



Telephone: 530-473-2306

Email: [info@wilburhotsprings.com](mailto:info@wilburhotsprings.com)

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

Address: Wilbur Springs, California 95987-9709

July 2007

Dear Friends of Wilbur. . . It is Friday, June 29th, 5:30pm, 79 degrees Fahrenheit. I am sitting here at Wilbur in a remarkably clean environment that feels totally safe and secure. Yet, while driving up here from the San Francisco Bay Area, I was besieged by the voices of national leaders warning the public about the dangerous world we live in. Certainly there are dangerous places in this world, but is the average American really in perpetual danger? Even when the attack on 9/11/01 occurred the rest of the country was still relatively physically safe. Certainly there are horrific forest fires, earthquakes, floods, and other forces majeure, but does that mean the average person must live in fear? Perhaps there are other options for us to seek and open ourselves to? Here and now I am safe and so



is everyone else at Wilbur. If you are reading this the chances are you are also safe. I am not suggesting that we close our eyes to what is going on in the world. I am offering for consideration the perspective that the vast majority of Americans are relatively safe from immediate physical injury, save for that caused by lack of proper nutrition. On the other hand, that same vast majority suffer on a daily basis the psychological injury caused by class struggle, lack of acceptance of diversity, and manipulation of values. Perhaps these fear-mongering leaders are correct in saying there is danger out there. Perhaps they are the danger which we must be alerted to. Is the America you now live in the America you were brought up in?

Time to clear my mind, take a walk in the Wilbur Nature Preserve, have a long hot soak, enjoy a great massage, dine under the full moon, and allow my being to rejuvenate. That's what being at a health sanctuary is all about.

With dignity and respect for all,

*Richard*

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



The historic old Wilbur bridge has settled in to its new home spanning the creek. It has a new red paint job—a cross between Golden-Gate-Bridge red and The-Red-House red—and a new, “official” historic marker. The bridge is a good place for contemplation.

### Get a Massage at Wilbur

Massage and chiropractic services are available at Wilbur by appointment for an added fee. Please call ahead...

**530-473-2306**

For more information on Wilbur therapists visit the website: [www.wilburhotsprings.com](http://www.wilburhotsprings.com)



### WILBUR MASSAGE POSITIONS

Wilbur is now taking applications for experienced, certified massage therapists for its rotating massage program. For more information on how to be a Wilbur therapist please contact Meg at 530-473-2306.

## Wonderful Wilbur Nights Special

July 15th through September 13th you can receive 25% off each night when reserving two nights in a room of equal value.

This offer is good Sunday through Thursday, non-holiday periods, and is not combinable with other discounts.

**Taking A Break...** The Wilbur Guest Chef program is taking the summer months off. It will resume in September. Watch for information on the upcoming fall Guest Chef lineup in the August and September newsletters and on the Wilbur website.

*“In all the world, no waters like these”*

## The Great Annual Wilbur Closedown...

Once a year in the summer Wilbur takes a break for maintenance and repairs. This year the Wilbur Closedown happens **August 13th through 24th**. There is always a plan for maintenance. (This year it includes fixing and replacing door knobs!) But, there are also some surprises that we manage to come up with each year when we gather so many dedicated and talented people together to attend to Wilbur's needed additions/repairs.



**If you are a licensed contractor or electrician who is interested in working at Wilbur and accruing Wilbur trade, please call Meg or Ezzie at 530-473-2306.**

These hard-working folks not only enjoy the use of the facilities after their workday, but also dine on catered gourmet meals and often share their talents at a spontaneous "entertainment night," which has been a very popular event in the past.

If you are interested in accruing some work trade at Wilbur and you are a licensed contractor or electrician give us a call. We are also looking for a few physically strong individuals who are not adverse to doing manual labor.

Do some work, have some fun, and come back and stay for free. That works!

**Wilbur reopens Friday August 24th.**

## Complimentary Weekend Yoga

Wilbur offers complimentary weekend yoga classes to registered guests. Saturday and Sunday classes are led by certified yoga instructors. All levels of experience are welcome. Please check at the front desk for the schedule.

YOU ARE ARE INVITED TO LISTEN TO

## Mind Body Health

With Your Host: Dr. Richard L. Miller

Tuesday, 9am

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On your computer at [www.KZYX.org](http://www.KZYX.org)



## To everything there is a season...

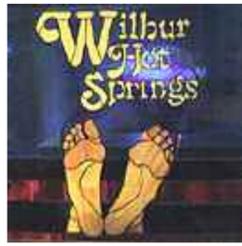
**We say good-bye to Ginny Ray**

Ginny Ray, Wilbur staff artist and one of the sparkling faces that greets you at the front desk, is moving back to “civilization.” Her meditative artwork made with natural and found objects has graced the hotel's small dining room for the past three years. Her artistry blossomed here 23 years ago when she was part of Wilbur's Resident Artist Program. Her new home and art studio will be in

Santa Cruz. Ginny will be teaching at the Esalen Institute in Big Sur again November 11th-16th – *Assemblage: Making Sacred Touchstones*. Her contact information is – phone: 831-331-9249; email: [artistvray@yahoo.com](mailto:artistvray@yahoo.com); website: [www.epicarts.org/artists/virginiaray](http://www.epicarts.org/artists/virginiaray). We all wish her well and continued success!

### We Welcome Angela Watrous

After visiting Wilbur as a guest for over a decade, Angela Watrous has joined our staff for the summer. Angela is the author of five nonfiction books, including the political action guide *50 Ways to Support Lesbian and Gay Equality*. She is spending her days reading, writing fiction, soaking, and using her evenings to chat up guests while cleaning the hotel and kitchen. [www.angelawatrous.com](http://www.angelawatrous.com) <<http://www.angelawatrous.com>>



## Wilbur's Special Birthday Discount 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 to you!*

*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!

NOTE: Email and web addresses supplied throughout may not be linked. Just copy into your browser or email. Opening newsletter doc in Acrobat may also help.

CREDITS: Photos – Meg Solaegui; Newsletter editing, layout and design – Lolly Kupec & Ed Miller, Wild West Communications Group, Homewood, Lake Tahoe, CA, 530-525-5201

Dear Wilbur Newsletter Readers: We made a change in format with our June issue that we hope pleased the majority of our readers. Many of you wrote to us expressing your appreciation for the simple email format that just popped up, and many others of you appreciated the evolution of the newsletter into the PDF format as a well-designed, professional vehicle for our message. This new and smaller PDF format should open and scroll as easily as email and maintain the integrity of the newsletter layout. We look forward to your feedback. Sincerely, The Editors

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