



LARC

NUDE VIEWPOINT



Volume 24, Issue 6

Lake Associates Recreation Club

SEPTEMBER 2010

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

Phone: (360) 445-6833

WEB SITE: www.larcnudists.com

editor: Jay Gearon

LARC BOARD MEMBERS

President	Keith Scott
1st Vice President	Phillip Camire
2nd Vice President	Margaret Adamson
3rd Vice President	Steve Thurber
Certifying Officer	Astrid King
Secretary	Gary Young
Treasurer	Bob vanLimburgh
1st Alternate	Denise Parkinson
2nd Alternate	Cassandra Bazhaw

PRESIDENT'S MESSAGE:

All I have to say is that this season has been lots of fun. We have had more activities than ever before, a super crazy activity filled July and it is still continuing as we begin to bring the season to a close. I want to thank all the volunteers who have helped in so many ways. You all really did contribute to making our major events, the AANR-NW Convention and Rock 'N' The Park, very successful. I want to give special recognition to one of our more quiet members, **Ian H.**, for really stepping up with helping the Food Services crew... **Thank You Ian!**

As I have said in the past, without the volunteer help we could not do as much as we do. I really want to encourage each member, between now and the end of this season to contribute as much volunteer help as you possibly can. We still have many more events coming up before we close our club doors for the season. Labor Day Weekend, September 3-6, will be our next big event which is the LARC Birthday Weekend. There will be food, dancing, and the always fun and the delicious Chili Cook-Off Contest. Make sure to mark you calendars and plan to spend the weekend at LARC.

Membership Appreciation Weekend will be the following weekend (September 10-12) which is the Boards way of saying thank you to all our members for you continued support of our club. On the Sunday of this weekend, one of the most important General Membership Meetings will be held. This is the election of Board Officers. Your attendance and participation at this meeting is important. In the past it has been customary to have a Potluck Lunch immediately preceding the meeting but this year, your LARC Board decided that an All-You-Can-Eat Pizza Lunch for all our Members, completely free of charge, was well deserved so that is what we are doing. We will need a guesstimate of attendance to make sure we have plenty of Pizza so when the notice goes out from Christy, please respond as quickly as you can. Again, a Free Pizza Lunch is just our small way of giving a Big Thank You for your support, help, and being a continuing part of the LARC family.

Well that is about it for this message. I look forward to seeing and talking to all of you at the next few events. I always appreciate hearing your thoughts, ideas and suggestions for making LARC a fun and healthy place for everyone.

Cheers!

—Keith



**LARC'S BIRTHDAY/
& CHILI COOKOFF
WEEKEND
SEPT 4-7**

Contents

President's Message.....	1
Birthdays.....	2
Editorial Comment.....	2
Yacht Club News.....	3
Progressive Dinner.....	4





MEMBER'S BIRTHDAYS

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.,
19 Dennis T., **22** Margit M., **22** Robert L.,
23 Jack B., **27** John H.

OCTOBER: 1 Jean H., **2** Dave B.,
4 Eilene Y., **6** David K., **16** Gerald W.,
17 Pamela B., **25** Dianne K.,
28 Glenn Y.

Highlights of Upcoming Events

—See our Web site for a complete list

September-

3-6 LARC'S BIRTHDAY WEEKEND

Friday - wine & cheese, "Meet and Greet", 7pm

Saturday - Sports and games, Other surprises.

Grill open 1pm,

" Party hats and Birthday Suits"

Theme dance 7:30

Sunday - chili cook-off noon with Birthday cake to follow. Bring side dishes such as corn bread, salads, different flavored ice cream or other stuff to go with our cake

Movie 8pm

Monday - "R & R"

12- PIZZA!! 12:30, tent

General Membership Meeting, 1:30

to elect New Board Members, See p.4

18—DANCE with LIVE Band

"Steal Thunder" 7:00 PM

Prepaid: \$10 At door:\$15

See Google Activity Page

Reminder—It's never too early to start preparations for the gala

Halloween Party in October!!

Is your costume ready?

From the Editor's Chair-



Now as we approach the time of year when we must start thinking about putting on our clothes more often, So our thoughts quite naturally turn to food! Do those clothes still fit?

Even Textiles see Fall as Harvest time, with all kinds of produce showing up in our neighborhood Farmers Markets and Produce stands: those icons of Green Living. They seem especially plentiful around Skagit and neighboring counties. Very handy to LARC.. And as is traditional, some of us grow/have our own, even if small, vegetable garden. You could call them Squash Gardens. Mrs. Jay and I ate zucchini for at least one meal per day during a recent week.

So we here at LARC begin scheduling food celebrations more often, starting with our annual Progressive Dinner (see p.4), and serving up Pizza at our September Membership Meeting (Sept. 12). We also have the famous Chili Cook-off during our Birthday Weekend (September 3-6).

Some think that it's the RAIN that marks the transition in seasons around here. Were any of these people around here for the Fourth of July? The National Oceanic and Atmospheric Administration (NOAA) pronounced June to be the warmest on record, both globally and nationally. Apparently they did not visit these parts either!

No: it's FOOD that marks the seasonal shifts around here! This is the season of food; from now until Christmas, when the next transition takes place—and we all resolve to lose weight (after all this eating).

You will probably notice more recipes in upcoming issues of this newsletter.

As you may have noticed, however, I'm no novice when it comes to eating, or preparing food. One of my favorite activities here at LARC, or even at home, is cooking on the Barbeque/Grill. This is especially true if family and friends are nearby to share in the experience of eating.

Steaks are good, chicken is fun and a bit more challenging, and fish is *especially* challenging *and* fun. Cooking over hot coals is much more challenging than the non-stick skillet at home, so when the food gets done and is edible, there is a certain pride to share, along with the food, with the above mentioned guests. Along with the elevated challenge, comes the possibility of reward.

I have even had the experience of joy that comes with grilling on a ship at sea, which makes the idea of Jack and Cassandra's new trawler on page three seem so appropriate to me for this *FOOD ISSUE* of the newsletter.

So I think of this time of year as a time of transition, mostly of focus. I have been eating all year of course, but now I am confronted with the bounty of the Fall season, and the prospect of giving up the outdoor grill.

So I must focus now on what I want to grill before the season ends.

Anyone for turkey?

—Jay Gearon

THIS IS A JOURNAL OF IDEAS AND OPINION, APPROPRIATELY TITLED "NUDE VIEWPOINT." YOUR COMMENTS WELCOME.
EMAIL TO: jayjoleen@yahoo.com

MOVING TO THE DARK SIDE....

... of BOATING that is.

If there can be such a thing as the Dark Side here in the Northwest's Islands beautifully rich cruising grounds that welcome boaters from all over the world every year. However in the boating community there is such a thing as the Dark Side when speaking from a purist standpoint. This would be Powerboats as compared to Sailboats. Sailing is definitely the purist form of boating considering you use the gentle forces of nature to propel you quietly across wide expanses of water. As many of you know, Jack and I are sailboaters. Every summer we have cruised our sailboat *Sweet & Easy* from the San Juan Islands to the beautiful Canadian waters of Desolation Sound. At the end of last summer, as we guided *Sweet & Easy* from her outdoor cockpit on a rainy cold day, with the motor running, we came to the solemn conclusion that here in the Northwest, with the usual light winds of summer, cool temperatures and unpredictable rains, that there was only two real differences between sailboaters and power boaters. The first is that sailboaters power (use their motors) only 95% of the time versus 100% for power boaters. Second, sailboaters are usually outdoors, wet and cold, during their journeys as compared to the the warm and cozy indoor helm stations of power boats. Hmmm, so we decided that maybe it was time to consider a move to the Dark Side.

At the end of June we sold *Sweet & Easy* and she is now at her new home on Cortes Island in Canada. As a strange coincidence of fate, the new owner of *Sweet & Easy* is a retired doctor who had his medical practice for years not far from our winter home in the Rio Grande Valley in South Texas. He moved to his new home on Cortes Island, BC just last year and begin his search for a sailboat. We knew that *Sweet & Easy* would be well cared for and respected as the beautiful sailing vessel that she is in the hands of our fellow South Texan, which made it easier to say goodbye.

In July we found our new boat in Elliot Bay, Seattle. It is a Heritage 36 Yacht. This is a trawler style power boat that is not common to the area with most sister ships being in Florida and California. It offers very "yachty" accommodations for living and entertaining out of the rain and cold. We hoped that these type of accommodations would help us get over the curses of transitioning to the Dark Side. We completed the purchase, and moved her up to Bellingham as quick as we could in hopes of getting her in ready condition for our annual trip to Canada.

We gave the boat the new name of *Sandpiper*. We thought it would be the perfect name for her considering that our cruising intentions involved following and exploring the beautiful shorelines of the area, much as a *Sandpiper* would probably do. So far we have found the Dark Side to be treating us quite comfortably and Freddy, our cat, even has his own bedroom now which he is really enjoying! As I write this story, we have just returned from a week-end trip with fellow LARC Members Ann and Phil C. to the beautiful and historical setting of Garrison Bay on San Juan Island. We got to explore and revisit the English Camp made famous by the Pig Wars of 1860. This was also the site of determining the boundary lines between the US and Canada though the San Juan Islands in 1872. There are many other places of historical significance and beauty that are at our doorstep via only by the waters of Puget Sound and Canada.

As we launch our new journeys with *Sandpiper*, Jack and I both feel blessed to have the opportunity to visit and experience all these



beautiful places on our annual waterway travels. We also now both concur, as we sip a Happy Hour libation on the expansive flat bow of *Sandpiper*, that the Dark Side of boating is not such a bad place after all.

—Cassandra B.

GIFT/FOOD BASKETS ON THE BLOCK!

The Ladies On A LARC have a beautiful Gift Basket to raffle off during the Chile Cook-Off September 5. You can preview the basket at the office and buy your Tickets. This will benefit a member's upcoming surgery expenses.



Another tradition is the annual picnic basket bidding competition. Back by popular demand, the Lunch Box Social will be held on Sept. 11th, at 1pm at the main tent. Come and bid on some wonderful food prepared by "The Ladies on a Lark" and enjoy your meal, "picnic style" on the lawn, weather permitting, with one of the special ladies. Proceeds will benefit Lark.

—Linda L.



The LARC Birthday Weekend has numerous creative, sporting, and surprise competitions like Horseshoe Wrestling (or whatever this is pictured here). Some of these events will be scheduled at the last minute to add to the element of surprise. Some, like the Chili Cook-off are famous among our camp chefs, who prepare weeks in advance. The rules and other details will be posted on the Google Activity page as well as in your email inbox.

Progressive Dinner a Scrumptious Event

One of my favorite events at LARC (after our Rockin' the Park which really rocks!) is our annual progressive dinner, held this year on August 22nd. I don't know when they first started, but I've attended 3 and they've always been great fun. This year, Mary and Linda helped organize it all, but at the last minute, a few folks couldn't make it (part of the tradition, I'm told). In the end, however, there was no shortage of food or fun, even with 3 fewer stops than last year. We were also blessed with good weather: cooler than the week before, but a nice mix of sun and clouds, and most importantly, it was warm enough to get nekkid! I believe there were 30-40 of us, including some newer members and guests.

The dinner started at 2:30 at Lucy's with a mixture of salads. There was Quinoa Tabouli, Greek Salad, Strawberry-Spinach Salad and Caesar Salad, which "Pablo" made, full of freshly grated parmesan. I tried for the first time Fred Meyer's "half-baked bread," in both white and whole wheat, which gets finished baking at home. Hint: they say to put it directly on the rack, but in a small trailer oven it will burn at 350, so either adjust the temp or put on a second rack. It went really quickly anyway, despite some burnt parts. We also had some Sangria, made with red wine, orange juice, soda, Triple Sec and lots of fresh fruit.

The group then headed on to Keith and Tammy's for some really amazing smoked brisket sandwiches. Keith was up at 4 am putting the meat in the smoker! I don't know the details of the recipe, but it was mixed with their special bbq sauce and all prepared in fresh buns. Did I mention there were lots and lots of them? I think we all hope they'll make them again one day!

Next stop was Steve and Christie's for some more delicious food, this time from Mexico. There were two different chicken enchilada dishes, one with a red sauce and a bit of a kick and a milder one with a white cheese sauce. They were all made with fresh ingredients and really yummy. Muy rico!

We then rolled down to Steve and Linda's for a homemade bean dip, served hot with tortilla chips, and some other snacks. The sun had come out again and we all relaxed for awhile, digesting, conversing, and sunbathing. After all, as much as we all love food, it's the shared company and laughter which makes the day so nice. Hey, it's what makes LARC so great.

We had a short break before the whole gang reconvened down at the big tent for the final stop, cigars and martinis offered by Mike and Astrid. This seems to have become an annual tradition. As an ex-smoker I stayed far away from the cigars, but several folks enjoyed them. Like last year, it was the final stop, but actually the beginning of a fun-filled evening.

Keith and Tammy set up their own Karaoke system outside and Keith did a fantastic job as KJ for the whole evening. Despite the cooler temperatures we danced and sang until 1 am! Our Karaoke nights just seem to get better and better. More people are getting into it, our singing is improving, and we don't just sing, we dance, we prance, we sing in groups of 2, 3 or more. A few times we had nearly all the LARC women up belting out Shania Twain songs, like "Man, I Feel Like a Woman." The liquid courage didn't hurt either.

Wow, what a day! I can hardly wait until next year to do it all again.

-Lucy

September 12, 2010

General Membership Meeting

PIZZA 12:30 PM

Meeting 1:30 PM

The order of business at the September meeting shall include the nomination and election of Officers to fill those positions left by expiring terms of office on The Board and the nomination and election of Alternate Directors. Officers shall serve a term of two years. Alternate Directors shall serve a term of one year.

Nominations to fill expiring terms of office on The Board shall be made from the floor of the election meeting by the Nomination Committee and/or by any member. The balloting shall be by secret ballot.

The candidates for positions as Directors receiving the greatest number of votes shall be declared as elected, and shall be installed as the last order of business before adjournment of the September General Membership meeting.

Nominations will be accepted for the following positions: First Vice President, Third Vice President, Treasurer, and First and Second Alternate

Here is my most-requested recipe for the spinach salad we served at the progressive dinner. Of course you can vary the ingredients to suit what you have on hand and what you like. Naturally, the fresher the ingredients, the better. For the rabbits among us, I have the recipes for the other salads as well.

Strawberry/Spinach Salad

1 lb. spinach (Costco has organic baby spinach all prewashed)
1 pint strawberries
½ cup toasted sliced or slivered almonds

Dressing:

1/3 cup sugar or Splenda
2 Tbsp. toasted sesame seeds
1 Tbsp. poppy seeds (optional)
2 green onions, chopped
¼ tsp. Worcestershire sauce
¼ tsp. paprika
½ cup olive oil
¼ cup apple cider vinegar (red wine vinegar okay too)

-
-
- Tear spinach into bite-sized pieces (or whole if small)
 - Hull and quarter strawberries
 - Toast almonds in 350 oven (watch carefully)
 - Just prior to serving, add dressing
 - Enjoy!
-
-

—Lucy