

Bare Facts

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Official Publication of the Lake Edun Foundation, Inc.

June 1, 2015

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38° 58' 7" North; 95° 47' 56" West

Buff Astronomer – June, 2015

Well, we can thank all those that prayed for rain that the Lake is filling, but “oh what those storms did for the night viewing” was not pretty. Astronomy Magazine says that, in June, Kansas will average 9.5 – 11.4 clear observing nights, about one in 3 to 4. Luckily some of the sights to see are visible most of the month. The only planned meteor shower, coming out of Bootes will be minimal. But these meteors tend to move slower than others.

The big show for the month is a very unusual pairing of Venus and Jupiter. This occurs in the dusk to early evening sky to the west. Early in the month they are 10 degrees apart, but the one not to miss is the conjunction on 30 June when they will be only 1/3 degree apart at dusk. This is very unusual and worth looking for. On 09 June a small crescent moon comes close to these two planets and should be seen if possible.

Mars is invisible this month, traveling behind the sun. Mercury will peek out in the morning sky, best seen before dawn on the 24th.

My favorite planet, Saturn, climbs from the east and in the early evening is higher in the sky with the rings tipped wide for great viewing. With a small telescope or large binoculars, you can even see one or more of Saturn’s moons, especially the largest, Titan.

On the 25 the star, Spica, will be 4 degrees southeast of the quarter moon. The constellation, Scorpius, will be high in the dark with its red star, Antares, looking like a twinkling Mars. With a medium telescope, some very nice double stars can be seen in this constellation. Keep an eye out for the rising constellation, Sagittarius, which sits in the Milky Way over the center of our Galaxy.

Hope to see you out at the lake for our nights with the Astronomer, some with camping. And keep looking up on medium to clear nights with your Buff Astronomer.

Happy Trails to You

No, you won’t hear Roy Rogers or Dale Evans singing to you, but you will be so happy when you walk the trails at Lake Edun, you will want to sing. This is a great time of the year to explore as well as get in a little exercise while walking the well groomed trails at the lake.

We have added some additional trails this year and many of the trees and plants are marked so they can be easily identified. You will find pull up bars to test your strength and benches to rest your legs.

Before starting, pick up one of our new maps at the barn. They now have the location of all points of interest as well as distances of each trail. So grab your boots, shed your clothes and enjoy a pleasant and educational walk around the lake.

Random Thoughts & Reflections

Each year, Tom presents an afternoon seminar on photography. This is always well received and informative. It is a popular event, according to our annual survey. To make it even better, Tom is asking Eduners for any topics of particular interest they would like to know more about. To register your preference, email us before June 21.

Once again, it is time to change our lock. Members will find the new combination enclosed. Remember: If you are the last to leave our special place, please insure the chain is up and locked.

Be sure to check our schedule so you can take advantage of a busy month. We will see the Buff Astronomer on the 13th and practice Yoga the next day

Our popular Wine & Cheese evening will be followed by a movie in the Main Meadow. Bring a blanket or tarp to sit on and enjoy our big screen. Finally, we have another visit from our Dermatologist. This is a valuable FREE opportunity to be checked by a dermatologist for any likely skin maladies.

In This Issue

- ! Perceived danger of the neighborhood cherub
- ! Learn about the effort to free the nipple
- ! Thoughts on sharing Naturism with your spouse
- ! Liberation that comes from striping naked
- ! How diet can lead to a longer, more enjoyable life
- ! How a British artist found a connection with the universe
- ! Surprising health benefits that accompany nudity
- ! An interesting TED Talk on the benefits of naturism

DON'T FORGET

June 2; Tues; 6am-7pm; Topeka Gives

June 6; Sat; 12-2; Open House

June 6-7; Camping for New Eduners

June 7; Sun; Noon; Women’s Issue Seminar (tentative)

June 13; Sat; 10-12; Board of Directors

June 13; Sat; Evening with the Buff Astronomer

June 14; Sun; Noon; Yoga with Bradley

June 20; Sat; 7pm; Wine & Cheese tasting

June 20; Sat; Dusk; Movie Night

June 28; Sun; 3pm; Photography Seminar

July 3-5; Clothing Independence Weekend

July 5; Sun; 9 am; Yoga

July 5; Sun; 12-2; Open House

July 5; Sun; 3-5; Board of Directors

July 11; Sat; 4; Walk-talk with the Arborist

July 11; Sat; Evening with the Buff Astronomer

July 18; Sat; 7pm; Wine & Cheese tasting

July 18; Sat; Dusk; Movie Night

July 25-26; Camping for all Eduners

July 26; Sun; Noon; Yoga

July 26; Sun; 3; Visit the Dermatologist (date tentative)

Beware Of The Neighborhood Cherub

It's a story we hear about from time to time, yet each time we do it renews a sense of futility when considering the stupidity of some people in our society. This story is from Canada.

As it turns out, dad was outside washing the family car and his two sons ages six and four were playing in the water. The four year old got wet and went into the house to change, but instead of returning in his shorts, came out naked.

Someone in the neighborhood called the police to complain. The parents were shocked by the visit from the police and the warning that "further action" could be taken if the child was found naked outdoors again.

The dad explained, "It was all what seemed to be harmless innocence. I felt like at four years old, he's still pure, he's still innocent." As is typical in our strangers for neighbor's age, no one had approached the family to express any concern.

The dad says his older son is now afraid of the police – fearing he and his brother could be taken away from their parents.

The police declined an interview, but provided a written statement from the officer: "I have spoken to Mrs. and Mr. McIlwaine, explained that we responded to a complaint from another citizen about their son being out on the street with no clothes on a few days earlier," it reads.

"They did not feel this was handled well by the officers responding despite my explanations, and I offered an apology for the fact that they were not happy and felt their son was now afraid of the police."

The fault doesn't lie with the police who were doing what the law required. Ours is an increasingly crazed society in which politicians and individuals lacking in common sense cause harm due to over zealousness and the inability to distinguish between innocence and harm. [Ed.]

Unfortunately, this story is all too common. Those wishing to learn more, may find [here](#).

Free The Nipple

In case you're unaware, there's a growing call for women's nipples to be treated as no more provocative or scandalous than men's nipples in the same setting. Accompanying this movement there is now a movie by the same name.

It has been announced that starting June 9th the film will be available on Netflix. If you want to know more about this movement go to Wikipedia or Google for numerous articles about the subject.

The following is from Wikipedia stating the aims of the movement. [Ed.]

Free the Nipple is an equality movement focused upon the double standards regarding the censorship of female breasts started by activist and filmmaker Lina Esco. The campaign is not a crusade that exclusively advocates for women to bare their chests at any and all given times; rather, it seeks to strip society of its tendencies toward the sexualization and oppression of the female upper body, addressing hypocrisies and inconsistencies in American culture and legal systems that

enforce its taboos. Ultimately, the campaign resolves to decriminalize female toplessness in the US and empower women across western nations in a greater effort toward global gender equality.

The Joy Of Togetherness

Sharing social nudity with your spouse is a cornerstone of naturism essential to its success and survival. This has been true from the beginning.

Naturists have endlessly discussed and strategized how to ensure a gender balance. Part of the strategy to reach this goal has always been to create a friendly, safe, and accepting atmosphere. Naturist etiquette has these priorities in mind to ensure privacy and physical safety for all, including children.

The whole concept is encoded in the phrase, family friendly social nudity. In fact it is the presence of the entire family that reinforces this ideal and ensures its continued validity. Thus, naturism is welcoming to all who share in this philosophy including those who aren't part of a couple.

Shared experience of social nudity has some unexpected benefits. An awakening to a new and liberating perspective on one's body is a therapeutic gain which grows over time.

Bonding as a couple is enhanced by sharing a mutual discovery: the internalized fears about nudity have no foundation in reality. It's also true that engaging in a practice, while legal and moral, generally disapproved of, adds to the pleasure. Further, freedom from the fear of nakedness releases an unnecessary burden we have carried all our lives.

Naturism by its intent and organization promotes a healthy view of the body and the opposite gender. An atmosphere of equality and trust are attained by the mutuality of nudity. There is an equality of vulnerability and honesty when we reveal our bodies without the disguises offered by clothing.

Who wouldn't want to share all this with the one you love the most? The following is a testimonial to this. [Ed.]

One of the greatest joys of my life was when my wife decided to participate in social nudity. We have visited nude beaches and have spent time at Hippie Hollow at beautiful Lake Travis near Austin (the only officially sanctioned nude venue in Texas), but only last summer got involved in social nudity, including naked 5k runs, 3 day weekends at nudist resorts, and naked dinner parties at our home. Next month we will spend a week at Lake Como in Florida.

I know how important it is to husbands to have their wives share this part of their lives. But in today's political and religious environment, it's very difficult for many women to disrobe in public. As nudists, we understand the problem, and at the same time we have difficulty understanding it because we know how liberating and enlightening social nudity is. Hopefully the younger generations coming along now will move society toward a more enlightened perspective on the human body and social nudity. The Europeans have done it, why shouldn't we?

It seems to be a problem without a simple solution. More information, is available [here](#).

The Naked Truth

Each of us is passing on a one way trip through life. The solemnity and joy of this passage has been contemplated, debated, and written about by prophets, sages, and common folk for countless millennia. Yet, in the end each individual must come to terms with the meaning of their life.

The nudity of naturism is a truth statement; it indeed is the naked truth about our body for all to see without pretense. In the act of undressing we are surrendering privacy about the body and all attempts to “cover up.”

Certainly there is more to our person than the visible body. Our interior self remains hidden if we so choose. In reality, disclosing our inner self is a far more difficult, risky, and daring thing than merely baring our body. This is so because it makes us vulnerable.

Vulnerability is the risk to both physical nudity and becoming transparent about our inner self and carries with it a high degree of anxiety. There is a reduction of anxiety and physical tension and an increase in sense of identity and self worth following the experience of full self-disclosure while among supportive and accepting naturists.

In a naturist setting the learned squelching of the real self due to fear of the consequences of real-self being is resolved. This experience is transformative. Anxiousness about the presumed and real judgments of others is confronted by the reality of empathy and acceptance. Fear loses its power to bind us.

Perhaps the experience of social nudity and disclosure will over time become a stepping stone to resolving inner fears that hold us hostage to the past. Being physically naked without shame is a powerful force that ripples through our being, opening a doorway to interior healing as well.

The following excerpt was written by a psychologist about his own life experience of “stripping before the world,” seeking to live the naked truth. [Ed.]

Since I have basically stripped naked in front of the world – my family, my community and strangers – through my “Broken” book series, and through my “Naked Poetry” series, there aren’t any secrets left to worry about.

It is quite liberating. I think of Sisyphus who must toil forever rolling a boulder up a hill. My boulder has been taken from me leaving me free to smell the scents in the air, to cherish the sounds that reach my ears (sometimes with the help of hearing aids), the textures of the world that meet my skin, the tastes of new life that had somehow materialized out of the shadows with the withdrawal of mask, armor and camouflage behind which I had previously hidden from life. So others can see my body – nothing there that is anything but natural should they only dare to see their own bodies. So others can know my history – we all have histories.

Today, I can dare to be authentic in the world, naked where and when practical and possible, honest without fear of someone “finding out” some dark and dirty secret.

Each of us has our own tale to tell. More on this one can be found [here](#).

Mediterranean Diet

We all want to be healthy. Now comes the hard part. It’s likely most of us need to make serious changes in what we eat to achieve this goal. This is where most lose interest.

Changing eating habits is really difficult. We love the foods we grew up with, even if we know they are slowly killing us.

Still, it’s within the historic scope of naturism to talk about improving health through an improved diet. This is certainly a part of appreciating our body. Naturism encourages life reform through improved diet, exercise, and relaxation.

Check out the Mediterranean diet online as an alternative to the all American steak and potatoes, plus chips, soft drinks, sugary snacks, couch potato lifestyle.

A recent published study summarized below indicates there are noticeable improvements to mental functioning as we age from the Mediterranean Diet. [Ed.]

A new study suggests adding olive oil or nuts to a Mediterranean diet – rich in fruits, vegetables, fish and whole grains and low in red meat – may keep your mind sharp as you age.

The Spanish researchers found that seniors in their study, average age 67, who followed this diet had greater improvements in thinking and memory than people who were simply advised to eat a lower-fat diet.

They found you can delay the onset of age-related mental decline with a healthy diet rich in foods with a high antioxidant power, such as virgin olive oil and nuts.

The average age of participants was 67 when the trial began, so it can be said it is never too late to change your diet to maintain or even improve brain function.

One physician stated there is a general heart-healthy and brain-healthy effect of eating less beef and more chicken, fish, fruits and vegetables which has been validated to the point that he now recommends this general Mediterranean diet to all his patients. In addition, both olive oil and nuts have been associated with mental benefit in other studies.

Healthy fats from foods like nuts and olive oil play crucial roles in brain function and health. Every one of the nerve cells in the human brain is surrounded by an ultra-thin layer of fat and protein called the myelin sheath, she explained.

Oleic acid is one of the most prevalent fats in the myelin sheath. “Olive oil, almonds, pecans, macadamias, peanuts and avocados are all good sources of this fat. Omega-3 fatty acids are also important for brain health and are found in fish, walnuts and soy foods.

These healthy fats have been shown to improve mental function and brain health and reduce the risk of Alzheimer’s disease,” she said.

Try cooking with olive oil instead of butter. For snacking, a handful of almonds instead of a bag of chips. Add vegetables to pasta in place of meatballs as a healthy substitute.

More ideas on healthy diets is available [here](#).

A Connection With The Universe

The world, for all its harsh realities, both of natural and human origin, still manifests extremes of beauty also of both natural and of human origin. We are forever caught between the two extremes. Our small lives are mere moments in the sweep of cosmic history. Still, our lives matter and with care can add to the beauty of creation.

British artist Natasha Brooks puts life in these words in her art. I was led to a video titled Blue Hue. It is an astounding sequence of Ms Brooks's swimming nude in high mountain lakes surrounded by fields of snow. This is her passion.

Having jumped in high mountain lakes in Colorado in the summer with snow still feeding them, I can attest to the shock water this caused in my body, nude or otherwise. I have no idea how she manages extended swims without experiencing hypothermia regardless of her skill as a swimmer.

You definitely must see the [video](#) of Natasha, truly in her element, exhibiting exquisite grace and power in the depths of the cold, clear mountain lake. Hers is a testament to the incredible resilience and adaptability of the trained human body. I am in awe.

The second connection I found with Ms Brooks was her philosophical statement on her website in the extended summery below. She gave words to some of the thoughts I have been struggling to express adequately about naturism, although this wasn't her interest.

We stand between two words, material and spiritual. The temptation is to neglect one or the other or at least not give the other its due. She strives in her art to give us a vision of both. Likewise, naturism is an attempt to bridge a material/spiritual gap in consciousness. A desire to reconnect us with our body and nature and in the process with the person of like minded others.

Ms Brooks points to the symbolism of cleansing granted by immersion in water internal and external, spiritual and material. Social nudity plays a similar symbolic role in naturism. The artificial veil of forced clothing separates us literally and metaphorically from our self, others, and nature. Shame casts its invisible shackles on us with just as much strength and cruelty as would any unjustly imposed chains.

She later refers to free diving to great depths. This is only accomplished through complete relaxation in the water only made possible when "you become truly comfortable within oneself in that moment." This indeed expresses what naturism accomplishes. Through social nudity you become open and comfortable with yourself and with others. This connection with other people allows a mutual freeing from whatever has been confining us. It brings peace.

Finally, naturism seeks to overcome barriers as Ms Brooks suggest, through empathy, ignoring those things that keep us apart in the outside world. She says, "...it through feelings of connectedness that we can go on to celebrate our surface individualism and differences with an unthreatened and appreciative understanding..."

Remember these words the next time you talk to anyone about naturism and why the nudity. [Ed.]

Please enjoy this extended excerpt from her [website](#) and the beauty of her art.

"A human being is part of a whole, called by us the universe, a part limited in time and space. He experiences himself, his thoughts and feelings, as something separated from the rest, a kind of optical delusion of his consciousness." Albert Einstein.

With modern technology, forever at our fingertips, stimulation and bombardment from external forces is ever present making peace and solitude a rarity. Even when time and space is created for mindfulness and the spiritual, true stillness is fleeting, overshadowed by our chattering individual selves. I am fascinated with this internal battle, the veil that lies between the internal and external, spiritual and material. Within my work I often use water to symbolize this veil that is temporally permeable. Water has the obvious multi faith connections with spiritual cleansing and baptism, it is completely immersive, all encompassing and has a powerful effect on our physical and mental states.

On a personal level I use the environments that water offers to broaden my level of mental and physical experience... In this primeval state, personal energy is so wound up in the energy of the surroundings, the two become harmoniously intertwined.

Free diving also offers elevated states of mind, not only because of the controlled breath, but because of the experience had in the water, the deeper you go, the more 'other worldly' it becomes. Whilst the physical pressure felt on all the body makes you extremely aware of your physical self, being surrounded by the beauty of such an expanse of heavy water around and on top of you allows an incomprehensible, yet deep understanding of our fragile personal existence and eventual unity with all existence. The relaxation needed to go to any depth is only attainable once you become truly comfortable within oneself in that moment.

It is internal experiences like these that I choose to explore within my work. We live in a world of barriers, one where emphasis is put on our differences and competitiveness for economic growth is encouraged. As a whole we have become out of balance with the natural world and as a result are knowingly heading down paths of varying degrees of self destruction, unable to turn around. My artwork ignores issues that separate us, such as language, sex, nationality or race, and instead highlights collective emotions and experiences, focusing on underlying currents that unite and encouraging feelings of empathy. I believe it is through feelings of connectedness that we can go on to celebrate surface individualism and differences with an unthreatened and appreciative understanding...

Health Benefits From Nudity For Your Body And Brain

In the everyday course of things we give little thought to any downside of constantly wrapping our bodies in clothing. We are raised believing this is normal with only a few minor exceptions. This is such a cultural given, we give no thought to any tradeoff we may be making.

In exchange for always wearing clothing, we willingly imply our body is shameful, undesirable, ... even ugly. Of course, we negate this view by exempting some people from this evaluation. We set apart those designated as “beautiful.” Their narrowly defined bodies are blessed and are eagerly gazed upon with fascination, admiration, and jealousy.

They are elevated above we impoverished mortals to be our designated “sex symbols.” No one else need apply. The price these privileged few pay for being “symbols” is that they become both more and less than human. We pale in their glory and beside them we feel shame for our defective bodies. Such is the shallow, superficial stock of popular culture. We unthinkingly do this to ourselves. How sad.

This is the unholy tradeoff society has made by its arbitrary demand for mandatory clothing. Such a schism in our psyche, turning us against our own body and that of others, is unavoidable in this paradigm. Naturism recognizes this unhealthy contradiction and prescribes an antidote. It includes body acceptance and social nudity as both a training ground and an affirmation that the encrustation of ages of mandatory clothing is in error.

Phony rationales for the necessity of clothing are mounted to defend the indefensible. It crumbles in the face of both experience and logic. Clothing is advanced as the means to grant and protect modesty; to prevent lust, debauchery, and rape. Men are presumed uniquely incapable of controlling their sexual impulses save when the female is fully clothed. In desperation, some insist clothing is what preserves “the mystery” without which men would no longer desire women. This is all so silly.

The following is a summary of some of the positives associated with nudity. There is ample evidence suggesting skin-only can be a superior way of living. The entire story is available [here](#).

Brain development. Pediatricians agree infants thrive with a daily dose of “naked time” because the unhampered range of motion aids brain development, stimulating neuron growth. Michael Merzenich, neuroscience pioneer believes, “Everything that you can see happen in a young brain can happen in an older brain.” Could it be that one implication we may possibly draw from this is “naked time” is equally valuable for humans of any age, especially the elderly?

Bodies Against our Environment. A 2003 study entitled “A Naked Ape Would Have Fewer Parasites” posits “humans evolved hairlessness to reduce parasite loads, especially ectoparasites which may carry disease.” The garments we wear can be a breeding ground for filthy fungi and bad bacterium, causing yeast infections, urinary tract infections, rotting toenails. Ticks can grab onto our clothes and sea lice

can sneak into our bathing suit crotches. Cinched-up belts, ties, and clothes impede breathing. Men’s snug pants raise testicle temperature, lowering sperm count and fertility.

Health Benefits. Going shoeless is now recognized as an anti-Alzheimer’s, brain-boosting activity because the sole sensation entices your brain into growing extra, efficient neuron connections. Dr. Norman Doidge (author of *The Brain That Changes Itself*) believes skipping shoes increases brain flexibility and youthfulness, and many podiatrists now advise going barefoot as much as possible.

Vitamin D deficiency is soaring. Up to 75% of US teens and adults receive insufficient amounts of the “sunshine vitamin.” Lack of this essential health aid is a factor in numerous ailments, including cancer, heart disease, osteoporosis and diabetes. Anyone who bares all outside as a “naturist” harvests larger amounts of Vitamin D in a shorter time span.

Mental Health Benefits. Past American Psychological Association president Abraham Maslow believed “Nudism... is itself a kind of therapy.” Health benefits of social nudity include stress reduction, satiation of curiosity about the human body, reduction of porn addiction, a sense of full-body integration and developing a wholesome attitude about the opposite gender.

Nudists have significantly higher body self-acceptance, researchers at the University of Northern Iowa discovered. Another study found teens at a New York nudist camp were “extraordinarily well-adjusted, happy, and thoughtful.” It’s also excellent for children to grow up free of shame about the human body. Naturists have long reported a significant reduction in their stress levels and improved relaxation they experience while participating in social nudity.

Tolerant Views. A University of Central Florida 2008 study of 384 participants concluded pro-nudity students “were significantly more accepting of other religious groups and gays and lesbians” when compared to the anti-nudity students. They were also “less prejudiced towards ethnically dissimilar others.”

Financial Liberation. Clothes are a huge investment of money and time with shopping, laundry, closets, dressers... The global market for swimsuits alone is expected to reach \$17.6 billion annually this year... How many billions more is the cost of our daily wardrobe?

THINGS YOU MAY NOT HAVE KNOWN...

Benjamin Franklin, inventor and statesman, was a practicing 18th century nudist! He took an “air baths” daily by sitting in the buff in front of an open window. President John Adams regularly swam nude in the Potomac River. Anne Royall, a journalist, heard of Adam’s early morning skinny dips. After being refused interviews with the President several times, she went to the river, gathered his clothes and sat on them until he agreed to speak to her. Before this, no woman journalist had ever interviewed a president. (Way to go, Annie!)

Naked, We Expose Our Own Vulnerabilities

I am a fan of TED Talk like millions of other human beings. Beyond this, I am a nudist and spend a lot of time entirely naked. At the same time, I read a lot about body acceptance and body shame and how nudity makes us vulnerable. Well, if you have not seen the TED Talk of [Brené Brown](#), it's not too late. Here are some excerpt from it and my comments, related to nudism:

- ! *Vulnerability is the birthplace of innovation, creativity and change.* As nudist we are vulnerable. We have nothing to hide being nude. But maybe because of this vulnerability, we can be the actors of positive change in the society.
- ! *Shame is an epidemic in our culture.* It's so easy to point fingers at people, to have them conform to what they deem normal. Nobody should be allowed to shame somebody because he or she is a naturist. Naturism is natural and healthy.
- ! *Empathy is the antidote to shame.* This is a profound statement. Naturists are generally respectful. As naturist we respect textiles and naturists alike, we

should expect the same respect from textiles when we are naked. I think we need to reply to shame with empathy and continue relentlessly to explain peacefully that nudity is just enjoyable and respectful of others. Nobody will be harmed by seeing naked people.

- ! *We just want, for ourselves and the people we care about and the people we work with, to dare greatly.* As nudists, we need to dare more. To dare speaking out, to dare being more openly naked, to get naked more frequently, particularly with friends and family. Dare!

To reuse one of the above sentences, if vulnerability is the birthplace of change, and if we truly believe that social nudity should be more widely accepted, then we all need to become an agent of change by exposing our vulnerability. Naturism is a peaceful activity; nobody will be harmed by sharing the earth with a nudist. To the contrary, this will increase harmony amongst human beings.

Get Naked, Stay Naked, Live Naked and Share the Naked Love.

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Membership Application
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.

Membership Fees:

	Single	Couple	Amount
Lake Edun Foundation Membership	275.00	350.00	_____
Working Membership (Discount)	(50.00)	(50.00)	_____
Associate Member (Over 125 miles away)	175.00	250.00	_____
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