

# california **naturist**

**JULY 2002 • A MONTHLY NEWSLETTER OF LUPIN NATURIST CLUB**

## **July at Lupin – Lots of Fun in the “Height of Summer”**

Perhaps the festive 4th makes July seem to be the height of summer, or it could be July's position in the middle of what is loosely the summer break from schools. In any case, when we hit this time of year, activities like swimming/playing in a pool, running through a lawn sprinkler, and dashing into chilly surf at the beach move way up on the list of pleasant things to do. In fact these can be so much fun on hot days that many people – especially the younger set – would rather be out in the hot sun than in front of the air conditioner.

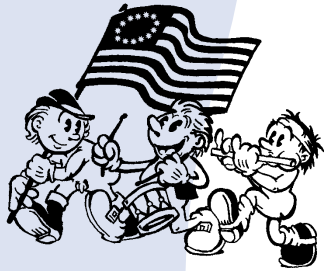
At Lupin, lovers of summertime multiply their fun even more by playing naturally - without tight, clinging bathing suits or hot, restrictive



sportswear. Those who have not yet tried nude, family-oriented recreation are missing a very freeing and fun experience – one that tends to bring out more of the inner child in everyone – including children!

So, Lupinites, why not do your friends a favor and invite them to Lupin for a chance at a rapid and fun makeover in their attitudes toward life? You and they are almost certain to be proudly pleased at the outcomes of their adventures.

**Mollie Moore-Sullivan**  
Editor



## Thursday, July 4 **INDEPENDENCE DAY CELEBRATION**

Lots of fun things will be happening at Lupin on this day that has come to symbolize not only this country's freedom, but the peak of the good ol' summertime.

### **AstroJump**

Young and not-so-young folks love the AstroJumps, the whimsically shaped and colored huge balloon structures that you enter (barefoot and without sharp, hard or breakable stuff), then let loose and bounce and bounce and fly! How free can you be? The mystery AstroJump-of-the-year will be in the Upper Area from 10 am to 5 pm today. It shouldn't be hard to find.



### **Games for Kids**

For kids the summer holidays at Lupin have been defined for years by games on the Upper Lawn and in the Upper Pool. The games start today at 2 pm, and kids can help decide what kind of fun is going to happen.

### **Balloon Artists**

Twistin' Shout Balloon Artists will again roam the grounds from 1 to 4 pm, delighting all with balloon creations. They fashion amazing things – animals, characters and hats – from ordinary balloons.

## Friday, July 5 **America the Beautiful Dance with StarTracks**

We don't see/hear this deejay too often, but it sure is fun when we do! Even kids love to come to these dances. (Could it have anything to do with the bright necklaces that are tossed into the crowd?) Adults love the lively music.

The music goes from 9 to midnight. You may wear or not wear what you wish – this is a holiday about freedom from oppression, remember? Red, white and blue will be appropriate as garb and paint – and will add to the décor – but if it's paint, be sure to bring a towel to sit on and also to shower with soap before getting into the pool or a hot tub.

## Saturday & Sunday, July 6 & 7 **Lupin Songwriters' Festival #2**

For two years Lupin has had a one-day Songwriters' Festival, and a fun day it was for participants and the audience. This time it will be stretched to two days – July 6 and 7, from 10 am to 5:30 pm – again on the Clubhouse Lawn. Some of the talented performers are Karie Hillary, Gabriel Scott and Lisa Dewey on Saturday, and the Claridge Family Fiddlers on Sunday.

After dinner on Saturday, from 8 to 10 pm, there will be a special show in the Clubhouse to end the day with a musical exclamation point.

Attendance at the festival is free for Lupin members. Non-members will pay a special grounds/festival fee of \$10 if pre-registered, and \$20 if registered on arrival. Pre-registration may be at Lupin's web-site <http://www.lupin.com/regist->



ter.html or by phone (408-353-2250). Attendees are asked to bring low-back lawn chairs or blankets if they don't wish to sit on the grass.

Please join us at Lupin for fun and talent-filled event – and bring your friends! Information about the program may be found on Lupin's website ([www.lupin.com](http://www.lupin.com)) or at the office.



## NUDE RECREATION WEEKEND OPEN HOUSE July 12–14

Each year The American Association for Nude Recreation, The Naturist Society and naturist/nudist clubs across the country and beyond join in sponsoring Nude Recreation Weekend. The aim is to make our recreational lifestyle more visible, understandable and acceptable to the public.

This weekend, first-time visitors who call ahead our office 408-353-2250 and pre-register may come to Lupin on either day without paying gate fees. Return visitors – those who were here before this weekend or who first come Saturday and want to come back Sunday – may participate a second day by paying \$12.50, if they pre-register for each day. That's half the regular rate.

## Saturday, July 13 Aftermath

This is a band that really transmits energy through its music. It's almost impossible not to dance – and dance – and dance. Check it out tonight, from 9 pm to midnight, in the Clubhouse.

Sunday, July 14

## Camera Club/Camera Day

The Lupin Camera Club provides services to Lupin and its members. Educational programs, photography projects and souvenir photo events are now being planned. To that end, the second Sunday of each month (year-round) is Camera Day, and Camera Club photographers will be available to take pictures with the consent of each subject (and of the parents of children). Camera Club meetings are held at 1 pm the second Sunday of each month, March through November, in Chez La Ronde, and are open to anyone interested. To learn more about the Camera Club, contact Jon Springs, president, through the Lupin office.

Friday, July 19

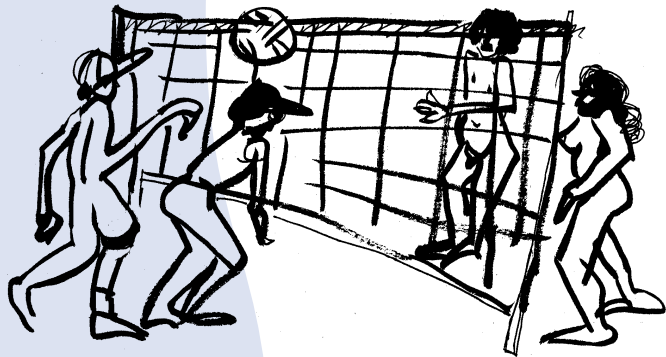
## Lupin's July Birthday/Anniversary Dance with Everything/Nothing

Here's a new band for Lupin, and a fun chance to dance and sing "Happy Birthday" to all your friends and relatives who have birthdays or anniversaries in July. Besides, there's cake! The party happens during the dance, which is from 9 pm to 12 midnight.

Saturday & Sunday, July 20 & 21

## Volleyball Tournament

Ah, the best time at Lupin (for volleyball players) is here. There will be Reverse Coed play on Saturday (Men's, then Women's), and Coed on Sunday (Women's, then Men's). Games begin at 11 am, and players without teams must arrive at 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 half off the Lupin admissions and camping rates they would normally pay, and they are not charged further for tournament participation.

Anyone interested in playing volleyball at Lupin should get a copy from the Lupin office of the 2002 Lupin Volleyball Tournament Schedule (and information sheet).

**Saturday, July 20**

## **Dance/Concert with Hope Child**

And here's another new band for Lupin to enjoy. Hope Child will be playing for listening and dancing from 9 to 11 pm. Our bodies will have fun trying out different styles of music and ways of dancing.



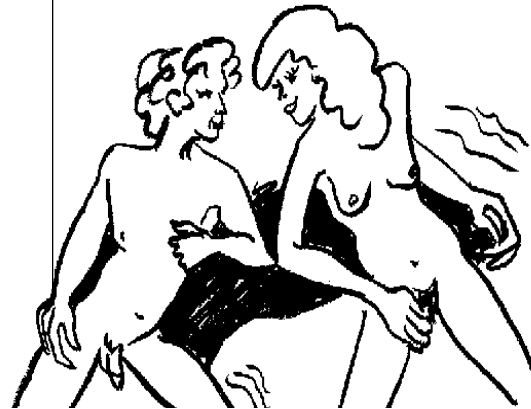
## **THE NATURIST SOCIETY WESTERN GATHERING AT LUPIN**

**Thu., July 25 - Sunday, July 28**

**Welcome back to Lupin, Naturist Society! This newsletter includes mainly the music events that take place during the Gathering. There are many, many interesting,**

**important and fun workshops and happenings that are open and free to Lupin members. Full programs are/will be available in the Lupin office and on the Web.**

**Note: Everyone on the grounds during these days must sign a photography agreement.**



**Saturday, July 27**

## **Naturist Boogie with Broadway Joe & Anita**

This dance is likely to be energetic, great fun, and mostly unclothed. Mixing the enthusiasm of the naturists with the high powered "current" of Broadway Joe and Anita will no doubt create sparks of the happy kind. It's from 9 pm to 12 am, and you won't want to miss it. (If nude, please bring a towel to sit on.)

**Sunday, July 28**

## **SweetDuration**

From 3 to 5 pm today the band will play at Lupin for the first time. Sweet Duration is a talented young band from the San Francisco Bay Area that combines warm, full pop/rock music with angelic yet powerful female and male vocals. Their catchy sound and strong songwriting skill catches audiences by surprise and hooks them in, and appeals to people of all ages.

# 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. 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>.

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, 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, August 3

#### Introduction to Togoodoo

Togoodoo 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 Togoodoo see [www.togoodoo.com](http://www.togoodoo.com)

### Saturday, August 17 & Sunday, August 18

#### Practical Nutrition

An introduction to nutrition and how it is used by the body. Learn concepts of digestion, absorption and signs of deficiency. Leave the class with a handy list of nutrients for common problems. \$100 course fee for both days.

### Monday, August 19 & Tuesday, August 20

#### Soft Tissue Concerns and Fragile Clients

Learn contraindications to different types of body work. Understand why there is a danger and what you can do with fragile clients. This class is about Massage Pathology – simple and straightforward. \$60 course for both days.

### Wednesday, Aug. 21 Massage Round Table

\$30 course fee.

### Thursday, August 22

#### Advanced Touch and Tissue Concepts

\$80 course fee.

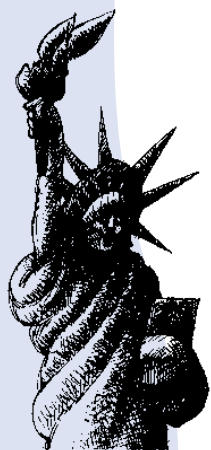
### Friday, August 23

#### Dissecting the Neck: Deep Tissue Neck Work

\$80 course fee.

# RANDOM NOTES

# AUGUST CALENDAR



## 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)

## JULY Restaurant Hours

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

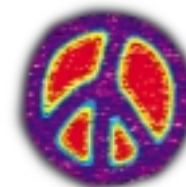
\* Saturdays & holidays, snacks & beverages are available from 8 AM until entertainment ends.

## 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, July 14.

- FR 2 ECL (TBA)
- SA 3 Moonlight Dance/Concert
- SU 4 Wild Sage (outdoor afternoon concert)
- FR 9 ECL (TBA)
- SA 10 Summer of Love Dance with Star Tracks
- SU 11 Lupin Camera Club meets  
Entertainment (TBA)
- FR 16 ECL (TBA)
- SA 17 Atomic Mint 9 - 11 pm dance/concert
- SU 18 Entertainment (TBA)
- FR 23 Monthly Birthday/Anniversary Dance w/ Miggs  
9 pm - 12 am (No ECL)
- SA 24 Volleyball Tournament (Coed)  
Big Red Orange 9 - 11 pm dance/concert
- SU 25 Volleyball Tournament (Men's/Women's)  
Gabriel Scott 3 - 5 pm outdoor concert
- FR 30 ECL (TBA)
- SA 31 Labor Day Dance with Michael J, DJ  
9 pm - 12 am



# JULY 2002 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	<b>4</b> <b>INDEPENDENCE DAY – holiday</b> Astrojump – Games – Balloons Concert 3 - 5 pm	<b>5</b> America the Beautiful Dance with StarTracks 9 pm - 12 am	<b>6</b>  Lupin Songwriters' Festival begins noon • Lisa Dewey 2-3 pm • Gabriel Scott 3-4 pm	<b>7</b> Splish-Splash Painting Bash 2pm Claridge Family Fiddlers 3 - 5 pm Massage Practitioner Intensive LMI [fee]
8	9	10	<b>11</b> Drop-in Relaxing Yoga for All Levels LMI [fee] 7:30 pm	<b>12</b> NATIONAL NUDE WEEKEND Introduction to Togoodoo begins LMI [fee]	<b>13</b> NATIONAL NUDE WEEKEND Aftermath (band dance) 9 pm - 12 am	<b>14</b> NATIONAL NUDE WEEKEND Camera Club/ Camera Day meeting 1 pm
15	16	<b>17</b> Charity Benefit Massage-a-thon begins LMI	<b>18</b> Drop-in Relaxing Yoga for All Levels LMI [fee] 7:30 pm	<b>19</b> ECL – Massage Exchange 7:30 pm Dance - Everything/ Nothing 9pm-12	<b>20</b>  Volleyball Tournament 11am Hope Child concert/dance 9 - 11 pm	<b>21</b> Volleyball Tournament 11am Entertainment (TBA)
22	23	24	<b>25</b> Naturist Society Gathering Drop-in Relaxing Yoga for All Levels LMI [fee] 7:30 pm	<b>26</b> Naturist Society Gathering at Lupin Spiritual Unfoldment Network ECL 8 pm	<b>27</b> The Naturist Society Gathering at Lupin Naturist Boogie with Broadway Joe & Anita dance 9 pm - 12 midnight	<b>28</b> The Naturist Society Gathering at Lupin Sweet Duration band 3 - 5 pm
29	30	31				

ECL = Eclectic Consciousness

LMI = Lupin Massage Institute (fee, usually)

TBA = To Be Announced