



LARC

NUDE VIEWPOINT



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Lake Associates Recreation Club

March-April 2009

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:

HAPPY SPRING!!!

In just a few short weeks the tent goes up – on March 28th – can you believe it? During those few weeks of (LOTS) of snow in December and January I didn't think spring would ever arrive. But the daffodils are coming up and the buds are forming on my azalea so I know it won't be long before the warm weather is here and I can start cleaning up my yard.

We are going to have a fantastic summer at LARC this year! We've added a couple of new items to the Calendar of Events this year as well as all of our regular events. Make sure you check out the schedule on the new and improved LARC website. And of course there are always a few "impromptu" events to look forward to as well, scheduled and un-scheduled!

Our first event of the year will be the Mardi Gras dance on Saturday March 28, 2009. The LARC Grill will be serving lunch on that Saturday and I'm looking forward to seeing a lot of you there. The first General Membership Meeting of the year is on Sunday March 29th at 1:30 pm after the potluck at 12:30 pm.

There will be copies of the Calendar of Events at the meeting for all of you that would like a hard copy, as well as sign up sheets for hosting various dances, potlucks and karaoke during the course of the summer. Remember, we are a volunteer-based organization and need all the help you can offer.

So get your costumes and beads ready for Mardi Gras and let's dance! I'll see you there!

Mardi-Gras

Is coming
MARCH 28th!!

**BRING YOUR
DANCING SHOES**

And your Beads!



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—Alice Anderson



MEMBER'S BIRTHDAYS

MARCH: 1 Lloyd A., 1 Tim H.,
3 Curtis W., 9 Elizabeth Y., 10 Glenna M.
25 Julie I., 26 Teresa H., 31 Shawn W.

APRIL: 4 Dan B., 4 Cheryl S.,
17 Nancy S., 18 Claudia L., 26 Linda L.,
28 Gary P., 30 Peri W.

MAY: 10 Patsy A., 11 Benjamin W.
18 Tom B., 19 Robert G., 21 Gary P.
29 Tina S.

The Ide(a)s of March?

This is the time of year when we plan for the upcoming year, when you can join in the planning and scheduling all the fun events that will be happening all year. Come to our General Membership meeting March 29th 1:30 PM! Bring your Ideas!

Upcoming Events in March:

"The Beginning of the Season"

- 14 Board Meeting 10am
- 28 "Tent Up" Work Party 9am
Special Stuff-a-Potato Lunch @Noon
Mardi Gras Dance** 8:00pm,
Potluck snacks
- 29 Potluck Lunch 12:30
General Membership Meeting 1:00pm

To all our members and guests:

We are an all-volunteer group. Please keep this in mind when using the facilities. If you do not know where the cleaning supplies are stored, please ask.!

Expand your Nudist Experience—

Join the Naturist Society

Ask Astrid for details!

From the Editor's Chair-



In our last issue, we printed the first of two installments of our members' responses to the question, "What do you (most) like about being Naked?" WOW, did we get responses!

We continue with the balance of your responses on page 4.

Now it's my turn to answer the question!

Truth is that I enjoy all those things you all mentioned in your responses, but what I like MOST about being naked is that it makes me feel 20 years younger! When I am nude, I am "Young and Carefree"—at least in my imagination!

This was reinforced in my mind recently when I saw the documentary "Same River Twice," filmed by Robb Moss. In the last issue, I mentioned the fact that The Naturist Society thru its *N* magazine, publishes reviews of books, movies, and other items, in support of the individual nude experience. So, I read a review of the film, in the magazine, written by Mark Storey and made a mental note to watch it when I got the chance. Now, that I have seen it, I can wholeheartedly recommend the film, which can be purchased through Amazon.com.

The film documents a "Then and Now" tale. A group of some 17 non-conforming 20-ish types, while spending their summer as "River-dogs" (guides) on the (scenic) Colorado River, in 1978, enjoy a communal-mostly-naked experience together. Leaving aside their youthful experimentation with sex and drugs, which is acknowledged, but not the focus of the film, the group did otherwise bond in a similar way just by being naked together in community: something we as nudists certainly can relate to.

The filmmaker then visits 5 of these people 20 years later, showing them the "Then" film, and filming their "Now" reactions, as well as documenting their changed lives.

There is virtually no narration, as the story is told in the voices of the people being filmed, and as such has a very down-to-earth natural, truthful feel to it. The film is not about nudism, or living together naked, which is one small chapter in the lives of the people in the film, but about their experience of growing older, and having to cope with the real world of grown ups.

The conflict in the story—every good story needs a conflict—and in the hearts and minds of the subjects, is between the need to grow older (more responsible, perhaps), and the desire to remain "young and free," symbolized by their youthful nude experience. The people in the film, with one exception, have moved on from their idyllic nude life of seemingly carefree abandon, and faced the reality of growing older with its associated issues, such as getting married and raising a family, and even growing old and approaching death.

In a presentation to a college class on filmmaking, shown as an "extra" on the DVD, Mr. Moss, states that his point with the film, is to show, that the life led back in 1978, was not about hedonism. He wanted to show how these people had a consciousness about the natural world, wanting to make the world a better place, and in several cases depicted in the film, to engage in political and cultural activism to that end.

As nudists, we have similar activist inclinations, connections to "Mother Earth," and Youthful Idealism, when it comes to nudity.

As I write this, the song on the radio is singing, "you make me feel young again" (of course, it's the subject of many songs). Which is what I could sing about LARC and the whole experience of being nude.

The great thing is; we do not have the conflict as much as the people in the film! We who are members of LARC, have a place to go to be nude and feel young again, anytime we are so inclined.

—Jay Gearon

UNCLAD—The Fine Art of the Figure

The American Association for Nude Recreation (AANR) is proud to again co-sponsor The 8th annual “UNCLAD 2009 - The Fine Art of the Figure” on 14-15 and 20-22 of March, from 10 am to 5 pm at the Floyd Norgaard Cultural Center in Stanwood, WA. .

The show is an annual exhibit celebrating the nude figure in art. This highly anticipated annual event draws thousands of visitors together each year for an experience that is unexpected, somewhat provocative, and highly engaging. The intrinsic nature of the subject has motivated artists to explore and push their boundaries, producing a show that inspires, opens minds, starts discussions, stirs emotions, and touches lives.

In addition, AANR-NW is sponsoring a special private clothing-optional evening 14 March from 7 to 9 pm when nudists and their guests can view the exhibit while nude. The nude evening will not be advertised in the mainstream media. Artists and models will be on hand for a live drawing session.

Since its inception, UNCLAD has been a phenomenon that has taken on a life of its own. Eight years ago, Gayle Picken, who was married to a sculptor and managed their Camano Island gallery, decided to celebrate her husband’s birthday in an innovative fashion. She invited several local artists to participate in a nude art show at their gallery and, much to her surprise, her phone started ringing off the hook. Artists she didn’t even know asked if they could be in the show, excited they had found a venue for displaying nudes. That first year, 29 artists participated, crowds poured into the gallery, and the show was born.



Since then, the show has grown exponentially in terms of numbers of participating artists, quality and diversity of the artwork, and attendance. Last year the show featured artwork by 95 artists from across North America and attracted over 3000 visitors. More than 30 volunteers helped with planning, promoting, setting up, and greeting visitors during the show.

As UNCLAD has expanded to become a festival known throughout the country, the core idea remains the same as it did during the very first show. The stark-naked truth is that this show called UNCLAD is all about having fun in the business of art. For so many people artists, art enthusiasts, and the community in general UNCLAD provides excitement, pleasure, anticipation, and a great source of inspiration.

The UNCLAD website (www.uncladart.com) provides more information and a sneak preview of artists and their work which includes a wide range of styles and mediums represented: from oils and pastels to charcoal, photography, bronze and wood sculpture. Henry Yuen, who has contributed several pieces of art to AANR and AANR-NW Government Affairs Team fundraisers, is a contributor to UNCLAD. All artwork is available for sale. The event is free and open to the public.

Where:

Floyd Norgaard Cultural Center
Address: 27130 102nd Ave NW, Stanwood

MARDI-GRAS IS COMING!

March 28th, 8:00PM at the Tent

Mardi-Gras is a religious festival on Steroids—and is a free-form, sometimes confusing event for those of us who haven’t been connected to the religious traditions surrounding it.

The tradition in the *Outside* world has to do with having a Pre-Lent *Last Chance* opportunity for a night of revelry and licentiousness before the Fast, and the period of “going without”. For them, nudity symbolizes being naughty.

We nudists have a different take on it; we already had our period of going without—going without the sun and opportunities to be naked!

So, Mardi-Gras is a “coming out” party; and is our first seasonal opportunity to enjoy nudity once again, with costumes that usually don’t stay on our bodies very long. There have been times in the past when we succumbed to the outside world’s *naughtiness* idea, and suggested that this event be “Adults Only”. But we are evolving, growing up, and learning as we go, and came to realize that we were actually teaching this “*naughtiness*” idea to our next generation!

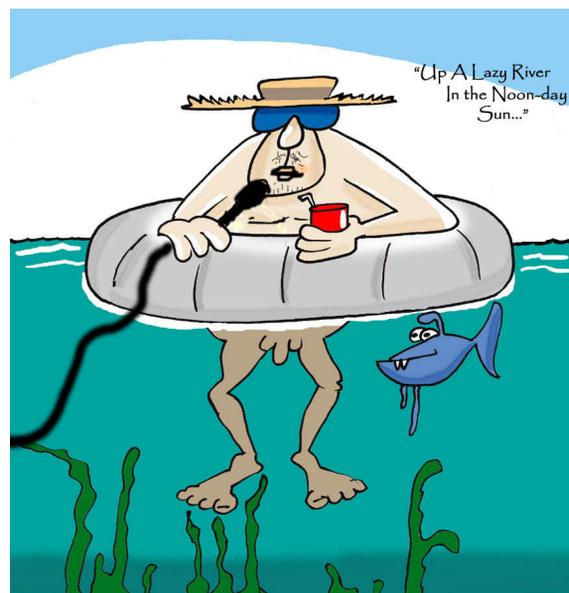
SO, this year we have removed the “Adults Only” Label from our Mardi-Gras Party, acknowledging that the issue is a matter of parental responsibility.

So, bring snacks, bring beads, bring your dancing shoes, and bring your kids!

**PARTICIPATE!
VOLUNTEER!**

**COME TO THE GENERAL
MEMBERSHIP MEETING MARCH 29**

**KARAOKE RETURNS
TO LARC APRIL 11th!**



“What I Most Like About Being Naked”

We asked our members to tell us what they enjoy about being naked. We received more responses than we could print in one issue of the newsletter, so we continue in this issue. Here is The Second Installment:

Jay - for me it is "the irreverence and lightheartedness in a community that likes to have fun together - its good for the mind, body and soul".
—Ken

While living at LARC it was the comfort of being able to answer a knock at the door without scrambling to get something on. It was the joy of getting out of bed in the morning, pouring my first cup of coffee and sitting in the yard enjoying it with the sun on my whole body. walking up to the best shower room in the World, with only a towel.

One cool morning I forgot my towel. I learned how many paper towels it takes to dry a 195 pound man. (Sorry about all the towels, Astrid and Mike)

Life in the textile World doesn't have these joys. —Dave M.

I like the way it lets me just feel like me and no tan lines. —Lang

Jay—Pure and simple - I like the feeling of the sun on my body unhampered by clothes. That's what got me started. The fellowship of the LARC group is an added bonus. —Dave D.

I like being naked because it gives me a feeling of freedom and comfort. I'm free from having to make a fashion choice, and I don't have to wear uncomfortable clothing! —Lori

I like NOT feeling the weight of the clothes, this gives me a feeling of freedom and completeness. —CARL

Jay, what I like about being naked...

I enjoy the sensual freedom; sun, breeze, sand, water etc., and the way people relate to each other warmly, with eye contact and acceptance. Maybe it feels a bit eccentric... and I enjoy the enviable responses you get when telling others about our recreational choice.

This should be a good survey! Thanks! —Mike

Hi Jay,

What do I like about being naked? Many things... Feeling the sun and breeze on my skin, instead of a wet, cold, tight bathing suit. No tan lines.

Dropping my clothes helps me drop any hang ups about my body, makes me more accepting of myself, as is.

Then of course there're not having to worry about what to wear, other than what strength of sunscreen. I also find I usually enjoy the company of fellow nudists. That's not all, but you get the idea.

—Lucy :)

It's much more comfortable than textile bondage. Sun and air feels good on body. Lack of body shame is part of feeling of well being and self-confidence. Why do we always have to pretend that there is something wrong with ourselves that we not only need to hide but absolutely have to hide? Do you want to know how much freedom we have in this country? Try taking off your clothes and you'll find out how much freedom we have real fast.

—Gary

The warmth of sunshine on my neglected parts! A warm sunny day feels good on my face, arms and ohhhhh my back, though ALL my parts GREATLY enjoy the sun ...or a warm breeze too!

--Zobe

How do I feel when I am naked...outside?.

I feel special. I feel like I am disconnected from the insanity that our world has become. I relish in knowing that humans are a special creation, a special DNA program. For whatever reason, the Gods wanted us to be special...more advanced than the other critters that we share the earth with.

If more people experienced being nude, maybe they would come to understand that they are more than their cars and cloths and business cards. That could be a traumatic learning for many. Beyond warm, dry and well fed, those trappings mean little to me anymore.

After 25 years, I can comfortably live in either world...clothed or nude. —Lloyd

The feel of the sun and the breeze on my skin without the interference of clothing.

—Steve

The question is: "What do you like most about being naked?" Answer...Being Naked is about as Close as A Conservative can ever become to being Liberal.

—Curt

"What do you like most about being naked?"

It just feels nice not to have to be all covered and wrapped up all the time, especially when it's hot. When you live in a nude environment all the time it skews your thinking and I often find myself not being concerned about being clothed no matter where I am. I'm just going to the grocery store, why do I need to put clothes on? The freedom of choice, to be nude or not, whenever or wherever you are is how I think life should be.

—Cassandra

Your editor wishes to thank all of those who participated in this survey. Participation is the name of the game!

WOMEN SHOULD FEEL GOOD NAKED!

According to Laure Redmond, author of the book *Feel Good Naked*, there's an amazing confidence that comes with being at ease in your own skin.

Interviewed by Deborah Way of Oprah.com, Ms Redmond admits that she was not always this confident herself. For years she hated her body as do many other women. Just the idea of "nakedness" is scary, she says. "We button up, we shut ourselves down, we have naked fear and an overwhelming paranoia about fat." But, says the author, it doesn't have to be this way.

"It can be really helpful to reconnect to a time when you weren't always blaming yourself—when you believed in and loved yourself." And that time, for a lot of women was back in childhood, before we got all these messages about how a woman should look. "Many women accept the opinions and judgments of others too quickly, which undermines self-esteem and personal power. More than 60% of American women are size 12 or larger, yet we are bombarded by images of size 0's, which can fuel a barrage of insecurity and self doubt." On the other hand, "when a woman feels good naked, it shows. She has an allure that comes through in the way she moves or talks or laughs. Her confidence isn't rooted in her clothing size or facial features, but in her attitude—fun, delightful, free."