

# california **naturist**

NOVEMBER 2002 • A MONTHLY NEWSLETTER OF LUPIN NATURIST RESORT

## Falling for Fall

It's a breezy, bright morning at Lupin, with sunlight filtering through the canopy of California live oak leaves, while scolding jays dash from tree to tree.

The high energy in the constantly moving leaves and small branches seems to be catching (among the birds and animals, at least). I look out and see a string of three cats moving toward my deck and the cat food left there by my claustrophobic kitty. (She won't come indoors – no matter how bad the weather is outside or the how good the comfort is inside.) The newcomers – whom I suspect were abandoned – look the same half-grown size and are probably siblings, although they don't look it. There are two short-haired cats – one black and one tannish – and a long-haired white one with black markings.

The tan one, whom I'd seen and fed before, came racing up to my deck to eat my cat's leftovers. (Two of my cats eat indoors – which I prefer for several reasons. The third one was probably mistreated

and won't. The others would probably have followed if three deer hadn't galloped through the middle of everything – two young bucks chasing a doe up the hill and behind the cabin. The deer soon came clattering back through, with the doe still leading the merry chase. (The birds had their say about all that!)

This is naturism at its best – being out in nature and not saddled with unwanted clothing or with many cares. Life seems to simmer down to sunscreen, soft towel, soup and salad or sandwich, simpatico soulmates, soaking in a tub, swimming in a pool, sunning on a lawn or deck. Isss what you make it!

Mollie Moore-Sullivan  
So-Called Editor



Friday, November 1

## Charity Benefit Massage-a-thon

If the idea of a massage is appealing to you (and how could it not be?), call up the Lupin Massage Institute at 831-234-5791 and make a date for today or Sunday, November 3 to have a massage by a senior student – for the low price of \$15. Proceeds will be donated to a good cause.



## Monthly Birthday/ Anniversary Celebration Featuring the Lara Price Band

Lara Price, still in her 20's, not only leads her own blues band, but is one of the most popular vocalists in the area. She and the band have raised the energy and gotten a crowd on the dance floor when they played at Lupin before, and they are certain to do it again.

So, come on out tonight for fun, fun, fun as we celebrate November birthdays and anniversaries of Lupin members and guests. And you had better be ready to dance, because it will be nearly impossible to sit still. The dance/concert is from 9 pm to 12 am.

Saturday, November 2

## Water Aerobics & Stretches with DeAnna

Treat yourself to a “perfect” Saturday morning at Lupin. Start your day at the Restaurant with a workout

breakfast special created by Willow. Have coffee and 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.

## Beyond the Naked Eye

Come explore deep space from the Lupin upper tennis court from 7:30 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.

Bring your own binoculars if you want to learn to find these objects on your own. Please do not bring flashlights with white lights into the observing area during this event. Red or dark blue lights are OK. Your ability to appreciate the celestial objects depends on your dark adaptation.

Note: A second “Beyond the Naked Eye” will be held this month on November 30, and the next and last one in 2002 is scheduled for December 28.

Saturday & Sunday, November 2 & 3

## Movie: The Thomas Crowne Affair

In this remake of The Thomas Crowne Affair, Pierce Brosnan steals a Monet for the challenge, only to be fingered as the thief within two days by insurance investigator Rene Russo – who's smart, driven, and alone. Ostensibly she works with the police, but in truth she runs her own show, playing cat and mouse with Brosnan.

The film will be shown twice in Chez La Ronde – Saturday, the 2nd, 8:30 pm; and Sunday, the 3rd, 3:30 pm.

Sunday, November 3

## Charity Benefit Massage-a-thon

If you could use a good massage – and who couldn't? – you have an excellent opportunity today. For a mere \$15, a well-trained senior student from the Lupin Massage Institute will help you get rid of kinks and tight places and overall stress. And the proceeds will be donated to charity. Call Deepa at 831-234-5791 to schedule an appointment.

## Clubhouse Plays Listening Music

Beginning today, on most Sundays this month there will be background recorded music for listening in the Clubhouse starting at about 3 pm. This does not mean everyone is expected to sit quietly and just listen. You are encouraged to bring games, cards and such and visit with friends – old and new. If you feel like dancing, that's great. Refreshments will be available for sale.



Friday, November 8

## Conscious Connections: Singles Discussion Group – Getting Connected

Feel out of the loop? Want to feel part of something – want a sense of belonging? Tonight we will discuss how to live life more fully involved and connected. Led by Chris and Bill Flynn, the get together is in Chez La Ronde, beginning at 8 pm.



Saturday, November 9

## Decoupage Autumn Leaves Workshop with Irene

Start collecting colorful leaves that appeal to you, and bring them to the Clubhouse today at 2 pm. Irene will be there with supplies and guidance to assist you in creating natural works of art. This is fun for a wide range of ages.

## Fall Frolic with Star Tracks, DJ

It's been a while since this DJ – popular with Lupinites, including with kids – has been at Lupin. So this is a chance to celebrate! The dance goes on from 9 pm to 12 am. Wear or don't wear what you wish, and be ready to dance, dance, dance!

Sunday, November 10

## Camera Club/Camera Day

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 meets today in Chez La Ronde, at 1 pm. Anyone interested is invited to attend.

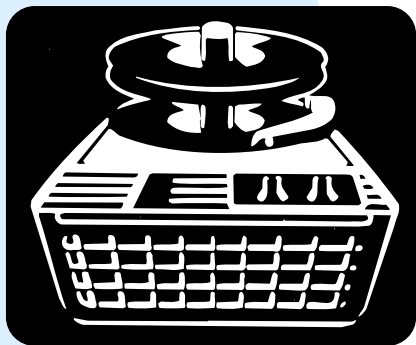


## Lazy Day

How about trying RELAXATION? Other than Camera Club and meals, there is nothing planned today. You can stretch and sigh and let go.

## Saturday, November 16 Entertainment TBA

The plan is to have an activity from 9 to 11 pm – possibly there will be a new DJ. Check lupin.com or call the office (408-353-2250) as the date draws near.



## Sunday, November 17 Clubhouse Plays Listening Music

Why not bring a favorite table game and invite some new friends to join you? The music begins at 3 pm, and there are refreshments for sale at the counter.

## Friday, November 22 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.



## Saturday, November 23 Movie: My Blue Heaven

FBI agent Rick Moranis is assigned to protect former Mafia figure turned informant, Steve Martin. In the witness protection program one is supposed to keep a low profile, but that is something Martin has trouble doing. 8:30 pm in Chez La Ronde. (1st of 2 showings)

## Sunday, November 24 Clubhouse Plays Listening Music

During the afternoon you can hang out at the Clubhouse and visit or play games to the sound of pleasant tunes (starting at about 3 pm). Talk about relaxing . . .

## Movie: My Blue Heaven

Another way to unwind and enjoy yourself is to go to the second showing of My Blue Heaven in Chez La Ronde, starting at 4 pm. See Saturday, Nov. 23, for a description.



## Thursday, November 28 Thanksgiving Day

If you want to come up to Lupin early, so you can relax and concentrate on anticipating fine food, you may enjoy joining friends in Chez La Ronde at 1 pm to see the renowned film, To Kill a Mockingbird.

## Movie: To Kill a Mockingbird

1 pm in Chez La Ronde

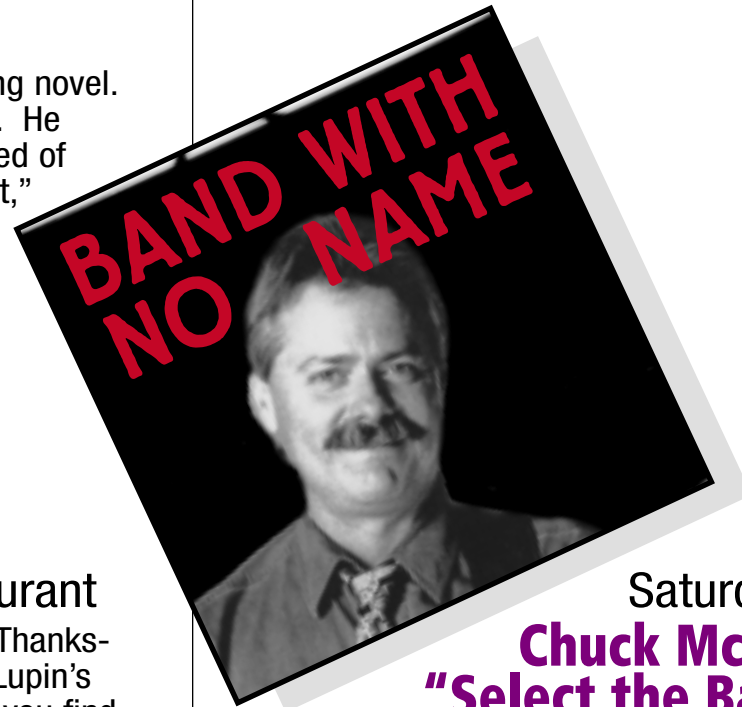
“Based on Harper Lee’s Pulitzer Prize winning novel. Gregory Peck is a lawyer in a racially divided town. He agrees to defend a young black man who is accused of raping a white woman. Through the eyes of “Scout,” his daughter, To Kill a Mockingbird carries us on an odyssey through the fires of prejudice and injustice in 1932 Alabama.



## Thanksgiving Buffet Dinner

3 – 5 pm in the Restaurant

For a hearty, traditional Thanksgiving dinner it’s hard to beat Lupin’s fine spread - and where could you find nicer dinner companions? The buffet 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 children, through 17 years old. Reservations are requested by a week prior (Nov. 21).



## Saturday, November 30 Chuck McCabe & Friends “Select the Band Name”

Lupin’s long time musician buddy Chuck McCabe has gotten together with some musical friends, and the group is looking for a band name that really fits. It looks like tonight the question/suggestions will be put to those at the concert. Imagine talking to your kids and saying, “Oh, yeah, that band really made it big (MTV) after it adopted the name I suggested.” Even if suggestions aren’t needed or heeded, it should be a kick to be part of this – Chuck associates with musicians who are fun and talented.

So come on out and join the fun, from 9 to 11 pm.



## Beyond the Naked Eye

7:30 pm –  
12 midnight

(See Nov. 2 for information)

## 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](mailto:deepahealth@yahoo.com). Also see website <http://www.lupin.com/lmi.html>. Discounts are offered.

### Thursday, November 7 • 8:00 – 9:30 pm Drop-in Yoga for All Levels and Ages

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.)

### Saturdays, November 23 and December 7 Grof Holotropic Breathwork

Jay Gilliland, MT,CHT, Certified Grof Holotropic Breathwork practitioner, will share this method which uses the healing transformative potential of expanded states of consciousness, integrating ancient spiritual practices and modern consciousness. The group setting facilitates the energetic bonding and release of trapped negativity in the Body/Mind. Each day is a complete course day and may be repeated. Course fee: \$75 per day 9 am to 9 pm with a 1.5 hour lunch and dinner break.

### Friday, November 1 & Sunday, November 3 Charity Benefit Massage-a-thon

Donate \$15 toward a to-be-determined charity and receive a one-hour massage by one of our senior students – a tremendous value! This relaxing experience helps yourself and

countless others. Call Deepa to schedule your appointment today. 831-234-5791

### Tuesdays & Sundays, November 12 – Dec. 8 Acupressure Massage

Come learn to explore the body from another perspective. Chinese energetics and Acupressure are an ancient and time-tested way to heal and relax the body. This 40-hour class can also count toward your massage practitioner certification. \$400 course fee. Tuesdays, 7 – 10 pm & Sundays, 9 am – 6 pm, both with a 1.5 hour lunch break.

## ECLECTIC CONSCIOUSNESS

### Conscious Connections & Massage Exchange

Once a month Chris and Bill Flynn lead a Singles Discussion Group, **Conscious Connections**, on a Friday in Chez La Ronde. This month the group meets at 8 pm on Nov. 8, and it's about "**Getting Connected.**" If you feel "out of the loop" and are lacking a sense of belonging, come join in tonight in discussing how to live life more fully involved and connected.

**On Friday, Nov. 22, there will be a Massage Exchange** – a favorite monthly activity – led by Bill Flynn. 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 oil before hot tubbing, and the other to dry with).

Note: In December, because of the holidays, there will be only one Eclectic Consciousness event. On Friday, Dec. 6, beginning at 8 pm, **Conscious Connections: Singles Discussion Group** will focus on "**Touching Hearts**" – a night of heart opening processes.

# 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

## NOVEMBER 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 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, November 10.**



## Fire Danger Continues . . .

During the rain-less 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.



## Looking Ahead to December

Just a taste of the goodies coming up in December and the Christmas holidays at Lupin – tenor Richard Riley performs a Holiday Concert on Saturday evening, the 7th! He’s a treasure.

## New Activities Coordinator

Lupin has a new Activities/Entertainment Director, **Sheila**, a member with lots of good ideas and energy. If you have suggestions or compliments and/or wish to be of assistance decorating or in some other way, you may leave a note in the office or see her on the grounds.

