

californianaturist

JUNE 2002 • A MONTHLY NEWSLETTER OF LUPIN NATURIST CLUB

How To Become An Adventurer in One Easy Step

You have probably sometimes caught yourself saying, perhaps inwardly – “I can’t do that. I’m _____ (too busy; too old; too young; too fat; too thin; out-of-shape; tired; shy; afraid of looking silly; afraid of getting hurt; just plain afraid; single; married; the wrong sex, color or culture; not trained; too broke; too established; too needed where I am . . .)”

Now, most of the possible actions we’re rejecting must be ones we have some interest in, or we’d just say, “I don’t want to.” Or, “There’s something I’d rather be doing.” I’d say that about a lot of things – wrestling alligators, exercising and cleaning house – to mention a few.

But, what about the things that sound exciting and appealing, even though scary? More often than not, I’ve managed to put on the brakes before I even start moving. Go to Europe and see the marvelous structures and art works I studied? “‘Fraid not. Have to earn some money and get a career going. But I’ll get around to it soon.” That was about 40 years ago, and the closest I’ve been to Europe is this edge of the Atlantic.

Most often I only share adventure by association. My friends go to exciting places and do daring things – hang gliding, scuba diving, taking mambo lessons, hiking the Napali Coast, climbing around Machu Pichu, riding in horse shows, bicycling to Southern California, hitch-hiking around the Southwest and Mexico, designing and selling clothing and jewelry, sailing the seas in a sailboat, visiting Paris alone, acting on stage, writing and publishing a novel, reading their poetry in public, raising children.

So, I’m not at all on the cutting edge of life, but surprisingly I often get credit for being there – simply because I’m a naturist. All I have to do is live/work at Lupin, and many people (most of whom don’t really know me or the club) surmise that I’m a daring adventuress who has burst the bonds of servitude to a dress code. I like this! I can hang out and be comfortable and still get credit for being on the front lines.

My message here is that you, too, can and probably already do share the adventurous aura even as you loll around and get an all-over tan. Remember a year or so ago, when the Associated Press made such a big deal about “nudist computer nerds”? They just couldn’t get it. But, doesn’t it make sense that people who spend a lot of time with computers would (a) want to be outdoors, (b) want to be around live – and lively – people (vs. machines), and (c) want to get real? Almost anyone in our high tech, dress-for-success society would find social nudity helpful, because it’s so grounding and leveling. Being nude with other unclothed people in a pleasant, non-sexual setting cuts through a lot of – how do you say? BS?

As Lupin members, our membership cards are all the proof we need that we are indeed adventurers! Just grab your towel, lotion and bottled water, and you’re ready for the safari.

Mollie Moore-Sullivan, Editor

This article, from the front page of the February 1999 California Naturist, won the American Association for Nude Recreation’s “Best Original Article in a Club Newsletter Award” for that year. We are reprinting it because we like it.

Saturday, June 1 **Bluesomatic**

Blue Moods run out the back door when former Lupin member Charlie Metcalf (keyboard/organ) and the other Bluesomatic blues-blasters (usually drummer, guitarist, bassist and vocalist) are on the scene. They've got the ammunition – blues ala B.B. King and the late Freddy and Albert King, plus more.

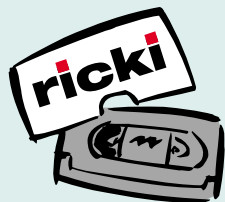
Whether you like to listen or dance or both, you're bound to have a ball with Bluesomatic. The music goes from 9 to 12 pm. Be there or lose your share - of fun.

Sunday, June 2 • To Be Announced

Be sure to check the signs by the Office and Clubhouse so you won't miss any of the great entertainment. Lot's of hot stuff!

Saturday, June 8, Afternoon **South American Indian String Art Designs with Kids**

All kids are invited to meet Camille on the Clubhouse Lawn at 2 pm to make South American style string art designs, as created by the Huichol Indians. Supplies will be provided.



Evening – **Ricki Lake "Nude Recreation" TV Show**

This spring, Jay, his son and daughter flew to New York City to take part in a Ricki Lake television show on the subject of social nudity. Glyn went along, too. Tonight at 8 pm in the Clubhouse Lounge a tape of the show will be shown for those who missed it. So come have "dinner and a show," then stick around for dancing to live music. We're taking a page from Manhattan's book.



Evening – **Sax N' Soul**

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 keyboard and vocals, they play and sing an energetic blend of pop, jazz, soul and blues. They'll produce these smooth sounds for listening and dancing from 9 to 11 pm.

Sunday, June 9, Afternoon **Camera Club Day/Meeting**

The Lupin Camera Club provides photography services to Lupin and its members. To that end, the second Sunday of each month 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). Anyone interested in learning more or in joining the Camera Club is invited to the meeting held each Camera Day from 1 pm to about 2:30 pm in Chez La Ronde.



Celebrating Lupin's 66 Years with a Birthday Party & Cake

It's time again to celebrate the birthday of one loved by all of us – and that's Lupin! This is the 66th anniversary of the birth of the club, one of a handful of family-oriented nude recreation clubs in the US to survive this long. The celebration will take place on the Clubhouse Lawn and Patio, with the cutting of the Birthday Cake at 2:30 pm, and a concert from 3 to 5 pm.

Afternoon – **Radio Rail Concert**

The trio Radio Rail, formed in 1995, performs at festivals throughout California, including the Great Gold Rush Festival in Old Town Sacramento and the California State Railroad Museum Railfest. The group originated and performed in the Songs for the

Transcontinental Railroad Concerts, along with Utah Phillips, The Black Irish Band, Charlie Chinn and others.

Combining original songs, old favorites and beautiful vocals, Radio Rail's spirited music is sure to captivate us, from 3 to 5 pm, on the lawn.



Saturday & Sunday, June 15 & 16 **Volleyball Tournament**

This is a great time of the month for volleyball players – it's tournament time! Beginning at 11 am, there'll be Women's/Men's play on Saturday, and Reverse Coed (Men's/Women's) on Sunday. Players without teams must arrive by 10:30 am for evaluation and assignment.

The tournaments are free for Lupin members. Non-member players and accompanying fans in the same vehicle are entitled to a 50% discount off the Lupin admissions and camping rates they would normally pay, and they are not charged further for tournament participation.

Evening – **Seasonal Sensations Dance**

Broadway Joe and Anita, our long-distance traveling DJs from Southern California, will perform their usual magic and multiply that energy in the room about ten times. Whoeee! The dance goes on from 9 pm to midnight. Wear or don't wear what you wish, but please make sure that either a garment or towel covers your chair.

Karie Hillery, concert

Always focused on music, Karie Hillery got an early good start, playing Mary Magdalene in Jesus Christ Superstar at the tender age of 14. Over the last 15 or so years she has created well-crafted original music that strikes a powerful and personal chord,

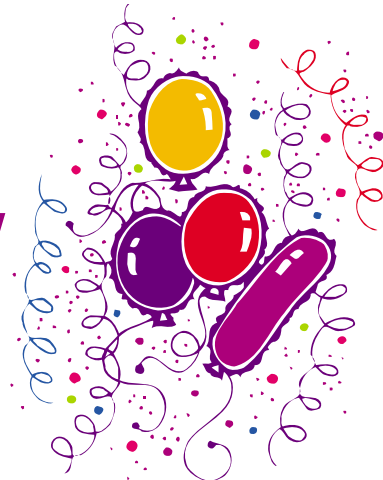
and has become a polished performer. Plus, her rich voice and heartfelt delivery leave you with "something opened in your heart."

Karie will be here today on the Clubhouse Lawn from 3 to 5 pm. You'll want to be there, too, because "something magic always happens at Karie's shows."

Friday, June 21

Lupin's Monthly Birthday/Anniversary Band Dance with ESP

Tonight's the night of the Summer Solstice and of Lupin's big monthly party, honoring those with anniversaries and/or birthdays in June, and providing a grand evening of band music and dancing for all who attend. The four person Monterey Bay Area band ESP (Electric Swim Park) plays and sings a danceable mix of current hits and party favorites, plus original rock tunes. Lupinites have liked it, and you can count on a fun time, from 9 to 12 midnight.



Saturday & Sunday, June 22 & 23 **Gay Pride Weekend and Lupin's Tribute to It**

There are some deliciously fun activities happening at Lupin this weekend, as a tribute to Gay Pride. It's a good time to bring friends (whatever their sexual orientation may be) to have fun in the sun. Admission for non-members is only \$12.50 per person per day. And, of course, first time guests of Gold members are free!



Saturday Afternoon – **Winetasting**

Today, from 3 to 5 pm, there is a free Winetasting of Bare-foot Wines on the Clubhouse patio. Many Lupinites can vouch for these wines, for they make up a good portion of the house wines sold in the Restaurant.

Plus, of course, there can be many other kinds of “activities” all day - swimming, hiking, playing tennis or volleyball, hot tubbing, sunbathing, dining, visiting with friends old and new, relaxing, reading a book/magazine from the library in the Clubhouse Lounge or perusing newspapers in the Dining Room, and more. It’s almost impossible to stagnate at Lupin, even if you’re lying in the sun.



Evening – **Dance with DJ Danny**

Then, from 9 pm to 12 midnight, we’ll have a Dance with DJ Danny G in the Clubhouse. You may wear or not wear what you wish, but – if nude - be sure to bring a towel/sarong to sit on. DJ Danny G has been one of the Bay Area’s premier DJ’s for over 15 years. This is Lupin’s first chance to have Danny G as DJ, and the Clubhouse floor is sure to be crowded with happy dancers.

Sunday, June 23

Tribute to Gay Pride continues

The fun weekend continues. Beginning at 3 pm, under the giant oak across the lawn from the Clubhouse, the fabulous

Aquanettas - a singing “beauty shop quartet” comedy group - will have you laughing so hard it’ll curl your hair.

The other time that the Aquanettas performed at Lupin, the audience was laughing so hard that some of the clever lines got drowned out. Maybe we’ll catch more of it this time, but who cares, if we can laugh ourselves silly!

Tea Dance/Concert Under the Oak

Following the Aquanettas, there is a Tea Dance/Concert under the oak until about 5 pm. Beverages and snacks, of course, are available from the Clubhouse Restaurant.

Saturday, June 29

Tropical Treasures Dance



If you’ve been feeling a yearning for a little exotic adventuring, this may fill the bill. Tonight we’ll dance in a tropical paradise, from 9 pm to 12 midnight, to the lively music of Michael J, DJ. You may, of course, be as nude as a newborn, but you may also want to drape yourself with a colorful sarong, just for the fun of it. The “treasures” at this dance

are the ones dancing, playing music, serving refreshments and cleaning up afterwards. These are often those who created and daily recreate this Lupin paradise.

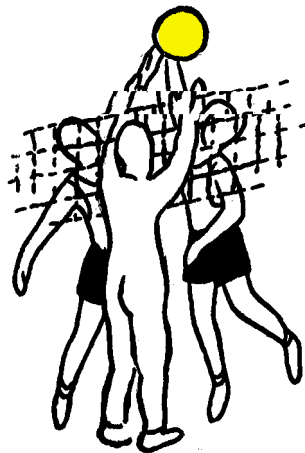
Sunday, June 30 • Entertainment TBA

Be sure to check the signs by the Office and Clubhouse so you won’t miss any of the FABULOUS entertainment. Lot’s of hot stuff! All activities will also be posted on the web – lupin.com and in the Lupin office.)

JULY CALENDAR

ECLECTIC *consciousness*

- TH 4 Independence Day (holiday)
Astrojump / Twist n' Shout Balloons /
Games for Kids / Concert
- FR 5 America the Beautiful Dance w/ StarTracks
- SA 6 The Lupin Songwriters' Festival begins
- SU 7 Claridge Family Fiddlers
Certified Massage Practitioner Intensive
begins (LMI) fee
- NATIONAL NUDE WEEKEND
OPEN HOUSE – July 12 - 14
- FR 12 Introduction to Togoodoo
begins (LMI) fee
- SA 13 Aftermath (band dance)
- SU 14 Camera Club/Camera Day
- FR 19 Massage Exchange (ECL)
- SA 20 Volleyball Tournament
Entertainment (TBA)
- SU 21 Volleyball Tournament
Entertainment (TBA)
- July 25 - 28 The Naturist Society Gathering at Lupin
- FR 26 Spiritual Unfoldment Network (ECL)
- SA 27 Naturist Boogie w/ Broadway Joe & Anita



The programs are held on some Fridays in Chez La Ronde at 8:30 PM, 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 \$5 at the office (plus \$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, June 7

Preparing for the White Buffalo Ceremony

Crowman, Charles Hawkins, will join us this evening and guide us in preparing for the Ceremony of the White Buffalo. This is an uplifting experience that you will not want to miss.

Friday, June 28

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 the Massage Yurt, and it is an exchange, so it is limited to people who know how to massage. Bring your own oil and two towels (one to sit on and the other to dry with.)



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. For more information & to register, call Deepa at 831-234-5791. Or email deepahealth@yahoo.com. Also see website <http://www.lupin.com/lmi.html>.

The current Lupin Massage Institute schedule:

On-going Thursday Eves: 7:30 - 9 pm

Relaxing Yoga for All Levels

Come join Cora of Phoenix Rising Yoga Therapy for a drop-in yoga relaxation treat. The first Thursday of every month she runs the class as a group Phoenix Rising Yoga Therapy session. Affirming you as your own best healer, PRYT uses assisted yoga postures and dialogue to tap into your body's wellspring of wisdom. The first class is free, then it is \$12 per class or a 10-class pass for \$100!

Sunday, June 9

Advanced Massage Techniques Day

Dr. Craig Eymann, D.C. spends the day sharing some of his Deep Tissue secrets and other advanced massage treats and techniques your clients will love! Come prepared to have your long-standing questions answered. \$80.00 course fee includes Lupin grounds fees. 9:30 am - 7 pm with a 1.5 hour lunch break.

Tuesday, June 25

Tibetan Massage and Menopause

Tibetan Healer (Menba) Yangdron Kalzang gives a presentation on Tibetan Massage and how it can ease the uncomfortable symptoms of menopause. Suggested donation is \$10. Refreshments will be provided. Call to reserve your spot because this event will fill up fast! 7 - 9:30 pm

Friday, June 28 – Sunday, June 30

Introduction to Medical Qi Gong

Deepa Gleason, RN and Master of Medical Qi Gong, will spend the weekend sharing key concepts of Traditional Chinese Medicine and the ancient healing exercises called Dao Yin Qi Gong. Deepa's enthusiasm for the subject is contagious. Fee includes Lupin grounds and overnight fees. \$150 course fee. Friday, 8 - 10 pm; Saturday and Sunday, 10 am - 7 pm with 1.5 hour lunch break.

Sunday, July 7 through Tuesday, July 23

Certified Massage Practitioner Intensive

The course features Swedish and Oriental Style massage as well as Medical Qi Gong energetic protection for therapists. Text books and supplies are included in the \$1,400 course fee. Residential options are available.

Friday, July 12 & Saturday, Aug. 3

Introduction to Togodoo

Togodoo represents the endless circle of relationships, cycles, rhythms and rhymes among the Ewe people of West Africa. This workshop includes making beautiful mandalas of flowers and other natural objects. For more information on Togodoo see www.togodoo.com



Prime Season Hours

May 1 – October 31

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 – Friday 8:30 pm (Massage Exchange 7:30)

JUNE Restaurant Hours

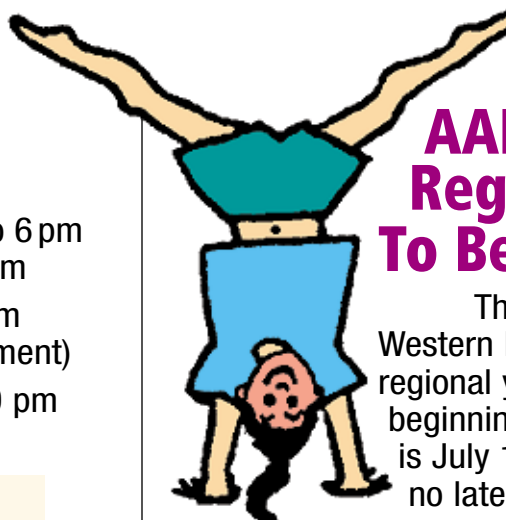
	Mon-Fri	Sat-Sun
Breakfast	8 - 11 AM	8 - 11 AM
Lunch	12 - 2 PM	12 - 2:30 PM
Dinner	6 - 8 PM	6 - 8 PM
Snacks	8 AM - 8 PM	8 AM - ?* (Sat.) 8 AM - 8 PM (Sun.)

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

Camera Club Day

The Lupin Camera Club provides photography services to Lupin and its members. To that end, the second Sunday (usually) of each month is Camera Club Day at Lupin, and club photographers will be present to take pictures at the request or with the consent of each subject (plus parental consent for children).

Anyone interested in learning more or in joining the Camera Club is invited to the meeting held at 1 pm on each Camera Day in Oak Circle, adjacent to the Clubhouse Lawn. This month Camera Club Day is Sunday, June 9.






AANR West's First Regional Youth Camp To Be Held in August

The Association for Nude Recreation – Western Region (AANR West) is holding its first regional youth camp at DeAnza Springs Resort, beginning August 3. The registration deadline is July 1, but exceptions can be made until no later than July 15.

The camp opens August 3 for the Leadership Academy (students aged 15 -18, and those who will be entering high school this coming school year). Tuition is \$225. The junior program begins August 4 for campers 11-14 years old, or in middle school. Tuition is \$200. Both programs conclude on Friday morning, August 9.

“Offering structured, supervised youth activities in a wholesome, safe, nudist environment, the camp will present both educational and challenging nudist experiences. Whether novice, semi-reluctant, or enthusiastic, the youth campers will almost certainly gain renewed self-esteem and appreciation and enthusiasm for the nudist lifestyle.”

For more information contact Patty Faber (Junior Chair, AANR West) at her work (623-465-5959) or via e-mail at Patty@Shangrilaranch.com. The camp, although in the AANR's Western Region, is open to nude youth from throughout AANR. Donations of funds to be used as scholarship money for deserving youth who cannot afford the cost of tuition will be acknowledged during the awards ceremony for campers on August 8. It is hoped the camp will be one of many fine learning experiences for young naturists.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
JUNE 2002 CALENDAR					1  Bluesomatic (band) dance 9 pm - 12 midnight	2 Entertainment TBA
3	4	5	6 Drop-in Relaxing Yoga for All Levels LMI [fee] 7:30 pm	7 Preparing for White Buffalo Ceremony with Crow Man ECL 8:30 pm	8 S. American Indian String Art Designs with Kids 2 pm Showing of Ricki Lake's "Nude Rec" TV Show 8pm Sax N' Soul, dance 9pm	9 Adv. Massage Tech. Day LMI [fee] Camera Club/Day Celebrating Lupin's 66 Years Party/Cake 2:30p Radio Rail, concert 3 pm
10	11	12	13 Drop-in Relaxing Yoga for All Levels LMI [fee] 7:30 pm	14 No Program Tonight	15 Volleyball Tournament 11am Seasonal Sensations Dance – Broadway Joe & Anita, DJ 9 pm - 12	16 Volleyball Tournament 11am Karie Hillary, concert 3 – 5 pm
17	18	19	20 Drop-in Relaxing Yoga for All Levels LMI [fee] 7:30 pm	21 Lupin's Monthly Birthday/ Anniversary Band Dance – ESP 9 pm - midnight	22 LUPIN'S GAY PRIDE WEEKEND Winetasting – Barefoot Wines 3 pm Dance for the Pride 9 pm - midnight	23 LUPIN'S GAY PRIDE WEEKEND Aquanettas & Tea Dance/Concert Under The Oak 3 - 5 pm
24	25  Tibetan Massage and Menopause LMI [fee]	26	27 Drop-in Relaxing Yoga for All Levels LMI [fee] 7:30 pm	28 Introduction to Medical Qi Gong begins LMI [fee] Massage Exchange ECL 7:30 pm	29  Tropical Treasures Dance – Michael J, DJ 9 pm – midnight	30 Entertainment TBA

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