Bare Facts

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Official Publication of the Lake Edun Foundation, Inc.

September 1, 2013

Did You Notice The Changes?

Although a comprehensive assessment of our year isn't due until our Annual Meeting, it is good to engage in some early reflections.

Many commented on our three visit policy. This was instituted because the Board felt that in the past, too many viewed our special place as merely a recreation destination without regard for the educational mission of our organization. Some who were affected by this policy choose to join; others respected the three-visit limit. We missed them.

Overall, although visitors seemed to drop somewhat, membership remained steady. We were gratified with this. The Board continues to consider additional changes in our membership policy which will, no doubt, be discussed more fully at the annual meeting.

Visitors with a long-term perspective, continue to remark about how beautiful our special place is becoming, something that is difficult for new visitors to appreciate.. This year we completed work on another 500 feed of North Road (thank you Tom), added an exercise station to the trails, conducted some outstanding seminars such as women's issues and photography, made substantial improvements to the way we anchor our floating docks, and began a project to permanently identify and mark some of our trees.

We have three major projects identified for our gang of Winter Warriors during the colder months. Once again, we need to clear trees from the dam; Clear the North Road to the west side; and create a new trail below the dam.

Winter Warriors are a group who can gather on short notice to work on these projects without the bother of bugs, ticks, or poison ivy. If you would like to be included, send us an email. If we don't have enough volunteers, we have a group of Boy Scouts interested in earning camping money. Please consider contributing to this fund.

We are working on our Annual Survey. In past years, we have received wonderful feedback from our supporters and use the results to shape policy going forward. This is a great way for your opinions to be heard. Watch for it.

LEF Annual Meeting

Every year the Lake Edun Foundation has an annual meeting to elect new members to the Board of Directors, hear a report on our progress for the past year, and discuss issues for the upcoming year. Mark your calendar, this important meeting is scheduled for Saturday, October 26. This is an important gathering of our membership.

The Board is our governing body that sets policy and insures we deliver a quality program. We hope all members consider a position on this very important board. More details will appear in the October issue of Bare Facts.

Labor Day Changes Seasons

After a slow start to this season's last 3day weekend, Sunday started with a big bang.

First came the storm with thunder, lightening and rain; then Mr. Sun popped out and things cleared up. People started arriving, both first time visitors and regulars. Some came for tent camping or an original Hammock camper. Others came for the day and stayed for the massage. It was proven that an intrepid fisherman could stand up in a thin canoe and catch fish (not that this balancing act is recommended by most of us) and our Masseur could draw and keep a crowd very happy with the skillful application of his techniques in the shade near the stage.

And yes, as Grace hoped, our astronomer did show up with telescope and binoculars and showed us the beauty of the late summer sky. Venus was the first and brightest, and all who were there got to see Saturn's rings. The regularly seen Big and Little Dippers were there, but also we outlined Scorpio with the angry red Arcturus star in the middle. Sagittarius in the southern sky was at the bottom edge of the fabulously apparent Milky Way, pointing to the center of our "Very Own Galaxy" where a large black hold sits. Too many constellations to mention were seen, and you can bet, when the winter sky appears, other nighttime events will be planned.

The progress on the North Road took a giant leap forward because of a donation that allowed many tons of gravel to be laid down, after three members prepared the roadbed. We look for good things next year as we are able to open up more of the west side.

Speaking of fishing, one evening two weeks ago, our intrepid Board leader cast a few lures in the water behind the barn at sunset and brought in 6 Bass and 3 Bluegill. All struggling and fighting the way fishing was meant to be enjoyed. There are still a lot of fish left for the careful angler.

A new treat, thanks to Dave's work and a small contribution is the start of a series of exercise areas on the west side trail. Two chin-up bars have been installed, and we are looking forward to further work by the Winter Warriors adding spice and sweating opportunities to the walk around our beautiful paradise. Please feel free to submit ideas for other exercise spots that will blend in with our forest trails.

DON'T FORGET

Sept 14; Sat; 4-6; Board of Directors

Sept 21; Sat; 8-10pm; Sauna

Sept 25; Wed; 7-9pm; Sauna

Sept 29; Sun; 7-9pm; Sauna

Oct 6; Sun; 4-6; Board of Directors

Oct 8; Tues; 7-9; Sauna

Oct 17; Thurs; 7-9; Sauna

Oct 26; Sat; 6:30; Halloween Party; Annual Meeting follows

Halloween Party

Living The Naturist Life

"Without Clothing"

When we connect without clothing through our senses—sight, smell, hearing, taste, touch—we can be one with the creator. Being without clothing is a deeply spiritual experience that allows us to submit to the creator and feel fully alive, awake, humble, sensual and ecstatic!

It can help us to achieve a wonderful state of connectedness and peace, allowing the flow of our vital life-force energy.

In the context of connecting deeply with the creator and with our true selves, being without clothing can free up our energies to fully integrate with the universe, of which we are a part.

To truly be without clothing is to be totally unconstrained and to be at one with the creator. The fact that human beings, without clothes are called 'Naked' isn't correct, human beings without artificial covering are just Human Beings like a horse is a Horse, and a cat is a Cat.

Melvin

I like it! [Ed.]

See it for yourself here.

What's In A Dirty Mind?

Lots of things no doubt, but the only glimpse we have into their minds is their words and actions. Some folks simply jump to false conclusions and awfulize about all the bad things they can imagine happening. Others really do have evil intentions. Both inflict themselves on others, just for different reasons.

The former are well intentioned busy bodies, the latter are criminals. The former impose their judgments on others, "for their own good." These are a particularly nasty bunch as they wrap themselves in their virtue, but their hearts are those of a tyrant. The latter, we call the police to deal with. It's worth noting that the evil usually know they are doing evil, while the well intentioned never consider they could do evil. Such is the conceit of human nature.

The author of the following summarized essay says she was prompted to write this post after reading about a photographer whose work was banned because it is deemed offensive. Why? It is because her photos depict the development of her child over nine weeks as an infant.

Her immediate thought was to wonder how pictures of a new born baby would be offensive. It was then that it occurred to her the people who complained must have the dirty minds if they thought that a baby could be sexual.

Certainly this is one possible explanation. However, it is just as likely the complainers are the same well intentioned folks who abhor exposing children to any form of nudity out of the unfounded fear nudity damages children. Only this time, they see any photos of nude children becoming fodder for pedophiles.

Unfortunately preventing pedophiles from obtaining pictures of children is as likely as preventing illegal drugs from being obtained. As desirable as ending the trafficking in both these social ills may be, short of assigning a cop to monitor each of us, it probably won't happen.

Does this mean we constantly censor all our actions on the chance a pedophile might download a nude picture of an infant or child? In this case, the one complaining was able to dictate to a stranger, thereby eliminating the mother's freedom.

There's a lot of that going around. For example, Facebook takes down the pictures of mother's breast feeding their children as a matter of policy. This directly impacts women dedicated to promoting breast feeding. Facebook deems it sexual material and inappropriate for their subscribers to see.

Another example is the hostility toward topfreedom and clothing optional beaches. If one or two people complain, the freedom of thousands is eliminated. Perhaps all the complainers don't always have dirty minds, just ignorant ones. Who knows?

To this point the writer refers to a pesky blogger who haunts her WordPress blog, (he shall remain nameless – regular readers will know who I mean) and often condemns naturism for being sexual and evil and 'not right.' And I thought; there are all these naturists, happily walking around with pure thoughts of clean air, sun, beaches, not focusing on genitalia or sexual urges. And there he is – holier than thou – thinking 'You're nude! Sex! Evil! Dirty!' But that's his perception of nudity, not the naturists. And it does not make nudity bad, or evil and dangerous.

She is exactly right. Whether it's Facebook's automatic policy, or those opposing clothing optional beach use, or her tormentor, or those complaining about the nude baby pictures, they all share one thing in common. They all think nudity is about sex, and believe any nude picture is evil and dirty. For them, there is no taking into account the intention of the mother photographing her baby, or that of the breast feeding mothers, and certainly not of clothing optional beach users. All they need is the sight of bare flesh to pronounce their self righteous judgment. It is Verboten!

Such persons take no thought for whether the act of posting photo's of the baby, or that of breast feeding was a good or indifferent act, they saw it as evil. They took no account of the intention/motive in either case, or the circumstances in which the pictures were taken. Finally, the critics ignored any good effect or at least a possible good effect greater than any evil effect they perceived.

No one wishes to encourage the vices of the few or the many as the case may be. Pedophiles and addicts need to be appropriately dealt with according to their individual cases. However, that does not mean we all have to surrender our freedom because some individuals misuse a picture or a prescription. To live in paralyzing fear of the perverted use of something good is a tyranny that must be resisted; even if it is promoted by the "well intentioned."

One response is Boycott Facebook. Who needs these prudes? There are other social media outlets on the internet that do not censor nudity or breast feeding pictures. I wish clothing optional beach users had such a ready alternative.

The writer concludes her response to the detractor of her blog

saying, "I realized I had nothing to fear for being a naturist. I have done nothing wrong. It's the complainers who have corrupt thoughts because of nudity. And to all those people who thought there were sexual connotations seeing a naked baby – shame on you!"

We are always interested in thought our readers have on these subjects. Learn more by reading her <u>blog</u>.

What Are We Looking For?

"Your clothes conceal much of your beauty, yet they hide not the unbeautiful."

Kahlil Gibran

Gibran is the source of many memorable quotes. The one above expresses an insight worth considering. Clothes both conceal and reveal.

I doubt we think such "deep thoughts" every morning as we dress for our day's activities. It's what we do. All we are usually concerned with, for the most part, is whether they fit, are clean, ironed, and something we like to wear. However, there are times when we are extraordinarily concerned about our garments. A first date, a dance, a wedding come to mind.

This points to something deeper about clothing. At least throughout recorded history and probably far earlier, wearing clothing served one crucial function—sexual selection. There you have it boys and girls, clothing is all about sex!

That's not to say there is anything lewd or course about this most important human activity. We are grateful for sex. Without it none of us would be here. We might even say that sex and raising children is our biological prime directive.

In humans, it is the female that makes the first move to ensnare the male by looking seductive. As Bernard Rudolfsky asserts, human females assert the power to attract the male by way of artificial plumage. Dress and its accessory arts are her offensive weapons.

Rudolfsky adds that for clothing, one factor stands out: our inability, or unwillingness to settle for a type of dress of more than passing interest. He says our dissatisfaction with the body and its coverings expresses itself in ceaseless change.

In our cultural interpretation of the body, nudity is thought to be inseparable from exhibitionism, a debased form of sexual gratification punishable by law. While rejecting nudity, society over times redefines what the acceptable limits are for skin exposure.

Think about the Gibson Girl of the 1890's totally covered; and what passes for dress on the beach, not to mention casual or even women's fashionable evening wear today. Can we say, Lot's of skin? Sneaking up on us is the true exhibitionist who acts from a desire to gain sexual pleasure from the emotions he or she is able to release in a person of the opposite sex. This is the use of articles of clothing to grant ourselves the power to evoke the same self centered pleasures that are felt when being seen nude. It's a tease.

In our contradictory world respect for the body is absent, but eroticism is everywhere. To have our body exposed nude is shameful, but we pay billions and billions of dollars to see porn, a movie with nudity, or bare as you dare items of clothing. People want nudity desperately, but to admit to this desire would bring shame and reproach. So we all pretend to be above that sort of thing ... then go right back to indulging ourselves with purchases meant to make us feel sexy, or more correctly, sexually enhanced.

We cannot get away from our body; it has a hundred and one ways to remind us it's here. Since our bodies are such a vividly experienced part of who we are, our attitude toward it is therefore of vital importance. We may not be able to readily remake our body as we wish it to be, but we do have a lot of control over how we regard our body.

Sadly too many of us suffer, convinced our body is deficient, not being anywhere near our idealized vision of what the desirable body looks like. We are bedeviled by the twin toxins of prudishness on the one hand, and the fictionalized standards of beauty crammed down our throats by the media.

It is getting more difficult to have any life experience seeing real bodies as they move across the lifespan. The result is we have nothing left as a measuring stick beyond the computer enhanced images spewed our way by advertising, porn, and the media.

We never learn that our own body is perfectly acceptable, that none of its parts are shameful. The reality that humans come in all sizes, shapes, colors, and degrees of attractiveness does not detract from the worth of the person. Our fetish for clothing distorts this with bigotry, shame, self loathing, and despair.

Naturist author Jim Cunningham explains that many of us would fare much better in our self assessment if we not only bared our faces, but our whole bodies as well. The truth is we are not parts, but a whole. It is more beautiful to show the whole rather than only the part due to the very willingness to be known as we are contextualizes our bodies within certain spiritual values which are themselves desirable and beautiful.

These include openness, honesty, trust and self-acceptance. While nude we accept not only our self, but also those around us. These beautiful spiritual values contextualize a body which already enjoys its own physical beauty, and taken all together, the result is very pleasing and delightful.

The old saying is that clothes make the man, but these coverings never tell us what kind of man they make. After all, clothes can be a disguise. Nor do clothes prevent our revealing who we really are on the interior. Clothing may be beautiful, but it is no substitute for true beauty either on the exterior or interior. [Ed.]

"Sweet, sane, still Nakedness in Nature! --ah if poor, sick, prurient humanity in cities might really know you once more! Is not nakedness then indecent? No, not inherently. It is your thought, your sophistication, your fear, your respectability that is indecent. There come moods when these clothes of ours are not only too irksome to wear, but are themselves indecent. Perhaps indeed he or she to whom the free exhilarating ecstasy of nakedness in Nature has never been eligible (and how many thousands there are!) has not really known what purity is--nor what faith or art or health really is." Walt Whitman, Specimen Days

I'm An Accidental Nudist

Dear Readers, I've been rolling the idea for this post around in my head for awhile and there just isn't any other way around it – I'm an Accidental Nudist.

I grew up in a Catholic household. I went to Catholic grade school. I learned being naked was shameful and all that jazz.

Then there was the tiny fact we had shelves-upon-shelves of National Geographic books and magazines... with naked or semi-naked people throughout. Within the house there were also books on drawing people, namely "nude figures", where I'd stare in fascination for hours at the naked bodies.

Oh, I was conflicted. Surely I was going to burn in the fiery depths of hell in damnation for my sins of gazing upon naked bodies, (even if they weren't *actual* naked bodies, just drawings). I never got up the gumption to ask why, exactly, being naked was bad or sinful or shameful.... it just was. Don't question it, (amazingly it was one of the few subjects for which I didn't voice my "But why?" questions).

I showed horses growing up and that involved a fair number of wardrobe changes. Standing in the back of a horse trailer, nimbly avoiding "horse puckeys" and puddles of urine while stocking-footed as I changed from Western to English or vice versa AND putting on appropriate boots, always left me in some state of undress at some point in the changing of outfits.

I don't remember the boys name or exactly how old I was that day when he was innocently walking past the back of the horse trailer as I was sans pants. I only remember that I'd seen him at shows before, thought he was cute and that I thought it immensely hilarious at how red his cheeks got when he just happened to turn to see me in my Underoos trying to wriggle into my jodpurs, my shirt awry, probably half a butt-cheek showing with my undies half-crammed up my crack.

He stood still for a moment, shock and surprise registered on his face. I looked up, surprised as well, but recovering much more quickly, gave half a smile and said, "Hi." He ran off. Probably scarred for life.

I can't remember if I saw his face at a horse show ever again.

Years later, in college, my friend Ryan #1 (I know a few Ryan's) walked in on me in a topless state when he mistook my saying, "One second" for "Come on in". We laugh about it now... because a week later he did the same thing to my roommate. (Okay, we laughed about it then, too.)

Fast forward to two years ago. I started modeling more in earnest and modeling nude (don't worry, Mom already knows) earned extra cash. Then I was asked to pose for "natural nudes" for a well-published photographer, Michael, for N Magazine, the publication for The Naturist Society, (that would be "nudists" for those who are wondering). I also traveled to Croatia and spent time on the beach, where toplessness for women is NORMAL. I didn't spend time at the nude beach down the way while there. And yes, I mentally kick myself for not going... but that's a story for another day.

I was asked to participate in The Big Nude Boat in February 2013. I said, "Yes!" I love cruising and the people I've met so far have been wonderful. I've gone out and frolicked in nature for shoots with Michael a couple times now, and this

fall I learned some of the images he shot were published in *N Magazine*. Then, I learned I had an image in the 2013 Naturist Society Calendar ("Ms. May"). So there you have it, Folks.... I became a Nudist/Naturist by accident.

Now, I'm sure that some here are reading this and thinking all kinds of prurient thoughts, but I assure you that it has nothing to do with that. Nothing sexual about it – just people being naked. Trust me, after fifteen seconds you're pretty much "over" the fact that people are naked around you.

I came to this point by interesting opportunities, curiosity and an overall sense of "everyone has a birthday suit." All by accident.

And as Paul Harvey would say.... "Now you know... the rest of the story."

The whole story is available in the internet.

Never Shower Naked In New Jersey

The crazies are out in force. The summary of the following news story is evidence for the boundless stupidity that some people can display. [Ed.]

The author writes, if you're a parent of toddlers or babies: Do yourself a favor and stay out of Spring Lake, New Jersey. Why? Well, they might end up in jail for 90 days.

That's the situation he and his wife found themselves in last week when they decided to rinse off their children – ages 2 and 4 at the boardwalk shower– before driving home from their day at the beach.

Out of nowhere they suddenly heard something that left them speechless, someone who later turned out to be "The Beach Supervisor" yelled, "You can't do that."

The author admits he and his wife did take the bathing suit off their son, stuck him under the shower, and put a towel around him. Same thing for their daughter. And that's when the supervisor told us Spring Lake "is not that kind of place" and that we couldn't do what we were doing.

Not knowing who the man was and thinking him daft, the parents continued the child cleanup project. The next thing the dad overheard was the man saying: "I've got two naked people on the boardwalk."

In a couple of minutes a policeman showed up with the supervisor screaming, "That's them!" as we started walking down the boardwalk steps.

The policeman stopped us when we got to street level. After surveying the scene he asked my wife, "You were naked?" "No," my wife said. "They were." The "they," again, are our children are ages 2 and 4.

To his great credit, the police officer saw fit to let us – well, really the kids – off with a verbal warning.

We can understand the sentiment when the father said, "You can be sure Spring Lake got their last beach fee out of me!"

This entire incredible ordeal is documented in the papers. All nudists/naturists tend to wonder what they would have done in a similar situation. If you have a thought, please share it. Read the whole story here.

Nudity, Compassion and Spirituality



This post is shared to encourage a deeper look at naturism, which has various levels from recreation, relaxation, lifestyle, to socializing with like minded people. These are all valid.

Naturism, unlike any other activities we engage in involves social nudity. I suggest this, in itself, represents a profound shift in consciousness because very few of us were raised as naturists. By becoming a naturist, we make a decision to act counter to the dictates of our culture. This is no small task.

Naturism involves a leap of faith that, once made, opens our eyes to a totally different perspective on ourselves and others. The taboo and shame associated with public nudity observed all our lives to that point is broken. It is seeing the world and others in a whole new way. In short, we become transformed by the naturist experience. This is a spiritual experience.

Old perceptions and beliefs or prejudices fall away. Naturist philosophy informs our understanding of the worth of the body. People, male and female, are accorded the respect that is their due. Objectification and exploitation of either gender is powerfully challenged, and ultimately rejected as unworthy of our new found insight into our shared humanity.

This internal change or spiritual experience is not to be confused with religious belief. However, it is not counter to or opposed to religious belief. Indeed, it is a view of self and others that is entirely compatible with the religious faith many hold as central to their lives.

In fact, naturism can be posited as a corrective to the cultural accretions historic religious faith in the western world has adopted that are anti body. Regardless of the source, our culture is drastically warped in its treatment of the body as shameful. This is truly a heresy unworthy of our western theological heritage. It is an affront to the dignity of our humanity even if you do not subscribe to any religious belief.

Unfortunately, monstrous lies die hard.

The following essay is copied from a secondary source and apparently was written by someone whose native language is

not English. Still, it is a good starting point to thinking more deeply about what naturism really is all about and why is touches us so profoundly. [Ed.]

Friends, I wish to share some insights about Naturism and the spiritual values associated with it. What is needed is a subtle shift in the way we perceive things.

Health benefits:

The sweat we have on our body, (as the body is covered with clothes all the time) is the cause of various ailments and when the fresh air & light touche the body, it revitalizes it entirely.

We need to cover the body with clothes during extreme weather conditions and when we do our activities in the world but, we cover the body fully even when clothes aren't required. This is one of the major reasons why we suffer from multiple diseases/ailments.

Nude Sun bathing is very good for health and (if we can sun bath for 1-2 hours between 7-9 am / 4.30 - 6.30 pm) we need not visit hospitals, forever!

Being nude is compassion towards ourselves; being compassionate to our body and mind by not harming them...Love / compassion towards the world in the first place, includes this aspect of loving our body as well.

Consider the spiritual side of Nudism: All of us here are spiritual; I mean every one of us!

Being naked implies we are getting used to living naturally, the way we have come to this world and slowly, we will let go of the inhibitions that we initially have towards nudism.

The attraction & desire one gets seeing someone dressed nicely/scantily, will not be there while looking at someone naked. That way, being nude, we get rid of the inhibitions and other undesirable qualities and instill a sense of peace in others mind as well, contrary to the popular belief.

Nudism is part of ancient spiritual traditions/practices, and it's been practiced in various degrees, even to this day... Many of our saints/sages (including women) have remained nude because it helped them keep good health and for their spiritual betterment.

To start, we do away with liking/thinking about the kind of clothes to purchase and reasons for the same. Anything that helps reduce the flow of thoughts is immensely spiritual...

We can remain nude at home and at other places with like minded people that would enable us to evolve and understand the spiritual benefits of being nude in a group. There might be some initial excitation getting to see people naked, that would go away in due course of time.

Being naked does not mean we get involved in a sexual act. It might happen according to the situation, but it need not translate into sex, and that will be wonderful as well.

Many of our deeper experiences take us closer to higher states of consciousness. Our true nature is happiness and that's why every human being seeks pleasure in the world.

Two (subtle) things we need to be conscious about:

We need to be watchful or alert about what is happening within us at the sub conscious level; we have to just pay attention; this awareness/ witnessing has to be there all the time, whatever activities we may be performing in the world.

Secondly, we need to train ourselves not to look back, (to the extent possible) at the acts we have done / events that have happened earlier. That way, we avoid dwelling in the past and we get stabilized in the present moment. If we can do that, then anything we do in the present would make us intensely spiritual.

The complete story is <u>here</u>.

France Criminalizes Naturists

In a recent court case in France, judges heard how a naturist enjoying a naked hike in the woods dived for cover in the bushes when he unexpectedly walked into the path of a mother and her son. Despite the risks he took to conceal himself the mother called the police and he was charged with indecent exposure. He could face a year in prison.

The case is not the first of its kind, but French naturist-rights group APNEL, (Association pour le promotion du naturisme en liberté) has had enough. They are demanding the law be changed so nudists do not risk ending up on the sex offenders list just for taking their clothes off in France's great outdoors.

Charge my □ Visa; □ MasterCard □ Discover □ AmEx #

Note: There is a \$30 charge for any checks returned unpaid for any reason.

"Naturists are being criminalized in France but being naked is not a crime. If you punch an old lady you can get a year in prison and you can get the same sentence just for taking your clothes off. It's not right.

Naturists desire a new law, like in Spain where people are not simply punished for being naked, or Germany where people can take off their clothes in parks and other public areas; not just certain designated areas for naturists.

France is the number one tourist destination in the world for naturists with 2 million coming every year, but at the same time we have this problem with the law. If the law remains as it is, the chances are they will get naked elsewhere, like Spain for example, says APNEL's spokesman.

There is always an economic argument to these issues. Our aim is for France to be more like Germany People might say why change a law for us? Yes we are in a minority but a recent poll suggested 70 percent of people in France would be willing to try naturism but don't, because they feel bad in their bodies, 25 percent of people are indifferent and only four percent of the population are against it.

Naturists maintain that being naked is not shocking. We want to able to walk in a forest in the nude just as freely as the people who are wearing shorts and t-shirts, etc.

Read the story here and make up your own mind.

Security code

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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 <i>Bare Facts</i> is included with membership. A subscription only to <i>Bare Facts</i> 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	Amount	
Working Membership (Discount)		(50.00)	(50.00)		
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