



LARC



Lake Associates Recreation Club

Volume 21, Issue 2

NUDE VIEWPOINT

APRIL-MAY 2007

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

WEB SITE: www.larcnudists.com

LARC BOARD MEMBERS

President	Matthew Reynolds
1st Vice President	Steve Litch
2nd Vice President	Tom Barrett
3rd Vice President	Bob vanLimburgh
Certifying Officer	Astrid King
Secretary	Darlene Odell
Treasurer	Margaret Adamson
1st Alternate	Alice Anderson
2nd Alternate	Denise Parkinson

DO WE HAVE AN IDOL CONTENDER?

Come to our Karaoke run-off

April 21, 7:30 PM



Contents

- Ultimate Nude Idol.....1
- Birthdays.....2
- Upcoming events.....2,3,4
- Travels with Leonard.....3
- Editorial Comment.....2



KARAOKE!

this Saturday Night at LARC

This Saturday (April 21) at 7:30 pm will be Karaoke Night at LARC.

HOWEVER....

This night will be the Warm-Up Night for the AANR Ultimate Idol Competition. All of you who are desiring to get a chance To Be Selected as LARC's Ultimate Idol Representative should NOT miss this opportunity to tune up those vocals and your performance. The actual selection will be held at a later date to be announced. I hear that some HOT performances are in store for us... Don't Miss It!

IF YOU are not interested in being the LARC Ultimate Idol.... come anyway and dazzle everyone with your talent (or lack of talent like me). As usual, it is All About Having FUN with Friends. Come and Enjoy.

Don't Forget, Sunday morning is the FRENCH TOAST BREAKFAST served up by our very own Master Naked Chef's Keith & Tammy. Breakfast is only \$5 per person.

Following Breakfast will be BINGO-IN-THE-BUFF hosted by Alice. There will be lots of fun and prizes.

ALSO.... you can WIN some CASH in the 50/50 Split Bingo Games. Bingo Game Boards are \$1 so make sure to stuff a couple of bucks somewhere when you come so you won't miss this fun chance to win BIG!

By the way...I heard that the weather report is looking good for this weekend so come out to LARC and join up with all the LARC family for a wonderful weekend. See You There!

—Cassandra R.
LARC Activities Director



MEMBER'S BIRTHDAYS

APRIL: 4 Dan B., 17 Nancy S.,
17 DeWayne M.,
18 Claudia L., 25 Dale L.,
26 Linda L., 28 Gary P., 30 Peril W.

MAY: 1 Leonard J., 8 Bart B.,
11 Benjamin W.,
18 Tom B., 19 Robert G.,
21 Gary Y., 29 Tina S.,

Upcoming Events :

April

- 21 Adopt-A-Highway Cleanup, meet at office 10am
- Karaoke 7:30 Participate in the AANR-NW **2007 Ultimate Idol Challenge**
- 22 Breakfast 9am - \$5.00
French Toast, Bacon, Sausage, Fresh Fruit and Beverage
- Bingo 10-12 Hosted by Alice
- 28 Movie 7:00 "Casino Royale"

May

- 12 Board Meeting 10:00am
- DJ Workshop 4pm
- Cowboy Hat Dance 7pm
- 25-27 "Rain Dance" Weekend
- 25th Wine & Cheese Potluck 7pm
- Games
- 26th LARC Beautification Day
- Lunch provided for volunteers.
- Karaoke Workshop 4pm
- Karaoke 7pm

—and more!

Event details subject to change:

BE SURE TO CHECK OUR WEB SITE FOR UPDATES!

www.larcnudists.com

Also-

Be sure to check the message board at the office when you enter the park.

From the Editor's Chair



It's nice to be a part of a community; being able to share things we have in common. As in a shared sense of humor. A recent article in Newsweek about the humor shared by the "baby boomer" generation brought back much that has made me what I am today. Seems that those of us who 'teethed' on Mad Magazine, have a special brand of humor. We see the world through special (perhaps distorted) lenses. Even Mad Magazine was a distortion, starting out as a comic book, making fun of other comic books, and then, calling itself a "magazine" making fun of all sorts of adult behaviors as it "grew up". As we grew up, we looked beyond the inky page of the comic book (whatever it was called), to the stand up comics who were at that time, beginning to emerge. They mostly directed their humor toward college students in campus auditoriums, and in what were known as coffee houses (instead of comedy clubs), just off-campus. I remember going to such a place when I was finally old enough to go to a place that served "adult beverages" and seeing The Smothers Brothers, while they were recording a "live" record album. Others making albums at that time were Bill Cosby, Shelly Berman, Jonathan Winters, Mort Sahl, Redd Foxx, and Bob Newhart. My parents and their friends would listen to these albums, and share them with their children (well, not Redd Fox!)! I began to experience the bonding quality of shared humor.

It was about this time that humor in America hit the brick wall of Viet Nam. The assassination of Jack Kennedy, Robert Kennedy, Martin Luther King, The Warren Commission, and the Dark Presidency of Richard Nixon.

Nothing seemed to be funny anymore.

And we as a culture, did not seem to have enough in common anymore to be able to share a joke. Now, I have a confession to make. I am not exactly a "baby boomer": missed it by 2 years: Born before the end of World War II. As my Dad would say about the time he invented the soft drink 6-UP; "Close, but no cigar!"

So while I may not be a bone-fide member of the Baby Boomer generation, I have been able to scrape some of the crumbs off the table of the banquet of humor that surrounds us. But, like Mad Magazine, I am a bit out of step.

What I think of as funny, may not be the same thing that others think of as funny.

I think a group of people being naked is funny. Especially in the context of all the excuses and stalling tactics most of us put forward before we ventured out into an environment such as LARC.

I also experience humor in telling friends and family about my experience of this lifestyle.

So, as I announced in the General Membership Meeting; I would like those of you who have

—See "editor's, p.4

TRAVELS WITH LEONARD

By *Sandi*

(continued from last issue)

Next day we were off to the Chu Chi Tunnels 35 kilometers out of the city.

The VC were the people that lived in the tunnels and fought during the night and worked for the South Vietnamese and the Americans during the day. No one new who they were because they were friends in the day and enemies at night. There were 240 kilometers of tunnels and they lived, cooked, ate, slept and fought in the tunnels.

The tunnel entrances were very small and camouflaged very well. I would believe that most American troops would not be able to fit even without their gear. And then they had smaller entrances for the women.

Their food was anything that they could find plant or animal. We were told that they used rat fat for their candles, so assuming nothing went to waste, nothing was wasted from the rat either. Ick. Tapioca root was their starch staple. We got to sit down and enjoy tapioca. It tasted like a baked potato with no condiments a little lighter and starchier. Nothing like the tapioca pudding I know.

They had a hospital which was not much, some equipment, straight razor were used for the surgeries. Many mothers and unborn babies were saved with this equipment. The children that were born underground have a birth certificate that states the tunnel hole number as the address of the family.

They do like our money and will take American dollars readily. Most of the tourist spots prefer US dollars over Vietnam Dongs. We stopped at a rubber plantation where the trees have been tapped for latex.

Tour Cost \$4.00 each.

Then we were off to the two day Mekong Delta Tour. We visited My Tho City and the islands in that part of the delta. We were taken to see how coconut candy is made by grinding the young coconut, squeezing the coconut, adding sugar and cooking the cooling, cutting and packaging. This is the only tourist attraction where I actually bought something. I am pretty sure I got enough to last me a year. Leonard doesn't care for it and I am being really good not to eat much.

Then we continued on to CanTho City and the floating market. The market on the river is pure enterprise. Every time the products move to another boat the price is increased.

The bigger boats bring the foods in to sell from the farmers. The medium sized boats buy it and sell to the city people. The small boats are floating restaurants, supermarkets and petrol stations for the people that live on the big boats. The boats hoist a bamboo pole that every product they sell is tied onto. It is the advertising of what is being sold.

We stopped to see how rice paper made, these are not for writing they are for eating. Small ones (burrito size) are used in the spring rolls. Ummm. I tried spring rolls in every restaurant I could. Larger ones are cut into noodles.

On our way back to Ho Chi Minh we saw how women make incense sticks. They need to make 5000 a day for 2 dollars US. The scent of the incense will be added later when the sticks are packaged. Scent is sprayed into the packaging before closure.

—See 'Travels' p.4



We're back!
Ladies on a
LARC meets
May 5th
1:00PM at the
Tent.
Hula Hoop Making
And Demonstration.

🍦🍦🍦🍦🍦🍦🍦🍦🍦🍦🍦🍦🍦🍦🍦🍦🍦🍦🍦🍦🍦🍦🍦🍦
ICE CREAM RETURNS!
No Story...just a headline!
But it probably caught your eye!
It will be in the shower house near the tent,
Your choice, \$2.00
Pop, \$1.00
🍦🍦🍦🍦🍦🍦🍦🍦🍦🍦🍦🍦🍦🍦🍦🍦🍦🍦🍦🍦🍦🍦🍦🍦

Simple Steps for "Going Green"

You don't have to compost your kitchen waste or pick bugs off plants by hand to help the environment. From the red carpet to your favorite garden shop, new "green" products are making it easy to have a beautiful yard while being good stewards of the earth in your own back yard.

Outdoor living trend-spotter and garden guru Susan McCoy has gathered six savvy, yet surprisingly simple solutions for going "green" this summer.

1. Plant, Plant, Plant!

One of the simplest ways to give back to the planet without breaking your budget is to plant anything. "Just plant something, anything. A single tree, shrub, bush or container will help the environment," says McCoy, It's one of the easiest ways you can make a difference. Imagine if we all planted just one new plant every year!" Trees and other plants remove carbon dioxide from the air during photosynthesis. This improves the quality of the environment by cleaning and oxygenating the air and removing CO2. Plants also help prevent soil erosion, control water cycles, and moderate temperatures. It's the balance of nature at the most basic level.

2. Start with Healthy Soil

Pesticides and fungicides aren't safe for people, pets or even the planet. Eliminate the need for harmful garden chemicals by pampering your plants with healthy, nutrient-rich soil from the get go. "Healthy soil, rich in minerals, nutrients and 'good bugs; maximizes a plant's own healthy immune system to let it naturally resist pests and diseases," says McCoy. Compost your own or look for organic potting soils.

To be continued

Shower House Etiquette

Please leave shoes outside the building to help keep the floor clean. (Bring an extra pair for inside if you wish.)

If you open the windows, please close them when you leave.

Turn on the lights when you enter the building. This also activates the fans above the toilets.

Leave the lights on after showering, they will turn off on a timer and this prevents moisture and mildew build up.

Clean up after yourself.

It is the responsibility of LARC Members to clean the shower house AND the shower and toilet buildings by the Tent. We are the ones who use them.

The rugs inside the shower house are NOT to be used in the tiled shower area.

Cleaning supplies are to be used sparingly — they are highly concentrated. Mops and brooms are labeled for the area they are to be used in.

Please use them ONLY in the area they are specified for.

Do Not keep personal shower items in the shower house. They will be thrown away.

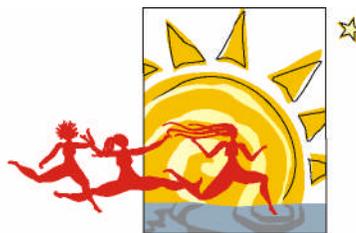
A man and his wife were driving their RV across the country and were nearing a town called Kissimmee. They noted the strange spelling and tried to figure out how to pronounce it: KISS-i-me, kiss-I-me, kiss-i-ME. They grew more and more confused as they drove into the town. Because they were hungry, they pulled into a restaurant to get something to eat. At the counter, the man said to the server: "My wife and I can't figure out how to pronounce the name of this place. Will you tell me where we are and say it very slowly so that I can understand?"

**The server looked at him and said:
"Buuurrrgerrrr Kiiiiinnng."**

Editor's (cont from p.2)

experienced the "joy" of telling friends and family about this experience of yours/ours to share that experience with us, and tell us what the reactions were. Were they as scary as you thought? Write a paragraph or two, and send it into me as an email, and we will publish these as mini-essays in issues of this newsletter. Sound like fun? Or is it just Funny?

—Jay



Here Comes The FUN

AANRCONVENTION2007

August 4 - 12

Right Here in the Great Northwest!

Hosted by

The Willamittans

Marcola, OR 97454

- Be as active as you want to be—or not!
 - Join one of the many daily parades
 - Learn how to play pickle ball or bocce ball
- then join in sports competitions if you wish play tennis, shuffleboard, horseshoes and more
- Join a morning exercise group
 - Walk or jog—or be a couch potato around the pool
 - Sit in on a seminar or forum
 - Listen to poolside music
 - Dance the night away
 - Compete in the Nudist Idol Karaoke

For more information, email: Convention07@msn.com

TRAVELS, cont. from page 3

My Spa experience 180,000. Dongs (1 US \$=16,075 Vietnam Dong) Price about \$12.00. This absolutely was wonderful, starting with a shower and then to the sauna with tea and fruit, stayed in as long as I could take it. A new experience for me was the foam bath while I lay on a padded table. Then came the exfoliation scrub, I would think a pound of icky sticky skin was removed from me. Then I had another shower, went into the hot tub for a soak and more tea. Not done yet; a massage! This spa experience was done right in our hotel and lasted about 2 and 1 half hours. Leonard had one and he got the foot massage too.

—Sandi

No Photos?

Looking for Photos? You can find photos of many FUN LARC events on our website:

www.larcnudists.com