

# Bare Facts

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Box 1982; Topeka, KS 66601 ! e-mail: nude@lakeedun.com ! Website: www.lakeedun.com  
38° 58' 7" North; 95° 47' 56" West

## Additional Board Members Required

Since our Annual Meeting in October of last year, three members of our Board of Directors were forced to resign due to health concerns and family obligations. Combined with the usual turnover that is normal in any organization, this leaves our Board in a position where it is currently understaffed.

In addition to our need to spread the responsibilities that come with serving on the Board, we also risk being in violation of our lease. A strong, functioning Board of Directors is necessary for any organization; ours is no different.

Unless we get a minimum of 3 additional active board members our lease will not be renewed. Without access to Lake Edun, the Lake Edun Foundation would be homeless.

Hundreds of people rely on our special place for relaxation and rejuvenation every season. We absolutely do not want to lose that. But in order to keep the organization alive, we need additional board members to share the responsibilities.

Board members are expected to take an active role to plan and organize our events. They also help guide and direct the organization and its policies. This is a great group, and a great opportunity for you to help us out. It might also be the last chance to save the Lake Edun Foundation.

Please let us know IMMEDIATELY if you are willing to serve on the board. Our next Board meeting is scheduled for March 9 at 3 p.m. You would be required you to attend – however, if that day or time is inconvenient, we can change our meeting dates or time to accommodate members' schedules.

## Spring Work Days Are Critical

Looking at snow outside our window, it is difficult to realize that Spring is not far off. There are many tasks that need attention in order to be the superior place we all enjoy. Most are not particularly arduous but all are necessary.

Because Spring weather is unpredictable, we schedule more Work Days than we expect to need; we anticipate some will be 'rained out'.

Sharing the work among many willing hands makes it easier and more fun for everyone. Please check your schedule and plant to help us at one or more of the scheduled work days.

Whatever your abilities, volunteers find there are enough different tasks that we can surely find something any of our supporters can help out with.

## Items We Need

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

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

## The Buff Astronomer – March, 2014

Sky watching in March promises to have a full range of items to see. Jupiter is up for most of the night, with a chance to observe changes as it spins. It sits near Castor and Pollux, the two twins in Gemini and you can count on seeing the red spot sometime because Jupiter rotates every 10 hours. (a timing hint, look for the spot at 10 PM on the 13<sup>th</sup>). If you have binoculars you can see an open star cluster, M35, near Castor's foot. With a telescope a distant cluster on the edge of M35 is NGC 2158.

When looking at Orion, also observe Sirius the Dog Star, brightest light of all stars, part of "Big Dog" (Canis Major). Just to the north is Procyon, part of Little Dog (Canis Major). These two stars for a triangle with Betelgeuse in Orion's right shoulder to form the Winter Triangle. In this triangle is a faint constellation Monoceros (the Unicorn).

Mars and Saturn rise later in the night, Mars first and then Saturn about 2 hours later. Mars gets bigger until April, when it will be very large (more later). Venus is a "Morning Star".

Even though very hard to see except with giant telescopes, the remnant of Comet Ison is now on its way back to the OORT Cloud.

Lastly, tips on observing follow: It is easier to make out dimmer objects if your eyes are dark adapted. This means no exposure to bright light and adaptation gets better over several hours. Some will patch there dominant eye to have it adapted by the time early viewing starts. Also using a red light for local illumination helps. Some objects that are faint can best be seen looking a few degrees to the side, rather than right at them. Eye fatigue is a factor, and you should rest your eyes after a half hour observing. Also, alcohol diminishes your ability to see well.

Here's to looking up and all the excitement you can share with the Buff Astronomer.

## DON'T FORGET

- Mar 7; Fri; 8-10; Sauna
- Mar 9; Sun; 3-5 Board of Directors
- Mar 12; Wed; 7-9; Sauna
- Mar 16; Sun; 7-9; Sauna
- Mar 22; Sat; Noon-4; Work Day
- Mar 22; Sat; 8-10; Sauna
- Mar 29; Sat; Noon-4; Work Day
- Mar 29; Sat; 8-10; Sauna
- Apr 2; Wed; 7-9; Sauna
- Apr 11; Fri; 8-10; Sauna
- Apr 12; Sat; 12-4; Work Day
- Apr 12; Sat; 4-6; Board of Directors
- Apr 13; Sun; 12-4; Work Day
- Apr 13; Sun; 7-9; Sauna
- Apr 19; Sat; 8-10; Sauna
- Apr 23; Wed; 7-9; Sauna

## North Carolina Considers Discrimination

Once again the female nipple is the culprit, disturbing the peace of the honest citizenry of an otherwise tranquil North Carolina town.

The offended in Asheville, North Carolina seek to coerce city and even state government to stop an annual topfree demonstration.

A group organized by a man from Alabama has held topless rallies downtown in August for the last three years. Women have been seen topless at other times, too.

Currently it is legal for both men and women to bare their breasts in public in North Carolina, though other cities discriminate by prohibiting women from going topless.

Enter The Chamber of Commerce who wants lawmakers this year to take on the issue of topless woman downtown in response to complaints from businesses.

The city council has said it can do nothing to stop the practice, and the annual topless rallies held at Pack Square, because of state law.

In response The Chamber of Commerce has appealed to their state senator to get the state to stop the topfree practice.

A bill put forward by another state senator would have included the nipple in the indecent exposure law's definition of "private parts."

The change was important because state law already made it a felony for someone to expose her private parts in a public place in the presence of children for sexual gratification, something critics of the topeless rallies say has happened.

Police and prosecutors would have more discretion in charging under the clarified law.

Interested readers will find the entire article [here](#).

## Exhibitionism ... Really?

To naturists it's just a given and seems so simple to know that nudism and exhibition have nothing to do with one another. Yet this fundamental understanding isn't a given for the public at large. For them naturism is a great unknown.

When anyone is ignorant of the facts about something as alien to their normal experience as naturism, the brain tries to find a "fit" with other known experiences. That's the way we all operate and attempt to make sense of the unknown. This is otherwise known as making a connection between two experiences by means of an analogy.

Analogies are very useful if the two things being compared are truly comparable. Of course, the false analogy is dismissed by saying you are comparing apples to oranges. This is indeed the case when comparing naturism to exhibitionism. To do so is to put your ignorance on display even if you are not aware of the error.

An interesting piece written to dispel this confusion is presented to introduce you to this blog. Hopefully you will bookmark and return frequently to follow the author. [Ed.]

So many people don't know the difference between nudism and exhibitionism. Both display a naked body, or in the case of exhibitionism it could be parts of a body, usually genitals, but there is a vast gap between the underlying ideas of the two.

An exhibitionist will expose himself or herself amidst clothed people in order to provoke or shock them. The idea is that the exhibitionist is sexually aroused by that.

This is what [Wikipedia](#) has to say about it: "Exhibitionism is the act of exposing in a public or semi-public context those parts of one's body that are not normally exposed – for example, the breasts, genitals or buttocks. The practice may arise from a desire or compulsion to expose themselves in such a manner to groups of friends or acquaintances, or to strangers for their amusement or sexual satisfaction or to shock the bystander."

When we look at the online [Encyclopedia Britannica](#) it states: "Exhibitionism, derivation of sexual gratification through compulsive display of one's genitals. Like voyeurism, sexual display is almost universal as a prelude to sexual activity in animals, including humans; it is regarded as deviant behavior when it takes place outside the context of intimate sexual relations. Exhibitionists are usually not dangerous, although the experience is frequently perceived by the victim as threatening; violence or sexual assault seldom follows the display."

When we compare that to [Wikipedia's](#) first words on nudism, we see a big difference: "Naturism or nudism is a cultural and political movement practicing, advocating and defending social nudity in private and in public. It may also refer to a lifestyle based on personal, family and/or social nudism."

Or again, the [Encyclopedia Britannica](#): "Nudism, also called naturism, the practice of going without clothes, generally for reasons of health or comfort. Nudism is a social practice in which the sexes interact freely, but commonly without engaging in sexual activities."

There is no mention of compulsion or sexual satisfaction in either description of nudism, just as there is no mention of culture, a social activity, or lifestyle in exhibitionism.

Nudists and naturists don't seek to shock people. Yes, they like to be naked, but that is for their personal good, not for others to stare at or be intentionally shocked by. They don't want to 'exhibit themselves.' That would be quite difficult considering they would do it in a group that's already naked. An exhibitionist wouldn't stand much chance in a nudist setting. Any attempt to try something sexual in a nudist setting will usually be dealt with quickly.

For more on the difference between nudism or naturism and exhibitionism, click [here](#).

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*I like me better naked. I don't mean that in a vain way... When you put clothes on, you immediately put a character on. Clothes are adjectives, they are indicators. When you don't have any clothes on, it's just you, raw, and you can't hide.*

– Padma Lakshmi

## My Word For The Year Is Naked

The following is a very interesting piece written by a young woman on a personal quest to free herself from a repressive and emotionally abusive background. The beauty of what she writes of herself in her blog is that it isn't filled with anger and lashing out at those that mistreated her. I admire her poise and determination to take responsibility for her own life while retaining her compassion and faith.

I was drawn to including this piece in this issue because of her courageous willingness to get out of her comfort zone, face her fear, and accept a major challenge: The challenge to be naked, vulnerable, and open to what she might learn.

I don't know, from what she has written, whether nakedness is merely a metaphor for a spiritual pilgrimage, or whether she indeed is including actual physical nudity. For her sake, I hope it is both.

Typically, naturists tend to think of nakedness as primarily having to do with being clothes free. While this certainly is what gets everyone's attention, I am hoping that we can at the same time delve deeper into ourselves and welcome the opportunity to experience nakedness as part of our inner being. The challenge, should you accept it is to commit yourselves to becoming better persons.

Perhaps this young woman's bold choice to stretch her limits will be an inspiration to each of us to develop our better self more fully in the coming year. [Ed.]

### Why did I say yes to this?

The word was showing up everywhere. Every few days it was in another article headline, an email, on my news feed, or spoken by friends old and new. I couldn't seem to get away from it and it filled me with wonder. Until I asked Him which word would be mine. And there it was again, in big, bold letters. What inspired me only days before suddenly made my blood run cold.

My word for the year is *naked*. **My word for 2014 is naked.** Just writing that sentence makes my heartbeat accelerate. I have to consciously steady my breathing. I ask myself – *why did I say yes to this?* It isn't the first time God has given me a word for a new year. This has become an annual thing. But it's the first time I've wanted to tell Him, "No." So, I said "Yes" – if only because I didn't want to.

Even now, I don't want to write this. I've avoided it for over a week. I laughed when I noticed that this draft has 21 revisions; I'm sure there will be more before I hit publish. Does that give you any idea how much this terrifies me? I worry what you'll think of me. I worry that you will misunderstand. I worry that you will reject me. I worry that by telling you this, I will be forced to follow through.

**When I think of nakedness I visualize vulnerability in every form: emotionally, physically, mentally and spiritually.** By saying yes to "Naked" I know I'm saying yes to vulnerability in ways I cannot currently conceptualize. I can only imagine where this word – where the Lord – will lead me this year. And I hope I will have the courage to keep saying "yes."

So, I am making this my manifesto. In the coming year, when I want to give up and when I think it's too hard, I will to come back to this and remember *why I said yes*:

- ! I want to know how nakedness became synonymous with shame in our culture when God did not make it so.
- ! I want to emerge from the shadows of shame that have covered my life spiritually, emotionally and physically.
- ! I want to learn to see myself the way that He does and be able to *call it good*.
- ! I want to learn to see beauty where I am conditioned to criticize – *everywhere*.
- ! I want to offer my body – spiritually, emotionally, mentally, physically – as a living sacrifice unto Him.
- ! I want to return to the Garden of Eden with Jesus, the last Adam; to know what it is to be naked and unashamed.
- ! **I want to answer the question "Who told you that you're naked?" – To come out of hiding, and let the fig leaves fall.**

I said yes to this word only a couple of weeks ago and already it has challenged me and spoken to me in ways I know are not meant only for me. This will be the year of "Going Bare" This will be a year of transcendence. A year of brave. **A year of truth and dare.**

Will you join me? To read her blog, click [here](#).

## Naturism in France

Here is an interesting documentary giving us insight into a broad range of naturist activities in France. The first group highlighted is a hiking group. Not so unusual you think? Well this group is snowshoeing nude in the Alps. Of course the days are sunny, probably toward spring.

Next we visit Montalivet, one of around 160 naturist clubs or campgrounds. Only this one can accommodate 12,000 people at a time. Around two million people flock to French naturist sites each summer.

Next there is a day and night tour of the famous Cap d'Agde, called "the naked city." During the day it is a traditional naturist, family friendly resort, but times have changed. There is a tension as by night the 10 night clubs cater to a different crowd, a crowd that comes for sexual adventure, aka, swinging. This greatly offends the traditionalists, but their complaints land on deaf city government ears. The swingers bring in a lot of money.

Finally, the story of Jean Pierre David is chronicled. He has been arrested for public nudity and we see his court appearance. He is crusading to end the laws under which he was arrested. He lives near the border with Spain. Once in Spain he can legally be nude even though not everyone on the street appreciates his bold stance for body freedom. It's an interesting [story](#).

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*"Sometimes I like to run naked in the moonlight and the wind, on a little trail behind our house, when the honeysuckle blooms. It's a feeling of freedom, so close to God and nature."*  
– **Dolly Parton**

# Self Control And Clothes Free Living

The following is an opinion piece from the web site, Home Clothes Free. [Ed.]

One of the biggest deterrents to the acceptance of clothes free living is the connection between being nude or clothes free and wanton sexual behavior.

In western society particularly North American people have a hard time separating sex from nudity. For most the only reason to be clothes free is to engage in sex and that represents a descent into depravity. Some of that has been blamed on the religious institutions and some of it has been blamed on the commercialization of the human body. In this writer's opinion both are correct. But the question remains what to do about this situation. My response is two words, self control.

Self control speaks to an important characteristic and quality of life that addresses the social conditioning that comes from the religious community as well as the secular and commercial. It speaks truth to the first and scientific reality to the second. Self control means knowing yourself enough to moderate or control behavior for appropriate situations.

Moralistic religious folks must remember the four major world religions require followers to practice self control. The Christian Bible goes as far to state self control is a gift of the spirit of God Galatians 5:23. This means if followers of Jesus do not exhibit self control in their behavior, then they need to look to themselves and their relationship with God for the source of the problem. They should not look to the actions, or dress of others to explain away behaviors they do not control.

Take for instance this moralistic blogger's opinion about the legality of women wearing legging or yoga pants: *I'm going to be blunt. I find spandex pants, ("yoga pants") to be extremely sexually distracting... What doesn't make sense to me is why it is legal to dress this way in public. It's basically nudity, and nudity is illegal. Public nudity is referred to as "indecent exposure" or "public indecency".*

While I can agree with the writer about the form fitting clothes being next to wearing nothing, I cannot agree with his conclusion. The fact that it is sexually distracting to **him** is about **his** self control.

The next step in this line of reasoning for the religious moralists is that the clothes free human body is bad and offends their sensibilities. To prevent being offended by nudity people who prefer to go clothes free must be put away. To this I once again say learn self control. This is how the bible puts it: A person without self-control is like a city with broken-down walls (Proverbs 25:28)

So before taking offense at someone's clothes free body we should all practice self control. As a spiritual, (though not religious) person of faith, I found that since I started to practice clothes free living my respect for the human body and my self control has grown. Seeing a nude body neither offends nor does it cause me to lose control over my behavior. This leads me to the second response.

Secular folks who have bought into the myth that all we are is sexual animals must remember science shows all kinds of behavior in animals can be controlled. Science shows we are conditioned to control our behavior all the time. The difference is this control comes from outside of us instead of from within. The fashion industry and other commercial entities use social conditioning (sex sells), to associate the clothes free body with sex. The result is our view of the human body has become distorted and monolithic.

The sex industry would have us believe the clothes free body is only free to have sex. Furthermore, in the society where personal freedom is valued above all I should be able to pursue my freedom as I have been conditioned to perceive it. This is a very libertarian view of the world. I often hear libertarian calls for freedom tied to advocacy for freedom to be clothes free.

This short sighted notion forgets that a core libertarian principle is personal responsibility, (self control). You are free to say what you want, to do what you want, but if that might bring any REAL harm to someone then you must act with self control and be personally responsible.

In fact this libertarian principle would suggest self control and personal responsibility is a sign of a truly civilized society. This is why overt public sexual behavior is forbidden in genuine clothes free events and communities. Not because people don't have sexual side but because pursuing that without concern for others ruins the experience for everyone. So we take personal responsibility for our behavior.

*Note I personally do not espouse libertarian views, but I am using them here to make a case for self control.*

Now to be honest science can also be used to justify this distorted view of the body as in this small survey of men done by some Princeton researchers. But even this affirms my point that it is about self control. It is not what the woman is wearing or not wearing that it at issue, but the uncontrolled mental response of the male subjects...

Naturism, nudism, clothes free living or whatever you call it promotes a degree of self awareness and personal control that moves those who genuinely practice the life away from both of these distorted views of the human body and our behavioral response. Most, (not all because no one is perfect) people who practice clothes free living have learned that self control is very much a part of the clothes free life.

It takes self control to not throw the desire and preference for living clothes free in the face of others. It takes self control to create community for being clothes free where women and families can feel safe. It takes self control to not automatically become sexually aroused when in the presence of others without clothes.

Bottom line, our choice is between social abandon, and self control. Find more on this topic [here](#).

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*"Body shame, like prejudice, is not natural. It is learned from others and benefits no one." – Anon*

# Normalizing Nudity

In today's mixed atmosphere of body phobia and rampant sexual display by celebrities it's hard to imagine a time when simple public nudity will ever become common anywhere, much less in the United States. Even in countries such as Germany and France where a much higher tolerance for nudity in general is the norm, try taking a naked walk and see what happens. Spain is the lone exception where, in most cases, simple public nudity will not create an official reaction.

Unfortunately we can't know the future. I'm sure a similar assessment could have been made about increasing female body exposure we now take as common by those in the 1890's, even in the 1950's. Who among them would have even guessed at the thong bikini widely worn today?

The other side of the body exposure coin is the objectification of the female body. The logic of the traditional approach has been to demand women wear clothing dictated by the dress code of the day. This was thought to ensure modesty which then protected women from unwanted attention by men. People from a variety of religious traditions dictated female dress far more restrictive than the rest of society to doubly ensure modesty and fully prevent unwanted attention by men.

At the same time, all the evidence demonstrating that this approach does not do what it purports to do is ignored as though any exception is merely a rare anomaly. An unintended consequence to all this insistence on clothing is that it heightens curiosity and the desire to see the forbidden. The technical word for this forbidden desire is – lust.

Just who is so unthinking that they are unaware that wherever there is mandatory clothing, men and women still lust? That this lust then leads to both pre marital and extra marital sex? That the pornography industry is based on providing to the buying public a repressed, but highly sought after commodity – nudity.

Wearing clothing does not grant a set of ethical and moral values when placed on the human body. Neither does wearing less than full body covering clothes mean a person is inciting or encouraging lust or sexual contact. Each person is capable of making ethical and moral choices for themselves that isn't dependent on demanding others dress in a manner to protect me from myself. Blaming others for my conduct is juvenile.

However, history provides some evidence to guide us. When, following WWI, women began showing the bare ankle and wearing sleeveless dresses, it shocked traditional mores. Exactly how long did it take for this fashion to become universal? This was repeated many times as hemlines and neck lines rose and fell over the next 90 years. That's right. Society adapted; life went on and the sexual potential of the exposed body parts largely faded.

In parts of the world where female breasts are bare much of the time they have little sexual impact. They are handy ways to feed children. Period. Where the female breast has been rigorously suppressed and covered, they are considered a

primary sexual symbol. This then is an entirely arbitrary and situational decision to eroticize the breast to the degree we do in this country. Just how has this enhanced woman in our society? In actuality, it has radically encouraged objectification of women.

Of course, it is probably so much spitting into the wind to even advance this reasoning. This provides a segue to the following excerpted essay arguing that the solution to objectifying women is to normalize nudity thus desensitizing people to it. Hmmm, interesting proposition. [Ed.]

It would be great to never need to have this debate again; for women to not be constantly objectified and scrutinized; for the human body to not be so degraded as to have its worth only be judged in degrees of attraction and perfection. And there is a way we can help this happen. In fact there, are two ways:

Normalize and desensitize. We need *more* nudity, not less. Normalizing and desexualizing a woman's body can't happen if we never see one.

But by more nudity, I don't just mean more perfection, more sanitization, more photoshopped, starving, plastic models. The sight of a breast should neither offend us nor rile us up into a sexualized frenzy. Enjoy them privately with your consensual sexual partner if you'd like, but there is really no reason why a glance at a breast outside of that situation should reduce women to little more than a sexual commodity, to be judged and dehumanized. Nor should we assume that men are incapable of seeing women beyond that scope.

...perhaps we'll stop decreeing a woman's naked body to be either perfect or ugly. Perhaps the strange dance we North Americans do between being highly-sexualized yet completely repressed could be tempered, and we could begin to see the female body – all bodies – for what they really are, regardless of size, shape or use: a vessel to provide us with the means of growing, nurturing and feeding ourselves and our offspring. Pretty sexy, huh?

Additional information can be found at this [link](#).

## Nudism from the Past

Nudism is not new. [Here](#) is a documentary that runs fifty seven minutes. It was made in from 1933 and traces the practice of nudism which started in New York among German immigrants back to Europe. It then moves on to France and the early days of naturism there and finally to Germany.

The film is even handed and simply tries to allow naturists themselves to tell their own story without judgment. It's well worth watching.

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*Gymnophobia (from the Greek word for nude gymnos) is the fear of being (or seeing others) naked. A gymnophobic person usually wants to prevent others from experiencing the freedom of not wearing clothes. – Anon*

# A Question For Our Times

College is supposed to be an arena where there is free inquiry and divergent ideas are freely expressed, evaluated, and debated. That's the old idea of what higher education is supposed to be. Not so much anymore. Today, political correctness and group think carry the day.

The following excerpt of an opinion piece in a college newspaper is worthy of comment. The author took a stand that the current prudishness about nudity in America is doing everyone a disservice. I don't know how the campus reacted to the column, but at least the topic was broached. Good for the writer. [Ed.]

I have two questions: when is the last time you saw someone's genitals on TV? When is the last time you saw someone murdered on TV? I think most people would agree that the latter far surpasses the former in frequency. . .

...feelings of discomfort towards nudity stem from the way many American children are raised, where showing off part of your body isn't viewed as normal, rather it is a sign of sexual deviancy and should be shunned. In a way, we have slipped back into the old fire and brimstone Puritan ways. ...

If American society continues to abhor nudity, this may lead to even more insecurity and shame for bodily images along with guilt at showing more than what is socially acceptable, even if it is in a completely non-sexual setting.

Meanwhile, violence continues to claw its way into prevalence, allowing people to believe this is normal, (however tragic or terrifying) while their own bodies are not. . . if we do not address this, nudity will remain taboo and will always shock an audience far more than any act of violence. . .

Realistically, violence and nudity will always be aspects of life. But it is possible to sway the balance of prevalence in favor of what is good and natural, such as the beauty of human biology.

Ultimately, however, it will take time for people to even accept the fact that we are all naked beneath our clothing, which is something many try to forget, it seems.

Find the blog [here](#).

## Support Naturism – Join TNS

Lake Edun Foundation, Inc.  
P.O. Box 1982  
Topeka, KS 66601-1982

Membership Application  
Change of Address Form  
*Please Print*

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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	_____
NUTs Membership (Must be under 30)	75.00		_____
Separate Mailing Address for members		12.00	_____
<i>No Sex, No Violence ... Only Nudity</i> First Naked Plays – DVD		25.00	_____
<i>Lake Edun Exposed</i> – DVD or video		45.00	_____
Naturist Society Membership		60.00	_____
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