

# california **naturist**

**FEBRUARY 2003** • A MONTHLY NEWSLETTER OF LUPIN NATURIST RESORT

## Broken Auto Repairs Faith in People

I got a refresher course in the basic goodness/decency of people recently, and what was feeling like a scary, unpleasant experience left me with a golden glow. This isn't specifically related to Lupin, but it is about the environs, and I want to pass it on.

Driving home to Lupin on somewhat notorious Highway 17 – my little 1989 Ford Festiva almost stuffed with clean laundry and sacks of groceries – I unwittingly managed to get into the middle of after-dark rush hour traffic. Everything seemed to be going well until I was climbing the long grade out of Los Gatos on a road hacked out of the rocky mountain. I heard kind of a metallic snap from under the hood, then the car lost much of its power and started making a loud, rhythmic clatter.

All I could focus on was getting home. That meant getting to the top of that hill, where there was an exit ramp that would get me across the highway. The only other option appeared to be very limited – basically pulling into one of a couple of small, rocky, dark, phoneless pullout places that were virtually invisible until I was passing them. I nursed my little auto up the hill to the exit, where – almost as soon as I turned – the car died and stayed dead.

On the plus side, I was off of the highway and in a bright red car under large lights that illuminated the exit road. But, since I wasn't planning to stop there, I had not pulled off the pavement. This was a transition area where vehicles might run into my car before drivers realized it wasn't moving.

So, pumping the brakes and with flashers flashing, I held my breath as vehicle after vehicle peeled off the highway and suddenly swerved around me. Then a car stopped, and a young woman was suddenly by my passenger window. "Do you have road tow service?" she asked. "Yes," I replied, "but there's no way to call." And, she handed over her cell phone.

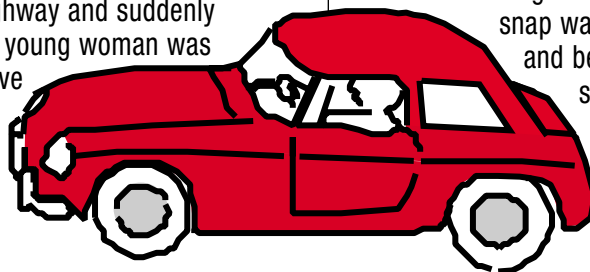
The tow service said the nearest truck was on a call, but it would be sent as soon as possible. I kept pumping the brake pedal. It worked. Some vehicles came scarily close, but there were no scraped fenders or worse.

Before long, more cars and pickups were pulling over as soon as they could find a place, and drivers came back to see if there was a way to help. Some set out lanterns and directed traffic. Several guys got together – including Mercury, an old friend who was Lupin's Maintenance Manager years ago – and pushed the car somewhat uphill and more to the side of the road. JoAnn, who lives near Lupin, stopped by to say she would hang around and drive me home. All this seemed rather miraculous – I was and am touched that perhaps a dozen people helped or offered to help.

Most of us love Lupin's scenic, woodsy but open, physical environment. But, you – like me – probably haven't really considered the social environment – the many people who live in this beautiful area and mainly have no connection with Lupin. I just want to say that the area's beauty is not just on the surface. It's much more than skin deep.

Mollie Moore-Sullivan, Editor

P.S. Fairly major damage was done to my car that night – mainly probably because I continued to drive it. (I can't say that I would do differently in that kind of a night situation, even knowing the outcome.) The metallic snap was the timing chain breaking, and it thrashed around and beat up the pistons/cylinders. Rather miraculously, some cash I'm getting from family stuff will cover the estimated cost of repairs with change left over.



Lupin's activities go on throughout the whole year, and the facilities – including the top notch Clubhouse Restaurant – are open and available to members and guests every day. This is the place to go to get back into your body – and out of your mind! If you need more reasons for visiting this little paradise, here's a review of the fun activities scheduled for this month. They take place in the Clubhouse, unless otherwise noted.

Saturday, February 1 • Morning

## **Water Aerobics & Stretches with DeAnna**

Treat yourself to a perfect Saturday morning every Saturday at Lupin. Start your day at the Restaurant with a light workout breakfast special created by Willow, for only \$3.99. Visit with friends, then join DeAnna at 10 am for an hour of water aerobics and stretches in our heated pool. Weights are used, so either bring water weights or two empty, capped plastic jugs with handles for your weight resistance exercises. (There is no fee for these health-boosting sessions.)

Evening

## **Lingerie Show with Lupin Models**

A fun Lupin "tradition" for years – it was happening in the old Clubhouse that was wrecked in the 1989 quake – the Lingerie Show just keeps on keepin' on. It's a little like kids playing dress up. It gives members of both sexes and many ages and sizes a chance to be daring and strut their stuff – while the rest of us applaud their nerve and verve.



The show begins at 9 pm. It's a great evening to come to dinner and hang out with a friendly, slightly balmy, gang – both models and viewers. And, by the way, though the outfits may be somewhat "sexy," the show is not "sexual." It will be followed by lingerie sales – so note your favorites.

Sunday, February 2 • All Day

## **Clubhouse Restaurant Plays Listening Music**

Even if the weather is rainy, cold or windy – which we admit that even this little piece of Heaven on Earth (the Bay Area) is subject to occasionally – you may want to get out of the house and go somewhere and/or be with other fun/interesting people. If you make the wise choice of coming to Lupin, you can huddle in the Clubhouse and listen to music, read the paper, and play card games, checkers and such. And – between breaks for meals – you might see the movie in Chez La Ronde, dip in a hot tub, sit in a sauna, or swim in a heated pool. You'll probably go home feeling much warmer and more satisfied.

## **Movie & Dinner: "Caddy Shack 1"**

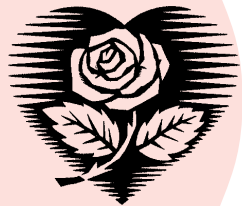
"Tee off with a foursome of the screen's funniest clowns as the greenskeeper starts World War III against a gopher. A sidesplitting round of fairway foolishness. Stars Chevy Chase, Rodney Dangerfield, Ted Knight, Michael O'Keefe, Bill Murray, Scott Colomby, Cindy Morgan, Henry Wilcoxon, and Albert Salmi." The film begins at 3:30 pm in Chez La Ronde, and lets out in plenty of time for a pleasant dinner in the Restaurant.

Friday, February 7 • Evening

## **Relationship Discussion**

All singles and couples are invited for a lively, eye-opening and heart-opening discussion, led by Chris Flynn. The group will meet in Chez La Ronde, beginning at 8 pm.

Saturday, February 8 • Morning  
**Water Aerobics & Stretches with DeAnna**  
(See February 1.)



Afternoon  
**Workshop: "Hearts & Masks" with Irene**

Come have some creative fun with Irene and other members of all ages in the Clubhouse, beginning at 2 pm, and take home your own usable work(s) of art. She will provide the guidance and supplies for making Valentine's cards (for the 14th), or Mardi Gras masks (for the dance, the 22nd). However, anyone wishing to make a feather mask needs to notify the office by February 3, so there will be the right amount of supplies.

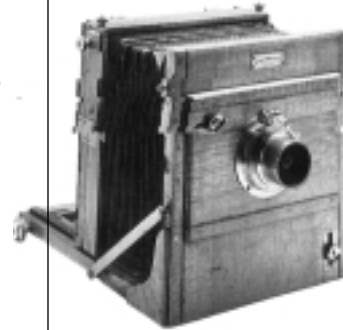
Evening  
**Dinner and Movie: "Ocean's 11"**

"Recently paroled Danny Ocean (George Clooney) rounds up a gang of associates to stage heists of three major Las Vegas casinos all at the same time. Also starring Brad Pitt and Matt Damon." The film starts at 8:30 pm in Chez La Ronde. Why not double your fun by coming up to Lupin early and having a pleasant dinner at the Clubhouse?

Sunday, February 9  
**Clubhouse Plays Listening Music – All Day**

If you want to kick back and have a lazy, relaxing day with compatible people, you probably can't do better than coming to Lupin and hanging out in the Clubhouse (with occasional breaks, perhaps, in a hot tub or the pool or sauna, or walking a trail). Pleasant music will be playing in the Clubhouse, and there are various board games, card games and puzzles available.

One fine thing about the Clubhouse is the delicious (to taste and to see) food served. Professionals prepare and/or supervise the preparation of most food – particularly dinners – and you also can get a wide range of beverages and some very nice smaller meals (great salads and sandwiches) and snacks. PLUS – hand-scooped, high quality ice cream and Denis's to-die-for banana nut bread and other baked goods. Makes your mouth water just to think about it.



**Camera Club Day & Camera Club Meeting**

The second Sunday of each month year round is Camera Day at Lupin, and club photographers will be present to take pictures with the consent of each subject (plus parental consent for children). Camera Club meets today in Chez La Ronde, beginning at 1 pm. Anyone interested is invited to attend.

Stop by the Chez to view the "Cats" and "Capture the Action" Mini Photo Exhibit in the Camera Club Showcase. New topics are introduced every two or three months.

**Movie & Dinner: "Stripes"**

Bill Murray has joined the army, and the army will never be the same! When John Winger (Murray) loses his job, his car, his apartment and his girlfriend - all in one day - he decides he only has one option: volunteer for Uncle Sam. He talks his friend Russell (Harold Ramis) into enlisting with him. Where else, they figure, can they help save the world for democracy . . . and meet girls! The boys even steal a top-secret government vehicle to take some gorgeous female MPs on a date, and wind up behind the Iron Curtain in Czechoslovakia! Stripes is outrageous fun. And that's a fact, Jack! The film shows at 3:30 pm in Chez La Ronde.

## Thursday, Feb. 13 • Lupin Massage Institute **Postural Evaluation & Body Reading begins**

Jay Gilliland, master body worker and somatic therapist, will cover techniques of muscle testing, “ROM” and advanced palpitory skills. He will also share with students how to read the body while standing and while the client is on the table. Mondays & Thursdays, 7 pm to 10 pm, February 13 to April 10. \$400 fee. For more information and/or to register, contact the Lupin Massage Institute. Call 831-234-5791; E-mail [deepahealth@yahoo.com](mailto:deepahealth@yahoo.com); or visit [www.lupin.com/lmi.html](http://www.lupin.com/lmi.html)

## Friday, February 14 • Valentine’s Day No entertainment

## Saturday, February 15 • Morning **Water Aerobics & Stretches with DeAnna** (See February 1.)



## **“After My Heart” – Post Valentine’s Day Dance & Birthday/Anniv. Celebration with Broadway Joe and Anita, DJ**

How about the clever double meaning of the title for tonight’s event – “After My Heart” – on the evening after

Valentine’s Day? This Valentine’s Day celebration at Lupin will focus on LUPIN as the “Sweetheart.” That makes sense, because don’t we all love Lupin? (And, doesn’t Lupin love us?)

And, isn’t it great that everyone gets “official” encouragement to prolong the celebration of their relationships? Or, to pursue relationships. Or, perhaps to acknowledge, “My most important relationship is with myself.” For many, a key relationship is with Lupin – diverse, interesting and fun members; beautiful grounds and surroundings; terrific entertainment and food; pleasant, out-of-the-ordinary accommodations – plus, permission to play, without being encased in clothing.

DJ Broadway Joe & Anita – a striking example of a fun relationship – will gather us all in their spell, as they draw us onto the dance floor again and again, between 8:30 and 11:30 pm. Wear or don’t wear what you wish – how about wearing your heart on your sleeve? Or, on your sleeveless skin? (If nude, be sure to bring a towel to sit on.)

Whatever you do, it seems that a good way to get going is to refuel your body with some of the Clubhouse Restaurant’s fine food. Chef Brandy and crew are experts at creating stunning partnerships of ingredients and of dishes. The Restaurant will be serving a special dinner from 6 to 8 pm. Reservations (408-353-2202) are necessary, and singles are welcome. When you call, please specify your entree choice for each person. The entrees are: Chicken Marsala, Chateaubriand, and Salmon. They all sound delicious. Each is \$18.95 and includes coffee or tea.

## Sunday, February 16 **Clubhouse Restaurant Plays Listening Music – All Day**

What a smooth and easy way to relax and “occupy” your body – (See February 9).

## Movie & Dinner: "Dogma"

"Two angels are laid off by God and are given the boot. Finding themselves banned in Wisconsin, they set out for New Jersey where they find a loophole that will allow them to re-enter heaven. The only problem is it will destroy humanity. An abortion clinic worker, a wisecracking 13th apostle, a stripper/muse and mischievous mallrats Jay and Silent Bob band together to stop them. Starring Linda Forentino, Chris Rock and Salma Hayek." Showing at 3:30 pm in Chez La Ronde.

Saturday, February 22 • Morning

## Water Aerobics & Stretches with DeAnna

(See February 1.)



Saturday,  
February 22

## "Mardi Gras" Dance

New Orleans comes to Lupin tonight, with a high energy, fun-fun-fun Mardi Gras in our French Quarter chez de club (or

something like that). Monsieur Michael J, DJ and his fun and lovely lady partner will keep us moving and happy. If you come in costume, it will add to the festival feeling – plus, you might win an award for the Best Male or Best Female Costume. The festivity begins at 8:30 pm and goes on for three sizzling hours. Mais, oui!

Sunday, February 23 • All Day

## Clubhouse Plays Listening Music – All Day

An easy-going day with listening music can help you relax and feel free. Come join your friends - long-time buddies and brand new ones.

## Movie & Dinner: "Spider Man"

"When bitten by a genetically modified spider, a nerdy high school student gains spider-like abilities which he must eventually use to fight evil as Spiderman. See Tobey Maguire battle the evil Green Goblin in this mighty epic. Also starring Kristen Dunst, Willem Dafoe." This very popular film will show in Chez La Ronde, beginning at 3:30 pm, letting out in time for perhaps a glass of wine and/or nice dinner in the Clubhouse.

Friday, February 28

## Massage Exchange

Considering the body orientation of Lupin members, it's not surprising that massage exchanges are a favorite. The exchange begins at 7:30 pm in the Massage Yurt near Nudome, and you don't want to be late, or you may not have a space.

Hosted by Bill Flynn, a graduate of the Lupin Massage Institute, the exchange is limited to experienced massagers, so it can truly be an exchange. Please bring your own massage oil, plus a couple of towels – one to sit on and to remove oil from your body before hot tubbing or dressing: the other for drying after a shower or hot tub.

## Lupin Massage Institute

The Lupin Massage Institute offers a series of weekend courses on various topics. Pre-registration is required, and the deadline is Wednesday before class starts. For more information & to register, call Deepa at 831-234-5791. Or email [deepahealth@yahoo.com](mailto:deepahealth@yahoo.com). Also see website <http://www.lupin.com/lmi.html>. Discounts are offered.

### CERTIFIED MASSAGE PRACTITIONER PROGRAM

This 125-hour certification program will cover Swedish Oil Massage, Anatomy, Medical Qi Gong protection for therapists, business practices and ethics. The instructors include a Registered Nurse and Master of Medical Qi Gong and a Chiropractor/Massage Therapist. The ease of teaching style and years of medical experience of the instructors make this class a dynamic learning environment.

**Wednesdays 7 pm to 10 pm and Saturdays and Sundays 9:30 am to 6:30 pm. February 1 to March 12.**  
**\$1400 course fee includes texts, linens & oil!**

### SWEDISH OIL MASSAGE – TAKING A DEEPER LOOK

Dr. Craig Eymann, D.C. will spend 75 hours with you covering the basics as well as advanced techniques of Swedish and Oil massage. The last part of the class is open to discuss areas that are of interest to the students. This class can count toward massage practitioner certification! **Saturdays and Sundays 9:30 am to 6:30 pm. February 1 through February 23.**  
**Course fee of \$825 includes linens, oils and text book!**

### ADVANCED MASSAGE: DEEP TISSUE & SPORTS MASSAGE

Dr. Craig Eymann, D.C. will give detailed instruction on advanced Techniques of massage and muscle relaxation to apply to your massage practice. **February 9, 15, 16, 22 & 23.**  
**Course Fee of \$425 Includes Linens and oil!**

### CHARITY BENEFIT MASSAGE-A-THON

March 1, 2, 5, 8, 9 and 12, 2003. Come get a 25 dollar massage from a graduating student and have the fees go to support a tax deductible charity organization. The charities will be selected by the students in February. Appointment scheduling will begin Feb. 15. **Call Deepa at 831-234-5791 for your appointment!**

### TAI CHI

The Core Teaching of this traditional form of Tai Chi will focus on tapping the primordial rhythm within one's essence and expressing this Chi (life force) energy through fundamental moves of Tai Chi. Mike Genzmer, Instructor, says, "I am a devotee of Chinese approach to Tai Chi philosophically, physically, and energetically as the training has guided me to develop the inner and outer structures to refine and cultivate to mastery the Self." **Course fee \$90. Tuesdays 7 pm to 8 pm. February 4 to March 25.**

### POSTURAL EVALUATION AND BODY READING

This class is designed to provide the necessary skills to sense structural deviation in the human body, both visually and kinesthetically. Students are exposed to basic muscle testing and ROM procedures that blend with the standing and table analysis. This class is highly recommended for yoga instructors & practitioners, personal fitness trainers as well as massage practitioners. **Mondays and Thursdays 7 pm to 10 pm. February 13 to April 10. Course fee \$400**

### TRANSFORMATION THROUGH THE BODY

Learn how bodies are shaped by experiencing armoring. Anki Slobe holds a Masters Degree in Psychology Somatics and Trauma. She will lead us on a personally transforming journey into the body, as well as professionally transforming by teaching us how to see the armoring patterns in others. **Introductory workshop Saturday March 29, 9:30 to 3:30. \$45.00 fee. Full 25-hour course five Thursdays: April 17, 24 and May 1, 8, and 15. (6:30 to 9:30 PM) and two Saturdays: April 26 and May 10. 10 am to 4 pm. \$250 fee.**

# PROFILES



## Paul Radpour, New Office Manager

As might be expected, the people who particularly enjoy working at Lupin, and who are especially valued by other staff and by members, are those with flexibility as a rather noticeable trait. Paul Radpour – born in

Berkeley to a German mother and Iranian father – is one of these. This does not mean he is a push-over or wishy-washy. It simply means he has confidence – partly based on years of doing work where his decisions have made a difference in how things turned out. (Paul was a Coast Guard helicopter mechanic for four years; then, after getting a degree in History from San Francisco State, he worked in the book-selling business for about 15 years.)

First visiting Lupin before the 1989 quake, Paul joined in 1991, because he needed relief from his high stress book-selling job. He began working at the restaurant counter in 1997, and has been able to combine being at Lupin with another stress-reliever – showing and watching videos in Chez La Ronde from his collection of hundreds of titles.

In appointing Paul as the new Office Manager recently, Clifford Pastor, Lupin General Manager, commented that Paul brings expertise to the Lupin Office, and he will be initiating changes. Clifford believes members and staff will be basically supportive of Paul in his new role and of the changes that are necessary or prudent in light of having Lupin run smoothly and efficiently. Paul knows what he's doing, is virtually fearless, likes people, and has a sense of humor – a great combo.

Mollie Moore-Sullivan  
Editor

# RANDOM NOTES



## Tranquil Season Hours

November 1 – April 30

**Office** – Sunday thru Thursday 9 am to 6 pm  
Friday & Saturday 9 am to 9 pm

**Entertainment** – Usually Saturday 9 pm  
plus other days & times. (See Entertainment)

**Eclectic Consciousness** – Usually Fridays

## FEBRUARY Restaurant Hours

	Monday-Friday	Saturday-Sunday
<b>Continent. Breakfast</b>	8 - 11 AM	8 - 11 AM
<b>Full Breakfast</b>		8 - 11 AM
<b>Lunch</b>	12 - 2 PM	12 - 2:30 PM
<b>Dinner</b>	6 - 8 PM	6 - 8 PM
<b>Snacks &amp; Beverages</b>	8 AM - 8 PM	8 AM - 8 PM*

\* On Saturdays & holidays & for Friday entertainment, snacks & beverages are available from 8 am until entertainment ends.

## Mushroom Hiking Trip

Mark Gillespie, CEO of Fungus Federation of Santa Cruz will be leading a foray on Lupin property on Sunday, February 16, at 2 pm. We will meet at front of the Restaurant patio and lawn. You are encouraged to bring from home any mushrooms you would like to have identified by Mark. He will also take us on a 2-hour walk through Lupin for a hike and identification of edible and non-edible fungus. Bring a paper bag and hiking boots.

## Volleyball Coordinator

Lupin is looking for a volunteer Volleyball Coordinator for the upcoming tournament season. For more information please call Lupin's General Manager Clifford at 408-309-3278 or E-mail him at: ctpseven@aol.com

# FEBRUARY 2003 CALENDAR

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**



LMI = Lupin Massage Institute  
 ECL = Eclectic Consciousness  
 TBA = To Be Announced

**1** Water Aerobics & Stretches 10 am  
**Lingerie Show**  
 with Lupin Models  
 9 pm

**2** Clubhouse Plays Listening Music All Day  
**Movie & Dinner!**  
**"Caddy Shack One"**  
 Chez La Ronde 3:30 pm

**3**

**4**  
**TAI CHI Teaching**  
 Tuesdays,  
 ends March 25  
 7 – 8 pm (LMI)

**5**  
**Certified Massage Practitioner (LMI)**  
 Wednesdays 7 pm,  
 Sat. and Sundays,  
 ends March 12

**6**

**7**  
**Relationship Discussion**  
 with Chris Flynn.  
 Chez La Ronde  
 8 pm (ECL)

**8** Water Aerobics/ Stretches 10 am  
**"Hearts and Masks"**  
 workshop – 2 pm  
**Dinner & Movie:**  
**"Ocean's 11"** 8:30 pm

**9** Camera Club Day Meeting 1 pm  
**Clubhouse Plays Music** All Day  
**Movie & Dinner!**  
**"Stripes"** 3:30 pm

**10**

**11**  
**TAI CHI Teaching**  
 7 – 8 pm (LMI)

**12**  
**Certified Massage Practitioner (LMI)**  
 Wednesdays 7 pm,  
 Sat. and Sundays

**13**  
**Postural Evaluation & Body Reading**  
 begins (LMI)  
 Mondays & Thurs.,  
 7 pm, ends Apr.10

**14**   
**Valentine's Day**  
 – no entertainment

**15** Water Aerobics  
**"After My Heart"**  
**Birthday/Anniversary Celebration Dinner and Dance** w/Broadway Joe & Anita, DJ 8:30 pm

**16**  
**Clubhouse Plays Listening Music** All Day  
**Movie & Dinner!**  
**"Dogma"** 3:30 pm

**17**  
**Postural Evaluation & Body Reading (LMI)** 7 pm

**18**  
**TAI CHI Teaching**  
 7 – 8 pm (LMI)

**19**  
**Certified Massage Practitioner (LMI)**  
 Wednesdays 7 pm,  
 Sat. and Sundays

**20**  
**Postural Evaluation & Body Reading (LMI)** 7 pm

**21**

**22** Water Aerobics/ Stretches 10 am  
**"Mardi Gras" Dance**  
 with Michael J, DJ  
 8:30 – 11:30 pm

**23**  
**Clubhouse Plays Listening Music** All Day  
**Movie & Dinner!**  
**"Spiderman"** 3:30 pm

**24**  
**Postural Evaluation & Body Reading (LMI)** 7 pm

**25**  
**TAI CHI Teaching**  
 7 – 8 pm (LMI)

**26**  
**Certified Massage Practitioner (LMI)**  
 Wednesdays 7 pm,  
 Sat. and Sundays

**27**  
**Postural Evaluation & Body Reading (LMI)** 7 pm

**28**  
**Massage Exchange (ECL)**  
 with Bill Flynn.  
 Massage Yurt by Nudome 7:30 pm

**1 March**  
**Water Aerobics/ Stretches** 10 am  
**Entertainment**  
 TBA

**2 March**  
**Clubhouse Plays Listening Music** All Day  
**Movie & Dinner!**