

Winterize Your Boat Now To Protect It For A Trouble Free Spring!

BERRYESSA BOAT . IET SKI . RV REPAIR & STORAGE

4420 KNOXVILLE ROAD | 3 MIN NORTH OF SPANISH FLAT RESORT

We offer quality repairs and a gated storage facility. We service all makes and models of Boats, Jet Skis, and RVs. Whether you need a basic tune up, rebuilt engine, gel coat or upholstery, we are your best choice. We are Mobile too, land or water, we can come to you! Outdoor Storage from \$50 per month is available. Our Parts Department is available to order anything you need, whether a battery or an engine. Proshop coming soon with basic boating supplies and hot new products for fun on the water!!

berryessboatrepair@gmail.com | 707.966.9954

VAMAHA













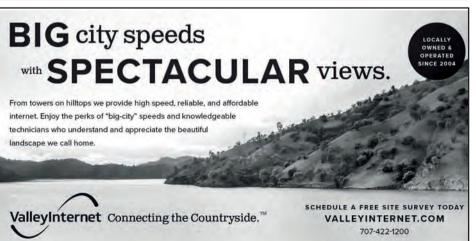


Rustridge Ranch & Winery is open 7 days a week. Bring the family and explore the backroads of the Napa Valley. Come picnic under the ancient oaks while tasting our award winning estate bottled wines. Tour the winery and learn about thoroughbred racehorses. There is something for everyone at RustRidge.



RustRidge B&B / Winery 2910 Lower Chiles Valley Road St. Helena, CA 94574 -800-788-0263 or (707) 965-9353 RustRidge@RustRidge.com





Can You Create a Neologism For Berryessa?

Neologism is defined as a new word or a new use for an old word, or the act of making up new words. Neologisms remind us that language is not something set in stone, but an evolving body of work. As new things are invented, as slang becomes acceptable, and as new technologies emerge, new words must fill in the gaps in language. Using neologisms, or inventing words, is a difficult task. It requires creativity and a willingness to consider defining something that has never been defined before.

Askhole: someone who asks many stupid, pointless or obnoxious questions.

Coffee: the person upon whom one coughs.

Flabbergasted: appalled over how much weight you have gained.

Abdicate: to give up all hope of ever having a flat stomach.

Esplanade: to attempt an explanation while drunk

Negligent: condition in which you absentmindedly answer the door in your nightgown.

Lymph: to walk with a lisp.

Gargovle: gross olive flavored mouthwash.

Flatulance: emergency vehicle that picks you up after you are run over by a steamroller.

Balderdash: a rapidly receding hairline.

Sarchasm: gulf between an author of sarcastic wit and the person who doesn't get it.

Rectitude: the formal, dignified bearing adopted by proctologists.

Pokemon: a Rastafarian proctologist.

Chairdrobe: art of piling clothes on a chair to be used in place of a closet or dresser.

Cellfish: An individual who talks on his or her cell phone even when doing so is rude or inconsiderate of other people.

Destinesia: The moment when you get to where you were intending to go, you forget why you were going there in the first place.

Errorist: Someone who repeatedly makes mistakes or is always wrong.

Hiberdating: time a person ignores their friends in favour of a boyfriend/girlfriend.

Sharenting: using social media excessively to share information about one's children

Bashtag: used to make critical/abusive comments on social networks.

Binge thinking: massive burst of brain activity, mostly useless, in one sitting.

Beerboarding: A controversial process of extracting otherwise-secret information from a friend or co-worker by getting them drunk.

Textpectation: anticipation one feels when waiting for a response to a text message.

Epiphanot: an idea that seems like an amazing insight to the conceiver but is in fact pointless, mubdane, stupid or incorrect.

Nerdjacking: filling a conversation with unnecessary detail about one's passion to an otherwise uninitiated, uninterested layperson.

Unlightening: learning something that makes you dumber.

Afterclap: the last person who claps after everyone else has stopped



The Lake Berryessa News

Your Information Gateway to Lake Berryessa and our Napa Back Roads! January, 2017

Will 2017 Be Lake Berryessa's Lucky Year?

by Peter Kilkus

Prospectus in another attempt to solicit recreation companies to reopen the closed Berryessa Chamber of Commerce, and If Ragatz Sedgwick is successful in bid process since 2006).

News headline read: A Modest Proposal: aggressive: "Open Letter to the Federal select a concessionaire. Radical Restructuring - Ownership and Government: Get Out of Lake The Ragatz Sedgwick team will be in Be Transferred to Napa County. For and Napa County were listening. several months the case was made by the Berryessa community.

Both Napa County and Reclamation responded positively areas of Lake Berryessa.

By May 15, 2016 the proposal was Fire The Feds!" I wrote at the time, "We direction to staff to sign a Memorandum global basis. need a revolutionary strategy to stop the of Understanding with Reclamation and a The goal is to move as quickly as death spiral at Lake Berryessa. The contract with Ragatz Sedgwick Realty for possible in tandem with other fifteen year failure of the Bureau of its knowledge and experience in discussions. Hopefully, within two to Reclamation is not based on simple developing hotels, resorts and other three months, they'll have an idea as to ineptness, often complex ineptness is recreational opportunities worldwide. how great the interest is and how quickly involved.

on a fatally-flawed policy at the federal identifying interested concession lucky year!

level which treats Lake Berryessa as just partners by marketing the opportunity to

The Lake Berryessa News, the Lake Plan.

pertains to concessions management.

On June 21, 2016, the Board directed (although staff to enter into negotiations for a (www.ragatzsedgwick.com) transferred to Napa County.

But the failure is actually based more Sedgwick Realty will assist the County in maybe this actually will Lake Berryessa's

Looking back on 2016 at Lake another "lake in the country" to be dealt the resort community and performing a Berryessa one might think that nothing with as any other federal rural holding - feasibility analysis to determine the best much happened. But a year is a long time, independent of context. Lake Berryessa is use of each site. The County's intent is to and 2016 did have some momentous not another "lake in the country". It is a market Lake Berryessa and seek interest events for the lake community. In 2015, major economic, social, and recreation in the opportunities that exist. The goal is after a year of economic analysis and resource in an urban-proximate setting to create a short list of interested parties community outreach, the Bureau of whose value to Napa County and the State that are viable and have interest and ideas Reclamation released a detailed Bid of California is being utterly wasted." that can fit within the Visitor Services

recreation areas. Hopes were high, but local residents then strongly promoted a identifying interest, the County and Reclamation announced that no new strategy - have Napa County take Reclamation will move forward with successful bids were received in response over management of the lake recreation negotiating a Managing Partner to the latest Prospectus (the third failed areas under a Managing Partner Agreement for recommendation to the Agreement with Reclamation. The Board of Supervisors and creating a In March, 2016 the Lake Berryessa headline on June 1 was even more formal Request for Proposal process to

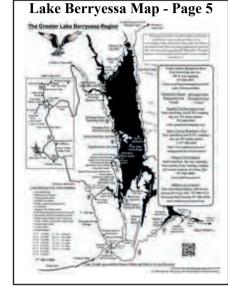
Management of Lake Berryessa Should Berryessa!" The Bureau of Reclamation Napa County during the week of January 9-13, 2017 to begin their research. They On June 7, 2016, the County entered will meet with the Bureau of Reclamation Lake Berryessa News and supported by into an agreement with Perkins Coie for as well as other interested parties such as the Lake Berryessa Chamber of specialized legal advisory services on the Lake Berryessa Chamber of Commerce and the majority of the Lake federal statutory and regulatory law as it Commerce, Visit Napa Valley members. and others.

Ragatz Sedgwick hesitantly) to this proposal. On April 5, Managing Partner Agreement between international commercial brokerage firm 2016, the Board authorized staff to the County and Reclamation. Under a focused exclusively on the resort real engage in discussions with Reclamation Managing Partner Agreement, the estate industry. Ragatz Associates. has and the Department of the Interior (DOI) responsibility to develop and manage offered consulting services to the resort regarding the future of the concession public recreation areas would be real estate industry for 40 years. The firm has conducted more than 2,500 At the December 6th Board of assignments in 48 states and more than 70 getting some traction and the Lake Supervisors meeting the supervisors countries. Clients include practically Berryessa News headline read: "A Path accepted a recommendation to move every significant development and Forward To Revitalize Lake Berryessa: forward with this strategy by providing financial institution in the industry on a

Under this agreement, Ragatz the process can move forward. And



Donation



I dream of a world where truth is what shapes politics, rather than politics shaping what people think is true.

Neil DeGrasse Tyson

Acquiring extreme wealth does not require greed, but accumulating extreme wealth does seem to engender it, or at least an unjustified sense of moral superiority.

Life - It's simple. Manipulation through ideological doctrine.

Provocation through prevarication

Is it progress if a cannibal uses a fork? Polish poet Stanislaw Lec

Why do we care about what happens to the earth, to our children, after we die? Will we come back as spirits to enjoy it like a big three-dimensional virtual reality game?

Anonymous

Ivan Borz

Coincidence is not Causality

28117 Fire Prevention Fee Being Put to Work All Over Eastern Napa County

An additional fire engine is staffed and on duty in Napa County this winter, and it has Why do we press harder on a remote control when we know the batteries are a specific purpose. Fire prevention. In recent years the CAL Fire budgets have been going dead? used up, and then some, during their busier than usual summer fire seasons, making winter prevention work almost impossible to budget. Now, due to the fee paid by all Why do banks charge a fee on "insufficient funds" when they know there is not

residents who live in the State Responsibility Area, there are funds designated enough money? Why does someone believe you when you say there are four billion stars, but check when you say the paint is wet?

Why doesn't glue stick to the bottle?

Why doesn't Tarzan have a beard?

Why does Superman stop bullets with his chest, but ducks when you throw a revolver at him?

Whose idea was it to put an "S" in the word "lisp"?

Why is it that no matter what color bubble bath you use the bubbles are always Is there ever a day that mattresses are not on sale?

Why do people constantly return to the refrigerator with hopes that something

new to eat will have materialized? Why do people keep running over a string a dozen times with their vacuum

cleaner, then reach down, pick it up, examine it, then put it down to give the vacuum one more chance?

Why is it that no plastic bag will open from the end on your first try?

How do those dead bugs get into those enclosed light fixtures?

Why is it that whenever you attempt to catch something that's falling off the table you always manage to knock something else over?

In winter why do we try to keep the house as warm as it was in summer when we complained about the heat?

How come you never hear father-in-law jokes?



specifically for wildfire prevention in rural areas. Starting back in November, 2016, the 3 to 4 PROJECT FUNDED person engine has been bouncing around from the



clearing of several acres of strategic fire breaks around these communities, making Napa County residents safer one day at a time. For info on how to help your home survive a wildfire, please visit www.readyforwildfire.org





CeCe Short Robin Short

(707) 337-0224 (707) 738-3006

PROPERTIES

Mountain Views Granite Counters In Kitchen Pristine In & Out **Garage Plus** Shop Great Opportunity!

Double Decks

With Lovely

4338 Berryessa Knoxville Rd

LANDLEADER.

Why, Why, Why,

Berryessa For All Vows to Carry the Fight to the BOR! More than 150 enthusiastically angry people gathered last week to

hear the legal strategy developed by Berryessa For All (BFA) to fight the Bureau of Reclamation's flawed Record of Decision for the future of Lake Berryessa. BFA contends that the BOR has violated and continues to violate the National Environmental Protection Act (NEPA), theAdministrative Procedure Act (APA), and federal law.

Ten Years Ago in the Lake Berryessa News: January 2007

BFA will ask the federal court to declare that the BOR withdraw and set aside any proposed action pursuant to the BOR's VSP ROD and the Final EIS for Lake Berryessa until and unless such time as the BOR demonstrates to the Court that it has complied with the NEPA, the APA, and federal law. BFA is a non-profit organization consisting of approximately

1,000 members and supporters with common and community been eating you up inside, but rather a interests as longterm permittees/stakeholders at the seven lake resorts BFA's primary focus and overall mission includes the preservation of the public's family-oriented recreation opportunities at Lake Berryessa. BFA is committed to protecting equal recreation opportunities and community interests for all segments of the public at Lake Berryessa. Eviction notices have already been sent to Berryessa Marina permittees and will soon be sent to Rancho Monticello permittees.

What Does the Bureau of Reclamation Do At Lake Berryessa for \$3,845,000?

Some people still think the BOR makes a lot of money from the local resorts. That's not true. The federal government gets a 3% concession fee on the resorts' gross revenues. Since the total gross revenue of ALL the resorts together is less than \$15 million per year, the government actually gets less than \$400,000 annually. That money goes directly into the US Treasury - not to the BOR.

The Lake Berryessa Office of the BOR then has to fight the Washington budget battles to get its share for managing the lake. That budget has decreased yearly. Their 2007 request is for \$3,845,000, down form the 2006 budget of \$4,135,000. So where does the money go? The following is gleaned from the latest budget request for 2007:

Water and Energy Management and Development (\$93,000)

Land Management and Development (\$1,061,000)

Fish and Wildlife Management and Development (\$133,000)

Facility Operations (\$1,725,000) - Continues ongoing infrastructure support, renewal of service contracts; routine operation and maintenance of the Lake Berryessa recreation facilities; and management oversight of Monticello Dam, Putah Diversion Dam, Putah South Canal, and Terminal Dam and Reservoir.

Removal of Trailers and Shoreline Structures (\$300,000) Continues removal of abandoned trailers, structures and other public health and safety hazards.

January Horoscopes

Aguarius (1/20-2/18): By this time next year, you'll be 400,000 dollars richer, two cars the better, and just as gullible as you are now.

Pisces (2/19-3/20): Your future as a songwriter ends almost before it begins when you find that someone has already compared the depth, power, and beauty of their love to an ocean.

Aries (3/21-4/19): You'll continue to grow as a human being this week, much to the relief of all those geneticists. Taurus (4/20 - 5/20): Turns out it's not

your relationship with your father that's

three-foot long parasite lodged directly below your kidney. Gemini (5/21 - 6/21): Due to its high incidence of hijinx, tomfoolery, and puns. you'll finally decide to stop answering doors during knock-knock jokes.

Cancer (6/22-7/22) Every day on Earth is like a beautiful gift from God, which is thoughtful and all, but you'd probably prefer something you can actually use. Leo (7/23-8/22): Juggling three young

children isn't easy for any mother, but then, that's why you start with tennis balls and bowling pins first. Virgo (8/23-9/22: Nothing will be what i

eems this week, especially breakfast Libra (9/23-10/22): You said you'd never forget all the little people who helped you along the way, but since becoming rich and

famous you haven't thought about those

midgets once. Scorpio (10/23-11/21): You'll balloon up to triple your weight after several months spent following a diet-book typo that told you to eat 16,000 calories a day.

Sagittarius (11/22-12/21): The human mind is a thing of startling beauty. Unfortunately yours is mostly filled with old phone numbers and minor celebrity

Capricorn (12/22-1/19): Nobody knows the troubles you've seen. Remind them of this fact at every possible opportunity.





(707) 337-0224 (707) 738-3006 2015 Redwood Rd., Ste. 5 4338 Berryessa Knoxville Rd.



FAMILY

5 generations 1 passion Open 11 AM to 5 PM Weekends 2950 Sage Canyon Road (HWay 128)

> Or by appt 1-800-WE-TASTE www.nicheliniwinery.com



SPANISH FLAT COUNTRY STORE & DELI At beautiful Lake Berryessa Groceries, Bait, Ice, Beer & ATM

> **BEST SANDWICHS AT THE LAKE** 4318 Berryessa Knoxville Rd., Napa, CA 707-966-1600 fax -707-966-1602



FRANK MOSLEY

P.O. BOX 9314 NAPA, CA 94558

c: 707.326.6730 F: 707.966.5034 E: MOSLEYON@AOL.COM

The Lake Berryessa News

www.LakeBerryessaNews.com Peter Kilkus 1515 Headlands Drive

Napa, CA 94558 Pkilkus@gmail.com

Subscriptions: \$36 per year

(Make check payable to Peter Kilkus)

SIR: A New Social Media Channel

By Peter Kilkus

1. Law of Mechanical Repair - After your hands become coated with grease. Although I've been doing a lot of computer-based social media work with the Lake Berryessa News web site, the Lake Berryessa News Facebook page, my email your nose will begin to itch and you'll have to pee.

newsletter and tweeting (I need to be ready if I ever become POTUS), friends just introduced me to a radical new form of social media. It's been dubbed FFEEME and is being practiced by the Sons In Retirement. The FFEEME acronym stands for Face-to-Face, Eyeball-to-Eyeball, Mouth-to-Ear, a form of social media that transcends computers, keyboards, and digital transmission formats. The Mission of SIR is to improve the lives of its members through fun activities and

events - while making friends for life. The only requirement is that you actually physically have to meet people, talk to them face to face, and do things with them. A few retired friends up here at Lake Berryessa recently decided I wasn't having enough fun on a regular basis so invited me to consider the Sons In Retirement. I was actually

invited by the Big Sir himself - quite an honor! My first luncheon meeting at the Napa Elks Lodge on Soscol (great facility) this week was very enjoyable and I intend to join. SIR has monthly luncheons with interesting speakers and good fellowship. Additionally, their members have lots of fun doing a variety of other activities such as golf, fishing, bowling, card games and computers. Many activities like travel, dining.



orientation. They don't sell light bulbs or anything else. They don't have a problem with organizations that do these things, its just that they don't. You've paid your dues to the working world - it's time to enjoy life. Are you retired or semi-retired and want to make new friends, participate in fur

of age, race, national origin or religion. The leader of a Sir Branch is designated Big Sir. His assistant is Little SIR. I assume the members are the Yes SIRs (or maybe I just made that one up.). Check out their web site:

activities and better enjoy your leisure time? SIR Membership is open to men regardless



Barry Bosshard's Laws of the Universe

- 2. Law of Gravity Any tool, nut, bolt, screw, when dropped, will roll to the
- least accessible place in the universe.

3. Law of Probability - The probability of being watched is directly

proportional to the stupidity of your act. 4. Law of Random Numbers - If you dial a wrong number, you never get a

will always move faster than the one you are in now.

- busy signal; someone always answers. 6. Variation Law - If you change lines (or traffic lanes), the one you were in
- 7. Law of the Bath When the body is fully immersed in water, the telephone
- 8. Law of Close Encounters The probability of meeting someone you know INCREASES dramatically when you are with someone you don't want to be
- 9. Law of the Result When you try to prove to someone that a machine won't work. IT WILL!!! 10. Law of Biomechanics - The severity of the itch is inversely proportional to
- 11. Law of the Theater & Hockey Arena At any event, the people whose seats are furthest from the aisle, always arrive last. They are the ones who
- will leave their seats several times to go for food, beer, or the toilet and who leave early before the end of the performance or the game is over. The folks in the aisle seats come early, never move once, have long gangly legs or big bellies and stay to the bitter end of the performance. The aisle people also are very surly folk. 12. The Coffee Law - As soon as you sit down to a cup of hot coffee, your
- boss will ask you to do something which will last until the coffee is cold. 13. Murphy's Law of Lockers - If there are only 2 people in a locker room,
- they will have adjacent lockers. 14. Law of Physical Surfaces - The chances of an open-faced jelly sandwich
- landing face down on a floor, are directly correlated to the newness and cost of the carpet or rug. 15. Law of Logical Argument - Anything is possible IF you don't know what you are talking about
- 16. Brown's Law of Physical Appearance If the clothes fit, they're ugly.
- 17. Oliver's Law of Public Speaking -- A CLOSED MOUTH GATHERS NO FEET!!!
- 18. Wilson's Law of Commercial Marketing Strategy As soon as you find a product that you really like, they will stop making it, OR the store will stop selling it!!
- 19. Doctors' Law If you don't feel well, make an appointment to go to the doctor, by the time you get there you'll feel better. But don't make an appointment, and you'll stay sick.

Lake Berryessa Senior Center

Join the fun. You don't have to be a "senior" to join the organization. Dues are just

\$25 a year and you only have to be 50 to be an official member. The Senior Center is a self-supporting non-profit organization. They have regular events such as Thanksgiving and Christmas dinner, the annual Crab Feed, summer bbgs, and various fundraisers. Bingo is at 1:00PM until 4:00PM every Monday afternoon.

Saturday, January 21, 2017:

Soup, Stew, Chili Potluck. 5:30 PM Social, 6:30 PM dinner. Bring your crock pot and share your best. Cornbread and rolls will be supplied

Saturday, February 18, 2017: Annual Crab Feed. Traditionally one of the biggest

social events at Lake Berryessa. Not to be missed. Details to come. The Center is available to rent for special occasions. There is a minimal charge and

a cleaning deposit. Call for details: 966-0206, 4380 Spanish Flat Loop Rd. In the pas

the Center has hosted weddings, receptions, memorials, and many community

functions such as blood drives, flu shots, Bureau of Reclamation presentations and

community meetings. The Lake Berryessa Chamber of Commerce

Dear Chamber Members and Potential Chamber Members.

towards having Napa County take over management of the lake recreation areas. The

Chamber has had a major influence in making this happen. And we are continuin

to work with the County and their consultants. Hopefully 2017 will see continued

The Chamber's tourist information program includes our partnership with Visit

Napa Valley including our own Lake Berryessa page on the excellent Visit Napa

Thanks for your support during the last year. Significant progress has been made

Valley website: www.visitnapavalley.com. Our own page is at:

www.visitnapavalley.com/lake berryessa.htm. Our partnership with Visit Napa Valley also guarantees that Lake Berryessa is featured in the Napa Valley Guidebook, which is distributed nationwide and can be viewed online by potential visitors at: https://issuu.com/visitnapavalley/docs/

Berryessa Chamber of Commerce to:

progress and a final resolution.

Lake Berryessa News and on the Chamber web page on the Lake Berryessa News | In University Archive web site: www.lakeberryessanews.com/chamber-of-commerce. You do not have to be a business owner to become a member. Anyone who wants

to help improve our local community is welcome, and encouraged, to join. Simply send your contact information and a check for \$25 made payable to the Lak

The Chamber will also continually promote Lake Berryessa and its businesses in the

Lake Berryessa Chamber of Commerce Spanish Flat Village Center Unit # 9318 Napa, CA 94558

Thanks for your support. Chamber Board 2017

nvg 2016xx

Peter Kilkus (President), Bob Lee (Vice-President), Jerry Rehmke (Treasurer), Craig Morton, Paul Quarneri, Tracy Renee, Marcia Ritz

Onion Headlines

Soccer Cleats Resume

Rightful Place Beside

Family's Garage For

Winter

NFL To Curb

Excessive

Celebrations By

Removing Areas O

Players' Brains

Responsible For

Emotions

Realistic 2017 Day

Planner Only Include

First Couple Weeks

After Purchase

Electoral College

Do Or Explicitly

Designed To Prevent

Hollywood Refusing

To Give Public Any

New Movies in 2017

Until It Can

Appreciate Ones It

Already Has

Super Bowl Halftime

Show Marred By

Functioning Sound

System

The Time To Act Is

Now,' Says

Yellowing Climate

Change Report Sitting

New Heavy-Duty

Voting Machine

Allows Americans To

Take Out Frustration

On It Before Casting

Ballot

Surgeon General

Recommends

Exercising Once

Every Several Months

During Flash Of

Panic About Health

Starting in January,

2017.

wants you to know that **Beautiful Lake Berryessa is OPEN!**

The Lake Berryessa Chamber of Commerce 3

All recreation areas - Markley Cove, Pleasure Cove, Steele

Broken Ball Pump In Canvon, Spanish Flat, and Putah Canvon - are open for launching and will remain open. The Capell Public Launch Ramp is closed but may reopen before the end of January due to recent rains. Oak Shores Day Use Area is great for picnics and viewing the lake and wildlife. After touring around the lake and stopping

at local wineries like Rustridge and Nichelini, a wide variety

of food and drink is available at Cucina Italiana, Spanish Flat

Country Store & Deli, and Turtle Rock. Delve into the fascinating past of the Town of Monticello. now at the bottom of the lake, by visiting the Berryessa Valley History Exhibit at the Spanish Flat Village Center. Please use this web site to contact our members to make use of their

www.lakeberryessanews.com/chamber-of-commerce/ Does What It Was Either Designed To



ALLIED **Propane Service** Bulk and Cylinder Delivery Propane Cylinders & Accessories Residential, Agricultural Commercial, Industrial 24 Hour Emergency Service All Tank Sizes Available

Vineyard Flaming Specialists

Allied Propane Service Chevron Pro Gas 221 Devlin Napa CA 94558

707-252-5500 707-678- 8500 (Dixon) Serving the Napa Valley since 1991 Aboveground & Underground Gas System Engineering & Design Gas Piping Construction **Outdoor Heating Specialists**

Pro-Ga

Time for some righteous New Year's resolutions for 2017! Lose that 10 pounds you gained from Thanksgiving through Christmas. The New Year's Eve party will be the last hurrah. I sincerely promise I'll start Monday. High-tech exercise incentive devices have been A recent study of how technology can motivate

around for years, but they've recently become big people to increase fitness suggests that some business. I hike a lot, but I also relax a lot on my deck. Somehow the relaxing, as most of you know. (and the wine-bread-book combination) engagement. Participants who received reminders overwhelms the exercise. Input vs. output then to exercise reported being more likely to follow simply equals a bigger you. Thanks to a Christmas present from my son, he, my doctor, and my friends individual's goals. (and I) may be able to worry less about my weight Losing, gaining or maintaining weight is about

supposedly "Makes every beat count with the allday, workouts and beyond.."

Encouraging people to maintain healthy habits is a challenge that pre-dates technology. Fitness trackers allow people to track progress in the form per day) before they reach some longer, more difficult goals (such as weight loss).

But will we become a Fitbit nation or continue down a path toward nationwide obesity? We probably need a few more years to find out



From my own experience since Christmas, the Fitbit can inspire you to exercise more to meet your daily goals (the default is 10,000 steps per day, but you can change that amount if you choose). I really like the ability to track my hikes using GPS and Google Maps. I can see my heart rate increase and calorie burn as I climb up and down the hills of Lake

features of the Fitbit may be more motivating than others. Reasonable goal-setting was critical to through, but the reminders had to be specific to the

math: calories in vs. out. By measuring how hard The Christmas present was a Fitbit Charge 2 which your heart is working you get a better measure of new heart rate and fitness wristband built for all- But here's the rub. As anyone who has worked out

in a gym knows, it takes a lot of exercise to burn what seems to be only a few calories. This can be demotivating in the extreme. From the chart below, I see that I only burned 308 calories in a 1.2 mile of short-term goals (such as number of steps walked strenuous hike in the hills. A similar hike 3.5 mile, hour and a half hike in some steep terrain the day before only burned 867 calories.

The calorie chart below shows how easy it is to put that right back on with a few favorite food or drinks. The moral of the story is that to lose weight you must exercise but you must also stop eating!

exercise, but you must also stop eating!					
Item Oty Calories	Olive oil 1 tbsp 120				
Apple 1 80	Mayo 1 tbsp 90				
Banana 1 115	Sugar 1 tsp 16				
Potato 1 med 220	Peanut butter 1 tbsp 65				
Onion 1c 54	Bagel 1 250				
Tomato 1 35	Bread 1 loaf 1,000				
Lettuce 1 head 60	Pizza12"1 slice 275				
Broccoli 1c 40	MacD burger 255				
Olives, sm can 110	MacD fries sm 220				
Brown rice 1c 200	Burrito 1 466				
Egg 1 70	Pretzel, soft 1 180				
Cheese - 1 oz 100	Granola bar 1 120				
Yogurt 1 240	Popcorn 1 cup 60				
Chicken breast 1 oz. 60	Pasta 4 oz 400				
Fish, white 1 oz 40	Wine 1c 160				
Salmon 1 oz 52	Wine, bottle 512				
Steak, lean 1 oz 58	Beer, 12 oz 146				
Shrimp (1 cup) 60	Alcohol, all, 1 oz 70				
Pork 1 oz 44	Milk, skim 8 oz 130				
Margarine 1 tbsp 90	Cream 2 tbsp 35				

Lake Berryessa Rainfall and Lake Level History

January 2017 has started off well, but a lot more rain is needed to raise the lake level significantly. The lake rises, on average, about 7 inches per inch of rain. The level is now at about 405 feet, 35 feet to go to fill up. This means we still need about 60 inches more rain this year. Most people would be satisfied if the lake goes up 25 more feet - needing only about 42 more inches! Lowest Lake | Level Below First Rain Total Season

Total

Level

Glory Hole

By 1/1

	10.77"	46.26"	425.4'	-14.6'
11/10/98	7.18"	23,46"	431.11	-8,9
10/30/99	6.5"	26"	427.0	-13.0'
10/20/00	4.54"	24.7"	427.1	-12.9
10/29/01	15,73"	23.38"	420.4	-19.6
11/7/02	19.34"	31.6"	421.5	-18.5
10/31/03	12.01"	25,64"	429,5'	-10,5
10/19/04	15.55"	36.36"	426.8'	-13,2
9/26/05	17.4"	40.56"	431.0'	-9.0
10/3/06	5.36"	12.7"	430.5	-9.5
9/19/07	4.48"	25.32"	419.1	-20.9
10/3/08	6.6"	23.96"	406.9	-33.1
9/13/09	6.5"	26.41"	412.5	-27,5
10/17/10	12.62"	37.92"	425.5'	-14.5
9/25/11	3.04"	19.56"	418.86'	-21.4
10/22/12	17.97"	20.65"	414.43'	-25.57
9/21/13	1.88"	13.69"	409.77	-30.23
9/18/14	13,34"	19.56"	400.53	-39.47
10/2/15	6.23"	24.57"	395.8'	-44.2
10/3/16	9.51"			

When I see lovers' names carved in a tree, I don't think it's sweet. I just think it's surprising how many people bring a knife on a date.

Jokes about unemployed people are not funny. They just don't work.

Lake Level Status: 1/3/17

Happy New Year from a rising (about 2 inches in the last 2 days) Lake Berryessa. The latest rainfall (more than 2 inches) has not yet affected lake levels significantly. The lake level is at 403.9 feet - 36.1 feet

below Glory Hole - up 4.2 feet since Dec. 1 About a foot or so more rise to re-open the Capell launch ramp. The level has risen 5.3 feet since its low of

398.6 feet on 10/23/16.

At the present level, Lake Berryessa holds 934,188 acre-feet of water - 58.4% of its 1,600,000 A-F capacity.

The lake level at this time last year was 396.2 feet, 7.7 feet lower than today.

Rainfall total (as of 1/4/17) is 10.94 inches 4.7 inches more than last year at this time.

Lake Berryessa's Dufer Point Visitor Center Invites You to be Wild About Wetlands

The Bureau of Reclamation announces a new exhibit at Lake Berryessa's Dufer Point Visitor Center. Wild About Wetlands is an exhibit on loan from, and developed by, the Effie Yeaw Nature Center in Carmichael, California.

The exhibit shows the importance of wetlands in filtering water and providing a location for habitat and recreation. In addition to several exhibit panels, the loan includes interactive children's games to occupy visitors who are young or young-at-heart.

The exhibit will remain on display at Lake Berryessa until September 2017.

The Dufer Point Visitor Center is currently open from 12 to 3 p.m. every Saturday and Sunday, except for Christmas Day.

The Visitor Center is located at 5520 Knoxville Road, Napa CA 94558.

Park Rangers are available at the Visitor Center to answer questions about natural resources, recreational opportunities, wildlife and the area's history. Brochures, maps, trail guides and other educational information are available free of charge.

Please contact the Park Rangers at 707-966-2111 ext. 113 for more information about park exhibits, events and programs.

