

Wilbur

HOT SPRINGS

ESTABLISHED 1865

NEWS

A Sanctuary For The Self

April 2006

Dear Friends of Wilbur,
April may be a cruel month in many places, but here at Wilbur it's Spring, a time of extraordinary beauty.

☞ Little buds will soon be bursting, and the cloudy nights will become clear and alive with sparkling stars unaffected by industrial competition. ☞ Right now Sulphur Creek is running "chocolate", my favorite, which brings those cute little orange and brown salamanders out for slow walks. ☞ Saturday wild turkeys "flew" in to entertain us with



their dances and singing (gobbles).

☞ Richard and Rick Davis are planting our new fruit trees.

☞ I sit here in my room in the Red House gazing out towards the bath house as

swirling, drifting steam engulfs to meet today's weather – alternating hail followed by blue sky, then rain followed by sun.

☞ Time for a nice hot bath!

before these waters were "re-discovered" by Europeans during a search for gold.

• When Wilbur "opened" as a curing spa in 1865 it took four hours to travel

from Williams to Wilbur by stage coach. One young man drove both ways seven days a week! I hope they let him take a nice hot bath at the end of his work day.

• Wilbur is one of the only solar powered hotels in California which is off the electrical grid.

There is a sense of

satisfaction in taking responsibility for one's own impact on our environment, and to have a certain independence.

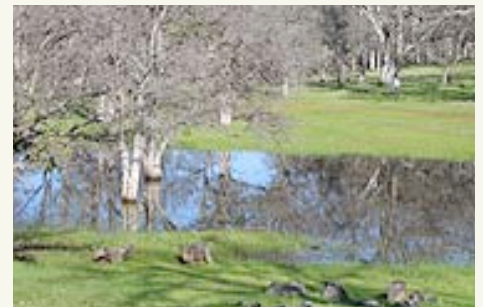
• John Wayne came to Wilbur in the 1970s. He did not wear his toupee, however he was recognized by his distinctive voice. ▶▶▶

Wilbur Factoids

• 20,000 Wilbur guests receive our email newsletter. More of you wrote to me, half pro, half con, about the possible doggie weekend than any other topic ever!

• Historic Native American sites have been recorded in our valley. The healing hot mineral waters were enjoyed for centuries by native inhabitants

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



Guest Questionnaire

Please give us your thoughts (Yes or No) on Wilbur offering the following:

- ✓ Light breakfast foods such as coffee, tea, juice, fruit, granolas, popcorn, or? available every day
- ✓ High speed internet access for silent-running-only computers in our Guest office
- ✓ Large-screen televisions in every room (just kidding)
- ✓ Wilbur oral history night – Guests meet and share tales of their Wilbur experiences

Please tell us about things and events that would enhance YOUR Wilbur Hot Springs retreat experience _____

Conversely, please tell us about things and events you don't want as part of YOUR Wilbur Hot Springs retreat experience _____



Wilbur Dates

Scheduled events in April and May that you may wish to plan around.

April 7- 8 Wilbur Hosts a Wedding

April 28-30 Guest Chef / Wildflowers Peaking

April 27-30 5th Annual Thomas Fortel Yoga Workshop

May 4 -7 Women's Yoga Group (FULL)

May 12-13 Joan Evan's Yoga Workshop (FULL)

May 20 Saturday Sarana Yoga

May 24-26 Jacqueline Lasahn's Tibetan Bowl Healings

Guest Chef Weekend

April 27th-30th

Charlie & Marion Cascio

☞ If I bore you with my passionate raves about our Guest Chef experi -

ences, forgive me. It is thrilling for me to walk into the kitchen and see the extravaganzas that are presented to us. Many of you know that I have had a life-long "issue" with food and was once 70 lbs heavier than I am now. In my late twenties I turned those "issues" into positives by educating myself about nutrition. Some years later came exercise. I am physically fit, yet every day remains a challenge between my will and my want.

☞ When Charlie and Marion



Cascio are here my want becomes barbarians galloping forward towards their kitchen of healthy epicurean treasures. ☞ Charlie and Marion

live off-grid in Big Sur on a farm where they raise food and animals. On a regular basis they make the five to six hour schlep to Wilbur to cook for us. The combination of the Cascio's cuisine and the peak of our wildflower season is sure to create a memorable Wilbur experience. This is a popular

weekend, early reservations are suggested.

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

Management Style

☞ The second floor of the little "Red House" (c.1915), which is next to the Wilbur hotel, contains four rooms each of which is ten square feet. My living space is in one of the rooms, painted the exact same colors as the outside of the building – cottage red with white trim.

☞ I am content in this little room when I am here at Wilbur. I enjoy being close to the staff and the day-to-day workings of Wilbur. My room is also an ongoing reminder of what drew me here in 1972. Materialism can be fun but people, animals, and nature are the ingredients which give depth to the soup of my life (see what I mean about food issues?). Sitting alone for a moment I contemplate our existence – is there any amongst us who would prefer a great car over a great friend? ▶▶▶

YOGA WITH THOMAS FORTEL

Kathleen de Wilbur is hosting
Thomas Fortel at Wilbur Hot Springs for our
SIXTH ANNUAL SPRING YOGA RETREAT!

∞
The retreat starts 5pm, Thursday, April 27th
and concludes after lunch, Sunday, April 30th

∞ Cost and Accommodations

Private Room, double occupancy, linens included
\$590 per person

Bunk Room, bring your own linens / sleeping bag
\$500 per person

Includes meals, lodging, yoga classes (mats and props provided),
and full use of the facilities, bring your own towel and slippers

∞
Nurturing meals prepared by Charlie and Marion Cascio

∞ REGISTRATION

\$150 deposit is required upon registration with balance due by April 14

Make checks payable to: Kathleen de Wilbur
and mail to: 211 Colusa Avenue, El Cerrito, California 94530

∞
Please call, fax or e-mail for more information
Phone: 510-525-3447 • Fax: 510-559-8753 • E-mail: mbcdex@aol.com

Visit these websites for additional information
www.yogawiththomas.com www.wilburhotsprings.com

I look forward to Thomas' wonderful spirit guiding us through our yoga practice.
Kathleen

Massage at Wilbur

Massage is available at Wilbur
by prior appointment for an
added fee. We suggest you call
ahead to assure an appointment
at the time of your choice.



Wilbur Project List

My aim is to be as responsive as possible to guests' and staff needs. The following list of projects is a direct result to some of those requests. We assure you we will accomplish these seamlessly during normal maintenance routines.

1. A permanent Yoga facility that will perhaps double as the "Wilbur Town Hall"
2. Installing hydroelectrical service
3. Prepare the Wilbur Nature Preserve for users
4. Move the Silver Bridge closer to the hotel
5. Replace the Old Barn on the Nature Preserve
6. Purchase water softener, an ice maker, a water truck, more batteries, and a back hoe ho ho (I have been sandbox deprived)
7. Add a metal storage building



SARANA

YOGA



AIDS Ride Fundraiser Aids Lifecycle Fundraiser

Saturday April 8th

Dinner and Kirtan, Subteraneum in Oakland
All Proceeds go to HIV/AIDS patients
Arrive at 6:30, diner at 7pm, kirtan 8:15

From June 4-10, 2006, I'm bicycling in AIDS/LifeCycle. It's a 7-day, 586-mile bike ride from San Francisco to Los Angeles to make a world of difference in the lives of people living with HIV and AIDS.

Help me support the San Francisco AIDS Foundation by giving what you can.

Come join me at my fundraiser in April or visit the site below to donate.

www.aidslifecycle.org/2227



Yoga Events

Wilbur Hot Springs
Saturday, May 20
June 23-25
October 13-15

Sign up: sarana@mac.com

Esalen Institute
December 1-3
(co-lead with Harvey Deautch)
Sign up at www.esalen.org
after April

Alaska
August – dates TBA

See: www.saranayoga.com
for updated information on all events



➤ Please listen to my new radio show on www.KZYX.org every Tuesday at 1PM and email me about what has worked in your life that you would like me to share with others in the health community I am forming on the air.

With gratitude,
Richard

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

Wilbur

HOT SPRINGS

A SANCTUARY FOR THE SELF

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