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The Lake Berryessa News

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June, 2018

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The Lake Berryessa Senior Center & Community Hall Needs Your Vote!

Become A Member To Show Your Vote of Confidence In The Future of Lake Berryessa.

Who's a Senior. What's a Senior?
By Peter Kilkus

One of my favorite sayings is: You don't stop playing because you get old, you get old because you stop playing!

While insurance adjusters, health care planners, and social security analysts note with trepidation our lengthening life expectancy, and leisure industries scramble to cater to bored retirees, many of us realize that there is still important, but different, work for "elders" to do.

What is old age for? Anthropological studies conclude that old age is humanity's greatest invention! On a deeper level old age invented us. It propelled the development of culture, language, and society. A million years ago on the plains of Africa, the first grandmother helped her daughter and grandchildren survive. The deliberate enlistment of grandparents into the work of rearing the young stands as a defining characteristic of human beings.

An African proverb says, "The death of an old person is like the loss of a library". Our growing number of elders represents an unprecedented windfall to society. Older adults have always made important contributions to the young of their families and communities.

For those of you who remember the trauma of turning 30 during the "don't trust anyone over 30" days of the 60s, the turning 60 birthday in the 21st century may feel even worse. But almost no one I know says they feel like a "senior" even though they may be well over 60. I've asked younger people to join the Center and they've said, "I can't (translated as "I don't want to") because I'm not a "senior". "Senior" has gotten a bad reputation as "old and decrepit" in too many people's minds.

Maybe there should be a contest to see what new word can be used to replace "senior". At one Center Board meeting years ago I mentioned that I just don't feel like a "senior" and Betty Pedersen, who was 83 at the time, an adventurer and co-founder of the Center 34 years ago, jumped right in with "Neither do I!"

"Older Adult" is currently the most politically correct term. Maybe we should say "Super Adult" instead of "Senior Citizen"?

So how can we translate philosophy into action at Lake Berryessa? By joining the Lake Berryessa Senior Center & Community Hall - no matter what your age.

The Center is committed to providing older adults, families and children with a friendly, supportive environment for social interaction, recreational activities, educational opportunities, community involvement, and access to public services. And it is the only full-service meeting and event facility in eastern Napa County.

May 2018 was Older Americans Month and the theme, "Engage at Every Age", emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities. Older people are actively participating in life far longer and with robust energy.

The Center is embarking on a Membership Drive and several fundraising activities to revitalize our local community. We lost ten years - almost a whole generation - of family recreation at Lake Berryessa. We lost our school and most businesses. The thriving resorts have devolved into basic dirt camping facilities. The Lake Berryessa Senior Center & Community Hall can be a core element in the revitalization of the Lake Berryessa community. But we need your help.

Membership Drive

It doesn't matter whether you live in St. Helena or Santa Clara, Berryessa Highlands or Belmont, Napa or Novato - people came from all around the Bay Area, Sacramento and beyond to enjoy Lake Berryessa. Your membership is your vote for the Center's success.

Please join the Lake Berryessa Senior Center to support the Lake Berryessa community during this time of positive change at the lake. There is no age requirement to become a community support member. Families and children are welcome.

Send your contact information and a check for \$25 per person (children are free) made out to Berryessa Senior Citizens and mail it to:

Lake Berryessa Senior Center,
Spanish Flat Village Center
Unit # 9113
Napa, CA 94558

Fundraising

The Center has been losing money for several years and we wish to stop that trend with an aggressive fund raising program. We want our "Operations and Maintenance" fund to increase its income and assets dramatically by the end of 2018. Again, we will need your help and participation to do this.


Matching Fund Grant

One of our members has graciously offered to donate \$1,000 as a matching funds "challenge" grant. This member will match your donations dollar for dollar up to \$1,000!





Let's get this rolling. Please send your donation - large or small - with a check made out to Berryessa Senior Citizens, Inc. (Please specify whether this is check for membership dues or for the matching donation challenge.) and mail it to:

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My Favorite Animal

Our teacher asked what my favorite animal was, and I said, "Fried chicken."
She said I wasn't funny, but she couldn't have been right, because everyone else laughed.

My parents told me to always tell the truth. I did. Fried chicken is my favorite animal.

I told my dad what happened, and he said my teacher was probably a member of PETA.

He said they love animals very much.

I do, too. Especially chicken, pork and beef.

Anyway, my teacher sent me to the principal's office. I told him what happened, and he laughed, too. Then he told me not to do it again.

The next day in class my teacher asked me what my favorite live animal was. I told her it was chicken. She asked me why, so I told her it was because you could make them into fried chicken.

She sent me back to the principal's office. He laughed, and told me not to do it again.

I don't understand. My parents taught me to be honest, but my teacher doesn't like it when I am.

Today, my teacher asked us to tell her what famous person we admire most.

I told her, "Colonel Sanders."

Guess where I am now...

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Just When You Thought It Was Safe To Go On Vacation

I just got back from a diving trip to Mexico. Unfortunately I brought back six extra pounds with me! If you wish to see the sad state of human health, spend some time people-watching in an airport. It was shocking to see how many fat people there are lumbering through the hallways. At least 60% of the people are seriously fat or obese. I wasn't sure how some of them fit into their airplane seats.

Don't let that stop you from going on a well-deserved vacation, but simply be aware of your health when you choose to have another margarita (and maybe hike down the beach first). Metabolic Syndrome and BMI are two medical ways you can evaluate your own personal situation.

Metabolic syndrome is a serious health condition that affects adults and places them at higher risk of cardiovascular disease, diabetes, stroke and diseases related to fatty buildups in artery walls. The underlying causes of metabolic syndrome include overweight and obesity, physical inactivity, genetic factors and getting older. In recent years this syndrome has become much more common in the United States. About 34 percent of adult Americans are estimated to have it. Risk of developing metabolic syndrome increases as we age.

The Body Mass Index (BMI) is a quick, easy and efficient screening tool to identify weight problems in adults. While BMI is a strong indicator of body fat percentage, it can vary for age, race and sex. It is important to note that the BMI should only be utilized as a screening tool and is not in and of itself, diagnostic. For example, older people tend to have more body fat than those who are younger, and women tend to have more body fat than men.

Overall, learning your BMI is a great starting point for a discussion of your health goals with your physician. Body Mass Index calculates a person's fat level by using a complex mathematical formula based on an individual's height and weight. The chart below, created with information provided by the Centers for Disease Control, highlights BMI scores and their correlating weight status.

Below 18.5 BMI - Underweight

18.5 – 24.9 BMI - Normal

25.0 – 29.9 BMI - Overweight

30.0 & up BMI - Obese

Results for a man 6' 2" tall: 190 pounds –

24.4 BMI - Normal

200 pounds – 25.7 BMI - Overweight

210 pounds – 27.0 BMI - Overweight

220 pounds – 28.2 BMI - Overweight

230 pounds – 29.5 BMI - Overweight

240 pounds – 30.8 BMI - Obese

The Lake Berryessa Senior Center & Community Hall

The Community Hall is an amazing facility located at 4380 Spanish Flat Loop Rd and is available for rent for special occasions. In the past the Center has hosted weddings, receptions, memorials, and many community functions such as blood drives, flu shots, Bureau of Reclamation presentations and community meetings.

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(Continued from Page 6.)

Get to a doctor as soon as possible, but stay calm. Frenetic, high-speed driving places the victim at greater risk of an accident and increased heart rate. If the doctor is more than 30 minutes away, keep the bite below the heart, and then get to the doctor as quickly as possible. Do not try to cut the bite wound open or suck out the poison. Wash the bite area gently with soap and water.

Most bites to dogs occur on the face or extremities. The rattlesnake bite is generally "hemotoxic" which means that it exerts its toxin by disrupting the integrity of the blood vessels. The swelling is often dramatic with up to 1/3 of the total blood circulation being lost into the tissues in a matter of hours. The toxin further disrupts normal blood clotting mechanisms leading to uncontrolled bleeding. This kind of blood loss induces shock and finally death. Facial bites are often more lethal as the swelling may occlude the throat or impair ability to breathe.

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

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

It is mistakenly believed that rattlers are active only during the heat of the day. Not only do they rest during the heat of the day, sheltered from the sun, they are adept hunters in the dark, their heat pits and sense of smell guiding them to prey.

Rattlers cannot move fast enough to overtake a person who wants to get out of its way. The only danger is that the person falls or trips in getting away, thus disturbing another snake, or falls towards the rattler rather than away.

King Snake

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Grandma Getting To Point Where She Looks Like Every Other Grandma

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An MIT linguistics professor was lecturing his class the other day. "In English," he said, "a double negative forms a positive. However, in some languages, such as Russian, a double negative remains a negative. But there isn't a single language, not one, in which a double positive can express a negative."

A voice from the back of the room said, "Yeah, right
*****"

A taxi passenger tapped the driver on the shoulder to ask him a question. The driver screamed, lost control of the car, nearly hit a bus, went up on the footpath, and stopped inches from a shop window.

For a second, everything was quiet in the cab. Then the driver said, "Look, mate, don't ever do that again. You scared the living daylights out of me!"

The passenger apologized and said, "I didn't realize that a little tap would scare you so much."

The driver replied, "Sorry, it's not really your fault. Today is my first day as a cab driver — I've been driving a funeral van for the last 25 years."

The Lake Berryessa News

www.LakeBerryessaNews.com

Peter Kilkus

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Napa, CA 94558

Without **The Lake Berryessa News** there would be no Lake Berreyssa news.
pkilkus@gmail.com

Rattlesnakes: Friend or Enemy – or just a primal fear?
By Peter Kilkus

(Annual Rattlesnake Safety Reprint)

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

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

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

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

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

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

treatment.

Do’s and don’ts in snake country:

Be aware that startled rattlesnakes may not rattle before striking defensively. There are several safety measures that can be taken to reduce the likelihood of startling a rattlesnake.

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

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

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

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

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



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

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

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

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When you hear a rattle or loud hiss, freeze until you identify where the sound is coming from; you don't want to accidentally step on it when trying to flee. Once you have spotted it, give it time to move away. If it doesn't, move slowly straight away from it; don't walk to one side or the other as that could be perceived as threatening. Look behind you before you start to walk backwards - you don't want to trip over a rock, or another snake.

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

Is it a rattlesnake?

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

This usually happens when a snake assumes

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

A rattlesnake is a heavy-bodied, blunt-

tailed snake with one or more rattles on the tail. It has a triangular-shaped head, much broader at the back than at the front, and a distinct “neck” region. The rattlesnake also has openings between the nostrils and eyes, which is a heat-sensing pit. The eyes are hooded with elliptical pupils.

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

Encouraging and protecting natural competitors like gopher snakes, kingsnakes, and racers will reduce the rattlesnake population in the immediate area. And, kingsnakes actually kill and eat rattlesnakes.

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

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

(Continued on Page 7.)

2018 Lake Berryessa Boater Outreach Program

The Solano Resource Conservation District boater outreach interns have officially started! They have hired three interns for this summer. Mathew and Chris will be rotating through Markley, Steele, and Capell. And, Asha will join them on needed weekends, but spends most of her time in Rio Vista.

Last weekend, interns conducted 35 boater surveys and 12 boaters installed oil absorbents on the spot! Interns made their way to all the concessions bolting down the blue dispensers and refilling them with oil absorbents. Bilgee made his first appearance at Oak Shores, starting the season with a few day use surveys. Nearly 100 people were educated this past weekend - it was a successful training at the lake.

Asha Pluton is a recent graduate from the University of California Davis with a degree in Wildlife, Fish, and Conservation Biology. "In the future, I hope to become a Park Ranger so that I can continue to protect the environment and help develop a community that cares about its natural resources."

Chris Ronco is going into his final year at UC Berkeley majoring in Environmental Economics & Policy and Geography. He has lived near Lake Berryessa his entire life and has always been fascinated by its beauty and its importance as a drinking water source for Solano County.

Mathew Jian graduated from UC Davis with a Bachelor's degree in Hydrology, and recently completed his Master's degree in Environmental Systems from UC Merced. He enjoys educating boaters at Lake Berryessa on water quality and environmentally-sound boating practices.

(See intern's photo on the right.)



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June 2018 Horoscopes

Aquarius (1/20-2/18): Due to your optimism, your death next week with come as a big surprise; however, due to your devout Christianity, what comes after will be a terrible shock.

Pisces (2/19-3/20): While it’s true your future holds a possibility of love and a chance of financial success, it also holds an absolute certainty of angry Russian kidnappers.

Aries (3/21-4/19): You’re certainly no George Orwell, although you shouldn’t have to be to recognize the sort of thing that’s going on at work.

Taurus (4/20 – 5/20): You’re a self-made woman, which is a point of pride, but it also means explaining a lot to the people working the X-ray machine at the airport.

Gemini (5/21 – 6/21): Everyone has their price, but since yours is so much lower than anyone else’s, you have saved a lot of people from finding out what theirs is.

Cancer (6/22-7/22): Next Sunday morning will find you lying in an ice-filled bathtub with both your kidneys missing, but you won’t be embarrassed, as the organ thieves will have taken your heart and lungs, too.

Leo (7/23-8/22): You’ll suffer from a continuing inability to enjoy anything but the company of friends and family, the satisfaction of a job well done, and the knowledge that you have lived a life of dignity.

Virgo (8/23-9/22): This is a time of great uncertainty for you, but that doesn’t mean the odds of drawing to an inside straight will improve at all.

Libra (9/23-10/22): Animals have sharper senses than humans and can sense coming events, so it’s unnerving when they start wearing bibs and follow you around smacking their lips.

Scorpio (10/23-11/21): Sometimes it’s good to just sit back and watch the universe unfolding. But other times, such as next Tuesday, it’s good to stop baby carriages from rolling in front of buses.

Sagittarius (11/22-12/21): You will take the first hellish step down a dark path from which there can be no return when you agree to get updates on Carnival Cruise specials and discounts.

Capricorn (12/22-1/19): This is a great time for romance in the workplace, if you’re the sort of idiot who thinks that’s even close to a good idea.



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Cashtration: The act of buying a house, which renders the subject financially impotent for an indefinite period of time.

Intoxicaton : Euphoria at getting a tax refund, which lasts until you realize it was your money to start with.

Rintarnation : Coming back to life as a hillbilly.

Bozone: The substance surrounding stupid people that stops bright ideas from penetrating. The bozone layer, unfortunately, shows little sign of breaking down in the near future.

Giraffiti : Vandalism spray-painted very, very high

Sarchasm : The gulf between the author of sarcastic wit and the person who doesn't get it.

Karmageddon : It's like, when everybody is sending off all these really bad vibes, right? And then, like, the Earth explodes and it's like, a serious bummer.

Reclamation announces summer 2018 park events and interpretive programs at Lake Berryessa

All activities will be held rain or shine and are free. Some programs have group-size limitations and require registration. Participants should wear sturdy shoes, dress in weather-appropriate clothing, and bring water and sunscreen. Children under 18 must be accompanied by an adult. Call 707-966-2111, ext. 113, for information or to register for park events and the educational programs.

Dufer Point Visitor Center Now through September 30: Weekends and holidays 10 a.m. to 5 p.m., weekdays noon to 3 p.m. Ask park rangers questions about natural resources, recreational opportunities, wildlife and the area's history. Free brochures, maps, trail guides and other educational information are available.

Meet a Park Ranger at Monticello Dam! Memorial Day through Labor Day: Saturdays and Sundays 10 a.m. to 12 p.m. for Monticello Dam Overlook Parking (Highway 128, 9 miles west of Winters)

Ever wonder who created Lake Berryessa? How much water it holds? What was here before the lake? Where the water goes? Get the answers to these questions and more when you meet a park ranger at the Monticello Dam every Saturday and Sunday throughout the summer. Stop by any time between 10 a.m. and 12 p.m. to learn fun facts about this essential water resource. Subject to ranger availability.

World Environment Day Sunday, June 3. Registration at 9:30 am, Group Clean Up from 10 am - 12 pm.

Meet near Markley Cove Resort, 3 miles west of Monticello Dam Join the Lake Berryessa Watershed Partnership for a fun lakeshore clean up event. Volunteers help clean up trash and debris along trails and shorelines at the south end of the lake during this annual event.

This is a great opportunity to earn volunteer hours while spending the afternoon in a beautiful outdoor setting! Please wear sturdy shoes or hiking boots and bring work gloves, a hat, refillable water bottle, and sunscreen. Don't miss out on the free lunch. Contact Marianne.Bulter@Solanorcd.org or (707) 678-1655, ext. 114.

C.A.S.T. For Kids Saturday, June 23, 8 am to 2 pm Oak Shores Day Use Area Lake Berryessa employees, in partnership with the C.A.S.T. (Catch a Special Thrill) for Kids Foundation, will host a C.A.S.T. for Kids fishing event for children with disabilities and disadvantaged children on June 23.

The event will be held from 8 a.m. to 2 p.m. at Lake Berryessa's Oak Shores Day Use Area. Each child will receive a fishing pole, tackle box, T-shirt, and other prizes and spend the morning fishing with local anglers and volunteers. A free lunch will be served to participants, parents and volunteers in the afternoon.

Pre-registration is required for this event.



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Vacation Home Get-Away at the Spanish Flat Mobile Villa. Minutes to lake access for fishing, boating, picnics! Walk to Spanish Flat Village Center with a host of amenities. Ideal for a weekend hide away or a full time residence! NICELY Updated. This is a MUST SEE FAST!!

\$115,000

Reclamation is seeking boaters and anglers who wish to volunteer their time and use of their boat, as well as volunteers for shoreline support. For more information, please contact the Lake Berryessa Field Office at 707-966-2111, ext. 113, or hmartinezroacho@usbr.gov or register at <http://castforkids.org/event/lakeberryessa/>

Free Fishing Days Saturday, July 7, 2018 at 8 a.m. Saturday, September 1, 2018 at 8 a.m. Twin Oaks, Oak Shores Day Use Area On summer holiday weekends, the California Department of Fish and Wildlife allows everyone to fish free of charge.

If you ever wanted to learn to fish, this is the perfect time to borrow a pole and join a Park Ranger at Oak Shores Day Use Area for some tips. All fishing equipment will be provided to participants during the program. Please contact a Park Ranger Hugo Martinez at 707-966-2111, ext. 113, with any questions or visit <https://www.wildlife.ca.gov/licensing/fishing/free-fishing-days> for more information on Free Fishing Days.

Evening Hiking Series Friday, June 22, 6 to 8 p.m. Friday, July 13, 6 to 8 p.m. Friday, August 10, 6 to 8 p.m. Friday, September 7, 5 to 7 p.m. North End Trail, Berryessa Knoxville Road.

Are hot summer days curtailing your time outdoors? Join a park ranger for a guided hike along Lake Berryessa's new North End Trail during cooler, evening

temperatures. Possible hike topics will vary throughout the summer and may include geology, wildflowers, and local birds.

This program will meet on the north side of the Putah Creek Bridge, 7.5 miles north on Knoxville Road from Dufer Point Visitor Center, 5520 Knoxville Road, in Napa. Please contact Park Ranger Jennifer Onufer at 707-966-2111, ext. 112, for directions on joining this program.

Paddle with a Park Ranger! Friday, July 27, 6 to 8 p.m. Friday, August 24, 6 to 8 p.m. Friday, September 21, 5 to 7 p.m. Foxtail Flat, Oak Shores Day Use Area.

Experience the beauty of Lake Berryessa from a unique perspective during park ranger-led Friday night paddling tours. These two-hour trips explore various locations along the western shore of the lake and are open to experienced swimmers with a kayak or canoe.

Participants should bring their boat, life jackets, paddles, sunscreen, hat, water, and a meal/snack. Kayaks and life jackets may be available for participants to use if requested in advance.

A headlamp and sound device are required to participate in our night paddles. Be on the water and ready to paddle at the advertised time. Pre-registration is required and space is limited. To make any inquiries regarding the program, please email Park Ranger Todd Eggert at reggert@usbr.gov or call 707-966-2111, ext. 113.

Don't Tickle a Tick, Drown It with Soap, or BBO It With a Match – It Will Just Barf on You!

Tick season is here and it's one of the fun things about living in the country with a dog. There are many stories in folklore about how to remove ticks. One version I received in an email recently, claims that if you apply a glob of liquid soap to a cotton ball, cover the tick with the soap-soaked cotton ball and swab it for a few seconds, the tick will come out on its own and be stuck to the cotton ball when you lift it away.

Although this particular e-mail began circulating in May, 2006, the advice it attempts to impart is far older. According to Snopes.com, this is a very old old wives tale. Other long-lived suggestions include touching a lit match or hot needle to the tick's rear or tickling its underside. However, those who know about tick removal warn against these home remedies. They don't always work and even if they do seemingly work, they may also make matters worse by stimulating the creatures to release additional saliva or regurgitate their gut contents into the host increasing the chances of infection.

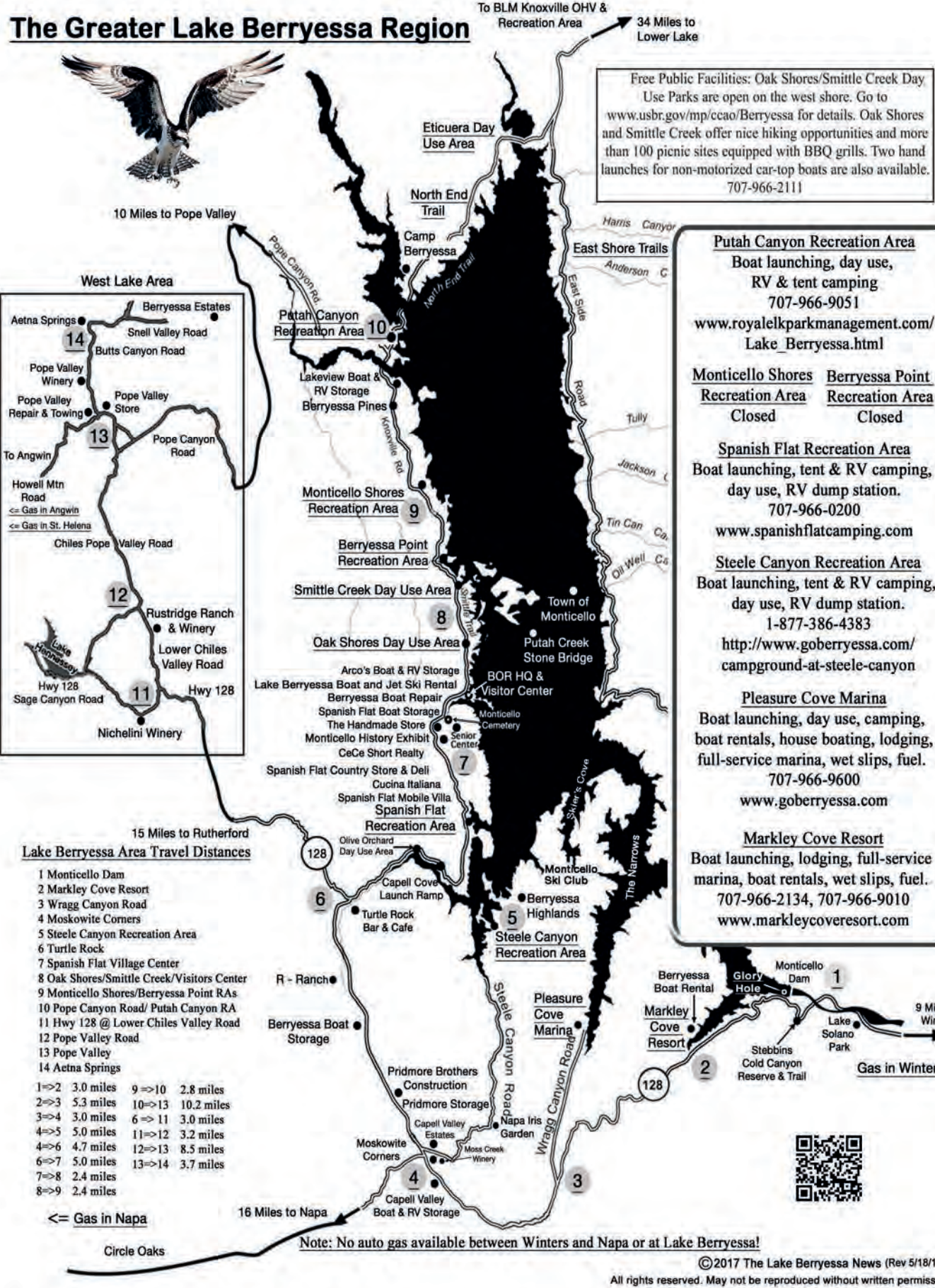
Vets and other medical experts report that removing a tick from your cat or dog is easy if you just follow these simple steps. To remove an attached tick, use a pair of fine-tipped tweezers or special tick removal instruments. These special devices allow one to remove the tick without squeezing the tick body. This is important as you do not want to crush the tick and force harmful bacteria to leave the tick and enter your pet's bloodstream.

Grab the tick by the head or mouth parts right where they enter the skin. Do not grasp the tick by the body. Without jerking, pull firmly and steadily directly outward. Do not twist the tick as you are pulling. Using methods such as applying petroleum jelly, a hot match, or alcohol will NOT cause the tick to 'back out.' In fact, these irritants may cause the tick to deposit more disease-carrying saliva in the wound.

After removing the tick, place it in a jar of alcohol to kill it. Clean the bite wound with a disinfectant. If you want to, apply a small amount of antibiotic ointment. Wash your hands thoroughly. Please do not use your fingers to remove or dispose of the tick. We do not want you in contact with a potentially disease-carrying tick.

Do NOT squash the tick with your fingers. The contents of the tick can transmit disease. Once an embedded tick is manually removed, it is not uncommon for a welt and skin reaction to occur. A little hydrocortisone spray will help alleviate the irritation, but it may take a week or more for healing to take place. In some cases, the tick bite may permanently scar leaving a hairless area. This skin irritation is due to a reaction to tick saliva.

The Greater Lake Berryessa Region



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

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

Monticello Shores Recreation Area Closed
Berryessa Point Recreation Area Closed

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

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

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

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707-966-2134, 707-966-9010
www.markleycoveresort.com

Lake Berryessa Area Travel Distances

From \ To	1 Monticello Dam	2 Markley Cove Resort	3 Wragge Canyon Road	4 Moskowite Corners	5 Steele Canyon Recreation Area	6 Turtle Rock	7 Spanish Flat Village Center	8 Oak Shores/Smittle Creek/Visitors Center	9 Monticello Shores/Berryessa Point RAs	10 Pope Canyon Road/ Putah Canyon RA	11 Hwy 128 @ Lower Chiles Valley Road	12 Pope Valley Road	13 Pope Valley	14 Aetna Springs
1=>2	3.0 miles													
2=>3	5.3 miles													
3=>4	3.0 miles													
4=>5	5.0 miles													
4=>6	4.7 miles													
6=>7	5.0 miles													
7=>8	2.4 miles													
8=>9	2.4 miles													
9=>10	2.8 miles													
10=>11	10.2 miles													
11=>12	3.0 miles													
12=>13	3.2 miles													
13=>14	8.5 miles													

Gas in Winters =>

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

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