



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

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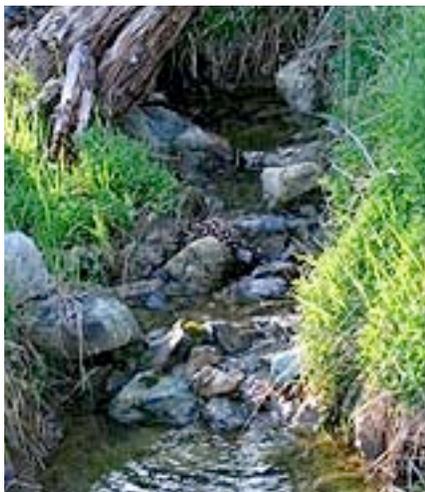
June 2006

### Dear Friends of Wilbur:

Wilbur's winter ended in May and suddenly we were in summer without a trace of spring. Then, just as suddenly, spring ended, it began to rain again, summer was gone and it was fall.

The autumn was brief, we skipped winter and went directly to spring ... Perhaps this is the spring we missed the first time around.

These changes are only confusing if we expect consistency of our season variations. But why expect such precise consistency either in our weather or anything else? Perhaps we expect consistency in order to create, in our minds, a semblance of order in what at times appears as a chaotic world.



At Wilbur, where we are removed from the vicissitudes of chronic planetary turmoil, there is a sense of peace and quiet – Birds chirp, frogs croak, water twinkles, and people are aware of a deep sense of safety and security. Life is simple, people are cooperative, and "issues" melt into their proper places. Would that our world be this way so that people everywhere could be safe and secure?

There is still work to be done. And, there must be healing for the wounded warriors.

Healing at Wilbur is facilitated by our trusted and loyal staff including managers, **Richard** and **Ezzie Davis**, assistant managers, **Meg Solaegui** and **Rick Davis**, reservationists, **Ginny** (see Wilbur's web site for description of Ginny's week-long seminar at Esalen next fall), **Dawn, Terrye**, and **Adrienne**, housekeepers, **Nellie, Ana** and **Maria Luce**, and outside maintenance person, **Rory**.

The following story sums up my sentiments of our Wilbur staff: I introduced Richard and Ezzie to an artist at his art opening. Sometime later I met him and he



*Ginny Ray, reservationist*



*Terrye & Adrienne, reservationists*



said, "you must be quite a person to have such wonderful friends as the two you introduced me to at my art show".

With gratitude to you, all our staff and guests who make Wilbur possible,

**Richard**

Wilbur Caretaker  
Since 1972

## 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 WILDFLOWER SEASON SPECIAL!

Now through June 15th!

Don't miss the glorious Wilbur Wildflower Season!

**One Night Free When You Pay for Two!**

This "Pay 2 / Stay 3" Spring Special is available from Sunday through Thursday nights, excluding the holidays.

Go to Wilbur's web site... [www.wilburhotsprings.com](http://www.wilburhotsprings.com) to see Meg's newest wildflower photography



## WILBUR DATES

Scheduled events in June you may wish to consider when making plans ...

**June 16-18** Clive Matson Writing Workshop

**June 23-24** 2nd Annual Spring Yoga Retreat

**June 23-24** Guest Chef Weekend

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

**Help Wanted...** Wilbur is looking for exactly the right person for a full time position consisting of 24 hours per week gardening and landscaping, and 16 hours per week as a reservationist.

Please contact Meg at 530-473-2326



**June 16, 17 & 18**

**WRITING & SPIRITUAL AWAKENING  
WITH CLIVE MATSON**

Clive Matson has been leading a writing workshop four times a year at Wilbur since 1981, which makes it one of the longest-standing writing workshops in Northern California.

Clive will hold four writing seminars in 2006.

**S C H E D U L E**

**Introduction & discussion of topic begins 8pm the first evening**

**Main workshop 11 am the following day**

**Participants' reading 8pm that evening**

**Closing session 10am on the final day**

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**Workshop fee by donation, average \$100**

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Clive Matson ( MFA Columbia University) has published poetry since 1964. He has taught more than 2,000 workshops nationwide, and his how-to-write-text *Let The Crazy Child Write!* (New World Library, 1998), honoring the creative unconscious, is used by a number of groups around the world. The anthology he edited with the late Allen Cohen, *An Eye For An Eye Makes The Whole World Blind - Poets On 9/11*, won the 2003 PEN Oakland Josephine Miles National Literary Award.

A video preview of the workshops is available at  
[www.vyze.com/WritingWorkshop](http://www.vyze.com/WritingWorkshop)  
For more information, visit [www.matson-ford.com](http://www.matson-ford.com)



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

*Please Note: Email and web addresses supplied throughout are for "copy and paste" purposes and may not be truly linked.*

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**NEW RADIO SHOW**

**"Mind Body Health with Dr. Richard Miller"**

airs alternate Tuesdays at 1pm on National Public  
Radio affiliate KZYX-FM Mendocino  
You can also tune in on the internet at  
[www.KZYX.org](http://www.KZYX.org)

*Please send me an email about something in  
your life that worked to enhance your well  
being, or, a personal story of inspiration. I will  
read emails on the air.*

**[DrRichardLMiller@aol.com](mailto:DrRichardLMiller@aol.com)**

June 23, 24 & 25

## 2nd Annual Spring Weekend Yoga Retreat with Sarana Miller

For those who want an excellent Yoga Weekend, we invite beginners and experts to the second annual Yoga retreat with Sarana.

## ... and A Guest Chef Weekend with Angela Karegeannes

For those wishing a Guest Chef Weekend there will be fantastic meals prepared by Angela.

*And...* for those wishing both Yoga and great food your dream has come true: SaranaYoga and Guest Chef Angela's healthy gourmet food all in one glorious Wilbur weekend!



### About Sarana Miller...

Born and raised at Wilbur Hot Springs, Sarana currently lives and teaches in the San Francisco Bay Area. Sarana is trained in the Iyengar and Forrest Yoga traditions. She is a graduate of the Piedmont Yoga Advanced Studies Program, the Forrest Yoga Teacher training program, and Yoga training in Thailand and India.

She is a Faculty Instructor at Yoga Journal

and teaches at The Claremont Hotel and her own home studio. Her love of yoga was born at the Esalen Institute in 1997, where she continues to assist and teach with Thomas Fortel, her mentor and dear friend.

Sarana loves to sing. She has studied kirtan with Jai Uttal and classical Indian voice in India. She leads kirtans in the Bay Area and is so very thankful to be able to share this practice with others.

Enrollment for the Spring Yoga Retreat is limited, so please sign up as soon as possible to reserve your space. View the Wilbur web site for complete information

[www.wilburhotsprings.com](http://www.wilburhotsprings.com)



### About Angela Karegeannes ...

Angela became a chef while living and working at the Esalen Institute in Big Sur, California in 2001.

After working in restaurants as a teenager and cooking eagerly for friends in college, the decision to work in the kitchen as trade for room and board at Esalen was an easy choice for her. With Esalen's garden and farm providing a large portion of the produce for the kitchen, Angela quickly became addicted to the joy that is undeniably

linked to working with food that is seeded, grown and harvested with love and then fed to people only hours later.

The community at **a fork full of earth** includes a number of creative and talented culinary artists. The project is led by Angela Karegeannes, a Bay Area resident who also spends her time working for the Ecological Farming Association [www.eco-farm.org](http://www.eco-farm.org) as a sustainable events coordinator.

Visit Angela's website at [www.forkfull.org](http://www.forkfull.org)

**Five gourmet meals are just \$100 per person extra, plus tax.**

Early reservations recommended (you do not have to be a yoga workshop participant).

For pictures and menus of past Guest Chef Weekends go to

[www.wilburhotsprings.com/guestchef](http://www.wilburhotsprings.com/guestchef)