

Bare Facts

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Official Publication of the Lake Edun Foundation, Inc.

March 1, 2009

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

Memo From The Board

In the last issue of the newsletter we suggested that perhaps the time has come for this publication to move from a mailed to a web sent document. We were unsure during the discussion as to whether or not his direction was first, in the best interest of Lake Edun Foundation and second, something our membership and friends would want or expect. So much is available on the Internet these days. Would *Bare Facts* just appear at its appointed time and never be read? Or, would it's presence on the web increase the readership?

We are now beginning the second thirty day period of the ninety day trial period. During this time we are accepting requests from members and friends to have the newsletter sent to them via email. During the first thirty days we received no requests for Internet delivery method. If you would like to receive the newsletter in your in-box instead of your mailbox please let us know!

Turning to other matters, our season for being at the Lake will soon be with us. In order to finish several projects we started last fall, and get ready for our new season, we have scheduled several work days. These are a good opportunity to do something constructive for our special place and get to know other Eduners better. Please see the schedule for these days in the activities section of the newsletter. We were able to make many changes last summer. Unfortunately we currently do not have a caretaker of the caliber of Dan for this coming season. If any of you readers would like to become the caretaker, or know of someone who would like to be our caretaker this coming season, please let it be known! Drop a note to Maxine at the Lake and we will take it from there.

Several of the board members took advantage of the monthly swim sponsored by the Heartland Naturists in Kansas City this past month. We enjoyed our time with them and thank them for their hospitality and efforts to provide an activity for naturists, especially in the winter.

During the swim the idea came to us that we should perhaps sponsor monthly "family days" at the lake. The average age of naturist in the country continues to climb. Families feel the pressure from many sides not to involve themselves and their children in activities that socially are considered on the fringe. We get letters and emails from time to time from families who wish to come to our special place and wonder whether or not other families will be present. The answer is of course "yes", but we don't always know when! If any of you, our loyal readers have suggestions on the best weekends to center on family activities, would you please let us know.

We continue to receive comments that give us direction from our members and visitors. Our desire continues to be to provide the best naturist experience we can with the resources we have. All suggestions and input are welcome.

Naked Plays Update

Auditions for this year's production of the Naked Plays went fairly well and our director, Dana McCoy, assures us the performances will be held on schedule. There is still plenty of opportunity to assist.

Mark your calendar! Performances will be held the first two weekends of May. The 3-4 original one-act plays should offer an exceptional evening of entertainment.

Suppression As Far As The Eye Can See

A tsunami of suppression continues to sweep over our society propelled by well-meaning people who, somehow, believe they can substitute their personal judgement for the choices of everyone else. Most disturbing, this trend is being embraced by those institutions we rely on to insure a free flow of information and ideas.

The recent decision by the University on North Carolina (see article on page 2) is just one example. Recently, the Board of Trustees of the Topeka and Shawnee County Public Library voted to restrict access to four books, *Sex for Busy People*, *The Lesbian Kama Sutra*, *The Joy of Sex* and *The Joy of Gay Sex*. The reason given, of course, was because they deemed the material "harmful to minors."

Universities: Long the stronghold for intellectual inquiry of even the most unpopular ideas. Libraries: Our repository for information that can set us free. When we, as a society, allow – or expect these institutions which have traditionally been staunch defenders of free inquiry, to determine which ideas they will make available to us, we have taken a huge step away from the very freedom we claim to value.

Sex! Nudity! Is there a difference? Not in the minds of those so ignorant they believe they can either prescribe or proscribe what others may be exposed to. Can this ignorance be challenged? By a small, struggling educational foundation? We don't know. But we believe the cause is noble. And it deserves our support.

DON'T FORGET

Activities designated HN are sponsored by Heartland Naturists

Mar 7; Sat; 8-10; Sauna
Mar 14; Sat; 12-4; Work Day
Mar 14; Sat; 5-7; Board of Directors
Mar 20; Fri; 8-10; HN Swim
Mar 28; Sat; 12-4; Work Day
Mar 28; Sat; 8-10; Sauna
Apr 11; Sat; 12-4; Work Day
Apr 11; Sat; 5-7; Board of Directors
Apr 11; Sat; 8-10; Sauna
Apr 12; Sun; 12-4; Work Day
Apr 17; Fri; 8-10; HN Swim
Apr 25; Sat; 12-4; Work Day-Naked Plays
Apr 25; Sat; 8-10; Sauna

Renowned Nude Photos Banned By UNCW

Several years ago your editor became acquainted with the work of Frank Cordelle entitled, *The Century Project*, portions of which can be seen on the website of the same name. His intention was to record nude images of women from birth to 100 years of age. In part it was a tribute to his mother, but it also was a tribute to the lives of women of all ages and shapes. Not only where their pictures taken, but also their stories told. Women who had mastectomies proudly displayed their scars as survivors. Women who suffered the ravages of eating disorders and body denial told their stories of recovery. Women of body proportions considered “ugly” by society were depicted showing their self acceptance and pride. Women by virtue of age no longer considered beautiful, beamed with the delight of being vibrantly alive.

Yet somehow, in 2009 a university cancelled a showing of this exhibit on the grounds that pictures of girls under age 18 are included. This represents a craven knee jerk response to the hysteria over child porn and viciously slanders this work, equating it with pornography. [Ed.]

The University of North Carolina at Wilmington (UNCW) has banned a vital part of a well-known exhibition scheduled to appear on its campus next Monday for a week. The exhibition – *The Century Project* – has travelled around the continent annually for 18 years.

The Project presents a chronological series of nude photographic portraits of diverse girls and women of many ages, shapes, sizes, and conditions, plus their personal statements about their bodies and experiences. The University has banned the photos of anyone under 18. It is the only organization to do so in the Project’s long history.

The ban was declared after receipt of a complaint from Oklahoma. It claimed that *The Century Project* is pornographic and harms women. It was sent to colleges where the Project is to appear, telling them to reject it. At UNCW, the complaint went to the Chancellor and the Provost. The Provost then banned the photos of children.

The Century Project has received extraordinary praise from psychiatrists, counselors, educators, and the general public. It has never been challenged by law enforcers. The book of the Project explains why it is “neither obscene nor pornographic.”

What does the book’s publisher think of the ban? Dr. Paul Rapoport of Heureka Productions states, “UNCW was misinformed about *The Century Project*. It should have done some easy homework, to learn what the Project is and does. The Project has captivated and helped tens of thousands of people.”

“What about the University’s prior commitment to *The Century Project*? And what of freedom of expression and inquiry?” asks Dr. Rapoport. He further stated this decision, “By banning all the photos of the under 18s, the University indicates they may be pornographic or illegal, which they aren’t. That’s unjust.”

“UNCW’s unnecessary censorship does violence to *The Century Project*. It’s deplorable, coming from a university.”

The Century Project’s creator, Frank Cordelle, will arrive in Wilmington on the weekend. He explained, “UNCW has dealt a real blow to academic freedom. The students and others are able to decide about the Project for themselves; denying them the opportunity to see the whole Project doesn’t make sense.”

“UNCW holds a record high of 2000 visitors to *The Century Project* from a few days in February, 2002. It’s disturbing that this wonderful reputation counts for nothing.”

Censorship Of Art

More than a year after two sketches by Lahib Jaddo were banned at the Buddy Holly Center in Lubbock, the artist still has not seen her works grace the walls of a city-governed gallery.

The reason for the controversy? One drawing was a nude, but the other showed only a small portion of a nursing mother’s breast – and negative attention from the public and the American Civil Liberty Union prompted Jaddo’s possible return, which might take place two years after the ban.

Both drawings were deemed inappropriate for public display after a Buddy Holly Center employee described the drawings to a city official over the telephone.

Jaddo, an Iraqi-born woman, also is the assistant dean at the Texas Tech College of Architecture. She said she did nothing after her work was banned. Nor did she need to. (See related story below).

The city manager of Lubbock eventually apologized via the media and hoped that the artist would consider hosting a future exhibit at the center.

Jaddo said she waited months before receiving confirmation of her invitation to return. “I felt it was a beautiful gesture on the part of the city and (Buddy Holly) Center to invite me back,” said Jaddo. “But I never heard back from them.”

“I don’t make this art to cause trouble,” she said. “I make it because this is what I do. ... With that said, I cannot envision myself taking part in an exhibit at all if I am told that any of my art is not suitable.”

And Now, The Rest Of The Story

About 30 mothers lined the halls of the Buddy Holly Center on Friday, some nursing their infants, who were mostly covered by blankets, and all supporting their right to breast-feed in public.

The nurse-in was organized in response to the city pulling two drawings by Lahib Jaddo – a pencil sketch of a semi-nude mother nursing a child, and a nude pregnant woman – from a public display at the Buddy Holly Center.

The gathering was part of a nurse-in organized by the Lubbock Chapter of the American Civil Liberties Union intended to change public perception about breast-feeding.

“These women have gotten tired of being treated as second-class citizens for breast-feeding in public,” said the Lubbock ACLU chapter president.

A city official removed the artwork slated to be displayed during the First Friday Art Trail last month, declaring the

artwork inappropriate for general viewing, despite no written policy on the matter and a 1995 Texas law that protects a mother's right to nurse in public.

Though the city later issued a statement of apology and invited Jaddo back to another exhibit, the action caused an outcry within the community and brought to light the discrimination many women feel when breast-feeding in public.

Supporters said breast-feeding should not be seen as repulsive or offensive. "It's every mother's natural right to do that. What's the big deal?" Most women are discreet and covered when nursing, they said, though they have seen some women bare too much in public.

More On Breast Feeding – In The News

Actress Salma Hayek recently traveled to Sierra Leone awareness about tetanus, a leading cause of death in the developing world. While there, she witnessed firsthand the devastating effects of extreme poverty. Hayek, who has a 16-month-old daughter named Valentina, was moved to offer herself quite literally to a starving child.

In front of Nightline cameras, Hayek began breast-feeding a hungry African baby. On another website several people commented on this public display of breast feeding. Most were very supportive and commended Salma, but a few were highly critical, calling it a publicity stunt. Some wondered about the potential for disease transmission, while others suggested she should have given the child's mother money to buy food for the child. Still others wondered about the propriety of a woman still nursing her daughter at age 16 months. Never underestimate the American capacity for ignorance. You can see for yourself: <http://abcnews.go.com/Video/playIndex?id=6854930>

Why Do You Want To Run Around Naked

An excerpt from The Nudist Idea by Cec Cinder, Ph.D.

"But why do you want to run around naked?" they will say. Not really as much a question as an expression of their doubt and disapproval.

Why indeed?

I often think that the greatest enemies of us nudists are not the wild-eyed radio and television preachers but that common dull cloddish smug banal busy unimaginative segment of humanity who can almost by their presence work a reverse alchemy, turning gold into lead.

The fundamentalist kind of Christian at least recognizes... the implications and the tremendous natural emotional power of nakedness, which transcends ordinary eroticism – for he has his own visions....

But the clods! – they have no visions. An immense thick fog has settled over their minds, blotting out the imaginative sensuality. They have no visions, they have only leaden egotistical daydreams about acquiring status and power – and "respect," which is what you settle for when you cannot attract love, or are afraid to accept it. From this class come the worst types in society, the worst kinds of policemen, politicians, lawyers, tax-accountants and collectors, ministers and educationalists.

Are they beyond hope? I don't think so. They are not so much dead as asleep – locked into and self-hypnotized by their own "personalities," which they have been taught to believe, are forever fixed; and which they fear would shatter like dropped crockery if they were to let go of the rigidities programmed into them. These dullards are victim-products of our "educational" system, which seems to specialize in retardation, so that in order to get a real education you must spend as much time unlearning the stultifying rubbish as you did in the initial learning process. Many people, alas, never get past the first stage, or they become stuck emerging from the chrysalis. They are intellectually retarded....

Why does one want to go naked? Good god, what an impertinent question! Why does one want to study a sunrise, listen to a thunderstorm, eat a vine-ripened tomato, smell the hair of someone he loves or hug a dog?

We never said we wanted to go naked all the time. One does not object so much to wearing of clothing in the larger society as to the insistence that clothing be worn always – with costumes even for going to bed and bathing – so that we are perpetually starved for the sight of nakedness and just so much the aesthetically and spiritually impoverished, as if we had been forbidden the sight of flowers forevermore (for what we so admire in flowers are, in fact, their blatantly exposed sex organs); and also one is repelled by the nature of that clothing, which is, more often than not, uncomfortably tight, awkwardly cut and depressingly drab.

I once spent three months living in a nudist camp during a hot Southern California summer, going out into "civilization" only one day a week to buy the necessaries. One time I didn't go out for three weeks, and when I did finally get dressed and ventured out into the textile world the people looked as absurd in their clothing as I felt in mine.

"Nature herself taught primal man to be a sun-worshipper," said the American explorer Edward Thompson, "and man in his heart of hearts still follows the ancient teaching." (pp.191-92)

Items We Need

See our website at lakeedun.com for more details.

- Non-motorized boats
- Metal Barrels
- Lawn or Lounge Chairs
- Wooden Cable Spools
- Aluminum cans, etc.

Despite its puritan roots, the U.S. has a long history of skinny-dipping. Social nudity is celebrated in the writings of Walt Whitman and the landscape paintings of Thomas Eakins. Benjamin Franklin took a daily naked "air bath," while presidents John Quincy Adams, Theodore Roosevelt and Lyndon Johnson enjoyed a refreshing nude dip. According to National Geographic Magazine, John Quincy Adams (1825-29), the sixth President, customarily took a nude early morning swim in the Potomac River. See National Geographic.

Is it normal for us keep to our bodies covered in cloth 100% of the time? For some people, walking from the bathroom to the bedroom with no towel handy will cause them extreme panic and stress. Is this healthy? Being naked should just be another form of dress, nothing more, nothing less.

Advantages Of Going Nudist

By: Nathan Powers

The truth of the matter is that living a nudist lifestyle may actually be far better for you physically, ecologically, and economically.

Let's start with the obvious. Nudists tend to wear as little clothing as possible, usually nothing at all, as often as possible or whenever conditions allow. Many live in climates that are temperate enough to maximize this opportunity.

Wearing clothing less often means washing clothes less frequently. This in turn means repair and replacement of clothing occurs less frequently. Naturists also tend to have less of a wardrobe, and less need for storage space. So here, we are seeing a saving in money spent on laundry detergents, as well as gas and electricity needed to operate a washer and dryer. This means less chlorine, phosphates, ozone and carbon dioxide being pumped into the environment as well as a reduction in health issues related to exposure to the chemicals needed for properly washing clothing, (Chlorine bleach is one of the deadliest chemicals we can expose ourselves to).

In warmer weather nudists can save money and the environment by being able to turn up the thermostat a few degrees and allow the natural cooling system provided in our bodies to do its job. Also, if things get a little too hot, it is very easy to simply jump in a cool shower or hose off for a second or two without having to take the time to get undressed, and then dressed. Besides, who wants to throw those sweaty clothes back on right after a shower?

There are other bonuses as well. It has recently been found that exposure to natural sunlight is far healthier to the human body than attempting to hide from the sun altogether. Regulated exposure to natural sunlight lets the body naturally produce all of the Vitamin "D" it needs to ward off a host of deadly and debilitating diseases such as MS, ALS, osteoporosis, breast, ovarian, prostate and brain cancers.

Even more recent reports indicate that almost all sunscreens are completely ineffective in reducing the deadliest form of skin cancer, malignant melanoma. Other studies indicate that some of the ingredients used in sunscreens are actually quite harmful. A viable replacement for sunscreen can be obtained by balancing the ratio of Omega 3 and 6 fatty acids when combined with an adequate amount of Vitamin "D." This has been shown to reduce the incidence of melanoma by around 40%. It is therefore better to gradually expose the body to the sun, while slowly building up our body's own natural sunscreen, melanin, being careful not to get sunburned in the process.

The bottom line is that nudists can save a ton of money by not buying sunscreen by simply exposing themselves to natural sunlight in appropriate amounts; thereby creating Vitamin "D" for free and by eating a diet that balances omega 3 and 6 fatty acids. This can be done through supplements or through adding fish, flax or kiwi fruit to the diet. The real savings come from not having to pay medical bills for treatments of the conditions mentioned.

We have probably all heard about the health problems produced by living under stress. A further health benefit

coming from the practice of social nudity that nudists routinely comment on is the sense of relief from the stress of their daily lives. Nudists generally say that with the removal of their clothes their tension falls away as well. Thus they tend to be less stressed out and more sure of themselves. As a result, nudists save money by not having to treat as many stress related health disorders.

Those same group of studies indicated that children raised in nudist homes are less inclined to become burdens to society. They are less likely to become involved in early sexual or drug experimentation or to commit crimes against society. This is partially because they are not as materially oriented and because they are already familiar with the looks and workings of the opposite sex. In general, nudity allows them to be more open and honest in their family life, and consequently in how they relate to others in general.

Swiss Not Keen On Naked Hikers

A local Swiss government plans to take action against a sudden and apparently unwelcome phenomenon – naked hikers.

Authorities in the canton of Appenzell Innerrhoden plan to introduce fines for anyone found walking in the picturesque mountain region without any clothes.

They decided to act before this year's hiking season began, after noticing a sudden influx of nudists last year – many of them from Germany. "FKK", or "free body culture," is a popular pastime in Germany.

But Appenzell Innerrhoden is not keen to encourage its spread.

"We were forced to introduce the legislation against this indecent practice before the warm weather starts," said the justice minister in the canton in north-eastern Switzerland. He added, "The point is many children visit our mountains in the summer."

The new law came about because a naked hiker was detained last autumn, but could not be fined as naked hiking was not outlawed, he said – hence the need for a new law.

This is very interesting. The impression many Americans have of Europe is that it's much more tolerant of nudity than is the United States. I guess this patch of Switzerland hasn't received the message.

Another curious thing is that Europe isn't noted for having any noticeable presence of a radical religious right, at least not the protestant variety. Of course there are parts of Europe in which the Catholic Church may promote anti nudity views. However, in much of Europe practice of the Christian faith is by around 5% of the population.

Despite this, naturism while attracting significant numbers in Europe is far from being a majority practice. Given all the advantages Europeans have with the general acceptance of nudity and naturism, why aren't the majority of Europeans naturists?

Just a little question I have. [Ed.]

Television nudity is accepted in Brazil, Germany, the United Kingdom, Japan and Australia. Why not the United States?

Impact Of Closing A Nude Beach On The Local Economy

How many years has Haulover Beach operated as clothing optional in South Florida? Over 20 years you say? Then why do locals feel compelled to continue writing about nude beach going with the same tiresome, clichéd, and middle school like “cuteness” that has been done dozens of times before? Why not just do straight reportage like they would with any other local story?

Of course, we can be pretty sure it is a reflection of their personal insecurity about nudity, especially their own. It is also likely this writer’s decision to inject his shop worn humor into the telling is a deliberate means of trivializing the subject matter. No one whose intent is to have the reader take a story seriously ever undercuts the importance of the story with lame humor.

In short, this writer’s meta message, (the message behind the overt message) is to both lampoon and subtly bias the reader toward dismissing the subject matter. At the same time, the reporter can feign innocence and deflect this charge by saying, “it’s only humor,” can’t you take a joke? Pretty good dodge when you want to shape public opinion with slanted stories.

Trouble is, the subtle techniques of bias in news media aren’t reserved exclusively for naturists. Nonetheless, the honorable Richard Mason ably promotes Haulover and the naturist cause. However, I have no clue within this account what actually transpired in the presentation to the law makers. It appears the writer didn’t bother to interview anyone. [Ed.]

Haulover Beach, the clothing optional beach, is on my list of local places to visit, just because going to a nude beach seems like one of those things you should do before you die. The problem is I am doubtful I would participate in the rampant nakedness (What if I see someone I know? What if I get unfortunate sunburn? What if some older lady asks for assistance with applying sunscreen?), then I think I’d feel awkward being a clothed person amongst a sea of withering, oiled, bare flesh. Then I realize I don’t want to think about that anymore, and find something else to do with my day.

Well, about 1.4 million visitors a year to Haulover are less inhibited. Problem for them is that the state legislature has, maybe, tried to insert language in various bills to close nude beaches.

During the Borward Legislative Delegation’s latest local meeting, Richard Mason (a representative from various naturist groups) asked that state legislators please make sure that nude beaches stay open. He claims Haulover, located in northern Miami-Dade, has an \$800 million impact on the local economy each year, and draws more visitors than the Marlins or the Dolphins.

The lawmakers politely declined to discuss the issue further, probably suffering from the same “I don’t want to think about that anymore” problem I have.

The naturist community is aware of these attacks. The following excerpted comment from the RixPlace naturist website offers both a critique and food for thought. As the writer notes, promoting social nudity is an uphill battle.

Opponents believe it is axiomatic that nudity and sexual behavior are one and the same either overtly or covertly. It certainly is linked in their minds, and they can’t conceive of or admit to the possibility that there is any other possibility. [Ed.]

Actually, since that’s a blog, the “author” could have come up with the headline, and probably did, since it fits with his general puerile attitude towards nudity - i.e., “I don’t want to think about that anymore.”

However, naturists/nudists have to pay close attention to this attitude. It’s probably more prevalent in the general population, especially among people under 40, than the idea that nudism is just a kind of sleazy sex, a la the Lingerie Bowl. On the other hand, since “the public” has so little thinking ability, the distinction is not as clear as it could be.

At all events, this hatred of ordinary, simple nudity is the main reason naturism/nudism is such an uphill battle.

The Latest from Haulover

If all one knew about Haulover Beach came from reading the previous story, the obviously positive relationship of the beach users and the Park and Recreation Department would come as a total surprise. The previous story intentionally gives the impression that nude use of Haulover Beach is just one big political embarrassment.

The following report is from Richard Mason to the naturist community. Actions speak louder than words. So who are you going to believe, the trickster reporter, or Richard Mason? [Ed.]

In recognition of the importance of South Florida Free Beaches/Florida Naturist Association’s importance to Haulover Beach Park and its designated clothing-optional Naturist family beach, the Miami-Dade County Park & Recreation Department has authorized SFFB/FNA to install its own Bulletin Board in the park, at the Naturist Beach.

The SFFB/FNA bulletin board was installed on the wall, at the top of the stairs, as you leave the tunnel, beach side.

The bulletin board has South Florida Free Beaches name on the board.

This is a big win for all Naturists, everywhere. When one of the largest park departments in the United States, and an award winning park department at that, has worked with a Naturist Association for 18 successful years, and in recognition of that relationship, has allowed that Naturist association to put its own bulletin board on county property, is a statement that Naturists are good people to have in a park.

Thanks has to go to all the Naturists that have visited this designated Naturist Beach, and by their excellent behavior and stewardship, as well as keeping the beach clean, has left a positive impression with county officials. *So much so, that they like being affiliated with us.* [Italics mine, Ed.]

Richard Mason
President, SFFB/FNA
Haulover Beach

Are They Nuts?

Like banishing beads and masks from Mardi Gras or removing the red carpet and gold statues from the Academy Awards, the banning of floats, beer and nudity at this year's Bay to Breakers will take all the fun out of it, many longtime revelers say.

At the May 17 event, police will cite or arrest anybody openly drinking alcohol or appearing to be drunk, and will physically remove floats and any other items on wheels like shopping carts with kegs in them, officials declared. Nudity is not allowed, though police said they aren't planning to issue citations for indecent exposure.

One race participant, who lives in San Rafael, has run the race three times and called the changes devastating. She added, "We all kind of leave our hearts in San Francisco, and Bay to Breakers is a huge part of the reason." "It's one of the most amusing and unique events I've ever experienced."

It may be a musing to participants, but increasingly not so fun for neighbors along the race route.

A board member of the North of Panhandle Neighborhood Association, who lives on Baker Street, said she loves the race, but last year was out of control. "People were vomiting,

drinking and throwing trash along the route," she said. "The Panhandle itself was trashed, and the neighborhood around the Panhandle was trashed. Residents were shocked at the disrespect people showed."

Last year 500 Porta Potties were put along the route, but still, participants relieved themselves anywhere. Additionally, 35 tons of trash – including huge floats – were left behind.

The press secretary for Mayor Newsom said the mayor "supports quirkiness and zaniness" but that he was fully supportive of the crackdown.

Many fans said this is one more example of San Francisco events becoming boring, especially following the cancellation of the Castro's Halloween party, which became marred by violence. By contrast, nobody was arrested during the Bay to Breakers festivities last year.

A 27-year-old Seattle resident had planned to visit the city for a week in May to help her friends build a float and run the race in a toga. She's seen her friends' pictures for years and has always wanted to participate, but she's canceling her trip. "No one's going to visit for a standard G-rated parade," she said. "People don't travel to cities just for footraces. The spirit's just gone."

Lake Edun Foundation, Inc.
P.O. Box 1982
Topeka, KS 66601-1982
(785) 478-BARN

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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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