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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!

<u>Date</u> <u>Event & Sponsoring Organization</u>

5/6&7 Putah Creek Triathlon ~ Envirosports

Breakfast Potluck ~ Berryessa Senior Center 9 til 11:30 *

Lake Berryessa Chamber of Commerce - 7 pm

Davis Masters Swim Meet - Oak Shores

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

Casino Night ~ Pasta Dinner, Berryessa Senior Center Big Raffle $\sim 5:30$ to 10pm *

Craft Faire (Rent Tables) Berryessa Senior Center * 10am to 4pm Lunch Available

Poker Run ~ Berryessa Chapter of the Lions Club *

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. *

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.

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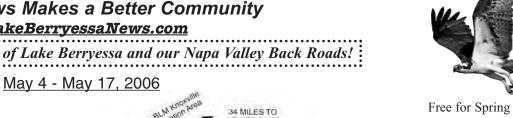


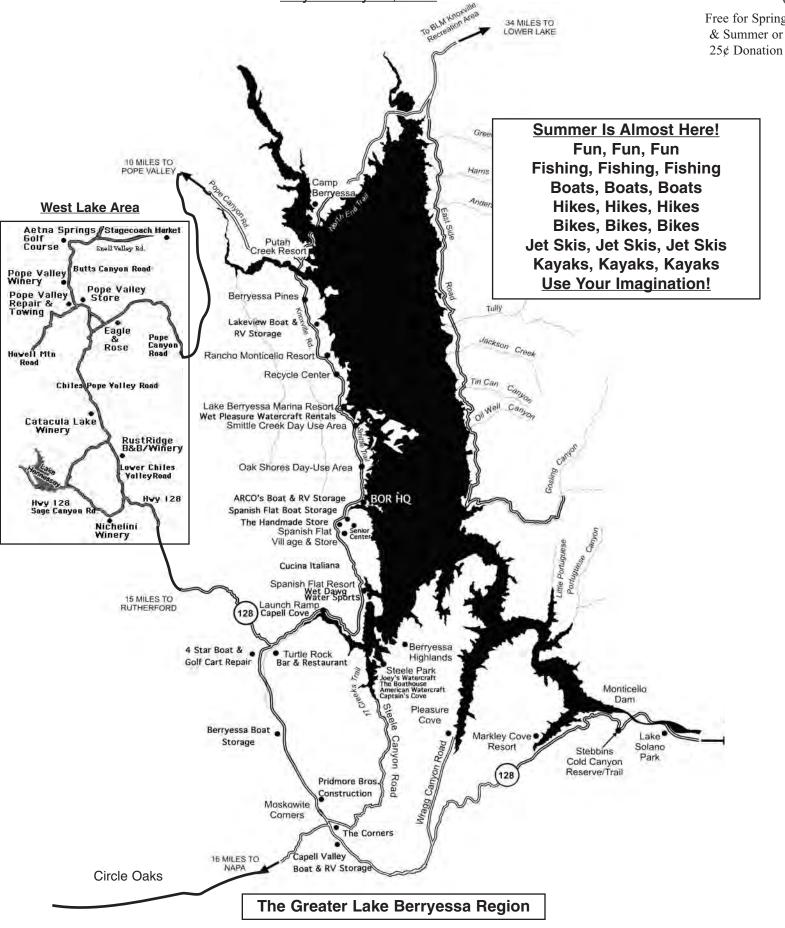
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An Independent Community NewspaperPublished the first and third Thursday of each month.

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Please send us your Letters to the Editor, Articles,
Birthdays & Anniversaries, Jokes, Recipes,
Poems, and Fishin' Stories

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

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From The Editor

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

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

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

To The Editor

Dear Editor,

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

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

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

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

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

George Bachich 4271 Dry Creek Road Napa, CA 94558

Fishing With Dino

May 1, 2006

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

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

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

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

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

Trout and Kokane Salmon

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

Fly Fishing Lower Putah Creek

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

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

Dead Fish

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

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

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

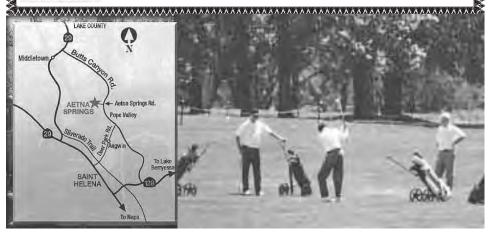
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What do you call a dangerous fish who drinks too much? A beer-a-cuda!

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Fishing With Sid

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

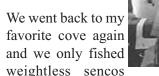


We started in about fifteen feet of water. Orville threw his senco with brass and glass and on the way down on his first cast he hit a small mouth bass which he released. A few minutes go by and he gets another bass that he releases. I changed John's

rod to a weightless sence and he wound up with a few nice small mouth bass that he caught in about 2 1/2 feet of water.

On the way back to Steele Park the sun came out and the day warmed up considerably. Then I went out with Tim later in the day to one of my favorite coves and limited out with bass (5 bass to 11 1/2 lbs). When we came back to the dock ready

to call it a day I met our new neighbours and their 13 year old son Anthony and asked if he liked to fish. He said yes enthusiastically so I asked his parents if he can go out for awhile and they said sure.



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

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

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

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

SAGE Trout School

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

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

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

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

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

Come into Sweeney's Sport Store to reserve your spot -1537 Imola Ave. West

Napa, CA 94559, (707) 255-5544

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

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

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

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

When loved ones come home, always run to greet them.

Never pass up the opportunity to go for a joyride.

Allow the feeling of fresh air and the wind in your face to be pure ecstasy.

When it's in your best interest, practice obedience.

Let others know when they've invaded your territory.

Run, romp, and play daily.

Thrive on attention and let people touch you. Avoid biting when a simple growl will do.

On warm days, stop to lie on your back on the grass.

On hot days, drink lots of water and lie under a shady tree.

When you're happy, dance around and wag your entire body.

Delight in the simple joy of a long walk.

Eat with gusto and enthusiasm. Stop when you have had enough.

Be loyal. Never pretend to be something you're not.

If what you want lies buried, dig until you find it.

If someone is having a bad day, be silent, sit close, and nuzzle them gently.

Napa Valley Triathlon Brings More Than 500 Athletes to Lake Berryessa

by Evan Kilkus

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

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



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

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

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

Calendar of Events Around Lake Berryessa

Senior Center Crafts

Every 2nd & 4th Wednesday of each month

Call Mary at 966-2254 or Georgia at 966-2127

<u>Every Monday – Bingo – 1 PM til??</u>

Every first Monday is Bingo Pot Luck – Starts at Noon. 252-8488

Seniors Pot Luck

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

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

Valley Christian Church

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

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

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

Sufi Center ~ Meditation & Healing Circle - Pope Valley

Every Thursday - 7pm ~ Every Sunday - 6pm 1st Sunday of every month - Pot Luck - 4pm to 6pm

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

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

25th LAKE BERRYESSA 1 & 2 MILE OPEN WATER SWIMS

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

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

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





See Color Photos of Property For Sale at: www.LakeBerryessaNews.com.

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

Hello my readers,

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

Along with the tea came this message:

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

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

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

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

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

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

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

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

Journey to the Center of the Earth

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

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

Napa County Tourism Economic Impact Study

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

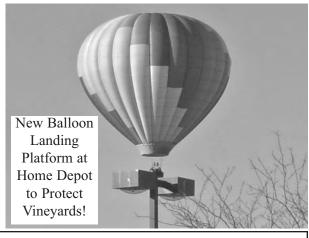
The average visitor to Napa County spends \$197 per day with those staying over-night spending \$233 per day. The visitors' spending impacts almost every segment of the county's economy in a significant way with almost one billion dollars in direct spending and \$1.3 billion in total impact.

More than 17,000 jobs are created which provide nearly half a billion dollars in income to residents. Each resident of the county sees the benefit of almost \$1,000 in indirect business taxes injected into the community by visitors and utilized to improve the quality of life for residents and visitors alike. Other key findings of the economic impact study are highlighted as follows.

• There were over 4.7 million person trips made to Napa County by visitors across four seasons of one calendar year. These included 2.75 million overnight trips and 2 million day trips. A "person trip" is defined as one person visiting Napa County for one day.

- Visitors who did not stay overnight within Napa County spent an average of \$146 per-day, while overnight visitors spent \$233 per-day. Average total Daily Spending of both categories is \$197.
- Napa County's economy benefited from an averindustry. age of \$2.5 million per day from visitors.
- Napa visitors contributed about \$176 million to the revenue of commercial hotels in Napa County. Bed and breakfasts received another \$40 million of their revenue from visitors.
- Overnight visitors generated almost \$20 million in tourism transient occupancy taxes (TOT).
- Napa visitors contributed nearly \$265 million to the revenue of restaurants and other food establishments in Napa County.
- Napa visitors spent \$184 million on wine purchase and another \$38 million on wine tasting.
- Napa visitors spent nearly \$63 million on retail shopping including antiques and artwork.
- Various entertainment and sightseeing businesses received over \$42 million in sales from visitors.
- The amount spent directly by visitors or the direct impact of visitor spending in Napa County reached almost \$1.0 billion in 2005.

- Due to the multiplier effects of visitors' direct spending in Napa County, there were also secondary impacts of \$85 million generated through indirect and induced business activities of the tourism
- The total economic impact of visitors to Napa County was \$1.3 billion in 2005.
- Almost \$123 million in indirect business taxes including tourism transient occupancy taxes were generated.
- Visitors supported about 17,500 full and part-time jobs in Napa County, providing almost \$500 million in wages and salaries.



How Did They Get That Name?

If your name is Dave Clark and you recruit four other members, then it's pret-refers to the metaphysical idea of the mind's eye, and the fact that most peoty easy to figure out why you named your group the Dave Clark Five. But some other names are not as easily determined.

- Gin Blossoms Slang for the bulbous red nose that can result from excessive Dixie Chicks The three girls from Texas had formed a band in 1989 and drinking (thinkW.C. Fields).
- Marcy Playground The lead singer attended Marcy Open School in Minneapolis as a child. He was terrified of the schoolyard bullies, and spent recess indoors, looking at the playground through the window.
- Soundgarden Named after a sculpture in Seattle's Magnuson Park. The objet d'art is made out of steel pipes and makes eerie howling sounds when the wind blows.
- Ja Rule The rapper's real name is Jeffrey Atkins, so he took "Ja" from his initials. "Rule" is said to be an acronym for Represents Unconditional Love's
- Macy Gray Natalie McIntyre adopted the name of a family friend when she decided to become a professional entertainer
- Blink 182 The band originally called themselves Blink, but when they found out there was already another band with that name, they added the random numbers 182.
- Nickelback One of the band members used to work at Starbucks. When customers purchased a coffee for \$1.45, they'd pay him \$1.50, and he spent most of his making change and saying "Here's your nickel back."
- No Doubt Named after late co-founder John Spencer's favorite catch

- Third Eye Blind Singer Stephan Jenkins has stated that the band's name ple don't use this so-called "sixth sense."
- Tragically Hip Took their name from a comedy skit included in Michael • The Fugees - A negative slang term for "refugees" (Wyclef Jean was born in Nesmith's video Elephant Parts. The sketch was about a Foundation for the Tragically Hip, poor yuppies who couldn't afford things like hot tubs.
 - played all summer without a name. One afternoon they heard the Little Feat song "Dixie Chicken" on the radio. They liked the sound of the name, and eventually shortened "Chicken" to "Chicks."
 - Less Than Jake The drummer's parents had a bulldog named Jake. Jake was treated like a king; he had his own special spot on the sofa, and the parents even brought home carry-out food just for him. The drummer used to joke that he always felt that his role in the family was "less than Jake."
 - Linkin Park The group originally wanted to name themselves Lincoln Park after they saw a sign in Santa Monica with that name on it. But when they tried to register the Internet domain name lincolnpark.com, they found that it was already taken, so they changed the spelling to one that was available.
 - Smash Mouth The band's drummer took this name from a phrase coined by Chicago Bears coach Mike Ditka, who used the term "Smash Mouth Football" to describe the no holds barred style of playing the game.
 - Stone Temple Pilots -The group liked the initials STP, but didn't use it for fear of being sued by the people that make Scientifically Treated Petroleum They tossed around several potential names that used those initials and finally settled on Stone Temple Pilots.
 - Collective Soul Inspired by a phrase used by Ayn Rand in her novel The Fountainhead. Collective Soul is another term for mankind.

HAPPY BIRTHDAY & ANNIVERSARY



HAPPY BIRTHDAY To All In May

Marlyn La Rosa 5th
Fran Galbraith 9th
Marjorie Pridmore 13th
Mary White 15th
Karen Hanks
Yvonne Irwin
James Lucas
Ron Thompson
Ron Cox 22nd
Rosemarie Wilson 29th

Happy 26th Birthday
To Our Son
SCOTT
Luv Mom & Dad

Happy 81st Birthday To Mom

Grandma Josie
With Lots Of Luv From
Your Kids, Grand Kids &
Great Grand Boys!!
Luv From
Your Daughter Shirl
& Dave



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1 Marina

Market / Cafe - New Indoor Seating Contact Us for Current Hours & Information

Happy Belated
Birthday

Adam Ball

Ha! Ha! Harvey

I was in my back yard yesterday, trying to fly a kite.

I threw the kite up in the air, the wind caught it for a few seconds, then it came crashing back down to earth. I tried this a few more times with no success.

All the while, my wife is watching me from the kitchen window, muttering to herself how men need to be told how to do everything.

She opened the window and yelled to me, "You need a piece of tail."

I turned with a confused look on my face and said to her, "Make up your mind. Last night, you told me to go fly a kite."

ALERT!!!

We recently had a new neighbor call the local administrative office to request the removal of the Deer Crossing sign on their road.

The reason: "Too many deer are being hit by cars out here! I don't think this is a good place for them to be crossing anymore."
From Kingman, KS.

IDIOTS IN FOOD SERVICE:

My daughter went to a local Taco Bell and ordered a taco. She asked the person behind the counter for "minimal lettuce."

He said he was sorry, but they only had iceberg. He was a Chef? Yep...From Kansas City!

IDIOT SIGHTING: At a good-bye luncheon for an old and dear coworker. She was leaving the company due to "downsizing."

Our manager commented cheerfully, "This is fun. We should do this more often." Not another word was spoken. We all just looked at each other with that deer-in-the-headlights stare.

To be truly wise and powerful on this earth, we must only allow ourselves to be. and to express freely, the Angels that indeed, we already are inside. Our noble and exalted works will follow along with our highest achievement and our rewards. Angels encourage your best qualities & hidden talents. They help you see your life in a better light. Angels help you find the courage to do whatever you were meant to do, to stay afloat with their unsinkable, buoyant natures, help you laugh at life even when you don't think it's

ANGEL

funny.

The Pink Lady

Joann Blocker,
We wish you a speedy
recovery.
All of us here at the Lake
miss You.
Get well soon.
The Cookie Monster
awaits you
at Pleasure Cove.
Luv from
the Gang at the Lake
and From
Your Secret Admirer

"I love you in a place where there's no space or time. I love you for my life you are a friend of mine. And when my life is over remember when we were together. We were alone and I was singing this song to you" ~ Leon Russell

At the Volunteer Fire Station
Next to Capell School
off of Hwy 128
Valley Christian Church
Is a Safe & Healthy place to learn
about God's plan for your life.
Bible preaching & great contemporary
music worship team.
Camping, Boating, Fishing
~ You are Welcome ~
Please come as you are &
Worship God with Us.

GAZPACHO (Cold Soup)

Christian Church

1 green bell, pepper
Seeded & chopped
1 Cucumber, chopped
Half of a red onion, diced or to taste
3 tomatoes, cut up
3 tbsp. Olive Oil, 2 tbsp. vinegar to taste
2 c. cold water
1 garlic clove or to taste I like a lot!
1 tsp salt to taste
1 slice French bread, cubed.
Coarsely blend all ingredients in blender
Top each serving with some grapes.
serves 4 to 6. You can make many
variations with your favorite veggies.

Sunday Service at 10am.

Sunday School for the Children.

DAM LEVEL UPDATE

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

The water is now 1.04 feet above the top of the spillway

Lake Berryessa has had 58.51 inches of rainfall since July 1st, 2005

As reported by Carlos Jeffreys of The Corners April 4th thru April 16th a total of 4³/₄ rain!!

Date	Elevation	Evaporation	High	Low
4-24-06	441.56	.04	68	50
25	.57	.08	60	46
26	.38	.07	65	48
27	.30	.14	82	48
28	.20	.19	89	51
29	.11	.20	86	53
30	1.04	.14	79	53

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Jim Tschida is the Fleet Manager

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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!

<u>Date</u> <u>Event & Sponsoring Organization</u>

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

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

Berryessa Senior Center Activities, Call Georgia at 966-2127

*Potlucks, Call Pat at 966-2267 or 966-0206 (Please leave a message.)
*Lions Club. 966-1413

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





Lone Fisherman at Beautiful Oak Shores Park at Lake Berryessa - A Great Day Trip Destination!

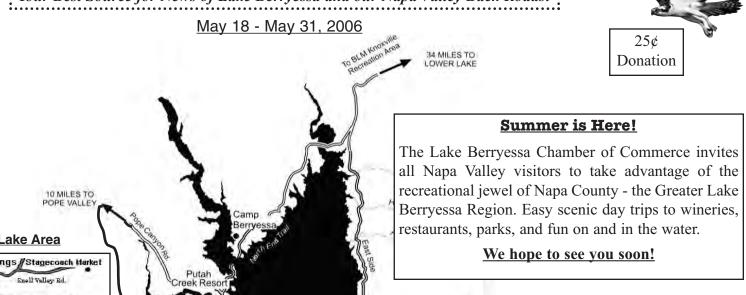


The Lake Berryessa News

Community News Makes a Better Community

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Your Best Source for News of Lake Berryessa and our Napa Valley Back Roads!





Lake Berryessa: A Napa County Jewel Accessible to All Plan Your Day Trip Now!

Summer is here and as you can see from our wide range of advertisers, there are dozens of adventures waiting for you in the Greater Lake Berryessa Region! Napa Valley visitors have easy day trips available to a range of destinations, and mid-week trips are a special treat since the traffic is sparse and the facilities uncrowded. All four points of the Lake Berryessa compass include wineries, restaurants, sports, scenery, and

The North Compass Point includes, historic Aetna Springs Golf Course (www.aetnasprings.com). Dating back to around 1890, Aetna Springs is The western shore of Lake Berryessa includes many resorts and picnic one of the oldest continuously operated golf courses in the country. During its heyday, visitors included many stars of Hollywood's Golden Era, as well as the wealthy of San Francisco's Bay Area, eager to experience the newest social rage called "golf". Guests arrived by stagecoach from St. Helena.

Down the road is Pope Valley Winery (www.popevalleywinery.com) which is listed in the Lonely Planet Guide. The winery was constructed in 1897 from massive timbers moved down from the Oat Hill Almost any day trip to Lake Berryessa should include lunch or dinner at Quicksilver Mine. The winery is a three story gravitational flow winery, with hand dug cave. The cave took over 9 years to dig, and the winery was bonded in 1909. The winery includes a blacksmith shop, wagon shed and original farmhouse. Many of the original tools and equipment still remain within these buildings.

128 or St. Helena) leads to Rustridge B&B/Winery (www.rustridge.com) which combines an elegant bed and breakfast and winery with the chance to interact with championship thoroughbred race horses and touch Seabiscuit's original saddle. Catacula Lake Winery

The Lake Berryessa News www.LakeBerryessaNews.com An Independent Community Newspaper

Published the first and third Thursday of each month.

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(www.cataculalake.com) on the original Rancho Catacula Spanish land grant, is a beautiful modern structure with a gorgeous tasting room and patio. Also nearby is the historic Nichelini Winery. These wineries are only a few minutes from the Napa Valley so a trip to them can be extended to a ride down Pope Canyon Road to Lake Berryessa itself.

The West Compass Point (southern access) from Napa on Monticello Road leads to The Corners and on to Turtle Rock: Home of the World Famous Egg Rolls. After a snack at Turtle Rock you can head north on Hwy 128 to Nichelini winery and beyond or turn right on Knoxville Road and head to Lake Berryessa.

areas directly on the water. We'll talk more about those in future issues. For now, just know that all types of water sports activities are available including jet skis, kayaks, patio boats, houseboats, and more. For more details, go to the Lake Berryessa Chamber of Commerce web site at www.LakeBerryessaChamber.com. For detailed information about Lake Berryessa go to the Bureau of Reclamation's web site at: www.usbr.gov/mp/ccao/field offices/lake berryessa/index.html.)

our famous local Italian restaurant, Cucina Italiana at the Spanish Flat Village Center (www.LakeBerryessaNews/CucinaItaliana).

The East Compass Point for the region is the City of Winters and its access to the southern shores of the lake. Again you have excellent wineries such as Berryessa Gap near fine restaurants such as Tomat's The West Compass Point (northern access) from Rutherford on Hwy and the Buckhorn - all located near the interesting boutiques of Winters' historic downtown. A day trip from the Napa Valley along Monticello Road from the City of Napa to the Monticello dam and on to Winters gives you insight into the character of the area. Although the East shore of the lake is undeveloped and remains in ranching, there is a lakeside trail accessible from the far north. We'll talk more about trails and hiking in future issues.

> The South Compass Point for the Greater Lake Berryessa Region points up from Fairfield through the Suisun Valley (www.suisunvalley.com) and Wooden Valley. This is a major fruit and vegetable area and is worth a day trip to sample local produce. Combine that with a trip to Wooden Valley Winery and lunch or dinner at the Vintage Café in eclectic Manka's Corners which has art galleries and metal a sculpture studio.

> As you can see by this quick survey, there's a lot to do in the Greater Lake Berryessa Region and we invite you to enjoy it all. Use your imagination to create memorable day trips (or overnighters in cabins or on houseboats) which enhance your enjoyment of your vacation in the beautiful Napa Valley.

Lake Berryressa Chamber of Commerce Meeting

The Lake Berryessa Chamber of Commerce Board of Directors will meet on Monday, May 22 at 7 P.M. at Cucina Italiana. Besides the usual fun time these meetings always turn out to be, we will discuss the results of our mass mailing of the Chamber Directory and Lake Berryessa News, potential endorsements of Measures A and Z, a future brochure or flyer, and a possible summer event. All Chambeer Members and friends of Lake Berryessa are always welcome.

Mother's Day on Lake Berryessa

The sun is out. The water is warm enough to swim. Your husband and children love you enough to take you out on Lake Berryessa. What more could a mother want?









&

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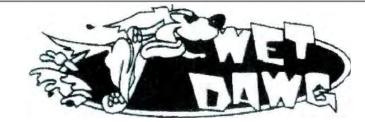
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Fishing With Sid

This past Mother's Day weekend had everything going for it. Great weather, a full moon and the fish were on the bite. The first person I took out was Russ from Redding. He told me he hadn't fished for quite awhile. He had to get a fishing license and while we were in the store I told him to pick up some senco rootbeer worms 5 inch. I showed him how to set up the worm and hook and he took two practice casts from the dock. We headed out and Russ was practicing his casting along the shoreline as we came to some structure he threw the bait in that direction and low and behold hooked on to a 3 1/2 pound largemouth bass. And so the day went.

Later that day my wife and I decided to try some evening fishing. We went to a location near big island and we fished plastic worms. I fished it weightless and my wife fished with brass and glass. We watched the water for awhile and noticed the fish were boiling on the surface chasing the shad. We naturally started casting into the boil and the fish were very aggressive the moment the bait hit the water they went for it. I was using a 5 inch laminated senco (charteuse and green) and my wife was using a 5 inch watermelon with black flakes. Since I love topwater fishing, I changed to a "chugger" and had a great time watching them explode on the surface. As the sun was setting the water surface was alive with fish feeding. It was really an enjoyable evening. We must have landed over fifty fish (released all of them).

The following day I gave a "pop r" to the Vittaly family and we headed out in two seperate boats to the same location. I explained to them to look for the boils on the surface and throw into it. To our dismay the water surface was calm with no fish in sight. They started at one end and I went to the shallow end and fished grubs through the grass. By the time their boat got to mine I had caught six small bass. JR, one of their sons, came on my boat and I showed him how to use the chugger he threw it where he saw a boil and sure enough he landed the largest bass he had ever caught. His mom saw a boil and threw the pop r into it and she landed her largest bass in Berryessa. The Vittaly's total was twenty-one fish but they only kept three. The kids also had a good time catching carp from the dock (see photo). 'til next week......good fishing!!! www.fishingconnection.net if you have any fishing stories to share please contact me at bestguide@hotmail.com





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Fishing With Dino

Fishing is hot!!!!

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Kokanee are at the 40ft depths near the dam area! Some anglers reported good

Crappie are hitting Jigs or Minnows off the bottom. Early morning is the best time.

Bass anglers are throwing plastics and crankbaits in shallow waters and landing nice Smallmouths and a few Largemouths also.

Water temp is at 64 degrees 8 ft from the surface.

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



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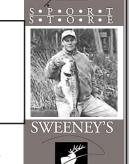
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Davis Aquatic Masters Swim Meet at Oak Shores

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Calendar of Events Around Lake Berryessa

Senior Center Crafts

Every 2nd & 4th Wednesday of each month

Call Mary at 966-2254 or Georgia at 966-2127

Every Monday – Bingo – 1 PM til??

Every first Monday is Bingo Pot Luck – Starts at Noon. 252-8488

Seniors Pot Luck

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

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

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

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

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

Sufi Center ~ Meditation & Healing Circle - Pope Valley

Every Thursday - 7pm ~ Every Sunday - 6pm 1st Sunday of every month - Pot Luck - 4pm to 6pm

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Lake Berryessa – Let's Talk! That Morning Caffeine Fix? Consider It Health Care by Brenda Brown

Hello my loyal readers, I'm here to give a plug for green tea—and cof-

-A large Japanese study has found that sipping away on six cups of green tea each day may shrink type 2 diabetes risk, especially among women and overweight men. Why? Researchers aren't sure yet, but caffeine may play a role. Even though green tea's not loaded with the stuff, other studies have found that the caffeine in coffee seems to guard against diabetes.

Green Tea has only about 30 milligrams (mg) of caffeine per 8-ounce cup, versus coffee's 100 mg. So if caffeine was behind the diabetes protection seen in the study, that explains why it took so much green tea to have an effect. However, other compounds in green tea could deserve the credit. Or heavy green tea drinkers could have other lifestyle habits that defend against diabetes.

Even if the caffeine is responsible, obviously it can't guarantee your diabetes protection. But it may help, because caffeine positively affects the way your body processes sugar. And flaws in sugar processing (glucose metabolism) are the core problem with diabetes. The risky result is high blood sugar levels, which can lead to frightening health problems, from blindness to heart disease. Although there are treatments, prevention is obviously the real deal. It includes working out regularly, controlling your weight, eating a healthful diet -- and now, maybe, dropping by a coffee house. Whether you order a medium latte or a large green tea, well, that's your call.

All I know is that I have been drinking Green Tea every morning at work for several years and I am not a diabetic. Everyone else in my family is, but not me.....Hummmm something to think about????

Thanks again for taking the time to read this week's Lake Berryessa News and we hope you enjoyed your day! (bbms4u@earthlink.net)

Social Security Lists the Most Popular Baby Names for 2005: Emily and Jacob Remain the Apple of Moms' (and Dads') Eye For Seventh Straight Year

Based on all Social Security card applications for children born last year, Emily and Jacob are the most popular baby names for the seventh year in a row.

Jacob, Michael, Joshua, Matthew, Ethan, Andrew, Daniel, Anthony, Christopher, Joseph

Girls

Emily, Emma, Madison, Abigail, Olivia, Isabella, Hannah, Samantha,

Emily has been the most popular female name each year since 1996. Jacob has been the top male name since 1999. New to the top ten this year are Ava and Anthony.



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HAPPY BIRTHDAY & **ANNIVERSARY**



HAPPY BIRTHDAY To All In May HAPPY BIRTHDAY To All In May

Karen Hanks Yvonne Irwin James Lucas Ron Thompson Ron Cox 22nd Rosemarie Wilson 29th

Happy Birthday **Nancy Erickson**

Love from Shirl & Dave

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Birthdays & Age ~ Part 1

Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than 10 years old, you're so excited about aging that you think in fractions.

"How old are you?" "I'm four and a half!" You're never thirty-six and a half. You're four and a half, going on five! That's the key.

You get into your teens, now they can't hold you back. You jump to the next number, or even a few

"How old are you?" "I'm gonna be 16!" You could be 13, but hey, you're gonna be 16! And then the greatest day of your life . . . You become 21. Even the words sound like a ceremony . . YOU BECOME 21. YESSSS!!!

But then you turn 30. Oooohh, what happened there? Makes you sound like bad milk! He TURNED; we had to throw him out. There's no fun now, you're Just a sour-dumpling. What's wrong? What's changed?

Epitaph for a Pair of Old Shoes

Humble, born to the earth, They knew where they stood.

When they moved, It was because they must.

Anger moved them, And the desire to be elsewhere,

Or something in them Responding to music.

They knew also What waiting can be.

Side by side, they mastered it, Like an old married couple.

Donald Justice

Make Your Own!

Kids Bubble Solution

One third cup baby shampoo 1½ cup water 2tsp. sugar 1 drop only of food coloring. To blow bubbles use various tools, pipe cleaners, Plastic straw, spoons with holes. Let your imagination run wild!!

Instant Pudding Salad

1 6 0z pkg. of your favorite Instant pudding. 1 lg. can crushed pineapple 1 small container Cool-whip Optional walnuts. min. marshmallows. whatever you might like, make up your own recipe.

Ha! Ha! Harvey

away. It's

min.

vou've

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week ago when I was

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department and spent 20

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opened the website, click

on "database", and see all

secrets) to connect to a

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DAM LEVEL UPDATE

The elevation of the spillway (Glory Hole) at Monticello Dam is 440 feet. The water is now .23 feet above the top of the spillway Lake Berryessa has had 58.51 inches of rainfall since July 1st, 2005

> As reported by Carlos Jeffreys of The Corners April 4th thru April 16th a total of 4³/₄ rain!!

Date	Elevation	Evaporation	High	Low
5-8-06	44.54	.14	83	51
9	.49	.20	83	50
10	.43	.19	88	50
11	.38	.19	91	51
12	.33	.19	93	52
13	.29	.19	87	51
14	.23	.23	87	51

Berryessa Highlands Homeowner



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Ha! Ha! Harvey

Retirement questions

Question: How many days in a

Answer: 6 Saturdays, 1 Sunday

Question: When is a retiree's bedtime?

Answer: Three hours after he falls asleep on the couch.

Question: How many retirees to change a light bulb? Answer: Only one, but it might take all day.

Question: What's the biggest gripe of retirees?

Answer: There is not enough time to get everything done.

Question: Why don't retirees mind being called Seniors? Answer: The term comes with a 10% percent discount.

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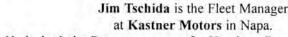
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