



# LARC



## Lake Associates Recreation Club

Volume 21, Issue 5

### **NUDE VIEWPOINT**

AUGUST 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](http://www.larcnudists.com)**

#### LARC BOARD MEMBERS

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## The Mostly Nude Cruise to Alaska

By Darlene Odell

Billed as A “Nude Cruise” with naked models on the posters and brochures, this will no doubt become known as the “Clothing Optional Cruise” in more Historical annals. With internet promotion, there were many “newbies” on board. More about that later.

The contingent from LARC were 25 strong and the bus driver was a bit shocked to see a full load of people plus luggage awaiting him in front of the office @ 10:AM on July 20<sup>th</sup>. He had been led to expect about 15.....oops! We all pitched in to load the luggage and wound up with the aisle full as well as every seat. We set off down to I-5 and on south toward Seattle and the port. With construction in full season the bus driver did a masterful job of maneuvering through traffic, even taking 99 for the last bit of the way. We were on board in good form with time to join the rest of the cruisers for lunch on the Lido deck. The photographers were busy from the get go taking what would become an ongoing series of pictures to chronicle our journey from beginning to end.

The cruise ship was filled to capacity with over 1300 excited people. The Amsterdam is not the largest of Holland America’s fleet but it certainly did not disappoint! It was luxurious and accommodating in every way! The crew were mostly Indonesian, especially below deck. They couldn’t have been more helpful in every way possible. We, as nudists were a totally new experience for them. You could not have guessed it....this could have been an everyday thing as far as their treatment of us was concerned. We also seemed to have packed the good weather onto the ship and taken it north with us. Every port the guides said we had brought the sun with us. The mountains were out, the whales and porpoises performed on cue. The glaciers “calved” for us and Alaska was scenic and friendly wherever we went. We could have been in a brochure!

At every opportunity the cameras were present to document our trip with an eye to creating a chronicle for us to take home. We had endless opportunity to purchase still photos and then there were videos being taken as well. Near the end of the trip we were given the chance to view the finished video on the closed circuit television

—See “Alaska Cruise” p.3

### **A Big ‘Thumbs UP’**

**To All those who helped with the grounds and events this year: Thank you! We have a beautiful place to enjoy and recreate and welcome visitors into, and also a very special place to call home.**

—Mike and Astrid

#### **Contents**

Cruising Nude to Alaska.....	1,3
Birthdays.....	2
Upcoming events.....	2,3,4
In Memoriam.....	4
Editorial Comment.....	2





## MEMBER'S BIRTHDAYS

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

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

## Some Upcoming Events :

### August

#### **4 National Convention**

At the Willies, see p. 4

#### **12 Poker Run**

To benefit Skagit Hospice

#### **18 Board Meeting, 10 AM**

#### **Summer Nights Dance**

8:00 PM

#### **19 Breakfast & Bingo**

#### **25 Progressive Dinner, 2 PM**

#### **31—September 3—**

#### **LARC Birthday Weekend:**

#### **Movie Night, Potluck,**

#### **Dance, Chili Cook-off, Fun!**

Event details subject to change:

**BE SURE TO CHECK OUR WEB SITE FOR UPDATES!**

**[www.larcnudists.com](http://www.larcnudists.com)**

Also-

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

## From the Editor's Chair



I know I'm in trouble, the moment I have something in my hand, that I need to put away somewhere—in a place where I know I won't lose it—so that I will be able to retrieve later.

Yesterday, I spent over an hour looking for (attempting to retrieve) just such an item. This is one reason I enjoy the nudist life-style; not so many pockets to go through!

Except maybe in those pants I tossed into the corner, on my way outside to my Lounge Chair!

Actually, I do associate nudity with simplifying my life. Fewer clothes, along with fewer "things" as in clutter. I am looking ahead toward some sort of retirement and I am thinking that I don't need a lot of the things that I have accumulated over the years. Especially if I am going to live in an RV or two. I have a book that proclaims that nudist camps are the perfect place to retire! I am about half-way to agreement!

IN THE INTEREST of FULL DISCLOSURE (as they say on TV), I must say that I work (in my other life) in the Self Storage Industry, where we say (on my message board) "Clear away the clutter in your life—store it here!" That's my act anyway, but then there's my real life: Stuff everywhere!

In real life, I am in the process of simplification, which means *NOT* storing so much stuff; or maintaining enough space, for that matter, to store it in!

I am also reading articles (doing my research) on other aspects of retirement. (NOTE: Your editor will be retiring and turning over the reigns of this newsletter sometime in the next twelve to eighteen months.) One thing that keeps cropping up in articles about retirement, is the subject of boredom. I know the answer to that one: it's spelled L-A-R-C.

I know we all get bored now and then, but life just keeps rollin' along, so it's about all I can do to keep up. If I ever do get caught up, maybe *then* I'll get bored!

But advice is everywhere; a couple of recent articles (one in the AANR bulletin) advocate starting a hobby or a collection!

A hobby I've got, but can you imagine a desire to add clutter (as in a collection) to your life?

Not into my life anyway!

But while I am in the mood to simplify, perhaps I might interest you a few things from my collection to add to your collection?

—Jay

## WHO SAID, "SIZE DOESN'T MATTER??"



IF YOU'RE GONNA CRUISE TO ALASKA, MIKE KING THINKS THERE'S MORE IMPORTANT THINGS TO DO THAN JUST LOUNGING AROUND ON A SUN-DECK!

### "Alaska Cruise" cont. from p.1—

system and that is when the "newbies" aboard came into play, as might be expected. There was a sudden flurry of complaints of "I don't want my photo included". The end result was that we were denied the finished video. We got our money refunded but that wasn't what we had hoped for.

Onboard the ship we participated in many fun events. We were treated to gourmet dining at every meal. We also had opportunity for participation in the Costume party with a "Fire & Ice" theme. Many of us had created outfits that matched the theme to wear that night, but 3 from LARC were among the finalists that appeared on stage. Bob & Patti were Mr. & Mrs. Bear Necessities and Wendy appeared as a Fire & Ice Princess.

Many participated in the Talent Night as well and we really had some fine entertainment. There was also entertainment nightly in the Crow's Nest and the Queen's Lounge by professional entertainers as well as variety work done by the crew members.

We learned the history of Southeast Alaska at every stop and enjoyed the natural history as well. The guides were well informed and generous with their information.

There were also opportunities to spend money on board in the shops. We found clothing, liquor, books, and jewelry galore! Many of the jewelry stores on board were affiliated with stores on shore and if you needed to upgrade your collection of gems there were ample opportunities.

The ship was well maintained and the ship's crew seemed tireless in their efforts to keep it that way and answer our every need.

It was a first cruise for several of the LARC group and I was one of those. I would do it all again very cheerfully.

We arrived home in Seattle one week from our departure. A good conclusion to an excellent trip!

## Nude Cruising To Alaska—Are You Kidding?

By Margaret Adamson

*NOT – to Alaska!!* The Fire & Ice cruise from Seattle to Alaska was our first nude cruise. Alaska is definitely a beautiful, cultural place to visit but *surely not on a nude cruise – it's too cold outside!!!*

There are chunks of ice floating around in the water – *burr!!!*

Anxious thoughts aside—I have to admit we enjoyed it immensely because we do not fly and it was the perfect opportunity for us to go on a "nude cruise." Alaska is beautiful and there is so much history, I now recommend the trip to everyone.

I am still pondering over the definition of this "nude cruising." The ship was very warm inside, cold only if you were on deck and yet everyone was walking around in a white bathrobe!! Very few people were nude, majority in bathrobes and others dressed. I found it is much easier to locate a nude person and know who they were, than to search thru a sea of white robes trying to figure out who was who. I'm still pondering the "white bathrobe" thing. I found I am much more comfortable with nudity.

We had twenty five people who met at LARC and rode down together on a transporter bus Astrid had arranged for us. A BIG thank you to Astrid – it was a great way to start our trip – we talked and laughed a lot and it set the tone for the whole trip. Words cannot tell the story – only pictures can – of all the luggage waiting on the porch of the Office. I'm not sure what we were all thinking but I know we all agreed that we had to take what was there!!!

We took our beautiful sunny weather with us and the Alaskans were so happy. It rained before and after we left ports. We stopped at Juneau, Glacier Bay, Sitka, Ketchikan, Victoria and back to Seattle. There was much to see and do in each City and not enough time to do it all. Every port had diamond and fur shops which surprised me. I wasn't expecting to see so many jewelry shops and if I had known and prepared myself, I would be a little poorer today but wearing sparkles galore!!! Diamonds are a huge part of their economy. You can also have a totem pole made for a mere \$3,000.00 a foot.

Cruising is a great way to get to know people better and to meet new friends. It's an opportunity to spend quality time together as a couple or with friends and take the time to talk and share without interruptions of daily life. I would definitely recommend a cruise to Alaska. It was great going with "family" and everyone was so friendly, from the crew members to fellow travelers. No cooking, making beds, laundry, etc. – what more can I say – take a cruise you'll love it. Dressed, nude or bath-robed it was wonderful.



### Potluck Jambalaya—

#### THE UN-CHILI!!

This popular dish is easy and can be frozen for use at a potluck.

1/2 cup vegetable oil,	2-3 tbsp garlic, minced,
1 cup onion, chopped,	1 cup bell pepper, chopped,
12 Polish Sausages, diced,	1 pint chicken broth,
2 cups cooked chicken meat, chopped,	1 1/2 cup tomato paste,
1/3 cup diced jalapeno peppers,	1 tbsp. dried thyme
2 tbsp sugar,	Salt and Pepper to taste

In a large Dutch oven or stockpot, heat the oil over medium heat. Add the onion, garlic and bell peppers and sauté 10-15 minutes until the onions are soft. Add the sausages and sauté for about 5 minutes longer. Add all the remaining ingredients. Stir to mix well, cover and simmer over low heat for about 90 minutes. Serve over rice. Serves 10-12



## REMINDER:

When you are at the front office, even for a quick trip to pick up ice, please wear a wrap or other form of clothing.

Questions? See Mike King

## LARC KARAOKE CHAMP HEADS FOR CONVENTION—

Dave M., LARC's answer to Keith Urban won the regional competition and is on his way to the National Competition at the AANR Convention at the Willies, where he plans to kick it up a notch! Dave assures your editor that his performance is more than just a pretty hat! We wish him well!



## PROGRESSIVE DINNER AUGUST 25—

WATCH FOR SIGN UP SHEETS AT  
THE BATHHOUSE

## LARC Walkers

To join LARC Walkers here is what you need to do on Saturday or Sunday:

- 1) **Show up**—at the upper shower house. At 11:00 AM
- 2) Wear a bright colored cap so that we can be easily seen as we walk around the Outer Loop;
- 3) Wear some comfortable walking shoes;
- 4) Come ready to walk and bring an upbeat and positive attitude.

Please join us 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.



## IN MEMORIAM



“SAM”

# Garden Corner

*This continues our recent column on "Going Green." These are the remaining four recommendations from garden guru Susan McCoy:*

**3. Reduce Fertilizer Use.** Overfeeding is not only unhealthy for plants; it also causes excess nutrient runoff that pollutes streams, bays, rivers and other watersheds. "Plants can only absorb so much fertilizer before the excess nutrients run off into the groundwater," says McCoy. Fertilizer runoff contaminates drinking water, kills fish and other sea creatures and causes problems like Red Tide. Reduce overfeeding by using environmentally responsible feeding practices, like a slow-release fertilizer. This plant food releases nutrients to the plant when the plant needs it most, never over or under feeding so there is minimal waste and runoff. Plus, it's low in phosphate making it a nutritious yet earth-friendly plant food option.

**4. Water Responsibly.** If, you don't need to water your plants as often, you'll save gallons of time and money. But more importantly, you conserve water and protect the environment.

"Substitute older cultivars with new and improved varieties bred 'to drink responsibly;'" says McCoy. "Updated versions of classic plants require much less water than older cultivars while still offering the same great look gardeners love."

**5. Be Grass Green.** According to Ethne Clarke, garden editor of "Traditional Home," "Most gardens have lawns, and in some cases the lawn is the garden." She suggests mowing less frequently and cutting the grass longer so the top growth protects the roots. And water less frequently to force the roots to go deeper, which keeps them cooler and less susceptible to dry spell damage. She recommends using cornmeal or diatomaceous earth as an insecticide and pulling weeds before they set seed. For tough lawns, use a soil conditioner with good micro-organisms and aerate to encourage soil health.

**6. Be Kind to Flora and Fauna.** After pouring hours of time, effort and in most cases their hearts into the garden, no one wants to wake up one morning to find that their begonia bed served as a late night snack for the neighborhood wildlife. Use a 100% organic deer repellent. "All-natural products of today work just as effectively as or better than their synthetic counterparts," she says. These products give all the benefits with minimum health risks and harm to the environment. To safeguard the water supply and pets and children who play outdoors, McCoy suggests trying organic and all natural animal repellents as an alternative. Learn more at [www.messinawildlife.com](http://www.messinawildlife.com).

For more information about going green outside your home, please visit [www.gardenmediagroup.com](http://www.gardenmediagroup.com).