

californianaturist

JANUARY 2003 • A MONTHLY NEWSLETTER OF LUPIN NATURIST RESORT

THE WIND BLOWS AND THE RAIN COMES DOWN

WOWEE! HAVE WE HAD THE WEATHER! RAIN, RAIN, RAIN - SOMETIMES ACCOMPANIED BY HEAVY WINDS. HERE AT LUPIN HUGE TREES HAVE BEEN TOPPLED. RIVERS OF MUD HAVE FLOWED. AND IT GOES ON. THE RELATIVELY BRIEF SUNNY SPACES ARE RATHER LIKE THE OPPOSITE OF OASIS IN A DESERT - YET ARE GREETED WITH THE SAME KIND OF RELIEF AND ENTHUSIASM. (AH, IT'S NOT RAINING!)

A BRAVE, PETITE FEMALE EMPLOYEE CLIMBED ONTO THE ROOF OF A CABIN TEETERING FROM THE WEIGHT OF A LARGE TREE RESTING THERE, AND SAWED THE TREE LOOSE SO THE CABIN COULD STABILIZE - AND NOT SLIDE DOWN THE STEEP SLOPE. (IT'S NOT THAT THE MEN WEREN'T BRAVE. IT WAS FEARED THEY WERE TOO HEAVY, AND MIGHT CRASH WITH THE BUILDING.)

HARD WORKERS ARMED WITH SHOVELS CLEARED DEBRIS FROM LUPIN'S ENTRANCE ROAD AND FROM UNDER THE CRUCIAL BRIDGE THAT

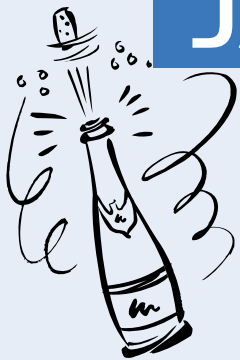


CROSSES WHAT IS NOW A RAGING TORRENT, RATHER THAN THE USUAL QUIET STREAM. THEY ALSO CLEARED THE MUD FLOW FROM THE ROAD TO "LITTLE VILLAGE," SO PEOPLE LIVING THERE COULD COME AND GO.

DURING RELATIVELY QUIET, DRY DAYS, LOYAL LUPIN MEMBERS COME TO CHECK ON THEIR VALUED OASIS FROM THE PRESSURES OF LIFE. THERE ARE NOTICEABLY STRONGER AND MORE PROTECTIVE BONDS THAN USUAL AMONG AND BETWEEN MEMBERS AND STAFF. THAT FEELS GOOD.

WE GET READY FOR THE NEW YEAR 2003, KNOWING THAT FEISTY 2002 HAS LEFT A HEFTY LEGACY OF BOTH WHAT WE TEND TO THINK OF AS "GOOD" AND "BAD." BUT, DO WE REALLY KNOW WHICH IS WHICH, IN THIS CASE?

MOLLIE MOORE-SULLIVAN,
EDITOR



Wednesday, January 1 **New Year's Day Brunch Buffet**

Here's the way to start your New Year right – a brunch buffet that is delicious to the mouth, eyes and nose – uuumm. You'll love making these scrumptious choices from 10 am to 2 pm in the Clubhouse Restaurant. We can thank Chef Brandy and her valiant crew for getting us happily into the New Year.

Saturday, January 4 • 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 is an ongoing Saturday morning event. If you have any questions, call DeAnna at 353-1851.

Evening **Aftermath Band Dance**

Lupinites who have had the exuberant fun of dancing and listening to the band Aftermath are almost certain to make attendance at this dance a high priority. This band ROCKS, and the guy vocalist is TERRIFIC. You can get worn out dancing - but just when you start to sit down, there's another hot and irresistible number. They'll be here – and so will many Lupinites – from 8:30 to 11:30 pm. Plan to come early (between 6 and 8 pm) for a tasty dinner with friends.

Sunday, January 5 **CPR/First Aid Class I**

This one-day class – being taught by Laurie Boswell and held in Chez La Ronde from 9 am – 5 pm – could come in handy for just about anyone, especially for parents of kids who play sports and swimming pools, and teenagers. Those who complete the one-day class will receive two Red Cross certificates – CPR for Adult, Child & Infant (good for 3 years) and First Aid (good for 3 years).

Participants must be at least 15 years old. The cost is \$40 per person, which covers the class, books and certificates. Reservations should be made to Laurie Boswell, in care of the Lupin Club, by January 3, and they are non-refundable unless the class is cancelled. (The minimum number of participants is 10, and no more than 15 can be accommodated.) Wear comfortable clothes, bring a notebook and pencil, & plan on buying lunch at the Restaurant – or bring own.

Clubhouse Plays Listening Music

Ahhh - Another pleasant Sunday for hanging out at the Clubhouse, listening to music, visiting with friends – old and new, playing card and board games, and reading the paper. And this Sunday has something special – great food in the Restaurant – (as usually).

Monday, January 6 **Design-a-New-Lupin-T-Shirt Contest Begins**

It's time for a new Lupin tee shirt design, and all Lupin members – young, old and in between – have an opportunity for the fame (or notoriety) and fortune that will surely go to the winner of the design contest.





JANUARY 2003 EVENTS

The contest begins today, January 6, 2003, and all entries must be received by March 5 to be eligible. The winning design becomes the exclusive property of Lupin Naturist Resort. Entry forms are available in the Lupin office.

There are lots of goodies for the winner – two nights' yurt accommodations; the first 4 T-shirts off the silk screens, a Lupin Clubhouse Restaurant certificate worth \$75 (can be used for breakfast, lunch, dinner or drinks during the yurt stay); a souvenir photo of the winner, with winning design, accepting the prize; plus, an announcement (if acceptable to the winner) in the Lupin newsletter/website.

The winning design will be announced and unveiled at a 3 pm Wine & Cheese Reception on the Clubhouse Patio, Saturday, May 24 (Memorial Day Weekend).

Friday, January 10 • 8 pm (ECL)
Singles Discussion Group w/Chris Flynn

Saturday, January 11
Rockin' & Rejuvenatin' w/Michael J

You can count on the evening being energetic and fun when DJ Michael J is at the helm. There'll be rock, line dancing, and who knows what else. Michael will light our fires from 8:30 to 11:30 pm.

Sunday, January 12
Clubhouse Plays Listening Music

You are invited to have a fun day at Lupin today. Think of all the things you can avoid doing! You don't have to cook, clean house, etc., etc. And relaxing just might help extend your life, so you'll have more time to do all kinds of things.



Art Exhibition Opening/ Reception in Clubhouse – Nathalie Dervaux Galvin

Today a new art exhibit in the Clubhouse Gallery “opens” from 3 to 4:30 pm. Lupin members, their guests and visitors are invited to come meet the artist, Nathalie Dervaux Galvin, at the reception and view her works.

Nathalie was born in Lyon, France, in 1973, and according to her mother, Andree, she began her artistic endeavors at the very early age of three – doing watercolors along with collage. She spent many hours in her youth pursuing her dreams, then graduated in art and sculpture from the French Art School Sacre Coeur des Chartreux. (Artistic talent runs in the Dervaux family – Nathalie's sister Chris was the 1997 grand champion of “Artistic Makeup & Body Painting” in France.)

After mothering two children, Amberlee and Timothy, Nathalie revived her art work recently, and she finds that many of her inspirations occur in the middle of the night after getting her children back to sleep. In the show you will see her many different styles – whimsical, imaginative, sensual. Nathalie has lived in Campbell for the past two years, after her husband's job transfer from Grenoble. Lupin's General Manager, Clifford, is a friend of the artist and her family.

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.

JANUARY 2003 EVENTS

Sunday, January 12

Movie & Dinner: "Kissing Jessica Stein"

"Jessica Stein is a single, straight, successful journalist, and part of a bonded Jewish family living in New York City. She then finds herself not as straight as she thought when she meets and begins an intense friendship with career woman Helen Cooper – eventually leading to romance." The film shows in Chez La Ronde, beginning at 3:30 pm and letting out in time for a pleasant dinner in the Restaurant.



Saturday, January 18 An Evening in Morocco – Moroccan Dinner & Belly Dancing

6 – 9 pm • RESERVATIONS!

With the holidays behind us, it's the perfect time to pamper ourselves with a quiet evening of fine dining and exotic entertainment. Lupin staff, plus Sharon, Alison and friends, have just such an evening planned for tonight.

An Evening in Morocco promises to treat all your senses and calm your nerves in an ambience of graciousness and abundance. Flowing clothing (or other costuming) will add to the charm. Plan to arrive for dinner between 6 pm and 7 pm; since there will be only one seating, the table is yours for the evening. The cost is \$25 per person. Reservations are requested – please call

restaurant 408-353-2202 to place a reservation.

In Moroccan tradition, dining is communal, as in most Middle and Far Eastern cultures. Several people will gather at a table and serve themselves from a central dish. Tables will be set for four or eight. Parties of one or two will be matched with others. The menu for the evening is all-inclusive, and features selected highlights of Moroccan cuisine.

The tantalizing menu will include: Harira - hearty soup often served to break the fast during Ramadan; Zeilloc - eggplant and tomato salad; Kisra - anise scented Moroccan bread; Bastilla - savory pastry filled with delight; Chicken with preserved lemons and olives; Lamb with honey and almonds; Dessert; Mint Tea.

Food will be prepared and served in the traditional manner. You will be able to eat with your fingers, as in Morocco (however, flatware is available upon request). Plan to spend the evening in another world.

Besides fine food and fine company (Lupinites), there will also be fine entertainment in the eastern tradition. You don't want to miss this event.

Sunday, January 19

Clubhouse Plays Listening Music

As usual for a Sunday, the Lupin Clubhouse is a great place to hang out. There'll be easy listening music playing, tasty meals and snacks available during regular Restaurant hours, plus you will probably run into friends – old and new. And, it's warm and comfy.



JANUARY 2003 EV ENTS

Movie & Dinner: "Young Frankenstein"

Mel Brooks' monstrously crazy tribute to Mary Shelley's classic pokes hilarious fun at just about every Frankenstein movie ever made. Starring Gene Wilder, Teri Garr, Marty Feldman, and Peter Boyle as the Monster, and showing in Chez La Ronde, beginning at 3:30 pm. You'll enjoy rehashing the film with other Lupin viewers over dinner in the Restaurant.



Saturday, January 25

Let's Talk About Lupin

If you want to keep informed about Lupin activities and possible future directions, you will also want to attend this meeting today at 4 pm in Nudome. Besides being informative, it will also be a chance to see some old friends and make some new ones.

Dance with DJ Michael J

It's almost too good to be true – ANOTHER (the third!) great dance in this first month of the year. And, that doesn't even include New Year's Eve. Whoopee! 2003 is off to a fine start.

Michael J plays a range of fun dance music sprinkled with some hot Latin numbers. You can have a grand time dancing, plus you may well lose a bit of holiday padding. The dance goes on from 8:30 to 11:30 pm.

Sunday, January 26

Clubhouse Plays Listening Music All Day

It's nice to be able to count on having a pleasant, low key way to have fun and mingle with other Lupinites every week. You can come up to Lupin when you feel like it, have breakfast and/or lunch, read the paper, visit, play games and relax. Doesn't that sound good? (If you like quiet, it's best to come early. See below.)



Clubhouse Super Bowl Party with Big Screen TV

Today Lupin's Sunday won't be as quiet – at least in the Clubhouse – but it should be lots of fun. It's the Super Bowl Party with Big Screen TV! Come watch and yell with your Lupin buddies – even those you haven't yet met. Be sure to enter our Super Bowl pool! This party starts at 3 pm.

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.

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 massage. 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!

ADVANCED MASSAGE: DEEP TISSUE & SPORTS MASSAGE

Dr. Craig Eymann, D.C. will give detailed instruction on advanced Techniques of massage and muscle relaxation to apply to your massage practice. **February 9, 15, 16, 22 & 23, 2003.**

Course Fee of \$425 Includes Linens and oil!

CHARITY BENEFIT MASSAGE A THON

March 1, 2, 5, 8, 9 and 12, 2003. Come get a 25 dollar massage from a graduating student and have the fees go to support a tax deductible charity organization. The charities will be selected by the students in February! Appointment scheduling will begin Feb. 15, 2003. **Call Deepa at 831-234-5791 for you appointment!**

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

POSTURAL EVALUATION AND BODY READING

This class is designed to provide the necessary skills to sense structural deviation in the human body, both visually and kinesthetically. Students are exposed to basic muscle testing and ROM procedures that blend with the standing and table analysis. This class is highly recommended for yoga instructors & practitioners, personal fitness trainers as well as massage practitioners.

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

TRANSFORMATION THROUGH THE BODY

Learn how bodies are shaped by experiencing armoring. Anki Slobe holds a Masters Degree in Psychology Somatics and Trauma. She will lead us on a personally transforming journey into the body, as well as professionally transforming by teaching us how to see the armoring patterns in others.

Introductory workshop Saturday March 29, 2003, 9:30 to 3:30. \$45.00 fee. Full 25 hour course five Thursdays: April 17, 24 and May 1, 8, and 15. 6:30 to 9:30 PM and two Saturdays: April 26 and May 10. 10 am to 4pm. \$250 fee.

RANDOM NOTES



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

JANUARY 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.

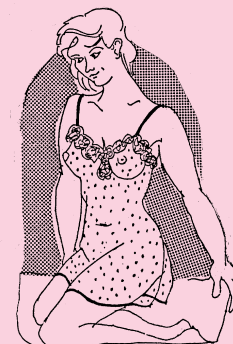


Camera Club Day

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, January 12.**

FEBRUARY 2003







Coming in February – Mark your calendars!

- Sat. Feb. 1 Lingerie Show 9 pm
- Sun. Feb. 2 Clubhouse Music
Movie: Caddy Shack 1 (CLR) 3:30 pm
- Sat. Feb. 8 Movie: Ocean's 11 (CLR) 8:30 pm
- Sun. Feb. 9 Clubhouse Listening Music – All Day
Camera Club Meeting (CLR) 1 pm
Movie: Stripes (CLR) 3:30 pm
- Fri. Feb. 14 Valentine's Day
- Sat. February 15 "After My Heart"
Birthday/Anniversary
Celebration Dance with
Broadway Joe & Anita, DJ
8:30 - 11:30 pm
- Sun. Feb. 16 Clubhouse Listening Music – All Day
Movie: Dogma (CLR) 3:30 pm
- Sat. Feb. 22 "Mardi Gras" Dance
with Michael J, DJ
8:30 - 11:30 pm
- Sun. Feb. 23 Clubhouse Listening Music – All Day
Movie: TBA (CLR) 3:30 pm



JANUARY 2003 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 New Year's Day Brunch 10 am 	2 2003 Tent Sites Confirmed	3	4 Water Aerobics & Stretches 10 am Aftermath Band Dance 8:30 – 11:30 pm	5 Clubhouse Plays Listening Music All Day
6  Design-a-New-Lupin-T-Shirt Contest Begins Great Prizes!	7 Basic Acupressure LMI Tuesdays 7 pm & Sundays 9:30 am Dec. 3 – Jan. 12	8	9	10 Singles Discussion Group with Chris Flynn 8 pm ECL	11 Water Aerobics/ Stretches 10 am Rockin' & Rejuvenatin' Dance with Michael J, DJ 8:30 - 11:30 pm	12 Camera Club Day meeting 1 pm Clubhouse Plays Music and Movie 3 pm Art Exhibition Opening/ Reception 3 pm Nathalie Dervaux Galvin
13 LMI = Lupin Massage Institute ECL = Eclectic Consciousness TBA = To Be Announced	14	15 Certified Massage Practitioner LMI Wednesdays 7 pm, Sat. and Sundays Jan. 15 – March 12	16	17 	18 Water Aerobics/ Stretches 10 am Evening in Morocco – Moroccan Dinner and Belly Dancing 5:30 pm – 8:30 pm	19 Clubhouse Plays Listening Music All Day Movie & Dinner! "Young Frankenstein"
20	21 TAI CHI Teaching Tuesdays, Jan. 21 to March 25 7 – 8 pm LMI	22 Certified Massage Practitioner LMI Wednesdays 7 pm, Sat. and Sundays	23	24	25 Water Aerobics/ Stretches 10 am Let's talk about Lupin 4 pm in Nudome Dance with DJ Michael J 8:30 pm	26 Clubhouse Plays Listening Music All Day Clubhouse Super Bowl Party w/Big Screen TV 
27	28 TAI CHI Teaching 7 – 8 pm LMI	22 Certified Massage Practitioner LMI Wednesdays 7 pm, Sat. and Sundays	30	31	1 February Lingerie Show 9 pm	