

What's Inside Cheeze Whiz?

Explore the secrets of one of the world's most unnatural foods.

Whey: The cheese-making process removes 80 to 90 percent of milk's moisture, some of which is in the form of liquid whey proteins. This byproduct is usually thrown out, but Kraft plows it back into Easy Cheese to increase volume (filler!) – and passes the savings along to you.

Canola oil: Keeps the cheese from solidifying.

Salt: Increases the osmotic transport of moisture, speeding up the cheese-drying process. It also inhibits bacterial growth—in other words, it's a preservative. Easy Cheese has twice the sodium of typical organic cheddar.

Sodium citrate: The sodium in this compound exchanges ions with the calcium in the milk and "softens" the water-soluble portion of the cheese, enabling it to mix thoroughly with the fat-soluble component. That's called emulsification. The citric acid-derived citrate boosts the sour "bite" of cheddar.

Sodium phosphate: Degreaser, preservative, urine acidifier, enema ingredient – is there anything Na3PO4 can't do? Here, it's another emulsifying agent. Proponents of natural cheese cited this additive when lobbying to have Kraft's products regulated as "embalmed cheese." The Feds settled on the less-mortifying "process cheese."

Calcium phosphate: Sodium phosphate tends to make calcium unavailable to the body. So it's possible that calcium phosphate has to be added to make Easy Cheese healthier. It also makes it legal for Kraft to label every can "an excellent source of calcium."

Lactic acid: Bacteria, either found naturally in milk or added in the cheesemaking process, digest the milk sugar lactose and produce lactic acid. It tastes a bit sour, because that's how your taste buds interpret hydrogen ions, a key component of every acid.

Sodium alginate: Every good processed food has seaweed extract, and Easy Cheese is no exception. Alginate, a gum found in the cell walls of brown algae, is flavorless but increases viscosity.

Apocarotenal: This yellow-orange pigment, found in spinach and citrus fruits, enhances the color of processed cheese.

The can: Easy Cheese is not a true aerosol – the food never comes in contact with propellant. The can has two sections: The bottom is filled with nitrogen gas, and the top with cheese. Press the nozzle and the nitrogen pressure pushes the cheese out of the can. The nozzle is notched for two reasons: To produce those pretty little floret patterns when the cheese is released, and to ensure that the tasty condiment comes out even if the end of the nozzle is pushed right up against the cracker.



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THINGS YOU WOULD LOVE TO SAY OUT LOUD AT WORK

How about never? Is never good for you?

I see you have set aside this special time to publicly humiliate yourself.

I don't know what your problem is, but I'll bet it's hard to pronounce.

Ahhh, I see the screw-up fairy has visited us again.

I like you. You remind me of myself when I was young and stupid.

You are validating my inherent mistrust of strangers.

I have plenty of talent and vision; I just don't give a damn.

I am already visualizing the duct tape over your mouth.

I will always cherish the initial misconceptions I had about you.

Thanks! We're all refreshed and challenged by your unique point of view.

The fact that no one understands you does not mean you are an artist.

Any connection between your reality and mine is purely coincidental.

What am I? Flypaper for freaks?

I'm not being rude. You're just insignificant.

It's a thankless job, but I've got a lot of karma to burn off.

Yes, I am an agent of Satan, but my duties are largely ceremonial.

I started out with nothing and still have most of it left.

Sarcasm is just one more service we offer.

I'll try being nicer if you try being smarter.

Chaos, panic and disorder. My work here is finally done.

Lake Berryessa News Drone Visits Pope Valley Elementary School

Students at the Pope Valley Elementary School had a fun presentation recently, learning about how the Lake Berryessa News tells the stories of the region and keeps a historical record for all. Also, of course, they got a Lake Berryessa News Drone demonstration. The video on YouTube is for all the students and fans of the Pope Valley Elementary School. What a great place to be inspired!

**The drone was fun for all
to watch, but
we also talked about:**

**Community Newspapers
Regional History
Writing/Storytelling
Video/Photography
Drone Technology
Drone Rules and Safety
Various Jobs**

www.youtube.com/watch?v=4OWpVYSnv3E

Here is some information from the school website:

"Pope Valley Elementary School is the smallest and most isolated school in Napa County. It is a single-school district whose board consists of local volunteers, three of whom also volunteer for the local fire department. Pope Valley Elementary School serves about 60 students from kindergarten to the eighth grade. While students typically matriculate to St. Helena High School, students may attend any high school when leaving Pope Valley.

The students at Pope Valley Elementary School are taught in four classes with experienced and highly-qualified teachers, instructional aides, and a dedicated support staff. One of the aides manages the after school program while the other is one of two bus drivers. The school's 5th-8th grade language arts and social studies teacher also serves as principal and superintendent.

We Believe in Character Development Education

Pope Valley Elementary School will be expanding its focus on character development education during the 2016-2017 school year. The school has adopted the Six Pillars of Character and the Character Counts! program. Students in all grades will learn about the six traits: Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship. They will learn how their actions and words affect others and how having a strong character leads to success."

**Pope Valley
Elementary School**

I Support Local Education

The Lake Berryessa News

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10 **Rattlesnakes: Friend or Enemy – or just a primal fear?**

By Peter Kilkus

Above the Berryessa Highlands we’ve regularly had close encounters with rattlesnakes in spring and summer. We had an adventure getting one out of our kitchen a couple of years ago. One just slithered between our friends on our shooting range last weekend. There’s nothing quite like walking down a trail and coming upon a coiled rattlesnake looking you in the eye – the cold flash of adrenaline you feel.

I once chased a 3-footer off our road and it did something I’ve never seen. When I threw a rock at it, it gave a loud (kind of scary) rattle, then jumped into the lower branches of some tightly packed bushes and zipped away without touching the ground as far as I could follow it.

Rattlers have good vision to at least 15 feet away under moderate illumination. The eyes are set so far to the sides of the head that they have only a limited field of binocular (stereo) vision. This may result in their moving their head from side to side as they try to get a good picture of something. Rattlers are too slow to outrun or dodge even the slowest of their enemies, thus the need for good long-range vision.

Though rattlesnakes are dangerous if provoked, they are generally not aggressive, and they also provide humans with a tremendous service - they eat rodents, other reptiles, and insects, and are in turn eaten by other predators.

A friend sent me a photo of a king snake eating a rattlesnake on the deck of neighbor’s house in Wragg Canyon. The king snake was tightly coiled around the rattler and half the rattlesnake was already inside the king snake.

The California Poison Control Center notes that rattlesnakes account for more than 800 bites each year with only one to two deaths. About 25 percent of the bites are “dry,” meaning no venom was injected, but the bites still require medical treatment.

Do’s and don’ts in snake country:

Be aware that startled rattlesnakes may not rattle before striking defensively. There are several safety measures that can

be taken to reduce the likelihood of startling a rattlesnake.

Never go barefoot or wear sandals when walking through wild areas. Wear hiking boots.

When hiking, stick to well-used trails and wear over-the-ankle boots and loose-fitting long pants.

Avoid tall grass, weeds and heavy underbrush where snakes may hide during the day.

Don't move planks, rocks or logs by hand - use a stick or crowbar until you can see under it. Do not step or put your hands where you cannot see, and avoid wandering around in the dark. Don't reach into holes in the ground, rocks, trees, woodpiles, abandoned buckets or tires.

Step ON logs and rocks, never over them, and be especially careful when climbing rocks or gathering firewood.



Check out stumps or logs before sitting down, and shake out sleeping bags before.

Never grab “sticks” or “branches” while swimming in lakes and rivers. Rattlesnakes can swim.

Be careful when stepping over the doorstep as well. Snakes like to crawl along the edge of buildings where they are protected on one side.

When you hear a rattle or loud hiss, freeze until you identify where the sound is coming from; you don't want to accidentally step on it when trying to flee.

Once you have spotted it, give it time to move away. If it doesn't, move slowly straight away from it; don't walk to one side or the other as that could be perceived as threatening. Look behind you before

you start to walk backwards - you don't want to trip over a rock, or another snake.

Don't handle a dead or injured snake. Dead snakes may not really be dead. Muscle contractions can still cause wounds, even when handling the decapitated head of a rattler.

Is it a rattlesnake?

Many a useful and non-threatening snake has suffered a quick death from a frantic human who has mistakenly identified a gopher snake, garter, racer or other as a rattlesnake.

This usually happens when a snake assumes an instinctual defensive position used to bluff adversaries. A gopher snake has the added unfortunate trait of imitating a rattlesnake by flattening its head and body, vibrating its tail, hissing and actually striking if approached.

A rattlesnake is a heavy-bodied, blunt-tailed snake with one or more rattles on the tail. It has a triangular-shaped head, much broader at the back than at the front, and a distinct “neck” region. The rattlesnake also has openings between the

nostrils and eyes, which is a heat-sensing pit. The eyes are hooded with elliptical pupils.

Additional identifying characteristics include a series of dark and light bands near the tail, just before the rattles, which are different from the markings on the rest of the body. Also note that rattles may not always be present, as they are often lost through breakage and are not always developed on the young.

What to do if bitten.

Though uncommon, rattlesnake bites do occur, so have a plan in place for responding to any situation. Carry a portable phone, hike with a companion who can assist in an emergency, and make sure that family or friends know where

you are going and when you will be checking in.

The first thing to do if bitten is to stay calm. Generally, the most serious effect of a rattlesnake bite to an adult is local tissue damage which needs to be treated. Children, because they are smaller, are in more danger if bitten.

Get to a doctor as soon as possible, but stay calm. Frenetic, high-speed driving places the victim at greater risk of an accident and increased heart rate. If the doctor is more than 30 minutes away, keep the bite below the heart, and then get to the doctor as quickly as possible.

Do not try to cut the bite wound open or suck out the poison. Wash the bite area gently with soap and water

Remove watches, rings, etc, which may constrict swelling. Immobilize the affected area

Most bites to dogs occur on the face or extremities. The rattlesnake bite is generally “hemotoxic” which means that it exerts its toxin by disrupting the integrity of the blood vessels. The swelling is often dramatic with up to 1/3 of the total blood circulation being lost into the tissues in a matter of hours.

The toxin further disrupts normal blood clotting mechanisms leading to uncontrolled bleeding. This kind of blood loss induces shock and finally death. Facial bites are often more lethal as the swelling may occlude the throat or impair ability to breathe.

Effects depend on the amount of venom injected. Approximately 20-25% of bites are "dry" meaning no venom has been injected, 30% of bites are mild meaning they cause local pain and swelling in the bite area and no systemic symptoms, 40% of bites are severe with approximately 5% actually being fatal.

Spring is the period of greatest activity. Emerging from winter hibernation, they are hungry and looking for mates, as this is also the breeding season. During this time they will eat prodigiously, look for females to court, and will battle competing males. During these times of stress, and when trying to eat and when in their opaque stage several days before they are ready to shed, they are most likely to act aggressively.

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Study Finds Newborn Infants Can Tell If Parents Are Losers

A study published this week in the journal Pediatrics found that, within seconds of their birth, babies have the ability to sense whether their parents are losers.

"From the moment they open their eyes, newborns can tell if their mother had no other options and was forced to settle for their father, or if their father is a sad sack who has no friends and gets drunk on a single glass of chardonnay," said researcher

Dr. Stuart Lindstrom, explaining that despite their blurry vision, infants can still identify basic loser body types, and have specialized olfactory receptors allowing them to detect the odor of failure.

"In fact, we've determined that as early as the second trimester, a fetus picks up on the income and social standing of its mother via the umbilical cord." The study also concluded that the screams of newborns stem from the sudden realization they will be stuck with their loser parents for at least 18 years.

April 1st Notes

"Everyone has a right to be stupid; some people just abuse the privilege."

"Never attribute to malice that which can be adequately explained by stupidity."


"Only two things are infinite, the universe and human stupidity, and I'm not sure about the former."- Albert Einstein

"Nothing in the world is more dangerous than sincere ignorance and conscientious stupidity."- Martin Luther King, Jr.

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Beautiful Lake Berryessa is OPEN!

All recreation areas - Markley Cove, Pleasure Cove, Steele Canyon, Spanish Flat, and Putah Canyon - are open for launching and will remain open. The Capell Public Launch Ramp is also open..

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 services:

www.lakeberryessanews.com/chamber-of-commerce/



A consensus means that everyone agrees to say collectively what no one believes individually.

If at first you don't succeed, you'll get a lot of free advice from folks who didn't succeed either.

Efficiency is a highly developed form of laziness.

Eighty percent of all people consider themselves to be above average.

Women should not have children after 35. Really... 35 children should be enough.

4 Alligators in Lake Berryessa?

Speaking of adventures at the lake, Allie the Lake Berryessa Alligator, apparently first seen many years ago at Steele Park, seems to have returned.

At that time rumor had it that someone had released a pet alligator at an unnamed resort during the April Fool’s Day holiday prior to 2012. Strangely - or simply coincidentally - all sightings of Allie seem to have occurred on April 1.

There had been a couple of unverified sightings by resort guests and a claim by someone that something alligator-like attacked his dog along the shore of the Steele Park marina. Fish and Game was notified. Several people took their boats out in search of the creature.

In 2012 I had received an alligator sighting photo at Jumping Rock from a local resident. When I posted it on my Lake Berryessa News Facebook page, I recieved more than 5,000 hits and 150 comments.

This sighting of Allie, the Lake Berryessa Alligator, also seen several years previously at Steele Park, convinced some residents that they now had a serious tourist attraction to kick-start our local economy which had been devastated by the closure and demolition of most of the resorts in 2008-2009.

The Lake Berryessa News investigative team verified that someone saw something, but no one confirmed an anything. More likely the original culprit was a large catfish. No dog was actually attacked, but a woman walking a dog saw a large shadow in the water. The next day an 18 pound catfish was caught in the same area!

Alligator sightings stopped for several years as the lake level continued to drop. Allie may have been enjoying her perch on the side of a dry Glory Hole.

However, the rapid rise of the lake this year seems to have encouraged her to come out of hiding.

The Lake Berryessa News cannot confirm the validity of this set of photos, but based on the “alternative facts” approach of modern fake news, we cannot deny their authenticity either.



April Horoscopes

Aquarius (1/20-2/18): The stars foresee a second job promotion in the days to come, though they should probably be telling Dave about it instead of you.

Pisces (2/19-3/20): Despite the offer of a brand new car, an all-expense-paid trip to Greece, and a four-piece living room set, you’ll once again go for the box with the question mark on it.

Aries (3/21-4/19): Everyone wants to live forever, but in your case it would just mean more time being chased by an angry swarm of bees.

Taurus (4/20 – 5/20): Your extremely trying week will not be improved by your decision to deal with all problems by leaning on the horn.

Gemini (5/21 – 6/21): You should have more folding chairs around. If wrestlers come over and can’t find one, they’ll use something else.

Cancer (6/22-7/22): Millions will be rescued this week when the Red Cross deploys thousands of desperately needed words to the site of an unspeakable tragedy.

Leo (7/23-8/22): You must admit that you’re sleeping better than ever, but it’s kind of unpleasant to wake up every morning with a blowgun dart in the back of your neck.

Virgo (8/23-9/22: Well, the stars tried, but somehow, you’ve been left more or less in control of your own destiny this week.








Libra (9/23-10/22): For centuries, great thinkers have contemplated the purpose of life. It’s best to just relax and assume they’ve figured it out.


Scorpio (10/23-11/21): If you’ve ever regretted not pursuing a career in bullfighting, this week may bring an accidental chance to start over.

Sagittarius (11/22-12/21): Don’t take it personally: Someone had to be the cutoff point for who does and doesn’t get on the Emergency Earth-Escape Rocket.

Capricorn (12/22-1/19): Your bold, take-no-prisoners attitude has made you who you are today: one of the least successful criminal prosecutors in the country.



Bass	Catfish	Other Fish at Berryessa
 <small>Largemouth Bass (<i>Micropterus salmoides</i>)</small>	 <small>Bullhead Catfish (<i>Ictalurus dolomeieu</i>)</small>	
Fishing for bass is an exciting experience, and keeping their feeding habits in mind makes finding them much more likely.	Catfish are the bottom feeders of Lake Berryessa. Species such as channel catfish , bullhead catfish and white catfish live in the lake.	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. Originally from Asia, carp are the most widespread introduced fish species in U.S. lakes and streams, and they 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 Berryessa. Although often regarded as inedible by local anglers, carp are considered a delicacy in many cultures, and they put up a thrilling fight when hooked.
Size: Largemouth bass – 15 to 20 inches Smallmouth bass – 12 to 18 inches Spotted bass (<i>Micropterus punctulatus</i>) – 12 to 17 inches	Size: 2-4 lbs on average, but they can grow enormous in deeper parts of the lake, often exceeding 20 lbs	 <small>Carp (<i>Cyprinus carpio</i>)</small>
Difficulty: 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 Berryessa.	Difficulty: Catfish are abundant and easily caught in almost every part of the lake.	
Where and when: Bass spawn in the spring, when they can be found feeding in shallow areas for most of the day. In the summer, they generally spend their nights resting in deep water, but they move to shallow water to feed in the morning and evening. These areas usually have vegetation or other structures to 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 areas along the edge. Fishermen often say that rocky points, floating vegetation, docks or coves filled with trees are prime bass habitat.	Where and when: Although catfish feed all day long, they are most active during the night. Waiting until the sun sets will lure the fish into shallow water (10-20 feet). If you do fish for them during the day, keep in mind that they will be found in deeper water (30 feet or more).	Another fish which Berryessa supports is the native Sacramento pikeminnow . These large silver fish are actually giant minnows, and they often fool anglers who are pursuing the more popular trout or bass. They are typically considered inedible because of their bony meat, but, like the carp, they put up a strong fight for any angler who hooks them.
How to catch them: Every angler seems to have their own belief about the best bass lure. The most popular are floating plugs, spinner baits, rattling lures, plastic worms or a simple live worm or minnow.	How to catch them: To catch catfish, almost all anglers simply sink natural bait to the bottom of the lake, keep the line taut 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 taut line will alert the angler to a fish strike.	 <small>Sacramento Pikeminnow (<i>Ptychocheilus grandis</i>)</small>
 <small>Smallmouth Bass (<i>Micropterus dolomeieu</i>)</small>	 <small>White Catfish (<i>Ameiurus catus</i>)</small>	Berryessa contains a wide variety of minnows, including the golden shiner (<i>Notemigonus crysoleucas</i>) and the threadfin shad (<i>Dorosoma petenense</i>). Lake Berryessa’s waters also support many other species of fresh water organisms including crayfish, clams and otters.
 <small>Channel Catfish (<i>Ictalurus punctatus</i>)</small>		

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I went to see my doctor. "Doctor, every morning when I get up and look in the mirror, I feel like throwing up. What's wrong with me?" He said "I don't know but your eyesight is perfect."

9 out of 10 doctors will agree that 1 out of 10 doctors is an idiot.



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East Shore Wildlife Area

The east shore of Lake Berryessa is an undeveloped wildlife area backed by cattle ranches. The well maintained gravel East Shore Ranch and Fire Access Road allows public access for almost six miles of the shoreline starting from the Knoxville-Berryessa Road and extending south to a turn-around loop.

The area between the road and the water is the East Shore Wildlife Area. The road provides public access to the Wildlife Area as well as ranch and fire access. The Wildlife Area extends south from the end of the gravel road to the dam and is accessible by foot.

There are two pedestrian access gates through the fence that runs on the lake side of the road. The first gate (labeled E1) is 0.2 miles from the Knoxville-Berryessa Road and allows access to the northern end of the Wildlife Area. Parking is available across the gravel road and a short distance to the north of the gate.

The second gate (labeled E14 -) is 5.5 miles from the Knoxville-Berryessa Road and allows access to the middle of the Wildlife Area. Short trails lead from each gate to the shore. A large variety of raptors and water fowl may be viewed from the trails including White Pelicans, Golden and Bald Eagles, Western Grebes, Cormorants and many species of ducks.

While the entire Wildlife Area is open to hikers and bird watchers, visitors should be aware that rattlesnakes inhabit the tall grass and thistle that cover much of the area. [Signs posted on the fences](#) give regulations governing the Wildlife Area. There are 15 numbered metal gates (labeled E1 to E15) along the public access road. Hikers may climb over any of these gates to access the Wildlife Area.

Note that the somewhat confusing "Closed Area" signs mean only that the area behind the sign is closed to off-road vehicle use. Unless otherwise noted, foot access is allowed and hikers are welcome.

All of the land to the east (away from the lake) side of the road is private property and not open to the public. The ranch houses are not appropriate sources of information, water or bathroom facilities; contact ranchers in case of emergency.

Smittle Creek Trail

This 2.6 mile trail provides a fairly easy hike along Lake Berryessa's shoreline from Smittle Creek Park to Coyote Knolls in Oak Shores Park. Just offshore can be seen Big Island and Small Island. Spring is the best time, winter is good too. Summer is the time to bring a swimsuit for a dip in a quiet cove. Dogs are allowed on leash.

The northern trailhead begins at the southern end of the Smittle Creek parking lot, located about a mile north of the Oak Shores entrance. Take the steps down the hill to the bulletin board which has a map of the trail and is the trailhead. The trail starts to the south of the bulletin board (to the right if you are facing the board).

Although not formally part of the Smittle Creek Trail, another short trail begins at the northern end of the parking lot. Follow the trail to the restroom where the trail continues to the left. This loop trail offers great views up and across the lake. There is also access to the Smittle Creek Trail from the second gated access road off the Knoxville-Berryessa Road south of the Smittle Creek parking lot.

As you wind along the shore, look for the Bald Eagle nest high in a tree on Big Island. This is an active breeding nest and Bald Eagles are frequently seen along the trail.

For information, visit the Bureau of Reclamation Visitor's Center which is about a mile south of the Oak Shores entrance. There you may obtain a more detailed map showing restrooms along the trail. This trail map is also available at the trailheads.

North End Trail

This scenic trail winds along the North Shore of Lake Berryessa. The trail is a moderate hike with views of Blue Ridge and the full length of the lake. White Pelicans, Bald Eagles and the more common Western Grebes and Osprey live along the shoreline.

Trail Distances

Putah Creek to La Pointe: 1.6 Miles
La Pointe to Schoolhouse Cove: 1.2 Miles
Schoolhouse Cove to K6: 1.5 Miles

Legend

- Trail
- Trail Entrance and Parking
- Restroom

N

0 1/2
Scale (Miles)

Guidelines

The trail provides shoreline access for picnics and fishing. Parking is provided in pullouts near the trail entrances. Please be alert for poison oak and ticks in this area. Dogs on leash are allowed. Camping and fires are not allowed. Enjoy the trail.

Berryessa Trails and Conservation
On the Web at <http://berryessatrails.org>

Pope Canyon Trail

Starting from the West Gate, this trail follows the original Pope Canyon Road for 1.6 miles to the lake. The deep canyon offers quiet solitude with several shoreline grassy areas for picnics and fishing.

The short trail segment starting near the main lake is a popular gathering place for groups to socialize.

Legend

- Trail
- Future Trail
- Trail Entrance and Parking
- Restroom

N

0 1/2
Scale (Miles)

Guidelines

The trail provides access for picnics and fishing. Parking is provided near the trail entrances. Please be alert for poison oak and ticks in this area. Dogs on leash are allowed. Camping and fires are not allowed. Enjoy the trail.

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On the Web at <http://berryessatrails.org>

The Bureau of Reclamation Encourages You To Visit Lake Berryessa This Summer

Winter rains have brought Lake Berryessa to its maximum water storage capacity for the first time since 2006. With the rise in water level, it is expected to be a busy summer at the lake, and Reclamation staff want to offer some suggestions for a successful and safe summer season.

Reclamation Facilities are Open

The Dufer Point Visitor Center is open from 12-3 p.m. on Saturdays and Sundays until April 1. On April 1, we will add weekday hours from 12-3 p.m. and expand weekend hours to 10 a.m.-5 p.m. Through September 2017, visitors have the opportunity to explore the *Wild about Wetlands* exhibit on loan from the Effie Yeaw Nature Center.

Oak Shores Day Use Area, will extend its hours of operation from 5 p.m. to 8 p.m., and the north end of Oak Shores will be open to day use.

The Capell Cove Boat Launch is now open for launching from 4 a.m.-10 p.m., is free of charge, and is anticipated to be open all summer.

Make Your Reservations

Oak Shores Day Use Area offers six large group shade shelters at Acorn Beach, Foxtail Flat and Coyote Beach. Group shelters are very popular and can be reserved for groups of up to 50. Reservations are \$25 per shelter per day and can be made at <http://www.recreation.gov>. No entrance fee is charged for Oak Shores. For more information, or to organize a larger event, please contact the Lake Berryessa Park Ranger Office at 707-966-2111 ext. 113.

Markley Cove Resort, Pleasure Cove Marina, Steele Canyon Recreation Area, Putah Canyon Recreation Area, and Spanish Flat Recreation Area continue to offer a variety of recreation services including camping and boat launching. For information regarding operations and services at concession-operated facilities or to make reservations, please call:

Markley Cove, 707-966-2134,
www.markleycoveresort.com

Pleasure Cove Marina, 707-966-9600,
www.goberryessa.com

Steele Canyon Recreation Area, 707-966-9179,
www.goberryessa.com

Spanish Flat Recreation Area 707-966-0200,
www.spanishflatcamping.com

Putah Canyon Recreation Area, 707-966-9051,
www.royalelcparkmanagement.com



Locals expect to see a busy summer season, and many visitors have already made reservations for camping and day use sites around the lake, with some camping locations already close to full for Memorial Day weekend! Visitors are encouraged to plan ahead this summer as the campgrounds will be busy. Summer weekdays are usually less crowded and are a good option for those looking to camp.

Plan for a Safe Visit

For those boating this year, be on the lookout for hazards, both floating and submerged. All Coast Guard and State of California rules for navigation and boat operation apply and are strictly enforced by the Napa County Sheriff's Office.

There's never been a better time for a swim at Lake Berryessa but please remember:

Never swim alone

No lifeguards are present at Lake Berryessa



Children should always wear life jackets and be supervised near water

The lake bottom is uneven and features sudden drop-offs

The Centers for Disease Control and Prevention report that up to 70 percent of adult and adolescent water recreation deaths are alcohol related. Sun exposure and heat compound to intensify alcohol's effect on balance, coordination and judgement, so please use caution this summer.

Park Rangers at Oak Shores Day Use Area operate a life jacket loaner program that lends both children and adult-sized life jackets for the day. Contact any staff member of the Day Use Area to take advantage of this free safety program.

Campfires are only permitted within campfire rings in established campgrounds. Personal charcoal barbecue grills are not allowed anywhere at Lake Berryessa.

Those wishing to barbecue with charcoal must use the grills provided in established campgrounds and Day Use Areas.

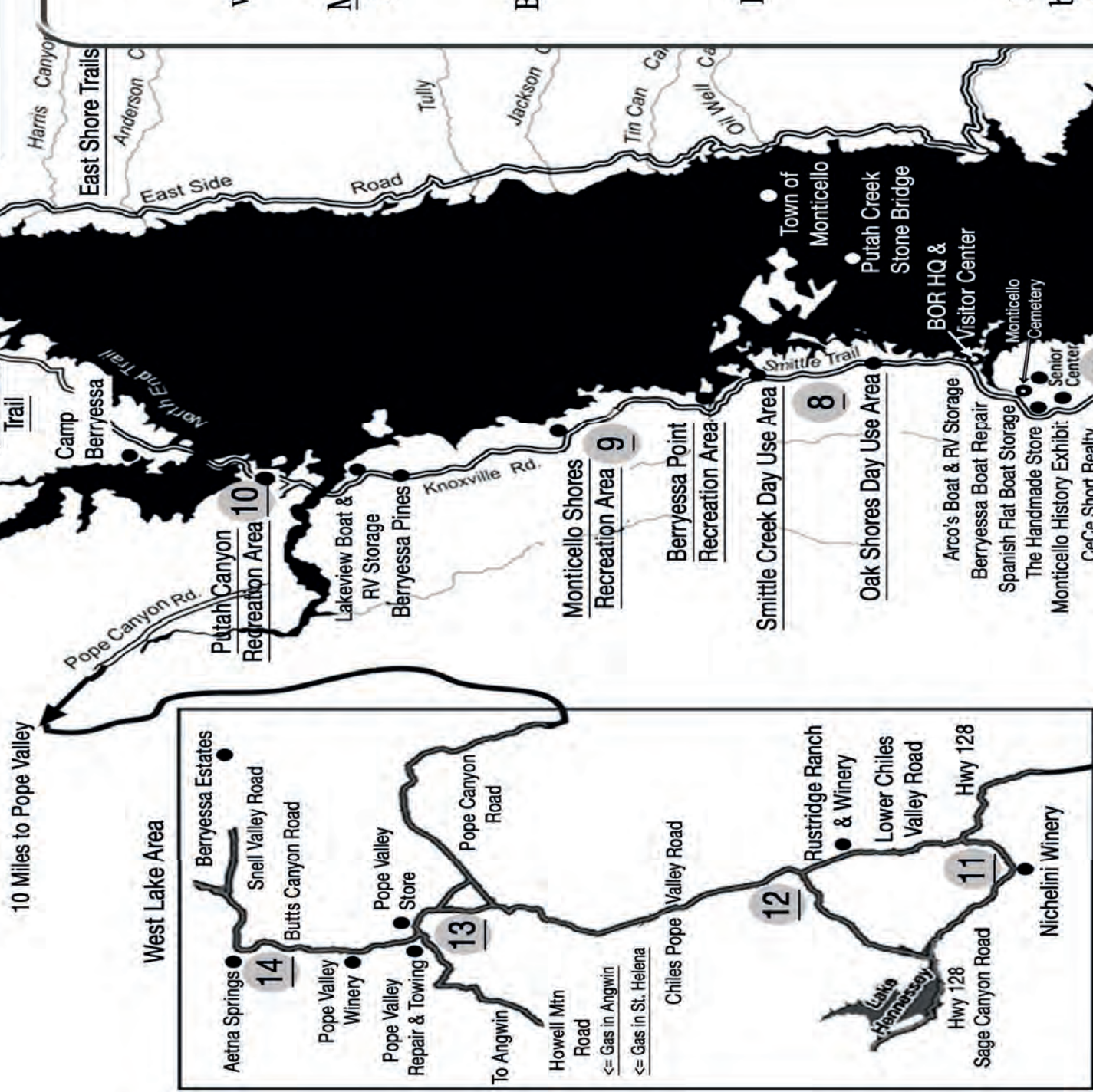
If you would like more information on any topic described, please contact the Lake Berryessa Field Office at 707-966-2111 ext. 113.

The Greater Lake Berryessa Region



To BLM Knoxville OHV & Recreation Area
34 Miles to Lower Lake

Free Public Facilities: Oak Shores/Smittle Creek Day Use Parks are open on the west shore. Go to www.usbr.gov/mp/ccao/Berryessa for details. Oak Shores and Smittle Creek offer nice hiking opportunities and more than 100 picnic sites equipped with BBQ grills. Two hand launches for non-motorized car-top boats are also available. 707-966-2111



Putah Canyon Recreation Area
Boat launching, day use, RV & tent camping
707-966-9051
www.royalelcparkmanagement.com/Lake_Berryessa.html

Monticello Shores Berryessa Point Recreation Area
Closed Closed

Spanish Flat Recreation Area
Boat launching, tent & RV camping, day use, RV dump station.
707-966-0200
www.spanishflatcamping.com

Steele Canyon Recreation Area
Boat launching, tent & RV camping, day use, RV dump station.
1-877-386-4383
<http://www.goberryessa.com/>

Pleasure Cove Marina
Boat launching, day use, camping, boat rentals, house boating, lodging, full-service marina, wet slips, fuel.
707-966-9600
www.goberryessa.com

Markley Cove Resort
Boat launching, lodging, full-service marina, wet slips, fuel. 707-966-2134
Berryessa Boat Rentals 707-966-4204
www.markleycoveresort.com

Lake Berryessa Area Travel Distances

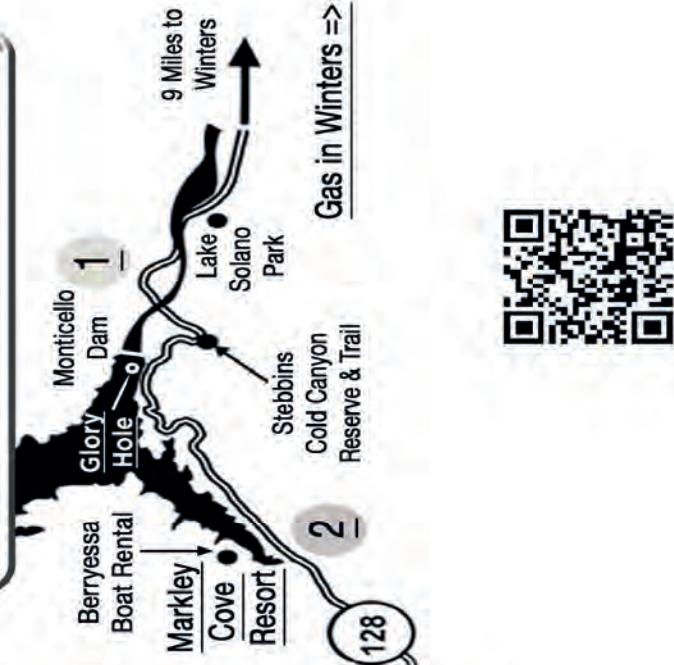
- 1 Monticello Dam
- 2 Markley Cove Resort
- 3 Wragg Canyon Road
- 4 Moskowite Corners
- 5 Steele Canyon Recreation Area
- 6 Turtle Rock
- 7 Spanish Flat Village Center
- 8 Oak Shores/Smittle Creek/Visitors Center
- 9 Monticello Shores/Berryessa Point RAs
- 10 Pope Canyon Road/ Putah Canyon RA
- 11 Hwy 128 @ Lower Chiles Valley Road
- 12 Pope Valley Road
- 13 Pope Valley
- 14 Aetna Springs

1=>2	3.0 miles	9 =>10	2.8 miles
2=>3	5.3 miles	10=>13	10.2 miles
3=>4	3.0 miles	6 => 11	3.0 miles
4=>5	5.0 miles	11=>12	3.2 miles
4->6	4.7 miles	12->13	8.5 miles
6=>7	5.0 miles	13=>14	3.7 miles
7=>8	2.4 miles		
8=>9	2.4 miles		

<= Gas in Napa

Circle Oaks

Note: No auto gas available between Winters and Napa or at Lake Berryessa!



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The Lake Berryessa Chamber of Commerce wants you to know that Beautiful Lake Berryessa is OPEN!

Winter rains have brought Lake Berryessa to its maximum water storage capacity for the first time since 2006. With the rise in water level, it is expected to be a busy summer at the lake. Markley Cove Marina, Steele Canyon Recreation Area, Putah Canyon Recreation Area, and Spanish Flat Recreation Area continue to offer a variety of recreation services including camping and boat launching. Oak Shores Day Use Area, will extend its hours of operation from 5 p.m. to 8 p.m., and the north end of Oak Shores will be open to day use. Capell Cove Boat Launch is open for launching from 4 a.m.-10 p.m. and is free of charge. The Dufer Point Visitor Center is open from 10 a.m.- 5 p.m. on Saturdays and Sundays and from 12-3 p.m. on weekends.

- Markley Cove, 707-966-2134, www.markleycoveresort.com
Pleasure Cove Marina, 707-966-9600, www.goberryessa.com
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Spanish Flat Recreation Area 707-966-0200, www.spanishflatcamping.com
Putah Canyon Recreation Area, 707-966-9051, www.royalelcparkmanagement.com

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.