



# LARC

## NUDE VIEWPOINT



Volume 25, Issue 2

Lake Associates Recreation Club

April-May 2011

AFFILIATED WITH THE AMERICAN ASSOCIATION FOR NUDE RECREATION, IT'S NORTHWEST REGION, AND THE INTERNATIONAL NATURIST FEDERATION – PARTICIPATING WITH THE NATURIST SOCIETY. LAKE MCMURRAY RECREATIONAL RESORT – HOME OF LARC

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### LARC BOARD MEMBERS

President	Keith Scott
1st Vice President	Denise Parkinson
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2nd Alternate	Jesse Dennis

### CELEBRATE THE HAPPIEST SEASON OF NUDE RECREATION



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## THE TENT IS UP!!



### ...WAITING FOR YOU!

Christmas Party leftovers which included three turkey carcasses, went into the freezer right away in December, and Christy got them cooking in a huge stockpot a few days before our Tent Party. The aromas permeated her apartment, driving her and possibly the neighbors nuts. With the bits of turkey stripped from the bones and added to the rich broth, it became the basis of our soup for the meal after the tent was erected. She added seasonings and an abundance of organic vegetables. Separately, she boiled up some noodles so that participants could enjoy a lot or few noodles in their soup, and so they wouldn't become soggy in the soup. To fill out our meal, she grilled up cheese sandwiches. Thanks to Rene` for her help. About 30 hungry workers were fed several gallons of turkey vegetable soup and over 60 grilled cheese sandwiches. Great going, Christy and Rene`.

Mike and Jess (and probably a few others) got a head start on Friday before the official tent party by getting the roof canvas on the framework. They were able to use some specialized lifting equipment to raise it up, then back down and up again, so that they could better determine electrical needs and get a head start on the entire project. The newly raised activity tent has an electrical system that is vastly improved.

—See 'tent' p.4



### MEMBER'S BIRTHDAYS

**APRIL:** 4, Dan B., 4, Cheryl S.,  
15, John L., 17, Nancy S., 18, Claudia L.,  
26, Linda L., 28, Gary P., 30, Peri W.

**MAY:** 7, Patty K., 11, Tara K., 11, Ben W.,  
16, Jan A., 18, Tom B., 19, Robert G.,  
21, Gary Y., 26, Ed H., 27, Kate W.,  
28, Bill F.

**JUNE:** 1, Jay G., 1, Abby P., 1, Craig P.,  
7, Christy M., 10, Robin S., 16, Cindy M.,  
22, Lynn H., 22, Angus V., 24, Daleen G.,  
25, Kay H., 27, Lang S., 30, Steve L.

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### UPCOMING EVENTS

*Check our web site for updates!*

Friday - April 15-- Meet & Greet / Campfire  
Wine & Cheese **8:00pm**

Movie Night **9:00pm**

Saturday - April 16-- BBQ Grill Lunch **12:00 noon**  
Karaoke Night **8:00pm**,

Friday - April 22-- Meet & Greet / Campfire  
Wine & Cheese **8:00pm**

Friday - April 29-- Meet & Greet / Campfire  
Wine & Cheese **8:00pm**  
Game Night **9:00PM**

Saturday - April 30-- BBQ Grill Lunch **12:00 noon**  
Dance **8:00pm**

Sunday - May 1-- Breakfast **9:00am**

Friday - May 6 Meet & Greet / Campfire  
Wine & Cheese **8:00pm**

Friday - May 13-- Meet & Greet / Campfire  
Wine & Cheese **8:00pm**

Saturday - May 14-- Board Meeting **10:00am**

Friday - May 20 Meet & Greet / Campfire  
Wine & Cheese **8:00pm**

Movie Night **9:00pm**

Saturday - May 21- LARC Beautification Day  
**9:00am**

*Victoria Day* Karaoke Night **8:00pm**



Apparently, I owe most of you an apology.

Most of us have probably heard the old saw that a smile, or optimism is contagious.

Well, Mrs. Jay has told me that for several months and these newsletters recently, I have been a "dark Cloud;" a curmudgeon complaining about anything and everything around me. I have even complained about the inevitable Western Washington winter weather!

What did I think I was getting into when I moved to the "Evergreen State"? Did I think there were volunteers someplace that continuously watered all these green things, so that we could enjoy them all summer?

So, apparently, I haven't been living up to my personal mission established for this newsletter: to make LARC a happier place by looking forward to all manner of activities on the horizon, and our opportunities to take advantage of our nudist lifestyle.

Does it surprise anyone to learn that studies have found a clear link between depression and health problems?

To make matters worse, recent research into this phenomenon suggests that sure, we can spread happiness and optimism, to positive effect, helping people heal by putting clowns in hospitals, for example...BUT we can also have a toxic effect by spreading unhappiness, which can be especially toxic for those in close proximity to, or who live with the unhappy person.

One study interviewed married couples and found that unhappiness did not directly sicken or shorten the lives of the husbands, but the women married to these unhappy men tended to be unhealthier, and live shorter lives than those married to happy men. The reverse did not appear to be true for men married to unhappy women, apparently due to the fact that the men in the study, all born around 1910, had more opportunity to get out of the house and have work, and other outside activities to balance out the effect of their wife's unhappiness. But the women of that era, were more likely to be trapped in a world poisoned by their husband's unhappiness.

So it's no wonder that some see unhappiness as toxic, a bit like second hand smoke, but alas, it is not so easily regulated!

Another finding of note, was that one of the biggest factors in both a happy life and a long life was having strong and healthy social connections. Those who had the happy-long life syndrome were "optimistic, but not to the point of being careless or reckless; social enough to form strong networks, but not so social as to pursue unhealthy habits for peer approval; and who felt engaged and satisfied in their careers, marriages, and friendships." [study references from [the Atlantic.com](http://theatlantic.com)]

How can we be anything but happy, being here in our award-winning park, with our strong social network, not having any care or concern about what to wear to win peer approval, and able to enjoy air and sunshine with every pore on our body.

So now as we enter our Spring-Summer "Happy Season," I have no excuse: I have my daily vitamin 'D,' and am surrounded by happy people here at LARC. I know that they are happy, because I hear them laughing from my campsite up here on the hill, and as long as I keep telling myself, that they are not laughing at me...

—Jay

## First Breakfast at LARC, 2011

We said we'd be there to help with breakfast. The rain and wind said, "You guys are idiots." A promise is a promise, so on the way up I-5, we ignored the hail on the windshield. We ignored the snow in the rain. We gripped the steering wheel like one would hold onto a roller coaster bar, because the wind threw us every which way. Maybe we ARE fools, but we said we'd help.

Christy, faithful Christy, was unloading groceries into the cook shack. "We may not have breakfast," she commented, hair whipping about her head. We were the only ones to arrive and we had apologies for being a bit late, at that.

We'd have coffee, at least, and when two others arrived, Christy promised us that whoever actually showed up would get to eat. Let's skip the sausage and just have bacon, due to arrive shortly, with only reheating needed. Christy, you are thinking smart.

And the rain poured. We huddled under the cook tent with jackets and steaming coffee mugs. Then, the rain abated slightly, switched gears and intensified enough as if to want to make up for that brief lull. When a few more arrived, Bob V, with cashbox in hand, made it official, breakfast would be served shortly. By then, the propane heater in the main tent made the prospect of dining pleasant. Scrambled eggs, pancakes, bacon, juice and LOTS of coffee made it official for the two dozen faithful LARC members who straggled in for a hot meal.

But the highway clean-up, scheduled for a half hour later was canceled. It would be much too dangerous in the rain. Not 5 minutes later, the clouds parted, the sun came out and the cancellation was rescinded. A great crew headed to the office area to don vests and hard hats for the event. Although it stayed cold, our assigned portion of I-5 looks a LOT better. Thanks, guys.

OK, weatherman, we've had enough winter. How about sending some spring because LARC is up and doing fun stuff. And summer comes right after spring. We're ready.  
—Pamela M.

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## Mardi Gras Dance 2011

After a busy day of raising the tent and "Spring Cleaning" tables and chairs, everyone was ready for the first dance of 2011. The Mardi Gras decorations and lights put us all in a festive mood.

Robin did a great job as DJ and kept people on the dance floor, notwithstanding the intermittent power glitches. Tammy and Pablo led the way, grooving to Michael Jackson's *Billie Jean*. As the dancing warmed up, the costumes and rain gear came off.

After about 4 hours of dancing, laughing and visiting, the group drifted off to their respective beds to rest and dream about the next great dance.

—Penny K.

## Jack & Cassandra Launch the NorthWest Naturist Boating Club



Jack and Cassandra B., LARC Members, have the distinction of launching the first new AANR 100% Member Club of 2011.

The NorthWest Naturist Boating Club (NWNBC), a non-landed (literally) clothing optional club, provides its members with the perfect opportunity to recreate and enjoy the natural beauty of the northwest waters naturally.



The NWNBC is also affiliated with The Naturist Society, AANR-NW and AANR-WC.

All boat owners and non-boat owners that enjoy boating and nude recreational activities are welcomed for membership in this club. The NorthWest Naturist Boating Club is offered as a complementing resource to other landed and non-landed club members to have additional clothing optional opportunities and enjoy the many beauties of the northwest that are only accessible by water.



Watch for them in a waterway near you. Club and membership information can be found at [www.nwnbc.org](http://www.nwnbc.org).



## A Bit About our Photo Policy

We do have an official photographer and that's Jess Dennis, Space B-7, right across from the showers. If you want to know absolutely anything about whether you can take this photo or that photo, seek him out. Astrid also, but she's delegated Jess to be the primary one to maintain the releases, and do all photography, since she is one super-busy lady.

The whole crux of the matter is that some people don't care if they end up in a picture, but a good many care and some of them are emphatic that they must NOT appear in any photo, even fully clothed. Thus, every one can be secure in maintaining their personal level of privacy about nudist activities. The photo policy is in place to protect us all.

Jess, with his gimpy knee in a brace, was none-the-less, putting forth a lot of physical effort while raising the tent, so he wasn't taking pictures of our morning work party. I had brought my camera for other purposes, but stepped up to take a couple of pictures to record the erection of the tent for posterity (See photos elsewhere in this issue.)

—Pamela M.



## 3-27-2011 Membership Meeting.

President Keith began the meeting after our incredible pot luck lunch. Normal agenda points went smoothly, but improvements over previous meetings included front desk tent cards so we knew who was speaking, printed photo bio and duty sheets of officers and a power point presentation detailing where our dues come from and where they go. Gary Y's minutes were thorough and available as a handout as was Bob V's detailed treasurers' report. Good presentations, guys!

Our membership now totals 125, with several prospective members on the grounds over the weekend. Astrid suggested that we invite others to membership this year to increase the total. She also listed the advertising that is being done to bring visitors and prospective members and said we are now on Facebook, under the searchable name "Lake Associates Recreation Club (LARC)". Our website had over 3,000 visits and she can track the interesting statistics. Tact and discretion are requested in identifying yourself or others in social network situations.

Mike's report included reminders for golf carts to be parked across the road from the tent, that there are only a couple lots available and there is a bit of "lot jumping". Members are to verify lot occupation with Mike before any changes. The development of lots and cleared areas has been aided by some energetic volunteers and they are to be commended. One problem that developed was that the sanitation pumping has been challenged by clogs. We are reminded that **ONLY** appropriate materials, i.e. toilet paper, be flushed, not any other items. Jess helped with the distasteful unclogging and echoed Mike's warning for thoughtful use of the facilities. Recycling is also an ongoing effort and any non-recyclable items in the batch of recyclables will result in charges as if it was garbage instead. Cooperation for accurate disposal is requested.

Gary Y invited help for the set-up, tear-down and event participation for the Bare Images Art Show. If you are an artist, you are also invited to participate by including your artistic efforts. Steve Thurber outlined plans for the Rockin' the Park music event and asked for volunteers also. These two annual events bring in prospective members and a lot of the public and are important fundraisers. Our efforts need to be increased to keep these events improving and being a financial success.

Jay G, our newsletter editor (absent from the meeting) welcomes submissions. Pamela who writes regularly for the newsletter, also announced that Jay suggested that she apply for AANR's "Blog Squad", which will be a regional effort to support the nude lifestyle and introduce the public to possible opportunities.

Mark the calendar for June 12, 2011 for the next general membership meeting.

## BEAUTIFICATION CELEBRATION

**Mark May 21<sup>st</sup> on your calendar and join us for our 7<sup>th</sup> annual LARC Beautification Day. Meet between 8:00 and 9:00 at Lot B6 for refreshments to start your day and pick a chore to do around the park. Meet back at Lot B6 for lunch at 12:00 noon. Unlike last year if it even hints rain I'll move lunch to the tent!!! Hope to see you all May 21<sup>st</sup>. It's a lot of fun and what a great way to give back to our beautiful home of LARC.**

—Margaret

### 'Tent' cont. from p.1-

By mid-day Saturday, we had electrical boxes with switches and receptacles with the wire in suitable conduit connecting all.

Saturday's efforts also included the side panels

added, the party lighting around the perimeter and the carpeted floor, the raised stage and the dance floor. Lucy and Fay spent an extensive effort vacuuming up the tiny gravel from the carpeting, also fighting the threads that frayed from the carpet edges. Great job, ladies!



Tables for the activity tent, picnic tables for the adjacent pavilion and the sound equipment, heaters and other accessories completed the day's readiness. It was a record setting day with significant improvements over previous tent parties.

—Pamela M.