



LARC



Lake Associates Recreation Club

Volume 21, Issue 3

NUDE VIEWPOINT

JUNE 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

MEMORABLE MEMORIAL DAY

WEEKEND PLANNED FOR MAY 25-28

In historical LARC lore, this upcoming weekend was known to many as “Rain Drop Weekend.” Why? because it always seemed to rain on this holiday weekend and it just seemed fitting. Well we have had more rain and snow this year than is worth celebrating. So with that said, and with all that is going on in the world these days, the Board decided to go in a new direction this year and return to what this weekend really is all about... *Memorial Day*.

In Cities all around the United States, ceremonies will be held on the last Monday in May to pay respect to the men and women who have died in wars or in the service of their country. However, Memorial Day is not limited to honor only those Americans from the armed forces. It is also a day for personal remembrance. Families and individuals honor the memories of their loved ones who have died. Church services, visits to the cemetery, flowers on graves or even silent tribute mark the day with dignity and solemnity. It is a day of reflection. However, to many Americans the day also signals the beginning of summer with a three-day weekend to spend at the beach, in the mountains or at LARC relaxing. This is how we will celebrate Memorial Day Weekend here at LARC... as a weekend of remembrance, reflection, and celebration.

ARE YOU READY FOR SUMMER??



It's time to get those walking shoes out of the closet and **WALK, WALK, WALK**
See p. 3

Contents

Memorial Day Weekend.....	1
Birthdays.....	2
Upcoming events.....	2,3,4
Sunshine.....	3
Editorial Comment.....	2

Friday 25>Wine & Cheese Potluck 7pm
>Let's Play Bunko – Game w/prizes 8pm

Saturday 26>LARC Beautification Day 9:30am
(Meet at lot B6 to view job list and choose your task 9:30am / LUNCH Provided to Volunteers)
>Golf cart obstacle course event 3pm
>Silent Auction (All Day), will close by 8 or 8:30pm
>Checkered Flag Dance 8pm (Groovy tunes from DJ Joe)

—see “Memorial” p.3





MEMBER'S BIRTHDAYS

JUNE: 1 Jay G., **1** Craig P.,
7 Christy M., **22** James V.,
24 Daleen H., **27** Lang S.,
30 Margo S., **30** Steve L.

JULY: 3 Cassandra R.,
7 Bob vanL., **7** Carolyn B.,
14 Larry T., **17** Mike N.,
20 Keith S., **25** Rod S.,
27 Darlene O., **29** Margaret A.,
30 Fred F.

Upcoming Events :

May

25-27 Memorial Day Weekend
25th Wine & Cheese Potluck 7pm
Games, Surprises
26th LARC Beautification Day
Lunch provided for volunteers.
27th Breakfast, Bingo, Horseshoes,
Movie, etc.
And much, much more; See Article, Page 1.

June

9 Invite-A-Friend Day
10 Tex-Mex Potluck
General Membership Meeting
16 Adopt-A-Highway
Movie Night

July

Bare Images & Music Fest
See notices, p.3&4

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



Those of us, who have lots here at LARC, are now facing the aftermath of the brutal winter we all experienced.

If you do not have a lot, you may have looked at all the work we have been doing and all the work we have yet to do, and feel grateful that you do not have your own lot!

I would like to report that in spite of all appearances, and the occasional swearing you may hear, the clean-up and tree removal, etc. is all part of the joy of having a lot. I would certainly recommend to those of you who do not have your own Place, to seriously consider getting your own plot of ground here in the Park. It is a transforming experience!

Of course, I can say this, because I live in an apartment in my "other life." But even when I had a garden at home, I enjoyed the opportunity to have my own Piece of Paradise, where I can retreat, away from all those concerns and stresses my "other life" provides. I haven't addressed this particular aspect of LARC membership in previous musings, but I really do appreciate what we have here.

We have deer, rabbits (which we plot to keep away from our plants) a robin's nest complete with appropriately blue eggs, humming birds, butterflies, and much of the rest one might remember seeing in a Disney cartoon feature film.

I can feel the endorphins flowing as I sit outside our RV in the morning, drinking my coffee. This is of course, before I've had a chance to stub my toe or crack my head on an overhang, or experience any of the other adventures the day might bring.

For me, the difference in having a lot and not having a lot is the difference between a *Park*, and an *Amusement Park*. Joleen and I have been creating something here, which is a real Fantasyland for our amusement and enjoyment. We have fairies (what respectable Fantasyland would be without fairies?), trolls, frogs, cats, turtles, and of course the ubiquitous pink flamingos. We've been known to have a few human guests from time to time also.

So if you don't have your own lot, or even if you do, stop by ours and say howdy! You won't even need an "E" ticket to get a tour!

-Jay

BARE IMAGES 2007

On **Saturday July 7th AND Sunday July 8th 2007** LARC will host the Fourth Annual Bare Images Fine Art Show in conjunction with our annual Open House and Nude Recreation Week. We are looking forward to the best show ever.



On Friday, July 6th we will be busy finalizing the arrangements for this Special Open House. We will also need help the week before the show getting the tents ready for the display of the artwork.

Last year the planters of flowers were what gave the tent that finishing touch. They would be greatly appreciated again this year. The LARC Grill will be open both days during the show

To make this show another successful LARC event Russ needs as much help as possible. If you are interested in helping and would like to find out more about this year's show, **please contact any board member.**

“Memorial,” cont. from p.1-

Sunday 27>“Southern Exposure” Breakfast 9am - \$5.00

>Bingo 10:30-12:00 Hosted by Matthew

>Horseshoe Tournament 2pm

>Movie Night – “A Night at the Museum” 8:30pm

Monday 28> Please take a quiet moment for Remembrance and Reflection in our beautiful park.

> Enjoy the day!

With best wishes for a wonderful and sunny weekend,
Cassandra

LARC Events Director

Sunshine Committee Invites Participation!



If you know of someone who needs
A little sunshine in their life,
Contact Margaret
email mjbadam@hotmail.com.

PAUSE FOR THOUGHT: *Your attitude determines your action. Your action determines your accomplishments.*

LARC Walkers

I recently came across the following article in the West Marine Benefit News Bulletin and it motivated me to do something about my exercise (or lack thereof) program. I want to share it with my LARC family in hopes that it may motivate you in the same way. Here it is:

“Walking can add years to your life and life to your years. And it couldn't be easier! You don't need to join a health club, wear special equipment or go into training to reap rewards.

Walking conditions your heart and lungs and raises your body's ability to use oxygen more efficiently. Walking helps beat other health problems, too. It reduces your risk of some forms of cancer and osteoporosis. It fights the battle of the bulge, taking off fat and building muscle. Walking can even help people with diabetes reduce or eliminate their need for medication.

Walking is easy on your mind, since it lessens stress and lightens depression. Best of all, walking has the lowest dropout rate of any form of exercise. Just put on a sturdy, comfortable pair of shoes and go. Now that the days are longer, take that walk and smell the flowers. You and your body will be glad you did!”

I am spearheading a new **LARC Walkers** group and hope you will join me. I want it to be a fun and ongoing LARC community event for all the LARC family. It is intended to be a casual and supportive walking group for both men and women dedicated to promoting better health through exercise.

The initial schedule will be as follows:

Weekdays Tuesday & Thursday 6pm / Meet at the Shower House

Weekends Saturday & Sunday 11am / Meet at the Shower House

-see “Walkers,” p.4



Here Comes The FUN

AANRCONVENTION2007

August 4 - 12

Right Here in the Great Northwest!

Hosted by

The Willamittans

Marcola, OR 97454

For more information, email: Convention07@msn.com

“Walkers” cont. from p.3-

We will start out with a few easy stretching exercises and then gently walk around the Outer Loop (1k) five times. Of course everyone will determine the number of laps that is good for them and should feel free to drop out at any point they are comfortable with. As in any exercise program, it is always best to start slow and build up. To join **LARC Walkers** here is what you need to do:

- 1) I recommend that you wear a bright colored cap so that we can be easily seen as we walk around the Outer Loop;
- 2) Wear some comfortable walking shoes;
- 3) Come ready to walk and bring an upbeat and positive attitude.

That is all there is to it. Since **LARC Walkers** is a developing activity in progress, it can always benefit from new ideas so feel free to participate in the progress.

Please join me in promoting and participating in the **LARC Walkers** group whenever you can. It is a simple and easy way to start on a beautiful path to better health.

-Cassandra

No Photos?

Looking for Photos? You can find photos of many **FUN LARC** events in the **MEMBERS ONLY**

Pages on our website:

www.larcnudists.com

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

Some Boy Scouts from the city were on a camping trip. The mosquitoes were so fierce that the boys had to hide under their blankets to avoid getting bitten.

Then one of them saw some lightning bugs and said to the others, “Let’s get out of here; they’re coming after us with flashlights!”

TOP NOTCH LINE UP FOR “NUDIE BLUES” FEST JULY 29

The most popular event of the season returns the last week end of July to please all the senses. We who are members of **LARC** look forward to the carnival atmosphere and the opportunity to dance the **DAY** away...and on into the night!

Our favorite bands from previous years return:

Motown Cruisers (<http://www.motowncruisers.com/>) and as the name implies, they perform covers of Motown classics. They do all of those great songs by the Temptations, Four Tops, Smokey Robinson and the rest of Barry Gordys hit makers. They are a polished professional act and put on a great show.

Miles From Chicago It wouldn't be a LARC music festival without these guys wrapping up the show. We love having them each year and they love coming here. We are featured on their web site: www.milesfromchicago.com/ At the height of their performance the crowd and the band become one on stage and how cool is that?

And in addition to these popular groups, the Music Fest Committee has added:

The Popoffs If you are unfamiliar with this group, you won't be after this event; very entertaining!

Be part of the “action”: volunteer! To make this all happen volunteer help is needed and very much appreciated. Frankly, the music festival is dependent on our hard working club members. Nothing happens without preparation and follow through. Thank you in advance for volunteering. Sign up sheets will be circulating soon.

YOU CAN BE A STAR!

