

Bare Facts

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38° 58' 7" North; 95° 47' 56" West

Buff Astronomer – October, 2015

I hope quite a few of you were able to stay up long enough for the Lunar Eclipse this last Sunday. One minute our larger than usual moon is full and bright and then a shadow creeps across from left to right until the whole moon is blood red. My son, in Europe, was able to get great photos of the first part through the blood red phase. My photos started with red phase and went through much of the final stages.

October is a month of sky viewing with some treats for us to see. There are things for evening people and sights for the morning person.

Saturn is in the Southwest part of the sky as evening falls, pairing with Antares in Scorpius. If you look closely you can see a double star getting closer and closer until they are less than one degree apart on the 24th. This double is called Beta Scorpil. The moon plays tag with Saturn, lying 8 degrees to the right on the 15th and 6 degrees to the left the next evening. On the first of October, Saturn is 15 degrees above the horizon at sunset. By Halloween it drops to 5 degrees from the horizon and can be obscured by trees or buildings. Have a good time with our ringed partner before she slips away for a while.

For those who prefer getting up early for a morning show, Venus, Mars, and Jupiter are a trio that packs a wallop in October. Venus rises around 3:30 am October 1, followed by Mars half an hour later with Jupiter showing up late at 4:30. The planets then proceed to get closer and closer each morning until, on the 28th they are in a tight triangle one hour before sunrise. On that day Mars and Jupiter are less than 5 degrees apart, with Venus hanging on between them. Eventually Mercury joins the threesome and is at greatest angle from the sun (that is easiest to see) on the 25th.

The Orionid meteor shower will peak on the night of October 21/22. When the Moon finally sets at 1:30, there will be four hours for those with a dark sky to see falling remnants from Halley's Comet. Speaking of comets, one labeled 67P (with a double Russian name I won't try to get right) will come through the constellation Leo from the 9th through about the 24th. However it will probably require a larger telescope than I have to see it clearly.

Another object we seldom look for is the second largest asteroid, Vesta, which will transit the constellation Cetus the Whale for the entire month. Maybe one of the local big time star gazers will offer to show us this find.

October starts out fun and gives us a big time in mid to late month, if you have the stamina to watch both evening and morning with your Buff Astronomer.

Furthermore, because God created it, "The human body can remain nude and uncovered and preserve its splendor and its beauty." – Pope John Paul II

Notes From LEF Board

Lake Edun Foundation Board members elected at the annual meeting September 12, 2015 held their organizational meeting to choose officers on September 27th. The LEF Board choose the following officers by unanimous vote:

President - Ralph Earles; Vice President - Janet; Recording Secretary - Bradley Strathman; Secretary/Treasurer - Brad West - Site Manager - David Mowry; Bare Facts Editor - Michael Curry; Activities, Calendar & Marketing, Andy.

It is an honor to serve as your President for the next year – an honor I hope will be rewarded by a renewed commitment from all LEF members to participate fully in the work and fun events that make Lake Edun a vibrant advocate for the joys of naturist living in a beautiful agricultural setting. The new officers will be forming a number of committees to assist in their work. Show your appreciation and your gratefulness to our founder, Webb Garlinghouse, by enthusiastically joining with the Board to make things happen around Lake Edun as Webb has done for so many years.

The wonderful naturist community that constitutes Lake Edun means so much to me, personally. It is more than social recreation; it is energizing. It invigorates my whole life to know I have such wonderful, sharing like-minded friends to return to time and again at Lake Edun.

Look to this column next month for more on some of the goals the LEF Board is setting for the next year. See you at a sauna or "work day" soon (it's not really work when you are having a good time with friends).

In This Issue

- Minutes and information about our Annual Meeting
- More information on Vitamin D
- A historic look at Naturism
- A 16-year old sneaks into a nudist camp?
- Body Shaming
- And much more

DON'T FORGET

Oct 2, Fri; 8-10; Sauna
Oct 8; Thur; 7-9; Sauna
Oct 11; Sun; 2-4; Board of Directors
Oct 14; Wed; 7-9; Sauna
Oct 20; Tues; 12-4; Fall Work Day
Oct 20; Tues; 7-9; Sauna
Oct 24; Sat; 8-10; Sauna
Oct 30; Fri; 8-10; Sauna
Oct 31; Sat; 12-4; Fall Work Day
Nov 5; Thurs; 7-9; Sauna
Nov 15; Sun; 2-4; Board Meeting
Nov 15; Sun; 4-7; Bon Fire and Naked Dancing
Nov 15; Sun; 5-7; Sauna
Nov 28; Sat; 8-10; Sauna

Minutes Of The Annual Meeting Of The Lake Edun Foundation, Sept 12, 2015

The 2015 Annual Meeting of the Lake Edun Foundation was called to order at 6:30pm by Brad West, who served as moderator in the absence of our president Chris, who was unable to attend. A total of 20 people including 16 members were in attendance, which constituted a quorum.

Minutes of the prior Annual Meeting held November 1, 2014 were approved as printed in the November, 2014 issue of Bare Facts.

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

Ralph reviewed some of the highlights and activities for the past year.

Outreach activities included: Regular publication of our excellent newsletter, Bare Facts by Michael and Webb. Brad organized LEF participation in the UMKC Community Holistic Health Fair. We were present at the Topeka Community Foundation day of giving called Topeka Gives. Thanks to all the volunteers who helped man our booth. And, Brad organized a very successful, off-site Spring Meet and Greet for members and guests.

Activities at Lake Edun for members and guests included: Four informative presentations by our Buff Astronomer, Carl; Five well received introductions to Nude Yoga led by Bradley; Our always popular Photography Seminar presented by Tom; Four evenings of Movies and Wine Tasting led by Chris; and our wildly successful new event, Jammin' and Jammin' inspired and led by Andy and Ralph. Thanks were extended to all of the volunteers who help us succeed with our projects.

Everyone expressed their appreciation to our caretaker, Dave Mowry, for his excellent job. Among the improvements he made included: New trails and trail improvements, cedar removal, extension and maintenance of the North Road, new signage (thanks also to Jeff and Chris), installation of several new benches, and a meditation area on the west side of the Lake inspired by Jim.

We welcomed several guests from the Heartland Naturists, a Kansas City area organization. All present agreed on the need to continue to recruit new members and work to improve our relationships with other naturist groups.

Discussion followed among our enthusiastic members. It is obvious that all of our members and guests are clearly presenting a positive attitude for the future of Lake Edun and the Lake Edun Foundation.

Special notice was made of our founder and the mainstay of the Lake Edun Foundation for his many years of service. Webb Garlinghouse has notified the Board that he is stepping down from the Board and other Foundation responsibilities, to maintain only the responsibility of our friendly landlord. It will require many committed Lake Edun members to assume the duties that he has fulfilled.

With this thought in mind, the meeting progressed to election of new Board Members. Michael Curry, Dave Mowry, Ralph Earles, Jeff Jensen, Brad West, Janet, Bradley Strathman, and Andy accepted their nominations to the Board, with Pancho and Leigh agreeing to sit in on a provisional status, citing current time restraints. On a motion duly made and approved, all were confirmed by the membership, bringing our new Board to a total of 10 members.

There followed a general discussion of activities members would like to see in the next year. The was general agreement activities for 2015 were interesting, well-balanced and well planned.

Board members are anxious to hear from all members. After all, LEF is here to support our membership in all they would like to do. If there is something of particular interest to you, please write or email us.

There being no further business to discuss, the Annual Meeting was adjourned.

Following the meeting, conversations and songs continued into the evening as the embers from our bonfire subsided.

Health and happiness to all, and Long live Lake Edun!

Respectfully submitted, Brad West, Secretary

A Great Pot Luck And Annual Meeting

What a great time was had by all. Those who didn't come to our annual meeting really missed out on a terrific afternoon.

After a delightful day around the lake the festivities began with a feast. The main course was provided by Lake Edun Foundation with everyone bringing a side dish. However, the hit of the day was the four kegs of home brewed beer provided by our very own brewmasters, Poncho and Leah. Eventually, Andy's homemade ice-cream over brownies capped off even the most famished appetite.

Just giving you fair notice: those who didn't come this year should plan ahead to join us next year.

We then moved on to the business part of the evening – selecting board members, reviewing activities for the past year and looking ahead. Many past board members agreed to serve another year and an impressive number of new faces agreed to serve on our board. To all these new folks, a heartfelt thanks. See the minutes of the annual meeting which appear in this issue of Bare Facts.

The most tense was selecting the editor for Bare Facts. The previously subdued crowd was jolted to life and a subtle tension filled the air. The atmosphere was electric.

Serious campaigning and debate ensued. Emotions ran high. Smoke filled back room deals were made. There was some doubt a resolution could be reached before a complete governing shutdown. We had no idea this issue would arouse such strong passions.

In the end, cooler heads prevailed and your humble editor was selected for another year. Thank you for your support.

D-Lightful Vitamin D

I cannot over commend this fascinating scientific lecture by Dr. Michal Holick, a renowned researcher into the health benefits of vitamin D. It is well worth your time.

Should you take my recommendation and go to the website listed below you will be shocked to learn the lecture lasts an hour and fourteen minutes. No doubt your first thought will be, “No way! I don’t have an hour to waste on something I already know.” Well – you will be totally wrong.

Dr. Holick is a brilliant speaker. His presentation is fast paced and lively with a huge number of visual illustrations. You won’t believe how quickly the time passes. Plus, you will learn dozens of things about vitamin D and its vital role in maintaining health.

For instance, do you know that due to the low angle of the sun in winter, no one north of Atlanta, GA can make vitamin D from sunlight? It’s true. You can get sunburn from the UVA, but the atmosphere absorbs the critical UVB rays needed for vitamin D production. Without supplements, all of us will be vitamin D deficient during the winter months.

This deficiency can prove to be fatal for some as sufficient vitamin D protects us from numerous diseases. Dr. Holick suggests adults take a daily vitamin D supplement of 3000 IU a day. If obese take 2-3x more.

These and many other important facts about and benefits of vitamin D, including for mental health are found in his lecture. It is entertaining and a must see presentation. [Ed.]

<https://www.youtube.com/watch?v=hiGBVDcbFVvk>

Historic Naturism

Larry Darter, for a number of years has written a newspaper column that explains and educates readers about naturism. He is very knowledgeable and ably presents the case for naturism. His work has been referenced in past issues of Bare Facts and Larry has given permission to re-print some of his material.

His May 31st column was devoted to presenting a brief history of naturism origins in Germany and subsequently in the US. You are invited to use the link below to access the column in its entirety.

Two paragraphs from the column deserve further comment and are quoted below:

“From its historical beginning in Germany more than a century ago and the American genesis of nudism in 1929, nudism has always been characterized by the practice of wholesome, non-sexual, social nudity. Nudists neither deny their own sexuality nor minimize the importance of sex to the human experience; they simply choose to draw a distinction between sexual behavior and mere nudity. Consequently there has always been a no tolerance policy when it comes to overt sexual behavior in a social nudity environment. Public sex is no more welcome in a nudist club environment or on a clothing-optional beach than anywhere else in mainstream society.”

“Those who wish to advocate for a more open and sexually liberated society have every right to do so, but will find their views unpopular among most traditional nudists. As the early history of the free beach movement aptly illustrates, sexual liberation is not a cause that can be advanced while standing on the nudist soapbox. To do so threatens the very existence of nudism because it plays right into the hands of anti-nudist opponents. Those who identify as nudists and who insist on attempting to be activists for sexual liberation and things like sex positivity while appealing to their nudist credentials are at the same time advocating for the demise of organized nudism and the shuttering of the few remaining free beaches in this country even if they lack the intellectual acumen to grasp it.”

I believe the reason Larry chose to address at length the issue of non-sexual social nudity is that the social climate of today is much like that faced by the founders of naturism in 1905. Despite the drastic changes in fashion and acceptance of bare skin in public today that differs radically from the world of 1905, legal barriers to naturism are still constantly a threat to our freedom to practice social nudity even in sanctuaries like Lake Edun.

The alarm in Topeka earlier this year in response to a man walking nude in public led to efforts to make new laws to penalize anyone seen naked in public. Regardless of what naturists think about nudity, the general public is fearful and quick to turn to government regulation to enforce their moral views just as was done in Germany in 1905.

Naturism’s founder, Richard Ungewitter was arrested and had to spend much of what he was paid in royalties to defend his book, Nakedness in court. Fortunately, he eventually won his case.

Then as now, the assumption that nudity and sexual behavior are inevitable continues to hinder the acceptance of naturism as legitimate. Our culture has so brainwashed people that most not only fear nudity, but rigidly believe indiscriminate sexual behavior is inevitable when mixed gender people are nude together.

More than one clothing optional beach on both the east and west coasts have been closed to nude use following allegations of sexual behavior by a few. San Onofre Beach in California, a beach I had the pleasure to visit a couple of times, and Fire Island Beach in New York are two recent casualties. Other traditional clothing optional beaches in California are currently at risk. We don’t want this to happen in Kansas.

As members of The Lake Edun Foundation, we have access to beautiful property on which we can practice our chosen lifestyle in peace. Enjoying our time there with friends and communing with nature to de-stress and restore our souls. We, as the current practitioners and guardians of historic naturism, believe this is worth protecting for ourselves and those who may desire to come here in the future. Lake Edun is an island of nudity (and sanity) in a sea of clothing (and hysteria ... and some sharks).[Ed.]

<http://www.examiner.com/article/newbies-guide-to-nudism-the-history-of-contemporary-nudism>

The Private, The Personal, The Intimate

What does it mean to be alive? I don't mean simply being biologically alive, but rather having a zest and purpose for life intellectually, socially, morally, being filled with curiosity, and open to adventure.

Unfortunately much of life is spent doing the expected, such as conforming to the desires of others whether parents, or teachers; or the manufactured needs presented by corporate advertisers, and a manipulative pop culture pressuring us to adopt the latest fad. Where in all this is there space to be our genuine, authentic self? In fact, we may even have to make a dedicated search to discover our authentic self in our society. Recognition of this dilemma isn't new. Sociologists began to notice a change in American society in the 1940's when the focus on the self-reliant individual directing his own life changed to an other-directed focus.

One author elaborates on this observation and its implications: In particular, The Lonely Crowd, by David Riesman, 1950 expressed a worry that, despite the postwar era's exuberant prosperity, the traditional American ethos of self-reliant independence was rapidly atrophying. As a result, it claimed, America was turning into a nation of anxious, over-socialized, and glad-handing personality mongers, salesmen, trimmers, empty suits, and artful dodgers. Hence the paradox captured in the title: a teeming throng whose individual members nevertheless feel themselves to be achingly alone, empty, devoid of purpose or independent meaning.

<http://archive.wilsonquarterly.com/essays/fifty-years-lonely-crowd>

Riesman's book argues that although other-directed individuals are crucial for the smooth functioning of the modern organization, the value of autonomy is compromised. The Lonely Crowd also argues society dominated by the other-directed faces profound deficiencies in leadership, individual self-knowledge, and human potential.

https://en.wikipedia.org/wiki/The_Lonely_Crowd

Perhaps we seldom articulate our circumstances with such penetrating analysis of mass society, but we know what we feel. We desire connectedness with others in genuine relationships. But, where do we start?

We may be enticed by a wide array of opportunities and alternatives to "the lonely crowd." Many will prove to be dead ends. In contrast, many have found naturism leads to a more meaningful and rewarding life.

The simple act of removing our clothing is at the same time a profound act and statement. All our lives, what has been taught to be private – our body – is made public. In this case private represents a state of shame we have been taught to associate with our naked body. What has been closed and mysterious in everyday society is made visible and open in naturist society. Body shame is discarded with our clothing and we are "embraced"/accepted for who and what we are in the body. This very personal experience allows for a new depth of intimacy with others.

As others have written, presenting ourselves nude to one another is an act of courage, trust, and faith. This gift is freely

given and received which in itself results in a depth of mutual appreciation and respect seldom encountered in daily life. This is a form of intimacy, not sexual in nature. It encourages growth of virtues, self-acceptance, and changes in attitudes within ourselves. We no longer need feel alone. [Ed.]

Here is another reflection on this:

For me an important aspect of being nude in a social setting is what I refer to as the intimacy of nudism. I don't mean sexual intimacy, nudism is not sexual, but rather a form of personal intimacy.

Being nude in the presence of another human being can be a very powerful experience. Letting go of embarrassment, and shame, and sexual thoughts, all of the things we are taught to associate with nudity. We connect with others in a more meaningful way. In our nude state we are reduced to our most basic essence. When we remove our clothing we remove our affectations of status; our costume of identity; the mask we present to the world.

When I am nude before you, it is more than just a body on display; More than just assorted parts. It is all that I am; All that the rest of the world does not get to see. All I am told I must hide; All of my flaws; All of my perfection.

It's a bond of trust, like a secret shared with a best friend. It is a beautiful moment, pure, and honest. And I am sharing this with you, as you share in turn with me.

<http://impofthesun.tumblr.com/post/30417540689/the-intimacy-of-nudism>

Dale Sneaks Into A Nudist Camp

Here is a delightful fourteen minute video set in the 1960's. It tells the story of a teenage youth's curiosity about nudism. This was young Dale Lund, age 17, the son of a pastor who had recently moved to a small town in Washington State.

Dale relates having read in the local paper about two nudist parks in the area and hatched a plan to visit one. The plan involved telling his parents he was going camping. Then after hiding his bike and gear, he hitchhiked to Fraternity Snoqualmie nudist park about 40 miles from his home.

Dale narrates his story of gate crashing and spending the day in the park remaining undetected as a trespasser. Fortunately for him it was a day with a lot of visitors. Despite his totally pale skin, no one questioned his presence.

Dale relates his adventures and awkward moments in this unfamiliar environment. Over the course of the day he describes the new things he learned about all the differences in the various bodies surrounding him. As the day wore on, he discovered the novelty of nudity faded away and found himself becoming comfortable and relaxed.

I think you will smile and enjoy Dale's unusual story. [Ed.]

Go to: <https://www.youtube.com/watch?v=kioLzxhL5A8>

"Wearing nothing is divine. Naked is a state of mind. I take things off to clear my head, to say the things I haven't said. I live inside my elements – the earth and sky are my best friends. Water is the evidence that washes me from end to end..."
– Luscious Jackson, 'Naked Eye'

Stop The Body Shaming

Yesterday, I was watching a man-on-the-street interview. People in New York City were asked at random what notable person was soon coming to town. Several didn't know. It was the pope. Such ignorance of widely announced public events from every form of media is truly astounding.

If something as visible as a visit by the pope escapes the attention of many, imagine the difficulty to cut through the barrage of clutter and get people to notice something as obscure as "body acceptance" or "naturism?" Such are the times we live in and the deadening effect of mass culture.

Yet, some things seem to sweep through society like the proverbial hot knife through butter. Take sexting for example. Who would have imagined this practice would grab the imagination of high school students through movie stars? This is especially difficult to understand given the supposed prudishness and body phobia so widely believed to characterize American culture.

Of course, what is even screwier is the ham fisted legal response from prosecuting attorneys, schools, and police when such images are found on a teen's phone. They often prosecute the offenders with charges of child porn and want to make two adolescents registered sex offenders. It's crazy!

The point of all this is that despite all the changes in society over the last one hundred years naturist philosophy is as unknown today as it was then. At the same time, our culture is not static and can become either more or less restrictive in choices for body exposure. For example, compare what is accepted today as mainstream women's swimwear with that of the early 20th century.

As naturists, we want to be both leaders and also supporters of cultural trends that fit with naturist values. Public events such as The World Naked Bike Ride, or Free the Nipple, or the many pro body positive voices we see in the media are examples of cultural voices advancing the naturist agenda of body acceptance and normalizing the naked body. We also need to protest practices in our culture that harm people socially, emotionally, and legally.

The following is from a naturist source that enunciates both a body positive message and points the finger at some in our culture who promote a body shaming agenda. [Ed.]

Learn to love your body. You only have one and everyone is beautifully unique! There is no such thing as a bad body unless you think like how media and magazines make you forced to think like them. Not one person is the same and we all have war scars that tell a story about what you went through in life.

Stop reading beauty magazines because they are photo shopped, with tons of makeup to make them look the way they do... so... in essence, they are turned from naturally beautiful to a fake.

Stop the body shame and hate. NOBODY is perfect and that makes it perfectly beautifully unique.

Go to: <http://www.naktiv.net/blog/906/stop-the-body-shaming-the-naturist-page/>

Life Unfiltered



What a beautiful picture! It is the amazing Kalalau Valley on Kauai, Hawaii. I have been at this exact location, but unfortunately not while the young lady was being photographed.

Three times I have made the rugged eleven mile hike along the Napali coast and day hiked in this primordial valley, gloriously nude. If I am so blessed, I will go there again at least one more time.

In the 1970's, I am told, many visitors to Kalalau did so sans clothing. Sadly, few are today. Recently, I was the only nude person out of fifty or sixty people all in their 20's or 30's. How sad the toxin of body shame has so engulfed our youth. How sad they cannot embrace the purity of their nude bodies.

It seems Kalalau is not simply a beautiful place of nature, but one of deep spiritual power. It seems almost sacrilege to wear clothing in this, one of nature's most majestic cathedrals.

The following brief essay is from the blog, Thoughts on Naturism: <http://thoughtsonnaturism.tumblr.com/page/4> It has many thoughtful essays about naturism worth reading.

Life Unfiltered

When we take our clothes off, we are doing more than just that, we are shedding an artificial barrier. Without clothing, bodies are free to experience the world as it should be, as it was meant to be.

Free of clothes, the body starts to regulate itself differently because it's not caught between fluctuating temperatures of what clothing traps and what exposed skin is telling our skin to adapt to.

The skin is also free of attack from trapped bacteria and chemicals that reside in clothing. There would be no bad body odor, not as many cases of colds or flu without clothing. Not if there was nothing for them to latch on to in the first place and proper hygiene was observed.

But living life without clothes is more than that. It is about freeing the mind to see the world. To experience on a personal level how we are a part of our surroundings and they are a part of us. How it should energize us and prompt us to move and be active, but also finding peace within ourselves to do what we know we must.

Sit back without clothing and feel the world unfiltered, as it naturally should be and be amazed at what it does for us.

In Defense Of Nudity

In her blog, a young woman makes the case for naturism and how it benefits her. <http://thenakedphilosopher.com/2014/02/14/nudity-are-you-afraid-of-it/> This summary touches on a number of important points. I believe Eduners will approve of her view as she makes her case for good nudity. [Ed.]

I am a nudist. I love being nude. I believe it's quite natural. I feel so free when I get an opportunity to lounge around nude in the sun, or walk around feeling the cool breeze between my thighs, making my lips feel refreshed and beautiful, that I seek to be nude periodically as I find it healing and healthy.

However, nudity for some is ranked up there with the likes of completely repulsive and unacceptable behaviors. This includes many people and governments that have outlawed nudity, creating LAWS against it. One such place is my current home, but soon to be leaving it, as in all of LA County any kind of nudity is illegal.

Even girls taking their tops off at the beach is forbidden. This is upsetting to say the least. What harm comes from a woman being topless at the beach? So, what is wrong with Nudity?

Much of it boils down to fear and shame, stemming from familial and cultural conditioning. Unfortunately our society has passed on such sick and traumatizing ideas about Body, especially Female Body and Sex and instilled a sad amount of Fear and Shame that manifest in forms of judgment, and myriad ways of emotional and physical violence.

So in order to keep feeling free and healthy and sunning my genitals, I've started going to Nudist Resorts. It's been great. Nudists are some of the nicest people I have ever met! Once you take off your Gucci & Gabbana there is not much to hide behind but maybe a pair of Sunglasses? Your Personality might count for something or Not. It's almost as if peeling off clothes, peels off some slime you might be holding.

I find our anti-body, anti-nature culture, is so deeply ingrained, that even intellectuals need to have long heady discourses to rationalize concepts that can only and truly be experienced with the body. Body is the vessel for the spirit, spirit which is in a continual life of exploration on dimensions other than the one we are aware of... And so I balance this mind ramble with some weekly activity that includes feeling freer and more comfortable in my own skin.

I must ask those afraid/weirded out by nudity, why so? Ashamed of your body? Trying to measure up to some ideal? Or just plain uncomfortable and uninterested? It's, (nudity) a principle, a life belief, a way of seeing the world and your own self beyond the skin deep level most live their lives by.

And so I invite you to think. When you take your clothes off to get in the shower, take a moment to imagine yourself easily walking around a beautiful forest, where everyone else is nude. There is no weirdness, no fear and no sexual predators ready to pounce. So take it off and go get some sun. And if it's too cold in your part of the 'hood turn the heat on and stroll around your abode. Dance around and let it jiggle!

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Membership Application
Change of Address Form
Please Print

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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	_____
Working Membership (Discount)	(50.00)	(50.00)	_____
Associate Member (Over 125 miles away)	175.00	250.00	_____
NUTs Membership (Must be under 30)	75.00		_____
Separate Mailing Address for members		12.00	_____
<i>No Sex, No Violence ... Only Nudity</i> First Naked Plays – DVD		25.00	_____
<i>Lake Edun Exposed</i> – DVD or video		45.00	_____
Naturist Society Membership		60.00	_____
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