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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 ~ Enviroports

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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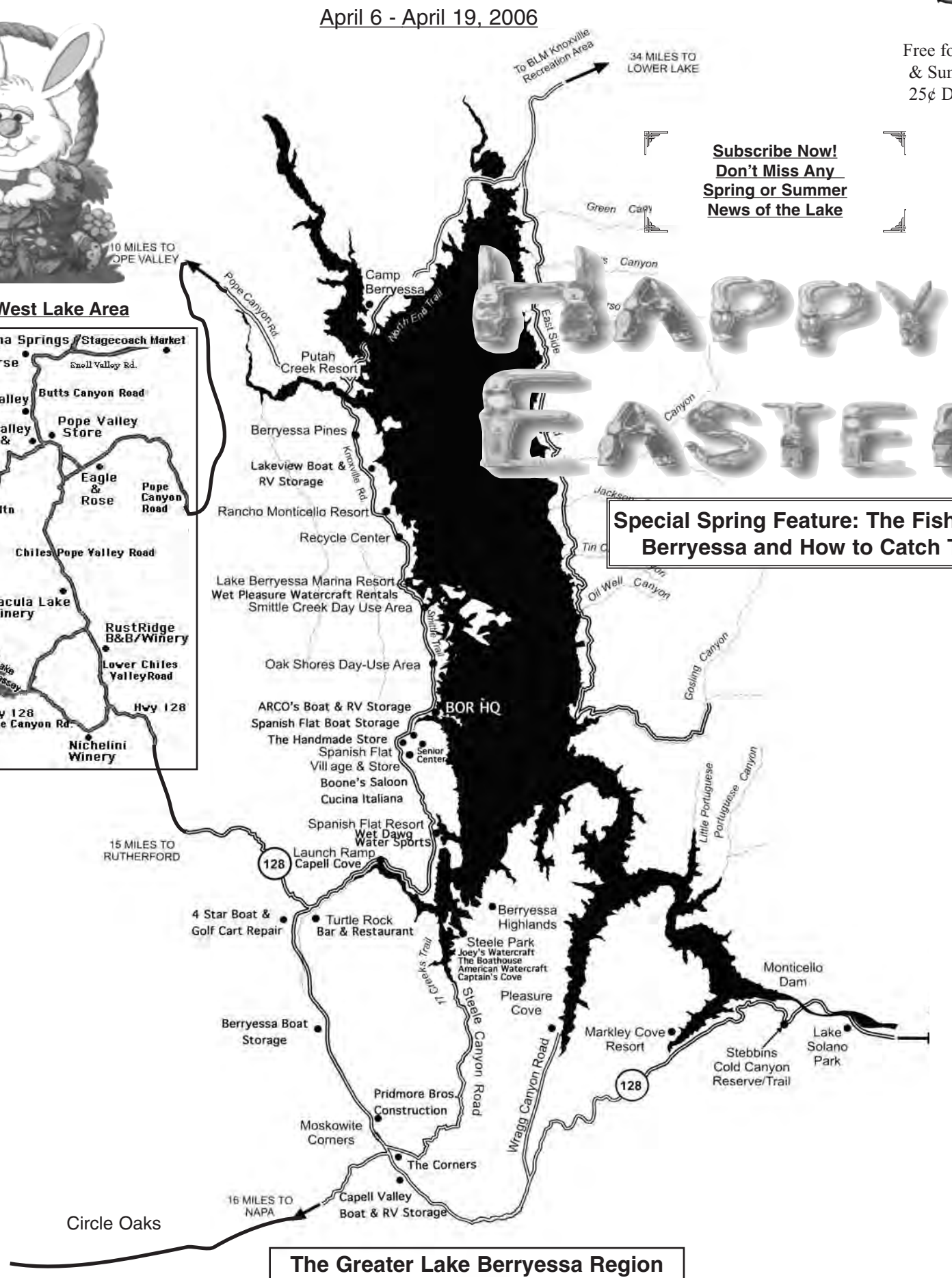
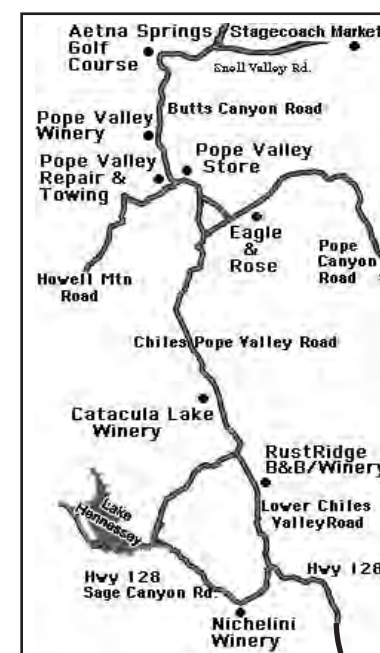
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## West Lake Area



# HAPPY EASTER

**Special Spring Feature: The Fish of Lake  
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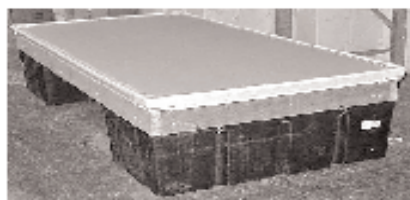
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# The Lake Berryessa News

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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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  
707-287-6240 (Cell & Messages)  
Email(new): Shirlbnews@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 businesses and community groups. We have a few copies left. 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 down-rigger 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 anglers 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](http://www.lakeberryessanews.com)

**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](mailto:shirllbnews@sbcglobal.net) or [pkilkus@aol.com](mailto: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](mailto:mwarring@co.napa.ca.us)

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.



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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, motorcycles 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, red 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](http://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 your skin which leads 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](mailto: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](http://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 4<sup>th</sup>  
Laura Larski 9th

Gene Mello 8<sup>th</sup>  
Tony LaRosa 11<sup>th</sup>

**Bobbette Lucas**

**Leah O’Hara**

**Mike Quecke**

**Alma Saylor**

**Gale Wright**

**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.



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- I Event Packages**

**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*

**Valley Christian Church  
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The Resurrection of Jesus  
on Saturday, April 15  
from 12:00-3:00PM  
at Capell Valley Elementary School  
Also a Easter Egg Hunt,  
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**Then return on Sunday, April 16**

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**pancake breakfast from 8:00-9:30 AM**  
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**Pastor Randall Roach**  
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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 1<sup>st</sup>, 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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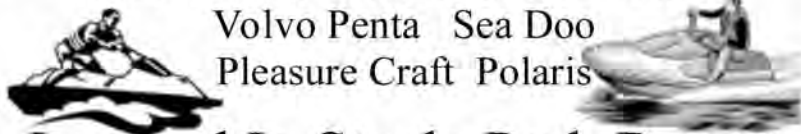
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### 2006 Lake Berryessa Calendar of Events

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 ~ Enviroports
- 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



# The Lake Berryessa News

Community News Makes a Better Community

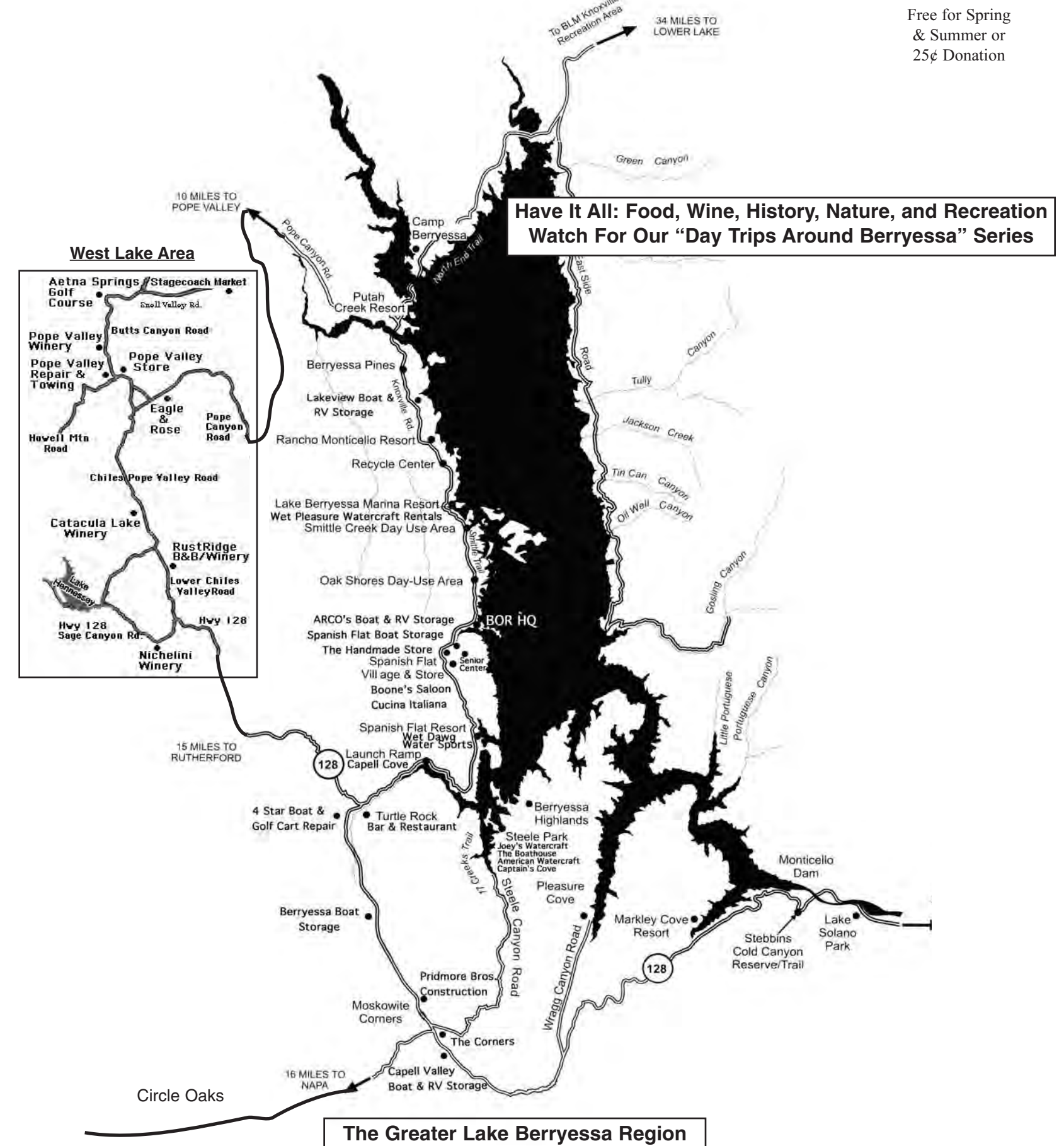
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All copy is subject to editing and must be submitted with the understanding that the Lake Berryessa News reserves the right to reject letters or articles and reject or discontinue advertisements that the publisher deems unsuitable.  
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Berryessa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

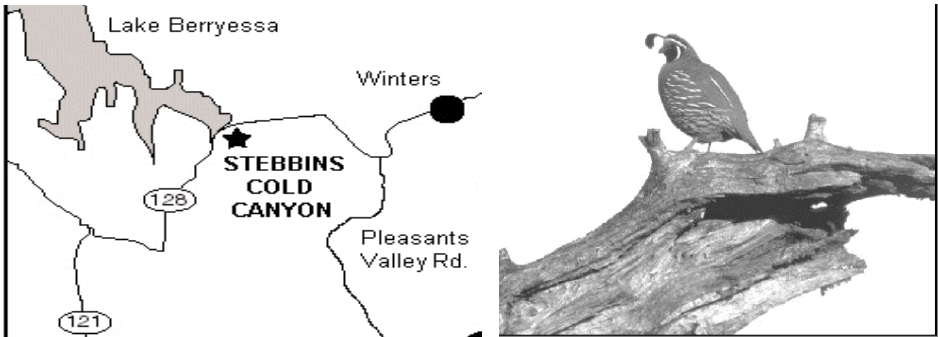
This is an opportunity to help out at the reserve. The Preserve the Reserve group gathers a few times a year to participate in projects that maintain and beautify the reserve. Shane Waddell (UC Davis Reserve Land Steward) talks about caring for the land-what issues come up and how he deals with them. 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 discovered 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.

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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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.**

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



THE ORIGINAL  
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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](http://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 LakeBerryessa! (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 electronic 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."

Date	Storage (Acre Feet)
Jan-89	1,036,973 A.F.
Jan-90	1,036,973 A.F.
Jan-91	1,036,973 A.F.
Jan-92	1,036,973 A.F.
Jan-93	1,036,973 A.F.
Jan-94	1,036,973 A.F.
Jan-95	1,036,973 A.F.
Jan-96	1,036,973 A.F.
Jan-97	1,036,973 A.F.
Jan-98	1,036,973 A.F.
Jan-99	1,036,973 A.F.
Jan-00	1,036,973 A.F.

9

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.**

**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.

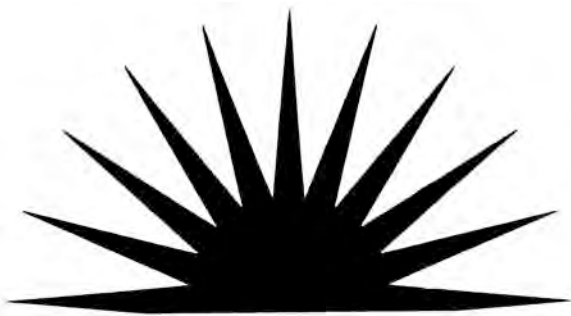
4. A dyslexic man walks into a bra.

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.



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**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 tbs. Garlic Powder or to taste  
1 tbs. 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  
ANGEL

**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"!!



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**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 1<sup>st</sup>, 2004**

**As reported by Carlos Jeffreys of The Corners  
April 4<sup>th</sup> thru April 16<sup>th</sup> 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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