

Bare Facts

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38° 58' 7" North; 95° 47' 56" West

Labor Day!

The traditional closing weekend of our season is upon us. Already, we have Eduners and friends who have reserved spots in Sunny Bares, Tent City and Locust Grove. We expect the weather to be wonderful and look forward to a friendly group to gather. If you have not already done so, plan to join us over this weekend.

We are planning our evening activities on both Saturday and Sunday. Bring pop corn for the evening; bring something for a pot luck; but, don't bring a swim suit. .

Halloween Party/Annual Meeting

Traditionally we hold our annual meeting in conjunction with our Halloween Party. We will do so again this year. Because Halloween falls on Saturday, we will hold our gathering Friday evening, October 30. We hope all Eduners will plan to attend.

Our annual meeting we is an opportunity for LEF members to voice their concerns and desires to the Board of Directors. It is also when we vote for new members of our Board. This is an important opportunity for everyone to communicate their hopes for the future and learn about our plans.

We will have complete details about this important meeting in the next issue of Bare Facts. We hope all Eduners will mark the date on their calendar and plan to be present at the Annual Meeting on September 30, 2009.

Everyone Can Help Lake Edun Foundation

We all have special talents and capabilities. The Lake Edun Foundation is able to provide a wonderful educational program because of the many Eduners who freely assist with our educational mission. Some have particular skills they give to help with maintenance and upkeep. We appreciate all they do. Some know about all our plantings and are able to help plan our development. We appreciate all they do. Some are in a position to donate additional funds for our program. We appreciate their generosity.

Some are interested in serving on our Board of Directors to set policy and do all that is necessary to help get our message out. This is an important task and we need a good, dedicated board to be effective. Consider how you can help LEF do a better job promoting our message of body acceptance. If you have an interest in a position on our board of directors, contact us prior to our annual meeting at the end of October.

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, family and community.

Items We Need

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

- Non-motorized boats
- Wooden Cable Spools
- Lawn or Lounge Chairs
- Aluminum cans, etc.

LEF Progress Report

As our traditional season draws to a close, we look forward to winter and some continued fellowship through the coming cold. We must also take time to look back and reflect with satisfaction on the accomplishments we have seen this past year.

Tobi, our caretaker, has been conscientious in his responsibilities and nearly all visitors are unanimous in their admiration for his work. Thanks, Tobi, from all Eduners. We appreciate your effort.

We also appreciate everything other Eduners do to make our special place truly spectacular. Suzie Q has spent many hours assisting with the mowing; Chuck completed a number of special projects that improve our facility; Riley is indispensable in keeping our equipment running; Mark brought out two new cable spools that will provide several years of service. It was also good to see Dale P. again. Thank you, Dale for the new wheel barrow. When taken together, these efforts make a huge contribution.

With cooler weather looming, we can look forward to sauna season. Those who regularly participate in saunas look forward to the relaxation that comes from the warmth, both from the heat and other Eduners. Some claim it is like taking a shower from the inside out. If you have never participated in a sauna, be sure to put one on your calendar this year.

The Board of Directors will be considering activities through the winter months. If there is something special you would like LEF to schedule, be sure to make your voice heard. In past years we have had house parties, ice skating, swimming, and wine tasting, among other activities. Let us know your preference.

Finally, we will begin looking forward to our next season. Once again, we seek input from LEF members. What should we repeat? What should we add? What should we drop?

DON'T FORGET

Activities designated HN are sponsored by Heartland Naturists

Sept 4-7; Labor Day Weekend

Sept 5; Sat; 10-12; Board of Directors

Sept 5; Sat; Dusk; Evening program

Sept 6; Sun; Dusk; Evening program

Sept 7; Mon; Labor Day

Sept 12; Sat; Dusk; Evening program

Sept 18; Fri; 8-10; HN Swim

Sept 19; Sat; 8-10; Sauna

Sept 26; Sat; 8-10; Sauna Oct 3; Sat; 8-10; Sauna

Oct 10; Sat; 5-7; Board of Directors

Oct 10; Sat; 8-10; Sauna

Oct 16; Fri; 8-10; HN Swim

Oct 24; Sat; Sauna

Oct 30; Fri; 6:30; Halloween Party; Annual Meeting follows Halloween Party

Vacations For All

It's not been a typical summer. It's been too cool and wetter than usual. No matter. A trip to the mountains of Colorado makes everything good. Alas! Too cool and too wet for August! No matter. We had a great time.

Day hikes in Rocky Mountain National park brought back good memories of many similar summers spent introducing our children to these wondrous mountains. But, new days and new memories are to be made.

After a few days I had to get away from the campground and find some private sunny space on a mountain side to shed both my clothes and my cares and soak up some sunshine. It was glorious!

Just imagine lying out on a flat rock perfectly concealed from any eyes a few hundred feet below. Above is a crystal clear blue sky filled with dazzling sunshine so pure it makes the air seem to sparkle. Add to that the surrounding pine and aspen forest and lying in the distance those purple hued mountains majesty. What a day!

After sunning, I couldn't resist the temptation to do some free hiking, aka known as nude hiking. I knew I couldn't be seen from below and pretty sure there was little chance that other campers would be roaming about, so I did it. For the next hour I walked a circular route through open woods, reveling in the joy of the experience. What a day!

That isn't the end of the story. For quite some time we had wanted to visit Mountain Air Ranch, (MAR) one of the oldest nudist clubs in the country, founded in 1936. Amazingly, MAR is situated a short drive west of Denver, yet well into the foothills in a beautiful out of the way narrow pine forested valley.

TNS membership entitled us to a much appreciated saving on the daily entrance fee. What could be better—nude recreation and saving money at the same time?

MAR retains a rural feel, but features a number of comforts. These include the options of staying in a small individual cabin, to a more hotel-like lodge if you prefer not to tent camp. They also have hookups for RV's. Many members have placed trailers on their lots to have permanent quarters. A couple of hearty solitude loving folks even winter over.

Probably the main attraction is the club house situated by the large in-ground swimming pool and the gazebo covered communal hot tub. We discovered that evenings in the hot tub make for great socializing. We met a number of friendly folks while soaking and hearing everyone's adventures in naturism from Hawaii to across the country.

If you are adventurous, MAR has a lot of trails to explore. They take you up and down steep hill sides. So many trails intersect you can easily go from one area to another, exploring one branching trail after another. Fortunately, steps have been made to facilitate negotiating steep ups and downs.

The final discovery was of the massage therapists that practice their craft each weekend. We couldn't leave without experiencing their healing touch. Knotted and aching muscles were relaxed and pain was relieved. Thanks MAR. What a day! [Ed.]

Dear Abby Supports Naturist Lifestyle

In a recent Dear Abby column, Jeanne Phillips responded to a woman who had recently moved to the country where the closest neighbor lived half-mile away. The problem: her husband has stopped wearing clothes.

She claims to not be a prude but "can't bring [herself] to go outdoors with nothing on, despite the privacy." She ends by asking for and promising to "follow your advice."

Abby's response is wonderful and very Naturist-supportive: "I'm not opposed to it. From everything I have read, and from readers' testimonials, the naturist lifestyle is healthy and upbeat, so give it a try." Thank you, Abby.

Naturists Seek Legal Protection In Britain

Imagine a legal means to end discrimination against naturists. Sounds too good to be true, but it appears that in England this might happen based on naturism possibly being included in a list of minority groups that experience discrimination in law.

Nudists in the UK are petitioning the government's Equalities Office to be included as an officially recognized minority group to be protected from "discrimination" in law. Called "naturists" in Britain, they have received a positive hearing from Harriet Harman, the Labor government's Equalities minister. Naturists, they said, "meet with significant discrimination due to prejudice against their lifestyle and beliefs."

Lobbyists for British Naturism complain that naturists are obliged to keep their interests "in the closet," and that naturist teachers and those in health service risk being "bullied" or laughed at if their activities are discovered. Others have lost their jobs. They also note difficulties encountered in dealing with local officials and swimming pool management along with censorship of advertisements of events and refusal of services at naturist centers.

In their brief to the government, British Naturism wrote that they want the law clarified in order to guarantee uniform enforcement. Currently they say that the legality of naturism is "largely determined by the whim of individual police officers."

It's an interesting concept. There can be no doubt that naturists do experience prejudice, discrimination, and ridicule and have from time to time been used by politicians to further their own agenda. Whether a civil rights case can be made in the United States in support of naturism that would be persuasive is a thorny issue. Getting the public to take such an assertion seriously is unlikely at this time. But, who knows what the future holds. [Ed.]

Questions - - - Answers

The internet is wonderful. The ease with which it facilitates the flow of information is amazing. People from around the world can interact and discover a nearly limitless amount of information, or merely enjoy a chat. Fortunately for Lake Edun, we are available via e-mail as well as our website.

Those curious about naturism can easily contact us "from the comfort of their home" without any significant degree of personal risk. Many have discovered Lake Edun in this

manner including your ever curious editor. The following exchange illustrates what a useful tool the internet is in promoting our slice of naturist paradise. The message to take from this is to promote use of our website to introduce any you contact to Lake Edun. They will be glad you did. [Ed.]

From: Doc Holliday

Maxine,

Would you please help me with a few more questions? I have yet to attend a public event. I still am interested in naturism. I may have an opportunity to visit Lake Edun this Saturday night/Sunday morning. Wish I could come at noon tomorrow for the open house.

1. I read today that 40% of nudist couples are swingers, and that any nudist couple WILL eventually be asked to swing. Is this true in your experience? How does this affect non-swingers? If this is true, (as I don't believe any-where near 40% of non-nudist couples are swingers) it suggests that nudism IS sexual/sensual and not the pure, clean, inhibition-free recreational environment espoused by some.

2. I also read that naturism tends to divide marriages because so often the men are much more interested in the life style than are their wives. Any insight here? I'm just asking honest questions. Please don't view my questions as an attack.

Thanks for continuing to help me understand...

Doc

From: Maxine

I don't know where you read your 40% statistic, but I would doubt that. But, even if that is so, it is not the case at Lake Edun. (At least, not that I am aware of, and I believe I know most of what happens). Even if that were correct, we all have the option to "just say no." I guess I have been approached for all kinds of things that I'm not interested in: gay sex, swinging, whips & chains, you name it. And most of these approaches have not happened in the context of a Naturist facility.

On the marriage issue, it is true that, in our society, men seem to be more comfortable with their bodies than women. Perhaps this has to do with female vulnerability; perhaps it is a result of conditioning we are all subjected to from a very early age.

Look forward to visiting with you this weekend.

Maxine wrote:

If we know when you plan to visit, we can insure that at least the caretaker is there. Of course, members have the combination to the lock. There are usually several people camping out on weekends so if you can come this weekend and spend the night, you should have company.

From: Doc Holliday

Thanks for the reply. I'm generally more free to visit Lake Edun on week days or evenings than weekends. I've yet to physically explore public naturism. I live south of KC, so it's not convenient to visit, but I hope to get over there some time soon. I tried once before, on a week evening, and no one else was there and the gate was chained. Do you have many people camping out? I may be able to come over this coming

Saturday night. How early do people arrive on Sunday's? I wouldn't be able to stay past noon on Sunday.

I'm married, but my wife isn't interested in naturism and wouldn't be comfortable with me bringing any of our children.

Thanks for helping me learn.

From: Doc Holliday

I've read that naturists tend to be predominantly male, one report said 10:1 male to female. Is this also typical of those who frequent Lake Edun? Doc

Maxine wrote:

The ratio is not anywhere close to 10:1, but there are (usually) more men than women. This is probably a reaction to the indoctrination our society does to women concerning body acceptance. As an educational foundation dealing with that issue, it is something we work hard to overcome. You are of course, welcome to bring some women with you.

One Small Step For A Woman

The pages of Bare Facts have repeatedly discussed the damage done women by the "glamour" industry manipulations of consumer attitudes. Researchers have verified the insidious negative effects on girls who are falsely made to feel inferior and lacking because they couldn't possibly match the physical perfection of the manufactured images of women they see in magazines and on screen.

Don't expect a wholesale recanting by the fashion industry of its devotion to the cadaverously thin model. However, every now and then they make a "daring" choice to feature a model whose proportions more closely match those of the average American woman. It's a bone, but still a welcome one. [Ed.]

Lizzie Miller is the plus sized model who is featured in the pages of the present issue of the "Glamour" magazine, and has made quite an impact on the readers.

Technically, it can be said that Miller is not actually plus sized. She is somewhere midway between sizes 12 to 14. However, it can be said that she is not a part of the modeling world which requires the standard waif thin figure.

Miller says she is extremely grateful to the magazine and the readers for the support they have shown her. Miller's average and curvy body, (unlike the razor thin regular models) on the pages of the magazine, have drawn a lot of attention to her. She as well as the magazine has received a lot of praise for the daring feat.

Lizzie has said, "I've been that girl, flipping through magazines trying to find just one person who looked a little bit like me. And when I didn't find it I would start to think there's something wrong with the way I looked. When J. Lo and Beyonce came out and were making curves sexy, I started to accept myself more. It's funny, but just seeing them look and feel sexy enabled me to do the same." Miller echoes the thoughts of millions of women worldwide who fail to gain acceptance because of the unrealistic standard of beauty that is portrayed by the waif thin models.

Observing Societal Evolution

Somebody had to say it! The forces of prudishness are going too far! The strange quirks and turns of squeamishness toward the human body, in this case the male body, has to be confronted. Any number of theories can be advanced as to why a trend toward ever greater discomfort at seeing the male body is taking place. However, what the truth is may be difficult to discern. All we need do is contrast our current views with that of classical Greek and renaissance art to see the dramatic shift in cultural acceptance of the male body, and especially male nudity.

Classical art depicted strength, heroism, and also beauty in the male nude. Today, the general view would more likely view the nude male with alarm, embarrassment, and hostility. The nude male today is no longer a symbol of heroism, as was Michelangelo's David, but instead one of threat of possible predatory intentions. How sad and harmful to men's self evaluation. They are too frequently reduced to only their sexual potential, or as predatory sexual perverts.

So, this in-your-face refusal to take this demeaning cultural trend lying down is a ringing call for men to stand their ground! [Ed.]

Just gotta chime in here, like I haven't chimed in in a really long time.

I agree regarding the unfairness of not having the option to go bare-chested, but I **have** been noticing a quiet cultural drift toward expecting MEN to virtually wear Burqas. Being one of the relatively few naturists who **does** have an Olympic swimmer's body; I am sensitive to what seems to be a growing unwelcomeness toward the male body.

(My answer, of course, is TOO DAMN BAD.)

What men may still enjoy in top-freedom, they are losing in bottom-freedom. Men are increasingly expected to cover from waist almost to the ankles. When I go to the gym, the workout "shorts" are getting longer and longer, with the average length now below the knee. (Again, "TOO DAMN BAD." I'm going to continue wearing my **short** shorts. I'm NOT wearing floods to the gym.)

Somehow, almost without realizing it unless we've been feeling the effects, we men have been quietly letting ourselves be browbeaten into almost wearing a Burqa in some parts of the country.

In my neck of the woods, there is a young-redneck element (which I of course defy) that thinks men should be perpetually covered from shoulder to toe, even in our 105 degree weather. And these clothes must be extremely dull, to boot. All while women are encouraged to dress as skimpily as possible, as long as nipples and genitalia are covered.

The specific issue of top-freedom for women remains a valid objective – but there **IS** a drive among some subcultures to force men into Burqas, so to speak.

This drive must be firmly defied.

David

In the News

There are many reasons for a group of people to march in public, from civil rights to parades, to spontaneous musical-like dance routines. But perhaps no reason is more honorable than women marching for their right not to wear a shirt read one juvenile sounding news report.

Recently, topless women in New York marched through Central Park on National Go Topless Day to the tunes of "I'm Every Woman" by Chaka Khan. They were protesting for constitutional equality between men and women on being topless in public.

"We're all here for the same reason – to allow women to be free in the park like men," said organizer Sylvie Chabot.

Marchers also joined in the event in California, Illinois, Florida, Ohio, Oregon and Hawaii. In New York, it's already legal for women to be topless, thanks to a 1992 court ruling, but the hope is that one day women across the country will be able to enjoy the same freedom.

Several unhappy onlookers complained to cops who were powerless to intervene. New York is the only state in the country where women can be topless legally, after a 1992 ruling in the state's highest court. That means any woman can walk around the city at any time with no shirt on.

Among the speakers was Ramona Santorelli, who was the plaintiff in the 1992 case. "It's not about baring your breasts," she said. "But the true meaning is to normalize women's bodies."

Most passersby were amused by the sight of scores of half-naked people. "It's nice for them," said an unfazed Swedish tourist, "It's the human body – nothing more!"

But others said it was all a very bad idea.

"This is extreme liberalism and why America is in decline," shouted one woman, "It's degrading to women to tell them to expose their breasts publicly."

"I'm not shocked - we're in New York City," said a woman from Maryland. "But speaking from a woman's perspective, I disagree with them. There's something to be said for modesty," she added.

Here at LEF, we wonder about this term "modesty". Evidently this woman believes modesty is defined by the standards she understands exists in 2009. Why did she pick that standard? It is merely an accident of history that she finds herself in this era.

Why not the first part of the 20th Century when men were expected to wear swimming suits that covered their entire body? They were both heavy and dangerous. Why not the Victorian era when a woman was considered immodest if she exposed her ankles? Why not define modesty as the Celtic warriors who went into battle naked? Why not side with the American Indians who lived at one with nature and were naked during the hot, summer months?

And, most important, why should her attitude and definition be forced on all members of our society?

Fig Leaf Time?

The July 15th 2009 issue of The New York Times Home and Garden section has an interesting article. You can access it at http://www.nytimes.com/2009/07/16/garden/16nudity.html?pagewanted=1&_r=3

The author examines attitudes of Americans regarding nudity of children in the home setting. A number of parents were interviewed some favoring and some objecting to permitting spontaneous nudity of young children.

For example, “In the morning he gets up and takes his pajamas off, and rather than get dressed right away, he walks around naked,” said a parent in Castle Rock, Colo.

After school, he likes to take off his pants, recline on his stuffed animal chair and watch an episode of SpongeBob Square Pants while snacking on cheese-flavored crackers.

“I call him my little naked boy,” she said affectionately.

However, when two female classmates visited and he took his clothes off, the visiting parent wasn’t so delighted, in fact, quite the opposite. The classmate’s mother was horrified. “The mom was sort of appalled that Alex got naked in front of her daughter,” Mrs. Nicola said. “She expressed concern that we hadn’t talked enough about private parts. She said, ‘In our family, we always talk about how certain parts of the body are not for anyone else to touch.’”

Naturally a number of experts in child development were consulted for their opinions about childhood nudity. Interestingly, those consulted took a fairly tolerant, even positive view toward the question of children being nude at home.

Around the age of 3 or 4, children begin to differentiate between what’s private and what’s public, experts say, and they usually begin to feel modesty soon after. But parents’ attitudes play the largest role in determining whether children are comfortable being naked at home, said psychologist Lawrence Balter, of New York University and the editor of “Parenthood in America,” an encyclopedia.

He added, “If someone has what appears to be an overly strong reaction to seeing young children running around naked, it tells us about their own hang-ups, their own inner conflicts.”

However, several parents expressed deep reservations and even hostility toward seeing naked children, either their own or others children. The sexual component of nudity – and a fear of pedophiles – is what makes some adults object entirely to letting children be naked.

The author doesn’t make any conclusions about allowing or

forbidding nudity among younger children. However, the topic generated a lot of reader responses – 540 were printed. Surprisingly, a large number of readers were supportive of children’s and parents freedom to choose nudity.

A good example of the numerous positive responses is the following: I’m amazed at how obvious everyone thinks their own position on this issue is. That is, I’m amazed at how unaware people are that their feelings are conditioned by all sorts of personal experiences, cultural conventions, etc. In many places (in the ‘Western’ world), childhood nakedness is a matter of course. Children aren’t sexualized and fear hasn’t gripped the populace as firmly as it has here in the US. I’m sure there are other places where quite the opposite is true and nudity is even more unacceptable than it tends to be in the US. A bit of sensitivity to social, cultural, and personal differences is required in this situation.

My own position is that young children should be able to go naked when they want. But because we’ve noticed how uncomfortable it makes some people, we try to be sensitive to how the people around are feeling and control our children (it’s not hard to do – as one commenter put it, the trick is not to act like it’s any different than any other context-specific guideline: “this is not a good time to be naked” rather than freaking out.)

I wish, though, that others would be sensitive to our wish not to raise children who are uncomfortable with their bodies. I wish others would be more careful about how they express (explicitly or implicitly) their discomfort with young children running around naked. Shielding your eyes,

running out of the room, yelling, or otherwise acting like nakedness is wrong could be damaging to a child’s sense of comfort with their body and is certainly rude, just as it would be rude to allow my naked 3-year-old to jump on your lap.

A vocal number took the opposite view.

For example, NO, NO, NO!! It is NOT alright to have your kids running around completely naked while company is around. You have clothes for a reason – put them on to cover your private parts. If the kid is 1-3 years old (boy or girl) at least have the common decency to put diapers or shorts on your kid. For you to think that it’s alright to let your kid run butt naked around house guests or in public just goes to show how selfish, self centered and completely unsanitary you are.

Yes, I know that there are kids in the 3rd World that don’t have the luxury of having clothes. I understand that, but this is the U.S. and unless you’re living in the poorest most remote parts of it then PUT some clothes on your kids especially when you have guests or are in public. [Ed.]

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More Good Words About Vitamin D

Contrary to years of medical advice to stay out of the sun, science is finally getting it right – Get some sun! Of course, don't burn in the process. Please put the word out that our sensible sun exposure promotes good health. After all, from the earliest days, naturism placed a major emphasis on improving health as a fundamental reason for being nude outdoors. The exposure to sun light was rightly believed to be essential to good health. [Ed.]

About 70 percent of U.S. children have low levels of vitamin D, which puts them at higher risk for bone and heart disease, researchers said today. "We expected the prevalence of vitamin D deficiency would be high, but the magnitude of the problem nationwide was shocking," said Dr. Kumar. Cases of rickets, a bone disease in infants caused by low vitamin D levels, have also been increasing, other research shows.

The new finding, from a nationwide study, adds to growing evidence that children as well as many adults also lack the vitamin. The cause? Poor diet and lack of sun-shine, the researchers conclude today in the online version of the journal *Pediatrics*.

The researchers found that 9 percent or 7.6 million children across the country were vitamin D deficient and another 61

percent, or 50.8 million, were vitamin D insufficient. "Kids have more sedentary lifestyles today and are not spending as much time outdoors," Dr. Melamed said.

In addition, children should consume more foods rich in vitamin D, such as milk and fish. But it's very hard to get enough vitamin D from dietary sources alone. Further, the widespread use of sunscreens, which block UV-B rays, has only compounded the problem. The body uses UV-B sunlight to convert a form of cholesterol in the skin into vitamin D.

The American Academy of Pediatrics now recommends that infants, children and teens should take 400 IU per day in supplement form. Supplements are especially important for children living in northerly regions where the sun may be too weak to maintain healthy vitamin D levels. Supplements are also critical for infants who are breast-fed, the researchers said in a statement today. Breast milk contains relatively little vitamin D, while formula is fortified with the vitamin.

What else can parents do? "It would good for them to turn off the TV and send their kids outside," Melamed said. "Just 15 to 20 minutes a day should be enough. And unless they burn easily, don't put sunscreen on them until they've been out in the sun for 10 minutes, so they get the good stuff but not sun damage."

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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.

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