

NOVEMBER 2008

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**Fall ...** an exceptional time at Wilbur ... experience magnificent clouds, glowing sunsets and incredibly starry, milky way nights. ☞ The days are pleasant and warm, the mornings and evenings suggest the season's change. It is the perfect weather for invigorating walks in the Nature's Preserve, where you may see wild turkeys, deer families, rabbits, coyotes or even a shy bobcat. Days just aren't long enough this time of year ... by the time you get in some reading, relax in the flume, receive a massage and prepare your favorite foods it's time to soak again ...

☞ Ah fall, a perfect time "To Slow Down".

**N O V E M B E R S P E C I A L**

Stay with us for 2 nights in November and receive **50% off** one night in a room of equal value. ☞ This special is good Sunday through Thursday, non-holidays or holiday periods, and includes single or double occupancy, and bunk room stays.

**Everyone is special this November!**  
 (Not combinable with any other offer)



**Our Mission**

is to sustain Wilbur Hot Springs ... as a sanctuary for healing and personal reflection, communing with others, reuniting with nature, laughing, loving, and basking in the quiet awe of it all.



**Wilbur Guest Chef Weekend**  
 November 14th - 16th • Charlie & Marion Cascio  
 Join us for a weekend of fine cuisine featuring Charlie and Marion Cascio. Charlie and marion's creations never fail to please those who truly appreciate fresh, healthy, tasty meals. Their growing popularity requires early reservations. Don't be left out! Make your reservations today for your place at the table ☞ 530-473-2306.

Coming soon ...

December 30th - January 1st • Rachel Fann  
 January 30th - February 1st • Charlie & Marion Cascio

**T H A N K S G I V I N G A T W I L B U R**



**Thanksgiving Feasting at Wilbur**

☞ Thanksgiving at Wilbur has evolved into a very unique way to spend the holiday. Lots of wonderful dishes cooked by many different individuals, shared by all, creating wonderful meals and aromas. It's an olfactory rainbow and a truly grateful experience!

☞ Our Thanksgiving holiday period covers the week of November 24th ... Please join Us!

**Holistic, Anti-aging and Rejuvenating Facials**

November 27th -30th • with Nico Eichlseder

Nico Eichlseder is a licensed Aesthetician and Acutonic Practitioner with 20 years of private practice experience in the Healing Arts. ☞ Acugems Facial Rejuve™ is a unique anti-aging treatment that works with the body's own natural ability to heal and rejuvenate itself. These treatments are deeply nourishing for body, mind and spirit while restoring your inner beauty and light, leaving your face toned and revitalized. ☞ For more information go to [www.acugems.com](http://www.acugems.com), and make your appointment at the front desk.

**massage, massage, massage**

As the season changes into fall our bodies benefit from receiving bodywork. Treat yourself to a relaxing, rejuvenating massage by one of our exceptionally experienced therapists. ☞ There is nothing quite like a long soak in hot, rich, mineral water followed by an hour of professional massage. And, when an hour just isn't enough, we offer an hour and half!

Make your relaxation reservation today! ☞ 530-473-2306

*"In all the world, no waters like these"*

**The Wilbur Gallery**

Featuring Jose Constantino • through the end of the year

We are proud to announce that photographer Jose Constantino, former employee and long-time Wilbur guest, will be exhibiting a collection of his travel photos, entitled "Sabor de Cuba".

☞ Be sure to view these exquisite photos hanging in the common areas of the hotel.

**Dear Wilbur Guests ...**

☞ The "fountain of life" is a unique, genuine, geothermal geyser located in the Nature Preserve at Wilbur Hot Springs. The hot mineral water spouts into the air every 45 minutes and continues for about 15 minutes. ☞ This past week end, for the first time in 36 years, I mustered up the courage to clean out the center pipe of the monolith. I say "courage" for one does not know what will happen when tampering with a flow of nature. ☞ The result was excellent – the water is spouting higher than before. ☞ Next time you are at



Wilbur be sure to take a walk through Wilbur's 1570 acre Nature Preserve, which begins just beyond the parking lot. The geyser monolith is just beyond the 100-year-old house on your right as you walk down the road. ☞ The road through the Nature Preserve is also excellent for jogging, biking, thinking, and just hanging out in the pristine environment. So be sure to bring appropriate foot gear for these events. As for the 100-year-old house, and those who lived in it ... that's a story for you to hear during your stay ... See you at Wilbur...

*Richard*

Dr. Richard L. Miller, MA, Ph.D.  
 Wilbur Caretaker since 1972

**Live & Work at Wilbur**

Wilbur Staff Positions Available

**Part-time Position:** Wilbur is seeking the right person to join our staff as a part-time, late-night worker. This position offers board and full use of Wilbur's facilities in lieu of salary.

**Front Desk Position:** Wilbur is seeking a full-time, live-in front desk receptionist. Full use of Wilbur facilities. Hospitality and/or office reception experience preferred. Please send resume to: [info@wilburhotsprings.com](mailto:info@wilburhotsprings.com).

☞ For more information about these positions, phone Meg or Ezzie at 530-473-2306 between the hours of 10am and 4pm.

**W I L B U R B I R T H D A Y P R O G R A M**

☞ Wilbur would like to gift you a Special Birthday Discount during the month of your birthday. ☞ Returning guests presenting ID showing the date of your birth will receive 25% off the cost of your stay between Sunday and Thursday during your birthday month (holiday periods excluded). ☞ Our gift to you is for the birthday person plus one guest occupying the same room. ☞ Please let us know it's your birthday when you make your reservation.

**Mind Body Health & Politics**

Your Host: Dr. Richard L. Miller • Tuesday, 9am pst  
 National Public Radio Affiliates  
 KZYX 88.1FM Fort Bragg • KZYX 90.7FM Philo • KZYX 91.5FM Willits & Ukiah  
 On your computer at [www.KZYX.org](http://www.KZYX.org), click on "listen live"

Call in and share with others what has worked for you in enhancing your health and healing, and what has not ... 707-937-5103. Email Dr. Miller at [drrichardlmiller@aol.com](mailto:drrichardlmiller@aol.com)

**Weekend Yoga at Wilbur**

Complimentary Weekend Yoga will return in the Spring. However, the yoga deck is available for individual use, or for small groups leading their own yoga class. Inquire at the front desk.



**May abundance and joy enter each of your lives every day!**  
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PLEASE NOTE: Email and web addresses supplied throughout are not linked. Just type address into your browser or email message.  
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