



Telephone: 530-473-2306

Email: info@wilburhotsprings.com

Website: <http://wilburhotsprings.com/>

Address: Wilbur Springs, California 95987-9709

May 2007

Dear Friends of Wilbur ... This month's Wilbur newsletter will be a little longer than is usual, so there won't be a personal message from Dr. Miller. There is a lot of news to share with you, plus, we had to show you some new wildflower photos. ♪ The wildflowers are in full bloom this month, but don't wait too long to

experience them, the low rainfall this winter will shorten their season.

♪ It seems that within one week Wilbur was written about in a local, a city, and a national publication, as well as mentions on an area blog. Portions of some of these reviews will be included herein under a new section entitled: *Wilbur Media*.



Spring Special at Wilbur

Stay two nights and receive one night at 25% off, ♪ Sunday through 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

Next Guest Chef Weekend

June 15th & 16th • With Debra Chase

• June GCW is sure to be a sell-out weekend, so make your reservations early!

(Read about Debra's many culinary accomplishments on the Wilbur website www.wilburhotsprings.com)

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

Weekend Yoga Workshop with Sarana Miller & Harvey Deutch: May 4th - 6th

Currently this workshop is sold out. Call to be put on the waiting list.

Join "Yoga with Sarana" in June, see below...



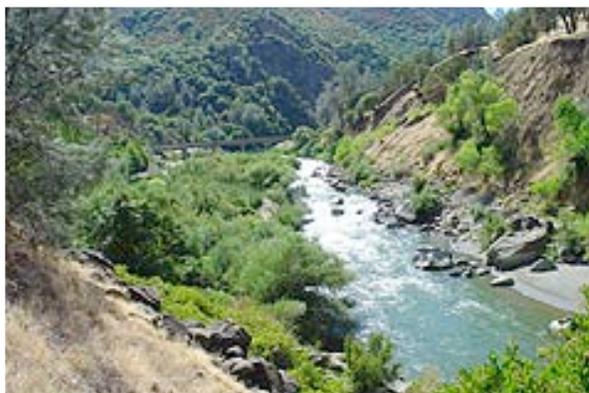
Yoga with Sarana

June 22nd - 24th

☞ Join Sarana for a weekend of breath, chanting, asana and soaking in the healing mineral waters of Wilbur. ☞ Strengthen your practice while relaxing and rejuvenating your body and mind. ☞ We'll step back from our daily routines and retreat to this sacred land and healing waters that have been used for renewal for centuries. ☞ We will delve into different yogic practices and ways of being and see how these can support us in strengthening our bodies, calming our minds, and connecting to the deep peace and silence echoed through this beautiful land. ☞ Students will practice yoga on Wilbur's beautiful yoga deck, cradled in nature with the sound of spring birds and the Wilbur creek.

☞ We will begin each day with chanting and pranayama, followed by breakfast and then an active morning session. ☞ After noon there will be time for bathing, hiking, massage and personal time. ☞ We will gather in the late afternoon for a restorative session followed by a delicious dinner. ☞ Join us for a retreat that will invigorate your body, renew your spirits, and quiet your mind.

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



Cache Creek Discover Day

To Celebrate Watershed Stewardship: May 19th

☞ May is California's official Watershed Awareness Month, designated by a proclamation by Governor Schwarzenegger, to promote the importance of watershed education and stewardship activities at the local community level. The Cache Creek Watershed Forum, a tri-county organization of natural resource, agricultural, and educational partners, will host this one-day outdoor learning event as part of Watershed Awareness Month, at the new BLM 'Cowboy Camp' equestrian trail head on Highway 16, in Colusa County.

☞ The Cache Creek watershed hosts a beautiful creek whose reach encompasses rugged, forested mountains and lakesides in Colusa and Lake Counties, ranches and organic farming in Capay Valley, extensive agricultural lands on the valley floor, and the seasonal wetlands of the Yolo Bypass. It provides a diverse array of functions including winter fishing habitat for Bald Eagles, recreational opportunities for white-water rafters, and the primary source of irrigation for Yolo County agriculture.

☞ Cache Creek Discovery Day is geared toward all ages. Guided hikes into the new wilderness area, wildlife viewing, Native American crafts and demonstrations, displays highlighting stream biology, local geology, birds, wildlife tracks and signs, native plants, habitat restoration, and goats conducting natural vegetation management are among the activities.

☞ The event is free and will run from 9am to 3pm. A BBQ lunch is available (\$5) for those without picnic supplies.

☞ For more information visit <http://www.yolored.org/news-and-events/cache-creek-discovery-day-event-may-2007>



Clive Matson Writers Workshop: Writing & Spiritual Awakening

May 18th, 19th & 20th

Led by poet and author Clive Matson:
Discover your talent for Creative Writing

☞ Your nighttime dreams - with their vivid scenes and soul-clenching transformations - are expressions of your talent, and every person has loads of it. Professional writers learn how to tap this energy, and their

strategies are elementary; first, honor your creative unconscious. You take this step when you join the seminar. ☞ Next is to put some of those creative words on paper, and we'll do simple exercises that, year after year, have proven to do just that. It's exhilarating when the whole workshop ventures into unknown territory - under the guidance of an instructor who understands the journey is personal, highly charged, and requires careful nurturing. ☞ Add the basic writing techniques we'll present, with clear examples, and you are on your way -- into the world of stories, personal essays, poems, plays or scripts. ☞ You'll finish with at least one draft of new, exciting material and a healthy understanding of how your talent can enhance your life.

- ☞ Each Writing Seminar will have an introductory workshop the first evening at 8pm, a main workshop the next day at 11am, a participants' reading at 8pm that evening, with a closing session the last day at 10am. ☞ Voluntary contribution (average \$150) for the seminar
- ☞ Group room space \$79 plus tax, Private room (double occupancy) \$168 or 185 plus tax

You are invited to tune in to National Public Radio

KZYZ & Z 88.3 90.7 91.5 FM
Mendocino County

And anywhere on the planet on your computer,
at www.KZYZ.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

Announcing: The NEW Wilbur Birthday Program



Happy Birthday to You, Happy Birthday to You! And many more....

Wilbur would like to gift you a Special Birthday Discount during the month of your birthday. • Returning guests that present their ID showing the date of their birth will receive 25% off their stay between Sunday and Thursday during the month of their birthday. Holiday periods excluded. • This gift is for the birthday person plus one guest occupying the same room.

Happy Birthday, Happy Birthday, Happy Birthday to You!

EXCERPT FROM THE STOCKTON RECORD, APRIL 15, 2007

Natural hot tubs provide a destination for true relaxation

By Cary Ordway

Today's Jacuzzi hot tubs no doubt evolved from a time when soaking was less technological, but no less therapeutic. In simpler times it was a matter of coming across a pool of naturally warm water brought to the earth's surface by the forces of nature. No chemicals to add, no jets to turn on. But the experience was satisfying enough for people to travel hundreds of miles to partake.

In California, there are still hot tubs of the natural variety attracting weekenders and vacationers in search of true relaxation. Some come for healing of one sort or another, but many just enjoy the natural experience of bathing in water heated by the earth itself. For some, the "natural" becomes "au naturel" while, for others, bathing suits are just fine, thank you.

The two hot springs I visited offer a totally different experience in a different part of the state. But each is high on the list of many "regulars" who return to enjoy the natural surroundings year after year.

Wilbur Hot Springs— Drive through rolling hills and varied terrain... You might just feel like you've driven back into the 19th century... Wilbur Hot Springs is tucked so far into the hills you wouldn't find it unless you knew it was there. It's the kind of place where you have to move the gate from across the roadway before you can drive the last mile into the compound.

Wilbur Hot Springs is like a small turn-of-the-century hotel plopped out in the middle of nowhere. There isn't even space for parking your car at this particular point in this narrow little valley; the parking lot is a third of a mile up yonder. But there is room for the flumes, read that The Flumes - the center of activity for Wilbur guests and the reason they've come to this secluded wilderness.

We could smell the sulfur from the mineral flumes as we went to check in, and we immediately were engulfed by a sense of total quiet. Not that the hotel was lacking for guests - it just seemed that everyone had come for pretty much the same reason - peace and quiet - and no one was about to ruin the experience for anyone else.

This is the first resort we've encountered where everyone brings their own food. Guests are given the run of a surprisingly modern and well-stocked kitchen, and meals are taken in a comfortable, lodge-like dining room.

But it was "The Flumes" that everyone was here for, a steady stream of bathrobe-clad guests of all ages walk from the hotel to the flumes. Once there, guests stripped down to their bare essentials to enjoy the flumes, the only place at the resort where guests were allowed to completely disrobe in public.

No one at Wilbur Hot Springs is required to disrobe, but be advised almost everyone does. We proved to be the exception. Nothing against the other guests at the resort - each to his own, as they say -- but we prefer to keep our nude bathing to ourselves. But that did not diminish the overall experience.

While the mineral waters may be the main attraction, the steep, brown hillsides, oak trees and scrub brush combine for a great hiking environment complete with grazing deer and other wildlife - a true taste of the outdoors in the Wild West.



FROM THE BERKELEY PARENTS NETWORK, [HTTP://PARENTS.BERKELEY.EDU](http://parents.berkeley.edu)

Re: Weekend of solitude for Mom

Wilbur Hot Springs -- is a great one. I went for a weekend last year with my boyfriend and people really just left us alone. It kind of became a joke with us -- we'd be cooking in the kitchen or hanging out in the baths and people would go in and out without saying a word. We went for a hike and didn't see a soul. It was incredibly relaxing for us and definitely NOT a social event. *Anon*

Time alone at Wilbur Hot Springs... I have several times spent an entire day at Wilbur without talking to anyone. People who go there are extremely sensitive to the peace and privacy of others. In fact, talking is strongly discouraged in the tubs. There's a sign by the road just before you arrive at

Wilbur that says "Time to Slow Down", and that's just what people do -- slow down and calm down. You can hike for hours without seeing another person. Because it's far from the highway and there's no electricity, it's extremely quiet. I find it one of the most peaceful places I've ever been too. *Melinda*

Shedding workaday stress -- and maybe clothes -- Wilbur Hot Springs inspires relaxation in isolated haven

By Sam Zuckerman

As I lowered myself into the water in the redwood bathhouse at Wilbur Hot Springs, the acrid smell of sulfur filled my nostrils and a steamy mineral broth enveloped me. Taking shallow breaths, I squinched down closer to my wife, closed my eyes and felt the water's buoyancy. Slowly, the moist heat penetrated my muscles and I began to relax. It wasn't long before the tumult of the office, where I had been just a little more than three hours before, was all but unimaginable.

Relaxation is what Wilbur Hot Springs is about -- not just taking it easy, but among the most profound sheddings of tension, stress and mindless busyness I've ever experienced. As the sign on the road in says: "Time to Slow Down."

Wilbur's rambling old inn, bathhouse and 1,800-acre nature preserve, is a place whose quiet ambience and hot mineral waters draw an eclectic mix of visitors...

The location is a near ideal balance of isolation and accessibility... The road takes you into Wilbur's private valley, a classic California mix of woodland and range land...

The roofed, open-air redwood bathhouse overlooking the creek functions as a kind of a village square -- if you can imagine a village where most people go naked. In Wilbur's singular culture, that nudity is quite modest and respectful. Only the bathhouse is clothing-optional, and house rules call for quiet in the three long flumes... Courtesy prevails, with bathers giving each other wide berths and avoiding ostentatious displays.

My wife, Judy, and I had the baths to ourselves when we arrived Friday night. As we plunged in after the obligatory pre-bath shower, we had only the stars shining under the eaves of the roof and the rushing sound of the creek to keep us company... As a spa wimp, I kept pretty much to the coolest flume, sinking blissfully in for about four or five soaks during our weekend stay.

Between baths, Judy and I opted for two of our favorite getaway activities: hiking and reading. Dirt paths leading from the inn take walkers past abandoned mines, through grassland where cattle sometimes graze, up into hillsides thick with oak, pine and bird life. ... During our visit the temperature was in the low 70s during the days and the hills and valleys were brilliant green.

The inn itself is a defining part of the Wilbur experience... The kitchen is a hub in the evenings as carnivores rub elbows with vegans. The display of tolerance is admirable, as guests swap recipes and offer gracious comments about their neighbors' cooking.

The activity shifts to the large dining/common room, with Tiffany lamps and arts-and-crafts-style sofas and chairs... Sometimes a social center with guests playing guitars and a lively scrabble game going... The cast of characters varies, representing a wide range of ages and ways of life. I've met eminent scientists and San Francisco street performers at Wilbur. But every visit is different. On our latest stay Judy and I kept to ourselves, exchanging little more than pleasantries with others.

Maybe the toughest thing about Wilbur is that just as you get into the rhythm of the place, it's time to leave. Two days is the longest I've stayed. I wonder what a week would do?

Complimentary Weekend Yoga

Wilbur's complimentary weekend yoga
resumes on May 12th

Two classes on Saturdays and a morning
class on Sundays. Props provided.

Help Wanted: Two Wilbur Staff Positions

PART TIME Position, 20 - 23 hours per week.
**This is a live-in position in exchange for room, board
and laundry services.**

Involves nights and weekends. Starts mid May

FULL TIME Desk Position, 40 hours per week.
**This position offers salary plus room, board, laundry, high-
speed internet access and benefits.**
Hospitality experience preferred.

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!

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paste" into your browser or email message

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design -- Wild West Communications Group, Homewood, Lake Tahoe, California,
530-525-5201