

Bare Facts

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38° 58' 7" North; 95° 47' 56" West

Second Open House June 14

Our first Open House of the season brought a few new faces to our special place. As weather continues to improve, we are seeing increasing interest. We extend a warm welcome to those who have joined the Lake Edun Foundation in the last month.

Our second Open House is scheduled for Saturday, June 14 from Noon to 3 PM. We know many are curious about naturism. This is often accompanied with apprehension. That is why we ask everyone to remain clothed during the Open House: to make the first visit easier. At 3, it becomes clothing-optional; After 5, we expect visitors to respect our dress code.

Suggest Lake Edun to your friends, family and co-workers. Its safe for them and just maybe, they'll discover they enjoy it. Offer. You may be surprised by the response.

Don't be shy; ask a friend.

Enjoy And Learn About Wine & Cheese

Our Wine and Cheese tasting event last year was exceptionally well received and we will repeat it this year on June 14. All participants must bring a bottle of their favorite wine and some cheese to share with others. Be prepared to explain why the wine and cheese you bring are favorites for you.

Sharing and comparing various wines and cheeses in this manner allows everyone to enjoy the nuanced flavors and so we can all better sharpen our own tastes.

Ain't it the Truth?

Although this is written about another Nativist venue, how often have we shared this sentiment?

"After four days, none of my family wanted to leave and rejoin what now felt like the noisy, coercive and judgmental world outside the gate. This was obviously the feeling among pretty much everyone else. Whenever there was a departure, people waited until the last moments to actually dress - packing the car, having one last swim and reluctantly driving away, waving to the lucky ones who could stay longer. No early checkouts here."

It is an emotion so familiar to all who have learned to appreciate our special place. Read more [here](#).

Items We Need

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

- ! Non-motorized boats
- ! Concrete pavers
- ! Lawn or lounge chairs
- ! Large water storage tank
- ! Plastic barrels
- ! Wooden Cable spools
- ! Aluminum cans, etc

Explore The Benefits Yoga Offers

For many years, respondents to our annual survey have asked about yoga. There is clearly an interest in learning more about this discipline and how it can impact Nativists. This year, for the first time, we will host an introduction to yoga.

On June 28, one of our supporters will be on hand to explain what yoga is and some of its benefits. We will also learn some of the yoga positions practitioners find most relaxing.

If yoga is something you have been curious about, you won't want to miss this presentation. After learning more about yoga and some of the moves, each participant can decide if they wish to pursue yoga further.

Random Thoughts And Reflections

Our late Spring seems to have delayed the start of Mulberry season. We see the fruit beginning to show on our Mulberry trees and expect it to be ripened in a few weeks. Don't miss the opportunity to snatch a few juicy berries off a tree and enjoy their sweet flavor.

With warm weather finally upon us, a trained, professional massage therapist will be on hand on multiple occasions to offer his services. Check the schedule and find a time that fits your schedule to take advantage of this relaxing therapy. Don't be reluctant to enjoy this relaxation multiple times.

We still need a replacement for our bench grinder we use frequently. If you have one you are not using, please consider donating it to LEF. You can be assured it will be used and appreciated. And, you can take a tax deduction.

We are fortunate to have a near armada of various non-motorized boats available for our supporters to use when they visit. If you have a canoe, paddle-boat, small sail boat, etc. you would be willing to donate, talk with us. We would appreciate having additional water craft available. Best of all, it is tax deductible.

DON'T FORGET

- June 14; Sat; 12-3; Open House
- June 14; Sat; 6-8; Wine & Cheese Tasting
- June 15; Sun; Mulberry Season Begins
- June 15; Sun; Afternoon; Massage
- June 21; Sat; 10-3; Massage
- June 21; Sat; 2-4; Board of Directors
- June 28; Sat; 10-4; Massage
- June 28; Sat; 6-8; Explore Nativist Yoga
- July 4-6; Clothing Independence Weekend
- July 6; Sun; 3-5; Photography Seminar
- July 12; Sat; 10-5; Massage
- July 12; Sat; 12-3; Open House
- July 19; Sat; 4-6; Board of Directors
- July 19-20; Camping with the Astronomer

Your Health And Vitamin D

Your good health has always been a part of naturism. Fun in the sun is such a delight and the summers are far too short. However, we never want to forget the emphasis on health in our practice of naturism. Every year we urge people to be sensible in the sun, avoiding burning. Gradual tanning of the skin provides all the benefits of sunshine, while significantly reducing skin cancer risk.

We also urge all those who visit Lake Edun to have an annual skin check by a dermatologist either at the lake as in previous summers, or in your home town. Prevention or early detection far outweighs seeking a cure. [Ed.]

People with low vitamin D levels are more likely to die from cancer and heart disease and to suffer from other illnesses, scientists reported in two large studies recently published, one in the journal *BMJ*.

The new research suggests strongly that blood levels of vitamin D are a good barometer of overall health. But it does not resolve the question of whether low levels are a cause of disease or simply an indicator of behaviors that contribute to poor health, like a sedentary lifestyle, smoking and a diet heavy in processed and unhealthful foods.

Vitamin D is produced by the body when the skin is exposed to sunlight, but it also can be obtained from a small assortment of foods, including fish, eggs, fortified dairy products and organ meats. Blood levels of it can be lowered by smoking, obesity and inflammation.

Vitamin D helps the body absorb calcium and is an important part of the immune system. Receptors for the vitamin and related enzymes are found throughout cells and tissues of the body, suggesting it may be vital to many physiological functions.

Researchers found persuasive evidence that vitamin D protects against major diseases. Adults with lower levels of the vitamin in their systems had a 35 percent increased risk of death from heart disease, 14 percent greater likelihood of death from cancer, and a greater mortality risk overall.

Middle-aged and older adults who took vitamin D3, which is the type found in fish and dairy products and produced in response to sunlight, had an 11 percent reduction in mortality from all causes, compared to adults who did not. In the United States and Europe, it is estimated that more than two-thirds of the population is deficient in vitamin D. European researchers calculated that roughly 13 percent of all deaths in the United States, and 9 percent in Europe, could be attributed to low vitamin D levels.

The second study, also published in *BMJ*, researchers presented a more nuanced view of vitamin D, concluding that there was only “suggestive evidence” that high vitamin D levels protect against diabetes, stroke, hypertension and a host of other illnesses. But they also said there was no “highly convincing” evidence that vitamin D pills affected any of the outcomes they examined.

These researchers suggested people hold off taking vitamin D supplements until clinical trials currently underway shed more light on the benefits and potential side effects.

Instead people could improve their vitamin D levels with an adequate diet and 30 minutes of sunlight twice a week.

We have discussed the importance of Vitamin D frequently in these pages. You may learn more about these studies [here](#).

The Perfect Body (That I Don't Have)

“I’m not a tall guy, I’m 5’ 8”. I’m 200 lbs, and I’d like to be 180. I’m not hung, and I’m hairy in spots. I resent my stomach that has refused to become a six-pack. My wife has declared my feet as being disgusting.

“Like everyone else in the whole world, I have my naked vulnerabilities. If you didn’t know, there’s a difference between feeling naked and feeling nude... naked is what you turn into to take a shower, or when you’re undressed and feeling vulnerable to the world. Nude is what you become when you undress for a non-sexual purpose without any discomfort.

“I have my naked vulnerabilities... but I don’t hide them, I celebrate them.

“My body, with all of my features and flaws. There are some things that I obviously can’t change, but I work out routinely to change the ones that I can. My diet is an ongoing struggle. I won’t deny that I’m proud of what I’ve turned my body into, but I can’t pretend that I’m not a little embarrassed to be scrutinized completely naked.

“As far as that perfect body goes, I definitely don’t have it, but I’m not (too) afraid to show it. So, what’s your excuse?”

I like this guy! See for yourself. He puts his pictures where his mouth is. For me, what this individual is expressing about his body is the epitome of what naturism tries to convey. We all have a body, not necessarily one that is ideal by society’s standards, but one that with courage and determination can be brought to health and vitality. Realistically, what more can anyone ask of the body?

When you think about it, isn’t body shame as much about what we think about our body as it is about the unrealistic messages we ingest about the “perfect” body?

IceBreaker makes a good point. In admitting his imperfections he evades the traps of perfectionism, judgmentalism, and narcissism. Instead of the body perfect, what if we consider *The Good Enough* body?

I admit *The Good Enough* body isn’t a precise term. That’s the point – it isn’t meant to be. It is a concept, a fresh way to consider the body as a work in progress thereby dropping the cultural baggage imposed upon it by persons and forces promoting body shame and intolerance for their own hidden purposes.

Early naturists considered the striving for health and fitness key features of their gymnosphy. IceBreaker is following this tradition and sets forth a challenge for the rest of us to commit ourselves to honoring this heritage with a commitment to improving our bodies to more nearly reach their natural potential. [Ed.]

Those who already have a “perfect body” can ignore this. Others can learn more [here](#).

Does Nudity Grant Being Authentic?

Nudity – it’s a big deal in our society. Except in private or designated locations it is grounds for arrest. Nudity in public is largely taboo.

As naturists, we defy the taboo and feel the better for it. When the reality of how liberating nudity is hits us all, the doubts and fears slip away. We are left wondering why the misguided demand for clothing held us in such a powerful and paralyzing grip. Once exposed to experience however, textile’s demands seem tissue thin and unconvincing.

One of the first discoveries for Naturists is the true purpose of clothing: warmth and protection from the elements. Realizing modesty is not among those purposes ushers in a new-found freedom. It is exhilarating and seems to open up boundless vistas of pleasure and insight into ourselves and others. Numerous naturists have extolled the joys of nakedness ... among them the quality of friendships they make with like minded people.

Certainly there is no dispute that such findings are genuine and widespread. At the same time, has there been a tendency by some to go too far by over claiming what social nudity does for or to us? Does naturism solve, if not all, many of the ills besetting mankind?

There can be no doubt that naturism, rightly understood and practiced, has many benefits. Among these benefits are a changed and more realistic appreciation for the body we and others are given. The shallowness of popular culture, the materialism of consumerist culture, and the alienation between people and between the self and our body is challenged by naturism for the better. That being said and it’s all good, is that adequate?

Truth, the naked truth is elusive when we really search for it in depth. The truth isn’t always pretty or convenient. The truth about each of us isn’t self evident, even when we are naked.

Certainly, naturists by forsaking their cloth body armor are making a statement in favor of forsaking pretence in the physical realm and taking a step toward their personal truth. However, genuine transparency goes beyond the shedding of clothing and is far more risky and difficult.

On a material level, nudity is a message conveyed. It says, “This is me. Take me as I am and I will accept you as you are.” There is a longing within us all to be unconditionally accepted, just because we are human. Naturists attempt to provide this with one another in a safe environment. Yet naturists can’t claim exclusivity in the acceptance department. We just take it that one step further by removing a barrier often used to hide behind, with physical nudity.

Yet there is more, much more to each human than a bare body. In truth, no one fully knows another person, or even yourself. Naturism, despite its limitations is still a worthy endeavor for what it does offer participants that extends our awareness beyond the confines of the textile world.

The following excerpt is written by a psychologist who is a practicing naturist. He clearly draws our attention to the fact that simple nudity isn’t enough. We have to take the time to learn about and reveal our inner selves in relationships; to be

able to go beyond simply being a nude body and become authentic. [Ed.]

Naturism is not just about taking off one’s clothing. Nothing is that simple for us humans. To prove his point the author of this essay presents a nude photograph of himself, but in deep shade so that much of his body, other than his face is unseen. He notes that his face isn’t betraying much in the way of emotion. Despite being physically exposed, he was still disguised so no one could see the truth of who he is behind his eyes and beneath his skin.

The point he is making is that, “Naturism almost always talks about the honesty of being naked, as if by removing one’s clothing, one reveals the authentic person that one really is behind the clothing. That is simplistic thinking. Who we are as individuals is so complex that even we are not really aware of our own depths. We have a limited consciousness about who we are. We consciously carve out an identity in relationships with others, or so we think. With this conscious knowledge of who we are, we make decisions about just how much to reveal. The naked body is just that, a naked body, not our identity or our conscious sense of self. When others meet us when we are naked, they still have a lot to learn about us in order to know us as more than just a body.”

The nude image the author uses to illustrate his point helps us understand that in spite of nudity, there remains a real mystery. The play of shadow lets us know that not everything is exposed, that there are things hidden in the shadows.

His carefully crafted photo and comments are [here](#).

Can You Believe This?

Apparently we have the makings of evolution in reverse in this country. The folks at Facebook and now Instagram seem to have a knack for creating policies and hiring individuals with the sensibilities of the 1890’s. Case in point is this news item that illustrates dumbness on parade.

It’s painful to even have to bring this to our reader’s attention. Yet, these powerful and influential corporations are infusing another generation with the message that the body is shameful. That is disgusting and a form of child abuse. [Ed.]

A woman thought her Instagram account had been suspended over a photo of her breastfeeding her 20-month-old daughter as had happened before. But when she contacted the picture sharing site, the reason she was given was truly absurd.

It wasn’t mom’s chest that had folks upset. It was her toddler daughter’s. Yes, “topless” photos of a 20-month-old have now been deemed too risqué for the Internet.

After repeated attempts to contact the company, when she was finally able to speak to someone, she says she was told that, “Any photo that has a child even showing their torso is called child pornography.”

By that logic, she reasoned, wouldn’t 99 percent of parents be in possession of child porn? After all, how many photos do you have of your young children wearing nothing but a diaper? Or even less if they’re in the bathtub?

While we don’t all share these photos with the world via social media, plenty do! Even child models are seen “topless”

in advertisements nearly every day. What next? Ban shirtless babies from plugging diapers? Tell moms their shirtless toddlers playing in the sprinkler are lewd and lascivious?

You don't *really* need answers to those questions, do you?

As anyone with any intelligence can discern, child nudity and child pornography are two very different animals. In fact, according to the US Justice Department, child pornography is, "any visual depiction of sexually explicit conduct involving a minor, (someone under 18 years of age)."

Comprendi?

Children, (and I might add any) who aren't wearing clothes are *not* inherently sexual. They are just *people*. Children who are posed in a sexually explicit or sexually suggestive manner, on the other hand, well ... that's child porn. And that's wrong, and it must be stopped.

Anyone with a lick of common sense can see the difference.

So next time you're freaked out by a shirtless toddler, ask yourself ... who is the one with a problem?

Of course, this same question applies to the broader issue: Why is it wrong for me to be naked? What makes it automatically right for others to be clothed? Why must Naturists hide on private land? The original article can be found [here](#).

An Ode To Naked Yoga

Naked yoga has been receiving a lot of press for several years; much of it, in the beginning, was decidedly negative in tone. Given the hostility, it's amazing that naked yoga is still practiced, still making the news. That probably means those who give it a try discover something of enduring value in it.

Naturally, critics focus on their own apprehensions, not their experience when giving their critique. Naturists know something about enduring the mocking and hostile jabs of an unbelieving public. We've been subjected to them for decades longer than have those practicing naked yoga. However, we welcome all courageous enough to endure the slings and arrows of outrageous critics. We are kindred spirits.

The insights shown by this author apply to naturism as well as it does to naked yoga. As I said, we are kindred spirits. He speaks of a new way of seeing people by granting compassionate respect for all. This is the spirit of naturism. Truly along with this author we join him in hoping more in society will become able to view people as fellow travelers through life rather than as objects of lust or disgust.

The author begins by recounting a 2007 article about naked yoga and the outrage it generated both from the writer and those who responded to the article.

They were also made by people who, like the author had never experienced nude yoga in a group. Cries of disgust gushed: screaming capitals, barking multiple exclamation points, long strings of drawn out "EEEWWWW," and "YUCK!!!!"

The article and the responses, at least the early ones, were rife with sexual innuendo. Naked yoga was castigated as being all about sex while yoga is pure and spiritual and shouldn't be sullied with something as base as nudity. Furthermore,

adoration of and pleasure in the human body has no place in yoga. Instead we must hide ourselves in form-fitting clothing so as not to distract others, especially men. They couldn't possibly do yoga for any other reason than as a substitute for pornography.

So what we have here is a pretext contrived to mask personal phobia. Where does the absurd aversion we as a species have to our own flesh come from? Children are not born with it. Other societies live in comfort with nudity. This phenomenon must come from our culture.

It is curious why adults feel obligated to display disgust for all things pelvic, and fear the imagined judgment of others? Why is there a neurotic resort to buying expensive, sexy clothing to both hide and entice at the same time?

As often happens in life, insight came through a small child. I did a few asanas, Downward-facing Dog among them. My almost-two-year-old grandson, running about diaper-free, attempted an imitation to the delight of my wife and three adult daughters. He had no qualms about pointing his bare bottom up in the air.

None of us found it disgusting in the least. But at some point, that child with his cute little butt in the air will become the image that disgusts so many self-proclaimed devotees to yoga. Further, he likely will develop a profound self-consciousness and desperately cover himself. When does that happen? When do we stop being the Child? When do we stop seeing the Child?

Early in my adult life I was a massage therapist. One client changed my outlook forever. He was an old man with a slow, shuffling gate, fixed gaze, and expressionless face. His body was covered with lesions. He hadn't been washed properly in days, maybe weeks.

At the time I was apprenticing in the practice of Connie, a kindly old Norwegian therapist. She was also an herbalist.

She had prepared special lotion just for this man. I massaged the goo into his tough, leathery skin from head to toe and rubbed it off with several rough towels. Dead layers of skin and crusty lesions came off in scoops. What emerged was pink, new, clean skin and an astonishing transformation took place. He no longer saw himself as filthy and disgusting. He greeted his wife with a little hop and a, "Come on, Ma! Let's go dancin'!" It was a deeply emotional moment.

In that experience, I too was transformed. I have never looked at a person in quite the same way since. I came to understand that underneath all that disgusts us – the hair, the fat, the sweat, the filth – lays that child, the cute little kid with his bottom in the air.

But the miracle that day was due to Connie's motherly compassion for a child. An eighty-year-old child.

For me, naked yoga calls forth from each participant something akin to motherly love – that compassionate protection of the child in each of us. It means seeing each other the way mother's view children. Wouldn't that be a nice change from seeing people as objects of lust or disgust?

Our supporters will have an opportunity to learn more about yoga on June 28. Meanwhile, learn more [here](#).

Chinese Women Embrace Nude Photography

A lengthy article details another new trend in China, a country noted for historically fiercely clinging to tradition and rejecting foreign cultural influences. However, even in China, the times, they are a changing.

Of course, in a country of over a billion people a mass movement toward change is no easy task. So when the word “trend” is used regarding some aspect of Chinese culture we would do well to not become overly excited.

Just the same, remarkable cracks are appearing in the facade of traditional culture. No doubt the fantastic rise in economic growth made possible by heavy contact with people around the world is the explanation for much of what is happening in China.

In any event, greater acceptance and appreciation for the beauty of the body is circulating widely in China today and women appear to be in the vanguard. So read on. [Ed.]

A surprising number of young Chinese women have been arranging to have nude photographs taken of them. One studio that caters to this market is already booked out until December.

They have served over 5,000 customers from across the country. Some even fly here from Beijing and Hong Kong. To meet the increasing demand, the studio now works six days a week and receives around 10 customers each day.

Customers tend to be women born after the 1980s and 1990s, who wish to keep photos of themselves that capture their youth or pregnancy. As their education levels rise, they tend to have broader horizons and more open minds. They become less judgmental and the numbers of people who see body-art as a shameful thing are decreasing. They are daring to challenge stereotypes and try something new.

One woman said she went to take body art photos at two different stages of being pregnant. She explained that it was important for her and her husband supported her decision. She says that she is going to take another set of photos of her body after birth.

Though their motives may vary, sociologists say they share something in common. Many women have become more honest and calm when it comes to acknowledging their bodies, appreciating their physical beauty and cherishing their youth, explains a sexologist at the Beijing Forestry University.

While most women said they only share the pictures with family members, some dare to share them with friends or strangers on the Internet.

Western influence also plays a role in this changing attitude toward the body. As one young woman explains, “Many foreign models and stars have taken nude photos. In their eyes, physical beauty is the highest form of natural beauty and an aesthetic object. The lines of their figure show the beauty of health and vitality.”

Perhaps the naked body is the natural state. Learn more [here](#).

Scandal In A Teacup?

What passes for scandal or rebellion is often in the eye of the beholder. In this case the subject of “scandal” is a female professor at staid and tradition rich Cambridge University. Her affront to Cambridge sensibilities lies in her commissioning a nude self portrait to be entered in an art exhibition.

I think it’s fairly obvious this is an unusual and potentially career ending move by the professor. Her courage in making this blatant statement demonstrates the depth of conviction she holds toward the cause she is espousing. Hers is a demand that women be taken seriously as equal to men in self determination. She also is protesting a long history of treating women as objects both in art and in fact, all arenas of life.

The cause for comment isn’t that what she has done is a “new” thing – far from it. It is in her context of being an academic that is “shocking” to sensibilities. “It just isn’t done!” However, the far earlier example of Lady Godiva who nobly shed her clothes to prevent an injustice comes to mind. So it may be her action is in keeping with an ancient British tradition after all.

Of course, in the ancient tale the townspeople all turned away out of respect for the fair Lady, while professor Bateman invites us to look upon her body as she “looks” back at us. Implied in the painting in its ordinariness is that she is choosing to show herself with no sense of come-on or shame. It’s just matter of fact, here I am, make of it what you will. It is this aspect that may be unnerving to some.

Nudity we ordinarily see comes with baggage. It’s used to sell or titillate or both. Either way, the female body is an object. Philosopher Immanuel Kant in his moral philosophy famously postulated that humans are to be treated as ends and never as purely means to the ends of others. Rather, all persons are to be treated as subjects, having value in themselves.

Naturists argue the unclothed body carries intrinsic worth and is in no way obscene. Naturists decry as being a travesty of injustice, society trampling on this fundamental principal with its hysterical clothing compulsion and harsh punishment for being nude in public.

It may well be the Cambridge community fears the dignity of the university and its faculty is threatened by the display of one professor’s nude body. Clearly, it is themselves they are focused on and their arbitrary power status in their community that is the principal concern. However, it’s doubtful students in mass will desert Cambridge or cease studying. Neither is it likely that potential new students will suddenly decide to attend Oxford.

We wish professor Bateman well in her career and commend her courage in living her convictions. [Ed.]

“Cambridge Don strips off and claims that it’s educational,” sneered a major newspaper. The story referred to a nude portrait commissioned by a Cambridge University economics professor which has gone on display in London as part of an exhibition by the Royal Society of Portrait Painters.

Rather than titillation, Professor Bateman wanted the painting to ask questions about the sexualization of women today. In a written statement she explained, “At the age of 34, I am

comfortable in my own body.” One writer describing the painting observes the pose is not provocative in manner. The subject leans against a blue background, one hand behind her back. It is significant, she adds, that the figure is staring back at the viewer, and declares this as a mark of power...

On her own behalf professor Bateman explains the contemporary single-minded way of looking at nudity isn't healthy – certainly not for women. The cause is simple. In the public domain, nudity is more often than not depicted in an overtly sexualized manner. From this she says, it's no surprise men come to view women as sex objects, and it runs the risk women start to see themselves in the same light.

She hopes to raise questions about the depiction of women and to challenge the automatic association between the body and sex. She hopes to show that the female figure is something a woman walks around with every moment in her life and it is not, therefore, purely sexual.

Critiquing the story and the painting, one writer states women as muse have been represented in both high and low culture

across the centuries as mere objects of male fantasy. Historically, the artist was male and the nude subject was female.

The muse was the classical...archetype of a ditzy female free spirit, with no concept of reality, which existed merely to assist the male protagonist on his journey of self-discovery...but never creates anything herself. Instead, she inspires her lover, the artist, who is always a man...

In this case Bateman is her own muse. She wrote: “Rather than a sexualized pose, the artist and I worked together to identify a stance that was natural and comfortable. In fact, the pose we decided upon was inherently unflattering.”

Acting as her own agent, she asserted how she wanted to be seen and, unlike the nameless muse of art history, she is named, and her professional status clearly written on a plaque that accompanies the painting. She points out, “people are often shocked when they realize that the naked image before them is an intelligent woman.”

This original article can be found [here](#).

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Change of Address Form
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All information provided is strictly confidential. If you are joining as a couple, include names for both people. If you are a couple not living together, make a copy of this form for the other individual. (NB: To promote gender diversity, a couple is defined as one male and one female.) Those willing to assist with upkeep a minimum of 10 hours

per year may deduct \$50. One subscription to our newsletter *Bare Facts* is included with membership. A subscription only to *Bare Facts* is available for \$20.00. New members will receive a Waiver and Release which must be completed before membership is finalized. Visitation restrictions apply to Associate Membership.

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