

LARC



Lake Associates Recreation Club

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NUDE VIEWPOINT

OCTOBER 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	Alice Anderson
1st Vice President	Steve Litch
2nd Vice President	Tom Barrett
3rd Vice President	Bob vanLimburgh
Certifying Officer	Astrid King
Secretary	Tammy Scott
Treasurer	Margaret Adamson
1st Alternate	Rod Shuter
2nd Alternate	Phillip Camire

NEWLY ELECTED PRESIDENT ENCOURAGES PARTICIPATION

At our Fall General Membership meeting we elected a new board president for a two year term. We welcome Alice Anderson, former editor of the "Nude Viewpoint," back as a regular contributor to these pages, in her new role as president.

As your new Club President, I see great things in store for LARC over the next couple of years. We just finished hosting the AANR-NW Fall Board Meeting. Keith, Tammy and all of their volunteers easily upheld the LARC tradition of excellent food service. Cassandra and Jack provided us with an outstanding evening of karaoke. And the Ladies On A LARC presented a wine and cheese social that will not be forgotten. My thanks to all of you who volunteered to make the AANR-NW Fall Board Meeting a success.

WRAP UP A SUCCESSFULLY NUDE SUMMER SEASON WITH A HALLOWEEN COSTUME PARTY!

*Get wrapped up in your spookiest costume and come to the tent at 8:00 PM, prepared to **PARTY!!***

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Volunteers are crucial to the success of any event at LARC. LARC needs you and your ideas. Over the next couple of months the LARC Board of Directors will be planning the 2008 LARC Social Calendar. We hope to have some new ideas for next season, and we are always open to suggestions. If you have an idea for an event you would like to see happen, in or outside the park, please let me know. I can be reached via e-mail at freein1derland2007@yahoo.com, or knock on my door here at LARC, I always welcome company for a cup of tea. Another option is to attend a board meeting and present the idea yourself. Members are always welcome and encouraged to attend.

For now, get busy on your costume for the Halloween Party on October 27th. There will be prizes, dancing and ghoulish goodies. Join me in the tent at 1 pm on the 27th and we'll decorate for the dance.

I hope to see you there!

—Alice Anderson





MEMBER'S BIRTHDAYS

OCTOBER: 2 Dave B.,
6 David K., **16** Gerald W.,
21 Daniel K., **21** Robert N.,
25 Dianne K., **26** Lydia M.,
28 Glenn Y.

NOVEMBER: 4 Matt L.,
6 Jack E., **8** Mary K.,
8 Dean T., **13** Dennis W.,
 14 Bill S., **14** George W.,
28 Alice A., **30** Ivan K.,

Some Upcoming Events :

October:

13 Board meeting 10 AM
 Karaoke 7 PM
20 Movie night 7 PM
27 Halloween Party!
 Decorate the tent 1 PM
 Dance 8 PM
28 Tent down work party
 early AM

November:

10 Board Meeting 11 AM

December:

1st or 2nd Board meeting &
ANNUAL HOLIDAY PARTY

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

I got up this morning, and it was too chilly to be nude. The season must have changed. I feel like I should be naked, if I am writing a "Nude Viewpoint", but sometimes one has to be practical. I am wondering if this change in weather is why we have a costume party this time of year.

Actually, I believe the history of Halloween goes back further than organized nudism. It's something to do with the Druids, or scaring away evil spirits or something like that.

I remember going through my "change of life." With boys it happens around the age of 12.

One sure sign of the change is when you no longer want your mother to pick out your Halloween costume. That's when I changed from being a "trick-or-treater" to being a gargoyle-of-sorts, protecting the castle (my parents' house, actually). My buddies and I would create zombie costumes: not for us to wear, but



to stuff and animate with a series of ropes to spring out from behind trees in the front yard. We had speakers out in the bushes so we could project weird noises and ghostly sounds as kids would come up the walk. If we could prevent any of the young unsuspecting ones from ever reaching the front door, we considered ourselves successful. Of course the reward in all of this was twofold: we got to watch with glee as small children became terrified and fled, and we also got the leftover unused candy our parents had stocked up.

No, I'm not taking credit for all the changes that have happened over the years, where parents don't send their children out to go door-to-door anymore! We were only participating in the traditional version of the spooky holiday in true teenager style.

It was not too much different from some of the decorations we will see around the tent come October 27, the night of the gala Halloween Party and Dance at LARC. I don't think that anyone will become so frightened by the décor that they won't want to open the door and go into the party! Of course, if you get past that first hurdle, you will have to face the very very scary snacks on the food table.

Of course, if it's too scary for you, that will only mean that there will be more left over for me!



Lot's of luck!

-Jay

Garden Corner

Landscaping your yard for birds

Due to, rising human population and suburban sprawl, land for bird habitats is decreasing. With the- ever-increasing abundance of concrete and asphalt comes the disappearance of food sources and nesting grounds for birds. The good news, however, is that you can help.

You can do your part by creating a sanctuary for birds in your own back yards or lots at LARC. By landscaping especially for our feathered friends, you can make a little bit of the world feel like home for birds.

Food is probably the most important factor to consider. When landscaping for birds, it's beneficial to have multiple sources of food. Feeding stations are guaranteed to attract birds to your yard. One way to satisfy birds' appetites is by providing feeders in your yard filled with clean, wholesome seeds and real fruits and nuts. If you're worried about the leftover mess that can occasionally occur with feeders, try using a zero-waste bird food. Don't have a bird feeder? Use a concave rock to place seed, on. It creates a natural-looking feeding stop for lots of birds such as jays and tanagers.

Besides feeders, trees, plants and flowers all provide sources of food for birds to eat. Trees like mulberries, birches and maples not only provide seeds and fruits, but also attract and support a lot of insects that birds such as bluebirds like to snack on. Flowers such as sunflowers offer seeds that most birds love, while red bee balms and impatiens are some of the flowers that supply nectar for birds such as the hummingbird. Natural vegetation provides a number of food sources for your backyard buddies, but it's still a good idea to have multiple feeders as a guaranteed-to-be-in-stock food source. Birds need to eat, but they also need water. Not only do water features add beauty to your yard, they serve a number of uses for your feathered friends and attract hard-to-get birds like warblers. Since birds have acute hearing, they can hear a drop or ripple in the water from a great distance away. Sprinklers, chippers, misters and hoses will all have birds collecting in your yard.

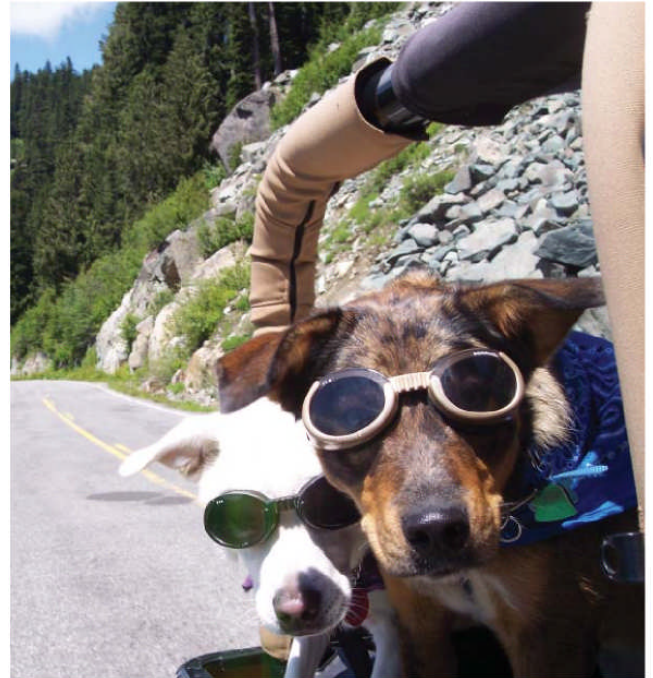
Remember, to ensure that the water features in your yard are safe for bathing and drinking; keep the water shallow. Birds feel safer in shallow water. It allows them to fly off quickly in the presence of danger. Use water features with rough surfaces rather than smooth ones in order to ensure secure footing for the birds. They won't go for a dip if they don't feel safe.

While food and water are essential to think about when landscaping for birds, shelter is just as crucial. It provides protection from weather and enemies, and offers a safe place to nest. Feeders and water features near shelter attract more birds because they serve as a safety outlet if an enemy should approach or bad weather closes in.

As a means of shelter, vines and shrubs provide dense growth, offering birds a great nesting area. Your editor has had robins nesting in his vine-covered arbor each year for several years now. It's also an excellent idea to put up birdhouses or nest boxes to attract birds such as chickadees and woodpeckers. One thing to remember: be diverse. Planting a lot of different trees, bushes, shrubs and hedges will attract a wider variety of birds and offer more options for shelter and nesting sites.

Landscaping may not have always been intended for birds, but now it can be. Put out the welcome mat to your feathered friends and let them know that in your yard, landscaping is definitely for the birds.

Kea and Boo are on a Quest to FIND AMERICA



**“WE’LL LET YOU KNOW WHEN WE
GET THERE!”**

(Stay Tuned)

AANR-NW Fall Board Meeting September 28-30

We had a great weekend, despite the cool, gray fall weather; from the Friday night movie to Saturday’s fantastic karaoke, all the hot meals served and the regional business meetings.

Thank you LARCers for your help in supporting our events!

—Astrid and Mike

RECIPES

It’s that time of year again, when most nudists move indoors and start to think about eating!

While you’re at it, think about sharing your recipes with us!

Contributions may be emailed to:

jayjoleen@yahoo.com

WHAT YOU NEED TO KNOW ABOUT HALLOWEEN BEFORE YOU BECOME TOO AFRAID TO ASK

Halloween's origins date back to the ancient Celtic festival of Samhain (pronounced sow-in).

The Celts, who lived 2,000 years ago in the area that is now Ireland, the United Kingdom, and northern France, celebrated their new year on November 1. This day marked the end of summer and the harvest and the beginning of the dark, cold winter, a time of year that was often associated with human death. Celts believed that on the night before the new year, the boundary between the worlds of the living and the dead became blurred.

On the night of October 31, they celebrated Samhain, when it was believed that the ghosts of the dead returned to earth. In addition to causing trouble and damaging crops, Celts thought that the presence of the otherworldly spirits made it easier for the Druids, or Celtic priests, to make predictions about the future. For a people entirely dependent on the volatile natural world, these prophecies were an important source of comfort and direction during the long, dark winter.

To commemorate the event, Druids built huge sacred bonfires, where the people gathered to burn crops and animals as sacrifices to the Celtic deities.

During the celebration, the Celts wore costumes, typically consisting of animal heads and skins, and attempted to tell each other's fortunes. When the celebration was over, they re-lit their hearth fires, which they had extinguished earlier that evening, from the sacred bonfire to help protect them during the coming winter.

By A.D. 43, Romans had conquered the majority of Celtic territory. In the course of the four hundred years that they ruled the Celtic lands, two festivals of Roman origin were combined with the traditional Celtic celebration of Samhain.

The first was Feralia, a day in late October when the Romans traditionally commemorated the passing of the dead. The second was a day to honor Pomona, the Roman goddess of fruit and trees. The symbol of Pomona is the apple and the incorporation of this celebration into Samhain probably explains the tradition of "bobbing" for apples that is practiced today on Halloween.

By the 800s, the influence of Christianity had spread into Celtic lands. In the seventh century, Pope Boniface IV designated November 1 All Saints' Day, a time to honor saints and martyrs. It is widely believed today that the pope was attempting to replace the Celtic festival of the dead with a related, but church-sanctioned holiday. The celebration was also called All-hallows or All-hallowmas (from Middle English Alholowmesse meaning All Saints' Day) and the night before it, the night of Samhain, began to be called All-hallows Eve and, eventually, Halloween. Even later, in A.D. 1000, the church would make November 2 All Souls' Day, a day to honor the dead. It was celebrated similarly to Samhain, with big bonfires, parades, and dressing up in costumes as saints, angels, and devils. Together, the three celebrations, the eve of All Saints', All Saints', and All Souls', were called Hallowmas.



Halloween is only a few weeks away so it's time to start planning your costume for the annual LARC Halloween Party on Saturday, October 27, 2007. There will be prizes in various categories for the most wonderful costumes.



Come up to the tent around 1:00 PM Saturday afternoon and help us decorate for the evening. We have bins & bins of cool stuff.

The LARC Kitchen will have a warm and hearty meal: All-you-can-eat Spaghetti with salad and garlic bread for \$5.00, to get you ready for the dance. And if you happen to have a devilishly good recipe



for some ghoulish goodies to share during the dance we would love to BITE into them.



And sadly, on Sunday morning, we will be taking down the tent for the season. The LARC soup kitchen will reward all the workers with a nice hot lunch after everything is down - soup, and the usual end-of-the year Hope to see you for a wonderful Halloween Weekend!!!

