

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 went outside this morning, and everything is peaceful and quiet. It's a little foggy, which makes it a little more magical around here. There's no traffic noise from Highway 9, there's a few birds singing, not too many people around, and I am so grateful to be living in such a beautiful place.

Like me, I'm sure other members are taking this weekend to relax or get caught up on chores after last weekends' successful, but busy, Bare Images 2008 Open House and Fine Art show. The weather was perfect, as it has been every year. Inside the tent it did get a little warm (okay – it was downright sweltering) but Darlene came to the rescue with a multitude of fans we put around the tent to circulate the air. The life drawing session all day Saturday was very popular. Six or seven artists spent the day drawing or painting, and one of the artists sold the painting she did that day. Thanks to Gary Y. for his help organizing it.

There are so many people that helped make this year a success. Larry and Judy T. worked tirelessly in the LARC Grill. Thanks to all the ladies that helped with the information table – Linda L, Mary R, Daleen H, Astrid K, Darlene O, Elizabeth Y and especially to Ann C for the time she spent talking to all the people interested in touring the grounds. The office was staffed by Rod S for both days, and the guys that helped with the parking – Phil C, Dan B, Glenn Y, Steve L, Dave L – a huge thank-you to all of you. Jay G did a great job keeping the music going all weekend. A special thank-you to Gary and Elizabeth Y for all their hard work helping set-up and take down the show, putting out the signs, security and being available all weekend to do whatever needed to be done. One more thanks - to Russ R for coming to the rescue and getting the light bars and grid hangers up for us the weekend before the show. It takes so many volunteers to make this a successful weekend that there are some I haven't mentioned, but know that you are appreciated.

I'll have more information to share about the art show at the General Membership Meeting in September, but for now it's time to get ready for Rockin' the Park next weekend. There's a great line up of bands so put on your dancing shoes and prepare yourself for a great day in the sun on Saturday July 26th, 2008. See you there!

—Alice Anderson



ROCK 'N THE PARK

JULY 26

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MEMBER'S BIRTHDAYS

JULY: 3 Cassandra B., **7** Bob vanL.,
14 Larry T., **17** Mike N., **19** Bill A.,
20 Keith S., **25** Rod S., **27** Darlene O.,
29 Margaret A., **30** Fred F.

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.

Upcoming Events in JULY:

- 19 Board Meeting 10 AM
- 25 Wine and Cheese Potluck and volunteer sign up 7PM
- 26 **ROCK'N THE PARK**
see page 4,



Upcoming Events in AUG:

- 09 Board Meeting 10am
Lunch - \$5.00
Horseshoes 1pm
Karaoke 7:30
 - 10 Poker Run (to benefit Skagit Hospice) –
LARC to be a stop
Set up tables, chairs, refreshments, etc @
office 9am
 - 16 “Progressive Dinner” 2pm to ???, campfire to
follow
 - 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

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-



Recently in Dubai, a police crackdown on topless sunbathing, and nudity resulted in 79 arrests for “indecent behavior”. The city is installing signs in numerous languages, to let visitors and residents know that the city may have flashy hotels and glitzy skyscrapers, but that it is still a Muslim country, with traditional conservative values. Throughout most of Europe, where most tourists and visitors to Dubai come from, topless sunbathing has become accepted as mostly harmless. So they have a classic conflict between the old and the new: The Government and the People.

Meanwhile, here in the United States, this month marks our celebration of Independence Day. We blow off some fireworks in honor of this holiday, but also pause to think about how great it is to live in this country.

I must admit that during my lifetime, I have seen some blunders and stupid mistakes made by our government (politicians in power), but in spite of this, we still have the most responsive form of government that I know of. Part of what makes it great, is my right to disagree with whatever might be going on. I doubt that those in Dubai get to disagree with much of anything.

Our democracy is worth celebrating, as is the freedom we have to have a club where we can experience the freedom to be naked. We even have some “free” beaches in this country!

But we still have the tyranny of public opinion to deal with. Sometimes Democracy slides into a form of mob rule. And Fear rules the mob: Fear of nudity being apparently, very high on the list!

If there's one thing that I enjoy more than being naked at LARC, it is drinking a GOOD cup of coffee.

Sometimes I even get to do both—then I know I am in paradise!

I discovered Starbucks back in the early 70's, soon after it first opened on Pike Place in Seattle. At around the same time there was a place called Stewart Brothers' Wet Whisker, which has now become a subsidiary of Starbucks called Seattle's Best Coffee.

In the beginning, Starbucks had a Logo which featured the traditional symbol of a mermaid; upper half woman and lower half fish, with the woman part having naturally (how else could a creature of the sea be imagined?) bare breasts and a navel!

Seattle, being a port city, it was natural to have a sea-creature in a coffeehouse logo, as was the name “Starbucks” from the name of the first mate in the classic novel, Moby Dick.

But as you know, fear of nudity, and mob rule raised its ugly head. Unlike the government in Dubai, our government did not have to do anything. It just stood by and let “market forces” (another form of “mob”) do their job.

First the breasts had to be covered up, by extending and moving the hair.

—See p. 3 “editor's”

THE SUN IS OUR FRIEND, BUT...

We are not used to dancing in the sunshine around here, and sometimes, even a cloudy Rock 'N the Park can be troublesome.

HAVE FUN!

BUT DON'T FORGET YOUR BODY



Even healthy folks can overdose on sunshine and become victims to dehydration, heat cramps, heat exhaustion, or heat-stroke. For older nude dancers (65+) and those with chronic illnesses, hot weather is not a friend. Why? As we age, our bodies may not be able to manage heat stress and, in the case of the elderly, the body might not sense the temperature change or respond to it. Some medications also prevent the body from regulating internal temperatures when the weather is hot.



Even Young Folks need to....

Drink 'til your teeth float! Whether you're thirsty or not, drink 16 to 32 ounces of water or fruit juice per hour during your dancing in hot weather. Dancing is Exercise!



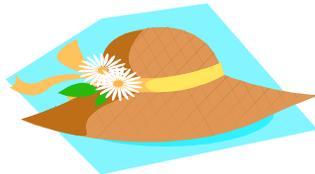
Avoid caffeine, alcohol, and high-sugar drinks while dancing in hot weather; these speed up fluid loss and make you feel hotter.

Sit one out! If you get a chance; try a slow dance!

If you feel too hot, move into the shade to rest, or go inside to cool down.

ALWAYS wear a hat with a brim. This will protect not only the top of your head, but shade your face and neck.

Body heat escapes through the scalp, so try to find a light-weight or vented sunhat to help keep your head cool. Don't be afraid to douse your hat in water!



Sunglasses will protect your eyes from both glare and dust.

Sunscreen of SPF15 or higher should be applied before dancing, especially on a cloudy day when the lack of rays can fool you.

Use insect repellent!!

Prevention is the Best Cure

Get that dancing in early, then take a break, to cool off. Then dance some more. Follow the shady spots around our property and let Nature help keep you comfortable.

What are the Symptoms of Heat-related Conditions?

Cont from p.2 "editors"—

This apparently satisfied public opinion for awhile, but eventually, a few years later, bowing to public pressure, the navel had to be white-washed also.

That was the beginning of the end for Starbucks. Now they are having to close 600 or more of their stores around the globe!

Let that be a lesson to you—nudists everywhere—it all starts with giving up your freedom to bare your breasts!

—Jay Gearon

REMINDERS



As the weather gets nicer and dryer, the roads get dustier. Please remember the speed limit within the park is 10 mph to help keep the dust down.

ICE CREAM HONOR SYSTEM

Please remember to either pay for your ice cream or write out one of the IOU's provided. We are currently losing money on the ice cream due to people taking it without paying. If this continues we will have to stop providing this

Dehydration

We all know what dehydration is, but did you know that by the time you are "thirsty," you are already dehydrated? Severe dehydration can lead to kidney failure, or become life-threatening.

- Dry mouth
 - Increasing thirst
 - Weakness and/or lightheadedness
 - Decrease in urination
 - Dark urine
- Begin rehydrating as quickly as possible; notify your physician for further instructions

Heat Cramps

During heavy sweating, salt and moisture are depleted, and it is believe that this is the cause of the muscle pains or spasms known as heat cramps. They are usually associated with strenuous exercise (dancing) and affect the abdomen, arms, or legs.

If you or someone you are with experiences any of this, STOP AND REST!!!

LET'S ALL ENJOY THE MUSIC!

...SAFELY!!!

LARC WILL BE “ROCK ’N THE PARK” JULY 26TH

Consider this fair notice; and don't mess it up: on July 26, LARC will be “Rock'n The Park”. Mark it on your calendar and start making your plans. “Rock'n The Park” is the new name for LARC's annual summer music festival. This year's festival is sure to be bigger and better than ever.



Here is some info on the great bands we have booked for this year. We have four bands this year, up from the three bands of last year. The opening band, “Rock Candy”, is one of the two new bands to our festival. “Rock Candy” hails out of Seattle and features a fabulous female lead singer. Rachel has sung with a number of bands and all around the globe. Her credits include opening for the O'Jays and performing with a tribute band where she did impersonations of Janet Jackson, Donna Summer and Tina Turner. This band is booked solid and we were fortunate to get them. As it worked out, they are playing the Aqua Fest at Lake Stevens later in the afternoon so our gig worked out great for them. The weekend before Rock'n The Park they are playing the Fountain Stage at The Bite of Seattle.

The next band on the schedule is the “Popoffs”. They were part of our festival last year and were a huge hit. It was a no-brainer to ask them back for a second year. This band is made up of three veteran northwest musicians. All three band members have great singing voices; consequently their music is highlighted by some amazing vocal harmonies. Their play list includes covers of The Eagles, Rod Stewart, Rolling Stones and other 60's, 70's and 80's pop. You are going to be knocked out by their performances of some of your favorite Beatles tunes.

The third band, “Midlife Crisis”, is scheduled to hit the stage at 6:00. This is a great party band that has been playing around Northwest Washington for years. They are led by Rick Giles on keyboard and vocals. Rick is a longtime friend of mine and I have been trying to get Midlife booked into our festival for a longtime. I scheduled them into the heart of the festival, 6 to 8:30 because they can really deliver. Believe me; this is going to be fun.



Our host band, “Miles From Chicago”, is back and scheduled for 9:00. It wouldn't be a LARC Music Festival without MFC working their soulful, rocking magic on us to close out the evening. Mark Bushbeck fronts this awesome polished band that simply gets better every year. Mark says they have added a bunch of new songs to their play list and is looking forward to another great festival at LARC.

Remember there will be food for sale from the grill and beverages for sale from the bar. There will also be a pre-festival party Friday night at 7:00 by the tent (warning: this is where we find out how you want to help on Sat). After last year's festival, the LARC Board voted to make the \$20 per person festival entry fee a part of your LARC membership. Therefore, if you are a LARC member you have already paid your entry into the festival.

—Tom B.

FLIP-FLOP, FLIP-FLOP, *While you're dancing:* A WARNING!

We're not talking politics, here: In a normal year, the title of this article would clearly be about what are known as beach sandals. We are in the heat of our summer, and many of you may be wearing that wondrous device that makes the sound of a Grandfather clock in the middle of the night, when all else is quiet. What says summer better than flats and flip-flops?

Yet, when worn for too long, flip-flops can cause foot problems, including ankle sprains, plantar fasciitis from poor arch support, and tendonitis from wear and tear; wearing flats can cause heel pain, crowding, blisters, hammertoes and bunions.



So do you need to ditch your casual footwear? Not really, says Tracey Vlahovic, D.P.M., associate professor of podiatric medicine and orthopedics at Temple University's School of Podiatric Medicine in Philadelphia. “Wear your flip-flops or flats for a few hours while at the beach, but *avoid keeping them on all day.*”

Also, she says, stretch your feet and Achilles tendon afterwards with this simple stretch: “Stand with your hands flat against a wall at shoulder level, with your feet at a comfortable distance from the wall; tuck in your buttocks and keep your knees straight. Bend your elbows while keeping the rest of your body straight and your feet on the floor (as if you are doing a push-up against the wall). The farther from the wall your feet are, the deeper the stretch. You should feel a light stretch in the back of your lower leg. Hold for 30 to 60 seconds, then release. Repeat at least two times.”

This should allow you to enjoy all aspects of your summer fun. See page 3 for more tips!



GUEST COMMENTS

Here are a few comments submitted by recent guests to our park. We will feature these comments from time to time in our newsletter. If you hear any comments, pass them along, and we will print them.

“You (LARC members) are nicer than REAL people.”

“We like everything; all facilities have clearly been installed with quality; members take pride in their sites.”

“A beautiful haven that sets an example to other clubs.”

Our thanks to Rod and others for compiling these (and other) comments, and for asking for feedback. It's easy to forget how wonderful it felt when we visited LARC for the first time.