for the *good*.

Like when we see a woman breastfeeding on a commercial or friends hugging in a hallway, and we understand that bodies are meant to bond and nourish.

Read more about it [here](#).

"Humanity at present is illegal. Your human body is not allowed. It is suppressed because you are illegal - stop the oppression and legalize yourself. In reality, being human is not a crime." **The Freedom to be Yourself campaign**

Naturism And Spirituality

The following is re-printed with permission from the author, Ed Raby, Sr. Worthy of note is that he is a pastor, theologian, and philosopher, to name a few of his interests. I might add that he is thoughtful, insightful, isn't hostile to naturism and is a prolific writer.

While written from a Christian perspective, the elements of spirituality he suggests are contained in naturism could easily have been written by a naturist. This essay is one of a series that are an in depth analysis of the role of nudity in spiritual growth. If you like what you read, check out his website. [Ed.]

Well, time to get as close to the edge as I can without hopefully falling over. You cannot know precisely how people will react however, so I offer this disclaimer. I am not a nudist and I don't go around being naked in front of people other than my wife. I have never been to a nudist colony or resort. I suppose this does not make me very qualified to post something like this series, but this is causing part of my mind to explode with ideas and I have to get them on digital paper. In theology pub terms, I have to get this out of the barrels before it explodes and makes a mess in the wine cellar.

Nudism has many forms and I do not think that nudism is for everyone or appropriate in all situations. However, the purpose of this post is a positive one as I am examining the benefit of nudity's influence on activities that promote spiritual growth. The question is: Does physical nudity enhance or improve spiritual reception in spiritual activities such as prayer, meditation, study, worship, etc.

For the reader, it would be helpful to review and go back to some of my older posts and series. If you have not read them I encourage you do so as they provide some of the backdrop for this series as well as some of my assumptions. To date the following series and posts have been written on this topic:

1. *Series 9 – The Bible and Nakedness remains* one of my most complete examinations of the Bible and the issue of nakedness. My conclusion that nakedness is more of a spiritual state than physical one and that the Bible has no clear indication that nakedness, in and of itself, is sinful still draws a lot of attention. Not much has changed as I look back this series as far as my viewpoint.

2. Originally I got started with this topic in *Series 2 – Nudity, Modesty and Culture* where I was first examining this issue. My initial conclusions were mostly focused on what modesty really is. It was actually my conclusion that modesty was actually more focused on the spiritual side of a woman and had really nothing to do with actual dress is what got me asking the simple question: "If modesty is basically spiritual, then is it possible that nakedness is basically spiritual as well?"

3. In my initial post of *Sexuality, the Church and America* was this post: *Sexuality, the Church and America – Part 1 – Public Nudity* that examined more of what was happening in America as regards the issue and how I thought things would pan out on the topic.

In large part, because of the nature of this topic and openness of the blogger sphere, several nudist bloggers have discovered me and followed my site. I want everyone to understand that I am OK with this and being polite, I have followed all of them back. Whenever they or I post, we get each other's stuff. Yes, they include pictures and video. I am not upset with this because I am actually glad to have people around that are taking the issue of human nudity seriously from a non-sexual point of view. I feel very much that nudism and being a nudist falls under Paul's advice on matters of conscience found in 1st Corinthians chapter 8 where he deals with the issue of Christian liberty and one's responsibility in not making a brother stumble because you are at liberty to do certain things but their conscience would be bothered by it. If you can practice nudism without violating the conscience of others and yourself, I don't think it is inherently evil or sinful. One has to exercise caution and use wise discretion. It may well be that being physically naked is no different than being fully clothed from a spiritual point of view, but that does not mean everyone can accept this and there are some people where this would be truly dangerous.

For example, allowing a former pedophile around naked children at a family nudist resort would be bad business from everyone's point of view and I think even the most ardent nudist activist would recognize this. Nudists are not stupid and when it comes to nudism and human relationships regarding nudism they actually have a lot more wisdom regarding this and other related issues than people who wear clothes all the time. I have actually read many nudists who acknowledge these issues and they are very much cautious about them. A good chunk of them are also aware that the naked body can be sexually arousing to the opposite sex and so they are not living in some fantasy world where nakedness has no effect on human sexuality at all. They are simply more conscious that a lot of this is a matter of perception. (See why nudists like my pub?)

All this I am saying to get to a topic that I am now examining which are the spiritual benefits of nudity and how it can be used to build our relationship with God. Not everyone can benefit from this and not everyone should or can practice this. Much greatly depends on what your relationship with God is based. Nudity has some positive spiritual aspects, if a person is willing to both acknowledge them and accept them:

1. **Vulnerability** – While it could be argued that vulnerability is a weakness and at times it is, there is a positive side to it. In the Garden of Eden we see this in Adam and Eve as they are completely vulnerable to God's presence, each other and the world around them. Because of this, they have to develop interdependency with each other and God. In all person to person relationships, vulnerability is the key to opening up intimacy and ultimately love. To love someone, you must make yourself vulnerable to them and take risks that they will take advantage of this vulnerability, but when vulnerability is rewarded with returned vulnerability from the other person, intimacy and love grows.

2. Openness – It is really hard to be closed to people when we are naked. In the case of God, it is not so much taking things off to be naked before him but acknowledging we are already naked before God and everything is already open. Sin likes to conceal and cover truth. Righteousness seeks to reveal truth. Reading testimonies of practicing nudists, particularly people who are sharing their first time is interesting on this spiritual aspect of nudity. Even naked, they try to cover themselves and present themselves in ways where their perceived ‘bad features’ are less noticeable. In the end they give this up and just allow themselves to be themselves. This is a trait more Christians should have when they approach God or other relationships. It is amazing how many times I hear Christians pray to God and I can know they are hiding something from God or leaving out something that is uncomfortable to them. The Psalmist’s cry of “Search me, O God!” and all its implications is missed when we do this. God already knows what your sin is, the issue really is are you going to give up attempting to hide it from him and just be yourself, sin and all, instead of putting on your own version of ‘fig leaves’ over your naked spirit.

3. Intimacy – Clothing prevents intimacy and in our world this is often by design. I am not going to say this is bad in certain contexts. Clothing is a barrier that is used to prevent people from knowing things about you. Intimacy ultimately results from people discarding barriers and defenses. In personal relationship, you don’t necessarily have to shed your physical clothes to be close to someone but you do have to let your guards down and let people know things about yourself that are sometimes uncomfortable and awkward. In a real way, intimacy is achieved when you allow others to see that you, too, are human and you also allow them to show their humanness to you without judging them in return. In marriage, this is especially seen in the act of love and there is something about the expression “Adam KNEW his wife” that is particularly telling in more than a physical sense.

4. Genuineness – Hard to be false and deceptive about anything when you’re naked. Everybody sees the truth about what you are. This is particularly true with yourself. I wrote a post about how to stay motivated in fitness – *The Naked Truth: The Secret to Staying Motivated in Bodybuilding and Fitness*. In it, I point out that real motivation for fitness comes when you face the real truth about your body by standing in front of a mirror naked until you get motivated in some way to change. The question I now pose is: would the same thing work spiritually if we change the mirror to the spiritual mirror of God? I think so, like physical health, spiritual health can be seen if we have the right mirror and if we stand naked in front of that mirror, it is going to be very hard to lie to ourselves about what we really are.

5. Wholeness – It is very difficult to see yourself compartmentalized when you are naked. You actually see everything you really are. Clothing is used to define ourselves but in very limited senses. We dress in work clothes to define our work. We dress in athletic clothes to go work out or casual clothes to relax. We dress in sexy clothes to be romantic and make love or formal clothes to impress people whom we are with. In a very real way clothing is used to compartmentalize our life. When you are naked all that is gone. The reality of ALL

you truly are is there: body, soul and spirit in one package and there is no compartmentalization at all. We simply and truly are what we are.

6. Equality - It is very difficult to see yourself as better or worse than someone when you’re naked. Want to make everyone socially, economically and culturally equal? Take off their clothes. The housewife, business woman, prostitute and debutant suddenly just become women when you strip them of clothes, make up and jewelry and make them stand in a lineup. Without clothes, they are defined by their bodies, personality and actions; and none of that necessarily reveals economic, social or cultural status. Nakedness forces us to realize we all came into this world naked and we all will leave it naked. That is the great equalizer.

The rest of this series is about the relationship between physical nakedness, spiritual nakedness and spiritual practices. I am going to cover meditation, prayer, worship, and study in detail with some references to other spiritual practices. I may have a post on communal spiritual practices, although I feel very unqualified to talk about that, but it may generate some interesting discussion. First however, I want to show everyone how all of us are already in some way practicing spiritual nudism and we are not even aware of it most of the time.

For more, go [here](#).

The Health Of German Naturism

Time passes and with this passage, things change. While the home of modern naturism, German naturists never were the majority. Still, they historically commanded the involvement of a significant minority of the population who stoutly promoted their philosophy.

So successful were they that national and local governments backed the practice of naturism as beneficial to the health of the nation. Only the rise of Nazism in the mid 1930's cast a pall on the growth of the movement when the historical grounds for naturism’s origins were swept aside by the delusions of Hitler’s Germany.

However, the dynamism of the “Nudist idea” swept around the world to varying degrees of success. As it true with any movement, it has to continually recreate itself in ways relevant to each succeeding generation. This remains true whether in Germany or The United States.

It is with this in mind that the following assessment of naturism in Germany today is presented. Admittedly, this article is short on analysis, mainly just describing the facts on the ground. Despite this limitation, the comparative state of naturism in Germany is worth knowing. [Ed.]

Other countries set aside remote spots for naturists to indulge in their love of stripping bare. In Germany however, beaches along the Baltic coast tend to let them hang out alongside those who prefer to cover up with bermudas or bikinis.

Despite some decline, naturism is still a widespread practice for Germans. Around 1 in 10 take a naked vacation at least once a year, according to Kurt Fischer, president of German Association for Free Body Culture.

Prior to the fall of East Germany, naturism was tolerated by the Communist authorities. Stripping off became a way for East Germans to commune with nature and break with the regime's conformity. Even today, naturism is more widespread in eastern resorts like Glowe, on the holiday island of Ruegen.

In the years after Germany's reunification, some eastern Germans blamed priggish westerners for imposing restrictions on areas where previously nudism was allowed along the Baltic coast.

While less widely practiced in western Germany, attitudes toward public nudity are more relaxed than in most countries. Polls show Germans as a nation bare all on vacation more than any other Europeans.

In relatively conservative Munich, naked sunbathers appear in parts of the city's famed Englischer Garten Park on summer days. Munich is not unique in this as witness the Tiergarten in downtown Berlin, and green areas of other cities.

German norms for nudity are maintained even for foreign visitors who are often surprised to discover that saunas in German hotels are co-ed and naked. Wearing trunks or swimsuits is considered unhygienic and prudish foreigners may be asked to take them off.

Germany's love of going au naturale dates back to the days of the Kaisers. In the late 19th century, when most of Europe

was still shocked by the glimpse of an ankle, a back-to-nature movement growing up in Germany promoted the health benefits of running through forests and plunging into chilly lakes with nothing on.

The first nudist camp opened near Hamburg in 1903. The concept took hold and a flourishing naturist culture developed through the 1930's. The Nazis had an ambiguous approach, at times banning it as decadent, at others tolerating it as a celebration of the Aryan body. After the war, nudism again took off, especially in eastern Germany.

The Free Body Culture association only has around 45,000 members. This is surprising as an estimated 12 million Germans get naked in public at least once a year.

Despite this, German attitudes may be changing. The younger generation appears less enthusiastic about baring all on the beach. Fischer says FKK membership is declining by about 2 percent a year.

Factors suggested as contributing to this are Germany's declining birth rate, a growing immigrant population, frequently from Islamic countries, which are generally less keen on nudism, and finally, the growth of materialism is blamed. "Society has changed. People are now defined by their appearance and the concept that 'naked we are all equal' is hardly winning out."

The link to this story is [here](#).

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