

Wilbur

HOT SPRINGS

A SANCTUARY FOR THE SELF

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

NEWSLETTER

JULY 2009



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HAPPY BIRTHDAY!

Wilbur's Birthday Gift to You: Returning guests presenting ID showing your date of birth will receive 25% off the cost of your stay between Sunday and Thursday during your birth month (holiday periods excluded). Our gift is for the birthday person plus one guest in the same room. Please let us know your birthday when you make your reservation.

GUEST CHEF WEEKEND WITH CHARLIE AND MARION CASCIO

SEPTEMBER 25-27



Wilbur's popular Guest Chef Weekend takes the balance of the summer off, but resumes again in September with some great chefs and delicious food. Join us September 25th through the 27th with chefs Charlie and Marion Cascio for the fall kick off of Guest Chef Weekend. Meet some new friends, or catch up with some old friends ... For more information, please contact our reservation line 530-473-2306, or visit our website's Dining page ([click here](#)).

WILBUR HOT SPRINGS ONLINE

Thanks to Michael J. Hraba for helping introduce people to Wilbur Hot Springs online. You can follow us now on [Twitter](#), [Facebook](#), [Flickr](#), [YouTube](#) and [Yelp](#). Also, please visit our [blog](#) and take a look at our [Wikipedia entries](#).

WILBUR SUMMER SPECIALS!

For the month of July, take advantage of our half off Wednesday offer. Stay two nights, in a room of equal value that includes a Wednesday night, and receive 50% off the Wednesday night. Offer good until July 30th, 2009.



THE WILBUR PHILOSOPHY

To sustain Wilbur Hot Springs, a sanctuary, for healing and personal reflection communing with others reuniting with nature laughing, loving and basking in the quiet awe of it all.



*"Wilbur Hot Springs is a free-form retreat, unobstructed by structure or dogma, self-directed by mutual respect and the creation of everyone who comes here. In short, it's organic."
- RD*



BECOME A WILBUR GOOD WILL AMBASSADOR

All of you know people who would enjoy and appreciate the healing waters and unique ambience of Wilbur. They may be family, friends or colleagues at work. We invite you to become a Wilbur Ambassador and introduce these people to Wilbur.

Wilbur Ambassadors and their first-time Wilbur guests will receive a 50% discount both weekdays and weekends from now until the 16th of September (Labor Day weekend excluded) for a two-night stay. This offer is good for two couples in two different private rooms. Both couples will receive 50% off their rooms. Two-night minimum.

We look forward to welcoming our Wilbur Ambassadors and their guests.

COMPLEMENTARY ALTERNATIVE MEDICINE BY SHALAMAH YAHCHOVE , DC

MASSAGE CONSULTANT, MARKETING AND PROMOTION

In other parts of the world, hydrotherapy is very much a part of routine preventive medical care and is prescribed by doctors for medical issues.

Wilbur Hot Springs' mineral-laden waters are heated far beneath the earth's surface and the minerals in the waters are ideal solutions for healthy bathing and relaxation, treating a health problem, or simply to luxuriate in. Bathing in the mineral waters of Wilbur Hot Springs combined with massage provides a synergy of deep relaxation.

There are many curative and therapeutic effects from using our natural mineral





Visit Wilbur's Fountain of Life geyser, located on the Wilbur Nature Preserve.

Past Newsletter Issues

STAY IN TOUCH WITH
WILBUR ... AND YOURSELF!

When you stay in touch with us, you honor and renew your commitment to self-healing and relaxation! We invite you to sign up your friends or family for our monthly email newsletters - now the best source for special offers and Wilbur's latest news. To receive our periodic emails, please sign up via email at info@wilburhotsprings.com
Phone 530-473-2306
Fax 530-473-2497
www.wilburhotsprings.com

hot springs water when combined with massage therapy, such as stress reduction, improved circulation and respiration.

Thanks for scheduling your massage when you reserve your room.

WEEKEND YOGA AT WILBUR

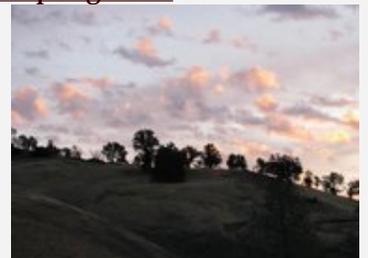
Free weekend yoga all summer long. Bring your mats and join us on the yoga deck as we continue our season of complimentary classes, offered twice on Saturdays and again on Sunday morning throughout most of the summer.



STAFF POSITIONS AVAILABLE

Late Night/Housekeeping: Wilbur is looking for just the right person to fill our Late Night Position. We are seeking a responsible, friendly, service-oriented person for 20-25 hours per week for evening and housekeeping work. This position lasts three months in duration, and includes board and full use of the facilities in lieu of salary. Send resume and cover letter to info@wilburhotsprings.com.

Front Desk Position: Wilbur is seeking a qualified person for Front Desk/Reception work. This live-in position includes salary, room, board, laundry services, paid utilities and internet access. Benefits are provided after six months with full use of the facilities and grounds. Hospitality experience preferred. Send resume and cover letter to info@wilburhotsprings.com.





MIND BODY HEALTH
AND POLITICS

YOUR HOST:
DR. RICHARD L. MILLER
TUESDAY, 9AM PST

NPR Affiliates
KZYY 88.1FM Fort Bragg
KZYZ 90.7FM Philo
KZYZ 91.5FM Willits and
Ukiah

On your computer at
www.KZYY.org (click on
"listen live"). Call in and
share with others what has
worked for you in
enhancing your health and
healing, and what has
not ... 707-937-5103. Email
Dr. Miller at
drrichardlmiller@aol.com.

ANNUAL REPAIR AND MAINTENANCE



Remember when making summer reservations, Wilbur will be closed for annual repairs and maintenance from August 5th to August 12th, re-opening on August 13th. Each year, a dedicated group of people come together and put forth a great deal of time, energy and effort in order to ensure the necessary and proper maintenance of these facilities, which we all enjoy throughout the year.

NOTES FROM THE CARETAKER:

DEAR FRIENDS OF WILBUR:

Here I am at another SaranaYoga Guest Chef Weekend at Wilbur. Those in the seminar beamed and we all basked in their rays. Since some folks attend these events regularly, we have formed a little community and the laughs, during meals, were loud, clear and plentiful.

If I were to read in the paper that it would be 100 degrees at Wilbur or anywhere, I would likely have been daunted. However, given how low the humidity is, and how cool the evenings are, the heat of the day was a welcome comfortable chance to get my bones warm from the cold bite of the coast.

I wish to again thank all of you who participated in the surveys regarding the Wilbur doggy hotel. At this time the Wilbur doggy hotel is on the back burner. The reasons are many, and they vary from folks wanting their dogs in their rooms but not in a doggy hotel, to others not wanting dogs and others concerned about dogs scaring away the local animals we have all come to love. Perhaps at another time.

For those of you following my progress after knee replacement surgery: I am now 3 1/2 months post surgery. Was the surgery a worthwhile endeavor? Yes! Was the recovery quite painful and challenging? Yes! Would I do it again? Only if I had to as dictated by pain. Will I do the other one? Yes, only if it makes me cry a lot.

Have you checked out Wilbur on Wikipedia? Go to:
http://en.wikipedia.org/wiki/Wilbur_Hot_Springs or
http://en.wikipedia.org/wiki/Dr._Richard_Louis_Miller

In difficult economic times when even holding dollars is risky our best investment is our own health and well being.

See you in the waters,

Richard

Richard Louis Miller, M.A., Ph.D.

Wilbur Caretaker since 1972





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Photos: Meg Solaegui • Newsletter design: Steven Zah Schwartz • Meantimes Press