



LARC

NUDE VIEWPOINT



Volume 22, Issue 7

Lake Associates Recreation Club

September-October 2008

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	Alice Anderson
1st Vice President	Phillip Camire
2nd Vice President	Tom Barrett
3rd Vice President	Rod Shuter
Certifying Officer	Astrid King
Secretary	Tammy Scott
Treasurer	Margaret Adamson
1st Alternate	Steve Thurber
2nd Alternate	Gary Young

President's Message: CHANGE

As I was leaving the park the other morning on my way to work, I noticed how many leaves had fallen and were lining the outer loop road out back. The season is changing to fall, which coincides with the end of the summer season here at LARC. And what a fabulous season it has been!! Even though it seems like just yesterday we were having the June General Membership Meeting and anticipating all the summer events, in reality we just had the September General Membership Meeting and were reporting on how successful all of those events were.

But just as the seasons change, there have been changes here at LARC as well. We have a new Board after the elections and I would again like to welcome our two new board members, Steve T. and Gary Y. as 1st and 2nd Alternates. Phil C. is LARC's new 1st Vice-President and Rod S. is the new 3rd Vice-President. We are saying good-bye to Bob V. and Steve L. from the Board, but both of them are going on to exciting new positions-Bob will be working with GAT in the Northwest and Steve L will be co-chairing, with Betty S., the 2010 AANR-NW Convention to be held here at LARC. Also, Gary & Elizabeth Y. will be taking over the organizing of Bare Images 2009. It's a challenging job but I know they are up to the task and will do a wonderful job. LARC purchased a new karaoke machine this past summer as well, thanks to the success of Bare Images 2008 and Rockin' the Park. We have been having a wonderful time with all the new songs pre-loaded into this machine and have discovered some great talent among our new members. Speaking of which, there has been 10 new members since June of this year!! Our membership now is the highest it's been in a year and a half. Let's keep the drive going!



**WE HAVE A
WINNER!!
THE WINNER
OF THE CHILI
COOK OFF WAS
CHOSEN!**
See page 3

Contents

President's Message.....	1
Birthdays.....	2
Editorial Comment.....	2
Halloween Party	3
Natural Naturists.....	3
Meet the Members.....	4
Garden Club	4

Looking ahead, there is another karaoke evening and a dance scheduled before the final event of the year in the tent – our annual Halloween Costume Party. There are details elsewhere in the newsletter, so check it out. We are making plans for the Holiday Party in December and will let you know the details as soon as they are finalized. As we go into the winter months, your LARC Board of Directors will be scheduling our events and activities for 2009. We are always looking for new ideas. The Progressive Dinner and Chili Cook-Off have turned into fun annual events and all it took was someone to suggest it. So, if you have any ideas for specific activities, drop me a line at freein1derland2007@yahoo.com. I'm looking forward to hearing from you!



—Alice Anderson



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: **2** Dave B., **4** Eliene Y.,
6 David K., **16** Gerald W., **17** Pamela B.,
25 Dianne K., **26** Lynn M., **28** Glenn Y.

NOVEMBER: **4** Matt L., **6** Jack E.,
8 Mary K., **13** Dennis W., **14** Bill S.,
14 George W., **22** Jess D., **28** Alice A.,
30 Ivan K.

Upcoming Events in SEPT:

- 27 Garden Club Activity Day
 Potluck Dinner 6:00 PM
 Games 7:30 PM

Upcoming Events in OCT:

- 4 Karaoke 7:30 PM
 11 Board Meeting 10 AM
 Oktoberfest themed potluck 6:00 PM
 Dance 8:00 PM
 18 Movie 8:00 PM
 25 Decorate for Halloween Party 6:00 PM
 Purchasable Dinner 5:30 PM
Party/Dance bring snacks! 8:00 PM
 26 Tent-down work party—early AM
 (Lunch provided)

Upcoming Events in NOV:

- 8 Board Meeting 10AM

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-



I would like to welcome all of you newer members to our LARC family. You are truly impressive!

We have seen an unusual number of new members this year and that is also impressive. I have not had a chance to meet all of you yet, but even so, I do know a few things about you. You are Adventurous, since you must be, to venture out to a "clothing optional" or "nudist" campground. I can also bet that you have a well-developed sense of humor (same reason). And you like challenges!

Over the years I have seen new members come along, much like entering freshmen at a small college, and along with their classmates, being introduced to numerous lifestyle changes and challenges. I want you to know that you all--this year's "class" as it were--impress by your willingness to jump in with both (bare) feet and participate in what LARC has to offer.

It brings back memories of the time I was first introduced to the club and the AANR (then ASA). It was, not only a great place for me and my family, but also served as a network of campgrounds all over the country, where a family could go travel-camping. We took off in our travel trailer that first year and headed south, visiting six or more nudist clubs along the I-5 corridor. We also visited some nude beaches which at the time (the 70's) were springing up all along the California coast. It was a very rewarding and illuminating experience; giving us an experience of freedom unlike anything I had ever experienced in my years of church going.

There is a book listed on Amazon called, *I have seen you naked*, which is about public speaking, and how when you speak in front of a group (one of the biggest fears we humans are said to have) you are baring yourself much as if you were taking off your clothes. And of course, I'm sure you are aware of the old saying that you can overcome that fear by imagining the members of the audience being naked (there's that sense of humor again)!

And as Patsy A. reminded us at our most recent Karaoke night, singing in front of a group can be even more frightening experience--and those of you audience members who remove your clothes are being very supportive!

When I went to a church college, I had similar experiences, both in speech classes, and when singing solos in church, without the benefit of having a room full of naked people!

I now consider myself fortunate to be a member of a group of people, who are not only comfortable in their skin, but accepting of my comfort level with being in my skin.

And beyond that, comfortable singing together! Your willingness to get up and sing in front of a (sometimes rowdy) crowd is outstanding. I have been singing naked *in the shower* for as long as I can remember; and now



I am oftentimes joined by a whole chorus! We have sing-a-long karaoke, and we don't even have to wear choir robes! By the way, we have one more opportunity this season on October 4. See you there!

When I first began singing solos in church (at the age of 6) I could not have imagined this scene! I can now imagine that *you* have found yourself as have I, in a group of like-minded souls you never guessed even

existed.

But we all move forward in life expanding our awareness and grabbing the opportunities to experience new things!

And as I stated at the beginning of this "Viewpoint," YOU--the class of '08 are impressive by your willingness to jump in so wholeheartedly and play/sing with us.

—Jay Gearon

Covering Naturalist News Isn't Always Easy

From the Oldham Chronicle in Great Britain:

It's tough staying as nature intended

I'd been more excited about researching this skill on your behalf than any other. I'd imagined nubile young women playing volleyball on the beach wearing just their birthday suits, casting admiring glances in my direction.

Unfortunately, when I went to what was apparently the best nudist beach in Wales, the reality was far more harrowing and I've struggled to sleep ever since.

At one point I thought I'd spotted a beached whale but it turned out to be Gerald from Rhys.

His wife Sheila (47), whose modesty was covered only by the overhang of her midriff, wondered if I was feeling the cold more than anyone else.

The answer was yes but I wasn't sure how she'd guessed.

Much to my dismay, I later realized I'd been investigating how to be a naturist, not a naturalist. It turns out that I should have been fully dressed and looking for rare plants, not nude on a pebble beach looking for a way out.

Naturally, I took the disappointment in my stride, effortlessly appearing like I spend most of my life making excruciatingly embarrassing mistakes.

And that's what being natural is all about — the effortless bit, not the mistakes.

You have to appear real and authentic and behave in a manner which suggests you were born to do whatever you're doing.

You need to do what you do because that's the way nature designed you, although be warned, it is frowned upon to burp loudly in most restaurants.

Being natural is about appearing at ease with your place in the universe. Imagine how a cow feels when it's chewing grass in a field.

That's what you need to aim for.

It does help if you're naturally gifted, especially if it's at something fun like dancing or having nice eyebrows. If you're rubbish at everything, it may be that you're a natural failure which, once you've accepted it, could be strangely reassuring.

As well as being natural, most people don't like to look natural which is why these days it's almost impossible to work out a woman's true hair color.

It's thought natural blondes are now the rarest breed, with a recent survey finding there are only seven now living in the UK with three of them dying it dark.

So why don't women want to appear as they really are?

Editor's note: Or MEN for that matter?

LOOKING FOR FUND RAISING IDEAS

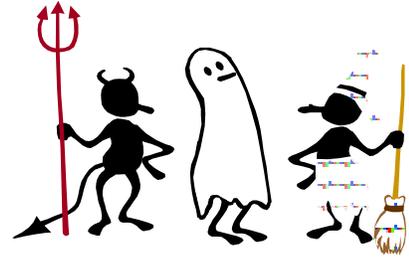
LARC is always looking for practical and fun ideas to raise money for the club. This money helps us provide all the events we host every season. If you have an idea for fund raising or just plain fun, please contact me at freein1derland2007@yahoo.com, (360) 420-2037.

—Alice A.

BOO!

For those of you spending your first calendar year with us, it may seem a bit strange to have a costume party at a nudist club; but isn't that what Halloween is all about: being strange?

Actually, Halloween happens to be one of our most popular events. It is not to be missed!



Halloween is only a few weeks away so it's time to start planning your costume for the annual LARC Halloween Party on Saturday, October 25th, 2008. There will be prizes in various categories for the wonderful costumes.

Come up to the tent around 1:00 PM Saturday afternoon and help us decorate for the evening. We have bins & bins of cool stuff. The LARC Grill will have a warm and hearty meal for sale at 5:30 pm leaving you lots of time to get ready for the dance. And if you happen to have a devilishly good recipe for some ghoulish goodies to share during the dance we would love to BITE into them.

And sadly, on Sunday morning, we will be taking down the tent for the season. The LARC grill will reward all the workers with a nice hot lunch after everything is down. Hope to see you for a wonderful Halloween Weekend!!!

CHILI COOKOFF WARMS THE HEART

The Chili cook off was once again a huge success thanks to Keith and Tammy who set up and managed the whole affair and to the 11 intrepid chefs who cooked and entered their Chili. It was a perfect almost-Fall day and the crowd was large and ready to begin the taste testing. Small cups and spoons in hand we gathered in front of the anonymous pans labeled only with a number. Taste, judge, taste, judge thru all 11 entries. I started at #1 and 2 which were mild and to my taste. Then came #3 Oh, my!!! I'm on fire. Trying to stop the burn with water I regain my taste buds only to be hit with #4: the 5 alarm chili. Some folks didn't even think this was hot, but enough of us did, so that it won hottest chili, made by a guest, Phil. I was a bit scared to even taste the rest fearing that more would be as spicy but they were all fine. The first place winner was George W. The 2nd and 3rd place winners were Peri W. and Jean H. After the judging the remaining chili was eaten by all, along with delicious potluck dishes and terrific LARC birthday cake and extra special chocolate pudding and cake cups thanks to Tammy.

— Wendy W.

2010 AANR-NW CONVENTION

Steve L. & Betty S. are the co-chairs for the 2010 AANR-NW Convention and they are looking for ideas for the theme (in 2001 we used *LARC A Space Odyssey*) and if you're talented enough to draw it, artwork that conveys your theme; or just write down a description of your idea and we can have it drawn up. Please submit all ideas to Steve at email: larcers@aol.com. Let your imagination run loose. There will be a prize awarded to the finalist. Please submit your choice by Oct 25th at the Halloween party. Thanks!

—Steve L.

WHO IS THAT MASKED MAN?

Getting to know our members.

We will be conducting brief inter-

views of some of our members, so that we can all get to know each other better. This of course, is not the whole story, but just enough information to

tweak your curiosity and help you start up a conversation with another member and start your own dialog. This month we are talking to Dan B, one of several motorcycle riders at the camp. Dan is interviewed by Joleen G.

NV: How long have you been a nudist, Dan?

Dan: I became interested in nudism in my 20's, and had heard of Fraternity Snoqualmie, in Issaquah, but couldn't find it.

Then I moved to the Portland area and went to a couple of Nude Beaches; Rooster Rock and Sauvie Island.

When I moved back to this area, I found Fraternity Snoqualmie and went camping there. I also heard about Rustic Days out at Lake Associates, which at the time was at Lake Bronson. Went to Rustic Days and signed up as a member in August of '85.

Later, I moved to Colorado Springs for about eight months, long enough to miss the separation of Lake Bronson and Lake Associates, and was active in a travel club until the opening of this Mt Vernon property and the current manifestation of Lake Associates.

NV: What attracts you to LARC?

DB: The people, the atmosphere; it's very relaxing.

NV: What would people be surprised to learn about you?

DB: How long I waited to get married. My friends didn't think I would ever get around to it. But were they surprised when I finally did; I was 42!

NV: What is your favorite LARC event?

DB: Probably the Art Show; because it promotes the camp with an open house and you see new people.

NV: What is your dream nudist travel destination?

DB: ANY place warm; maybe Southern California.



GARDEN CORNER



It's a good time of year for planting. You can tell if you go into a nursery, and see many plants recommended for Fall planting. It's also a good time to consider what plants you will want to see in your garden next Spring.

Did you know that flowering plants are nudists? They openly and proudly display their organs of reproduction and other parts for all the world to see and admire!

For your LOT/garden You may want to consider English Lavender Plants: Botanically-speaking, English lavender plants are classified as evergreen shrubs, since these perennials produce woody stems above-ground. However, they are seldom referred to as such in lay terms. Instead, English lavender plants are commonly thought of as aromatic herbs. English lavender plants are perennials for planting zones 5-8.

Butterflies are attracted to English lavender plants. English lavender plants reach heights ranging from 2'-3'; spreads can be equal to that or twice that, depending on cultivar. In general, English lavender plants bear flowers that are lilac-blue in color and grow on spikes, with leaves that are narrow and grayish-green. Mention of English lavender plants immediately brings to mind the employment of their aromatic quality to lend a fragrance to linens, sachets and potpourris. For such dried use of this perennial, harvest the flowers of English lavender plants just as they open, and hang them to dry in a dark room with plenty of ventilation. English lavender plants have also been used as a flavoring herb (e.g., in cordials) and as a medicinal herb (e.g., in aromatherapy for sleep).

Sun and Soil Requirements for English Lavender Plants: English lavender plants like full sun and an alkaline, sandy, well-drained soil. English lavender plants are drought-tolerant, which is why they're such a good choice in rock gardens.

Traditionally, English lavender plants have been harvested, dried and placed in linen closets, making good use of their pleasing aroma. Fortunately, deer don't find English lavender plants pleasing at all; in fact, they stink in the deer's opinion! This makes English lavender plants *effective for deer-control in areas plagued by hungry, marauding deer.*

GARDEN CLUB FORMED

At the General meeting on Sept 14 the LARC Garden Club was launched -- 7 people joined that day -- Orchestrated by Ann C.— anyone who is interested in helping to make LARC an even more beautiful place by lovingly caring for the flower beds can consider themselves a member—right now we are focused on the big flower bed that is across from the office.

As people joined at the General Meeting lots of ideas came forward for other areas that we might get involved in - eventually to put in a beautiful flower bed around the flag pole area on the big sunning lawn, having a community vegetable garden and a community herb garden - - all great ideas.

So where do we begin? We are already near the end of September so hopefully we can get together 3 times before the rains start – I was thinking of the weekend of the 27th & 28th of Sept, then the weekend of 11, 12 of October and hopefully we can squeeze one more time working together on the weekend of the 25, 26th of October - not sure about times on those weekends -- but those weekends host the upcoming big events so most of us will be on the grounds that weekend – and can whip that front flower bed into shape - so that come spring it will be exquisite -- so let's put together some times for those weekends!

Here's looking forward to getting together and getting to work -- Big hugs to everyone!

—Ann C.



**BE ADVISED:
WHEN YOU LEAST EXPECT IT, YOU
MAY BE OBSERVED BY SKY KING,
FROM ABOVE, AT ANY POINT ALONG
YOUR JOURNEY OF TRANSGRESSION
ACROSS THE BRIDGE TO SOMEWHERE!**

