

california **naturist**

OCTOBER 2002 • A MONTHLY NEWSLETTER OF LUPIN NATURIST RESORT

Beware the Golden Sky

The last day or two at Lupin have triggered a string of flashbacks for me. The specific triggers have been the hazy, golden look of the sky and landscape and the sound of a helicopter going overhead – a helicopter from the California Department of Forestry fire station, battling a fire near the summit of the Santa Cruz Mountains. Plus, my friend Elizabeth was here visiting, and I left Lupin to drive her to the BART station in Fremont.

In the fall of 1985, Elizabeth also visited me here, and we traded massages on the lawn of the old lodge. Well, actually, I got a massage and started to return the favor, but the distant sound of sirens and the hazy, golden sky distracted me. I finally ran to the office and asked what was going on. Basically I was told there was a small fire between Lupin and Los Gatos, but the firefighters were on it, and there was no cause for alarm.

A while later, driving toward Los Gatos, I was shocked by the amount of smoke on the far side of the reservoir. We kept going, and after dropping Elizabeth off, I returned to find a Sheriff's deputy blocking the road. I explained that I lived at Lupin, and he said, "Well, it's had it!" Reeling from shock, I drove back to a roadside restaurant, and called another good friend, Barbara, who came to meet me and have dinner. I gratefully stayed at her place.

It was a day or so before we found out Lupin was indeed okay. Everyone had been evacuated from there and nearby residential areas – except for Seth, Lupin's general manager, who knew how to deal with the water system. He also made himself popular with the firefighters by barbecuing steaks that were thawing in the freezer, because the power lines were down.

The work of the firefighters may well have saved Lupin and a nearby residential area. In gratitude, a neighborhood thank you party for the firefighters was held at Lupin, for which area establishments donated food and beverages. My favorite memory of the party relates to the one firefighter who was also a Lupin member. He went trotting down to the old Lodge area to get a cold beer from the tub of ice. Rounding a bush – and wearing nothing but a smile – he ran into the commanding chief of the Fire Department and the chief's wife. The firefighter later said he suddenly knew the difference between being nude and being naked.

Mollie Moore-Sullivan, Editor

P.S. Lupin, the only place in the area with its own water system, was also the only place after the fire to have water. We opened Lupin to area residents to shower and fill water jugs until their system(s) could be restored, and this simple act sowed the seeds for greater acceptance of the club.

OCTOBER ENTERTAINMENT

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.

Saturday, October 5

Game Night & Background Music

For a low key but fun evening, come on up to the Clubhouse for dinner and stick around for fun and games and recorded music, from 9 to 11 pm. There are some games available, but if you play cards and want to be sure you are playing with a full deck, you had better bring your own. There may even be some dancing to CD's!

Saturday, October 12

Harvest Ball with Star Tracks, DJ

Here's a fun DJ that the kids love – probably at least partly because fun games and doodads are sometimes tossed into the crowd. Adults love the lively music, and it will be playing from 9 pm to 12 midnight. Wear or don't wear what you wish.

Sunday, October 13

Camera Club/Camera Day

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). Camera Club meets today in Chez La Ronde, beginning at 1 pm. Anyone interested is invited to attend.

Thursday, October 17

Charity Benefit Massage-a-thon

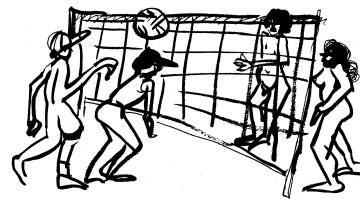
If the idea of a massage is appealing to you (and how could it not be?), call up the Lupin Massage Institute at 831-234-5791 and make a date for today to have a massage by a senior student – for the low price of \$15. Proceeds will be donated to a good cause.

Friday, October 18

State of the ~~Union~~ Lupin

(Otherwise Known as Let's Talk About Lupin)

Right after dinner this evening there will be a meeting in the Clubhouse for anyone who found themselves still hungry for information at the end of Let's Talk About Lupin in early September. Led by Clifford.



Saturday & Sunday,
October 19 & 20

Last 2002 Volleyball Tournament

Volleyball enthusiasts have a sad weekend, as they play their last games of the season. But, it's also happy, because they are still playing! Play begins at 11 am both days, with Coed play on Saturday, and Men's followed by Women's on Sunday.

Saturday, October 19

Anniversary/Birthday Dance

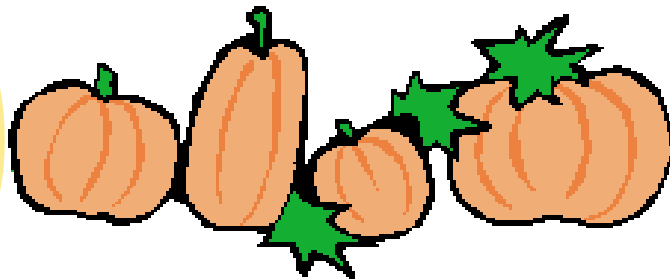
You who have anniversaries or birthdays in October be sure to mark this date on your calendars and be there to celebrate. It's 9 pm to 12 midnight. The band is a mystery.

OCTOBER ENTERTAINMENT *continued*

Friday, October 25 **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.



Saturday, Oct. 26 • Afternoon **Pumpkin Carving**

If you want to get together with other Lupinites of all ages and carve jack o'lanterns, be sure to call the Lupin office (408-353-2250) before Thursday, October 24, so there will be enough pumpkins. You may have to bring your own sharp cutting utensil. If you are willing to help lead this fun endeavor, let them know that, too. (Those who have seen the cheerful and scary pumpkins glowing on the lawn on the night of the Halloween Dance, know how deliciously exciting they can be.)



Saturday, October 26 **Halloween Costume Party Dance with Broadway Joe & Anita**

Come dance and play the night away with the cats, ghosts, goblins, vampires and other creatures at our annual macabre ball. The Halloween party has always been one of Lupin's big "come as you are" events, but it's come as you are in your wildest dream – or nightmare.

Perhaps because people don't normally wear clothes here, they tend to really get into creating costumes. You're apt to see almost anything, from a disembodied head on a rolling chopping block to Snow White and the Seven Dwarfs. (Yes, bring the kids, too. They love it.) Costumes are requested and there will be prizes for the best of them.

Lupin's "Black and Orange Ball" starts at 9 pm, and dem bones gonna dance around (It's a Bare Bones Boogie!) 'til the clock strikes twelve. DJs Broadway Joe & Anita will use every trick to give us a treat on the dance floor.

You don't have to wait 'til the dance to have your Halloween fun. Why not put on your get-up and go scare the restaurant dinner crowd? While you're there, you can treat yourself to a tasty special Halloween dinner.

Thursday, October 31 • Halloween

MASSAGE

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: 8:00 - 9:30 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.) This program may end after October.

Saturdays, October 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.

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.

October 11 – 13 and October 18 – 20 **Lymphatic Drainage Massage**

This style of massage can help relieve many common ailments from skin conditions to edema and more. Arpita has taught this class in several states; it is a great tool to help improve the health of all your clients. \$400 course fee, 40 hours. Fridays eve and Saturdays & Sundays all day for both weekends. Call for exact times.

October 17 – November 3 **Charity Benefit Massage-a-thon**

Donate \$15 toward a to-be-determined charity and receive a one hour massage by one of our senior students. This relaxing experience helps yourself and others. Call Deepa.

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.

RANDOM NOTES



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

OCTOBER 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, October 13.**



Who Backs Up?

With heavy weekend 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.

Drop-in Relaxing Yoga





Come unwind with us in Nudome from 8 to 9:30 pm. (Every Thursday except on Halloween night.) 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 (if you purchase a 10-class pass for \$100). Those who are not Lupin members also pay a \$6 grounds fee. This evening is sponsored by the Lupin Massage Institute. Drop-in Yoga may end this October, unless five steady students are found.

Fire Danger

During the rain-less 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.

OCTOBER 2002 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3 Drop-in Relaxing Yoga for All Levels LMI [fee] 8 pm	4	5 Grof Holotropic Breathwork one day course LMI [fee] Game Night & Music in Background 9 pm	6 Quiet time (listen to the leaves fall)
7	8	9	10 Drop-in Relaxing Yoga for All Levels LMI [fee] 8 pm	11 Lymphatic Drainage Massage course begins – 2 weekends LMI [fee]	12  Harvest Ball with Star Tracks, DJ from 9 pm to 12 am	13 Camera Club/ Camera Day meeting 1 pm
14	15	16	17 Charity Benefit Massage-a-thon LMI (\$15 donation) Drop-in Yoga 8 pm	18 Lymphatic Drainage Massage course continues The State of the Union Lupin (right after dinner)	19 Last Volleyball Tournament of the Year 2002 Coed 11 am Anniversary/Birthday Dance 9 pm – 12 am	20 Last Volleyball Tournament of the Year 2002 Reverse Coed 11 am 
21	22	23	24 Drop-in Relaxing Yoga for All Levels LMI [fee] 8 pm	25 Massage Exchange 7:30 pm	26  Pumpkin Carving 2 pm Halloween Dance with Broadway Joe & Anita costumes 9 pm – 12	27 Quiet time (acorns falling)
28	29	30	31 Halloween 			

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