



E S T A B L I S H E D 1 8 6 5

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September 2006

Dear Friends of Wilbur

☞ Two weeks every year Wilbur closes for restorative work. The community of people who live here during "close down" are made up of our wonderful Wilbur staff plus a group of volunteers, some of whom have been attending this special time for as many as 13 consecutive years! ☞ Kelly used to spend his two weeks vacation from active military service at Wilbur's close down. These volunteers come from far and wide to make their mark on Wilbur.

☞ During this special two weeks Wilbur provides a chef who prepares healthy gourmet meals. Community meals are a time to relax and get to know one another. ☞ On Thursday evenings we share talents and tails, Kimo described his trip to China where he stayed with green-eyed, red-haired Arabic-Chinese people. Peter, one of our chefs, talk about caring for his kitchen knives as a metaphor for life. Ezzie read poetry. Stevie told of her plans for faux painting the Wilbur walls. Richard cracked us up, and Dr. Bovar provided us with unusual canine entertainment.



☞ This close down was community at its best as we cooperated in working, building, eating, conversing, playing, and entertaining one another. ☞ And, we watched shooting stars galore!

☞ Wilbur expresses deep gratitude to the following people who attended this year's close down –

☞ Week One: Ron, David, Carol and Al, Kerry, Karl, Robin, Kimo, Jeff, Marvin, Peter, Colin, Wolfgang, and Tony. ☞ Week Two: Sean, Ron, Susan and Stevie, Jon-Bert, Joanie, Paul, Kimo, Bill, Michele, Kelly, Priscilla, John, Spary, Colin, and Wolfgang.

☞ And what did we do to restore and rejuvenate this place which provides healing to us?

☞ Rush on up, slow down, and find out! On thing for sure... the waters will be the same, for as we all know "In all the world no waters like these". See ya in them.

Richard

Richard Louis Miller, M.A., Ph.D.

Wilbur Caretaker since 1972

Top: The Bath House gets a new roof

Bottom: The lighter side of plumbing repairs

Wilbur “Close Down” Repairs Underway ...

From top to bottom: Our intrepid carpenters; New deck for the back bedroom; Wilbur bridge gets new foundation; Repairing the veranda.



September & October Events

Meditations with Tibetan Bowls & Tarot Readings with Jacqueline Lasahn

SEPTEMBER 26, 27, 28 ☞ Jacqueline Lasahn is a storyteller of the cosmic currents, a wisdom guide, and a compassionate ally at the crossroads of inquiry. Intuitive astrologer, ritualist, and wedding minister, she has been playing Tibetan bowls for over 20 years. ☞ The subtle yet penetrating sounds of Tibetan bowls combined with vocalizations, aromatherapy, and gentle touch, are a nurturing guide into one's own inner landscape. It is a transformative experience that can access altered states of consciousness. ☞ Tarot is a ceremonial tool of divination that can target specific questions, or address a larger picture. Each card turns a page offering new possibilities and greater understanding of your life. ☞ Advanced reservations recommended. ☞

www.astrospirit.com

Guest Chef Weekend with Debra Chase

SEPTEMBER 29, 30, OCTOBER 1 ☞ Returning to Wilbur, Debra Chase is a passionate, adventurous and enthusiastic chef whose creative meals feature organic fresh fruits and vegetables from local farms in the near-by Capay Valley. Her goal is to teach us how to incorporate more raw vegan food as part of our everyday lifestyle. ☞ Five gourmet meals are just \$125 per person extra, plus tax.

Collage & Poetry Workshop with artist/author Patrice Vecchione

OCTOBER 6, 7, 8 ☞ Welcome Autumn's return in the calm and beauty of Wilbur Hot Springs. Join Patrice Vecchione for a weekend of collage making and poetry, and enjoy leisurely gourmet dinners, long walks, inspiration, instruction, contemplation, solitude and companionship. ☞ Patrice Vecchione is the author of *Writing & the Spiritual Life: Finding Your Voice by Looking Within* and a book of poems *Territory of Wind*. Editor of many anthologies, her forthcoming collection is *Faith & Doubt*. Patrice has taught creative writing and collage for thirty years. ☞ www.patricevecchione.com

Annual Wilbur Yoga Retreat with Sarana Miller

OCTOBER 13, 14, 15 ☞ Join Sarana Miller (Dr. Richard Miller's daughter) for a weekend of breath, chanting, asana and soaking in the soothing mineral waters of Wilbur. ☞ Sarana will delve into different yogic practices and ways of being to strengthen our bodies, calm our minds, and connect to the deep peace of the earth. ☞ The weekend includes 6 organic, vegetarian meals, 6 yoga lessons beginning Friday evening, and two nights accommodations with full use of facilities and baths. ☞ Call for more information and reservations 510-502-9642 ☞ sarana@mac.com

For more info on these events go to: www.wilburhotsprings.com

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



Massage

Dr. Shalahmah Yahchove, Wilbur Chiropractor and Massage Therapist is pleased to announce that in addition to her work at Wilbur and at her practice in Sacramento, she will be available in Berkeley one day per week beginning on September 18th. Contact her at 415-354-1089 or email shalahmahyahchove@gmail.com

New Additions

to the Wilbur massage team -- Annie Miller, CMT, and Sarah Elias, CMT, both are graduates of the Phillips School of Massage in Nevada City.

Appointments

Massage and Chiropractic is available at Wilbur by appointment for an added fee. We suggest you call ahead to assure an appointment at the time of your choice, and with the therapist of your choosing.

530-473-2306

For more information on Wilbur therapists:
www.wilburhotsprings.com

More September & October Events

Energy Yoga Retreat with Thomas Fortel

OCTOBER 16-20 ☞ This retreat is the perfect follow up to the Annual Wilbur Yoga Retreat with Sarana Miller especially for those who want an intense yoga experience. ☞ A yoga retreat provides the ideal environment for deepening our asana practice, having fun and enjoying the communal experience as we develop a deeper awareness of the yogic way of life. When we remove ourselves from our daily lives and routine, we gain greater perspective and clarity. We come together in an uplifting environment with likeminded individuals and There is time for meditation, reflection, sharing, relaxation, active and passive yoga, swimming, bathing and exploring alternative aspects of ourselves. ☞ The Energy Yoga Retreat with Thomas Fortel includes lodging, meals and three classes per day. ☞ www.yogawiththomas.com

Writing & Powerful Awakening Workshop with author/poet Clive Matson

OCTOBER 20, 21, 22 ☞ Clive Matson has seven published books of poems, and several manuscripts in process. ☞ Why poetry? Our kinship is as human beings. Is there, within the writer, a sense of what is important for the culture at large? My writing feels complete when it connects my conscious mind with my core, with the external world, and with the human community. Poetry is an act of connecting. ☞ In these workshops we call the creative source the "Crazy Child" and avoid the usual editorial judgments. We let that Child write! No matter if it is stories, poems, a play, songs or an ecstatic essay, our Child's word will likely contain our most vivid writing. ☞ For beginners, for intermediate writers, and for professionals who want to expand their horizons. ☞ www.matson-ford.com

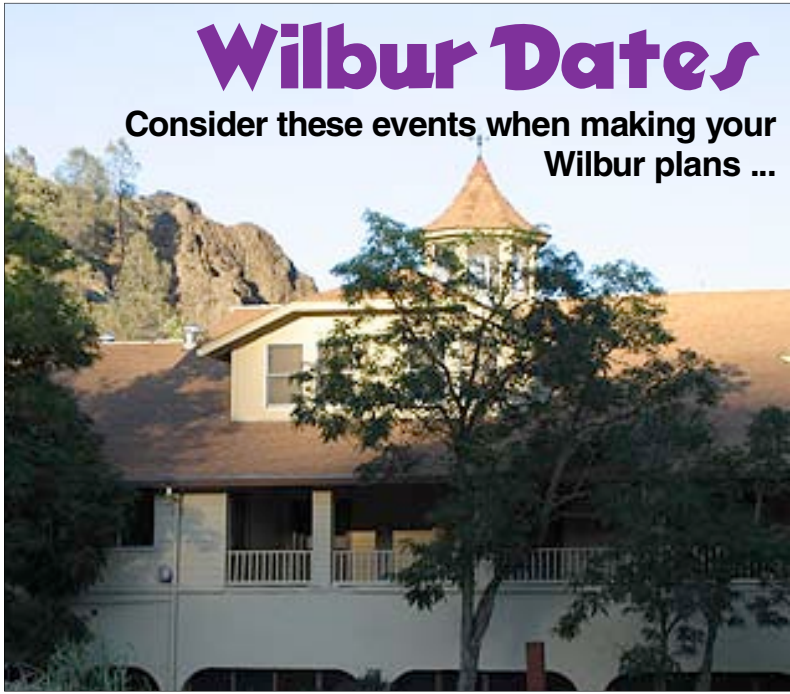
Guest Chef Weekend with chef Debra Chase

OCTOBER 27, 28, 29 ☞ Once again Debra Chase thrills and delights our palette with her gastronomic sensations. Her creative meals feature organic fresh fruits and vegetables from local farms in the near-by Capay Valley. ☞ You will find her passion and enthusiasm for vegetarian cooking and lifestyle contagious. ☞ Five gourmet meals are just \$125 per person extra, plus tax.

For more info on these events go to: www.wilburhotsprings.com



On the
Yoga Deck
at the Annual
Wilbur Yoga
Retreat with
Sarana, 2005



Wilbur Dates

Consider these events when making your Wilbur plans ...

- Sept 7** Wilbur Full Moon
- Sept 12** Dr. Miller's radio show
- Sept 26-28** Tibetan Bowl Meditations & Tarot Readings w/ Jacqueline Lasahn
- Sept 28-Oct 1** Guest Chef Weekend w/ Debra Chase
- Sept 29** Dr. Miller's radio show
- Oct 6-8** Collage & Poetry Workshop w/ Patrice Vecchione
- Oct 7** Wilbur Full Moon
- Oct 13-15** Annual Wilbur Yoga Retreat w/ Sarana Miller
- Oct 16-20** Energy Yoga Retreat w/ Thomas Fortel
- Oct 20-22** Writing Awakening Workshop w/ Clive Matson
- Oct 27-29** Guest Chef Weekend w/ Debra Chase

A Special Note: Wilbur staff person and resident artist Virginia "Ginny" Ray will lead a week-long seminar at the Esalen Institute Sept 24th-29th entitled *Assemblage: Making Sacred Touchstones*. Ginny is a spiritual/conceptual artist known for her effective, transformative art. Her work is in galleries and healing institutions in the Bay Area. For information: www.esalen.com. View her art work: www.epicarts.org/artists/virginiaray. Contact her: artistvray@yahoo.com.

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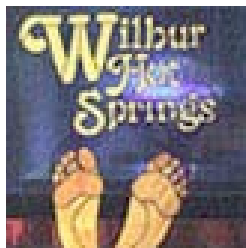
Mind Body Health

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

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

**" ... Gratitude to Wilbur....
I was privileged to practice
yoga on your deck in the early
morning. Refreshing sounds
of nature, birds, running
water, a whirring visit from
a humming bird during one of
the asanas - and I ask myself:
can heaven wait?"**

A WILBUR GUEST



"In all the world... no waters like these"

Please forward this Wilbur newsletter
to a friend who might enjoy it.

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Photo credits: Meg Solaegui

Newsletter editing, layout & design:
Wild West Communications Group
Homewood, Lake Tahoe, California