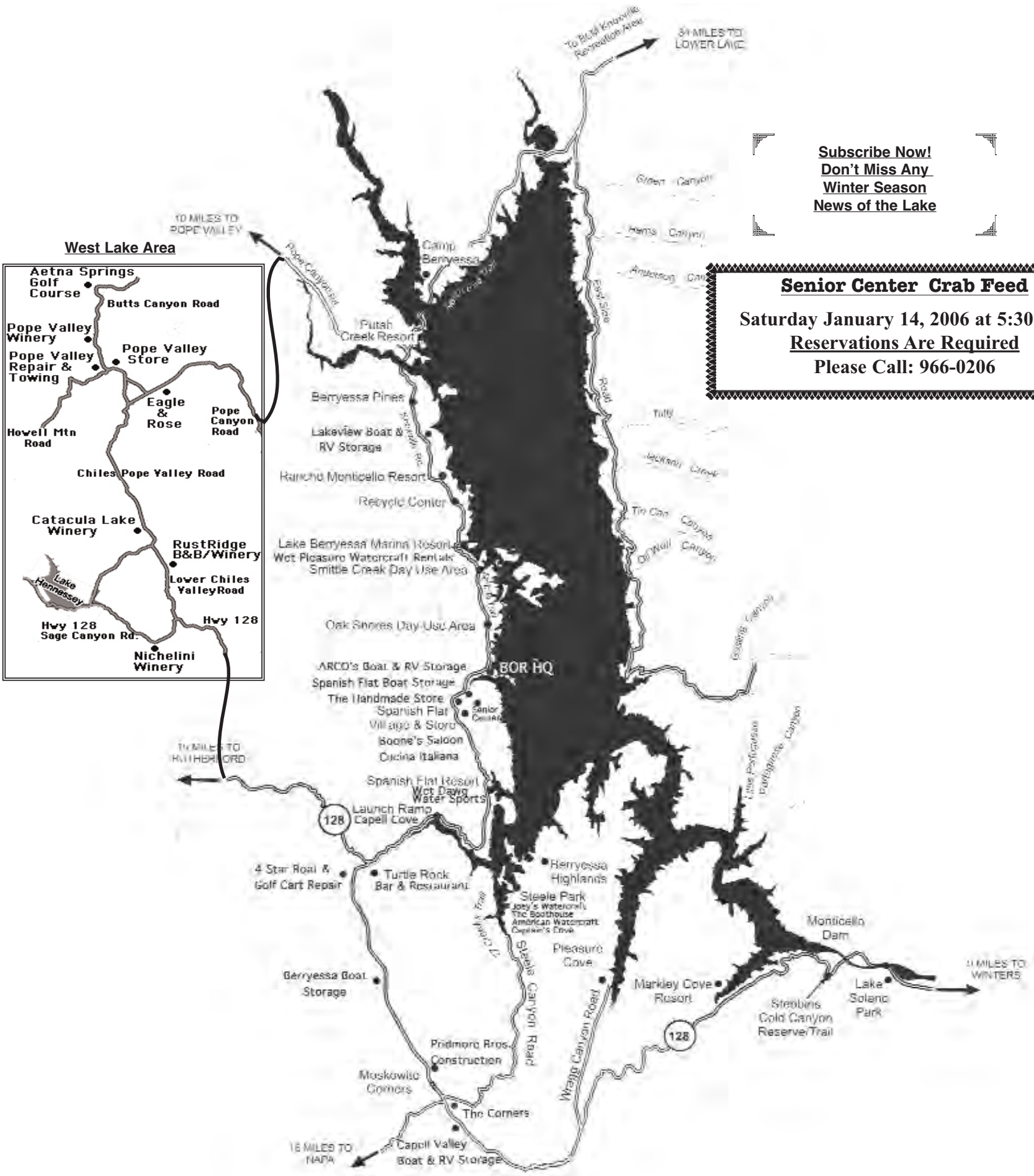
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An Independent Community Newspaper

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Peter Kilkus

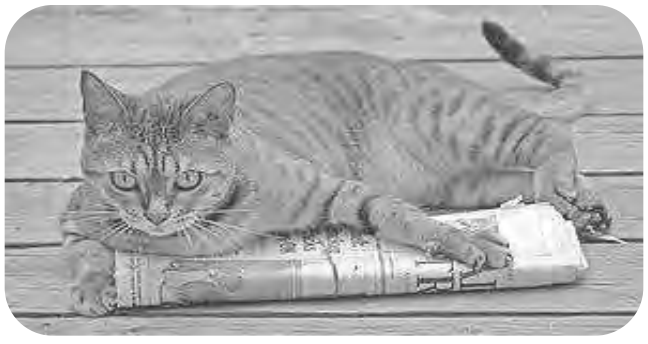
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Floods and Landslides Affect Lake Berryessa Region

The year 2005 ended with a bang and many whimpers caused by personal tragedies suffered due to the weather. Hwy 128 between the Corners and Turtle Rock looked like a battlefield with minor landslides encroaching onto the road and new potholes along the whole stretch. Coming around a curve on Knoxville Road near Spanish Flat at night to see the road more than half covered with mud was an unanticipated New Year's Eve thrill!

For my son, trying to get to Napa early Saturday morning only to be turned back near Circle Oaks because of massive landslides blocking Hwy 121 was annoying. But then trying to get through Rutherford only to be blocked by a large tree across the road at Conn Dam was a show-stopper. Since so many other roads were closed between Lake Berryessa and San Anselmo in Marin County, he probably wouldn't have made it anyway. He was on his way to San Anselmo to help his mother fight the Town's first flood since 1982. The downtown was a 4 foot deep river and my old neighborhood was in thigh-high water. Napa and the other Napa Valley towns were hurt badly and I'm sure there are hundreds of stories of loss and of neighbors helping neighbors out there.

It promises to be a long clean-up of the access roads around the lake which may affect people commuting to work. The worst news for commuters from the Berryessa Highlands area is that Hwy 121, the main road to Napa, has suffered a major slide between Wooden Valley Road and Napa which may take CalTrans many days to clear. An alternative route is Hwy 128 through Rutherford. At press time Wooden Valley Road itself was open to one lane traffic. It's a bit unusual, but there were no major slides on Hwy 128 to Winters so access is available that way. Hopefully when you read this story on Thursday, the situation will be greatly improved.

Please Read This!

Pages 3 & 4 of our last issue caused a bit of confusion among some of our readers. They apparently didn't notice the explanation printed in the first paragraph of text to appear in the paper on Page 2. They wondered why we had printed two pages sideways! Rather than feel bad that they didn't bother to read my editorial section, I guess I should have put a dotted line with a picture of scissors and some instructions on Page 3. So if you still have our last issue, here's what we said about Pages 3&4: "This issue also includes a tear out page (3&4) with useful phone numbers and a full directory of the Lake Berryessa Chamber of Commerce. Just carefully cut out the page and fold it over. You now have a handy reference of phone numbers on the front, businesses in the middle, and a map of the lake on the back. Keep it handy near your telephone or inside the front of your telephone book."

Lake Berryessa News Collector's Edition!

Apparently our last issue also confused our printers. Those of you who are subscribers received an issue with mixed pages. Page 2 with the explanation for the sideways pages 3&4 actually was printed as Page 10 and Page 8 appeared in the place of Page 2! Several other pages were also out of order. The problem was corrected before the rest of that edition was distributed so you subscribers have the Collectors' Edition - sort of like a few copies of a defective stamp being printed before the problem is caught. Those stamps now have incredible value to stamp collectors. Maybe we'll start to see those "defective" copies of The Lake Berryessa News being auctioned off on eBay. If you'd like your own copy of the Collector's Edition, call or email us and we'll send you one (or 10, or 100).....

The Leap Second Was Here!

As a philosopher said, "You can't kill time without harming eternity." If life is often a matter of split seconds -- the train door that closes in your face, the chance encounter with the love of your life, the near-collision with an oncoming SUV -- then the universe just bestowed on us us the generous gift of a **leap second**. We hope you used it wisely.

Last Saturday, at exactly 7 p.m. Eastern Standard Time, one second was added to our official record of time, Coordinated Universal Time, kept by a series of atomic clocks housed in environmentally sealed vaults in about 80 timekeeping laboratories around the world and certified by the International Bureau of Weights and Measures in Paris.

The reason for the extra second is simple: The earth is slowing down. Since the days of Sir Isaac Newton, scientists have understood the time it takes for the earth to make a full rotation is getting longer. The gradual deceleration is caused by the gravitational pull of the moon. The same force that brings the tides is putting the brakes on the earth, albeit very slowly. And because time is a function of planetary movement, our days are getting longer and, depending on how you look at it, time is slowing down. Happy New Year.

The Pope Valley Bears Controversy

Earlier this year, animal control officers caught and killed four black bears -- two males and two females -- at the Aetna Springs Vineyard in the rugged Pope Valley. Winery owner Paul Maroon said he had tried scaring off the bears, but resorted to getting rid of them for good because he feared they might hurt his field workers. He claimed that they damaged his fences on a daily basis which allowed both the bears and deer to eat the grapes, sometimes damaging and killing the vines.

With premium Cabernet grapes that can be produced only in mountainous regions selling for $5,000 to $7,000 a ton, vineyards have sprouted on slopes and ridgetops where animals make their homes. According to Fish and Game officials, the state is required to issue extermination permits if property owners show evidence of damage caused by wildlife.

In the past, some winery owners have summoned authorities to trap and shoot black bears -- as well as wild pigs, deer, turkeys and mountain lions -- that plundered their vineyards. The recent killings of black bears in Pope Valley have sparked debate over the future of wildlife in vineyards. It's fairly common for feral pigs and deer to be killed for similar offenses, and obviously lions and coyotes that kill livestock or threaten humans are targets, but many people question the killings of the relatively rare bruins.

Some of Maroon's neighbors are outraged by the killings. Ann Curtis, who helps manage Aetna Springs Golf Course down the road from the winery, called the controversy "wine for blood, life versus profit." “To come into a wildlife area and then kill off the wildlife is wrong," said Curtis, who has lived in Pope Valley for 34 years.

Jerre Sears, owner of Black Sears Vineyards on Napa County's Howell Mountain, said all the growers he knows on the 1,800-foot peak shrug off the grapes they lose to bears and other wildlife as a kind of tax for doing business in hillside territory. They point out that the bears don't eat that many grapes and since vineyards are being planted in the bears’ home, what can you expect.

Sharyn Simmons, co-owner of Cucina Italiana Restaurant at the Spanish Flat Village Center at Lake Berryessa and a wine broker, said that black bears are typically not a problem and often considered as part of the environment for wineries. She referred to Zaca Mesa Winery in Santa Barbara County which has a premier wine that earned its name from the many black bears that live around their vineyards.

Sylvia Nasholm of Zaca Mesa was shocked when told that black bears were killed in Napa County. She said that the bears were no trouble at their winery and she often saw signs of them when she walked the property. Although the bears ate a small amount of the grapes, they are considered part of the Zaca Mesa family. When Zaca Mesa planted the first syrah grapes in Santa Barbara County on a 3.54 acre block in 1978 on its own roots from cuttings brought over from the Hermitage region of the Northern Rhône, they were still looking for a name for the vintage. One day they sighted black bears near the vines and decided it was a fortuitous encounter. Thus the name Black Bear Block Syrah was born.

One unfortunate result of the publicity is that the wrong winery has been blamed. Aetna Springs Vineyards, which caused the uproar, does not make its own wine. Unfortunately Aetna Springs Cellars, a completely different vineyard sharing a too-similar name, has had its business threatened by people who Google without discrimination. Sally Kimsey, owner of Aetna Springs Cellars, said she is being unfairly targeted by animal rights activists who have deluged her with threats of a boycott. She appeared on television to plead with people to stop blaming her winery. She played a phone message from someone claiming to be a restaurant owner who planned to boycott her winery’s products. Unfortunately the caller did not leave a name or number she could call to set him straight. Hopefully this mistaken identity has been resolved. People who act from righteous anger better know they’re facts first.

****

"Experience is what you get when you didn't get what you wanted."

Calendar of Events Around Lake Berryessa

Senior Center Crafts
Every 2nd & 4th Wednesday of each month
Call Betty at 966-2254

Every Monday – Bingo – 1 PM til??
Every first Monday is Bingo Pot Luck – Starts at Noon.

Seniors Pot Luck
Every 3rd Friday Night – bring a dish.

Senior Center – Call 966-0206

Valley Christian Church
Weekly Bible Study on Monday nights, 7:30 until 8:30 PM.

Currently meeting at the Community Church across from the Corners. For more information call 257-0527.

Weekly Berryessa Youth Meeting on Wednesday nights, 7:00 PM at the Vol. Fire Station. For more information call Gina Hamilton, 966.2816

Sufi Center ~ Meditation & Healing Circle - Pope Valley
Every Thursday - 7pm ~ Every Sunday - 6pm
1st Sunday of every month - Pot Luck - 4pm to 6pm

Info - Call 707-965-0700, 2950 Pope Valley Canyon Rd.

Get your event on the calendar by calling 966-3806 or 287-6240
Email shirllbnews@sbcglobal.net or pkilkus@aol.com.

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Happy New Year!
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Saturday, February 4 – Lion's Club Crab Feed
Contact a local Lion's Club member to purchase
tickets for this annual fundraiser.
Boone's Saloon will open the doors at 5:00pm
for pre-dinner cocktails.

Sunday, February 5 – Super Bowl XL
Boone's Saloon will open the doors at 12:00pm
for pre-game cocktails.

4370 Knoxville Road (Spanish Flat Village Center at Lake Berryessa)
(707) 966-2420 www.Boones-Saloon.com

How I Spent My Christmas Vacation

Although the weather was horrible during the last week of 2005, the Christmas and New Year's holidays were fun for most people. The Senior Center Christmas Party had great food, friends, and entertainment by the Polite Brothers. The singers had great voices. Santa danced with an elf!

Chef Stefano and Sharyn laid out a fantastic New Year's Eve gourmet meal for a good-natured crowd at Cucina Italiana. The band couldn't get to Boone's Saloon for the New Year's Eve Party but folks were still in a good mood and it was a great night to be there. See if you recognize any of these happy faces. More color photos are available (some they may not want you to see!) on our web site: www.lakeberryessanews.com.





























Birthday Girl









The Lifecycle of Plywood

Overview

Plywood may be the most prosaic building material ever. Even concrete, polished to a mirror finish, can be made into high-end kitchen counters; there's no equivalent glory for softwood-base plywood. (Hardwood laminates are another tale.) But when toughness is required, plywood gets the call, as Hurricane Katrina and all that television footage of people racing to board up their windows remind us.

Laminated woods were known to the ancient Egyptians and Chinese, but it wasn't until the early 1900s that anything like mass production began. Even then, plywood didn't blossom until the invention of waterproof adhesive for bonding the plies. That was achieved in 1934 (by an American chemist, according to U.S. sources; the Canadian say it was one of theirs). Suddenly there was hardly anything plywood couldn't do. During World War II it was declared an essential war material and made into crates, buildings, various watercraft (including fast PT boats), gliders, and even the famous de Havilland Mosquito fighter-bomber. In the United States, the postwar building boom fueled soaring demand. Today, global annual output of plywood and veneer sheets is roughly 70 million cubic meters and rising. The top five producers are the United States (about 30 percent of the total), Indonesia, China, Japan, and Canada.

Manufacture

Though the logs grow out of the ground, the plywood made from them is an industrial product. The logs are stripped of bark and limbs and cut into lengths called blocks. Using hot water or steam, the blocks are heated to about 93°C before moving on to a veneer lathe or slicer, which cuts the logs into layers generally about 3 millimeters thick. These in turn are trimmed and blasted with hot air to reduce the moisture content. The cooled veneers are coated with heat-cured resins and laid up symmetrically on a core with the grain of each ply at right angles to the one below. The lay-ups are sent to a hot press, where the resin is cured at over 100°C, and then move on to be trimmed and possibly sanded.

This process consumes a lot of energy, thus releasing notable emissions of carbon dioxide, carbon monoxide, sulfur dioxide, and nitrogen oxides. But plywood manufacture also releases particulate matter smaller than 10 micrometers in diameter - which are inhalable and thus unhealthful - as well as volatile organic compounds, including formaldehyde and other hazardous air pollutants. Some of these escape into the atmosphere. Global plywood demand also contributes heavily to the unsustainable logging of tropical rainforests, especially in Malaysia and Indonesia.

Disposal

Where does all that plywood go at the end of its useful life? Like other wood scrap, a lot of it is burned for energy, although combusting plywood without proper emission controls can release hazardous substances. Some of it lives on as particleboard after being ground up into suitable flakes. Some is salvaged and reused: this seems to be a favored option among "green" builders, and they benefit from a budding network of architectural salvage companies and Internet sites that function as exchanges. Used plywood can even be composted, despite the glues. (In a pilot study, some plucky Mississippi researchers mixed plywood sawdust with various animal manures, also a major waste problem, and left the compost cans outside for six months, reporting at the end both "reduced toxicity and weight.") In the end, though, most plywood returns to the Earth from which it came, but in landfills.

The Lifecycle of Chopsticks

Overview

From the back roads of Yunnan to the sushi bars of New York, epicures of Asian cuisine the world over rely on chopsticks as a handy eating tool. In use since at least the Shang Dynasty (c. 1500 BCE), these slender sticks, averaging 9 inches long, are daily utensils in China, Japan, Korea, and Vietnam, and common companions of rice and noodle dishes in many other countries. Chopsticks have been carved from cedar, bone, plastic, ivory, jade, and precious metals.

But today, the disposable wooden chopstick, mass-produced from white birch, poplar, or bamboo, reigns supreme. Known as waribashi in Japan and yicixing kuaizi in China, disposable chopsticks date to the 1870's and were originally deemed a thrifty way to use up wood scraps. They became widely available in the 1980's after technological improvements sped up the production process. The Chinese government promoted their use to fight disease, and across Asia interest in the one-use sticks skyrocketed as more people ate out.

Manufacture and Use

Rising global demand for disposable chopsticks began sparking concerns about deforestation in the early 1990s. A subsidiary of Japan's Mitsubishi Group was reportedly razing centuries-old aspen groves in western Canada to generate 8 million pairs per day, using only the finest-grain (knot-free) wood and leaving as much as 85 percent of the timber to waste. After milling and drying the wood to reduce moisture content, the rough sticks were then shipped to Taiwan for finishing and packaging. Japanese output plummeted with the advent of cheaper Chinese imports, and in 2000 more than 95 percent of the 25 **billion** disposable chopsticks used in Japan were imported.

China is now the world's leading producer, exporter, and consumer, making some 45 **billion** pairs a year for domestic use alone. This requires some 1.7 million cubic meters of timber a year, the equivalent of 25 million trees. To prevent the wood from becoming yellow, black, or moldy, some manufacturers of lower-quality chopsticks bleach them with sulfur dioxide (SO2), which at high dosages can cause asthma, vomiting, and skin rashes.

Closing the Loop

Every day, hundreds of millions of chopsticks are used once and then tossed. While restaurants in some countries wash and restock them, in Japan most people don't want a chopstick that is used by someone else. But times are changing. Some Japanese producers now recycle the used sticks into items like particleboard, paper, and facial tissue. And in October, China issued new standards requiring that chopsticks be made only from birch, poplar, and other widely planted trees, or carved from fast-growing bamboo. The rules ban the use of certain chemicals and limit the water content of bamboo sticks to 10 percent to prevent mold.

Some Japanese consumers are swearing off warabashi altogether, instead carrying a set of reusable lacquer or stainless steel sticks as part of the country's "Let's Carry Our Own Chopsticks" campaign. In China, Shanghai imposed a partial ban on disposable wooden chopsticks in restaurants and snack stores in 2000, and a 5 percent tax is being considered nationwide to discourage their use. South Korea, meanwhile, has switched largely to metal sticks.

The Internet Can Be a Dangerous Place!
Protect Yourself From Email Phishing Scams

Phishing is a variation on "fishing," the idea being that bait is thrown out with the hopes that while most will ignore the bait, some will be tempted into biting. Phishing is the act of sending an e-mail to a user falsely claiming to be an established legitimate enterprise in an attempt to scam the user into surrendering private information that will be used for identity theft. The e-mail directs the user to visit a Web site where they are asked to update personal information, such as passwords and credit card, social security, and bank account numbers, that the legitimate organization already has.

The Web site, however, is bogus and set up only to steal the user's information. For example, 2003 saw the proliferation of a phishing scam in which users received e-mails supposedly from eBay claiming that the user's account was about to be suspended unless he clicked on the provided link and updated the credit card information that the genuine eBay already had. Because it is relatively simple to make a Web site look like a legitimate organizations site by mimicking the HTML code, the scam counted on people being tricked into thinking they were actually being contacted by eBay and were subsequently going to eBay's site to update their account information. By spamming large groups of people, the "phisher" counted on the e-mail being read by a percentage of people who actually had listed credit card numbers with eBay legitimately.

One of the following often accompanies this request:

- A threat or warning that failure to update your information will result in the closure of an account or cancellation of a subscription
- An offer of a prize or some other form of financial compensation
- A note that you have received pictures or an instant greeting
- A confirmation of an online purchase

Phishing attempts may masquerade as official notifications from reputable companies, such as your bank, your credit card company, or AOL. The message will usually encourage you to click on a link that takes you to a "copycat" Web site designed to look identical to a legitimate site. Such copycat sites are also known as "spoofed" sites.

Once at the spoofed site, you may be asked to enter your screen name or username and password, your credit card number and expiration date, your Social Security number, or other personal information. Entering this information can give the phisher access to your account to send spam, steal your identity, make fraudulent purchases or otherwise use your identity! Don't do it!

If you believe you have given away your billing information: First, notify the bank or other business that holds your account. Then visit the FTC's National Resource for Identity Theft Web Site at http://www.consumer.gov/idtheft/.

How to Recognize and Avoid Phishing Scams

Be suspicious of any e-mail or other message containing an urgent request for your personal information. Phishing scams typically include upsetting or exciting (but false) statements to encourage victims to act immediately. They typically ask for information like AOL screen names or other usernames and passwords, credit card numbers, Social Security numbers and more.

Even if you think a request for information may be legitimate, don't click the links in the e-mail to visit a Web site. Sometimes links can be disguised to look like they're taking you to a real site, when they're actually taking you to a scam site. Instead of clicking a link, type the Web site's address by hand to ensure that you go to the company or organization's real site.

If the request for information is coming from a company or organization with whom you have a relationship, call them directly to confirm whether they actually need the information and, if so, whether you can provide it over the telephone. Be very careful if you share personal or financial information online.

Review credit card and other account statements regularly. If you see anything suspicious, contact your banks and all your credit card issuers immediately.

We've asked you to send us your favorite fishing photos. Email them to pkilkus@aol.com or mail them to Peter Kilkus, 1515 Headlands Drive, Napa, CA 94558. The one below came to us with the caption: Robert Durling and friend, Luis.



Men, How Old is Your Fantasy Woman?

Sophia Loren 71	Rita Moreno 74
Deanna Durbin 84	Julie Newmar 72
Gina Lollobrigida 78	Kim Novak 72
Lena Horne 88	Debbie Reynolds 73
Annette Funicello 63	Jane Russell 84
Barbara Eden 63	Nancy Sinatra 65
Dolly Parton 60	Elke Sommer 65
Angie Dickenson 74	Gale Storm 83
Joan Collins 68	Lauren Bacall 81
Julie Christie 64	Jill St. John 65
Leslie Caron 74	Liz Taylor 73
Carroll Baker 74	Mamie Van Doren 74
Ann-Margret 64	June Allyson 88
Julie Andrews 70	
Ursula Andress 69	It's a shame they got old & we didn't!

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Fishing with Sid

As of the new year the lake is full to the brim and then some. I would like to review some of the fishing events from last year. The largest bass caught in a tournament weighed in at 16.75 lbs. Salmon were caught in the 3 lbs+ category and trout in 2 lbs+. For those who went for crappie, there were many limit days of 25 fish. My largest catfish this past year was 18.5 lbs caught on mackerel (great bait), but the average catfish weighed 4 to 6 lbs caught on hotdog or mackerel. The carp were plentiful all over the lake and for those fisherman who like to fish for carp (there are some out there) we found that bread does the trick. Some of the other fish we caught were a 12 lb. Sacramento pike and a 2 lbs+ sunfish. I am looking forward to good fishing stories this coming year and hope you will share yours with us. Wishing you all a very Happy New Year and a great year of fishing.....til next time www.fishingconnection.net





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Aquarium denizens find their way home post-Katrina.

Families scrambled to reunite in the aftermath of Hurricane Katrina, the August 2005 storm that flattened the Louisiana and Mississippi coasts, but one family's resilience was a surprise success. Eight aquarium-residing dolphins found each other in the Gulf of Mexico and returned home to the Mississippi State Port after they were swept out of a 30-foot-tall holding tank at the Marine Life Oceanarium in Gulf port, Miss. It took about 13 days before they were found by their trainers in the Gulf.

Afer finding temporary shelter in local pools, they now reside in various aquariums. “Our tank was undisturbed by all previous hurricanes," says Moby Solangi, president of the facility, "so we thought it would be safe." Even Hurricane Camille, a devastating Category 5 in 1969, did not su merge the holding tank. The tank itself survived Katnna, but the storm surge was so high that it went over the top and swept the animals out. The dolphins had all lost some weight while away from home, and some endured injuries, but they are all recovering and doing well now. Solangi estimates that it will take two to three years to rebuild the Oceanarium. “After reconstruction,” he says, “we plan to have all eight dolphins back at the new facility. They were trained together, they came home together, they should stay together.”

A blonde woman goes to the post office to buy stamps for her Christmas cards.

She says to the clerk, "May I have 50 Christmas stamps?"

The clerk says, "What denomination?"

The woman says, "God help us. Has it come to this?

OK, give me 6 Catholic, 12 Presbyterian, 10 Lutheran and 22 Baptists."

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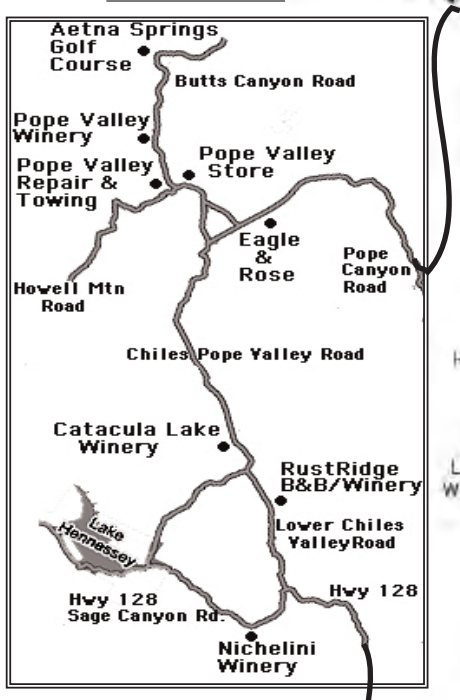


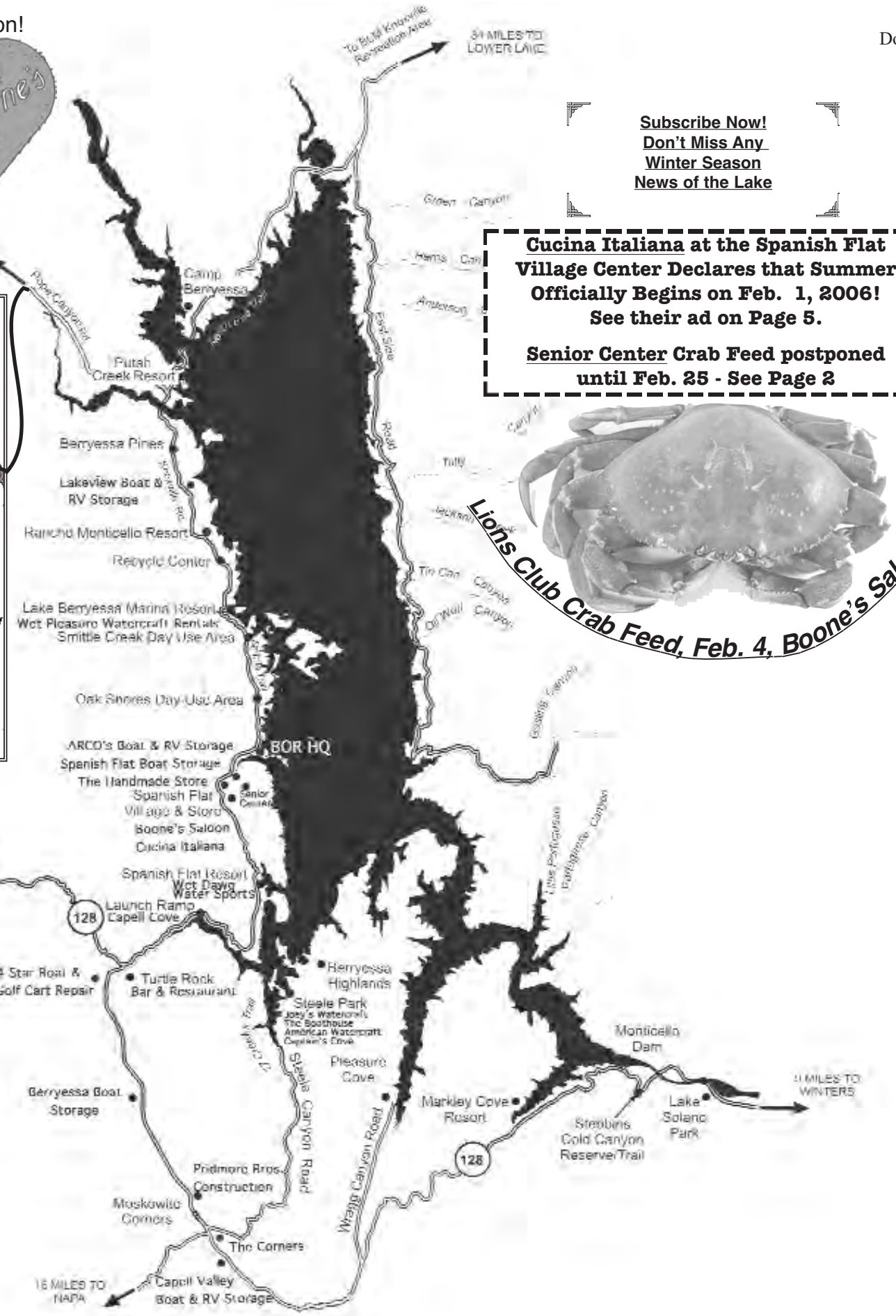
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Cucina Italiana at the Spanish Flat Village Center Declares that Summer Officially Begins on Feb. 1, 2006!
See their ad on Page 5.

Senior Center Crab Feed postponed until Feb. 25 - See Page 2

Lions Club Crab Feed, Feb. 4, Boone's Saloon, 5 PM





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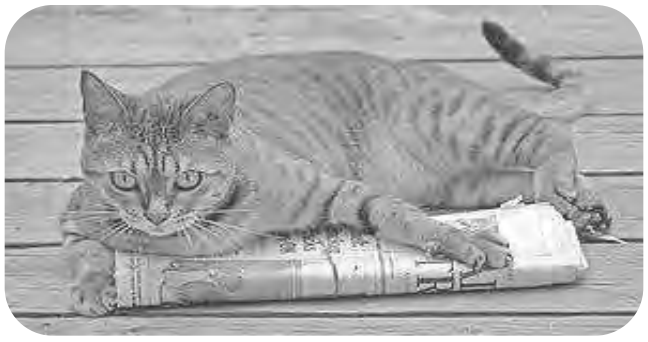
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Email(new): Shirllbnews@sbcglobal.net

Contact Peter at: 415-307-6906 (Cell)
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LAKE BERRYESSA CHAMBER OF COMMERCE MEETING

The Chamber will meet on Monday, January 23, 2006 at 7 P.M. at Cucina Italiana at the Spanish Flat Village Center. Napa County Conservation, Development & Planning Director, Hilary Gitelman, has agreed to attend the meeting to discuss the General Plan process and other issues of concern to our members. She will take a tour of non-Federal lands prior to the meeting.

The Conservation, Development and Planning Department administers the County's planning and land use development program and building inspection activities in the unincorporated areas of Napa County. The department is composed of three divisions - Conservation Division, Planning Division and Building Inspection Division.

Other items on the agend include the Business Directory and Brochure as well as the future public relations strategy and community mass mailing.

BERRYESSA SENIOR CENTER CRAB FEED RESCHEDULED TO FEBRUARY 25th, DUE TO THE LACK OF AVAILABLE FRESH CRAB.

The storms we had recently dropped 17 inches of water here at the lake. The roads into the area were affected, but are now carrying traffic. Watch out for rocks, mudslides and potholes.

With the high surf and pounding waves, the crab boats were unable to drop their crab pots or even leave their moorings. We have always served fresh crab, cooked the day of our Crab Feed. Without the available local crabs, we tried to get them from as far away as the Oregon border. This didn't happen. The local crab boats finally went out but reported back that the crabs are under sized and don't look good.

On January 9, the Senior Center Board decided to not use anything but the best. We have a wonderful reputation and want to keep it that way. We rescheduled the Crab Feed until the crabs are larger and plentiful. The new date is February 25th, 2006. We will honor your current tickets at the door. If there is a problem for you about the new date, please call me and we will resell your tickets and refund your money. Please call 707-966-2127 concerning this or other questions as soon as possible.

This is the first time this has happened and we are so sorry if it inconveniences you in any way. We thank you for your patronage and we thank our staff for their service to us. The kitchen staff has worked overtime to try to avoid this change of date. We especially thank them. Itcouldn't be avoided.

Thank you sincerely,
Georgia Craddock
Ways and Means Chairman

BILL DODD ELECTED CHAIRMAN OF THE NAPA COUNTY BOARD OF SUPERVISORS

At their meeting on January 10, 2006, the Napa County Board of Supervisors elected Bill Dodd, Fourth District Supervisor, as Chairman. This is Supervisor Dodd's second time serving as Chairman. He previously was elected Chairman in January of 2002.

Each January the Board elects a Chairman and a Vice-Chairman. Supervisor Dodd served as Vice-Chairman during the 2005 calendar year. He replaces Diane Dillon, Third District Supervisor, as Chairman. The main duty of the Chairman is to preside over meetings of the Board, sign contracts as authorized by the Board, and represent the Board at official functions.

As Chairman of the Board, Supervisor Dodd also serves as Chairman of the Board of Equalization, Napa County In-Home Supportive Services Public Authority, Napa County Public Improvement Corporation, the Napa County Housing Authority and several special districts where the Board sits as the governing body.

Supervisor Dodd was elected as the Fourth District Supervisor in 2000, with his term beginning in January of 2001. Dodd was born and raised in Napa and he and his wife Mary live in Napa with their five children. Prior to being elected to the Board of Supervisors he was the President and General Manager of Diversified Water Systems, Inc. (dba Culligan Water Company).

At the same Board of Supervisors' meeting Fifth District Supervisor Harold Moskowite was elected Vice Chairman of the Board.

Conservation Partners Protect 12,575-Acres in Napa County

The Wildlife Conservation Board, in partnership with the Blue-Ridge Berryessa Natural Area Conservation Partnership, the Department of Fish and Game, the California Coastal Conservancy, The Land Trust of Napa County and The Nature Conservancy, announced the acquisition and protection of the 12,575-acre Napa Ranch, an important milestone in protecting the region's natural areas and providing wildlife-compatible recreational opportunities. The property, which will become part of the California Department of Fish and Game's Knoxville Wildlife Area, includes one of the last unprotected segments of the 70,000-acre Eticuera Creek watershed, which supports a wide variety of threatened plants and animals.

"What the Point Reyes National Seashore is to San Francisco, or the Santa Monica Mountains National Recreation Area is to Los Angeles, the Blue-Ridge Berryessa Natural Area can be for our region," said Ray Krauss of the Blue-Ridge Berryessa Natural Area Conservation Partnership, a coalition of private landowners and public land managers dedicated to conserving 750,000 acres in portions of Napa, Yolo, Solano, Colusa and Lake counties. "More than 10 million people live within a three hour drive of the BRBNA, and that population is expected to increase 33 percent by 2020. The protection of Napa Ranch is a big step in our effort to protect the region's natural treasures and its way of life before it's too late."

The Blue Ridge Berryessa Natural Area Conservation Partnership (BRBNACP) promotes the conservation and enhancement of the expansive landscape that comprises the BRBNA by encouraging the sensitive management of its natural, agricultural, recreational, archeological and historical resources. As a voluntary and inclusive organization, the BRBNACP facilitates coordination and collaboration among its public, private, and nonprofit partners; provides research, information, and education services to partners; and conducts outreach to the public. www.brbna.org

"The Land Trust of Napa County has been working continuously on the Knoxville Region of Napa County since about 1990 and, with the acquisition of Napa Ranch, we have a swath of lands that is unparalleled in Napa County," said John Hoffnagle, executive director of The Land Trust of Napa County. "We all know that the Napa Valley harbors world-class vineyards. Now we see that Napa County's world-class territory encompasses natural systems as well." The Land Trust of Napa County is a county-wide, community-based land trust that works to protect the natural diversity, scenic open space and agricultural vitality of Napa County by preserving lands with significant conservation values for present and future generations, and by fostering an appreciation and understanding of the natural environment. www.napalandtrust.org

The acquisition of Napa Ranch contributes 12,575 acres to the Knoxville Wildlife Area and a network of open space that spans the Cache Creek Wildlife Area, the Cache Creek Natural Area, the Knoxville Wildlife Area, the McLaughlin Reserve, the Cedar Roughs Wildlife Area and the Lake Berryessa public lands. Protection of the property preserves an important wildlife corridor serving a variety of wide-ranging animals, including mountain lion, bear and bald and golden eagle. Napa Ranch also contains one of the last unprotected segments of the Eticuera Creek watershed, which spans 70,000 acres of oak woodlands and serpentine chaparral — two highly threatened vegetation types in California.

The acquisition is an important step in providing a wide range of nature-based, resource-compatible public activities for the growing populations of Napa, Yolo and Lake counties and visitors from the San Francisco Bay and Sacramento regions. Opportunities for hiking, camping, fishing, hunting, swimming and white water rafting are currently available on some of the surrounding properties. The property, which spans both Napa and Yolo counties, features the spectacular Zim Zim waterfall which, upon completion of a land-use and habitat restoration plan for the property, will be accessible to the public for the first time.

The California Department of Fish and Game will manage Napa Ranch as part of the Knoxville Wildlife Area and, with support from The Nature Conservancy and the Blue-Ridge Berryessa Natural Conservation Partnership, will develop a land use and habitat restoration plan for the property. For more information on the public lands surrounding the Napa Ranch, visit the Department of Fish and Game at www.dfg.ca.gov/lands/wa/region3/r3list.html.



Lions Club Crab Feed
Saturday, February 4, 2006
Boone's Saloon
Cocktails - 5 PM, Dinner - 6 PM

The crab feed has been hosted by the Lions Club for more than twenty years. It is one of the Lions' two major fund raisers during the year, the other being the Lions Club Poker Run. The local club joins with other Lions Clubs in supporting vision oriented projects worldwide, but the majority of the funds raised are used within the Berryessa community to assist our neighbors with needs.

Calendar of Events Around Lake Berryessa

Senior Center Crafts
Every 2nd & 4th Wednesday of each month
Call Betty at 966-2254

Every Monday – Bingo – 1 PM til??
Every first Monday is Bingo Pot Luck – Starts at Noon.

Seniors Pot Luck
Every 3rd Friday Night – bring a dish.
Senior Center – Call 966-0206

Valley Christian Church
Weekly Bible Study on Monday nights, 7:30 until 8:30 PM.
Currently meeting at the Community Church across from the Corners. For more information call 257-0527.
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Sufi Center ~ Meditation & Healing Circle - Pope Valley
Every Thursday - 7pm ~ Every Sunday - 6pm
1st Sunday of every month - Pot Luck - 4pm to 6pm
Info - Call 707-965-0700, 2950 Pope Valley Canyon Rd.

Get your event on the calendar by calling 966-3806 or 287-6240
Email shirllbnews@sbcglobal.net or pkilkus@aol.com.

BOONE'S SALOON
LIVE MUSIC ROADHOUSE

Restaurant * Bar * Live Music
Kids of all ages welcome!

Happy New Year!
Boone's Saloon will be closed for the winter season
open only for special events.

Saturday, February 4 – Lion's Club Crab Feed
Contact a local Lion's Club member to purchase
tickets for this annual fundraiser.
Boone's Saloon will open the doors at 5:00pm
for pre-dinner cocktails.

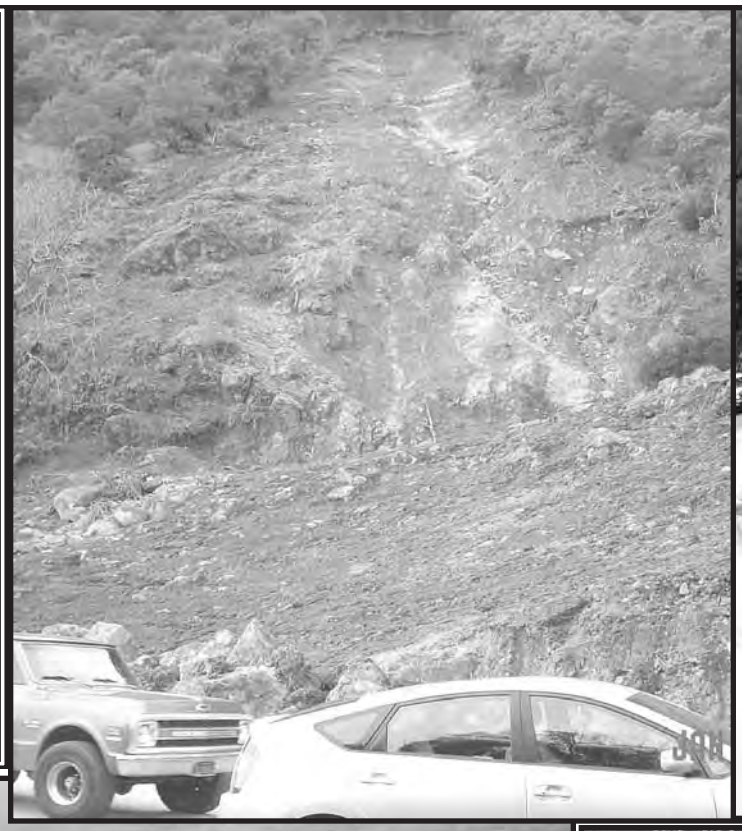
Sunday, February 5 – Super Bowl XL
Boone's Saloon will open the doors at 12:00pm
for pre-game cocktails.

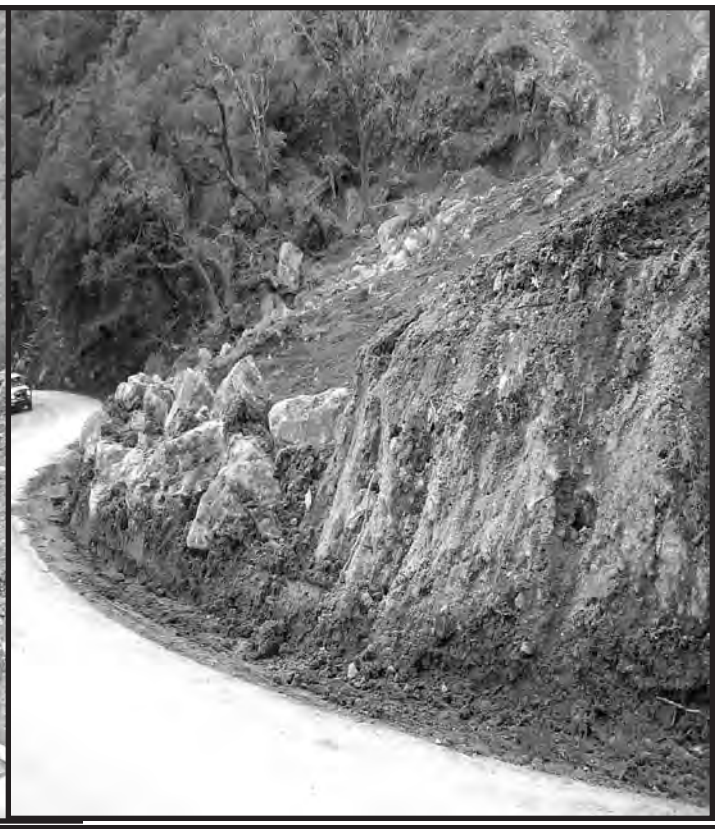
4370 Knoxville Road (Spanish Flat Village Center at Lake Berryessa)
(707) 966-2420 www.Boones-Saloon.com

Massive Slide Blocks Access to Napa

Driving the long way to Napa from the Berryessa Highlands was a real pain for residents at the south end of the lake. Monticello Road (Hwy 128) was closed betweeen Wooden Valley Road and Napa for several days, then open only before 7 A.M. and after 5 P.M. for several more days. The slide was huge and could easily be seen from Wooden Valley Road as you drove back from Fairfield. The pictures shown here may not due it justice. Standing in the middle of it was awe-inspiring. And it could happen again at many points along the road with the same rainfall. See more color photos at:

www.lakeberryessanews.com









Truthiness Voted 2005 Word of the Year!

In its 16th annual words of the year vote, the American Dialect Society voted truthiness as the word of the year. Recently popularized on the Colbert Report, a satirical mock news show on the Comedy Central television channel, truthiness refers to the quality of preferring concepts or facts one wishes to be true, rather than concepts or facts known to be true. As Stephen Colbert put it, “I don’t trust books. They’re all fact, no heart.”

Word of the Year Runners-Up:

whale tail: the appearance of thong or g-string underwear above the waistband of pants, shorts, or a skirt. Also known as a longhorn.

muffin top: the bulge of flesh hanging over the top of low-rider jeans.

flee-ancée: runaway bride Jennifer Wilbanks.

man date: when two heterosexual men engage in an activity together without romantic implications.

pope-squatting: registering a domain name that is the same of a new pope before the pope chooses his new name in order to profit from it.

Heck-of-a-job: catch phrase coined by President Bush to FEMA’s Brown.

Brown-out: the poor handling of an emergency.

disaster industrial complex: the array of businesses which make a profit from disasters

What causes feedback in a sound system?

Several mechanisms can lead to the unpleasant shriek known as feedback. Foir the simple case of a microphone and an amplified speaker, feedback occurs when a "loop" closes between an input (the microphone) and output (the amplified speaker). The sound radiated from the amplified speaker is picked up by the microphone and is amplified again, then heard by the microphone and amplified again, in a “feedback loop” until the amplifier “saturates” and can no longer amplify the input. This causes the horrible, even painful, screech we hear.

This excessive ratio of output to input, called gain, arises from many factors which can include the distance between the microphone and the speaker, the directional design of the microphone and speaker, the influence of reflective surfaces within the acoustic environment, and the presence of additional microphones and amplified speakers.

So remember, if you want to wake up a crowd and get their attention all you have to do is aim your microphone at the speaker and say something. This may not be the best way to make friends.

How does a man take a bubble bath? He eats beans for dinner.

What do you call a man with half a brain? Gifted.

What does a man consider a seven-course meal? A hot dog and a six-pack of beer.

The Internet Can Be a Dangerous Place - Part 2!
Phony Flu Vaccine Pills

The Avian Flu claimed more lives last week. In eastern Turkey, initial tests showed at least two of the three deceased siblings from the Kocyigit family had succumbed to the virus' dreaded 5N1 strain, becoming its first human victims outside East Asia. As fears of a pandemic continue to grow, customs and health officials are struggling to halt a burgeoning trade in counterfeit forms of Tamiflu, the only drug approved to treat the disease. U.S. Customs and Border Protection (CBP) officials officers seized 250 separate parcels of suspect Tamiflu at the air-mail facility in New York City-the biggest interception to date- and one package in Chicago. The New York shipments came from the island of Mauritius and were probably destined for American consumers wanting to stock up in case of a pandemic.

Officials expect more-and bigger-seizures of fake Tamiflu. If past experience is any guide, the pills will contain no more than trace elements of Tamiflu's active ingredient. Less than a month ago, authorities in San Francisco announced the confiscation of 51 packages of phony Tamiflu ordered through the Internet and shipped from Asia. Tests on those pills found only harmless ingredients, but experts worry that in an outbreak, people might take such pills and consider themselves protected.

The World Health Organization, which has recorded 76 human deaths from H5N1 since 2003, discourages individuals from hoarding Tamiflu since there is a global shortage and those who can afford it are unlikely to be most vulnerable. Tamiflu's manufacturer, Roche, has promised to increase production tenfold from its 2004 level, to 300 million 10-pill courses by the end of 2007. A rush order of 100,000 courses was sent last week to Turkey, where 20 people with symptoms of bird flu remained hospitalized, including the last surviving sibling in the Kocyigit family.

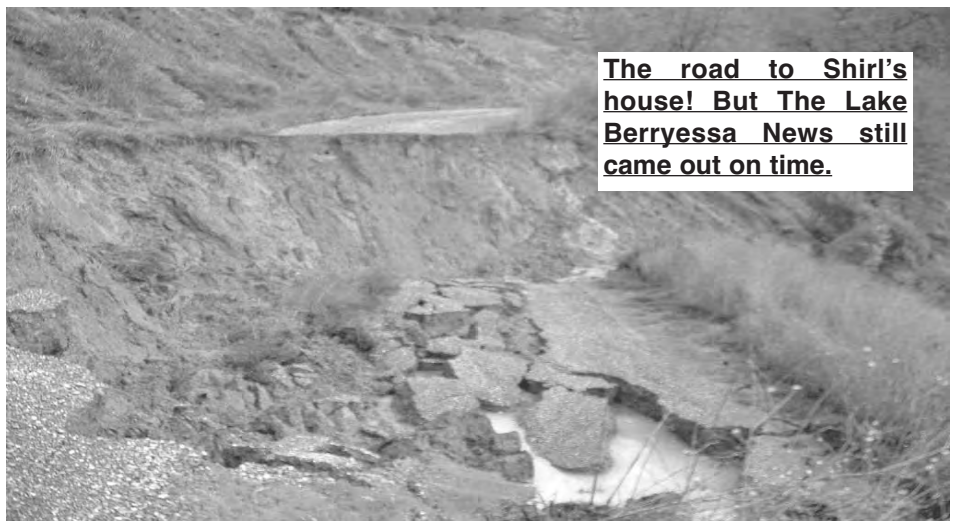
Beefalos and Zorses: Crossbreeding Wildlife

What are the ramifications for wildlife of cross breeding species and creating animals such as the "zorse" (horse and zebra mix) and the "beefalo" (cow and buffalo?

In 1986, a 14-foot long male false killer whale and a six-foot long female Atlantic bottlenose dolphin at Honolulu's Sea Life Park Hawaii became the proud parents of Kekaimalu, the first "wholphin" ever born in captivity. In the 19 years since, Kekaimalu, with a little help from male bottlenose dolphins, has given birth to three wholphins herself, each one three-quarters dolphin and one-quarter whale. Though rare, the interbreeding of different animal species does occur in nature. But mankind, in search of marketable traits or the next big zoo attraction, has long turned to controlled cross breeding. The mule (horse/donkey mix) has been a beast of burden for centuries. The zorse, also bred for its work endurance, has been around since the late 1800s.

Beefalo meat was introduced in the 1960s to increasingly health-conscious consumers to provide a heart-healthier alternative to pure beef. And the Sierra Safari Zoo in Reno, Nevada now entertains visitors with a 1,200-pound "liger" hybrid. It has the face and mane of his father, an African lion, and the body and striping of his mother, a Bengal tiger. Says the zoo's website, "He roars like a lion and swims like a tiger." But according to Science World magazine, such a pairing would probably not occur in the real world: "A tiger would probably not choose to visit a pride of lions; a raucous brawl - not romance - would be the more likely result'

Indeed, unlike the wolphins at Sea Life Park, interspecies offspring are usually sterile. Hybrid species would likely have many other survival challenges. Nature has evolved a number of unique traits within species enabling them to adapt to their unique environments. These traits may not pass down to hybrid creations.



The road to Shirl's house! But The Lake Berryessa News still came out on time.

Astonishing Credit Card Facts

- Number of Credit Cards per Household: 12 to 13!
- Outstanding Balance on Those Cards: $7,200
- Average Interest Rate Charged: 18%

If you owe $7,200 on a credit card that charges 18% interest and only pay 2% ($144 per month) of your balance per month, it will take you 52 YEARS to pay it off and will cost you $20,531 in interest. If you raise your payment to 4% ($288 peer month) you will eliminate the debt in less than 14 YEARS and pay ONLY $4,236 in interest. Credit cards are definitely a bad way to spend money!

11 PEOPLE ON A ROPE

Eleven people were hanging on a rope under a helicopter, ten men and one woman. The rope was not strong enough to carry them all, so they decided that one had to leave, because otherwise they were all going to fall.

They weren't able to name that person, until the woman gave a very touching speech. She said that she would voluntarily let go of the rope, because, as a woman, she was used to giving up everything for her husband and kids, or for men in general, and was used to always making sacrifices with little in return.

As soon as she finished her speech, all the men started clapping their hands....PASS THIS ON TO AN INTELLIGENT WOMAN, SO THAT SHE HAS SOMETHING TO SMILE ABOUT TODAY.

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February 5 - February 18, 2006

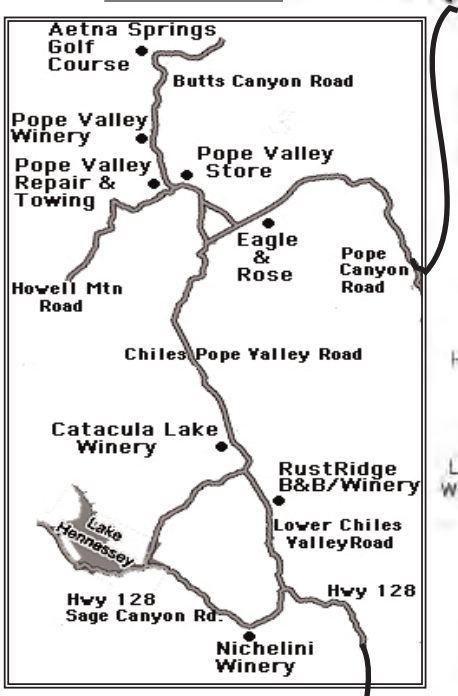
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Senior Center Crab Feed
Feb. 25, 5:30 P.M.
707-966-2127





The Lake Berryessa News

www.LakeBerryessaNews.com

An Independent Community Newspaper

Published the first and third Thursday of each month.

Owner& Editor
Shirl Katleba

Co-Editor & Writer
Peter Kilkus

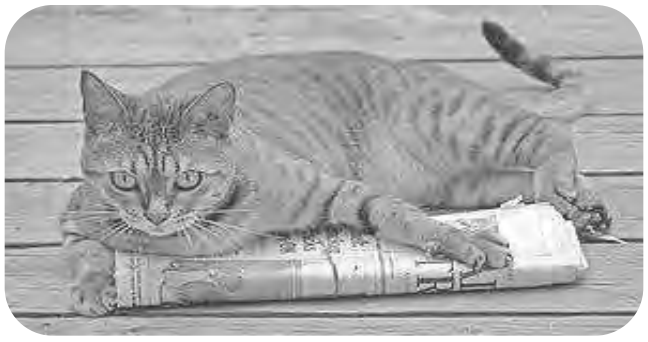
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To the Editor

The lake proposals that I've seen have never addressed the conditions of the roads to Lake Berryessa. There are five major access roads and two of them, Hwy 121 and Hwy 128 have had problems already this year that cause concern. With future development plans of the resorts, would road planning be included?

Shari Bonds, Berryessa Highlands

(Editor's Note: The simple answer is No. The Bureau of Reclamation takes no reponsibility for local road planning. Hwy 121 & 128 are State highways. Knoxville Rd. is County-maintained. At the present time there are no substantive plans to improve any of these roads. This issue was also of concern to the Chamber of Commerce at its recent meeting.)

Diane Dillon and the issues

Napa County District 3 Supervisor Diane Dillon who represents Lake Berryessa and the East Lake region recently discussed topics ranging from her June 2006 re-election bid to the future of Lake Berryessa. The Napa Register characterized her district as "includes the Upvalley cities of St. Helena and Calistoga as well as lightly populated areas between the Napa Valley floor and the lake. All of you "lightly-populated" (read "political-power-challenged") folks out there should be interested in her thoughts.

On re-election, Dillon was aware that her opposition to the Napa Valley Land Stewards Alliance's "Fair Pay" measure and past support for land use regulations might prompt someone to run against her. She believes she's done a very good job of representing her constituents and is not afraid of anyone. She said she's ready for a race.

Once again the Napa Register mischaracterized the issues concerning Lake Berryessa and oversimplified them as "the U.S. Bureau of Reclamation's proposal to remove trailers from the seven resorts on Lake Berryessa". Dillon said she sees the trailers as unfairly enjoying private use of public property. She said the key to the area is implementing a "21st Century" economic model to replace existing conditions, which cost the county a substantial amount of money each year.

Regarding winery permits and wine production Dillon said a problem surfaced with a local winery that didn't count production of wines made from out-of-county grapes towards its permitted volume. Dillon noted the reason for the restrictions include water and wastewater controls, and that the origin of the grapes is not relevant.

Last year, Dillon was one of three supervisors whose "no" votes on an earlier version of a half-cent sales tax to upgrade transportation in the county doomed the proposal. Now she is in favor of the proposal scheduled to come before voters in 2006. She cited three main reasons for her support: Two-thirds of the funds generated by the tax will go to projects on "local roads," as opposed to the one-third proposed last year; the plan no longer calls for a major new interchange at the intersection of highways 12 and 29 south of Napa; and that more time and negotiation have created a consensus among local political leaders in support of the tax.

Supervisor Dillon May Have a Challenger

Supervisor Diane Dillon was recently quoted as saying she's ready for a race and is not afraid of anyone. It now appears that she may be up against one of the most famous last names in the county. Supporters of Janice Mondavi, who lives in Angwin, are said to be preparing to stage a campaign to unseat Dillon.

Mondavi is a member of the Peter Mondavi side of the famous winemaking clan, the family that owns and operates Charles Krug Winery. Her husband, Marc Mondavi, is co-proprietor and third generation member of the Krug operation that once included her father-in-law Peter Mondavi, his brother Robert and their parents Cesare and Rosa.

Both Dillon and Mondavi are members of the St. Helena Rotary and have been involved in local charity, nonprofit and arts groups. In 1999, Mondavi and other local women climbed Africa's Mt. Kilimanjaro in honor of Elaine Mackey, former Napa Valley Vintners executive director who died of breast cancer in 1999.

Four women in the history of Napa County politics have won seats on the board of supervisors, Ginny Simms in 1972, Kathleen McCullough in 1984, Kathryn Winter in 1996 and Dillon in 2002. None of the first three were re-elected to a second term.

Congressman Mike Thompson said he supports Dillon, and noted he has already held a fundraiser for her in his St. Helena home, something he said he does not do often.

Lake Berryessa Chamber of Commerce Meeting

The Chamber met on Monday, Jan. 23 at Cucina Italiana. Special thanks to Chef Stefano Gusberti and Sharyn Simmons for an outstanding array of Italian delicacies and great wine! It was very pleasant way to begin an extremely productive meeting which was the best attended so far.


Bob White, Shirl Katleba & Hilary Gitelman

Hilary Gitelman, Director of Napa County's Conservation, Development and Planning Department was the featured guest. Prior to the meeting Peter Kilkus took her on a whirlwind tour of non-federal lands from the Berryessa Highlands along Knoxville Road out to the Berryessa Estates and back through Pope Valley and Chiles Valley. Hilary described the various responsibilities of her department but focused on the General Plan Update process. Although the update is meant to evaluate future needs of the county it is not meant to make major changes since the goal is still to preserve the character of the county and prevent runaway sprawl. The challenge is to accomplish this while recognizing the need for moderate business and residential development, especially in areas like Pope Valley and Lake Berryessa. Hilary encouraged all Chamber members to take an active role in the process and provide input to the members of the General Plan Steering Committee which is meeting regularly to write the new plan.

Bob White, Board Chairman, and several other members raised the subject of local roads. Fairfield residents are using Napa roads such as Wooden Valley Rd. to commute as are Lake County residents who use Butts Canyon and Knoxville Roads. Hilary said the the County's priority is to fix the roads, but capacity increases are not on the table. Many road issues rest with the state since Hwy 128 and 121 are state highways. Several members commented on Napa County's negative attitude towards Lake Berryessa and the East Lake area and wondered why the region is so "off-the-radar" with the County and their local supervisor. After more than an hour of high quality information transfer, Chamber members had a better understanding of zoning, conditional use permits, development issues, "urban bubbles", and what they could do to help improve the local econimic climate. The Chamber expresses its gratitude to Hilary Gitelman.

As part of efforts to publicize local businesses, the Board of Directors decided to produce a directory of member businesses to be distributed to all residents in the Lake Berryessa and surrounding areas. This would be an easy reference source for anyone in the area looking for a particular service or business, and help ensure that local companies are contacted first.

A Pope Valley Picture Is Worth a Thousand Words.

The General Plan Steering Committee has been provided high resolution color aerial photos of the Lake Berryessa and Pope Valley areas. Per George Bacich, a Steering Committee member and President of the Napa Valley Land Stewards, they clearly show current commercial and residential use patterns of the urban bubbles and commercial nodes in the context of surrounding agricultural uses and open space. In some cases the contrast is striking. "The photos of Rutherford and Oakville are blockbusters that make it absolutely clear that these centers are not agricultural and never have been, and that it is deceptive, foolish, futile, and unfair to impose on them the limitations of Ag zoning. The photos of South St. Helena and Pope Valley (Pope Valley Garage/Fire House/General Store) … tell a similar story. These are areas that have been used for commercial uses for very good reasons - to serve the needs of the community. Sweeping them into the ag preserve and ag/watershed zones in an effort to eventually force them into agricultural use was a disservice to the community that should be corrected."

Cell Phone Do-Not-Call List

Soon cell phone numbers will be released to telemarketing companies and you will start to receive sales calls. You will be charged for these calls if your cell phone service provider bills you for incoming calls. To be put on the National Do-Not-Call List dial this number from your cell phone: 888-382-1222. It takes effect in 31 days from your call and blocks your number for 5 years. If a telemarketing company calls you after that 31 days, you can file a complaint with the government by giving the name and telephone number of the company that called you. You can also go on line to www.donotcall.gov and register.

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Info - Call 707-965-0700, 2950 Pope Valley Canyon Rd.

Get your event on the calendar by calling 966-3806 or 287-6240
Email shirllbnews@sbcglobal.net or pkilkus@aol.com.



Local Debates - National Implications

The ongoing debates in Napa County, whether about General Plan land use issues or the future of Lake Berryessa, mirror an evolution of ideas occuring both nationally and internationally. Within the "environmental community" there is soul-searching around the "Death of Environmentalism" essay by prominent environmentalists Michael Shellenberger and Ted Nordhaus who propose that the environmental movement is in crisis and needs a new perspective. Exclusionist groups like the Bluewater Network have been banished to the cellar of historical oddity and environmentally-friendly, family-friendly jet ski sales are booming. But none of this is necessarily positive without the basic concepts of stewardship and sustainabilty becoming a fundamental part of every single person's consciousness - especially that of motorized recreation enthusiasts. The following essay speaks directly to them (me & you).

Goodbye Preservation, Hello Recreation

by Hal Rothman, 1-15-06

In the American West the age of preservation has ended and that of recreation has begun. Preservation is predicated on what is now a more than century-old, class-based value system. It began as conservation in the age of Theodore Roosevelt, when it was easy to separate sacred space and that fouled by humans, and even easier for those who fouled that space to accept the distinction and throw their energy into preserving places that were beautiful and remote. No wonder conservation and preservation were watchwords of the American elite for the first half of the 20th century and beyond.

These values turned into environmentalism, a heady set of ideas during the 1960s and 1970s, when Americans embraced a vision of the world that was frankly complacent and just a little bit flushed with its own affluence. Environmentalism placed an incredibly high premium on the idea of wilderness, tacitly implying that prosperity had created a world in which all who deserved affluence had attained it. At the end of the American industrial economy, this premise led to great pressure to add existing wilderness.

These principles have now grown stale and even archaic. Environmentalism is a set of values, not the Ten Commandments. As a value system, it has to compete for adherents. In the 1960s and 1970s, its version of authenticity held center stage. Of late, it hasn't.

It's not that young people today don't understand what these values are; they do. What they don't understand is why these values are better than what they think is important. Today's young people have a different idea of what is authentic. They are post-literate, twelve-images-per-second beings. The IMAX in high definition gives a better view than anything they can do themselves. And they don't have to get cold or wet. From the point of view of an awful lot of young people today, why not? Why endure when technology can provide a visually better experience without the discomfort?

This is a profound and remarkable change that substantially alters the physical and psychic landscape of the American West. It means, among other things, that recreationalists, motorized and otherwise, have won. Wilderness is dead; not as reserved land, but as a movement or a viable political strategy. It's constituency is aging and it is losing political support to recreation by leaps and bounds. As a result of political change, wilderness advocates can no longer get a hearing; twenty years ago, they simply swaggered to the table, pulled out maps and the rulebook they'd written, and achieved results.

Recreationalists have become the new conservationists, and with that comes a great deal more responsibility than the recreational community has ever before assumed. Having easily juxtapositioned themselves as victims of the excesses of wilderness advocates, recreationalists of all kinds must now assume the onus of power. This is especially true for motorized recreation, the fastest-growing dimension of the outdoor world.

Recreationalists prize scenery, beauty, and the challenge of the outdoors; they just tend to do so more and more with technology. In this they are no different than the rest of us. We all use technology, cell phones, iPods, and everything else, to make our lives easier and more pleasurable. Since Gore-Tex, recreationalists have done the same thing. The capability of technology has grown immensely, effectively allowing the 47-year-old me to do things now that I could not do on my own in my 20s.

So now, the shift begins. As all forms of technology allow people deeper and deeper into the backcountry and as wilderness advocacy goes by the wayside in a postindustrial society, recreationalists will have to police themselves. Instead of trying to push the frontiers of what they can do and how they can do it, in their own self-interest, they will have to find ways to put boundaries around the resources they treasure, so those resources will be preserved for their future use.

It is a paradoxical situation: the outsiders have become kings and queens of the castle. It is a whole lot easier to sit outside the tent and throw firecrackers inside; it is much, much harder to sit inside the tent and govern not only your enemies, but your close friends as well.

No longer do recreationalists grapple with opponents about which lands they can use. The entire recreational community must now develop an ethic of sustainability that will assure that the sports recreationalists choose continue for generations. Leadership that provides stewardship of the resources it uses and consumes and develops a political position that wisely manages power from the inside rather than sits outside carping is essential. Recreation now faces an internal struggle among its many constituencies to define its values, the do's and don'ts of a new land ethic.

It is a sea change in the American West, a reorganization of how we as a culture have approached the outdoors for the better part of four decades. It requires that those of us who love the American West find new ways to communicate with one another to preserve as much of it as we can, for use as well as for its own sake.

Hal K. Rothman is Professor and Barrick Distinguished Scholar at the Department of History at the University of Nevada-Las Vegas. Considered the one of the nation's leading expert on tourism, travel, and post-industrial economies, he is the award-winning author of countless books, including the widely acclaimed Neon Metropolis: How Las Vegas Started the 21st Century (2002), Devil's Bargains: Tourism in the Twentieth Century American West, (1998), Saving the Planet: The American Response to the Environment in the Twentieth Century (2000), which received the 1999 Western Writers of America Spur Award for Contemporary Nonfiction, and many others.

With the Right Equipment, Anything is Possible

This is one of the best comeback lines of all time. It is a portion of National Public Radio (NPR) interview between a female broadcaster and US Marine Corps General Reinwald who was about to sponsor a Boy Scout Troop visiting his military installation.

FEMALE INTERVIEWER: So, General Reinwald, what things are you going to teach these young boys when they visit your base?

GENERAL REINWALD: We're going to teach them climbing, canoeing, archery and shooting.

FEMALE INTERVIEWER: Shooting! That's a bit irresponsible, isn't it?

GENERAL REINWALD: I don't see why, they'll be properly supervised on the rifle range.

FEMALE INTERVIEWER: Don't you admit that this is a terribly dangerous activity to be teaching children?

GENERAL REINWALD: I don't see how. We will be teaching them proper rifle discipline before they even touch a firearm.

FEMALE INTERVIEWER: But you're equipping them to become violent killers.

GENERAL REINWALD: Well, Ma'am, you're equipped to be a prostitute, but you're not one, are you?

The radio went silent, and the interview ended.



The History of Valentine's Day

Every February, across the country, candy, flowers, and gifts are exchanged between loved ones, all in the name of St. Valentine. But who is this mysterious saint and why do we celebrate this holiday? The history of Valentine's Day -- and its patron saint -- is shrouded in mystery. But we do know that February has long been a month of romance. St. Valentine's Day, as we know it today, contains vestiges of both Christian and ancient Roman tradition. So, who was Saint Valentine and how did he become associated with this ancient rite?

Today, the Catholic Church recognizes at least three different saints named Valentine or Valentinus, all of whom were martyred. One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men -- his crop of potential soldiers. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death.

Other stories suggest that Valentine may have been killed for attempting to help Christians escape harsh Roman prisons where they were often beaten and tortured. According to one legend, Valentine actually sent the first 'valentine' greeting himself. While in prison, it is believed that Valentine fell in love with a young girl -- who may have been his jailor's daughter -- who visited him during his confinement. Before his death, it is alleged that he wrote her a letter, which he signed 'From your Valentine,' an expression that is still in use today.

Although the truth behind the Valentine legends is murky, the stories certainly emphasize his appeal as a sympathetic, heroic, and, most importantly, romantic figure. It's no surprise that by the Middle Ages, Valentine was one of the most popular saints in England and France.



Valentine's Day is for Lovers and Businesses!

Esther Howland, the woman who produced the first commercial American valentines in the 1840s, sold a then mind-boggling $5,000 in cards during her first year of business. The valentine industry in the United States has been booming ever since. Today, over 1 billion valentine cards are sent in this country each year -- second in number only to Christmas cards.

192 million Valentine's Day cards are exchanged annually, making Valentine's Day the second-most popular greeting-card-giving occasion. (This total excludes packaged kids valentines for classroom exchanges.) (Source: Hallmark research)

Nearly 60 percent of all Valentine's Day cards are purchased in the six days prior to the observance, making Valentine's Day a procrastinator's delight.

There are 120 single men (i.e., never married, widowed or divorced) who are in their 20s for every 100 single women of the same ages.

There are 33 single men (i.e., never married, widowed or divorced) age 65 or older for every 100 single women of the same ages. 2.2 million marriages take place in the United States annually. That breaks down to more than 6,000 a day.





The estimated U.S. median ages at first marriage for women and men are 25.8 and 27.4 respectively, in 2004. The age for women rose 4.7 years in the last three decades. The age for men at first marriage is up 4.3 years.

The total value of shipments in 2003 for firms producing chocolate and cocoa products was $13.5 billion. Nonchocolate confectionery product manufacturing, meanwhile, was a $5.5 billion industry.

The per capita consumption of candy by Americans in 2004 was 4.7 pounds. Candy consumption has actually declined over the last few years; in 1997, each American gobbled or savored more than 27 pounds of candy a year.

The combined wholesale value of domestically produced cut flowers in 2004 for all flower-producing businesses in 36 states with $100,000 or more in sales was $422 million was. Among states, California was the leading producer, alone accounting for nearly three-quarters of this amount ($304 million).

The combined wholesale value of domestically produced cut roses in 2004 for all businesses in 36 states with $100,000 or more in sales was $43 million. Among all types of cut flowers, roses were second in receipts to lilies ($78 million).



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Boone's Saloon will open the doors at 12:00pm
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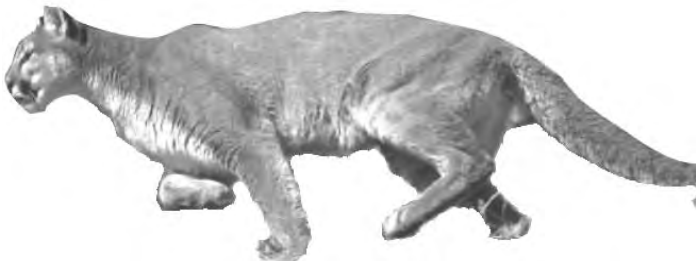
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Mountain Lions in the Berryessa Highlands

I had never seen more than a muddy print of a mountain lion before December last year. Plenty of coyotes, turkeys, deer, and rabbits around my house. A few hawks, rattlesnakes, lizards, and frogs. And a skunk eating a lizard on my steps as I came around the corner one night. Surprisingly, no raccoons though.

Sure I'd heard stories about mountain lions from neighbors here in the Berryessa Highlands. There was a lion that Garth and Victoria saw around their water tank. Dennis had his goats killed by a mountain lion and Fish and Game shot it. Mike's dog dragged a mountain lion carcass down from the hill. And a couple of months ago Justin came around a curve on our road on his dirtbike, saw one on the side stalking a deer, and gunned his bike past it trying not to look back!

Then there was a blurb in the November Road Apple, the newsletter of the Pope Valley Ropers and Riders Club, about my friend Jim Fresquez of RustRidge B&B/Winery. After turning left onto Chiles Pope Valley Road from the Lower Chiles Valley stop sign, Jim came upon a large mountain lion "about the size of a great dane". He said the lion had a huge head and feet and just swaggered slowly down the road in the middle of his lane for about 1/4 mile paying little or no attention to Jim following not too close behind then finally headed off the road down into the ravine (the lion, not Jim).



So when one loped across our road in front of me (I was in my car), I finally got to join the sighting club. It was amazing! Big feline head, muscles rippling across its flanks, and the long thick tail curving up behind it. I watched it run down the hill for about ten seconds before it disappeared in the bushes. I remember thinking that there was nothing in that direction except Garth's house and then the Narrows. Since I hike alone a lot in our semi-wilderness, I wondered whether I should start carrying a gun.

After the story on the news about the guy in Southern California who shot a mountain lion in his backyard, I did a little research. You can find a list of Californai mountain lion attacks from the 1800's to the present at: http://tchester.org/sgm/lists/lion_attacks_ca.html. Fortunately, tragic lion/human encounters still are rare but of the 50 recorded attacks in the past 100 years, most of the attacks have occurred in the most recent 20 years. There were no deaths in California from lion attacks from 1910 through 1993, although several people have died since then.

****

Thanks to Barry Kessey, the above mentioned Road Apple's editor, here's an amazing story and pictures about one family's "guard mule":

A couple from Montana were out riding on the range, he with his rifle and she (fortunately) with her camera. Their dogs always followed them, but on this occasion a mountain lion decided that he wanted to stalk the dogs (you'll see the dogs in the background watching). Very, very bad decision...

The hunter got off the mule with his rifle and decided to shoot in the air to scare away the lion, but before he could get off a shot the lion charged in and decided he wanted a piece of those dogs. With that, the mule took off and decided he wanted a piece of that lion. That's when all hell broke loose... for the lion.

As the lion approached the dogs the mule snatched him up by the tail and started whirling him around. Banging its head on the ground on every pass. Then he dropped it, stomped on it and held it to the ground by the throat. The mule then got down on his knees and bit the thing all over a couple of dozen times to make sure it was dead, than whipped it into the air again, walked back over to the couple (that were stunned in silence) and stood there ready to continue his ride... as if nothing had just happened. Fortunately even though the hunter didn't get off a shot, his wife got off these 4 photos. See them in color at The Lake Berryessa News web site: www.lakeberryessanews.com.



The cat was still alive here and trying to fight back.



Note the dog audience ...
Gives new meaning the phrase "BAD ASS"...



Pretty much dead by now, then the mule picked up the cat again whipped it into the air again, then stomped the dead cat again for good measure.



The mule stomped the cat, pinned it to the ground and bit the heck out of the dead cat several more times.

Let's Play Who Can You Sue: Christine Ryder, 53, says she was so depressed, she asked a friend, Kevin Reeves, 40, whom she had met in a mental hospital in Kent, England, to find a hit man to kill her. He offered to do it himself (he was her friend, after all!) and accepted $35,000 for the job. After several arranged dates to kill her came and went and she was still alive, a frustrated Ryder filed a criminal breach of contract complaint, and prosecutors took Reeves to trial. Even Reeves's own defense attorney admitted the scheme was "mean." Reeves was sentenced to 15 months in jail and ordered to pay 2,000 pounds in compensation for breaking a contract!. ...No matter what, a deal's a deal.

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Pope Valley Treasure Trove

Have you ever dreamed of finding a buried treasure? Or digging open the entrance to a lost Mayan temple to find beautiful ancient artifacts inside. There was a bit of that mood in the air last week at the Parady family place on Ink Grade Road in Pope Valley. Scott Parady was opening his Anagama kiln to see what beauty, color, and texture had been created by intense fire, smoke, and ash.



The Anagama kiln is the oldest style of kiln in Japan and has been around since medieval times. The beauty of Anagama firing lies in the natural ash glazes that are achieved, and in the excitement of the long firing itself. No two firings are ever exactly alike.



The wood fired ceramic ware is fired to very high temperatures (around 2400 degrees) in a kiln that uses wood as a fuel source. Firings involve a group of people sharing in the labor of stacking the large kiln that holds up to one thousand pieces, preparing 5 cords of wood, and constantly stoking the fire-belching dragon for 5 or 6 days. Glazing is kept to a minimum, allowing the layers of melted ash and coals to give unique color and texture to the surface. Pieces vary according to placement in the kiln; heat, flame, air, ash. During the wood-firing ash flies through the kiln, settling on the pots and melting to a glass. The flames slightly melt the surface of the pots where they touch them, leaving traces of the flame path. The combination of fire and ash creates a huge range of surface effects.



Scott said that it usually takes three days to load the kiln with large and small ceramic pieces created by him as well as by friends, students, and colleagues. The kiln is fired for 7 days and takes 7 days to cool. Then comes the long-anticipated opening! Was something magical created? Did many hours of work and imagination end up cracked and useless? The excitement of the group was palpable.

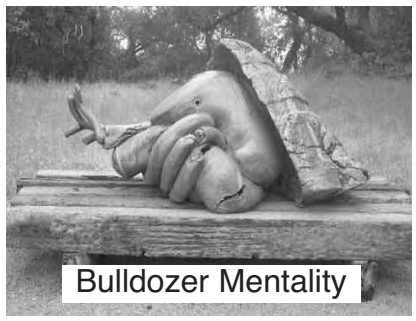


People had driven for hours or even flown in to be part of the discovery - which is an all day process beginning at 10 A.M. The kiln entrance was opened brick by brick. The bricks were carefully stacked in order of removal so they could be replaced in the same order for the next firing. Finally enough light entered the kiln for the oohs! and ahs! to begin. Each piece was carefully removed and placed in areas designated for left, center or right side of the kiln. The cleaning began as Scott carefully chipped off the residue to see the underlying colors and textures.



Proud parents are always fun to talk to and Scott's parents, Larry and Judy Parady (also the parents of Jeff Parady, Chamber Board member, sprint car racer, and owner of Pope Valley Repair and Towing), were no exception as they spoke of Scott's first encounters with ceramics at Napa Valley College and his recruitment by Penn State University. Some huge sculptures he created there are set near the kiln. One of my favorites, Bulldozer Mentality, weighed 1,200 pounds. Scott had to ship several pieces of this weight home to Pope Valley from Pennsylvania by truck! Scott has a BA Degree from the Kansas City Art Institute, an MA Degree from Pennsylvania State University, and is assistant Professor of Ceramic Arts at Sacramento State University. He has taught and exhibited throughout the United States and Taiwan.

People around here are used to glowing descriptions of wine so they will enjoy this depiction of Scott I found: "Wresting his sculptural forms from the earth with the dynamism of a geologic eruption, the artist has inculcated both a deep understanding of eastern clay traditions and the teachings of Yanagi as manifested in contemporary clay works by such artists as the late Peter Voulkos."



Bulldozer Mentality

Even having met Scott for only a short time, I can agree with the last sentence of that description: "Scott Parady's work boldly reflects his deepest concern for our planet, its history and our mutual destiny." For color photos of the kiln opening and Scott's work, please go to our web site at:

www.lakeberryessanews.com.

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2006 Lake Berryessa Calendar of Events

You are invited even though you are not a Member of the Organization sponsoring the Event. All are open to the public. We hope to See You There!

Date	Event & Sponsoring Organization
2-25	Crab Feed Berryessa Senior Center 5:30pm *
3-17	Corned Beef & Cabbage ~ Potluck ~ Berryessa Seniors Easter Basket Raffle 6:pm *
4-12	Day Trip ~ Indian bingo for the Day *
4-21	Potluck ~ Berryessa Senior Center 6:pm *
5-20	Breakfast Potluck ~ Berryessa Senior Center 9 til 11:30 *
6-17	Early Releases wine ~ Berryessa Senior Center Cheese, Olive Oil, & Food tasting. Sat. 4-til 7pm *
7-15	Flea Market (Rent tables) Berryessa Senior Ctr., 10-4pm
7-21	Casino Night ~ Pasta Dinner, Berryessa Senior Center Big Raffle ~ 5:30 to 10pm *
8-5	Craft Faire (Rent Tables) Berryessa Senior Center * 10am to 4pm Lunch Available
8-5	Poker Run ~ Berryessa Chapter of the Lions Club *
8-19	Bring Your Own Meat B.B.Q. Berryessa Senior Ctr. Chef Paul will cook it if you wish. Sat. 4pm. *
9-15	Potluck ~ Berryessa Senior Center 6pm. *
10-20	Potluck ~ Berryessa Senior Center 6pm. *
11-17	Thanksgiving Dinner (Potluck) & Turkey Raffle 6pm. *
12-4	Pirate Bingo & Potluck ~ Berryessa Senior Ctr. 12 noon ~ Bring a New $5.00 Gift to Play.
12-15	Christmas Dinner (Potluck) ~ Berryessa Senior Center * Bring a new $10. Gift for Exchange. 6pm.
	Every Mon. Bingo 1pm & 1st Mon. of each month Potluck 12 noon*

*Berryessa Senior Center , Call 966-2267, 966-0206. 966-2127

*Potlucks, 252-8488

*Lions Club, 966-1413

The Berryessa Seniors would like to have a Bus Trip (Overnite) to Reno in the early Spring. How many of you are interested? It usually runs about $80.00 and includes transportation. Some Comps & Hotel Room. You don't have to be a member to go.





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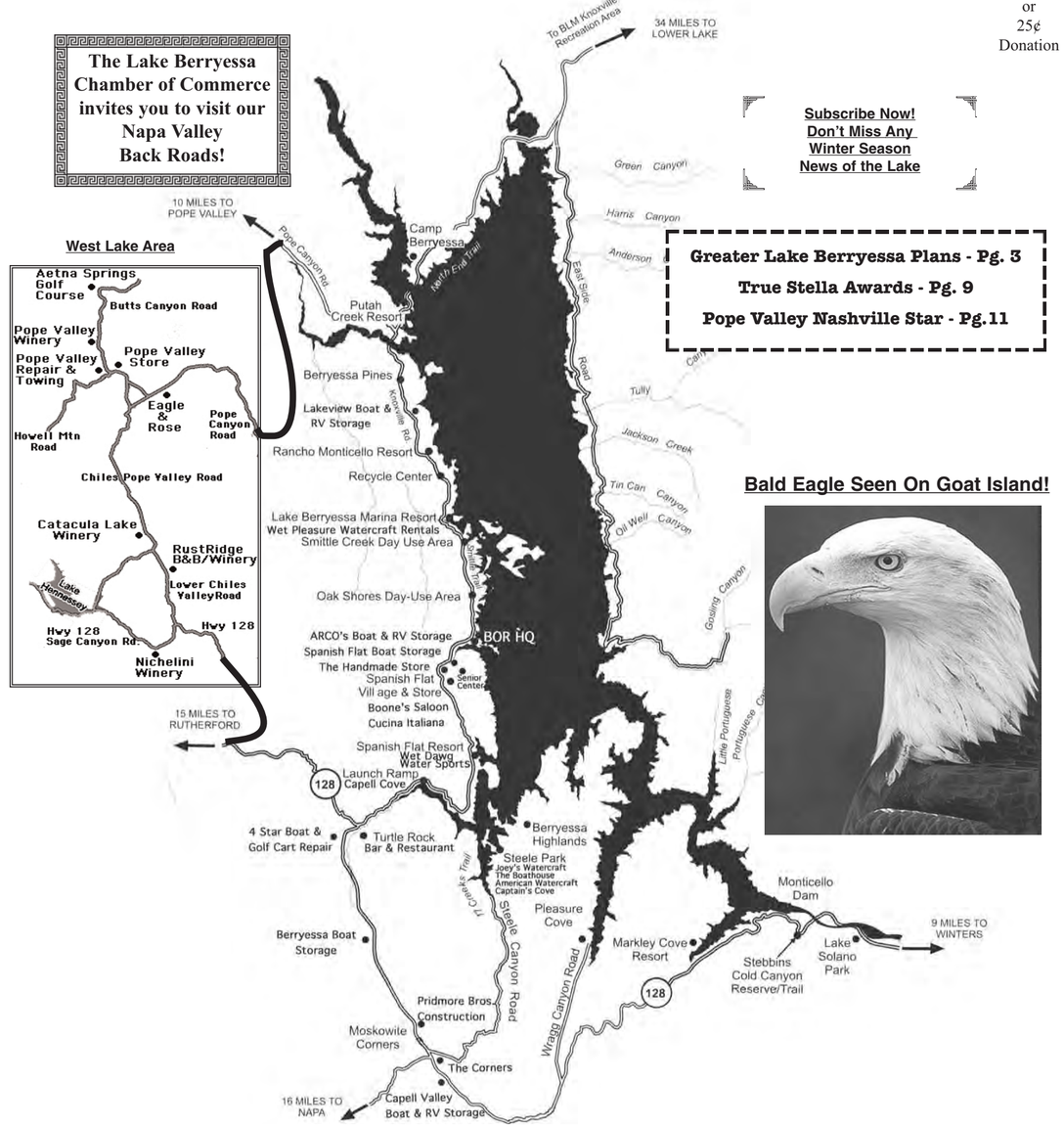
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Bald Eagle Seen On Goat Island!

The Lake Berryessa News

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An Independent Community Newspaper

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From the Editor

The lake could not have been lovelier than it was last week with sunny, 70+ degree weather. The water was smooth as glass. I took a break from working on The Lake Berryessa News to ride my jet ski around the lake and check on the osprey nest on Goat Island. The osprey is the unofficial mascot of The Lake Berryessa News and my family and I have watched a pair raise chicks on Goat Island each summer for ten years. Although there were no osprey in sight, I confirmed what my son, Evan, had seen a few weeks earlier - a large bald eagle, brilliant white head gleaming in the sun on a high tree branch.

Local folks know that Winter can give us some of the best days at the lake, and it's too bad that more people don't take advantage of it. What happened to the promise of 35 hour work-weeks? Where are the jobs that work Thursday to Monday leaving Tuesday and Wednesday free to play in uncrowded places? Last Wednesday afternoon there were only a few fishing boats out and, believe it or not, two wakeboarders in the Narrows.

If all goes well this is the first issue of The Lake Berryessa News that will be going to press in totally electronic format and hopefully looking even better. Since Shirl took over the paper in 1994 she has been cutting and pasting articles, pictures, and ads onto paper templates which she then took to the Davis Enterprise very early on Tuesday mornings. There they photographed the paste-ups and made printing plates to run off her copies. Shirl tells the story about one of her first issues where she and her friends were laying out stories and ads on the the floor around midnight and moving them around to fit on the pages. They had not yet glued the many pieces of paper in place when her friend's large bird (cockatiel or parrot?) decided to fly across the room, scattering stories and ads randomly around the floor. Shirl says that they laughed themselves silly for awhile before putting the puzzle pieces back together (with glue this time). Most people don't remember how much fun it was using typewriters, carbon paper, and mimeograph machines to get the word out. Listening to Shirl tell the history of this paper makes me appreciate how much effort she has put into her labor of love.

April will be my first anniversary working with Shirl as editor and writer and it's been a lot of fun (when not stressed-out by deadlines). We invite anyone with something to say to write a letter or story for us. As a community newspaper we welcome your input and wish we had more of it.

County to Study Creative Methods of Funding Parks and Recreation

Taking advantage of a grant awarded by the Community Foundation of the Napa Valley, the Napa County Board of Supervisors today authorized an analysis of how creative public-private partnerships and a market-based approach could help the County meet the public's growing desire for outdoor recreation with less reliance on taxpayers.

"Napa County is blessed with wonderful open spaces, but there are very few opportunities for most of us to enjoy this natural heritage", noted Supervisor Brad Wagenknecht, Chair of the County Parks and Open Space Advisory Committee.

Although more than 125,000 acres, or approximately one-fourth of the County, is in public ownership or protected by conservation easements, the lack of a countywide park district means much of that land is unavailable for the public to enjoy.

"We're the only County in the Bay Area that doesn't have some kind of countywide park and open space agency", observed John Hoffnagle, Executive Director of the Land Trust of Napa County and a member of the Advisory Committee. "The land trust has done an exceptional job of conserving land through voluntary agreements and donations, but we can't fully do our job without a public agency partner."

Numbers That Count

-0.5%: Personal-savings rate in 2005, the first year since the Geat Depression that Americans spent more than they made.

7.6%: Average annual personal-savings rate in the U.S. since 1929.

$36 Billion: ExxonMobils profit in 2005, a 43% increase from 2004 and the largest annual net income in U.S history.

6.5%: Portion of U.S. consumeer spending that went to gas and other energy bills, the high-

Kristen McNamara
Angwin Native, Pope Valley Roper & Rider, Nashville Star



Kristen McNamara got started singing as soon as she "could make noise". At age 11 she knew she wanted to be a BIG star. Kristen is the daughter of Nancy and Bill McNamara of Angwin, members of the Pope Valley Ropers & Riders. At age 13, Kristen began performing, at 14 she was recording her first CD. At age 15, Kristen gave her first concert in San Francisco at the Palace of Fine Arts. A benefit concert she did for the Children's Hospital in San Francisco was the beginning of many more concerts to come, working with some of the most legendary Country artists of our time.

The San Francisco Chronicle describes her as "the next Celine Dion or the NEW Patsy Cline". Another critic wrote "she has an uncommon vocal blend of God-given pipes and emotional reach - she's a precociously gifted country pop artist." When reviewing her new CD he states "Her first solo composition #1 Fan is a surging gritty country rocker with a killer chorus". Kristen attended school in the nearby town of St. Helena. Singing in chorus at school and church was not enough for Kristen - she yearned for more.



Kristen also plays piano and guitar, as well as a little drums and one song on the flute. Her goal is to learn a little of every instrument. Kristen's dream duet would be with either Def Leppard or Pink Floyd, but realistically, she'd be fine with jumping on stage with Brian Adams or Big & Rich.



Kristen's mother, Nancy, told The Lake Berryessa News that "Pope Valley, Angwin, and Berryessa areas represent what Kristen loves about "home…Lake Berryessa is where our family and some of her friends spent her 18th birthday…That was her biggest wish that year. I hope that all your readers will be willing to vote for her on the show...I think she still has many fans in these parts. Kristen has lived in Nashville for 2 years…but growing up here, she did countless shows and concerts. She was also a guest soloist of the 49er's at Barry Bonds day, and the Giants as well. After spending a year in a show in Branson, Missouri, she headed to Nashville. She is proud to represent California and more locally Napa County".



Kristen is one of the 10 finalists appearing on Nashville Star this year. (www.usanetwork.com/series/nashvillestar/). The new season begins on March 14th on the USA Network. Be sure to tune in, and
VOTE FOR KRISTEN!
You can listen to some of her outstanding music clips and find more information on her web site at: www.KristenMcNamara.com.

Thanks to Barry Kessey, editor of the Pope Valley Road Apple. To join the Pope Valley Ropers & Riders call President Mike Damonte at 965-2342.

Napa County may buy Angwin airport

Located on 60 acres just a mile east of the small college town of Angwin, the county and PUC have been considering the long-range preservation and continued operation of the airport. The wooded hills surrounding the airport have some trees nearly 100 feet tall. It averages 33 aircraft operations a day and is the base for 38 planes, all but three of them single engine. Three-quarters of Parrett Field activity is generated by local pilots.The Angwin facility is often used in bad weather as an alternative landing spot for planes originally heading to other nearby destinations, due to its 1,848 foot elevation. Occasionally there's a celebrity landing, such as Vice President Dick Cheney's surprise visit last fall. It's also marketed as the runway less traveled for pilots and guests hoping to start their Napa Valley visits in a more low-key manner.

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Pleasure Cove Permittees vs. BOR - Round1 : Braun v. Norton Report

(Excerpts from The Pebble newsletter of the California Watershed Posse)

After an extensive informal settlement effort between the parties and counsel, including numerous written and verbal communications, an intensive telephone settlement effort, and the exchange of many documents, the U.S. District Court issued an order dismissing the Braun's complaint for declaratory relief against defendants (BOR). However, the court had previously allowed the Brauns to refile the suit and add new permittees to the action as well as add new defendants, potentially including Forever Resorts which was not named in the original suit. The Braun's view this dismissal as more of a calendar-management process for the court rather than any form of definitive ruling.

It became evident that BOR was not willing to voluntarily modify or compromise its previous policy decision to order the early termination of Pleasure Cove long-term permittees site agreements and the removal of personal property as mandated in the interim concession contract awarded to the former interim concessionaire, Pleasure Cove Resort Asset Management Group, LLC aka Petty Group. During the previous concession agreement for Pleasure Cove Resort with the late Richard DeLooze, BOR had issued the concessionaire a contract for Pleasure Cove Resort that expired in May 2009 (similar to the seven concession contracts at Lake Berryessa with expiration dates ending in 2008/2009). With Mr. DeLooze's unexpected and untimely death, BOR seized the opportunity to impose the early termination and property removal dates (November 1, 2005/December 15, 2005) as a condition for the award of interim concession contracts; first, to PCRAMG (terminated by BOR on March 28, 2005) and now to Forever Resorts, Inc. dba Pleasure Cove Marina, LLC (effective June 1, 2005). BOR's procedure and the mandate for early termination affecting Pleasure Cove permittees raised legitimate concerns and issues leading to the filing of the Braun's complaint for declaratory relief asking the court to review legal grounds for BOR's action.

The pivotal legal issue focused on the question: what permittee site agreement was the applicable document to determine permittee rights at Pleasure Cove? BOR has taken the position that permittees accepted the early termination and removal dates for long-term use at Pleasure Cove by signing PCRAMG's agreements after the award of the interim concession contract following Richard DeLooze's death. The Brauns contend that the PCRAMG's interim agreements are invalid (and thus never became effective) because of BOR's action in terminating PCRAMG's interim concession contract on March 28, 2005 was "null and void." The Brauns also contend that the PCRAMG interim contract was signed under the false pretenses because PCRAMG misled permittees to sign the document with the assurance that it was only a temporary arrangement until PCRAMG was awarded the permanent concession contract. There are still two active lawsuits by PCAMG against the BOR which are moving forward and not yet been resolved. Thus there has been no determination as to who actually has legal standing or true ownership of Pleasure Cove.

This court order does not address issues relating to the permittee eviction process or removal of personal property. In response to the Braun's complaint, BOR filed counter-claims alleging eviction and tresspass theories in the effort to carry out its mandate to terminate Braun's long-term permittee uses at Pleasure Cove. The court recently granted the BOR motion against the Brauns, although the action is considered a minor setback since the main lawsuit against the BOR (and other new parties) can be refiled. At the present time, all permittees are being allowed access to their property at Pleasure Cove and no eviction actions appear to be imminent.

The Braun v. Norton lawsuit is only the tip of the iceberg and the first battle in the war at Lake Berryessa. Public pressure may convince DOI/BOR to act reasonably in resolving the long-term permittee issue at Pleasure Cove. There is no public policy, including health and safety issues, that requires BOR to mandate the early termination of long-term permittee uses and removal of personal property at Pleasure Cove.

Oscar Braun believes that Forever Resorts is willing to settle with the permittees and the permittees are willing to settle with Forever Resorts. In retrospect, Forever Resorts probably did not foresee what their new contract with the BOR would entail from a business perspective. Some might characterize it as a "legal and business morass". The Braun's "where do we go from here" plan is to offer to sell all long term vacation mobile homes and private docks still remaining at Pleasure Cove to Pleasure Cove Marina LLC (PCM) at 2006 full market replacement value. Each long term vacation mobile home owner will negotiate their own selling price. Each mobile home owner would vacate their vacation homes within thirty days of close of escrow on the sale of their long term vacation home and dock. All long term mobile home owner PCM Permittees, starting on March 1, 2006, will begin paying a nominal PCM interim monthly rental space fee of $225 until the title for their mobile home and dock have been lawfully transferred to Pleasure Cove Marina LLC.

Per Oscar Braun, "The BOR and Forever Resorts 'ASSUMED" that the U.S. District Court would evict ALL the PCM mobile home owners... The court not only did NOT order our eviction, it gave US ALL permission to re-file an amended lawsuit against the BOR... So now ALL of us PCM long-term appropriate use mobile home owners are in the EXACT same position as that of ALL 1,200 Lake Berryessa Permittees".

Fishing With Sid

The lake is more than full and there's a lot of debris. Take care while on the water and look out for large logs. There was a recent tournament where two fish over ten pounds were caught. Prior to that there was another tournament where a 13.65 lb bass was caught and to win you had to have over 22 lbs for five fish. Even though the bass fishing is tough and the numbers might not be up there, the fish still have to eat. My suggestion through the month of February and the beginning of March is go to the points and use crankbait in the morning. If you decide to use plastic dip the tail in chartruese glow so the fish can see it easily. I would use a dark color body with a visible end. Use brass and glass so the fish can hone in on the sound. My last suggestion is to use a scent to attract the fish - good fishing - www.fishingconnection.net If you have any fishing stories to share, please call me at 650-583-3333

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Who Determines the Future of Greater Lake Berryessa?

The February 1 meeting of the Napa County General Plan Steering Committee took up issues of direct importance to the Greater Lake Berryessa Community. The first part of the meeting focused on defining general goals of the Land Use Element of the plan. As with any group of 20 people, coming up with a single definition that satisfied all of them was not easy. There is clearly a tension among the members who come to the table with wine industry, property rights, development, and environmental advocacy backgrounds. Some wanted the wine industry to be specifically listed for agricultural protection. Others claimed that just because there were no artichoke-tasting or beef-tasting rooms in the Napa Valley didn't mean that other forms of agriculture weren't also important. But some forms of agriculture were less desired than others. The story of Sutter Home buying the Lambert Chicken Ranch in 1983 was used as an example. The chicken ranch was home to more than 1 million chickens. When the property was changed to a winery the neighbors came out in force to thank the winery owners since it was the first time they could eat outside without hordes of flies.

Rancher Tom Gamble wanted a goal "to permanently preserve agriculture as the highest and best use of the land". Even the environmental representatives thought this was a bit radical, although they wanted the "preservation of agriculture ansd natural resources" to take precedence over all other land uses. There were some mentions of "affordable housing" but it was clear that several on the committee do not see "people" as an important consideration.

The discussion then shifted to the twelve "Urban Bubbles" in the unincorporated areas of Napa County (Berryessa Estates, Pope Creek, Spanish Flat, Berryessa Highlands, Calistoga, Angwin, Deer Park, Moskowite Corner, Silverado, Big Ranch Road, Coombsville, and Partrick Road), and the four "Commercial and Community Serving Nodes" in the unincorporated area (South St. Helena, Rutherford, Oakville, and Pope Valley).

Local residents Brad Kirkpatrick representing Pope Valley, Lucy White representing Rancho Monticello Resort, and Peter Kilkus representing the Lake Berryessa Chamber of Commerce addressed the Committee. All requested more flexibility in land use constraints for the good of the community. Kirkpatrick pointed out that Ag-Watershed zoning for Pope Valley has had serious negative consequences for that community. White discussed the value of modest commercial/residential use along Knoxville Road.

Kilkus stated that the Lake Berryessa area is like a small town spread out over 200 square miles, but still with a sense of community identity which should be supported and nurtured by the County and the General Plan. He also expressed local disappointment that there were no members of the Committee representing the Lake Berryessa community. When some members protested that Carol Kunze was from Lake Berryessa, Kilkus made it clear that Kunze, who happens to live at Lake Berryessa, was appointed by Supervisor Diane Dillon as a representative of the Sierra Club and that she did not speak for the Greater Lake Berryessa community.

Future planning meetings will be critical to the future of the region and residents should either attend them and speak, or make their views know to members of the Committee. Detailed information and aerial photographs are available. Visit the County offices or at the County website: www.napacountygeneralplan.com/.

General Plan Land Use Public Input Meetings

February 25, 2006, 1 p.m., Napa Valley College
Building 1000A Room 1033, 2277 Napa-Vallejo Highway

March 8, 2006, 6:30 p.m. Pacific Union College, Cafeteria Common
1 Angwin Ave., Angwin, CA 94508

March 15, 2006,6:30 p.m., Yountville Community Hall
6516 Yount Street, Yountville, CA 94599

General Plan Steering Committee

Peter McCrea, Chair, Tom Andrews, Vice-Chair, George Bachich, Debra Blodgett, Mary Ellen Boyet, Jon-Mark Chappellet, Stephen Cuddy, Tom Gamble, Michael Haley, Jim Hendrickson, Conrad Hewitt, Guy Kay, Carol Kunze, Carole Meredith, Beth Painter, Carol Poole, Jeff Reichel, Brad Simpkins, Stuart Smith, Robert Torres

Calendar of Events Around Lake Berryessa

Senior Center Crafts
Every 2nd & 4th Wednesday of each month
Call Betty at 966-2254
Every Monday – Bingo – 1 PM til??
Every first Monday is Bingo Pot Luck – Starts at Noon.
Seniors Pot Luck
Every 3rd Friday Night – bring a dish.
Senior Center – Call 966-0206
Valley Christian Church
Weekly Bible Study on Monday nights, 7:30 until 8:30 PM.
Currently meeting at the Community Church across from the Corners. For more information call 257-0527.
Weekly Berryessa Youth Meeting on Wednesday nights, 7:00 PM at the Vol. Fire Station. For more information call Gina Hamilton, 966.2816
Sufi Center ~ Meditation & Healing Circle - Pope Valley
Every Thursday - 7pm ~ Every Sunday - 6pm
1st Sunday of every month - Pot Luck - 4pm to 6pm
Info - Call 707-965-0700, 2950 Pope Valley Canyon Rd.

Get your event on the calendar by calling 966-3806 or 287-6240
Email shirllbnews@sbcglobal.net or pkilkus@aol.com.

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Lions Club Crab Feed - Boone's - February 4, 2006 - All You Could Eat - It Was Good!



Fish Eating Safety Standards

Recently, the fish advisory for Lake Berryessa and Putah Creek has been reviewed and a new advisory is being presented. The Office of Environmental Health Hazard Assessment (OEHHA) will be presenting this information at two different workshops. The advisory information will have a comment period of 30 days.

The Fish Advisory will be available for review starting February 17, 2006. It will be obtainable on the OEHHA website (http://www.oehha.ca.gov/)or a copy can be requested by calling Dr. Margy Gassel at 510-622-3166.

YOU ARE INVITED TO A PUBLIC WORKSHOP ON DRAFT SAFE EATING GUIDELINES FOR FISH AND SHELLFISH FROM LAKE BERRYESSA AND PUTAH CREEK

February 27, 2006, 9:30 – 11:30 a.m.
Napa County Board of Supervisors, Conference Room, Third Floor
1195 Third Street, Napa, California

February 28, 2006, 6:30 – 8:30 p.m.
Winters Library, 201 First Street, Winters, California

The meeting is being held to provide information and answer questions about the new draft health advisories -- and comments are welcome Or you may provide written comments to:

Dr. Margy Gassel
Office of Environmental Health Hazard Assessment
1515 Clay Street, 16th Floor,
Oakland, California 94612
mgassel@oehha.ca.gov, FAX: (510) 622-3218

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The True Stella Awards

What Hath McDonalds Wrought?

The Stella Awards were inspired by Stella Liebeck. In 1992, Stella, then 79, spilled a cup of McDonald's coffee onto her lap, burning herself. A New Mexico jury awarded her $2.9 million in damages, but that's not the whole story. Ever since, the name "Stella Award" has been applied to any wild, outrageous, or ridiculous lawsuits -- including bogus cases! are the people involved in the cases using the courts to redress justifiable grievances that can't otherwise be settled? ...Or are they trying to extort money from anyone they can? Are the lawyers involved champions of justice? ...Or are they helping to abuse the system in the name of getting a piece of the action? You be the judge!

How about, for instance, Stella herself? Much of the coverage about Stella Liebeck has been grossly unfair. When you have a more complete summary of the facts, you might change your mind about her. Or maybe not -- that's up to you. Did you know the following facts of the Stella vs. McDonald's case?

-Stella was not driving when she pulled the lid off her scalding McDonald's coffee. Her grandson was driving the car, and he had pulled over to stop so she could add cream and sugar to the cup.

-Stella was burned badly (some sources say six percent of her skin was burned, other sources say 16 percent was) and needed two years of treatment and rehabilitation, including skin grafts. McDonald's refused an offer to settle with her for $20,000 in medical costs.

-McDonald's quality control managers specified that its coffee should be served at 180-190 degrees Fahrenheit. Liquids at that temperature can cause third-degree burns in 2-7 seconds. Such burns require skin grafting, debridement and whirlpool treatments to heal, and the resulting scarring is typically permanent. The National Coffee Association recommends coffee be brewed at "between 195-205 degrees Fahrenheit for "optimal extraction" and drunk "immediately". If not drunk immediately, it should be "maintained at 180-185 degrees Fahrenheit." Exactly what, then, did McDonald's do wrong? Did it exhibit "willful, wanton, reckless or malicious conduct" -- the standard in New Mexico for awarding punitive damages?

-From 1982 to 1992, McDonald's coffee burned more than 700 people, usually slightly but sometimes seriously, resulting in some number of other claims and lawsuits. A McDonald's consultant pointed out the 700 cases in 10 years represents just 1 injury per 24 million cups sold!

-Witnesses for McDonald's admitted in court that consumers are unaware of the extent of the risk of serious burns from spilled coffee served at McDonald's required temperature, admitted that it did not warn customers of this risk, could offer no explanation as to why it did not, and testified that it did not intend to turn down the heat even though it admitted that its coffee is "not fit for consumption" when sold because it is too hot.

While Stella was awarded $200,000 in compensatory damages, this amount was reduced by 20 percent (to $160,000) because the jury found her 20 percent at fault. Where did the rest of the $2.9 million figure in? She was awarded $2.7 million in punitive damages -- but the judge later reduced that amount to $480,000, or three times the "actual" damages that were awarded.

But the resulting $640,000 isn't the end either. Liebeck and McDonald's entered into secret settlement negotiations rather than go to appeal. The amount of the settlement is not known -- it's secret! Even in the eyes of an obviously sympathetic jury, Stella was judged to be 20 percent at fault -- she did, after all, spill the coffee into her lap all by herself. The car was stopped, so she presumably was not bumped to cause the spill. Indeed she chose to hold the coffee cup between her knees instead of any number of safer locations as she opened it. Should she have taken more responsibility for her own actions?

The TRUE Stella Awards-2005 Winners
by Randy Cassingham
Issued 31 January 2006

Unlike the FAKE cases that have been highly circulated online for the last several years, the following cases have been researched from public sources and are confirmed TRUE by the ONLY legitimate source for the Stella Awards: www.StellaAwards.com . To confirm this copy is legitimate, see www.StellaAwards.com/2005.html

2005 Runners-Up and Winner

#7: Bob Dougherty. A prankster smeared glue on the toilet seat at the Home Depot store in Louisville, Colo., causing Dougherty to stick to it when he sat down. "This is not Home Depot's fault," he proclaimed, yet the store graciously offered him $2,000 anyway. Dougherty complained that offer is "insulting" and filed suit demanding $3 million.

#6: Barbara Connors of Medfield, Mass. Connors was riding in a car driven by her 70-year-old(!) son-in-law when they crashed into the Connecticut River, and Connors sank with the car. Rescue divers arrived within minutes and got her out alive, but Connors suffered brain damage from her near-drowning. Sue the driver? Sure, we guess that's reasonable. But she also sued the brave rescue workers who risked their lives to save hers.

#5: Michelle Knepper of Vancouver, Wash. Knepper picked a doctor out of the phone book to do her liposuction, and went ahead with the procedure even though the doctor was only a dermatologist, not a plastic surgeon. After having complications, she complained she never would have chosen that doctor had she known he wasn't Board Certified in the procedure. (She relied on the phonebook listing over asking the doctor, or looking for a certificate on his wall?!) So she sued ...the phone company! She won $1.2 million PLUS $375,000 for her husband for "loss of spousal services and companionship."

#4: Rhonda Nichols. She says a wild bird "attacked" her outside a home improvement store in Fairview Heights, Ill., causing head injuries. That's right: OUTSIDE the store. Yet Nichols still held the Lowe's store responsible for "allowing" wild birds to fly around free in the air. She never reported the incident to the store, but still sued for "at least" $100,000 in damages. In January 2006, the case was thrown out of court.

#3: Barnard Lorence of Stuart, Fla. Lorence managed to overdraw his own bank account. When the bank charged him a service fee for the overdraft, he filed suit over his "stress and pain" and loss of sleep over the fee. A few hundred thousand bucks, he says, will only amount to a "slap on the wrist", whereas the $2 million he's suing for is more like being "paddled". Kinky!

#2: Wanita "Renea" Young of Durango, Colo. Two neighborhood teens baked cookies for their neighbors as an anonymous gesture of good will, but Young got scared when she heard them on her front porch. They apologized, in writing, but Young sued them anyway for causing her distress, demanding $3,000. When she won(!!) $900, she crowed about it in the newspaper and on national TV. Now, she's shocked (shocked!) that everyone in town hates her for her spite, and is afraid she may have to move. But hey: she won.

AND THE WINNER of the 2005 Stella Award: Christopher Roller of Burnsville, Minn. Roller is mystified by professional magicians, so he sued David Blaine and David Copperfield to demand they reveal their secrets to him—or else pay him 10 percent of their lifelong earnings, which he figures amounts to $50 million for Copperfield and $2 million for Blaine. The basis for his suit: Roller claims that the magicians defy the laws of physics, and thus must be using "godly powers"—and since ROLLER is god (according to him), they're "somehow" stealing that power from him.

TO CONFIRM THE VALIDITY OF THESE CASES, get more information on the True Stella Awards, or sign up for a free e-mail subscription to new cases as they are issued, see http://www.StellaAwards.com/2005.html Copyright 2006 www.StellaAwards.com . This message may be forwarded as long as it remains complete and unaltered.

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Ha! Ha! Harvey
After a certain age, if you don't wake up aching in every joint, you are probably dead.

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Hummingbirds.....
A flash of scarlet and emerald zooms past me as I poke my sleepy head out of the kitchen door, a vibrant splash of summer color against the sullen winter sky. Suddenly, an indignant Anna's Hummingbird, *Calypte anna*, confronts me, beak-to-nose, demanding his breakfast. Shivering, I retreat quickly into the kitchen to prepare warm sugar water for my feathery guest.
Hummingbirds are classified into the avian family, Trochilidae, which is from the Greek word, *trochilos*, or "small bird." In fact, the smallest avian species alive today is the thumb-sized Bee Hummingbird, *Mellisuga helenae*, found exclusively on the island of Cuba. With a total length of 2.25 inches (5 centimeters) and a weight of 0.07 ounces (2 grams), this tiny bird can comfortably perch on the eraser at the end of a pencil.
There are more than 330 described species of hummingbirds, and occasionally a new species is discovered by ornithologists and added to the list. Even though most people think of them exclusively as tropical birds, hummingbirds are found in diverse habitats, ranging from the wettest to the driest, from sea level to over 14,000 feet (4400 meters).
The greatest diversity of hummingbird species is the neotropics (New World tropics) but many species live in or migrate to temperate zones in the United States and Canada to breed. Sometimes, for reasons that are not entirely clear, individual birds remain behind for the winter, and sometimes, they survive. As average seasonal temps increase, hummingbirds are increasingly becoming established as year-round residents outside of their traditional ranges. Anna's Hummingbird is one species whose range has expanded steadily northward as seasonal temperatures have become milder. Thus, this bird is now a common year-round resident along the northwestern coast of the United States. Continued next issue, part 1 of 3.

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Do you realize that in about 40 years, we'll have thousands of old ladies running around with tattoos?
I've reached the age where the happy hour is a nap.
Think about this..., No one ever says "It's only a game" when his team is winning.



In Memory Of Buddy
Buddy's favorite place to be Lake Berryessa & Pleasure Cove.
As you can see his favorite sport was ridding on the wave runner with his companion Shirl of the Lake Berryessa News.
Dave & Scott were also his favorite companions who use to take Buddy on rides, for swims & long walks.
Buddy was going to be 16 years old in May.
Buddy was laid to rest on Feb. 4th on his favorite mountain.

To Love for the sake of being loved is human
But to love for
The sake of loving angelic
Twice or thrice had I loved thee
Before I knew thy face or name
So in a voice
So in a shapeless flame
Angels affect us oft
And worshipped be
ANGEL

QUICKIE CHILE RELLENOS

2 (7oz.) cans diced green chilli (Ortega)
24oz. Monterey cheese, grated
8oz.Cheddar cheese, grated.

Mix together:
4 med. Eggs
2c. Milk or (1½c milk & ½ c. sour cream)
½c. Bisquick
2 green onions & 3 cloves garlic all chopped Salt & pepper to taste, touch of oregano optional.

Lightly oil 9x13 casserole dish. 1st layer use ½ of chilles, then add layer of 2 kinds of cheese. Repeat layers until all chillies are used up. Mix egg, milk, flour, & seasonings & pour over top of mixture. Bake 325 for 45 min. to 1 hr. or til lightly brown on top.

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Sunday School for the Children.

DAM LEVEL UPDATE

The elevation of the spillway (Glory Hole) at Monticello Dam is 440 feet.
The water is now .29 *feet below* the top of the spillway

Lake Berryessa has had 33.94 inches of rainfall since July 1st, 05
As reported by Carlos Jeffreys of The Corners

Date	Elevation	Evaporation	High	Low
1/06/06	440.65	.60	6.7	3.5
7	.60	.02	6.7	3.5
8	.56	.05	7.4	3.5
9	.44	.03	7.4	3.4
10	.39	.05	7.5	3.6
11	.34	.06	7.3	3.6
12	.29	.07	7.2	4.0

Glory Hole Goes Over!
On Sat. Dec. 31st at 8am.

Rain ~ Jan. 31st, .48 ~ Feb. 1st, .05 ~ 2nd .27 ~ 3rd .02~ 4th .15
Rain reported by Carlos Jeffreys of The Corners

Ha! Ha! Harvey

Points to Ponder
The nicest thing about the future is that it always starts tomorrow.

Money will buy a fine dog, but only kindness will make him wag his tail.

If you don't have a sense of humor, you probably don't have any sense at all.

Seat belts are not as confining as wheelchairs.

A good time to keep your mouth shut is when you're in deep water.

How come it takes so little time for a child who is afraid of the dark to become a teenager who wants to stay out all night?

Business conventions are important because they demonstrate how many people a company can operate without.

Why is it that at class reunions you feel younger than everyone else looks?

Scratch a dog and you'll find a permanent job.

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2006 Lake Berryessa Calendar of Events

You are invited even though you are not a Member of the Organization sponsoring the Event. All are open to the public. We hope to See You There!

Date	Event & Sponsoring Organization
3-17	Corned Beef & Cabbage ~ Potluck ~ Berryessa Seniors Easter Basket Raffle 6:pm *
4-13	Day Trip ~ Indian bingo for the Day *
4-21	Potluck ~ Berryessa Senior Center 6:pm *
5-20	Breakfast Potluck ~ Berryessa Senior Center 9 til 11:30 *
6-17	Early Releases wine ~ Berryessa Senior Center Cheese, Olive Oil, & Food tasting. Sat. 4-til 7pm *
7-15	Flea Market (Rent tables) Berryessa Senior Ctr., 10-4pm
7-21	Casino Night ~ Pasta Dinner, Berryessa Senior Center Big Raffle ~ 5:30 to 10pm *
8-5	Craft Faire (Rent Tables) Berryessa Senior Center * 10am to 4pm Lunch Available
8-5	Poker Run ~ Berryessa Chapter of the Lions Club *
8-19	Bring Your Own Meat B.B.Q. Berryessa Senior Ctr. Chef Paul will cook it if you wish. Sat. 4pm. *
9-15	Potluck ~ Berryessa Senior Center 6pm. *
10-20	Potluck ~ Berryessa Senior Center 6pm. *
11-17	Thanksgiving Dinner (Potluck) & Turkey Raffle 6pm. *
12-4	Pirate Bingo & Potluck ~ Berryessa Senior Ctr. 12 noon ~ Bring a New $5.00 Gift to Play.
12-15	Christmas Dinner (Potluck) ~ Berryessa Senior Center * Bring a new $10. Gift for Exchange. 6pm.

Every Mon. Bingo 1pm &
1st Mon. of each month Potluck 12 noon*

*Berryessa Senior Center Activities, Call Georgia at 966-2127

*Potlucks, Call Pat at 966-2267 or 966-0206 (Please leave a message.)

*Lions Club, 966-1413

The Berryessa Seniors would like to have a Bus Trip (Overnite) to Reno in the early Spring. How many of you are interested? It usually runs about $80.00 (based on double occupancy) and includes transportation. Some Comps & Hotel Room. You don't have to be a member to go.

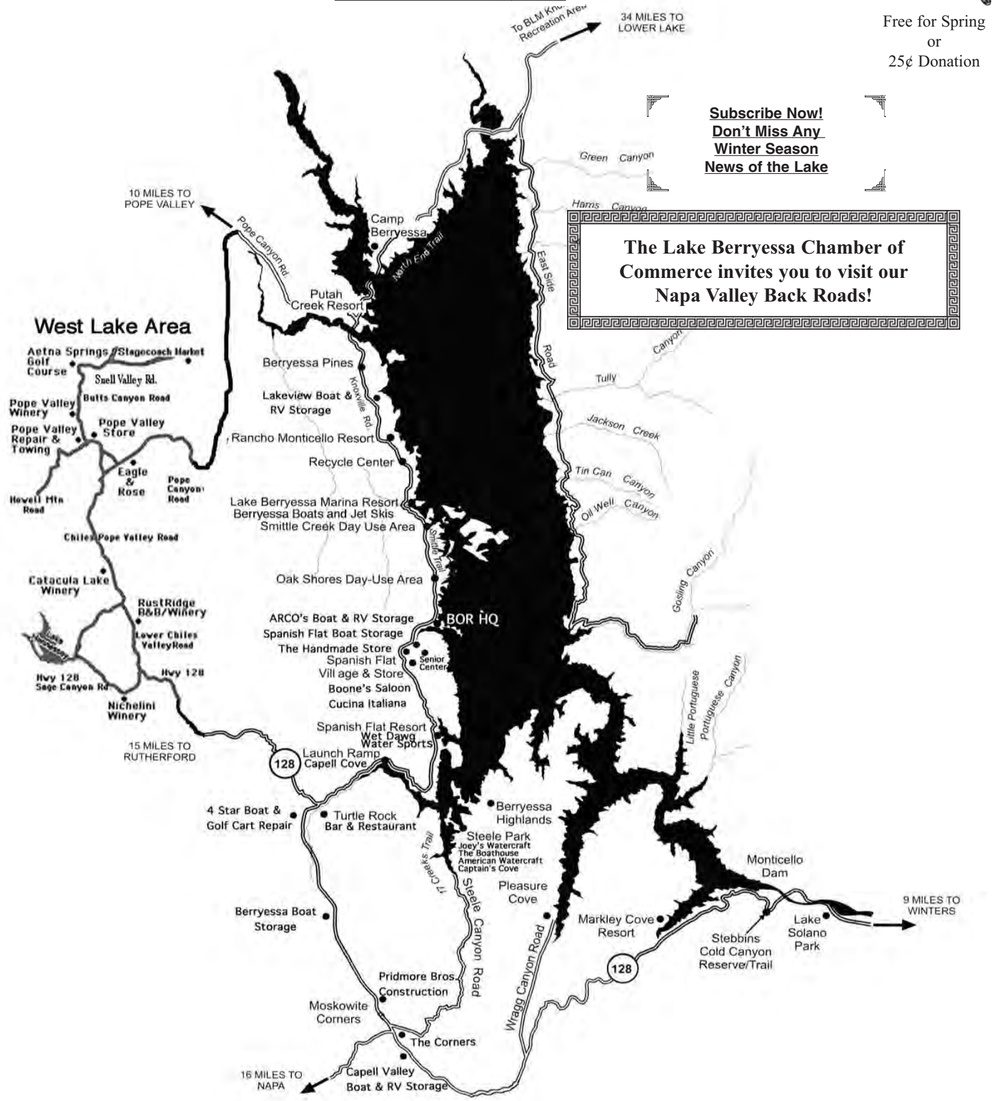


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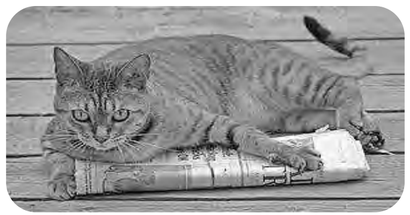
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Numbers That Count

30: New species of plants and animals discovered during a recent expedition to remote western New Guinea, including the orange-faced honeyeater, above, and 20 frogs.

2.5 million: Acres in New Guinea's Foja Mountains virtually untouched by humans

$16 billion: Amount of U. S. taxpayer money disbursed in the Iraq reconstruction program.

6: Measures of infrastructure performance presented to a Senate committee hearing, of which only one-hours of power available outside Baghdad-has surpassed pre-invasion levels

42 million: Sleeping-pill prescriptions filled in the U.S. last year, up nearly 60% since 2000

$298 million: Amount drugmakers spent in the first 11 months of 2005 to convince consumers that sleep aids are safe and effective-four times as much as they spent in 2004.

15.1 million: TV viewers of the Grammy Awards' first hour

283 million: Viewers of amateur singing contest, American Idol, during the same time slot

Sources: BBC; Conservation International; GAO; www.sigir.mil; New York Times (2); AP (2)

No Nursing Home for Me

At dinner, about 2 years ago on a cruise ship some people noticed an elderly lady sitting alone along the rail of the grand stairway in the main dining room. They also noticed that all the staff, ship's officers, waiters, busboys, etc., all seemed very familiar with this lady. They asked their waiter who the lady was, expecting to be told that she owned the line, but he said he only knew that she had been on board for the last four cruises, back to back. When they chatted with the woman and asked her why she had been on the ship for the last four cruises she replied, without a pause, "It's cheaper than a nursing home."

So, there will be no nursing home in my future. When I get old and feeble, I am going to get on a Princess Cruise Ship. The average cost for a nursing home is $200 per day, but I can get a long term cruise discount and senior discount price of $135 per day. That leaves $65 a day for:

1. Gratuities which will only be $10 per day.

2. I will have as many as 10 meals a day if I can waddle to the restaurant, or I can have room service (which means I can have breakfast in bed every day of the week.)

3. Princess has as many as three swimming pools, workout room, free washers and dryers, and shows every night.

4. They have free toothpaste and razors, and free soap and shampoo!

5. They will even treat you like a customer, not a patient. An extra $5 worth of tips will have the entire staff scrambling to help you.

6. I will get to meet new people every 7 or 14 days.

7. TV broken? Light bulb need changing? Need to have the mattress replaced? No Problem! They will fix everything and apologize for your inconvenience.

8. Clean sheets and towels every day, and you don't even have to ask for them.

9. If you fall in the nursing home and break a hip you are on Medicare; if you fall and break a hip on the Princess ship they will upgrade you to a suite for the rest of your life.

10. Now for the best advantage! Do you want to see South America, the Panama Canal, Tahiti, Australia, New Zealand, Asia, or name where you want to go?

Princess will have a ship ready to go. So don't look for me in a nursing home, just call shore to ship.

PS And don't forget, when you die, they just dump you over the side at no charge.

I'm booking my senior trip now. Will you be joining me???

Pope Valley Ropers & Riders Club

Although many people, young and old(er), love the thrill of dirt bikes, ATVs, and jet skis, the families who make up the Pope Valley Ropers and Riders are dedicated to riding the "hay-burners" that helped found this country. And their monthly meeting/potluck barbecue at the Pope Valley Farm Center on February 10 showed they can be organized and have fun at the same time. Not only did President Mike Damonte keep the meeting moving, but members clearly enjoyed participating without being overly constrained by Robert's Rules of Order!



After discussing future events such as gymkhanas, arena maintenance, trail rides, horses for sale, and Trail Trials Clinics, the barbecue was fired up and the potluck began. But not before a surprise birthday celebration for a young rider with cake, candles, and song. I've raised horses and rode for years when I lived in Pt. Reyes Station, and meeting these happy horse people made me think I might try it again. If you love horses and enjoy people too, think about joining. Call one of the board members or email Barry Kessey, Newsletter Editor at barry.kessey@starband.net.





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After Death: Become a Family Heirloom?

After you die, do you want to rot slowly six feet under or be reduced to a pile of ashes? There are some unusual alternatives to burial or cremation.

A favorite science-fiction lovers alternative for the afterlife - being launched into space like James Doohan of Star Trek's Mr. Scott fame - is suitable for those not bothered by the vagaries of commercial space launches. But if you like the idea of giving back to the planet after you leave, "promession," a body-disposal method developed by Swedish biologist Susanne Wiigh-Masak, may be the way to go. A body is put in a container and dipped in a vat of liquid nitrogen cooled to -321°F, which dehydrates it and makes it so brittle that a jolt of vibration "shatters" it into heaps of powder.

After a machine removes dental fillings and artificial joints, the flour-like remains (equivalent to about a third of the body's original weight) are placed in a box made of potato starch. The shallowly buried container and its contents disintegrate in less than a year, returning essential nutrients such as nitrogen and phosphorus to the topsoil (coffins, in contrast, can take decades to decompose, and cremation turns corpses into nutrient-poor inorganic carbon). If the environmental implications don't convince you, consider the cost. Wiigh-Masak estimates that promession for one person will cost around $1,000 - far less than the $8,ooo that the average funeral and burial require.

Another option? Have your remains turned into a family heirloom. LifeGem in Elk Grove Village, Illinois, has perfected a flashier type of after-death alchemy: transforming cremated remains into man-made diamonds. Technicians extract pure carbon from the ashes, then place the carbon into a diamond press that exerts intense heat (about 2,200°F) and pressures of up to 50,000 atmospheres for several days. The rough diamond that results - which will be naturally colored yellow or orange but can, through processing, be made blue with trace amounts of the element boron - can be faceted and polished just like an ordinary stone. In addition to choosing the color, you can specify the size of your LifeGem, from 0.2 to 1 carat. At $20,000 for a 1-carat blue diamond, though, it's a fair bit more expensive than a typical cremation, which costs around $1,000 (small yellow gemstones start at $2,700). Total turnaround time: six to nine months.

LifeGems has attracted a devoted following of thousands who prefer their deceased loved ones around their fingers, not underfoot. "The diamonds are tangible, they're beautiful, and they can be handed down," says the company's CFO, Mike Herro. "Family members say we've made their difficult situation a little bit better."

Nectaplum, Anyone?

We love Twinkies, Slim Jims, and any kind of processed cheese-like spread. Let's face it, those food scientists toiling in the basements of transnational conglomerates know what's tasty. Not to be outdone, produce growers are taking a shot at engineering superfoods - fruits and vegetables with unexpected colors, unique flavors, and heightened nutritional value. Some come from cross-breeding; others are the products of lab-based chemistry. Their common denominator is novelty. The idea is paying off: Formerly unknown produce now nets more than $100 million each year in the US alone.

GRAPPLE: (Concord grape + Fuji apple) C&O Nursery, Wenatchee. Washington. Think crunchy Welch's. Still, tasters gave it the thumbs-up in a recent market trial. C&O marketing whizzes decided to bathe Fuji apples in a patented grape-flavored solution. Other flavors are in development. First harvest 2004
Average price: $4 to $5 for four

PEACOTUM: (Peach + apricot + plum) Zaiger's Genetics, Modesto, California Sophisticated Hawaiian Punch. The best of all three progenitors, with a hint of mango. Inventor Floyd Zaiger swapped pollen among peach, plum, and apricot trees with an eye-shadow brush and reared the resulting seedlings. First harvest 2008 or later. Average price: TBD

NECTAPLUM: (Nectarine + plum) Zaiger's Genetics, Modesto, California Juicy, melt-in-your-mouth flesh with a hint of spice. Zaiger "hybridizers" crossed hundreds of fruits, then culled the field after taste tests. First harvest: 2005. Average price: About $1.75 a pound -50 to 75 cents higher than ordinary nectarines

RAINBOW CARROTS: (Carrots + nutrients + pigment) Department of Agriculture. USDA researcher Philipp Simon says his carrots taste just like regular ones. Simon bred red, yellow, purple, and white carrots by emphasizing natural pigments. Different colors are high in different nutrients. First harvest 2004. Average price: $.75 to $1 per pound

PASSION POPPER KIWI-BERRY (Miniaturized kiwifruit) Kiwi Korners, Danville, Pennsylvania Kiwi Korners describes the flavor as "cotton candy with a refined finish." Probably because there's almost double the sugar per ounce. Staff discovered these growing among other hardy Asian kiwis and cultivated them. First harvest: 2002 Average price: $3 to $5 for a 6-ounce package

SUNLITE LOW-CARB POTATO SunFresh, Saint Augustine, Florida (Low-carb, lower-cal potato) Researchers at the University of Florida call it moist and creamy. While testing potato varieties developed by a seed company in the Netherlands, researchers at UF found one with 30 percent fewer carbs. First harvest: 2005. Average price: $1.10 a pound.

Why Batteries Explode.

Have you ever opened the battery cover of some device and found a disfigured battery seeping gray foam? Apparently, it didn't explode; it "vented." All batteries sold in the U.S. contain plastic safety vents designed to release any uncommon buildup of hydrogen gas, a by-product of the chemical reaction that generates electrical charge inside the battery. A scientist at Duracell says that batteries rarely explode, but that when they do, it's usually because they lack these vents and are probably counterfeit.

(Knockoffs also drain more quickly, so don't buy your batteries from shady sources.) So what can cause the hydrogen buildup? Apparently, forgetfulness - if you leave a device on for a long period, the battery can discharge below the recommended low-voltage threshold of 0.7 volt. As an alkaline battery drains, it becomes less alkaline, creating excess hydrogen gas until the pressure triggers the safety vent. The result is a loud release of gray battery ooze: caustic potassium hydroxide.

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The Third Annual Capell Valley Auction & Dance Benefit at R Ranch on Saturday, March 4, 2006 from 5:30 to 10 P.M.

Proceeds from the event will benefit the Capell Valley Elementary School in many ways. You can participate by donating items or buying a ticket and joining the fun.

Tickets are $25.00. You do not need to have children who attend the school to enjoy the evening, but tonight is adults only. It's a great way to meet people in the community.

Please contact Tanya Bates at 966-9195.

Project Pride Fundraiser

Project Pride is having its 2nd Annual Fund Raiser Dinner on March 17, 2006 in San Mateo at the Elks Lodge, 229 West 20th Avenue.

Auction/Raffle * Corn Beef and Cabbage Dinner * Entertainment

5:30 Cocktails * 6:30 Dinner and Live Music

Tickets: $40 each, Table of 10: $400

Project Pride is a non-profit organization supported by The Lake Berryessa News' own fishing columnist, Sidney Silberberg. Project Pride is involved with finding missing and exploited children. Their primary focus is education and safety for families and public awareness through mass distribution of photographs of missing children. For additional information, please visit: www.projectpride.info or call (650) 583-3333.

Jet Skis Allowed Back Into Another National Park

The Personal Watercraft Industry Association (PWIA) recently issued a press release saying that PWC riders in Michigan have won another round in the fight to make public waters more accessible, as Pictured Rocks National Lakeshore along Lake Superior has been reopened for PWC use. In order to determine the environmental impact PWC have on this body of water, the National Lakeshore was closed to PWC in 2002 to allow the National Parks Service to conduct the necessary tests. As of October 27, however, the Lakeshore has been reopened after the environmental assessment found that PWC present no significant impact to the area, and are therefore an acceptable activity for the national recreation area. It's a shame so much time and money were wasted due to the actions of radical exclusionists like the Bluewater Network and Sierra Club.

Pictured Rocks National Lakeshore is the 10th of 21 park units to complete the study conducted by the National Parks Service since 2002. Four other national parks are in the final stages of determining whether or not PWC pose an environmental threat. Hopefully there will be more good news to report in the coming months.

Rancho Monticello Bald Eagle

According to Cheryl Lacombe, Goat Island is not the only place you can find a Bald Eagle at Lake Berryessa. This majestic eagle has made his home at Rancho Monticello Resort. It was first spotted in early January. This photo was taken on February 2, 2006 by Butch White, with a powerful zoom lens. To protect the eagle, the exact location of its favorite roosting trees will not be disclosed.





Calendar of Events Around Lake Berryessa

Senior Center Crafts
Every 2nd & 4th Wednesday of each month
Call Mary at 966-2254 or Georgia at 966-2127
Every Monday – Bingo – 1 PM til??
Every first Monday is Bingo Pot Luck – Starts at Noon.
Seniors Pot Luck
Every 3rd Friday Night – bring a dish.
Senior Center – Call 966-0206 (Please leave a message)
Valley Christian Church
Weekly Bible Study on Monday nights, 7:30 until 8:30 PM.
Currently meeting at the Community Church across from the Corners.
For more information call 257-0527.
Weekly Berryessa Youth Meeting on Wednesday nights, 7:00 PM at the Vol. Fire Station. For more information call Gina Hamilton, 966.2816
Sufi Center ~ Meditation & Healing Circle - Pope Valley
Every Thursday - 7pm ~ Every Sunday - 6pm
1st Sunday of every month - Pot Luck - 4pm to 6pm
Info - Call 707-965-0700, 2950 Pope Valley Canyon Rd.

Get your event on the calendar by calling 966-3806 or 287-6240
Email shirllbnews@sbcglobal.net or pkilkus@aol.com.

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Snow at Lake Berryessa!

It snowed on February 19, 2006 above 1,500 feet and made Lake Berryessa look like Lake Tahoe - beautiful and cold - 36 degrees. Snow came down hard around midnight. It also snowed Friday, February 17 above the Berryessa Highlands, but did not stick. The first two photos below were taken by Gary Howes of Berryessa Pines on Sunday morning near Angwin, about a mile down the road to Pope Valley. Go to www.LakeBerryessaNews.com for more color photos.















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Mountains Lions Revisited (or Revisiting)

After the article about mountain lions in The Lake Berryessa News two issues ago I spoke with dozens of people about mountain lion sightings in Napa County. My neighbor, Tony, emailed that he had just seen a mother lion and two cubs padding down our road at the end of Rimrock in the Berryessa Highlands. I was surprised at how many local people in the Greater Lake Berryessa Region have seen them or heard stories about local sightings and livestock attacks. I was even more surprised by how many people thought the lions should be hunted and eliminated!

Allan Buckman, Wildlife Biologist for California Department of Fish and Game in Yountville provided some background information on the lion's habits and "lifestyle". Allan estimated that there were about 75 to 80 mountain lions in all of Napa County. Since mountain lions are fierce competitors and one of the few species that will eat each other and their young to control their own population, he didn't believe their numbers were increasing, but that they were less secretive since they weren't being shot at or hunted they way they had been in the past. He believes that anyone who hikes in the wilder areas of Napa County, especially at night, has probably been watched by a mountain lion at some time. The lions a re stealth-stalkers and can jump 25 feet straight ahead! Humans are not the natural prey of lions so the danger of actually being attacked is extremely small.

Male mountain lions have territories that extend over a 10 mile by 15 mile range and will fight each other to protect their territory. Within that male range may be up to two to five female territories. Although they are a protected species, there is a gray area that allows them to be shot if there is imminent danger of an attack on livestock. Fish and Game can issue a depredation permit that allows landowners to contract with federal trappers to kill the lions. Only about 20% of the issued permits are ever carried out.

Allan advises that hikers should carry a hiking stick and remain aware of their surroundings because even attacking lions can be fought off as they have been several times in Southern California. Fish and Game has published a brochure, reproduced here and on The Lake Berryessa News web site, www.LakeBerryessaNews.com, which gives actions for hikers to take if they are in mountain lion country.

Dog Pet Peeves

1. Blaming your farts on me..not funny.. not funny at all!

2. Yelling at me for barking.. I'M A FRIGGIN' DOG, YOU IDIOT!

3. Taking me for a walk, then not letting me check stuff out. Exactly whose walk is this anyway?

4. Any trick that involves balancing food on my nose.., stop it!

5. Any haircut that involves bows or ribbons. Now you know why we chew your stuff up when you're not home.

6. The sleight of hand, fake fetch throw. You fooled a dog' - Whoooo HOOOooooo - what a proud moment for the top of the food chain.

7. Taking me to the vet for "the big snip", then acting surprised when I freak out every time we go back.

8. Getting upset when I sniff the crotches of your guests. Sorry, but I haven't quite mastered that handshake thing yet.

9.Dog sweaters. Hello ???, Haven't you noticed the fur?

10. How you act disgusted when I lick myself. Look, we both know the truth, you're just jealous.

Now lay off me on some of these thing's, We both know who's boss here!!!? You don't see me picking up your poop do you ???

If You Encounter A Mountain Lion

There's been very little research on how to avoid mountain lion attacks. But mountain lion attacks that have occurred are being analyzed in the hope that some crucial questions can be answered: Did the victim do something to inadvertently provoke an attack? What should a person who is approached by a mountain lion do—or not do? The following suggestions are based on studies of mountain lion behavior and analysis of attacks by mountain lions, tigers and leopards:

- Do Not Hike Alone: Go in groups, with adults supervising children.
- Keep Children Close To You: Observations of captured wild mountain lions reveal that the animals seem especially drawn to children. Keep children within your sight at all times.
- Do Not Approach a Lion: Most mountain lions will try to avoid a confrontation. Give them a way to escape.
- Do Not Run From a Lion: Running may stimulate a mountain lion's instinct to chase. Instead, stand and face the animal. Make eye contact. If you have small children with you, pick them up if possible so they don't panic and run. Although it may be awkward, pick them up without bending over or turning away from the mountain lion.
- Do Not Crouch Down or Bend Over: In Nepal, a researcher studying tigers and leopards watched the big cats kill cattle and domestic water buffalo while ignoring humans standing nearby. He surmised that a human standing up is just not the right shape for a cat's prey. On the other hand, a person squatting or bending over looks a lot like a four-legged prey animal. If you're in mountain lion country, avoid squatting, crouching or bending over, even when picking up children.
- Do All You Can To Appear Larger: Raise your arms. Open your jacket if you are wearing one. Again, pick up small children. Throw stones, branches, or whatever you can reach without crouching or turning your back. Wave your arms slowly and speak firmly in a loud voice. The idea is to convince the mountain lion that you are not prey and that you may be a danger to it.
- Fight Back If Attacked: A hiker in Southern California used a rock to fend off a mountain lion that was attacking his son. Others have fought back successfully with sticks, caps, jackets, garden tools and their bare hands. Since a mountain lion usually tries to bite the head or neck, try to remain standing and face the attacking animal.

Immediately Report All Encounters or Attacks:
If you are involved in a face-to-face encounter with, or an attack by, a mountain lion, contact the California Department of Fish and Game 24 hour dispatch center at (916) 445-0045. The threat to public safety will be assessed and any appropriate action will be taken. Also report any sightings of dead or injured mountain lions.



Hummingbirds part 2

Hummingbirds are now a common year-round resident along the northwestern coast of the United States and even into some parts of Canada. As most people know, hummingbirds feed on flower nectar, which is a tempting "gift" of high-energy sugars provided by flowers in exchange for pollination. In addition to nectar, hummingbirds also consume large quantities of small insects, which are full of higher-energy fats as well as essential proteins. Because of their tremendous metabolic requirements, hummingbirds have voracious appetites. Equivalent to the average human consuming an entire refrigerator full of food, hummingbirds eat roughly twice to thrice their own body weight in flower nectar and tiny insects each day.

Besides being among the smallest of all warm-blooded animals, hummingbirds also lack the insulating downy feathers that are typical for many other bird species. Due to their combined characteristics of small body size and lack of insulation, hummingbirds rapidly lose body heat to their surroundings. Even sleeping hummingbirds have huge metabolic demands that must be met simply to survive the night when they cannot forage. To meet this energetic challenge, hummingbirds save enough energy to survive cold nights by lowering their internal thermostat at night, becoming hypothermic. This reduced physiological state is an evolutionary adaptation that is referred to as *torpor*. Torpor is a type of deep sleep where an animal lowers its metabolic rate by as much as 95%. By doing so, a torpid hummingbird consumes up to 50 times *less* energy when torpid than when awake. This lowered metabolic rate also causes a cooled body temperature. A hummingbird's night time body temperature is maintained at a hypothermic threshold that is barely sufficient to maintain life. This threshold is known as their *set point* and it is far below the normal daytime body temperature of 104°F or 40°C recorded for other similarly-sized birds.

Continued next issue, part 2 of 3.

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HA! HA! Harvey

If my body were a car, this is the time I would be thinking about trading it in for a newer model. I've got bumps and dents and scratches in my finish and my paint job is getting a little dull, but that's not the worst of it. My headlights are out of focus and it's especially hard to see things up close. My traction is not as graceful as it once was.

I slip and slide and skid and bump into things even in the best of weather. My whitewalls are stained with varicose veins. It takes me hours to reach my maximum speed.

My fuel rate burns inefficiently. But here's the worst of it -- almost every time I sneeze, cough or sputter..... either my radiator leaks or my exhaust backfires!

Porcupine Meatballs

1c. ground beef, or turkey
1 egg, slightly beaten
2 tsp. onion powder
Salt & pepper to taste
A few pinches of sugar & Italian seasoning to taste.
2 (8oz. cans) of tomato sauce & mix with a ½ c. water.
1- Combine rice, eggs, seasonings & only ½ cup tomato sauce.. Mix up & make into 18 balls & put in skillet
2- .Add sugar to the remaining 2 cups tomato juice. Pour this over meatballs in skillet. Bring to a boil. Reduce heat & simmer, covered, 12 to 20 minutes, basting occasionally.. Makes 6 servings of 3 meatball per person.

Serve with a veggie, salad & French bread.

A Cheesy Romance?

A YOUNG LADY was dating two men—a dairy farmer and a poet. She had trouble deciding if she should marry for butter or for verse.

Around our pillows
golden ladders rise
With winged sandals
shod
The Angels come & Go
The Messengers of God
Nor, though they fade
from us
Do they depart .
ANGEL

Happy 3rd Birthday
to Our Grand Son
Tanner Hays
Luv from
Granny & Pa Pa Dave

Happy Birthday
To the Love of My Life
Dave
With Lots of Luv & Kisses
From Your Wife **Shirl**

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DAM LEVEL UPDATE

The elevation of the spillway (Glory Hole) at Monticello Dam is 440 feet.
The water is now .01 *feet below* the top of the spillway

Lake Berryessa has had 36.58 inches of rainfall since July 1st, 05
As reported by Carlos Jeffreys of The Corners

Date	Elevation	Evaporation	High	Low
2/20/06	440.02	.00	51	32
21	.00	.04	61	28
22	439.97	.05	64	29
23	.96	.05	68	32
24	.95	.07	70	35
25	.93	.04	68	39
26	439.95	.03	67	41

Glory Hole Goes Over!
On Sat. Dec. 31st at 8am.

Rain ~ Feb. 18th .15 ~ 19th .42 ~ 27th 2 .07
Rain reported by Carlos Jeffreys of The Corners

HAPPY BIRTHDAY To All

Ken Pridmore 2nd
Marlene Lines 4th
Pat F. O'Donnell 8th
Jaynee Caruso 12th
Billie Wellington 21st
Dolores Atkinson 22nd
Laurel Hamilton 28th
Hilda Bettinelli
Foster Clark
Andy Cole
Georgia Scribner

Happy Birthday
To my loving Daughter Ginny
Luv Dad

Oops!! Shirl ~ Happy late

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HA! HA! HARVEY
Check his out! Type in your address and it (I'm assuming from public records) tells you what your house is worth. I'm assuming that It doesn't take into consideration, your upgrades, landscaping and etc. though. Kind of interesting .
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2006 Lake Berryessa Calendar of Events

You are invited even though you are not a Member of the Organization sponsoring the Event. All are open to the public. We hope to See You There!

Date	Event & Sponsoring Organization
3-17	Corned Beef & Cabbage ~ Potluck ~ Berryessa Seniors Easter Basket Raffle 6:pm *
4-13	Day Trip ~ Indian bingo for the Day *
4-21	Potluck ~ Berryessa Senior Center 6:pm *
5-20	Breakfast Potluck ~ Berryessa Senior Center 9 til 11:30 *
6-17	Early Releases wine ~ Berryessa Senior Center Cheese, Olive Oil, & Food tasting. Sat. 4-til 7pm *
7-15	Flea Market (Rent tables) Berryessa Senior Ctr., 10-4pm
7-21	Casino Night ~ Pasta Dinner, Berryessa Senior Center Big Raffle ~ 5:30 to 10pm *
8-5	Craft Faire (Rent Tables) Berryessa Senior Center * 10am to 4pm Lunch Available
8-5	Poker Run ~ Berryessa Chapter of the Lions Club *
8-19	Bring Your Own Meat B.B.Q. Berryessa Senior Ctr. Chef Paul will cook it if you wish. Sat. 4pm. *
9-15	Potluck ~ Berryessa Senior Center 6pm. *
10-20	Potluck ~ Berryessa Senior Center 6pm. *
11-17	Thanksgiving Dinner (Potluck) & Turkey Raffle 6pm. *
12-4	Pirate Bingo & Potluck ~ Berryessa Senior Ctr. 12 noon ~ Bring a New $5.00 Gift to Play.
12-15	Christmas Dinner (Potluck) ~ Berryessa Senior Center * Bring a new $10. Gift for Exchange. 6pm.

Every Mon. Bingo 1pm, 252-8488, &
1st Mon. of each month Potluck 12 noon*

*Berryessa Senior Center Activities, Call Georgia at 966-2127

*Potlucks, Call Pat at 966-2267 or 966-0206 (Please leave a message.)

*Lions Club, 966-1413

The Berryessa Seniors would like to have a Bus Trip (Overnite) to Reno in the early Spring. How many of you are interested? It usually runs about $80.00 (based on double occupancy) and includes transportation. Some Comps & Hotel Room. You don't have to be a member to go.

We all get heavier as we get older because there's a lot more information in our heads. So I'm not fat, I'm just really intelligent and my head couldn't hold any more so it started filling up the rest of me! That's my story and I'm sticking to it!

The Lake Berryessa News

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March 16 - April 6, 2006

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Dam Level Updates
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The Lake Berryessa News

www.LakeBerryessaNews.com

An Independent Community Newspaper

Published the first and third Thursday of each month.

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Shirl Katleba

Co-Editor & Writer
Peter Kilkus

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David Rutter

All copy is subject to editing and must be submitted with the understanding that the Lake Berryessa News reserves the right to reject letters or articles and reject or discontinue advertisements that the publisher deems unsuitable.

Please send us your Letters to the Editor, Articles, Birthdays & Anniversaries, Jokes, Recipes, Poems, and Fishin' Stories (and Advertising, of course)!

Contact Shirl at: 707-966-3806 or
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Contact Peter at: 415-307-6906 (Cell)
Email: PKilkus@aol.com



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Welcome to the Special Community Edition of The Lake Berryessa News

This issue is being sent to 1,000 local addresses in the Greater Lake Berryessa Region along with a copy of the new Lake Berryessa Chamber of Commerce Directory. The Greater Lake Berryessa Region stretches from the Berryessa Estates in the far north through Pope Valley, Chiles Valley, Capell Valley down Highway 128 to Moskowite Corners, splitting there to Monticello Dam on the east and Circle Oaks to the west. In between, along the Lake Berryessa shoreline, are the residential areas of Berryessa Pines, Spanish Flat, and the Berryessa Highlands. This is really a small town spread out over 200 square miles but with common social, economic, and political interests.

This may be the first time you've heard of the Lake Berryessa Chamber of Commerce and The Lake Berryessa News. We encourage you to join us in building a community and a political identity within Napa County. Join the Chamber of Commerce and subscribe to The Lake Berryessa News. We hope you enjoy this community issue.

The Lake Berryessa News Facts

Advertising rates are competitive and reach thousands of people every month. To place your ad contact: Peter Kilkus, 1515 Headlands Drive, Napa, CA 94558, pkilkus@aol.com, 415-307-6906 or Shirl Katleba, 6244 Hwy 128, Napa, CA 94558, shirllbnews@sbcglobal.net, 707-287-6240.

Distribution will be approximately 5,000 copies per month with a target market of more than 1 million annual recreation visitors to Lake Berryessa as well as local residents.

The Lake Berryessa News is a member of the Napa Valley Conference and Visitors Bureau (NVCVB) and copies of each issue will be distributed at the NVCVB Visitors Center in the Downtown Napa Center. This location has approximately 10,000 visitors per month during the summer season (Apr-Oct).

Present distribution locations are all seven resorts at Lake Berryessa, Cucina Italiana, Boone's Saloon, The Corners, Brenda's Country Store. In Pope Valley at the Pope Valley Market, Aetna Springs Golf Course, Stagecoach Market (Berryessa Estates). In Napa at the Visitors" Center, Last Gun Shop, Sweeney's, Darin's Gun Exchange, Gilwood's Restaurant, Café Cicero, Napa County Building, Napa Riverfront. There are also distribution locations in Dixon, Winters, Fairfield, Yountville, St. Helena, and Angwin.

The Lake Berryessa e-News Web Site: www.LakeBerryessaNews.com

Have your own web page without the hassle of signing up for an Internet Web Hosting Service and hiring a web site developer. Advertise your business to a broader range of customers in the wider Napa/Sonoma/Solano/Yolo County region and beyond. Target the more than 1 million annual recreation visitors to Lake Berryessa as well as local residents. The Lake Berryessa e-News will set up your own individual page or provide a range of Internet advertising options. Internet advertising allows you to reach more customers more effectively than other medium with the convenience of 24-hour access, 7 days a week, 365 days a year.

The Lake Berryessa News provides a unique opportunity to combine print and web site advertising in a package reaching a large target market that will provide maximum profitability for your business. Your web advertising can be as simple as a business card graphic or as interesting as a full color web page with text, graphics, photos, and video. See the Cucina Italiana ad at www.lakeberryessanews/cucinaitaliana as an example. There is no other form of local or regional advertising that will give you so much exposure for so reasonable a cost! Contact: Peter Kilkus, Editor, 1515 Headlands Drive, Napa, CA 94558, pkilkus@aol.com, 415-307-6906



Bureau of Reclamation introduces new visitor information web site. Great informationa and photos! Check out:

www.usbr.gov/mp/ccao/field_offices/lake_berryessa/index.html

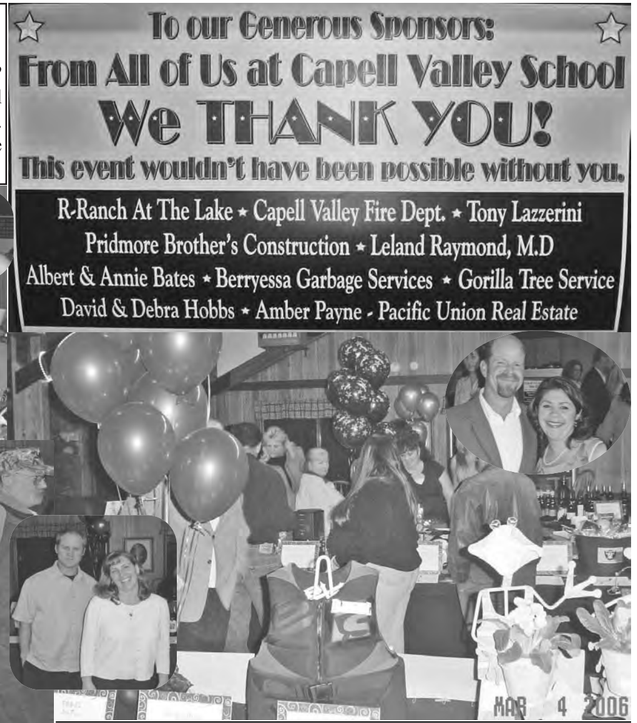


Capell Valley School Auction and Dance
March 4, 2006

Where else could you find so many great neighbors in one place? The school principal, staff, teachers, parents, friends, and Capell Valley Firefighters were all there helping out and/or having fun. Thanks to all the volunteers and sponsors for a great night. More color photos at www.LakeBerryessaNews.com.



Doug put new batteries in his coat!



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Capell Valley Volunteer Fire Department

If you've wondered about that neat blue building next to the Capell Valley School, it's the headquarters of the Capell Valley Volunteer Fire Department. This group of local resident volunteers provides first response to all local emergency calls. If you have any form of medical emergency, accident, or fire, just dial 911 and your call will be immediately forwarded to one of the Department members who will communicate by pager and radio to other first responders. Chief Gil Pridmore says that response time from the initial 911 call is usually 3 to 4 minutes.



The Department receives approximately 350 calls per year, mostly during the summer, of which 95% are medical - half of those are boating or vehicle accidents, the other half ranges from bee stings, broken bones and other traumas, cardiac and respiratory events, to drownings and suicides. The firefighters are qualified to treat all those emergencies and don't have to wait for an Air Ambulance or paramedic to arrive on scene. As with most modern fire departments, only a small number of calls are for actual fires.



The Department's service area for medical emergencies stretches from Monticello Dam to Wooden Valley Road and up Highway 128 to Nichelini Winery in the south to Berryessa Marina Resort in the North. The Pope Valley Volunteer Fire Department takes over north of Berryessa Marina. For fires, Capell Valley firefighters respond all the way to the north end of the lake and up Knoxville Road.





Department members are responsible for basic life support (BLS) services, but are not paramedics. However, they carry all the latest medical emergency equipment, including defibrillators. Some donated teddy bears are also along for the ride to help calm young children. For serious emergencies helicopter rescue comes in fifteen to twenty minutes from Concord, then a short fifteen minute flight to Queen of the Valley Hospital in Napa.



To become a Capell Valley Firefighter requires an initial three months of consecutive attendance at training classes on the third and fourth Tuesdays from 7-9 P.M. Any interested prospective members are welcome to come to those training nights. Anyone who is considering becoming a volunteer, as Sandy Storck, firefighter and office administrator, put it, "is more than welcome to pop in and stay and observe a training and ask any questions that they might have about becoming a member."

Funding of basic expenses comes through Napa County, but all members of the Department are unpaid volunteers. But don't let the "volunteer" designation fool you. They are all extremely well-qualified. Some have been professional firefighters and EMTs. Three members are swift-water rescue qualified. They all participate in monthly training programs with their colleagues at the California Department of Forestry. Whether it's ripping open junk cars with the jaws-of-life or fighting a real fire in an abandoned building, their training is extensive and ongoing. Additional training is also available through the Volunteer Firefighters Academy.

So thank them when you see them. They are a critical part of our life at Lake Berryessa.









The Capell Valley Volunteer Fire Department Team

Chief: Gil Pridmore

Assistant Chief/Training Officer: Byron Madole

Captain/Engineer: Todd Morrow, Cathy Pridmore, Matt Storck

Firefighters: David Immen, Lauren Jones, Romero "Junior" Jimenez, Robert "Bob" Lee, Cameron Pridmore, Cori Pridmore, Britt Reindl, Sandy Storck, Doug Stuart, Paul Wagner

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Pet Clinic in Pope Valley

A Pet Clinic with Sally the Valley Vet, sponsored by the Pope Valley Ropers and Riders, will be held Sunday, March 26, 10:00 A.M. to 1:00 P.M.

The clinic will be at the Pope Valley Farm Center, "Downtown PopeValley." Please bring your pets in a crate, on a leash or lead.

Dog and cat vaccines will be $6.00 each and horse vaccines will be $12.00 each.

Discounted heart wormer, flea and tick control products and horse wormer will be available. See you there!

The Napa Sheriff's Department WantsYou!

To help in the Third Annual Knoxville OHV Clean Up Day.
Sunday, April 23, 2006 Starting at 8 A.M

Don't miss this opportunity to help clean up one of the last Off Highway Vehicle and Shooting Areas in the North Bay. We will meet at the Information Center on Devil's Head Road, just off Knoxville Road. We have volunteers from all over Northern California coming to join in!!!

From the north end of Lake Berryessa at Putah Creek Resort continue on Knoxville Road for several miles. You'll traverse about 8 low water crossings which are very exciting when the water is flowing fast! Continue to Mile Post Marker 32.00. Turn left on the gravel road (Devil's Head Road) to the Information Center about 1/2 mile up.

BBQ lunch wwill be provided. Please RSVP by email so there will be enough food.

For more information email: mwarring@co.napa.ca.us

Important Community Telephone Numbers

All Life Threatening Emergencies, Phone 911 (This is how to reach the local volunteer fire departments in emergencies!)

Poison Control: (800) 222-1222
National Crisis Hotline: (800) 784-2433
Napa Emergency Women's Services: (707) 255-6397
Family Service of Napa Valley: (707) 255-0966

Local Agency Phone Numbers (707)

Capell Valley Volunteer Fire Department: 252-8434
Pope Valley Volunteer Fire Department: 965-2944
Napa County Fire Department: 967-1400
California Dept. of Fish & Game - Yountville Office: 944-5500
California Dept. of Forestry - Spanish Flat Station: 966-2344
Capell Valley Elementary School: 259-8434
Pope Valley Union School: 965-2402
Napa Valley Unified School District: 253-3715
Pope Valley Post Office: 965-3701
Sheriff's Department: 253-4451
Highway Patrol: 253-4906
Congressman Mike Thompson: 226-9898
Napa County Offices: 257-9500
Napa County Supervisors: 253-4386
Napa County Assessor: 253-4466
Napa County Tax Collector: 253-4311
Napa County Libraries:253-4242
Napa County Postal Service: 275-8777
Napa Valley College: 253-3000

Lake Berryessa Chamber of Commerce Meeting

The Chamber Board of Directors will meet on Monday, March 27, at 7 P.M. at the Berryessa Senior Center. Agenda items will include the next steps in the public relations/advertising program and an envelope-stuffing and labelling party. All community members are welcome to attend.

Calendar of Events Around Lake Berryessa

Senior Center Crafts
Every 2nd & 4th Wednesday of each month
Call Mary at 966-2254 or Georgia at 966-2127
Every Monday – Bingo – 1 PM til??
Every first Monday is Bingo Pot Luck – Starts at Noon. 252-8488
Seniors Pot Luck
Every 3rd Friday Night – bring a dish. 966-2267
Senior Center – Call 966-0206 or 966-2127 (Please leave a message)
Valley Christian Church
Weekly Bible Study on Monday nights, 7:30 until 8:30 PM.
Currently meeting at the Community Church across from the Corners.
For more information call 257-0527.
Weekly Berryessa Youth Meeting on Wednesday nights, 7:00 PM at the Vol. Fire Station. For more information call Gina Hamilton, 966.2816
Sufi Center ~ Meditation & Healing Circle - Pope Valley
Every Thursday - 7pm ~ Every Sunday - 6pm
1st Sunday of every month - Pot Luck - 4pm to 6pm
Info - Call 707-965-0700, 2950 Pope Valley Canyon Rd.

Get your event on the calendar by calling 966-3806 or 287-6240
Email shirllbnews@sbcglobal.net or pkilkus@aol.com.

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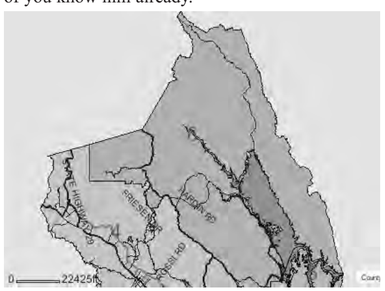
The Sheriff's in Town

The Napa County Sheriff's Department started in the 1850's shortly after California was made a state. The county lines changed several times before settling on its current boundaries, which consist of 794 square miles. Napa County's first Sheriff, Sheriff McKimmey, was elected in 1853.

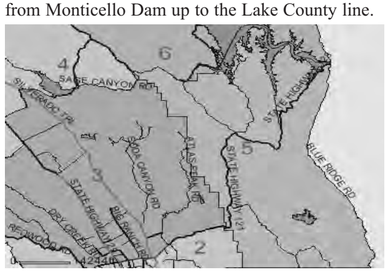
Since that time, there have been twenty-five Sheriffs, with the last three being Sheriff/Coroners. Our current Sheriff/Coroner is Sheriff Gary L. Simpson, first elected in 1987. Sheriff Simpson, who is retiring in a few months, spoke to The Lake Berryessa News about our area.

Sheriff Simpson said that during the off-season, there is no difference in enforcement issues in the Greater Lake Berryessa Region compared to any other part of the county. The usual force assigned to the area is three deputies and a sergeant. Unfortunately, response times are generally about thirty minutes due to the distances involved.

The Sheriff's Department has an agreement with the CHP to have an officer, Jeff Dunlop, assigned to this area. There is also a specific Deputy Sheriff, Matt Macomber, assigned to the Berryessa area to become familiar with the local people and businesses. He lives in the Berryessa Highlands and many of you know him already.



Lake Berryessa and the east County are divided into two "Beats", Beat 5 and Beat 6. The division of the Beats is simply based on workload and geography. Beat 6 runs north of Hwy 128 east and west from Monticello Dam up to the Lake County line.



Beat 5 runs along the south end of the lake defined by Hwy 128 east and west from Monticello Dam past Steele Park and the Corners to Lower Chiles Valley Road and south to the Napa/Solano line.

Sheriff Simpson said that his biggest enforcement issues occur during the summer season. Sixteen deputies, sometimes up to twenty, are assigned for a summer weekend - especially a holiday. His overtime budget is all due to the added summer work.

The Pope Creek Bridge and Putah Creek area cause the biggest problems. There are often 200 citations issued at the Pope Creek Bridge on a busy summer weekend. They can control the situation on the water relatively easily. The main problem is on land around the bridge due to under age drinking and gang-banger types drawn by the area's party reputation. Hopefully, strict law enforcement, as was done last year, will again minimize the negative effects on law-abiding recreationists.

The Sheriff said that, as in many rural areas, there is drug-related activity - especially marijuana-growing and methamphetamine production and sale. Strict enforcement is intended to minimize those problems, and there will be undercover narcotics agents mixing with the crowds at the bridges this summer.

There is excellent cooperation among all local agencies. Volunteer Fire Departments provide first-responder support for accidents and medical emergencies. The Sheriff's Department provides search and rescue functions as needed.

The Sheriff's boat patrol looks like a plum job, and they do get volunteers to patrol in the boat and on the jet skis. But the Sheriff wanted to make sure we understood that lake patrol is not a vacation. The boat can beat the deputies to death after 10 hours a day being bounced around by rough water. And although jet skis can be fun for most of us, patrolling the mass of party boats for many hours in the sun on weekends is not particularly easy duty.

Pluck Your Magic Twanger, Froggy (Does Anyone Remember That?)

A frog goes into a bank and approaches the teller. He can see from her nameplate that her name is Patricia Whack.

"Miss Whack, I'd like to get a $30,000 loan to take a holiday."

Patty looks at the frog in disbelief and asks his name. The frog says his name is Kermit Jagger, his dad is Mick Jagger, and that it's okay, he knows the bank manager.

Patty explains that he will need to secure the loan with some collateral. The frog says, "Sure. I have this," and produces a tiny porcelain elephant, about an inch tall, bright pink and perfectly formed.

Very confused, Patty explains that she'll have to consult with the bank manager and disappears into a back office.

She finds the manager and says, "There's a frog called Kermit Jagger out there who claims to know you and wants to borrow $30,000, and he wants to use this as collateral."

She holds up the tiny pink elephant. "I mean, what in the world is this?"

The bank manager looks back at her and says,

"It's a knickknack, Patty Whack. Give the frog a loan. His old man's a Rolling Stone."

Wedding Anniversary

A husband was in big trouble when he forgot his wedding anniversary. His wife told him "Tomorrow there better be something in the driveway for me that goes zero to 200 in 2 seconds flat".

The next morning the wife found a small package in the driveway. She opened it and found a brand new bathroom scale. Funeral arrangements for the husband have been set for next Saturday.

2004 - 2005 Statistics for Beat 5

Category	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Total
Homicide	0	0	0	0	0	0	0	0	0	0	0	0	0
Rape	0	0	0	0	0	0	0	0	0	0	0	0	0
Robbery	0	0	0	0	0	0	0	0	0	0	0	0	0
Assault	1	4	2	1	1	0	0	1	0	0	3	0	13
Burglary	1	12	5	8	2	1	2	0	2	4	1	0	38
Larceny	2	1	2	3	2	2	1	5	5	1	3	0	27
M.V. Theft	0	0	0	0	0	0	0	0	0	0	0	0	0

2004 - 2005 Statistics for Beat 6

Category	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Total
Homicide	0	0	0	0	0	0	0	0	0	0	0	0	0
Rape	1	1	0	0	0	0	0	0	0	0	0	0	2
Robbery	0	0	0	0	0	0	0	0	0	0	0	0	0
Assault	3	3	0	1	0	0	1	1	3	1	5	0	18
Burglary	2	6	5	4	2	0	1	1	1	0	2	0	24
Larceny	6	3	3	2	0	2	1	1	7	4	8	0	37
M.V. Theft	0	0	0	0	0	0	0	0	0	0	1	0	1

The BRBNA and Lake Berryessa

How long can a name get and still fit on a grant application? Well, the Blue Ridge Berryessa Natural Area Conservation Partnership (www.brbna.org) has a long name, but it's work stretches over a long distance. The BRBNA includes the rugged, natural landscapes and rangelands of the Putah and Cache Creek watersheds. The BRBNA is bounded on the east by the Capay and Sacramento Valleys, on the west by the Clear Lake basin and the Napa River watershed, on the north by the Mendocino National Forest, and extends southward towards Interstate 80 in Solano County. It includes all of the Greater Lake Berryessa Region and will have significant influence on the future recreational development of our area. Although some members are decidedly less enthusiastic about motorized recreation than the typical resident of or visitor to the Lake Berryessa region, the Partnership's positive goal is to open up vast areas of land to additional visitors seeking enjoyment of nature through hiking, camping, kayaking, and horseback riding. There are some fantastic maps on their web site.

The BRBNACP promotes the conservation and enhancement of the expansive landscape that comprises the BRBNA by encouraging the sensitive management of its natural, agricultural, recreational, archeological and historical resources. As a voluntary and inclusive organization, the BRBNACP facilitates coordination and collaboration among its public, private, and nonprofit partners; provides research, information, and education services to partners; and conducts outreach to the public.

Five principles guide the activities and decisions of the Partnership:

1.Preserve, protect and enhance natural resource values of the BRBNA including its lands, wildlife, plants, creeks, and waters.
2.Support conservation-based land-use activities and sustainable economic development.
3.Respect the rights of private landowners.
4.Encourage resource-compatible, non-growth-inducing recreation facilities on public lands.
5. Consider all positions on an issue, but only support activities when the Partnership has reached consensus.

Of specific immediate interest to local residents is the work of the Trails and Recreation Committee.

VISION: A natural area which is a mosaic of conservation and recreation lands, and working landscapes linking Lake Berryessa to the Blue Ridge and to the creeks, hills, valleys, and communities within the Putah and Cache Creek watersheds.

MISSION: "Connecting People to Nature"
To promote opportunities to enjoy the area's unique recreation resources, while fostering respect, sustainable use, and active community stewardship in the conservation of the region's natural resources and unique biodiversity.

PRIMARY GOAL: Promote trails and other nature-based recreation, while also encouraging resource conservation, protection of the natural values of the BRBNA, and respect for private property.

Objectives: Support the creation of a regional trail system on recreation lands, providing hiking, biking, and horseback-riding opportunities and appropriate nature-based recreational facilities for both day use and backcountry experiences. Encourage balanced water based recreation considering both the interest and need for quiet areas for hiking, fishing, paddling, swimming and enjoying nature around the lakeshore and throughout the BRBNA, and the desire for motorized boating.

The McLaughlin Reserve

Another special resource in the Lake Berryessa area is the Donald and Sylvia McLaughlin Natural Reserve - one of few sites in California that protects unusual serpentine habitats. Chemically hostile to most plants, serpentine deposits cover one third of the reserve, creating islands that support rare and endemic plants, which have adapted to these harsh soils, and numerous associated endemic insects. Where there are nonserpentine soils, the vegetation shifts suddenly to more typical coast range habitats, including riparian woodland, blue oak woodland and savannah, grassland, and chaparral. The reserve and adjacent lands are owned by the U.S. Bureau of Land Management (BLM), California Department of Fish and Game (DFG), and the Homestake Mining Company. Homestake is in the process of decommissioning an innovative open-pit gold mine which includes extensive reclamation of disturbed lands. The reserve is the repository of over 20 years of environmental monitoring data collected by Homestake. The McLaughlin Reserve is open to use for qualified research and educational purposes. The reserve is located on Berryessa-Knoxville Road near the Knoxville Off Highway Vehicle Area. The Reserve offers public lectures and hikes. The example below coincides with the Knoxville OHV Area Cleanup announced on Page 3 of this issue. Why not do them both? Go to http://nrs.ucdavis.edu/McLaughlin/ for more information.

April 23, Sunday: HIKE: Sensitive Plant Canyon

This wildflower hike will start from a BLM road inside the Knoxville Recreation Area (about 20 miles east of Lower Lake) and take us down Sensitive Plant Canyon on an old jeep road. Join plant guru Joe Callizo in exploring the extraordinary springtime treasures of this area amidst serpentine barrens, chaparral, and old mine sites. Wear sturdy shoes, bring plenty of water, and wear your sun hat. Most of the hike is downhill. Hiking pace will be slow, with lots of looking at plants and wildflowers.

To sign up, contact Cathy Koehler or Paul Aigner at (707) 254-1509 or mclaughlin@ucdavis.edu (please include your phone # in your email).

EuroEnglish (Reminds Me of My Son's Unique Spelling Talents)

The European Union commissioners have announced that agreement has been reached to adopt English as the preferred language for European communications, rather than German, which was the other possibility. As part of the negotiations, Her Majesty's Government conceded that English spelling had some room for improvement and has accepted a five-year phased plan for what will be known as EuroEnglish (Euro for short).

In the first year, "s" will be used instead of the soft "c". Sertainly sivil servants will resieve this news with joy. Also, the hard "c" will be replased with "k". Not only will this klear up konfusion, but typewriters kan have one less letter. There will be growing publik enthusiasm in the sekond year, when the troublesome "ph" will be replaced by "f". This will make words like "fotograf" 20 persent shorter.

In the third year, publik akseptanse of the new spelling kan be expekted to reach the stage where more komplikated changes are possible. Governments will enkorage the removal of double letters, which have always ben a deterent to akurate speling. Also, al wil agre that the horible mes of silent "e"s in the languag is disgrasful, and they would go.

By the fourth year, people wil be reseptiv to steps such as replasing "th" by "z" and "w" by "v". During ze fifz year, ze une-sesary "0" kan be dropd from vords kontaining "ou" and similar changes vud of kors be aplid to ozer kombinations of leters.

After ze fifz yer, ve vil hav a reli sensibi riten styl. Zer vil be no mor trubls or difikultis and evrivun vil find it ezi tu understand ech ozer.

Ze drem vil finali kum tru.

Hummingbirds part 3. Research shows that this set point is actively maintained by the bird's internal thermostat. "If you try to cool an animal down below this new set point, it will generate enough body heat to maintain that set point," says Sara Hiebert, hummingbird expert and associate professor of biology at Swarthmore College in Swarthmore, Pennsylvania. There are several types of torpor, classified mostly by duration and season. For example, when torpor takes place for long periods of time during the winter, it is known as *hibernation*. However, unlike hibernation, hummingbird torpor can occur on any night of the year so it is referred to as *daily torpor* or *noctivation*. Because tropical hummingbird species also have rigid metabolic budgets, even they rely on daily torpor to conserve energy. Torpid hummingbirds exhibit a slumber that is as deep as death. In 1832, Alexander Wilson first described hummingbird torpor in his book, **American Ornithology**; "No motion of the lungs could be perceived ... the eyes were shut, and, when touched by the finger, [the bird] gave no signs of life or motion."

Awakening from torpor takes a hummingbird approximately 20 minutes. During arousal, heart and breathing rates increase and hummingbirds vibrate their wing muscles. Heat generated by vibrating muscles, or shivering, warms the blood supply. Shivering is sufficient to warm the hummingbird's body by several degrees each minute and the bird awakens with enough energy reserves to see him through to his first feeding bouts of the morning. Interestingly, hummingbirds reliably awaken from torpor one or two hours before dawn without any discernible cues from the environment. Thus, it appears that the bird's internal circadian clock triggers arousal. What are hummingbirds doing during those pre-dawn hours when they are warm but not yet active? "One suggestion is that they might be using this time to sleep," explains Hiebert. "Although there is some evidence that torpor is an extension of slow-wave sleep, there is also evidence that the body is too cold during torpor for the normal functions of sleep to occur."

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Torpor is not limited to hummingbirds; it has also been observed in swallows, swifts and poorwills. Additionally, scientists think that most small birds living in cold regions, such as chickadees, rely on torpor to survive long cold nights. Interestingly, even though rodents, bats and other small mammals typically show some form of regulated hypothermia during cold weather, these animals can only rely upon daily torpor during the winter months when they are not breeding. In contrast, noctivation is possible on any night of the year for hummingbirds. Because daily energy balance is progressively more difficult to maintain as body size decreases, hummingbird torpor is a finely tuned evolutionary strategy that preserves these birds' daily metabolic budgets.

"Hummingbirds are the 'champions' of this kind of energy regulation because they have to be," concludes Hiebert. (Last in Series)

Sweet & Sour Spareribs

1pkg. spareribs, bone in
¼ c. Terriyaki Sauce
1 c. Ketchup
¼ c. Vinegar
½ tsp. garlic powder or
2 cloves garlic chopped
¼ tsp.chili powder
½ tsp. onion pwder or ½ onion diced
2 tbsp. sugar
2 tbsp. cornstarch
1 small can pineapple chunks
with juice.

Mix all ingredients and pour over ribs and bake at 350 for aprox. 2 hours until tender. Halfway through, baste the ribs and add 1 small bell pepper cute in bite size, pepper optional. ~ By Shirl

French Dressing

½ c. Sugar
¼ c. water
¼ c. vinegar
¾ c. Ketchup
1 c. Olive oil
1 tsp. Salt & pepper to taste

Unless you can love, as the angels may, with the breadth of heaven betwixt you;
Unless you can dream that his faith is fast, Trough behoving and unbehoving;
Unless you can die when the dream is past-
Oh, never call it loving!
ANGEL

Navy Bean Soup

1 c. navy beans
4 c. boiling water
1lb. Hamburger or Ham diced
1 Onion, diced
2 carrots, sliced
2 ribs of chopped celery
1 potato diced
1 Clove garlic chopped
Salt & Pepper to taste

Soak bean in water over nite, drain well & place ingredients in a crockpot; cook on low 8 hrs.

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DAM LEVEL UPDATE

The elevation of the spillway (Glory Hole) at Monticello Dam is 440 feet.
The water is now 1.93 *feet above* the top of the spillway
Lake Berryessa has had 36.58 inches (as of 2/26/06) of rainfall since July 1st, 05
As reported by Carlos Jeffreys of The Corners

Date	Elevation	Evaporation	High	Low
3/6/06	443.39	.00	52	40
7	.32	.00	57	40
8	.04	.00	60	35
9	442.73	.03	60	37
10	.45	.09	58	32
11	.17	.02	49	29
12	441.93	.05	54	34

Glory Hole Goes Over for a 2nd time in one Winter Season!
On 2-27-06, 1.28 over the spillway
On Sat. Dec. 31st at 8am.
Rain reported by Carlos Jeffreys of The Corners
Carlos on vacation this week, **Gone To Arizona**

DID YOU KNOW?

ABOUT DRINKING WATER
The following will probably amaze and startle you..
One glass of water shuts down midnight hunger pangs for almost 100% of the dieters studied in a University study.
Lack of water is the #1 trigger of daytime fatigue.
Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or
Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

HAPPY BIRTHDAY To All IN MARCH

Ken Pridmore 2nd
Marlene Lines 4th
Pat F. O'Donnell 8th
Jaynee Caruso 12th
Billie Wellington 21st
Dolores Atkinson 22nd
Laurel Hamilton 28th
Hilda Bettinelli
Foster Clark
Andy Cole
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Maxine on "Driver Safety"
"I can't use the cell phone in the car. I have to keep my hands free for making gestures."....

Maxine on "The Perfect Man"
"All I'm looking for is a guy who'll do what I want, when I want, for as long as I want, and then go away. Or wait nearby, like a Dust Buster, charged up and ready when needed."
Maxine on "Aging"
"Take every birthday with a grain of salt. This works much better if the salt accompanies a Margarita."

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A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or
Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

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Ha! Ha! Harvey
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FOR THE HUSBAND
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2006 Lake Berryessa Calendar of Events

You are invited even though you are not a Member of the Organization sponsoring the Event. All are open to the public. Hope to See You There!

Date	Event & Sponsoring Organization
4-13	Day Trip ~ Indian bingo for the Day *
4-21	Potluck ~ Berryessa Senior Center 6:pm *
5-6/7	Putah Creek Triathlon ~ Envirosports
5-20	Breakfast Potluck ~ Berryessa Senior Center 9 til 11:30 *
5-22	Lake Berryessa Chamber of Commerce - 7 pm
6-3	Davis Masters Swim Meet - Oak Shores
6-17	Early Releases wine ~ Berryessa Senior Center Cheese, Olive Oil, & Food tasting. Sat. 4-til 7pm *
7-15	Flea Market (Rent tables) Berryessa Senior Ctr., 10-4pm
7-22	Casino Night ~ Pasta Dinner, Berryessa Senior Center Big Raffle ~ 5:30 to 10pm *
8-5	Craft Faire (Rent Tables) Berryessa Senior Center * 10am to 4pm Lunch Available
8-5	Poker Run ~ Berryessa Chapter of the Lions Club *
8-19	Bring Your Own Meat B.B.Q. Berryessa Senior Ctr. Chef Paul will cook it if you wish. Sat. 4pm. *
9-15	Potluck ~ Berryessa Senior Center 6pm. *
10-20	Potluck ~ Berryessa Senior Center 6pm. *
11-17	Thanksgiving Dinner (Potluck) & Turkey Raffle 6pm. *
12-4	Pirate Bingo & Potluck ~ Berryessa Senior Ctr. 12 noon ~ Bring a New $5.00 Gift to Play.
12-15	Christmas Dinner (Potluck) ~ Berryessa Senior Center * Bring a new $10. Gift for Exchange. 6pm.

Every Mon. Bingo 1pm, 252-8488, &
1st Mon. of each month Potluck 12 noon*

*Berryessa Senior Center Activities, Call Georgia at 966-2127
*Potlucks, Call Pat at 966-2267 or 966-0206 (Please leave a message.)
*Lions Club, 966-1413

The Berryessa Seniors would like to have a Bus Trip (Overnite) to Reno in the early Spring. How many of you are interested? It usually runs about $80.00 (based on double occupancy) and includes transportation. Some Comps & Hotel Room. You don't have to be a member to go.



The Lake Berryessa News

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April 6 - April 19, 2006

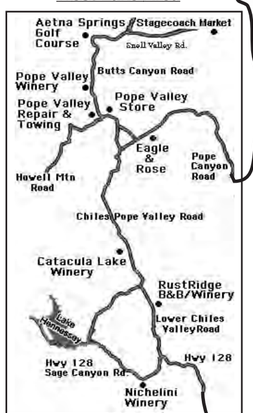
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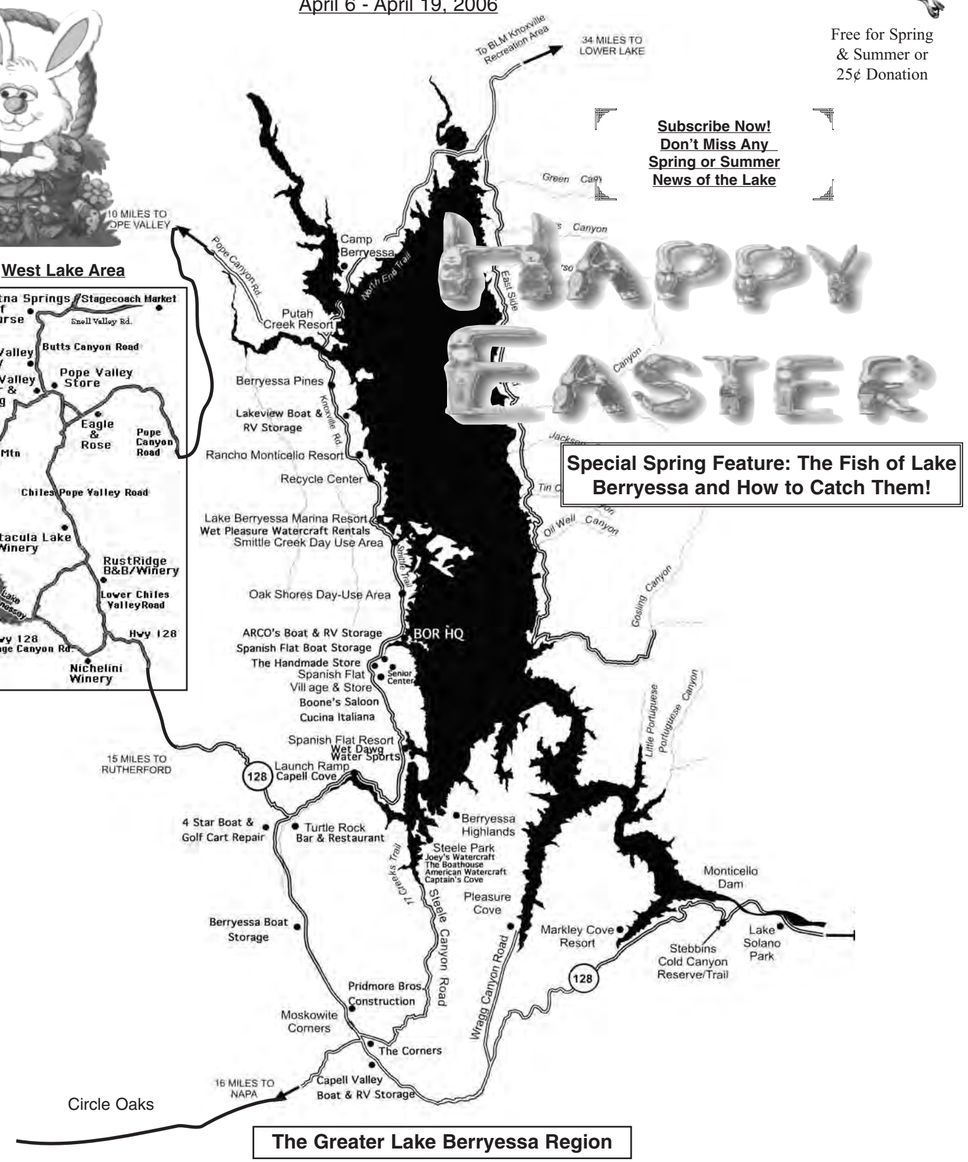


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West Lake Area





Special Spring Feature: The Fish of Lake Berryessa and How to Catch Them!

The Greater Lake Berryessa Region

The Lake Berryessa News

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An Independent Community Newspaper

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Please send us your Letters to the Editor, Articles, Birthdays & Anniversaries, Jokes, Recipes, Poems, and Fishin' Stories (and Advertising, of course)!

Contact Shirl at: 707-966-3806 or
707-287-6240 (Cell & Messages)
Email(new): Shirllbnews@sbcglobal.net

Contact Peter at: 415-307-6906 (Cell)
Email: PKilkus@aol.com



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Happy Easter

The Lake Berryessa News wishes you and your families and friends a very Happy Easter! We wish we could give you the blessing of an end to the rain, but that's up to a greater power.

Mountain Lions Yet Again

Regular readers of The Lake Berryessa News know of the mountain lion sightings above the Berryessa Highlands. Well, it happened again. I was driving home from jet skiing last week at 9:30 PM. Above the end of Rimrock Road where I saw an adult lion and my neighbor saw a mother and two cubs a few months ago, I rounded a curve and came upon a large cub. I stopped and it stayed in the road in my headlights looking at my car and moving its head back and forth as if it were trying to see beyond the lights. Then I saw the second cub come down the side of the hill.

They both stood looking at my car curiously - moving their heads back and forth. They seemed to get bored and started walking up the road towards my house and I slowly followed (on battery power so there was no engine noise). I thought about getting my video camera from the back of the car but decided against getting out in case Mama lion was around. After about 100 feet walking in front of me and looking back every now and then, they walked up the right side of the road and into the dark. They looked more scruffy than cute and were just under 2 feet tall, about 50 pounds with long curling thick tails.

Lake Berryessa Chamber of Commerce Directory Released

The Chamber mailed out 1,000 copies of its new 2006 Directory listing information on more than 50 local bussinesses and community groups. We have a few copiesleft. If you'd like one call me at 451-307-6906 or email me at pkilkus@aol.com.

See Lake Berryessa In Real Time!

You can find the latest Berryessa weather forecast on The Lake Berryessa News web site (www.LakeBerryessaNews.com). Now you can actually see what that weather looks like. Go to the Gallery/Webcam page at www.RanchoMonticelloResort.com or directly to www.ranchomonticelloresort.com/webcam.html.

County Offers Free Debris Chipping

Napa Firewise, the County's wildland fire prevention program, is once again sponsoring a free chipping program for County residents living in high fire risk areas. Residents in the Berryessa Highlands area are encouraged to participate. The deadline to register and have cut piles ready is April 18 .

Information on defensible space planning can be found on the Firewise website at www.co.napa.ca.us/firewise or by calling 707-967-1400 ext. 126.

Follow these easy guidelines to participate in the chipping program:

1. Residents must first call the Napa Firewise Chipper Hotline at (707) 967-1400 ext.126 to register for the program before April 18th. Leave the following information: Contact name, phone number, mailing address and parcel (APN) number.

2. Maximum pile size allowed is 20 feet long by 6 feet high.

3. Materials to be chipped should be left at the public road location by the date indicated. All cut ends must face in one direction to expedite chipping.

4. The chipper will ONLY take stock that is 1/2 inch to 6 inches in diameter. The chipper WILL NOT ACCEPT vine materials such as poison oak, blackberry bushes, garbage or anything that could bind up the machinery.

5. Unacceptable materials or late piles will be left behind for the residents to dispose of. You must call the chipping hotline to participate prior to the due date for your area.

6. The chipped materials will be left on the ground to decompose. Residents are encouraged to recycle these materials as part of their Firewise landscape plans.

7. If you have any further questions, please contact Shelly Engleman, Napa Firewise Coordinator, at (707) 257-9378 or sengleman@cityofnapa.org.

Fishing with Sid

March was the wettest month on record and needless to say the lake is full. The photo below is of the father and son team, David and Andrew, who fished with me a week ago. We caught trout and bass. The largest bass weighed a little over three pounds. The next day Jerry went out with me and landed an 8.5 pound bass using a watermelon red Senco with brass and glass.

On Friday I took Tim out. The weather conditions were not the greatest, it was windy and wet most of the day. Our first stop was in one of my favorite coves for small mouth bass. It took Tim approximately five minutes to catch two bass. We continued to use brass and glass. He came equipped with an Accuvue and a GPS to find the fish and mark the locations. Unfortunately the water only had about a foot and a half of visibility.

On Saturday the wind was howling and it rained heavily off and on most of the day. In the late afternoon it settled down and my wife and I ventured out to my favorite cove and she showed me up by catching fish left and right. Sunday was a beautiful spring day and we started out fairly early and went to the big island.

My wife was using a watermelon Senco with brass and glass and yelled to me that she was stuck then she yelled no it's a fish I grabbed the net and headed towards the stern where I saw this huge largemouth bass jump out of the water. My wife reeled the fish to the back of the boat and within inches of netting it her line broke. This is the second time that a ten pound plus fish broke off before we could net it.

Good news, if you see Dino at Spanish Flats and give him a ten dollar tip he will show you on a map where they dumped 1,000 weighted christmas trees in the lake. If you have any fishing stories you would like to share please email me at bestguide@hotmail.com. Come visit us and look at pictures at www.fishingconnection.net 'til next week.....good fishing!!!!!!!!!



Bubba and Junior were standing at the base of a flagpole, looking up. A blond lady walked by and asked what they were doing.

"We're supposed to find the height of the flagpole," said Bubba, "But we don't have a ladder."

The woman took a wrench from her purse, loosened a few bolts, and laid the pole down. Then she took a tape measure from her pocket, took a measurement and announced, "Eighteen feet, six inches," and walked away.

Junior shook his head and laughed. "Ain't that just like a dumb blond? We ask for the height, and she gives us the length."

Bubba and Junior are currently doing government work supervising the reconstruction of those New Orleans levees.

A Few Good Darwin Awards

Named in honor of Charles Darwin, the father of evolution, the Darwin Awards commemorate those who improve our gene pool by removing themselves from it.

- An unidentified man, using a shotgun like a club to break a former girlfriend's windshield, accidentally shot himself to death when the gun discharged, blowing a hole in his gut.

- A terrible diet and a room with no ventilation are being blamed for the death of a man who was killed by his own gas. There was no mark on his body but an autopsy showed large amounts of methane gas in his system. His diet had consisted primarily of beans and cabbage (among other things). It was just the right combination of foods. It appears that the man died in his sleep from breathing the poisonous cloud that was hanging over his bed. Had he been outside or had his windows been opened, it wouldn't have been fatal, but the man was shut up in his near airtight bedroom. According to the article, "He was a big man with a huge capacity for creating 'this deadly gas." Three of the rescuers got sick and one was hospitalized.

- Poacher Marino Malerba shot a stag standing above him on an overhanging rock-and was killed instantly when it fell on him.

- A fisherman was swept away from the wild West Coast beaches of Auckland, pushed to sea by 12-foot swells encountered after ignoring warnings of the impending danger. A Surf Lifesaver reported seeing the man standing and fishing as swells broke over his head in the wake of the oncoming gale. He is not the first fisherman to drown recently off the West Coast beach. Another man tied himself to the rocks to prevent being swept away, and was drowned by the incoming tide.

****

If at first you don't succeed, skydiving is not for you.

****

Give a man a fish and he will eat for a day.
Teach him how to fish, and he will sit in a boat and drink beer all day.

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Special Spring Feature: The Fish of Lake Berryessa

Bass

Because of the technique and skill required to catch these fish, and the thrill of hooking a large one, many anglers consider bass to be the ultimate game fish of Lake Benyessa. The largemouth (15-20 inches) is slightly larger than the smallmouth (12-18 inches), and both fish spawn in the spring, when they can be found feeding in shallow areas for most of the day.

To fish for bass, it is important to know some basic information about their feeding habits. In the summer, bass generally spend their days and nights resting in deeper water, but they move to shallow warm water to feed in the morning and evening. These areas usually have vegetation or other structures that attract minnows, flies, or other small creatures which bass feed on. In addition, these shallow areas tend to be close to the deep waters where bass rest - therefore, many anglers fish for them along points or steep ridges, and the shallow vegetated areas along their edge. Fishermen often say that rocky points, floating vegetation, docks, or coves filled with trees are prime bass habitats.

Another tricky part about bass fishing is finding the right bait. Every angler seems to have their own belief about the best bass lure. The most popular seem to be floating plugs, spinner baits, rattling lures, plastic worms, or a simple live worm or minnow. Whichever bait you use, fishing for bass is sure to be an exciting experience if you keep their feeding habits in mind.

Trout and Salmon

Trout and salmon, traditionally regarded as cold water fish, are inhabitants of the deep, open waters of Lake Berryessa, and can often reach "trophy" sizes of more than 10 pounds (the average size is 2-4 pounds). These fish are best caught by trolling - dragging a spinner or minnow on a line behind a slow moving boat in open water - a method made easier with the help of a downrigger or fish finder.

During the spring, trout and salmon swim at depths around 15-20 feet. In the summer they are generally found below 40 feet. Another method used to catch trout or salmon is to drift a minnow, nigh tcrawler, or salmon eggs in open water using a bobber. Shore fishing has proven less successful for these fish, but it is possible during the spring when the water temperatures are still cool.

Fly fishing is rarely practiced at Lake Berryessa, but it is possible in Upper Putah Creek, and is extremely popular below the dam in Lower Putah Creek. Time, patience, and experience are all necessary to catch these fish.

Rainbow trout are the most common trout species; however brown trout and brook trout also exist. Landlocked steelhead are native to the region, and spawn in Upper Putah Creek during the spring months. Several other types of salmon also exist in the lake: chinook salmon and kokanee salmon, which were recently introduced near Markley Cove. All other trout are stocked annually.

Crappie and Bluegill

Crappie and bluegill, collectively known as "panfish", are two of the more popular game fish in Lake Berryessa. Although they are small in size, they remain popular for anglers because of high daily limits for both fish. Bluegill, and their relative the red-eared sunfish, are the smallest of Berryessa's game fish (less that .5 pounds). These ideal beginner fish exist in high abundance and are easily caught in nearly any shallow cove, weed bed, or dock area.

They generally live in small schools, and feed on native flies and small minnows. Bluegill are best caught with a bobber and a small hook holding a piece of nightcrawler or minnow. Although they are most prevalent during the warm summer months, they can be found year-round in most shallow areas (less than 6 feet). Crappie (pronounced crop-ie), are slightly larger than bluegill (1.5 pounds maximum), and are popular because of their flaky, white meat.

These fish can be hard to find, especially during the summer when they move to deeper water. However, as any angler would report, where there's one, there are more. Crappie run in schools, making large crappie catches relatively common. Crappie are best caught in the spring, under coverings such as a dock, vegetation, or a fallen tree. For the best luck, try using a red and white mini-jig or a bobber with a minnow to lure these elusive fish.

Catfish

Catfish, the bottom feeders of Lake Berryessa, are abundant and easily caught in nearly every part of the lake. The channel and bullhead catfish are the most common species, although the white catfish also exists. Dead organic matter is the normal diet of catfish. The average size for these fish is 2-4 lbs, however they can grow enormous in the deeper parts of the lake, often exceeding 20 pounds.

Many anglers say that catching catfish requires the least skill of any type of fishing. The one method which nearly all anglers use to catch catfish is to simply sink natural bait to the bottom of the lake, keep the line taught, and wait for a bite. The baits most widely used include nightcrawlers, chicken livers, clams, hot dogs, or anything with a strong odor. Placing a small bell or bobber at the end of a taught line, which alerts the anger to the fish's strike, makes fishing for catfish a carefree and widely successful experience.

There are a few feeding habits of catfish that an angler should keep in mind. Although they feed all day long, catfish are most active during the night, which is why anglers generally wait until the sun sets to lure these fish in shallow water (10-20 feet). If you do fish for catfish during the day, keep in mind that they will be best found in deeper water (30 feet or more). Whichever way you fish for catfish, you will likely be surprised by the good luck you will have here at Lake Berryessa.

Other Fish at Lake Berryessa

Although not generally popular among anglers, Lake Berryessa supports several other types of fish besides the common game fish. The most prevalent of these is the carp, a large orange colored fish, in the same family as goldfish, which feeds on organic matter. Originally from Asia, carp are the most widespread introduced fish species in U.S. lakes and streams, and tend to compete with native fish for food and space. Carp can often be seen circling among the weeds in nearly every shallow cove around Lake Berryessa.

They feed by stirring up the mud and capturing the organic matter which escapes. One of their favorites is fish eggs, which makes them especially unpopular among anglers. Although often regarded as inedible by local anglers, carp are considered a delicacy in many cultures, and put up a thrilling fight when hooked.

Another fish which Benyessa supports is the native Sacramento squawfish, often referred to as the "pikeminnow". These large silver fish are actually giant minnows, and often fool angers who are pursuing the more popular trout or bass. They are often considered inedible because of their bony meat, but, like the carp, they put up a strong fight for the angler who hooks them. Berryessa contains a wide array of minnows, including the golden shiner and the threadfin shad. Lake Berryessa's waters also support many other species of fresh water organisms including crayfish, clams, and otters.

****

TEACHER: Simon, do you say prayers before eating?
SIMON: No sir, I don't have to, my Mom is a good cook.



Morning Commute on Steele Canyon Road!
Thanks to Bette Maron (zen-me@interx.net). See more of Bette's photos at www.lakeberryessanews.com

Thanks to Emilio Arco for sending in this 1964 photo of Sugarloaf Park. Emilio just opened Arco's Boat & RV Storage on the old site.



Calendar of Events Around Lake Berryessa

Senior Center Crafts
Every 2nd & 4th Wednesday of each month
Call Mary at 966-2254 or Georgia at 966-2127

Every Monday – Bingo – 1 PM til??
Every first Monday is Bingo Pot Luck – Starts at Noon. 252-8488

Seniors Pot Luck
Every 3rd Friday Night – bring a dish. 966-2267

Senior Center – Call 966-0206 or 966-2127 (Please leave a message)

Valley Christian Church
Weekly Bible Study on Monday nights, 7:30 until 8:30 PM.
Currently meeting at the Community Church across from the Corners. For more information call 257-0527.
Weekly Berryessa Youth Meeting on Wednesday nights, 7:00 PM at the Vol. Fire Station. For more information call Gina Hamilton, 966.2816

Sufi Center ~ Meditation & Healing Circle - Pope Valley
Every Thursday - 7pm ~ Every Sunday - 6pm
1st Sunday of every month - Pot Luck - 4pm to 6pm
Info - Call 707-965-0700, 2950 Pope Valley Canyon Rd.

Get your event on the calendar by calling 966-3806 or 287-6240
Email shirllbnews@sbcglobal.net or pkilkus@aol.com.

The Napa Sheriff's Department WantsYou!
To help in the Third Annual Knoxville OHV Clean Up Day.
Sunday, April 23, 2006 Starting at 8 A.M

Don't miss this opportunity to help clean up one of the last Off Highway Vehicle and Shooting Areas in the North Bay. We will meet at the Information Center on Devil's Head Road, just off Knoxville Road. We have volunteers from all over Northern California coming to join in!!!

From the north end of Lake Berryessa at Putah Creek Resort continue on Knoxville Road for several miles. You'll traverse about 8 low water crossings which are very exciting when the water is flowing fast! Continue to Mile Post Marker 32.00. Turn left on the gravel road (Devil's Head Road) to the Information Center about 1/2 mile up.

BBQ lunch wwill be provided. Please RSVP by email so there will be enough food.

For more information email: mwarring@co.napa.ca.us

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The Following Notice Was Posted on the Internet on April 1, 2006!
(And remember that everything you read on the Internet must be true!)

Bureau of Reclamation Releases Plans to Raise Monticello Dam

BOR officials announced that, after decades of rumors, Monticello Dam will finally be raised 10 feet as part of their redevelopment plan for Lake Berryessa. Although the rising lake level will help in removing trailers from the seven resorts by floating them away, this is not the primary goal of the plan. Napa County signed away most of its water rights to the lake and now Solano County is being pressured by Budweiser to supply more water to its brewery. To protect sensitive wildlife habitat (and some private property), the BOR will build a 15 foot tall dike around the shoreline. The Sierra Club, which originally agreed to help fund a 165 mile trail around the lake, agrees that the dike should be the trail: a win-win multi-use solution. Per Congressman Mike Thompson, since it will be funded at taxpayer expense, the dike will be wide enough for hikers, bikers, horses, mortocycles and ATV's to share. Special launch ramps will be built at the resorts for high water access. Several "put-ins" for kayaks will be spaced around the lake with the newly-designed "Kayak Katapults" for rapid launching of non-motorized watercraft.

Lake Berryessa – Let's Talk!
by Brenda Brown

Wellness: New Secrets to Staying Younger

Welcome Neighbors & Visitors, to our new feature "Lake Berryessa – Let's Talk! Our first topic is "Lake Berryessa Wellness" Are you interested! Then read on…..

THE TRUTH: People who are 5 to 10 pounds over their so-called ideal weights after age 55 tend to live longer and have fewer chronic diseases than those who are thin. After age 70, people who are 5% to 10% overweight are more likely to live longer. People who are slightly heavy tend to have a lower risk of suffering a hip fracture, which can be deadly.

1. Exercise and proper nutrition are the backbone of any anti-aging prescription. 30 minutes of physical exercise a day (walking/dancing/ Aerobics etc.). Every calorie must be nutrient pack. Example; basic salad (lunch & dinner meals) must contain an assortment of highly nutritious ingredients; romaine lettuce, chopped spinach, yellow squash, red bell pepper, raw sweet potato, raw broccoli or broccoli sprouts, read cabbage, red or yellow onions, long-grain brown rice with chestnuts, cooked beans and fresh salsa, dressed to taste with balsamic vinegar, extra-virgin olive oil and seasonings.

The diet also includes whole grains, fruit and low-fat or skim milk. If you like meat, add 3 ? ounces of lean red meat just once a week. Ostrich, emu and bison have low saturated fat contents. Fish and poultry, such as chicken and turkey, can be eaten twice a week.

2. Start cutting calories to 2,000 if you are an average-sized man and to 1,800 if you are an average –sized woman. Your goal is to reach a weight that is 10% to 25% below your "set point". That's your characteristic weight when you don't overeat or under eat. You can find a group of people who have followed the (CRON) diet at; www.calorierestriction.org.

3. Eat more Fish; Eat 4 ounces of fish at least four times a week (salmon, sardines, herring, trout, mackerel & canned tuna). Pregnant women should talk to their doctor before eating fish.

4. Mental Fitness; Feed and exercise your Brain; Drink 1 glass of white wine a day. Researchers at the University of Bordeaux in France followed 3,777 people age 65 or older and found that those who drank one or two glasses of wine per day were 45% less likely to develop Alzheimer's than were non-drinkers. Do Aerobic exercises to help maintain healthy circulation that can protect the brain from slow deterioration.

5. Apply full-spectrum sunscreen every morning; Use UVA and UVB rays of SPF-15 or higher every morning & a topical antioxidant cream to your skin about 10 minutes before your sunscreen. Men should apply right after bathing and shaving. Up to 80% of skin damage is ascribed to the ultraviolet rays of the sun. UVA are largely associated with aging. UVB rays cause sunburn and skin cancer. Use retinoid cream available by prescription under the brand names Retin-A. Renova and Avita. These creams can reverse many signs of sun damage. FYI….Sun damage can occur even while driving your car. UV rays go right through your windshield.

6. Stop Smoking! It will accelerate the activity of toxic free radicals in you skin which lends to skin damage and causes it to age prematurely.

Thanks for taking the time to read this. If you have any topics you want to talk about, send them to me at bbms4u@earthlink.net and I'll publish them.

****

TEACHER: Millie, give me a sentence starting with "I."
MILLIE: I is. .
TEACHER: No, Millie..... Always say, "I am."
MILLIE: All right... "I am the ninth letter of the Alphabet."

New Law: Electronic Wastes Banned From Trash

The following list of universal wastes may not be disposed of in the trash:

All batteries- AA, AAA, C, D cells, rechargeable, lithium, and button (e.g. watch) batteries. These may contain a corrosive chemical that can cause burns, as well as toxic heavy metals such as cadmium. Using rechargeable batteries in place of single use batteries whenever possible will reduce the number of batteries requiring disposal. Business may dispose of rechargeable batteries at no cost through a mail away program. Go to www.RBRC.org or call (678) 419-9990 for details.

Fluorescent tubes and bulbs, high intensity discharge (HID), metal halide, sodium, and neon bulbs. These lights contain mercury vapor that may be released into the environment when they are broken. Mercury is a toxic metal that may cause harm to people and animals. Mercury containing thermostats (older style with sealed glass switch), switches, relays, pilot light sensors, gauges, novelty items, and thermometers.

Electronic devices-laptop computers, computers, printers, radios, microwave ovens. VCRs, cell phones, cordless phones, and telephone answering machines. These devices have been shown to contain toxic heavy metals such as lead, copper, chromium, and cadmium. Tube-type and flat panel televisions and computer monitors. They contain lead and/ or mercury. Non-empty aerosol cans that contain hazardous materials. If the can is labeled with words like TOXIC or FLAMMABLE don't put in the trash unless totally empty.

All universal waste with the exception of televisions, monitors, and electronic devices may be disposed at the Household Hazardous Waste Collection Facility, at the Devlin Road Transfer Station, 889 Devlin Road, American Canyon, open every Friday and Saturday from 9 a.m. to 4 p.m., or at the next temporary collection event scheduled for May 27 from 9a.m. to 3p.m. at the Upper Valley Disposal Service Yard (entrance at Rutherford Grove Winery, 1673 St. Helena Hwy, St. Helena. Battery collection sites may be found in the Recycling Guide section of the telephone book.

Televisions, monitors and electronic devices may be taken to the City of Napa's Material Diversion Facility at 820 Levitan Way, Napa. Call 255-5200 for information. They will also be collected at the City of Napa's annual electronic waste collection event scheduled for June 9th and 10th at Napa Valley College. Call the Napa Recycling & Hazardous Waste info line at 257-9292, or Napa County Dept. of Environmental Management at 253-4471 for information. Clover Flat Landfill accepts televisions and monitors at no charge. Call 963-7988 for information.

Here is a series of promises that speaks to true friendship:

1. When you are sad - I will help you get drunk and plot revenge against the sorry bastard who made you sad.
2. When you are blue - I will try to dislodge whatever is choking you.
3. When you are scared - I will rag on you about it every chance I get.
4. When you are worried - I will tell you horrible stories about how much worse it could be and to quit whining.
5. When you are confused - I will use little words.
6. When you are sick - Stay the hell away from me until you are well again. I don't want whatever you have.
7. When you fall - I will point and laugh at your clumsy ass.

This is my oath...I pledge it till the end. Why you may ask?...because you are my friend. Try to send this to 10 of your closest friends, then get depressed because you can only think of 9.

Local Outdoorsman Wins Lake Stewardship Award

Herb Howe, retired physicist, kayak teacher, avid hiker and biker, and creator of the Berryessa Trail and Paddle Guide, began casually picking up styrofoam on the shores of Lake Berryessa one winter, during his daily paddles. At the time he was the park host for the Bureau of Reclamation at Oak Shores, a volunteer position that let him indulge his passion for paddling.

In January 2003, as Howe was paddling his kayak, he noticed large amounts of Styrofoam floating in the water and embedded in the grass along the shoreline. Ranging in size from small pieces to some nearly 6-feet long, the Styrofoam had broken off from floating boat docks. Recognizing the debris as a serious natural resource problem, Howe began routinely picking up and properly disposing of the small pieces. Eventually, he began towing the larger pieces, using them as "rafts" that he piled other bits of Styrofoam on after his kayak deck was full.



Howe then enlisted the aid of Lake Berryessa's Rancho Monticello Resort and Reclamation employees; together they removed decades of Styrofoam accumulation. Howe also began documenting his efforts in the Styrofoam Chronicles, and those documents have become an important tool for Reclamation to track Styrofoam piles and docks that have come loose from local marinas. Information on the Styrofoam cleanup may be found at http://sonic.net/styrofoamchronicles/ .

An avid kayaker who taught kayaking classes at Capell Cove a few years ago, Howe still performs some maintenance activities on Lake Berryessa even today. "I just wanted to make the lake better for paddlers, for those who troll the shoreline fishing, and for hikers," Howe stated.

Howe's efforts are a superb example of the community in action. For his continuous efforts and contributions to Lake Berryessa, Howe was granted Reclamation's Citizens Award for Exceptional Service. For additional information, please contact Mr. Pete Lucero, Park Manager, Lake Berryessa Field Office, at 707-966-2111, ext. 106.



Herb receiving the Citizen Award for "outstanding contributions to the Lake Berryessa community and for his efforts to keep the lands and waters of Lake Berryessa clean" from Mike Finnegan (right), Bureau of Reclamation Central California Area Manager, and Pete Lucero (left), Lake Berryessa Park Manager.

HAPPY BIRTHDAY & ANNIVERSARY



HAPPY BIRTHDAY SENIORS

Happy Birthday To

Cheryl LaCombe 3rd
Gary Wagner 4th
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Ha! Ha! Harvey

One day, a man came home and was greeted by his wife dressed in a very sexy nightie. "Tie me up," she purred, "and you can do anything you want."
So he tied her up and went golfing.

A woman came home, screeching her car into the driveway, and ran into the house. She slammed the door and shouted at the top of her lungs, "Honey, pack your bags. I won the damn lottery!"

The husand said, "Oh my God! What should I pack, beach stuff or mountain stuff?"
"Doesn't matter," she said. "Just get out."

Marriage is a relationship in which one person is always right, and the other is a husband.

Did You Know? Uses for Vinegar

Deter ants. Spray vinegar around door and window frames, under appliances, and along other known ant trails.

Keep car windows frost free. Coat the windows the night before with a solution of three parts vinegar to one part water.

Polish car chrome. Apply full strength with a soft cloth.

Soak new propane lantern wicks in vinegar for several hours. Let dry before using. Will burn longer and brighter.

Remove skunk odor from a dog. Rub fur with vinegar.

Keep cats away. Sprinkle vinegar on an area to discourage cats from walking, sleeping, or scratching on it.

Prepare fluffier rice. Add a teaspoon of vinegar to the water when it boils.

Times Change

For a baby, life is wonderful
You are snug as a bug in a rug
You can eat & sleep & eat again
& of Course, there's many a hug
But… times change
Pre-kindergarten days are the playtime of life
When everything goes right
No worries, cares, or woes
& loving parents
To tuck you in at night.
But… times change
School days broaden your horizons
As you learn the ABC's
As you study the birds & bees
But… times change
The teenage years are the hardest while the hormones
Rage out of control
You think you're an adult
& act like a child

When school is finally finished
And at last you have a job
Life becomes a race for money
Along with the rest of the mob.
But… times change
Some may marry &
Some may not
While all still want the best from life
Each has the vision of
Reaching the moon
Without enduring the strife
But… times change
After forty years of working hard
And climbing the ladder to the top
Retirement becomes a reality
And you never want to stop
But… times change You find life comes full circle
And you marvel at the feat
The diapers come in bigger

Never lose your perspective
With your journey here on earth
It will be both prize & struggle
From the day that was your birth.
ANGEL

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pancake breakfast from 8:00-9:30 AM
followed by a special worship service from 10:00-11:30AM.
For more info. Contact
Pastor Randall Roach
(707) 718-0995

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DAM LEVEL UPDATE

The elevation of the spillway (Glory Hole) at Monticello Dam is 440 feet.
The water is now .01 *feet below* the top of the spillway

Lake Berryessa has had 52.26 inches of rainfall since July 1st, 05
As reported by Carlos Jeffreys of The Corners

Date	Elevation	Evaporation	High	Low
3/27/06	441.36	.07	64	37
28	.36	.12	64	41
29	.52	.06	57	42
30	.55	.03	53	44
31	.78	.02	57	45
4/1/06	.94	.02	59	40
2	.99	.06	60	44

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April Fool's Day

The first of April, some do say,
Is set apart for All Fools' Day.
But why the people call it so,
Nor I,
nor they themselves do know.
But on this day are people sent
On purpose for pure merriment.

Foolish Questions

If Jimmy cracks corn and no one cares,
why is there a song about him?
If corn oil is made from corn, and vegetable oil is made from vegetables, then what is baby oil made from?

Why doesn't Tarzan have a beard?

Who was the first person to look at a cow and say,
"I think I'll squeeze these dangly things here,
and drink whatever comes out"?

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2006 Lake Berryessa Calendar of Events

You are invited even though you are not a Member of the Organization sponsoring the Event. All are open to the public. Hope to See You There!

Date	Event & Sponsoring Organization
4-21	Potluck ~ Berryessa Senior Center 6:pm *
5-6/7	Putah Creek Triathlon ~ Envirosports
5-20	Breakfast Potluck ~ Berryessa Senior Center 9 til 11:30 *
5-22	Lake Berryessa Chamber of Commerce - 7 pm
6-3	Davis Masters Swim Meet - Oak Shores
6-17	Early Releases wine ~ Berryessa Senior Center Cheese, Olive Oil, & Food tasting. Sat. 4-til 7pm *
7-15	Flea Market (Rent tables) Berryessa Senior Ctr., 10-4pm
7-22	Casino Night ~ Pasta Dinner, Berryessa Senior Center Big Raffle ~ 5:30 to 10pm *
8-5	Craft Faire (Rent Tables) Berryessa Senior Center * 10am to 4pm Lunch Available
8-5	Poker Run ~ Berryessa Chapter of the Lions Club *
8-19	Bring Your Own Meat B.B.Q. Berryessa Senior Ctr. Chef Paul will cook it if you wish. Sat. 4pm. *
9-15	Potluck ~ Berryessa Senior Center 6pm. *
10-20	Potluck ~ Berryessa Senior Center 6pm. *
11-17	Thanksgiving Dinner (Potluck) & Turkey Raffle 6pm. *
12-4	Pirate Bingo & Potluck ~ Berryessa Senior Ctr. 12 noon ~ Bring a New $5.00 Gift to Play.
12-15	Christmas Dinner (Potluck) ~ Berryessa Senior Center * Bring a new $10. Gift for Exchange. 6pm.

Every Mon. Bingo 1pm, 252-8488, &
1st Mon. of each month Potluck 12 noon*

*Berryessa Senior Center Activities, Call Georgia at 966-2127
*Potlucks, Call Pat at 966-2267 or 966-0206 (Please leave a message.)
*Lions Club, 966-1413

The Berryessa Seniors would like to have a Bus Trip (Overnite) to Reno in the early Spring. How many of you are interested? It usually runs about $80.00 (based on double occupancy) and includes transportation. Some Comps & Hotel Room. You don't have to be a member to go.



Bette Maron
zen-me@interx.net

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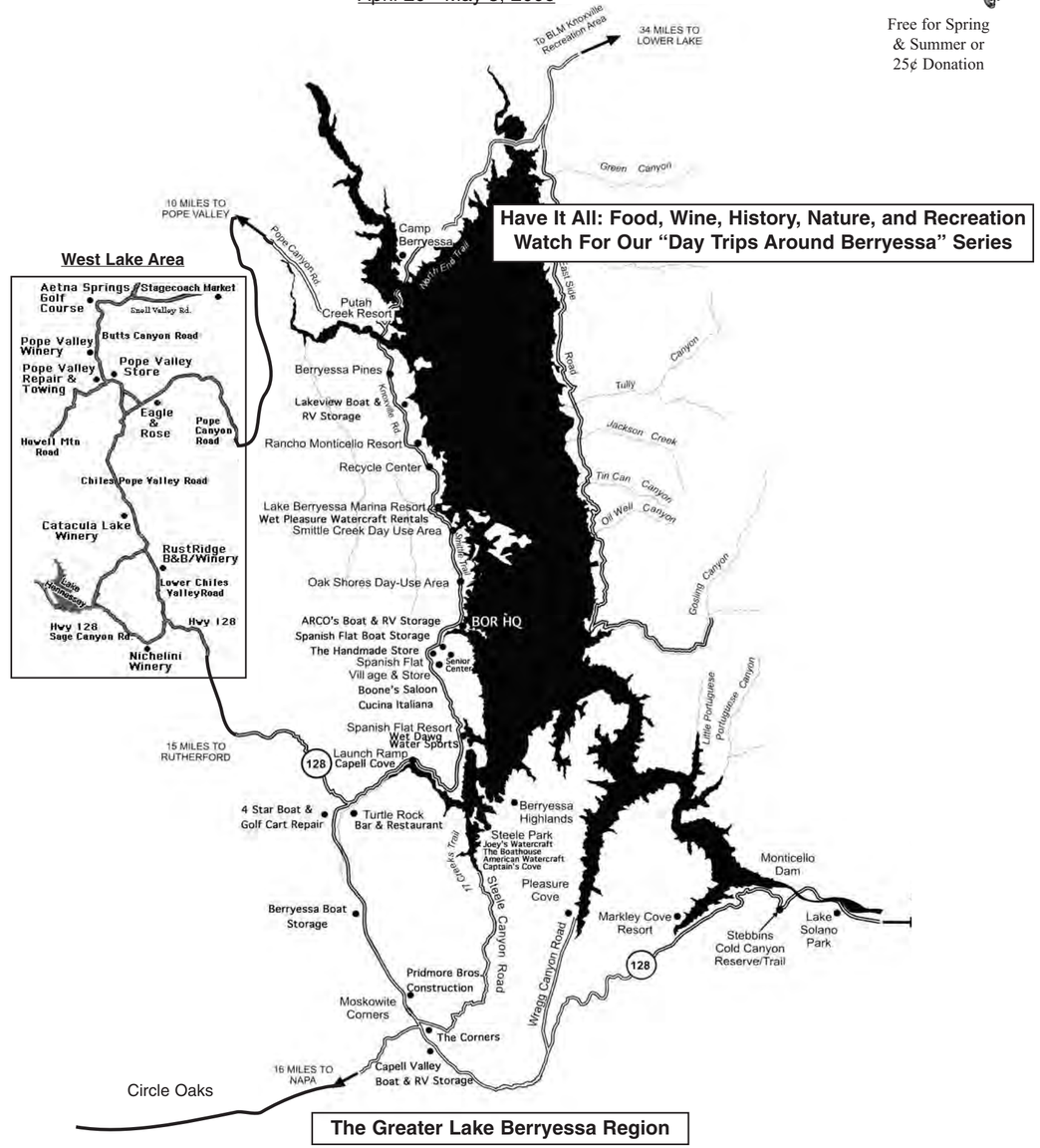
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Berryessa Estates Homeowners Budget Buster

For years environmental truth-stretchers have made unsubstantiated claims about pollution at Lake Berryessa in their attempts to radically change the resorts at the lake and eliminatet the mobile homes within them. However, as the Solano County Water Agency, the Lake Berryessa Watershed Partnership, and Budweiser will testify, Lake Berryessa has the cleanest water in Northern California. There have been no significant sewage impacts from any resorts or mobile homes. So why has this persistent rumor continued to exist? Partly because people who know little or nothing of what they speak believe they are in charge of telling others what to think.

Another is the aging sewer system in the Berryessa Estates several miles up Putah Creek at the north end of the lake. Because it is on Putah Creek, and it's water and sewer management structure (actually the Napa County Board of Supervisors) is called the Lake Berryessa Resort Improvement District, many people (some deliberately) have confused it with Putah Creek Resort on the lakeshore.

When the Attorney General's lawsuit against Napa County was announced a couple of months ago, all the news media stories implied that the Berryessa Estates problem was a direct Lake Berryessa pollution problem. But the relatively small unintentional spills near Putah Creek, usually caused by heavy rain runoff filling the holding ponds, have never been a serious threat to the water quality of the lake or to the health of any of its residents.

But as with the years of mismanagement of the resorts, agricultural land, and residential areas in the Lake Berryessa region by the Bureau of Reclamation and Napa County, Berryessa Estates homeowners are caught in a bureaucratic nightmare. Imagine a $250 per month hit to your budget for something that's not your fault!

Come July 1, our northern neighbors will pay on average $524 every two months to have running water and a working toilet. By a 3-2 vote (Dillon & Moskowite opposed), the Napa Supervisors approved a plan to have homeowners in the more than 350 parcel District pay on average 5.6 times what they pay now.

District officials say the utility needs $2.3 million in repairs and a stiff rate increase to prove to the state attorney general's office that the district means business. The state issued a $400,000 fine to the utility for spilling sewage -- and sued the district for a potential $2 million -- and officials told the board if they approved the rate increase it would improve their chances to have the fine either waived or applied to repairs.

Homeowners warned of dire consequences due to the increase, saying low-income residents would be forced out of their homes and other residents would face huge hurdles if they decided to sell their land. They also said they didn't trust the district and questioned why the county couldn't help out. "The effort to separate our district from the rest of the county is discouraging," one said.

However, the history of Napa County government seems to indicate that it does believe the Lake Berryessa region is not really part of Napa County. It has said so in so many words by blaming the region for some of Napa's budgetary problems. There are influential people within Napa County who would prefer to see any form of residential or commercial development stopped, and even reversed, in the Lake Berryessa region - look at the situation in downtown Pope Valley, for example.

Residents of the Berryessa Highlands, Circle Oaks, Pope Valley, Berryessa Pines, and Spanish Flat should take this situation seriously and support our neighbors in the Berryessa Estates. Being without running water for a week during the summer a few years ago should have been a wake-up call to the people of the Berryessa Highlands. Napa County Supervisors must take the needs of this area seriously. Residents of this area need to participate in the Napa County General Plan process and become active in Napa County politics. Good intentions are not a substitute for taking action.

STEBBINS COLD CANYON - UC Natural Reserve

Exploring Art and Science within the Putah Creek Discovery Corridor

The mission of the Stebbins Cold Canyon Presentation Program is to explore the natural beauty and scientific importance of this unique habitat. Toward that goal, presentations are structured for interactive participation. This allows participants the freedom to discover art and science for themselves and give meaning in their own way. Presentations are offered free of charge. Please RSVP for each outing you are interested in attending. Most outings have a limit of 15 people. RSVP via e-mail: jfalyn@ucdavis.edu or call (530) 795-3864. Include your name, presentation date, phone number and/or e-mail address. Also, indicate whether you need directions.

THE SONG OF BIRDS
Saturday, April 29th 9 - Noon
This is a unique opportunity to look and LISTEN for native and migrating birds in the canyon. Naturalist and long time birder Brendon Larson teaches birding utilizing visual and auditory clues each bird has distinctive marks and each singsits own song(s). All levels welcome.

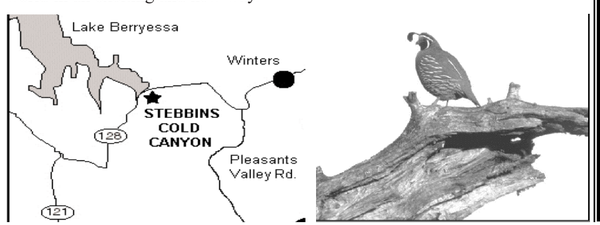
WILDFLOWERS & THE LILLIPUTIAN WORLD OF INSECTS
Sunday, April 30th 9 - Noon
Learn about the natural history and biology of local flowering plants and take a tour of the intricate and diverse world of insects. Begin to build a complete picture of the ecology of Cold Canyon and the coastal ranges of California.

NATIVE PLANTS & WILDFLOWERS: THE TRAIL TO THE GARDEN
Saturday, May 6th, 9 - Noon
Many of the native plants and wildflowers of Stebbins Cold Canyon can also grow beautifully in home gardens and landscapes. Join Emily Griswold, Horticultural Curator for the UC Davis Arboretum, on a stroll through the canyon as she highlights the familiar and unusual plants of the reserve with a special emphasis on their potential use in the garden.

PRESERVE THE RESERVE
Sunday, May 7th 9 - Noon
This is an opportunity to help out at the reserve. The Preserve the Reserve group gathers a few times a year to participate in projects that maintain and beautify the reserve. Shane Waddell (UC Davis Reserve Land Steward) talks about caring for the land-what issues come up and how he deals with them. Then the group will participate in a restoration project – removing Italian thistle along the trail.

A JOURNAL ENTRY: TRUTH & BEAUTY
Saturday, May 20th 9 - Noon
With notebook and pen in hand the group takes a gentle 2 1⁄2 mile hike along the Homestead Trail. Several concepts are introduced by philosopher and naturalist Ed Dawkins and opportunities are given to reflect and share impressions and insight along the trail.

PHOTOGRAPHY & NATURE
Sunday, May 21st 9 - Noon
Daniel Ng shares some of the photographic technique for obtaining beautiful shots in an outdoor setting. Please bring a camera and an openness to see the world in an exciting and new way.



Fishing With Sid

I have been in Miami for the past two weeks and had the chance to do a lot of fishing. On one fishing trip I met Joe from Ultra Scent Strike Attractant which was field tested and approved by one of my favorite magazines, "North American Fisherman", with a high rating.



We went out deep sea fishing with the Kelly Fleet which is at the Haulover Marina on Collins Avenue in Miami Beach. I used four pellets on a my line above my hooks and bait which was squid and let it go to the bottom. The first time I came up with a fish I thought it was just luck and the hook right by the pellets was the one the fish hit.

We went to a new spot and were able to use the same pellets. We let the lines out to the bottom again and in less then five minutes I got hit big time by a large bottom fish. My luck continued the rest of the day and I am now a believer in this product. Those on the trip that did not use it did not do as well as those who did.

I tried it in fresh water in the creek near where I was staying with good results. I am really excited to try it at Berryessa and will let you know the results. If you are interested in trying this product for any kind of fishing try www.chum-stik.com his name is Joe. 'Til next time.....good fishing!!! See you on the water and if you have any fishing stories to share please email me at bestguide@hotmail.com.

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Napa County Visitor Profile

The Napa County Visitor Profile was conducted between January 2005 and March 2006. The objective of the visitor profile study was to develop a detailed profile of Napa County visitors to assist with future countywide efforts in relation to the visitor serving industry.

The findings of the visitor profile study show that visitors to Napa County regarded it as a destination with unique attractions, quality customer service, and friendly people. The destination resonates with visitors and appeals to their needs. Napa County visitors are a highly loyal market, with a very significant proportion of them returning time and again. Nearly two-thirds of traveling parties identified Napa County as their primary destination on the current trip. The visitors' overall perceptions of Napa County as a travel destinations were very positive, and such perceptions were enhanced by their actual visitation to the area. Their experience of Napa County exceeded their prior expectation. Other key findings of the visitor profile study are highlighted as follows.

• Napa County travel market is predominantly comprised of domestic visitors, with close to half coming from within the state of California, and rest from across the United States.

• Although small in proportion, the international visitors in 2005 represented more than 20 countries.

• Napa County visitors are more mature in age, more educated, and command a much higher household income than the U.S. and California average.

• More than half of the respondents in the study reported a household income of $100,000 or more, and they were significantly more likely to spend at least one night in Napa County than those whose household income was below $100,000.

• Amongst visitors representing their travel parties in the study, there were more managers, executives, and professionals than other occupational categories.

• Visitors are predominantly Caucasians, and heterosexual. There are slightly more male visitors than there are female.

• Visitors identified their friends and relatives, AAA Travel Guide, Tour Books, and The Napa Valley Visitors Bureau as the most searched for or used sources of information for their travel to Napa.

• About half of Napa visitors used the Internet to search for Napa-related travel information.

• In addition to themselves, the visitors' decision to come to Napa County was also influenced by their spouses, companions, and their companies.
• Amongst other reasons, Napa County visitors came mainly for wines and wineries, food, friends, and families. Community downtowns, wineries, museums and art galleries, and spas were the types of attractions visited most often.

• Napa County visitors typically traveled with their spouses, partners, or companions. Few brought children on the trip.

• Visitors do not regard Napa County as having a good amount of nightlife. Nor is it regarded as an ideal place to bring children.

• More than 90 percent of visitors reported that they were either very likely or likely to return for future visits. Among them, close to two-thirds would come back within a year.

****

For chapped lips, wet a tea bag with warm water and apply it to your lips for about 5 minutes. You can do this on a commercial break while watching television. The tannins will soften the skin and make it smoother.

"NATURE AND CULTURE"
CATERED CRUISES ON LAKE BERRYESSA

Quail Ridge Wilderness Conservancy is hosting a series of unique cruises on Lake Berryessa during spring, summer and fall of 2006. On these cruises we sail the lake in a comfortable, 24-foot watercruiser that embarks from Steele Park Resort on the southwest side of Lake Berryessa (see schedule below). The boat will dock briefly at the foot of beautiful Quail Ridge Reserve, and those wishing to do so may take a short hike on the Reserve's southern tip.

On this absorbing and memorable boat trip you will learn first-hand about the delicate balance of California's indigenous plants and animals as you view outstanding lakeside scenery from the boat. You will also learn about the human populations residing in this region in the past: the Native Americans, the Berryessa land-grant family of the 19th c., the residents of Monticello (the town submerged by the building of the dam in the 1950s); and about the changes that successive cultures have brought to the Valley.

The cruises launch in the mid afternoon or early evening, depending on season, and include a buffet supper on board the boat. For all cruises, the Conservancy offers selected wines and non-alcoholic beverages.

CRUISE SCHEDULE for 2006

Friday, May 12, 6 p.m.-10 p.m.
Friday, June 16, 6 p.m.-10 p.m.
Friday, July 14, 6 p.m.-10 p.m.
Friday, August 11, 6 p.m.-10 p.m.
Saturday, October 21, 3 p.m.-9 p.m.
Saturday, November 11, 2:30 p.m.-8.p.m.

Donations of $45 per person are requested to cover basic costs of boat rental, fuel, beverages, and food, with the remainder supporting Quail Ridge Wilderness Conservancy's efforts to protect the nearly 2000-acre Quail Ridge Reserve with its superb stretches of native oak woodland/savannah.

For the spring and late fall cruises, be sure to dress warmly and to bring rain gear. For the summer cruises, you should also bring a sweater, jacket and/or blanket for the later evening hours, when lake breezes may come up.

For reservations, additional information, and directions to Steele Park Resort, call 530/758-1387. Space is limited; please make your reservations as soon as possible prior to your preferred cruise date. You may also schedule an entire trip for your own party, group, or joint fundraiser.

Why Fat Tastes So Good

No matter how cleverly prepared, fat-free foods never seem satisfying. Now we know why. Ascientist has found that the 10,000 taste buds on the tongue seem to include a type that specifically responds to the flavor of fat. If confirmed, it would be only the sixth known type, joining those that sense sweet, salty, sour, bitter, and savory (also known as umami).

The fat sensor was discoverred in the tongues of genetically engineered mice that lacked the ability to make a protein called CD36. Mice normally have a yen for fatty foods, but the altered animals showed no preference for the stuff. Regular mice release fat-digesting secretions in their bowel and ramp up intestinal fat absorption as soon as they taste fat; the modified mice displayed no such response.

CD36 may be the key protein that allows certain mouse taste buds to respond to fat. Humans, whose sense of taste works almost exactly like that of mice, almost certainly have the same taste bud. If scientists can find a way to develop nonfattening foods that latch onto the fat receptors, they may be able at long last to develop fat-free snacks that can actually trick the tongue. But fat-free does not mean calorie-free, so those future tricky snacks will still hurt a diet.

Circle Oaks Building Moratorium May Be Lifted

In an echo of the current problems at Berryessa Estates, the Circle Oaks County Water District is closer to resolving a building moratorium that has kept some property owners in the Circle Oaks district waiting for years for the moratorium to be lifted so they can build homes.

Nearly 200 homes exist at Circle Oaks off Monticello Road on the way from Lake Berryessa to Napa. The district was formed in 1962 and was originally planned to be much larger. Physical system constraints and political infighting have thwarted construction in recent years.

The halt to new construction was declared in 2000 along with implementation of a significant water and sewer rate hike. Since then, a plethora of consultants, managers and temporary board members has made progress difficult.

$1.8 million in improvements are being made to water delivery, water storage and fire protection systems supported by another rate hike last November. Several significant projects should be completed this summer including replacing an aging 50,000 gallon water tank. The Circle Oaks district also provides sewer and storm water service. Officials said the current fiscal year could be the first for the district to finish in the black in a number of years.

****

Numbers That Count

385: Bicycles per 1,000 people in the United States (mid-1990s)
588: Bicycles per 1,000 people in Germany
1,000: Bicycles per 1,000 people in the Netherlands
1%: Percent of urban travel by bicycle in the U.S
12%: Percent of urban travel by bicycle in Germany
28%: Percent of urban travel by bicycle in the Netherlands
30.6%: Percent of adults that are obese in the U.S.
12.9%: Percent of adults that are obese in Germany
10%: Percent of adults that are obese in the Netherlands

34%: Americans who report being "very happy"
45%: Republicans who say they're "very happy" vs. 30% of Democrats

21%: Home buyers who are single women, up from 11% in 1981
1.5 million: Homes purchased by single women last year - more than twice the number bought by single men

Calendar of Events Around Lake Berryessa

Senior Center Crafts
Every 2nd & 4th Wednesday of each month
Call Mary at 966-2254 or Georgia at 966-2127
Every Monday – Bingo – 1 PM til??
Every first Monday is Bingo Pot Luck – Starts at Noon. 252-8488
Seniors Pot Luck
Every 3rd Friday Night – bring a dish. 966-2267
Senior Center – Call 966-0206 or 966-2127 (Please leave a message)
Valley Christian Church
Weekly Bible Study on Monday nights, 7:30 until 8:30 PM.
Currently meeting at the Community Church across from the Corners. For more information call 257-0527.
Weekly Berryessa Youth Meeting on Wednesday nights, 7:00 PM at the Vol. Fire Station. For more information call Gina Hamilton, 966.2816
Sufi Center ~ Meditation & Healing Circle - Pope Valley
Every Thursday - 7pm ~ Every Sunday - 6pm
1st Sunday of every month - Pot Luck - 4pm to 6pm
Info - Call 707-965-0700, 2950 Pope Valley Canyon Rd.

Get your event on the calendar by calling 966-3806 or 287-6240
Email shirllbnews@sbcglobal.net or pkilkus@aol.com.

THE PERKS OF BEING OVER 50

1. Kidnappers are not very interested in you.
2. In a hostage situation you are likely to be released first.
3. No one expects you to run a marathon.
4. People no longer view you as a hypochondriac.
5. There is nothing left to learn the hard way.
6. Things you buy now won't wear out.
7. You can live without sex but not without glasses.
8. You get into heated arguments about pension plans.
9. You have a party and the neighbors don't even realize it.
10. You no longer think of speed limits as a challenge.
11. Your investment in health insurance is finally beginning to pay off.
12. Your secrets are safe with your friends because they can't remember them either.

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Lake Berryessa – Let's Talk! About "Hollywood's New Slimming Secret!" by Brenda Brown

Wu-Long may be the hottest thing going in Hollywood these days. This real ancient Chinese secret has stars clamoring for their own supply, and posh Beverly Hills bistros can hardly keep it in stock. Yes, that's right. Drink away pounds of good-for-nothing body fat and inches from your waistline.

Here's the deal. Legitimate scientific research, published in the world's leading academic journals, is now showing that an extraordinarily rare tea produced at Mt. Wu Yi Shan in China's Fujian Province may carry remarkable slimming and health benefits—so much so that Chinese scientists are calling it, "The world's most powerful fat burner."

This deep, rich tea is called Wu-Long, and 37 scientific studies published within the last several months alone show it helps melt away body fat; boost energy; and even clarify skin, giving your face a clear, radiant glow:

• Burns 2.5 Times MORE Calories Than Authentic Green Tea: In a new study published in the Journal of Medical Investigation, scientists found that people who regularly consumed this tea experienced over TWICE the calorie-burning results of those who drank the same amount of authentic Japanese green tea.

• Reduces the Fattening Effects of Carbs: Eating too many carbohydrates causes weight gain by increasing insulin levels. But a new study from the Suntory Research Center in Osaka, Japan, shows that drinking premium Wu-Long 15 minutes before eating carbohydrates helps "blunt" the rise in insulin.

• Clarifies Skin; Gives Your Face a Clear, Healthy Glow: In a new study published in the academic journal Archives of Dermatology, researchers from Japan's Shiga University of Medical Science found that drinking Wu-Long daily dramatically clears up skin within just one month.

• Reverses Signs of Aging: Free radicals are damaging substances in your body. As you grow older, the amount of free radicals within your body increases naturally. In one 2004 study from the University of California, Davis, people who drank Wu-Long daily experienced a remarkable 50 percent reduction in free radicals within just 15 days!

• Promotes Strong, Healthy Teeth: A new study from Japan's Osaka University shows the regular consumption of Wu-Long strengthens teeth and helps prevent tooth decay by significantly inhibiting plaque deposition.

• Strengthens Your Immune System: According to a new 2004 study published in the scientific journal Antioxidants & Redox Signaling, test subjects who consumed Wu-Long were found to have a stronger immune system and a significantly lower risk for infections such as the common cold.

• Enhances Mind-Body Wellness: Perhaps the most notable testament to the power of Wu-Long comes from the esteemed Chinese pharmaceutical book Bencao Shiyi (The Compendium of Materia Medica), which says the tea "will make one live long and stay in good shape."

• 100% Natural & Nourishing: Unlike artificial "fat burners," Wu-Long is natural and nourishing to your health. Many users report feelings of increased focus and well-being. Keep in mind, Wu-Long does contain some caffeine, about as much as a cup of green tea but less than a cup of coffee.

This rare tea is not sold in stores, and supplies are very limited. See more at: www.wulongforlife.com. I ordered some immediately and will certainly inform the rest of you if it's truly this amazing! Thanks for reading this again. Until the next issue….Stay healthy! And have a great day in LakeBerreyessa! (bbms4u@earthlink.net)

Will It Ever Stop Raining?

Except for a couple of beautiful weeks in February, the rain has been incessant - a little bit every day like the old Chinese water torture! The Lake Berryessa News has published rainfall totals for many years thanks to Carlos Jeffreys at The Corners. I've been measuring rainfall myself for about 7 years at the shore in Steele Park and lately with an elecronic weather station above the Berryessa Highlands. Carlos has usually measured more rain than I have, but this year the discrepancy is large.

After the big New Year's storms, I was at a total rainfall this season of 24 inches, but Carlos was at 30 inches. As of mid-April, I'm at 42 inches but Carlos is at 58 inches. While driving, I've often noticed the difference in weather between the Berryessa Highlands and The Corners only 6 miles away. It could only be drizzling at my place but pouring at The Corners or Spanish Flat. Prevailing winds and topography do squeeze more rain out of the clouds in different locales, and The Corners wins this one.

The lake level graph at the right shows that we came out of a serious drought just ten years ago. People were praying for rain then. Now they're praying for it to stop. Hopefully as you read this on Thursday, you'll be smiling because Tuesday and Wednesday were sunny and warm!

****

Gummy Bears for Grown-Ups

A tour bus driver is driving with a bus full of seniors down a highway (from Lake Berryessa to Reno?) when he is tapped on his shoulder by a little old lady.

She offers him a handful of peanuts, which he gratefully munches up.

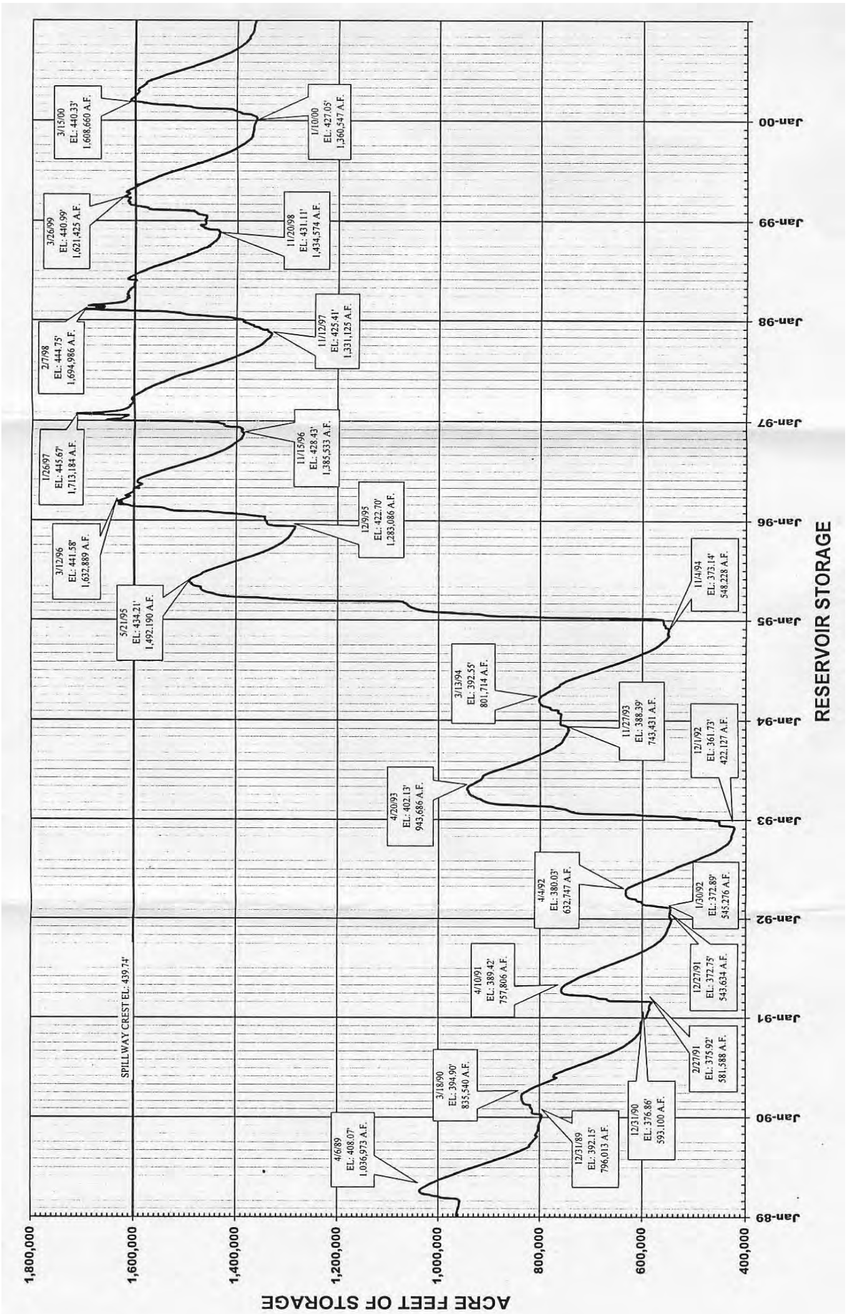
After about 15 minutes, she taps him on his shoulder again and she hands him another handful of peanuts. She repeats this gesture about five more times.

When she is about to hand him another batch again he asks the little old lady why they don't eat the peanuts themselves.

"We can't chew them because we've no teeth", she replied.

The puzzled driver asks, "Why do you buy them then?"

The old lady replied, "We just love the chocolate around them."



HAPPY BIRTHDAY & ANNIVERSARY

HAPPY BIRTHDAY *APRIL*

Bobbette Lucas

Leah O'Hara

Mike Quecke

Alma Saylors

Gale Wright

Getting Old!!

Getting old isn't all that bad after all I've had two bypass surgeries, a hip replacement, new knees, prostate cancer and diabetes. I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded and subject to blackouts, I have bouts with dementia, have poor circulation, can't remember if I'm 85 or 92, and have lost all my friends.

But thank God I still have my driver's license.

Thanks Ginny by way of Mr. C.

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Puns intended

1. Two antennas met on a roof, fell in love and got married. The ceremony wasn't much, but the reception was excellent.

2. A jumper cable walks into a bar. The bartender says, "I'll serve you, but don't start anything."

3. Two peanuts walk into a bar, and one was a salted.

4. A dyslexic man walks into a bra.

5. A man walks into a bar with a slab of asphalt under his arm and says: "A beer please, and one for the road."

6. Two cannibals are eating a clown. One says to the other: "Does this taste funny to you?"

HA! HA!
I went into the 7-11 gas station today and asked for five dollars worth of gas. The clerk farted and gave me a receipt.

NANCY'S B.B.Q. Sauce

6 cups Heinze Ketchup
¾ cup Worcestershire Sauce
¾ cup Kikoman Soy Sauce
½ cup Brown sugar
½ cup Lemon Juice
¼ cup minced Onions (dried)
3 tbs. Tabasco Sauce or to taste
3 Tbs. Liquid Smoke or to taste
3 Tbs. Garlic Powder or to taste

Smaller Family Size recipe

2 cups Heinze Ketchup
¼ cup Worcestershire Sauce
¼ cup Brown Sugar or to taste
¼ cup Lemon juice or to taste
¼ cup minced onion (dried) to taste
1 tbsp. Tobasco Sauce or to taste
1 tbls. Garlic Powder or to taste
1 tbls. Liquid Smoke
Mix all the ingredients & refridge..

Great B.B.Q. sauce for Ribs Beef or Pork also Good on Chicken.
Make it your way by adding your favorite ingredient or omitting one that you don't like.

The belief that becomes
Truth for Me… Is That
Which allows me the best use
Of My strength,
The best means of putting
My virtues into action.

Having Faith In God did not
Mean sitting back
& doing nothing.
It meant believing
That you would find success
If You did your best honestly
And energetically.

Nothing before,
Nothing behind;
The steps of Faith Fall
On the seeming void and find
The Rock Beneath
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Ha! Ha! Harvey

Grandma Doesn't Know Everything

Little Tony was staying with his grandmother for a few days. He'd been playing outside with the other kids for a while when he came into the house and asked her, "Grandma, what is that called when 2 people are sleeping in the same room and one is on top of the other?"

She was a little taken aback, but decided to tell him the truth. "It's called sexual intercourse, darling."

Little Tony just said, "Oh, OK" and went back outside to talk and play with the other kids.

A few minutes later he came back in and said angrily, "Grandma, it is not called sexual intercourse! It's called Bunk Beds!" " and Jimmy's Mom wants to talk to you"!!

DAM LEVEL UPDATE

The elevation of the spillway (Glory Hole) at Monticello Dam is 440 feet.

The water is now 2.77 feet above the top of the spillway

Lake Berryessa has had 58.16 inches of rainfall since July 1st, 2004

As reported by Carlos Jeffreys of The Corners
April 4th thru April 16th a total of 4.¾ rain!!

Date	Elevation	Evaporation	High	Low
4-10-06	441.90	.0	62	43
11	442.25	.02	62	46
12	443.04	.0	56	48
13	.09	.02	58	49
14	442.94	.07	71	50
15	442.70	.16	73	50
16	442.77	.03	57	48

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Did You Know?

More than half of the coastline of the entire United States is in Alaska.

The Amazon rainforest produces more than 20% the world's oxygen supply.

The Amazon River pushes so much water into the Atlantic Ocean that, more than one hundred miles at sea off the mouth of the river, one can dip fresh water out of the ocean.

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2006 Lake Berryessa Calendar of Events

You are invited even though you are not a Member of the Organization sponsoring the Event. All are open to the public. Hope to See You There!

Date	Event & Sponsoring Organization
5/6&7	Putah Creek Triathlon ~ Envirosports
5-20	Breakfast Potluck ~ Berryessa Senior Center 9 til 11:30 *
5-22	Lake Berryessa Chamber of Commerce - 7 pm
6-3	Davis Masters Swim Meet - Oak Shores
6-17	Early Releases wine ~ Berryessa Senior Center Cheese, Olive Oil, & Food tasting. Sat. 4-til 7pm *
7-15	Flea Market (Rent tables) Berryessa Senior Ctr., 10-4pm
7-22	Casino Night ~ Pasta Dinner, Berryessa Senior Center Big Raffle ~ 5:30 to 10pm *
8-5	Craft Faire (Rent Tables) Berryessa Senior Center * 10am to 4pm Lunch Available
8-5	Poker Run ~ Berryessa Chapter of the Lions Club *
8-19	Bring Your Own Meat B.B.Q. Berryessa Senior Ctr. Chef Paul will cook it if you wish. Sat. 4pm. *
9-15	Potluck ~ Berryessa Senior Center 6pm. *
10-20	Potluck ~ Berryessa Senior Center 6pm. *
11-17	Thanksgiving Dinner (Potluck) & Turkey Raffle 6pm. *
12-4	Pirate Bingo & Potluck ~ Berryessa Senior Ctr. 12 noon ~ Bring a New $5.00 Gift to Play.
12-15	Christmas Dinner (Potluck) ~ Berryessa Senior Center * Bring a new $10. Gift for Exchange. 6pm.
	Every Mon. Bingo 1pm, 252-8488, & 1st Mon. of each month Potluck 12 noon*

*Berryessa Senior Center Activities, Call Georgia at 966-2127
*Potlucks, Call Pat at 966-2267 or 966-0206 (Please leave a message.)
*Lions Club, 966-1413

The Berryessa Seniors would like to have a Bus Trip (Overnite) to Reno in the early Spring. How many of you are interested? It usually runs about $80.00 (based on double occupancy) and includes transportation. Some Comps & Hotel Room. You don't have to be a member to go.



The Lake Berryessa News

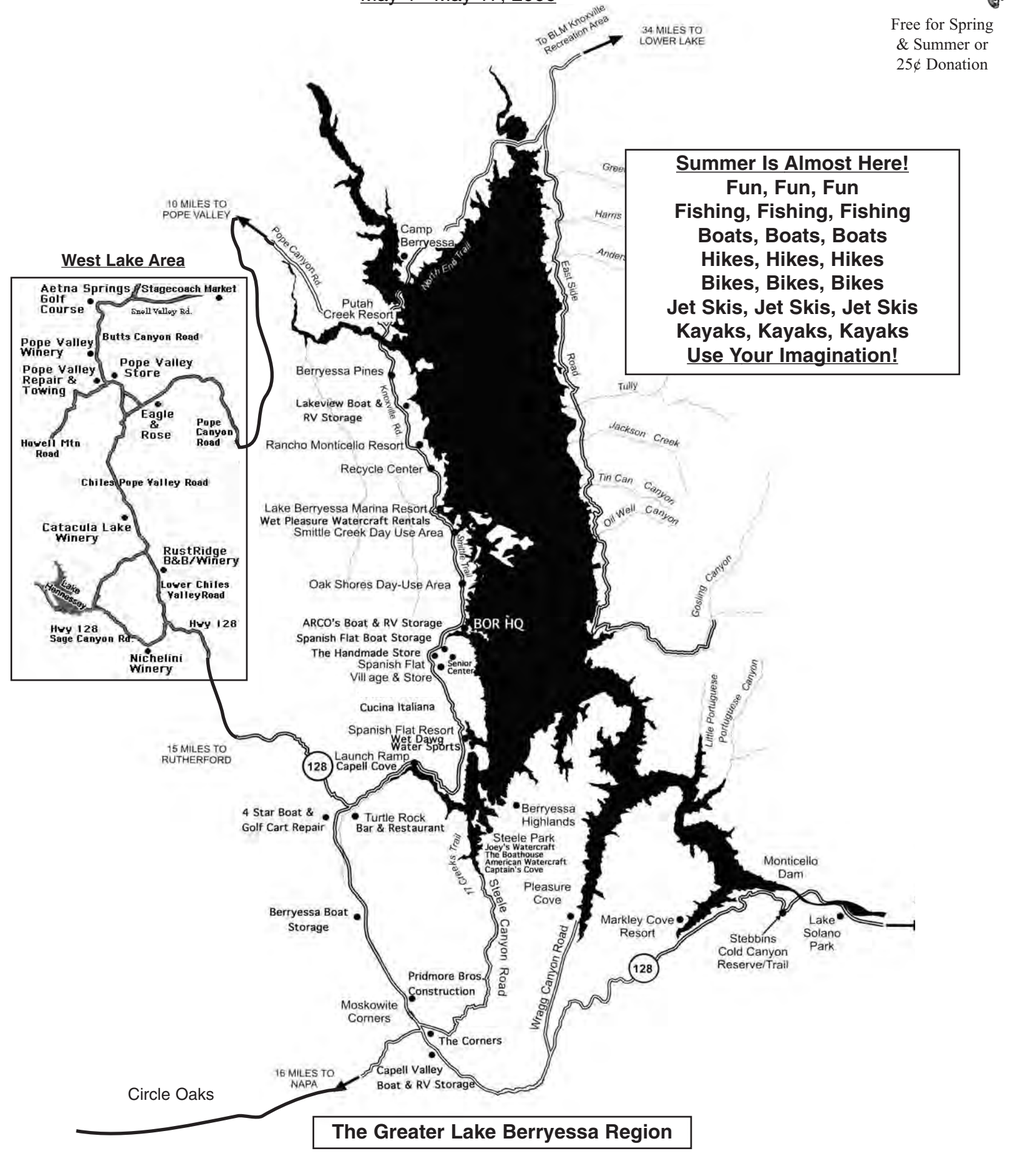
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From The Editor

Summer looks like it may be here, but what happened to Spring? This last weekend saw outrageously beautiful weather with many people finally getting out on the lake. Dino Righetti said the Spanish Flat Resort Marina was really hopping with boaters, anglers, kayakers. Each of our future issues will highlight the many recreational opportunities of our Greater Lake Berryessa Region. "Have It All: Food, Wine, History, Nature, and Recreation". Watch for our "Day Trips Around Berryessa" series starting next issue.

Politics will also be on people's minds for the next couple of months, especially Measure A, the Fair Pay for Public Benefit Act. Many people who live in the unincorporated areas of Napa County (which is all of the Greater Lake Berryessa Region), especially if they've tried to build on their land or use their property in some way, have gotten the feeling that the County motto is, "You Can't Do That!". Now that Measure A, which simply says to the County, "Take a Time Out", is on the ballot, message spinners are on the march with huge signs telling you to vote No on A because they just want to save you from yourself.

Their message is bogus. Read Measure A yourself - it's very simple and easy to understand. The arguments against Measure A are summarized in something called the 9111 Report which was paid for by the County. The 9111 Report is hysterical in both a humorous as well as emotional sense. People familiar with local politics will chuckle at its unintentional self-parody of an unbiased political anlaysis. It reads more like a segment on Comedy Central's "The Colbert Report" in its attempt at truthiness. It's also hysterical in a Chicken Little sense since it posits horrible million dollar lawsuit scenarios when "death by asteroid" is more likely.

To The Editor

Dear Editor,

The Fifth Amendment gives our government the power to take private property for public use if just compensation is paid. However, government has found a way to take property without paying for it, by regulating away our right to use it. These regulations are called "regulatory takings" because they take our property rights – the bundle of rights that came with our deed, for which we paid dearly when we purchased our property. Napa County claims they don't have to pay us for regulatory takings as long as any economic value remains in our property. We call that "Takings Abuse".

The most egregious local example of Takings Abuse is the Stream Setback Ordinance, which took 53,000 acres of private property from 9,000 Napa County citizens, without compensation. Fortunately, that ordinance was overturned by a vote of the people, but it was a startling preview of what is in store for us if we don't clarify to our Board of Supervisors how we want them to represent us.

Measure A is that clarification. Measure A tells our Supervisors to consider the potential damage before they act, and if the damage will be substantial, to let us make the decision. Measure A makes the County accountable for the financial damage caused by our Supervisors. However, under Measure A, voter approval will waive that accountability. So after Measure A passes, the County will naturally seek voter approval of any damaging new ordinances. Measure A ensures that we will get to make those potentially damaging decisions, rather than just three County Supervisors.

Government derives its power from the people. Our Constitution gives our government specific limited powers. When government uses those powers to take our property without just compensation, it is abusing the power we have given it. Measure A is a reminder to our government that government works for us, not the other way around.

Government is like a spoiled child. Give it a little power, and it leverages that to acquire more. Turn your back for very long, and government takes over completely. Set limits, such as Measure A, and government throws a tantrum and threatens to cut popular programs and essential services. Government can become a fearsome master if not properly controlled. If we don't control it, it will eventually own us. Measure A is one of those controls. Measure A is our best opportunity to control Takings Abuse. Vote YES on Measure A.

George Bachich
4271 Dry Creek Road
Napa, CA 94558

Fishing With Dino

May 1, 2006

The bite is on at Berryessa! This weekend anglers pulled in fish from everywhere on the lake!

Trollers using Kastmasters or troll the surface along skiers cove shoreline or the narrows and you will land some very nice 1 to 2 pound Salmon and Trout. The water has cleared, and the temp is 61 degrees 8 feet down.

Crappie are on the bottom near trees or brush. Use Jigs or Minnows. Cappell Cove area is the hot spot near Spanish Flat Resort. Early morning hours seems to be the best.

Bass Anglers are pullin in Small Mouth and Large Mouth in shallow waters using plastics and crank baits. The Northside of Big Island and deep in Putah Creek are the hot areas this week. The weather is finally great and so is the fishing!

Dino Righetti, Spanish Flat Resort Marina
707-966-7708

Trout and Kokane Salmon

Lake Berryessa draws trout fishermen from all over for its collection of recently released trout; the lake provides action all year. The kokane salmon have been a big attraction in recent years, with some of the biggest kokane in the state coming from Berryessa. It is part of a program that is privately funded called "Project Kokane." Berryessa has had some special brown trout releases through the years and has been the recipient of special plants of Lassen County's Eagle Lake trout surplus as well.

Fly Fishing Lower Putah Creek

If there is ever a sleeper for trout fishing, it has to be Lower Putah Creek. This nice stream is regulated with its water flows. This year, it should be at the high end for a while. What is neat about this fishery is the early part at the dam, which is fly fishing only. Then the lower part is planted by DFG with good-sized trout.

In addition to all this, a sustainable local population of German brown trout can be found in this creek. Actually, there is the early section for fly fishing only. Some of the water is actually a little rough. After a while, it turns into a deeper fishable stream for both trout and bass. Eventually all this water ends up in Solano Lake, a very pretty end, and then off for irrigation. Rumors say there are brown trout up to 10 pounds that have been seen in the creek. Now, that might be reason enough to put this creek on your list.

Dead Fish

Little Tim was in the garden filling in a hole when his neighbor peered over the fence. Interested in what the youngster was up to, he politely asked, "Whatcha doing, Tim?"

"My goldfish died," replied the boy tearfully, without looking up. "And I've just buried him."

The neighbor was concerned. "That's an awfully big hole for a goldfish, isn't it?" Tim patted down the last heap of earth then replied, "That's because he's inside your cat."

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What's the difference between a fish and a piano?
You can't tuna fish!

What do you call a dangerous fish who drinks too much?
A beer-a-cuda!

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Fishing With Sid

Summer has finally arrived as this past weekend boaters flocked to take advantage of the beautiful weather at Lake Berryessa. Saturday morning I headed out with Orville and John. It was overcast and quite brisk. Our first stop was the ranch house which in the past was usually very successful but alas not this morning. But that gave me a chance to teach Orville and John how to use a senco with brass and glass. Then my plan was to troll towards the vineyards and pick up a few fish along the way but this proved fruitless too. So we headed straight for the fishing grounds.



We started in about fifteen feet of water. Orville threw his senco with brass and glass and on the way down on his first cast he hit a small mouth bass which he released. A few minutes go by and he gets another bass that he releases. I changed John's rod to a weightless senco and he wound up with a few nice small mouth bass that he caught in about 2 1/2 feet of water.

On the way back to Steele Park the sun came out and the day warmed up considerably. Then I went out with Tim later in the day to one of my favorite coves and limited out with bass (5 bass to 11 1/2 lbs). When we came back to the dock ready to call it a day I met our new neighbours and their 13 year old son Anthony and asked if he liked to fish. He said yes enthusiastically so I asked his parents if he can go out for awhile and they said sure.



We went back to my favorite cove again and we only fished weightless sencos in two feet of water and Anthony had five hits right away. The water conditions Saturday was approximately one foot visibility. We picked up some nice bass and one crappie. Sunday morning I trolled from Steele Park to Spanish Flat and limited out with trout and salmon within an hour. They were all between six feet and fifteen feet down. There was heavy boat activity trolling for them.

Later in the day my wife and I decided to try the back of the Monticello Ski School to get away from the boat action on the lake and the fishing was not bad. This full moon that is coming up in May will absolutely put all the females to spawn. If you are interested in a guided trip book early. 'til next week.....good fishing!!!!! www.fishingconnection.net

If you have any interesting fishing stories to share, let me know at bestguide@hotmail.com. Sid # 650-583-3333

Get Ready for the 2006 Spring/Summer Season! Learn to Fly Fish

SAGE Trout School

Sweeneys Sport Store, Saturday, May 13th, 2006, 9 a.m.- 4 p.m.

Cost: $95.00 (due upon registration to hold your position in the class)

Equipment Needed: None! Sage will provide state-of-the art equipment for you to use throughout the day. Note: sunglasses, a hat, and sunblock are recommended!

Instructor: Ken Hanley. Ken has been a SAGE school instructor for the past twelve years. He is a California native with over twenty year's experience as a guide/instructor in the fly-fishing and adventure/recreation industries. Ken is also an outdoor writer. He is the author of six books, including The No Nonsense Guide to Flyfishing Northern California, California Fly Tying and Fishing Guide, Mexico Blue Ribbon Flyfishing Guide, and most recently, Flyfishing The Pacific Inshore. You can also find Ken's work in California Fly Fisher and Saltwater Flyfishing magazines, where he is a regular columnist and regional editor for both publications.

What You Will Learn: Spend a full day learning the basics of the wonderful sport of fly-fishing. Trout schools are broken into a comfortable mixture of personalized casting instruction using a variety of Sage performance rods, basic knots used, tackle selection, entomology and fly selection, and techniques & strategies to use once you get out on the water! Safety, conservation, and etiquette issues that are part of fly-fishing are also discussed. Beginner and experienced anglers alike benefit from the personalized instruction offered by Ken and his staff. You will leave the school equipped with a strong foundation to beginyour adventures in fly-fishing!

Come into Sweeney's Sport Store to reserve your spot -1537 Imola Ave. West
Napa, CA 94559, (707) 255-5544

Guided Trips to Putah Creek: Our local tailwater has wild rainbows that average 10 - 18 inches and some fish that push the 30 inch mark. Tiny flies and nymph fishing are the norm for these highly educated fish, but dry fly activity can and does happen. Learn the ins and outs of this rich little stream on either a half or full day guided trip.

Half Day - One Angler, $175; Two Anglers, $225
Full Day - One Angler, $275; Two Anglers, $325

Come in and talk to Greg at Sweeney's Sport Store - 1537 Imola Ave. West Napa, CA 94559, or call (707) 255-5544

If a dog were the teacher you would learn stuff like:

When loved ones come home, always run to greet them.
Never pass up the opportunity to go for a joyride.
Allow the feeling of fresh air and the wind in your face to be pure ecstasy.
When it's in your best interest, practice obedience.
Let others know when they've invaded your territory.
Run, romp, and play daily.
Thrive on attention and let people touch you.
Avoid biting when a simple growl will do.
On warm days, stop to lie on your back on the grass.
On hot days, drink lots of water and lie under a shady tree.
When you're happy, dance around and wag your entire body.
Delight in the simple joy of a long walk.
Eat with gusto and enthusiasm. Stop when you have had enough.
Be loyal. Never pretend to be something you're not.
If what you want lies buried, dig until you find it.
If someone is having a bad day, be silent, sit close, and nuzzle them gently.

Napa Valley Triathlon Brings More Than 500 Athletes to Lake Berryessa

by Evan Kilkus

Tri-Athletes from across the state will be coming to Lake Berryessa Saturday May 6th and Sunday May 7th to compete in the 2nd Annual Napa Valley Half Triathlon and 8th Annual Napa Valley Sprint Triathlon. Putah Creek Resort will host the event, where the swim, run, and bike portions of the Triathlons will Start and Finish.



The Half Iron Triathlon on Saturday will start with a 1.2 mile swim off the shore of Putah Creek Resort and a 13.1 Mile Run up Knoxville Road and Back. The Bike Ride will bring competitors on a scenic ride down Knoxville Road where it will head West on 128 to Pope Valley. There participants will turn around and head back to Putah Creek via Pope Canyon Road. The Sunday Sprint Triathlon will follow much the same couse with shorter distances of a half-mile swim, 15-mile bike, 4-mile run.



"It is one of the most scenic bike rides" says Dave Horning, Owner of Enviro-Sports, the promoter of the event. "The variety of scenery and minimal traffic make it great." Pope Valley 4-H Club and St. Helena High School Sports will be helping with the water stops and as course monitors to keep the participants hydrated and safe. Eagle & Rose Winery, Rustrige Winery, and Nichelini Winery are also all helping out with the event.

1,000 participants from across the country have sold the event out, bringing a surge of visitor revenue to local businesses. Participants are filling hotel rooms at resorts around the lake and as far as Napa, Fairfield, and Winters. Local restaurants including Cucina Italiana are also expecting a busy weekend.

For more information about the competitions log onto www.EnviroSports.com, or if you want to support the athletes yourself head over to Putah Creek Resort starting at 8 A.M. on Saturday or Sunday Morning.

Calendar of Events Around Lake Berryessa

Senior Center Crafts
Every 2nd & 4th Wednesday of each month
Call Mary at 966-2254 or Georgia at 966-2127

Every Monday – Bingo – 1 PM til??
Every first Monday is Bingo Pot Luck – Starts at Noon. 252-8488

Seniors Pot Luck
Every 3rd Friday Night – bring a dish. 966-2267
Senior Center – Call 966-0206 or 966-2127 (Please leave a message)

Valley Christian Church
Weekly Bible Study on Monday nights, 7:30 until 8:30 PM.
Currently meeting at the Community Church across from the Corners. For more information call 257-0527.
Weekly Berryessa Youth Meeting on Wednesday nights, 7:00 PM at the Vol. Fire Station. For more information call Gina Hamilton, 966.2816

Sufi Center ~ Meditation & Healing Circle - Pope Valley
Every Thursday - 7pm ~ Every Sunday - 6pm
1st Sunday of every month - Pot Luck - 4pm to 6pm
Info - Call 707-965-0700, 2950 Pope Valley Canyon Rd.

Get your event on the calendar by calling 966-3806 or 287-6240
Email shirllbnews@sbcglobal.net or pkilkus@aol.com.

25th LAKE BERRYESSA 1 & 2 MILE OPEN WATER SWIMS

On June 3, 2006, the Davis Aquatic Masters will be holding their traditional 1-mile and 2-mile swims (wetsuit and non-wetsuit) for masters, 1-mile for ages 18 and under, and the 500 yard swim for ages 8-10. This is a USMS/PMS and USA Swimming/PS sanctioned event. All entries must be postmarked by Friday May 19, 2006 for the reduced entry fees. An onsite food service will providing a tasty meal at the event.

Online Registration, Brochure, and PDF Entry Form at **www.damfast.org/**.

The event will be held at Oak Shores Park off Knoxville-Berryessa Road. Bring your family and friends to enjoy this event. Plenty of parking is available at Oak Shores. However, carpooling is strongly encouraged as a condition of event permit granted by the US Bureau of Reclamation. Parking is on a first come first serve basis. If you park along the Knoxville-Berryessa Road, do so on the west side and in a legal manner. Citations will be issued to illegally parked cars on the road and within the park. Shuttle service within Oak Shores and overflow parking outside the park will be available.

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Lake Berryessa – Let's Talk!
Wu-Long Tea Update / A Real Nut Case
by Brenda Brown

Hello my readers,

Guess what! My order of Wu-Long Tea arrived on Thursday, 4/27/06. It arrived in a six inch classy burgundy tea bag full of herb leaves (I must say, premium looking herbs) with a small beige bag (pouch) to put 1 tsp of herbs per cup into the pouch and then into the boiling water for 3-5 minutes..

Along with the tea came this message:

"Thank you very much. We sincerely appreciate your investment in Premium Wu-Long. We are absolutely convinced that you have made right choice. Drinking two servings of this rare, premium tea is one of the best things you can do for you health".

Well my husband and I immediate had our first cup that night and the next morning and tonight….It is a little darker than green tea and is a much smoother blend….very easy to enjoy. I must say it does have an immediate positive affect. Releasing tonic and excess water, begins making you feel lighter…So Far so good…I will keep you posted. Thanks for your interest.

Now this week's column is about adding more nuts to your diet.

New research is making a strong case in favor of this study. The people who ate an ounce of nuts or a couple of tablespoons of peanut butter five times per week had a much lower risk of type 2 diabetes compared to the people who rarely ate nuts or peanut butter. Nuts are high in healthy fats and other nutrients that may help ward off type 2 diabetes by keeping blood sugar levels steady.

RealAge Benefit: Eating a low-fat diet -- and eating healthful unsaturated fats when you do eat fat -- can make your RealAge as much as 6 years younger.

Eating nuts or peanut butter several times per week isn't enough to ward off type 2 diabetes by itself, but it may help. Nuts and peanut butter are high in magnesium and poly- and monounsaturated fats -- nutrients that help maintain optimal glucose and insulin levels.

When adding calorie-dense nuts to your diet, cut back on other foods that are high in fat and calories to help balance things out. For example, if you have a handful of nuts as a snack, skip your usual chips or crackers and cheese. If you add peanut butter to your bagel, have half a bagel instead of a whole one. To kick your anti-diabetes lifestyle into high gear, exercise for at least 30 minutes on most days of the week and keep your weight down.

Until the next issue, I wish you all a beautiful and memorial day in LakeBerryessa.

****

Journey to the Center of the Earth

Traveling to the center of the Earth is a fanciful concept, but consider the reality: We have so far drilled lust 7.5 miles into the Earth's rocky crust, leaving roughly 3,962 more miles to go. The new Japanese research vessel Chikyu won't exactly breach Earth's core, but it will drill to an unprecedented depth, beginning in late 2007 when it embarks on its first scientific mission off the southwestern coast of Japan.

The 57,500-ton rig is equipped with a 5.9- mile-long drill designed to blast four miles into Earth's crust and strike the semi-molten mantle that lies beneath it. There, scientists hope to dig up primordial creatures-such as hydrogen-feeding microbes that maybe thriving under the same conditions as those of the early Earth- and possibly reveal new clues to the origin of life. Ordinary drills can't reach the mantle through the ocean because their boreholes collapse beyond a depth of 1.3 miles, where pressure can exceed 7,000 pounds per square inch. If all goes well, scientists hope to strike the mantle by 2012.

Napa County Tourism Economic Impact Study

The findings of the economic impact study clearly indicate that the tourism industry is an extremely important part of what makes Napa County such a vibrant and economically progressive community.

The average visitor to Napa County spends $197 per day with those staying over-night spending $233 per day. The visitors' spending impacts almost every segment of the county's economy in a significant way with almost one billion dollars in direct spending and $1.3 billion in total impact.

More than 17,000 jobs are created which provide nearly half a billion dollars in income to residents. Each resident of the county sees the benefit of almost $1,000 in indirect business taxes injected into the community by visitors and utilized to improve the quality of life for residents and visitors alike. Other key findings of the economic impact study are highlighted as follows.

• There were over 4.7 million person trips made to Napa County by visitors across four seasons of one calendar year. These included 2.75 million overnight trips and 2 million day trips. A "person trip" is defined as one person visiting Napa County for one day.

• Visitors who did not stay overnight within Napa County spent an average of $146 per-day, while overnight visitors spent $233 per-day. Average total Daily Spending of both categories is $197.

• Napa County's economy benefited from an average of $2.5 million per day from visitors.

• Napa visitors contributed about $176 million to the revenue of commercial hotels in Napa County. Bed and breakfasts received another $40 million of their revenue from visitors.

• Overnight visitors generated almost $20 million in tourism transient occupancy taxes (TOT).

• Napa visitors contributed nearly $265 million to the revenue of restaurants and other food establishments in Napa County.

• Napa visitors spent $184 million on wine purchase and another $38 million on wine tasting.

• Napa visitors spent nearly $63 million on retail shopping including antiques and artwork.

• Various entertainment and sightseeing businesses received over $42 million in sales from visitors.

• The amount spent directly by visitors or the direct impact of visitor spending in Napa County reached almost $1.0 billion in 2005.

• Due to the multiplier effects of visitors' direct spending in Napa County, there were also secondary impacts of $85 million generated through indirect and induced business activities of the tourism industry.

• The total economic impact of visitors to Napa County was $1.3 billion in 2005.

• Almost $123 million in indirect business taxes including tourism transient occupancy taxes were generated.

• Visitors supported about 17,500 full and part-time jobs in Napa County, providing almost $500 million in wages and salaries.



New Balloon Landing Platform at Home Depot to Protect Vineyards!

How Did They Get That Name?

If your name is Dave Clark and you recruit four other members, then it's pretty easy to figure out why you named your group the Dave Clark Five. But some other names are not as easily determined.

• The Fugees - A negative slang term for "refugees" (Wyclef Jean was born in Haiti).

• Gin Blossoms - Slang for the bulbous red nose that can result from excessive drinking (thinkW.C. Fields).

• Marcy Playground - The lead singer attended Marcy Open School in Minneapolis as a child. He was terrified of the schoolyard bullies, and spent recess indoors, looking at the playground through the window.

• Soundgarden - Named after a sculpture in Seattle's Magnuson Park. The objet d'art is made out of steel pipes and makes eerie howling sounds when the wind blows.

• Ja Rule - The rapper's real name is Jeffrey Atkins, so he took "Ja" from his initials. "Rule" is said to be an acronym for Represents Unconditional Love's Existence

• Macy Gray - Natalie McIntyre adopted the name of a family friend when she decided to become a professional entertainer

• Blink 182 - The band originally called themselves Blink, but when they found out there was already another band with that name, they added the random numbers 182.

• Nickelback - One of the band members used to work at Starbucks. When customers purchased a coffee for $1.45, they'd pay him $1.50, and he spent most of his making change and saying "Here's your nickel back."

• No Doubt - Named after late co-founder John Spencer's favorite catch phrase.

• Third Eye Blind - Singer Stephan Jenkins has stated that the band's name refers to the metaphysical idea of the mind's eye, and the fact that most people don't use this so-called "sixth sense."

• Tragically Hip - Took their name from a comedy skit included in Michael Nesmith's video Elephant Parts. The sketch was about a Foundation for the Tragically Hip, poor yuppies who couldn't afford things like hot tubs.

• Dixie Chicks - The three girls from Texas had formed a band in 1989 and played all summer without a name. One afternoon they heard the Little Feat song "Dixie Chicken" on the radio. They liked the sound of the name, and eventually shortened "Chicken" to "Chicks."

• Less Than Jake - The drummer's parents had a bulldog named Jake. Jake was treated like a king; he had his own special spot on the sofa, and the parents even brought home carry-out food just for him. The drummer used to joke that he always felt that his role in the family was "less than Jake."

• Linkin Park - The group originally wanted to name themselves Lincoln Park after they saw a sign in Santa Monica with that name on it. But when they tried to register the Internet domain name lincolnpark.com, they found that it was already taken, so they changed the spelling to one that was available.

• Smash Mouth - The band's drummer took this name from a phrase coined by Chicago Bears coach Mike Ditka, who used the term "Smash Mouth Football" to describe the no holds barred style of playing the game.

• Stone Temple Pilots -The group liked the initials STP, but didn't use it for fear of being sued by the people that make Scientifically Treated Petroleum. They tossed around several potential names that used those initials and finally settled on Stone Temple Pilots.

• Collective Soul - Inspired by a phrase used by Ayn Rand in her novel The Fountainhead. Collective Soul is another term for mankind.

HAPPY BIRTHDAY & ANNIVERSARY



HAPPY BIRTHDAY

To All In May

Marlyn La Rosa 5th
Fran Galbraith 9th
Marjorie Pridmore 13th
Mary White 15th
Karen Hanks
Yvonne Irwin
James Lucas
Ron Thompson
Ron Cox 22nd
Rosemarie Wilson 29th

Happy 26th Birthday
To Our Son
SCOTT
Luv Mom & Dad

~~~~~~~~~~~~~~~~~~~

Happy 81st Birthday
To Mom
Grandma Josie
With Lots Of Luv From
Your Kids, Grand Kids &
Great Grand Boys!!
Luv From
Your Daughter Shirl
& Dave

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Happy Belated Birthday
Adam Ball

Ha! Ha! Harvey

I was in my back yard yesterday, trying to fly a kite.

I threw the kite up in the air, the wind caught it for a few seconds, then it came crashing back down to earth. I tried this a few more times with no success.

All the while, my wife is watching me from the kitchen window, muttering to herself how men need to be told how to do everything.

She opened the window and yelled to me, "You need a piece of tail."

I turned with a confused look on my face and said to her, "Make up your mind. Last night, you told me to go fly a kite."

ALERT!!!
We recently had a new neighbor call the local administrative office to request the removal of the Deer Crossing sign on their road.

The reason: "Too many deer are being hit by cars out here! I don't think this is a good place for them to be crossing anymore."
From Kingman, KS.

IDIOTS IN FOOD SERVICE:
My daughter went to a local Taco Bell and ordered a taco. She asked the person behind the counter for "minimal lettuce."

He said he was sorry, but they only had iceberg. He was a Chef? Yep...From Kansas City!

IDIOT SIGHTING: At a good-bye luncheon for an old and dear coworker. She was leaving the company due to "downsizing."

Our manager commented cheerfully, "This is fun. We should do this more often." Not another word was spoken. We all just looked at each other with that deer-in-the-headlights stare.

To be truly wise and powerful on this earth, we must only allow ourselves to be, and to express freely, the Angels that indeed, we already are inside. Our noble and exalted works will follow along with our highest achievement and our rewards. Angels encourage your best qualities & hidden talents. They help you see your life in a better light. Angels help you find the courage to do whatever you were meant to do, to stay afloat with their unsinkable, buoyant natures, help you laugh at life even when you don't think it's funny.

ANGEL

The Pink Lady
Joann Blocker,
We wish you a speedy recovery.
All of us here at the Lake miss You.
Get well soon.
The Cookie Monster awaits you at Pleasure Cove.
Luv from
the Gang at the Lake
and From
Your Secret Admirer

"I love you in a place where there's no space or time. I love you for my life you are a friend of mine. And when my life is over remember when we were together. We were alone and I was singing this song to you" ~ Leon Russell

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GAZPACHO (Cold Soup)
1 green bell, pepper
Seeded & chopped
1 Cucumber, chopped
Half of a red onion , diced or to taste
3 tomatoes, cut up
3 tbsp. Olive Oil, 2 tbsp. vinegar to taste
2 c. cold water
1 garlic clove or to taste I like a lot!
1 tsp salt to taste
1 slice French bread, cubed.
Coarsely blend all ingredients in blender
Top each serving with some grapes.
serves 4 to 6. You can make many variations with your favorite veggies.

DAM LEVEL UPDATE

The elevation of the spillway (Glory Hole) at Monticello Dam is 440 feet.
The water is now 1.04 feet above the top of the spillway
Lake Berryessa has had 58.51 inches of rainfall since July 1st, 2005
As reported by Carlos Jeffreys of The Corners
April 4th thru April 16th a total of 4¾ rain!!

Date	Elevation	Evaporation	High	Low
4-24-06	441.56	.04	68	50
25	.57	.08	60	46
26	.38	.07	65	48
27	.30	.14	82	48
28	.20	.19	89	51
29	.11	.20	86	53
30	1.04	.14	79	53

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2006 Lake Berryessa Calendar of Events

You are invited even though you are not a Member of the Organization sponsoring the Event. All are open to the public. Hope to See You There!

Date	Event & Sponsoring Organization
5-20	Breakfast Potluck ~ Berryessa Senior Center 9 til 11:30 *
5-22	Lake Berryessa Chamber of Commerce - 7 pm
6-3	Davis Masters Swim Meet - Oak Shores
6-17	Early Releases wine ~ Berryessa Senior Center Cheese, Olive Oil, & Food tasting. Sat. 4-til 7pm *
7-15	Flea Market (Rent tables) Berryessa Senior Ctr., 10-4pm
7-22	Casino Night ~ Pasta Dinner, Berryessa Senior Center Big Raffle ~ 5:30 to 10pm *
8-5	Craft Faire (Rent Tables) Berryessa Senior Center * 10am to 4pm Lunch Available
8-5	Poker Run ~ Berryessa Chapter of the Lions Club *
8-19	Bring Your Own Meat B.B.Q. Berryessa Senior Ctr. Chef Paul will cook it if you wish. Sat. 4pm. *
9-15	Potluck ~ Berryessa Senior Center 6pm. *
10-20	Potluck ~ Berryessa Senior Center 6pm. *
11-17	Thanksgiving Dinner (Potluck) & Turkey Raffle 6pm. *
12-4	Pirate Bingo & Potluck ~ Berryessa Senior Ctr. 12 noon ~ Bring a New $5.00 Gift to Play.
12-15	Christmas Dinner (Potluck) ~ Berryessa Senior Center * Bring a new $10. Gift for Exchange. 6pm.

Every Mon. Bingo 1pm, 252-8488, &
1st Mon. of each month Potluck 12 noon*

*Berryessa Senior Center Activities, Call Georgia at 966-2127
*Potlucks, Call Pat at 966-2267 or 966-0206 (Please leave a message.)
*Lions Club, 966-1413

The Berryessa Seniors would like to have a Bus Trip (Overnite) to Reno. How many of you are interested? It usually runs about $80.00 (based on double occupancy) and includes transportation. Some Comps & Hotel Room. You don't have to be a member to go.



Lone Fisherman at Beautiful Oak Shores Park at Lake Berryessa - A Great Day Trip Destination!

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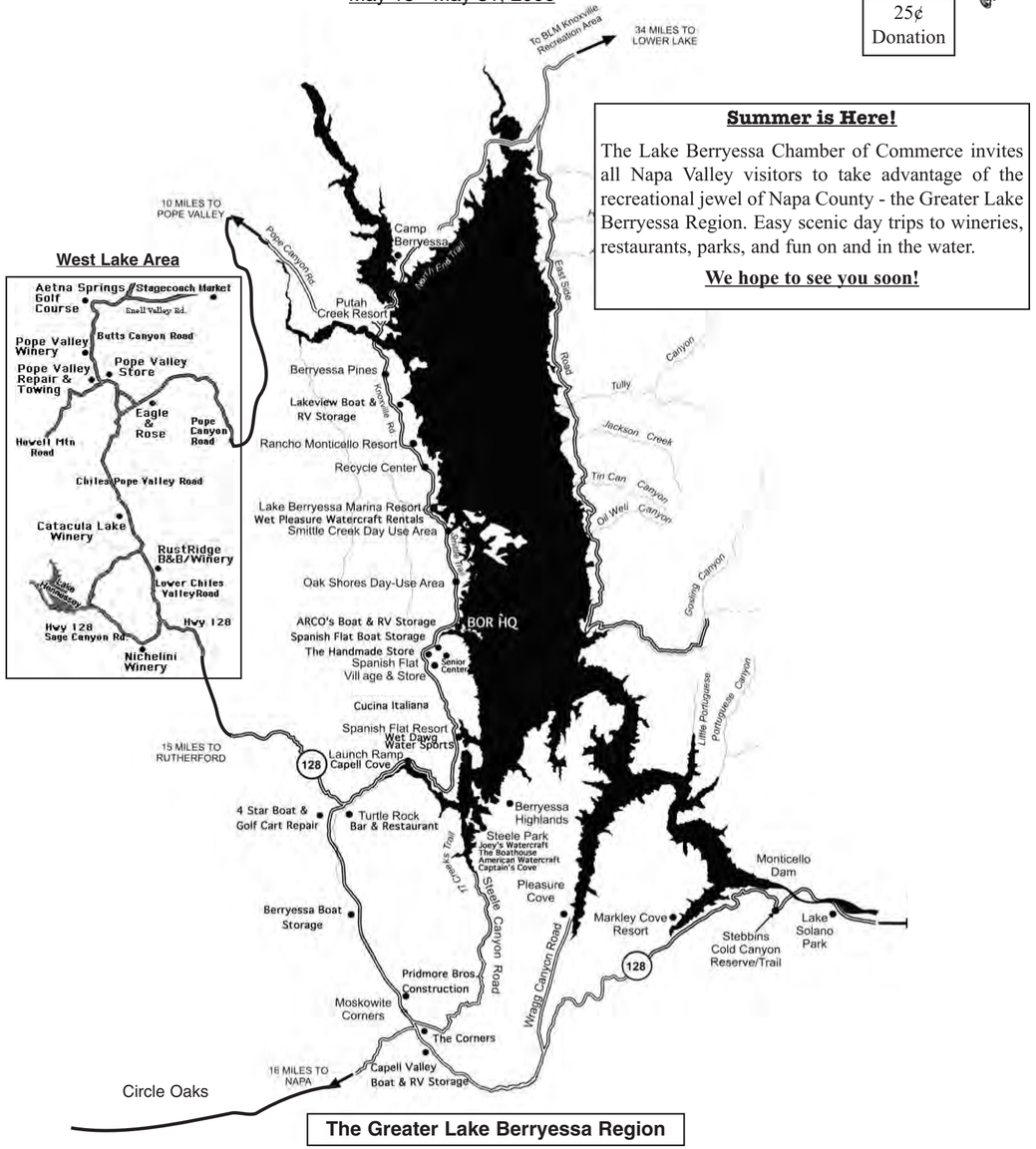
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Summer is Here!

The Lake Berryessa Chamber of Commerce invites all Napa Valley visitors to take advantage of the recreational jewel of Napa County - the Greater Lake Berryessa Region. Easy scenic day trips to wineries, restaurants, parks, and fun on and in the water.

We hope to see you soon!



The Greater Lake Berryessa Region

Lake Berryessa: A Napa County Jewel Accessible to All
Plan Your Day Trip Now!

Summer is here and as you can see from our wide range of advertisers, there are dozens of adventures waiting for you in the Greater Lake Berryessa Region! Napa Valley visitors have easy day trips available to a range of destinations, and mid-week trips are a special treat since the traffic is sparse and the facilities uncrowded. All four points of the Lake Berryessa compass include wineries, restaurants, sports, scenery, and relaxation.

The North Compass Point includes, historic Aetna Springs Golf Course (www.aetnasprings.com). Dating back to around 1890, Aetna Springs is one of the oldest continuously operated golf courses in the country. During its heyday, visitors included many stars of Hollywood's Golden Era, as well as the wealthy of San Francisco's Bay Area, eager to experience the newest social rage called "golf". Guests arrived by stagecoach from St. Helena.

Down the road is Pope Valley Winery (www.popevalleywinery.com) which is listed in the Lonely Planet Guide. The winery was constructed in 1897 from massive timbers moved down from the Oat Hill Quicksilver Mine. The winery is a three story gravitational flow winery, with hand dug cave. The cave took over 9 years to dig, and the winery was bonded in 1909. The winery includes a blacksmith shop, wagon shed and original farmhouse. Many of the original tools and equipment still remain within these buildings.

The West Compass Point (northern access) from Rutherford on Hwy 128 or St. Helena) leads to Rustridge B&B/Winery (www.rustridge.com) which combines an elegant bed and breakfast and winery with the chance to interact with championship thoroughbred race horses and touch Seabiscuit's original saddle. Catacula Lake Winery (www.cataculalake.com) on the original Rancho Catacula Spanish land grant, is a beautiful modern structure with a gorgeous tasting room and patio. Also nearby is the historic Nichelini Winery. These wineries are only a few minutes from the Napa Valley so a trip to them can be extended to a ride down Pope Canyon Road to Lake Berryessa itself.

The West Compass Point (southern access) from Napa on Monticello Road leads to The Corners and on to Turtle Rock: Home of the World Famous Egg Rolls. After a snack at Turtle Rock you can head north on Hwy 128 to Nichelini winery and beyond or turn right on Knoxville Road and head to Lake Berryessa.

The western shore of Lake Berryessa includes many resorts and picnic areas directly on the water. We'll talk more about those in future issues. For now, just know that all types of water sports activities are available including jet skis, kayaks, patio boats, houseboats, and more. For more details, go to the Lake Berryessa Chamber of Commerce web site at www.LakeBerryessaChamber.com. For detailed information about Lake Berryessa go to the Bureau of Reclamation's web site at: www.usbr.gov/mp/ccao/field_offices/lake_berryessa/index.html.)

Almost any day trip to Lake Berryessa should include lunch or dinner at our famous local Italian restaurant, Cucina Italiana at the Spanish Flat Village Center (www.LakeBerryessaNews/CucinaItaliana).

The East Compass Point for the region is the City of Winters and its access to the southern shores of the lake. Again you have excellent wineries such as Berryessa Gap near fine restaurants such as Tomat's and the Buckhorn - all located near the interesting boutiques of Winters' historic downtown. A day trip from the Napa Valley along Monticello Road from the City of Napa to the Monticello dam and on to Winters gives you insight into the character of the area. Although the East shore of the lake is undeveloped and remains in ranching, there is a lakeside trail accessible from the far north. We'll talk more about trails and hiking in future issues.

The South Compass Point for the Greater Lake Berryessa Region points up from Fairfield through the Suisun Valley (www.suisunvalley.com) and Wooden Valley. This is a major fruit and vegetable area and is worth a day trip to sample local produce. Combine that with a trip to Wooden Valley Winery and lunch or dinner at the Vintage Café in eclectic Manka's Corners which has art galleries and metal a sculpture studio.

As you can see by this quick survey, there's a lot to do in the Greater Lake Berryessa Region and we invite you to enjoy it all. Use your imagination to create memorable day trips (or overnighters in cabins or on houseboats) which enhance your enjoyment of your vacation in the beautiful Napa Valley.

The Lake Berryessa News
www.LakeBerryessaNews.com
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Only $25 per year to have the Lake Berryessa News delivered to your mailbox. Send check or money order with your information to:

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Lake Berryessa Chamber of Commerce Meeting

The Lake Berryessa Chamber of Commerce Board of Directors will meet on Monday, May 22 at 7 P.M. at Cucina Italiana. Besides the usual fun time these meetings always turn out to be, we will discuss the results of our mass mailing of the Chamber Directory and Lake Berryessa News, potential endorsements of Measures A and Z, a future brochure or flyer, and a possible summer event. All Chambeer Members and friends of Lake Berryessa are always welcome.

Mother's Day on Lake Berryessa

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Fishing With Sid

This past Mother's Day weekend had everything going for it. Great weather, a full moon and the fish were on the bite. The first person I took out was Russ from Redding. He told me he hadn't fished for quite awhile. He had to get a fishing license and while we were in the store I told him to pick up some senco rootbeer worms 5 inch. I showed him how to set up the worm and hook and he took two practice casts from the dock. We headed out and Russ was practicing his casting along the shoreline as we came to some structure he threw the bait in that direction and low and behold hooked on to a 3 1/2 pound largemouth bass. And so the day went.

Later that day my wife and I decided to try some evening fishing. We went to a location near big island and we fished plastic worms. I fished it weightless and my wife fished with brass and glass. We watched the water for awhile and noticed the fish were boiling on the surface chasing the shad. We naturally started casting into the boil and the fish were very aggressive the moment the bait hit the water they went for it. I was using a 5 inch laminated senco (charteuse and green) and my wife was using a 5 inch watermelon with black flakes. Since I love topwater fishing, I changed to a "chugger" and had a great time watching them explode on the surface. As the sun was setting the water surface was alive with fish feeding. It was really an enjoyable evening. We must have landed over fifty fish (released all of them).

The following day I gave a "pop r" to the Vittaly family and we headed out in two seperate boats to the same location. I explained to them to look for the boils on the surface and throw into it. To our dismay the water surface was calm with no fish in sight. They started at one end and I went to the shallow end and fished grubs through the grass. By the time their boat got to mine I had caught six small bass. JR, one of their sons, came on my boat and I showed him how to use the chugger he threw it where he saw a boil and sure enough he landed the largest bass he had ever caught. His mom saw a boil and threw the pop r into it and she landed her largest bass in Berryessa. The Vittaly's total was twenty-one fish but they only kept three. The kids also had a good time catching carp from the dock (see photo).
'til next week.....good fishing!!! www.fishingconnection.net if you have any fishing stories to share please contact me at bestguide@hotmail.com



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Fishing With Dino

Fishing is hot!!!!

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Kokanee are at the 40ft depths near the dam area! Some anglers reported good action this weekend.

Crappie are hitting Jigs or Minnows off the bottom. Early morning is the best time.

Bass anglers are throwing plastics and crankbaits in shallow waters and landing nice Smallmouths and a few Largemouths also.

Water temp is at 64 degrees 8 ft from the surface.

Dino Righetti, Spanish Flat Resort Marina, 707-966-7708

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Davis Aquatic Masters Swim Meet at Oak Shores

On June 3, 2006, the Davis Aquatic Masters will be holding their traditional 1-mile and 2-mile swims (wetsuit and non-wetsuit) for masters, 1-mile for ages 18 and under, and the 500 yard swim for ages 8-10. An onsite food service will providing a tasty meal at the event. The event will be held on at Oak Shores Park off Knoxville-Berryessa Road on the west shore of Lake Berryessa. Bring your family and friends to enjoy this event. Have a great swim!

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Calendar of Events Around Lake Berryessa

Senior Center Crafts
Every 2nd & 4th Wednesday of each month
Call Mary at 966-2254 or Georgia at 966-2127
Every Monday – Bingo – 1 PM til??
Every first Monday is Bingo Pot Luck – Starts at Noon. 252-8488
Seniors Pot Luck
Every 3rd Friday Night – bring a dish. 966-2267
Senior Center – Call 966-0206 or 966-2127 (Please leave a message)
Valley Christian Church
Weekly Bible Study on Monday nights, 7:30 until 8:30 PM.
Currently meeting at the Community Church across from the Corners. For more information call 257-0527.
Weekly Berryessa Youth Meeting on Wednesday nights, 7:00 PM at the Vol. Fire Station. For more information call Gina Hamilton, 966.2816
Sufi Center ~ Meditation & Healing Circle - Pope Valley
Every Thursday - 7pm ~ Every Sunday - 6pm
1st Sunday of every month - Pot Luck - 4pm to 6pm
Info - Call 707-965-0700, 2950 Pope Valley Canyon Rd.

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Lake Berryessa – Let's Talk!
That Morning Caffeine Fix? Consider It Health Care
by Brenda Brown

Hello my loyal readers, I'm here to give a plug for green tea—and coffee too.

-A large Japanese study has found that sipping away on six cups of green tea each day may shrink type 2 diabetes risk, especially among women and overweight men. Why? Researchers aren't sure yet, but caffeine may play a role. Even though green tea's not loaded with the stuff, other studies have found that the caffeine in coffee seems to guard against diabetes.

Green Tea has only about 30 milligrams (mg) of caffeine per 8-ounce cup, versus coffee's 100 mg. So if caffeine was behind the diabetes protection seen in the study, that explains why it took so much green tea to have an effect. However, other compounds in green tea could deserve the credit. Or heavy green tea drinkers could have other lifestyle habits that defend against diabetes.

Even if the caffeine is responsible, obviously it can't guarantee your diabetes protection. But it may help, because caffeine positively affects the way your body processes sugar. And flaws in sugar processing (glucose metabolism) are the core problem with diabetes. The risky result is high blood sugar levels, which can lead to frightening health problems, from blindness to heart disease. Although there are treatments, prevention is obviously the real deal. It includes working out regularly, controlling your weight, eating a healthful diet -- and now, maybe, dropping by a coffee house. Whether you order a medium latte or a large green tea, well, that's your call.

All I know is that I have been drinking Green Tea every morning at work for several years and I am not a diabetic. Everyone else in my family is, but not me…..Hummmm something to think about????

Thanks again for taking the time to read this week's Lake Berryessa News and we hope you enjoyed your day! (bbms4u@earthlink.net)

****

Social Security Lists the Most Popular Baby Names for 2005: Emily and Jacob Remain the Apple of Moms' (and Dads') Eye For Seventh Straight Year

Based on all Social Security card applications for children born last year, Emily and Jacob are the most popular baby names for the seventh year in a row.

Boys

Jacob, Michael, Joshua, Matthew, Ethan, Andrew, Daniel, Anthony, Christopher, Joseph

Girls

Emily, Emma, Madison, Abigail, Olivia, Isabella, Hannah, Samantha, Ava, Ashley

Emily has been the most popular female name each year since 1996. Jacob has been the top male name since 1999. New to the top ten this year are Ava and Anthony.

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Prime Rib……..$15.95
Rib Steak……..……$14.95
1/2 Herb Chicken……..$12.95
Fettucini ~ Red Sauce…$13.95
1/3 lb. Cheeseburger….. $8.95
Prawns……..$13.95
All above orders include
Green Salad with house dressing
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(Except Burger)

Snack Bar Menu

Open Sat & Sunday & Holidays
11am ~ 3 pm

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Hamburger ? lb. w/fries……$6.95
Cheeseburger ? lb. w/fries…….$7.95
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Fried Chicken 4 piece w/fries....$7.95
Chicken Nuggets w/fries……$5.50
Hot Wings or Buffalo Wings….$4.95
Jalapeno Poppers (5)……..….$4.95
Mozzarella Cheese Sticks……..$5.75
Onion Rings ~ sm. $2.50 or lg. $4.50
French Fries ~ sm. $2.00 or lg. $4.00
Extra Cheese $1.00 ~ Ranch 50¢

HAPPY BIRTHDAY & ANNIVERSARY



HAPPY BIRTHDAY
To All In May
HAPPY BIRTHDAY
To All In May
Karen Hanks
Yvonne Irwin
James Lucas
Ron Thompson
Ron Cox 22nd
Rosemarie Wilson 29th

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Birthdays & Age ~ Part 1

Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than 10 years old, you're so excited about aging that you think in fractions.

"How old are you?" "I'm four and a half!" You're never thirty-six and a half. You're four and a half, going on five! That's the key.

You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead.

"How old are you?" "I'm gonna be 16!" You could be 13, but hey, you're gonna be 16! And then the greatest day of your life . . . You become 21. Even the words sound like a ceremony . . YOU BECOME 21. YESSSS!!!

But then you turn 30. Oooohh, what happened there? Makes you sound like bad milk! He TURNED; we had to throw him out. There's no fun now, you're Just a sour-dumpling. What's wrong? What's changed?

Epitaph for a

Pair of Old Shoes

Humble, born to the earth,
They knew where they stood.

When they moved,
It was because they must.

Anger moved them,
And the desire to be elsewhere,

Or something in them
Responding to music.

They knew also
What waiting can be.

Side by side, they mastered it,
Like an old married couple.

Donald Justice

Make Your Own!
Kids Bubble Solution
One third cup
baby shampoo
1¼ cup water
2tsp. sugar
1 drop only of
food coloring.
To blow bubbles use various
tools, pipe cleaners,
Plastic straw, spoons with holes.
Let your imagination run wild!!

Instant Pudding Salad
1 6 0z pkg. of your
favorite Instant pudding.
1 lg. can crushed pineapple
1 small container Cool-whip
Optional walnuts,
min. marshmallows,
whatever you might like,
make up your own recipe.

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Valley Christian Church
Is a Safe & Healthy place to learn
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Bible preaching & great contemporary
music worship team.
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Please come as you are &
Worship God with Us.
Sunday Service at 10am.
Sunday School for the Children.

DAM LEVEL UPDATE

The elevation of the spillway (Glory Hole) at Monticello Dam is 440 feet.

The water is now .23 feet above the top of the spillway

Lake Berryessa has had 58.51 inches of rainfall since July 1st, 2005

As reported by Carlos Jeffreys of The Corners
April 4th thru April 16th a total of 4¾ rain!!

Date	Elevation	Evaporation	High	Low
5-8-06	44.54	.14	83	51
9	.49	.20	83	50
10	.43	.19	88	50
11	.38	.19	91	51
12	.33	.19	93	52
13	.29	.19	87	51
14	.23	.23	87	51

Ha! Ha! Harvey
There is a website that gives you the telephone shortcuts so you can get to a "human" voice right away. It's www.gethuman.com I wish I'd had this a week ago when I was trying to get to a service department and spent 20 min.
on hold AFTER 10 minutes jumping through voicemail hoops. Once you've
opened the website, click on "database", and see all the numbers (and secrets) to connect to a "real person"..
This is fantastic !!!!

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Ha! Ha! Harvey
Retirement questions

Question: How many days in a week?
Answer: 6 Saturdays, 1 Sunday

Question: When is a retiree's bedtime?
Answer: Three hours after he falls asleep on the couch.

Question: How many retirees to change a light bulb?
Answer: Only one, but it might take all day.

Question: What's the biggest gripe of retirees?
Answer: There is not enough time to get everything done.

Question: Why don't retirees mind being called Seniors?
Answer: The term comes with a 10% percent discount.

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- Master Bedroom w/ Views of the Lake
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- Approx. .28 of an Acre
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Lake Berryessa - Day Trip Paradise

There are dozens of adventures waiting for you in the Greater Lake Berryessa Region! Napa Valley visitors have easy day trips available to a range of destinations, and mid-week trips are a special treat since the traffic is sparse and the facilities uncrowded. All four points of the Lake Berryessa compass include wineries, restaurants, sports, and relaxation.

The North Compass Point includes historic Aetna Springs Golf Course (www.aetnasprings.com). Dating back to around 1890, Aetna Springs is one of the oldest continuously operated golf courses in the country. Down the road is Pope Valley Winery (www.popevalleywinery.com). The 1897 winery includes a blacksmith shop, wagon shed and original farmhouse.

The West Compass Point (northern access) from Rutherford or St. Helena leads to Rustridge B&B/Winery (www.rustridge.com) which combines an elegant bed and breakfast and winery with the chance to interact with championship race horses and touch Seabiscuit's original saddle.

Catacula Lake Winery (www.cataculalake.com) on the original Rancho Catacula Spanish land grant, is a beautiful modern structure with a gorgeous tasting room and patio. Also nearby is the historic Nichelini Winery (www.nicheliniwinery.com). These wineries are only a few minutes from the Napa Valley so you still have time to head to Lake Berryessa itself.

The West Compass Point (southern access) from Napa on Monticello Road leads to The Corners and on to Turtle Rock. After a snack at Turtle Rock you can head north on Hwy 128 to Nichelini/Catacula/Rustridge and beyond or turn right on Knoxville Road and head to Lake Berryessa.

The western shore of Lake Berryessa includes many resorts and picnic areas directly on the water. All types of water sports are available including jet skis, kayaks, patio boats, houseboats, and more. See the Lake Berryessa Chamber of Commerce web site at www.LakeBerryessaChamber.com. For detailed information about Lake Berryessa go to the BOR web site at: www.usbr.gov/mp/ccao/field_offices/lake_berryessa/index.html.

Almost any day trip to Lake Berryessa should include lunch or dinner at our famous local Italian restaurant, Cucina Italiana at the Spanish Flat Village Center (www.LakeBerryessaNews/CucinaItaliana).

The East Compass Point for the region is the City of Winters and its access to the southern shores of the lake. Again you have excellent wineries such as Berryessa Gap near fine restaurants located near the interesting boutiques of Winters' historic downtown.

The South Compass Point points up from Fairfield through the Suisun Valley (www.suisunvalley.com) and Wooden Valley. This is a major fruit and vegetable area and is worth a day trip to sample local produce. Combine that with a trip to Wooden Valley Winery and a meal at the Vintage Café in eclectic Manka's Corners with its art galleries and metal sculpture studio.

As you can see by this quick survey, there's a lot to do in the Greater Lake Berryessa Region and we invite you to enjoy it all. Use your imagination to create memorable day trips (or overnighters in cabins or on houseboats) which enhance your enjoyment of your vacation in the beautiful Napa Valley.

The Lake Berryessa News

Community News Makes a Better Community
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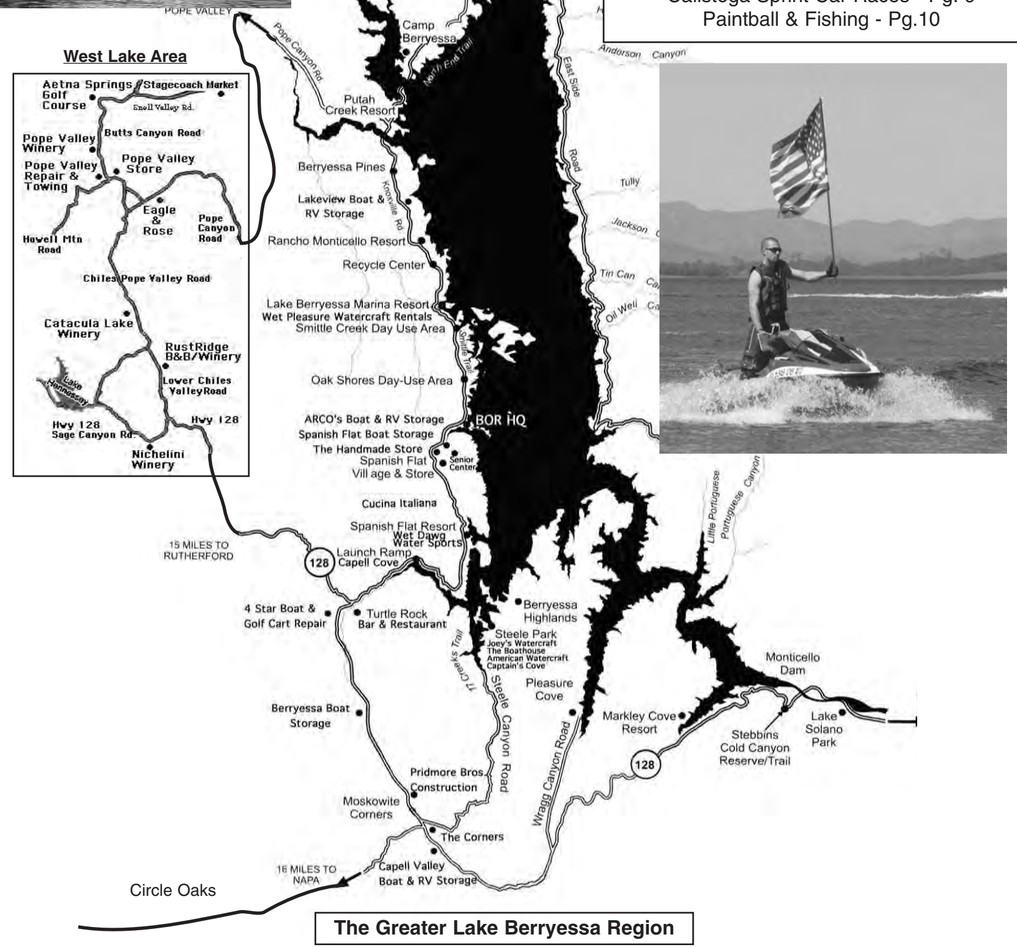
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Summer Heats Up at Lake Berryessa

The Resorts of Lake Berryessa - Pg.2
Lake Berryessa Day Trips - Pg. 12
Calistoga Sprint Car Races - Pg. 9
Paintball & Fishing - Pg.10



The Greater Lake Berryessa Region

The Resorts of Lake Berryessa

Last issue we described the many possible day trips a visitor could take to Lake Berryessa. A summary of that article is printed on the back page for your convenience. This time we bring you a description of the seven resorts you could visit when you take a day off from wineries and restaurants and want some outdoor fun and excercise! Check out the resort ads in this issue.

Overnight accommodations are available at six of the seven privately-managed resorts located around Lake Berryessa. Markley Cove Resort does not have overnight accommodations, but does offer day use opportunities noted below.

Markley Cove Resort, at the south end of Lake Berryessa is the first resort on the way to the lake from Winters, California. It is only a few minutes by boat or car to Monticello Dam and offers a convenience store, food service, marina, boat and jet ski rentals, boat gasoline, bait, and fishing licenses, among others. 800-242-6287.

Pleasure Cove Marina offers a variety of overnight tent and RV camping, restaurant, marina, convenience store, and cabin and houseboat rentals. Nestled between the Blue Ridge and Cedar Roughs, just 45 minutes from Napa Valley, Lake Berryessa is an ideal location for your Forever Houseboat getaway. Mild temperatures in the summer make it perfect for water sports, fishing, camping, wildlife viewing, or just simply sitting back and releasing the cares of the everyday. The grassy hills surrounding Lake Berryessa are dotted with oak and Manzanita and provide excellent opportunities for spotting eagles, hawks, deer, and even wild turkey. Up above, you may spot great blue heron, snow geese, and loons. 707-966-9606 (http://goberryessa.com/)

The Lake Berryessa News
www.LakeBerryessaNews.com
An Independent Community Newspaper
Published the first and third Thursday of each month.

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Only $25 per year to have the Lake Berryessa News delivered to your mailbox. Send check or money order with your information to:

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6244 Hwy 128
Napa, CA 94558

Steele Park Resort is a year round resort with full accommodations for the family. Motel and cottages offer swimming pool and championship tennis courts with spectacular views of the lake's shore. Harbor Cove, the hub of activity, has a restaurant, bar, general store and full service marina, open from 7:00 a.m. 7 days a week, year round. The Boat House Restaurant & Bar offers a spectacular view of the lake along with its tantalizing good food. Steele Park Resort also rents a patio boats and jet skis to explore the many coves along the lake's shore. 800-522-2123. (www.steelepark.com)

Spanish Flat Resort offers outstanding fishing, overnight camping and picnicking, as well as boat, jet ski and kayak rentals. Their cabins are equipped with a bunk-bed, a full-size bed, microwave, coffee pot, shower, toilet, refrigerator, sink, kitchen table and chairs, heater, and air conditioning. Each cabin is on the lakefront and has a deck facing the lake. Because of the warm water, hot summers, and close proximity to the population areas of Northern California, the lake has become a favorite water ski resort. The temperatures are warm enough to make water skiing comfortable most of the summer. In addition, the state stocks the lake with fish as part of the conservation program. Fishing for bass and trout is a popular pastime. 707-966-7700 (www.spanishflatresort.com)

Lake Berryessa Marina Resort is a magnificent setting for your next vacation! You will delight in the natural serenity of the area as you relax at one of their gorgeous waterfront sites. From tubing and wake boarding, to fishing and jet skiing, there is something for everyone at Lake Berryessa Marina Resort. Barbecue the catch of the day on one of our grills. For the ultimate in camping fun, rent a houseboat, pontoon boat, jet ski, or ski boat. They have group facilities for your next reunion, rally or company retreat. Gasoline pumps and a dump station are available for your convenience. 707-966-2161 (www.lakeberryessa.com)

Rancho Monticello Resort is a family-oriented lake front destination for vacationers and water sport enthusiasts. The resort faces the main body of the lake, with the expansive east shore three miles directly across from the Resort. Curves in the shoreline create coves, and variances in the landscape and slopes. Essentially the resort is divided in two parts by a large rock outcropping, known as "Turtle Rock." At the southern-most end of the resort is the marina which includes a gas dock, market, cafe, 8-lane launch ramp, moorage, docks and a day park. There are boat slips for both short term and long term rental. The northern portion of the resort has a large area "Big Flat" with gentle slopes (less than 15%) most of which is devoted to RV, camping and open space. Events in the resort throughout the summer emphasize the warm and friendly atmosphere of Rancho Monticello Resort. 707-966-2188 (www.ranchomonticelloresort.com)

Putah Creek Resort is located at the north end of Lake Berryessa. It stretches over fingers of oak-peppered land, giving this resort lots of accessible shoreline. Putah Creek Park has a restaurant & bar and offers 200 tent only sites and 55 RV only sites. Most sites are right on the water. The campsites have picnic tables and BBQ grills. The motel offers sleeping and kitchen units. Putah Creek Resort is the only resort that sells gasoline for automobiles. 707-966-0770.

2006 Lake Berryessa Calendar of Events

You are invited even though you are not a Member of the Organization sponsoring the Event. All are open to the public. Hope to See You There!

Date	Event & Sponsoring Organization
6-3	Davis Masters Swim Meet - Oak Shores
6-17	Early Releases wine ~ Berryessa Senior Center Cheese, Olive Oil, & Food tasting. Sat. 4-til 7pm *
7-15	Flea Market (Rent tables) Berryessa Senior Ctr., 10-4pm
7-22	Casino Night ~ Pasta Dinner, Berryessa Senior Center Big Raffle ~ 5:30 to 10pm *
8-5	Craft Faire (Rent Tables) Berryessa Senior Center * 10am to 4pm Lunch Available
8-5	Poker Run ~ Berryessa Chapter of the Lions Club *
8-19	Bring Your Own Meat B.B.Q. Berryessa Senior Ctr. Chef Paul will cook it if you wish. Sat. 4pm. *
9-15	Potluck ~ Berryessa Senior Center 6pm. *
10-20	Potluck ~ Berryessa Senior Center 6pm. *
11-17	Thanksgiving Dinner (Potluck) & Turkey Raffle 6pm. *
12-4	Pirate Bingo & Potluck ~ Berryessa Senior Ctr. 12 noon ~ Bring a New $5.00 Gift to Play.
12-15	Christmas Dinner (Potluck) ~ Berryessa Senior Center * Bring a new $10. Gift for Exchange. 6pm.

Every Mon. Bingo 1pm, 252-8488, &
1st Mon. of each month Potluck 12 noon*
*Berryessa Senior Center Activities, Call Georgia at 966-2127
*Potlucks, Call Pat at 966-2267 or 966-0206 (Please leave a message.)
*Lions Club, 966-1413

The Berryessa Seniors are planning a Bus Trip (Overnite) to Reno. How many of you are interested? It's about $80.00 (based on double occupancy) and includes transportation. You don't have to be a member to go.

$$$$$$$$$$ **Valuable Coupon** $$$$$$$$$$

Spring Special: Two Green Fees With Cart
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Member: Lake Berryessa Chamber of Commerce





Bill and Frank rent a boat and go fishing. They catch a lot of fish and return to the shore. Bill says to the Frank, "I hope you marked the spot where we caught all those fish." Frank replies, "Yes, I marked an 'X' on the side of the boat to mark the spot." Bill says to Frank sharply, "You idiot. How do you know we'll get the same boat?" ."

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Launch Ramp
Equipment Rentals
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Fishing Boats

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The Church Bulletin

Thank God for church ladies with typewriters. These sentences actually appeared in church bulletins or were announced in church services:

The Fasting & Prayer Conference includes meals.

The sermon this morning: "Jesus Walks on the Water." The sermon tonight: "Searching for Jesus."

Our youth basketball team is back in action Wednesday at 8 PM in the recreation hall. Come out and watch us kill Christ the King.

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

Don't let worry kill you off - let the Church help.

Miss Charlene Mason sang "I will not pass this way again," giving obvious pleasure to the congregation.

For those of you who have children and don't know it, we have a nursery downstairs.

Next Thursday there will be tryouts for the choir. They need all the help they can get.

The Rector will preach his farewell message after which the choir will sing: "Break Forth Into Joy."

Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

A bean supper will be held on Tuesday evening in the church hall. Music will follow.

At the evening service tonight, the sermon topic will be "What Is Hell?" Come early and listen to our choir practice.

Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.

Scouts are saving aluminum cans, bottles and other items to be recycled. Proceeds will be used to cripple children.

Please place your donation in the envelope along with the deceased person you want remembered.

The church will host an evening of fine dining, super entertainment and gracious hostility.

Potluck supper Sunday at 5:00 PM - prayer and medication to follow.

The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

This evening at 7 PM there will be a hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.

Ladies Bible Study will be held Thursday morning at 10 AM. All ladies are invited to lunch in the Fellowship Hall after the B. S. is done.

The pastor would appreciate it if the ladies of the congregation would lend him their electric girdles for the pancake breakfast next Sunday.

Low Self Esteem Support Group will meet Thursdayat 7 PM. Pleaseuse the back door.

The eighth-graders will be presenting Shakespeare's Hamlet in the Church basement Friday at 7 PM. The congregation is invited to attendthis tragedy.

Weight Watchers will meet at 7 PM at the First Presbyterian Church.Please use large double door at the side entrance.

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Lake Berryessa Chamber Board Votes Yes On A & Z

The Board of Directors of the Lake Berryessa Chamber of Commerce unanimously voted to support Measures A and Z on next week's Napa County ballot. Land use issues are critical to the future of the community and economy of the Lake Berryessa region. Previous land use decisions by the Napa County Board of Supervisors have had serious negative impacts on the Lake Berryessa Region. The Board is dismayed by the serious misrepresentations of Measure A's opponents and urges all Napa County voters to **Vote Yes on A & Z.**

Board of Directors: Bob White (Chair), Sharyn Simmons (Vice-Chair), Linda Tschida (Secretary/Treasurer), Brenda Brown, Shirl Katleba, Jeff Parady, Gil Pridmore.

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Calendar of Events Around Lake Berryessa

Senior Center Crafts
Every 2nd & 4th Wednesday of each month
Call Mary at 966-2254 or Georgia at 966-2127
Every Monday – Bingo – 1 PM til??
Every first Monday is Bingo Pot Luck – Starts at Noon. 252-8488
Seniors Pot Luck
Every 3rd Friday Night – bring a dish. 966-2267
Senior Center – Call 966-0206 or 966-2127 (Please leave a message)
Valley Christian Church
Weekly Bible Study on Monday nights, 7:30 until 8:30 PM.
Currently meeting at the Community Church across from the Corners. For more information call 257-0527.
Weekly Berryessa Youth Meeting on Wednesday nights, 7:00 PM at the Vol. Fire Station. For more information call Gina Hamilton, 966.2816
Sufi Center ~ Meditation & Healing Circle - Pope Valley
Every Thursday - 7pm ~ Every Sunday - 6pm
1st Sunday of every month - Pot Luck - 4pm to 6pm
Info - Call 707-965-0700, 2950 Pope Valley Canyon Rd.

Get your event on the calendar by calling 966-3806 or 287-6240
Email shirllbnews@sbcglobal.net or pkilkus@aol.com.

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Lake Berryessa – Let's Talk!

"Infusion" for your mind, body and spirit this summer!
by Brenda Brown (bbms4u@earthlink.net)

Hello my loyal readers….

This summer I will give you a hands on guide that will take you through all aspects of improving your wellbeing, showing you quick and simple ways to make you feel great! And look even better! From diet and exercise to skincare, body pampering and relaxation techniques starting in the June 2006 issue of the Lake Berryessa News! Be sure and get a copy before they're gone…

In the meantime……..Save Your Bones, Eat Stir-Fry!

The news is good if you don't do much dairy but get a frequent hankering for Chinese food.

Stir-fry dishes often include staples like broccoli, bok choy, and edamame (soybeans) -- popular veggies that are bursting with bone-strengthening calcium. Even better, these and other Chinese stir-fry favorites have a chemical makeup that allows your body to easily absorb the calcium. Just go easy on the soy sauce -- which is essentially liquid sodium -- because the more salt you take in, the more calcium you're likely to lose.

As you've probably heard, other green, leafy vegetables, such as spinach and Swiss chard, contain calcium but they also contain a certain acid, called oxalate, that limits how much of the calcium your body can absorb. In fact, you'd need to eat more than four spinach salads to get the amount of calcium in one made with Chinese spinach (and it's not even a top veggie, calcium-wise). Not a Chinese-food fan? Some beans -- particularly white cannellini, a staple in Italian cooking -- are also a good source of calcium. But they're the exception. Many dried beans are rich in phytate, another acid that also interferes with calcium absorption.

Thanks for reading and get ready this summer to balance, nutrition, and detoxify your Mind, Body & Spirit at Lake Berryessa ?

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Jeff Parady: Sprint Car Races in Calistoga

Jeff Parady, owner of Pope Valley Repair and Towing and Lake Berryessa Chamber of Commerce Board Member, will debut his red-hot new sprint car on Saturday, Jume 17, 2006 at the Calistoga Speedway. Calistoga Speedway features a 1/2 mile slightly banked dirt oval. The Speedway is located 25 miles north of Napa, California at the Napa County Fairgrounds.



The Lake Berryessa News will be there to cheer him on and document his success. Photos and videos will be available on The Lake Berryessa News website. Let's get a large crowd out there to support our local Pope Valley/Lake Berryessa star as he races into his new season. Jeff has graciously offered a free hat to the first twelve fans who bring him a copy of this issue of The Lake Berryessa News at the track on June 17th.

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Naive Priest

A priest was walking along the shore when he came upon two locals pulling another man ashore on the end of a rope. "That's what I like to see," said the priest, "A man helping his fellow man."

As he was walking away, one local remarked to the other, "Well, he sure doesn't know the first thing about shark fishing."



Berryessa Senior Citizens will be sponsoring a Flea Market on Saturday, July 15, 2006 from 10 A.M. to 4 P.M. at the Berryessa Senior Center. Inside tables or rent at $10 each. Lunch will be availabe. Call 966-2127 or 966-0206 for additional information.

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Birthdays & Age ~ Part 2

You BECOME 21, you TURN 30, then you're PUSHING 40. Whoa! Put on the brakes, it's all slipping away. Before you know it, you REACH 50 And your dreams are gone.

But wait!!! You MAKE it to 60. You didn't think you would!

So you BECOME 21, TURN 30, PUSH 40, REACH 50 and MAKE it to 60. You've built up so much speed that you HIT 70! After that it's a day-by-day thing; you HIT Wednesday!

You get into your 80's and every day is a complete cycle; you HIT lunch; you TURN 4:30; you REACH bedtime. And it doesn't end there. Into the 90's, you start going backwards; "I Was JUST 92."
Then a strange thing happens. If you make it over 100, you become a little kid again. "I'm 100 and a half!

" May you all make it to a healthy 100 and a half!!

You can never fail when you are in line with the Angel in you. Everything you think, do and feel has limitless power from that place. How high and how far you may reach depends on your commitment to it. Angels can unleash hurricanes of healing, release tidal waves of love, move whole mountains of hatred, melt iceburgs of jealousy, and evaporate oceans of pain.
ANGEL

THANK YOU !!

Thanks to all my friends for the Many Cards, Flowers, Plants, Balloons, Stuffed Animals and all of Your Prayers they all worked,

I'm Back!!

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DAM LEVEL UPDATE

The elevation of the spillway (Glory Hole) at Monticello Dam is 440 feet.

The water is now .24 feet above the top of the spillway

Lake Berryessa has had 58.51 inches of rainfall since July 1st, 2005

As reported by Carlos Jeffreys of The Corners
April 4th thru April 16th a total of 4¾ rain!!

Date	Elevation	Evaporation	High	Low
5-22-06	439.93	.18	95	56
23	.91	.28	94	55
24	.28	.18	96	56
25	.87	.20	97	56
26	.85	.28	93	59
27	.80	.06	71	51
28	439.76	.12	73	54

CAFFE WITH LOVE

Espresso: 1 fluid ounce of straight coffee (liquid drawn from 7 grams of coffee). Espresso should never be bitter.

Latte. Espresso with steamed milk (2% preferred) added to 1/2 inch from the rim of cup, topped with foam.

Viennese: Add cinnamon to the coffee grounds before brewing the espresso shot, garnish with whipped cream & a dash of cinnamon.

Americano: Espresso diluted with hot water until reaches the volume of a normal American cup of coffee.

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A snake in the grass!

A Gardner was out in his garden pulling weeds & suddenly felt a little prick & with quick reactions he pulled his hand out thinking it was one of those prickly oak leaves that are everywhere. He then looks down to see it was a baby rattler & no warning before hand since its rattles weren't yet formed. His hand started to swell & he was feeling quite strange so he then tried calmly walking to his house to call 911. He was air-lifted to Napa where he was treated with 3 series of anti venom shots & spent the night in intensive care.

He's doing fine now. He's definitely being more careful about being out and about in his yard. Remember up here it's really the snake's back yard.

If you have any snake stories or what to do or not to do when bit by a snake. Send it or e-mail it to The Lake Berryessa News.

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If you think what the Bureau of Reclamation is doing to the resorts and mobile homeowners at Lake Berryessa is bad, you'll love this!

FUTURE OF LAWSON'S LANDING THREATENED

After many years of providing to the public what has, since 1957, become one of the few remaining areas of access to the California Coast, providing wholesome, family-oriented outdoor activities, Lawson's Landing faces the threat of extinction.

While trying to gain approval of the regulatory permits required to modernize Lawson's Landing, which are necessary to remain in business, the Lawson family is facing strong opposition by various environmental groups which effectively would end more than just a family business, it would bring to an end a way of life going back 3 generations and close one of the few remaining campgrounds on the California Coast.

The Coastal Commission staffers have also told the public that they have no desire to halt public access to the coast at Lawson's Landing. However, they don't like it known that their definition of coastal access does not necessarily include camping, fishing or even parking at the coast. That's why it is important for everyone to let the Coastal Commission know that Lawson's Landing is important as an overnight recreational coastal access area

Lawson's Landing is a scenic and idyllic setting for enjoying activities such as camping, fishing, kayaking, hiking, clamming, wildlife activities, beachcombing and educational fieldtrips. If, like many generations before you dating back to the turn of the century, you have come to Dillon Beach or, dating back to 1957, you have enjoyed coming to Lawson's Landing, please lend your support by calling or writing.

We feel the Coastal Commission needs to hear from you, our customers, how you feel about our existence and the future of Lawson's Landing.

COASTAL COMMISSION TO DENY COASTAL ACCESS

After 49 years of operating as a campground, trailer park, marina and coastal access point the California Coastal Commission has suddenly decided that Lawson's Landing has no permits and needs to cease all activities. This decision was made based on some postcards delivered to a Commission meeting by members of the Environmental Action Committee of West Marin and the Sierra Club, Marin Chapter.

Apparently these postcards are more important than the fact that the Lawson family, at great expense, have been working since 1967 with the Marin County Planning Department to obtain the necessary permits in a manner consistent with county, state and the Coastal Commission's laws.

Since postcards seem to impress the Coastal Commission staff more than their own laws and regulations, we ask you to fill out the forms which you can get on our web site. Also, letters, phone calls and emails sent directly to elected officials & to the Coastal Commission would help.

We need your help to make sure that your coastal access remains open.
www.savelawsonslanding.com or
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Lawson's Landing ~ 707-878-2443

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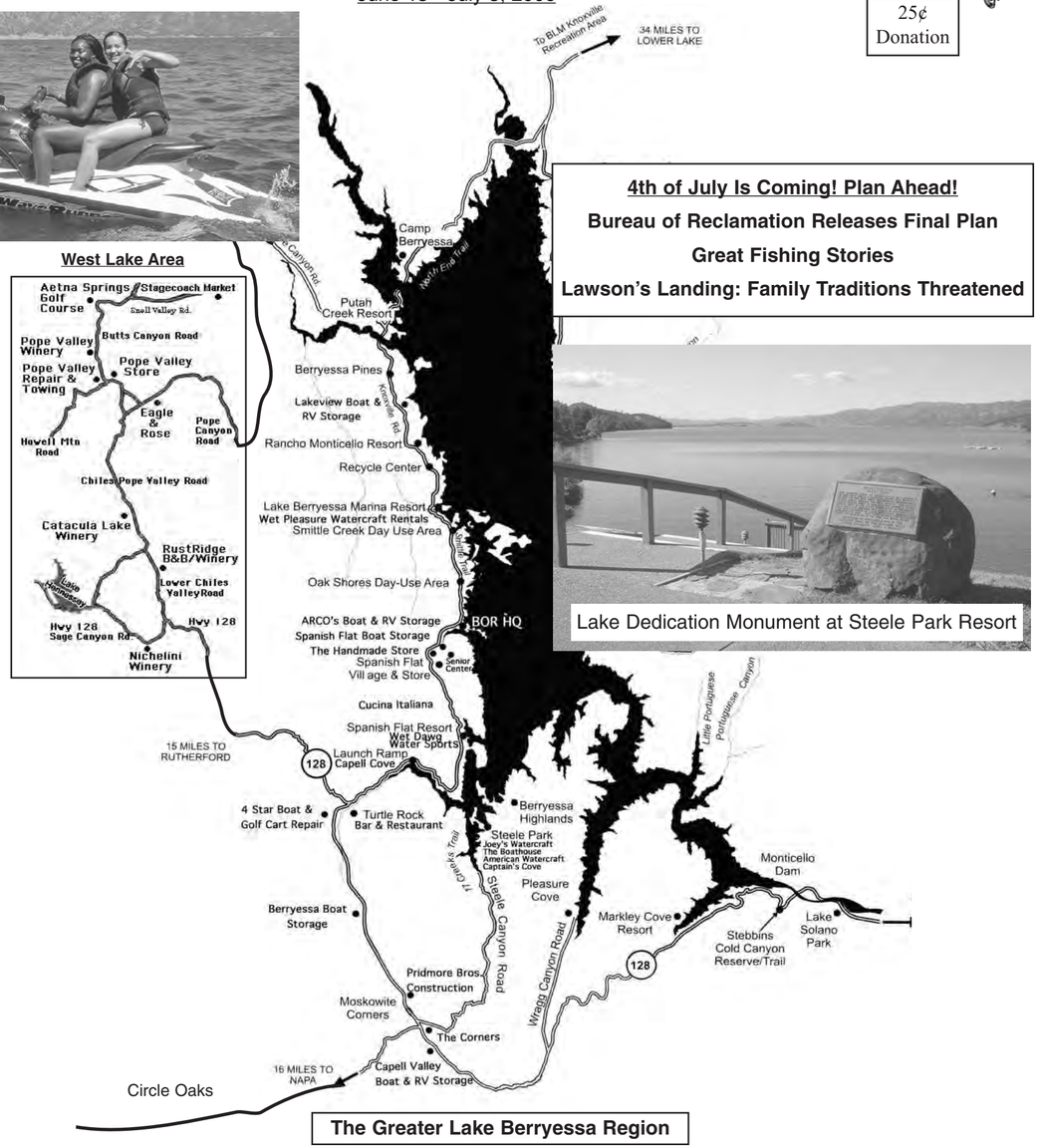
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4th of July Is Coming! Plan Ahead!
Bureau of Reclamation Releases Final Plan
Great Fishing Stories
Lawson's Landing: Family Traditions Threatened

Lake Dedication Monument at Steele Park Resort



The Greater Lake Berryessa Region

Bureau of Reclamation Releases Its Record of Decision: A Plan With Big Ideas, Huge Costs, Massive Destruction, and No Budget

The ROD is out and there are some good proposals in it (refurbishing and reopening the old Boy Scout Camp), some of unknown impact (making the Big Island internal lagoon a non-motorized zone) and some downright impossible (a 165 mile trail around the lake). One good outcome was eliminating the WROS which put limits on boating. But it is really an unmitigated disaster for the present owners of mobile homes and trailers at the lake. This is really the end of an era and is quite sad (and arguable very expensive and wasteful for all involved).

The ROD requires the removal of all privately-owned trailers, mobile homes, and personal property from the lake at the owner's own cost - no if's and's, or but's. Although the ROD allows a resort to provide "Annual Occupancy" on a 1-yr lease basis with 2 1-yr options and present permittees have the first right of refusal on these new leases as they come up, the "Annual Occupancy" sites must be above 455 feet mean sea level (the height of Monticello Dam) PLUS 100 linear feet. This removes the possibility of "Annual Occupancy" sites being anywhere near the water. The actual number of these "Annual Occupancy" sites will be dependent on how much land each resort has that is high above and far away from the water - if they even offer annual leases.

But only "Cabins, Cottages, and Park Model" units can be installed. No trailers or mobile homes. The units must be owned, installed, and maintained by the resort. This is essentially Alternative C in the original Draft Environental Impact Statement. It will be a big expense for the owners to install new structures and seems un-rational when many, if not most, of the present mobile homes and trailers are better than any of these proposed cabins. It would have made more sense to allow mobile home owners to abandon their places and let the resorts take them over to use as short-term rentals.

The newly-released plan will require massive capital investments on the part of all resort owners and hugely-complex multi-year transitions. Destroying a mobile home will cost the owner between $5,000 and $10,000. Demolishing the present 1,000 mobile homes will cost between $5 million and $10 million. The new cabins can cost $15,000 to $30,000, so replacing the 1,000 mobile homes can cost the resort owners $15 million to $30 million dollars. This seems quite a steep investment when the combined gross revenue of all the present resorts is only about $13 million per year.

And it will create the world's biggest yard sale. Imagine the removal or demolition (most will have to be demolished) of 1,000 mobile homes - most of which are in good shape. 1,000 sets of kitchen, bedroom, bathroom, and living room furniture and fixtures! A business opportunity for deconstruction companies and used furniture resellers! A disaster for the many senior citizen owners.

The BOR wants to start the bid process as soon as they can get a bid prospectus written and distributed. They hope to do this within six months. They also want to sign new contracts as soon as possible before the end of the present contracts so the complex transition can begin early. But no one can say precisely what the transition process details will actually entail.

The Lake Berryessa Chamber of Commerce is disappointed that the local business community will lose the economic support of one of its major customers - the mobile homeowners at the resorts - but will monitor the transition process closely. The ROD states that Reclamation will sponsor a regular forum with the opportunity for public involvement to promote communication, thoughtful consideration of interests, consistency and uniformity, and constructive resolution of problems or conflicts.

Implementation of any plan is highly dependent on funding. It's no secret that Reclamation has suffered budget constraints. The 1993 Record of Decision had many good proposals, including 50 miles of trails, but none were ever funded. The present Reclamation administration expects private resort investors to fund the proposals in the new plan. For example, refurbishing Camp Berryessa is a great idea which has been proposed for years with no action. The new expectation is that any company that takes over Putah Creek Resort will provide the investment and ongoing management of the camp. However, this may mean that any use of Camp Berryessa is many years off. When the Boy Scouts gave up their special use permit for the camp several years ago, a BOR representative, Cleve Dufer, said at a BRBNA meeting that Reclamation planned to re-open the camp as soon as possible - which did not happen. (On a tragic note, Cleve Dufer recently suffered an accident which caused massive head trauma. He died last week. Cleve was a well-known, friendly person who managed concession operations for the Bureau of Reclamation at the lake for many years. Our deepest sympathy to his family, friends, and co-workers.)

The proposed non-motorized zone within Big Island will cause boating families to lose their traditional quiet place to go to relax and swim away from the busy main body of the lake. But it will also provide an ideal area for other swimmers and kayakers. The annual Davis Masters Swim Meet took place at Oak Shores last week with hundreds of swimmers participating. Some ate at Cucina Italian and told Sharyn Simmons, co-owner of Cucina and the Vice-Chair of the Lake Berryessa Chamber, they'd love to have a buoy-marked swim course for practice. This would be an ideal use for the Oak Shores/Big Island lagoon area. The BOR has stated that they will not make the non-motorized designation change until they upgrade the launch facilities at Oak Shores. Knowing their budget problems, it's not clear when this will take place.

The Lake Berryessa Chamberof Commerce is looking forward to developing an eco-tourism outreach program. Lake Berryessa is the gateway community to the Blue Ridge Berryessa Natural Area (BRBNA). Camp Berryesssa, the new non-motorized water zone, increased short-term lodging facilities, and accessible trails on the west side of the lake connecting Oak Shores and Smittle Creek with the resort areas will help attract an additional new segment of recreationists to our area. Meanwwhile, Lake Berryessa remains the mecca for Northern California boaters and anglers. Come on out to the lake!!!

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Fishing With Dino

Good news this week for salmon anglers. Limits from the 25 to 40 ft. depths can be caught. Nice 1 to 3 lb. salmon coming in at Spanish Flat Marina. Apex or Needlefish lures are working great. Skiers Cove shoreline outside Spanish Flat is the hot spot.

Trout are also hitting at the same depths. Anglers did well this week.

Bass are a little slower, but hitting plastics or Crankbaits in 20 ft of water. The Northside of the Big Island is producing a lot of Bass. Throwing a Lucky Craft lure, Steve Whan from Santa Rosa/Spanish Flat landed his limit of 2 to 4 lb. Bass in less than 3 hours. We also had a nice 11 lb plus Large Mouth caught on a jig on the northside of Big Island.

Crappie are hitting on Jigs or Minnows off the bottom but early morning is the time.

Catfish are coming strong this week. Baits are just about everything. From hot dogs, worms, dip bait, or anchovies. Get your bait to the bottom.

Water temp is 74 degrees 8 feet down

Good fishing is here so get to the lake and have a great time!

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Billy Bob and Jethro decide to go ice fishing. After arriving at the lake early in the morning, they cut two holes in the lake and drop their lines in the water. After fishing for a few hours, Billy Bob has caught dozens of fish while Jethro hasn't even gotten a bite.

Jethro asks, "Billy Bob, what's your secret?" Billy Bob answers, "Mmu motta meep da mmrms mmrm." Jethro asks, "What did you say?" Billy Bob answers, "Mmu motta meep da mmrms mmrm." Jethro again asks, "What?" Billy Bob spits into his hand and says, "You gotta keep the worms warm!

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Fishing With Sid

Two weeks ago I started out in the late afternoon Saturday and took Steve E. to a rock formation that has produced good size bass for me in the past. On one side the rock pile leads to shallow water and on the other side deep access. Steve immediately started throwing a Lucky Craft jerk bait and landed his first bass before I even got the trolling motor down. He got one more on the jerk bait and decided to try drop shotting while the fish were active. The boat was positioned in approximately six feet of water and he threw the drop shot into twenty-seven feet. As he brought it up the rock pile at about fifteen feet he nailed another bass and as he was reeling it in two bass followed it all the way to the boat. He yelled to me to throw something at them but I was busy trying to land my own fish that I had caught on a River2Sea crawdad. After releasing his fish he threw the drop shot again in the same location and landed his fourth bass in less then twenty minutes. Steve's bass averaged about two pounds each and looked like they came out of a cookie cutter. I now threw the crawdad in the same direction as Steve had been drop shotting and worked it up the rock pile and sure enough I got a bite and landed a three plus pound bass. The next five I caught the craw-dad bait had no legs left I was actually fishing with just the body and I was surprised how the bass still were attracted to it.



Last week, in the same cove that I enjoy fishing, Albert Brown, Jr., age 61 from the Berryessa Highlands, caught these two catfish one 7.5 pounds and the other 6 pounds. He used night crawlers dipped in night crawler flavored hotdog oil. He caught them in four feet of water from shore around two in the afternoon. The water was clear that afternoon and you could see the fish swimming. Late Saturday I fished the same cove till about 9:00 PM and caught a variety of fish. My most exciting moment was when my little rod with a minnow caught a crappie and my large rod with a plastic worm caught a bass at the same time so now decisions, decisions which one do you work first!!!! I managed to land them both. The bass weighed about 2.5 pounds and the crappie was almost a pound. Sunday I felt like staying at the dock and doing some work on my boat. That didn't last long as my neighbours asked me for some fishing lessons. We fished from the dock and ended up with a nice bass caught by a young lady who had never fished before. Beginners luck strikes again!!!! Fishing should be great for Father's Day this coming Sunday so hope to see all you Dads on the water. 'til next week.....good fishing!!!!! www.fishingconnection.net. Email-bestguide@hotmail.com, 650-583-3333.



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A blonde ordered a pizza and the clerk asked if he should cut it in six or twelve pieces. "Six, please. I could never eat twelve pieces."

If I could only have one wish, I would wish that Politicians had more horse sense. Who knows-- Maybe then, they could STABILIZE the economy!!

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In Two Days, Jeff Parady Races in Calistoga

Jeff Parady, owner of Pope Valley Repair and Towing and Lake Berryessa Chamber of Commerce Board Member, will debut his red-hot new sprint car on Saturday, Jume 17, 2006 at the Calistoga Speedway. Jeff will give a free hat to the first twelve fans who bring him a copy of this issue or the last issue of The Lake Berryessa News at the track on June 17th.

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Calendar of Events Around Lake Berryessa

Senior Center Crafts
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Call Mary at 966-2254 or Georgia at 966-2127
Every Monday – Bingo – 1 PM til??
Every first Monday is Bingo Pot Luck – Starts at Noon. 252-8488
Seniors Pot Luck
Every 3rd Friday Night – bring a dish. 966-2267
Senior Center – Call 966-0206 or 966-2127 (Please leave a message)
Valley Christian Church
Weekly Bible Study on Monday nights, 7:30 until 8:30 PM.
Currently meeting at the Community Church across from the Corners. For more information call 257-0527.
Weekly Berryessa Youth Meeting on Wednesday nights, 7:00 PM at the Vol. Fire Station. For more information call Gina Hamilton, 966.2816
Sufi Center ~ Meditation & Healing Circle - Pope Valley
Every Thursday - 7pm ~ Every Sunday - 6pm
1st Sunday of every month - Pot Luck - 4pm to 6pm
Info - Call 707-965-0700, 2950 Pope Valley Canyon Rd.

Get your event on the calendar by calling 966-3806 or 287-6240
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Lake Berryessa – Let's Talk!
How Does Your Breakfast Stack Up?
by Brenda Brown (bbms4u@earthlink.net)

Think you'll save time and calories by skipping breakfast? Think again. Studies show that people who skip breakfast end up eating more in the afternoon than breakfast eaters. In fact, breakfast eaters have a lower overall food intake throughout the day.

And it's not clear why, but research shows that regular breakfast eaters tend to live longer than breakfast skippers. Skipping Breakfast can make your Real Age as much as 3 years older.

What's on Your Plate?

To make the most of the Real Age benefits of eating breakfast, a good plan is to start with fiber-rich foods. Get at least 6 of your daily 25 grams of fiber at breakfast time.

Finally, use breakfast as an opportunity to fill your plate with the nutrients and vitamins that will help you grow younger, as well as keep your energy level high throughout the day. Here are a few easy ways to boost the fiber content of your breakfast.

Instead of . . .	Try . . .
Pancakes with syrup	Buckwheat pancakes with blueberries
Sugared cereal	Whole-grain cereal with raisins
Instant sweetened oatmeal	Unprocessed cooked oats with berries
White bread or pastry	Whole-grain English muffin or bread
Scrambled eggs	Egg-white omelet with chopped veggies

To reduce Saturated fat/sugar and add vitamins & minerals

Instead of . . .	Try . . .
Fruit-juice cocktail	Pure fruit juice
Bagel with cream cheese	Bagel with peanut butter
Jelly	Fruit spread
Cream in coffee or tea	Skim milk in coffee or tea
Full-fat yogurt	Nonfat yogurt with fruit and walnuts

Thank you again for reading my column and The Lake Berryessa News!

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2006 Lake Berryessa Calendar of Events

You are invited even though you are not a Member of the Organization sponsoring the Event. All are open to the public. Hope to See You There!

Date	Event & Sponsoring Organization
6-17	Early Releases wine ~ Berryessa Senior Center Cheese, Olive Oil, & Food tasting. Sat. 4-til 7pm *
7-15	Flea Market (Rent tables) Berryessa Senior Ctr., 10-4pm
7-22	Casino Night ~ Pasta Dinner, Berryessa Senior Center Big Raffle ~ 5:30 to 10pm *
8-5	Craft Faire (Rent Tables) Berryessa Senior Center * 10am to 4pm Lunch Available
8-5	Poker Run ~ Berryessa Chapter of the Lions Club *
8-19	Bring Your Own Meat B.B.Q. Berryessa Senior Ctr. Chef Paul will cook it if you wish. Sat. 4pm. *
9-15	Potluck ~ Berryessa Senior Center 6pm. *
10-20	Potluck ~ Berryessa Senior Center 6pm. *
11-17	Thanksgiving Dinner (Potluck) & Turkey Raffle 6pm. *
12-4	Pirate Bingo & Potluck ~ Berryessa Senior Ctr. 12 noon ~ Bring a New $5.00 Gift to Play.
12-15	Christmas Dinner (Potluck) ~ Berryessa Senior Center * Bring a new $10. Gift for Exchange. 6pm.

Every Mon. Bingo 1pm, 252-8488, &
1st Mon. of each month Potluck 12 noon*
*Berryessa Senior Center Activities, Call Georgia at 966-2127
*Potlucks, Call Pat at 966-2267 or 966-0206 (Please leave a message.)
*Lions Club, 966-1413

A blind man walks in to a department store with his seeing eye dog on a leash. As usual the store manager behind the customer service counter looks up, notices the customer is blind, and not wanting to stare quickly looks away again. Out of the corner of his eye the manager sees the blind man start swinging the dog over his head with its leash. Shocked, the manager runs over and says "Mister is there a problem - is there anything I can help you with?" The blind man calmly replies "No thanks - I'm just looking around."

****

A juggler, driving to his next performance, is stopped by the police. "What are these matches and lighter fluid doing in your car?" asks the cop. "I'm a juggler and I juggle flaming torches in my act." "Oh yeah?" says the doubtful cop. "Lets see you do it." The juggler gets out and starts juggling the blazing torches masterfully.

A couple driving by slows down to watch. "Wow," says the driver to his wife. "I'm glad I quit drinking. Look at the test they're giving now!

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Berryessa Senior Citizens will be sponsoring a Flea Market on Saturday, July 15, 2006 from 10 A.M. to 4 P.M. at the Berryessa Senior Center. Inside tables or rent at $10 each. Lunch will be availabe. Call 966-2127 or 966-0206 for additional information.

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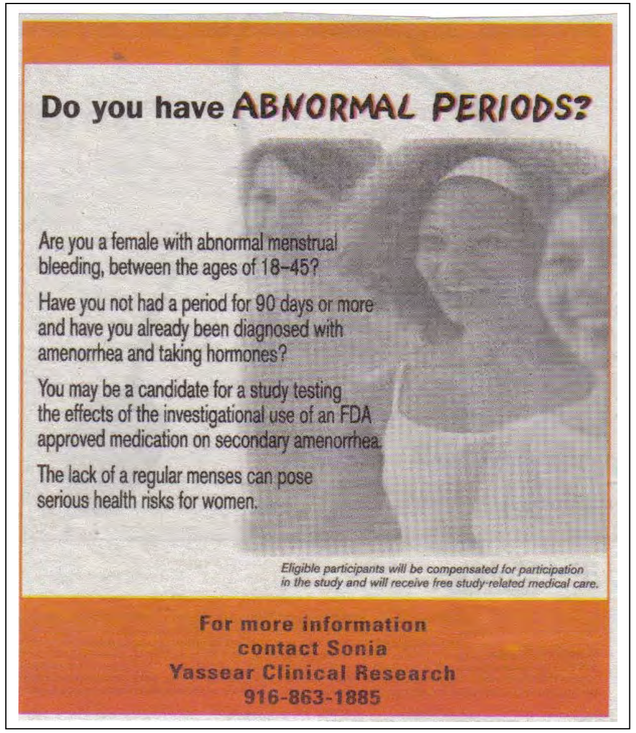
Should children witness child birth?

Due to a power outage, only one paramedic responded to the call. The house was very, very dark, so the paramedic asked Kathleen, a 3-year-old girl, to hold a flashlight high over her Mommy so he could see while he helped deliver the baby. Very diligently, Kathleen did as she was asked.

Heidi pushed and pushed, and after a little while Connor was born.

The paramedic lifted him by his little feet and spanked him on his bottom. Connor began to cry. The paramedic then thanked Kathleen for her help and asked the wide-eyed 3-year old what she thought about what she had just witnessed.

Kathleen quickly responded, "He shouldn't have crawled in there in the first place..... smack his butt again!"



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Do whatever comes your way to do as well as you can. Think as little as possible about yourself and as much as possible about other people and about things that are interesting. Put a good deal of thought into the happiness that you are able to give
ANGEL

"Nothing is so strong as gentleness, and nothing is so gentle as true strength"
Ralph Sockman

Ha! Ha! Harvey
Blonde waitress

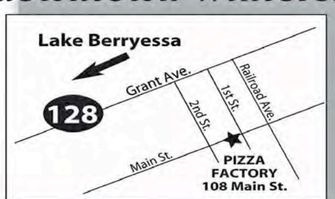
A trucker came into a truck stop cafe and placed his order. He said, "I want three flat tires, a pair of headlights and a pair of running boards."
The brand new blonde waitress, not wanting to appear stupid, went to the kitchen and said to the cook, "This guy out there just ordered three flat tires, a pair of headlights, and a pair of running boards. What does he think this place is ... an auto parts store?"
"No," the cook said. "Three flat tires mean three pancakes, a pair of
headlights is two eggs sunny side up, and running boards are 2 slices of crisp bacon."
"Oh, OK!" said the blonde. She thought about it for a moment and then spooned up a bowl of beans and gave it to the customer.
The trucker asked, "What are the beans for, Blondie?"
She replied, "I thought while you were waiting for the flat tires, headlights and running boards, you might as well gas up!"

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Clam Chowder
(Serves aprox 6)

Dice 6 slices bacon & brown with ½ cup diced onions.
Add ½ half cup finely diced celery,1 cup diced potatoes, Kosher salt, dash white pepper to taste.
½ tsp fresh parsley chopped.
2 cloves garlic pressed
½ tsp. onion powder
Add about 3 cups water & simmer til potatoes are done. Taste test!

Then add
*2 tbls. Flour mixed with ½ c. milk or heavy cream,
½ cube of real butter
¼ cup sherry ~ to taste
Optional ½ cup clam juice or to taste Clams, 1 cup or less, to your taste
Simmer 10 minutes with the clams

*add more milk if to thick or more flour for thicker broth. Best eaten when camping at Lawson's Landing.
Enjoy!
By Shirl

Berryessa Highlands Homeowner & Real Estate Expert



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HA! HA! Harvey
A woman customer called the Canon help desk with a problem with her printer.

Tech support: Are you running it under windows?

Customer: "No, my desk is next to the door, but that is a good point. The man sitting in the cubicle next to me is under a window, and his printer is working fine."

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Ha! Ha! Harvey

Customer: Hi, good afternoon, this is Martha, I can't print. Every time I try, it says 'Can't find printer'. I've even lifted the printer and placed it in front of the monitor, but the computer still says he can't find it?

Tech support: What's on your monitor now, ma'am?

Customer: A teddy bear my boyfriend bought for me at the 7-11 can't find it...

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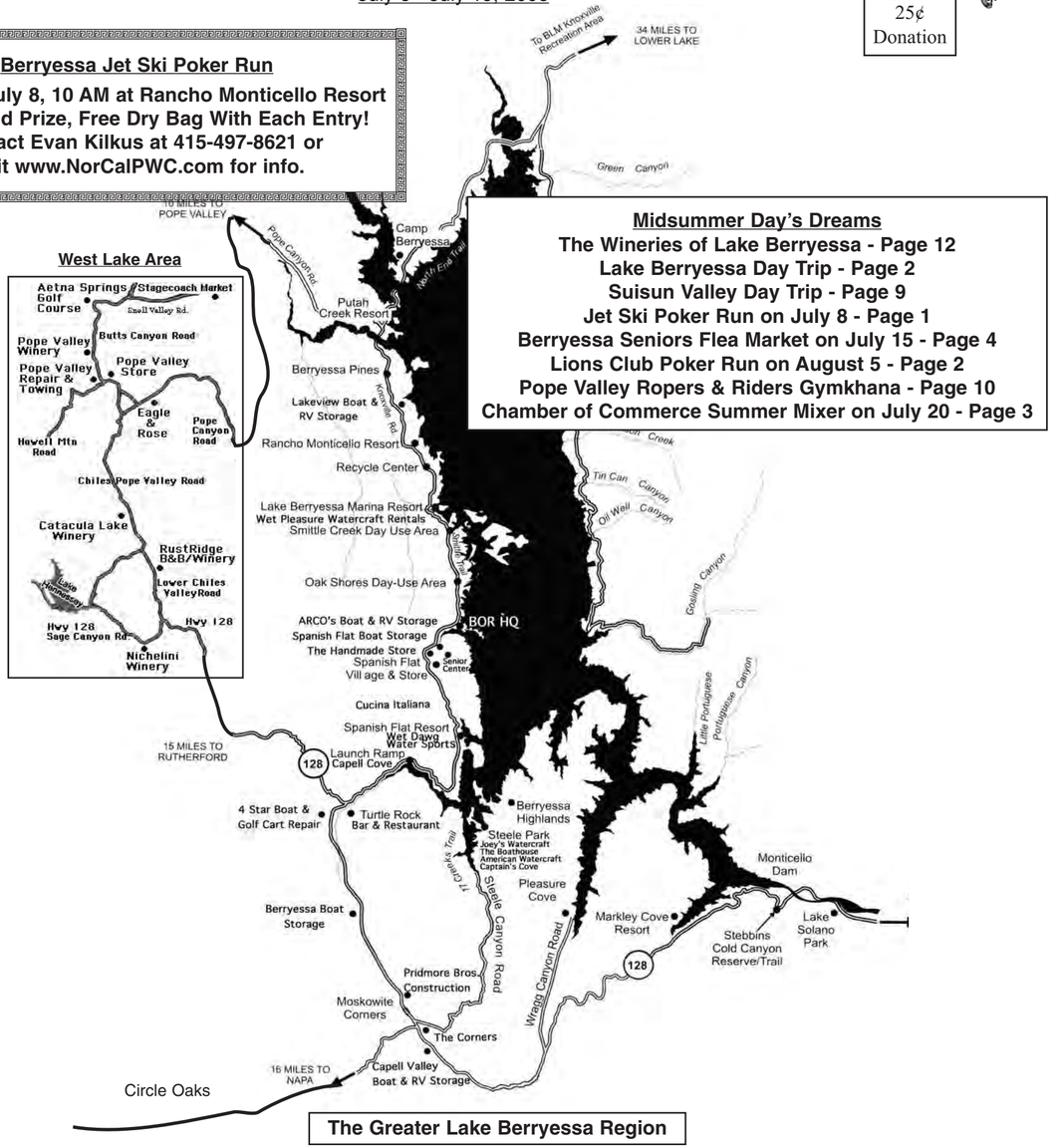
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Midsummer Day's Dreams
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Chamber of Commerce Summer Mixer on July 20 - Page 3



The Greater Lake Berryessa Region

Another Day Trip to Beautiful lake Berryessa

From St. Helena, come over the hill past Pacific Union College through Angwin to historic Pope Valley (but then almost everything in our Napa Valley Back Roads is historic). Turn left and it's only a few miles to the Aetna Springs Golf Course. You'll notice the thousands of hubcaps covering fences on the right. This is Litto's Hubcap Ranch, California Landmark 939. After some golf, head back the way you came but stop first at the Pope Valley Winery for a taste. After that you can hit the Pope Valley Store for a snack. Don't worry about car trouble since you'll be right across the road from Pope Valley Repair and Towing. The Pope Valley Farm Center which the community is restoring is right next door.

You now have a choice of routes. Turning left onto Pope Canyon Road will take you directly to the north end of Lake Berryessa. Continuing on Pope Valley Road south takes you to the beautiful new Catacula Lake Winery - roomy and cool inside with a nice patio. Just a bit farther up Pope Valley Road you can turn left onto Lower Chiles Valley Road and in less than 3 miles you come to Rustridge Ranch B&B/Winery. After a bit of tasting you can make a future reservation to spend time with a thoroughbred race horse and enjoy a scenic weekend getaway including breakfast.

When you leave Rustridge continue down the road until you turn left onto Hwy 128. A few miles farther brings you to Turtle Rock at Knoxville Road. You can stop there for a drink and a "World Famous Eggroll" before driving down Knoxville Road to the Lake. If you don't stop at Spanish Flat Resort for some fishing, you'll soon come to the Spanish Flat Village Center where your lunch or dinner choice is fine Italian food at Cucina Italiana. Of course, Brenda's Country Store is there too for your deli or other snack needs.

If you wish to get back to St. Helena, just drive up the west side of the lake past Oak Shores Picnic Area, The Bureau of Reclamation Visitor Center, Smittle Creek Picnic Area, Berryessa Marina Resort, and Rancho Monticello Resort to Pope Canyon Road. Left on Pope Canyon Road takes you along scenic Pope Canyon back to Pope Valley and home.

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Lake Berryessa Watershed Partnership Summer Intern Named

Solano Resource Conservation District has hired DeAnna Kamber to serve as a 2006 Summer Water Quality Intern for the Lake Berryessa Watershed Partnership. Ms. Kamber will be working at the Lake Friday, Saturday and Sunday of each week, providing boater education and outreach, promoting Napa Environmental Management's Bilge Pad program, assisting in various water quality education projects, and talking to as many Lake users as possible about water quality protection and strategies.

Ms. Kamber is a Dixon native, and has spent many summers at Lake Berryessa with family and friends. She is excited to be working at the Lake this summer. She holds a BS in Environmental Planning and Policy from Cal State Sonoma, and interned with the University's recycling program. The Watershed Partnership looks forward to her participation in and contribution to water quality protection at Lake Berryessa

Travel Distances - Berryessa Area

- 11.8 Miles - Winters Stop Light to Markely Cove
- 8.3 Miles - Markely Cove to Moskowite Corners
- 20.1 Miles - Winters Stop Light to Moskowite Corners
- 4.7 Miles - Moskowite Corners to Turtle Rock
- 13 Miles - Moskowite Corners to Napa (Soscol at Trancas)
- 3.0 Miles - Turtle Rock to Lower Chiles Valley Rd. at Hwy 128 (Bridge)
- 3.2 Miles - Lower Chiles Valley Rd at Hwy 128 (Bridge) to Pope Valley Rd. (Cattle Chute)
- 8.5 Miles - Lower Chiles Valley Rd at Pope Valley Rd. (Cattle Chute) to Pope Valley
- 3.7 Miles - Pope Valley to Aetna Springs Rd.
- 4.7 Miles - Pope Valley to Aetna Springs Golf Course
- 11.3 Miles - Pope Valley to Berryessa Estates (Stagecoach Market)
- 4.1 Miles - Pope Valley to Angwin

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Rancho Monticello Resort*- The Spanish Flat Village Store*
Putah Creek Resort*- Markley Cove Resort*
*** Cards Can Be Punched at These Locations**
For Information, Call (707) 966-1413

Fishing With Sid

A week ago Saturday was another scorcher at Lake Berryessa. Water temperature at the ranch house cove was 81.6 degrees. Tom Trice and I left the marina at the crack of dawn and headed straight out to the ranch house. He used a baby crawdad and dragged it while we were both throwing crankbait. He got his first bass on the crawdad. We saw a few boils and when we threw into them it was not bass but trout and salmon following our baits back. We stopped going for bass because of the water temperature and went into the cove and threw River2Sea minnow looking crankbaits. The boat was in fifteen feet of water and we threw into seven feet of water and brought the suspending crankbait to where it was tipping the grass. Bringing it in slowly we hit one crappie after another almost on every cast. It was very exciting to catch crappie this way. The crappie were good size too up to three pounds. www.fishingconnection.net. If you have any fishing stories email me at bestguide@hotmail.com or call me at 650-583-3333



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Someone died playing golf

Fred got home from his Sunday round of golf later than normal and very tired. "Bad day at the course?" his wife asked. "Everything was going fine," he said. "Then Harry had a heart attack and died on the 10th tee."
"Oh, that's awful!"she said. "You're not kidding. For the whole back nine it was hit the ball, drag Harry, hit the ball, drag Harry."

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Fishing With Dino

It's hot at Berryessa! Water temp is at the 80 degree + mark 8 ft from the surface.George Parrish of Spanish Flat is trolling down at the 55 to 60 foot depths, but getting nice limits on Trout & Salmon. Use a nice medium size flasher and put a needlefish behind it. Lots of Catfish hitting off the banks. Use hotdogs, crawlers, or dip bait and you should do ok catching a nice cat! Jigs will do a great job also! Hot weather conditions have sent the fish to deeper waters, but fishing is still pretty good!

Dino Righetti, Spanish Flat Resort Marina, 707-966-7708

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Scioence is fun - Below is a Physics test!

A neutron walks into a bar. "I'd like a beer" he says.
The bartender promptly serves up a beer.
"How much will that be?" asks the neutron.
"For you?" replies the bartender, "no charge".

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Lake Berryessa Chamber of Commerce Summer Mixer

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Catacula Lake Winery
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Berryessa Senior Citizens will be sponsoring a Flea Market on Saturday, July 15, 2006 from 10 A.M. to 4 P.M. at the Berryessa Senior Center. Inside tables or rent at $10 each. Lunch will be availabe. Call 966-2127 or 966-0206 for additional information.

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Lake Berryessa – Let's Talk!

Herbs: Plants with the power to heal
by Brenda Brown (bbms4u@earthlink.net)

Happy Summer to my loyal readers! This week I am going to tell you about Herb plants that I know have the power to heal. I've used all but 5 of them (I don't have those ailments yet).

Any who! Did you know that Scientists around the world depend on herbs in developing new, more potent medications? Not long ago experiments with Pacific yew tree yielded an extract called taxol, which showed remarkable effectiveness against advanced breast and ovarian cancers that did not respond to standard chemotherapy drugs. Today they are sold under the brand names of Paclitaxel and Taxotere.

Dozens of experts recommended herbal remedies for an array of common ailments. Below is a great starter kit for your home. Most of these are sold in health food stores and some drugstores.

- Aloe Vera to heal minor burns
- Chamomile to ease indigestion
- Citronella to repel insects
- Dill seed to ease indigestion
- Echinacea to fight infections
- Feverfew to prevent migraines
- Garlic as an antibiotic and to lower blood pressure
- Ginger to prevent motion sickness
- Goldenseal to fight infections and build immune system
- Mint to ease indigestion and great for your breath
- St. John's wart to beat depression
- Saw palmetto to combat prostate enlargement
- Valerian to cure insomnia
- Willow bark to relieve pain and inflammation
- Witch hazel to sooth hemorrhoids

Of course, there are some potentially hazardous herbs that have narrow therapeutic ranges. However, all of the herbs mentioned above are generally regarded as safe when used in the recommended doses…. Enjoy! And thanks for taking the time to read this.

2006 Lake Berryessa Calendar of Events

You are invited even though you are not a Member of the Organization sponsoring the Event. All are open to the public. Hope to See You There!

Date	Event & Sponsoring Organization
7-22	Casino Night ~ Pasta Dinner, Berryessa Senior Center Big Raffle ~ 5:30 to 10pm *
8-5	Craft Faire (Rent Tables) Berryessa Senior Center * 10am to 4pm Lunch Available
8-5	Poker Run ~ Lake Berryesas Lions Club *
8-19	Bring Your Own Meat B.B.Q. Berryessa Senior Ctr. Chef Paul will cook it if you wish. Sat. 4pm. *
9-15	Potluck ~ Berryessa Senior Center 6pm. *
10-20	Potluck ~ Berryessa Senior Center 6pm. *
11-17	Thanksgiving Dinner (Potluck) & Turkey Raffle 6pm. *
12-4	Pirate Bingo & Potluck ~ Berryessa Senior Ctr. 12 noon ~ Bring a New $5.00 Gift to Play.
12-15	Christmas Dinner (Potluck) ~ Berryessa Senior Center * Bring a new $10. Gift for Exchange. 6pm.

Every Mon. Bingo 1pm, 252-8488, 1st Mon. of each month Potluck Noon

Visit Suisun Valley

Here are some "Great Adventure" suggestions for your trip.
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How about lunch? The Valley Café offers great sandwiches and outdoor eating. Don't forget a little ice cream before you go. It's easy to find at the corner of Suisun Valley Rd and Rockville Rd.

You haven't forgotten to treat yourself to a fine wine have you? Ledgewood Creek Winery would enjoy teaching you all there is to know and more about their 2004 PinNique Chardonnay, served with your best pasta alfredo. Tasting room is located in the vineyards of Abernathy Rd.

Enjoy time with family and friends while picking your own sweet treats at 99 Cherry Orchard. Did you know it takes two varieties of cherries in order to make one? Learn more on your visit to 99 Cherry Orchard in Suisun Valley, located on Rockville Rd.

The Vegetable Patch is just down the road and that's where you can find local honey. If you're looking for the perfect snack, check out the assortment of dried fruit and nuts. The doors are open year round at the Vegetable Patch.

Time for lunch or dinner? You will find the outdoor dining at the Vintage Caffe relaxing and comfortable. Fine Italian cooking and local wines served every day. The ambiance and character of the Vintage Caffe is what you have been looking for. Located at Mankas Corner in Suisun Valley.

To get to Suisun Valley from the Lake Berryessa area:
Take Capell Valley Road / CA 128 toward Wragg Canyon Road, stay straight to go onto Monticello Road / CA 121, turn left onto Wooden Valley Road, Wooden Valley Road becomes Suisun Valley Road.

You can view a map of Suisun Valley on our Web site.

Many of our farm stands are seasonal. Please refer to our Web site to see if a farm stand is open.



www.suisunvalley.com

HAPPY BIRTHDAY & ANNIVERSARY



To All In June

Betty Fehrenkamp
Eric Gaustad 18th
DeDe Lofts
Mary Loggins
Leroy Sayas 1st

HAPPY 80th BIRTHDAY MOM (Donna)

With lots of Love from Your Son Dave & Shirl

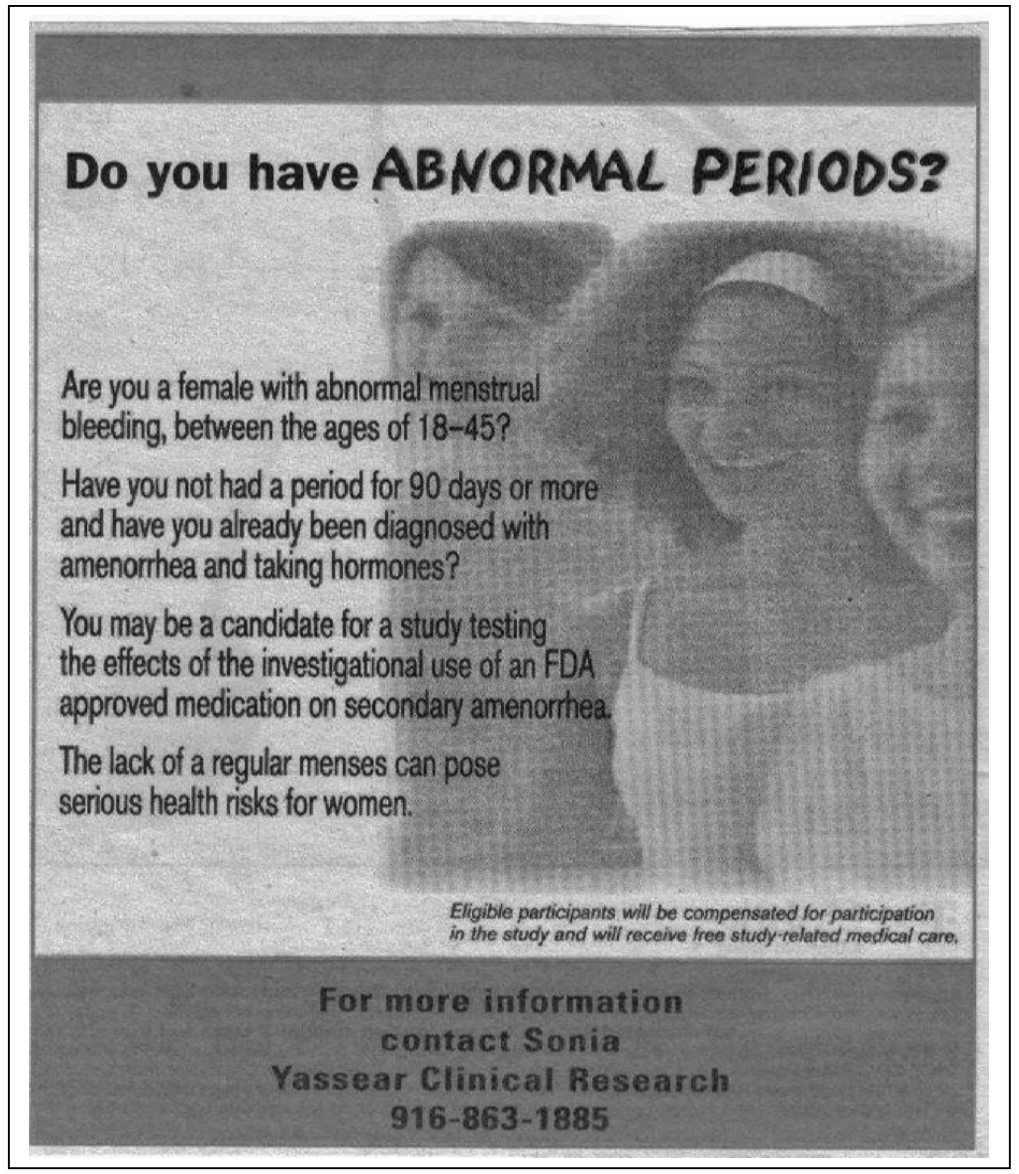
Should children witness child birth?

Due to a power outage, only one paramedic responded to the call. The house was very, very dark, so the paramedic asked Kathleen, a 3-year-old girl, to hold a flashlight high over her Mommy so he could see while he helped deliver the baby. Very diligently, Kathleen did as she was asked.

Heidi pushed and pushed, and after a little while Connor was born.

The paramedic lifted him by his little feet and spanked him on his bottom. Connor began to cry. The paramedic then thanked Kathleen for her help and asked the wide-eyed 3-year old what she thought about what she had just witnessed.

Kathleen quickly responded, "He shouldn't have crawled in there in the first place..... smack his butt again!"



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Ralph Sockman

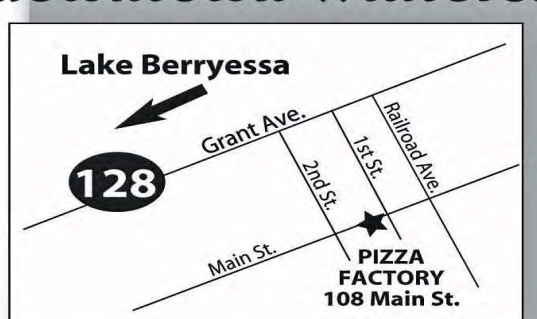
Ha! Ha! Harvey
Blonde waitress

A trucker came into a truck stop cafe and placed his order. He said, "I want three flat tires, a pair of headlights and a pair of running boards."
The brand new blonde waitress, not wanting to appear stupid, went to the kitchen and said to the cook, "This guy out there just ordered three flat tires, a pair of headlights, and a pair of running boards. What does he think this place is ... an auto parts store?"
"No," the cook said. "Three flat tires mean three pancakes, a pair of
headlights is two eggs sunny side up, and running boards are 2 slices of crisp bacon."
"Oh, OK!" said the blonde. She thought about it for a moment and then spooned up a bowl of beans and gave it to the customer.
The trucker asked, "What are the beans for, Blondie?"
She replied, "I thought while you were waiting for the flat tires, headlights and running boards, you might as well gas up!"

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Add ½ half cup finely diced celery,1 cup diced potatoes, Kosher salt, dash white pepper to taste.
½ tsp fresh parsley chopped.
2 cloves garlic pressed
½ tsp. onion powder
Add about 3 cups water & simmer til potatoes are done. Taste test!

Then add
*2 tbls. Flour mixed with ½ c. milk or heavy cream,
½ cube of real butter
¼ cup sherry ~ to taste
Optional ½ cup clam juice or to taste Clams, 1 cup or less, to your taste
Simmer 10 minutes with the clams

*add more milk if to thick or more flour for thicker broth. Best eaten when camping at Lawson's Landing.
Enjoy!
By Shirl

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HA! HA! Harvey

A woman customer called the Canon help desk with a problem with her printer.

Tech support: Are you running it under windows?

Customer: "No, my desk is next to the door, but that is a good point. The man sitting in the cubicle next to me is under a window, and his printer is working fine."

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Ha! Ha! Harvey

Customer: Hi, good afternoon, this is Martha, I can't print. Every time I try, it says 'Can't find printer'. I've even lifted the printer and placed it in front of the monitor, but the computer still says he can't find it?

Tech support: What's on your monitor now, ma'am?

Customer: A teddy bear my boyfriend bought for me at the 7-11 can't find it...

Jim Tschida is the Fleet Manager at **Kastner Motors** in Napa.
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High-Tech Fishing - Is It Fair?

Back In the day, an angler could spend a lifetime learning the ins and outs of his favorite fishing hole. Now he just needs to drop a sonar buoy, tie on a smart lure, and - bam! - hook an enormous bass. The new gear has fishermen embroiled in a heated debate. At what point is fishing too easy? Tackle makers argue that bigger catches are better for the sport.

Pete Lucia, long-time bass fishing guide at Steele Park (PJ Bass Guide, 707-966-1408, jlucia@interx.net) likes old-school skill. Friends call him the "fish whisperer". He recalls his father using a new jingle-jangle lure years ago and never catching anything with it. Sid Silberberg (Fishing Connection, 650-583-3333, bestguide@hotmail.com) makes the point that fishing without catching fish can get boring, but new technology won't necessarily help. You need to "learn a lake" and understand fish habits and underwater terrain features.

Grant Ingalls at Sweeney's Sport Store (see their ad on Pg. 10) says that Sweeney's doesn't stock many of the new tech toys like the ones below because they're considered gimmicks rather than fishing equipment. If Sweeney's customers really wanted them, he'd stock them. He took me through rows and rows of lures and tackle and mentioned that some salmon fishermen were starting to us a new lure called E-Chip. So see what you think about the new tech toys described below.

Humminbird's SmartCast watch uses an internal antenna to communicate with a sonar buoy attached to a fishing line. The buoy pings the depths to 120 feet and sends data to the watch, which uses it to map the aquatic landscape. The software even recognizes the sonar signature of a fish, causing a cute icon to pop up the display.

When the battery-powered SolarisFatshad lure is submerged, a chip tells 14 onboard LEDs to start flashing, simulating sunlight reflecting off scales. Simultaneously, a digital buzzer begins to chirp out electromagnetic pulses, emulating those emitted by an injured fish.

The Fish Activator underwater speaker uses six digitally mastered sounds to attract prey. Choose from tracks like "Distressed Bait" and "Shad Clicks". They were perfected by scientists from Biosonix Systems and recorded in a 957-gallon tank. The audio was tested in lakes, where fish reaction was monitored via underwater videocams.



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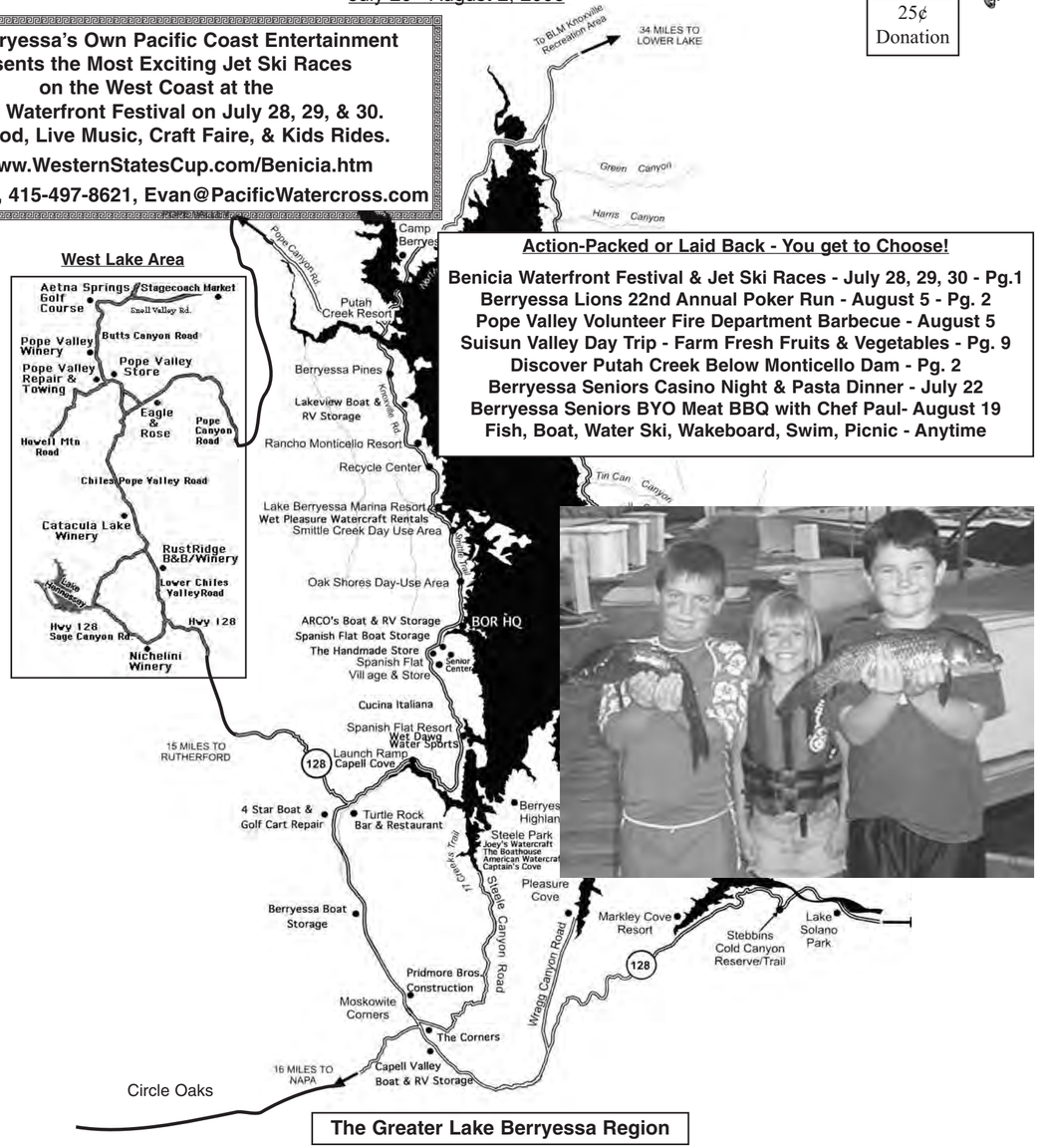
Lake Berryessa's Own Pacific Coast Entertainment Presents the Most Exciting Jet Ski Races on the West Coast at the Benicia Waterfront Festival on July 28, 29, & 30. Great food, Live Music, Craft Faire, & Kids Rides.

See www.WesternStatesCup.com/Benicia.htm

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Benicia Waterfront Festival & Jet Ski Races - July 28, 29, 30 - Pg.1
Berryessa Lions 22nd Annual Poker Run - August 5 - Pg. 2
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Suisun Valley Day Trip - Farm Fresh Fruits & Vegetables - Pg. 9
Discover Putah Creek Below Monticello Dam - Pg. 2
Berryessa Seniors Casino Night & Pasta Dinner - July 22
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The Greater Lake Berryessa Region

So What's Going On Below the Dam?

by Frank Morris, Founder, Lake Berryessa Watershed Partnership

Interested in knowing more about some recreational and water oriented educational activities that are being offered in and around the Lake Berryessa vicinity? The following describes some of the organizations that have taken on the task of telling the story of how the water from the lake serves many purposes as it flows through and onward from Monticello Dam into Putah Creek. From generation of electricity, fishing and camping on Putah Creek, providing almost one half million people with their daily drinking and home/business water, plus providing untold numbers of people with luscious local agricultural produce and farm products…this water resource is truly multi-functional and a valuable asset to our region.

Putah Creek Discovery Corridor Cooperative: This group is coordinating with several organizations to promote and develop the recreational and educational outreach opportunities of the area between the dams downstream of Lake Berryessa (Monticello and Putah Diversion Dam). Hiking trails and docent led tours for all age groups and backgrounds are offered into Stebbins/Cold Canyon which is located on the south side of Monticello Dam. See http://nrs.ucdavis.edu/stebbins/guides/guide_schedule.htm for more information and contacts regarding hikes and activities. The PCDC also supports the WaterWays program and is working towards the establishment of a Nature Center that will tell the story of water in our region of California.

WaterWays: This is a water education program designed by the PCDC Cooperative to build understanding, appreciation, and stewardship of Putah Creek. Its curriculum explores the diverse needs and uses of Putah Creek's water, using Lake Solano Regional Park and other nearby Putah Creek Discovery Corridor field sites. Its aim is to inspire school-aged youth to become informed and involved in the conservation of regional water resources through interactive and informative outdoor programs at the site of Putah Creek. The program provides urban students with stimulating field site experiences partnered with in-class activities that are aligned with the educational standards being met in their classrooms. It promotes water awareness and conservation, and fosters interest and awareness about water in the future stewards of our regional water resources. Students learn about where their water comes from, water pollution, erosion, how water shapes the lives of animals and plants plus, the abundance of animals that live in the water.WaterWays provides water purveyors with an opportunity to extend and deepen their water conservation outreach efforts with an outdoor water education component at Lake Solano Regional Park, a great natural laboratory atmosphere for students to learn and explore. Monetary support comes from the Solano County Water Agency and its members.

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Nature Center at Lake Solano Park: Concetual design plans have been presented for a 2000 square foot visitor/nature center that will present the history of water management in Yolo and Solano Counties and promote environmental education opportunities which focus on water. Some key design elements include a major wall of large river-rock that is to be shaped like the Monticello Dam, extensive windows and glass walls and a visual "riverway" above the building constructed of solar panels. This river-like overhang will provide a connection to an outdoor amphitheater/campfire ring and learning center. A trail system will connect the visitor center with campsites and educational displays of early native, settler and agricultural history emphasizing the importance of water to our lives.

Lower Putah Creek Coordinating Committee: This organization is actively working on creek restoration projects that control erosion, improve water quality, curb the spread of invasive plants and animals plus improve recreational opportunities in the area below the Putah Creek Diversion Dam (Putah Creek below Lake Solano all the way to the Yolo By-Pass Wildlife Area). A collaborative public outreach program is currently underway to determine project priorities from community members, agencies and private landowners.A "Streamkeeper" position was established to help facilitate the projects and pursue grant funding. See their website at: http://www.putahcreekcouncil.org/nodes/aboutus/ for more information.

Center for Land-Based Learning: CLBL is a non-profit organization that is established on a working farm located on Lower Putah Creek, and whose mission is to engage youth in learning experiences on the land that foster respect for the critical interplay of agriculture, nature and society. One of CLBL's experiential programs, called SLEWS (Student and Landowner Education and Watershed Stewardship, engages high school students in habitat restoration projects that enhance classroom learning, develop leadership skills and result in real habitat restoration. In 2006-2007, students from Winters, Dixon, and Sacramento will be working on restoration sites at Lake Solano, and two locations along Lower Putah Creek. Over 350 students went through the program last year and over 1500 students since the local program was initiated. For more information see http://www.landbasedlearning.org/.

Mr. Morris has been involved with water quality investigations for over 30 years and is an avid proponent of water education programs. He can be reached at the Solano Irrigation District at 707-455-4026 or fmorris@sidwater.org

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Largest Oak Tree in Napa County?

John Carlson of Wragg Canyon sent this in: "I think that I have one of the largest oak trees in Napa. Measured at approximately 30 inches from the ground it is 20 feet, 4 inches in circumference! Can anybody beat that? It is located in the meadow of Cherry Valley."



Will I live to be 80?

I recently picked a new primary care doctor. After two visits and exhaustive lab tests, he said I was doing "fairly well" for my age. A little concerned about that comment, I couldn't resist asking him, "Do you think I'll live to be 80?" He asked, "Do you smoke tobacco, or drink beer or wine?" Oh no," I replied. "I'm not doing drugs, either." Then he asked, "Do you eat rib-eye steaks and barbecued ribs?" I said, "No, my former doctor said that all red meat is very unhealthy!" Do you spend a lot of time in the sun, like playing golf, sailing, hiking, or bicycling?" No, I don't," I said. He asked, "Do you gamble, drive fast cars, or have a lot of sex?" No," I said. "I don't do any of those things." He looked at me and said, "Then, why do you give a damn?

Aetna Springs Golf Course to Close Next Month for Renovation

The golf course and resort will reopen next Spring as a private country club. The owners wish to restore all the facilities to their historical glory. However, those who have played the course in the past will be eligible for a "Heritage" membership which allows them future access. So use the coupon below and leave your contact info to be put on the list for a Heritage membership. It's your last chance.

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Fishing with Sid

This past weekend with the full moon was a perfect opportunity to do top water both morning and evening. Steve caught his first top water fish on a "Zara Spook Jr" in the twilight hours. I was working on my boat at the marina and had a rod with a piece of bread on it out just for fun since I had seen some large carp in the area. I hooked an eight pound carp and called to my neighbour to assist me. The first thing he did was grab the net but I told him I want you to bring the fish in. Using six pound test line on a light rod he had alot of fun bringing in the carp.

Dustin, Blake and Savannah (who were at their boat at the marina) heard the commotion and came over to see what was going on along with their Dad. I showed him how easy it was to catch the carp and they all wanted to try. The two ways that I suggest to catch carp are on the surface with a piece of bread or on the bottom with a dough ball. On the surface you take a piece of bread with a small hook and let it float on the top. The carp will go for it. Set the hook and the fun begins. Pound for pound carp give you a good fight and the kids love to bring them in. Plus their size are impressive for kids they think they have caught a whale. (See front page photo!)

If you loosen the drag, that carp will take a few runs. When the bass are not co-operating carp can be fun to catch during the hot hours of the day. A special ingredient that works for carp is to boil cornmeal till you can form it in a ball add vanilla extract for the scent let it cool and then you can break off chunks and form them around your hook and the carp love it. I took my friend Travis out for a couple of hours.

We were fishing the points around the BOR and he landed a nice two pound spotted bass. He used brass and glass and a four inch senco. Later in the day he was fishing on his own when he landed a five pound catfish. In the very hot weather my recommendation for catching bass is to fish early morning or late evening in two to ten feet of water and during the day twenty to thirty-five feet of water. "til next week.....good fishing!!! www.fishingconnection.net. Good stories to share? Email me at bestguide@hotmail.com or call me at 415-583-3333.

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There was a papa mole, a mamma mole, and a baby mole. They lived in a hole out in the country near a farmhouse. Papa mole poked his head out of the hole and said, "Mmmm, I smell sausage!" Mamma mole poked her head outside the hole and said, "Mmmm, I smell pancakes!" Baby mole tried to stick his head outside but couldn't because of the two bigger moles. Baby mole said, "The only thing I smell is molasses."

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As boating season is now in full swing, Napa County Environmental Management and the Solano Resource Conservation District would like to remind everyone to participate in the Bilge Pad Exchange Program. You may pick up free bilge pads at any one of the seven resorts on the lake, just look for the blue dispensers. Use a bilge pad to soak up oil leaks, to ensure a longer engine life and to keep our waterways oil-free! Bilge pads can hold about a quart of oil before needing to be replaced, at which point we remind you all to recycle your used pads in the 14 gallon red cans at any one of the seven resorts.

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A penguin walks into a bar, he goes to the counter and asks the barman "Have you seen my brother?". The barman asks "What does he look like?".

Two penguins walk into a bar...a third penguin says "You'd have thought the second one would have seen it."

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Lake Berryessa – Let's Talk!
Quick Health Tips
by Brenda Brown (bbms4u@earthlink.net)

Love sweet red, green, and yellow bell peppers? Know which are most healthful?

The red and yellow ones -- they have almost twice as much vitamin C as their green siblings. And getting an ample supply of C is credited with reducing the risk of stroke, one of the most common causes of death and disability in Americans. **Benefit**: Getting 1,200 milligrams of vitamin C per day from food and supplements can make your Real Age as much as 1 year younger

Get more from your walking workout by putting it in reverse:



Happy 50th Birthday, Brenda!

Walking backward burns more calories, improves coordination, and gives your heart and lungs a better workout than hoofing it forward -- as long as you maintain your speed. The reason? It forces your leg muscles to work harder and in different ways. Just do it in a safe place (like the local high school or college track) where you won't bump into something and take a spill. **Benefit**: Exercising regularly can make your Real Age as much as 9 years younger.

People are overweight for the most simple of reasons:

Because they are eating the wrong foods, the wrong types of calories per meal, and they're also eating meals in the wrong patterns each day.

Therefore, your metabolism always burns calories based on your eating habits during the past few days -- because it assumes that you'll continue to eat in the same general way.

Shock your metabolism!

By doing something you've never tried before -- you're going to do the OPPOSITE of what it expects you to do. You're going to NOT continue eating the same types of calories and meals for more than a couple days at a time.

Benefit: You're going to lose a lot of weight and feel better by doing this.

I hope you enjoy reading the LakeBerryessa News! We certainly enjoy writing it ?

Q. Why are most Blonde Jokes one-liners?
A. So that brunettes can remember them.

What does a blonde think an innuendo is? An Italian suppository.

Why do blondes have little holes all over their faces? From eating with forks.

Why don't blondes double recipes? The oven doesn't go to 700 degrees.

Appearing Now in Suisun Valley!

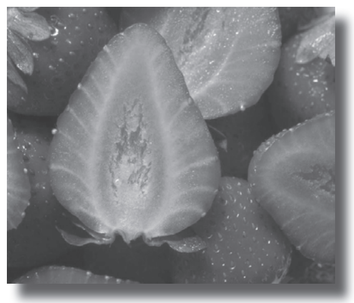
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You can view a map of Suisun Valley on our Web site.

Many of our farm stands are seasonal. Please refer to our Web site to see if a farm stand is open.

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HAPPY BIRTHDAY & ANNIVERSARY



To All Seniors In July

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CeCe Short
Gloria Kuhn
Lucy Amyot
Bill Garrison
Paul Quarneri
Wanda Spies
Cecilia Nelson
Donald Nelson
Bette Maron
Darlene Forbes
Peter Kilkus

HAPPY BIRTHDAY
Paul

From Shirl

Thanks for checking my air conditioner.

Ha! Ha! Harvey : FACTS TO PONDER:

(A) The number of physicians in the U.S. is 700,000

(B) Accidental deaths caused by Physicians per year are 120,000

(C) Accidental deaths per physician is 0.171.

Statistics courtesy of U.S. Dept of Health Human Services.
Now think about this: Guns:

(A) The number of gun owners in the U.S. is 80,000,000.
(Yes, that's 80 million..)

(B) The number of accidental gun deaths per year, all age groups, is 1,500.

(C) The number of accidental deaths per gun owner is .000188
Statistics courtesy of the FBI

So, statistically, doctors are approximately 9,000 times more dangerous than gun owners.

Remember, "Guns don't kill people, doctors do."

FACT: NOT EVERYONE HAS A GUN, BUT ALMOST EVERYONE HAS AT LEAST ONE DOCTOR.

Please alert your friends to this alarming threat. We must ban doctors before this gets completely out of hand!!!!! Out of concern for the public at large, We have withheld the statistics on *lawyers* for fear the shock would cause people to panic and seek ***medical attention***

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ANGEL

Mr. C., How was your grocery delivery?? The best delivery you ever got.

Ha! Ha! Harvey
Bidding government contracts.

Three contractors are bidding to fix the White House fence. One from Chicago, another from Kentucky and the third, Florida.

They go with a White House official to examine the fence. The Florida contractor takes out a tape measure and does some measuring, then works some figures with a pencil. "Well," he says, "I figure the job will run about $900: $400 for materials, $400 for my crew and $100 profit for me."

The Kentucky contractor also does some measuring and figuring, then says, "I can do this job for $700: $300 for materials, $300 for my crew and $100 profit for me."

The Chicago contractor doesn't measure or figure, but leans over to the White House official and whispers: "$2,700."

The official, incredulous, says, "You didn't even measure like the other guys! How did you come up with such a high figure?"
"Easy," the Chicagoan explains, "$1,000 for you, $1,000 for me and we hire the guy from Kentucky."

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Courtroom Testimony

These are from a book called Disorder in the Courts of America, and are things people actually said in court, word for word, taken down and now published by court reporters that had the torment of staying calm while these exchanges were actually taking place.

ATTORNEY: Are you sexually active?
WITNESS: No, I just lie there.

ATTORNEY: What is your date of birth?
WITNESS: July 18th.
ATTORNEY: What year?
WITNESS: Every year

ATTORNEY: What gear were you in at the moment of the impact?
WITNESS: Gucci sweats and Reeboks.

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Bilgee and Me:
DeAnna Kamber's Travels with the Happy Berryessa Bilge Pad

Although she may seem to be a new face up at the lake, Lake Berryessa is full of wonderful summer memories for DeAnna Kamber, the new Lake Berryessa Watershed Partnerships's Summer Intern. She grew up in Dixon, and the lake was always a refuge (even sneaking off from school to avoid fifth period algebra on a 100 degree day). She spent most summers with her family at Rancho Monticello, boating, knee boarding, skiing, rock jumping at Pope Creek, camping and wading at any spot they could find off of Hwy 128.

DeAnna is still enjoying the lake but now by talking to people every weekend about protecting Lake Berryessa's great water quality. DeAnna's job is to provide educational materials to local and out of town lake users. Although she's met and spoken with many friendly people at every resort during the last five weeks, there may be some confusion about her frequent companion - what appears to be a giant pop tart handing out small pillows.

That big pop tart is actually Bilgee, the Protector of Clean Waterways (See photo on front page). His mission is to promote the four-year old Bilge Pad Exchange Program run by Napa County Environmental Management and supported by the Lake Berryessa Watershed Partnership, a collaboration of agencies, non-governmental organizations, and private citizens dedicated to Lake Berryessa water quality. The small pillows are bilge pads, and every inboard motor should have one in its bilge to keep oil and engine fluids out of the lake. They hold about a quart of spilled oil and should be recycled after use. Bilgee also promotes the Water Protector Program, a voluntary program for people of all ages who pledge to protect lake water quality.

DeAnna can be found walking around one the seven resorts any Friday, Saturday or Sunday, and she invites everyone to come up and say 'hi.' You can sign the Water Protector Pledge and receive a beautifully embroidered patch, grab a bilge pad, ask about the program, ask about where to recycle your used oil and bilge pad, ask a water quality related question, or share your thoughts about Berryessa water quality and outdoor activities.

Check out the informational kiosks found at each of the seven resorts for all kinds of water quality and water safety information. DeAnna is distributing a lake users' survey (also available at resort entrances) and asks you to fill one out.

DeAnna's summer message to us all is: "Simple actions make a huge difference"!



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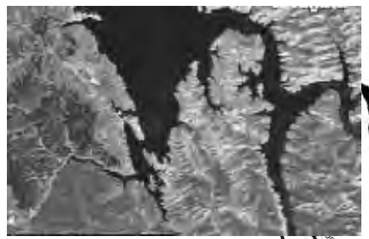
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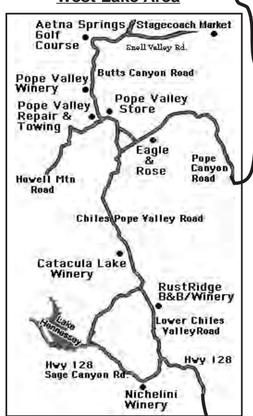
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From the Editor

As the details of the Bureau of Reclamation's extremely destructive plan for Lake Berryessa begin to sink into the consciousness of those involved, reactions range from extreme anger at government stupidity and duplicity to a deep sense of loss. Imagine the stroke of a government pen crushing your future hopes and past memories, destroying forever the value of your home, and at the same time presenting you with a $10,000 bill for its demolition! Since a Task Force 7 survey showed that more than half of the mobile homes at Lake Berryessa are owned by senior citizens, this is a financial crisis for them.

One of the first things mobile homeowners should do is to stop paying property tax to Napa County. The BOR's Record of Decision effectively dropped all property values to zero. If you pay property tax on your mobile home, you should immediately call John Tutuer, Napa County Assessor (707-253-4466, jtuteur@co.napa.ca.us), and request that your property tax be eliminated. In fact, since the BOR planning process effectively destroyed mobile home and trailer property values at least three if not five years ago, you should request a rebate of the property taxes you have already paid for the last five years.

Another patently unfair result of the ROD is that the present resort owners will be paid fair market value for their property if they lose the future bidding process. (Of course, this was already the law, but the BOR tried to violate it originally.) But mobile home owners will receive no compensation for their loss nor any assistance in demolishing their homes. Very few can be legally moved from their present locations, even if there were buyers for these 1,100 units. This situation needs to be remedied.

The following letters represent the present state of affairs. The Task Force 7 Goodbye Letter was sent to all mobile home owners and the hundreds of supporters who have been involved in this process. Dozens of letters of thanks and support were the result. The second letter is from a new group, Berryessa For All, which is investigating all legal options and promises to take strong action in the future.

****

GOODBYE LETTER FROM TASK FORCE 7 - July 25, 2006

Dear Members,

As of Sunday, July 9, 2006 the Board of Directors of Task Force 7 at Lake Berryessa formally disbanded the organization. The mission it took on five and one half years ago was to challenge the Bureau of Reclamation's determination to remove long term sites from Lake Berryessa. We used every resource available and with your tremendous support gave them a tough – and unexpected – fight. But the Bureau of Reclamation had been waiting a long time for the end of the contracts to finally accomplish their goal – to rid the lake of long term sites. And, make no mistake, they never had any intention of considering a compromise - no matter how reasonable. Only congressional help could have brought about a different outcome, but while telling us he was neutral, Congressman Mike Thompson was firmly aligned with the BOR.

You will soon be hearing about at least one – and maybe more – groups that are in the formative stages as we write. In the meantime, any possible legal challenge affecting the removal of our sites (and possible compensation for their destruction) is being thoroughly researched. Neither Peter nor I will be taking a role in any future group but, if asked, will assist them to the best of our ability.

We were blessed for many years to be able to enjoy a very unique place that filled a very special need – a beautiful, warm water lake that was ideal for children and their parents and grandparents to play in. And you didn't even have to be rich! It is not often that middle-income folks can have a little piece of the best that life has to offer – secure in our knowledge that our presence did not prevent others from enjoying it also.

We thank you all for your support. So make the best of the time you and your families have left – it was great while it lasted!

Pat Monaghan & Peter Kilkus

****

Berryessa For All

"The Fight for Fairness and Equality at Lake Berryessa"

As the 50th Anniversary of the creation of Lake Berryessa nears, the U.S. Bureau of Reclamation (BOR), on June 2, 2006, adopted the Visitor Services Plan Record of Decision (VSP ROD). The BOR plan mandates the permanent elimination of long-term uses by stakeholders (permittees). Without any compensation and solely at the stakeholders' own cost and expense, BOR's plan orders the relocation and removal (demolition in most cases) of all trailers/mobile homes. BOR's unilateral action ends a rich tradition of recreational and leisure activities and valuable contributions to the local socio-economic community made by several generations of law abiding Lake Berryessa families. Why did the BOR's plan focus its tunnel vision to reward select interests, including the resort concessionaires and houseboat rental operators, to the detriment and expense of stakeholders who have loyally supported Lake Berryessa for nearly half a century?

The goal and objective of Berryessa For All is to protect and preserve stakeholders' rights by challenging the BOR's actions at Lake Berryessa. Berryessa For All will concentrate its fight against BOR at Lake Berryessa utilizing a three-prong strategy: 1) Education of the general public and stakeholders about BOR's plan; 2) Public relations (court of public opinion) and political awareness campaign regarding BOR's actions; and 3) Legal challenge against BOR's actions (e.g. BOR's "arbitrary" and "capricious" conduct and "abuse of discretion" in the VSP ROD administrative process). PLEASE JOIN AND SUPPORT "BERRYESSA FOR ALL"

Berryessa For All, 3130 D Balfour Road, PMB #259, Brentwood, CA 94513
E-mail: BerryessaForAll@gmail.com

Henry (Hank) Howard, 707-645-8367, hazmatking@aol.com

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A little boy was in a relative's wedding. As he was coming down the aisle, he would take two steps, stop, and turn to the crowd. While facing the crowd, he would put his hands up like claws and roar.So it went, step, step, ROAR, step, step, ROAR, all the way down the aisle.

As you can imagine, the crowd was near tears from laughing so hard by the time he reached the pulpit.

When asked what he was doing, the child sniffed and said, "I was being the Ring Bear."

The Family Meal

In a survey about family eating habits these statistics resulted;

Sipped with 18% of home dinners, soda may have replaced white bread as our main calorie source: a 12-ounce can has 10 teaspoons of sugar.

55% of 12-year-olds said they have dinner with a parent every night vs. 26% of 17-year-olds.

37% of surveyed teens said that the TV is on during meals; it's 45% for families that seldom eat together.

54% of Hispanic teens said they eat with a parent most nights, vs. 40% of blacks and 39% of whites.

****

Six-year old Angie, and her four-year old brother, Joel, were sitting together in church. Joel giggled, sang and talked out loud. Finally, his big sister had had enough. "You're not supposed to talk out loud in church."

"Why? Who's going to stop me?" Joel asked. Angie pointed to the back of the church and said, "See those two men standing by the door? They're hushers."

****

A gorgeous young redhead goes into the doctor's office and says that her body hurt wherever she touched it. "Impossible!" says the doctor. "Show me."

The redhead took her finger, pushed on her left breast and screamed, then she pushed her elbow and screamed even more. She pushed her knee and screamed; likewise she pushed her ankle and screamed. Everywhere she touched made her scream.

The doctor said, "You're not really a redhead, are you?

"Well, no" she said, "I'm actually a blonde."

"I thought so," the doctor said. "Your finger is broken."

A girl was visiting her blonde friend, who had acquired two new dogs, and asked her what their names were. The blonde responded by saying that one was named Rolex and one was named Timex.

Her friend said, "Whoever heard of someone naming dogs like that?" "HELLLOOOOOOO.....," answered the blond. "They're watch dogs!"

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Dead duck joke

A woman brought a very limp duck into a veterinary surgeon. As she laid her pet on the table, the vet pulled out his stethoscope and listened to the bird's chest.

After a moment or two, the vet shook his head sadly and said, "I'm so sorry, but your duck, Cuddles, has passed away.

The distressed owner wailed, "Are you sure?"

"Yes, I am sure. The duck is dead," he replied.

"How can you be so sure," she protested. "I mean, you haven't done any testing on him or anything. He might just be in a coma or something."

The vet rolled his eyes, turned around and left the room, and returned a few moments later with a black Labrador Retriever. As the duck's owner looked on in amazement, the dog stood on his hind legs, put his front paws on the examination table and sniffed the duck from top to bottom. He then looked at the vet with sad eyes and shook his head.

The vet patted the dog and took it out, and returned a few moments later with a cat. The cat jumped up on the table and also sniffed delicately at the bird from head to foot. The cat sat back on it's haunches, shook its head, meowed softly and strolled out of the room.

The vet looked at the woman and said, "I'm sorry, but as I said, this is most definitely, 100% certifiably, a dead duck."

Then the vet turned to his computer terminal, hit a few keys and produced a bill, which he handed to the woman.

The duck's owner, still in shock, took the bill. "$150!", she cried, "$150 just to tell me my duck is dead?!"

The vet shrugged. "I'm sorry. If you'd taken my word for it, the bill would have been $20. But with the Lab Report and the Cat Scan, it's now $150.00."

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Blonde LOGIC

Two blondes living in Oklahoma were sitting on a bench talking..... and one blonde says to the other, "Which do you think is farther away...Florida or the moon?"

The other blonde turns and says "Hellooooooooo, can you see Florida...?????

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9-15 Potluck ~ Berryessa Senior Center 6pm. *
9-16 Coastal Cleanup Day , Pope Creek Bridge Scuba Dive, 707-257-2822
10-20 Potluck ~ Berryessa Senior Center 6pm. *
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Lake Berryessa – Let's Talk!

Joint Pain & Arthritis: Either we have it or will experience it later

by Brenda Brown (bbms4u@earthlink.net)

If you have joint pain or tenderness, you may be tempted to avoid regular exercise, but **exercise actually can help relieve your pain**. It also can strengthen muscles and tissues around the joints, providing more support for weakened or damaged joints. You can improve your fitness, flexibility, and outlook on life with an exercise program.

Have Fun When you work out!
Studies show that if you participate in a program that is appealing, you are more likely to stick with it. If you enjoy group activities, check out community programs. You may want to try country line dancing or ballroom dancing. Join a yoga class or play golf with friends.

If you prefer exercising on your own, you may want to include walking, hiking, weight lifting, or riding a bicycle. Use a stationary bicycle if you are worried about keeping your balance or falling. Water exercises are great, too. The water provides resistance, helping to build muscle, and the buoyancy reduces stress on your knees, hips, and spine so you can work out without worry of injury.

Just remember: Starting an exercise program is difficult for anyone in the beginning; however, if **you choose activities that you enjoy** and do a little bit every day, the program should get easier with time. Your doctor may recommend that you speak with a **physical therapist, occupational therapist, or orthopedist** for further assistance in designing an exercise program that is most appropriate for you.

1. **Stretches, yoga postures**, or any exercises that encourage you to move your joints normally in all directions.

2. **Strengthening Exercises**
Strength training develops muscles that help keep your joints stable.

3. **Endurance exercises** strengthen the heart muscle, expand lung capacity, and increase stamina. They not only can help you to exercise longer but also can improve your sleep, help you manage your weight, and help improve your sense of well-being.

After a good workout, reward yourself by relaxing in a spa, where the warm water from jet nozzles will massage and relax tight muscles.

P.S. I would like go give a special thanks to everyone for expressing their enjoyment in reading this column, especially the younger generation (Evan and his friends!) Thanks for reading Enjoy and relax your mind body and souls in the beautiful, peaceful Lake Berryessa!

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You can view a map of Suisun Valley on our Web site.

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August

Senior's

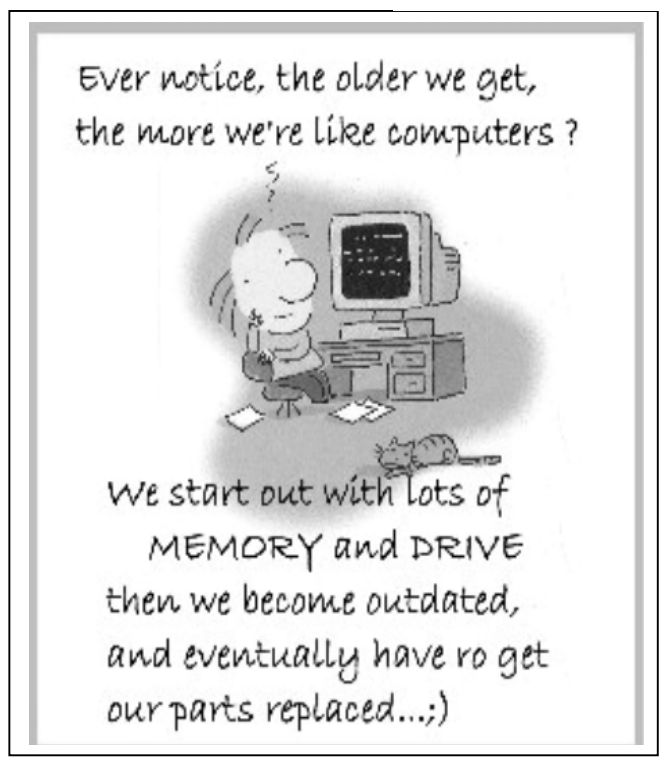
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Crack 2 eggs (large or extra-large) into the bag (not more than 2) shake to combine them.
Put out a variety of ingredients such as: cheeses, ham, onion, green pepper, tomato, hash browns, salsa, etc.
Each guest adds prepared ingredients of choice to their bag and shake.
Make sure to get the air out of the bag and zip it up.
Place the bags into boiling water for exactly 13 minutes.
You can usually cook 6-8 omelets in a large pot.
For more, make another pot of boiling water.
Open the bags and the omelet will roll out easily. Be prepared for everyone to be amazed.
Everyone gets involved in the process and a great conversation piece.
Imagine having these ready the night before, and putting the bags in boiling water while your frying potatoes & making toast and in 13 minutes you'll have great omelets for a quick breakfast!!! Great for kids! Have fun ~ Shirl

Birthdays are good for you; the more you have, the longer you live.
Happiness comes through doors you didn't even know you left open.
Ever notice that the people who are late are often much jollier than the people who have to wait for them?

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People see God every day, they just don't recognize him.
Golden hours of vision come to us in this present life when we are at our best.
I do not seek to understand that I may believe, but I believe in order to understand.
To get into the core of God at his greatest, one must first get into the core of himself at his least, for no one can know God who has not first known himself.
ANGEL

Always remember to forget the troubles that pass your way;
But never forget the blessings that come each day.
Have a wonderful day with many *Smiles* & take the time to live! Life is too short.

Do exactly as stated below..



1) Relax and lazily stare at the 4 tiny dots in the picture above for at least 30 seconds.
2) Slowly shift your gaze from the news paper to a wall near you.
3) You will see a circle of light formed on the wall.
4) Start blinking and continue till you see a figure within the circle.
5) Whom do you see?

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DAM LEVEL AT LAKE BERRYESSA

The elevation of the spillway (Glory Hole) at Monticello Dam is 440 feet.
The water is now 4.46 feet below the top of the spillway

Date	Elevation	Evaporation	High	Low
7-24-06	4360.7	0.38	115	69
25	435.98	.29	112	70
26	.90	.32	110	67
27	.80	.32	106	62
28	.71	.30	103	57
29	.62	.30	94	54
30	.54	.28	87	56

HA! HA! HARVEY!! HAIRCUT

A guy stuck his head into a barber shop and asked, "How long before I can get a haircut?"
The barber looked ! around t he shop full of customers and said, "About 2 hours." The guy left. A few days later the same guy stuck his head in the door and asked, "How long before I can get a haircut?" The barber looked around at the shop and said, "About 3 hours." The guy left.
A week later the same guy stuck his head in the shop and asked, "How long before I can get a haircut?"
The barber looked around the shop and said, "About an hour and half." The guy left.
The barber turned to a friend and said, "Hey, Bill, do me a favor.
Follow that guy and see where he goes.
He keeps asking how long he has to wait for a haircut, but then he doesn't ever come back."
A little while later, Bill returned to the shop, laughing hysterically.
The barber asked, "So where does that guy go when he leaves?" Bill looked up, tears in his eves and said. "Your house."

I've seen your

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Noxious Weeds and Killer Snails Invade the Berryessa Watershed

By Jodie Salz, General Manger, Solano Resource Conservation District

Humans have brought thousands of plants and animals into the United States, both accidentally and on purpose. Some of these invade wildlands, destroy habitat, displace native species, and cause millions of dollars of agricultural damages. Invasive species cost the United States more than $138 billion a year. Several invasive species are present in Lake Berryessa's watershed. Plants include Arundo (giant reed), tamarisk, Himalayan blackberry, star thistle and several annual grasses. They reduce agricultural crop production, impede flows in creeks and streams, reduce flood conveyance capacities, and displace native trees, shrubs and grasses that provide crucial habitat for many fish and wildlife species.

One invasive animal causing great concern is the New Zealand Mud Snail (NZMS). The NZMS is a tiny mollusk that rapidly reproduces, reaching concentrations of 700,000 per square meter. NZMS can strip an entire river system of algae, displacing virtually all other bottom-dwelling species, including caddis, stone and mayfly larvae many native fish species depend on. The NZMS has been found in Putah Creek, endangering the stream, its fish and all waterways connected to it.

The NZMS has no known enemies on this continent. When eaten by most North American fishes, the snail is able to close its shell and pass through the digestive tract of the fish unharmed. In New Zealand, the snails are kept in check by parasites and fish adapted to preying on them.

What can you do?

- Clean your fishing, swimming and boating gear with hot water and/or bleach after every use to kill NZMS and prevent their transfer from one water body to another.
- Never introduce a fish, plant or wildlife species to a new location – there's a reason it isn't there – and the unintended consequences could be disastrous.
- Remove invasive species from your property, your local Weed Management Area or Conservation District can help you with this.
- Don't create patches of bare or open ground during construction or recreational activities, these sites are an open door for invasive plant species.
- Plant native grass, shrub and tree species whenever and wherever possible!

For more information contact Solano Resource Conservation District at: (707) 678-1655 x 3



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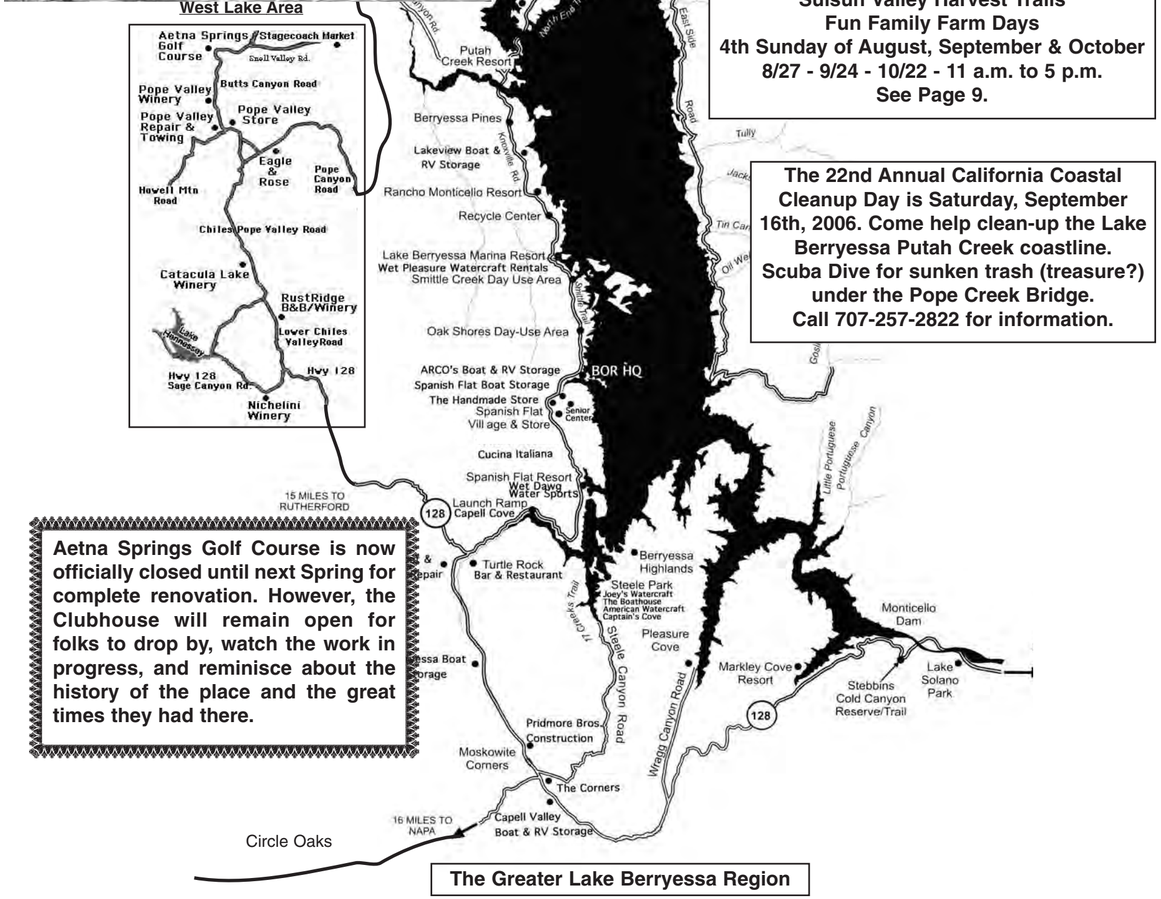
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The Labor Day Weekend Will Be A Blast at Lake Berryessa. Make Plans Now! See Our Ads Inside For All There Is To Do!





Aetna Springs Golf Course is now officially closed until next Spring for complete renovation. However, the Clubhouse will remain open for folks to drop by, watch the work in progress, and reminisce about the history of the place and the great times they had there.

Suisun Valley Harvest Trails
Fun Family Farm Days
4th Sunday of August, September & October
8/27 - 9/24 - 10/22 - 11 a.m. to 5 p.m.
See Page 9.

The 22nd Annual California Coastal Cleanup Day is Saturday, September 16th, 2006. Come help clean-up the Lake Berryessa Putah Creek coastline. Scuba Dive for sunken trash (treasure?) under the Pope Creek Bridge. Call 707-257-2822 for information.

The Greater Lake Berryessa Region

Lions Club 22nd Annual Poker Run - Aug. 5, 2006 - See Color Photo Album at www.LakeBerryessaNews.com



The Lake Berryessa News

www.LakeBerryessaNews.com
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Fishing with Sid

I am glad to be back fishing at Berryessa. I had expected great success this past Saturday but it was not to be. I took Gary out for the day and was all gung-ho for a great day of fishing and we ended up with a day of wishing. Our day started at 6 AM and we were ready for that early morning bite but low and behold....no fish!!!!!!!! It was completely still, no birds, no tell tale signs of fish anywhere to be seen. We saw boats trolling for trout and salmon near Big Island but three boats that we spoke to had no luck yet either. We fished from the ranch house to the vineyards throwing everything from top water to worming the bottom to no avail. We went to Big Island and half way there I made a u-turn because I found the birds in 65 feet of water. Since I was not lucky with bass I thought we should try our luck with trout or salmon. I spotted fish at about 25 feet down so I had Gary throw out a rattletrap shad color and "pow" he hooked on to a 3# bass as he was bringing it in the bass kept jumping and about the fourth jump just inches from the boat.....you guessed it he spit the hook out of his mouth!!!! Gary was not happy.



This became the blueprint for our day. Next we went to shallow water and I fished with two rods. On one I had a live minnow going down about 3 feet in six feet of water, the other I had a weightless Senko. As I was playing the worm, I saw this 4# bass engulf the minnow and take off my rod bent in half and the 4# test line snapped. We went back to the dock at around 5PM and as I helped Gary to his truck we saw a 3# bass swimming under the docks so I got a rod with a small hook only and put a minnow on it and showed Gary how to lob it so that the minnow will swim and hopefully the bass will go after it.

Success...the bass took the minnow and started to swim, I told Gary do not try to lift the bass out I will go get the net and try not to let him jump, keep the tension on the line. When I got back with the net about 18 seconds later Gary felt bad that he had lost the fish again. Even though we didn't catch fish he and I had a great day trying. After Gary left I stayed at the dock and using the same system caught some bass and catfish.

Sunday I went out for a few hours by myself. I went towards Capell and fished the left side where it's rocky and has trees with no luck. I tried the drift again using a minnow and a plastic crawdad and the minnow won three times. This was a very hard week for fishing. When I came back to the dock I saw my friend Tony and he said he had no luck. Three more people I spoke to had the same results. I have noticed as I walked up and down the docks that the bass were hiding in the shadows of the dock. Each summer there is always approximately two weeks where the fishing is very slow. Well this was week one for me lets see what week two will be like. 'till next week.....good fishing!!!!!!!!www.fishingconnection.net.



If you have any fishing stories to share, please email me at bestguide@hotmail.com or call me at 650-583-3333

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Fishing With Dino

The weather has cooled down and fishing has improved.Catfish are hitting just about any bait off the bottom. Hot dogs or livers are working great! Trout & Salmon anglers still need to go 70 to 100 ft. down for your limits. Water temps are still at the 84 degree mark. Bass & Crappie are very slow now. Early morning hours using Jigs or Minnows will work for Crappie. 707-966-7708

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2006 Lake Berryessa Calendar of Events

8-19 Bring Your Own Meat B.B.Q. Berryessa Senior Ctr.
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9-15 Potluck ~ Berryessa Senior Center 6pm. *
9-16 Coastal Cleanup Day , Pope Creek Bridge Scuba Dive, 707-257-2822
10-20 Potluck ~ Berryessa Senior Center 6pm. *
Every Mon. Bingo 1pm, 252-8488, 1st Mon. of each month Potluck Noon
*Berryessa Senior Center Activities, Call Georgia at 966-2127
*Potlucks, Call Pat at 966-2267 or 966-0206 (Please leave a message.)
*Lions Club, 966-1413

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Lake Berryessa - Did you know?

Pets are therapeutic!

by Brenda Brown (bbms4u@earthlink.net)

I know we all have pets for one reason or another. Whether we like them are not. But did you know that they are MORE than just lap warmers or another mouth to feed. Well they are!

More than 100 years ago, pioneering nurse Florence Nightingale said, "A small pet animal is often an excellent companion for the sick." Pets have a profound positive effect on their human companions.

Men who had experienced heart attacks were more likely to survive if they had pets. In fact, having a pet was better predictor of heart attack survival than having a supportive family or spouse. In 1980 many studies showed that human – pet interactions such as; playing with a dog, holding a purring cat, even gazing at a fish tank can be profoundly relaxing and reduce blood pressure as much as some medications.

Perhaps pets keep their owners active, after all, dogs must be walked regularly, but cats, birds fish and iguanas don't need walking, yet their owners experience that same health benefits as dog owners. They are especially therapeutic for the elderly; who become socially isolated as family members and friends pass away.

Of course some people dislike animals and some have allergies or other medical conditions that prevent them from keeping animals in their homes. But if you enjoy pets, your relationships with them can be just as health-enhancing as your relationships with other humans.

Thanks for reading this week's column….until the next time, Enjoy the hot summer in Lake Berryessa!

****

BLONDE ON THE SUN

A Russian, an American, and a Blonde were talking one day.

The Russian said, "We were the first in space!"

The American said, " We were the first on the moon!"

The Blonde said, "So what? We're going to be the first on the sun!"

The Russian and American looked at each other and shook their heads.

"You can't land on the sun, you idiot! You'll burn up!" said the Russian.

To which the Blonde replied, "We're not stupid, you know. We're going at night!"

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Karen Freutel
Of Rancho Monticello
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HAPPY BIRTHDAY
Shelly Romriell
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Happy Anniversary
Lorrie & Richard
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August 25th
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Two ladies talking in Heaven
1st woman : Hi! My name is Wanda.
2nd woman :Hi! I'm Kelly. How'd you die
1st woman : I Froze to Death.
2nd woman : How Horrible!
1st woman: It wasn't so bad. After I quit shaking from the cold, I began to get warm & sleepy, and finally died a peaceful death. What about you?
2nd woman : I died of a massive heart attack. I suspected that my husband was cheating, so I came home early to catch him in the act. But instead, I found him all by himself in the den watching TV.
1st woman: So, what happened?
2nd woman: I was so sure there was another woman there somewhere that I started running all over the house looking. I ran up into the attic and searched, and down into the basement. Then I went through every closet and checked under all the beds. I kept this up until I had looked everywhere, and finally I became so exhausted that I just keeled over with a heart attack and died.
1st woman: Too bad you didn't look in the freezer---we'd both still be alive.

GREAT TRUTHS THAT ADULTS HAVE LEARNED:
1) Raising teenagers is like nailing Jell-O to a tree. 2) Wrinkles don't hurt. 3) Families are like fudge...mostly sweet, with a few nuts. 4) Today's mighty oak is just yesterday's nut that held its ground. 5) Laughing is good exercise. It's like jogging on the inside.

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state
Heaven is pitched over
you
ANGEL

Love, hate, and marriage
I recently read that love is entirely a matter of chemistry. That must be
why my wife treats me like toxic waste.
David Bissonette
When a man steals your wife, there is no better revenge than to let him keep her.
Sacha Guitry
After marriage, husband and wife become two sides of a coin; they just can't face each other, but still they stay together. Hemant Joshi

Funny from Ginny
INTERNATIONAL THINKING AT ITS BEST!
Question: What is the truest definition of Globalization?
Answer: Princess Diana's death.
Question: How come?
Answer:
An English princess With an Egyptian boyfriend Crashes in a French tunnel, Driving a German car with a Dutch engine, Driven by a Belgian who was drunk On Scottish whisky, (check the bottle before you change the spelling) Followed closely by Italian Paparazzi, On Japanese motorcycles;
Treated by an American doctor, Using Brazilian medicines.
This is sent to you by an American, Using Bill Gate's technology, And you're probably reading this on your computer, that uses Japanese chips,On a Taiwanese Motherboard And a Korean monitor, Assembled by Bangladeshi workers In a Singapore plant, Transported by Indian lorry-drivers, Hijacked by Indonesians, Unloaded by Sicilian longshoremen, Trucked to you by Mexican illegals,
That, my friends, Is Globalization.
Thanks Ginny (Sent by e-mail)

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The trees are whistling for the dogs.
The best parking place is determined by shade instead of distance.
Hot water now comes out of both taps.
You can make sun tea instantly.
You learn that a seat belt buckle makes a pretty good branding iron.
The temperature drops belo w 95 F (35 C) and you feel a little chilly.
You discover that in August it only takes 2 fingers to steer your car.
You discover that you can get sunburned through your car window.
You actually burn your hand opening the car door.
Your biggest bicycle wreck fear is, "What if I get knocked out and end up lying on the pavement and cook to death?
"You realize that asphalt has a liquid state.

DAM LEVEL AT LAKE BERRYESSA
The elevation of the spillway (Glory Hole) at Monticello Dam is 440 feet.
The water is now 4.46 feet below the top of the spillway

Date	Elevation	Evaporation	High	Low
8-7-06	434.88	.23	91	55
25	.82	.21	80	52
26	.75	.18	91	52
27	.68	.24	101	59
28	.62	.29	102	56
29	.54	.25	92	54
30	.47	.25	93	55

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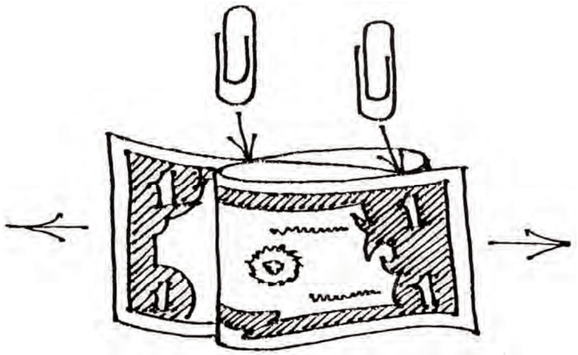
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I. Ask a friend for a dollar bill or a five if he's a big spender.
2. Fold the bill as illustrated.
3. Attach paper clips to be recycled at points indicated by arrows. (Stay with me this doesn't take a rocket scientist, in fact a fourth grader did it.)



4.Rapidly pull ends in opposite directions and watch the fun.(He may even forget to ask for his dollar back.)

****

For Star Trek Fans: How Fast is Warp 10?

FROM THE FIRST SHOW ON THE MEETING WITH THE BORG:
"WE'VE COME 7,000 LIGHT YEARS. IT WOULD TAKE 2 YEARS AND 8 MONTHS TO RETURN AT WARP 10"

SPEED OF LIGHT (C) = 186,000 MILES/SEC
1 YEAR= 8,760 HOURS= 31,536,000 SECONDS
1 LIGHT-YEAR= C x 1 YR (SEC)= 5.9 TRILLION MILES
7,000 LIGHT-YEARS= 413,000 TRILLION MILES (A)
2 YEARS, 8 MONTHS = 23,360 HOURS (B)

WARP 10 = 7,000 LIGHT-YEARS IN 2 YEARS AND 8 MONTHS = A/B
WARP 10= 0.30 LIGHT-YEARS/HOUR
WARP 10= 1,757,678,029,025 MILES/HOUR (1.76 TRILLION MPH)
WARP 10= 9,449,882 TIMES THE SPEED OF LIGHT
(Please check my math and let me know if I made a mistake. Peter)



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Life After Labor Day At Lake Berryessa
The Summer Fun Goes On!

Suisun Valley Fun Family Farm Days, Pg. 9
Pope Creek Bridge Clean-Up: Sept. 16, Pg. 10
New Spanish Flat Cantina, Pg. 2



The Greater Lake Berryessa Region

Ann Open Letter to our Friends at the Lake from the Lake Berryessa Lions Club

Dear Friends,

The 22nd annual Lion's Club Poker Run on August 5th was a roaring success. Two lucky people had Royal Flushes, (what are the odds?) so they split the 1st and 2nd place prize money for $750.00 each. Those winners were: Danielle Austin and Brian Moore. Third place of $100.00 went to Dustin Hendricks with a Full House of Aces over Jacks, and the worst hand prize of $100.00 went to John Guisto with a A3457. Congratulations to you all!

Putah Creek Resort, with the pre-event planning of Harry Petsas, put on a wonderful steak dinner in a beautiful setting. Thank you to Jessie and all his helpers from Putah Creek Resort. Music was provided by The Treatment and they really kept the party going. A BIG thank you to our many volunteers, Butch Fenlon and Maxine Eddings-Bartenders extrodinaire, Judy and Patrick Trihey – selling T-shirts and extra dinner tickets, Dee Johnston – an experienced card reader and Frank and Alex Mosley for pitching in wherever we needed them.

We want to give a special thank you to all the Resorts who have helped the Lions Club by selling tickets to the event and punching the cards on the day of the event. We know Summer is a busy time for them, especially on the weekends and their helped is very much appreciated. Three roadside businesses also helped us sell and punch tickets and we would like to give a special thank you to Cucina Italiana, Spanish Flat Village Store, and especially the Turtle Rock who sold a whopping 58 tickets!

Thank you Stefano & Sharon, Brenda and Pete. Also we want to thank all of the contributors of prizes for our raffle: Dave Rose, Scott Becker, Jim Raines, Omar Hyman, Napa Community Bank, Pope Valley Winery, Teri Mosley, The Turtle Rock, Cucina Italiana, Berryessa Boat Storage.

So to all who worked, donated and participated in the 2006 Poker Run the Berryessa Lions say: **THANK YOU !!**



After decades of family recreation, the owners of these pleasant mobile homes at Steele Park Resort (and all the other resorts) are being forced by the government to destroy them at their own expense! What can you do? Contact: Berryessa For All, 3130 D Balfour Road, PMB#259, Brentwood, CA 94513, BerryessaForAll@gmail.com

The Lake Berryessa News

www.LakeBerryessaNews.com

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New Spanish Flat Cantina Joins Cucina Italiana and Brenda's Country Store at the Spanish Flat Village Center

The Lake Berryessa Community Rumor Mill (LBCRM) has been working for awhile on the fate of the old Boone's Saloon property. Well, at least one of the rumors has become reality. Welcome to the new Spanish Flat Cantina!



Christine Roussopoulos, long-time Lake Berryessa resident, and Kathy Riggins, one of Christine's closest friends from way back in 2nd grade, will open the new business on January 1, 2007 - just in time to serve comfort food (probably a champagne brunch & buffet) to soothe your New Year's hangover. They chose the name Spanish Flat Cantina to honor the history of the Spanish Flat area and Elsie Plunkett, the architect who originally named and designed the Center and Spanish Flat Resort. The Cantina includes Dos Amigas Mexican Restaurant and Flats Bar.

Dos Amigas Restaurant will serve homemade, tried-and-true Mexican recipes as well as special steak and salmon dishes - all will be unique dishes created by Christine and Kathy. Folks who have experienced Christine's great Mexican food on Thursdays at Turtle Rock last Fall and Winter are eagerly awaiting the new restaurant. Christine will continue to cook at Turtle Rock from the first Thursday in October until early December for those who want a preview of Spanish Flat Cantina's grand opening in January. Spanish Flat Cantina primarily aims to serve local people with good fresh food in a fun, relaxing family environment. The Cantina will be available to local groups for meetings and events - including the Lions Club, Chamber of Commerce, and the still-mysterious Lake Berryessa Tomatoes.

They took possession of the building on September 1 and will be completely renovating and redecorating it. Kathy and Christine are approaching their new business as if they were their own customers, including redesigning the patio area with more shade and music for those who wish to smoke. They want their place to be looking good so people will want to come in for the food and fun. Flats Bar will serve beer and wine - at least 20 local wines & 20 brands of beer, including seven Mexican beers. Christine claims to make dynamite wine margaritas and wine pina coladas indistinguishable from tequila and rum versions.

Christine and Kathy will do it all themselves! They have been close friends since second grade, high school buddies, and never lost touch over the years. Christine has always wanted to open a Mexican restaurant and when this opportunity came up she jumped at the chance. And when she realized she probably needed a hard-working, people-oriented clone of herself, she called Kathy right away. Luckily Kathy was ready to make a change from her technical customer-service career and accepted. Kathy moved from Tracy and is now an official Lake Berryessa resident.

As part of this major upgrade to the Spanish Flat Center, which has been kept alive for the community by Cucina Italiana Restaurant and Brenda's Country Store, Christine will move her eclectic Handmade Store from the Spanish Flat Boat Storage building to the Center. The store is a fascinating place to poke around for gifts and mementos. Christine and her cadre of local artists and craftspeople have the store stocked with handcrafted jewelry, soap, candles, dragons, wooden toys and whirlygigs, as well as handmade jellies and oriental sauce. Collectors can also find many gently-used items including a selection of vinyl opera records, original Calistoga Water bottles, historical photographs, and a couple of walls of Willie Nelson memorabilia. The vintage popcorn machine from the original Spanish Flat Store will be moved into Christine and Kathy's new Spanish Flat Cantina where it will be sure to bring back memories. Stay tuned to The Lake Berryessa News for updates, including Cantina hours and menus.

Fishing With Sid

I took out Abe S. from the Highlands for about an hour worth of fishing awhile ago on Friday. We started at the BOR and headed in the direction of the ranch house. When we reached 65 feet of water he threw out a rattletrap and we trolled as the water got deeper he let more line out to get the lure deeper. Within the first ten minutes of fishing he hooked on to a good size bass (approx 3 1/2 lbs). His line was out about 200 feet out and he had a loose drag. He had fun bringing the bass in and that's how the day went with Abe.



Saturday we spent the afternoon at Big Island I set up poles for catfish and I sat on the shoreline with some bread and a rod and fished for carp which was very successful. They didn't come up to the surface to pick it up so I made a bread ball and it sank to the bottom and they bit at that. In the first 15 minutes I had three carp up to six lbs. The carp give a great fight and when the bass aren't co-operating, they are fun to catch. On the way in we trolled and my wife landed a nice small mouth bass on a blue and silver crankbait. I think trolling for the next few weeks might be the answer. 'til next week.....good fishing!!!! www.fishingconnection.net. Email me at bestguide@hotmail.com or call me at 650-583-3333.

The Lake Berryessa News invites readers to send us their favorite fishing photos to print. Digital is best. Email them to: PKilkus@aol.com.

Century Plant Blooms on Steele Canyon Road!

A Century Plant is blooming on the side of Steele Canyon Rd. above Bahia Vista and another at the Spanish Flat Boat Storage. This plant is an agave originally from Mexico but cultivated worldwide. It has a spreading rosette (about 4 m wide) of gray-green leaves up to 2 meters (6 ft.) long, each with a spiny margin and a heavy spike at the tip. Its common name derives from its habit of only occasionally flowering, but when it does, the spike with a cyme of big yellow flowers, may reach up to 8 meters (25 ft.) in height.



Century Plants bloom only once in their life, the blooming spike is so large and grows so fast that it saps all the resources of the plant, which then dies, leaving a tall wooden seed stalk. The plant is called the "century plant" because of this "once a century" bloom (actually the plant lives an average of 25 years). It was also an important plant to indigenous people, being used for medicines, fiber, needles, and food.

It is also known as the American aloe, although it is not related to the true aloes. If the flower stem is cut without flowering, a sweet liquid called agua miel ("honey water") gathers in the heart of the plant. This may be fermented to produce the drink called pulque, which may then be distilled to produce mezcal.

The leaves also yield fibers, known as pita, which are suitable for making rope, matting, and coarse cloth. Agave syrup (also called agave nectar) has recently been marketed as a healthful natural sugar substitute. Tequila is made from a different species, Agave tequilana (also called Blue Agave or Tequila Agave).

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Date: SEPT. 16, 2006
Time: 8:45-3:00

Join NAPA DIVE & SPORT for a fun day of diving Lake Berryessa. Become part of the clean-up community that cares about our water environment. For the last 7 years NAPA DIVE & SPORT along with many concerned people in the community have been cleaning up Lake Berryessa. Every year we extract thousands of pounds of trash, cans, bottles, batteries, plastic chairs, boat anchors, BBQ pits. While the lake still needs cleaning, we feel good about our continued progress.

After a great day of clean-up diving, we'll belly up to tables for a great BBQ feast of chicken, ribs, salad, fruit, sodas & water. After lunch it's time for some great prize give-a-ways. This year we have added camping to our schedule. Registered people will be offered a discount price on a camp site at Rancho Monticello Resort. Registrations in advance required! Limited spots, call Roger at NAPA DIVE & SPORT - 770-257-2822.

Pre-registration required. $20 includes T-Shirt, BBQ, special discounts on camping, raffle ticket good to win some great prizes donated by local merchants, PADI, Princeton Tec, Deep See, National Diver, XS Scuba, Trident, SeaQuest, Apex and Aqua Lung.

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2006 Lake Berryessa Calendar of Events

9-15 Potluck ~ Berryessa Senior Center 6pm. *
9-16 Coastal Cleanup Day , Pope Creek Bridge Scuba Dive, 707-257-2822
9-25 Chamber of Commerce Meeting, 7 PM, 415-307-6906
10-20 Potluck ~ Berryessa Senior Center 6pm. *
Every Mon. Bingo 1pm, 252-8488, 1st Mon. of each month Potluck Noon
*Berryessa Senior Center Activities, Call Georgia at 966-2127
*Potlucks, Call 966-0206 (Please leave a message.)
*Lions Club, 966-1413

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Important Economic Development Meeting in Pope Valley!

During this public meeting, the issues associated with proposed additions and changes to the General Plan as it relates to economic development will be discussed. Residents will have the opportunity to hear from a panel of local economic development leaders, voice any ideas, questions or concerns they may have as well as to collaboratively look at ways to address the issues. The Lake Berryessa Chamber of Commerce urges every local resident and business concerned with the future of the Greater Lake Berryessa Area to attend and participate.

Thursday, September 21, 2006, 6:30 P.M.
Pope Valley Farm Center, 5800 Pope Valley Road.

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Lake Berryessa - Let's Talk?
Insomnia means trouble...!
by Brenda Brown (bbms4u@earthlink.net)

...falling asleep! According to the Nielsen Media Company, which tracks TV viewing habits in the United States, some 20 million Americans are watching TV at 2:00 AM.. It is only a fraction of the people who are kept awake by insomnia.

Half of all American adults have taken sleep medication at some point in their lives and millions use sleeping pills frequently. Insomnia's costs extend beyond the bedroom. Compared with normal sleepers, people with insomnia are less productive at work and have twice as many auto accidents. They also report generally poorer health, because sleep is critical to immune function.

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2. Confirm that your drinking decaf
3. Say no to nightcaps
4. Watch what you eat
5. Watch when you eat
6. Eat sleep-inducing foods; Amino acid, tryptophan a prescription drug, or foods such as turkey, tuna, cottage cheese, rice, oatmeal, eggs, peanut butter and milk.

Relax before going to bed:

1. Do deep breathing techniques for 5-20 minutes sitting quietly.
2. Focus on a mantra (meditation produces "significant improvement in sleep).
3. Go to bed only when you feel sleepy. Ignore the clock.
4. Use your bed only for sleeping and making out.
5. If you go to bed and can't fall asleep, Get up and leave the bedroom.
6. Repeart steps 5 as often as you need to throughout the night until you fall asleep.

Thanks for reading this week's column….until the next time, Enjoy Lake Berryessa!



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September Senior's

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Chris Lacombe,
Effie Machotz
Deanne Merandi,
Bill Mederos
Mike Ott,
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The Mayonnaise Jar and 2 Cups of Coffee
When things in your lives seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the 2 cups of coffee.
A professor stood before his philosophy class and had some items in front of him. When the class began, he wordlessly picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.
The professor then picked up a box of pebbles and poured them into the jar.
He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full.
They agreed it was. The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with an unanimous "yes."
The professor then produced two cups of coffee from under the table and poured the entire contents into the jar effectively filling the empty
space between the sand. The students laughed.
"Now," said the professor as the laughter subsided, "I want you to recognize that this jar represents your life.
The golf balls are the important things--GOD, your family, your children, your health, your friends and your favorite passions---and if everything else was lost
and only they remained, your life would still be full.
The pebbles are the other things that matter like your job, your house and your car.
The sand is everything else---the small stuff. "If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff you will never have room for the things that are important to you. "Pay attention to the things that are critical to your happiness.
Praying and asking God to help, Play with your children.
Take time to get medical checkups. Take your spouse out to dinner. Play another 18. There
will always be time to clean the house and fix the disposal. Take care of
the golf balls first---the things that really matter. Set your priorities.
The rest is just sand."
One of the students raised her hand and inquired what the coffee represented. The professor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend. ~ **ANGEL**

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HA! HA! HARVEY

1. Give a man a fish and he will eat for a day. Teach him how to fish, and he will sit in a boat and drink beer all day.

2. The journey of a thousand miles begins with a broken fan belt and a leaky tire.

3. If you tell the truth, you don't have to remember anything.

DAM LEVEL AT LAKE BERRYESSA

The elevation of the spillway (Glory Hole) at Monticello Dam is 440 feet.
The water is now 6.91 feet below the top of the spillway

Date	Elevation	Evaporation	High	Low
8-28-06	433.44	.24	94	57
29	.39	.22	97	53
30	.32	.26	93	55
31	.27	.17	91	55
9-01	.21	.23	95	55

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Pope Creek Bridge Underwater Clean-Up



Napa Dive & Sport's Roger Hazeltine organized another successful Underwater Coastal Clean-Up Day on Saturday, September 16. The annual event was supported by both Napa and Solano County agencies, the Bureau of Reclamation, and many Napa businesses. Dozens of bags of trash and recyclables were brought up from the depths around the Pope Creek Bridge. Participants said that there seemed to be fewer Mardi Gras beads this year, but many full cans and bottles of beer which had to be emptied on the ground before being recycled. Apparently, the containers get dropped when being tossed from boat to boat.



After the dive and shore clean-up was done, everyone had a great barbecue lunch at Rancho Monticello Resort where Roger gave away prizes of wine, gift certificates from local businesses and dive accessories to each of the 50+ divers. It was a great day for all and everyone should plan ahead for next year.

See color photos at www.LakeBerryessaNews.com.



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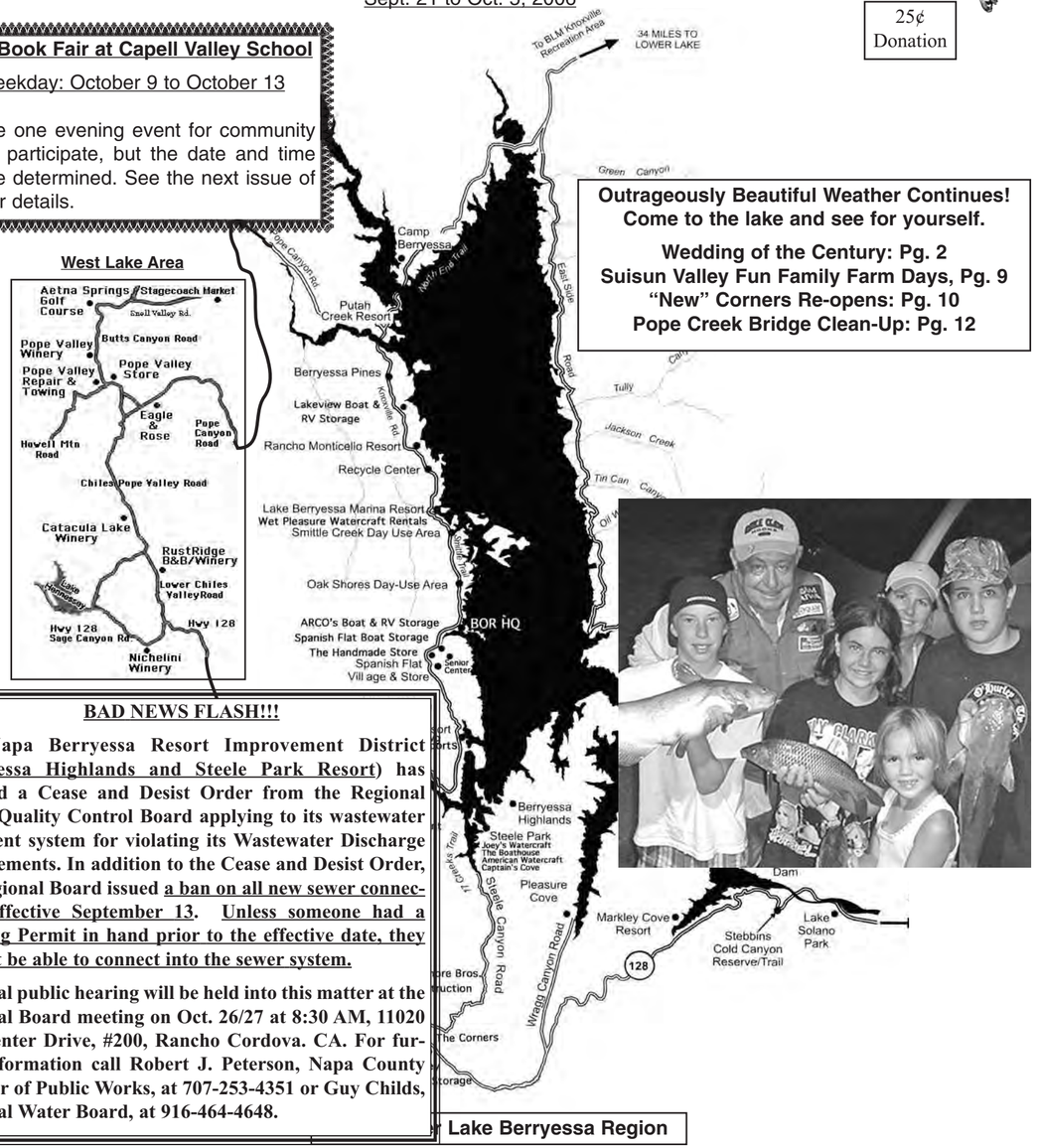
Scholastic Book Fair at Capell Valley School

Every Weekday: October 9 to October 13

There will be one evening event for community members to participate, but the date and time are still to be determined. See the next issue of this paper for details.

Outrageously Beautiful Weather Continues!
Come to the lake and see for yourself.

Wedding of the Century: Pg. 2
Suisun Valley Fun Family Farm Days, Pg. 9
"New" Corners Re-opens: Pg. 10
Pope Creek Bridge Clean-Up: Pg. 12



BAD NEWS FLASH!!!

The Napa Berryessa Resort Improvement District (Berryessa Highlands and Steele Park Resort) has received a Cease and Desist Order from the Regional Water Quality Control Board applying to its wastewater treatment system for violating its Wastewater Discharge Requirements. In addition to the Cease and Desist Order, the Regional Board issued a ban on all new sewer connections effective September 13. Unless someone had a Building Permit in hand prior to the effective date, they will not be able to connect into the sewer system.

A formal public hearing will be held into this matter at the Regional Board meeting on Oct. 26/27 at 8:30 AM, 11020 Sun Center Drive, #200, Rancho Cordova. CA. For further information call Robert J. Peterson, Napa County Director of Public Works, at 707-253-4351 or Guy Childs, Regional Water Board, at 916-464-4648.

Wedding of the Century in Winters!

Joey's Watercraft Repair in Steele Park Resort at beautiful Lake Berryessa has been the boat and jet ski repair center of choice for Berryessa boaters for many years. The performance shop is owned by Joey and Lora Pearce of Winters (photo right) and has been professionally managed by Jerry Skaggs. The romance between Jerry and the lovely Jackie Lorenzo, also both of Winters, (photo below) blossomed last week into a beautiful sunset wedding ceremony attended by a large group of family and friends. The Lake Berryessa News wishes them all the best in the future.





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"Rules of the Road" for Moving Mobile Homes

Due to the ill-conceived Record of Decision for Lake Berryessa, the Bureau of Reclamation is faced with managing the removal/demolition of 1,100 mobile homes around the lake. The AARP National Survey of Mobile Home Owners states that less than 1% of mobile homes in California are ever moved after initial installation. The following description of the "rules of the road" is based on research done by Berryessa For All (BerryessaForAll@gmail.com), the new mobile homeowners group opposing the implementation of the BOR plans. Although the Caltrans rules described below are quite restrictive, the Bureau of Reclamation isalready lobbying Caltrans to loosen these rules for their eviction project.

The Lake Berryessa News

www.LakeBerryessaNews.com

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The State of California

Red designated route are the most restrictive and wide loads, trailer and mobile home movement is prohibited. Red Routes applicable to Lake Berryessa Area are:

CA 128 from the Silverado Trail to Berryessa Knoxville Road at Turtle Rock Junction NO THROUGH MOVES. CA 121 from Trancas St. Napa to Junction of CA 121/128 at Moskowite Corners NO THROUGH MOVES. If you propose to pull a wide load to Lake County you are not allowed to use Highway 29 from Calistoga to Upper Lake. This is a Red route also.

CA 128 from Turtle Rock Junction of Berryessa-Knoxville Road East to Winters is designated a Brown route by CALTRANS. Essentially it is the only route of removal out of Lake Berryessa. The above information is from the CALTRANS web site

The following are only some of the Brown route requirements:

Only licensed over-the- road haulers approved by CALTRANS are allowed to make movements on State Roads. A permit is required from CALTRANS at least 72 hours in advance of the actual move. Permits are for a period on seven days only. They are not refundable or recoverable for any reason. Any condition causing you to change your permit is on you to obtain a new permit.

Permits will be issued to the carrier only and not the interested owner or third party. Travel on Brown route CA 128 is allowed on Tuesday and Thursday only. Travel on those days is allowed from sunrise until 3:00 PM. Travel is prohibited in hours of darkness.

Travel is prohibited on weekends and expressly on holidays and three-day weekends involving holidays. The total height of the load cannot exceed 17' on a Brown route. Any load exceeding street legal width of 8' 6" requirement requires oversight of CALTRANS permits for the carrier to use the Brown route. CA Health Safety Code Section 18007 rates several of the units at the lake as Manufactured Homes and special weight restriction apply to axle loading. These types of units require a Pilot Car for movement, posted at the rear of the load. Any load that exceeds 17' height or 15' width must have two pilot cars and a CHP escort vehicle on a Brown route. The CHP and CALTRANS/DTM's Office will jointly coordinate the hours of movement.

In discussions with CALTRANS routers and permit handlers in Sacramento it was discovered that there is no age restriction on the unit pulled. There was a story around the lake that mobile homes and trailers over 10 years old requiring permits could not be pulled on State routes. There are no age restrictions in place. Instead the carrier and permittee are liable and must indemnify the State of California for any damages. The State Router also informed BFA that he is personally familiar with the Berryessa removals and the City of Winters does not want the trailers to be stacked or left overnight in the Winters City limits.

Napa County

Berryessa-Knoxville Road - A County Permit is required for wide loads and oversized loads. Travel eastward on Berryessa-Knoxville Road is allowed to Turtle Rock Junction at CA 128. Travel from Putah Creek resort on Berryessa-Knoxville Road through the area known as "Badlands" and Knoxville is prohibited with wide and oversized loads. Travel on Pope Canyon Road towards Angwin and Silverado Trail is prohibited. A county permit is required for travel on Wragg Canyon road from Pleasure Cove resort to CA-128. County permits follow most of the CALTRANS conditions, a State permit is needed when leaving the county road system and entering a State controlled road. Travel on Wooden Valley road is prohibited with wide loads and mobile homes.

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Fishing With Sid

One weekend after Labor Day and the boat activity on the lake is quieting down. I threw a "river2sea"crawdad at a dock that was in about four feet of water and "POW" a "MONSTER" catfish engulfed it and ran with my line (six pound test). I brought the catfish to the boat at least nine times and couldn't net it and then I did the cardinal sin, I tightened the drag all the way - a huge boo-boo. I reached for the net and the fish decided to run again and "SNAP" no more fish. Luckily it was only the line it sounded like the rod snapped.

I saw two boys fishing without any luck and asked them what they were going for. They said they were trying for bass and not getting any bites. So I showed them three methods I would use in warm water. Top water fishing with a chugger, ripping a suspended crankbait, and last throwing a sinking rattletrap and bringing it in slowly or let it troll behind the boat.

Later that day they went out with their uncle and caught four bass they were really excited when they were telling me how they landed the fish. On the dock, we used a bait that my wife prepares made from cornmeal and scented with vanilla extract that I form into a ball around the hook and it sinks to the bottom. It works great for carp but catfish love it too. The boys landed a huge carp up to twelve pounds which gave a great fight. They caught two good size cats up to ten pounds and lots of carp. Their mom couldn't believe the size of the fish when they showed them to her. (See photo on front page)-'til next week.....good fishing!!!!! Email bestguide@hotmail.com or call 650-583-3333.

Fishing With Dino

Catfish anglers should fish at the lake now! You can use hot dogs, liver, crawlers or dip bait and land a 7 to 10 lbs cat off any shoreline. Trout and salmon anglers need to be at 70 to 100 ft. depths to land a fish. Use a flasher and follow it with a needlefish. Crappie are now active in early morning hours hitting red and white jigs or minnows. Anglers can throw crankbaits or plastics in shallow waters for a nice bass. Putah Creek area is a great area for bass this week. With the cooler days ahead fishing will improve greatly. Dino Righetti, Spanish Flat Marina, 707-966-7708

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2006 Lake Berryessa Calendar of Events

9-16 Coastal Cleanup Day , Pope Creek Bridge Scuba Dive, 707-257-2822
9-25 Chamber of Commerce Meeting, 7 PM, Berryessa Senior Center
9-29 Lions Club Bike Rodeo, Pope Valley School
9-30 TRI, GIRL, TRI!™ - All women's triathlon, Putah Creek Resort
10-1 Napa Valley HALF IRON TRIATHLON, Putah Creek Resort
10-7 Pancake Breakfast, Senior Center, 8:30 am.*
10-20 Potluck ~ Berryessa Senior Center 6 pm. *
10-22 Pope Valley Turkey Shoot

*Every Mon. Bingo 1pm, 252-8488, 1st Mon. of each month Potluck Noon
*Berryessa Senior Center Activities, Call Georgia at 966-2127
*Berryessa Senior Center Email: Berryessasenior@aol.com
*Potlucks, Call 966-0206 (Please leave a message.)

Berryessa Senior Center Update

Long-time member and Newsletter Editor, Pat Turnpaw, has moved to Rio Vista. Gloriann Rutherford has taken over the editorial duties from Pat. Gloriann and her husband, Dudley, recently retired and moved to the Spanish Flat Mobile Villa. They have been active members of the Senior Center since last October.

As the self-described "new kid on the block", Gloriann has set up an email address for the Senior Center and is asking members (and community supporters) to send her their email addresses for her mailing list. This way she can send the Newsletter electronically to help reduce postage costs as well as get information and reminders about upcoming events out to everyone more quickly.

The Berryessa Senior Center is always looking for new members and has reduced the membership age requirement to 50! The Center always has fun activities and is a mainstay of the Lake Berryessa community. Please email Gloriann at Berryessasenior@aol.com or call Georgia at 966-2127 to become a member - or at least get on their email list to learn what's going on.

****

Catacula Lake Winery Annual Harvest and Release Party
Sunday, September 24, 1:00 - 4:00 pm!

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Lake Berryessa Talks Wellness

You can treat yourself too!
by Brenda Brown (bbms4u@earthlink.net)

Chiropractors have enjoyed widespread success in treating back pain and consequently have become the primary source of care.

Physical therapists are helpful in treating various back problems, but can only treat after they received consent from a licensed medical doctor.

Massage therapists, trained in Swedish massage may offer immediate relief and pleasure; they do not provide the long-term rehabilitation program that is essential.

Self–help can sure ease the pain and re-occurrence. When suffering from back pain, you should use ice during the initial 24 to 48 hours, applying it, wrapped in a towel if this is most comfortable for 20 minutes. Heat should not be used during the initial period because will increase the inflammation, but it can be used after the first 48 hours of pain. If you exercise regularly, it should serve as the basis for a proper self help regimen. If you exercise consistently your body will be able to recover more quickly from an injury and there will be less chance of a recurrence.

To prevent Re-injury to your back, there are several guidelines people who partake in athletic activities should obey.

1. Don't over train. This can cause the body to behave as if it were in a constant state of stress.

2. Eating a healthy diet is an important factor in avoiding re injury. A nutritious diet with the correct amount of calories will prevent infection and the loss of muscle. A proper diet consists of at least 50 to 60% complex carbohydrates, such as fruits and vegetables, potatoes, pasta and rice. Those who suffer from injuries will need to increase the % of protein in their diet to approximately 18 to 20%.

3. Be aware of proper lifting techniques by bending the knees and using the quadriceps and hamstring muscles in your legs to support the weight of the object.

4. Minimize the chance of neck and back problems by reducing the amount of prolonged stress in your life. Find outlets to cope with the stress that can't be eliminated.

5. Correct Posture is vital to averting back and neck pain.

6. Do not overload the bags you need to carry.

People who follow medical advice recover more quickly from back pain and have fewer recurrences. Surgery should be used only after all other methods of dealing with back pain have failed.

Thanks for reading this week's column.please visit my website at:
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September Senior's

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Louise Babriel
Chris Lacombe,
Effie Machotz
Deanne Merandi,
Bill Mederos
Mike Ott,
Joe Tarzia

HA! HA! HARVEY

She told me we couldn't afford beer anymore and I'd have to quit.

Then I caught her spending:
$65.00 on make-up,
$150 for a cut & color,
$30 for a manicure,
$40 for a pedicure,
$50 on vitamins,
$300 on clothes,
and $600 for a gym membership.

I asked how come I had to give up stuff and not her. She said she needed it to look pretty for me.

I told her that was what the beer was for.

.....I don't think she's coming back.

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Chrissy - age 6

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THE DAY GOD CALLED YOU HOME

God looked around his garden
and he found an empty place
He then looked down upon his earth
And saw your tired face
He put his arms around you
And lifted you to rest
God's garden must be beautiful
He always takes the best

He knew that you would never
Get well on earth again

He saw the road was getting rough
And the hills were hard to climb
So he closed your weary eyelids
And whispered, "peace be thine"
It broke our hearts to lose you
But you didn't go alone
For part of us went with you
The day God called you home

Shirl

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HA! HA! HARVEY

A Trip to The Dentist

A man and his wife walked into a dentist's office. The man said to the dentist, "Doc, I'm in one heck of a hurry.!
I have two buddies sitting out in my car waiting for us to go play golf. So forget about the anesthetic and just pull the tooth and be done with it. We have a 10:00 AM tee time at the best golf course in town and it's 9:30 already.

I don't have time to wait for the anesthetic to work!" The dentist thought to himself, "Man, this is one tough guy asking to have his tooth pulled without using anything to kill the pain." So the dentist asked him, "Which tooth is it sir?"
The man turned to his wife and said, "Open your mouth Honey, and show him."

Funny! Funny! This is a hoot, but I expect the minister didn't appreciate it.

A minister was completing a Temperance sermon. With great emphasis he said, "If I had all the beer in the world, I'd take it and pour it into the river." With even greater emphasis he said, "And if I had all the wine in the world, I'd take it and pour it into the river." And then finally, shaking his fist in the air, he said, "And if I had all the whiskey in the world, I'd take it and pour it into the river."

Sermon complete, he sat down. The song leader stood very cautiously and announced with a smile, nearly laughing, "For our closing song, let us sing Hymn #365, "Shall We Gather at the River."

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Berryessa Senior News

PRESIDENTS MESSAGE

Our new year will start this month. During this time we will be collecting dues for October 2006 through September 2007. And since we are always looking for new members, we have lowered the minimum membership age to 50. The cost to join is $20.00 per person. Call 966-2127 or email Berryessasenior@aol.com to join. On October 16, the Board Members will be holding their annual meeting at which time they will nominate new Board Members as needed. Please note that this month's pot luck will be held on Saturday, October 21. On this date we will have our Annual Meeting and meet the new Board Members.

BIRD HOUSE RAFFLE

Rose Stubbs has advised us that the drawing for the Bird House built and donated by Ernie Vasheresse will be held on January 13, 2007, which is the same date as our Annual Crab Feed……baring any unforeseen weather problems.

PACKAGES FOR THE TROOPS

Effie Macholz is in the process of assisting Walter Reed Hospital with donations in the form of games, puzzles, non-perishable goodies and fun stuff to be given to the amputees there. If you have any such items please let her know or drop your donations off at the Center and someone will be sure she receives them. As always thank your for your support.

OCTOBER POTLUCK

Thanks to feedback from many of you, the October Pot Luck is going to be held on Saturday, October 21. Please sign up if you are planning to attend either at the Center, via phone, or e-mail Berryessasenior@aol.com. Don't forget to bring your own utensils and your favorite cocktails. As usual the fun will begin at 6:00 pm. If you are planning on attending and would like to bring either a hors d'oeuvres or dessert to share with others please sign up on the sign up sheet at the Center, via phone, or e-mail Berryessasenior@aol.com.

REPORT ON FELLOW MEMBERS

Pat O'Donnell passed away in September. A memorial service is being planned and the date is yet to be determined.

UPCOMING EVENT

Don't forget that on Saturday, October 7, we are having a Pancake Breakfast. Jim and Bobbie Lucas and Georgia Craddock will be working this event along with any interested volunteers. It will be held from 8:30 to 11:30 and the cost is $3.00 per person.

FLU SHOTS

Nancy Courtney wants everyone to know that Flu shots will be available on Wednesday, November 1 at the Center between 12:00-1:30. These shots are donated and given by the Napa County Health Department and are free to seniors. However, monetary donations are appreciated.

BITS AND PIECES

We now have 20!! E-mail recipients. Attached to his month's newsletter will be a renewal form for our 2006-2007 membership drive. Kindly fill it out and return it to the Center or mail it along with your dues. The Center's address is P. O. Box 9113, Napa, CA, 94558

Georgia Craddock would like to know if any one is interested in joining her and Curley for "Ballet Folklorico de Mexico" which will be held at the Lincoln Theater in Napa on November 13. The cost is $30, $40, or $50 per ticket. A sign up sheet will be placed at the entrance of the Center or you can call Georgia at 966-2127.

Betty Pederson is again be selling Sees Candy Certificates on behalf of the Center. Betty Fehrenkamp wants everyone to know that the 2007 Calendars are ready for sale. The cost is $6.00 each …. and remember, they make great stocking stuffers!

Marlene Lines daughter Shelley gave birth to her first grandson – Tate Morris born August 31. Tate weighed in at 8lb 2oz.

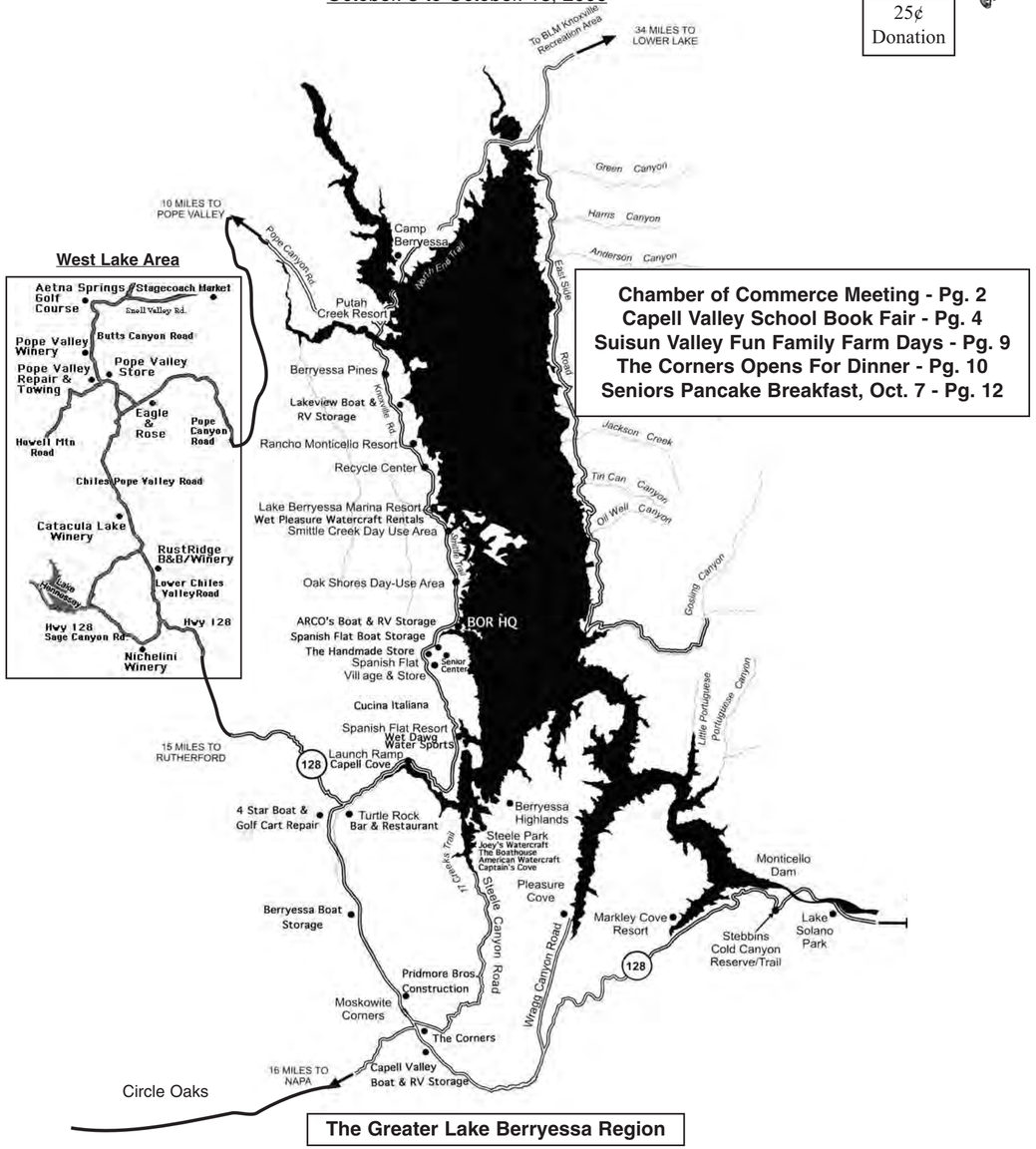
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25¢ Donation

Chamber of Commerce Meeting - Pg. 2
Capell Valley School Book Fair - Pg. 4
Suisun Valley Fun Family Farm Days - Pg. 9
The Corners Opens For Dinner - Pg. 10
Seniors Pancake Breakfast, Oct. 7 - Pg. 12



The Greater Lake Berryessa Region

From the Editor: Support Your Local Businesses!

At the last Lake Berryessa Chamber of Commerce meeting described below, several businesses said that they had received many more calls after the Chamber mailed its Directory to more than 1,000 local residents last year. This is good news since local businesses cannot survive to provide services to local residents without local residents making use of those services. Although there are a large number of visitors during the summer months, it is you, the people who live in the Berryessa Highlands, Circle Oaks, Spanish Flat, Capell Valley, Berryessa Pines, Berryessa Estates, and Pope Valley who are the backbone to the survival of our local businesses, especially those outside the seven resorts.

I was acutely reminded of this when I visited the newly re-opened Corners to work on their ad for this paper. Ron, his wife, and staff were working hard to get the store, restaurant, and saloon into shape to serve the public. They have a strong customer-service attitude and local residents, especially those in the Berryessa Highlands, should be thankful that we have a new place to shop and eat that's so close. The store has a little bit of everything you may need, including fresh-made food in the refrigerator that you can just take home and heat up for dinner.

Even though you may do most of your shopping in Napa, Fairfield, St. Helena, or Winters, as a local community member you should make it a point to regularly stop for a few things at your local stores (the Corners, Brenda's Country Store in the Spanish Flat Center, Turtle Rock, Pope Valley Market, Stagecoach Market in Berryessa Estates) and eat out every now and then at your local restaurants (Cucina Italiana in the Spanish Flat Center, the Corners, Turtle Rock, and the soon to open Spanish Flat Cantina). They need your support a lot more than Safeway, Costco, or MacDonalds.

The Lake Berryessa Chamber of Commerce does not just represent local businesses. It represents the local residents too. It is the only organized group that can represent the Greater Lake Berryessa local community both politically and economically. You can join the Chamber as a Community Supporter for just $25 per year and have your voice heard.

And now a plug for your local paper - The Lake Berryessa News. Shirl and I want this paper to be a service to the local community. We've worked hard this last year and a half to improve the style and information we bring to you. We'd like you to use it to communicate with each other too. You can send us announcements and stories, but also you can advertise in the classifieds and buy things locally from those ads. Our usefulness to you grows as you make use of us. You can find copies at all the resorts and all the local businesses. Another good reason for Highlands people to stop at the Corners on the way home! But of course the easiest thing is to sign up for a subscrition and have us delivered directly to your home.

The Lake Berryessa News

www.LakeBerryessaNews.com
Published the first and third Thursday of each month.

Owner& Editor
Shirl Katleba

Co-Editor & Writer
Peter Kilkus

Contact Shirl at: 707-966-3806 or 707-287-6240 (Cell & Messages)
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Lake Berryessa Chamber of Commerce

Board Meeting Minutes - September 25, 2006

1. General Update: Business Climate; Pope Valley Economic Development meeting report: Several members said that they had noticed an increase in calls for their services due to the distribution of the Directory. Peter Kilkus and Carol Kunze gave a summary of the Pope Valley Economic Development meeting and the issues that concerned the attendees.

2. Treasurer's Report: Membership and Dues Status: Approximately 51 members have paid their 2006 dues and the Chamber has just over $1,300 in the bank.

3. Fiscal Year and Dues: The Chamber fiscal year is formally January through December 31 each year. Due to the timing of the original organizing process of the Chamber (it was formed mid-2005) there has been some confusion and overlap of dues requests. The 2007 memberships will remain at $25 and will be due in January 2007.

4. Next Chamber Directory: The new Directory will be organized in early 2007 for distribution by April, 2007. As last year, to defray the cost of producing the Directory, there will be a $25 charge for your listing.

5. Map and Advertising Brochure for 2007: Because there is so little information about how to get around the Greater Lake Berryessa Region, the next publication of the Chamber will be a multi-page glossy map with general information, advertising, and a listing of Chamber members. This type of document will be good for distribution at the Napa Visitor Center and Napa hotels and restaurants.

6. Road Signposts suggestion: Sharyn Simmons of Cucina Italiana has suggested installing classic signposts at intersections to show people the way to our businesses and recreational opportunities. The idea was well-received by the attendees. Information kiosks at locations such as the Corners and Turtle Rock were also proposed, as well as designing a logo specific to Lake Berryessa that would become a recognizable image for the area. All these good ideas will need both funding and volunteers to make them realities.

7. Christmas Party: The Chamber Christmas Party will be at the Berryessa Senior Center on Saturday, December 9th from 5 - 9 P.M. It will be an Arts and Crafts Show and Sale for Chamber members and local community artists and crafts people. Charlotte Van Zant-King (707-966-9188, snowcreek@pon.net) volunteered to coordinate the artists who wish to exhibit. Community memebrs welcome!

8. Next Meeting: Monday, November 27th, 7 PM, Place TBD

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Ask Bilgee!

Advice from the Protector of Clean Waterways

Dear Bilgee,

I'm getting getting ready to put my boat away for the season. I checked my bilge pad and it's really dirty. Can I throw it away in any trash can? L.B.B.

Dear LBB,

Please don't put your used bilge pads in the trash! Throwing dirty bilge pads in the garbage only moves the pollution they've absorbed from the lake to the land. A dirty bilge pad is toxic to the environment, and if the pad goes to the landfill, oil and other petroleum-based fluids can leach into the soil and pollute drinking water sources and wildlife habitat. The best way to dispose of used bilge pads is to put them into one of the specially marked red cans found at the gas docks of any of the seven Lake Berryessa resorts.

Dear Bilgee,

I used a bilge pad for the first time this year, and just put my used one in a red can. It was really dirty. I'm curious: what do you do with those used pads? W.F.

Dear WF,

CRI Recycling Services picks up the dirty bilge pads and takes them to their processing plant where they separate oil, other petroleum-based fluids, and water from the bilge pads. Both the absorbent material from the bilge pads and the fluids it soaked up are recycled. Thanks to you and everyone else who used a bilge pad and recycled them in the red cans. It makes Lake Berryessa cleaner and healthier for everyone. Remember to get a new bilge pad to replace the one you've recycled.



On Golf

Jack Benny: "Give me the fresh air, a beautiful partner, and a nice round of golf, and you can keep the fresh air and the round of golf."

Lee Trevino: "You can make a lot of money in this game. Just ask my ex-wives. Both of them are so rich that neither of their husbands work."

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Store: 251- 9458, Cafe: 251- 9458, Saloon: 251- 9784
At the intersection of Hwy 121, Hwy 128, and Steele Canyon Road

Restaurant Open for Community Meetings and Banquets.

Fishing With Dino

Crappie anglers it is time! Use jigs or minnows off the bottom in the early morning hours and you will get a nice stringer of crappie. Dock areas or heavy brush coves are the best spots.

Catfish are still hitting well on livers or hot dogs off any shoreline. Lots of nice 7 to 11 lb cats came in this week.

Trout and salmon are up to the 60 foot depths now. Troll with a flasher, follow it with a needlefish or apex lure and you will get your limit. Bass have been steady in about 20 to 25 feet of water. Throw crankbaits or plastics and you will do pretty good.

Dino Righetti, Spanish Flat Resort Marina707-966-7708



Fishing With Sid

A week or so ago, Bob and his son Matt and I headed out to catch bass. It was still chilly and windy and the fish were not co-operating except for small bass around six inches. The next day it warmed up a little and Adam and I set out for a couple of hours of fishing. He landed a nice size bass and he got some pointers on tackle. Now to Jose (photo at left) who never thought he would hold these two monster cats for this picture.



Later in the afternoon my wife and I went to my favorite cove where I had lost that huge catfish last time (yes I had to try and get him again). Using a small treble hook and the cornmeal mixture that I spoke, I gently cast it in the direction where I thought he would be and let it sink down to the bottom. Within four or five minutes I saw the line moving out, I aimed the rod at the fish and closed the bale within seconds he took of running and the fight was on. This time I didn't tighten the drag I played him till he tired out.



I handed the rod to my wife so I could get the net ready and he must of gotten a second wind because he took off again. She enjoyed reeling him in as he neared the boat and saw the net he took off again this went on for a couple of minutes until I finally netted him. He wasn't the "big guy" from last time but he was a good size - at least twelve to fifteen pounds. I did catch some more cats on hotdogs and a lot of small bass around four to six inches...'til next week.....good fishing!!!!!!!! If you have any fishing stories you would like to share please email me at bestguide@hotmail.com or call me at 650-583-3333. www.fishingconnection.net

2006 Lake Berryessa Calendar of Events

10-7 Pancake& Sausage Breakfast, Berryessa Senior Center, 8:30 am.*
10-21 Potluck ~ Berryessa Senior Center 6 pm. *
10-22 Pope Valley Turkey Shoot
11-1 Free Flu Shots, Berryessa Senior Center, 12-1:30 pm* (Donations Accepted)
11-17 Thanksgiving Dinner & Turkey Raffle, Berryessa Senior Center, 6 pm*
12-4 Pirate Bingo & Potluck, Berryessa Senior Center, 12 noon*
12-9 Chamber of Commerce Christmas Party, Arts & Crafts Show/Sale, Berryessa Senior Center, 5 - 9 pm
12-15 Berryessa Seniors Christmas Dinner (Potluck) & Gift Exchange, Berryessa Senior Center, 6 pm* (Bring a new $10 gift to exchange)

*Every Mon. Bingo 1pm, 252-8488, 1st Mon. of each month Potluck Noon
*Berryessa Senior Center Activities, Call Georgia at 966-2127
*Berryessa Senior Center Email: Berryessasenior@aol.com
*Potlucks, Call 966-0206 (Please leave a message.)
*Lions Club, 966-1413

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Sat 8:00 - 6:00 Sun 9:00 - 5:00



In the River Park Shopping Center
Your local fishing experts for the Napa River, Lake Berryessa, and Putah Creek
Guided Fly Fishing Trips to Lower Putah Creek

Old Lady Mildred, 93, was despondent over the recent death of her husband Earl, so she decided to just kill herself and join him in death.

Thinking it would be best to get it over with quickly, she took out Earl's old army pistol and made the decision to shoot herself in the heart since it was so badly broken in the first place. Not wanting to miss the vital organ and become a vegetable and a burden to someone, she called her doctor's office to learn her heart's exact location.

"Since you're a woman," the doctor said, "your heart is just below your left breast, Why do you ask?" Mildred hung-up without answering.

Later that night, Mildred was admitted to the hospital with a gunshot wound to her knee.

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Book Fair! Book Fair!!

Come One! Come All! Capell Valley Elementary is having their annual Scholastic book fair during the week of October 9 – 13. What a great opportunity to come and purchase books at a reasonable price for your children, your grandchildren, and maybe even for yourself.

Scholastic books are current, and include several Newberry and Caldecott winners. The sale will be open to the public, so please stop by and browse. All proceeds will benefit our small school library collection, which we are currently trying to expand. You can buy some books or even just donate to our library.

We are located just past Moskowite Corners going East on Hwy 128 at 1192 Capell Valley Road. Phone: 259-8434

Book Fair Hours: Monday & Tuesday 2:30-4:00pm
Wednesday 12:00-4:00pm
Wednesday 5:30-7:30pm Special Evening Event!
Thursday 12:00-4:00pm, Friday 9:00-2:00pm

What Is Brain Freeze?

"Brain freeze" or an "ice cream headache" hits when a cold substance makes contact with nerve endings in the roof of your mouth. A particular nerve in the back of your throat (impress your friends by calling it the sphenopalatine ganglion) stimulates the trigeminal nerve, the largest of the sensory nerves that lead from your face to your brain. The result is that characteristic stabbing pain, centered in the midfrontal part of the brain. Migraine sufferers are typically susceptible to cold-induced headaches, and a 10 or 20-second brain freeze can often be a trigger for a longer, more severe migraine attack. There's really no way to avoid such headaches if you insist on wolfing down your icy dessert. Next time you sip a Slurpee, just remember to take it slow.

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How to Stay Married

A man and woman had been married for more than 60 years. They had sharedeverything. They had talked about everything. They had kept no secretsfrom each other except that the little old woman had a shoe box in thetop of her closet that she had cautioned her husband never to open or ask her about.

For all of these years, he had never thought about the box, but one day the little old woman got very sick and the doctor said she would not recover. In trying to sort out their affairs, the little old man took down the shoe box and took it to his wife's bedside.

She agreed that it was time that he should know what was in the box. When he opened it, he found two crocheted dolls and a stack of money totaling $25,000. He asked her about the contents. "When we were to be married" she said, "my grandmother told me the secret of a happy marriage was to never argue. She told me that if I ever got angry with you, I should just keep quiet and crochet a doll."

The little old man was so moved; he had to fight back tears. Only two precious dolls were in the box. She had only been angry with him two times in all those years of living and loving. He almost burst with happiness. "Honey," he said, "that explains the doll, but what about all of this money? Where did it come from?"

"Oh," she said, "THAT'S THE MONEY I MADE FROM SELLING THE DOLLS"

****

A Prayer...
Dear Lord,
I pray for Wisdom to understand my man;
Love to forgive him; And
Patience for his moods;
Because Lord,
if I pray for Strength,
I'll beat him to death.
Amen!

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HAPPY BIRTHDAY

October

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Rudy Fehrenkamp
Michael Hamilton
Beatrice Junk
Dolores Mendonca
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	$385,000	3/2	1760	.35

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What do goblins and ghosts drink when they're hot and thirsty on Halloween? Ghoul-aid!!

What do you call a witch who lives at the beach? A sand-witch.

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It was no accident
Me finding you
Someone had a hand in it
Long before we ever knew

Now I just can't believe
You're in my life
Heaven's smiling down on me
As I look at you tonight

I tip my hat
To the keeper of the stars
He sure knew what he was doin'
When he joined these two hearts

I hold everything
When I hold you in my arms
And I've got all I'll ever need
Thanks to the keeper of the stars

Soft moonlight on your face
Oh how you shine
It takes my breath away
Just to look into your eyes

I know I don't deserve
A treasure like you
There really are no words
To show my gratitude

So I tip my hat
To the keeper of the stars
He sure knew what he was doin'
When he joined these two hearts

I hold everything
When I hold you in my arms
And I've got all I'll ever need
Thanks to the keeper of the stars
It was no accident
Me finding you
Someone had a hand in it
Long before we ever knew
ANGEL

IN MEMORY OF

Avril Rose Smith
Died
On 9/27/06
at the age of 90.
She was married to Frank (Mississippi) Smith in 1939 & then moved to Napa Valley where they raised their 5 children including
Smitty Smith jr.
Our deepest sympathy & love go out to you & the loss of your mother .
from your Friends
at Lake Berryessa

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DAM LEVEL AT LAKE BERRYESSA

The elevation of the spillway (Glory Hole) at Monticello Dam is 440 feet.
The water is now 8.40 feet below the top of the spillway

Date	Elevation	Evaporation	High	Low
9-25-06	431.86	.20	90	48
26	.83	.15	92	49
27	.79	..31	91	48
28	.75	.24	92	51
29	.71	.14	87	51
30	.66	.14	87	47
10/1/06	.60	.12	75	46

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What do you call two spiders that just got married? Newlywebbed.

Samantha Berryessa

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Which building does Dracula visit in New York? The Vampire State building.

Where do most werewolves live? In howllywood, California

What do you get when you cross a black cat with a lemon.
sour-puss

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Why is a ghost such a messy eater? Because he is always a goblin.

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Softner sheets!
My mail carrier told me that the US Postal service sent out a message to all letter carriers to put a sheet of Bounce in their uniform pockets to keep yellow-jackets away.
Use them all the time when playing baseball and soccer. I use it when I am working outside. It really works. The yellow jackets just veer around you.
1. All this time you've just been putting Bounce in the dryer! It will chase ants away when
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Why did the ghost go into the bar? ~ For the Boos!
Why didn't the skeleton dance at the party?~ He had no body to dance with!!

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Bald Eagles Overhead

by Mary Schiedt

For millennia bald eagles have lived near streams and lakes where fish abound. They are excellent at catching large fish, the main item in their diet during the breeding season. Flying low, they dip to the water and snatch fish at the surface, but can also plunge-dive to catch deeper fish. When they do you will see them power up out of the water, shift the fish to an aerodynamic position, and give themselves a big shake to throw off the water. Occasionally, a fish is so large that the eagle drags it to shore by swimming a sort of "breast stroke." Of course, they can also intimidate an osprey into dropping its catch if the opportunity arises. If a fish is dropped, the eagle can catch it before it hits the water.

Bald eagles usually build huge stick nests high in large trees or snags, and add more sticks year after year, sometimes until the tree branch fails. A pair will stay together for life if possible, but they will seek a new mate if one of the pair dies. After the female lays two eggs, both parents take turns at incubation for the next 35 days. The hatchlings are downy and immobile, but have their eyes open from the start. Both parents then bring food to the nest and tend the young intensively for 70 to 100 days until the nestlings learn to fly. Usually a pair of adults successfully raises one or two young each year. It takes a youngster four to five years to reach maturity, and finding a mate may take time, but they live up to 35 years. Eagle parents only assist their young in obtaining food in their hatch year. After that the parents will drive them away to make room for the next batch of chicks. Tough life!

What contributes to the might and majesty of eagles? Their wingspan is about six feet and the breadth of these wings allows them to soar on thermals and updrafts or to power up with prey or in courtship. Their fierce-looking eyes face forward and have two foveas, or areas of extrasharp focus, in each eye. Their vision is many times sharper than ours. Their sharp hooked beaks are used to tear food, not to kill. The kill is achieved by the force of the attack, or by the penetration of the huge talons. Spiky pads on the toes help hold slippery fish.

Outside the breeding season the diet can include small mammals such as rabbits, but is often made up mostly of carrion, including roadkill. They are able to kill ducks and geese in wetland areas, but many of those may be birds weakened by disease or hunger. Golden eagles are found more in open country, feeding on small mammals, birds, snakes, and occasional carrion.

For several decades, bald eagles were in extreme decline due to DDT in the food chain. The effect of the pesticide on eagles was the production of very thin delicate eggshells. Year after year eggs would be crushed and pairs of eagles were unable to hatch young. The banning of DDT in 1972 in the United States allowed the food chain to slowly become less contaminated. Eagles are re-expanding into their old ranges and in fact, Cache Creek above Rumsey is the largest wintering area for bald eagles south of the Klamath Basin.

Where can you see bald eagles? In winter look for them in and above Cache Creek Canyon, Putah Creek Canyon, Lake Solano, Lake Berryessa, and Clear Lake. In early spring many will migrate northward, and our local pairs will seek out their breeding territories and begin defending them. If you're especially lucky you might see courtship displays. In mid-flight they may lock talons and descend in a tumbling series of "somersaults." .

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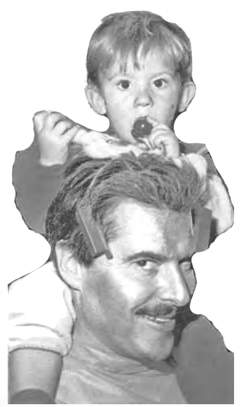
October 19 to November 1, 2006

25¢ Donation



In This Issue









The Greater Lake Berryessa Region



The Original Gestalt Prayer by Fritz Perls

I do my thing and you do your thing.
I am not in this world to live up to your expectations
And you are not in this world to live up to mine.
You are you and I am I,
And if by chance we find each other, it's beautiful.
If not, it can't be helped.

The Modified Gestalt Prayer - Flaming Egotist Version

I do my laundry, and you do yours.
I am not in this world to listen to your ceaseless yammering,
And you are not in this world for any discernible reason at all.
You are you, and I am I, and I got the better deal.
And if by chance we find each other, it will be unspeakably tedious.
Buzz off.

A More Mellow Version of Reality - Tao Te Ching by Lao Tzu

Accept what is in front of you without
wanting the situation to be other than it is.
Study the natural order of things and work
with it rather than against it, for to try
to change what is only set up resistance...

INTERPRETIVE WALK

Quail Ridge Wilderness Conservancy will conduct an interpretive walk on Quail Ridge Reserve, on a peninsula at the southwest end of Lake Berryessa, from 2 to 6 p.m. Oct. 28. The walk will be led by QRWC Executive Director Frank Maurer, a zoologist and ecologist. To reserve a spot and get directions, call (530) 758-1387.

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Signs of the Obvious: Wheelchairs Not Recommended!

The Lake Berryessa News

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Drive-In Movie Theaters: When Did You Last Go To One?

THE FIRST DRIVE-IN MOVIE THEATER WAS OPENED ON June 6,1933, by salesman Richard M. Hollingshead in Camden, N.J. On the bill was a twilight showing of the British comedy Wife Beware. Hollingshead had worked out the technology with a 1928 Kodak projector that he mounted on the hood of his car and aimed at a sheet. The film was a little-known second-run feature, and the neighbors complained about the noise.

From those decidedly humble beginnings, a U.S. institution was born, one that exploded in the post-World War II automobile culture. The drive-in era peaked in1958, with nearly 5,000 theaters across the U.S. But in 1966, daylight saving time led to summer showings at 9p.m., making the screenings less appealing to families. Air-conditioned theaters trumped steamy summer nights, and by the 1980s, the VCR and cable TV dealt another blow to the ailing industry. By 1995, fewer than 500 drive-ins were left.

But just when it seemed as if the iconic U.S. entertainment form was headed for extinction, a mini-revival began. Fueled by a blast of nostalgia as well as families tired of spending upwards of $50 to take the kids to the multiplex, new drive-ins have opened in Texas, Montana, Alabama, Georgia, Pennsylvania and New York, while all over the country, vintage theaters have been renovated. Websites like drive-in.net and driveintheater.com keep aficionados updated about openings and showtimes.

A new generation of movie fans is taking its cue from Hollingshead, fusing modem technology with his old-school concept of a drive-in, creating do-it- yourself outdoor movie experiences. DVD players, digital projectors and iPods have put the technology of drive-in movies into the hands of anyone with a technological bent. In California, the Santa Cruz Guerilla Drive-In collective has combined a love of movies with a mission to reclaim public space by staging word-of-mouth screenings of films ranging from politically subversive shorts to Dirty Dancing, and it has inspired other guerrilla-flick efforts in Portland, Me., and West Chester, Pa. In Berkeley, Calif., Web developer Bryan Kennedy turned his car nto a mobile movie unit, a sort of drive-in that actually drives in, with a DVD player, a projector and an FM transmitter that beams a movie's sound track to other cars. His technology has given rise to the MobMov movement, with chapters worldwide, creating free film venues in any open space. (See ww.w mobmov.org.)

Resource Conservation District Board Positions Available

Three openings on the Napa County Resource Conservation District Board of Directors are available. The terms will commence at noon on November 30, 2006 and expire at noon on November 30, 2010.

Interested applicants should demonstrate an interest in soil and water conservation and must obtain ten (10) signatures of at least ten (10) qualified voters of the Napa County Resource Conservation District.

Interested applicants must be registered voters in the State, must reside within the District, and must either own real property in the District or act as the designated agent of a resident land owner within the District, or have served for at least two (2) years as an associate director of the District providing advisory or other assistance to the Board of Directors.

Persons interested in appointment to the Napa County Resource Conservation Board of Directors should contact the Napa County Executive Office, 1195 Third Street, Room 310, Napa, CA 94559, telephone 253-4421 to obtain the appropriate form. Deadline to apply is Friday, November 3, 2006 at 5:00 PM.

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Tuleyome Buys Ireland Ranch

Tuleyome, a local not-for-profit corporation based in Woodland, California, recently purchased the Ireland Ranch from the Ireland family, who are fifth generation Yolo County residents. The 640-acre ranch is located in the Blue Ridge abutting 9100 acres of public lands managed by the Bureau of Land Management as the Berryessa Peak unit. The Blue Ridge, a section of the inner coast range in western Yolo County, runs northwest from Putah Creek to Cache Creek.

The Blue Ridge is a dynamic result of plate tectonic forces that steeply uplifted sandstone and shale rock layers creating beautiful interior valleys, creeks and springs. Oak woodlands, gray pine woodlands, chaparral, riparian habitat, and grasslands are the dominant habitat types and mountain lion, black bear, deer, bobcats, eagles and falcons make their home in the mountain range. The ranch forms the headwaters for Enos, Salt and Pine Creeks and includes the location of the historic Scott homestead.

Tuleyome is working to protect both the wild heritage and the agricultural heritage in the Putah and Cache Creek watersheds for existing and future generations. The Blue Ridge Conservancy is a Tuleyome land trust project that operates to conserve lands in western Yolo County.

“We intend to participate in regional decisions as land owners and stakeholders to fulfill our dual mission,” commented Debra Chase, Tuleyome’s Executive Director. “Current land uses will continue while we develop a management plan, and we hope to be friends and good neighbors with other Blue Ridge landowners.” The Ireland Ranch is currently grazed and seeking organic certification.

If you are interested in learning more about Tuleyome and the Ireland Ranch contact Debra Chase at 530-350-2599 or email dchase@tuleyome.org.

Fishing With Dino

The water is cooling off! Temp is 66 degrees 6 feet from the surface. Trout are at the 40 foot level trolling needlefish or apex. The narrows and dam area are working well.

Crappie are hitting jigs hard in early morning hours. Nice 1 to 2 pounders are being caught by George Parish of Spanish Flat.

Bass are hitting pretty good on plastics or crankbaits in 20 to 25 feet of water. The big island area is the hot spot this week.

Catfishing is still a good thing on hot dogs, chicken livers or dip bait. Off any bank will do. Just be patient and get your baits to the bottom.

Dino Righetti, Spanish Flat Resort Marina, 707-966-7708

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The Corners Continues to Expand It's Menu of Food and Fun!

Ron and the staff at The Corners want you to stop by and join the festivities. There are plans for "All-you-can-eat Spaghetti Night", "All-you-can-eat Taco Night", and Crab Feeds. You can watch Monday Night Football on the big screen and share in the potluck snacks by bringing one of your own. There are pool tournaments for all skill levels. Wednesday night 8-Ball is a "call shot - no swap" contest for skilled players. But the Friday night 9-Ball is a "less stress - more luck allowed" style game. It's good to have The Corners fully open again.



The Corners Cafe

Under New Management - Customer Service Is Our Goal!

Halloween Party - Saturday, October 28

(Kids Welcome Until 8 P.M.)



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Store: 251- 9458, Cafe: 251- 9458, Saloon: 251- 9784
At the intersection of Hwy 121, Hwy 128, and Steele Canyon Road

Restaurant Open for Community Meetings and Banquets.

Fishing With Sid

I finally made it back to the lake this past weekend. On Saturday Terry and his son Sean followed me in his brand new red "Ranger". I showed him some good spots to fish. He headed up to Pope Creek to try his luck.



I fished three points and I could see trout about four to six feet down chasing shad. I picked up three bass and it wasn't easy fishing. I trolled from Big Island back to Steele Park and picked up a few trout. Mike from Spanish Flat told me to come by early Sunday morning because the crappie bite was great and be sure to bring a red and white jig. I got there at 11:30 am he looks at me and says the bite might be over. He shows me where to go and wishes me luck.

My first fish took about two minutes, my second fish took me another minute or two and so it went for five fish. A couple of guys were fishing close to me but were not having any luck or using the right tackle. I introduced myself and asked if they would like some pointers. Divan, who is about thirteen years old, came over and asked me to show him what to do. He was a good student and caught his first fish in about four minutes. After that he was bringing them in almost a minute apart and really enjoying himself. He ended up with seven crappie ranging in weight from 1/4 lb to 2 1/2 lbs. His father used the red and white jig and must have hooked up to a catfish or large bass because the rod bent completely under the dock. Unfortunately he did not land it so we never will know what it was but it was big!!!!

If you would like to catch some crappie I suggest you stop by Spanish Flat Marina and ask Mike or Dino what is the best tackle to use and where are the good spots. In the next few weeks the lake should turn and then the top water bite will be great.

"til next week.....good fishing!!!!!!!!!!!!!!!! www.fishingconnection.net If you have any fishing stories you would like to share please email me at bestguide@hotmail.com or call me at 650-583-3333.

2006 Lake Berryessa Calendar of Events

10-21 Potluck ~ Berryessa Senior Center 6 pm. *
10-22 Pope Valley Turkey Shoot
10-28 Halloween Party - The Corners
10-29 Daylight Savings Time Ends At 2 A.M. Set clocks back one hour!
11-1 Free Flu Shots, Berryessa Senior Center, 12-1:30 pm* (Donations Accepted)
11-3 Cucina Italiana Starts New Winter Hours
11-17 Thanksgiving Dinner & Turkey Raffle, Berryessa Senior Center, 6 pm*
12-4 Pirate Bingo & Potluck, Berryessa Senior Center, 12 noon*
12-9 Chamber of Commerce Christmas Party, Arts & Crafts Show/Sale, Berryessa Senior Center, 5 - 9 pm
12-15 Berryessa Seniors Christmas Dinner (Potluck) & Gift Exchange, Berryessa Senior Center, 6 pm* (Bring a new $10 gift to exchange)

*Every Mon. Bingo 1pm, 252-8488, 1st Mon. of each month Potluck Noon
*Berryessa Senior Center Activities, Call Georgia at 966-2127
*Berryessa Senior Center Email: Berryessasenior@aol.com
*Potlucks, Call 966-0206 (Please leave a message.)
*Lions Club, 966-1413

Pope Valley Fire Department & Pope Valley Gun Club

Turkey Shoot

Sunday, October 22, 2006
8:00 A.M. to Sundown
Across form the Pope Valley Farm Center
6 Traps: Beginner - Intermediate - Professional

Events for the Whole Family
Paint Ball - Bingo - Wheel of Fortune - Awesome Raffle

Pancake Breakfast from 6:00 A.M. to 10:00 A.M. at the Farm Center
For More Info: 707-965-2295 (Please - No Dogs Allowed!)

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Cucina Italiana's Second Anniversary Party



Chef Stefano Gusberti and Manager/Partner Sharyn Simmons (who won't let me take her picture) wish to thank all of their friends and supporters for a great two years at the Spanish Flat Village Center!

They also want to remind you that when you set your clocks back on the night of Oct. 28, you should also set your appetites forward for their new winter hours (See ad below.). Start planning now for their fantastic New Year's Eve Dinner. Stefano and Sharyn are also available for holiday parties and catering. Here's to many more years of delicious Italian food! If you haven't eaten there yet, you're missing a real treat - as well as a great place to meet friends and neighbors. More color photos (including one of Sharyn!) of the party are at www.LakeBerryessaNews.com.





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Why Do I Feel Sleepy After I Eat?

The glucose from food causes your body to reduce production of orexins, a class of proteins that is believed to keep us alert. Orexin-producing neurons, which are found in the hypothalamus region of the brain, have been known since 2003 to be affected by glucose levels, but it wasn't known to what extent those levels - and the subsequent suppression of orexins -interfere with alertness. In June, Denis Burdakov and his fellow researchers at the University of Manchester in England reported that even a small increase in blood-glucose levels significantly lowers the orexin-mediated neuron activity in the brain, causing sleepiness. The strong dependence of alertness on glucose levels was surprising, although, Burdakov says, the discovery makes perfect evolutionary sense. "It would be advantageous for animals to stop energy-expending behaviors after they obtained their food, in order to make the calories last as long as possible," he explains.

But all foods are not created equal. According to Burdakov, meals rich in carbohydrates or fats elevate blood-glucose levels and make you more tired; meals higher in protein are less likely to have that effect. So if you want to make it through the workday without nodding off at your desk, eat some meat for lunch.

****

The following are apparently accounts of actual exchanges between airline pilots and control towers around the world.

Tower: 'Delta 351, you have traffic at 10 o'clock, 6 miles!'
Delta 351: 'Give us another hint! We have digital watches!'

'TWA 2341, for noise abatement turn right 45 Degrees.'
'Centre, we are at 35,000 feet. How much noise can we make up here?'
'Sir, have you ever heard the noise a 747 makes when it hits a 727?'

A student became lost during a solo cross-country flight. While attempting to locate the aircraft on radar, ATC asked, 'What was your last known position?' Student: 'When I was number one for takeoff.'

A DC-10 had come in a little hot and thus had an exceedingly long roll out after touching down. San Jose Tower Noted: 'American 751, make a hard right turn at the end of the runway, if you are able. If you are not able, take the Guadalupe exit off Highway 101, make a right at the lights and return to the airport.'

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What did the ghost say to the man at the coffee shop? Scream or sugar!

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What is a vampires favorite holiday?

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you can achieve any goal.

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wisdom as you go through life,
accept it gracefully.
You can learn much from those
who have gone before you.

But never be afraid or hesitant
to step off the accepted path and
head off in your own direction,
if your heart tells you that it's
the right way for you.

Always believe that you will
ultimately succeed at whatever you do,
and never forget the value of persistence,
discipline and determination.
You are meant to be whatever
you dream of being.

ANGEL

HAPPY HAPPY
23rd BIRTHDAY

To Davey Eck
On Nov. 3rd

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What is a vampires favorite holiday? Fangsgiving

What kind of makeup do ghosts wear? Mas-scare-a.

Why did the skeleton cross the road?. To go to the body shop.

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What did the ghost say to the man at the coffee shop? Scream or sugar!

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How can you tell a vampire likes baseball?
Every night he turns into a bat.

What's it like to be kissed by a vampire?
It's a pain in the neck.

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Local Wakeboarders Excel in Competition

by Kim Conner

The competitive season for Nor Cal WWA (Wake Boarding Association) just concluded at Lake Villa Lagos in Red Bluff and several locals (who call themselves the "NLB" for North Lake Berryessa) did extremely well. This crew of wakeboarders ride together daily all summer and push each other to be their best.

1) Nataly Conner (12 Yrs old): This Berryessa resident took 1st place oveall for the season in the Jr. Novice division. She accomplished this by finishing 1st twice, 2nd once, and also taking a 4th place finish in the second event of the season. Nataly lives off of Capell Valley Rd. and rides almost daily to perfect her skills. Her plan is to continue training during the off season so that she can compete with the older gals next year in the Women's Intermediate Division.

2) Jon Haddox: Another local (who also is currently serving as Nataly's coach) lives and works year round at Rancho Monticello Resort. He had a great season although he was unable to ride in the 1st event of the year due to a knee injury. He placed 1st in the 2nd & 3rd events and took 4th in the final event on October 7th. His overall standing in the Expert Division was 3rd place. Jon also took 2nd place in the slider event overall.



3) Buddy Mahood: Buddy works at Rancho Monticello in the summer and resides in Pacifica. He had an overall standing of 2nd place in the Men's Advanced Division. Buddy also placed 3rd overall in Wakeskate Division.

4) Dan Rajeski: Dan's family has a trailer at Rancho Monticello Resort and lives in Half Moon Bay. Dan goes to school in San Diego. Dan placed 5th overall in the Men's Advanced Division.

5) Jeff Pearsall: A Senior at Cal State University Monterey Bay who also works at Rancho Monticello Resort during the summer season, Jeff attended two WWA events and placed 3rd in Men's Expert Division at one of them.

6) Kathryn Medina: A student at CSUMB and an employee of Rancho Monticello Resort in the summer, also attended two events, placing 1st & 4th giving her a year end placement of 3rd overall.

Two other NLB Crew members rode well this year as well, they are Brendan Shue & AJ Cecchettini. Check them all out at www. Norcalwwa.com

****

A panda walks into a bar, sits down and orders a sandwich. He eats the sandwich, pulls out a gun, and shoots the waiter dead.

As the panda stands up to go, the bartender shouts, "Hey! Where are you going? You just shot my waiter and you didn't pay for your sandwich!

The panda yells back at the bartender, "Hey man, I'm a PANDA! Look it up!"

The bartender opens his dictionary and sees the following definition for panda: "A tree dwelling marsupial of Asian origin, distinguished by prominent black and white coloring. Eats shoots and leaves."

The Lake Berryessa News

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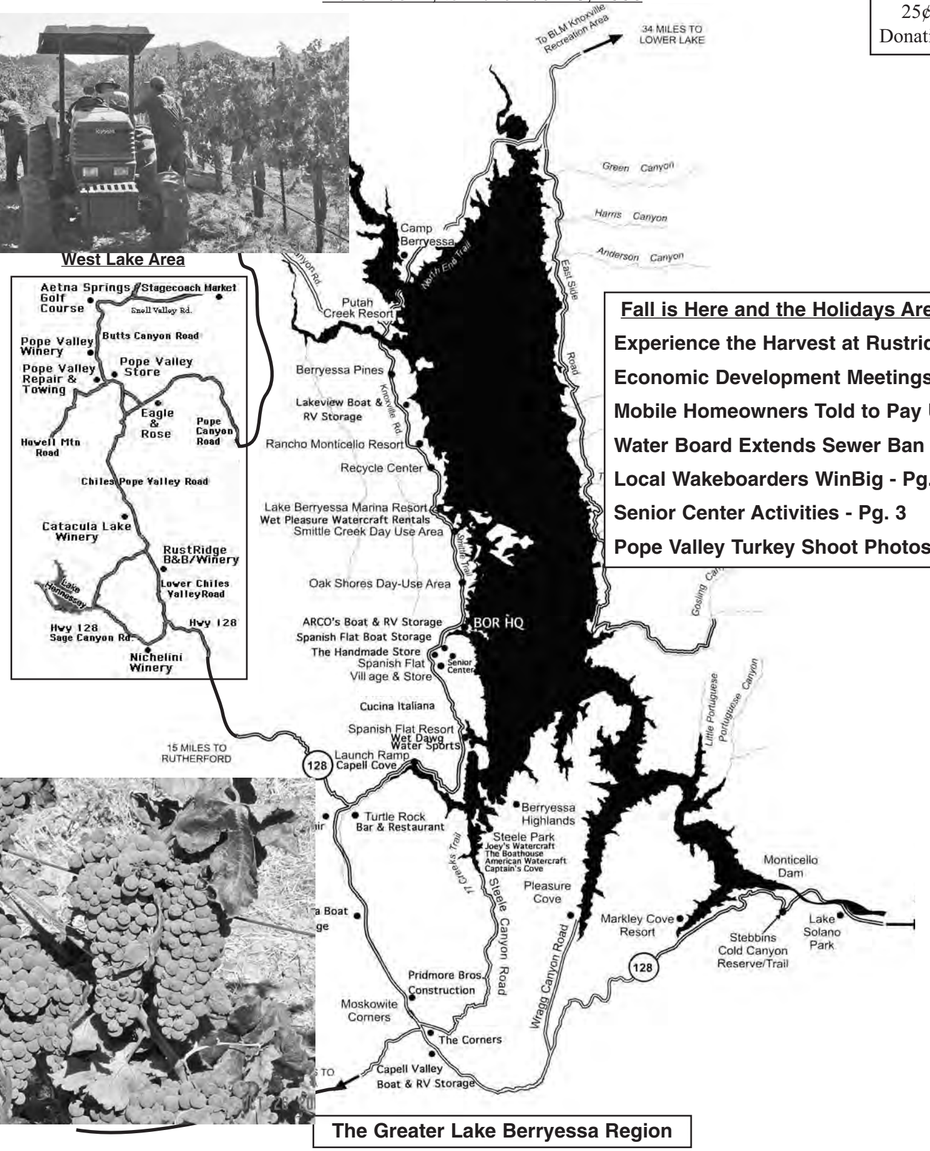
November 2, to November 15, 2006

25¢ Donation



West Lake Area

Fall is Here and the Holidays Are Coming!
Experience the Harvest at Rustridge - Pg. 9
Economic Development Meetings - Pg. 3
Mobile Homeowners Told to Pay Up - Pg. 2
Water Board Extends Sewer Ban - Pg. 2
Local Wakeboarders WinBig - Pg. 12
Senior Center Activities - Pg. 3
Pope Valley Turkey Shoot Photos - Pg. 11





The Greater Lake Berryessa Region

From the Editor

Several months ago I recommended that all mobile home owners within the resorts at Lake Berryessa who pay property tax to Napa County request that their tax be eliminated due to the Bureau of Reclamation's Record of Decision. The ROD requires that all mobile homes and trailers within the resorts be removed - effectively requiring their demolition. This has driven the value of these properties to zero. Almost no one has been able to sell their places except for a very few unique situations.

Apparently the County Assessor's Office was then bombarded with these requests. But rather than assist the people who are having their property completely devalued, plus being required to pay their own demolition costs, the Napa County Assessor has stonewalled these taxpayers with administrative and procedural meanderings. The latest response is printed below.

Mr. Tuteur refers to some mythical Removal Plan being prepared by the BOR, as if it has some effect on the present value of the property in question. The only "Removal Plan" for the mobile homeowners is already specified in the June, 2006 ROD - "Get out and take your stuff with you, and if you can't take it, destroy it." Get real - the mobile homes are now worth nothing! Why does the County want to squeeze the last few dollars it can out of folks who have lost everything?

The following letter from the Assessor was accompanied by the helpful and only marginally threatening County document: UNDERSTANDING LIENS AND HOW TO AVOID THEM.

****

To: 218 owners of manufactured homes located on Federal lands in the resorts at Lake Berryessa on the property tax rolls

From: John Tuteur, Napa County Assessor

Re: Review of value of these homes following adoption of Report of Decision by Bureau of Reclamation

Date: October 27, 2006

Several owners of manufactured homes on the property tax rolls located on Federal lands in resorts at Lake Berryessa have contacted me about a possible decline in value of their home because of the Bureau of Reclamation's declared policy of requiring the removal of these homes from Federal land at the Lake.

I have contacted the Bureau of Reclamation to ascertain the timing of the required removal. I understand that the Removal Plan is still in preparation. Pending the publication of that plan, it is my understanding that the existing homes may continue to be used until the deadline for their removal.

The homes at Pleasure Cove Resort are a special case and I am dealing with those owners separately. I am waiting for more information from the Bureau as to the dates when certain actions occurred at Pleasure Cove.

Until I have the final Removal Plan document, I cannot make a determination as to whether a reduction in value has taken place or the amount of that reduction. I understand that at least one brand-new manufactured home has been installed at one of the resorts in recent months.

I have made it clear to those owners who have contacted me that they should pay the first installment of the 2006-2007 taxes on their home prior to the delinquency date of December 11. I will contact all 218 owners with our decision prior to the second installment of taxes going delinquent on April 10, 2007. Failure to pay both installments of taxes will result in a lien being placed by the tax collector after June 30, 2007 against the owner of the manufactured home. Attached is an article on liens.

Owners of manufactured homes can contact me by voice 707.253.4459 or by electronic mail at jtuteur@co.napa.ca.gov.

****

Regional Water Quality Board Extends Sewer Hook-Up Ban

There will be no new sewer hook-ups in the Berryessa Highlands for the forseeable future. In September, the board issued a draft sewer connection ban on the 500-plus homes in the district, a move that followed up on a 1996 enforcement order. The board decided last week to extend the connection ban into perpetuity until the district cleans up its act.

That effectively bars all but five people who were close to completing their permits to build new homes in the district. About a dozen potential homebuilders had applied for building permits, but there were an unknown number of other potential buildeers who were not yet listed in building records.

Per knowledgeable sources, the ban will extend until the local district completes all necessary upgrades. This may take from 2 to 4 years since the required financing will be through a bond issue which is only now in the planning stages.

****

Descartes walks into a bar. The bartender says, "Want a beer?" Descartes answers, "I think not," and disappears.

An Irishman, Englishman and Scottsman go into a pub and each order a pint of Guinness. Just as the bartender hands them over, three flies buzz down and one lands in each of the pints.

The Englishman looks disgusted, pushes his pint away and demands another pint. The Scottsman picks out the fly, shrugs, and takes a long swallow. The Irishman reaches in to the glass, pinches the fly between his fingers and shakes him while yelling, "Spit it out, ya bastard! Spit it out!

The Lake Berryessa News

www.LakeBerryessaNews.com
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Email(new): Shirllbnews@sbcglobal.net
Contact Peter at: 415-307-6906 (Cell), Email: PKilkus@aol.com

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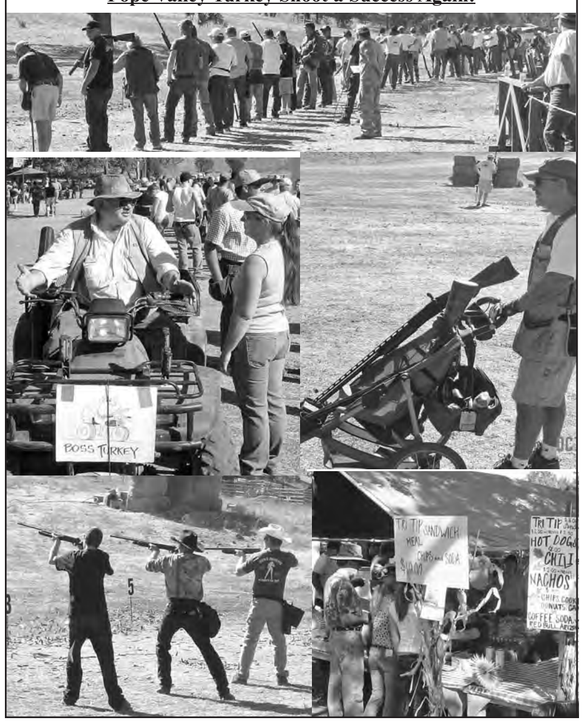
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Fishing With Sid

Finally the lake is turning and the fish are getting very active. Trout and salmon are on the top if you troll any lure that has a little wobble and goes down between two feet and eight feet you are going to get fish. You can see



boils all over the lake but on Sunday afternoon as the sun was going down I watched about twenty to thirty good size bass herd the shad into a ball and just feed right thru them. Anything I threw at them that resembled a large shad was hit immediatley.

When you look at your fish finder look for balls of bait that indicates that the fish are herding them into a circle and devouring them and that should mean good fishing for you. On Saturday my wife and I trolled in sixty feet of water with lures that dove from four to eight feet. My wife hooked on to an eighteen inch small mouth bass which weighed a little over three pounds and was loaded with shad. We did have a few hits on plastics but the real action was on reaction baits. This should be the hottest three weeks for topwater fishing. We are going into a full moon and the water is cooling down so all signs are good for some great fishing ahead. 'til next week .....good fishing!!!!!! www.fishingconnection.net If you would like to share any fishing stories please email me at bestguide@hotmail.com or call me at 650-583-3333.

"Why doesn't a spider get stuck on its own web?"

Over the years, three explanations for this phenomenon have surfaced. The first invokes an oil, secreted by the spider, that serves as an anti-stick agent. The problem with this hypothesis is that such an oil has yet to be discovered.

The second scenario is based on the diversity of silks. Many webs include strands made of silks that are much less sticky than the others are. The non-sticky strands appear in the hub of the web, the radial spokes and the threads by which the web hangs from plants or other supports. Some researchers have thus posited that the arachnids use only these strands when navigating their webs. If you watch them in action, however, you see will see that although they do seem to prefer the non-sticky strands, the spiders are able to move around freely, touching many of the strands, including the very sticky ones that spiral out from the hub.

The third explanation appears to solve the sticky-strand problem. In short, the legs of at least some spiders feature a disengaging mechanism that enables the arachnid to detach itself instantly from a sticky strand. This mechanism involves a clever anatomical adaptation. Each leg ends in a pair of "walking claws" that grasp vegetation, among other functions, but a third claw collaborates with associated spiny, elastic hairs to detach the leg from a sticky web strand. This third claw grasps the strand, pulls it against the elastic hairs, and pulls them further, cocking the mechanism. When the claw relaxes, the hairs rebound vigorously, throwing the strand away and springing the leg free.

****

Easy Deviled Eggs

Put cooked egg yolks in a zip lock bag. Seal, mash till they are all broken up. Add remainder of ingredients, reseal, keep mashing it up mixing thoroughly, cut the tip of the baggy, squeeze mixture into egg. Just throw bag away when done easy clean up.

Berryessa Senior Center News

PRESIDENTS MESSAGE
I am delighted that so many of you have paid your dues in a timely manner and I hope those of you who have not done so will do so. At the Pot Luck held on October 21, two new board members were elected. Dudley Rutherford accepted the position as Maintenance replacing Mike Quechke. Also, Dave and Judy Lindsey accepted the position of Kitchen Director replacing Pat Turnpaw.

BIRD HOUSE RAFFLE
Rose Stubbs now has the raffle tickets available and for sale for the Bird House built and donated by Ernie Vasheresse . The cost is $1.00 each or $5.00 for a book of six. Brenda at the Spanish Flat Country Store has a supply of raffle tickets in case any of you would like to purchase them there before or after going fishing. The raffle will be held on January 13, 2007.

PACKAGES FOR THE TROOPS
Effie Macholz is still in the process of assisting Walter Reed Hospital with donations in the form of games, puzzles, non-perishable goodies and fun stuff to be given to the amputees there. If you have any such items please let her know or drop your donations off at the Center and someone will be sure she receives them. As always thank your for your support.

NOVEMBER POTLUCK
Just to confuse you all, the November "Thanksgiving" Potluck is going to be held on Friday, November 17. The festivities begin at 6pm with your favorite libations and dinner at around 7pm. Don't forget to bring your own utensils and your favorite cocktails. The Center will supply the Turkey, dressing and gravy. Please bring a side dish that will feed at least 6 people. You can also bring hors d'oeuvres or dessert to share. Don't forget to bring your own utensils. There will also be a raffle for a beautiful holiday gift basket. Please sign up at the Center, or by phone, or e-mail Berryessasenior@aol.com.

PIRATE BINGO POT LUCK
On December 4th, we'll have out Piratet Bingo Pot Luck. If you plan to attend please bring a gift of at least $5 value. Bingo is free that day and as usual the fun will begin at 12:00 noon.

BITS AND PIECES
Betty Pederson is again selling Sees Candy Certificates on behalf of the Center. The cost is $10.35 per certificate. A sign up sheet is posted at the entrance to the club. The cut off date for processing is November 17.

Betty Fehrenkamp wants everyone to know that the 2007 Calendars are ready for sale. The cost is $6.00 each and make great stocking stuffers!

Betty Pedersen has invited any of you crafters who would be interested in sewing some fancy pillows or knitting to do your shopping at the "Craft Room" at the Center for lace, ribbon and braid. You can take what you need to make a donation to our Boutique. Yardage is also available as well as buttons. Contact Effie or Betty for more information.

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2006 Lake Berryessa Calendar of Events

11-17 Thanksgiving Dinner & Turkey Raffle, Senior Center, 6 pm*
12-4 Pirate Bingo & Potluck, Berryessa Senior Center, 12 noon*
12-9 Chamber of Commerce Christmas Party, Senior Center, 5 - 9 pm
12-15 Berryessa Seniors Christmas Dinner (Potluck) & Gift Exchange, Berryessa Senior Center, 6 pm* (Bring a new $10 gift to exchange)

*Every Mon. Bingo 1pm, 252-8488, 1st Mon. of each month Potluck Noon
*Berryessa Senior Center Activities, Call Georgia at 966-2127
*Berryessa Senior Center Email: Berryessasenior@aol.com
*Potlucks, Call 966-0206 (Please leave a message.)
*Lions Club, 966-1413

Napa General Plan - Economic Development Element
Community Meetings

Bring your ideas as to how to further business and housing opportunities to make the Greater Lake Berryessa Area more prosperous.

Tuesday, November 14, 2006
Berryessa Senior Center
4380 Spanish Flat Loop Road
Spanish Flat, CA 94558
5:30 p.m.

Wednesday, November 15, 2006
Pope Valley Farm Center
5800 Pope Valley Road
Pope Valley, CA 94567
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Funny Airline Cabin Announcements

On a Continental Flight with a very "senior" flight attendant crew, the pilot said, "Ladies and gentlemen, we've reached cruising altitude and will be turning down the cabin lights. This is for your comfort and to enhance the appearance of your flight attendants."

"Thank you for flying Delta Business Express. We hope you enjoyed giving us the business as much as we enjoyed taking you for a ride."

As the plane landed and was coming to a stop at Ronald Reagan, a lone voice came over the loudspeaker: "Whoa, big fella. WHOA!"

From a Southwest 245 to Tampa. To operate your seat belt, insert the metal tab into the buckle, and pull tight. It works just like every other seat belt; and, if you don't know how to operate one, you probably shouldn't be out in public unsupervised."

"In the event of a sudden loss of cabin pressure, masks will descend from the ceiling. Stop screaming, grab the mask, and pull it over your face. If you have a small child traveling with you, secure your mask before assisting with theirs. If you are traveling with more than one small child, pick your favorite."

"Your seat cushions can be used for flotation; and, in the event of an emergency water landing, please paddle to shore and take them with our compliments."

Overheard on an American Airlines flight into Amarillo, Texas, on a particularly windy and bumpy day: During the final approach, the Captain was really having to fight it. After an extremely hard landing, the Flight Attendant said, "Ladies and Gentlemen, welcome to Amarillo. Please remain in your seats with your seat belts fastened while the Captain taxis what's left of our airplane to the gate!"

Another flight attendant's comment on a less than perfect landing: "We ask you to please remain seated as Captain Kangaroo bounces us to the terminal."

After a real crusher of a landing in Phoenix, the attendant came on with, "Ladies and Gentlemen, please remain in your seats until Capt. Crash and the Crew have brought the aircraft to a screeching halt against the gate. And, once the tire smoke has cleared and the warning bells are silenced, we'll open the door and you can pick your way through the wreckage to the terminal."

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A Day in the Life of a Small Family Winery

Rustridge Ranch B&B/Winery (www.Rustridge.com) is probably one of the most unique establishments in Napa County. Not only do Susan Meyer and Jim Fresquez produce excellent vintages, but Jim also raises and trains thoroughbred racehorses. Racing memorabilia, including Seabiscuit's saddle, decorate the peacefully-beautiful bed and breakfast while the race horses themselves are only a few feet away to be admired. One of Jim's horses, Stacy's Ridge (pictured below) , just won at Golden Gate Fields in October!



One fact I've discovered about a small family-run winery is how much work it takes to be successful - especially during the harvest and crush season. After a quick training lecture, I was allowed to help Jim, Susan, and Mark sort and crush about 9 tons of grapes last Thursday. The bins were slowly unloaded at the top of a stainless steel slide where we sorted and discarded the unripe or too dry rejects before the grape clusters hit the crusher. The only break came when the crusher balked and Jim had to beat it back into submission from underneath with a hammer.

It wasn't quite as hectic as that old I Love Lucy conveyor belt sketch, but we did have to be vigilant and quick if we wanted to get done before sunset. Although we worked among literally hundreds of yellowjackets, the insects



were much more interested in getting their share of grape juice than in stinging us. Most of the grapes were so nice and ripe (and tasted good too) that I actually could feel myself becoming angry when an unripe or too dry bunch tried to sneak by my obsessive gaze. But I'm not sure I want to squeeze, grab, strip, or toss any more juicy clusters of grapes for awhile.

After we recovered with a glass of Rustridge's great Chardonnay in the comfortable B&B kitchen, we headed out for dinner at Cucina Italiana. Another very nice Rustridge tradition is how easily guests and customers become friends and come back often to enjoy the B&B and even help out at the winery.



That day I met John from Ireland, Walt from down the road, Mike from St. Louis (now Napa), Jan from New Jersey (now Angwin), and Robert and his wife from Montana who were writing a book about Napa hiking trails. And often we all end up at Cucina Italiana where we meet even more friends and neighbors! This community spirit is one of the major reasons people love to live in the Lake Berryessa area.



Wine Trivia

Grape Clusters on a vine—40
Grapes in a cluster—75-100
Grape clusters in bottle—5-6
Grapes in a bottle—500-600
Grape clusters in one glass of wine—1
Vines per acre—400
Pounds of grapes produced by 1 vine—8-12
Tons / acre—5 (average—can vary greatly)
Gallons of wine per ton of grapes—120
Gallons of wine per acre—800
Barrels per acre—13.5
Bottles per vine—10
Bottles per ton—500—700
Bottles per acre—4,000
Cases per barrel—24.6
Glasses per acre—16,000
Glasses in a bottle—5-6
Bottles per 60 gallon barrel—300
Average annual wine consumption of French per capita—15.81 gallons
Average annual wine consumption of Americans per capita—2.01 gallons
Average annual soft drink consumption of Americans per capita—55 gallons
Average annual beer consumption of Americans per capita—22 gallons
Average annual coffee consumption of Americans per capita—22 gallons
Average annual bottled water consumption of Americans per capita—11 gallons

HAPPY HAPPY
NOVEMBER BIRTHDAYS

Jere Baxter
Katherine Baxter
Gloria Briones 12th
Walter "Curley"Craddock 29tl
Bill Henderson 29th
Paula Kenny 19th
Richard Kuhn 16th
Joan Maltbie 11th
Bette Medeiros 22nd
Elsie Plunkett
Elaine Rehmke 29th
Judy Lindsey

HAPPY HAPPY
26th Anniversary
To My Daughter Ginny
& Son-in-law Dave Eck
With Lots of Love
Dad ~ Mr. C

HA! HA! Harvey Due to the popularity of the Survivor shows, Texas is planning to do one entitled, "Survivor-Texas Style."
The contestants will all start in Dallas , then drive to Waco , Austin , San Antonio, over to Houston and down to Brownsville .
They will then proceed up to Del Rio, El Paso, Midland , Odessa , Lubbock and Amarillo . From there they will go on to Abilene , Fort Worth and finally back to Dallas .
Each will be driving a pink Volvo with bumper stickers that read: I'm Gay, I Love the Dixie Chicks, Boycott Beef, I Voted for John Kerry, George Strait Sucks, Hillary in 2008 and I'm here to confiscate your gun.
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I hope you never lose your sense of wonder
You get your fill to eat
But always keep that hunger
May you never take one single breath for granted
God forbid love ever leave you empty handed.
I hope you still feel small, when you stand beside the ocean
Whenever one door closes, I hope one more opens
Promise me that you'll give faith the fighting chance
And when you get the choice to sit it out or dance.
I hope you dance ....
I hope you dance ....
I hope you never fear those mountains in the distance.
Never settle for the path of least resistance
Livin' might mean takin' chances, but they're worth takin'.
Lovin' might be a mistake, but it's worth makin
Don't let some hell bent heart leave you bitter
When you come close to selling out, reconsider.
Give the heavens above more than just a passing glance
Promise me that you'll give faith a fighting chance
And when you get the choice to sit it out or dance.
I hope you Dance
ANGEL

Ha! Ha! Harvey Kids!

Q: Name the four seasons.
A: Salt, pepper, mustard and vinegar.
Q: How is dew formed?
A: The sun shines down on the leaves and makes them perspire.
Q: How can you delay milk turning sour?
A: Keep it in the cow. Q: What is the fibula?
A: A small lie.

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Dam Level Update

The elevation of the spillway (Glory Hole) at Monticello Dam is 440 feet. The water is now 8.98 Feet below the top of the spillway

Precipitation are for previous 24 hours

Date	Elev.	Evap.	High	Low	Precip.
10/23/06	431.00	0.11	85	45	0.00
10/24/06	430.98	0.10	84	45	0.00
10/25/06	430.94	0.13	78	45	0.00
10/26/06	430.91	0.16	74	47	0.00
10/27/06	430.90	0.12	77	39	0.00
10/28/06	430.88	0.10	80	38	0.00
10/29/06	430.87	0.13	79	39	0.00

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Sometimes, when I look at my children, I say to myself ~~"Lillian, you should have remained a virgin." -- Lillian Carter (mother of Jimmy Carter)

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Santa Claus has the right idea. Visit people only once a year.-- Victor Borge

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Ha! Ha! Harvey
Deja Moo: The feeling that you've heard this bull before.
I went to buy some camouflage trousers the other day but I couldn't find any.
A man woke up in a hospital after a serious accident.
What do you call a fish with no eyes?
A fsh.
Two fish swim into a concrete wall. The one turns to the other and says "Dam!"
Two Eskimos sitting in a kayak were chilly, so they lit a fire in the craft. Unsurprisingly it sank, proving once again that you can't have your kayak and heat it too.

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California

From the cool electric gaze of a Hollywood enigma
to the cormorant eating fish at a Muir Beach tide pool,
the state's a deep oasis of appetite and ease.
The newspaper reports eighty quakes a week,
most of them temblors faint as a star on water.
As whole hands of fog drape over the Golden Gate,
a piano in Oakland moans like a choir.
In the High Sierras, falling snow
is blue as brand-new skin;
the world's weight is measured
by a metaphysical Reno as clean as Disneyland.

Closer to Sacramento, the hum of BMWs
on their way to a software convention
sounds tasteful in the rain.
The motel owner knows the desert speed
of screenplays, since he is writing one
in the neon light of a nude but lucid room.
A postmodern bar just opened down the street.
No dancing, no smoking, no alcohol are allowed.
But you can get a mud bath, scented body wrap,
and whales hysterically singing
directly into your headphones.
The county sheriff has a Ph.D. and surfs the internet.
Relations are wreathed with chaos theory
and the "new world order."

As the millennium rudely proceeds and nature
politely recedes, everyone thinks good thoughts.
Former cheerleaders join a women's drumming circle.
The family leaves the Methodist Church
for a sweat lodge in the country. In the absence
of the Soviet Union, Satan makes a comeback
along with angels who look like airline stewards,
cheeks rosy with steroids and purpose.
But they're on leave or out of work.

Narcissus drowns in a tide pool while reflecting
on a starfish; Sisyphus rides a mountain bike
up Mt. Tamalpais, where Zeus confuses omniscience
with his remote control. The future oversleeps.
But in a trailer home in Rancho Cucamonga,
the present has a theory scratched as paradise.
Bruise's star is dark.

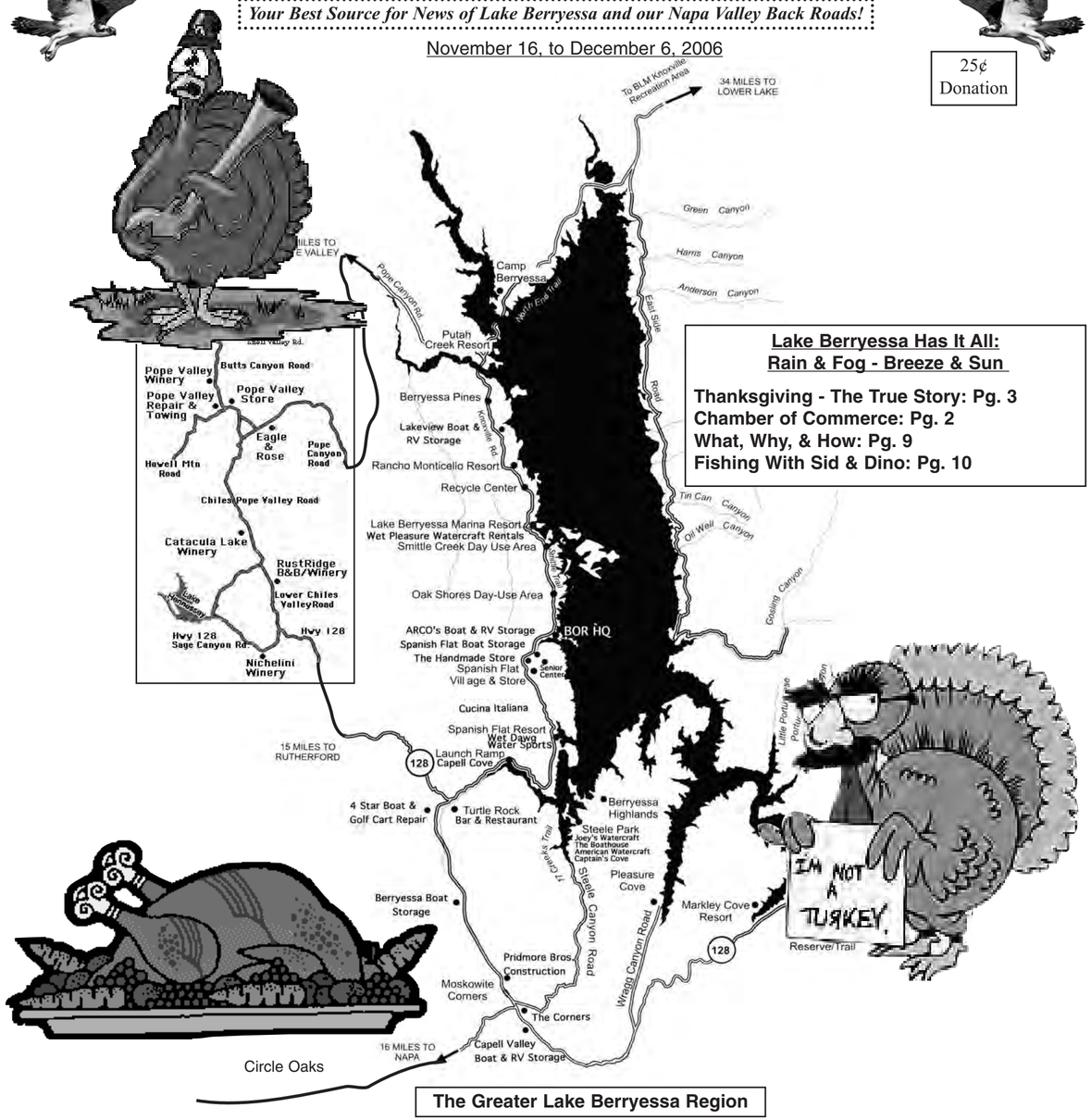
The bargain was to sing, as populations do,
the terrors of pleasure, like holding the gecko's tail
after it has dropped. Disguised by rear-view worlds,
we have taken steps in just that direction.
Glad the puritans came, we wander back repressed
to the land we would unsettle. Darkness
swallows borders. A wilderness shines.

PAUL HOOVER

The Lake Berryessa News

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Lake Berryessa Has It All:
Rain & Fog - Breeze & Sun

Thanksgiving - The True Story: Pg. 3
Chamber of Commerce: Pg. 2
What, Why, & How: Pg. 9
Fishing With Sid & Dino: Pg. 10

The Greater Lake Berryessa Region

To The Editor

I am appalled at the prices that the Residents of Berryessa Estates are having to pay for water and sewer. For my Family, what makes the most sense here at Berryessa Highlands, is to vote YES for a "reasonable Property Tax Assessment." We are willing and able to afford $100 to $150 per every other month (over what we pay already) ..$500 more a month would make us NEED to leave. Who would buy a home here knowing those circumstances? We do need to LISTEN to WALLY, and think about our futures in this glorious haven...

Shari Bonds, Berryessa Highlands

****

Embers

Poor summer, it doesn't know it's dying.
A few days are all it has. Still, the lake
is with me, its strokes of blue-violet
and the fiery sun replacing loneliness.
I feel like an animal that has found a place.
This is my burrow, my nest, my attempt
to say, I exist. A rose can't shut itself
and be a bud again. It's a malady,
wanting it. On the shore, the moon sprinkles
light over everything, like a campfire,
and in the green-black night, the tall pines
hold their arms out as God held His arms
out to say that He was lonely and that
He was making Himself a man.

HENRI COLE

****

A blonde woman was speeding down the road in her little red sports car and was pulled over by a woman police officer who was also a blonde. The blonde cop asked to see the blonde driver's license. She dug through her purse and was getting progressively more agitated.

"What does it look like?" she finally asked. The policewoman replied, "Its square and it has your picture on it. The driver finally found a square mirror in her purse, looked at it and handed it to the policewoman.

The blonde officer looked at the mirror, then handed it back saying, "Okay, you can go. I didn't realize you were a cop."

The Lake Berryessa News

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Only $25 per year to have the Lake Berryessa News delivered to your mail-box. Send check or money order with your information to:

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Lake Berryessa Chamber of Commerce

Meeting
Monday, Nov. 27, 7 P.M.
The Corners Cafe
At the intersection of Hwy 121 & Hwy 128

Christmas Party
Saturday, Dec. 9, 5 - 9 P.M.
Berryessa Senior Center
Members, Guests, & Community Supporters Welcome!

2006 Lake Berryessa Calendar of Events

11-17 Thanksgiving Dinner & Turkey Raffle, Senior Center, 6 pm*
12-4 Pirate Bingo & Potluck, Berryessa Senior Center, 12 noon*
12-9 Chamber of Commerce Christmas Party, Senior Center, 5 pm
12-15 Berryessa Seniors Christmas Dinner (Potluck) & Gift Exchange, Berryessa Senior Center, 6 pm* (Bring a new $10 gift to exchange)

*Every Monday - Bingo 1pm, 252-8488,
*1st Monday of each month Potluck Noon
*Berryessa Senior Center Activities, Call Georgia at 966-2127
*Berryessa Senior Center Email: Berryessasenior@aol.com
*Potlucks, Call 966-0206 (Please leave a message.)
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Bubba and Bubba Jr. were driving down an Arkansas back road drinkin' some beers when they spotted a police roadblock ahead.

Bubba Jr. says: "Dad, are we gonna get caught drinking and driving agin?" Bubba pulls off the road and says: "No, son. Finish your beer, peel off the label and stick it on your forehead, stash the bottle under the seat and I'll do the talkin'"

They pull up to the roadblock and are stopped, the officer asks "You boyz been drinkin?"

"No," Bubba says, "We're on the patch!"

****

Children in a Sunday school class were tested to see if they understood the concept of getting to heaven. The teacher asked them, "If I sold my house and my car, had a big garage sale and gave all my money to the church, would that get me into Heaven?" "NO!" the children answered.

"If I cleaned the church every day, mowed the yard, and kept everything neat and tidy, would that get me into Heaven?" Again, the answer was, "NO!"

"Well, then, if I was kind to animals and gave candy to all the children, and loved my husband, would that get me into Heaven?" she asked them again. Again, they all answered, "NO!"

The teacher was just bursting with pride for them. "Well," she continued, "then how can I get into Heaven?"

A five-year-old boy shouted out,

"YOU GOTTA BE DEAD."

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Fishing With Sid

I got to Berryessa late Thursday evening and it was cooold!!!!! Early Friday morning I took Benny and his daughter Caroline out. As we were trolling out of the marina Caroline hooked on to her first fish. It was a bass just under twelve inches. We took this as a good sign for the day and headed towards the BOR in high spirits. As we were trolling and looking for any top water activity she hooked on to another fish and fought it to the boat. I thought she had a good size salmon but it turned out to be a large squaw fish.





I decided to head towards the ranch house and we had no luck there so we changed course for the vineyards where we picked up a bass on a River2Sea crawdad. Towards the end of the day Caroline hooked on to a five pound catfish which she did a great job of landing. On Saturday it was almost a repeat of Friday. On Sunday afternoon my wife joined me and we headed out for the BOR. We fished it for about fifteen minutes with no luck and no sign of any life whatsoever it could have been the dead sea. We decided to try one of our favorite spots near the ranch house. Since there seemed to be no surface activity, my wife used a senco with brass and glass and I used my River2Sea crawdad. Within an hour and a half we had almost limits of bass within the two to two and a half pound range. We were fishing in eight to ten feet of water in a rocky area. So ended a tough weekend of fishing.

'til next week.....good fishing!!!!!! www.fishingconnection.net If you have any stories or fishing reports you would like to share please email me at bestguide@hotmail.com or call me at 650-583-3333.

****

Fishing With Dino

The lake has turned! Anglers are hitting Trout and Salmon 10 to 15 feet from the surface. Needlefish lures will work great. Orange-Silver or Green-Silver are colors that will work well.

Crappie are hitting real good on Jigs or minnows. Early morning is a great time to land your Crappie.

Bass have been slow. Throw plastics or crawlers in 15 feet of water. Putah Creek is producing a lot of nice Smallmouths.

Catfish are a good bet, using hotdogs or livers off the banks. Mike Keen & Dino Righetti of SFR Marina landed 2 12 lb. Cats this week!

Water temp is 60 degrees.

Dino Righetti
Spanish Flat Resort Marina
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The First Thanksgiving in 1621 - Myth, Legend, and Fact

Few people realize that the Pilgrims did not celebrate Thanksgiving the next year, or any year thereafter, though some of their descendants later made a "Forefather's Day" that usually occurred on December 21 or 22. Several Presidents, including George Washington, made one-time Thanksgiving holidays. In 1827, Mrs. Sarah Josepha Hale began lobbying several Presidents for the instatement of Thanksgiving as a national holiday, but her lobbying was unsuccessful until 1863 when Abraham Lincoln finally made it a national holiday with his 1863 Thanksgiving Proclamation.

Today, our Thanksgiving is the fourth Thursday of November. This was set by President Franklin D. Roosevelt in 1939 (approved by Congress in 1941), who changed it from Abraham Lincoln's designation as the last Thursday in November (which could occasionally end up being the fifth Thursday and hence too close to Christmas for businesses). But the Pilgrims' first Thanksgiving began at some unknown date between September 21 and November 9, most likely in very early October. The date of Thanksgiving was probably set by Lincoln to somewhat correlate with the anchoring of the Mayflower at Cape Cod, which occurred on November 21, 1620.

There are only two contemporary accounts of the 1621 Thanksgiving: First is Edward Winslow's account, which he wrote in a letter dated December 12, 1621.

"Our corn [i.e. wheat] did prove well, and God be praised, we had a good increase of Indian corn, and our barley indifferent good, but our peas not worth the gathering, for we feared they were too late sown. They came up very well, and blossomed, but the sun parched them in the blossom. Our harvest being gotten in, our governor sent four men on fowling, that so we might after a special manner rejoice together after we had gathered the fruit of our labors. They four in one day killed as much fowl as, with a little help beside, served the company almost a week. At which time, amongst other recreations, we exercised our arms, many of the Indians coming amongst us, and among the rest their greatest king Massasoit, with some ninety men, whom for three days we entertained and feasted, and they went out and killed five deer, which they brought to the plantation and bestowed on our governor, and upon the captain and others. And although it be not always so plentiful as it was at this time with us, yet by the goodness of God, we are so far from want that we often wish you partakers of our plenty."

The second description was written about twenty years after the fact by William Bradford in his "History Of Plymouth Plantation". It prompted a greater American interest in the history of the Pilgrims, which eventually led to Lincoln's decision to make Thanksgiving a holiday. It is also in this account that the Thanksgiving turkey tradition is founded.

"They began now to gather in the small harvest they had, and to fit up their houses and dwellings against winter, being all well recovered in health and strength and had all things in good plenty. For as some were thus employed in affairs abroad, others were exercising in fishing, about cod and bass and other fish, of which they took good store, of which every family had their portion. All the summer there was no want; and now began to come in store of fowl, as winter approached, of which this place did abound when they came first (but afterward decreased by degrees). And besides waterfowl there was great store of wild turkeys, of which they took many, besides venison, etc. Besides they had about a peck of meal a week to a person, or now since harvest, Indian corn to that proportion. Which made many afterwards write so largely of their plenty here to their friends in England, which were not feigned but true reports."

The following is a fairly complete list of the foods available to the Pilgrims during the three-day Thanksgiving harvest celebration. As can be seen in the above two quotations, the only foods specifically mentioned by the Pilgrims are: "corn" (wheat, by the Pilgrims usage of the word), Indian corn, barley, peas, "fowl" (Bradford says "waterfowl"), five deer, fish (namely bass and cod), and wild turkey.

Foods Available to the Pilgrims for their 1621 Thanksgiving

FISH: cod, bass, herring, shad, bluefish, and lots of eel.

SEAFOOD: clams, lobsters, mussels, and small quantities of oysters

BIRDS: wild turkey, goose, duck, crane, swan, partridge, and other miscellaneous waterfowl; they were also known to have occasionally eaten eagles (which "tasted like mutton" according to Winslow in 1623.)

OTHER MEAT: venison (deer), possibly some salt pork or chicken.

GRAIN: wheat flour, Indian corn and corn meal; barley (mainly for beer-making).

FRUITS: raspberries, strawberries, grapes, plums, cherries, blueberries, gooseberries (dried since they were not in season).

VEGETABLES: small quantity of peas, squashes, pumpkins, beans

NUTS: walnuts, chestnuts, acorns, hickory nuts, ground nuts

HERBS and SEASONINGS: onions, leeks, strawberry leaves, currants, sorrel, yarrow, carvel, brooklime, liverwort, watercress, and flax; from England they brought seeds and probably planted radishes, lettuce, carrots, onions, and cabbage. Olive oil in small quantities may have been brought over, though the Pilgrims had to sell most of their oil and butter before sailing, in order to stay on budget.

OTHER: maple syrup, honey; small quantities of butter, Holland cheese; and eggs.

Some perhaps startling omissions from the authentic Thanksgiving menu

Ham. (The Pilgrims most likely did not have pigs with them).

Sweet Potatoes - Potatoes - Yams. (These had not yet been introduced to New England).

Corn on the cob. (Indian corn was only good for making cornmeal, not eating on the cob).

Popcorn. (Contrary to popular folklore, popcorn was not introduced at the 1621 Thanksgiving. Indian corn could only be half-popped, and this wouldn't have tasted very good.)

Cranberry sauce. (Cranberries were available, but sugar was not.)

Pumpkin Pie: (They probably made a pumpkin pudding of sorts, sweetened by honey or syrup, which would be like the filling of a pumpkin pie, but there would be no crust or whipped topping.)

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California Association of Realtors (C.A.R); EXPECTS COOLING HOME SALES, MODEST PRICE DECREASE NEXT YEAR - 2007

The rate of home price appreciation will post a modest decline next year following several years of steep increases, while the sales pace will decrease as the market stabilizes throughout 2007, according to C.A.R.'s "2007 California Housing Market Forecast," presented during the California REALTOR® EXPO 2006. The median home price in California will decline 2 percent to $550,000 in 2007 compared with a projected median of $561,000 this year, while sales for 2007 are projected to decrease 7 percent to 447,500 units, compared with 481,200 units (projected) in 2006.

"Although the 2007 sales decline is not expected to be as steep as what we experienced this year, the psychology of the market -- matching the differing expectations of sellers and buyers -- will continue to be a factor as REALTORS® help consumers navigate their way through a changing market," said C.A.R. President Vince Malta. "While we're projecting a modest decline in the median price of a home, over the long term, residential real estate in California has been and will continue to be a solid investment. Since 1968, the long-term average price appreciation is 9.1 percent."

The anticipated slowdown that began in October 2005 was heightened by dual natural disasters in the Gulf Coast, a significant drop in consumer confidence, rising energy and raw materials costs, and a series of Federal Reserve interest rate hikes that began in June 2004. Fixed-rate mortgages also hit and passed the psychological threshold of 6 percent, while adjustable-rate mortgages passed 5 percent, ultimately causing a decline in affordability. Affordability concerns also will continue to constrain sales for many households in California throughout 2007, especially for first-time home buyers."

Information Courtesy of Brenda Brown, Realtor



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Does Damp Weather Make Arthritis Pain Worse?

Despite the commonly held notion that dampness contributes to joint aches, decades of medical research show no objective relation between arthritis severity and weather. Dampness, decreases in barometric pressure and high humidity are characteristics that some people believe contribute to flares in arthritis pain, but similar environmental changes experienced during other situations do not seem to affect sufferers one way or the other. For instance, arthritis patients do not experience dramatic increases in symptoms when bathing or swimming. Patients easily tolerate greater swings in pressure during a plane ride than would occur during a storm.

Still, no past study investigating the link between weather and arthritic pain is flawless; research has neither totally ruled out nor established a connection. Evidence of a causal link requires dispassionate observation wherein neither clinicians nor patients know what exposure is active. Clinicians and patients would have to ignore weather - a difficult task.

Studies suggest people see patterns even where none exist. By chance, some rainy days will be followed by pain, entrenching the belief in a connection. Ultimately, such beliefs reveal more about the workings of the mind than those of the body.

Why is spider silk so strong?

Spider silk is not a single, unique material--different species produce various kinds of silk. Some possess as many as seven distinct kinds of glands, each of which produces a different silk.

Why so many kinds of silk? Each kind plays particular roles. All spiders make so-called dragline silk that functions in part as a lifeline, enabling the creatures to hang from ceilings. And it serves as a constant connection to the web, facilitating quick escapes from danger. Dragline silk also forms the radial spokes of the web; bridgeline silk is the first strand, by which the web hangs from its support; yet another silk forms the great spiral.

The different silks have unique physical properties such as strength, toughness and elasticity, but all are very strong compared to other natural and synthetic materials. Dragline silk combines toughness and strength to an extraordinary degree. A dragline strand is several times stronger than steel, on a weight-for-weight basis, but a spider's dragline is only about one-tenth the diameter of a human hair. The movie Spider-Man drastically underestimates the strength of silk—real dragline silk would not need to be nearly as thick as the strands deployed by our web-swinging hero in the movie.

Dragline silk is a composite material comprised of two different proteins, each containing three types of regions with distinct properties. One of these forms an amorphous (noncrystalline) matrix that is stretchable, giving the silk elasticity. When an insect strikes the web, the stretching of the matrix enables the web to absorb the kinetic energy of the insect's flight. Embedded in the amorphous portions of both proteins are two kinds of crystalline regions that toughen the silk. Although both kinds of crystalline regions are tightly pleated and resist stretching, one of them is rigid. It is thought that the pleats of the less rigid crystalline regions not only fit into the pleats in the rigid crystals but that they also interact with the amorphous areas in the proteins, thus anchoring the rigid crystals to the matrix. The resulting composite is strong, tough, and yet elastic.



"...and, as you go out into the world, I predict that you will, gradually and imperceptibly, forget all you ever learned at this university."

Mental Workout - Is Thinking Exercise?

Need to lose some flab? Sit your big butt down with a math book—and feel the burn. The human brain is a 24-hour workhorse. While you're thinking, millions of neurons fire messages back and forth to each other and to the various tissues in the body. These neurons need fuel, consuming a full 75 percent of the blood sugar from the liver and 20 percent of the body's total used oxygen.

Here's how your neurons feed: Astrocytes—the cells near the capillary walls in your brain—suck energy-rich glucose from the bloodstream and convert it into a form that the neurons can soak up. The neurons then use it to fuel the production of neurotransmitters and, eventually, conscious thought. "The more energy an area of the brain wants, the more glucose that part of the brain will break down," explains neurologist Harry Chugani of the Children's Hospital of Michigan. "So yes, if you're thinking really hard and really struggling with your thoughts, the neurons in the frontal lobes of your brain will be burning a lot more glucose."

Simply to survive, your brain requires a tenth of a calorie per minute. Compare this with a walk to the doughnut shop, when your body burns approximately four calories a minute. Kickboxing zaps 10 calories a minute. And when you're hunched over a crossword puzzle? Your brain is blasting through a respectable 1.5 calories a minute. Pass the Cheetos.

Why does inhaling helium make one's voice sound strange?

In order to understand how helium has this effect on a voice, it is helpful to first consider how sound waves form and travel, as well as some basic properties of gases.

Sound waves are formed by the vibration of something (a drum-skin or your vocal chords, for instance) in a medium such as air. In the case of a drum, as one strikes its skin, it vibrates up and down. As it moves up, it pushes against the gas molecules of the air, forcing them upward against other molecules. The gas molecules are compressed together and this ripple of compressed molecules moves up away from the drum. Meanwhile, the drum skin moves down and back up again, resulting in another compression. This moving series of compressions is a sound wave, and the distance between them is known as the wavelength.

All gas samples have the same number of molecules per unit volume at a given pressure and temperature, whether the gas is helium or nitrogen (the primary constituent of air). But not all gas molecules have the same mass. Nitrogen (and thus air) has a mass roughly seven times greater than that of helium. Nitrogen is thus denser than helium and sound waves travel through it more slowly than they do in helium. At 20 degrees Celsius, for example, sound travels at 927 meters a second through helium, but only at 344 meters a second through air.

Like the vibration of a drum or a violin string, the vibration frequency of the vocal cords is independent of the type of gas that surrounds them. Whereas the velocity of the sound waves is faster in helium (and the wavelength greater), the frequency remains unchanged because it is determined by the vibrating vocal cords. Rather the timbre, or quality, of the sound changes in helium: listen closely next time and you will notice that a voice doesn't become squeaky but instead sounds more like Donald Duck. It is the lesser density of the heli-

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Katherine Baxter

Gloria Briones 12th

Walter "Curley"Craddock 29tl

Bill Henderson 29th

Paula Kenny 19th

Richard Kuhn 16th

Joan Maltbie 11th

Bette Medeiros 22nd

Elsie Plunkett

Elaine Rehmke 29th

Judy Lindsey

Only on Thanksgiving day
do we bless the turkey;
To God we are thankful for that bird.
(for normally the "turkey" is a "nerd").
May our hearts be lifted up as our bellies fill.
May our lives continue to show
Love for God, family and country still.
Especially today, we pray,
God Bless the USA.

(contributed by Dr. Anna P. Adriana Rich)

Our Father in Heaven, we give thanks for the pleasure of gathering together for this occasion. We give thanks for life, the feedom to enjoy it all, and all other blessings. As we partake of this food, we pray for health and strength to carry on and try to live as You would have us. This we ask in the name of Christ Our Heavenly Father.

~Harry Jewell, mid-1900's

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A Thanksgiving Day Prayer

Lord, so often times, as any other day
When we sit down to our meal and pray

We hurry along and make fast the blessing
Thanks, amen. Now please pass the dressing

We're slaves to the olfactory overload
We must rush our prayer before the food gets cold

But Lord, I'd like to take a few minute more
To really give thanks to what I'm thankful for

For my family, my health, a nice soft bed
My friends, my freedom, a roof over my head

I'm thankful right now to be surrounded by those
Whose lives touch me more than they'll ever possibly know

Thankful Lord, that You've blessed me beyond measure
Thankful that in my heart lives life's greatest treasure

That You, dear Jesus, reside in that place
And I'm ever so grateful for Your unending grace

So please, heavenly Father, bless this food You've provided
And bless each and every person invited

For each new morning with its light,

For rest and shelter of the night,

For health and food,

For love and friends,

For everything Thy goodness sends.

ANGEL

For each new morning with its light,
For rest and shelter of the night,
For health and food, for love and friends,
For everything Thy goodness sends.

~Ralph Waldo

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Dam Level Update

The elevation of the spillway (Glory Hole) at Monticello Dam is 440 feet. The water now is **9.23** feet below the top of spill way.
Lake Berryessa has had **1.99** inches of rainfall since July 1st, 2006
As reported by Carlos Jefferys of the Corners
Nov. 2nd .24`` ~ Nov. 3 .82`` Nov. 12 .05`` & Nov. 13 .20``

Date	Elev.	Evap.	High	Low	Precip. SID
11/6/06	430.85	0.04	74	50	0.00
11/7/06	430.84	0.02	76	50	0.00
11/8/06	430.83	0.05	80	51	0.00
11/9/06	430.81	0.10	75	41	0.00
11/10/06	430.80	0.08	68	35	0.00
11/11/06	430.81	0.03	64	35	0.19
10/12/06	430.77	0.04	5850	38	0.06

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Ha! Ha! Harvey
Thuh old redneck ....
A old redneck was stopped by a game warden with two ice chests full of live fish in water, leaving a lake well known for its fishing.
The game warden asked the man, "Do you have a license to catch those fish?"
"Naw, my friend, I ain't got no license. These here are my pet fish."

Cont., Redneck fish,
"Pet fish?"
"Yep. Every night I take these fish down to the lake and let 'em swim' round for a while. Then I whistle and they jump right back into this ice chest and I take 'em home."
"That's a bunch of BS! Fish can't do that!"
The old redneck looked at the game warden for a moment and then said, "It's the truth. I'll show you. It really works."
"Okay, I've GOT to see this!"
The old redneck poured the fish into t he lake and stood and waited. After several minutes, the game warden turned to him and said, "Well?"
"Well, what?" said the redneck.
"When are you going to call them back?"
"Call who back?""The FISH!""What fish?"

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DAM LEVEL UPDATE

The elevation of the spillway (Glory Hole) at Monticello Dam is 440 feet.
The water is now 9.43 *feet above* the top of the spillway

Lake Berryessa has had 2.99 inches of rainfall since July 1st, 06
As reported by Carlos Jeffreys of The Corners

Date	Elevation	Evaporation	High	Low
11/27/06	430.69	.00	52	39
28	.68	.00	55	32
29	.64	.01	55	31
30	.63	.02	56	30
12/1	.62	.05	56	29
2	.58	.06	66	31
3	.57	.07	67	34

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Chamber of Commerce Christmas Party, Pg. 2
Senior Center Christmas Party. Pg. 3
Cucina Italiana New Year's Eve Dinner, Pg. 4
The Corners New Year's Eve Party, Pg. 10
Spanish Flat Cantina New Year's Day Brunch, Pg. 4

Kids Around Lake Berryessa

The Lake Berryessa Lions Club Kids Bike Rodeo and Eye Exams

The Berryessa Lions have a long, 25+ year history at Lake Berryessa. The only charitable organization at the lake, the Lions focus on eye health, especially that of our local children. Each year they pay for a doctor to come out and give free eye exams at the local schools. This year the exams will be at Pope Valley School on Dec. 11th and at Capell Valley School on Dec. 12th. They also donate money at Christmas for gifts for the less fortunate.

The Lions also sponsor an annual bike rodeo at Pope Valley School where they donate 8 brand new bicycles for the bike skill rodeo winners for each grade. Below are a couple of letters from the kids in Pope Valley. Elaine asked how the Lions get the money each year for the rodeo bikes.

The answer is that the money comes from two special events each year: the Lions Club Poker Run and the Lions Club Crab Feed. Everyone should support these two events because all the money goes back into the community. The Lions are always looking for new members. It's also a fun group with whom to socialize - there's never a dull meeting. Call President Jim Tschida at 966-1413 for information.

Dear Lions Club
Thank you for the bikes. I was 1 of the lucky winners. I was so happy because this was the last year that I had to win. I have been here 9 years. This was my last year to have a chance. I am really happy and I really wanted to say thank-you for all of the bikes you donated. I was so happy to win. I didn't have a bike at home and my sister's bike had a flat tire, so I needed one. I am very grateful for winning this bike and this is going to make my 8th grade year so memorable. So once again, Thank You!
Sincerely, Claudia Ramirez

Dear Lions Club,
I think it's really nice of you to provide bikes for us year after year. I thought all the bikes were really nice; you must have the best ones out of the whole store. As far as I know, no other school has a bike rodeo and if they do it's not as good as ours! How do get the money for the bikes every year? I mean it must be a couple hundred dollars for them altogether! Sincerely, Elaine

The Corners For Kids

If you've dropped by The Corners lately (and you should), you may have noticed how much new stock has been added to the store for a great selection of food and drink. You may also have seen the colorful menus and other computer graphics around the store and cafe. This is the work of young Veronica Watt, Managers Ron Watt & Deanna Bradley's daughter. Veronica has designed a new "Corners for Kids" menu with tasty choices like Scooby's Slurpin' Spaghetti & Meat Sauce. You can see her menu (unfortunately without the color) on Page 10.

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Only $25 per year to have the Lake Berryessa News delivered to your mailbox. Send check or money order with your information to:
The Lake Berryessa News, 6244 Hwy 128, Napa, CA 94558

Lake Berryessa Chamber of Commerce
Christmas Party
Saturday, Dec. 9, 5 - 9 P.M.
Berryessa Senior Center
Members, Guests, & Community Supporters Welcome!
This will be a potluck party. Soft drinks and beer will be provided by the Chamber. Wine donations will be welcome.

2006 Lake Berryessa Calendar of Events

12-9	Chamber of Commerce Christmas Party, Senior Center, 5 pm
12-15	Berryessa Seniors Christmas Dinner (Potluck) & Gift Exchange, Berryessa Senior Center, 6 pm* (Bring a new $10 gift to exchange)
12-31	Cucina Italiana New Year's Eve Dinner
12-31	The Corners New Year's Eve Party with Live Band
1-1	Spanish Flat Cantina Grand Opening Champagne Brunch
1-13	Senior Center Crab Feed

*Every Monday - Bingo 1pm, 252-8488,
*1st Monday of each month Potluck Noon
*Berryessa Senior Center Activities, Call Georgia at 966-2127

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Guided Fly Fishing Trips to Lower Putah Creek

Fishing With Dino 12/4/06

Trolling 7 ft to 10 ft depths will get your limits on trout or salmon. Use flashers with a needlefish or apex behind it and you will do fine!

Catfish have dropped off.

Crappie are hitting jigs, red and white off the bottom early morning hours. Cappell Cove is a geat area.

Bass fishing is fair. Drop shot or worms in 20 feet of water will produce some nice small mouths.

Dino Righetti, Spanish Flat Resort Marina. 707-966-7708

Silly String Helps Soldiers Stay Alive in Iraq

American troops in Iraq have become masters of improvisation, like bolting jury-rigged armor to humvees to shield themselves from sniper fire and shrapnel. Lately, an even more novel item has joined their battle kits.

Stratford, NJ., mom Marcelle Shriver recently got a call from her son Todd requesting... Silly String. Marines working with his unit in Iraq had shown the Army combat engineer how it can be used to detect trip wires. Before searching buildings, for example, personnel spray doorways from at least 10 ft. away with streams of foam - and see if they're snagged by barely visible wires, which are often affixed to bombs.

The Army acknowledges the off-label use, and Marine spokesman Captain Jay Delarosa says, "We force Marine trainees to improvise," Shriver is raising money to mail string to Iraq (aerosol cans are hazmat and costly to ship).

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7 A.M. - 7 P.M. Weekends
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Lunch
Burgers, Chili, BLT, Chili Fries, Cheesy Fries & MORE...
Dinner
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Taco Night!
Friday
Clam Chowder in a Bread Bowl

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or
on the way home!

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The Corners

will rock the New Year in with the



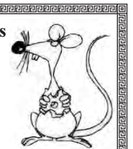
Dec. 31st. 9:pm--1:am

TREATMENT

BIGFUNGOODTIMEMUSIC



The Corners for Kids
presents the
Kids Special Menu



Breakfast

#1 Pancakes, Egg, & Choice of Meat.....$5.99
#2 Minnie's Mini Pancakes (4).....$3.99
#3 Egg w/ Bacon or Sausage.....$4.99
#4 Cold Cereal.....$2.00





Lunch & Dinner

#5 Scooby"s Slurpin' Spaghetti & Sauce....$4.99
#6 Dexter's Flamin' Hot Chile Bowl.....$4.99
#7 Grilled Cheese (Jerry's Favorite).....$3.99
#8 Speedy Gonzales' Quesadillas.....$2.99
#9 Mario's Pizza (Cheese, Pepperoni,...).....$3.50
#10 Kenny The Shark's Tuna Sandwich.....$3.50
#11 Peanut Butter & Jelly Sandwich.....$2.50
#12 Scrappy Doo's Hot Dog.....$3.99
Bag of Chips.....$.99

Lake Berryessa Chamebr of Commerce Meeting Report

1. Lake Berryessa Economic Development meeting report.

The near term improvements to the Lake Berryessa business climate will depend on attracting more visitors and/or having visitors stay longer during each visit. To that end the Chamber will focus next year's efforts on the items listed in the minutes below. Long-term strategies will be depend on the redevelopment of the resorts with the goal of having more revenue generated for Napa County by the resorts. The County would consider returning some of that new revenue to the Lake Berryessa area in the form of road improvements and better road signs and visitor information signs. The Chamber wishes to partner with the County in these efforts to promote our region to the larger Napa County population.

The Chamber is also participating in Napa County Destination Brand Promise process. The process of developing a Napa County Destination Strategy begins with the premise that a successful destination must differentiate itself from its competition by 1) being perceived as "distinctive" in the visitor's mind, and 2) by creating a "promise" to the visitor that communicates the destination experience and serves as the basis for countywide decision making and future destination planning.

There was also some discussion about creating public parks for residents, possibly under the new Napa County Parks District. Local non-profit Berryessa Trails and Conservation has also received a $9,500 grant to design trails along the north and west shores of the lake. These new trails would complete some partial trails along the north shore as well as create connecting trails on the west shore between Oak Shores and Smittle Creek as well as extending them to Berryessa Marina and Spanish Flat Resorts.

2. Dues & Recruitment Letter

January 1, 2007 is the beginning of our new fiscal year. A combination Dues & Recruitment letter will be sent out by the first week of January. Membership dues will once again be only $25. The letter will also seek to recruit new members so we need the names and contact information for businesses and individual you think may be potential new members.

3. Next Chamber Directory

The 2006 Directory appears to have been a success in bringing business to the listed members and paid for itself by charging a nominal $25 for a member to be listed with their logo and contact information. The 2007 directory will be produced the same way. The Dues letter will include a request for your directory listing at an additional service fee of $25. So you can be a member of our active Chamber of Commerce, be listed on the Chamber Web Site, and be in the Chamber directory which will once again be mailed to all local residents and distributed widely throughout the local and surrounding areas for only $50! The deadline for being included in the new Directory is February 17, 2007 and the directory will be mailed by March 21, 2007.

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Group Picnics ~ Company Picnics ~Retreats ~ Day Use

4. Map and Advertising Brochure for 2007

The consensus was to produce a standard-size glossy brochure/map for wide distribution. There is not enough detailed information about Lake Berryessa which includes directions to our recreation and business destinations available to tourists or residents. The final open size of the brochure will depend on the size of the map, the number of advertisers, and the amount of additional recreation information included. Gary Howes and Susan Heyden, our web site and directory designers, agreed to produce some sample brochures with pricing for the January 22 meeting. The proposed schedule for completion is April 1, 2007.

5. Road Signposts and Information Kiosks

The Chamber will work to partner with Napa County to develop tasteful yet informative road signs for key locations such as The Corners, Turtle Rock, Spanish Flat, Pope Valley, and Chiles Valley intersections so that visitors will have an easier time finding us. Larger "information center"-type signs for commercial locations will also be researched. These signs may include a map, distances, and directions but will advise travelers to go into one of our local businesses for further information and brochures.

Berryessa Senior Center Newsletter

PRESIDENTS MESSAGE

The Holiday Season is here and with rain and snow let us all enjoy a safe and happy time with family and friends wherever you may travel... As a final reminder to those of you who have not paid your dues….the 2007 dues are due. Am I being redundant??? Yes!!...If you know some one who is at least 50 years of age and would like to join our group, please give them an application, which you can pick up at the Center. To date we have 70 paid members plus our life time member Elsie Plunkett.

HOLIDAY POTLUCK

The December "Holiday" Pot Luck will be held on Friday, December 15. If you would like to participate in a "Secret Santa" gift exchange; bring a wrapped gift valued at no more than $10.00. The Center will supply the main course of Ham and rolls. As usual, the festivities begin at 6pm with your favorite libations and dinner at or around 7pm. Our very special guests will be Mr. and Mrs. Clause. If you are planning on attending please bring a side dish that will feed at least 6 people. Also, if you would like to bring either a hors d'oeuvres or dessert to share with others, please do so, and don't forget to bring your own utensils. Sign up on the sign up sheet at the Center, via phone, or e-mail Berryessasenior@aol.com.

CRAB FEED

The crab feed is being planned for Saturday, January 13; tickets will go on sale 12/1. Brenda, at the Spanish Flat Country Store, will have a supply of tickets to sell. Also, Paul Quarneri and Georgia Craddock will also have tickets. The cost is the same as last year, $30.00 per ticket. This is our biggest fundraiser of the year so buy your tickets early as they go fast.

REPORT ON FELLOW MEMBERS

We lost two long time members in November:

Sy Brigham passed away on November 3.

Doug Roberts passed away on November 18. A memorial service will be held for Doug at the Center. The date and time to be announced at a future date.

Terry Hamlin, son of former member and long time resident of Lake Berryessa Betty Hamlin, passed away. Funeral services were held on November 20.

****

Betty Fehrenkamp wants everyone to know that the 2007 Calendars are for sale. The cost is $6.00 each …. and remember, they make great stocking stuffers!

Spanish Flat Cantina's Hard Working Owners Continue Renovation

Since they took possession of the old Boone's Saloon building on September 1, Christine Roussopoulos and Kathy Riggins, have been working hard toward their goal of a Grand Opening on Monday, January 1, 2007! They have completely renovated and redecorated most of it, but there is still more to do. If you stop by the Spanish Flat Village Center (to pick something up at Brenda's Country Store, for example) and walk over to the new Cantina, you're likely to find them cleaning, painting, and decorating.

On New Year's Day, from 9 A.M. to 2 P.M., they will serve a champagne brunch & buffet to soothe the result of your late night New Year's Eve activities - scrambled eggs, sausage, bacon, fried potatoes with red and green peppers, every condiment to create your own breakfast burritos, an assortment of Mexican pastries and cookies, a fresh fruit basket, coffee, tea, and orange juice. Christine and Kathy will also mix and pour mimosas and mangosas. Free champagne is included with your brunch.

The formal opening of the Spanish Flat Cantina which includes Dos Amigas Mexican Restaurant and Flats Bar is on Thursday, January 4, 2007. The Cantina's Winter Hours are Thursday & Friday, 5 P.M. to 9 P.M. and Saturday & Sunday, 9 A.M to 9 P.M. Although Christine and Kathy will do all the cooking (their Mexican last supper at Turtle Rock was a sellout) they are looking for responsible employees - bartender, waitresses, kitchen help, dishwashers, handyman - will train, no experience necessary. Stop by for an application & interview on December 9th , 10th & 11th or call 966-0549 for information.

Dos Amigas Restaurant will serve homemade, tried-and-true Mexican recipes as well as special steak and salmon dishes. These will all be unique dishes created by Christine and Kathy. Spanish Flat Cantina primarily aims to serve local people good fresh food in a family environment. They intend to provide a fun, relaxing atmosphere without late party-time hours. Flats Bar will serve beer and wine - at least 20 local wines and 20 brands of beer, including seven Mexican beers.

Cucina Italiana New Year' s Eve Feast

Cucina Italiana at the Spanish Flat Village Center will be closed for the Christmas Holiday from December 22nd until December 31st. They will also be closed from January 1st until February 2nd so that Stefano and Sharyn can take a well-earned vacation. But on New Year's Eve, Deceember 31, the night before Spanish Flat Cantina's Grand Opening, treat yourself to a fantastic "special menu" dinner at Cucina Italiana, arguably Lake Berryessa's finest restaurant. There will be two seatings for New Years Eve: 5 P.M. and 8 P.M. Reservations required. Cost: $49.50 per person RSVP: 707-966-2433

NEW YEARS MENU: Sunday, December 31st, 2006

Champagne Salute!

CUCINA ITALIANA FANTASY: Mixed antipasto of fresh endive & gorgonzola, artichoke bruschetta,salame & fennel,caprese

LOBSTER RAVIOLI: House made Maine lobster ravioli with creamy Thyme & lemon Vellute` sauce

FILLETTO FLAMBÉ: Beef Tenderloin Flambé` with fresh herbs, finished with mushroom demiglace, served with smashed potatoes & fresh vegetable

DOLCE CUCINA ITALIANA: Puff Pastry stuffed with fresh fruit & Chantilly Cream

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SATURDAY – JANUARY 6, 2007 - 10 A.M.

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Home - Farm - Commercial - Industrial

Fishing With Sid

Hope everyone had a great Thanksgiving. Friday I took Steve H. from Texas out for the day. We started out fishing top water using chuggers and poppers. Steve was bringing in a chugger and let it rest for awhile when a huge large mouth bass (approx 4 pounds) just expolded on it.

He brought it most of the way to the boat only to lose it when it jumped again. Changing to a rattle trap and throwing it into three or four feet of water and skimming it over the top of the grass landed him a two and a half pound bass. Now Steve wanted to try his hand at worming with a weightless senco. Coming thru the grass in about four to six feet of water he hooked another two pound plus bass. He was a pleasure to fish with and I was sorry that the day ended so quickly. He and I agreed that all fish lost coming to the boat must weigh at less four pounds (hahaha).

Sunday I went out of Emeryville on the "C-Gull" with Captain Don for a crab and rockfish combo. If you have never tried it I recommend it highly. I caught a total of fifty-two fish including one lingcod that we did not land using the River2Sea knife (see photo). The weight is distributed where half of it is sixty percent and the other half is forty percent so it cuts through the water and flutters to the bottom. It seems to attract larger fish.



We had a total of thirty-one people on the boat and all of us helped in some manner with the crabbing and all of us walked of the boat with six crab each. Next week I will be in Florida so 'til the following week.....good fish!!!!!!!!!!!!!!!!

www.fishingconnection.net If you have any fishing stories to share please email me at bestguide@hotmail.com or call me at 650-583-3333.



Berryessa Earthquakes

Two small earthquakes here at Lake in the last 2 days. The first was at 7:22pm on Tuesday, 11/28/06 and was a 3.2, and then another Wednesday, 11/29 at 7:21 pm (almost exactly 24 hours apart!) which was a 2.4. No big deal, but strong enough to be felt. According the the USGS (you can find info and maps at usgs.gov) the epicenter for both quakes seems to be pretty close to the old elementary school north of Putah Creek. (Thanks to Gary Howes of Berryessa Pines for this information.)

A lawyer and a blond.....

are sitting next to each other on a long flight from LA to NY. The lawyer leans over to her and asks if she would like to play a fun game.The blond just wants to take a nap,so she politely declines and rolls over to the window to catch a few winks.

The lawyer persists and explains that the game is really easy and fun. He explains "I ask you a question, and if you don't know the answer, you pay me $5.00, and vice-versa." Again the blond declines.

The lawyer, now somewhat agitated, says"Okay, if you don't know the answer you pay me $5.00, and if I don't know the answer I will pay you $500.00!"

This catches the blonde's attention, figuring that there will be no end to this torment until she plays. The lawyer asks the first question. "What is the distance from the earth to the moon?" The blonde doesn't say a word and reaches into her purse and hands him $5.00.

Now it is her turn. She asks him "What goes up a hill on three legs and comes back down on four?" The lawyer looks at her with a puzzled look.

He takes out his laptop and searches all his references. He taps into the Airphone with his modem and searches the Net and the Library of Congress.

Frustrated, he sends E-mails to all his coworkers and friends. All to no avail. After an hour, he wakes the blonde and hands her $500. The blonde politely takes the $500 and turns away to get back to sleep. The lawyer, angry, wakes the blonde and asks, "Well, so what IS the answer!"

Without a word the blonde reaches into her purse, hands the lawyer $5.00, and goes back to sleep.

New Table Saw Saves Fingers & Thumbs

Every year in the United States there are tens of thousands of serious injuries on table saws. These injuries change people's lives and they cost society billions of dollars in medical expenses, lost wages, worker's compensation, increased insurance rates, lost productivity, etc.The US Consumer Product Safety Commission reports that every year table saws are involved in:

Over 60,000 injuries
Over 3,000 amputations
$2 billion in injury-related costs
That's one injury every 9 minutes!

SawStop saws are designed to address this risk. Every SawStop saw includes revolutionary new technology to detect when an accident occurs and stop the blade in milliseconds. The SawStop safety system includes an electronic detection system that detects when a person contacts the blade. The system induces an electrical signal onto the blade and then monitors that signal for changes.A fast-acting brake stops the blade when contact is detected.

The brake includes a heavy-duty spring to push a block of aluminum, called a brake pawl, into the teeth of the blade to stop the blade from spinning. The spring is held in compression by a fuse wire until contact is detected and then the system sends a surge of electricity through the fuse wire to burn the wire and release the spring. The spring pushes the brake pawl into the teeth of the spinning blade, and the teeth cut into the aluminum and bind, thereby stopping the blade. All this happens in about 3–5 milliseconds, or 1/200th of a second - the time it takes only 2 or 3 blade teeth to go by. At the same time, the angular momentum of the blade causes the blade to retract below the table and the power to the motor is shut off. Test hot dogs show only a tiny scratch.

SawStop, 25977 SW Canyon Creek Road, Suite G, Wilsonville, OR 97070, 503-638-6201, email: info@sawstop.com

HAPPY HAPPY
BIRTHDAY
To All In December



Rosalie Bly 27th
Jaoan Bringham
Sy Bringham
Carol Buttler
Grace Hughes
Gary Lanski
Clint Pridmore 4th
Nancy Pridmore 13th

A Politically Correct

Christmas Story

'Twas the night before Christmas and Santa's a wreck...
How to live in a world that's politically correct?
His workers no longer would answer to "Elves".
"Vertically Challenged" they were calling themselves.
And labour conditions at the North Pole
were alleged by the union to stifle the soul.
Four reindeer had vanished, without much propriety,
Released to the wilds by the Humane Society.
And equal employment had made it quite clear
That Santa had better not use just reindeer.
So Dancer and Donner, Comet and Cupid
Were replaced with 4 pigs, and you know that looked stupid!
The runners had been removed from his sleigh;
The ruts were termed dangerous by the E.P.A.
And people had started to call for the cops
When they heard sled noises on their rooftops.
Second-hand smoke from his pipe had his workers quite frightened.
To be continued next issue Dec. 21st.

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	$346,000	2/2	1244	.40
	$325,000	2/1	864	.45
	$362,000	3/2	1404	.27
	$385,000	3/2	1760	.35
	$ 46,000 & up	Building lots		

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May you find this
Christmas inner peace
Equal to the patient love
you give,
Releasing all the pain you
can release,
Renewing all the grace
with which you live.
Yearnings may you turn to
rhapsodies,
Choosing to find happiness
in beauty,
Holding in their haunting
melodies
Riches that sustain your
sense of duty.
In anger may you find an
evening star
Showing you the way to
Bethlehem.
The angels that watch
naked from afar
May you hear sing of who
would none condemn.
As all you love are blessed
in having you
So may you feel the joy in
all you do.
ANGEL

Hanumas is something strange indeed:
A Hanukkah and Christmas in one night!
Now mixed families must combine the two,
Uniting loved ones just as God would do,
Making separate flames a single light.
All who love by love are thenceforth freed
Simply in all love to find delight.



IN MEMORY OF OUR BELOVED

DOUGLAS W. ROBERTS
August 13, 1942 –
November 18, 2006
God saw you getting tired,
And a cure was not to be.
So he put his arms around you,
And whispered,
"Come to Me."
With tearful eyes we watched you,
And saw you pass away.
Although we loved you dearly,
We could not make you stay.
A golden heart stopped beating,
Hard working hands put to rest.
God broke our hearts
To prove to us,
He only takes the best.
A memorial service will be held
at Lake Berryessa in January.
Date, time, and location will be announced at a later date. Our beloved Doug touched many lives. Our family welcomes all of you to attend.

Valley
Christian Church

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HAPPY BIRTHDAY
On Dec. 22nd
To My Daughter Meshell
With Luv From
Mommy Dearest & Dave



Happy 7th Birthday
On Dec. 22nd
To My Grandson Tyler
Luv From
Granny & PaPa Dave

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Amber Payne
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Q. Which day are there more collect calls than any other day of the year?
A. Father's Day
.....
Coca-Cola was originally green.

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Ha! Ha!
The first couple to be shown in bed together on prime time TV were Fred and Wilma Flintstone.
Coca-Cola was originally green.

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HA! HA! HARVEY
SMART ASS ANSWER
The cop got out of his car and the kid who was stopped for speeding rolled down his window.
"I've been waiting for you all day," the cop said.
The kid replied, "Yeah, well I got here as fast as I could."
When the cop finally stopped laughing, he sent the kid on his way without a ticket.

PERKS OF BEING OVER 50
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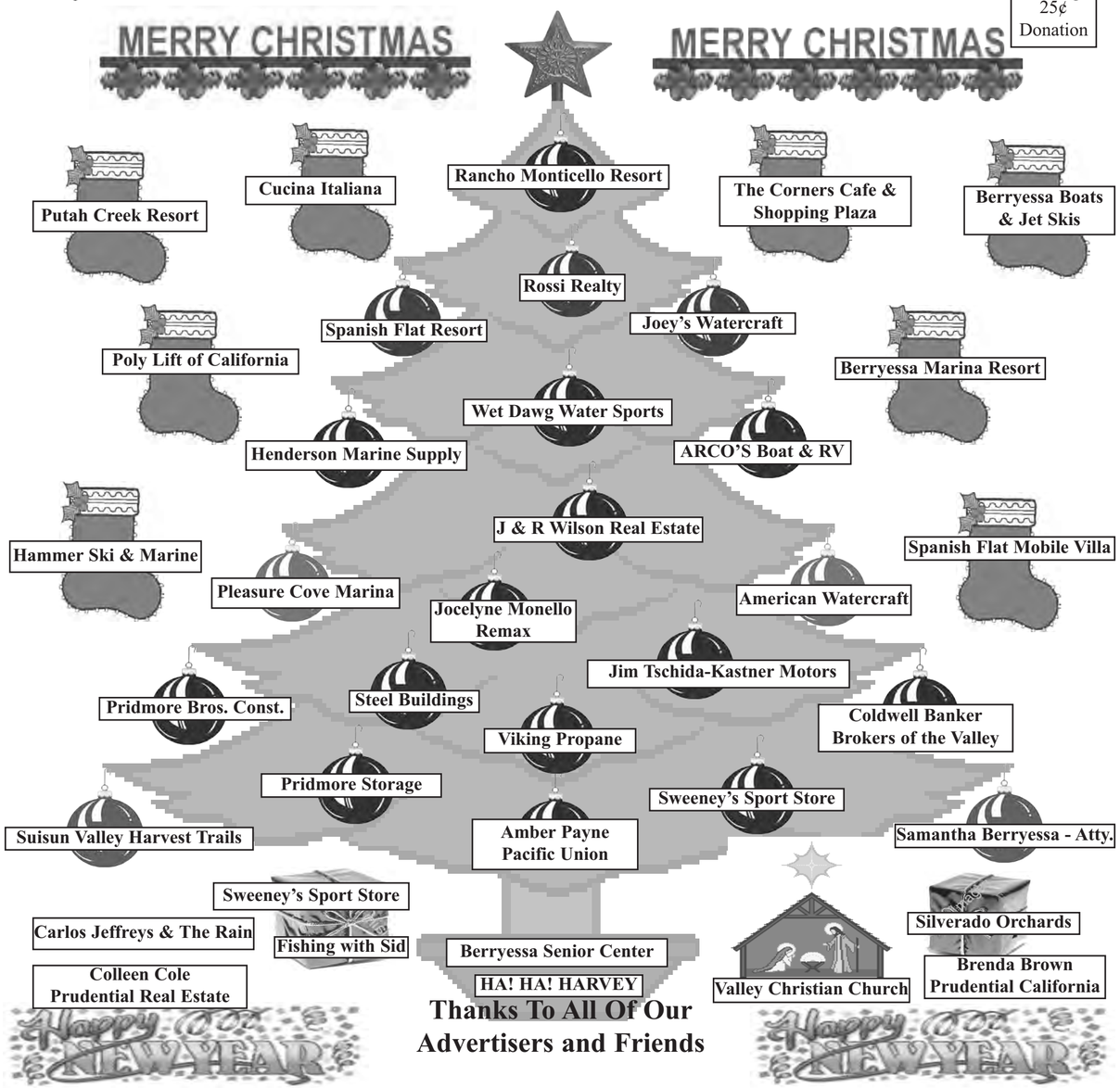
DAM LEVEL UPDATE

The elevation of the spillway (Glory Hole) at Monticello Dam is 440 feet.
The water is now 9.31 *feet below* the top of the spillway
Lake Berryessa has had 9.13 inches of rainfall since July 1st, 06
As reported by Carlos Jeffreys of The Corners total for the last rain was 6.14"
12-9 ~ 1.1" 12-10 ~ .82" 12-12 ~ .97" 12-13 ~.05" 12-15 ~ .14"

Date	Elevation	Evaporation	High	Low
12/11/06	430.60	.02	53	39
12	.66	.00	55	43
13	.67	.00	55	49
14	.68	.00	60	53
15	.70	.02	65	47
16	.69	.05	56	30
17	. 69	.03	49	29

The Lake Berryessa News

Community News Makes a Better Community
www.LakeBerryessaNews.com
Your Best Source for News of Lake Berryessa and our Napa Valley Back Roads!
December 21, 2006 to January 4, 2007
25¢ Donation



To the Editor,

Those attempting to rally the Highlands residents to fight the sewer moratorium should realize that the majority of the long-time residents support the moratorium as a way to bring an end to the junky manufactured homes and the huge influx of people into our once quiet and peaceful community.

I fully support the moratorium and anticipated rate increases as a way to stop growth and cull out some of the problem residents that move here because the limited law enforcement allows them to engage in illegal activities. When we moved here in the early 90's we had planned to retire here but now, unless there is a major change, we will be leaving for good when I retire.

Probably the biggest reason for this decision is the influx of new young residents that have no respect for the people around them and see no problem with letting their kids run wild and trash the community, allowing their dogs to run free or bark 24-7, ignore the posted speed limit, and, my pet peeve, blare music from sunup till midnight with no regard to anyone else. I will gladly pay $300.00 a month in water and sewer if it forces these people out and brings a little peace to our lives.

Name Withheld by Request





2006 Lake Berryessa Calendar of Events

12-31 Cucina Italiana New Year's Eve Dinner
12-31 The Corners New Year's Eve Party with Live Band
1-1 Spanish Flat Cantina Grand Opening Champagne Brunch
1-13 Senior Center Crab Feed

*Every Monday - Bingo 1pm, 252-8488,
*1st Monday of each month Potluck Noon
*Berryessa Senior Center Activities, Call Georgia at 966-2127
*Berryessa Senior Center Email: Berryessasenior@aol.com
*Potlucks, Call 966-0206 (Please leave a message.)
*Lions Club, 966-1413

The Lake Berryessa News
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Published the first and third Thursday of each month.
Owner& Editor
Shirl Katleba
Co-Editor & Writer
Peter Kilkus

Contact Shirl at: 707-966-3806 or 707-287-6240 (Cell & Messages)
Email(new): Shirllbnews@sbcglobal.net
Contact Peter at: 415-307-6906 (Cell), Email: PKilkus@aol.com

Only $25 per year to have the Lake Berryessa News delivered to your mailbox. Send check or money order with your information to:
The Lake Berryessa News, 6244 Hwy 128, Napa, CA 94558

Spanish Flat Cantina

Dos Amigas Mexican Restaurant and Flats Bar

New Year's Day Grand Opening - 9 A.M. to 2 P.M.
Champagne Brunch & Buffet
(Eggs, sausage, bacon, fried potatoes, breakfast burritos, Mexican pastries, fresh fruit, coffee, tea, and orange juice)
Free champagne - mimosas and mangosas - included with brunch.
****
Formal Opening - Thursday, January 4, 2007
Winter Hours
Thursday & Friday, 5 P.M. to 9 P.M.
Saturday & Sunday, 9 A.M to 9 P.M
Dos Amigas Restaurant will serve homemade, tried-and-true Mexican recipes as well as special steak and salmon dishes.
Flats Bar will serve at least 20 local wines and 20 brands of beer!
4370 Knoxville Road (Spanish Flat Village Center), 966-0549

Cucina Italiana New Year' s Eve Feast - Sunday, Dec. 31st

Cucina Italiana will treat you to a fantastic "special menu" New Year's Eve dinner including Champagne, Antipasti, Lobster Ravioli, Beef Tenderloin Flambe, and Puff Pastry.

There will be two seatings for New Years Eve: 5 P.M. and 8 P.M.

Reservations required. $49.50 per person RSVP: 707-966-2433

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Closed For Vacation Until February 2, 2007
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Airline Maintenance Humor

Never let it be said that ground crews lack a sense of humor. Here are some actual maintenance complaints submitted by Qantas pilots (marked with a P) and the solutions recorded (marked with an S) by maintenance engineers. By the way, Qantas is the only major airline that has never, ever, had an accident.

****

P: Left inside main tire almost needs replacement.
S: Almost replaced left inside main tire.

P: Test flight OK, except auto-land very rough.
S: Auto-land not installed on this aircraft.

P: Something loose in cockpit.
S: Something tightened in cockpit.

P: Dead bugs on windshield.
S: Live bugs on back-order.

P: Autopilot in altitude-hold mode produces a 200 feet per minute descent.
S: Cannot reproduce problem on ground.

P: Evidence of leak on right main landing gear.
S: Evidence removed.

P: DME volume unbelievably loud.
S: DME volume set to more believable level.

P: Friction locks cause throttle levers to stick.
S: That's what friction locks are for.

P: IFF inoperative in OFF mode.
S: IFF always inoperative in OFF mode.

P: Suspected crack in windshield.
S: Suspect you're right.

P: Number 3 engine missing.
S: Engine found on right wing after brief search.

P: Aircraft handles funny. (I love this one!)
S: Aircraft warned to: straighten up, fly right, and be serious.

P: Target radar hums.
S: Reprogrammed target radar with lyrics.

P: Mouse in cockpit.
S: Cat installed

And the best one for last…

P: Noise coming from under instrument panel. Sounds like a midget pounding on something with a hammer.
S: Took hammer away from midget

****

Mom, can I have a dog for Christmas?
[No, you can have turkey like everyone else.]

What nationality is Santa Claus?
[North Polish.]

What do you call a cat on the beach at Christmastime?
[Sandy Claws!]

What do you call people who are afraid of Santa Claus?
[Claustrophobic.]

How do sheep in Mexico say Merry Christmas?
[Fleece Navidad!]

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Call Shot - No Swap
or
9 Ball Laid Back on Friday?
Less Stress - More Luck

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on the way home!

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Cafe Open
for Community
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Banquets.

A Politically Correct Christmas Story
Continued from Dec. 7th issue.

His fur trimmed red suit was called "Unenlightened."
And to show you the strangeness of life's ebbs and flows,
Rudolf was suing over unauthorised use of his nose
And had gone on Geraldo, in front of the nation,
Demanding millions in over-due compensation.
So, half of the reindeer were gone; and his wife,
Who suddenly said she'd enough of this life,
Joined a self-help group, packed, and left in a whiz,
Demanding from now on her title was Ms.

And as for the gifts, why, he'd never had a notion
That making a choice could cause so much commotion.
Nothing of leather, nothing of fur,
Which meant nothing for him. And nothing for her.
Nothing that might be construed to pollute.
Nothing to aim, Nothing to shoot.
Nothing that clamoured or made lots of noise.
Nothing for just girls, or just for the boys.
Nothing that claimed to be gender specific.
Nothing that's warlike or non-pacifistic.
No candy or sweets...they were bad for the tooth.
Nothing that seemed to embellish a truth.

And fairy tales, while not yet forbidden,
Were like Ken and Barbie, better off hidden.
For they raised the hackles of those psychological
Who claimed the only good gift was one ecological.

No baseball, no football...someone could get hurt;
Besides, playing sports exposed kids to dirt.
Dolls were said to be sexist, and should be passe;
And Nintendo would rot your entire brain away.
So Santa just stood there, dishevelled, perplexed;
He just could not figure out what to do next.
He tried to be merry, tried to be gay,
But you've got to be careful with that word today.

His sack was quite empty, limp to the ground;
Nothing fully acceptable was to be found.
Something special was needed, a gift that he might
Give to all without angering the left or the right.
A gift that would satisfy, with no indecision,
Each group of people, every religion;
Every ethnicity, every hue,
Everyone, everywhere...even you.
So here is that gift, it's price beyond worth...

May you and your loved ones, enjoy peace on Earth.

From The Lake Berryessa News

****

What do you have in December that you don't have in any other month?
The letter "D" !

What do snowmen eat for lunch? Icebergers !

How do snowmen travel around? By iceicle !



Lake Berryessa Chamber of Commerce Wants You to be a Member!

We'd like to have you as a renewing member or a new member for 2007! Our goal is to promote economic and community improvements in the Lake Berryessa and West Lake Area - what we like to call our Napa Valley Back Roads. Our 2006 Chamber Directory was a success in bringing customers to the listed members and paid for itself by charging a nominal $25 for a member to be listed with their logo and contact information. The 2007 directory will be produced the same way and you can get a directory listing for an additional service fee of only $25. So, for only $50 you can be a member of our active Chamber of Commerce, be listed on the Chamber Web Site, and be in the Chamber directory which will once again be mailed to all local residents and distributed widely throughout the local and surrounding areas! The deadline for being included in the new Directory is February 17, 2007 and the directory will be mailed by March 21, 2007.

Please join us by sending your $25 dues and your contact details to:

Lake Berryessa Chamber of Commerce
c/o Linda Tschida,
P.O.Box 9330,
Napa, CA 94558

If you wish to be included in the new 2007 Directory, add $25 to your total payment. Make checks payable to "Lake Berryessa Chamber of Commerce".

Pass this information on to anyone in the community you think may wish to be a Business Member or Associate Member (Community Supporter). The Chamber is really the only other social organization besides the Lions Club in our area and we want our community members to know about us and participate in our activities.

For member application and directory forms or more information, please contact: Peter Kilkus, 1515 Headlands Drive, Napa, CA 94558, 415-307-6906, PKilkus@aol.com

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Senior Center CRAB FEED

Saturday, January 13, 2007

Salad, Pasta, Bread, Crab, and Wine

5:30 P.M. - No Host Cocktails

6:30 P.M. - Dinner

$30.00 per ticket.

Tickets for sale at Brenda's Spanish Flat Country Store
Paul Quarneri and Georgia Craddock will also have tickets.
This is the Senior Center's biggest fundraiser of the year so buy your tickets early as they go fast.

Call Georgia at 966-2127 or Email: Berryessasenior@aol.com



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~ HOW DO WE GO FORWARD BY ATTY. F. IWAMA ~

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All I Wanted For Christmas

WANT A T.M.X. ELMO? PAY UP. The must-have toy, an update of' '96 hit Tickle Me Elmo, is selling for double its $39.99 price on eBay. Some "It" toys of the past:

1990s - POKEMON

Kids felt powerful because adults couldn't keep track of the characters on the trading cards.

1980s - CABBAGE PATCH KIDS

At first turned off by the weird vegetal spawn, parents soon fought to "adopt" the dolls at the toy store.

1970s - STAR WARS

The figurines sold out so fast that Kenner, their maker, started mailing out empty boxes with IOUs.

1960s - G.I. JOE

The action figure made it O.K. for boys to play with dolls. In many girls' rooms, Joe dated Barbie.

1950s - MR. POTATO HEAD

The original version: plastic body parts children would stick into a real potato from Mom's kitchen.

I'd like to wish our daughter Angela Crow a happy birthday... born on Christmas day 29 years ago.... Ed Berg

My birthday is 12/28 and my daughter's is 1/9. She is Amanda Love and most of all I would like to wish her a very Happy 17th Birthday...Barry Love



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Home - Farm - Commercial - Industrial

Great analogies and metaphors

Every year, English teachers from across the country can submit their collections of actual analogies and metaphors found in high school essays for the amusement of teachers across the country. Here are some winners:

Her face was a perfect oval, like a circle that had its two sides gently compressed by a Thigh Master.

His thoughts tumbled in his head, making and breaking alliances like underpants in a dryer without Cling Free.

He spoke with the wisdom that can only come from experience, like a guy who went blind because he looked at a solar eclipse without one of those boxes with a pinhole in it and now goes around the country speaking at high schools about the dangers of looking at a solar eclipse without one of those boxes with a pinhole in it.

She grew on him like she was a colony of E. Coli, and he was room-temperature Canadian beef.

She had a deep, throaty, genuine laugh, like that sound a dog makes just before it throws up.

Her vocabulary was as bad as, like, whatever.

The little boat gently drifted across the pond exactly the way a bowling ball wouldn't.

McBride fell 12 stories, hitting the pavement like a Hefty bag filled with vegetable soup.

From the attic came an unearthly howl. The whole scene had an eerie, surreal quality, like when you're on vacation in another city and Jeopardy comes on at 7:00 p.m. instead of 7:30.

Her hair glistened in the rain like a nose hair after a sneeze.

The hailstones leaped from the pavement, just like maggots when you fry them in hot grease.

He fell for her like his heart was a mob informant, and she was the East River.

Even in his last years, Granddad had a mind like a steel trap, only one that had been left out so long, it had rusted shut.

The plan was simple, like my brother-in-law Phil. But unlike Phil, this plan just might work.

He was as lame as a duck. Not the metaphorical lame duck, either, but a real duck that was actually lame, maybe from stepping on a land mine or something.

It was an American tradition, like fathers chasing kids around with power tools.

He was deeply in love. When she spoke, he thought he heard bells, as if she were a garbage truck backing up.

Berryessa Lions Club Sponsors Free Eye Exams for Local Schoolchildren

Berryessa Lions once again paid for Dr. Tonya Watson to come over from Berekely to give eye exams to the local school kids from Capell Valley, Pope Valley, and Angwin.



Berryessa Lions Sponsors Pope Valley School Bike Rodeo

The Lions Club also donated eight brand new bicycles for the winners of the annuual bike rodeo. Photos below. To join the Berryessa Lions Club call President Jim Tschida at 966-1413



HAPPY HAPPY
BIRTHDAY
To All In December

Rosalie Bly 27th
Jaoan Bringham
Carol Buttler
Grace Hughes
Gary Lanski
Clint Pridmore 4th
Nancy Pridmore 13th
Christine Roussopoules 5th
Mary Sawyer 29th
Augie Scwartz 24th
Rose Stubbs 23rd
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HOMES For Sale

Price	Bed/Bath	Sq.Ft	Acres
$295,000	3/2	1774	.38
$315,000	3/2	1262	.48
$346,000	2/2	1244	.40
$325,000	2/1	864	.45
$362,000	3/2	1404	.27
$385,000	3/2	1760	.35
$ 46,000 & up	Building lots		

NANCY MEACHAM
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MORGAN LANE REAL ESTATE

These Lake Berryessa Estates homes are ideal vacation or full-time residences. There's nothing like Pope Valley!

HA! HA! Harvey Just in case you weren't feeling too old today, this will certainly change.

The people who are starting college this fall across the nation were born in 1987. They are too young to remember the space shuttle blowing up.
Their lifetime has always included AIDS.
The CD was introduced the year they were born.
They have always had an answering machine
They have always had cable.
Jay Leno has always been on the Tonight Show.
Popcorn has always been cooked in the microwave.
They never took a swim and thought about Jaws.
They don't know who Mork was or where he was from.
They never heard: "Where's the Beef?", "I'd walk a mile for a Camel", or "de plane Boss, de plane".
McDonald's never came in Styrofoam containers.
They don't have a clue how to use a typewriter
Do you feel old yet? (Sorry)

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Market / Cafe - New Indoor Seating
Contact Us for Current Hours & Information

Christmas is a time for
love and fun,
A time to reshape souls and
roots and skies,
A time to give your heart to
everyone
Freely, like a rich and lavish
sun,
Like a burning star to those
whose lonely sighs
Show need of such a time for
love and fun. For children
first, whose pain is never
done,
Whose bright white fire of
anguish never dies,
It's time to give your heart to
every one, *That not one*
angel fall, to hatred won
For lack of ears to listen to
her cries,Or arms to carry
him towards love and fun,
Or friends to care wat
happens on the run
To adult life, where joy or
sadness lies.
It's time to give your heart to
everyone, For God loves all,
and turns His back on none,
Good or twisted, ignorant or
wise.
Christmas is a time for love
and fun, A time to give your
heart to everyone.
Angel

LIFE

People come in to your life for a reason, a season or a lifetime. When you know which one it is, you will know what to do for that person. When someone is in your life for a REASON, it is usually to meet a need you have expressed. They have come to assist you through a difficulty, to provide you with guidance and support, to aid you physically, emotionally or spiritually. They may seem like a godsend and they are. They are there for the reason you need them to be. Then, without any wrongdoing on your part or at an inconvenient time, this person will say or do something to bring the relationship to an end. Sometimes they die. Sometimes they walk away. Sometimes they act up and force you to take a stand. What we must realize is that our need has been met, our desire fulfilled , their work is done. The prayer you sent up has been answered and now it is time to move on.

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Please come as you are &
Worship God with Us.
Sunday Service at 10am.
Sunday School for the Children.





To all Our
Friends & Family
Wishing you a Merry Christmas &
A Great New Year!
With Lot of
Love & Laughter
Shirl & Dave

HA! HA! HARVEY
You might not have known this, but a lot of non-living objects are actually either male or female.

FREEZER BAGS: They are male, because they hold everything in, but you can see right through them.
TIRES: Tires are male, because they go bald easily and are often over inflated.
HOT AIR BALLOONS: Also a male object, because to get them to go anywhere, you have to light a fire under their butt.
SPONGES: These are female, because they are soft, squeezable and retain water.
TRAINS: Definitely male, because they always use the same old lines for picking up people.
WEB PAGES:
Female, because they're constantly being looked at and frequently getting hit on.

Berryessa Highlands Homeowner & Real Estate Expert



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Did You Know?
If you sprayed WD-40 on the distributor cap, it would displace the moisture and allow the car to start.
(If I knew what a distributor cap was, it might help)

J & R WILSON Ent.

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HA! HA! HARVEY
Check this out... Type in your address and it (I'm assuming from public records) tells you what your house is worth. I'm assuming that It doesn't take into consideration, your upgrades, landscaping and etc. though. Kind of interesting .

Check this out.. www.zillow.com

it will combine google maps with real estate values, and tell you what your house is worth, and size, and sq. ft.

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