

# Bare Facts

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38° 58' 7" North; 95° 47' 56" West

## President's Corner

By: Ernie Cooper

When I was first attracted to naturism and devouring anything I could find, I came across some information from a group in New England that got together several times during the winter! I was born in New England! It gets really cold in winter!

One of the activities all seemed to enjoy in this group was Cabin Fever Days! The group got together and used the whole affair as an excuse to enjoy each other's company, food and share stories from the past and dreams for the future. The group's founder, Jim Cunningham, was attempting to grow a naturist community that would thrive year round. In the beginning he wanted to know what all thought would be good ideas for the upcoming year, and what they should build next, etc.

I was trying to come up with an activity that would be different for this next year. Some kind of get together to kick the year off! While chatting with Mike Curry over the net he mentioned "Cabin Fever Days." I thought, why not? Our weather should be better than northern Vermont! But, when should we do it? Around tax day came to mind! Soooo...

**Hear Ye! Hear Ye! Hear Ye!** Let all know an important message is to follow!

The Lake Edun Foundation invites all its members and friends to a weekend retreat in celebration of the end of Cabin Fever Days, the weekend of April 15! Bring a favorite covered dish, prepared to share Friday evening at a potluck dinner. Afterward we should have time for stories, games, or what ever to pass the evening pleasantly. Saturday, weather permitting, we can all go and enjoy some time at our special place! We have several projects that we could work on:

- 1) The road to Sunny Bares needs some more clearing and grading. The area adjacent to Sunny Bares should be available for members to park on this summer. Some clearing of brush and debris is needed there.
- 2) We have several picnic tables that need repairs. We also need to repair some of the lounge chairs.
- 3) We have collected a lot of stuff (not a very technical or precise word) along the side of the barn, and for that matter in several other places that we need to sort through and decide to pitch or keep.

Making progress on these items should improve our summer at the lake and make our special place nicer and more presentable. Who knows? Perhaps as we enjoy one another's company new ideas will come about on how to make our special place even nicer!

The location for the night has not been fixed. That will come in the next Bare Facts. It will arrive early enough to give you a heads up. This notice is to make sure everyone blocks out time to be with us! I am looking forward to the event and a time to share with everyone, and get ready for summer!

## Work Days Are Few But Important

As our weather warms, thoughts turn, once again to enjoyable times at our special place. Sometimes it is difficult to realize Lake Edun has been around for over 20 years! Since its beginning, we have made many improvements. Nearly all have been accomplished by Eduners and friends who join forces to make lasting improvements that those who follow can enjoy.

This year, in addition to the annual fix-up projects, we are continuing work on the road around the north end of the lake, clearing Cedars and cutting trees from the dam.

We have several work days planned throughout the Spring. Eduners and friends who join this effort nearly always find it a not-too-strenuous way to get to know other Eduners and make plans for the coming season. If you are able, be sure to join us for at least one of our Work Days.

## Is a Naturist Gathering In Your Future?

Every year, The Naturist Society (TNS) plans a number of "Gatherings" at different Naturist facilities around the country. These are an opportunity for like-minded people from around the country to meet and share what they have learned about our favorite past-time.

There are three Gatherings remaining this year: Eastern Naturist Gathering, June 19-25 at Eastover Resort in Lenox, MA; the Western Naturist Gathering, July 20-23 at Laguna del Sol in Wilton, CA; and the Northeast Naturist Festival, August 8-13 at Empire Haven Nudist Park, Moravia, NY.

It would be good for LEF to be represented at one of these Gatherings. It would be good for others at a Gathering to learn about all we do in the Heartland. If you have an interest in a Gathering, please let a member of the board know so you will be prepared and we can learn from your experience.

## DON'T FORGET

*Activities designated HN are sponsored by Heartland Naturists*

- Mar 4; Sat; 6-8 Sauna
- Mar 11; Sat; 12-4; Work Day
- Mar 11; Sat; 5-7; Board of Directors
- Mar 11; Sat; 6-8 Sauna
- Mar 17; Fri; 8-10; HN Swim
- Mar 18; Sat; 6-8; Sauna
- Mar 25; Sat; 12-4; Work Day
- Mar 25; Sat; 6-8; Sauna
- Apr 1; Sat; 6-8; Sauna
- Apr 8; Sat; 12-4; Work Day
- Apr 8; Sat; 5-7; Board of Directors
- Apr 8; Sat; 6-8; Sauna

### **Apr 14-16; Weekend; End Of Cabin Fever Days**

- Apr 15; Sat; 6-8; Sauna
- Apr 16; Sun; 12-4; Work Day
- Apr 21; Fri; 8-10; HN Swim
- Apr 22; Sat; 6-8; Sauna
- Apr 29; Sat; 6-8; Sauna

## Sauna Hours Modified

Due to overwhelming interest in and support of our earlier sauna hours, Brad and his crew have decided to make the 6-8 time for Saturday Saunas permanent. Eduners and their friends have been joining Brad and others for a Saturday Sauna in increasing numbers this season.

If you have not yet joined this friendly group, be sure to do so before the season ends. It is pleasure we can all give to ourselves and not feel guilty.

## Dealing With The Reluctant Spouse

Here's something that hasn't been addressed in these pages for a long time. Yet, it's an ongoing thorn in the side of naturism. Yes, the naturist who has a "reluctant" spouse issue. Marty Michaels offers these words of wisdom:

The man or occasionally the woman who comes up with a sure-fire way to convert a reluctant spouse can bottle it and become a zillionaire.

That's why it's discussed in-depth. No one knows how to do it.

I can tell you what WON'T work:

1. Keeping it a secret. I cringe whenever a new guy to online naturism says he's been keeping it a secret from his wife. He's already made the greatest blunder a husband can make, and he has one long uphill battle in overcoming it, if he even can. Secrecy just tells your wife you don't trust her and you think there's something wrong with what you're doing, or why the secrecy?

2. Pressure her. This is the second greatest blunder. It won't work, unless your goal is to cause her to feel resentment for you and despise naturism all the more. Then it'll work like a charm.

3. Logic. In case you haven't heard, women tend to work more on emotion than logic, and men vice versa. That's why whatever works to convince a man to try naturism will generally fail miserable when tried on a woman.

A woman will try to come up with logical arguments why naturism is bad, but they're bogus. The real reason is she's emotionally uncomfortable with the idea of nakedness. Until you can figure out a way for her to FEEL differently, all your logical arguments will be an exercise in futility.

4. Expecting anything will change. I know you're dying to share this wonderful thing you've discovered with your most important friend in life. But, you have to accept the reality that there's a real possibility she NEVER will. And it may be a good idea to stop trying to get a change to happen.

We men hate it when a woman feels like she has the right and the obligation to "fix" her man. Well, trying to get your wife to become a naturist feels the same way to her: there's something wrong with her and you're trying to fix it. That whole approach is likely to fail.

Here are some recommendations I have, which I cannot guarantee. I only know they have a better chance of success than what men usually try.

1. Stop trying to change her, but stand up for what you believe. Some husbands will give up naturism for their wives.

I don't believe in that. A man has a right to stand up for what he believes, whether his wife like it or not. So, I think a man should (lovingly) inform his wife that he believes in naturism and will live by it's principles, but make no attempt to convert her.

Teaching by example is the most effective teaching method, and that's your best bet here when dealing with a reluctant spouse. Let her SEE body acceptance in action and draw her own conclusions. If you're lucky, her conclusions will please you.

2. Love her. Reluctance in a spouse is insecurity. Will people think my body is ugly: Will they think I'm a slut for being naked? What will the neighbors/the pastor/my family/my friends/my co-workers think for heaven's sake???? What if the kids talk? Will some pervert ogle me or hit on me?

The only weapon a husband has to combat these deep-seated insecurities is his love for his wife. He's got to pour it on thick, (sincere love only) and at least wipe out all insecurity she may feel about how much YOU love her. Only when that insecurity is removed will she be in a more receptive frame of mind to consider your feelings about naturism.

3. Communication. It's my opinion that if a wife does not respect her husband's decision to be a naturist, whether she agrees with it or not, the problem is not naturism. The problem is the marital relationship. There something defective in it. That defect is most likely to be communication and trust and respect.

Somewhere along the way she doesn't trust you for some reason, otherwise she'd give you the benefit of the doubt while she learned about naturism to decide for herself. Sadly, it's not always the husband's fault that she doesn't trust him – women these days are raised to be mistrustful of men, even ones they fall in love with and marry. But either way, you have to deal with the mistrust.

The only way that can happen is through communication (plus doing #2 above). You and she need to communicate about naturism. Not with ulterior motives: not so you can convert her, not so she can dissuade you from this nasty new hobby of yours. You need to communicate so you can understand each other and respect each other.

My belief is that the mind set a husband should have while attempting this communication is: First, he loves his wife. Second, he will do his best to understand and respect how she feels. Third, he believes in naturism and has the right to live his beliefs and should be firm, but loving, in defending these rights. At the same time, he needs to show her the same respect for her beliefs that he insists she show for his.

You may not end up with a converted wife after all this, but at the very least you should end up with mutual understanding and a workable compromise that lets you be a naturist while respecting her discomfort with it. Any result less than this, and in reality, the problem is not naturism. The problem is your marriage, and I seriously suggest a little counseling is in order, because the real problems in your marriage will keep surfacing over any disagreement, not just naturism.

## Items We Need

- Tops for trash cans
- Wheel Barrow
- Chipper/shredder we can use about once a month

## How Long To Get Over Your Anxiety?

If you compare your anxiety level from the first time you visited a nudist resort with your anxiety level at the time of your most recent visit, for the vast majority of us men, it has severely decreased, if not disappeared entirely.

A responder replied: My anxiety about being naked in front of mixed company dissipated in about 15.7325 seconds, when I realized that I wasn't sexually excited and neither was anyone else.

## Stephen Gough Completes His Trek

Amid fanfare and a number of reporters from the British press, on Tuesday, February 21 the Naked Rambler and his girlfriend finally arrived at the northernmost tip of Scotland yesterday, and their first thoughts turned to clothes.

"Quick, get them on," said Stephen Gough to his partner, Melanie Roberts. It is a phrase that has been muttered, without success, by a good many people since the pair set out in their birthday suits from Land's End last June. Bowing to the elements, where man failed, only nature could prevail.

"You get used to the cold when you're walking about, but the minute you stop that's when it hits," said Mr. Gough.

Before they dressed, there was a little welcome party of locals waiting at John O'Groats with cameras and mobile phones to record the end of the 874-mile naked walk.

Clothed, they reckon they could have completed the walk in 40 days, covering 20-odd miles a day. Naked, a few problems with the law lengthened the expedition. Mr. Gough was arrested nine times; Ms Roberts five.

"I've never been in trouble with the police before and I found the first night in the cells quite frightening," said Ms Roberts. "I still don't see what all the fuss is about. My body is nothing to be ashamed about, although I don't really like my thighs and bum."

In all, Mr. Gough, a former royal marine, has spent four months in jail for causing offence with his naked ramble. "What's the point, why do it? Why do anything?" he said. "I want to show people that nakedness is nothing to be ashamed about and they should not pass their shame on to their kids. But why walk to John O'Groats? God knows."

"We've had people taking us in for the night, giving us breakfast, being really kind, most people have been really supportive," said Mr. Gough.

The offer of coffee at the Crofter's Kitchen is not, however, refused. Finally clothed, Mr. Gough says he would probably do it again. Ms Roberts looks over. "Definitely", she says. "But somewhere a bit warmer."

[This is the second year Stephen Gough has made this same journey across England, braving the weather and hostile police attention. His actions have been highly controversial in the British naturist movement. Let's be clear. Stephen Gough isn't a crusading naturist. He isn't a member of a naturist club. He just believes the human body is perfectly acceptable in it's natural state for all to see. His walks have been his way to demonstrate this belief.

Many naturists raise objections to what they believe will only bring harm to the naturist movement. They view his actions

as too in-your-face and not showing respect for the sensibilities of the general population.

However, Steve has his supporters among more activist naturists and by some in the press. A number of people have joined Steve and Melanie in their walk, appearing nude with them. Some of this can be seen on Steve's website. To these supporters, the pair is seen as being folk heroes.

Despite the months Steve spent in British jails, he can be grateful he was in England. I suspect he wouldn't fare so well in our fair country. No doubt he would still be in jail, having been arrested before noon on the first day of his walk.

*[What's the meaning of all this? Who knows. One eccentric guy might shake people out of their knee jerk reactions to the sight of the human body. We will have to wait and see. Ed.]*

## Wouldn't Nudity Be Simpler?

While breezy and "tongue-in-cheek" in nature, a recent newspaper article accurately skewers the capricious and hypocritical nature of the conventional wisdom about dress and dress codes.

I am thinking, the writer states, of becoming a nudist. In fact, we should all become nudists. This 'clothing' idea just hasn't worked out. As London Fashion Week recedes mercifully over the horizon, let us admit defeat when it comes to getting dressed. Naturism was an idea ahead of its time: now, at last, it is ready to take centre stage.

My plan began to hatch when Alan Sugar complained about women wearing low-cut tops to the office. This, said Sir Alan, equates to using 'feminine wiles' and is therefore 'not fair game'. I don't think our collective boredom threshold can withstand this dull old debate again. We have been arguing for 30 years about whether a woman who goes to work in a skirt is using her sex appeal to get ahead. Unfortunately, a thick tweed trouser suit doesn't suit everyone.

Most women now get dressed in the morning without much thought to 'the signals' they are sending out. There isn't really time. If something is clean, it'll do. And yet there are clearly still men who believe that if a woman is wearing something vaguely feminine, and a smile, she is 'flirting'.

This misunderstanding can get us into awkward situations, particularly in stationery cupboards.

In the entertainment industry, women have been given more scope for skimpy outfits and welcoming faces: this is considered performing rather than flirting. Last week, however, Anita Roddick damned these performers for coming across like 'whores'. (One newspaper illustrated Roddick's comments with a picture of Beyoncé Knowles in hot pants. I'd like to see her turning up to Alan Sugar's office dressed like that.)

Just as I was sticking pins in my knee with the boredom of women's clothing choices being debated again, Melanie Roberts and Stephen Gough completed their 874-mile nude walk to Land's End. Gazing at Melanie's innocently naked bottom, I thought: now there is a woman who couldn't be accused of having a flirtatious dress sense.

Nobody can say Melanie's neckline is too low. And in her complete nakedness, she looks businesslike and straightforward. If the rest of us still can't get dressed for work (even

song-and-dance work) without the risk of accidentally sending 'whorish' messages, perhaps the solution is not to wear any clothes at all. The naturists were right all along: nudity is the only straightforward, wholesome way.

Besides, think of the fringe benefits. No more miserable hours in the till queue at Top Shop. No more ethical worries about fur and leather. No danger of outfit-doubling at parties – the only risk would be someone else turning up with the exact same pair of breasts. And how much more interesting Newsnight would become, if everyone on it were nude.

Naturism, I discovered after an eager search, is still alive and well as a political movement. It may sound like a Seventies throwback, which existed mainly to provide amusing plot twists for Jim Dale and Robin Asquith, but the 21st century sees it thriving.

"The younger generation is very supportive of free speech and free will," says Andrew Welch of British Naturism. "There is a much reduced perception of us as 'strange'".

Naturism isn't about going off to live in a colony any more, but about the healthiness of fresh air on skin, respect among like-minded people, a lack of discrimination between different types of human body, and the environmental benefit of not having so many bathing suits to wash.

"But our principle remains the same: we were born naked, and there is nothing shameful about the body. Why spend hundreds of dollars at Calvin Klein to cover it up?" These sound like excellent modern values to me. Eco-responsibility, mutual respect, additive-free health: you'd think the movement had been invented yesterday. Andrew Welch is the 21st-century man, while Alan Sugar is the old dinosaur still nudging and winking about Miss Jones's mini-skirt. Miss Jones should ditch the skirt, turn up naked, and end the argument once and for all.

I asked Andrew Welch what he made of the argument that skimpy clothes are unprofessional in the workplace.

He said: "I suspect this says more about Alan Sugar than it does about the women concerned. Unease about somebody's clothing is all in the mind of the person looking. Anyway, if you ask me, things don't become erotic until you start to conceal them."

"Then you agree!", I shouted triumphantly at Andrew Welch. "We must all go to work starkers, and the problem will be solved!"

"Unfortunately not", he said, sadly. "In February, it simply isn't warm enough."

## The Good Old Days

*[In truth not a naturist story, but a humorous retrospective anyway.]*

It was a naughty, naughty show. There was no doubt of that.

First there was Cleopatra, dressed up for the Nile with no Nile in sight. Then there were seven girls and four men, members of a nudist colony that hadn't incorporated. Added to this were some French films that Will Hays never saw, and a program of dances that would have given Nero the jitters.

It was going full blast when a squad of police arrived. Over the door was the sign "For Men Only," so the police went

right in. The sergeant issued special instructions: "Whatever happens, remember you are policemen."

They pushed open the door.

"The cops!" shouted a spectator, who dived for a window. Eight hundred men tried for the same window – and failed.

Three girl performers hid in a meat market, disguising themselves as limb chops. But inspector Fred Bohr and Sergeant Maurice Reardon, who knew their briskets, retrieved them from behind the ice box, wrapped them in sacks and returned them to the little theater.

Two of the male spectators tried to lick the police force – and went to jail, considerably damaged. One girl entertainer started to have hysterics, changed her mind and put on her clothes. Another tried guile, said, "Hello, baby" to a policeman and was escorted to a patrol wagon. The proprietor of the moral hurdy-gurdy, was booked as promoter.

The entertainers were all locked up. All gave fictitious names. Only one had a suitcase – that was Cleopatra. She was asked what the suitcase contained.

"Gracie, the asp," she said, and pulled out a 5-foot Texas bull snake. But there was nobody to see. "The police had all managed to squeeze through the same door.

Cleo and her asp were turned over to Matron Katherine Kane. The matron accepted Cleo, but reneged on the asp.

"Not in here," she said, and slammed a door, which could be opened only with a blow torch. So the property clerk drew Gracie.

The rest of the girls stood around in their Adam and Eves until a blanket squad saved the day. They were all ordered to appear yesterday morning before Municipal Judge Fritz and the headquarters office was cleared.

The case was called before Judge Fritz, but Cleopatra, otherwise Miss Gloria Morgan, 22, was indisposed. Also the prosecution wasn't ready. Several police officers who were off duty hadn't seen the film. So the case was continued until today, when they will all be in court – including Gracie, the unwilling asp.

*[This appeared in the Aug. 26, 1932 edition of The Chronicle.]*

My, how times have changed. Now the billboards along the interstate tell us we should visit a "Gentleman's Club" somewhere or other in Missouri. Our fair city of Topeka has any number of such clubs – all very legal. No cops are busting in on these patrons of adult entertainment.

I thought it ironic that three of the performers hid in a meat market. How truly descriptive of the legally zoned business establishments of so proper Topeka that trade in women's bodies. Ed.]

# Support the Naturist Society Our national Naturist voice

# Interesting Beliefs From The Other Side

*[Another in our series of looks at others gymnosophy]*

It's been observed that kids are refreshingly uninhibited. They pick their noses if they need to and don't worry about who sees them. They sing loudly whether or not they can carry a tune. And they announce their need to use the bathroom without regard to manners.

But sometimes kids can be a little too free, especially when it comes to their clothes, or, more specifically, to removing their clothes. Children around ages 3 and 4 often enjoy being undressed, according to Dr. Paula Elbirt, who says it's normal behavior. It feels good! says Elbirt, the Manhattan pediatrician behind the advice Web site drpaula.com. But there is no clear rule on whether parents should allow their children to parade naked at home. (However, there is a consensus that it is inappropriate for kids to be naked in public once they are out of diapers.)

Dr. Kyle Pruett, a medical doctor and clinical professor of psychology at Yale Child Study Center, calls nudity at home a hugely sensitive cultural issue that varies by state, country, climate and ethnic background. Elbirt notes that Americans generally are more shy about showing body parts than Europeans, and people who live in warmer climates will allow kids to go nude for the sake of convenience. The decision also varies by family.

Some parents feel their child's nudity is natural and cute; others find it completely inappropriate. Lorri Milane, assistant manager at Sears Portrait Studio in the Staten Island Mall in New York, says about 30 percent of parents ask for naked-baby pictures, but employees are not allowed to take photographs of children who aren't wearing at least a diaper regardless of age.

Still, kids who like to play in their birthday suits in the comfort of their own homes can worry some parents: Why do they do it? Should it be allowed? What ages are appropriate?

Elbirt says that by the age of 4, kids become more aware of their naked bodies, so they should learn at that time that a body is private. One way to do this is for the parents to keep their own bodies private. For the child to be exposed to the adult version of nudity is probably too stimulating, she says. There is no hard-and-fast rule about when a parent should cover up, but Elbirt says parents should trust their instincts. When your child looks at you differently, and you'll know when that is, it's time.

Elbirt acknowledges that privacy of body is a difficult lesson to teach. If you make a big issue out of their nudity you're bound to transmit negative feelings, she says. And making strict rules about keeping clothed can exacerbate the problem. If you're rigid about the nudity issue, it's like forbidden fruit. But Elbirt says it's OK to curb the behavior.

You can say to the child, it feels wonderful to feel the wind on your body. But you have to set limits. We teach children to follow societal rules and make other people comfortable, she says. Moreover, allowing a child to be unclothed after a certain age can be mentally unhealthy. Children above the age of 4 or 5 are living in a much more cognitive place. There's room for too many questions in their minds. It's no

longer a personal sensual experience, she explains.

*[What an amazing patchwork of conjecture and contradictions! It's fascinating that the learned experts can note that there are a wide range of cultural norms for wearing clothing around the world, then turn around to say that this is mentally unhealthy when done by American kids.*

*Being nude is recognized to be wonderful and feels good to young children. Of course the little tykes brains are so undeveloped they would feel this way. But let them turn 5, and suddenly it's a recipe for a mental ward. This is amazing, given that they offer no evidence for these opinions.*

*It can only be concluded that those naked kids in Europe and in "warmer" climates are immune to the effects of nudity in themselves and adults that so damage the mental health of Americans. Just imagine all the harm that Sears is saving the 30% of families that want nude baby pictures! If only my parents and grandparents could have had this sound guidance and been moved from the error of their naked baby picture ways.*

*God only knows the suffering of the naked Indian children of the Amazon basin and that of children in parts of Africa who are not only naked themselves, but have to witness adult nudity as well! I stand in awe of the genius it must have taken all those thousands of years ago for humans to have overcome the mental damage done by nudity to invent the loom. So to all the expert chicken littles, It's cultural, stupid! Ed.]*

However, in the vast wasteland of advice to American families about family nudity there are some nuggets of common sense as the following demonstrates.

A father writing to American Baby magazine expresses his concern that his wife is taking baths with their two sons, ages 1 and 3. He states that he is uncomfortable with this, but she thinks he's just being a prude. He asks how they can resolve this.

The response is given by Dennis Sugrue, PhD, clinical associate professor of psychiatry at the University of Michigan Medical School. Doctor Sugrue notes that this is a question you'd probably never see in a European magazine. He adds that despite our culture's constant barrage of sexy media images, "here in the United States we get pretty uptight when it comes to baring it all."

**"Yet the truth is that nudity in the home, when handled in a respectful, matter-of-fact way, is perfectly natural and certainly not harmful."** In fact, research suggests that children who have seen their parents nude do not grow up to be emotionally scarred, but instead are more likely to be accepting of their own bodies and comfortable with their own sexuality.

The professor adds that if his wife is fine being naked around his sons, they won't think anything of it, other than showing some natural curiosity about body differences. ("Hey, why do only boys have penises?") **Nudity is not the same thing as sexuality.** However, if you're uncomfortable about her nudity, your sons will pick up on that and may start feeling some shame or increased curiosity.

## What Purpose Do Clothes Serve?

Naturism promotes a relaxed mind, and reduced stress. Summing it up, to see people for who they are, to take care of my body and to have reduced stress are all things which strengthen my relationship with my Creator and with Life.

On the dust cover to Dr. Cec Cinder's book, The Nudist Idea, it says:

"...Nudists have no quarrel with the wearing of clothing for protection, for identification or even for the occasional ornamentation to satisfy vanity. It is so-called modesty as a rationale for garmentry which they regard as actually just body shame, a form of self loathing."

I am beginning to see that this is more important than I ever imagined. We need other's approval when we secretly loath ourselves. As a society imbued with self-loathing, our cars and homes and how we dress and how hot we look become the mask that we hide our shame behind.

In opposition, nudism helps us to accept ourselves and our neighbors as ordinary, lovable humans, just as God made us, more lovable than the lilies of the field, as Christ said.

Without this perspective, women are seen as sex objects rather than people; many even embrace that in order to advance their children. Until they buckle and fold, girls are teased and put down for their looks as if someone else had the right to decide how they should look. They end up fighting back by making it work for them.

Instead, people should be encouraged to take care of themselves for the right reasons. What a wonderful takeaway from naturist experiences. Simply put, naturism is not so much about the nudity, but rather positive energy which promotes physical, mental and spiritual health. Indeed, who would not want that kind of better life for themselves and their children. Why are we keeping it a secret?

How lucky we are to have nudism/naturism, the natural, wholesome, social experience that celebrates our God given common humanity.

With the emphasis on taking care of ourselves lovingly and as a whole person, you set the stage for loving our wives, our children, and our neighbors as ourselves. Nice!

## Opinions Around The Web

Actress Sharon Stone who has appeared nude in films like Basic Instinct and Sliver, has come out recently at being disgusted by the excessive amount of cleavage on display on Hollywood red carpets. The actress apparently believes other parts of the naked body are much sexier, and is baffled by the amount of attention bestowed on famous chests.

Stone is quoted as saying: "You look around at women's dresses that are so low cut, you can see acres of boobies." "Frankly, I find the acres of shoved-up booby so much more horrifying than a calm bit of walking across the room nude. One is much more honest and the other looks like you have your ass on backwards."

### Lake Edun Foundation, Inc.

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**Membership Application  
Change of Address Form**  
*Please Print*

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City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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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	250.00	300.00	_____
Associate Member (Over 125 miles away)	150.00	200.00	_____
Working Membership (Discount)	(50.00)	(50.00)	_____
Separate Mailing Address for members		12.00	_____
<i>Lake Edun Exposed</i> – Video		35.00	_____
<i>Lake Edun Exposed</i> – DVD		50.00	_____
Naturist Society Membership		53.00	_____
Subscription to <i>Bare Facts</i> only		20.00	_____
Tax Deductible Donation - Improve our Educational Program			_____
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