

Phone: 530-473-2306
 Email: info@wilburhotsprings.com
 Website: http://wilburhotsprings.com/
 Address: Wilbur Springs, California 95987-9709



Dear Friends of Wilbur...

Richard, Ezzie, Rick, Meg and the staff at Wilbur would like to extend our warmest wishes to you all for a healthy and peaceful holiday season.



UPCOMING WILBUR EVENTS

Special New Year's Guest Chef Weekend

December 30th, 31st, January 1st.

- ☞ Celebrate at Wilbur with **Guest Chef Debi Chase** for special New Year's Weekend.
- ☞ Five gourmet meals will be served throughout the weekend. Beginning on Sunday evening, Chef Chase will feature homemade pies and muffins, locally grown organic vegetables and greens, French baked chicken, baked wild salmon, and the ever favorite Wilbur New Year's treat -- decadent flourless chocolate cake.
- ☞ On Monday, New Year's Eve, we will ring in the New Year with hors d'oeuvre & Champagne toast.
- ☞ For more information and reservations call 530/473-2306.

About the Chef:

Debi Chase is a self-taught traditional chef with over three decades of professional experience. Debi has worked in fine restaurants from the San Juan Islands in Washington State to Santa Monica and many stops in between. Now semi-retired, she resides with her husband Dave and many animal friends on a small farm not far from Wilbur Hot Springs in Williams. She shares her culinary heritage, traditions, and devotion to the culinary arts and vegetarian lifestyle through cooking classes, interactive dinner parties, and personal chef services. A frequent Guest Chef at Wilbur since 2005, her wit and generosity of spirit keeps you entertained, and we are sure that you will find her cuisine a unique pleasure.

January Guest Chef Weekend

Guest Chefs Charlie and Marion Cascio

January 25th-27th, 2008



Wilbur Hot Springs has been featured in the New York Times.

You may read the article at:

<http://travel.nytimes.com/2007/11/09/travel/escapes/09springs.html>

Wilbur is pleased to announce...

... that our very own Dr. Shalamah Yachove, a member of our team for over 20 years, has opened an office in Berkely and is available by appointment on Tuesdays Noon-6pm.

Imhotep Chiropractic

3358 Adeline Street (a few doors down from the Adeline Bakery.)
 916/457-0971

- ☞ We highly recommend a session with Dr. Yachove for "experiencing is believing".



MindBodyHealth

Host: Dr. Richard L. Miller



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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 go to www.wilburhotsprings.com

Wilbur's Special Birthday Program

Happy birthday to you, happy birthday to you!

Wilbur would like to gift you a Special Birthday Discount

- ☞ During the month of your birthday, returning guests presenting ID showing the date of their birth will receive 25% off the cost of their stay between Sunday and Thursday during their birthday month, holiday periods excluded.
- ☞ This gift is for the birthday person plus one guest occupying the same room.



Inalienable Rights

from Dr. Richard L. Miller

☞ Our bill of rights gives us freedom of speech. Can you imagine that? We have to have a bill of rights in order to legally give ourselves an inalienable right that we all have to begin with. Are we not all born with the inalienable right to speak out on any and all topics? Is it within the realm of possibility that we could be born with the right to speak out on certain topics and not on others?

☞ And yet, separate from the laws we have created to govern ourselves, we restrict our own freedom of speech by having cultural norms which inhibit that freedom. Some of these inhibitions we call "taboo" topics. What are the taboo topics in your life? What are the topics that you cannot, or will not talk about with friends, family or other employees?

☞ The big taboo topics are said to be religion, sex, money and politics. As we all know these are the most important topics in our lives. Imagine a world in which we discussed our religious beliefs, our intimate sex lives, how much money we had or earned, and our political affiliations right at the dinner table.

☞ At Wilbur Hot Springs inalienable rights are just that: Inalienable! At Wilbur you can talk about any topic you'd like so long as you treat your listener with dignity and respect.

☞ Then again, at Wilbur you can also be totally silent.

☞ But when it comes to voting next year I sure hope you plan now to get out there and vote.

I will be celebrating New Year's Eve at Wilbur. I wish all of you who cannot join me a healthy holiday season.

With affection,

Richard

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

Wilbur Caretaker in Chief since 1972



"In all the world, no waters like these"

May abundance and joy enter each of your lives every day!

☞ From all of us at Wilbur

Ph 530-473-2306 · Fx 530-473-2497 · www.wilburhotsprings.com



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

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