

california **naturist**

AUGUST 2002 • A MONTHLY NEWSLETTER OF LUPIN NATURIST CLUB

Some Days Are Better Than Others . . . And Lupin Days Are Among the Best

Have you noticed that when you are feeling good you often run into people who are smiling, and when you are down, you get a frown? When the latter happens, you know it's not just the day. There are happy people, but they don't tend to seek your company. Perhaps they even avoid you.

In these situations, some of us put on a happy face and try to act like everything's OK – just hunky-dory, as they used to say. Others stay home alone, go for a long drive, see a movie or watch TV. Perhaps see a therapist. Maybe have a good cry.

Some lucky souls have Lupin to come to. This isn't suggesting that it's a good place to come dump woes on others. But it is a great place to get out into fresh air and sunshine (usually), and into open spaces with lots of healing green. Swimming, hiking, tennis and dancing can get your blood moving and raise your "joy count."

Lupin's also a place to be around pleasant people – although you don't have to make conversation. A smile and "Hi" or "How are you?" coming from or to you can do a surprising job of lightening the load for both people involved.

The role Lupin plays in lightening the load should not be discounted or disregarded. Lupin brings us together with other relatively sensitive people who feel a need to expand their lives and drop a load of falseness – to stop or at least reduce the play-acting, and to see others and be seen in all our naked glory. Perhaps Lupin's main role – other than being a fun place – is to assist each of us in accepting one's self. When we do that, at least partially, we are a lot more ready or capable of accepting others. This, in turn, leads toward a more cooperative, pleasant and safe world.

Yay, Lupin!

Mollie Moore-Sullivan, Editor

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, August 3

Dance/Concert with the Ana Porter Group

This live-music dance will be from 9 to 11 pm, and it's likely to be lively. (An astrology forecast for the date says "We'll likely see something incredibly exciting and sophisticated – or totally unscheduled." It also talks about "larger than life gatherings.") So, come on out and let's see what happens! Wear or don't wear what suits your mood.

Sunday, August 4

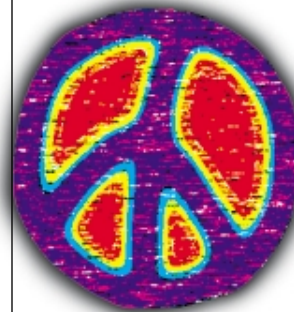
It's a ZOO

Kids, come make clay animals with artist Lori Kay, on the Upper Lawn from 2 to 4 pm. You can take your new "pets" home with you. Parents will probably be thrilled to keep these animals.



Afternoon Wild Sage

The Clubhouse Lawn Stage will be graced today, from 3 to 5 pm, with the Santa Barbara bluegrass band Wild Sage. Performing both traditional and contemporary music, the band has been called "one of the hottest new bands at the Spring Strawberry Festival" and "stars of the March Brookdale festival." Band members are Chris Cairns, banjo & guitar; Susan Reeves, guitar; Larry Claxton, bass; Eric Brittain, fiddle, dobro, mandolin, guitar. So, come on up, stretch out on the lawn, and enjoy cool music that's hot!



Saturday, August 10

"Summer of Love" Dance with Star Tracks

Do you sometimes wish you could return to the freedom-loving '60s? Black light dances, hippie clothes, streaking, flower power and peace symbols?

This evening we will step back into that era and celebrate the music and times that changed so many lives.

You may choose to honor your body's freedom by painting it - and you can get assistance in painting glowing designs that will sizzle under the black lights. Body painting in front of the Clubhouse will take place between 5 and 8:30 pm. (If you are painted, please keep it to yourself. Be sure to sit on a towel and to shower thoroughly before getting into a hot tub or pool.) You can also have fun decking yourself out in the styles of the '60s – bell bottom pants, mini-skirts, granny dresses and Nehru jackets.

The Summer of Love Dance goes from 9 pm to 12 midnight. Star Tracks will be the DJ and will help us get into dancing freedom. By the way, it's likely that dinner at the Clubhouse Restaurant will be busy. Plan to come early. Love & Peace!

Sunday, August 11

Camera Day and Camera Club Meeting

The Camera Club provides photography services to Lupin and its members. To that end, 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 meetings are held at 1 pm on the Clubhouse Lawn and are open to anyone interested.

Afternoon

Surprise Entertainment

There will probably be entertainment on the Clubhouse Lawn today from 3 to 5 pm, but just who or what is a SURPRISE. (It is not established at press time.) If you don't care for surprises, please check Lupin's web site or call the office close to this date.

Saturday, August 17

Atomic Mint

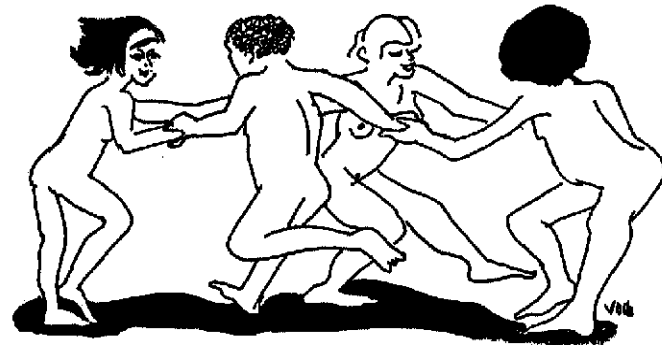
Atomic Mint is the premiere up-and-coming group from the San Jose Area. Enjoy this rock/funk/pop band in person for a memorable evening of musical entertainment that you won't soon forget.

The concert-dance for this first-time-at-Lupin act is from 9 to 11 pm. Come check it out and dance your socks off.

Sunday, August 18

Entertainment TBA

And, here's another surprise in the 3 to 5 pm time slot. You can check Lupin's website, etc., but probably it's more fun just to show up and check it out. Bring a towel in case you decide to wander off to swim or hot tub.



Friday, August 23 – Monthly Birthday/ Anniversary Dance with Miggs

“A mix of great songwriting and a polished sound, Miggs considers its music ‘semi-pop’ or ‘alterna-pop.’” “The songs sound like they could have come out of any of the last three decades, while managing to stay hip and fresh.” The four-man team of vocalist, bass player, percussionist, and guitarist held the number one spot on garage-band.com in San Francisco for several weeks with their song Anyway - and there are over 50,000 songs on the site!

Miggs will play for the first time at Lupin tonight, from 9 pm to midnight. Bring your friends and have a great time listening and dancing.

Saturday and Sunday, August 24 & 25 **Volleyball Tournament**



Welcome to the best buff volleyball in the Bay Area. (Or play “clothing-optional.”) Play begins at 11 am. Tournament newcomers should arrive at least 30 minutes early to demonstrate basic ball handling skills and get a team assignment.

There will be Coed play on Saturday, and Men’s followed by Women’s on Sunday. Check Lupin’s website (lupin.com) for detailed information or contact the office for a printout.

Saturday, August 24 **Big Red Orange**

Another new group for Lupin, Big Red Orange, is scheduled for a dance/ concert tonight from 9 to 11 pm. Come on out and check it out – and bring your dancing shoes!

Sunday, August 25 **Gabriel Scott**

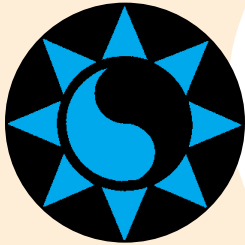
Probably best known for his work as front man, vocalist and songwriter for internationally acclaimed Burning Orange, Gabriel Scott is a man of many talents. During the recording of his new album, *The Final Days of Gabriel*, he wrote, arranged, composed, produced and performed all of the thirteen new tracks. Comparisons are being made to everyone from Smashing Pumpkins to The Cure and Prince.

Gabriel Scott will perform today under the big oak on the Clubhouse Lawn, from 3 to 5 pm. Here’s another Lupin chance to loll around, be entertained, and be on the cutting edge.



Saturday, August 31 **Labor Day Dance**

Tonight we will end August and get ready for the Labor Day holiday by dancing, dancing, dancing to the lively music of a fine DJ. (As of this writing the particular fine DJ is not known, but the info will be put on the web.) The fun goes on from 9 pm to 12 midnight. Wear or don’t wear what you wish. If nude, please bring a towel to sit on.



The programs are held on some Fridays in Chez La Ronde at 8:30 PM, 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 \$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.

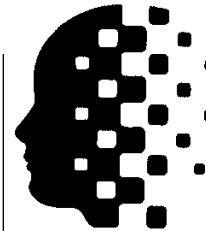
Friday, August 2

Empowerment Circles with Chris & Bill Flynn

Using Earth Energy we call upon our own spiritual connection and the empowerment of our circle to manifest our heart's desires. This is an opportunity to create the life you want! Please be on time! No one is admitted after the circle begins.

Friday, August 9

No Eclectic Consciousness tonight.



Friday, August 16

Rapid Eye Technology (RET) & Hypnosis for Happy Living - Carol Daily

Does it seem that happiness is a fleeting experience? Do you want more satisfaction and joy? Find out how R.E.T. & hypnosis work, first to release self-defeating thoughts, patterns and stress, and then to anchor happiness and satisfaction. Come find out why people are saying R.E.T. is amazing!

Friday, August 23

No Eclectic Consciousness tonight.

Friday, August 30

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.

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: 7:30 - 9 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.)

Saturday, August 3

Introduction to Togoodoo

Togoodoo represents the endless circle of relationships, cycles, rhythms and rhymes among the Ewe people of West Africa. This workshop includes making beautiful mandalas of flowers and other natural objects. For more information on Togoodoo see www.togoodoo.com

Visiting Lecturer Dr. Robert Haberkorn, D.C., M.M.Q

Good News – Lupin Massage Institute is fortunate to host Dr. Robert Haberkorn, D.C., M.M.Q., from the Palm Springs area, for a week of extraordinary courses. In addition to his chiropractic and medical QiGong practice, he teaches massage and martial arts. Dr. Haberkorn has a wealth of experience and a delightful presentation style.

Saturday, August 17 & Sunday, August 18

1) Practical Nutrition

Learn concepts of digestion and absorption, and signs of deficiency, plus how to make better food choices and to find a good vitamin.

Leave the class with a handy list of nutrients for common problems. \$100 course fee for both days 10 am to 12:30 pm & 3 to 5:30 pm

Monday, August 19 & Tuesday, August 20

2) Soft Tissue Concerns and Fragile Clients

Learn contraindications to different types of body work. Understand why there is a danger and what you can do with fragile clients. What warning signs do you miss that could save a person's life? \$60 course fee for both evenings 7 to 10 pm

Wednesday, August 21 • 7 to 10 pm

3) Massage Round Table

Bring your questions and issues with hard-to-deal-with areas to discuss with others in your field. Work through challenging areas and tough spots together to find the best solution. \$30 course fee

Thursday, August 22 • 10 am to 6:30 pm

4) Advanced Touch and Tissue Concepts

Learn the subtleties of touch and its many expressions. Hear a hidden language of the body as it speaks to you each day. Become acquainted with many tools to take the pain out of deep tissue and the strain out of your hands. \$80 course fee

Friday, August 23 • 10 am to 6:30 pm

5) Dissecting the Neck: Deep Tissue Neck

Learn deep tissue in one of the most sensitive areas of the body. Learn how to strip away the layers all the way to the bone. Step by step complete neck deep tissue. \$80 course fee

Wednesdays, August 28 – October 16 • 7-10 pm

Somatic Neuromuscular Release™ (SNR)

SNR™ uses the brain, neural circuits and proprioceptors to effect permanent change in the musculoskeletal system. Using slow resistive movement with positional release vectors and awareness SNR can restore neurological control and function. \$240 course fee.



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

AUGUST 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 Oak Circle, adjacent to the Clubhouse Lawn. **This month Camera Club Day is Sunday, August 11.**



Fire Danger Precautions

During the summer 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.



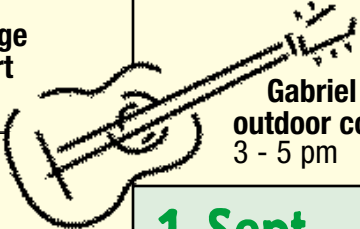
Who Backs Up?

With heavy summer 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.

About Umbrellas

The personal umbrellas being used to ward off the sun are adding a cheerful dash of color to the Clubhouse Lawn. They create a bright, festive look that’s appreciated even by those not in their shelter. There is also a possibility, however, of having umbrellas block the view of performers for those further from the “stage” under the oak tree. So, on concert afternoons, it’s requested that umbrellas be kept generally on the sides of the lawn. Thanks.

AUGUST 2002 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ECL = Eclectic Consciousness LMI = Lupin Massage Institute (fee, usually) TBA = To Be Announced			1 Drop-in Relaxing Yoga for All Levels LMI [fee] 7:30 pm	2 Empowerment Circles ECL 8:30 pm	3 One Day Togodoo Workshop LMI [fee] Ana Porter Group concert 9 – 11 pm	4 It's a ZOO (for Kids) Make clay animals 2 – 4 Upper Lawn Wild Sage (outdoor concert) 3 – 5 pm
5	6	7	8 Drop-in Relaxing Yoga for All Levels LMI [fee] 7:30 pm	9 No ECL	10  Summer of Love Dance w/ Star Tracks 9 pm – 12 midnight (Dinner reservations)	11 Camera Club/ Camera Day meeting 1 pm Entertainment TBA
12 	13	14	15 Drop-in Relaxing Yoga for All Levels LMI [fee] 7:30 pm	16 Rapid Eye Technology (RET) & Hypnosis for Happy Living ECL 8:30 pm	17 Practical Nutrition course Day One LMI [fee] 10 am Atomic Mint dance & concert 9 – 11 pm	18 Practical Nutrition course Day Two LMI [fee] 10 am Entertainment TBA
19 Soft Tissue Concerns and Fragile Clients course Day One LMI [fee] 7 pm	20 Soft Tissue Concerns and Fragile Clients course Day Two LMI [fee] 7 pm	21 Massage Round Table 7 – 10 pm LMI [fee]	22 Advanced Touch & Tissue Concepts LMI [fee] 10 am Drop-in Yoga 7:30	23 Deep Tissue Neck Work 10 am-6:30 pm LMI [fee] Birthday Dance w/ Miggs 9 pm – 12	24 Volleyball Tournament 11 am Big Red Orange dance/concert 9 – 11 pm	25 Volleyball Tournament 11 am Gabriel Scott outdoor concert 3 - 5 pm 
26	27	28 Somatic Neuromuscular Release™ begins (Weds, 7 to 10 pm) LMI [fee]	29 Drop-in Relaxing Yoga for All Levels LMI [fee] 7:30 pm	30 Massage Exchange 7:30 pm	31 Labor Day Dance (Band TBA) 9 pm - 12 am	1 Sept Circle of the Sun Finger-painting by kids 2 – 4 pm