



20th 5K Bare Buns Run

April 8, 2017

Breakfast Tacos	\$2.50	8:30—9:30 AM
Registration		9:00 AM—Noon—closes PROMPTLY at Noon
1K Race		10:00 AM
Cold Sandwiches	\$5.00	11:00 AM—12:30 PM
5K Race		1:00 PM
Burgers at the Pool	\$5.00	2:30 PM
Awards Ceremony		3:00 PM
Water Volleyball		After Awards
Group Photo		3:30 PM
Sand Volleyball		7:30 PM



Thank you Debbie J. for our 5K T-shirt design!

We've Gone Hog Wild

by Mike W.



By all reports, these are small...

...but they have lots of company!



The Ranch has been invaded the last few weeks by creatures both HUGE & small. Feral boar, both young & old, have been roaming Star Ranch, mostly at night. A couple of them are reported to be the size of a Volkswagen Beetle!

Depending on the reports as many as 40 to 50 of them form the pack. They are quite destructive, leaving behind a very disturbed terrain. They root around & create bumps that make golf cart riding a real chore, & they have even dug up internet & speaker lines around the pool.

Rod M & Paul O. have been on the hunt, so if you make a sighting between 9 AM & 4 PM please call the office ASAP.

Please do not go out hunting them on your own.

GET YOUR RAFFLE TICKETS!

by Mike W.

Bare Necessities Tour and Travel has generously gifted Star Ranch an Ocean Suite on their next Big Nude Boat Cruise in honor of our 60th Anniversary Celebration. The Board has decided that the best way for this to benefit the club is to conduct a raffle. To maximize our return we will be selling tickets all summer, holding the drawing on Willie Weekend, September 23rd at 9 PM.

Tickets are on sale in the Star Ranch Office. You may purchase a ticket for \$10 each or increase your chances by purchasing 3 for \$20. The prize is valued at \$9,998 (double occupancy required). The ship sails February 2nd, returning February 12th.

THE PRIZE: OCEAN SUITE 7230 ON BARE NECESSITIES BIG NUDE BOAT 2018, Empress Deck 7, Category OS, described by Carnival as follows: "A Carnival Victory Suite is the ultimate way to cruise. With more space for stretching out indoors, plus a large balcony for kicking back outdoors, in an Ocean Suite you will experience private, luxurious relaxation. Ocean Suites also include VIP check-in, walk-in closet & bathroom with whirlpool .

The Carnival Victory hosts just under 2,800 guests & 1,100 crew members with a variety of staterooms ranging from simple interior to spacious Premium Balconies! The Carnival Victory is 893 feet long with a total of 13 decks hosting the staterooms, dining areas, & areas for the endless onboard activities."

THE ITINERARY: Billed as Carnival's "ABC's" of the Caribbean"

FRI, FEB 02 MIAMI 4:00 PM DEPART	SAT, FEB 03 HALF MOON CAY 9:30 AM ARRIVE 5:30 PM DEPART	SUN, FEB 04 FUN DAY AT SEA
MON, FEB 05 AMBER COVE 8:00 AM ARRIVE 4:00 PM DEPART	TUE, FEB 06 FUN DAY AT SEA	WED, FEB 07 CURACAO 11:00 AM ARRIVE 11:00 PM DEPART
THU, FEB 08 BONAIRE 9:00 AM ARRIVE 6:00 PM DEPART	FRI, FEB 09 ARUBA 8:00 AM ARRIVE 4:00 PM DEPART	SAT & SUN, FEB 10 & 11 FUN DAYS AT SEA
MON, FEB 12 MIAMI 8:00 AM ARRIVE		

Prize cannot be substituted for an existing reservation, cannot be transferred, and has no cash value.

For more information about the cruise: <https://cruisebare.com/cruise/big-nude-boat-2018>. Complete raffle rules & cruise brochure are posted in Margie's Café.

Check out the new signs



Thanks Jeani

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I am proud to be a resident of Star Ranch. Of course, my wife and I are Gold Members. That's one of the requirements for Board membership, but more than that, the privilege of being a part of the Sahnos and the joy of being here every day cannot be described. I want to work to bring a younger, more diverse group of people here, while still maintaining the friendliness of Star Ranch. I believe this can be done by an extended outreach to a broader demographic.

I would like to see the Sahnos at Star Ranch become the satellite host of the AANR (American Nudist Resource Library) database of nudist magazines and literature.

I appreciate your consideration of my serving on YOUR Board.

Gary H.

My wife and I are residents here at Star Ranch, which is truly Heaven on Earth, in my humble opinion. The work together attitude, small town and family atmospheres here at Star Ranch are what inspire me to offer my skills and experience to help Star Ranch become the most popular nudist get away in the State of Texas.

My work experiences over the years, has given me a strong background in Business management. Working for 2 major international Corporations for over 25 yrs. as a Senior Technician and Workgroup manager where my responsibility was to guide workgroups through problem identification, solutions and monitoring processes, in order to correct issues within Sales and Service departments. These were all achieved by the workgroups, while I was responsible for keeping the group focused on the issues and insuring that best work group practices were followed.

I am currently the operations manager for a small (15 employee) Sales and Service business that covers the central Texas area. My responsibilities include personnel management, coordinating workflow between our office, Sales, Service and delivery personnel. As part of this job, I manage our SQL database, CRM and Quick Books databases, customize our CRM using ASP.NET, as well as create email marketing campaigns and manage our website. I also have various other skills in electronics, hydraulics, pneumatics CNC and PLC programming as well as general construction skills and Facilities maintenance and repair.

But it is the workgroup management skills that I would like to share most with Board. This management style increases participation and productivity through processes that make each person within a group feel a sense of pride and ownership. It's the people who make the difference here at Star Ranch and as the Pride grows so will the membership!



Ken W.



My name is Eugene G. but you probably know me by my nickname — D.A. (which is a story for another time).

My career was in the automotive service industry & I have either owned or managed a tire & service business for over 35 years. I understand, therefore, the challenges of taxes, bookkeeping, contracts, leases, marketing, & maintaining positive cash flow. I also understand how important it is to develop a positive business image and to foster customer loyalty.

With your support, I would like to continue working with the Board, Council, and membership in achieving the goals of Star Ranch, including improvements to the infrastructure and growth in membership, therefore, please consider me when making your choice for a position on the Board.

D.A.

Melanoma Cancer is a potentially deadly form of skin cancer that begins in melanocytes, specialized cells in the skin that produce the brown pigment known as melanin. These are the cells that darken when exposed to the sun, a protective response to protect the deeper layers of the skin from the harmful effects of the sun.

Signs of melanoma include new spots on the skin, or a change in size, shape or color of an existing mole. The ABCD rule is another way to recognize abnormal growths that may be melanoma skin cancer:

- **A is for Asymmetry:** A mole that has an irregular shape, or two different looking halves.
- **B is for Border:** Irregular, blurred, rough or notched edges may be signs of melanoma.
- **C is for Color:** Most moles are an even color – brown, black, tan or even pink – but changes in the shade or distribution of color throughout the mole can signal melanoma.

D is for Diameter: Moles larger than ¼ inch (6 mm, the size of a pencil eraser) across may be suspect, although some melanoma cancers may be smaller than this.

Other melanoma symptoms may include:

- Sores that do not heal
- Pigment, redness or swelling that spreads outside the border of a spot to the surrounding skin
- Itchiness, tenderness or pain

Changes in texture or scales, oozing or bleeding from an existing mole

While many melanomas develop in areas exposed to the sun, they may also develop in areas that are usually hidden from the sun. It is important to examine all of these areas. In addition to examining the legs, trunk, arms, face and neck, it is important to look at the areas between the toes, underneath nails, palms of the hands and soles of the feet, genitals and even the eyes.

Certain factors may increase your risk of developing melanoma. By reducing those factors under your control, you may be able to decrease your risk of developing melanoma. For those that can't be controlled, regular skin examination can increase the chance of catching a developing melanoma early, when it is more curable.

GENERAL

Weakened immune system: Conditions that weaken the immune system, such as immune suppression therapy associated with organ transplantation, may increase the risk of melanoma.

BODY

- **Fair skin:** Caucasians have a 10 times greater risk of developing melanoma than non-whites. The risk is also higher in individuals with blonde or red hair, blue or green eyes, or skin that burns or freckles easily.
- **Moles:** While most moles are harmless and will never develop into cancer, having a large number of moles may increase the risk for developing melanoma. In addition, the presence of dysplastic nevi (moles that look a little like moles and a little like melanoma) can increase lifetime risk by 10%. Although most dysplastic nevi will not develop into melanomas, a small percentage can, and individuals with these types of moles should see a dermatologist regularly for a thorough skin exam.

GENETICS

- **Family or personal history:** People with one or more first-degree relatives (parent or sibling) with melanoma are at increased risk. In addition, individuals who have previously been diagnosed with melanoma are at increased risk for developing the disease again.
- **Inherited conditions:** People with xeroderma pigmentosum (XP), an inherited condition that affects the skin's ability to repair UV damage, are at increased risk for developing melanoma cancer, and may develop the disease at a younger age.

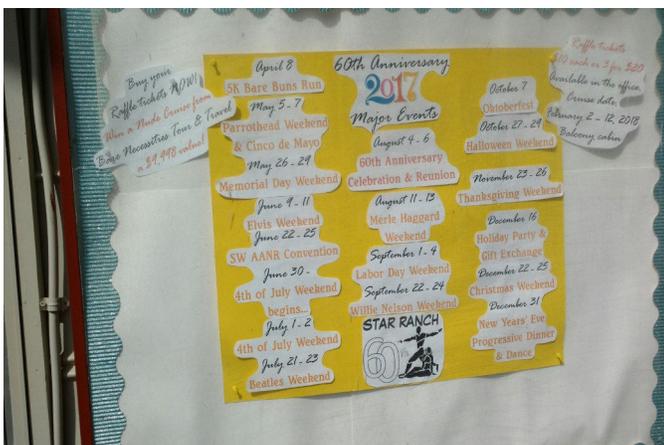
LIFESTYLE

Exposure to ultraviolet (UV) light: Exposure to natural sources of UV light (sunlight) as well as unnatural sources, like tanning booths, can increase the risk of melanoma. A history of sunburns, particularly during childhood, or excessive exposure to sunlight, may increase an individual's likelihood of developing melanoma

Understanding risk factors

Anything that increases your risk of getting a disease is called a risk factor. Having a risk factor does not mean that you will get cancer. Not having risk factors doesn't mean that you will not get cancer. If you think you may be at risk, you should discuss it with your doctor.

Information from *Cancercenter.com*



Sign outside of Margie's Café has the major upcoming events for this summer so be sure to watch for any changes or additions. Thanks Phil & Lor-raine A. for keeping the board & sign at gate updated.



Come to the Pool Pavilion!

So everyone who visits Star Ranch on the weekends can participate we have moved the Friday night Hors D'Oeuvres to Saturday afternoon snacks at 2:00 PM.

Volunteers

Larry & Melissa S. Abby P.
 David & Mary M. Wanda H.
 DA G. & Debbie J. Mike & Jean M.
 Mike W. & Jennifer M. Phil & Lorraine A.
 Jerry & Jeani C. Roy & Deidra F.
 Gary & Pam H. Kelly E.
 Grace L.

C.O.G. Operations

General Manager Rod Mc.
 Maintenance Paul O.
 Housekeeping Dina P.
 Office Pixie Mc.
 Lara L.
 Rental Cabin
 Coordinator Deidra F.

My "Miracle Man" by Pixie M.

Rod M., my "Miracle Man", had a double lung transplant March 23, 2015. Lungs are doing great but the kidneys are not. He has stage 4 kidney disease due to the lack of oxygen prior to the double lung transplant & from the anti-rejection drugs he has to take for the new lungs. He has had surgery for a fistula, if and when he will need dialysis. He has been put on a cadaver kidney list but it could be up to 8 years before he would receive one because he has Type "O" blood.

Rod has been blessed with two kids, son and step-daughter, who are both type O blood and are ready to donate a kidney. They need to go through some extensive testing before we will know if they are physically able to donate. There have been several friends who have come forward with an offer of their kidney. How special is that? Thanks for all of the offers. Your names have definitely been included in the list of donors "just in case" kids kidneys won't work.

Nothing is more precious to me than for Rod to receive a new lease on life. After all, after 30 years I have a lot invested in my "miracle man". Besides, he has a lot of projects he needs to finish!!!

Board of Directors

President	David M.	pmsgrave@msn.com	512--284-0252
Vice President	Mike W.	taz4951@yahoo.com	512-423-0659
Secretary	Linda M.	lnlazy@yahoo.com	512-451-6419
	DA G.	dkjdag@swbell.net	512-836-2843
	Wanda H.	whannah@austin.rr.com	512-273-2453
Treasurer	Rod Mc.	rod@starranch.net	512-229-6593
Corporate Secretaries	Carla W. Gary H.		

Sahnoan Council

Paul & Jeanie O. Roy & Deidra F. Larry & Melissa S. Tyler & Heather C.



Congrats & Welcome!
 Ben, Ashley, Owen & Luke T.
 James R.

Douglas H-L.	4/1	Kelly E.	5/2	Paul L.	6/2	Susie V.	7/1
Mark W.	4/4	Mike K.	5/3	Deborah V.	6/3	David S.	7/4
Emily L.	4/4	Robert B.	5/4	John E.	6/5	Beth B.	7/19
Herb J.	4/4	Jacob P.	5/4	Tara V.	6/7	Bob R.	7/20
Owen T.	4/6	Michelle G.	5/9	June S.	6/11	Dick L.	7/22
Pixie M.	4/12	Mary L.	5/10	Antonio C.	6/13	Deidra F.	7/23
Fred H.	4/13	Ronald C.	5/11	Dylan L.	6/14	David M.	7/23
Nancy D.	4/14	Charles L.	5/18	Warren C.	6/16	Abby P.	7/26
Steve N.	4/19	Ivan M.	5/18	Heather C.	6/18	Milly M.	7/28
Carla W.	4/20	Jack R.	5/27	Dave B.	6/19		
Melissa S.	4/28	Dave M.	5/27	Steve D.	6/24		
David W.	4/28	Phil P.	5/28	Gail P.	6/27		
Roy E.	4/29	Linda M.	5/30	David Phe.	6/27		
		Marty C-L.	5/31	Chris A.	6/28		

WORK DAY April 1st
 Open 8:00 AM
 Breakfast 8:00 AM—9:00 AM
 Lunch Noon—1:00 PM
 Meals are free to all volunteers. Volunteers get a chance to win a Silver Membership drawn on December 31st.

April 2017



SUN	MON	TUE	WED	THU	FRI	SAT
						I WORK DAY 8:00—9 AM Breakfast 12:00—1 PM Lunch 2:00 PM Snacks at Pavilion
2 8:30—10 AM	3	4	5	6	7	8 5K—See Schedule on Page 1
9 8:30—10 AM Breakfast	10	11	12 6 PM Potluck Music with Phil & Phriends	13	14	15 8:30—10 AM Breakfast 10 AM Board & Council Mtgs 2:00 PM Snacks at Pavilion
16 Easter 1 PM Potluck	17 Patriot's Day	18 Taxes Due	19	20	21 San Jacinto Day 6 PM Bday Dinner TBD	22 8:30—10 AM Breakfast 10 AM Straw Poll 2:00 PM Snacks at Pavilion
23 8:30—10 AM Breakfast	24	25	26	27	28	29 8:30—10 AM Breakfast 10 AM Stockholders Meeting 2 PM Cake Contest 5:30 PM Cake Auction 6 PM Hot Dog Potluck
30 8:30—10 AM Breakfast						



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 Cinco de Mayo	6 National Nurses Day 8:30—10 AM Breakfast Parrothead Weekend 1 PM Bam-Bam Ball 2:00 PM Snacks at Pavilion 6 PM Picnic
7 8:30—10 AM Breakfast Parrothead Weekend	8	9	10 6 PM Potluck Music with Phil & Phriends	11	12	13 8:30—10 AM Breakfast Sand Volleyball all day—listen for the bell!! 2:00 PM Snacks at Pavilion 7:30 PM Bingo
14 Mother's Day 8:30—10 AM Breakfast Free Breakfast for Moms	15	16	17	18	19	20 Armed Forces Day 8:30—10 AM Breakfast 10 AM Board & Council Mtgs 2:00 PM Snacks at Pavilion 8 PM Karaoke
21 8:30—10 AM Break- fast	22	23	24	25	26	27 Memorial Weekend Games 8:30—10 AM Breakfast 7 PM Margarita Contest 8 PM Dance
28 Memorial Weekend Games 8:30—10 AM Break- fast	29 Memorial Day 8:30 –10 AM Breakfast	30	31			



June 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 8:30—10 AM Breakfast 10 AM Council Election 2:00 PM Snacks at Pavilion
4 8:30—10 AM Breakfast	5	6 D Day	7	8	9	10 8:30—10 AM Breakfast Sand Volleyball all day— listen for the bell!! 2 PM Ice Cream Give Away 8 PM Elvis Impersonator
11 8:30—10 AM Breakfast	12	13	14 Flag Day 6 PM Potluck Music with Phil & Phriends	15	16	17 8:30—10 AM Breakfast 10 AM Board & Council Mtgs 2:00 PM Snacks at Pavilion 8 PM Sock Hop
18 Father's Day 8:30—10 AM Breakfast Dad's eat for free	19 Emancipa- tion Day	20	21 1st Day of Summer	22. AANR SW Convention	23 AANR SW Convention	24 AANR SW Convention
25 AANR SW Convention	26	27	28	29	30 4th of July Weekend Games	



July 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<p>1 4th of July Weekend Games</p> <p>8:30—10 AM Breakfast</p>
<p>2 4th of July Weekend Games</p> <p>8:30—10 AM Breakfast</p>	<p>3 8:30—10 AM Breakfast</p>	<p>4 </p>	<p>5</p>	<p>6</p>	<p>7</p>	<p>8 8:30—10 AM Breakfast</p> <p>2:00 PM Snacks at Pavilion</p>
<p>9 8:30—10 AM Breakfast</p>	<p>10</p>	<p>11</p>	<p>12 6 PM Potluck</p> <p>Music with Phil & Phriends</p>	<p>13</p>	<p>14</p>	<p>15 8:30—10 AM Breakfast</p> <p>10 AM Board & Council Mtgs</p> <p>2:00 PM Snacks at Pavilion</p>
<p>16 8:30—10 AM Breakfast</p>	<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>22 8:30—10 AM Breakfast</p> <p>Beatles Weekend</p> <p>2:00 PM Snacks at Pavilion</p>
<p>23 8:30—10 AM Breakfast</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29 8:30—10 AM Breakfast</p> <p>2:00 PM Snacks at Pavilion</p>
<p>30 8:30—10 AM Breakfast</p>	<p>31</p>					