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April 2007

Dear Friends of Wilbur ...

☞ I am writing this on March 29th, the day of my 68 birthday. I have been the steward of this sacred healing place called Wilbur Hot Springs for more than half my life. Spring is here, and April at Wilbur is among the most gentle of months. Scientists tell us that our back yard has one of the three most extensive collections of wildflowers on the entire planet.

☞ Over the years I have gazed at the wildflowers, smelled the wildflowers, frolicked in the wildflowers, bathed in the wildflowers, photographed the wildflowers, picked the wildflowers, and ate the wildflowers. They are a special memory in my consciousness which I can go to at any time and in any place. Immersing my consciousness in wildflowers creates what I call real

“soul food.” My being is enhanced greatly by such soul food (and I gain no calories!).

☞ Soaking up (puns intended) the atmosphere at Wilbur also nourishes my soul. I “relish” being with people who treat one another with respect for their very being, regardless of what they look like, what their beliefs are, what their sexual orientation is, or what they do for a living.

☞ When we can recognize our communality on this voyage we call life we “dine” on the most nutritious soul food of all.

☞ I look forward to dining with you at Wilbur,

Richard

Richard Louis Miller, M.A., Ph.D.
Wilbur Caretaker in Chief
since 1972



Spring Special at Wilbur

Beginning April 16th...

Stay 2 nights and receive one night at 25% off,

Sunday thru Thursday in a room of equal value!

Does not include holiday periods, and is not combinable with other discounts. This offer is valid through June 28th.

Guest Chef Weekend

April 27th, 28th, 29th

With Chefs Charlie & Marion Casio

We just can't get enough of this good cookin'...

☞ It is sure to be a sell-out weekend, so make your reservations early! Read about Charlie Casio's new book on the Wilbur website

www.wilburhotsprings.com

“In all the world... no waters like these”

New Flags at Wilbur

☞ A crew of 16 volunteers dug holes, planted, watered, and mulched nearly 1000 seedlings at Wilbur last month as part of an ongoing project to restore native plants that have lost ground at Wilbur Hot Springs. Each new plant is marked by its own flag, giving the area on both sides of Sulphur Creek between the hotel and the parking lot, the look of a colorful United Nations convention.



☞ Among the native plants are: creeping wildrye, flat-topped and California goldenrod, Indian hemp, mugwort, narrow-leaf and showy milkweed, ambrosia, aster, frankenia, yarrow, sumac, elderberry, and redbud. ☞ U.C. Davis ecologist Craig Thomsen conceived and is directing the project, which Wilbur is helping to support.

Thomsen chose the plants to restore streamside vegetation, enhance habitat for pollinators, and fill spaces that were previously occupied by invasive plants such as yellow starthistle and tamarisk. All of the plants were propagated from material, (i.e., seeds, root divisions, and cuttings) collected in the Bear Creek watershed, the majority of which came from Wilbur. ☞ Sarana Miller recruited the enthusiastic band of volunteers, who spent two to five days each at Wilbur putting in five or more hours of work each day and coming together in the evening for communal potluck dinners. ☞ Special thanks to all of the volunteers: Cliff Barney, Ron Bertolucci, Vicki Carr, Jennifer Daley, Vinithia Fredenburgh, Michael Fuchs, Tom Heffernon, Kendra Johnson, Jon Marley, Leontine O'Berg, Joseph Stewart, Bella Stolz, Kathleen de Wilbur, Diza, and Jeannie Vierra. ☞ Volunteers will be needed to help weed the plantings in the near future. Contact Sarana if you are interested in a work trade sarana@mac.com.



7th Annual Thomas Fortel Yoga Workshop

Thomas Fortel: April 26th - 28th

**For more information or how to register,
contact Kathleen de Wilbur at 510-525-3447
or mbcdex@aol.com**

You are invited to tune in to National Public Radio

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Mendocino County**

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at www.KZYG.org

Tuesdays, 9am (Pacific time) for

Mind Body Health

with your host... **Dr. Richard L. Miller**

Call during the program: 707-937-5103
or email questions: DrRichardLMiller@aol.com

Massage At Wilbur

Massage and Chiropractic services are available at

Wilbur by appointment for an added fee.

Please call ahead to assure the time and the therapist
of your choosing ...

530-473-2306

For more information on Wilbur therapists visit the
website: www.wilburhotsprings.com

HELP WANTED Wilbur Staff/Barter Position Available

Wilbur is looking for a part-time, live-in
housekeeper for 20-23 hours per week
Contact Meg for application information

530-473-2326



Pieces of the Yoga Puzzle

Sarana Miller & Harvey Deutch: May 4th - 6th

☞ As long as you practice yoga with the emphasis on “practice” the more you will discover what your mind and body are capable of allowing! This weekend will bring together some of the misunderstood pieces of this puzzle. ☞ A restful time and a time of discovery is our goal. ☞ We will combine breathing, chanting, active and restorative yoga practice with sound principles of stability. ☞ We hope you will gain the inner wisdom to access your spine and joints with a clearer understanding of movement.

Weekend includes:

- 6 organic meals
- 6 yoga sessions: beginning Friday at 5:30pm
- 2 nights accommodation, which include use of baths, sauna and grounds

Enrollment is limited – please sign up as soon as possible to reserve your space

☞ Cost is \$485 private room, double occupancy, \$445 bunkroom, \$385 camping double occupancy

☞ For more information contact Sarana at 510-502-9642 and at sarana@mac.com, or visit her website at www.saranayoga.com

Coming Soon....

Sarana Yoga Weekend, June 22nd - 24th

Contact Sarana at sarana@mac.com for more infoe and restorative yoga practice with sound principles of stability. • We hope you will gain the inner wisdom to access your spine and joints with a clearer understanding of movement.



May abundance and joy enter each of your lives every day!

From all of us at Wilbur...

Phone 530-473-2306 • Fax 530-473-2497 <http://www.wilburhotsprings.com>

Please forward this Wilbur newsletter to a friend who may enjoy it!

PLEASE NOTE: Email and web addresses supplied throughout may not be linked depending on your software. Just “copy and paste” into your browser or email message

CREDITS: Photos – Meg Solaegui, Cliff Barney • Newsletter editing, layout & design – Wild West Communications Group, Homewood, Lake Tahoe, California, 530-525-5201