

Wilbur

HOT SPRINGS

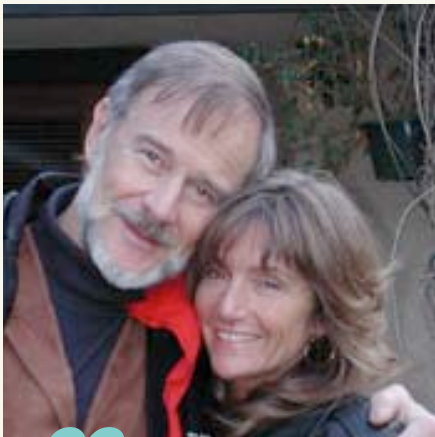
ESTABLISHED 1865

NEWS

A Sanctuary For The Self

March 2006

Dear Friends of Wilbur,
I am writing this on the third day of a Wilbur staff retreat, February 19th, 2006, attended by myself along with Wilbur managers **Richard & Ezzie Davis**. We are relishing in enjoying our 18th year together. The three of us are a happy working team, and we have also become very close friends which brings joy to our hearts.



♥ Last night, after Wilbur work, **June**, my beloved, made us a wonderful dinner which we followed with an hilarious game of Balderdash. 😊 Our assistant managers, **Meg Solaegui** and **Rick Davis** have been part of our tribe for over 6 years. ♪ My bookkeeper, **Lindsay Barbara Tandy** has been part of the team for over 20 years.

Friends I met at Wilbur decades ago remain friends. ♪ Dear friend and original Wilbur photographer **Robert Foothorap** even had the smoking pavilion named after him until he stopped smoking and we moved the smoking area to the Ramada.

♪ **Brian & Betsy**

Hand may soon find their favorite chairs inscribed with their initials.

♪ The continuity of long-term Wilbur relationships, be they people I see occasionally or those I see more often, are deeply satisfying.

♪ Meeting new friends is an ongoing source of nourishment and I find Wilbur an ideal meeting place. It is soul food for me to be able to be alone in the hills or in the healing waters and then gracefully socialize to my heart's content.

♪ Our most frequent Wilbur guest, **Dennis Gronim**, comes to us from Brooklyn, NY. Dennis has been



"Wilburizing" his son, **Spike**, for the past 15 years. How many Brooklyn kids know every nook and cranny of Wilbur? When Spike yells "yo hot springs" he ain't talkin' 'bout no metal 'n no mattress on a scorchin' hot Brooklyn night! ▶▶▶



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

Meet my bro...

I am pleased to report that my almost daily confidant, my brother **Ed Miller**, is joined by my sister-in-law, **Lolly Kupec**, as consultants on these newsletters. Being my younger brother I have known Ed since before he was born. I met Lolly more recently about 33 years ago. Ed and Lolly are the owners of Wild West Communications Group at North Lake Tahoe.



(There is sure to be more humor in the newsletters with their involvement.)

Winter Weekdays Special

Stay at Wilbur two or more consecutive nights, Sunday through Thursday (non-holidays)...

Receive a 25% discount off regular rates!



Offer is good through April 6th, 2006



How Now Brown Cow?

☞ For the past several years we have had about 100 cows grazing on Wilbur's Nature Preserve during the winter months. The cows are owned by **Slim & Cristy Edwards**, our neighbors with whom we have grown quite emotionally close. The cows have been the subject of many early morning and late night discussions. ☞ Some "experts" hold the opinion that the cows are harming Wilbur's land by widening the creeks therefore allowing water to run off too quickly. ☞ Others think the hoof prints are making the

land inhospitable for sitting, camping, lounging, snacking, etc. ☞ Others believe the cows are causing erosion. ☞ And, still others opine that well-controlled grazing is good for the land. (The facts of this story are beginning to sound like the plot from an old western.) ☞ At the time of this writing, daughter

Sarana, our Yoga guru, is meeting with **Craig Thomsen**, our revegetation specialist from UC Davis. They are starting the planning process of applying for a series of grants for revegetation projects for both Wilbur proper and the Nature Preserve. ☞ In the meanwhile, what are we to do with the dear cows? Any of you who have expertise in this area are invited to write us with your opinion. ▶▶▶





Guest Chef Weekends

**Join us for five gastronomically delightful meals
at the almost unbelievable low price of \$100!**

*Have you eaten out lately? I imagine you have noticed the size of the bill...
Compare recent restaurant prices with \$100 for Five Gourmet Wilbur Meals!
This low fee is designed to entice you and help us develop this program,
it won't last long, so hurry and come on up and chow down with us.*

Guest Chef Weekend: March 24th-26th • Debra Chase

☞ A traditional gourmet Chef, Debra Chase has over three decades of professional culinary experience. Inspired and encouraged by her mother who was an excellent cook and baker, and her vegetarian step-daughter, who introduced her to the raw vegan lifestyle, Debra has worked in fine restaurants from the San Juan Islands, Washington to Santa Monica, California, with many stops in between. Debra received her Raw Food Chef, Raw Lifestyle Coach, and Raw Food Nutrition Specialist certifications through the Ekaya Institute of Living Food Education. She shares her culinary heritage, traditions and devotion to the culinary arts and the vegan lifestyle through cooking classes and demonstrations, interactive dinner parties, and personal chef services. She specializes in private "transition to vegan" retreats at Pheasant Hollow Farm where she resides with her husband Dave and their many animal friends. Her teaching focuses on how to include more raw vegan food into an everyday diet. Her style, wit, and generosity of spirit will keep you entertained and we are sure you will find all of the food she prepares a unique pleasure.



Guest Chef Weekend: April 27th-30th (Yoga Weekend) Charlie & Marion Cascio

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

ANNOUNCING Wilbur's Annual Yoga Events

April 27th-30th ☞ **Kathleen de Wilbur** is bringing **Thomas Fortel** from Esalen to Wilbur ☞ This Yoga event will be catered by chefs extraordinaire, **Charlie & Marion Cascio**, formerly head chefs at the Esalen Institute. *(For those less interested in Yoga, and want to be here for the spring wildflowers that will also be a Guest Chef Weekend.)*

June 23rd-25th ☞ **Sarana** is bringing her **SaranaYoga** and **SaranaKirtan** (sanskrit sing-along) to Wilbur, with catering by the creative Angela Karageanes. ☞ Sarana recently led a Kirtan at the national Yoga Journal conference.



INTRODUCING
In addition, Sarana is starting a new one day, **SaturdayYoga Program** at Wilbur. The program will premiere **Saturday, April 1st.** ☞ The second will be May 20th. *(Check the web site for details on "Yoga at Wilbur" events)* ▶▶▶



The Wilbur Story Contest

Win a \$500 Wilbur Gift Certificate

☞ For those of you who have thought of writing about your Wilbur Experience, here is your opportunity. Any Wilbur guest who publishes a story about Wilbur, during 2006, in a local or national newspaper or magazine which is for sale to the public, will receive Wilbur gift certificates worth \$500.

☞ We are replacing the old "publish or perish" with "publish and cherish" (your time at Wilbur).



Wilbur's Own Utility District...

Most of you know that Wilbur is proudly off-grid and produces its electricity via photo-voltaic solar panels. ☞ We are in process of adding a hydro-electric system to provide additional power in the winter when we have fewer sun hours and higher water volume. ☞ Wilbur recently purchased our first electric vehicle for use on the grounds. We are researching the purchase of an all- electric sedan for our staff to use for commuting and for town trips. ☞ Information on this is most welcome.



WILBUR GOES TO THE DOGS



☞ Your responses to the Doggie Weekend at Wilbur have been mixed. ☞ Some folks are thrilled at the prospect of bringing their loving dogs to Wilbur for a weekend. ☞ Others are afraid that their allergies are such that they might never be able to return to Wilbur once the dogs have been in the hotel. ☞ What are we to do? ☞ Woof, woof! ▶▶▶



Wilbur Wildflower Season

Wilbur has one of the three most extensive collections of wildflowers on the entire planet, right in our own back yard ... and spring is just around the corner! So, for those of you who are advance planners now is the time to consult your calendar and make reservations. Don't miss the wildflower explosion!

☞ Well, I never know how much to write, and I think best I stop now before my inner professor goes off on a rant about human relations, health politics, American colonial history, or... ☞ See me in the talking flume and we shall embark...
☞ Those of you who are interested in reading about my recent work as a healthcare activist, you are invited

to visit the following web sites of two organizations I co-founded:
www.coasthealth.org
The Mendocino Coast Healthcare Alliance
www.savethehospital.org
The Hospital Resource Council
With deep appreciation to each and

every one of you for contributing towards making possible this social experiment called "Wilbur Hot Springs"..."
Big Hugs,
Richard
Richard Louis Miller, M.A., Ph.D.
Wilbur Caretaker since 1972



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