

california **naturist**

A MONTHLY NEWSLETTER OF LUPIN NATURIST CLUB

**FEBRUARY
2002**

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Lingerie Show

Sunday, February 3
**Exhibition –
The Photography
of Randy Downey
Game Day**

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with Broadway Joe**

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Sunday, February 17
"Live at Lupin"

Saturday, February 23



**NAUGHTIE
NIGHTIE
NIGHT Dance**

Sunday, February 24
**Michelle Mountain,
Harpist**

Spring Has Sprung at Lupin



A couple of days ago I left the clubhouse by way of the deck, headed toward the office. When I reached the top of the stairs, I glanced down at the bright green, fresh grass in a rather sheltered space on the right. Five deer – in what appeared to be an extended family of two does and three fawns – looked back at me nervously, but didn't run. Their tan coats stood out against the green background like an advertisement for a brand new season. I was enchanted, and I got the message. Spring is here.

Being fairly familiar with the area, I know this doesn't mean that old man Winter has left without a backward glance. The two seasons will undoubtedly do a dance where one leads, then the other takes a turn. But, we all know where this is headed – Spring will be the fairy princess, for a while. But, Queen Summer won't wait in the wings for long. And, for those of us who enjoy freedom from clothes, Summer rules!

It may be a bit early to pull out your sun umbrellas, but it's a fine time to walk the trails, have lunch on the deck, swim in a heated pool, sit in a hot tub and visit with friends – old and brand new – and breathe a lot of clean, fresh air. You can even run around yelling "Whoopee," if you don't scare the deer and little kids.

Mollie Moore-Sullivan
Editor



FEBRUARY

entertainment

Saturday, February 2

Lingerie Show

Here's your chance to get prepared for one of Lupin's really fun events – Naughty Nightie Night on Saturday, February 23. You can put together your best-ever outfit – and part of it could even be free!

Passion of Love Pleasure Parties of San Leandro will tickle your fancy with a display of delightful “unmentionables,” and your raffle ticket (given to each adult at the show) just may be one of those drawn for gift certificates for exotic frippery.

This will be an equal opportunity lingerie show, with women and men showing the boudoir fashions. And all of the models will be Lupin members! You'll have to come to the show, which goes from 9 to 10:30 pm, to find out who these body acceptance giants are – and to give them your heart-felt applause. It's a good idea to come early and have dinner. The food is great, and you may have difficulty finding a good place to sit later.

Sunday, February 3 • Gallery Opening

The Photography of Randy Downey

This exhibition is certain to draw attention for more reasons than one – the photographs are well done and interesting – and most were taken right here at Lupin. (Photographer **Randy Downey** is a member of Lupin and of the Lupin Camera Club.)

Randy endeavors in his photographs to blend the beauty of the human form with its surroundings – in nature, or rustic settings, or even in a room full of books. In some cases the views of nature have been altered by digitally enhancing colors to create unique, eye-catching pieces of art. Framed prints will be available for purchase through the office.

The opening today is from 3 to 5 pm in the Clubhouse Gallery, with background music by Buck and refreshments. The show will be in place through Friday, February 22.

Game Day with Music for Listening by Buck

For a pleasant, casual, and social Sunday afternoon in the cooler months, it's hard to beat Game Day. From 3 to 5 pm you can drop in at the clubhouse for table games and Buck's music for listening – and today there is the bonus of the art exhibit opening.

You can enjoy the art show and play Scrabble with members/friends at your skill level – including “zero, but learning” – at tables arranged

for beginning, intermediate and advanced players. You may also try some of the many games in the lounge, play recreational poker or other card games, or relax and visit. (Regarding cards, it's suggested you bring your own. If you use cards from the lounge, you may find yourself not playing with a full deck.)

And, while you're there – why not stay for dinner? As most of you know, the food is hard to beat.

Saturday, February 9

Creating Valentines with Irene

Do you remember cutting out red construction paper hearts, pasting them on white paper doilies, and giving them to family, friends, and perhaps that special boy or girl? Well, today “kids” of all ages can get together in the Clubhouse, starting at 2 pm, to create fanciful Valentine cards from materials collected by **Irene**. You can bring your own things, too.

Heart and Soul Dance with Broadway Joe & Anita

This is an evening for everyone – couples, singles, young people, “mature” people – to open their hearts and dance, dance, dance to the music of **DJs Broadway Joe & Anita**, and to the good vibes of a roomful of Lupinites and friends. There'll be lots of heart and soul from 9 pm to midnight.

Sunday, February 10

Bonnie Leys - a concert

Here's another event to look forward to – coloratura soprano and pianist **Bonnie Leys** (a graduate of Juilliard School of Music in New York), will entertain us from 3 to 5 pm today in the Clubhouse. Bonnie's cheerful face is seen behind the counter there from time to time, but not everyone knows of her other sparkling talents.

Tuesday, February 12

Jammers – Slow Jam

And here we have entertainers entertaining each other. This “Slow Jam” is for musicians who are beginners or do not play professionally and want to play with a group to improve their skills. The music is bluegrass, country, gospel, popular and sometimes original compositions, and all skill levels are welcome, including advanced musicians.

The musicians meet on the **second and fourth Tuesdays** of each month. Some get together in the restaurant at 6 pm and have dinner. Others go directly to Nudome, where the music begins at 7:30pm.





FEBRUARY

events



Friday, February 15

Monthly Birthday/Anniversary Celebration – Featuring the Lara Price Band

We're coming full circle – the Friday night dances, which we called "Band Bashes" (referring to the "louder" music) originated with a member's birthday party. The people there had lots of fun, so Lupin scheduled occasional band bashes that were well received. So now the name is being changed (see above), and the evenings will return to the original theme – celebrations of Lupin members' birthdays and anniversaries.

Each month there will be a **Friday night Birthday/Anniversary Celebration Dance** for those who have birthdays and anniversaries during the month, plus their friends, plus other Lupin members and guests who want to be there for the music. The party is from 9 pm to 12 am, but we suggest you start off with a tasty Clubhouse Restaurant dinner, served between 6 and 8 pm. (Also, there are no grounds fees for members' guests who are coming to dinner.)

Saturday, February 16

Sax & Soul – concert/dance

We welcome back the fine musical duo of **Joe Pieri and James Tyler**, known as Sax N' Soul. With Joe on sax and JT on keyboards and vocals, they play and sing an energetic blend of pop, jazz, soul and blues, and they'll produce these smooth sounds for listening and dancing from 9 to 11 pm.

Sunday, February 17

"Live at Lupin"

Today we again have "Live at Lupin" – the informal show for acts wanting to perform at Lupin for pay. Beginning at 3 pm, there will be two acts, and from them the audience gets to help select future Saturday night shows for the club, by secret ballot.

A section of the Lupin Naturist Club Web pages www.lupin.com/entain.html will be posted with the "Live at Lupin" performers scheduled. Also, watch the white board signs near the restaurant door.



Saturday, February 23

Naughty Nightie Night Dance with Michael J

It's time for the **24th Annual Naughty Nightie Night** – a clothed dance, if you stretch the meaning a bit. (The favorite clothier appears to be Frederick's of Hollywood.) This bawdy house bou-

tique binge doesn't seem to have negative side effects. Everyone is a sex object – it's not a one-sided deal – and everyone "behaves" and does not make a nuisance of himself or herself. It's understood much better at Lupin than most places that clothes are costumes, not invitations.

Costume Dance

Naughty Nightie Night begins at 9 pm and goes 'til 12 midnight. DeeJay Michael J will be into S&M (sound and music) on this exotic evening, and is certain to give us the music we want and need.

Costumes are requested. The general theme is "bedroom attire," and simple nudity doesn't count, even if you do sleep that way! Look like you've always wished you had the nerve to look – sleazy or sophisticated or sensual or zany: your imagination is your only limit.

Dance Tickets

Gold Members get in free (but need to present their cards or dance tickets); all others need dance tickets, which are available now in the Office for \$10, plus applicable grounds fees. The Office closes at 9 pm on Naughty Nightie Night.

Sunday, February 24

Michele Mountain, harpist

Lupinites don't tend to be burdened by stress and worry, yet **Michele Mountain** and her harp music still can noticeably lighten their expressions and the atmosphere in the room. Check it out at this, her second, concert here. She brings the joy and precision of her warm Celtic and Irish folk music, plus she has a great rapport with her audience – especially the little ones.

A professional harpist and teacher for over a decade, Michele has played extensively throughout the Philadelphia region and was a featured performer at Caesar's Palace in Atlantic City. Today, from 3 - 5 PM, she plays in the Clubhouse Restaurant. Her 14-song CD, **Harpapun**, will be available for sale.

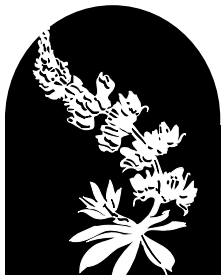


Tuesday, February 26

Jammers – Slow Jam

(See February 12)

MASSAGE



Lupin Massage Institute

The Lupin Massage Institute offers a series of weekend courses on various topics. These short courses are designed to provide a relaxing

environment, away from the stresses of daily life, where one can learn new health – or life – improving skills and spend some quiet time. Classes vary in the level and complexity of material. Lupin's grounds provide many places and ways to reflect upon and utilize the new skills and ideas presented in the courses. Pre-registration is required, and the deadline is Wednesday before class starts. This allows instructors time to prepare materials based on the number of attendees. For more information and to register, e-mail deepahealth@yahoo.com. Also see website <http://www.lupin.com/lmi.html>. Or call Deepa at 831-234-5791. Gift certificates are available.

11- Week Certified Massage Practitioner (CMP) Program

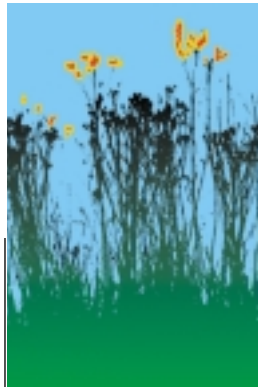
Covering **Swedish, Deep Tissue, Shiatsu and Thai** massage styles, plus **Medical Gi Gong** protection for therapists, this 125-hour program course will be team taught by three experienced healing arts professionals - a nurse, a chiropractor and a massage therapist. It meets Wednesday and Friday evenings and Sundays, all day. (There also is a less intensive "modular" approach, if students prefer to meet the educational requirements in a more relaxed time frame.)

Call Deepa to discuss your needs and goals (831) 234-5791. (\$1400 fee includes linens, lubricants, required texts and Lupin grounds fees on class days.)

Couples' Massage Weekend

Sat. & Sun., Feb. 2 & 3, 10 AM - 5 PM

A nurse and a chiropractor join forces to teach about healing touch and how to massage your friends and partner. You do not need to be in a relationship to attend – sign up with a friend. (\$200 per couple.)



Helpful Herbs for the Winter Blues

Sat., Feb. 9, 10 AM - 6 PM
(with 2 hr lunch break)

Local herbalist **Darren Huckle** will share his knowledge with us about useful herbs and foods to help strengthen and heal the body during this cold, wet winter season. Topics include teas, tinctures, prepared herbal products and an herb identification walk on Lupin grounds. (\$60)

Thai and Shiatsu Massage

Wed. & Fri. evenings,
7:30 - 10 PM & Sun., 9 to 6,
March 20 - April 14

Come explore the **Ancient Oriental Healing Massage Styles** from someone who uses them in his practice. These particular two styles combine well to produce a relaxing, healing effect on the body, mind and spirit. \$400 for a 40-hour course.

Lymphatic Massage One and Two

May 3-5 & 17-19

Lymphatic Massage One includes Abdominal Organ Massage Techniques. This series is taught by **Raith Caird of Harbin Hot Springs**. (She has also taught it in Iowa!) \$380 for the series.

Relaxing Yoga for All Levels!

Thursdays, 7:30 to 9 PM

Come join **Cora of Phoenix Rising Yoga Therapy** for a drop-in relaxation treat. The first Thursday of even months, she runs the class as a group yoga therapy session. The first class is free, then it is \$12 per class or a 10-class pass for \$100.

**Gift Certificates from
Lupin Massage Institute**

**Call Deepa at
831-234-5791**

ECLECTIC

consciousness

These programs are held on Fridays in Chez La Ronde at 8 PM (Tranquil Season), unless otherwise noted. The topics and speakers are chosen because they appear interesting: selection does not imply endorsement by Lupin. Activities are open to members and non-members: non-members coming to Lupin specifically for this pay \$6 at the office (plus a \$12 grounds fee if use of the facilities, such as spas or swimming pools, is desired). First time visitors will be sent an invitation to return to Lupin for a day visit.

Lupin's Eclectic Consciousness is coordinated by Chris Flynn, a facilitator of spiritual growth groups. She may be reached at (831) 338-7007.

Friday, February 1 Relationship Discussion

All singles and couples are invited for a lively eye-opening and hearty-opening discussion, led by Chris Flynn.



Friday, February 8 Sound Healing with Amrita

Sound and music have a way of entering in the deepest parts of us to break up blockages and bring the body, mind and spirit into harmony. Join Amrita for this Circle of Sound, for healing, well-being, tension release and fun. No

musical ability is necessary, only a genuine curiosity and willingness to experience the effects of healing sound.

Amrita is a sound healer, recording artist, and

researcher who was able to heal herself of breast cancer through the use of sound, breath, and emotional release. For more information about sound healing, call Amrita at 831-588-7498 or email: music@encompass.net. You may also visit her website at www.healingmusic.org to learn more about her fascinating work with sound healing, and to listen to music from her new CD, Entering Devachan.

Friday, February 15 No Eclectic Consciousness

See Entertainment

Friday, February 22 Massage Exchange

Considering the body orientation of Lupin members, it's not surprising that massage exchanges are a favorite – and leader Bill Flynn makes them even more so. Don't be late or you may not have a space.

The exchange begins at 7:30 PM in Nudome, and it is an exchange, so it is limited to people who know how to massage. It's best to bring a table, plus your own oil and two towels (one to sit on and remove excess oil before hot tubbing, and the other to dry with).

California Naturist • FEBRUARY 2002

A Monthly Newsletter of Lupin Naturist Club

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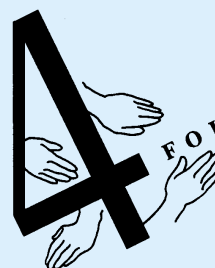
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at our Lupin cabin or your home



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
(See Events & Entertainment section.)

Eclectic Consciousness – Friday 8:00 pm
(Massage Exchange 7:30)

Movies – Sunday 8:00 pm

FEBRUARY Restaurant Hours

	Mon-Fri	Sat-Sun
Breakfast	8 - 9:30 AM	8 - 11 AM
Lunch	12 - 2 PM	12 - 2 PM
Dinner	6 - 8 PM	6 - 8 PM
Snacks	8 AM - 8 PM	8 AM - ?* (Sat.) 8 AM - 8 PM (Sun.)

* Saturdays & holidays, snacks & beverages are available from 8 AM until entertainment ends.



Any member who wants to perform in the "WEARIN' OF THE GREEN" St. Patrick's Day show on March 16 should contact Buck or Marjorie at (408) 353-4277 as soon as possible.

Nancy Junkins' Memorial Massage Yurt

In memory of Nancy Junkins – Lupin member and massage enthusiast who died of breast cancer several years ago – and of her enthusiasm for the sharing of massages, her brothers and a close friend donated a massage yurt to Lupin. Located in the circle next to Nudome, the yurt is to be used mainly by members to give and exchange massages. A few professionals who are registered at Lupin and do not have a space in which to do massage may also use it. **Everyone has to pick up a key at the office and return it when through.**

It is possible to reserve space ahead. There are two massage tables with a divider curtain between them, and one table may be reserved for a single client, or the whole space for group massage. A CD player, water dispenser and cups, and heaters are provided. Massagers must bring their oil and sheets for the table or tables used.

FEBRUARY

films

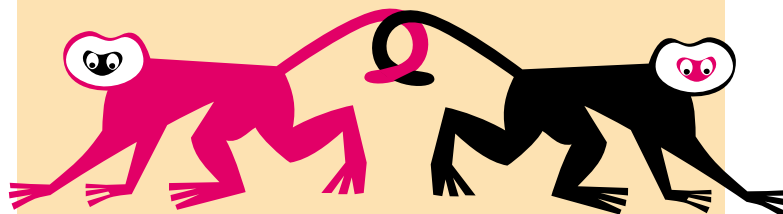
Recently released films are shown in Nudome on Sundays, beginning at 8 pm.

Sunday, February 2 DIVIDED WE FALL

"A fugitive from a concentration camp, a wife who shelters him but needs to get pregnant and a Nazi sympathizer all figure in this satisfying dramedy from the Czech Republic. Scoundrel, ordinary sinner and hero all rub shoulders – and sometimes overlap – in this Academy Award nominee for best foreign film." **PG-13** 2nd highest rating by S.F. Chronicle.

Sunday, February 10 THE SCORE

"Three generations of acting greats score a hat trick in this top-notch thriller. Robert De Niro plays a retiring thief lured by crime czar Marlon Brando into doing one last job with Young Turk Edward Norton. It's a crackerjack caper featuring superb performances, taut action and twists galore." **R** 2nd highest rating by S.F. Chronicle.



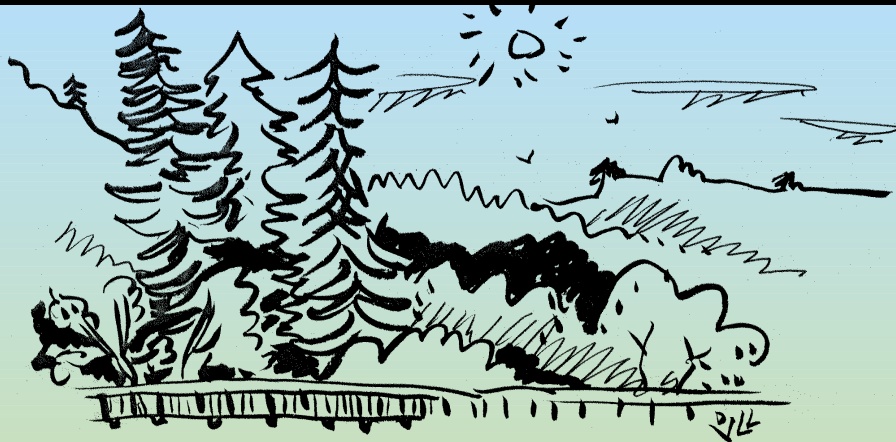
Sunday, February 17 PLANET OF THE APES

"Tim Burton's remake of the 1968 sci-fi classic is an exciting adventure that's more than just a second banana. As an astronaut trapped in a world where mad apes rule, Mark Wahlberg finds relief with a sexy chimp (Helena Bonham Carter)." **PG-13** Highest rating by S.F. Chronicle.

Sunday, February 24 JUDY BERLIN

"This is a truly original and beautifully filmed wistful comedy about a day in the life of various people in a Long Island suburb. The picture is highlighted by the comic precision of Edie Falco (in a real departure from her role on RV's 'The Sopranos') and by the luminosity of the late Madeline Kahn in her last movie role." 2nd highest rating by S.F. Chronicle.

FEBRUARY 2002



MARCH

FR 1 Relationship Discussion (ECL) 8 pm

SA 2 Couples' Massage Weekend begins (LMI)*
Lingerie Show 9 pm

SU 3 Art Exhibit Reception – Randy Downey's Photography 3 - 5 pm
Game Day with Music for Listening by Buck 3 - 5 pm

 Super Bowl Game in Nudome
Movie: Divided We Fall 8 pm

TH 7 Relaxing Yoga for All Levels (LMI)*
Every Thur, 7:30 - 9 pm

FR 8 Sound Healing with Amrita (ECL) 8 pm

SA 9 Helpful Herbs for Winter Blues (LMI)* 10 am - 6 pm
Making Valentines with Irene 2 pm
Heart and Soul Dance with Broadway Joe & Anita, DJ 9 pm - 12 am

SU 10 Bonnie Leys, concert 3 - 5 pm
Movie: The Score 8 pm

TU 12 Jammers 7:30 pm

TH 14 *Valentine's Day*

FR 15 Lupin's Monthly Birthday/ Anniversary Celebration Dance with the Lara Price Band 9 pm - 12 midnight (No ECL)

SA 16 Sax & Soul, concert/dance 9 - 11 pm

SU 17 Live at Lupin 3 - 5 pm
Movie: Planet of the Apes 8 pm

FR 22 Massage Exchange (ECL) 7:30 pm



NAUGHTY NIGHTIE NIGHT

Dance with Michael J, DJ 9 pm - 12 am

SU 24 Michele Mountain, harpist 3 - 5 pm
Movie: Judy Berlin 8 pm

TU 26 Jammers 7:30 pm

(ECL) = Eclectic Consciousness
TBA = To Be Announced
(LMI)* = Lupin Massage Institute (fee)

FR 1 Relationship Discussion

SA 2 Havana Jazz Group

SU 3 Art Exhibition Opening – Elaine Frenett & Others
Movie: An American Rhapsody


FR 8 Sound Healing with Amrita

SA 9 Winter Wiggle – Dance with Michael J, DJ

SU 10 Movie: Bounce

TU 12 Jammers

FR 15 Lupin's Monthly Birthday/Anniversary Celebration Dance

SA 16 "Wearin' o' the Green" St. Patrick's Day Celebration Dinner Show & Concert 

SU 17 Shannon Carlson – Concert
Movie: Moulin Rouge

WE 20 Thai & Shiatsu Massage Course begins (LMI)*

FR 22 (ECL) TBA

SA 23 Mardi Gras Dance with Broadway Joe & Anita

SU 24 Movie: Spy Game

TU 26 Jammers

FR 29 Massage Exchange (ECL)

SA 30 Easter Egg Coloring
The Burger Band

SU 31 *Easter Sunday*
Brunch
Easter Egg Hunt

Movie: The Princess Diaries