



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

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November 2006

Dear Friends of Wilbur ...

Creating and maintaining good health practices is the best, most effective, health insurance. Recently I attended a Yoga seminar at Wilbur Hot Springs led by Sarana Miller with healthy gourmet meals created by Charlie and Marian Cascio of Big Sur. Sarana is a tall elegant woman who brings to Yoga a healthy model's look (she was a child model), an athlete's body (recently completed a 560 mile bike ride for AIDS), and Yogi flexibility. Sarana combines detailed technical knowledge of the body with down to earth sensitivity of her student's individual differences, and a light hearted laugh. There were beginners and teachers, and everyone in between in our class.

The food was exquisite! Charlie and Marian are delightful kitchen hosts

informing anyone interested of the ingredients and preparation of each dish.

Professionally led Yoga, gourmet meals made with love, the world's best hot mineral waters and massage — A perfect Wilbur weekend to kick off the Second American Revolution: The American Health Revolution. More Americans are suffering from poor health than enjoying good health. Excess weight, chemical dependence including nicotine and alcohol, prescription drug dependence, and depression are symptoms of a sick society. We can no longer stand idle and continue suf-

fering. It is time to revolt against the forces of these illnesses. Now is the time for us to raise the banner of health in the name of freedom. Join me in the second American Revolution by doing something to improve your health today and everyday. A note on the coming election: Whether you are Democrat, Republican, Libertarian, or other, it is in your self interest for there to be a balance of political power

between the executive, judicial and legislative branches of our government. Our system is presently out of balance. One political party controls all three branches of our government. Lack of political balance is unhealthy for all Americans. Vote to create balance. Email every person you know asking them to vote for creating a balanced government and asking them to email every person they know asking

them to vote for balance. Join me in creating a national email chain letter imploring one another to Vote For Balance in Government. Be it a person, or a country, balance is healthier and thereby safer than being out of balance.

In the name of the American Health Revolution I wish you excellent health,

Richard

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

Wilbur Caretaker since 1972



Wilbur Fall Special

Did You Know...? The fall season brings to Wilbur crisp starry nights, cool gentle evenings, and warm autumn days . . .

Stay 2 nights and receive 50% off the 3rd night in any room of equal value Sunday thru Thursday.

Does not include holiday periods, and is not combinable with other discounts.

This special valid through 12/14/06 only.

Massage Appointments

Massage and Chiropractic is available at Wilbur by appointment for an added fee. Please call ahead to assure an appointment at the time of your choice, and with the therapist of your choosing ...

530-473-2306

For more information on Wilbur therapists visit the website: www.wilburhotsprings.com



“In all the world... no waters like these”



Wilbur's 1st Congolese Dance with Sandor Diabankouezi

SUNDAY, NOVEMBER 12

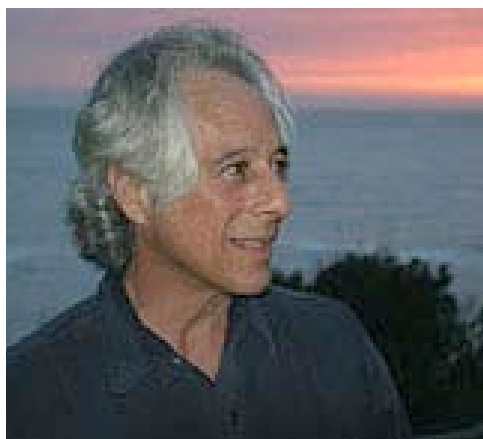
We are pleased to host Congolese Dance Class Sunday, November 12th with master dancer, Sandor Diabankouezi, a native of the Congo.

🌀 Former director, choreographer, and lead dancer with the Congolese National Ballet of Congo-Brazzaville, Sandor has been dancing since he was 6 years old. 🌀 He currently teaches dance in Oakland, San Francisco, Petaluma, and Bolinas, CA. His teaching emphasizes dance reflective of the social, ceremonial, and ritualistic customs of Congolese culture. 🌀 Sandor's class is open to people with all levels of dance experience. 🌀 Cost is \$15.00 per student in addition to the Wilbur day-use or overnight fee. Class space is limited, so sign up early with the Wilbur reservation desk.

November Guest Chef Weekend

NOVEMBER 17, 18, 19

Make your reservations early to assure your place at the table!



Charlie and Marion Cascio return to Guest Chef at Wilbur this month with a delightful, seasonal menu . . . Five gourmet meals are just \$125.00 per person extra, plus tax.



December Guest Chef Weekend

DEC 30, 31, JAN 1

Ring in the New Year with a special Guest Chef Weekend. The price is \$150 additional per person for five meals, including a special New Year's Eve Menu prepared by Chef Debra Chase, a long-time favorite at Wilbur. Great way to welcome 2007! Make reservations early!

☞ Charlie Cascio has cooked throughout Europe, worked as a personal chef and has been head chef for numerous restaurants. He taught natural food cooking seminars to individuals, restaurants, and health professionals throughout Europe and the United States. He continues to cook for large conventions, develop natural health food products and recipes, and teach courses on cooking. ☞ Charlie worked as head chef and kitchen manager for Esalen Institute from 1998 through 2004, and continues to work for Esalen as a consultant and instructor. ☞ He lives with his wife, Marion, on the Northern California Coast on a self-sustaining organic farm where he raises vegetables, herbs, chickens, goats, and honey bees. Charlie makes his own cheeses and olive oil.

FRIDAY DINNER

Local Organic Mixed Greens Salad
Ginger Glazed Ahi Tuna or Ginger Glazed Tempeh
Green Bamboo Rice (recently discovered in Northern China)
Local Organic Broccoli
Organic Apple Upside Down Cake w/ Maple Yogurt Cream

SATURDAY BREAKFAST

Organic "Squeeze-Your-Own-Oranges" Juice
Cage-free Scrambled Eggs w/ Fresh Herbs
Organic Oatmeal and Granola / Organic Yogurt / Fresh Fruit
Selection of Handcrafted Breads
Organic Coffee and Tea Bar

SATURDAY LUNCH

Local Organic Greens Salad w/ Heirloom Tomatoes
Smoked Salmon Spanakopita
Roasted Local Organic Butternut Squash Curry Soup
Selection of Handcrafted Breads
Fresh Organic Herbal Ice Tea

SATURDAY DINNER

Local Organic Greens Salad
Roasted Local Free-range Chicken in Porcini Mushroom & Zinfandel Wine Sauce
Toscano-style Creamy Polenta
Local Organic Red Russian Kale
German Chocolate Mousse
Fresh Organic Herbal Ice Tea

SUNDAY BRUNCH

Organic "Squeeze-Your-Own-Oranges" Juice
Eggs a la Wilbur: Poached Eggs on a Francesi Roll w/ Avocado and Sun Dried Tomato Pesto Sauce
Local and Imported Fine Cheeses Platter
Local Organic Heirloom Tomatoes and Fresh Mozzarella Platter
Exotic Fresh Fruit Platter
Organic Oatmeal and Granola / Organic Yogurt / Fresh Fruit
Selection of Handcrafted Breads
Organic Coffee and Tea Bar

WILBUR DATES

Please consider these special events when making your Wilbur plans...

- Nov 12 Congolese Dance: Sandor Diabankouezi
- Nov 1 Tibetan Bowls Meditation: Jacqueline Lashan
- Nov 1, 2 Tibetan Bowls Sound Healing: Lashan
- Nov 1, 2 Tarot Consultation: Lashan
- Nov 17-19 Guest Chef : Charlie & Marion Cascio
- Nov 23 Thanksgiving Day
- Dec 5 Full Moon
- Dec 13,14 Tibetan Bowls Meditation: Lashan
- Dec 13,14,15 Tibetan Bowls Sound Healing: Lashan
- Dec 13,14,15 Tarot Consultation: Lashan
- Dec 30-Jan 1 Guest Chef : Debra Chase

Wilbur reservations call **530-473-2306**
daily from 10 am to 8 pm

For questions or comments e-mail Meg at
info@wilburhotsprings.com

Visit our website wilburhotsprings.com



“In all the world... no waters like these”

TidBits...

WeekendYoga at Wilbur: Every weekend, spring through fall Wilbur offers complimentary yoga classes from professional yoga instructors.

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

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

*Photo credits: Meg Solaegui
Newsletter editing, layout & design: Wild West Communications
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Tuesdays, 9 am (Pacific time) for

**Mind Body
Health**

with your host...
Dr. Richard L. Miller

Call during the program
with questions: 707-937-5103,
or email questions: DrRichardLMiller@aol.com