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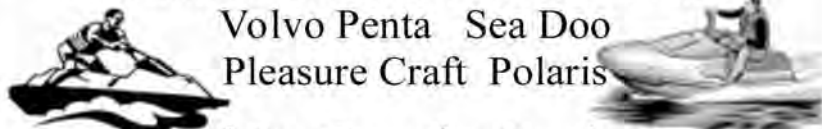
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2006 Lake Berryessa Calendar of Events

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

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

Community News Makes a Better Community

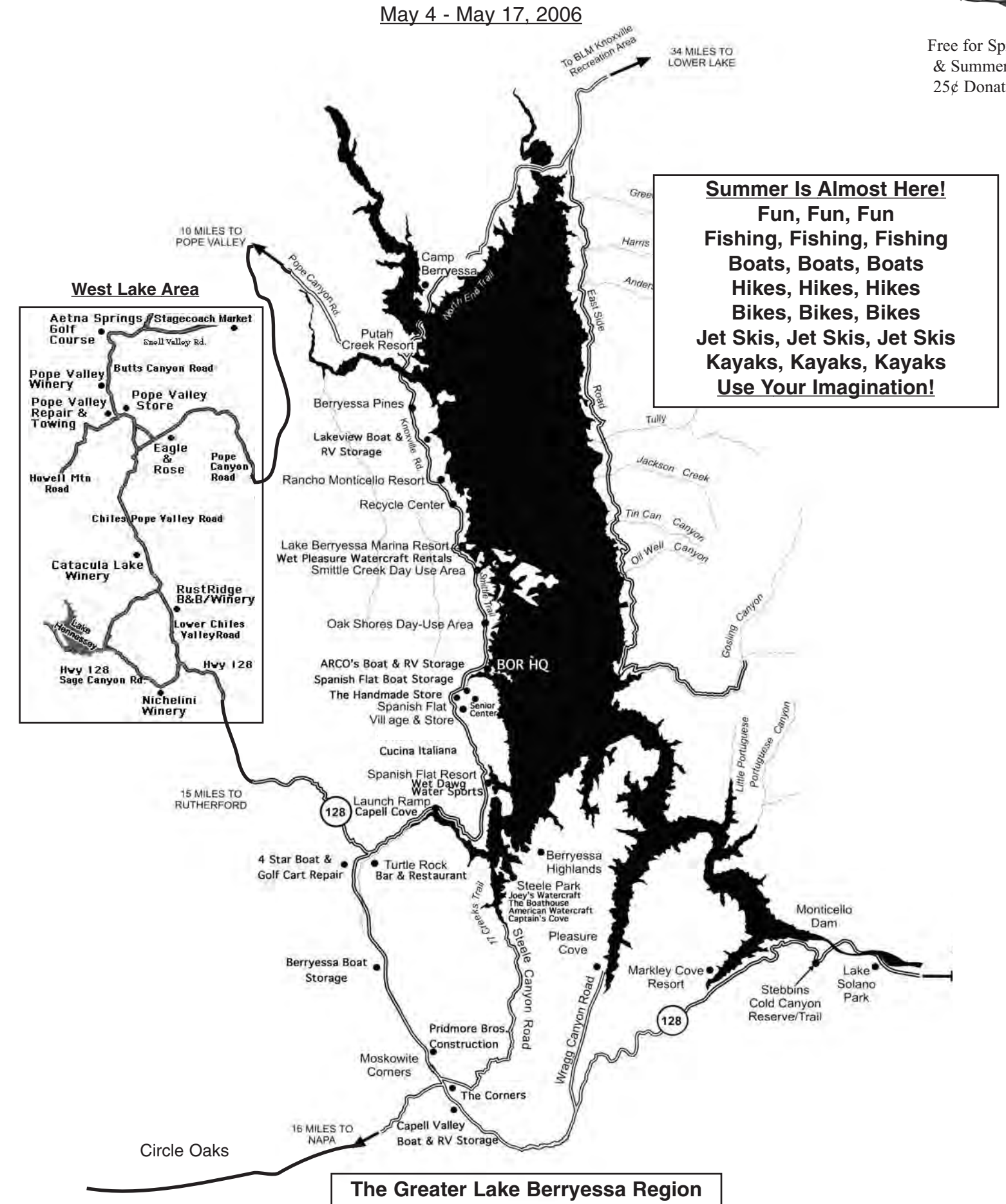
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May 4 - May 17, 2006



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Bikes, Bikes, Bikes
Jet Skis, Jet Skis, Jet Skis
Kayaks, Kayaks, Kayaks
Use Your Imagination!**

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

Director of Circulation
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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.

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

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

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



Pick up your copy at all Lake Berryessa resorts & businesses as well as in Napa, Winters, Dixon, Fairfield, Yountville, St. Helena, Angwin, & Pope Valley

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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 shore-line or the narrows and you will land some very nice 1 to 2 pound Salmon and Trout. The water has cleared, and the temp is 61 degrees 8 feet down.

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

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

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

Trout and Kokane Salmon

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

Fly Fishing Lower Putah Creek

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

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

Dead Fish

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

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

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

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

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

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Fishing With Sid

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



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

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

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



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

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

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

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

SAGE Trout School

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

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

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

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

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

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

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

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

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

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

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

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

Napa Valley Triathlon Brings More Than 500 Athletes to Lake Berryessa

by Evan Kilkus

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

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



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

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

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

Calendar of Events Around Lake Berryessa

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

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

25th LAKE BERRYESSA 1 & 2 MILE OPEN WATER SWIMS

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

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

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

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HAPPY BIRTHDAY &
ANNIVERSARY

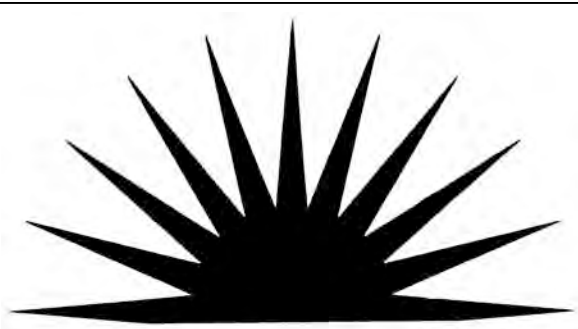


HAPPY BIRTHDAY

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 81<sup>st</sup> 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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- Docks/Rentals
- Event Packages

Happy Belated  
Birthday  
*Adam Ball*

**Ha! Ha! Harvey**

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

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

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

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

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

**ALERT!!!**

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

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

**IDIOTS IN FOOD SERVICE:**

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

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

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

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

*To be truly wise and powerful on  
this earth, we must only allow  
ourselves to be,*

*and to express freely, the Angels  
that indeed, we already are inside.*

*Our noble and exalted works will  
follow along with our highest  
achievement and our rewards.*

*Angels encourage your best qualities  
& hidden talents.*

*They help you see your life in a  
better light.*

*Angels help you find the courage to  
do whatever you were meant to do,  
to stay afloat with their unsinkable,  
buoyant natures, help you laugh at  
life even when you don't think it's  
funny.*

*ANGEL*

**The Pink Lady**

Joann Blocker,  
We wish you a speedy  
recovery.

All of us here at the Lake  
miss You.

Get well soon.

The Cookie Monster  
awaits you

at Pleasure Cove.

Luv from

the Gang at the Lake  
and From

Your Secret Admirer

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



Christian Church

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Sunday Service at 10am.

Sunday School for the Children.

**GAZPACHO (Cold Soup)**

**1 green bell, pepper**

**Seeded & chopped**

**1 Cucumber, chopped**

**Half of a red onion , diced or to taste**

**3 tomatoes, cut up**

**3 tbsp. Olive Oil, 2 tbsp. vinegar to taste**

**2 c. cold water**

**1 garlic clove or to taste I like a lot!**

**1 tsp salt to taste**

**1 slice French bread, cubed.**

**Coarsely blend all ingredients in blender**

**Top each serving with some grapes.**

**serves 4 to 6. You can make many**

**variations with your favorite veggies.**

**The Crisis Specialist**

Relationship Conflicts And  
Other Life Delimas

**Teresa T. Hamilton MSW, MFT**  
**House Calls**

**707-252-9551**

| 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 1 <sup>st</sup> , 2005 |           |             |      |     |
| As reported by Carlos Jeffreys of The Corners                                     |           |             |      |     |
| April 4 <sup>th</sup> thru April 16 <sup>th</sup> a total of 4¾ rain!!            |           |             |      |     |
| Date                                                                              | Elevation | Evaporation | High | Low |
| 4-24-06                                                                           | 441.56    | .04         | 68   | 50  |
| 25                                                                                | .57       | .08         | 60   | 46  |
| 26                                                                                | .38       | .07         | 65   | 48  |
| 27                                                                                | .30       | .14         | 82   | 48  |
| 28                                                                                | .20       | .19         | 89   | 51  |
| 29                                                                                | .11       | .20         | 86   | 53  |
| 30                                                                                | 1.04      | .14         | 79   | 53  |



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Marie Rossi, Broker

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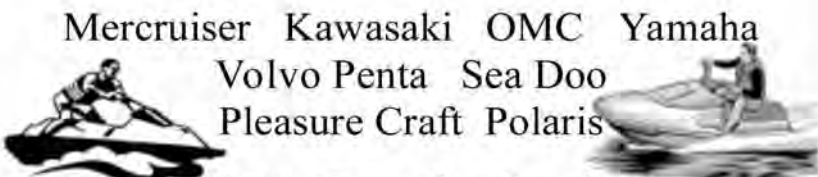


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**2006 Lake Berryessa Calendar of Events**

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

5-20   Breakfast Potluck ~ Berryessa Senior Center 9 til 11:30 \*

5-22   Lake Berryessa Chamber of Commerce - 7 pm

6-3   Davis Masters Swim Meet - Oak Shores

6-17   Early Releases wine ~ Berryessa Senior Center  
Cheese, Olive Oil, & Food tasting. Sat. 4-til 7pm \*

7-15   Flea Market (Rent tables) Berryessa Senior Ctr., 10-4pm

7-22   Casino Night ~ Pasta Dinner, Berryessa Senior Center  
Big Raffle ~ 5:30 to 10pm \*

8-5   Craft Faire (Rent Tables) Berryessa Senior Center \*  
10am to 4pm Lunch Available

8-5   Poker Run ~ Berryessa Chapter of the Lions Club \*

8-19   Bring Your Own Meat B.B.Q. Berryessa Senior Ctr.  
Chef Paul will cook it if you wish. Sat. 4pm. \*

9-15   Potluck ~ Berryessa Senior Center 6pm. \*

10-20   Potluck ~ Berryessa Senior Center 6pm. \*

11-17   Thanksgiving Dinner (Potluck) & Turkey Raffle 6pm. \*

12-4   Pirate Bingo & Potluck ~ Berryessa Senior Ctr.  
12 noon ~ Bring a New \$5.00 Gift to Play.

12-15   Christmas Dinner (Potluck) ~ Berryessa Senior Center \*  
Bring a new \$10. Gift for Exchange. 6pm.

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

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

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

\*Lions Club, 966-1413

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



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

# The Lake Berryessa News

*Community News Makes a Better Community*

***www.LakeBerryessaNews.com***

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

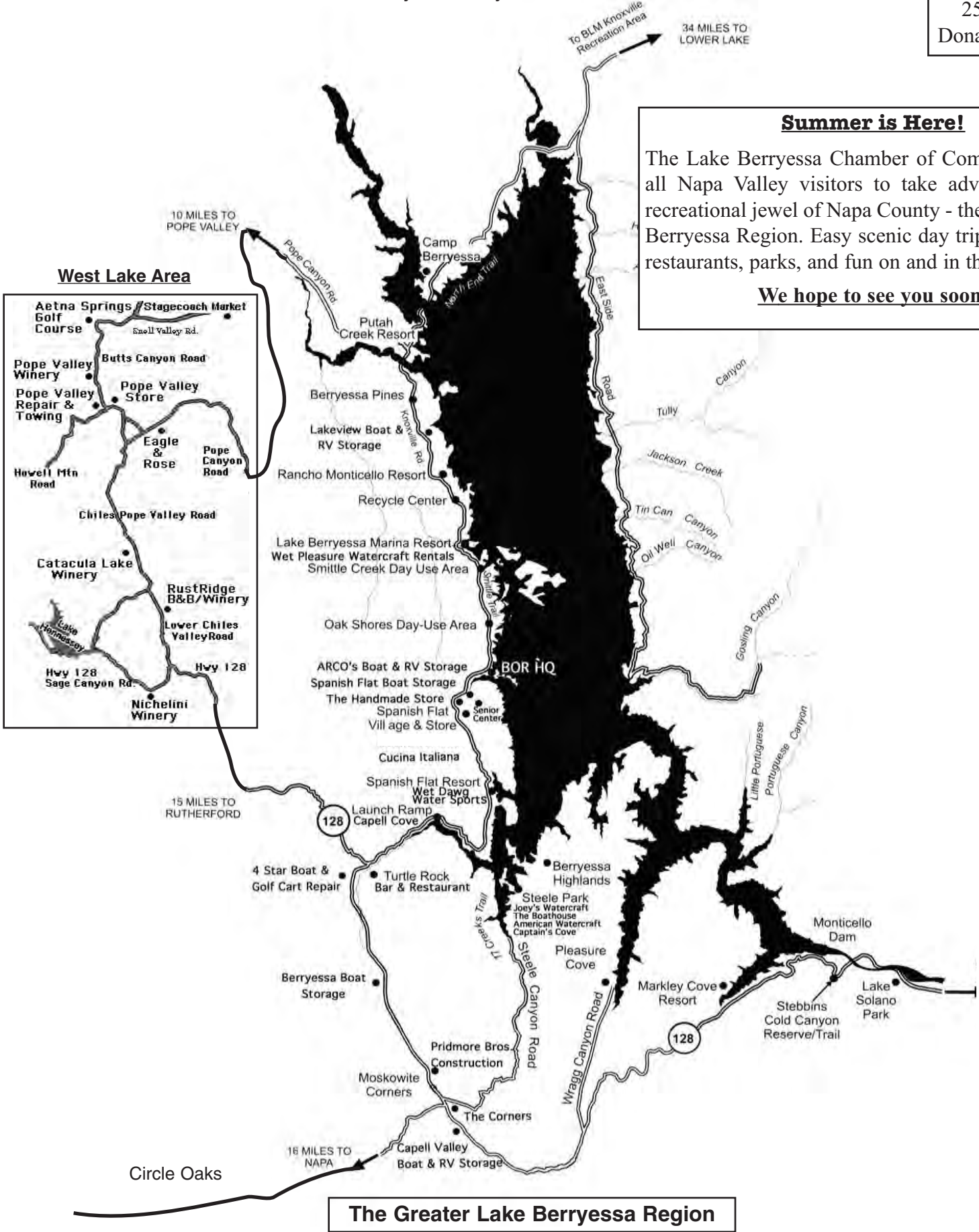
May 18 - May 31, 2006

25¢  
Donation

**Summer is Here!**

The Lake Berryessa Chamber of Commerce invites all Napa Valley visitors to take advantage of the recreational jewel of Napa County - the Greater Lake Berryessa Region. Easy scenic day trips to wineries, restaurants, parks, and fun on and in the water.

**We hope to see you soon!**





## Get All Your Supplies Here!



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 (chartreuse 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 separate 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](http://www.fishingconnection.net) if you have any fishing stories to share please contact me at [bestguide@hotmail.com](mailto:bestguide@hotmail.com)



on Lake Berryessa

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**Napa, Ca. 94558**

Fishing With Dino

Fishing is hot!!!!  
Anglers are getting limits of Trout trolling the surface. Use a Needlefish or Kastmaster and troll on the lake in front of Spanish Flat Resort to Steele Park Resort and you will limit out.  
Kokanee are at the 40ft depths near the dam area! Some anglers reported good action this weekend.  
Crappie are hitting Jigs or Minnows off the bottom. Early morning is the best time.  
Bass anglers are throwing plastics and crankbaits in shallow waters and landing nice Smallmouths and a few Largemouths also.  
Water temp is at 64 degrees 8 ft from the surface.  
Dino Righetti, Spanish Flat Resort Marina, 707-966-7708

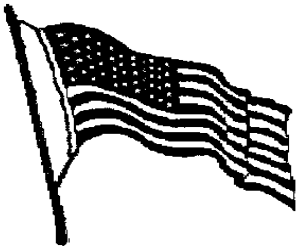
|                                                                                                                         |                                                                                                                                                                                                                          |               |
|-------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| <br>Hunting gear from camo clothing, to face paint.<br>Bay Area's most complete line of bow hunting gear and equipment. | In Napa at the entry to the famous Napa Valley just a few hundred yards from Striped Bass in the Napa River, Sweeney's Sports Store carries complete lines of hunting, bow hunting, fly fishing, and other fishing gear. | <br>SWEENEY'S |
|                                                                                                                         | <b>SWEENEY'S SPORT STORE</b><br><b>1537 Imola Ave West.</b><br><b>Phone: 707 255-5544</b><br><b>Store Hours: Mon-Fri 9:00 - 6:00</b><br><b>Sat 8:00 - 6:00 Sun 9:00 - 5:00</b>                                           |               |
| <br>SWEENEY'S                                                                                                           | In the River Park Shopping Center<br>Your local fishing experts for the Napa River, Lake Berryessa, and Putah Creek<br>Guided Fly Fishing Trips to Lower Putah Creek                                                     | <br>SWEENEY'S |

Davis Aquatic Masters Swim Meet at Oak Shores

On June 3, 2006, the Davis Aquatic Masters will be holding their traditional 1-mile and 2-mile swims (wetsuit and non-wetsuit) for masters, 1-mile for ages 18 and under, and the 500 yard swim for ages 8-10. An onsite food service will be providing a tasty meal at the event. The event will be held on at Oak Shores Park off Knoxville-Berryessa Road on the west shore of Lake Berryessa. Bring your family and friends to enjoy this event. Have a great swim!

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Calendar of Events Around Lake Berryessa

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

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

Hello my loyal readers, I'm here to give a plug for green tea—and coffee too.

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

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

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

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

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

\*\*\*\*\*

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

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

**Boys**

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

**Girls**

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

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

9

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Prime Rib.....\$15.95

Rib Steak.....\$14.95

1/2 Herb Chicken.....\$12.95

Fettucini ~ Red Sauce...\$13.95

1/3 lb. Cheeseburger.... \$8.95

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Cheeseburger ? lb. w/fries.....\$7.95

Veggieburger or Gardenburger ..\$6.95

Fish & Chips..... \$7.95

Fried Chicken 4 piece w/fries....\$7.95

Chicken Nuggets w/fries.....\$5.50

Hot Wings or Buffalo Wings....\$4.95

Jalapeno Poppers (5).....\$4.95

Mozzarella Cheese Sticks.....\$5.75

Onion Rings ~ sm. \$2.50 or lg. \$4.50

French Fries ~ sm. \$2.00 or lg. \$4.00

Extra Cheese \$1.00 ~ Ranch 50¢



HAPPY BIRTHDAY &  
ANNIVERSARY



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

*Karen Hanks  
Yvonne Irwin  
James Lucas  
Ron Thompson  
Ron Cox 22<sup>nd</sup>  
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 ahead.

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

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

**Epitaph for a  
Pair of Old Shoes**

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

When they moved,  
It was because they must.

Anger moved them,  
And the desire to be elsewhere,

Or something in them  
Responding to music.

They knew also  
What waiting can be.

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

**Donald Justice**

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

**Instant Pudding Salad**  
1 6 Oz 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.

| DAM LEVEL UPDATE                                                                                                        |           |             |      |     |
|-------------------------------------------------------------------------------------------------------------------------|-----------|-------------|------|-----|
| The elevation of the spillway (Glory Hole) at Monticello Dam is <b>440</b> feet.                                        |           |             |      |     |
| The water is now .23 feet above the top of the spillway                                                                 |           |             |      |     |
| Lake Berryessa has had 58.51 inches of rainfall since July 1 <sup>st</sup> , 2005                                       |           |             |      |     |
| As reported by Carlos Jeffreys of The Corners<br>April 4 <sup>th</sup> thru April 16 <sup>th</sup> a total of 4¼ rain!! |           |             |      |     |
| Date                                                                                                                    | Elevation | Evaporation | High | Low |
| 5-8-06                                                                                                                  | 44.54     | .14         | 83   | 51  |
| 9                                                                                                                       | .49       | .20         | 83   | 50  |
| 10                                                                                                                      | .43       | .19         | 88   | 50  |
| 11                                                                                                                      | .38       | .19         | 91   | 51  |
| 12                                                                                                                      | .33       | .19         | 93   | 52  |
| 13                                                                                                                      | .29       | .19         | 87   | 51  |
| 14                                                                                                                      | .23       | .23         | 87   | 51  |

**Ha! Ha! Harvey**  
There is a website that gives you the telephone shortcuts so you can get to a "human" voice right away. It's [www.gethuman.com](http://www.gethuman.com) I wish I'd had this a week ago when I was trying to get to a service department and spent 20 min. on hold AFTER 10 minutes jumping through voicemail hoops. Once you've opened the website, click on "database", and see all the numbers (and secrets) to connect to a "real person".. This is fantastic !!!!



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### Ha! Ha! Harvey

Retirement questions

Question: How many days in a week?

Answer: 6 Saturdays, 1 Sunday

Question: When is a retiree's bedtime?

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

Question: How many retirees to change a light bulb?

Answer: Only one, but it might take all day.

Question: What's the biggest gripe of retirees?

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

Question: Why don't retirees mind being called Seniors?

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