

californianaturist

SEPTEMBER 2002 • A MONTHLY NEWSLETTER OF LUPIN NATURIST RESORT

Shoulda Done, Coulda Done, Wanna Do Our Thing

In life it sometimes seems that one's time gets split up into a bunch of chunks we might call "Have To," "Should," "Want To," and "Whatever." (These overlap and mingle.) Have you noticed how – unless you keep an eye out – the "shoulds" and "have tos" tend to take over and boss you around? The lists of things they can find for you to do are seemingly endless. And, probably if you do the important things on the lists – breathe, eat, sleep, attend to children and other dependents, have friends and perhaps a partner, bathe occasionally, and have income coming in, food on the table, okay health and shelter, etc., etc. – life will move along quite well.

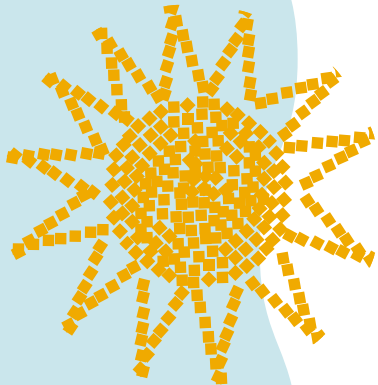
But, what about the "want to's" or even the "whatevers"? Sometimes it's in these that life gets its spark. And this is where Lupin



comes in. (We hope you don't seriously say, "I have to go to Lupin today," unless you mean something like you have a tennis date or feel a need to get out and connect with nature and friends in the buff.) Lupin is a "want to go place" and an oasis for relaxation, letting go, and having a good time. Basically the only rules here are those relating to treating people (visitors, members, entertainers, staff), animals (deer, cats, possums, birds, even skunks, etc.), the facilities, and the Lupin entity well or with care. Note that treating people and animals well or with care quite possibly means leaving him, her, them or it to do his, her, their or it's thing – what they want to do and came here to do, if it's not harmful to others – (especially if it is doing nothing at all).

Mollie Moore-Sullivan, Editor

There are so many entertainment/activities this month that some have been difficult to pin down in time for this newsletter. Please check Entertainment on Lupin's website (lupin.com), call the Lupin Office (408 353-2250), or just come on up and see what's happening.



Sunday, September 1 **Circle of the Sun – Finger-painting by Kids**

Artist Lori Kay will guide kids this afternoon in the art of finger-painting their impressions of the SUN. The fun will be happening on the Upper Lawn from 2 to 4 pm.

Karney & Miles

Singer/songwriter Karney is an integral part of the Bay Area's Alternative Rock scene, having performed and worked with artists such as Linda Perry of 4 Non-Blonds, George Cinto, Almo Recording artist Angel Corpus Christi, and Eric McFadden. She also has worked with scores of San Francisco bands and cabaret singers, including Mother Lode, Crocodile Tears, Musty Chiffon, Alcohol of Fame, Elvis Herselvis, Patsy Cline and the Memphis G-Spots, and more.

Karney will make her Lupin debut from 3 to 5 pm today, under the big oak tree on Clubhouse Lawn. "Miles," about whom we have no information, will appear with her. It should be eye- and ear-opening fun.

Monday, September 2, Labor Day **Kingstreet Crossing**

Here's another new band for Lupin, performing under the big oak from 3 to 5 pm. Stretch out in the sun or the shade of an umbrella, and try thinking about labor. Just kidding.

Let yourself be freeeee . . .

Thursday, September 5 **Drop-in Yoga for All Ages and Levels**

7:30 pm LMI [fee] (Every Thursday)

Come unwind with us in Nudome. Please bring a mat or towel, and do not wear perfumes to class for the comfort of all. If you want to tub, sauna or swim after class, Lupin grounds are discounted to \$6 for non-members. \$12 per class drop-in fee, or you can purchase a ten-class pass for \$100.



Friday, September 6 **Let's Talk About Lupin**

Right after dinner this evening there will be a gathering in the Clubhouse for members to hear what's going on at Lupin and to express ideas/views. This is to be an informative and positive meeting regarding the future growth of Lupin. We hope to see you there.

Saturday, September 7

Connected

A new-to-Lupin band, Connected, will play for the listening and dancing pleasure of Lupinites this evening from 9 – 11 pm. Get out your dancing shoes! (Or maybe get OUT OF your dancing shoes!)

Sunday, September 8

Camera Club/Camera Day

The Lupin Camera Club meets today in Chez La Ronde, beginning at 1 pm. Anyone interested is invited to attend. Today the club members are voting on whether to change the by-laws to meet year-round, rather than from May through November.

Saturday, Sept. 14 • Entertainment TBA

Sunday, September 15

Dani Linnetz

3 – 5 pm (on the lawn)

Friday, September 20

Birthday/Anniversary Dance with Groovy Judy

9 – 11 pm

Saturday, September 21

Aftermath

9 – 11 pm



Saturday & Sunday, Sept. 21 & 22

Volleyball Tournament

Play begins at 11 am. Tournament newcomers should arrive at least 30 minutes early to demonstrate basic ball handling skills and get a team assignment. There will be Reverse Coed play on Saturday, and Women's followed by Men's on Sunday.

Friday, September 27

Massage Exchange

For experienced massagers only. Bring an old sheet for the massage table, your own oil, and two towels – one to sit on and remove oil, and one to dry with after a shower and perhaps a hot tub. Hosted by Bill Flynn, a graduate of Lupin Massage Institute. 7:30 pm at the Massage Yurt.

Saturday, September 28

EXOTICA!

Exotica! A masked carnival ball in a Shangri-La setting - a chance to unleash your creativity and show that indefinable inner you on the outside. Be artful, silly, sexy, powerful or scary. Reveal yourself but go incognito, behind a mask.

Broadway Joe & Anita, our Southern California DJs, will bring out the real you with their high energy mix of discs. We hope to see you – there. 9 pm – 12 am.

Sunday, September 29

Gabriel Scott & Lisa Dewey

3 – 5 pm (on the lawn)

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. Also see website <http://www.lupin.com/lmi.html>.

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

Relaxing Yoga for All Levels

Come unwind with us! Please bring a mat or towel, and do not wear perfumes to class for the comfort of all. The fee is \$12 per class (drop-in) or \$10 (you can purchase a 10-class pass for \$100. (There is also a \$6 Lupin grounds fee for non-members.)

Saturdays, September 7, Oct. 5, Nov. 23, Dec. 7

Grof Holotropic Breathwork

Jay Gilliland, MT, CHT, Certified Grof Holotropic Breathwork practitioner, will share this method which uses the healing transformative potential of expanded states of consciousness, integrating ancient spiritual practices and modern consciousness. It is a powerful personal growth process that accesses the superconsciousness spiritual energies of the participant which are then used as a resource for healing enlightenment. The group setting facilitates the energetic bonding and release of trapped negativity in the Body/Mind. Each day is a complete course day and may be repeated. Course fee: \$75 per day 9 am to 9 pm with a 1.5 hour lunch and dinner break.

Saturday & Sunday, September 14 & 15

Phoenix Rising Yoga Weekend

Come explore the world of yoga with assisted postures and breathing techniques. Cora is our yoga teacher. She is a certified Phoenix Rising Yoga Therapist and has a passion for sharing her knowledge. Course fee: \$75 9 am to 1 pm

September 17 to November 3

125 Hour Certified Massage Practitioner

Come learn Thai, Shiatsu and Lymphatic Drainage Massage in a naturally healing environment. Also included is a special section on Medical Qi Gong Protection for therapists. Our instructors include a Registered Nurse and Master of Medical Qi Gong! \$1,400 fee includes texts, linens, lubricants and access to Lupin Naturist Resort facilities on weekday evenings and weekends, when classes will be offered. Call for exact days and times. \$1,400 course fee 9 am to 1 pm. Lupin grounds fees are included in all full day and evening courses.

September 21 to October 8

Thai and Shiatsu Massage

Come learn this ancient oriental healing massage from one who has lived with the Masters who brought it over from their homeland! Classes will be offered on weekday evenings and on some weekends. \$370 course fee 37 hours Call for exact days and times.

TO REGISTER OR FOR MORE INFORMATION:

CALL (831) 234-5791; E-MAIL deepahealth@yahoo.com or look up www.lupin.com/lmi.html

Discounts are offered for groups of 5 or more attendees.



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

SEPTEMBER Restaurant Hours

	Monday-Friday	Saturday-Sunday
Continent. Breakfast	8 - 11 AM	8 - 11 AM
Breakfast		8 - 11 AM
Lunch	12 - 2 PM	12 - 2:30 PM
Dinner	6 - 8 PM	6 - 8 PM
Snacks & Beverages	8 AM - 8 PM	8 AM - 8 PM*

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

Camera Club Day

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 Chez la Ronde. **This month Camera Club Day is Sunday, September 8.**



Fire Danger

During the summer season, we all need to be alert and cautious about potential fire hazards. The rules are:

- Open fires, barbecues (except in the Little Village and Central Park picnic areas), and smoking on the Nature Trail are always prohibited.
- If you smoke, please do so while you are stationary (not walking on a trail or road) and use an ashtray, for safety and aesthetic reasons. Do not put cigarettes on the ground or pavement or decks. (Also, observe courtesy and the “no smoking areas” listed in the membership agreements.)
- If you have a cabin or other reserved site, clear French broom and dead limbs within 30 feet of any structure, including tents.

Who Backs Up?

With heavy summer traffic on Lupin’s narrow roads, please remember that on a hill, if there is not room to pass or pull over, the vehicle going downhill backs up. (This is in keeping with California traffic law regarding public roads.) It’s a good idea to pause at the top or bottom of hills and check for vehicles already in route. The mirror near the office is handy for that.

About Umbrellas

The personal umbrellas being used to ward off the sun are adding a cheerful dash of color to the Clubhouse Lawn. They create a bright, festive look that’s appreciated even by those not in their shelter. There is also a possibility, however, of having umbrellas block the view of performers for those further from the “stage” under the oak tree. So, on concert afternoons, it’s requested that umbrellas be kept generally on the sides of the lawn. Thanks.

MONDAY**TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****SATURDAY****SUNDAY**

SEPTEMBER 2002 CALENDAR

1 Circle of the Sun/
Finger-painting by kids
2 – 4 pm

Karney & Miles
(outdoor concert) 3 pm

2 Labor Day
Holiday
**Kingstreet
Crossing**
(outdoor concert)
3 – 5 pm


3

4

5
**Drop-in
Relaxing Yoga
for All Levels**
LMI [fee] 8 pm

6 
**Let's Talk About
Lupin**
Right after dinner

7 **Grof Holotropic
Breathwork begins**
LMI [fee]
Connected (band)
9 – 11 pm

8 
**Camera Club/
Camera Day**
meeting 1 pm
Entertainment TBA

9

10

11

12
**Drop-in
Relaxing Yoga
for All Levels**
LMI [fee] 8 pm

13

14
**Phoenix Rising
Yoga Weekend** begins
9 am – 1 pm [fee]
Entertainment TBA

15
Dani Linnetz
(on the lawn)
3 – 5 pm

16

17
**125 Hour
Certified Massage
Practitioner
Program** begins
LMI [fee] 8 pm

18

19
**Drop-in
Relaxing Yoga
for All Levels**
LMI [fee] 8 pm

20
**Monthly Birthday
/Anniversary
Dance with
Groovy Judy**
9 – 11 pm

21 **Volleyball
Tournament**
Thai & Shiatsu massage
course begins LMI [fee]
Aftermath
9 – 11 pm

22 
**Volleyball
Tournament**
(Women's/Men's)
11 am

23

24

25

26
**Drop-in
Relaxing Yoga
for All Levels**
LMI [fee] 8 pm

27
**Massage
Exchange** 7:30 pm

28 
EXOTICA!
costume dance
9 pm – 12 am
Broadway Joe DJ

29
**Gabriel Scott &
Lisa Dewey**
(on the lawn)
3 – 5 pm

30

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