Bare Facts

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Annual Meeting Report

We held our annual meeting the evening of October 30 at Dave's wonderful home, as required by our by-laws. Members present in person and by proxy choose Riley, Michael, Larry, Paul, and Webb to be on the board for the next year. We thank them for volunteering their time and effort. If you have comments for the board, please contact any of them.

We also had a lively discussion of the past year; the results of our recent survey and what projects and policies members present would like to see put in place next year. The member input was wonderful. It will serve as a basis for discussion in upcoming board meetings.

Between the annual meeting and the survey, members and friends gave us a great deal of information to sift through. Over the next several months, the board will work on both our budget for next year and the improvements desired. We will report on our decisions in future issues of Bare Facts.

Anyone wishing to provide additional input for consideration should contact us soon. Thanks to all who took time to register their opinions on the survey.

Oh! And we also enjoyed some wonderful food and soaked in the hot tub ... probably too long. It was wonderful!

Don't Miss Our Saunas

The scheduled sauna we held 2 weeks ago was very well attended; the one we held on Friday prior to the Halloween Party had only one person. It appears Saturdays are the best time for Eduners to participate in a sauna but we will continue to periodically schedule them on other evenings.

Be sure to check the schedule so you don't mss this Winter pleasure. If, because of your schedule, some other evening works better for you, please let us know. If there is a way, wWe will try to accommodate.

As always, you should plan to arrive for the sauna within 15 minutes of its scheduled start time. If no one is on hand by then, we will not wait.

Random Thoughts And Reflections

There are still pad locks on two or three lockers. Unless we know who is using the locker, we will cut these off after November 12. Please plan accordingly.

Don't forget to find us on FaceBook. You'll find current information on Winter activities. See FaceBook/LakeEdun

Items We Need

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

- Non-motorized boats
- Lawn or Lounge Chairs
- Concrete pavers
- Large water storage tank
- Wood for the sauna
- Wooden Cable Spools
- Aluminum cans, etc
- Plastic Barrels
- Electric Drill
- 5 gal. buckets

No Harm In Exposure To Nudity

There's a court case, (go to: http://www.newswire.ca/en/releases/archive/September2010/30/c6770.html) that is of particular interest to naturists in Canada. Brian Colden is being tried for being nude while walking on park land that adjoins his property. He denies having gone through a drivethrough while nude. His attorney is planning a constitutional challenge to a portion of the civil code that criminalizes mere nudity.

Dr. Ronal Langevin testified on behalf of Colden that adults or children who are exposed to nudity do not suffer any psychological harm. While he agreed that people who see nudity unexpectedly might experience shock, embarrassment and even be offended, he indicated that there was no evidence that those people would suffer any permanent psychological harm. He added that nudity is generally well accepted in society as evidenced by media, nude beaches, and the gay pride parade. While different people's reaction to nudity would vary greatly given that Canada is a multi-cultural society, Dr. Langevin was adamant that nobody would suffer any psychological harm.

Dr. Langevin was also very specific that nudism/naturism is not exhibitionism. Sexual arousal is key to exhibitionism as a sexual disorder. The scholarly research he reviewed clearly indicated that naturists/nudists are not motivated by sexuality.

The President of the Federation of Canadian Naturists also gave support for decriminalizing mere nudity. "It is ridiculous that the simple exposure of our natural body could result in a criminal charge. Casual nudity should not be in the same league as theft, robbery, assault and murder."

Hopefully Canadian law will recognize that mere nudity is not in itself a crime. A distinction needs to be made in law between simply being nude and sexually motivated nudity and sexual acts. They really are qualitatively different.

Simply not wanting to see a nude person or feeling offended at seeing nudity, absent any sexualized behavior does not reach the level of being legislated a crime. Lots of things are offensive to a particular individual, but that isn't grounds for fining or jailing someone. [Ed.]

DON'T FORGET

Activities designated HN are sponsored by Heartland Naturists

Nov 13; Sat; 1-3; Board of Directors

Nov 13; Sat; 8-10; Sauna

Nov 19; Fri; 8:30-10:30; HN Swim

Nov 20; Sat; 8-10; Sauna Dec 1; Wed; 8-10; Sauna

Dec 5; Sun; 1-3; Board of Directors

Dec 11; Sat; 8-10; Sauna

Dec 18; Sat; 8-10; Sauna

Novel Use Of Bare Breasts

A Toronto resident is using her bare breasts to win a feud with her neighbors. Go to: http://www.torontosun.com/news/torontoandgta/2010/06/23/pf-14491451.html

At issue is the five year old neighbor's grandson riding a noisy ATV daily for hours on her normally quiet street. She contends that the noise is intolerable and the grandparents aren't doing anything to manage the situation. She is determined not to move to get away from the problem. She just wants some peace.

She has found a solution after police wouldn't do anything about the ATV noise. She discovered that when she went outside topless, the boy's grandparents took the child into the house and then called the police.

From now on she will continue to go topless every time the child rides the ATV adding that baring her breasts was the bravest thing she has ever done.

However, police have informed the grandparents that there hasn't been a criminal charge for women being topless in public since 1996, because in Canada women are allowed to be topless.

The boy's grandfather says he is at the end of his rope. "We need a little give and take. It isn't right to go around topless in front of kids. I don't want to stir things up."

Good grief! The boy is five years old and probably didn't pay a lot of attention to a topfree woman. The grandfather didn't say the boy was aghast at the sight of breasts. Only the grandparents were disturbed. Obviously, this psychological warfare tactic was aimed at them, and it worked. Perhaps we can now say, "The breast is mightier than the sword!" [Ed.]

Get Naked With Walt Whitman

If you love Whitman, this is for you. http://chicagoist.com/2010/10/01/last_minute_plans_get_naked_with_wa.php.

Or, rather, watch other people get naked while reciting Walt Whitman. <u>Leaves of Grass, A Nude Choral Reading</u>, is making an appearance at <u>Links Hall</u> tonight. If nudity and poetry isn't enough to sell you on this one, <u>The New Yorker</u> saw "something appropriately pure" about director Jeremy Bloom's production, and <u>Theatre Mania</u> noted "any chance to hear Whitman's great – and timeless – exploration of the human condition, should not be overlooked, whether the speakers are clothed or otherwise."

While Whitman and nudity in nature are closely linked, I'm curious. Would any of these actors participate in social nudity, or will they only get nude for their art? Does art translate into real life behavior for them and the audience, or is it just gimmicky titillation?

Isn't it interesting? Over and over again around the country – in this case New York City, someone finds a way to be nude in public. Now why is that?

After all, politicians and law enforcement pander to every complaint about nudity. Those complaining frequently voice their fears for dire consequences for the women and children who may or may not be present. Despite the public furor over seeing someone nude, people continue to find ways to show naked humans. This may be at strip clubs, in advertising, in the movies, not to mention all the forms of porn, or as in this case a nude poetry reading. Seems to me we humans have a huge appetite for seeing other people naked.

Could it be that there is a misguided social policy in both the public and private sectors about the assumed "harm" that comes from seeing a person simply being naked? The absurdity of this belief is demonstrated throughout human history, by modern anthropology, and by life experience. What does do genuine harm is a wrongheaded belief that causes serious damage to those caught up in a legalized witch hunt. [Ed.]

Returning to Inner Peace

By Kim Seaman Runnels

Ten years ago, I left Edun thinking I was finding happiness in a far away place. To make an unhappy story short, it ended in divorce and I returned to Topeka.

I was bedridden for four years and have only been able to walk since May 28, 2010. So when I returned to Topeka September 10, I pleaded with a friend to take me "Home" to Lake Edun.

We had barely parked when I jumped out of their truck and began touching the branches and feeling the healing positive energies surrounding me. As I passed the sign I freed myself of all my attire and ran for the barn. It was like Edun was waiting for me to return.

I happily filled out the form and yelled for Webb and then for Pony Tail Mike. All was quiet. I was amazed at how wonderful Edun looked. It felt so peaceful. I jumped my bare feet into the sand and was just so emotional about being able to walk.

My memories of the wonderful times I spent at Edun came flooding back as if ten years had never passed. Edun is such a beautiful treasure and I wondered if everyone else loved her as I do. I came across the man mowing and asked if it would be alright to swim for a while and he gladly allowed me to.

As a tradition of the past, I ran off the wooden dock and, oh, the water was so warm. I felt so at peace.

They say where ever you go a part of you is left behind. I could feel the happiness of every soul from the water.

I am so happy Edun is alive still and there are others finding her and loving her, too.

But we need a home coming or reunion of Edun; a celebration that shows we <u>all</u> still support and love her well even now.

I went out and helped do clean-up and actually got in a canoe! This was a <u>first</u> and had a wonderful day helping the guys be an Edun Team.

My love for Edun is stronger than ever and, oh, the day of clean-up I froze my parts but I am dedicated to the Spirit of Edun. I hope you come and run down her paths and enjoy the saunas and the beautiful people with me as well.

Johannes S. - Textil - Fetischist

Now for some humor from our German friends. Go to: http://www.youtube.com/watch?v=gx38Qgzo4g0.

There's a video from Germany, and in German that is a satire. The satire is that the center subject of the video is a clothing compulsive guy. He is being interviewed by a nude TV reporter who examines what the clothing compulsive guy's motives are for always wearing clothing.

The whole life situation is turned on its head. The assumption or point of view of the video is that it's a naturist world and the oddball is the clothed guy. All the trite clichés and attempts at humor we so often read coming from textile reporters who examine the quaint and somewhat odd naturists are lampooned. For example, a nude mom covers her son's eyes when the clothed guy walks by. It's quite hilarious.

Even though it's in German, you can readily figure out what's going on. I think this is exactly the kind of approach that needs to be taken by naturists. Highlight the absurdity of the textile compulsive world with absurdity. Hold the non naturist world up to ridicule through humor. The textile world is so smug in its condescension that it's pretensions to superiority needs some pointed puncturing. I would love to see the Naturist Society use this principle in some well done web or TV advertisements. [Ed.]

Naked People

Ok, admit it. We humans engage in a bit of fantasy about what people would look line undressed. I'm guessing we all do it from time to time, perhaps more than time to time. Probably it's a fleeting thought and we go on and forget it. Certainly most of us would be reluctant to openly admit we do this for fear of being called a "dirty old man," or a "pervert!" Yeah, no one wants to be looked upon as "one of those." Just the same, we do have those passing thoughts. We are browbeaten from youth on about keeping our clothes on and dressing descent. There is always someone who feels it their duty to cluck their tongues about this or that girl/woman as they condescendingly render judgment with self righteous tones exclaiming, "how tasteless, tacky, revealing, slutty, so and so is dressed," etc. We all get the social control message to conform.

As it so happens some people take this bit of natural curiosity and actualize it for us. Here's another one of those fun websites with pictures of people dressed, then undressed. Go to: http://www.naked-people.de/

While you are going through the pictures, speculate about why the models agreed to participate. None would be the classic beauty, although some are attractive as we understand what that means in our culture.

Several would be in that category non naturists keep saying they would rather not see. For these folks nudity is only about sexual arousal and if that doesn't happen, then those bodies are unworthy. Of course, such unthinking folks frequently would fit in this latter category themselves. Who are they to judge? These are the kind of folks that set the boundaries for all of us? Give me a break!

Anyway, the photographer describes his intent and asks a number of interesting questions about our assumptions about clothing as follows: "Clothes are our second layer of skin. They disguise, reveal, mirror our innermost being or help to hide it.

By wearing certain clothes we can for example give an indication of our profession, our social status or our emotional mood. A business suit makes us guess that the person behind it is a banker, office worker, insurance agent and so on. In our society it is a sign of trustworthiness. But to which degree is this assumption correct?

Can we really trust this cover unreservedly? What is really behind it? Can the illusion be destroyed when all of a sudden a tattoo appears under the suit or does the person remain to be unfathomable? Here you have the opportunity to perceive the different effect between a person dressed in their characteristic clothes and in the nude." [Ed.]

Adam Statue In New York

"Adam," Colombian artist Fernando Botero's 12-foot bronze sculpture in the lobby of the Time Warner Center, is an irresistible attraction for visitors who love to pose for photos with his exposed manhood, which has taken on a golden sheen from constant touching.

Public reactions have varied as comments from passersby indicate: "It's different and whimsical," said one. "It's something you wouldn't expect to see in such a public setting."

Some locals express dismay at tourists' fascination with the phallus. One such opinion was that, "Every time I walk by there's someone taking a photo of the penis, pointing at the penis, holding the penis. They all seem to think they're the first person who's ever had the idea to pose with the penis. I think it's sad and funny that everyone thinks they're the edgiest person ever to be touching it."

Just goes to show that due to our clothing compulsion any public exposure of the human body gets such a juvenile reaction. However, one observer based on his Asian experience sheds a different light on this human behavior.

"This phallic fondling of statues is very common in Asia, where people try many different remedies for infertility or for producing a boy child. I've seen many shiny testicles or penises on statues of people and animals, as well as shiny noses, stomachs, and heads when people think rubbing them will fix various personal ailments."

Could this be what New Yorkers and tourists are doing – trying to become fertile? Nah! It's just titillation at the thought of being so bold at doing the forbidden.

To see a picture of the statue go to:

http://www.dnainfo.com/20101022//time-warner-center-visitors-love-pose-with-fondle-bronze-statue [Ed.]

This Blog's For You

I first heard Andre when he participated in The Naturist Living Show podcast discussing minorities in naturism – go to: http://naturistliving.bareoaks.ca/2010/05/minorities-in-naturism.html

It comes as no surprise that minorities are under represented in naturism. This is something the naturist movement needs to more adequately address.

Naturism is for all people, but for the most part is largely practiced by people of European descent. That's not a surprise due to the modern naturist movement beginning in Germany. However, doing all we can to promote naturism to all peoples is a task we need to more aggressively pursue.

Intrigued by Andre's story, I found his website – http://i-naked.info/ Andre has a really well designed website that covers naturism in the UK, but also naturist news around the world. His aim is to make nudity more socially acceptable.

The following is his introduction of himself and how he became a naturist. Andre touches on several themes that transcend anything racial and are issues common to all people, but race is one of them. [Ed.]

André Founder of i-Naked.info is a committed naturist from the UK. Love his Apple Mac and his iPhone 4. When he's at his Mac he's taking care of this website, trying out new ideas for promoting naturism, checking his email, tweeting and playing Football Manager! Away from the Mac you are most likely to find him taking photos, supporting his local football team, tweeting, playing his iPhone, eating, sleeping, listening to all types of music and talking about naturism.

Despite having a bit of a rocky time during my school days, having self esteem issues and depression, being overweight and being bullied for just about everything I am finally discovering who I am and what my true purpose is in life. I thank my dear friends for standing by through thick and thin and to a change of lifestyle. I have taken a strong interest in naturism within the past three years. I love the feeling of being free and not having to worry about society's everyday hassles. When nude, I feel more like myself. The only time I feel out of place is when I'm around others who do not share my sense of freedom. In other words, when they are clothed. Part of the ethos of being a naturist to me is respecting others, including what they choose to wear or not to wear, regardless if they are designer labels or not.

I vividly remember my first nude experiences. When I was a kid, I would spend my summer holidays at my grandparents house. And early each morning I would get up and walk nude all around their large house and even play computer games in the nude until my grandparents got up. I found this to be a fantastic feeling! Unfortunately, it was not an experience I could repeat easily. As I grew through my teen years, there was no possibility of being nude at home. Also at this time, I was bullied often due to my "man boobs" and for simply being fat. I would often miss taking part in sports at school especially swimming, as I had to show more flesh as normal. Getting changed after swimming was a nightmare for me, because of my body shape. I became a very shy, self-conscious kid, I would be sure to always be as covered-up as possible. In summer, I never wore shorts, no matter how hot it was, let alone take off my shirt. I was so shy about every part of my body I wouldn't even go barefoot.

As time went on and I found much better friends, I started to wear more shorts and short-sleeved shirts. But to simply go topless was simply a challenge too great for me. I dreamed of going to the beach or even back to the swimming pool, but all I could remember was all the bad things that happened to me

at school, so I just kept dreaming about it. However, this all changed after watching the TV.

My love affair with naturism all started, back in 2004, when I was watching a documentary on UK television one evening called "Diary of a Teenage Nudist" about a teenage girl called Bianca who was born and raised in a naturist club with her mother, step-father and sister but for personal reasons, she stopped being a naturist. The purpose of this documentary was to find out what interested young people to become naturists and to see if she becomes a naturist again herself.

After watching it, it got me thinking – how everyone who was taking part within the documentary was having fun and getting just fine with each other regardless of body shape. The documentary even showed me that there is a clear distinction between sex and just plain nudity. I thought maybe just maybe naturism could be for me.

A few days after watching the documentary, I started to do some research about naturism on the Internet. I came across naturist blogs and forums with text and links that provided a very healthy and positive outlook on the naturist lifestyle. It was a big surprise to see pictures and to read reports of naturism being practiced all over the world. For some reason, I believed that naturism was only practiced by old people, and for free-spirited people of European decent, this turned my head upside down and made me understand that naturism is for everybody! I saw pictures online of people and even entire families enjoying nude recreation. It was clear to me that these pictures are not pornographic. The people in the photos were not perfect looking people, nor was anyone posing in a sexual manner. After a bit of thinking I joined British Naturism and then the YBN (aka The Young British Naturists) so I could meet up with fellow liberate people.

Overall, I am now at peace with my nude body and I try to be nude as often as I can, and I even go to a naturist swimming club in Birmingham, England called Spectrum. Since joining both Spectrum and YBN for the first time in my life I have felt that I have been treated equally and I have felt a warm sense of community. Also with my naturism I felt I could break free from the negative black stereotypes. For years I was brought up believe that due to my race I could only do certain things and naturism was not one of them. Well that's not true! Naturism is open to everybody and I have had the pleasure of meeting naturists from all over the world.

Naturism for me is not about showing off or 'parading around naked,' as so many believe it to be. It is about freedom of choice and relaxation in a non-sexual setting. Since for most of my life, society, my past and my upbringing has sent me the message that nudity is shameful and indecent. I truly believe that naturism is a healthy lifestyle for everyone who is interested in it, regardless of age or background. Many families around the world already participate. When you and the others around you are nude, the atmosphere becomes much friendlier and more tolerant. You understand the human body is part of nature, and therefore nothing to be ashamed of.

André

How Nudism Can Save You Money

By: Nathan Powers

Nudists (or "naturists" as some prefer to be referred to), have been the brunt of many a joke for many years. However, the truth of the matter is that living a nudist lifestyle may actually be far better for you, physically, ecologically and economically.

That dirty word — "Laundry": 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. Most live in climates that are tropical enough to maximize this opportunity. Wearing less clothing means washing less clothing, and washing the clothing that they own less frequently, requiring the repair and replacement of clothing less often.

They also tend to have less of a wardrobe, requiring less storage space. So here, we are seeing a saving in money spent on laundry detergents, gas and electricity to operate a washer and dryer, replacement clothing and repair costs, home closet or storage space. We also see less chlorine, phosphates, ozone and carbon dioxide 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).

Cooling Down: Since for practicality reasons, most nudists live in either tropical or subtropical regions, many homes and businesses in those regions have some form of air conditioning. Nudists can save money and as in the case of laundry, the environment, by being able to turn up the thermostat a few degrees and allowing 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 redressed. Besides, who wants to throw those sweaty clothes back on right after a shower?

Health Costs: 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, cancers and conditions, including 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 forms of cancer, melanoma. Several reports indicate that the ingredients used to manufacture sunscreens are actually more harmful that the cancers they purport to prevent. However, by balancing the ratio of Omega 3 and 6 fatty acids, combined with an adequate amount of Vitamin "D," incidence of melanoma has shown to be reduced by around 40%. It is therefore better to gradually expose the body to the sun, 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, simply exposing themselves to natural sunlight in appropriate amounts; thereby creating Vitamin "D" for free and by simply eating a diet that balances omega 3 acids. This can be done through supplement or through adding fish, flax or kiwi fruit to their diets. The real savings come from not having to pay medical bills for treatments for all of the conditions.

Stuff: Nudism is often referred to as the "Great Equalizer." When people are naked around other people, it is difficult to tell if a person is the president of a bank, or a school janitor. Consequently, nudists tend to be far less "class-conscious." Nudists are typically less likely to want to keep up with the Joneses, realizing that not only do clothes not really make the man, but neither do homes, cars, boats, etc.

More Health - Less Stress - More Money: Studies have also found that children raised in nudist homes tend to be more socially developed (and often more intelligent), than those raised in "textile" families. Nudists generally feel that they have nothing to hide. That attitude permeates the rest of their psyche as well, so they tend to be less stressed out and more sure of themselves. We have probably all heard about the health problems produced by living under stress. Nudists save money by not having to treat as many stress related disorders. Also, by being more self-confident, and supposedly better educated, they are more likely to get better jobs, making more money.

Society: 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, which is expressed in how they relate to others in general. Nudists save money by not having to bail their children out of jail, take them to the doctors to treat sexually transmitted diseases or help them raise unwanted grandchildren (as frequently). If all families raised their children with the same attitudes as nudists, we would all be able to save money by having to pay less in taxes to support fewer children of unwanted pregnancies, drug addicts, juvenile delinquents, vandalism, etc.

Nathan makes some good points, but I wonder who among us lives even close to this ideal? The ideal is grand in theory, but most of us live our real lives with our naturism being just one of many things we do. Oh sure, social nudity and body acceptance is a lot of fun for a weekend at Lake Edun or some nude beach, but who among us seriously take it as a true way of life?

While not trying to suggest that naturism is an all or nothing proposition, after all, most of us have to live and work in the textile world. Despite this, do we try to consciously modify our practices by incorporating naturist values where practical in our everyday lives? Just a thought. [Ed.]

Remember Summer

Least we forget, we thought we would bring you this photo taken by Paul as we were completing the process of moving sand to the North Beach. Compared with the pile at the beginning of this process, this is extremely small ... although even here, the task was not easy.

On the tractor, of course, is our hero, Tractor Doug. With his significant assistance, we completed our task in a single day. And it was far easier than shoveling it all by hand. Let's face it, we're getting a bit old for that much work. Assisting in this process were Riley, Larry and Webb. Periodically we inveigled others to help which we appreciated. It gave us a chance to rest, and get some much needed water. The weather isn't quite the same now.

After moving all the sand ... 35 tons of it ... North Beach is soft, warm to the feet, and beautiful. Thank you to all who helped make this addition to our special place possible.

Generous Eduners contributed enough for us to get one more load of sand for South Beach which we will do in the dead of



Winter. One of the comments many made on the survey is to refresh the sand on both beaches. We're glad we have been able to do that.

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

Membership Application

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| Address: | | | | | | |
| City: | | | St | ate | Zip | |
| Phone: | DOB | | E-mail A | idress | | |
| a couple, include name together, make a copy promote gender diver | ded is strictly confidential. If you are ges for both people. If you are a couple of this form for the other individual sity, a couple is defined as one make g to assist with upkeep a minimum of | not living . (NB: To e and one | Facts is i is availal Release | ncluded with memb ble for \$20.00. No which must be con | One subscription to our newspership. A subscription only to be members will receive a magnetic before membership in to Associate Membership. | <i>Bare Fac</i> Waiver ar |
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Note: There is a \$30 charge for any checks returned unpaid for any reason.