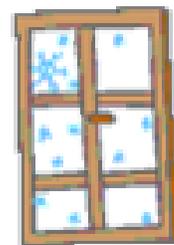


LARC



Lake Associates Recreation Club

Volume 21, Issue 8

NUDE VIEWPOINT

NOV--DECEMBER 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

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PRESIDENT'S HOLIDAY MESSAGE-

Ah, the "Season" is upon us. The hustle and bustle, the lights, the food, the shopping. The season of being thankful, of joy and of wonder.

It's easy to get caught up in the commercialism of this time of year and lose track of what we're celebrating. It starts with Thanksgiving. A family time, to remember and acknowledge what we, as individuals, are truly thankful for. Personally, I'm thankful for way too much to list here, but very close to the top of my list are all the members of my LARC family. The common bond we share, that brought us together – nudism – is just the start of something that goes way beyond casual friendship. And it's something I treasure. Over the next few months of winter, I'm looking forward to the few times I'll visit this family – The Annual Holiday Party on December 8 and the New Year's Eve celebration – until the tent goes up again in March. Hopefully some of us will gather in small or large groups for an evening of cards, an afternoon ice skating or a walk in the neighborhood enjoying and admiring Christmas decorations and lights.

But, whatever you're doing, from the bottom of my heart, I wish you a happy and healthy holiday season filled with everything that's special to you. And remember, the best things in life aren't things.

—Alice Anderson

SECRET SANTAS COME OUT OF THE CLOSET



**AT THE LARC
HOLIDAY PARTY—
SATURDAY DEC 8,
AT THE NORWAY
PARK PAVILION
(See p. 4)**

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MEMBER'S BIRTHDAYS

DECEMBER: 7 Arne B.,
13 Michael C., **15** Jim L.,
18 Paul T., **21** Phillip C.,
28 Ann B., **29** Mike R.

JANUARY: 5 Patti vL.,
6 Matt R., **6** Jim G.,
8 Carl M., **19** Mike K.,
21 Denise P.

FEBRUARY: 3 Mary R.,
5 Robert D., **7** Sandi J.,
16 Dorla N., **16** Therese B.,
16 Russ R., **16** Lucky E.,
17 Joleen G., **18** David M.,
21 Tammy S., **22** Joe S.,
24 David S., **27** Christi C.,
28 Winnie C.

Upcoming Events :

You probably are thinking that at this time of year, there's "Nothing" going on at a "nudist resort."

NOT SO!!

This is the time of year when all the action happens at the Board meetings—When we plan for the upcoming year, planning and scheduling all the fun events that will be happening all year. Plan on attending a board meeting and input your input!

**BE SURE TO CHECK OUR WEB SITE
www.larcnudists.com**

Also-

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



From the Editor's Chair-

This is the time of year when you might feel like there's a dark cloud hanging over you. Of course, if you look up, there may very well be a real dark, dark cloud up there, but it may also be that you are experiencing something from within. The statistics on depression in this country are amazing.

Depressive disorders affect approximately 10 to 15 % of the population age 18 or older, depending on what source you might be quoting. Preschoolers are the fastest-growing markets for antidepressants; at least four percent of preschoolers—over a million—are clinically depressed. 80% of depressed people are not currently having any treatment. 41% of depressed women are too embarrassed to seek help.

It is estimated that by the year 2020, depression will be the second largest killer after heart disease. Antidepressants work for only 35 to 45% of the depressed population, with some recent figures dipping down to 30%. Some have been shown to have serious risks and studies show that they only work about as well as placebos. 80% of people who see physicians are depressed. Studies are increasingly linking more illnesses to depression, including: osteoporosis, diabetes, heart disease, some forms of cancer, eye disease, and back pain.

Now, I don't want to *make light* of a serious health issue, but I wonder why so many are struggling with the whole idea of "*making light*" of something—anything!

Much research has been done on the causes of depression, and learning the fact that some depression is rooted in genetics or early childhood experiences, can launch a person onto the road to recovery by revealing how one need not feel inadequate for not "snapping out of it."

So along comes the latest magazine from AARP, with an article by Julia M. Klein about Dr. Stephen Ilardi, PhD, an associate professor of psychology at the University of Kansas.

"There's increasing evidence," says the good doctor, "that we were never designed for the sedentary, socially isolated, indoor, sleep-deprived, poorly nourished lifestyle." "If throughout the course of history, we were as vulnerable to depressive illness as 21st century Americans, we would have long since gone extinct as a species," he adds.

It seems that our ancient ancestors were protected from depression by their highly social,

—Cont. p.4 "editor's"

LARC'S FALL SCRAPBOOK



RECIPES

FESTIVE HOLIDAY CRANBERRY BARS

1 cup all-purpose flour
1/2 cup finely chopped pecans
1/2 cup packed brown sugar
1/2 teaspoon salt
6 tablespoons cold butter

FILLING:

2 tablespoons all-purpose flour
1/2 teaspoon baking powder
2 eggs, beaten
1 cup sugar
1 tablespoon milk
1 tablespoon vanilla extract
1 cup fresh or frozen cranberries, chopped
1/2 cup flaked coconut
1/2 cup chopped pecans
1-1/2 teaspoons grated orange peel



In a large bowl, combine the flour, pecans, brown sugar and salt. Cut in butter until crumbly. Press into a greased 9" square baking dish.

Bake at 350 for 15-20 minutes or until edges are lightly browned. Meanwhile, in a large bowl, combine flour and baking powder. Combine the eggs, sugar, and vanilla; add to the dry ingredients. Fold in the cranberries, coconut, pecans and orange peel. Pour over crust. Bake 25-30 minutes longer or until set. Cool on a wire rack. Cut into bars. Refrigerate leftovers.
Yield: 1 to 1-1/2 dz.

—Joleen

Continued from p. 2 "editor's"

active, outdoorsy lives.

He might just as well go all the way, and recommend joining a nudist club!

Have you ever wondered why your fellow LARC members are so happy and generally free from depression?

Turns out, that the good doctor has his own program for the treatment of depression, which does not include nudity, but it does involve what he calls "living like a caveman."

The program involves hours of group therapy, increased sleep, aerobic exercise, ingesting Omega-3 fatty acids, bright light exposure, social interaction, and generally replacing "rumination (dwelling on negative thoughts)" with activity. According to the article, this "new" therapy is yielding "impressive results."

I don't know how "new" it is, but I'm fairly certain that the good doctor's treatment costs more than my LARC membership!

—Jay

ANNUAL LARC HOLIDAY PARTY

WHERE: Norway Park Beach Pavilion

WHEN: Saturday, December 8, 2006

TIME: 1pm to 6pm

DONATION TO COVER COSTS (suggested): \$5 Adults / \$2 Children under 10



Come and share some holiday cheer with your LARC family members.

The LARC Annual Holiday Party is for all family members (adults and children) and their guests (yes, you can bring guests).

Besides all the fun, and warm greetings, there will also be the

Traditional LARC Holiday Dinner served. There will be Plenty of Turkey with lots of Trimmings. Coffee and Punch will be provided with the dinner. You are welcome to bring your own favorite beverages. This is not a Potluck but you may bring a favorite holiday dish, appetizer, or dessert to share.

Also we will have the famous LARC CHRISTMAS GIFT EXCHANGE which is a favorite part of this event! You won't want to miss this chance to receive a gift that will amuse, for at least a few minutes, until you give it to someone else!

The randomness of all of this keeps it exciting and fun for everyone.

A Little Detail on the Gift Exchange:

If you would like to participate (not mandatory) in the LARC Gift Exchange, please bring a wrapped gift with a value of \$15 or less.

If you would like your child to participate in the Children's Gift Exchange, please bring a child-appropriate wrapped gift (one gift per each child wishing to participate) with a value of \$15 or less.

Lots of Holiday Decorations, Music, and Fun await you, Don't miss out!

So that we can make sure we have plenty of food for everyone please let us know that you will be attending. - ASAP.

Please email your RSVP with your total number of attendees to

Margaret Adamson at mjbadam@hotmail.com.

and leave a message indicating your RSVP. However, no one will be turned away!

NOTE: This is a clothed event since it is off the LARC premises, no nudity, no exceptions.



AS 2007 COMES TO A CLOSE—

WANT A TAX DEDUCTION? Want to also promote public understanding, tolerance, and acceptance of social nude recreation, AND help deserving individuals further their formal education? Learn more at www.aanref.org.