

californianaturist

DECEMBER 2002 • A MONTHLY NEWSLETTER OF LUPIN NATURIST RESORT

LOVING LIVING AT LOVELY LUPIN

Christmas Eve marks the beginning of my 20th year living and working at Lupin. This is hard to believe, so I keep saying to myself: "Is that right?" Yep.

In the fall of 1983, I went on a long solo auto trip to visit friends and family and interesting places, hoping to find "my place" somewhere along the route. Somewhat playfully I imagined driving down a tree-lined back road, pulling over at a beautiful spot, and hearing a voice say, "This is the place."

In real life, I drove up the coast, across Idaho, Washington, southeast to New Mexico and Texas, west to southern California, and back up the coast. But, it wasn't until I got back to the Bay Area in December that my sensors lit up – particularly in the Santa Cruz Mountains.

In the year or so before, while and after living and working at a massage community near here (Getting in Touch), I had liked visiting Lupin a few times as a guest. So, although I knew December is not a time when nudist places in this area would usually be hiring, I called Lupin anyway, and was asked to come up for an interview in case anything opened up. Something did – an office worker left. The job was offered to me, and I jumped at the chance, thinking this would be a good place to spend perhaps a year.

So, here I am, 19 years later, living and working at Lupin as the newsletter writer/editor – having also worked at the front desk, dealt with the store, and been the gardener. And, after the 1989 Loma Prieta Quake did major damage to



the club, I dusted off my former profession – city planner – and prepared the stack of plans and reports required by the county before Lupin could rebuild. (Wil – still here and being useful in his '80s – and Jim, a former staff person, measured all the structures and "surveyed" the topography using crude but effective methods. Closed-down Lupin did not have the resources to hire a professional surveyor – or anyone.)

In my years here, there have been many people (members, staff-members, and visitors) coming and going. And, it seems to me that there is more range and balance developing among newcomers and long-time members/staff, young and old, light- and dark-skinned, quiet and vocal, male and female, active and laid back. The mixture becomes more and more intriguing and "full-bodied," and it's still evolving.

Lupin has not settled into a set pattern, and we can all pray it never will. May it always be attractive, interesting and fun for those who open up and enjoy what is here – fine and lively people; deer, raccoons, cats, big trees, music, dancing, movies, visiting with long-time and brand-new friends, good food, green grass, big sky, mountains, trails, lawns, tennis, volleyball, lounging, beautiful sunsets, swimming, hot-tubbing, hiking, sunning and much more.

Long Live Lupin!

Mollie Moore-Sullivan, Editor

Sunday, December 1

Movie: Magnificent Seven

Yul Brynner, Charles Bronson, Steve McQueen, Robert Vaughn, James Coburn, Horst Bucholz, and Brad Dexter star in this classic western. Seven men are picked to guard a Mexican village from bandits in this western version of the Kurosawa classic Seven Samurai. The film begins at 3:30 pm in Chez La Ronde – good timing for staying and having dinner in the Restaurant with other film viewers.

Saturday, December 7 • Morning

Water Aerobics & Stretches with DeAnna

Treat yourself to a “perfect” Saturday morning at Lupin. Start your day at the Restaurant with a light workout breakfast special created by Willow. Have conversation with friends, then join DeAnna at 10 am for an hour of water aerobics and stretches in our heated pool. Weights are used, so either bring water weights or two empty, capped plastic jugs with handles for your weight resistance exercises.

This will be an ongoing Saturday morning event. If you have any questions, call DeAnna at 353-1851.

Christmas Ornaments Workshop



For a fun and productive way to get into the Christmas spirit, join other members – including leader, Irene – in a short workshop on making your own Christmas decorations, beginning at 2 pm in the Clubhouse. You’ll take some home, ready to hang on the tree. Supplies will be furnished. Youngsters are welcome, and those under seven years old should be accompanied by a supervising adult.



Evening

Richard Riley, Holiday Concert

Those who have been in audiences when Richard Riley has sung will almost certainly be here tonight – bringing their friends – for a Christmas a cappella performance. Richard’s voice and his jovial presence are

virtually guaranteed to lift your spirits and put an ecstatic smile on your face. You may occasionally even sing along!

Richard has impressive singing accomplishments – San Francisco Opera Chorus, operas produced by Holy Names College and the Berkeley Opera Co., Bach cantatas, Handel’s Messiah and other oratorios, appearances with the San Francisco Symphony Chorus and three professional caroling groups – and more.

The concert begins at 8:30 pm. Why not come early and enjoy dinner with your Lupin friends and non-Lupin friends?

Sunday, December 8 • Afternoon

Camera Club Meeting/ Camera Day

The second Sunday of each month year round 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.

Sunday, December 8 • Afternoon **Holiday Tree Trimming Party**

Beginning at 3 pm there will be a party in the Clubhouse with tree trimming, holiday music, and family/friends/individual photo ops for souvenir photos with Santa and his Elf, beginning at 4 pm. Light finger foods and punch will be served. 'Tis the time to be jolly! 'Tis the time to store up some great memories.

Saturday, December 14 (See Dec. 7) **Water Aerobics** 10 am

Christmas Magic Dance with Michael J, DJ

Michael J is back! If you like “wicked” rhythms (leaning toward Latin) and hot music, you won’t want to miss this dance. Hoo-ee! The beat goes on from 8:30 pm to 11:30 pm.

Sunday, December 15 **Clubhouse Plays Listening Music. Movie (The Abyss) & Dinner!**

There are even more interesting choices than usual at Lupin today. You can relax and unwind – maybe play board games and visit – in the Clubhouse, where listening music will form a cozy setting – or go for a sauna, swim or a hike. Or you can have your hair standing on end in Chez La Ronde as you watch *The Abyss* by writer/director James Cameron (*Titanic*, *Terminator 2*, *Judgment Day*, *Aliens*, *Bismark*).

Running from 3 pm until about dinner time at 6 pm, *The Abyss* is described as “Heart stopping . . . white knuckle . . . deep sea thrills.” Ed Harris, Mary Elizabeth Mastrantonio and Michael Biehn co-star. The tension should help you work up an appetite, so do plan to stay and eat with Lupin friends.



Friday, December 20 **Birthday/Anniversary Dance with the Frankie Ramos Band**

Tonight we’re having a live and lively birthday/anniversary celebration band dance with the Frankie Ramos group (a trio this time). It’s good music for listening and dancing and watching – Frankie sometimes plays two saxophones at once! You don’t want to miss this fun time, from 8:30 to 11:30 pm.

If you haven’t been to one of these dances, you should know that they are very informal – you may wear or not wear what you wish. (Just be sure to bring a towel, sarong or such to sit on if you’re nude.) Sometime during the evening, there will be a call for those who have birthdays or anniversaries this month to come to the front and be acknowledged. Then there will be some cake, and we go back to dancing. A fine, simple evening.

Saturday, December 21 (See Dec. 7) **Water Aerobics** 10 am

Dinner & Movie! Harry Potter & the Sorcerer’s Stone

This is a chance to have a pleasant dinner in the Clubhouse (served between 6 and 8 pm), and then have a free viewing, beginning at 8:30 pm in Chez La Ronde, of this film that made big “waves” in our culture – as did the book.

Based on J.K. Rowling’s first novel, the film weaves a magical tale. Harry (Daniel Radcliffe) has lived under the stairs at his aunt and uncle’s house his whole life. But on his 11th birthday, he learns he’s a powerful wizard – with a place waiting for him at the Hogwarts School of Witchcraft and Wizardry. There he uncovers the truth about his parents’ deaths – and the villain who is to blame.”

Sunday, December 22 • **Movie & Dinner!** **Movie: It's a Wonderful Life –**

“Jimmy Stewart has so many problems he is thinking about ending it all – and it's Christmas! An Angel shows him what his town would have looked like if it hadn't been for all his good deeds over the years. Will the Angel be able to convince him to return to his family and forget about suicide? A Christmas classic.” Showing at 3:30 pm in Chez La Ronde. Note: The Clubhouse Restaurant will begin serving dinner, beginning at 6 pm, which is shortly after the film ends. Why not give yourself a holiday break and dine with Lupin friends – longtime and brand new?

Wednesday, December 25 • Christmas Day **Christmas with the Lupin Extended Family**

Probably more important than giving or receiving presents at Christmas – well, maybe not to the kids – is spending the day in a warm, comfortable place with warm, comfortable people. Thankfully, there's Lupin.

Today there will be two classic Christmas cartoon films shown in Chez La Ronde – one before and one after a beautiful and beautiful Christmas Buffet Dinner in the Lupin Clubhouse Restaurant.

The Grinch Who Stole Christmas – A Christmas cartoon classic. Boris Karloff provides the voice of the mean Grinch in this great cartoon of how the old Grinch attempts to steal Christmas from every Who in Whoville. Showing at 2 pm.

Christmas Buffet Dinner

A beautiful, luscious Yule buffet dinner will be served in the Restaurant from 3 to 5 pm. The group gathered there - Lupin members and their relatives and friends - is bound to

be beautiful, too. The feast, similar to Thanksgiving's delicious spread, will include turkey and all the trimmings and a veggie alternative for those who do not wish to have meat. (Soda, coffee or tea and dessert are also covered, as is tax and tip.) The prices are \$20.95 for adults and \$11.95 for young persons, through 17 years old. Reservations are requested by December 18.

Movie in Chez La Ronde: Charlie Brown's Christmas. Charlie Brown wants to learn the real meaning of Christmas. With the help of Linus, Lucy and even Snoopy, he finds out in this film. Showing at 5:30 pm

Saturday, December 28 **Water Aerobics** 10 am

Dinner & Movie! **Zorro the Gay Blade**

A comic expose of a legendary hero! George Hamilton stars in a dual role as twin sons of the legendary Zorro. As Don Diego Vega, Hamilton inherits the black mask, black cape and silver sword of Zorro and a plea that he continue the fight against injustice. However, the new Zorro is soon flat on his back with a broken ankle, and, until his recovery, Ramon, his lost twin brother, must assume the secret identity. Ramon agrees, giving birth to another legend – that of a daring rider with different costumes – one more outrageous than the next – who prefers a bullwhip to a sword. A zany and sensational comedy with George Hamilton finally finding his Hollywood niche! (1 hour, 33 minutes) Showing at 8:30 pm.

Come to Lupin for dinner, and stay for this funny show. Laughing must be good for your digestion.





Sunday, December 29

Christmas Tree "Disrobing Party"

If you are up to doing a little work, having a pleasant time, and getting to know other Lupinites, please join in today – starting at 2 pm – in de-decorating (disrobing) the Clubhouse Christmas tree and putting away the decorations. The New Year's Party is in two days!

Movie (Overboard) & Dinner!

Goldie Hawn and Kurt Russell dazzle the screen in this buoyant and screwball comedy of memory-making and memory-faking. One of Hollywood's most dynamic screen pairs, Hawn and Russell make the most of every hilarious situation. Showing begins at 4 pm in Chez La Ronde. Runtime: 1 hour, 52 min. You will get out just as dinner begins in the Restaurant, where you can have fun "re-running" the film.



Tuesday, December 31

Ritzy Glitzy 2003 New Year's Party

It's time for another fabulous and fun Lupin New Year's Party – this time decorated in ritzy glitzy burgundy and gold. For the fun of it, you are urged to come dressed in your Ritziest and Glitziest attire ever, (but you are not expected to match the decorating scheme). Come into 2003 looking rich and carefree – and hopefully feeling that way, too. This evening could set the tone for an upswing in the economy and a return to more prosperous times!

New Year's Eve Buffet Dinner

Once again the Lupin Clubhouse Restaurant is creating a fantastic repast that is an event as well as a meal. The menu includes: Salmon, Prime Rib, Chicken Cordon Bleu, Eggplant Parmesan, Wild Rice, Vegetables, Assorted Breads, Petit Fours, Coffee and Tea.

Advance purchased tickets are required for the grand buffet dinner (and include the dance). They go on sale December 5 in the Lupin Office. Tickets purchased by phone (408-353-2250) or e-mail (office@lupin.com) by Dec. 20 will be mailed. After Dec. 20, tickets may be picked up at office.

Advance reservations for tables for parties of 4 or 8 are available. Please give your name and those in your party when reserving a table. Parties of 1 or 2 will be matched with other parties of 1 or 2 to fill tables for 4. Just think, you may meet someone new! (Note that some tables will be removed after dinner, before the dance.)

Prices for the Dinner & Dance: Gold Member, \$40; Non-Gold Member, \$45; Non-Member (must be guest of member), \$50; and Child under 12, \$25. Hat, noisemaker, and New Year's toast (champagne or sparkling juice) and munchies are included.

The dinner begins at 6 pm, and the "dance only" at 9 pm. (Celebrants not attending the dinner are asked to arrive at 9 pm or later.) Dinner tickets must be presented to counter staff for dinner service.

New Year's Eve Dance

Note: Members and guests present dance tickets upon entrance to the dance. The music for this special evening will be spun by our special traveling DJs, Broadway Joe & Anita. Their music is lively, varied and fun, and will have us dancing into the New Year, blowing horns and shaking rattles! And being glad we're part of Lupin.

Dance Only Costs: Free for Gold Member; \$10 for Non-Gold Member; \$15 + Grounds Fee for Non-Member (must be guest of member who is present)



Souvenir Photos

You may get Camera Club Souvenir Photos again this year for a small fee. Details will be available the night of the event. Happy New Year! Welcome to Lupin, 2003!

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>. Discounts are offered.

BASIC ACUPRESSURE

This 40 hour class will introduce the basics of Chinese Medical Theory and Acupressure Treatments using the Extraordinary Channels and Points. Special Acupressure massage flows for releases of different health problems will be emphasized. This class can count toward your massage practitioner certification. **Tuesdays 7 pm to 10 pm, and Sundays 9:30 am to 6:30 pm. December 3, 8, 10, 15, 2002 and January 2, 5, 7, 12, 2003. \$425 includes textbook!**

CERTIFIED MASSAGE PRACTITIONER PROGRAM

This 125 hour certification program will cover Swedish Oil Massage, Anatomy, Medical Qi Gong protection for therapists, business practices and ethics. The instructors include a Registered Nurse and Master of Medical Qi Gong and a Chiropractor/Massage Therapist. The ease of teaching style and years of medical experience of the instructors make this class a dynamic learning environment.

Wednesdays 7 pm to 10 pm and Saturdays and Sundays 9:30 am to 6:30 pm. January 15 to March 12, 2003. \$1400 course fee includes texts, linens & oil!

SWEDISH OIL MASSAGE—TAKING A DEEPER LOOK

Dr. Craig Eymann D.C. will spend 75 hours with you covering the basics as well as advanced techniques of Swedish and Oil mas-

sage. The last part of the class is open to discuss areas that are of interest to the students. This class can count toward massage practitioner certification!

Saturdays and Sundays 9:30 am to 6:30 pm. January 25 through February 23, 2003. Course fee of \$825 includes linens, oils and text book!

TAI CHI

The Core Teaching of this traditional form of Tai Chi will focus on tapping the primordial rhythm within one's essence and expressing this Chi (life force) energy through fundamental moves of Tai Chi. Mike Genzmer, Instructor, says, "I am a devotee of Chinese approach to Tai Chi philosophically, physically, and energetically as the training has guided me to develop the inner and outer structures to refine and cultivate to mastery the Self. Without one doubt, this has been the best way possible for me to build the immune and all the body's systems to combat the cancer I had in 2000."

Tuesdays 7 pm to 8 pm. January 21 to March 25, 2003. Course fee \$90

POSTURAL EVALUATION AND BODY READING

Jay Gilliland, master body worker and somatic therapist will cover techniques of muscle testing, "ROM" and advanced palpitory skills. He will also share with students how to read the body while standing and while the client is on the table.

Mondays and Thursdays 7 pm to 10 pm. February 13 to April 10, 2003. Course fee \$400

- Lupin grounds fees are included on all full day and evening courses. These fees include access to Lupin's 110 acres of clothing optional grounds and facilities (restaurant, hot tubs, pool, sauna, hiking, tennis, volleyball, camping).
- **TO REGISTER OR FOR MORE INFORMATION: Call 831-234-5791 or E-mail: deepahealth@yahoo.com www.lupin.com/lmi.html**



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 plus other days & times. (See Entertainment)

Eclectic Consciousness – Usually Fridays

DECEMBER Restaurant Hours

	Monday-Friday	Saturday-Sunday
Continent. Breakfast	8 - 11 AM	8 - 11 AM
Full 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, December 8.**



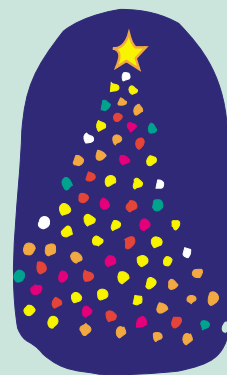
Welcome, Brandy Frank!

Those who dine in the Lupin Restaurant regularly, and/or who were among the fortunate ones partaking of the fabulous Thanksgiving Day spread, are almost certain to be aware that a new chef – Brandy Frank – has teamed up with chef Tim Duffy to offer some new flavor excitement to an already great Lupin menu.

When you have a chance, stop by and introduce yourself and welcome Brandy and her family to our Lupin “family.”

Announcing the Lupin Lingerie Show – February 1, 2003

One of Lupin’s fun activities is the Lingerie Show, where Lupin-member models – both sexes, singles and couples, any age, size and color - parade across the stage wearing lingerie items provided by a retailer. If you are interested in modeling, contact the Lupin Office. **YOU MUST BE ABLE TO ATTEND THE FIRST MEETING OF MODELS OFF-SITE, SCHEDULED FOR JANUARY 11, 2003.** Models will receive official notice by e-mail prior to the first meeting.



For your Holiday shopping
Visit Lupin’s

GIFT SHOP

(located in the Clubhouse/Restaurant)

Major credit cards accepted

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

DECEMBER 2002 CALENDAR



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



1
 Movie in Chez La Ronde:
Magnificent Seven
 3:30 pm

<p>2</p>	<p>3 Basic Acupressure LMI Tuesdays 7 pm & Sundays 9:30 am Dec. 3 – Jan. 12</p>	<p>4</p>	<p>5</p>	<p>6</p>	<p>7 Water Aerobics & Stretches 10 am Christmas Ornaments Workshop 2 pm Richard Riley, Holiday Concert 8:30 pm</p>	<p>8 Camera Club/Day meeting 1 pm Holiday Tree Trimming Party 3 pm Souvenir Photos with Santa & His Elf 4 pm</p>
<p>9</p>	<p>10 Basic Acupressure LMI Tuesdays 7 pm & Sundays 9:30 am Dec. 3 – Jan. 12</p>			<p>13</p>	<p>14 Water Aerobics/ Stretches with Diana 10 am Christmas Magic Dance w/ Michael J, DJ 8:30 pm – 11:30 pm</p>	<p>15 Clubhouse Plays Listening Music Movie & Dinner! The Abyss 3 pm</p>
<p>16</p>	<p>17</p>			<p>20</p>	<p>20 Birthday/Anniv. Dance w/Frankie Ramos Band 8:30 - 11:30 pm</p>	<p>21 Water Aerobics/ Stretches 10 am Dinner & Movie! Harry Potter & the Sorcerer's Stone 8:30 pm</p>
<p>23</p>	<p>24 Christmas Eve</p>	<p>25 Christmas Day-holiday Christmas Buffet 3 - 5 pm</p>	<p>26</p>	<p>27</p>	<p>28 Water Aerobics/ Stretches 10 am Dinner & Movie! Zorro the Gay Blade 8:30 pm</p>	<p>29 Christmas Tree Disrobing Party 2 pm</p>
<p>30</p>	<p>31 New Year's Eve "Ritzy Glitzy 2003 New Year Party" 6 pm – 1 am</p>	<p>Family Double Feature Cartoons</p>	<p style="text-align: center; font-size: 2em; color: orange;">Happy New Year 2003!</p>			