

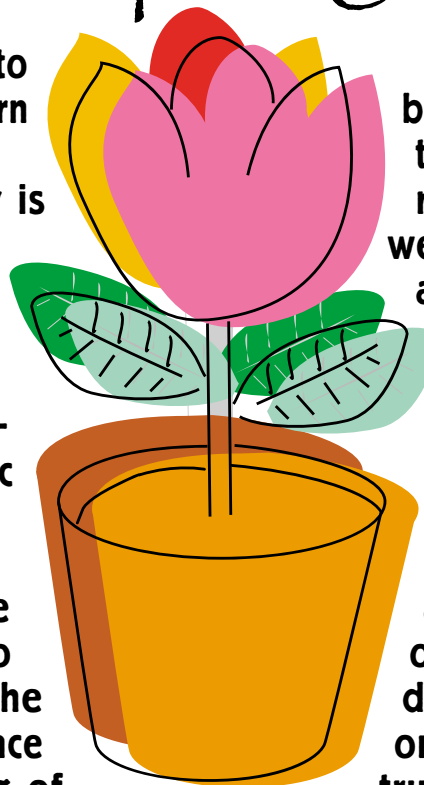
# californianaturist

MARCH 2003 • A MONTHLY NEWSLETTER OF LUPIN NATURIST RESORT

## Spring Springs Again

As naturists – liking to be free to wear as few garments as we were born wearing – the Spring season is much more than the end of Winter. It truly is a rebirthing time – of plants, animal populations, liveliness, and being tuned in to our bodies. And, how better can we tune in to our bodies than by allowing them to stand uncovered and unadorned as the most basic representatives of ourselves?

Because, in most cases, we are baring all for ourselves – and not to impress nor to intimidate others – the main feeling tends to be the exuberance of freedom, rather than the cringing of embarrassment. A psychologist would probably connect it to young ages when children run around gleefully nude whenever they can rid themselves of cumbersome diapers and such.



But, this desire to feel whole simply by hanging out in one's skin, (rather than by having clothing "props" that remind ourselves and others of who we feel we should be, or hide who we are afraid we might be) – usually does not register well with society in general, when practiced among clothed persons.

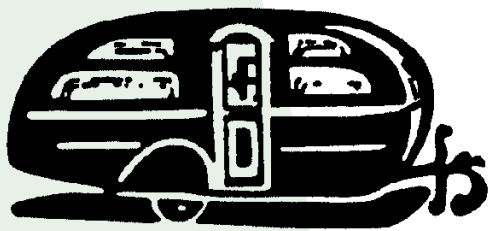
So, let us give thanks and support to Lupin, just for being here as an oasis in a rather hyper world of images and "importance." It is difficult to become very inflated with one's own image if the "emperor" truly wears no clothes.

Mollie Moore-Sullivan,  
Editor

Lupin's activities go on throughout the whole year, and the facilities – including the top notch Clubhouse Restaurant – are open and available to members and guests every day. This is the place to go to get back into your body – and out of your mind! If you need more reasons for visiting this little paradise, here's a review of the fun activities scheduled for this month. They take place in the Clubhouse, unless otherwise noted.

## Saturday, March 1 • Morning **Water Aerobics & Stretches with DeAnna**

Start your day at the Restaurant with a light workout breakfast special created by Willow, for only \$3.99. Visit 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. (There is no fee for these health-boosting sessions.)



## **Afternoon Discussion about RV Living**

Time for a change in your life? Ever think about heading for the “open road”? Jaimie and Bill Hall began full-time RVing 11 years ago. The last two years she has given seminars on living and working on the road. Jaimie wrote a how-to-manual for RVers who want or need to make money as they travel in their RVs: “Support Your RV Lifestyle! An Insider’s Guide to Working On The Road”. Her latest, “RV Traveling Tales: Women’s Journeys On The Open Road” is an anthology created when 52 women answered the question: What is it like to be a female nomad on the open road? She also edits RV Lifestyle Newsletter, and hosts

RV Hometown Web site with Stephanie Bernhagen. She and her husband Bill will answer questions and share resources available to enjoy a life on the road with your RV. 1:00 pm in Chez La Ronde.

## **Dinner & Movie: “Kate & Leopold”**



For simple fun, you can’t do much better than coming up to Lupin, having dinner in the Clubhouse Restaurant with friends, and then seeing this “feel good,” cute movie at 8:30 in Chez La Ronde.

## Sunday, March 2 **Clubhouse Plays Listening Music All Day**

Easy music provides “background support” for playing board and card games, chatting with neighbors, catching up on e-mail on your laptop, getting organized and making lists for the coming week, reading magazines, newspapers or a book, knitting, writing letters – lots of activities that don’t involve running around or yelling. It’s a fine way to have some social time without having to make big plans or even clean the house!

## **Movie & Dinner: “12 Angry Men”**

3:30 pm in Chez La Ronde. A good film is also a good recipe for a pleasant Sunday afternoon or evening. Combine it with dinner in the Clubhouse Restaurant, and it’s perfect. (See March Movies – page 6 for description.)

## Friday, March 7 **Relationship Discussion**

All singles and couples are invited for a lively, eye-opening and heart-opening discussion, led by Chris Flynn. The group meets in Chez La Ronde, beginning at 8 pm.



## Saturday, March 8 • Evening **La Festa Italiana Buffet Dinner**

Mama Mia! Just considering the choices for this special buffet dinner is enough to get the digestive juices flowing out of control – Lasagna, Cannelloni, Manicotti and Eggplant Parmigiana – each served with Green Salad and Garlic Bread. Mmmmm. The dinners include Coffee/Tea and Dessert . \$15 per person. No reservations are necessary. Served from 6 to 8 pm.

## **“O Solo Mio” – Dance with DJ Danny G**

Those who were here for Lupin’s “tribute to women” a few years back will probably remember DJ Danny G’s fine and lively music on the lawn. Danny G – a woman in what is mainly a man’s field – has had the honor of being selected Best DJ in the Bay Area – or something like that. She gets our feet and bodies dancing. This dance begins at 8:30 pm. It will give you a chance to work off some of that great Italian dinner.

## Saturday, March 8 • Morning **Water Aerobics & Stretches with DeAnna**

(See Saturday, 1st of March)

## Sunday, March 9 **Camera Club Meeting**

Everyone is welcome to come to the monthly meetings of the Lupin Camera Club on the second Sunday of each month. They are held in Chez La Ronde at 1 pm. Anyone wishing to take photos at Lupin (only allowed on the days when Camera

Club meets) must be a member of Camera Club and must have permission from anyone who will be photographed. Parental permission is also required for photos of children.

## **Movie & Dinner: “Big Lebowski”**

Movie (see March Films – page 6 for description) starts in Chez La Ronde at 3:30 pm, then dinner in the Clubhouse Restaurant from 6 to 8 pm.



## Friday & Saturday, March 14 & 15 **AANR Board Meets at Lupin**

Lupin welcomes the Board members of the American Association for Nude Recreation, who will be meeting in Chez La Ronde.

## Saturday, March 15 • Morning **Water Aerobics & Stretches with DeAnna** (See Saturday, 1st of March)

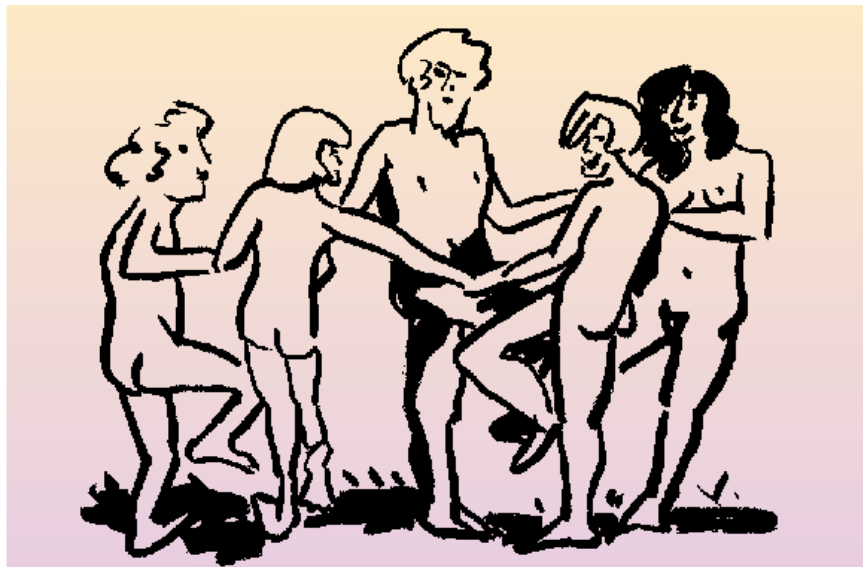
## **TRIPLE HEADER:**

- **25th Annual Naughty Nightie Night!**
  - **Saint Patrick’s Day (and night)**
  - **Birthday/Anniversary Celebration**
- with Broadway Joe & Anita, DJ**



Wowie! Tonight we get a Triple-Header, with Broadway Joe & Anita presiding over the turntables for Naughty Nightie Night, St. Patrick’s Day, plus the monthly Birthday/Anniversary Celebration – all rolled into one. It’s all happening from 8:30 to 11:30 pm.

**This is the 25th Annual Naughty Nightie Night!** For those unfamiliar with this fun festivity, NNN is a clothed dance,



if you stretch the meaning a bit. (The favorite clothier appears to be Frederick's of Hollywood.) This bawdyhouse boutique binge doesn't seem to have negative side effects. Everyone is a sex object – it's not a one-sided deal – and everyone "behaves" and does not make a nuisance of himself or herself. It's understood much better at Lupin than most places that clothes are costumes, not invitations. Oh, and don't forget to wear a bit 'o green for St. Patrick's Day.

Anyone having a birthday or anniversary in March is invited to come celebrate that with us tonight. You will be acknowledged, and there will be cake for all during a break in the dance. And, you don't have to tell anyone how many times your birthday has come around!

**Sunday, March 16**

## **Clubhouse Plays Listening Music All Day**

This is a day for relaxing, perhaps working puzzles or playing games or just visiting - with breaks for hot tubbing, swimming, meals and such. It's a chance to get away from where you live, and not to have to dress up (or at all, as long as you sit on a towel).

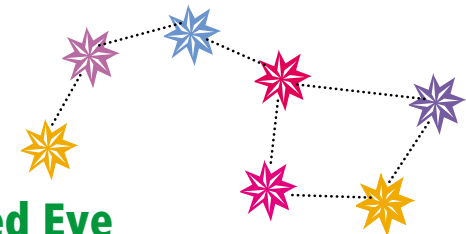
## **Movie & Dinner: "Brother from Another Planet"**

3:30 pm in Chez La Ronde. After the movie (see March Movies page for description), don't go home hungry when you can have a tasty Lupin dinner.

**Saturday, March 22 • Morning**

## **Water Aerobics & Stretches with DeAnna**

Start your day at the Restaurant with a light workout breakfast special created by Willow, for only \$3.99. Visit 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.



**Evening • 8 pm**

## **Beyond the Naked Eye**

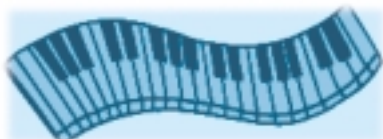
Come explore deep space from the Lupin upper tennis court from 8 pm to midnight. Steve Sergeant will present an informal program of astronomical observing through his telescopes. Nebulas, star clusters, and even other galaxies will be visible, given clear skies, this Saturday night.

Bring your own binoculars if you want to learn to find these objects on your own. Please do not bring white flashlights into the observing area during this event (red or blue lights are okay). Your ability to appreciate these objects depends on your adaptation of darkness.

## Dinner & Movie: "Romancing the Stone"

For simple fun, you can't do much better than coming up to Lupin, having dinner in the Clubhouse Restaurant with friends, and then seeing this fast-paced, witty, modern-day adventure. Movie at 8:30 pm in Chez La Ronde.

## Sunday, March 23 Clubhouse Plays Music All Day



Puzzles – jigsaw (small), crossword and others (you may want to bring your own), are fun to work in a setting with other pleasant people, background music, and handy refreshments.

## Movie & Dinner: "Lawrence of Arabia"

3:30 pm in Chez La Ronde, then how about another tasty Lupin dinner? (See March Movies – page 6 for description.)

## Friday, March 28 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 and a couple of towels.

## Saturday, March 29 • Morning Water Aerobics & Stretches with DeAnna

(See Saturday, 1st of March)

## It's All Happening at the ZOO DJ Dance with Broadway Joe & Anita

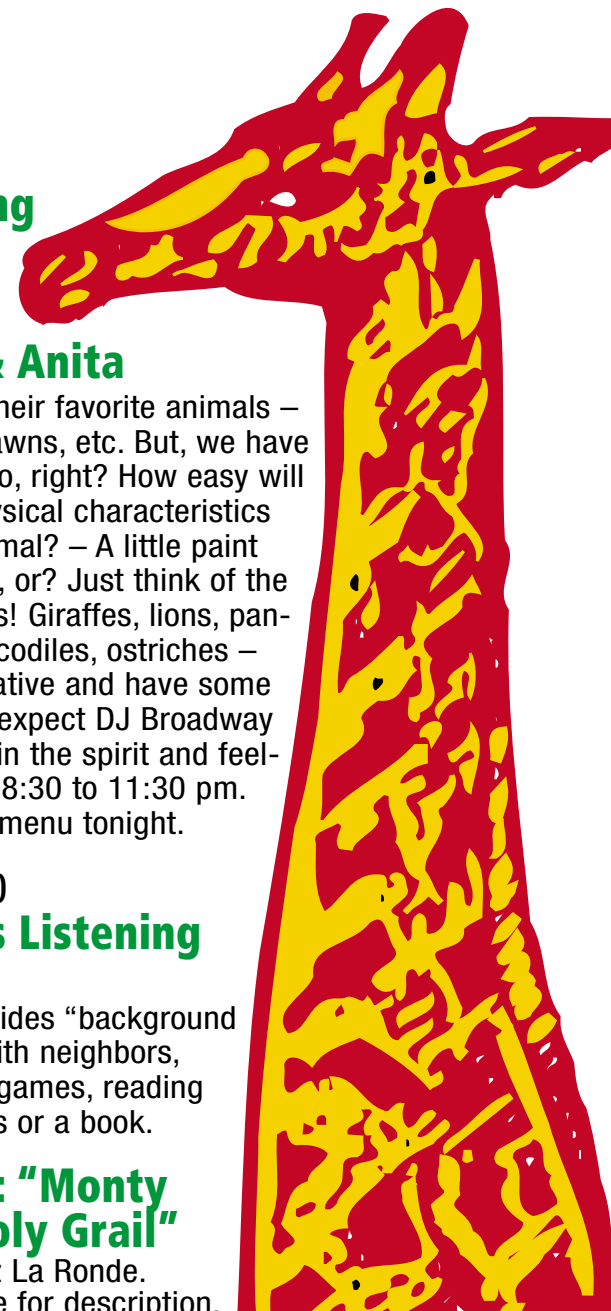
Lupinites have their favorite animals – baby skunks, kittens, fawns, etc. But, we have favorite zoo animals, too, right? How easy will it be to assume the physical characteristics of your favorite zoo animal? – A little paint here and there, a mask, or? Just think of the possibilities – elephants! Giraffes, lions, pandas, tigers, snakes, crocodiles, ostriches – and on and on. Be creative and have some fun with this one! And, expect DJ Broadway Joe & Anita to be right in the spirit and feeling of this theme, from 8:30 to 11:30 pm. There will be a special menu tonight.

## Sunday, March 30 Clubhouse Plays Listening Music All Day

Easy music provides "background support" for chatting with neighbors, playing cards or board games, reading magazines, newspapers or a book.

## Movie & Dinner: "Monty Python & the Holy Grail"

3:30 pm in Chez La Ronde.  
See March Movies page for description.



# MARCH 2003 MOVIES

FILMS FROM PAUL'S EXTENSIVE COLLECTION  
Shown in Lupin's Chez La Ronde at 3:30 pm or 8:30 pm.

Saturday, March 1

## **KATE & LEOPOLD**

Chick-flick favorite Meg Ryan is Kate, a woman who's been burned by love. Her scientist ex-boyfriend discovers a portal to travel through time, and he brings back a 19th century nobleman named Leopold (Hugh Jackman) to prove it. A skeptical Kate reluctantly takes responsibility for showing Leopold the 21st century ropes and soon falls for him. But Leopold must go back or forever change history. "A real feel good, cute movie."

Sunday, March 2

## **TWELVE ANGRY MEN**

Twelve men must decide the fate of an 18-year-old boy accused of fatally stabbing his father. Only one wants to take the time to coolly deliberate the case. This classic star George Voskovec, Henry Fonda, Martin Balsam, and nine others.

Sunday, March 9

## **BIG LEBOWSKI**

L.A. Slacker "The Dude" suffers from the indignity of having the favorite rug in his house peed upon by two thugs. They've mistaken him for a millionaire whose wife owes on some bad debts. From there, the plot contorts more than a rubberized freak at a circus sideshow. Starring Jeff Bridges.



Sunday, March 16

## **BROTHER FROM ANOTHER PLANET**

The Brother, an alien slave who has escaped to Earth, crashes in modern New York City. Mute, strongly empathic, and able to fix things, he looks like a human black with ugly feet. His attempts to make a place for himself in his strange new surroundings provide a point of view for reflecting how peculiar our society is.

Saturday, March 22

## **ROMANCING THE STONE**

Can a high-heeled glamorous writer (Kathleen Turner) make it in the jungles of South America? Wait and see as she teams up with a jungle hunter (Michael Douglas) in this fast-paced, witty, modern-day adventure.

Sunday, March 23

## **LAWRENCE OF ARABIA**

Director David Lean's Oscar winning epic about a warrior-poet who helped Arab tribes strike back against the Turks in World War I is lushly filmed and expertly acted.

Sunday, March 30

## **MONTY PYTHON AND THE HOLY GRAIL**

Beware the knights who say "Ni." The Python comedy clan skewers King Arthur and his knights as they quest far and wide for the Holy Grail in this inspired piece of lunacy.

# 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

## MARCH Restaurant Hours

	Monday-Friday	Saturday-Sunday
<b>Continent. Breakfast</b>	8 - 11 AM	8 - 11 AM
<b>Full Breakfast</b>		8 - 11 AM
<b>Lunch</b>	12 - 2 PM	12 - 2:30 PM
<b>Dinner</b>	6 - 8 PM	6 - 8 PM
<b>Snacks &amp; Beverages</b>	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 Meeting

Sunday, March 9 • 1 pm

Everyone is welcome to come to the monthly meetings of the Lupin Camera Club on the second Sunday of each month. They are held in Chez La Ronde at 1 pm. Anyone wishing to take photos at Lupin (only allowed on the days when Camera Club meets) must be a member of Camera Club and must have permission from anyone who will be photographed. Parental permission is also required for photos of children.

# APRIL CALENDAR

## April 2003 Preliminary Calendar – Lupin Entertainment & Activities

**FRI, April 4** Last Day of Artist Nathalie Dervaux Galvin's Exhibit  
Relationship Discussion (ECL)

**SAT, April 5** Afternoon: Let's Talk About Lupin  
Evening: Aftermath Band

**SUN, April 6** Clubhouse Listening Music All Day  
Art Exhibit Opening: Artist Gerald Boyd & Sculptor/Artist Ruth  
Movie: "Shawshank Redemption"

**SAT, April 12** Game Night/Social Time or Movie: "Last Seduction"

**SUN, April 13** Clubhouse Listening Music  
Camera Club/ Camera Day  
Movie: "Proof of Life"

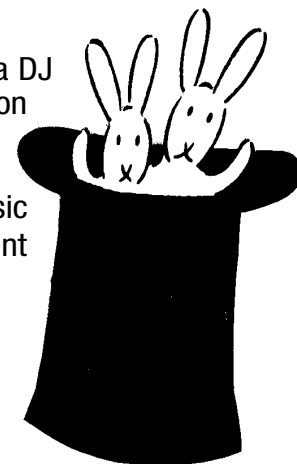
**SAT, April 19** Volleyball Tournament  
Egg Coloring Workshop  
"Bunny Hop" Dance w/ Broadway Joe & Anita DJ  
Birthday/Anniversary Celebration

**SUN, April 20** Volleyball Tournament  
Clubhouse Plays Listening Music  
Easter Buffet Brunch & Egg Hunt  
Movie: Shipping News

**FRI, April 25** Massage Exchange

**SAT, April 26** All Day Computer Swap Meet  
Live Band: This Way Up!

**SUN, April 27** Clubhouse Listening Music  
Movie: Thelma & Louise



# MARCH 2003 CALENDAR

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

**COMING  
IN APRIL**

**4/5: Artist's Show & Reception  
Let's Talk About Lupin  
Aftermath Band**

**4/19: "Bunny Hop" with B'way Joe & Anita  
Birthday/Anniversary Celebration**

**4/26: Computer Swap Meet  
Live Band: This Way Up!**

**3**

**4**

**5**

**6**

**7**

**Relationship Discussion**  
with Chris Flynn.  
Chez La Ronde  
8 pm

**1**

**Water Aerobics**

**Discussion of RV**  
Living 1 pm Chez LR

**Dinner & Movie!** 8:30  
"Kate & Leopold"

**2**

**Clubhouse Plays**  
Listening Music  
All Day

**Movie & Dinner!**  
"Twelve Angry Men"  
Chez La Ronde 3:30 pm

**10**

**11**

**12**

**13**

**14**



**AANR Board Meeting**

**15**

**Water Aerobics**  
AANR Board Mtg.

**Naughty Nighty Night**  
DJ Dance w/B'way Joe  
St. Patrick's Day Birth/  
Anniv. Celebration 8:30

**16**

**Clubhouse Plays**  
Music All Day

**Movie & Dinner!**  
"Brother from  
Another Planet"  
3:30 pm

**17**

**18**

**19**

**20**

**21**

**22**

**Water Aerobics**  
Stretches 10 am

**Beyond the Naked Eye**  
(Observing Stars) 8 pm

**Dinner & Movie!** 8:30  
"Romancing the Stone"

**23**

**Clubhouse Plays**  
Listening Music All Day

**Movie & Dinner!**  
"Lawrence of"  
Arabia" 3:30 pm

**24/31**

**25**

**26**

**27**

**28**

**Massage Exchange**  
with Bill Flynn.  
Massage Yurt by  
Nudome 7:30 pm

**29**

**Water Aerobics/**  
Stretches 10 am

**It's All Happening**  
at the Zoo Dance  
with DJ Broadway Joe  
& Anita 8:30-11:30 pm

**30**

**Clubhouse Plays**  
Listening Music All Day

**Movie & Dinner!**  
"Monty Python and  
the Holy Grail" 3:30 pm

