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The Wineries of Lake Berryessa

Aetna Springs Cellars 7227 Pope Valley Road Pope Valley, CA 94574 707-965-2675

www.aetnaspringscellars.com

Berryessa Oaks Bruce & Karen Morris 9375 Steele Canyon Rd. Napa, CA 94558 B-K Enterprises@prodigy.net

Boodeaux Vineyards Scott Becker 1965 Capell Valley Rd. Napa, CA 94558 www.boodeaux.com

Brown Estate Winery Chiles Valley 707-963-2435 www.brownestate.com

Catacula Lake Winery 4105 Chiles Pope Valley Rd. St. Helena, CA 94574 707-965-1104 www.cataculalake.com

Eagle & Rose Estate Winery 1844 Pope Canyon Rd. Pope Valley, CA 94567 707-965-3238 www.eagleandrose.com

Green & Red Vineyard 3208 Chiles Valley Rd. St. Helena, CA 94574 707-965-2346 www.greenandred.com Kuleto Estate Winery 2470 Sage Canyon Rd.(Hwy 128) St. Helena, CA 94574 707-963-9750 www.kuletoestate.com

Moss Creek Winery 6015 Steele Canyon Rd. Napa, CA 94558 707-252-1295 www.mosscreekwinery.com

Nichelini Winery 2950 Sage Canyon Rd.(Hwy 128) St. Helena, CA 94574 707-963-0717 www.nicheliniwinery.com

Pope Valley Winery Bonnie Zimmermann 6613 Pope Valley Rd. Pope Valley, CA 94567 707-965-1246 www.popevalleywinery.com

RustRidge B&B/Winery Susan Meyer 2910 Lower Chiles Valley Rd. St. Helena, CA 94574 707-965-9353 www.rustridge.com

Volker Eisele Winery 3080 Lower Chiles Valley Road St. Helena, CA 94574 707-965-2260 www.volkereiselevineyard.com



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The Lake Berryessa News

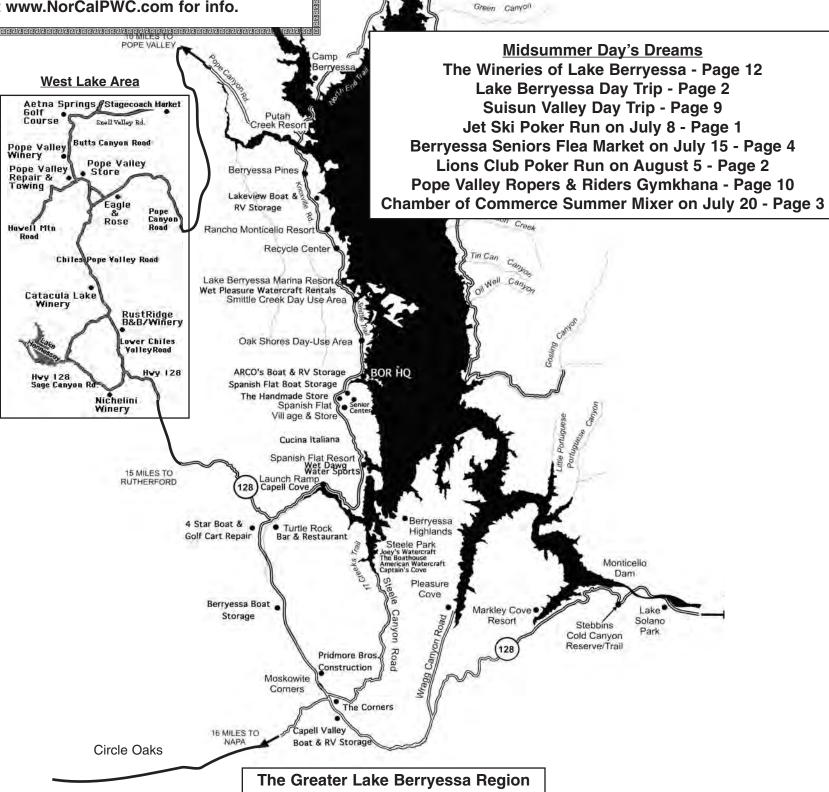
Community News Makes a Better Community <u>www.LakeBerryessaNews.com</u>

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

July 6 - July 19, 2006







Another Day Trip to Beautiful lake Berryessa

From St. Helena, come over the hill past Pacific Union College through Angwin to historic Pope Valley (but then almost everything in our Napa Valley Back Roads is historic). Turn left and it's only a few miles to the Aetna Springs right. This is Litto's Hubcap Ranch, California Landmark 939. After some golf, head back the way you came but stop first at the Pope Valley Winery for a taste. After that you can hit the Pope Valley Store for a snack. Don't worry about car trouble since you'll be right across the road from Pope Valley Repair is right next door.

You now have a choice of routes. Turning left onto Pope Canyon Road will take you directly to the north end of Lake Berryessa. Continuing on Pope Valley Road south takes you to the beautiful new Catacula Lake Winery roomy and cool inside with a nice patio. Just a bit farther up Pope Valley Road vou can turn left onto Lower Chiles Valley Road and in less than 3 miles vou come to Rustridge Ranch B&B/Winery. After a bit of tasting you can make a future reservation to spend time with a thoroughbred race horse and enjoy a scenic weekend getaway including breakfast.

When you leave Rustridge continue down the road until you turn left onto Hwy 128. A few miles farther brings you to Turtle Rock at Knoxville Road. You can stop there for a drink and a "World Famous Eggroll" before driving down Knoxville Road to the Lake. If you don't stop at Spanish Flat Resort for some fishing, you'll soon come to the Spanish Flat Village Center where your lunch

•3.2 Miles - Lower Chiles Valley Rd at Hwy 128 (Bridge) to Pope Valley Rd. or dinner choice is fine Italian food at Cucina Italiana. Of course, Brenda's (Cattle Chute) Country Store is there too for your deli or other snack needs.

If you wish to get back to St. Helena, just drive up the west side of the lake past Valley Oak Shores Picnic Area, The Bureau of Reclamation Visitor Center, Smittle Creek Picnic Area, Berryessa Marina Resort, and Rancho Monticello Resort to Pope Canyon Road. Left on Pope Canyon Road takes you along scenic Pope Canyon back to Pope Valley and home.

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 David Rutter

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

Only \$25 per year to have the Lake Berryessa News delivered to your mailbox. Send check or money order with your information to:

> The Lake Berryessa News 6244 Hwy 128 Napa, CA 94558

Lake Berryessa Watershed Partnership Summer Intern Named

Solano Resource Conservation District has hired DeAnna Kamber to serve as a 2006 Summer Water Quality Intern for the Lake Berryessa Watershed Partnership. Ms. Kamber will be working at the Lake Friday, Saturday and Golf Course. You'll notice the thousands of hubcaps covering fences on the Sunday of each week, providing boater education and outreach, promoting Napa Environmental Management's Bilge Pad program, assisting in various water quality education projects, and talking to as many Lake users as possible about water quality protection and strategies.

and Towing. The Pope Valley Farm Center which the community is restoring Ms. Kamber is a Dixon native, and has spent many summers at Lake Berryessa with family and friends. She is excited to be working at the Lake this summer. She holds a BS in Environmental Planning and Policy from Cal State Sonoma, and interned with the University's recycling program. The Watershed Partnership looks forward to her participation in and contribution to water quality protection at Lake Berryessa

Travel Distances - Berryessa Area

- •11.8 Miles Winters Stop Light to Markely Cove
- •8.3 Miles Markely Cove to Moskowite Corners
- •20.1 Miles Winters Stop Light to Moskowite Corners
- •4.7 Miles Moskowite Corners to Turtle Rock
- •13 Miles Moskowite Corners to Napa (Soscol at Trancas)
- •3.0 Miles Turtle Rock to Lower Chiles Valley Rd. at Hwy 128 (Bridge)
- •8.5 Miles Lower Chiles Valley Rd at Pope Valley Rd. (Cattle Chute) to Pope
- •3.7 Miles Pope Valley to Aetna Springs Rd.
- •4.7 Miles Pope Valley to Aetna Springs Golf Course
- •11.3 Miles Pope Valley to Berryessa Estates (Stagecoach Market)
- •4.1 Miles Pope Valley to Angwin



22nd Annual Poker Run

Putah Creek Resort Saturday August 5th, 2006

Includes: T-Shirt, BBQ Steak Dinner, **And Participation in Poker Prizes**

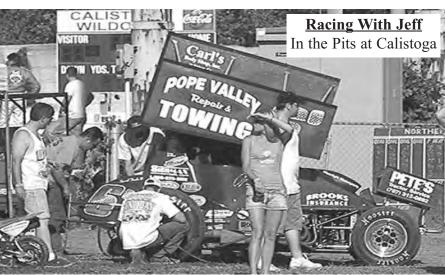
Tickets \$40.00

Tickets and T-Shirts Can Be Purchased at These Locations:

The Corners*- Turtle Rock*- Spanish Flat Resort*- Cucina Italiana* Berryessa Marina Resort*- Markley Cove Resort*Steele Park Resort* Rancho Monticello Resort*- The Spanish Flat Village Store* Putah Creek Resort*- Markley Cove Resort* * Cards Can Be Punched at These Locations For Information, Call (707) 966-1413

Fishing With Sid

A week ago Saturday was another scorcher at Lake Berryessa. Water temperature at the ranch house cove was 81.6 degrees. Tom Trice and I left the marina at the crack of dawn and headed straight out to the ranch house. He used a baby crawdad and dragged it while we were both throwing crankbait. He got his first bass on the crawdad. We saw a few boils and when we threw into them it was not bass but trout and salmon following our baits back. We stopped going for bass because of the water temperature and went into the cove and threw River2Sea minnow looking crankbaits. The boat was in fifteen feet of water and we threw into seven feet of water and brought the suspending crankbait to where it was tipping the grass. Bringing it in slowly we hit one crappie after another almost on every cast. It was very exciting to catch crappie this way. The crappie were good size too up to three pounds. www.fishingconnection.net. If you have any fishing stories email me at bestguide@hotmail.com or call me at 650-583-3333



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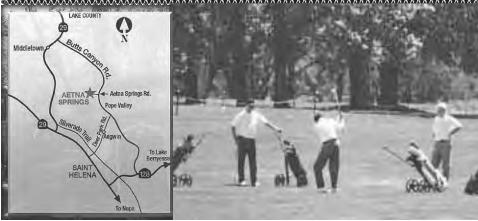


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Aetna Springs Golf Course

1600 Aetna Springs Road - Pope Valley, CA 94567 Call For Reservations: 707-965-2115

Member: Lake Berryessa Chamber of Commerce



Someone died playing golf

Fred got home from his Sunday round of golf later than normal and very tired. 'Bad day at the course?" his wife asked. "Everything was going fine," he said. "Then Harry had a heart attack and died on the 10th tee."

"Oh, that's awful!"she said. "You're not kidding. For the whole back nine it was hit the ball, drag Harry, hit the ball, drag Harry."



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Fishing With Dino

It's hot at Berryessa! Water temp is at the 80 degree + mark 8 ft from the surface. George Parrish of Spanish Flat is trolling down at the 55 to 60 foot depths, but getting nice limits on Trout & Salmon. Use a nice medium size flasher and put a needlefish behind it. Lots of Catfish hitting off the banks. Use hotdogs, crawlers, or dip bait and you should do ok catching a nice cat! Jigs will do a great job also! Hot weather conditions have sent the fish to deeper waters, but fishing is still pretty good!

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

Special Events

Pope Valley Ropers & Riders - 2006 Gymkhana Buckle Series Sunday, July 9th & Sunday, August 6th

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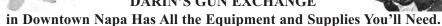
goberryessa.com

Reservations suggested Please call for rates on camping & boat rentals. 707-966-9600

> Houseboat reservations 1-800-255-5561

Pleasure Cove Marina 6100 State Highway 128 Napa, Ca. 94558

Attention Lake Berryessa Paintball Warriors! If You're a Pro Heading to a Tournament PAINTBALL or a Weekend Enthusiast Ready for a Game, DARIN'S GUN EXCHANGE

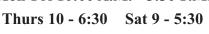




Darin's Gun Exchange

950 Randolph Street Napa, CA 94559 (707) 255-5166

Mon-Fri 10:00 A.M. - 5:30 P.M.



Scioence is fun - Below is a Physics test! A neutron walks into a bar. "I'd like a beer" he says.

The bartender promptly serves up a beer. "How much will that be?" asks the neutron. "For you?" replies the bartender, "no charge".

hundred yards from Striped Bass in the Napa River,

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In the River Park Shopping Center Your local fishing experts for the Napa River, Lake Berryessa, and Putah Creek Guided Fly Fishing Trips to Lower Putah Creek



SWEENEY'S

Lake Berryessa Chamber of Commerce Summer Mixer

All Lake Berryessa Chamber members and guests, Lake Berryessa community supporters / potential Chamber members, and other Napa County Chambers of Commerce members are invited to

Catacula Lake Winery

Thursday, July 20 at 6 P.M.

Silent Auction & Raffle * Video of the lake from an ultralight Information: 415-307-6906, PKilkus@aol.com

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Home - Farm - Commercial - Industrial

Berryessa Senior Citizens will be sponsoring a Flea Market on Saturday, July 15, 2006 from 10 A.M. to 4 P.M. at the Berryessa Senior Center. Inside tables or rent at \$10 each. Lunch will be availabe. Call 966-2127 or 966-0206 for additional information.



Lake Berryessa – Let's Talk!

Herbs: Plants with the power to heal by Brenda Brown (bbms4u@earthlink.net)

Happy Summer to my loyal readers! This week I am going to tell you about Herb plants that I know have the power to heal. I've used all but 5 of them (I don't have those ailments yet).

Any who! Did you know that Scientists around the world depend on herbs in developing new, more potent medications? Not long ago experiments with Pacific yew tree yielded an extract called taxol, which showed remarkable effectiveness against advanced breast and ovarian cancers that did not respond to standard chemotherapy drugs. Today they are sold under the brand names of Paclitaxel and Taxotere.

Dozens of experts recommended herbal remedies for an array of common ailments. Below is a great starter kit for your home. Most of these are sold in health food stores and some drugstores.

- Aloe Vera to heal minor burns
- Chamomile to ease indigestion
- Citronella to repel insects
- Dill seed to ease indigestion
- Echinacea to fight infections
- Feverfew to prevent migraines
- Garlic as an antibiotic and to lower blood pressure
- Ginger to prevent motion sickness
- Goldenseal to fight infections and build immune system
- Mint to ease indigestion and great for your breath
- St. John's wart to beat depression
- Saw palmetto to combat prostate enlargement
- Valerian to cure insomnia
- Willow bark to relieve pain and inflammation
- Witch hazel to sooth hemorrhoids

Of course, there are some potentially hazardous herbs that have narrow therapeutic ranges. However, all of the herbs mentioned above are generally regarded as safe when used in the recommended doses.... Enjoy! And thanks for taking the time to read this.

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

- 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 ~ Lake Berryesas 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. *
- 2-4 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 Noon

Visit Suisun Valley

Here are some "Great Adventure" suggestions for your trip.

Discover a local gem in Suisun Valley.



Great produce,
Great wine,
Great adventures,
only in Suisun Valley

Making strawberry shortcake? Stop by Saechao Family Farm for fresh, just picked, local strawberries. Located on Rockville Road, just west of the roundabout.

How about lunch? The Valley Café offers great sandwiches and outdoor eating. Don't forget a little ice cream before you go. It's easy to find at the corner of Suisun Valley Rd and Rockville Rd.

You haven't forgotten to treat yourself to a fine wine have you? Ledgewood Creek Winery would enjoy teaching you all there is to know and more about their 2004 PinNique Chardonnay, served with your best pasta alfredo. Tasting room is located in the vineyards of Abernathy Rd.

Enjoy time with family and friends while picking your own sweet treats at 99 Cherry Orchard. Did you know it takes two varieties of cherries in order to make one? Learn more on your visit to 99 Cherry Orchard in Suisun Valley, located on Rockville Rd.

The Vegetable Patch is just down the road and that's where you can find local honey. If you're looking for the perfect snack, check out the assortment of dried fruit and nuts. The doors are open year round at the Vegetable Patch.

Time for lunch or dinner? You will find the outdoor dining at the Vintage Caffe relaxing and comfortable. Fine Italian cooking and local wines served every day. The ambiance and character of the Vintage Caffe is what you have been looking for. Located at Mankas Corner in Suisun Valley.

To get to Suisun Valley from the Lake Berryessa area:

Take Capell Valley Road / CA 128 toward Wragg Canyon Road, stay straight to go onto Monticello Road / CA 121, turn left onto Wooden Valley Road, Wooden Valley Road becomes Suisun Valley Road.

You can view a map of Suisun Valley on our Web site.

Many of our farm stands are seasonal. Please refer to our Web site to see if a farm stand is open.

www.suisunvalley.com

HAPPY BIRTHDAY & ANNIVERSARY



To All In June

Betty Fehrenkamp Eric Gaustad 18th Leroy Sayas 1st Mary Loggins DeDe Lofts

HAPPY 80th BIRTHDAY

(Donna) **₩**0₩

With lots of Love from

Your Son Dave & Shirl

Kathleen quickly

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Do you have ABNORMAL PERIODS? Should children witness child

and have you already been diagnosed with bleeding, between the ages of 18-45? amenorrhea and taking hormones? paramedic so the Very diligently, Kathleen asked Kathleen, a 3-year-old girl, to hold a flashlight nigh over her Mommy so he could see while he nelped deliver the baby. Oue to a power outage The house was very esponded to the call. did as she was asked. dark, one oaramedic /ery

Have you not had a period for 90 days or more

Are you a female with abnormal menstrua

pushed, and after a little while Connor was born. paysnd

approved medication on secondary amenorrhea

The lack of a regular menses can pose

serious health risks for women.

the effects of the investigational use of an FDA

You may be a candidate for a study testing

bottom. Comos what she thought about had just The paramedic lifted him by his little feet and then thanked Kathleen for her help and asked the wide-eyed 3-year old spanked him on she witnessed.

shouldn't have crawled place...... smack his butt again!" in there in the first responded, "He

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Do whatever comes your deal of thought into the way to do as well as you and as much as possible possible about yourself about other people and interesting. Put a good happiness that you are about things that are can. Think as little as able to give

gentleness, and nothing is so gentle as true strength" "Nothing is so strong as Ralph Sockman

parts store?"

Blonde waitress

his order. He said, "I want three flat tires, a pair of A trucker came into a truck stop cafe and placed headlights and a pair of running boards."

boards. What does he think this place is ... an auto appear stupid, went to the kitchen and said to the cook, "This guy out there just ordered three flat The brand new blonde waitress, not wanting to tires, a pair of headlights, and a pair of running

headlights is two eggs sunny side up, and running "No," the cook said. "Three flat tires mean three pancakes, a pair of

"Oh, OK!" said the blonde. She thought about it for a moment and then spooned up a bowl of beans boards are 2 slices of crisp bacon." and gave it to the customer.

The trucker asked, "What are the beans for, Blondie?'

ANGEL

She replied, "I thought while you were waiting for the flat tires, headlights and running boards, you might as well gas up!"

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(Serves aprox 6) Clam Chowder

Dice 6 slices bacon & brown with 1/2 cup diced onions.

cup diced potatoes, Kosher salt, dash Add ½ half cup finely diced celery,1

1/2 tsp fresh parsley chopped white pepper to taste.

Add about 3 cups water & simmer til 2 cloves garlic pressed ½ tsp. onion powder

Pizza & Pasta

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For more information contact Sonia Calzone

downtown Winters!

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Salad Bar

Then add

potatoes are done. Taste test!

*2 tbls. Flour mixed with ½ c. milk ½ cube of real butter or heavy cream,

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Grant Ave.

128

Lake Berryessa

Clams, 1 cup or less, to Optional ½ cup clam juice or to $\frac{1}{4}$ cup sherry \sim to taste your taste taste

Simmer 10 minutes with the clams

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100 PM

6/10

108 Main

79

530

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when camping at Lawson's Landing. *add more milk if to thick or more flour for thicker broth. Best eaten Enjoy!





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the Canon help desk with a problem with her printer. A woman customer called

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Customer: "No, my desk is next to the door, but that is a good point. The man sitting in the cubicle next to me is under a window, and his printer is working fine."

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Ha! Ha! Harvey

can't print. Every time I try, it says 'Can't find printer'. I've even lifted the printer and monitor, but the computer afternoon, this is Martha, still says he can't find it? placed it in front of the Customer: Hi, good

Tech support: What's on

me at the 7-11 can't find it... your monitor now, ma'am? Customer: A teddy bear my boyfriend bought for

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High-Tech Fishing - Is It Fair?

Back In the day, an angler could spend a lifetime learning the ins and outs of his favorite fishing hole. Now he just needs to drop a sonar buoy, tie on a smart lure, and - bam! - hook an enormous bass. The new gear has fishermen embroiled in a heated debate. At what point is fishing too easy? Tackle makers argue that bigger catches are better for the sport.

Pete Lucia, long-time bass fishing guide at Steele Park (PJ Bass Guide, 707-966-1408, ilucia@interx.net) likes old-school skill. Friends call him the "fish whisperer". He recalls his father using a new jingle-jangle lure years ago and never catching anything with it. Sid Silberberg (Fishing Connection, 650-583-3333, bestguide@hotmail.com) makes the point that fishing without catching fish can get boring, but new technology won't necessarily help. You need to "learn a lake" and understand fish habits and underwater terrain features.

Grant Ingalls at Sweeney's Sport Store (see their ad on Pg. 10) says that Sweeney's doesn't stock many of the new tech toys like the ones below because they're considered gimmicks rather than fishing equipment. If Sweeney's customers really wanted them, he'd stock them. He took me through rows and rows of lures and tackle and mentioned that some salmon fishermen were starting to us a new lure called E-Chip. So see what you think about the new tech toys described below.

Humminbird's SmartCast watch uses an internal antenna to communicate with a sonar buoy attached to a fishing line. The buoy pings the depths to 120 feet and sends data to the watch, which uses it to map the aquatic landscape. The software even recognizes the sonar signature of a fish, causing a cute icon to pop up the display.

When the battery-powered SolarisFatshad lure is submerged, a chip tells 14 onboard LEDs to start flashing, simulating sunlight reflecting off scales, Simultaneously, a digital buzzer begins to chirp out electromagnetic pulses, emulating those emitted by an injured fish.

The Fish Activator underwater speaker uses six digitally mastered sounds to attract prey. Choose from tracks like "Distressed Bait" and "Shad Clicks". They were perfected by scientists from Biosonix Systems and recorded in a 957-gallon tank. The audio was tested in lakes, where fish reaction was monitored via underwater videocams.



To learn more about nutrition and how different nutrients nutritionally support the body. We have broken our educational material into different subject matters below. Our Vitamin does not claim to mitigate, prevent, or cure any disease. Our vitamin simply provides the highest grade whole food nutritional support to your body at the cellular level! We hope you enjoy our amazing research!

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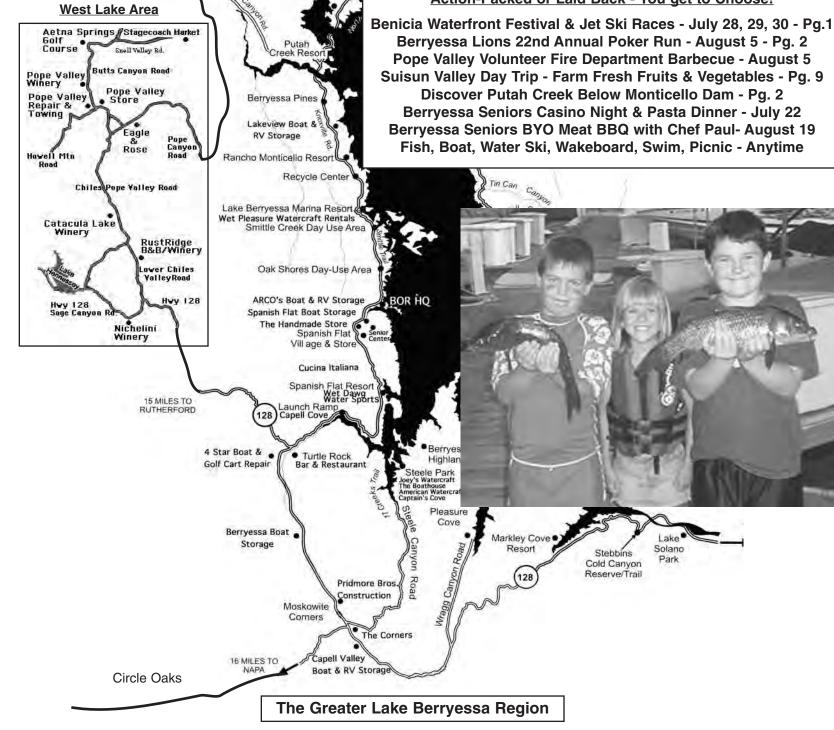
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So What's Going On Below the Dam?

by Frank Morris, Founder, Lake Berryessa Watershed Partnership

Interested in knowing more about some recreational and water oriented educational activities that are being offered in and around the Lake Berryessa vicinity? The following describes some of the organizations that have taken on the task of telling the story of how the water from the lake serves many purposes as it flows through and onward from Monticello Dam into Putah Creek. From generation of electricity, fishing and camping on Putah Creek, providing almost one half million people with their daily drinking and home/business water, plus providing untold numbers of people with luscious local agricultural produce and farm products...this water resource is truly multi-functional and a valuable asset to our

Putah Creek Discovery Corridor Cooperative: This group is coordinating with several organizations to promote and develop the recreational and educational outreach opportunities of the area between the dams downstream of Lake Berryessa (Monticello and Putah Diversion Dam). Hiking trails and docent led tours for all age groups and backgrounds are offered into Stebbins/Cold Canyon which is located on the south side of Monticello Dam. http://nrs.ucdavis.edu/stebbins/guides/guide schedule.htm for more information and contacts regarding hikes and activities. The PCDC also supports the WaterWays program and is working towards the establishment of a Nature Center that will tell the story of water in our region of California.

WaterWays: This is a water education program designed by the PCDC Cooperative to build understanding, appreciation, and stewardship of Putah Creek. Its curriculum explores the diverse needs and uses of Putah Creek's water, using Lake Solano Regional Park and other nearby Putah Creek Discovery Corridor field sites. Its aim is to inspire school-aged youth to become informed and involved in the conservation of regional water resources through interactive and informative outdoor programs at the site of Putah Creek. The program provides urban students with stimulating field site experiences partnered with inclass activities that are aligned with the educational standards being met in their classrooms. It promotes water awareness and conservation, and fosters interest and awareness about water in the future stewards of our regional water resources. Students learn about where their water comes from, water pollution, erosion, how water shapes the lives of animals and plants plus, the abundance of animals that live in the water. Water Ways provides water purveyors with an opportunity to extend and deepen their water conservation outreach efforts with an outdoor water education component at Lake Solano Regional Park, a great natural laboratory atmosphere for students to learn and explore. Monetary support comes from the Solano County Water Agency and its members.

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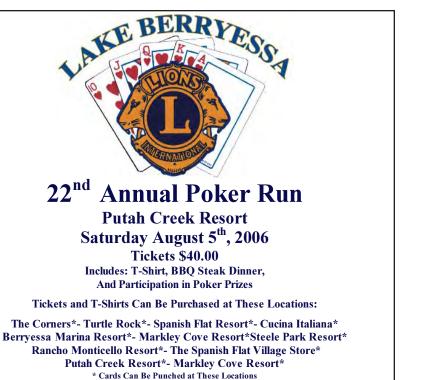
Nature Center at Lake Solano Park: Concetual design plans have been presented for a 2000 square foot visitor/nature center that will present the history of water management in Yolo and Solano Counties and promote environmental education opportunities which focus on water. Some key design elements include a major wall of large river-rock that is to be shaped like the Monticello Dam, extensive windows and glass walls and a visual "riverway" above the building constructed of solar panels. This river-like overhang will provide a connection to an outdoor amphitheater/campfire ring and learning center. A trail system will connect the visitor center with campsites and educational displays of early native, settler and agricultural history emphasizing the importance of water to our lives.

Lower Putah Creek Coordinating Committee: This organization is actively working on creek restoration projects that control erosion, improve water quality, curb the spread of invasive plants and animals plus improve recreational opportunities in the area below the Putah Creek Diversion Dam (Putah Creek below Lake Solano all the way to the Yolo By-Pass Wildlife Area). A collaborative public outreach program is currently underway to determine project priorities from community members, agencies and private landowners. A "Streamkeeper" position was established to help facilitate the projects and pursue grant funding. See their website at: http://www.putahcreekcouncil.org/nodes/aboutus/ for more information.

Center for Land-Based Learning: CLBL is a non-profit organization that is established on a working farm located on Lower Putah Creek, and whose mission is to engage youth in learning experiences on the land that foster respect for the critical interplay of agriculture, nature and society. One of CLBL's experiential programs, called SLEWS (Student and Landowner Education and Watershed Stewardship, engages high school students in habitat restoration projects that enhance classroom learning, develop leadership skills and result in real habitat restoration. In 2006-2007, students from Winters, Dixon, and Sacramento will be working on restoration sites at Lake Solano, and two locations along Lower Putah Creek. Over 350 students went through the program last year and over 1500 students since the local program was initiated. For more information see http://www.landbasedlearning.org/.

Mr. Morris has been involved with water quality investigations for over 30 years and is an avid proponent of water education programs. He can be reached at the Solano Irrigation District at 707-455-4026 or fmorris@sidwater.org

For Information, Call (707) 966-1413



Largest Oak Tree in Napa County?

John Carlson of Wragg Canvon sent this in: "I think that I have one of the largest oak trees in Napa. Measured at approximately 30 inches from the ground it is 20 feet, 4 inches in circumference! Can anybody beat that? It is located in the meadow of Cherry Valley."



Will I live to be 80?

I recently picked a new primary care doctor. After two visits and exhaustive lab tests, he said I was doing "fairly well" for my age. A little concerned about that comment, I couldn't resist asking him, "Do you think I'll live to be 80?" He asked, "Do you smoke tobacco, or drink beer or wine?" Oh no," I replied. "I'm not doing drugs, either." Then he asked, "Do you eat rib-eye steaks and barbecued ribs?" I said, "No, my former doctor said that all red meat is very unhealthy!" Do you spend a lot of time in the sun, like playing golf, sailing, hiking, or bicycling?" No, I don't," I said. He asked, "Do you gamble, drive fast cars, or have a lot of sex?" No," I said. "I don't do any of those things." He looked at me and said, "Then, why do you give a damn?

Aetna Springs Golf Course to Close Next Month for Renovation

The golf course and resort will reopen next Spring as a private country club. The owners wish to restore all the facilities to their historical glory. However, those who have played the course in the past will be eligible for a "Heritage" member ship which allows them future access. So use the coupon below and leave you contact info to be put on the list for a Heritage membership. It's your last chance

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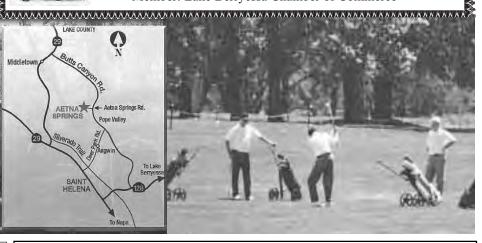
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Fishing with Sid

This past weekend with the full moon was a perfect opportunity to do top water both morning and evening. Steve caught his first top water fish on a "Zara Spook Jr" in the twilight hours. I was working on my boat at the marina and had a rod with a piece of bread on it out just for fun since I had seen some large carp in the area. I hooked an eight pound carp and called to my neighbour to assist me. The first thing he did was grab the net but I told him I want you to bring the fish in. Using six pound test line on a light rod he had alot of fun bringing in the carp.

Dustin, Blake and Savannah (who were at their boat at the marina) heard the commotion and came over to see what was going on along with their Dad. I showed him how easy it was to catch the carp and they all wanted to try. The two ways that I suggest to catch carp are on the surface with a piece of bread or on the bottom with a dough ball. On the surface you take a piece of bread with a small hook and let it float on the top. The carp will go for it. Set the hook and the fun begins. Pound for pound carp give you a good fight and the kids love to bring them in. Plus their size are impressive for kids they think they have caught a whale. (See front page photo!)

If you loosen the drag, that carp will take a few runs. When the bass are not co-operating carp can be fun to catch during the hot hours of the day. A special ingredient that works for carp is to boil cornmeal till you can form it in a ball add vanilla extract for the scent let it cool and then you can break off chunks and form them around your hook and the carp love it. I took my friend Travis out for a couple of hours.

We were fishing the points around the BOR and he landed a nice two pound spotted bass. He used brass and glass and a four inch senco. Later in the day he was fishing on his own when he landed a five pound catfish. In the very hot weather my recommendation for catching bass is to fish early morning or late evening in two to ten feet of water and during the day twenty to thirty-five feet of water. "til next week......good fishing!!! www.fishingconnection.net. Good stories to share? Email me at bestguide@hotmail.com or call me at 415-583-3333.

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There was a papa mole, a mamma mole, and a baby mole. They lived in a hole out in the country near a farmhouse. Papa mole poked his head out of the hole and said, "Mmmm, I smell sausage!" Mamma mole poked her head outside the hole and said, "Mmmm, I smell pancakes!" Baby mole tried to stick his head outside but couldn't because of the two bigger moles. Baby mole said, "The only thing I smell is molasses."



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Attention Lake Berryessa Boaters: Help Keep Our Waterways Oil-Free

As boating season is now in full swing, Napa County Environmental Managemen and the Solano Resource Conservation District would like to remind everyone to participate in the Bilge Pad Exchange Program. You may pick up free bilge pads at any one of the seven resorts on the lake, just look for the blue dispensers. Use a bilge pad to soak up oil leaks, to ensure a longer engine life and to keep our waterways oil-free! Bilge pads can hold about a quart of oil before needing to be replaced, at which point we remind you all to recycle your used pads in the 14 gallon red cans at any one of the seven resorts.

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A penguin walks into a bar, he goes to the counter and asks the barman "Have you seen my brother?". The barman asks "What does he look like?".

Two penguins walk into a bar...a third penguin says "You'd have thought the second one would have seen it."



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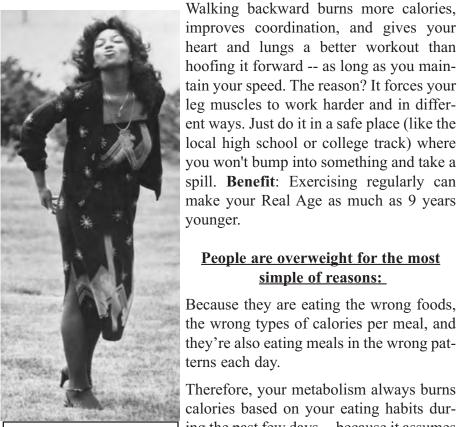


<u>Lake Berryessa – Let's Talk!</u> **Quick Health Tips** by Brenda Brown (bbms4u@earthlink.net)

Love sweet red, green, and yellow bell peppers? Know which are most healthful?

The red and yellow ones -- they have almost twice as much vitamin C as their green siblings. And getting an ample supply of C is credited with reducing the risk of stroke, one of the most common causes of death and disability in Americans. **Benefit**: Getting 1,200 milligrams of vitamin C per day from food and supplements can make your Real Age as much as 1 year younger

Get more from your walking workout by putting it in reverse:



Happy 50th Birthday,

Brenda!

improves coordination, and gives your heart and lungs a better workout than hoofing it forward -- as long as you maintain your speed. The reason? It forces your leg muscles to work harder and in different ways. Just do it in a safe place (like the local high school or college track) where you won't bump into something and take a spill. Benefit: Exercising regularly can make your Real Age as much as 9 years younger.

People are overweight for the most simple of reasons:

Because they are eating the wrong foods, the wrong types of calories per meal, and they're also eating meals in the wrong patterns each day.

Therefore, your metabolism always burns calories based on your eating habits during the past few days -- because it assumes that you'll continue to eat in the same general way.

Shock your metabolism!

By doing something you've never tried before -- you're going to do the OPPOSITE of what it expects you to do. You're going to NOT continue eating the same types of calories and meals for more than a couple days at a time.

Benefit: You're going to lose a lot of weight and feel better by doing

I hope you enjoy reading the LakeBerryessa News! We certainly enjoy writing it?

O. Why are most Blonde Jokes one-liners?

A. So that brunettes can remember them.

What does a blonde think an innuendo is? An Italian suppository.

Why do blondes have little holes all over their faces? From eating with forks Why don't blondes double recipes? The oven doesn't go to 700 degrees.

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You can view a map of Suisun Valley on our Web site.

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Lucy Amyot
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Bette Maron
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HAPPY BIRTHDAY Paul

From Shirl

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Ha! Ha! Harvey: FACTS TO PONDER:

- (A) The number of physicians in the U.S. is 700,000
- (B) Accidental deaths caused by Physicians per year are 120,000
- (C) Accidental deaths per physician is 0.171.

Statistics courtesy of U.S. Dept of Health Human Services. Now think about this: Guns:

- (A) The number of gun owners in the U.S. is 80,000,000. (Yes, that's 80 million..)
- (B) The number of accidental gun deaths per year, all age groups, is 1.500
- (C) The number of accidental deaths per gun owner is .000188 Statistics courtesy of the FBI

So, statistically, doctors are approximately 9,000 times more dangerous than gun owners.

Remember, "Guns don't kill people, doctors do."

FACT: NOT EVERYONE HAS A GUN, BUT ALMOST EVERYONE HAS AT LEAST ONE DOCTOR.

Please alert your friends to this alarming threat. We must ban doctors before this gets completely out of hand!!!!! Out of concern for the public at large, We have withheld the statistics on <u>lawyers</u> for fear the shock would cause people to panic and seek **medical attention**



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ANGEL

Mr. C., How was your grocery delivery?? The best delivery you ever got.

Ha! Ha! Harvey Bidding government contracts.

Three contractors are bidding to fix the White House fence. One from Chicago, another from Kentucky and the third, Florida.

They go with a White House official to examine the fence. The Florida contractor takes out a tape measure and does some measuring, then works some figures with a pencil. "Well," he says, "I figure the job will run about \$900: \$400 for materials, \$400 for my crew and \$100 profit for me."

The Kentucky contractor also does some measuring and figuring, then says, "I can do this job for \$700: \$300 for materials, \$300 for my crew and \$100 profit for me."

The Chicago contractor doesn't measure or figure, but leans over to the White House official and whispers: "\$2,700."

The official, incredulous, says, "You didn't even measure like the other guys! How did you come up with such a high figure?"

"Easy," the Chicagoan explains, "\$1,000 for you, \$1,000 for me and we hire the guy from Kentucky."



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Courtroom Testimony

These are from a book called Disorder in the Courts of America, and are things people actually said in court, word for word, taken down and now published by court reporters that had the torment of staying calm while these exchanges were actually taking place.

ATTORNEY: Are you sexually active? WITNESS: No, I just lie there.

ATTORNEY: What is your date of birth?

WITNESS: July 18th. ATTORNEY: What year? WITNESS: Every year

ATTORNEY: What gear were you in at the

moment of the impact?

WITNESS: Gucci sweats and Reeboks.

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