

Mealtimes:

Breakfast: 8 am – 10 am

Lunch: 12 pm – 2 pm

Dinner: 6 pm – 8 pm

Thursday, July 28 2016

9am-9 pm Registration is open! Please check in at the office.

9 am **Open Water Swimming Tips.** Get some tips on distance swimming in lakes, rivers, or the ocean, and learn how to modify the stroke you've been using in swimming pools.

Kathy Blanchard. Pool

10 am **Before I Die...**Interactive art piece. Restaurant Lawn.

11 am **Body acceptance is the idea ...**Lee Baxandall, founder of The Naturist Society, recognized that our success flows from body acceptance. How are we doing? Interactive discussion. Bob Morton. Redwood Grove.

1 pm **Philosophy of Art.** Examine three popular ways philosophers have understood the aesthetics of nudity in Western art. Mark Storey. Restaurant Lawn.

1 pm Massage tables self-serve under the Ole Oak Tree. Bring your own oil.

2 pm **Oregon**—A success story! The Oregon Department of Forestry proposed sweeping prohibitions against nudity for over 1,000 acres of prime hiking land. NAC orchestrated a grass roots response that drew the attention - and the respect - of the bureaucrats. Learn some exciting and gratifying details. Bob Morton. Redwood Lawn.

3 pm **TNS Book Club Discussion Group** (An Eastern Naturist Gathering favorite). *Wild* by Cheryl Strayed. Hiking is a familiar and popular pastime for naturists of all ages. *Wild* is a memoir of Cheryl Strayed's journey through nature and self-discovery while TNS Book hiking the Pacific Crest Trail. This is an Eastern Gathering favorite so we decided to bring it West. Join in our discussion about the book. Carmen Hamm and Nicky Hoffman. Restaurant Lawn.

4 pm **Town Hall Meeting.** We can discuss the future of western gatherings, the future of TNS or any other subjects that you feel are important. Bring your positive ideas—and if it's a problem you're bringing—bring your solution. Restaurant lawn.

Friday July 29, 2016

10 am Ice Breaker Games with Errol and Rochelle. Nudome Lawn.

11 am Lupin Plant ID Walk. Learn about the plants found at Lupin on a gentle walk

throughout the resort grounds. Kathy Blanchard. Meet on restaurant lawn.

11 am **By the numbers - a review of NEF's opinion surveys.** The Naturist Education Foundation sponsors polls to “take the pulse of America” on matters of nudity and body acceptance. Looking at the numbers can tell us something about our fellow citizens - and about ourselves. Bob Morton. Redwood Grove.

1 pm **Magic Points.** Headaches, backaches, motion sickness? In this interactive, participatory presentation, John shows attendees how to reduce pain in their bodies using simple acupressure techniques. He will first demonstrate the acupressure skills and then the audience will have chance to practice the Magic Points on themselves and others. This is a natural, drug-free approach to relieve pain. John Flavin L.Ac. Restaurant.

1 pm **Elysium Publications.** A discussion on the history of the Elysium publications and their influence on naturism during their time. Rolf Holbach. Restaurant lawn.

2 pm **Gender identity laws and naturists**

Gender identity laws are a hot topic, both nationally and locally, and they may affect naturists in ways we haven't considered. It's more than just an issue for transgender individuals. Cisgender folks should pay attention. Bob Morton. Redwood Grove.

3 pm **Barnyard Games.** A WNG favorite! SCNA. Restaurant Lawn.

3 pm **Go Class.** Ancient Asian strategy board game. Meet Tim in the restaurant. All levels welcome.

4 pm **Philosophy of Humor.** Examine three philosophical approaches to humor as applied to nudist comic postcards. Mark Storey. Restaurant Lawn.

5 pm **Afternoon High Tea with Lori Kay.** White gloves and clothing are not required. Restaurant.

6 pm **Bocce Ball Tournament** with prizes. Restaurant Lawn.

7 pm **Conscious Dance.** Enter a space of fun and connection to self. Ride the wave of conscious dance—dance your feelings, giving voice with our bodies and free the mind to the sounds of an eclectic, global dance mix. Family fun. Don Titmus. Nudome.

8 pm **Open Mic** with Charlie Perkins. Restaurant.

Saturday July 30, 2016

9-12 am **Chess Tournament.** Take part in an informal chess mini-tournament, using locks. Award plaques for 1st and 2nd place. Mark Storey. Upper Lawn beyond pool.

11 **am Drop-In Water Volleyball.** Nude newbies are welcome to join. Pool.

11 **am California**

From Eureka to San Diego, California has presented naturists with an array of opportunities and problems in the past year. Not all good, not all bad, but certainly worth knowing. Charles Harris and Bob Morton. Redwood Grove.

11 **am Belly Dance for Beginners and Semi-skilled alike.** Women, men and children— Let's get Tribal" Exercise your body, dance to the music, learn new skills, bring your coin belts. Don Titmus. Nudome.

11:30 **am Seasons of the Soul and Sun...**Drawing and Painting Workshop for adults and the young at art. Come join us for creative fun. Under the Ole Oak Tree on the Restaurant Lawn.

1 **pm. Paper Airplane Challenge.** Create your very own paper airplane and compete to see if it will fly through a hoop. All ages welcome. Under the Ole Oak Tree on the Restaurant Lawn.

1 **pm The "Offense" of Public Nudity.** What does it mean to be "offended" by public nudity, and does such "offense" warrant criminalization? No! Hear what many philosophers are saying. Mark Storey. Redwood Grove.

1 **pm Free the Nipple.** Women in naturism come together on this important topic while enjoying complimentary champagne and chocolates. Cindy Gregory, Carmen Hamm, Nicky Hoffman. Restaurant.

2 **pm Beer Tasting** by Lupin member Brian P. Restaurant Patio.

2 **pm Splish, Splash Painting Bash.** Mark your calendar for this fun-filled workshop. Pain in Big, Bold, colorful brushstrokes. Upper lawn Stage.

2 **pm Theater Games With Rochelle.** Lupin's professional theater. Restaurant Lawn.

2 **pm NAC Roundup.** From Wreck Beach in British Columbia to downtown Asheville, North Carolina, with quick stops in between, this is a fast paced recap of selected naturist issues from across the North American continent. Some issues and locales have their own workshops, but here's where you can learn and discuss more. Does the Naturist Action Committee consider naturist issues in Vermont or Nebraska to be important? Yes, and so should you! Bob Morton. Redwood Grove.

2 **pm Easy Folk Dances for All Ages.** Learn some easy, fun folk dances that everyone can do, Vick Vickland. Restaurant Lawn.

3 pm **Unveiling of Glyn's Bronze Memorial Marker.** A viewing of the short movie of a celebration of Glyn's life. Waterfall Lawn.

4 pm **TreeSpirit Photo with Jack Gescheidt.** Renowned photographer Jack Gescheidt will be joining us at Lupin and will be taking a photo for his TreeSpirit Project. Join in and receive a digital copy of the photo or purchase a print if you like. Meet on the Restaurant Lawn.

8:00 pm **DJ Dance with Broadway Joe and Anita.** Restaurant.

8:30 **pm S'Mores Bar.** This is more than you will remember from your scouting days. Ever had a S'Moreo? Gourmet ingredients and yummy toppings. Restaurant Patio.

9 pm **Silent Disco in the Pink Portal of Love** (near NuDome). Bring your own android phone and hook up to great sounds and dance, dance, dance! Hosted by Lupin's own Hib.

Sunday

9 am **It does matter to naturists who's elected.** In an election year, you're flooded with appeals from candidates seeking money and votes. Most candidates will tell you where they stand on "standard" issues, but few will address naturist issues, leaving you to make your voting decisions based on other factors. Elected officials do affect naturists. Examples and possible remedies. Bob Morton. Redwood Grove.

10 am. Tai Chi. Tai Chi helps reduce stress and anxiety and promotes serenity through gentle, flowing movements. Tai Chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. Often described as meditation in motion. Meet David under the Ole Oak Tree on the Restaurant Lawn.

10:30 am. **San Gregorio Beach Trip.** We will leave from the Lupin gate at 10:30, caravanning to the mile-long, clothing-optional San Gregorio Beach between San Francisco and Santa Cruz. Lee Baxandall referred to this site as the West Coast's "first nude beach." You will need to make your own travel arrangements and pack your own food and water. Directions, map and instructions will be available upon departure. Mark Storey.

11 am **Drop-In Water Volleyball.** Nude newbies are welcome to join. Pool.

11 am **Yoga.** Instruction aimed at beginners, but all levels are welcome. Johnny Ray. Nudome.

3 pm **Artist Reception.** Please join Rich Pasco for a reception for the exhibition of his wonderful photographs. Light refreshments will be served. Restaurant. 11 am

TNS Kids Gathering

Saturday 7/30

11:00 AM **Nature Walk and Animal Art -- Wild Things Wanted:** Inspired by Maurice Sendak's book and illustrations, "Where the Wild Things Are". Come create your very own wild things after a short nature walk. Learn about Lupin's native flora and four-legged wildlife. Meet at the restaurant patio and move to the upper lawn.

2 pm **Splish, Splash, Painting Bash:** Mark your calendar for this fun-filled workshop. **Paint** in **big, bold** colorful brushstrokes. Under the Ole Oak tree in the restaurant lawn.

Sunday 7/31

11 am **From the Earth:** Come make clay animals. Add textures from nature and have fun manipulating clay Under the old oak tree restaurant lawn

12 PM **Mother Goose on the Loose.** Kid Games with Kelly. Meet at the stage area in the upper lawn near pool.

1 PM **Games Galore!** Kid's games and Marco Polo in the pool. Come join us for traditional and non-traditional games. Meet at upper lawn play structure.