

california naturist

APRIL 2002 • A MONTHLY NEWSLETTER OF LUPIN NATURIST CLUB

Filling the Spaces with Possibilities

There is something satisfying in waiting and filling up when you are almost empty, rather than replacing things little by little, so a real void is never noticed. Driving out of a gas station with a full tank – after driving in with the gas level indicator barely above “empty” – gives me a sense of having taken care of something important: but if I often stop for just a few gallons of gas it seems routine, like a chore. Eating a good and attractive meal when I’m very hungry gets me really in touch with food as sustenance and as pleasure: frequent snacking is more like repetitive motion and is much less satisfying. Getting a good night’s sleep after being deprived of deep rest for even one night lightens my attitude toward people and the world in general. Sprucing up my living space after letting things slide WAY too long is like shedding an old layer of skin and finding a sleek new one underlying it.



Getting these highs from a changing, moving environment is in sharp contrast to the part of me that loves the predictability, stability, and familiarity of “tried and true” friends, foods, clothes, knickknacks, living space, locality, activities and so on. Fortunately, not only for me, but for all of us – there is Lupin. Here there are many choices among attractive options – to be clothed or unclothed, in the sun or shade, alone or with others, on a soft green lawn or a steep, hard trail, quietly reading or playing a rousing game of tennis or volleyball, lounging in a hot tub or racing in a swimming pool, eating a beautiful, delicious meal or tasty snacks, dancing wholeheartedly or visiting with friends, taking in the expansive view from the clubhouse deck or soothing a baby to sleep in the rocking chair inside.

Could being overwhelmed by too many attractive possibilities be a possibility? Nah – we grow stronger when facing challenges. Shall we try out the exercise equipment or have a sundae – or both?

Mollie Moore-Sullivan,
Editor



Saturday, April 6

Holiday

We welcome back this popular, energetic duo to perform song classics for a 9 to 11 pm concert/dance. The original artists include Bonnie Raitt, Shawn Colvin, Fleetwood Mac, Eric Clapton, The Beatles, Moody Blues and the Beach Boys. The styles include just about everything – rock, country, jazz, rhythm & blues, surf, folk, '80s new wave, '70s disco, '60s psychedelia, '50s pop, and more.

Rick Yamashiro and Debbie Thacker produce an amazingly full sound. You'll hear vocals, guitar, sax, flute and wind synthesizer. And, you'll hear great music from 9 to 11 pm.

Sunday, April 7

Art Exhibition Opening – Lupin Camera Club's Photography Show

Lupin members and visitors are invited to the opening today of the Camera Club's Photography Show, from 3 to 5 pm in the Clubhouse Gallery. This is a chance to view the show, meet the photographers, have refreshments, visit with other Lupinites and guests, and be entertained by a versatile pianist.

Some photographic pieces will be available for purchase. The exhibit will be in place through June 15.

Piano by Verne Schnaidt

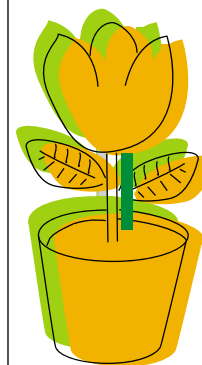
Starting to play piano at the age of six, Verne Schnaidt still continues his adventure with music. He studied music in college, and – while on his musical travels – managed to



explore Folk, Rock, Jazz and even some Flamenco. Verne plays a variety of stringed instruments, but has been concentrating on the piano lately. He is part of various groups, including Sad But

True and Acoustic Blue, and can often be seen backing up musicians at the Espresso Garden Café.

Verne will play piano for us today in the clubhouse from 3 to 6 pm. It's a fine time to come see the photography show, relax, listen to the music, have a beverage and snack, visit with friends, and perhaps play board games or cards. Then you might as well stay and have one of Lupin's tasty dinners!



Tuesday, April 9

NO Lupin Slow Jam

There will be no Lupin Slow Jam this evening. The next one scheduled is Tuesday, April 23.

Saturday, April 13

Spring Fling with Buck's Naked Dancin', DJ

Spring is a great time for kicking up your heels – just imagine children, colts, lambs, calves and fawns – and older animals (including humans) responding to the rush of fresh, clean energy. Buck's Naked Dancin' (DJ) supplies the music for this 9 pm to midnight frolic. As usual, clothing is not required. (But, if you're bare, please bring a towel to sit on).



Sunday, April 14

Camera Day/Camera Club

The Lupin Camera Club provides services to Lupin and its members. Educational programs, photography projects and souvenir photo events are now being planned. To that end, the second Sunday of each month (year-round) is Camera Day, and Camera Club photographers will be available to take pictures with the consent of each subject (and of the parents of children). Camera Club meetings are held at 1 pm the second Sunday of each month, March through November, in Chez La Ronde, and are open to anyone interested. To learn more about the Camera Club, contact Jon Springs, president, through the Lupin office.

“Live at Lupin”

It’s time again for “Live at Lupin” – the informal show for acts wanting to perform at Lupin for pay. Beginning at 3 pm there will be two acts, and from them the audience gets to help select future Saturday night or Sunday afternoon concerts, by secret ballot.

A section of the Lupin Naturist Club Web pages www.lupin.com/entain.html will be posted with the “Live at Lupin” performers scheduled. Also, watch the board signs near the restaurant door.

Friday, April 19

Lupin’s Monthly Birthday/ Anniversary Dance – Aftermath

Lupinites have danced to this lively live band several times in the last year or so – including the first “Band Bash”

last May – and we have loved it. Aftermath, playing Rock and Soul from the ‘60s through the ‘80s, has been having fun and making a name for itself at several clubs in San Mateo County – and at Lupin.

Band Bashes are Friday night events (from 9 pm to 12 midnight) that feature a dance band and the Restaurant’s fine food, beer and wine. No entrance fees are charged at the Office for visitors/guests who are coming to eat dinner. Dinners are served between 6 and 8 pm, and you may take your time eating. The beverage counter stays open until midnight, serving beer, wine, juices, sodas, coffee, tea and snacks.



Saturday, April 20

Lupin Volleyball Tournaments Begin!

Welcome to the best buff volleyball in the Bay Area. (Or play “clothing-optional.”) The season begins today with Coed play starting at 11 am. Men’s and Women’s competitions will both be held tomorrow. Tournament newcomers should arrive at least 30 minutes early to demonstrate basic ball handling skills and receive a team assignment. Check Lupin’s website (lupin.com) for the season schedule and detailed information. If you do not have access to the web, contact the Lupin office for a printout.

The tournaments are free for Lupin members. Non-member players and accompanying fans in the same vehicle are entitled to a 50% discount off the Lupin admissions and camping rates they would normally pay and are not charged further for tournament participation.

Saturday, April 20

Winemakers' Dinner at Lupin

This evening, beginning at 6 pm, Lupin will host a Winemakers' Dinner Extraordinaire in the Clubhouse, featuring the Reserve Wines and California Champagnes of the Barefoot Cellars Winery in Sonoma County. These limited release wines have won multiple Gold Medals.



There will be wine pairings from Appetizers to Main Courses through Desserts, where the wine and the food will be enhanced by presenting them together. Randy Arnold, Barefoot Cellars National Sales Manager, will be a special guest.

Reservations are required by the evening of Monday, April 15. The cost will be \$50 per person and \$95 per couple. Call (408) 353-2250.

Sunday, April 21

Steve Kritzer

A popular entertainer at Lupin for years, Steve Kritzer is a man of many musics. From headlining at the Strawberry Music Festival in California, to the prestigious Kerrville Folk Festival in Texas, to the Belfast Folk Festival in Ireland, and to coffee houses and concerts in between, Steve is as comfortable with Celtic and Balkan music as he is with Folk, Bluegrass, Country and Pop. Steve blends those influences with his own ideas and amazingly diverse musical talents. (He is equally at home on guitar, banjo, mandolin, fiddle and piano.) The result is songs that are at once thoughtful and thought-provoking, and a personable stage presence that never fails to win new fans.

Steve will be playing from 3 to 5 PM in the Clubhouse. This is another fine opportunity to join friends for good music, a nice beverage and perhaps a snack. And, after the concert, there's time for a hot tub before dinner. Is this fun city, or what?

Tuesday, April 23

Lupin's Slow Jam

Here's a chance to become one of the entertainers entertaining each other. This "Slow Jam" is for musicians who are beginners (or do not play professionally), and who want to play with a group to improve their skills. The music is bluegrass, country, gospel, popular and sometimes original compositions - and all skill levels are welcome, including advanced musicians.

The musicians meet on the second and fourth Tuesdays of most months. Some get together in the restaurant at 6 pm and have dinner. Others go directly to Nudome, where the musical fun begins at 7:30 pm.

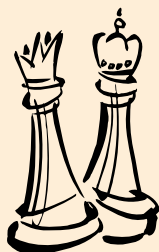


Saturday, April 27

Pirates of the Caribbean with Broadway Joe & Anita

Pirates have a bold, swaggering image and the Caribbean is beautiful, tropical and full of colorful islands and costumes. Since we're just playing, we can mix them together and "pretend" as kids do, that it's all an exotic fantasy. So swashbuckle all you want and dance up a storm - but no running someone through with a sword! (Caribbean costumes will add fun to the evening, but are not required. If nude, be sure to bring a towel to sit on.)

Traveling DJs Broadway Joe & Anita will have us on our feet and dancing from 9 PM to 12 midnight.



Sunday, April 28

Game Day with Music for Listening by Buck

You can drop by the clubhouse for table games and Buck's music from 3 to 5 pm. There will be Scrabble at tables arranged for beginning, intermediate and advanced players, and you may also try some of the games in the lounge, play recreational poker or other card games, or relax and visit. (If you play cards, you may want to bring your own rather than use those in the lounge - or you might not be playing with a full deck.) And, while you're there - why not stay for dinner? The food and friendly company are hard to beat.

MAY 2002 CALENDAR

- TH 2 **Relaxing Yoga for All Levels** – Every TH (LMI)*
- SA 4 **Russell Barber Band** – dance
- SU 5 **Music for Listening by Buck**
- TU 7 **Presentation on Healing** by Adam Atman (LMI)
- SA 11 **Arabian Nights** – dance w/ Star Tracks - DJ
- SU 12 **Camera Day/Camera Club Meeting**
Live at Lupin

- TU 14 **Lupin's Slow Jam**
- FR 17 **Lupin's Monthly Birthday/ Anniversary Dance with Ras Aloe Rockers**
Lymphatic Massage One & Two begins (LMI)*
- SA 18 **Volleyball Tournament** – Reverse Coed
Gumbo – live band dance
- SU 19 **"Bare-to-Breakers" Race** – Contact Jay (408-353-2250 or email Sunflynude) if you are interested in light breakfast* and/or bus service* to/from San Francisco.
Volleyball Tournament – Women's / Men's
Chris Ramey – afternoon concert

Memorial Day Weekend Celebration – May 25 - 27, 2002

- SA 25 **"Good Ole Days" Memorial Holiday Dance** with "ESP"
- SU 26 **Wine* & Music Festival**
- MO 27 Memorial Day
Astro Jump
Twist N' Shout Balloon Artists
Games for Kids

- TU 28 **Lupin's Slow Jam**

* = activity fee is charged



These programs are held on Fridays in Chez La Ronde at 8 PM (Tranquil Season), unless otherwise noted. The topics and speakers are chosen because they appear interesting: selection does not imply endorsement by Lupin. Activities are open to members and non-members: non-members coming to Lupin specifically for this pay \$6 at the office (plus a \$12 grounds fee if use of the facilities, such as spas or swimming pools, is desired). First time visitors will be sent an invitation to return to Lupin for a day visit.

Lupin's Eclectic Consciousness is coordinated by Chris Flynn, a facilitator of spiritual growth groups. She may be reached at (831) 338-7007.

Friday, April 5

The Correlation of Compatibility – Understanding Self & Others

Doug Hammed will be leading a discussion on awareness of self and others and how this may help in our many relationships. He will present a concept described as the Correlation of Compatibility that can serve as a baseline for improving these relationships.

His work comes from Jungian Type studies that could be considered as an advanced use of the Meyers-Briggs Type Indicator, or MBTI, (things you were probably not told about in all those “letters” used in discussing the MBTI or the Jungian Type Functions).

Touching on potential age regression issues inherent in most relationships, Doug will also present a unique way to understand the use of the Enneagram and the MBTI together that has not been described in any of the popular discussions or literature on these subjects.

Friday, April 12

If the Buddha Dated – A Spiritually Oriented Singles Discussion

We are reminded of the words from the poet Kabir, “The river that flows in you, also flows in me.” This is the image of healthy relationship with which we align ourselves. As we call out to the Abundant Universe our hearts’ desires, what messages are we transmitting? First dates are just a moment in time when we relate with Truth, Compassion and an Open Heart. This discussion will be led by Chris and Bill Flynn.

Friday, April 19

No Eclectic Consciousness.
See Entertainment.



Friday, April 26

Massage Exchange

Considering the body orientation of Lupin members, it's not surprising that massage exchanges are a favorite – and leader Bill Flynn makes them even more so. Don't be late or you may not have a space.

The exchange begins at 7:30 PM in Nudome, and it is an exchange, so it is limited to people who know how to massage. It's best to bring a table, plus your own oil and two towels (one to sit on and remove excess oil before hot tubbing and the other to dry with).

Lupin Massage Institute

The Lupin Massage Institute offers a series of weekend courses on various topics. These short courses are designed to provide a relaxing environment, away from the stresses of daily life, where one can learn new health – or life – improving skills and spend some quiet time. Classes vary in the level and complexity of material. Lupin's grounds provide many places and ways to reflect upon and utilize the new skills and ideas presented in the courses. Pre-registration is required, and the deadline is Wednesday before class starts. This allows instructors time to prepare materials based on the number of attendees. For more information and to register e-mail deepahealth@yahoo.com. Also see website <http://www.lupin.com/lmi.html>. Or call Deepa at 831-234-5791.



Greetings Health and Relaxation Enthusiasts – Here is the current Lupin Massage Institute schedule:

Relaxing Yoga for all Levels -

Thursdays, 7:30 - 9 PM

Come join Cora of Phoenix Rising Yoga Therapy for a drop-in yoga relaxation treat. The first Thursday of every month she runs the class as a group Phoenix Rising Yoga Therapy session. Affirming you as your own best healer, PRYT uses assisted yoga postures and dialogue to tap into your body's wellspring of wisdom. The first class is free, then it is \$12 per class or a 10-class pass for \$100!

Thai and Shiatsu Massage

- a 40-hour course April 10 - 28, 2002
Wed. & Fri. evenings - 7 to 10 PM

Come explore the Ancient Oriental Healing Massage Styles from someone who uses them in his practice! These particular two styles combine well to produce a relaxing healing effect on the body, mind and spirit. \$400

Charity Benefit Massage-a-Thon

Openings for massage are available on April 28, and May 1, 3 and 4.

Call Deepa for an appointment today (831-234-5791), before all the spaces fill up!

Presentation on Healing – FREE

Tues., May 7 - 8 PM

Come hear Adam Atman – local acupuncturist, herbalist, homeopath, qi gong healer and radio disk jockey - give a presentation on healing in its various aspects. If you have ever heard Adam's radio show on KKUP, you know what a dynamic speaker he is. The presentation in Nudome is free and refreshments will be provided.

Lymphatic Massage One and Two

May 17-19 & May 31-June 2

Lymphatic Massage One includes Abdominal Organ Massage Techniques! This series is taught by Raith of Harbin Hot Springs. She has also taught this course in Iowa! (\$380 for the series)



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
(See Events & Entertainment section.)

Eclectic Consciousness – Friday 8:00 pm
(Massage Exchange 7:30)

APRIL Restaurant Hours

	Mon-Fri	Sat-Sun
Breakfast	8 - 9:30 AM	8 - 11 AM
Lunch	12 - 2 PM	12 - 2 PM
Dinner	6 - 8 PM	6 - 8 PM
Snacks	8 AM - 8 PM	8 AM - ?* (Sat.) 8 AM - 8 PM (Sun.)

* Saturdays & holidays, snacks & beverages are available from 8 AM until entertainment ends.

Bare to Breakers Race

The Bay to Breakers Race in San Francisco (“Bare to Breakers” for the relatively large number of nude runners/walkers) will be held this year on Sunday, May 19. In the past Lupin has provided bus service, early Sunday morning light breakfast, reduced grounds fees and tenting fees, as well as a great time to meet new runners and Naturists from all over the world.

If you are interested in attending the event this year, please call Jay at 408-353-2250 or contact him by email at Sunflynude@aol.com.

Nancy Junkins’ Memorial Massage Yurt





In memory of Nancy Junkins – Lupin member and massage enthusiast who died of breast cancer several years ago - and of her enthusiasm for the sharing of massages, her brothers and a close friend donated a massage yurt to Lupin. Located in the circle next to Nudome, the yurt is to be used mainly by members to give and exchange massages. A few professionals who are registered at Lupin and do not have a space in which to do massage may also use it. Everyone has to pick up a key at the office and return it when through.

It is possible to reserve space ahead. There are two massage tables with a divider curtain between them, and one table may be reserved for a single massage, or the whole space for group massage. A CD player, water dispenser and cups, and heaters are provided. Massagers must bring their oil and sheets for the table or tables used.



Restaurant Notes

- Please don’t forget that on Friday mornings we offer selected breakfast specials.
- Mothers’ Day May 12th brunch will be served in the restaurant from 10 am to 2 pm. Reservations are requested, but not required. As always there will be several dishes certain to tickle your pallet.
- Please Note: Beginning April 20th, the restaurant lunch hours are 12 noon to 2:30 pm.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4 Group Yoga Therapy Session LMI [fee] 8 pm	5 Understanding Self and Others ECL 8 pm	6 Holiday concert/dance 9 pm	7 Camera Club Photo Show opens 3 pm Piano by Verne 3 pm
8	9	10 Thai and Shiatsu Massage Course LMI [fee] 7 pm Wed. & Friday	11 Relaxing Yoga for All Levels LMI [fee] 7:30 pm	12 Singles Discussion ECL 8 pm	13  Spring Fling 9 pm Dance with Buck's Naked Dancin' – DJ	14 Camera Club Day Camera Club meeting 1 pm Live at Lupin 3 pm
15	16 	17 Thai and Shiatsu Massage Course LMI [fee] 7 pm Wed. & Friday	18 Relaxing Yoga for All Levels LMI [fee] 7:30 pm	19 Lupin's Monthly Birthday/Anniv. Celebration: Dance with Aftermath 9 pm	20 Lupin Volleyball Tournament begins 11 am Winemakers' Dinner at Lupin and Michelle Mountain, harp 6 pm	21  Volleyball Tournament 11 am Steve Kritzer concert 3 pm
22	23 Lupin Slow Jammers 7:30 pm	24 Thai and Shiatsu Massage Course LMI [fee] 7 pm Wed. & Friday	25 Relaxing Yoga for All Levels LMI [fee] 7:30 pm	26 Massage Exchange ECL 7:30 pm	27  Pirates of the Caribbean Dance with Broadway Joe and Anita, DJ 9 pm	28 Game Day w/Music for Listening 3 pm Charity Benefit Massage-a-thon begins LMI
29	30	<p>ECL = Eclectic Cosciousness These programs are held on Fridays in Chez La Ronde at 8 PM (Tranquil Season), unless otherwise noted. The topics and speakers are chosen because they appear interesting: selection does not imply endorsement by Lupin. Activities are open to members and non-members: non-members coming to Lupin specifically for this pay \$6 at the office (plus a \$12 grounds fee if use of the facilities, such as spas or swimming pools, is desired). First time visitors will be sent an invitation to return to Lupin for a day visit.</p>				

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