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

Caretakers And Progress

If you have not yet visited our special this year, be sure to introduce yourself to our two caretaker, Briton and Larry. Briton is a veteran, about to be a senior at Washburn, and a friend of Tony's, who was our caretaker a few years ago. Eduners will find him on duty mostly on the weekends. Larry has been an LEF supporter for a number of years. Fortunately for us, his schedule allowed him to be on duty during most weekdays this year.

Between the two of them and some dedicated Edunes who have volunteered their time and energy, we are beginning our season looking great. In addition to Riley who keeps our equipment in good order, we are fortunate to have the assistance of two new Eduners, Durell from Lawrence and Bart M. from Wichita. All three of these plus others have played a crucial role. We thank them all.

Facebook Page For Lake Edun

Hi, I'm Lawrence, one of this summer's caretakers. Some of you may recognize me from years past. I lived in Kansas City for several years before moving back to Topeka. I'll caretake on weekdays, and Britt will guide the ship on weekends.

I have started a Facebook page for Lake Edun, so please help us get the word out, by "liking" the page. Just search for "Lake Edun" on Facebook, and you'll find it.

If you're not a totally "out of the closet" naturist, and are worried some or all of your circle of acquaintances, family, and friends will see what you do on Facebook, you can just say you like what they stand for. That way you can still keep your cover. ;-). It is pretty neat, after all, to point out the irony of having such an alternative place in the heart of supposedly "backward," "conservative," "anti-evolution" Kansas. Even if we know those things aren't true.

And if you're more out in the open about things, please add to the vitality of the page by commenting, early and often. Perhaps you'll find it a way to meet people, or coordinate going to our little paradise or sharing a ride with others who are having the naturist itch.

Look for status updates too. We might be amateur meteorologists and let you know the kind of day in store, or let you know when a caretaker is there so newcomers will have access, or remind you of upcoming events, or just be silly.

Be fun, be silly, be whimsical, be insightful, but be generally tasteful with your comments, please. The comments and "like" traffic on Facebook can be a real opportunity to let non-naturists right here in our community and nearby see how vital and NORMAL and common it is for people to appreciate or practice naturism.

Here is the link: http://www.facebook.com/pages/Lake-Edun/122041381150558?ref=ts&v=wall

See you on Facebook, AND at Lake Edun.

Lake Edun Nude Olympics

by Briton Alexander

The first heat of the Lake Edun Nude Olympics will begin June 5 and 6. It will continue every weekend throughout the summer season. The events have been selected and will be moderated by our weekend team of Briton and Chris.

To make participation accessible to a maximum number of Eduners and friends, we will hold three different contests: one in June, July and August. Winners will then face off over the Labor Day weekend to determine the finalist.

Events will be: Foot race around the lake; Swimming race to the platform on south beach and back; Paddleboat race, platform to platform; Canoe race, platform to platform; Log Roll; Washers, Horseshoes, and Hillbilly Golf tournament.

All participants will receive one point for each event. Additional points will be given to the top three contestants: 3 for first place, 2 for second, 1 for third. The individual with the most cumulative points each month will be the winner for that month.

The skillful contestant who wins the grand prize will receive a free one-year family membership to be given to a friend.

Good luck!

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, etcPlastic Barrels

• Concrete pavers

Activities designated HN are sponsored by Heartland Naturists

June 5; Sat; Dusk; Evening program June 12; Sat; World Naked Bike Ride June 12; Sat; 12-3; Open House June 12; Sat; 3-4; Dermatologist Screening June 12; Sat; Dusk; Evening program June 13; Sun; 1-3; Board of Directors June 15; Mulberry season begins June 18; Fri; 8:30-10:30; HN Swim June 19; Sat; Dusk; Evening program June 26; Sat; Dusk; Evening program July 2-5; Clothing Independence Weekend 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; Dusk; Evening program July 31; Sat; Dusk; Evening program

From The Mail Bag

Dear Lake Edun,

Guess what? On Saturday of Memorial Day weekend I went over to Lake Edun. I kind of drove up and down the road for a bit to find it – but I'm glad I did. The big man at the locker house copied my drivers license – and every thing was great. I have to say the first five seconds of "letting the towel drop in the sand" down at the beach was a little apprehensive for me. But then it was so incredibly free and natural I couldn't believe it took me all this time to actually take this "one small step for man" (me being the man).

I only stayed for a few hours (uuuh jim didn't think to bring a lawn chair – a towel he had). I talked to some great people there. Its just like you said, Maxine: "it's PTA meeting manners". So Maxine – I wish to join. I wish I had a lady to bring with me – but I've been divorced and single for 7 years. I'm going from here to check your website about membership.

P.S. Maxine, if you ask the gatekeeper man if he remembers a Jim being there on Saturday just say: "He was that tall thin white guy with a buzz hair cut whose bottom was as pale as a snowflake." Gotta go lawnchair shopping, Maxine. I'll be back next weekend (if not sooner).

- Later, Jim

Dear Lake Edun,

Hi again, and thanks for your reply. I am now back in Indiana and, as it turns out, Monday was rather more complicated than I had anticipated so [visiting was not practical].

I am a national member of AANR but not TNS at this time. I do not belong to a landed club, although I am seriously considering Drake's Ridge despite the fact it is over 2 hours away. Closer to my home is Sunshower, but Drake's is more rustic than "resort", which is my preference. The reason I am not a member of a club so far is that, frankly, other obligations have very much limited the number of visits I am able to accomplish in a season, meaning I would not get my money's worth from the cost.

I am on the faculty of the art department at Ball State University.

I lived in Lawrence, Kansas from 1971 to 1987 when I received my doctorate.

My parents were members of Fern Hills club in the mid-1960's and so I became accustomed to recreational nudity as a child. I'll spare you the list of clubs I have visited in my travels then and as an adult

From your web site I can tell you have the guiding principles that I prefer, and so perhaps another time when I am in NE Kansas we can make arrangements.

I wish you all the best. – Ron

Ron –

Good to hear from you. Indeed, the weather here on Monday was pretty miserable anyway. I will be sending information & directions to you today.

If you prefer Drake's Ridge it sounds, from your description, like it is similar to our special place. On the issue of membership, there is another way of looking at that issue: All clubs exist on memberships. Clubs try to provide good value to their supporters. They hope to be there when people want to visit. However, if too many take the attitude that because their busy schedule prevents them from getting their "money's worth", the operation ceases to be viable. If that happens, the club won't be there when you do have time to visit.

In other words, it is important that each of us support the causes that are important to us.

I look forward to visiting with you next time you are in our area. Hope all is well with you and your family.

- Webb Garlinghouse

Dear Lake Edun,

What's this I hear about there is no day pass or weekend camp outs? Just yearly [memberships] only.

– Carver

Carver,

Thank you for your inquiry. Last year, for some technical reasons our attorney suggested we consider restricting access to our special place to members of the Lake Edun Foundation, and one or two other membership organizations. Your board of directors was not comfortable with this but drafted some guidelines we believed would work and be consistent with our educational mission. Fortunately, this Spring, our attorney revised his recommendation and this change is not necessary. So now, as always, we encourage all visitors to join us to discover for themselves the benefits of living a Naturist lifestyle.

That said, we must be sensitive to the expectations of our financial supporters. In the past, we have been fortunate to have about a half dozen passionate supporters who believe in our mission. They have been very generous. We hope their generosity will continue.

We expect all those who enjoy our facility this year will also assist with our financial obligations. Maintenance and upkeep of our special place is very expensive. In the past, some have evidently behaved as though they had some kind of "right" to visit, camp, and enjoy our special place for free or in return for a small contribution. By their actions, they were demanding that our few passionate supporters underwrite their enjoyment. I'm sure you will agree, this is a very selfish position for them to take.

To simplify the registration process and put to rest any thoughts that our regular visitors are being selfish, we are strongly encouraging all of our loyal visitors to obtain a membership in the Lake Edun Foundation this year. Hopefully, we can count on your support.

"We find that relaxing with clothes off at Elysium Fields is a great tension reliever, for ourselves and our kids too." – actress Lynn Redgrave

Dermatologist Screening

By special arrangement with one of Topeka's most respected dermatologists, Eduners will be able to get a screening on Saturday, June 12 beginning at 3 pm. This is completely free for Eduners. It is a service the dermatologist has graciously agreed to provide.

We all enjoy our time at our special place and our time in the sun. We are aware of the benefits exposure to the sun can have; we are also aware of the harmful impact prolonged 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 12th.

Before then, take some time to examine yourself. If you see any spots you are concerned about; if you notice any moles that might have changed shape or color, make a note of them and ask the dermatologist. He can offer guidance and 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.

Random Thoughts And Reflections

We have another Open House scheduled for June 12.

Our Mulberry Trees are full with ripening fruit. Look for it to be ready to eat in a couple of weeks. If you have never enjoyed fresh Mulberries, you are missing a treat.

We would like to place our trash containers on concrete pavers. If you happen to have some at home you are not using, consider bringing them to our special place. We can put them to good use.

We have changed the lock again. Members will find the new combination enclosed.

Survey Results Are In

In our survey for May, we asked visitors to our website about their past Naturist experience. Once again, we had about 100 responses to our very unscientific survey.

Considering our probable audience (Eduners and supporters) it is not surprising that nearly 63% of the respondents claim they have been comfortable skinny dipping or naked in mixed gender groups. An additional 20% 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 6% say they have considered trying Naturism and believe they will enjoy it. We can only hope they do so soon.

An additional 4% 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, 4% say they have been comfortable when skinny dipping or naked in a same-gender group. We encourage these people to take the next step.

We have a new survey on our website now and 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.

So, Let's Get Naked!

It's interesting. This is the third blog I have come across in recent months extolling the virtues of allowing small children the opportunity to be naked and free. Furthermore, most of the responses from readers have been supportive and report their own children liking to be naked.

It's hard to tell if this is a new phenomenon, or just that someone is finally having the courage to advocate for a parenting practice that's beneficial to their child's development. Possibly, what we are seeing is a push back against the unreasonable fear of pedophiles being everywhere. There seems to be a sense that this heightened sense of alarm is stifling, diminishing the joys of childhood. Whatever the case, all the praise they give for their children's joy of nudity echo's what naturists have been saying all along in favor of nudity, although aimed primarily at adults.

As naturists, we applaud the common sense these blogger mom's display while making the case for allowing young children the space to enjoy their bodies, unencumbered by adult hang ups. Obviously there are safety issues, but they do not see the situation as either/or. They are sensible and provide for their children's safety needs without becoming repressive.

These moms rightly connect a good childhood sense of body acceptance with later happiness in life. However, they seem to think these early life experiences are something like an inoculation against a dread disease. That is, once inoculated, you need no longer fear the disease. In this case, it's the disease of body shame and self loathing. Unfortunately, this isn't always the case.

Lessons learned at one stage of life are often forgotten or overwhelmed by later experiences. This speaks to the need for ongoing reinforcement of values and attitudes, even in adulthood. This being the case, if joyous nudity is so life enriching for children, wouldn't it be reasonable to suspect the same thing may be true for adults also? Possibly adults might find it helpful to get in touch with their inner child? Now that would truly be good family values. Unfortunately, these moms don't go there. [Ed.] For the full article, go to: http://www.phdinparenting.com/2009/07/05/lets-get-nakedhelping-children-feel-comfortable-in-their-skin/

It is a beautiful Sunday evening. We are sitting on the balcony, overlooking the lake, having dinner with friends. The kids were playing peacefully (for the most part) while we chatted with our friends. Then, out of nowhere, my daughter walks over and stands between me and our friend and announces:

"I love getting naked. I want to get naked. Take my clothes off."

So after a few giggles, what did I do? I took her clothes off and she proceeded to play on the balcony naked.

This is one of many opportunities that we have had, as

parents, to teach our children that their bodies are normal. We want to allow them to develop a positive body image, and let them feel the wind, the water and sand on their soft skin.

The writer goes on to tell how she found out from another mom that her four year old son and two other boys had been caught showing each other their penises. The other boy's mom was "disturbed" by this. The writer felt no shock and that it was a pretty normal part of growing up. For her, having her son feel comfortable in his skin is her first priority.

Later, she went began wondered, if she was wrong, and asking herself, "Should I be more worried? I mean as kids we did this type of thing too. So I turned to the index of my Natural Family Living book to see what it had to say.

Using the tips from that book, along with a good dose of what I call common sense, the approach we are taking is to very much encourage our children to be comfortable in their own skin and happy with their own bodies. Then, at age appropriate moments, we will start to gradually introduce concepts of privacy and modesty.

It doesn't take a scientific study for this writer to make some obvious conclusions. How children are reared to feel about their bodies has long term consequences, of which many aren't trivial.

She writes, "When I hear stories about women who are ashamed to breastfeed in public, people who are ashamed to wear a bathing suit, people who will only have sex in the dark, I wonder what happened to make them feel that way? Who told them to be ashamed of their bodies? Then I remember...oh right...high school and the media. Gotcha. But if they are to have a fighting chance of surviving those horrific influences on body image, I think our kids need our encouragement and support, in embracing and exploring their bodies as children."

Doesn't This Sound Great?

A few days ago I returned from a 5-day adventure kayaking down 93 miles of the Allagash Wilderness Waterway in northern Maine.

I was kayaking with a buddy who is not a naturist. That combined with the early arrival of black fly season and of masses of mosquitoes (due to the especially warm spring weather) meant that my opportunities to be nude were very limited. Still, on one day I arrived at the designated lunch site about half an hour ahead of my buddy, and miraculously, there were no bugs, so I had half an hour to enjoy the warm sunshine.

The next day was even hotter, so when we stopped for lunch (again at a place where there were no bugs) we were both tempted to take a swim in the surprisingly warm Allagash River. There was a fairly strong current so I proposed to hike upstream about 150 yards and then float back down, telling my colleague that I planned to do it nude. He stayed clothed but jumped in also. Stretching out in the warm sun while "going with the flow" of the current was delicious. I then dried off in the sun, stretched out on the bench of the picnic table, for about another 15 minutes. It felt great – too bad I

couldn't do the whole trip nude!

A tid bit from Skinnytrippers online digest. [Ed.]

Naturism, Sexuality And Respect

In the May 2007 issue of British Naturism, Mark Storey addressed the "elephant in the living room" issue of the connection of sex with naturism.

Anyone who has become a naturist and then told friends or family no doubt has had to address the knee jerk reactions/accusation, "It's about sex isn't it?" It's also likely that not everyone believed your denial regarding sexual behavior, or at least the dreaded supposed, "undercurrent of sexuality" present at naturist gatherings.

Historically, naturists have been keen to deny any connection between social nudity and sex. Historically, extreme efforts have always been made to prevent giving any critic grounds to make charges of sexual behavior at any naturist gathering. This included forbidding simple hand holding and kissing, even between spouses. When it comes to sex, naturist parks have essentially been antiseptic. This standard was so rigidly held that some critics decried naturism as damaging to normal sexual conduct between the sexes.

Fortunately, modern naturism is much more realistic. Simple shows of affection are acceptable between spouses or significant others. The standard has evolved to mean what is acceptable as appropriate behavior in public anywhere is what is permissible at a naturist setting.

As Storey points out, it is implausible to outsiders and not realistic for naturists to continue to proclaim that nudity has nothing to do with sexuality. However, naturists with validity can make the claim that naturism promotes respect for others and that there is no automatic link between nudity and sexual behavior.

In an effort to demonstrate how this is possible, Storey turns to the philosopher Immanuel Kant (1724-1804) for guidance and insight. Kant proposed in his ethics that people should never be treated as objects, but always as persons possessing inherent value as such. This is precisely the position that naturism has historically taken.

Storey explains, "Respect for persons as persons thus slips between the horns of an apparent dilemma. We can avoid both treating others as mere sexual objects, as well as offering the platitude that nudity never has anything to do with sexuality. We can acknowledge that we are at times respectfully attracted to one another, just as we can be so in other, more traditionally acceptable, environments."

What outsiders can't grasp is how different the "world view" of a naturist is from their own when it comes to viewing nudity. For most people nudity, except between spouses in private, is associated with immoral or lewd behavior. They think of pornography, strip clubs, exploitation of women, Girls Gone Wild – anything that's raunchy and lascivious. Just the opposite is true for naturists. Nudity in naturist settings has none of the behaviors associated with being intentionally erotic. Naturism is a different mindset based on naturist philosophy that teaches naturists to view all people as worthy of respect as persons; that the human body is good

in all its parts and functions; that body acceptance of self and others is key to overcoming shame and a variety of body related disorders. Social nudity is the means for achieving these purposes along with other benefits.

You are encouraged to go to: <u>http://www.british-naturism.</u> <u>org.uk/pages/pages.asp?page_ID=288</u> for the full text of this article. Printing out the article as a reference is highly recommended. [Ed.]

On Being a Naturist

People come to naturism for a wide variety of reasons. Likewise, those who wouldn't consider trying naturism do so for what they consider good reasons. Naturists freely admit it isn't for everyone. Still, we naturists think for most people if they would try it, they would like it. The question remains, why won't they?

Simple. For most people the conventions of our culture are so powerful and their fears so great, they won't take the risk. That's a shame, because many in this group truly would like to feel the freedom of nudity in an appropriate setting. To be able to experience sun, wind, and water on their bodies is a longing severely repressed out of great caution, not the conviction its wrong.

Life is filled with risks. Without taking risk life would be drab and have no zest. Only the individual can arrive at what seems an acceptable risk for them. To illustrate: In the late 19th century a dare devil group of high wire aerialists walked a tightrope across Niagara Falls. In 1947 Chuck Yeager became the first man to break the sound barrier and live. In 1969 Armstrong and Aldrin became the first men to set foot on the moon. Their daring inspired our imagination and enriched our lives.

Conversely, are you aware that half of those who smoke will die from smoking related causes? Of these, half die by age 50 and half after age 50? Do you know that you are more likely to die in your car or from a fall in your bath tub than in just about any other activity?

So how many of you refuse to ride in a car or take a bath? Are any of you who still smoke going to quit? The point is, we willingly take some risks and won't consider others.

There's no denying naturism is a minority choice that is controversial in some quarters. This has been addressed in Bare Facts on a regular basis. It is true that some few people have had to pay a price when their naturism became known in their community. For this reason, confidentiality has been a long established tradition in naturism and it has worked very well.

The truth is, when someone has their "secret" exposed, it hasn't come from the naturist club or resort they visited. Either it was learned accidently, or some "friend" couldn't keep the news to their self.

It is true that many – by no means all – in society disapprove of naturism. However, remember that polls also show 60-70% of Americans think skinny dipping at an approved location is ok. Further, a pretty high percentage of Americans have skinny dipped in mixed company. So, the picture isn't universally bleak. We have to have some balance in our perspective when considering risk.

It is true the pages of Bare Facts do present stories of hostility toward naturism by the public. That's part of the world we live in. On the other hand, Bare Facts also takes pleasure in recounting stories that show gains by naturists. That also is part of the picture. Both stories are true and every attempt is made to give a balanced picture about what is going on from the perspective of naturists.

In the end, we all have to make a cost/benefit calculation. For example, we drive the car, we fly, we rock climb either by necessity or for thrill. Whatever our reasons, we calculate that what we gain makes the risk worth it. The same is true for naturists.

Never forget, it is a joy to be a naturist! There is an immense pleasure in feeling at peace in your skin, immersing yourself in nature, and enjoying the company of good friends. Our advice is to be prudent, but don't let fear control your life and prevent you from experiencing something we find to be truly worthwhile. [Ed.]

Journalism and Naturism...Don't Mix

The New York Times published an articleon nude vacations titled "No Shoes, No Shirt, No Worries." You can find it at: http://travel.nytimes.com/2008/04/27/travel/27nude.html

It's a feel good piece to be sure. Featured in the New York Times at first seems like a touch of prestige, a bit of acceptance found in the supposed "newspaper of record." Things aren't always what they first seem. You've heard the expression, "Damned with faint praise?" This fluff piece and those like it, is to be damned with a tinge of air-head. But if all we are about is recreation, then perhaps it fits. You decide.

I found this retort to the article on the internet and pass it along for your discernment and enjoyment. [Ed.]

Personally, I thought the NY Times article on "naturalism" (er...naturism) was a real load of crap.

But this is so typical of NY Times "journalism." I believe it could have come word for word from The Onion, which is in many respects a more honest enterprise than the NYT.

Just read the thing objectively, with the benefit of having seen this sort of thing a hundred (or thousand) times before. It uses just about every trite, hackneyed cliché you can remember to describe naturism. Examples: "the real boom in nude vacations is coming at the high end of the business," "Nude recreation, of course, goes back at least to the ancient Greeks," "Nudity and family vacations don't always mix."

The following paragraph is especially telling: To many, the mention of a nudist resort conjures up images of isolated beach colonies with volleyball courts, hippie-style gatherings in a secluded campground or R.V. parks tucked away in the woods for vacationers who still talk reverently about the Summer of Love.

And why, pray tell, is this assertion factually correct, in that such is the image usually conjured up? It is precisely because that is the first thing journalists who have not done any real research think of, having read the very same sort of clichés, in the archives of their publication, written by the same uninformed sort of "journalists" who came before them. Oh, and the other source of such clichés is the "playbooks" of the resort owners who have the same canned responses to journalistic enquiries. The paragraph I won't even quote, because we know it all by heart now, (the one about naturism being a "\$440 million industry") is just boilerplate, copied verbatim and repeated as if it were some astonishing discovery. As if that amount of money weren't a relative trifle. (On Wall Street, a single company with that kind of revenue is considered a risky "small cap" company).

I could go on with such examples, but does ranting about NYT "journalism" have any useful point? This sort of thing does a lot of harm to naturism, because it associates naturism with a lifestyle and class of people many other "journalists" and media people are gleefully parodying and stigmatizing as "latte-sipping," "effete, snobbish, superannuated yuppies."

The mere fact this article appears in the NYT reinforces that stereotype, as do details such as "upscale hotels and resorts," "luxury cruise lines," "pampered lifestyles," "Mayan Riviera," "beach butlers hand[ing] out towels," "natural mineral water pumped into the shower," "vacation home market," "all-nude yoga retreats," and so on, ad nausea.

Now in that context, notice the following: Most nude vacationers say they most enjoy the liberation from the pretenses of society. "When you don't have any clothes on,

you don't know if someone's a judge or a doctor, or a lawyer or a mechanic," said Larry Massa. "You are what you are."

Yeah, right. This lame, exhausted cliché should have retired itself many years ago. How many school teachers, bus drivers, or Starbucks baristas make enough money to afford a decent vacation at all, let alone one on a cruise ship or the Mayan Riviera? And we wonder why the "masses" and young people are not flocking to naturism? (At the same time, it's clear that the cliché is trying to play to the U. S. fetish for egalitarianism, while blatantly refuting itself).

And the NY Times is supposed to be the crème de la crème? What does that make the Tucson Citizen? The crème de la toilette? Certainly, the writer of that Arizona garbage was clueless, as well as bigoted, about the issues. "Pedophiles who may lurk behind tumbleweeds?" Talk about ignorant paranoia. But the stereotyped nonsense found there is no less – or probably more – harmful to naturism than what the NY Times purveys.

Until lots of naturists are able to speak a little more eloquently for themselves, without merely repeating all the clichés that were already trite when Kurt Barthel immigrated to the U. S., are we going to make much progress – in the minds of either the sort of people who read the NY Times *or* the Tucson Citizen. – Charles

Lake Edun Foundation, Inc. P.O. Box 1982 Topeka, KS 66601-1982 (785) 478-BARN		Membership Application Change of Address Form Please Print		
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