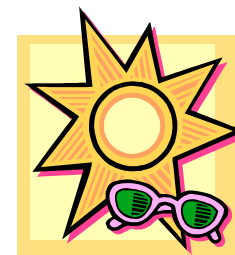




# LARC

## NUDE VIEWPOINT



Volume 24 Issue 5

Lake Associates Recreation Club

JULY-AUGUST 2010

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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### SUCCESSFUL CONVENTION

(In spite of weather)

Temperatures were on the cool side the first weekend of July as the 64th AANR-NW convention was held at the Lake Associates Club, near Mt. Vernon, Washington. 130 adults attended the 2010 convention, plus children.

With the Nude Olympics theme, Grecian decorations were evident in the central tent area where meetings, meals and various forms of entertainment were held. Betty S. & Steve T. organized a fabulous convention complete with Grecian or Roman pillars (who can tell the difference?) that were a beautiful backdrop for the unique wedding vow renewal ceremony. LARC was transformed by awesome decorations. Kudos to Betty also for the LARC lighted sign in the garden area and the directional signs placed throughout the park. The draping of white chiffon, green-leaved wreaths and ropes of grapes, plus the lights hanging from the ceiling in the tent gave an elegant effect.

Sports activities included the discus throw and shot-put. Menu items such as gyros and lamb kebabs kept with the Grecian theme.

As mentioned, a very memorable event during the convention was the wedding vow renewal/reaffirmation. The ceremony was ministered by Jay and Joleen G., two ordained ministers who not only happened to be married to each other, but also LARC members. With appropriate music, the ceremony brought tears and smiles, kisses, and hugs. Following the ceremony, all celebrated with a beautiful cake and punch and received a Special Certificate to remember the occasion.

For those inclined to attend seminars and meetings, there were plenty of those also. There was a two part "Cracker barrel Session" covering various subjects and a two part "Naked Webmaster Seminar" as well as a short Government Affairs/Public Lands presentation. The regional "Rap Session" was held followed by a unique open reception put on by the LARC Red Hat Society Chapter. Steve said Activities went well, although we didn't have as many participants as we would have liked, we found out that we could have handled many more. What mattered is that everyone had fun.

Astrid received many compliments for food, grounds, entertainment, the auction and reception.

Cassandra's evening entertainment was a real hit. She really turned it up a notch & everyone had a blast! Her comedy & energy were enjoyed as usual.

—The AANR-NW Convention Committee

### GUESS WHO'S



### ROCKIN' THE PARK!

See page 4

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## MEMBER'S BIRTHDAYS

**AUGUST:** **3** Don K., **4** Shawn W.,  
**8** Waldo C., **9** Monika H., **9** Lia N.,  
**11** Michael G., **12** Mike S., **17** Ann C.  
**20** Betty S., **22** David D., **26** Peter G.

**SEPTEMBER:** **3** Jerry A.,  
**6** Don K., **8** Wendy W., **10** Jerry S.,  
**10** Judy T., **14** Ian H., **14** Lucy M.,  
**16** Renee W., **17** Steve T., **19** Astrid K.,  
**19** Dennis T., **22** Margit M., **22** Robert L., **23**  
 Jack B., **27** Ed H.



**OUR NATION  
 ALSO HAD  
 A BIRTHDAY!**

## UPCOMING EVENTS—

**July 31-ROCKIN' THE PARK** our annual music festival is certain to be the *highlight* in our *peak* season of activities. Remember Rock Candy from previous years? This easy to look at group leads off at 2:00 PM, to be followed by Author Unknown (yes, that's their name), and then the Headliner: 3D Dance Band (you heard 3D was back!). This will blow you away! See details on page 4.

—See our Activity Group Web Site for a complete list:

<http://groups.google.ca/group/larc-activities>

## From the Editor's Chair-



The circus has come to town! Actually, by the time you read this, Critical Massive will have come and gone. But they ARE a circus!

I enjoy the event that is "Critical Massive" and the colorful people who show up. They aren't nudists of course, but wear very little if anything; and what they do wear is very colorful! And they know how to Party!

But even more than that, I enjoy the way they treat me when I drive up to the office. They address me, and look upon all of us as "owners" of the property and "hosts."

Their whole thing is a recognition of the Native American tradition that says we are only transients here on earth, and we don't have a right to destroy it. They treat the planet with respect and are careful not to leave any evidence of their having been here. This is the essence of the "Burning Man" idea.

This is a spiritual principle. And the other side of that is the principal of "ownership." We LARC members are learning that it's two sides of the same coin. We treat the property here as if we own it, and we respect our relationship to LARC as "owners" by helping to build and establish our community. We don't expect someone else to come along and pick up after us. Critical Massive folks recognize the same truth from the *other side*. They have a certain reverence for the land, which they as temporary dwellers, have no right to "own," or pillage, or plunder.

If you have ever had employees, you know that those who approach a job as if they were "owners." are some of the best employees you can have. On the other hand, I must admit that I have never had an employee who avoided leaving any evidence of their ever having been there!

Having the "ownership" mentality is about taking responsibility for what happens. Some politicians have complained that our current president is not "owning" the conditions our country is in. This seems to be the normal political approach in our country: neither political party wants to take responsibility for anything bad. For them, the good news is that there is always the other party to blame. This is why politics is so unhealthy.

Some have treated me as if I were "owner" of this publication, which is why I will and do take responsibility for what appears in these pages, and for what can be improved.

When I became editor I set out to focus on the future and what activities are on the horizon. I cited the example of my high school newspaper which time after time resorted to the cliché that "a good time was had by all" when reporting on past events.

Well, as you know, all print media is having to grapple with the arrival and existence of the internet and digital media. We all receive multiple notices of upcoming events, so that the newsletter is often the final and most redundant notice.

So I am now going to focus more on *past* events in these pages, and more importantly *first person accounts* of a person's (reporter's) *experience* of those events rather than just a rehash. Examples of this approach can be seen on page 3 of this issue.

I am confident that this change will live up to the name of our 2 newsletter, with its emphasis on "Viewpoint."

—Jay

## Networking at the Convention

One of the purposes of the convention we hosted was to share information. Workshop sessions were planned and they conveyed information that each of the other clubs and resorts needed to improve their own sites. Poor weather influenced attendance, which was lower than expected. Unfortunately those clubs that didn't have delegates missed out on some vital information. I overheard positive comments after sessions, however, so I know that attendees did get useful hints and they appreciated the content.

But, NETWORKING wasn't limited to the official program contents. In the hot tub, several individuals had recommendations and reviews of their experiences as visitors to other clubs and cruises. Under the shelter, a couple of musicians shared a few tunes and friendship. The campfire circle introduced new tasters to toasted strawberry and chocolate marshmallows, as well as the plain. Ping pong, shuffleboard and the other games pitted our LARC members against new-made friends, with some occasional follow-up over a brew or a glass of wine.

E-mail addresses and phone numbers were exchanged, new friends promised future visits and our network of friends has been expanded nicely. We even "met" some of our own members and got to know them better, all thanks to our LARC convention.

—Pamela B.

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## RED HAT SOCIETY RECEPTION

In this era of chip-n-dip platters and trays of carrot and celery sticks, the Ladies on a LARC have raised the bar on elegance for appetizers.

Instead of guests grazing the buffet table for pre-dinner tidbits, our LARC Ladies passed platters, circulating the goodies and seeing to it that our convention guests had opportunities to sample them all, yet converse or sit where they desired. This elegance was commented on by at least two persons in my hearing as "something different and special".

And the goodies themselves? Deep fried limpia filled with pork and accompanied with not one, but a choice of two dipping sauces, curried chicken wrapped in a lettuce leaf, with a dipping sauce and toasted coconut for the final embellishment, a special dipping sauce with the shrimp. Ah, and there were others, just as delectable, just as tempting. I went back for seconds myself for a cream cheese-vegetable combo in a wrap and sliced thinly, but I think my personal favorite was the bacon wrapped fig, a sweet-salty morsel that raise eyebrows and the question, "what IS this? It's yummy."

With a glass of wine, our guests enjoyed a reception that easily exceeded their expectations. I heard several express thanks for the event, itself, and of course, there were continual thanks for the service and the goodies themselves. Comments on the attire of the servers were also positive. Red hats, elegant and casual, adorned the Ladies, and identified the servers.

Ladies, you outdid yourselves marvelously in every way.

—Pamela B.

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"Though no one can go back & make a brand-new start, anyone can start from now on & make a brand-new ending."

## UNIQUE WEDDING ANNIVERSARY

I am writing to express my continued appreciation for all that LARC represents and all the hard work of those who make 'it' happen there every day.

My wife and I recently attended the AANR convention. We were not sure if we would be able to make it and therefore our call for a camping spot was made the day before. Astrid was very obliging and was able to place us in a spot that, like all others at LARC, was beautiful and close to the festivities.

Upon our arrival we learned that Jay G. would be performing a renewal of vows ceremony on Saturday. What great timing! We had planned a camping vacation around our 14<sup>th</sup> anniversary and this ceremony would prove to be a wonderful addition to our celebration.

After partying to Cassandra and Jack's Karaoke show we awoke to another beautiful day. A great breakfast was served up by Keith and his band of marvels on Saturday morning and during a stroll to make room for lunch I found an opportunity to propose to my lovely wife of 14 years.

To my good fortune she accepted again and we made our way to the 'chapel' that was nicely arranged on the enormous lawn covered grounds. The chapel was resplendent in white chiffon draped pillars and the setting was perfect!



As the 20 or so couples gathered, colorful windsocks danced gently to music that suited the happy mood. Jay and his wife Joleen, brought the group together and proceeded with a ceremony of love, devotion and acceptance of all people and beliefs. It was a special time for me to reflect on our 14 years and a moment to look ahead to many more years of happiness. Standing sky clad and speaking my words of promise to my lovely wife, partner and friend I was reminded of just how lucky I am that she is a part of my life. Jay concluded the ceremony with what I always believe to be the best part: permission to kiss the Bride! Champagne was poured and a communal feeling of love flowed between the celebrants.

Lunch, dinner and more great music from Cassandra had us dancing late into the evening.

Our plans required that we leave LARC on Sunday morning and so it was. After a week of visiting beautiful places on both sides of the Cascades, we rearranged our itinerary and made our way back to the green grass, high trees and fun times of LARC.

Thanks to all who worked so hard and most especially to Jay for his well timed ceremony. It made our anniversary very special!

—G&E

## By Request—

### EGGPLANT PARMESAN

This is the Eggplant Parmesan that gets rave reviews at pot lucks. We reduced fat by coating the eggplant with egg whites instead of whole eggs and baking, rather than frying, the slices for a lighter version of this classic.

6 servings; Active Time: 25 minutes Total time: 1 hour 10 minutes

#### Ingredients

- 2 eggplants, (about 2 pounds total)
- 3 egg whites
- 3 tablespoons water
- 1 cup fine dry breadcrumbs
- 1/2 cup freshly grated Parmesan cheese, (1 ounce), divided
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1/4 cup slivered fresh basil leaves
- 2 1/2 cups tomato sauce
- 3/4 cup grated part-skim mozzarella cheese, (3 ounces)

#### Preparation

1. Preheat oven to 400°F. Coat two baking sheets and an 8-by-11 1/2-inch baking dish with nonstick cooking spray.
2. Cut eggplants crosswise into 1/4-inch-thick slices. Whisk egg whites and water in a shallow dish until frothy.

Combine breadcrumbs, 1/4 cup of the Parmesan, salt and pepper in another shallow dish. Dip the eggplant slices into the egg-white mixture, then coat with the breadcrumb mixture. (Discard any leftover breadcrumbs and egg white.) Arrange the eggplant slices in a single layer on the prepared baking sheets. Bake for 15 minutes, turn the eggplant slices over, and bake until crisp and golden, about 15 minutes longer.

3. Stir basil into tomato sauce. Spread about 1/2 cup of the sauce in the bottom of the prepared baking dish.

Arrange half of the eggplant slices over the sauce, overlapping slightly. Spoon 1 cup of the remaining sauce over the eggplant and sprinkle with half of the mozzarella cheese. Add a layer of the remaining eggplant slices and top with the remaining sauce, mozzarella and Parmesan. Bake, uncovered, until the sauce bubbles and the top is golden, 15 to 20 minutes.

—Tammy S.

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## THANK YOU!

I just wanted to thank everyone that helped in the Kitchen over the Convention Weekend. We had plenty of great help. We were a success and had lots of compliments from the Convention goers. Way to go team.

THANKS, —Keith S.

**AND, A great big thank you** is in order. To everyone at LARC for the hard work, devotion, encouragement and generosity of funds to make the front flower bed into a beautiful creation. A joy for all who come thru our gates.

It was a delight to work on a project like that and feel that everyone was doing what they could to move the flower bed forward to completion this month.

We are truly blessed to be members at LARC -

—Ann C.

## WHO'S ROCKIN' THE PARK?

### WE ARE!! July 31st



It's that time of year and our annual music festival / party, "Rockin' the Park" is nearly upon us. This July has been a memorable one for LARC and there is no better way to wrap it up but with this year's celebration of sun and music. I know I say this every year, but this is our best line-up of

bands to date.

Starting the party off at 2:00 will be Rock Candy (I would call it "eye candy"). They have been a big hit here the last two years. This is Seattle's sweetest party band and they score with the feel good hits we all know. With two former Seattle Seahawk cheerleaders delivering spot on vocals and fun choreography; this is the right band to get us underway.

The four piece blues band "Author Unknown" will take the stage at 5:10 and will take us into the evening. Author Unknown is a band gaining recognition all over the northwest and specifically from the blues community. Their playlist is filled with rocking blues hits that we will recognize from the first few notes. What impresses me the most with this band is the work of the lead guitarist, Scott Lind. Scott has been playing guitar for over 25 years and in that time has become one of Seattle's premier guitar players. His soulful approach is the same whether he is playing for a crowd of five or five

thousand, and he has done both. Scott gives 100% all the time, every show, no matter what and comes through with a showmanship that is not often seen anymore. He also plays with the Charles White Band and has his own trio, Scotty Lind and the Moondogs.



The party has built up throughout the day. So how do we top it all off? "3D Dance Band" hits the stage at 8:30. I am pretty sure I do not have the literary chops to be able to prepare you for this band. Let me start by proclaiming this to be our first "Headlining Band", and the lead singer to be our first "Diva". Not only can this all-star cast cover a stunning array of over 129 Dance, Funk and R&B hits, these seasoned veterans have performed with or alongside many of the Hit Artists they cover. The experience and stagemanship shines through every note they play. If this sounds like hyperbole, here is a You Tube link to back it up. Oh yea, you might want to turn up the volume for this. <http://www.youtube.com/watch?v=5nh5OHD7g3k> Enough said?

As always there will be delicious food from the grill and cooling beverages from the bar for sale. We will have a pre-festival party Friday night at 7:00 where you can sign up to volunteer. We need and appreciate all the volunteers and we can't put on these events without you!

—Tom B.



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## WORLD RECORD—

### Was It Broken???

The World Record Skinny Dip Record, which was set last year was challenged this year on July 10, by AANR sponsored events all across the globe. We here at LARC did our part, with 57 naked participants—"Please Stay tuned..."