

LARC

NUDE VIEWPOINT



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Lake Associates Recreation Club

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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

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President's Message

I've been agonizing for half an hour about what to write for this newsletter. I felt very uninspired. I always feel like I have to regurgitate something profound, and witty, and upbeat...kind of "rally the troops" type of thing. While pondering this dilemma, I glanced over at my bookshelf, searching for inspiration and found a book I bought a few years ago. Just a small little book...one sentence per page, sometimes two. The title reminded me that I am making this way too complicated, all I need to do is write about what I know, and write from the heart. It's called: KEEPING LIFE SIMPLE, 380 TIPS AND IDEAS.

I'm going to share a few of my favorite tips:

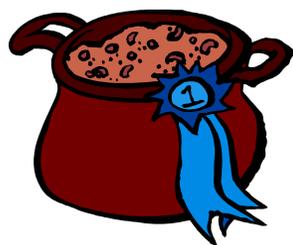
There are no bonus points in life for suffering through what other people say you **should** enjoy! (This one is my all time favorite – so far.)

Recognize that you are unique.

Remember, you always have the capacity to make CHOICES.

Time flies, whether you're having fun or not.

The last one I just discovered this evening. And it is so true! So if it's going to fly anyway, I guess I might as well be having fun while it happens, with people I enjoy being around. And I have been, this summer, here at the park. I can't believe it's almost the end of August. We are coming up on the **LARC's Birthday Weekend** at the end of this month with lots of fun activities planned including Karaoke on Sunday night with LARC's NEW KARAOKE MACHINE. It has 18,000 (yes, I said 18,000) songs programmed into it. And in my spare time (?) I'm researching Chili recipes and trying to decide which one to enter in the Chili Cook-off on Sunday. I'm looking for another purple ribbon! Make sure you check the LARC website for a complete schedule of events for the weekend.



WILL YOUR CHILI BE AWARDED THE CHAMPIONSHIP??

Whip up a batch and Put it to the test!
August 31, High Noon

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Make the CHOICE to have FUN at LARC!!!!

See you soon!

—Alice Anderson



MEMBER'S BIRTHDAYS

AUG: 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** Don K.,
8 Wendy W., **10** Jerry S., **10** Judy T.,
14 Ian H., **14** Lucy M., **16** Renee W.,
17 Steve T., **19** Astrid K., **22** Margit M.,
22 Robert L., **23** Jack B., **27** John H.

Upcoming Events in AUG:

- 23 Tie Dye
Movie 8:30
- August 29-September 1 LARC Birthday Weekend
- 29 Movie 8:30
- 30 Poker Walk 2:00
Dance 8:00
- 31 Chili Cook Off judging, high noon
Birthday cake and ice cream
Karaoke 7:30

Upcoming Events in SEPT:

- 13 Breakfast 9:00 AM \$5
Board Meeting 10:00 AM
Karaoke 7:30 PM
- 14 Hawaiian themed Potluck Lunch 12:30 PM
General Membership Meeting 1:30 PM
(See p. 4)
- 20 Adopt-A-Highway Cleanup, 10:00 AM
(Meet at Office)
Movie 8:30 PM
- 27 Potluck Dinner 6:00 PM
Games 7:30 PM

...and October 4th: Karaoke!



For Updates-

BE SURE TO CHECK OUR WEB SITE —

www.larcnudists.com

Also—Be sure to check the white board at the office!

From the Editor's Chair-



The Olympics have come along just in time to rescue us from "All Politics, All The Time" on TV.

The Theme of the Olympics seems to be World Peace: We hear the peaceful hopes of the people of the world expressed in the opening and closing ceremonies and in commentaries throughout the event. But in spite of the symbolic hugs that take place between athletes of different countries; China and the United States for example, or even more poignantly, a Russian athlete hugging an athlete from Georgia, we know what it is really about. It is about national pride, and the "score" in number of gold, silver, or bronze medals. And beyond that; which cultural or political system among the nations of the world is "best." In other words, who is superior; or you might say, which nation is the symbolic alpha-male.

Meanwhile, the wars between some of these very same nations continue unabated.

It was not always this way.

We as nudists, know that the Original Olympic Games were performed in the nude. It was a celebration of the aesthetic beauty of the human body and its potential. About the only remnant of those ideals these days may be when the event is over, and athletes hit the showers!

Now I'm not pretending to know what goes on behind the scenes, I can only address the ideal and speculate about the potential!

I'm apparently not the only one: writing for Tribune Media, Garrison Keillor suggests that it is time to return to having community baths. In an account of his experience in a Japanese spa, complete with steam bath and "a tiny masseuse with ...powerful thumbs", he says he felt all his "liberal smugness" trickle down his naked skin. He concludes, "Extreme heat (from the steam room) breaks down moral arrogance--look at equatorial peoples; do they lecture the rest of us about our duty to the environment?"

I do detect a bit of moral arrogance in the TV Commentators reporting on the Olympics, for the consumption of those of us living here in the United States.

Mr. Keillor, on the other hand, says that the experience of a community bath is humbling. "Here you are, wet and naked, and you are not so different from any other wet and naked person. Let's bring back community baths!

"I honestly think that if we all got together naked, ...we would be more civil people," he says.

Has Mr. Keillor ever been to a nudist camp? It seems to me that we nudists brought back community bathing long ago.

Now I'm not going to go so far as to say that I can't be friends with anyone I haven't showered with, but I do know that I have become an especially *warm friend* with whomever I have shared a shower.

Some of those Olympic athletes may have made the same discovery.

It must be news; it was in the newspaper!

**You can be Mormon and a nudist,
Sunstone speaker says**

By Peggy Fletcher Stack
From The Salt Lake Tribune (8/8/08)

The gospel of Jesus Christ is not against nudity, although a lot of LDS folk's beliefs oppose it, D. Michael Martindale, an avowed naturist, said at the annual Sunstone Symposium in Salt Lake City Friday.

Members of The Church of Jesus Christ of Latter-day Saints balk at those who practice nudity because they find it contrary to teachings about modesty and the requirement that faithful Mormons wear sacred undergarments day and night, Martindale said.

The modesty question is easy to respond to, he said.

"What we feel modest wearing today would have scandalized Brigham Young. What we wear to the swimming pool would horrify us if we wore it to church," Martindale said. "Modesty is a fluid concept."

True modesty is in the heart and the mind and not in the amount of fabric we drape over our bodies, he said.

Some also have objected to social nudism, presuming it increases illicit sexuality.

Nonsense, Martindale says. "Rather than diffusing lust, clothing creates it. We make certain parts of our bodies more mysterious, more alluring. That heightens sexual awareness."

A naturist resort is one of the least sexual places on Earth, he said.

As to the question of garments, he said there is a line in the instruction given to bishops saying that the proper wearing is between an individual and God. Martindale feels he is closer to God when he sheds his clothes as long as it's in an appropriate, respectful settings. As long as he is doing so for the right reasons, he feels God would understand.

When Martindale began hiking naked, for example, he experienced nature without artificial barriers for the first time, he said.

Nudity, he argued, improves a person's psychological, social and emotional health. It can decrease self-consciousness in a youth and body-obsessed culture. Children are conditioned from an early age to hide their bodies or feel shame in nakedness.

Martindale does not want to convert anyone else to the idea of nudity, he said, but does want to be left alone to practice it as he feels is appropriate.

"I am very serious about what I believe," he said, "but I am constantly at risk of going to jail for it."

The United States and especially Utah have *not* been particularly welcoming to nudity.

Editor's note: *Our goal is to keep you informed on the latest news from around the country!*

MORE BLISS COMES TO LARC

... WEDDED BLISS, THAT IS!



Pete kisses his bride!

Congratulations to the newlyweds, Peter and Daleen G. who were married between sets at the Rockin' the Park music festival Saturday July 26th.

WHERE'S GATSBY???



Here is the group photo of the participants in the August 9, Great Gatsby Croquet Tournament. Partners were randomly chosen so the expert couples could not play together. Many of us had not played in years and had a great time.

We all agreed that it should be added to the summer events next year.

HAPPY TRAILS TO YOU!

LARC's annual Progressive Dinner was again a HUGE success this year. It was dedicated to David and Lynn M., who are leaving LARC for a new adventure in River Springs, Okalahoma.

The Happy Trails adventure started at 2:00 PM and ended -- well that is anyone's guess!!!! Ten stops were on the list with lots of good food and drinks. Everyone moved from spot to spot carrying lawn chairs and high spirits. The weather was perfect -- well a little on the hot side — but a stop at Peter and Darlene's pool helped and Larry and Judy had a misting system that was a huge hit. A lot of us are off to the local hardware store this morning to buy one!!! The Happy Trails Adventure ended at the Flag Pole area with classic cocktails and cigars. Not just any cigar, mind you, but hand rolled cigars from a far away Island!!!! Then someone had the idea to bring up a Karaoke machine and the fun continued on into the night. It was an outstanding day with lots of laughs and new memories for David and Lynn M. to take away with them. All of their LARC family wishes them well and they will be dearly missed.

—Margaret

PAPER CRAFTING

I have my paper crafting supplies at my trailer. On any Saturday or Sunday I can bring it all up to the tent area if there is an interest. Call me on my cell 425-220-6719 or see me at camp. I'll share what I know and what supplies I have.

—Wendy

AANR Team Makes Powerful Presence at Legislative Conference

Earlier this month AANR East-President and PR Chair Susan Weaver joined Steve Vickers, my daughter Alix, and me in staffing the Association's booth at the annual National Conference of State Legislatures (NCSL). This year's event was held in New Orleans, Louisiana. Over 6,500 lawmakers, staff, and business leaders attended.

NCSL helps make us the credible voice of reason for nude recreation:

Consistency. 2008 marks the 15th year in a row that AANR has met and talked with state legislators at NCSL;

Good Company. Wondering if attending NCSL is a smart investment? Just look at a sampling of the other industries and major associations who make a point to be there: AARP, the American Automobile Association, the American Cancer Society, National Rifle Association, Harrah's Entertainment.

In all, 289 companies and industries staffed booths.

Foresight. There are many companies whose names you will instantly recognize, but who have only made the decision to begin attending NCSL within the last few years. After encountering difficulties in state legislatures, they now realize how important it is to be there. They include Wal-Mart (facing increasing resistance to new stores from communities concerned about eroding competition or who criticize the company's stance on union labor), Microsoft (this corporate giant began attending this year in response to complaints and calls for regulation from parents angry about violent titles offered on their X-box home video game systems), and the bottled water industry representing Evian, Dasani (a Coca Cola product), and others now facing criticism that its plastic bottles add to landfill problems. You should be proud that AANR, YOUR association, had the foresight to have a presence where it matters long before it became "chic" to do so.

Recognition. For 14 of those 15 years, AANR has distributed lapel pins to those who visit our booth. Every year the design of the pins is changed, making them highly collectible and sought after. Thanks to a wise decision made in 1998, all AANR pins since that year have included the aanr.com Web site address. Unlike food, note pads, or "give-aways" used by others to entice visitors, the pins are durable and remain around for many years, sometimes changing hands, but always serving as a great conversation piece. We distributed over 2,800 pins in New Orleans. Although we allowed some who asked to take a second pin, the number of pins versus the number of total attendees to the show indicate that about one in three attendees of the conference have talked to us - a considerable percentage well above what most associations or industries command.

Credibility. Given our long history with NCSL, we have considerable credibility with this influential group. Your Executive Director is a member of the conference's Exhibitor Advisory Board - a panel of just eight representatives who help set policy for future conferences and evaluate the quality of exhibition space and service.

Seniority. Priority for selecting booth space in subsequent years is based heavily on seniority. Did you know that AANR's "place at the table" (43) comes just two places behind AARP (41), about 20 places ahead of the American Cancer Society (63), and about 30 places ahead of the American Automobile Association (74)?

—Erich Schuttauf, AANR Executive Director



LARC'S BEST CHILI FOR 2008 TO BE DETERMINED AUG 31

If you are a new member, attention please! We here at LARC take FOOD very seriously, realizing that there is no point to being naked if we don't have some meat on our bones, (never mind whether there is any meat in our chili). We'll take it either way, beef, chicken, or vegan; but be sure it's hot and comforting. Cook up a batch of your best and see if it measures up! Bring it to the tent area before high noon on August 31. Our panel of judges (all LARC members and guests) will be waiting.

Best Chili gets a ribbon and bragging rights for an entire year (see President's message, p.1)!

PLAN NOW TO ATTEND THE GENERAL MEMBERSHIP MEETING AND POT LUCK LUNCH SEPTEMBER 14

MEET THE NEW AND OLD MEMBERS! VOTE FOR CLUB BOARD MEMBERS; PARTICIPATE IN YOUR CLUB!

NEW CONSTRUCTION QUIZ YOU HAVE A LOAD OF LAUNDRY, WHERE DO YOU TAKE IT?

HERE (A):



OR HERE(B):



ANSWER: Neither; the Laundry is still being plumbed!