# Bare Facts

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Box 1982; Topeka, KS 66601 ● Voice Mail: 785-478-BARN ● e-mail: benude@lakeedun.com ● Website: www.lakeedun.com 38° 58' 7" North; 95° 47' 56" West

# A Death In Our Family

Sadly many Eduners may be aware from news accounts that a visitor to our lake was missing while fishing. Later his body was recovered. The news accounts give names of a deceased and his wife who may or may not have had a connection with LEF. No one witnessed what happened. In keeping with our policy of preserving privacy, we will not use names.

To those of us who knew this couple, this death is shocking and deeply saddens us. Our hearts and prayers go out to his wife, his family, and all whom he touched.

I have known both of these fine people for years, and been a guest in their home. Their warmth and humanity was a joy to be treasured. I have many fond memories of conversations and time shared with them.

Not only our community, but also the community in Kansas City where he lived has lost a great friend and talented resource. They could have enjoyed their retirement, withdrawn from the hectic life and engaged in leisure activities – but they didn't. Instead, they opened their home to local youth to provide a safe and caring environment for recreation and education. Many of these kids were from poor families and this home was a safe haven.

It seems God has a special feeling for fishermen, and now another avid fisherman has gone home.

He will be sorely missed. [Ed.]

#### **Dermatologist Screening Rescheduled**

Good news and Bad news. Unfortunately, our scheduled session with the dermatologist last month was rained out. Fortunately, our friendly dermatologist has agreed to schedule another session on Saturday, July 24 at 3pm. This is a wonderful offer on his part to provide a free screening to all Eduners and our friends.

While we all recognize the sun as our friend and a major provider of vitamin "D", we also realize there are some potentially harmful affects exposure to the sun can have on our body's largest organ, our skin. So, plan to be present for a check-up on the 24<sup>th</sup>.

As always before you consult with a professional, do your homework. Check yourself over. If you see any spots you are concerned about or notice any moles that might have changed shape or color, make a note of them and ask the dermatologist. He can offer advise. Be sure to take advantage of this screening. Just as a regular physical is important, a regular visit with a dermatologist is also important.

#### 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

Plastic Barrels

- Concrete pavers

#### Facebook Page For Lake Edun

Although we have been on FaceBook for just over a month, already we have 70 people who "like" us. In addition, based on our survey results, we believe there are many others who use this page to follow our activities.

Before our next issue of Bare Facts, we would like to have over 100 supporters who admit to "liking" Lake Edun. If you have not visited our FaceBook page, you can find it at www.facebook.com/lakeedun.

We hope all our friends and supporters will visit the page and tell their friends about it. It's our way to help get the word out to others about Naturism and it's beneficial impacts.

It's also a way for us to share information about our activities and keep everyone informed about special activities.

So, go through your email list. Send invites to those on your contact list who may be interested. Help us to 100!

#### Random Thoughts And Reflections

Beware of other Eduners carrying water guns. Come prepared to defend youself!

We have another Open House scheduled for July 3.

Our Mulberry Trees season is in full bloom. But not for much longer. Be sure to taste this delicious fruit soon.

We continue to make progress on this season's projects, particularly clearing trees from the dam. If you are interested in assisting in any way, even sitting on the lawn mower, it is a great help. Talk to the caretaker. He can find some suitable way for you to assist.

#### DON'T FORGET

Activities designated HN are sponsored by Heartland Naturists

July 2-5; Clothing Independence Weekend

July 3; Sat; 10 AM; Walking talk by arborist

July 3; Sat; 12-3; Open House

July 3; Sat; Dusk; Evening program

July 3; Sat; Dusk; Commitment ceremony

July 4; Sun; 1-3; Board of Directors

July 5-11; Nude Recreation Week

July 10; Sat; Dusk; Evening program

July 16; Fri; 8:30-10:30; HN Swim

July 17; Sat; Dusk; Evening program

July 24; Sat; 3pm; Dermatologist Screening

July 24; Sat; Dusk; Evening program

July 31; Sat; Dusk; Evening program

Aug 7; Sat; 12-3; Open House

Aug 7; Sat; Dusk; Evening program

Aug 8; Sun; 1-3; Board of Directors

Aug 14; Sat; Dusk; Evening program

Aug 20; Fri; 8:30-10:30; HN Swim

Aug 21; Sat; Dusk; Evening program

Aug 28; Sat; Dusk; Evening program

# Survey Results Are In

Our May survey got carried over for a second month. This is the one where we asked visitors to our website about their past Naturist experience. This past month, it appears a lot of our FaceBook fans weighed in on our very unscientific survey. Total responses increased by 150%. Thank you all.

Considering our probable audience (Eduners and supporters) it is not surprising that about 53% of the respondents claim they have been comfortable skinny dipping or naked in mixed gender groups. An additional 19% admit they have been comfortable skinny dipping or naked outdoors when alone. We wonder what we must do to entice this group to visit our special place.

Of the remaining respondents, about 9% say they have considered trying Naturism and believe they will enjoy it. We can only hope they do so soon.

An additional 3% admit they have tried skinny dipping or been naked in a mixed gender group but didn't feel comfortable. This is to be expected. Naturism, like everything else, is not for everyone.

Interestingly, 6.5% say they have been comfortable when skinny dipping or naked in a same-gender group. We encourage these people to take the next step.

Of our respondents, 4.5% have never considered skinny dipping but don't mind others doing it. Less than 3% don't believe others should have this right. We still have some education to do.

Now we have a new survey on our website. We hope all Eduners and our supporters will take the time to share their experiences on this month's question.

We thank all who shared in this month's survey. This survey is completely anonymous. Even if it were possible (which is doubtful), we have neither the knowledge nor interest to attempt to track your answers.

# **Adventures In Camping**

I finally was able to make my first visit at Lake Edun for this year. It hasn't been an easy year to make the trip. Everyone is probably aware that there's been a bit of a precipitation problem this summer.

Leaving home in a light rain didn't buoy by optimism. However, weather forecasts were for fair weather. What could go wrong? After all, a lot of scientists are sticking their necks out predicting the weather 50 and 100 years in the future. Just a tip – sell any Florida beach front property you may own. It's all going to be under water.

Be that as it may, I was filled with confidence that clear weather was just around the corner. In this I wasn't disappointed. Arriving around noon, the clouds parted, the sun shown and it was a beautiful day. Those weather people are amazing aren't they?

I spent a leisurely afternoon greeting other visitors, hiking the back trails and getting some sun. What a delight!

In the late afternoon, at Webb's suggestion, I pitched my tent on the North end of the property under a tree where the new road is. After preparing my evening meal I joined Webb and another guest for the Saturday night movie. A good time was had by all.

Comfortably ensconced in my tent and light weight sleeping bag, I drifted off for a good night's sleep. Well, I did have a modest worry. Far off to the west I could see flashes from lightening, but too far away to hear any thunder.

That situation all too soon rectified itself. I was awakened to bright flashes of light and the growing rumble of thunder and a rising wind. Not long afterward the heavens opened up and a deluge descended. I guess that 30% chance of thunder storms had become 100% for me.

Wow did it rain! Safe and secure in my watertight tent, I made it through the night. Then the next wave of storm and rain with even greater fury woke me again. Have I mentioned that it rained – really, really hard?

In the morning I put my hand on the tent floor and pushed down. It was like being on a water bed. The floor around my sleeping pad was afloat!

Undaunted, I got something to eat, and towel in hand waded over to see how deep the water in the lake was. In truth, I've seen it deeper, but water was over the dock on North beach. With more showers starting, sightseeing was cut short and I headed back to my tent.

Once again, around noon all rain stopped and a mostly cloudy, but warm day commenced. It was nice enough to get in some swimming and sunning on one of the floats anchored in the lake. You just have to have faith in the weather forecast. How come I didn't see you there? [Ed.]

# **Breasts Against Society**

Perhaps you are aware that topfreedom for women is legal in New York state since 1992. Care to guess how many people know this? Care to guess how many women exercise this freedom? If you guessed not many---you would be correct. Not even all the police are aware of this law.

Videographer Alan Haburchak has produce two short videos about topfreedom in New York. The first, Breasts Against Society features the woman arrested in 1994 in New York City and later awarded twenty nine thousand dollars in damages discussing her experience. An interview with a spokesman for those opposing topfreedom for women is also included.

The second video by Haburchak features photographer Jordon Matter talking about his photo book *Uncovered* which features his photo's of topfree women on the streets of New York City. He was motivated to do the book after the Janet Jackson's Superbowl "nipple slip."

Matter states that he was interested in the subject of the objectification of women and the reactions of people on the street to his models as he photographed them. He states that he hopes that his photo's will encourage people to ask the question about why they are so worked up about exposed breasts. He believes that the more something is exposed there will be less mystery, and therefore the less taboo it will become. [Ed.]

Go to: <a href="http://vimeo.com/3980859">http://vimeo.com/3980859</a> and http://vimeo.com/3982934

#### **Vacation In Mexico**

by Jeff B.

Bev and I spent eight days at Villa Dolce Vita. VDV is located on Soliman Bay Mexico, which is approximately 110 KM south of Cancun, but still north of Tulum. VDV is a small bed and breakfast with two very nice guest rooms.

Our stay at Villa Dolce Vita was exceptional. We spent 8 days lounging on the beach, snorkeling / kayaking on Soliman Bay and seeing the sights of the Tulum area. Our goal was to set back and relax for this vacation. We wanted to get away from the hustle and bustle of the major hotels of Cancun. Villa Dolce Vita provided that relaxed atmosphere and made for a very enjoyable stay.

VDV is tucked in the back of somewhat secluded Soliman Bay. This is a gated community so there are not the usual beach vendors that you see at most of the Mexican beaches. The location was perfect because it is very quiet and secluded but within an easy, short drive to the town of Tulum for groceries, restaurants and shopping. The room was spotlessly cleaned daily and everything was in perfect working order. There were no surprises.

Villa Dolce Vita is swim suit optional. You might as well get rid of those tans lines while there. But there are a few caveats concerning nudity. VDV is on prime Mexican beach front property, so there are nearby neighboring villas. This is not a show stopper, but just something to keep in mind. It is advised to take a quick glance to the villa to the north to see if there are any kids playing on the beach area. If so, it is probably best to work on your tan by the pool for a while. The VDV pool is totally secluded and nudity is welcomed.

For the majority of the days, the kids next door were off visiting the sights of the area. So then there was no problem laying out in the lounge chairs on the beach. Just take a minute or so to listen for kids before running nude out to the beach. Even if kids are present next door once you have made it 40 or 50 yards into the water being nude while swimming or kayaking is fine as well. After the 50 yards or so, who cares! Just remember, the sun is much more intense in Tulum than in Topeka.

Connie and Chris were excellent hosts and helped us get the most out of our vacation time by understanding what we were looking for in our vacation and providing extremely helpful suggestions for shopping, restaurants and any of the local attractions. Both Connie and Chris are very personable and enjoyable to be around. We had nice evenings setting under the palapa having drinks and telling stories of travel. Chris came up with incredible breakfasts each morning to get us started. There was fresh fruit, Mexican pastries and the main course. This was a great way to start the day.

One of the benefits of staying at Villa Dolce Vita is the water activities on Soliman Bay. As a general rule, the beaches of the Mayan coast can have some very strong currents to deal with once in the water. VDV sets in the back of Soliman Bay and is protected from the strong currents. This provides the perfect place for swimming, snorkeling and kayaking. It was great to get in an early morning swim before breakfast or evening drinks while in the kayaks. But be forewarned, the ocean floor in front of the villa is somewhat rocky (the beach

itself is sandy). Reef shoes or sandals are nice to have to get past the first 50 yards or so. From there on, the ocean bottom is sandy with crystal clear water. Expect to see lobster, conch and a multitude of tropical fish. This is a great place to have a basic underwater camera.

#### Overall Impression

Both of us had an excellent time at Villa Dolce Vita. Our original itinerary was to be six days at VDV and then wing it for two days in Playa del Carmen or Cancun. But after a few days at VDV, we extended our stay for the remaining two days since we were having such a good time.

Check out http://www.villadolcevita.com/ for more information. Tell'em Jeff sent ya!

# **Award Winning Journalism Student**

It would seem that nudists/naturists exert a continuing fascination for the clothed public. It's flattering in some respects. It's not that journalists or many in the public would ever deign to actually participate in social nudity, but the exoticness of the whole thing inspires curiosity about those strange creatures that do like to be nude.

Recently, a University of South Carolina public relations major received a national award for a magazine article she wrote featuring Cheri Alexander, the founder of the Travelites nudist travel club.

The article is well written. It doesn't engage in the "cutesy," but tired humor bits many journalists employ to trivialize social nudism and subtly inform readers that they aren't taken in by these crazies.

Instead the writer describes her reactions to a first time social nude experience in which she participates. Near the end of her article she observes, "Knowing that nudism is one of the nation's biggest taboos as far as lifestyle choices seems nothing short of absurd now. Almost as absurd as I initially felt when naked in a crowded room. Given the ills of society however, it does seem ridiculous that the human body, one of the greatest works of art, is really viewed as something impermissible."

Like many that venture to try social nudity, the author has experienced a changed perception about the body and nudity. "Sitting on the Horseshoe in shorts in perfect 75-degree weather, the sun tenderly warms my skin. Before I remember that not all people are as pure at heart and accepting as those welcoming members of the Travelites, I quietly wonder to myself 'Why not?'" [Ed.]

The full article is at: http://www.jour.sc.edu/news/ newsann.

"Sure, some people might believe they are offended by nude bathers, but, if you never encounter anything that offends you in your community, you are not living in a free society."

Corky Stanton

"Complete nudity in itself is not erotic. It becomes so only when preceded by or contrasted to a state of dress. In this limited context then, all clothes become somewhat immoral, if we define immorality as inciting sexual interest. Habitual nakedness may indeed be capable of elevating man to a higher mental plane."

#### Improve Your Self Esteem With Nudity

Two authors – non naturists by the way – have written essays describing their journey to enhanced self esteem through the counter intuitive means of physical nudity. Both Freyda Tartak and Jerome Espinosa Baladad make the case that shedding clothing may assist in gaining an improved sense of self acceptance and self esteem. Freyda goes so far as to assert, "It is impossible for to increase self-esteem without learning to appreciate one's naked self." Pretty strong words.

You can go to the following address to read these two essays: http://www.helium.com/items/1554437-how-nudity-can-increase-self-esteem

It's funny how we keep re-inventing the wheel. Naturists have been making the case for over 100 years that social nudity has the power to alter your perception of yourself in a positive way and your acceptance of other people's bodies is equally improved. Like the old saying, "Whoever isn't against us is for us." We love it when someone independently discovers the truth about nudity and body acceptance.

The importance of non naturists discovering the benefits of nudity is that they can tell their story without any of the negative baggage that accompanies organized nudism/naturism in the public imagination. That is, they get a more fair hearing for their views. I just hope the trickle of people openly touting their "discovery" becomes a flood!

To whet your appetite to check out these essays are the following excerpts. The first from Freyda:

The closest thing to learning to like and love who you are is learning to be comfortable within your own skin. ...

Self-doubt and loathing can very easily grow to the point where a person is so uncomfortable in their own skin that they cannot bear to see themselves naked in the mirror or allow themselves to sleep without clothes on. Even when they can be sure that nobody else is watching the thought of being naked is too much.

Stripping away layers of clothing and being forced to become accountable to oneself is the best and only way to overcome the things that a person can overcome and accept the things that they can't. If they are religious, they may start the conversation with "God give me the strength..." If they are not religious, they need to find another source of inspiration. The point is that it is impossible to increase self-esteem without learning to appreciate one's naked self.

The second excerpt is from Jerome who responded to an online request for nude models for photographic studies:

Lastly, have fun doing it. This helps lighten up the mental load. Try to imagine and remind yourself that others have done successfully in life when they have bared themselves one way or another. Be happy about the idea that you are being asked to do nudity for a purpose bigger than yourself, that you are in a way leading a way for others to bare themselves more comfortably before the unwilling others. This affirms what others would always like to see from everyone, this quality of being your authentic self.

In a way, it is actually yourself staring at you, in another manner than you may be willing to imagine now. What you see out there among naked people is just a likeness of your own self, in a more physical but uncovered way. You gradually come to terms with the idea that nudity, indeed, helps you become more comfortable with who you are as a person, as a unique being, while you negotiate and relate with others with whom you have more similarities than differences.

Curiously, Freyda didn't discuss what led her to even consider nudity as beneficial. She assumed this to be true by simply asserting that simple non sexual nudity improves self esteem. While I agree with this conclusion, it would be helpful to the average reader to know more about how she arrived at this conclusion. Jerome does a better job of explaining the process of discovery he went through. He answered an ad for nude models. Yet, while he mentions earning money for modeling, we have no idea why he even considered this as an option.

Perhaps I am quibbling, but enquiring minds do want to know! [Ed.]

### **Donate Blood - Play Rugby**

Rugby – you know? That's a British game that was a forerunner to American football. It's sort of like our football, but no pads or helmets – hence the tongue in cheek bumper sticker allusion to bloodletting.

Anyway, there's international competition in rugby. In this case between the New Zealand All Blacks and the Welsh Leeks amateur rugby union teams. There's nothing unusual about this part of the story. However, there is a twist to this story.

It's reported that about 1500 spectators gathered to watch a match played in the nude between the Nude Blacks and the Welsh Leeks. It appears that the Nude Blacks team was composed mostly of students from a local university who named their team in honor of the nation's representative team, the All Blacks.

This is the seventh year for this competition. In fact a former All Blacks player officiated at the game.

Adding humor to the daring contest was a clothed streaker, a naked streaker and a Maori war dance by the naked New Zealand players before the game. Not to be outdone, the "Welsh" team responded with some Morris dancing before brandishing and tossing leeks at the opposition.

The final score, Nude Blacks 20, Leeks 15.

Oh, the real rugby match? The All Blacks won 42-9. [Ed.]

#### More Spencer Tunick Anyone?

It's true, some photo's of Tunick;s shoots are included, but there are photo's of nude folks from around the world included. Nude folks participating in the World Nude Bicycle Ride, peace protestors, nude fun runs – well, just a whole lot of folks and their causes from around the world.

Anyway, there are 48 photo's of ordinary folks, including some naturists, doing things nude and non sexual. Makes you feel good doesn't it?

Go to: <a href="http://www.couriermail.com.au/entertainment/gallery-e6frer9x-1111120383575?page=1">http://www.couriermail.com.au/entertainment/gallery-e6frer9x-1111120383575?page=1</a> [Ed.]

# **Textile Weekend**

By Steve

In our ongoing effort to keep our readers on the cutting edge of all things naturist, I direct your attention to a delightful blog about all things nude run by the husband and wife team of Steve and Angie. They are nearing retirement and plan to move to Cypress Cove in Florida to live a full time nudist life. Their blog is, as they say, "... our way of sharing our experiences, thoughts and dreams about the nude life, nudists in general, and complications that go along with living as nudists in America." Go to http://thenudelife.com/

The following are two examples of posts by Steve to give you the flavor of The Nude Life. Enjoy!

It wasn't bad, it was a great time! But we did have to wear clothes...

Angie and I went to Chicago to visit a couple of very good friends. I've known him most of my life, her for a long time. Angie has only met them a few times since she met me but has become a part of the 'family'. Actually, he's the clergy that married us. For the sake of their privacy let's call him 'E', she 'MP'.

They aren't nudists, aren't interested. Far from prude but not interested. I mean, we were going to go see a cross-dresser revue Friday night but didn't because I was not feeling well. Not prude folks.

I'd like to think maybe someday, but realistically, it is rare for nudists to convert textiles to the lifestyle. It has to come from within. Now, Angie took the leap from never-having-thought-about-it to a can't-stand-wearing-clothes-anytime died-in-the-wool nudist in the space of a few minutes. Happens!

In olden days, E and I, plus a lady of mutual acquaintance (his girlfriend, then) shared an apartment and ran around undressed all the time. No biggie. Of course, we were young and life can be quite flexible.

We went our separate ways, aged, and got used to the lives we lived. That's cool.

Circumstances in my life eventually conspired to allow me to try something I'd been drawn to since, oh, when the doctor first spanked my butt. I was sold. Nudism/naturism is such a part of our lives now that it's almost a religion. You know how it can be, I'm sure. Like someone who runs 5 miles a day feels deprived if they miss a day. Remember that, E? Yeah.

So, we spent a great weekend with these guys, talked about nudism/naturism a bit, but they're far from sold. Like E said, "See these Jockey shorts? What difference can 3 ounces of fabric here or not here make?"

All I could say is, try it and if you still can't tell the difference, don't try it again.

Ahh, I hate to see those I love so hampered by ideas that have been sold to them by others that don't have a clue as to what they are teaching. A natural state of being has been turned into an un-natural one.

How is it that someone raised in a conservative Republican family becomes a Democrat later in life? Or vice-versa? Through growth and experience and the willingness to try to understand new ideas, that's how. It's a shame that textiles can't apply those same life-learning lessons to considering that our lifestyle might have some merit. Maybe something for them, maybe not. They'll die without knowing if they won't try. That was the position I found myself in, I tried it. It changed my life. I may live a long time, or a short time. Either way, that time is immeasurably better now.

The thing is, I know and love E and MP and are confident that they would love social nudity. They are very intelligent, involved in social issues, reject a lot of the bull which is thrown our way, yet have a blind spot here. Missing out on a new joy in life they could share, because it is so hard to shed the false impressions we have been raised with. They have a link to this site, may check it out, and may learn something that gives them food for thought. Maybe they'll explore further (probably run across 'nudist' sites that are shills for porn) and see that a LOT of folks have something good to say. Those 'nudist' porn sites don't help the image at all. Unfortunately, they get the most exposure (no pun intended) and the most hits. And folks believe that's what it's all about, when it couldn't be further from the truth.

E and MP, I hope you understand what I'm saying here and are not offended. None intended. Thanks for the great weekend, maybe you'll spend a weekend at the beach with us this summer!

Like John Lennon said, "...maybe someday you will join us..."

# **Perfectly Normal**

By: Steve

After being nudists for over a decade, and living the nude life at home and with friends in an active nudist club for all of those years, it seems that one's perception of what is 'normal' takes a dramatic twist.

For example, how many times have you been greeted warmly by a smiling nude woman, with a sincere hug and "air kiss," the moment after walking into her house? When is the last time you stood inches away from a half-dozen naked folks of all ages, shapes and sizes, yakking away while you yourself and all of them are just as naked as can be, and having a great time with no sense of self-consciousness or discomfort? How much time do you spend sitting among a group of nude folks in a bubbly hot tub, with steam and warm water invigorating a chilly winter night, with no thought at all that anything is the slightest bit out of the ordinary? Have you spent a night playing BINGO at a nudist resort in a room filled with 100 other folks who couldn't care less what you are or aren't wearing? Have you stood in front of 1,200 strangers on the stage of a cruise ship, nude, performing in the passenger talent show during a nude cruise — and had a standing ovation?



Each of those situations, and many, many more, are part and parcel of the nude life for us, and have been for a long time. All our best friends are folks we see most often when they have not a stitch on, and we're just as

comfortable and at ease with them and with ourselves when we're all nude as any other group of good friends would be sitting at a TGI Friday's fully dressed.

#### Is this 'normal?'

Is it sensible / rational / acceptable for adults to accept others as friends / fellow humans in their natural state, without the contrivances and artificiality that textiles confer upon us when we're dressed?

Those of us who live and love the nude life would argue strongly that it is — if not "normal" in the common sense of the word — that it is something that humans are very adaptable to, and in fact, are more suited toward.

Standing among a group of good friends and discussing matters great and small, nude, is something that is very intoxicating about the nude life. Relaxing in summer's heat in Nature's own couture among your fellow skinnydippers, or spending a cool evening in a warm a steamy hot tub with a group of other carefree nudist friends — all of these are

xperiences that have become second-nature to us after all these years and which we would not like to live without in the future.

#### **Curious About The World Naked Bike Ride?**

You need to be some place other than Kansas to participate in or even see the World Naked Bike Ride event. Fortunately, by going to YouTube at the address below you can view a number of short video's to get the flavor of this protest against cars, air pollution and the use of oil for transportation.

For more information about the WNBR, which is an international movement, go to http://www.worldnakedbikeride.org/ They coordinate events in 70 cities in 20 countries around the world.

To see videos from around the world of the WNBR go to YouTube: http://www.youtube.com/watch?v=4sFrNhfTqIU &feature=player\_embedded&has\_verified=1 [Ed.]

Because naturists don't think of sex when they undress; because naturists don't think of sex when they are engaged in wholesome family activities; because naturists don't grab a towel for cover, after taking a shower in fear of having others view them in a 'sex obsessed' manner? Who are the perverts then?

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Membership Application Change of Address Form

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