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**In This Issue**  
**Special Feature:**  
**Lake Berryessa Senior Center**  
**BOR Plan's Unpopularity Grows**



# The Lake Berryessa News

www.LakeBerryessaNews.com

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## From the Editor

The Bureau of Reclamation's plan for Lake Berryessa continues to grow in unpopularity. They have little or no support at any of the meetings they attend. This was dramatically proven at the Winters Town Hall meeting on Nov. 19 where about 900 people, many not trailer owners, and the Winters City Council were highly critical of Reclamation's plan. The Oakland Tribune titled their article "Residents unleash scorn on Lake Berryessa revamp". An article in the Winters Express titled "Hundreds protest lake plan" reports the Winters meeting in extensive detail - none of it favorable to the BOR or their three or four environmental mouthpieces who attended. Follow this up with the Solano County Board of Supervisors meeting on Nov. 22 which the Vacaville Reporter headline characterized as "Supes hit at plan for Berryessa" and Reclamation officials must be feeling the heat. Kirk Rodgers, BOR Regional Director, who will sign the final Record of Decision, was in the Winters audience. Does the fact that his plan is being repudiated by most members of the local community make a difference to him or will he just try to ram this unpopular plan through as quickly as possible?

Berryessa residents and businesses, not just mobile home owners, were well-represented in Winters. The Chamber's 56 business members are nearly unanimous in opposing Reclamations's plan for Lake Berryessa. I travel a 100 mile paper route every two weeks (thank goodness my Prius gets 47 mpg) through Fairfield, Napa, Yountville, St. Helena, Calistoga, Angwin, Pope Valley and all around Lake Berryessa. The hundreds of people I've talked to - local residents and businesses - once again not just mobile home owners - are also nearly unanimous in opposing the BOR plan. When people finally understand what the government is trying to do, they are incredulous and wonder what is wrong with the BOR. The City of Winters agrees. This is absolutely not a "trailers-only" issue! How can the government force a plan like this down the throats of an unwilling local community when excellent lower-cost alternatives exist?

Conspicuous by his absence in Winters was Congressman Mike Thompson. Lake Berryessa and Winters are in his district but his constituents cannot depend on him for the most minimal of support. Also conspicuously missing was Lake Berryessa Napa County Supervisor Diane Dillon. However, Napa Supervisor Harold Moskowitz was there to defend Lake Berryessa and oppose the BOR plan with a rousing statement about the true economics of owning a resort and a rebuttal to allegations about the cost of the lake to Napa County.

But where is Congressman Thompson? After ignoring hundreds and hundreds of letters, emails, and phone calls, he finally popped up in a Napa Register Letter to the Editor last week in response to a single over-the-top letter from a disgruntled trailer owner. He piously wants us to believe he really cares about an open process, but immediately starts talking partisan politics. This is another example of Mr. Thompson's policy of "pretend that I care and hope to God no one notices I'm not really listening". And after the "revolt of the constituents" at Winters, he is reported to have immediately sent in his aide to buy off the City Council, implying he'd get any changes they want into the BOR plan. Not only has this process not been open or transparent, it has been invisible!

This is not a partisan issue. It is about bad planning and bad faith on the part of the government. It's about not listening to real people. Republicans and Democrats alike should, And Do, oppose the BOR. It is not an environmental issue either. Although some supporters of the BOR plan continue to lie about it, there are no sewage or health and safety problems at the lake. Mike Finnegan of the BOR confirmed this in Winters last week when he stated that there were no problems at the resorts as far as the BOR is concerned.

I have a kayak and a jet ski, a mountain bike and a boat, hiking shoes and an ATV. My family and I use them all regularly. Supporters of a reasonable plan for the lake are trying to be inclusive without destroying the best parts of what exists. There is room for everyone.

\*\*\*\*\*

Sheriff Gary Simpson is considering running for Napa County Supervisor against Harold Moskowitz. In commenting on Lake Berryessa, where busy summer weekends require extra enforcement due to the many short-term visitors, Simpson said he has been working with Napa County Supervisor Diane Dillon on improving the Department's response. He noted that on busy weekends he has 18 deputies patrolling in the area, and that at some point it would make sense to have a station near the lake. This is something all Lake Berryessa residents would support.

\*\*\*\*\*

I was visiting with Bernice Talbott, owner of the Stagecoach Market in Berryessa Estates, our northernmost member of the Lake Berryessa Chamber of Commerce, and she mentioned that some people out there think they pay a special property tax to support the resorts at Lake Berryessa. This is not true! See the explanation on Page 5 of this issue.

### **To The Editor**

From title through its content, the Napa Register front-page article of November 23rd, "Battle for the Berryessa Trailers Heating Up" by Julissa McKinnon is one of the best examples of distorted, one-sided journalism this reader has ever encountered.

To frame the article in the context that the entire, or even the majority, of the 950 participants at the November 19th meeting in the Winters High School gym were all "trailer owners" is blatantly inaccurate.

I should know; I was there. I am NOT a trailer owner. I am a "Short-term User" of the lake and have been for many years—the kind of user the Bureau of Reclamation has stated that they want to re-make the lake in deference to. I sat in the bleachers in a sea of mixed constituents: Boaters of all types, jet-skiers, water skiers, wakeboarders, kneeboarders, fishing enthusiasts, resort operators, campers, AND long-term residents united in their vocal, common-sense opposition to the government's "Preferred Alternative B" which in reality is "Preferred" by no one except the BOR officials who drafted it.

This fight is NOT solely "about the trailers". That flawed assertion was made several times in the article, as well as the statement that it is the "trailer owners" alone who have caught the attention of Representative Richard Pombo, R-Tracy.

This fight is about the BOR taking a sledgehammer to the lake and its surrounds; re-making it in the government's image of something not broken that needs fixing; expelling the resort owners when no public mandate exists for them to do so; imposing a flawed system of "zones" over the entire lake body and implementing a set of "I dunno what will happen" restrictions that are shrugged off by BOR bureaucrats who grudgingly admit that even they have no clear idea of what the real plan is, or what the outcome in total might be.

Furthermore, the plan completely ignores the contributions and rights of the current property owners and resort operators at the lake. These people built these businesses and played by the government's rules for 40 years. I, for one am pleased with the way Steele Park and many of the others are operated. The park has a motel and numerous cabins for rent—most of which go completely unoccupied in the off-season. Yet detractors of the "low-class trailer-ified" lake say facilities like these do not exist. Real users of the lake know better.

I am not anti-environment, I am anti-restriction. The California Department of Boating and Waterways already has plenty of laws on the books to allow for peaceful and harmonious coexistence of powered and non-powered vessels on bodies of water. We don't need a bunch of leftists cramming more restricted areas and regulations down our throats.

Last time I was at the lake, the water was pure blue, the fish were still jumping and eagles still soaring, and the western grebes still happily floating. Leave the lake alone. Don't remake the lake. It ain't broke. Don't fix it.

Lou Jones

Once-A-Week Lake Berryessa Boater, Napa, CA

### **Chamber of Commerce Holiday Mixer**

The Lake Berryessa Chamber of Commerce will hold a Holiday Mixer on Saturday, Dec. 10, from 5 P.M. to 9 P.M. at the Lake Berryessa Senior Center on Spanish Flat Loop Road.

All members and their families are invited, as well as any potential members and friends of the Lake Berryessa community. Many of our 60+ members have not yet had a chance to have some fun together, so don't miss this opportunity. Also, bring your business brochures and other company information to share with each other.

It's a simple pot luck so bring your favorite finger food or snack to share. The Chamber will provide a range of drinks to satisfy your Holiday thirst.

### **Calendar of Events Around Lake Berryessa**

#### **Senior Center Crafts**

Every 2nd & 4th Wednesday of each month  
Call Betty at 966-2254

#### **Every Monday – Bingo – 1 PM til??**

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

#### **Seniors Pot Luck**

Every 3rd Friday Night – bring a dish.

#### **Senior Center – Call 966-0206**

#### **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**

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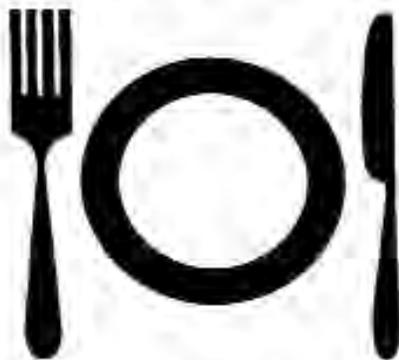
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**Residents Unleash Scorn on Lake Berryessa Revamp:  
More Than 700 Oppose Efforts to Uproot Shore's Mobile Homes**

More than 700 people with a stake in Lake Berryessa's future packed the Winters High School gym to the rafters Saturday afternoon to denounce the U.S. Bureau of Reclamation's effort to revamp the popular boating hot spot. They booed the sole "environmental wacko" on the panel and heckled the government guy trying to explain it all. And they had reason to.



Because the first choice in the government's list of ways to remake the 20,000-acre reservoir is scrape the place clear of their long-term "exclusive use" mobile homes now dotting the lake's shores and open the place up to more campers, canoers, hikers, RVs and the so-called "short-term user."

Those at the lake now deride the plan as a fantasy effort to remake the lake into something it never has been — namely, a wilderness recreation area. What will happen, they fear, is that the Bureau of Reclamation will destroy a community that has called the lake home for 50 years.

"I've been here 18 years, and I haven't had one person come in and ask me to build a trail up over that forsaken hillside so they can go out and hug a tree," said John Frazier, owner of Markley Cove Resort on the lake's southeastern end, to a standing ovation.

The government plan, released in final form late last month, remains essentially unchanged from earlier drafts. It suggests the Bureau "permanently remove" all of the mobile homes and trailers that now dominate the few level spots on the reservoir's steep and wooded shoreline.

Lakeshore areas at the seven resorts serving the lake would be restored to "a more natural setting" with improved public access. Those with the exclusive leases to the reservoir would be gone, their spots turned over to campsites, picnic areas, RV sites, rental cabins. Instead of paying a concessionaire \$400 or so a month to rent the land underneath their vacation home, they would have to reserve a cabin or campsite like everyone else.

Even the current resorts would look different. Today, the lake is fringed with seven resorts, each run by a different operator. Those leases all expire by 2009, with no ability to renew under law. The bureau would like to see each one remade — possibly by a single operator — into different recreation areas: Markley Cove would become the houseboat center; Spanish Flat a mix of camping and "rustic lodging;" Steele Park a "major contemporary overnight lodging area."

"I just wouldn't come," said Mark Randazzo of San Jose, who has such a spot in Steele Park Resort and whose father owned one before him. "(We've) established a community that's about to be destroyed. Randazzo isn't alone. Winters, perhaps the closest town to the lake, has labeled the plan "the economic equivalent of a military base closure to our community," and various business owners spoke Saturday of the devastation such a dramatic overhaul might trigger.

Indeed, Saturday's discussion — technically a Winters City Council meeting — came three weeks after Rep. Richard Pombo, R-Tracy and chairman of the powerful House Resources Committee, asked Interior Secretary Gale Norton to hold a town meeting.

"We've been contacted by hundreds of constituents," said Kiel Weaver, a Pombo aide who flew in from Washington, D.C.

The bureau hasn't made a final decision, and other options — including staying with the status quo — remain on the table. "Take my word for it, or someone you trust," said Mike Finnegan, the bureau's regional manager. "Not you," came a catcall from the crowd.

Plan proponents see tremendous opportunity to open up the largest lake 90 minutes from the Bay Area to the larger public. California faces growing demand for outdoor recreation areas. Lake Berryessa, they say, is underused — a "private lake."



"The economic area around the lake is in sad shape. It's not what you would call an economic success," said Carol Kunze, the lone environmentalist on the panel. The bureau's plan "would convert Lake Berryessa into a vacation destination. It's going to become a recreational asset too for the

9 million people in the San Francisco Bay and Sacramento area. Public response to the bureau's efforts has run two-to-one in favor of less trailers and more short-term use. But a visitor would never guess that based on Saturday's turnout.

Nine out of 10 people sported yellow stickers and armbands of orange survey tape in support of the resorts.

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## **Lake Users Will Lose Out If Bureau's Plan Is Chosen**

by Robert White, Rancho Monticello Resort

Lake Berryessa resort owners, city of Winters council members, Bureau of Reclamation and citizens were part of a town hall meeting, held in Winters on Saturday, to discuss the Final Environmental Impact Study (FEIS) which is directing the fate of Lake Berryessa. The meeting was prompted by Congressman Richard Pombo, who was represented at the meeting by Kurt Christensen and Kiel Weaver of the Water Resources Committee.

The FEIS has four alternatives, and Alternative B is Reclamation's preferred alternative. This "Preferred Alternative" bulldozes the structure and economy of the lake that has taken more than 40 years to develop. It demolishes the resorts, eliminates all long term sites, reduces short-term sites and heavily restricts water use. Despite 4,000 comments, critical financial feasibility studies, proven use and public demand -- BOR was marching forward with "their" Preferred Action. Stakeholders packed the meeting and voiced objections against the plan clearly, not for the people -- nor is it the choice of the people who use Lake Berryessa.

Alternative B is an elusive framework with dramatically fewer facilities and diminished services. Camping will be the common accommodation, with a few other types that are either extremely limited or priced out of the average families range. The result of Alternative B would be devastating to the user public, many of whom have invested in very expensive boats -- the economics spiral from there to the boat dealer, boat builder, etc. -- not to mention the enormous recreational and family/social benefits that would be lost. Reclamation's Dornbusch Financial Analysis states, "The analysis indicated that Alternative B would not represent a viable business opportunity if the underlying concession contract(s) stipulated that the concessionaire(s) would have to fund all of the associated capital investment requirements."

Another premise of Alternative B is Reclamation's attempt to hide their responsibility to develop public lands outside the resorts with facilities and services that were mandated under the Public Use Plan and Reservoir Area Management Plan. Reclamation has unequivocal control of the best shoreline at Lake Berryessa, the public has access to a small percentage (5.4 miles out of 135 miles) on which the facilities are limited, and services nearly

non-existent, those developments are Smittle Creek, Oak Shores Park and Capell Cove Free Launch Ramp. Alternative B conveniently eliminates nearly all development of Reclamation public lands.

Serving millions of visitors each year, seven resorts have been developed around the lake, according to contracts and all guiding documents. The resorts have been responsive to public use and demand. As stated in the RAMP, "The resorts offer a variety of high convenience facilities in a total resort concept which fulfills most people's needs ... the concessionaires have established facilities such as camping and picnicking sites, travel trailer and mobile home parks, boat launching ramps, marina facilities, restaurants, food stores, and related support facilities for public use. Each resort offers a variety of marina services including moorage, gas service, boat rentals, etc."

The location of Lake Berryessa has been a major factor in how the resorts have developed and what the public demands. The winding road accesses have prohibited any dependable day or short term use. Long term sites have been the stable force that has supported the resorts, enabling them to develop and maintain facilities, while making the short term use affordable. There is a window of seasonal use -- Memorial Day Weekend to Labor Day Weekend. Rarely, except on these "big weekends" are any of the accommodations or uses at capacity. Throughout the years the users have proved to be the working public, most of which are families that come to the lake together. This rare magnet that holds the families together is the love of water recreation. The Bureau of Reclamation, with its new plan for the lake, wants to take that away.

The resorts joined together to create the Resort Owners Plan (ROP) which developed future plans for each resort in the context of the greater master plan of the entire lake, including Reclamation managed public lands outside the resorts. ROP proposes a sensible approach that is fiscally and environmentally responsible meeting the recreational needs and demands at Lake Berryessa of the current and future public users.

The new contracts are the pivotal point for the next level of development at Lake Berryessa. The ROP is that plan that will bring greater economic growth for Napa County and build a solid recreational future for Lake Berryessa and the American Public.

## **Private Property Owners Do Not Pay Property Taxes to Support the Resorts**

Several years ago a resident of the Berryessa Highlands who is given to misrepresenting the facts started a rumor that homeowners paid a special tax to support the resorts. This is not true. But due to the rumor several people in the Highlands developed a misunderstanding that they pay a special tax for Steele Park and should then have free entry to the resort.

A call to the Napa County Assessor's Office (253-4466) confirmed that property owners around Lake Berryessa do not pay any property tax to support the resorts. The County Auditor's Office (253-4577) also said there is no property tax paid by anyone at Lake Berryessa for the resorts. But they said there had been two bond issues which property owners had been paying off. The last was called the Napa Berryessa Resort tax and the final payment on that bond series was made in 2000.

The Auditor's Office said that the name of the bond issue was unfortunate because the bonds did not have anything to do with the seven resorts themselves. Apparently all the homeowners lucky enough to live in the Lake Berryessa area are considered part of a "resort area".

There are two entities managed by the County to run the water and sewer systems at Berryessa Highlands and Berryessa Estates. Although "Resort" is used in their name, they have nothing to do with the resorts themselves. Resort Improvement District is just a reference to a method to finance infrastructure for private developments in "resort areas".

### **Lake Berryessa Resort Improvement District (Berryessa Estates)**

The LBRID provides water and sewer services for the 351 lots within its boundaries. The mission is to provide these services within the guidelines/directives of the appropriate Federal, State and Local Agencies without exceeding the financial constraints of the public served.

### **Napa Berryessa Resort Improvement District (Berryessa Highlands)**

The NBRID provides water and sewer services for the 501 lots within its boundaries. The mission is to provide these services within the guidelines/directives of the appropriate Federal, State and Local Agencies without exceeding the financial constraints of the public served.

### Who's a Senior, What's a Senior?

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! According to a geriatrician, Dr. William Thomas, 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.

Substantial advantages accrue to offspring who can be cared for by two generations of adults. An African proverb says, "The death of an old person is like the loss of a library". Thomas believes our growing number of elders represents an unprecedented windfall to society. Elders 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. Although our bodies may give us unwelcome hints that we are aging, the modern world gives us plenty of opportunities to keep from "being old".

How do we keep from "growing old inside"? Surely only in community. According to Robert McAfee Brown, the only way to make friends with time is to stay friends with people. Taking community seriously not only gives us the companionship we need, it also relieves us of the notion that we are indispensable.

So how can we translate philosophy into action at Lake Berryessa? Through the Lake Berryessa Senior Center - a key community resource that offers a broad range of social activities and support services. And this energetic group of Berryessa residents is redefining the definition of senior, not only because you only have to be 50 to join, but because of their positive attitude towards community action. For example, 54 free flu shots were administered at the center on Nov. 18 by Napa County. As with any volunteer organization, the more active people who join the more active things there'll be to do.

Maybe there should be a contest to see what new word can be used to replace "senior" in describing us (since I am a new member). At the last Board meeting I mentioned that I just don't feel like a "senior" and Betty Pedersen, 83, a co-founder of the Center 25 years ago, jumped right in with "Neither do I!"

The Center's great facility is available to rent for special occasions. There is a minimal charge and a cleaning deposit. There is a large kitchen for preparation and storage of food. Call for details at 966-0206.

A "Give & Take" library with shelves full of books is open to the public from noon to 4 p.m. on Mondays. Many games are available to play and scrapbooks full of history can be viewed. Friday Night Cards occur twice a month too.

Bingo is on Mondays, from 1 to 4 p.m. Potluck Bingo starts at noon on the first Monday of the month. Everyone brings their favorite dish.

Pirate Bingo on Monday, Dec. 5, is a special fun day. If you want to participate, bring a dish, and a new gift with a value of at least \$5.00. We guarantee you will have a great time!!

The Annual Crab Feed will be held on Saturday, January 14, 2006. Tickets will be available the middle of December, and you can reserve tickets by calling 966-2127 or 966-0206. The charge is \$30.00, and the feed includes salad, pasta,

bread, crab and wine. No outside alcoholic beverages are allowed. There will be a bar available to purchase refreshments.

And see the next page for a special offer to the Lake Berryessa community to experience the Senior Center and its friendly people at the Christmas Potluck!

The Senior Center Board members are: President: Paul Quarneri, Vice-President: Cathy Parrish, Secretary: Rose Stubbs, Treasurer: Leroy Sayas. Membership: Betty Pedersen, Ways & Means: Georgia Craddock, Maintenance: Mike Quecke, Activities: Rosemary Wilson House Director: Pat Turnpaw. (Pat and Rosemary not shown in photo)



This may not be so far-fetched (We hope)!

Three elderly gentlemen were talking about what their grandchildren would be saying about them fifty years from now.

"I would like my grandchildren to say, 'He was successful in business'," declared the first man.

"Fifty years from now," said the second, "I want them to say, 'He was a loyal family man'."

Turning to the third gent, the first gent asked, "So what do you want them to say about you in fifty years?"

"Me?" the third man replied. "I want them all to say, 'He certainly looks good for his age!'"

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### **Lake Berryessa Senior Center**

#### **Special Offer to the Lake Berryessa Community!**

Come Join Us For Some Christmas Fun on Friday Dec. 16th!

The Berryessa Senior Center is holding its annual Christmas Potluck on Friday, December 16, 2005 at the Senior Center on Spanish Flat Loop Road. And you don't have to be a member this year to enjoy the festivities. We want you to experience being part of this great community organization first-hand.

The fun begins at 6:00 p.m. with a Social Happy Hour, and dinner begins at 7:00 p.m. The Center provides the ham, and everyone brings a dish to feed 8 people. Please call 966-0206 to let us know you're coming so we can "plan the ham".

Following dinner enjoy "The Polite Brothers' Holiday Comedy & Sing-Along". There will be a gift exchange after the entertainment. If you wish to participate, please bring a new gift worth at least \$10.00, marked "Man" or "Woman".

You don't have to be a "senior" to join our organization, unless you believe "50" is being a senior. If you have a good time at the potluck, please join us for real. Dues are just \$20 a year. See you there!

#### **7 Ways to Keep Your Marbles**

The general wisdom was, until recently, "If you want to live a long, healthy life, choose your grandparents wisely." While of course one can't, just 30 percent of physical aging is genetically predetermined, according to an eight-year study of 1,000 well-functioning seniors, by MacArthur "genius" grant recipients John Rowe and Robert Kahn. And, keep in mind, genetics isn't fate. While problems such as Alzheimer's and heart disease do have a genetic component, lifestyle trumps genes. Physical aging is shaped by lifestyle choices in physical exercise, diet, attitude, and social support.

#### **Exercise**

Brain and body are connected; what is healthy for one promotes fitness in the other. What constitutes a minimum of exercise? The Lifetime Fitness Program, a research-based program, guides participants through 20 minutes of aerobic activity, 20 minutes of upper- and lower-body weight training, and a 10-minute stretch-and-flex routine three times a week. Older participants lose weight, feel better, have fewer falls and fractures, and experience social benefits.

#### **Friendship, not necessarily family**

Evidence suggests that whether it's praying or putting, hiking or poker, the getting together is what enhances wellbeing, not the activity. People who see other people on a regular basis are sick less and live longer. A recent study found that folks with close friends and confidants lived longer than those who don't, while tight family relationships made no difference in mortality. In fact, avoiding negative family members may enhance health and longevity.

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#### **Have a positive attitude**

What lifestyles, then, do prevent age-related declines? A fascinating body of research by David Snowdon on the aging brain, known as the Nun Study (<http://web1.mccs.uky.edu/nunnet/>) gives enticing clues. An analysis of handwritten autobiographies from 180 of the School Sisters of Notre Dame at the average age of 22 found that positive emotional content was strongly associated with health and longevity six decades later. Feeling bad about getting old may be bad for you; studies by Becca Levy of Yale University show that holding negative aging stereotypes may not only result in a decline in memory and self-efficacy, but may shorten your life by almost eight years.

#### **Be intellectually stimulated early**

A computer analysis of the sisters' essays in the Nun Study found that greater idea density and verbal complexity predicted a lower risk of Alzheimer's. When one researcher was asked what this meant, she replied, "Read to your children." Perhaps a lively and well-educated brain is more resistant to disease.

#### **Stay intellectually engaged**

Whether the activity is bridge or crossword puzzles, mental exercise may be as key to keeping the mind supple as physical activity is to the body's functioning. A seven-year study of 1,772 subjects suggests possible benefits.

#### **Eat a healthy diet**

Most of us know that a healthy diet means moderation in meat, sugar, and fat and plenty of vegetables and fruit, but we might not know just how those fruits and veggies benefit the brain. Studies at Tufts University's Human Nutrition Research Center on Aging suggest that the capacity of fruits and vegetables to absorb damaging free radicals cuts the risk of dementia, while the same anti-oxidant-rich foods also prevent some loss of learning and memory function. And don't forget hydration—most of us need more water than we drink. Dehydration causes cognitive malfunctions.

#### **Curb nasty habits**

Don't smoke. Smoking constricts blood vessels and may decrease cognitive capacity. A moderate glass or two of wine, though, may be beneficial.

It's a no-brainer: An engaging social environment, combined with good nutrition and daily exercise, helps keep the brain healthy. Older people who are involved with friends, physical activities, and lifelong learning profess joy at being alive. Wholehearted participation in these pursuits gives meaning to old age and helps elevate the quality of life for those years.

\*\*\*\*\*

Right now I'm having amnesia and deja vu at the same time. I think I've forgotten this before. Funny, I don't remember being absent minded.

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## The Lake Berryessa News

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Phone & Email: \_\_\_\_\_

### From the Editor

Merry Christmas and Happy New Year to all our subscribers, readers, and advertisers. Look at the names on our front page Christmas tree. These are our primary advertisers and contributors - use their services whenever you get a chance. This issue also includes a tear out page (3&4) with useful phone numbers and a full directory of the Lake Berryessa Chamber of Commerce. Just carefully cut out the page and fold it over. You now have a handy reference of phone numbers on the front, businesses in the middle, and a map of the lake on the back. Keep it handy near your telephone or inside the front of your telephone book. You'll be hearing much more about the Chamber of Commerce in the coming months.

### To the Editor

In reading the Bureau of Reclamation's plan and thinking about the proposed boating zones on the lake, one thought keeps coming back to me. I have seen kayakers and canoers on the lake many times, especially in Capell Cove. I have also seen and experienced rude and thoughtless power boaters even more often.

I have been trolling many times off of Skier's Cove with other boats and have had jet skiers or large power boats roar through the assemblage at full throttle, creating huge wakes that disturb everyone. This is why the Greenies want to create zones to limit the number of power boats.

Once my daughter talked me into going kayaking with her on the Sacramento River. After capsizing twice in the darn thing, I grant a note of respect to people in them. There needs to be some way to tame down rude power boaters. Perhaps signs at all of the marinas pointing out that just because you have a powerful boat, it's not always prudent to show it off in traffic.

My own 16 foot Crestliner is powered by a 40 hp Honda, and is capable of generating an 18 inch high wake. I always brake plane when approaching a kayaker, and I have never even drawn a dirty look from them.

Berryessa is a huge body of water, and there should be room for all. A little common courtesy would also help us in our cause.

Gary Schaad

### Do Numbers Count?

Thirty-four to thirty-six million Christmas trees are produced each year and 95 percent are shipped or sold directly from Christmas tree farms.

More than one million acres of land have been planted in Christmas trees. The industry employs over 100,000 people.

Christmas trees take an average of 7-10 years to mature.

An acre of Christmas trees provides for the daily oxygen requirements of 18 people.

In 1856 Franklin Pierce, the 14th President of the United States, was the first President to place a Christmas tree in the White House.

President Coolidge started the National Christmas Tree Lighting Ceremony on the White House lawn in 1923.

\*\*\*\*\*

Average minutes children six and under spend using TV, video, DVD or computers per day: 118  
Minutes reading or being read to: 39

Increase in hours the average middle-income married couple with children worked in 2004 compared to 1979: 500

Number of TV commercials viewed by American children every year: 40,000

Age by which a child can develop brand loyalty: 2

Percentage of Harvard students who received average grades of B+ or better in 1950: 15%  
Percentage in 2004: nearly 70%

Average American CEO pay in 2005: \$11.8 million

Average ratio of American CEO salaries to production worker pay in 2004: 431-to-1  
Ratio in 1982: 42-to-1

Lowest min. wage today if the min. wage had risen as fast as CEO pay since 1990: \$23.03 an hour  
Actual lowest minimum wage today: \$5.15 an hour.



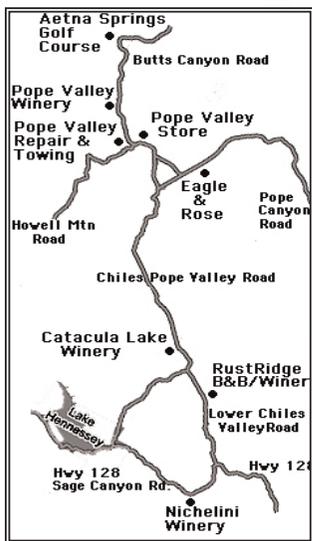
This directory is brought to you by the Lake Berryessa Chamber of Commerce. The Lake Berryessa Chamber of Commerce unites businesses, local leaders and concerned citizens of the Lake Berryessa area with the mutual goal of achieving a better and more prosperous community. Whenever possible, please support our member businesses.

### Emergency Numbers

All Life Threatening Emergencies, Phone 911  
 Poison Control: (800) 222-1222  
 National Crisis Hotline: (800) 784-2433  
 Napa Emergency Women's Services: (707) 255-6397  
 Family Service of Napa Valley: (707) 255-0966

### Local Phone Numbers (707)

Capell Valley Volunteer Fire Department: 252-8434  
 Pope Valley Volunteer Fire Department: 965-2944  
 Napa County Fire Department: 967-1400  
 California Dept. of Forestry - Spanish Flat Station: 966-2344  
 Capell Valley Elementary School: 259-8434  
 Pope Valley Union School: 965-2402  
 Napa Valley Unified School District: 253-3715  
 Pope Valley Post Office: 965-3701  
 Sheriff's Department: 253-4451  
 Highway Patrol: 253-4906  
 Congressman Mike Thompson: 226-9898  
 Napa County Offices: 257-9500  
 Napa County Supervisors: 253-4386  
 Napa County Assessor: 253-4466  
 Napa County Tax Collector: 253-4311  
 Napa County Libraries: 253-4242  
 Napa County Postal Service: 275-8777  
 Napa County Fish & Game Department: 944-5500  
 Napa Valley College: 253-3000



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Winters, CA 95694  
707-966-2134

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Napa, CA 94558  
707-966-9600

Putah Creek Resort  
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Napa, CA 94558  
707-966-2116

Rancho Monticello Resort  
6590 Knoxville Rd.  
Napa, CA 94558  
707-966-2188  
ranchomonticelloresort.com

Spanish Flat Resort  
4290 Knoxville Rd.  
Napa, CA 94558  
707-966-7700  
www.spanishflatresort.com

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1605 Steele Canyon Road  
Napa, CA 94558  
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707-966-2420  
www.boones-saloon.com

Brenda's Country Store & Deli  
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Spanish Flat Village Center  
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707-966-2339

Cucina Italiana  
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Napa, CA 94558  
707-966-2433  
www.lakeberryessanews.com/  
cucinaitaliana.html

Pope Valley Market  
5850 Pope Valley Rd.  
Pope Valley, CA. 94567  
707-965-9922

The Corners  
6005 Monticello Road  
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Stagecoach Market  
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jlucia@interx.net

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707-552-5555(Bus)  
www.billlang.com

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707-966-0506  
2coops@earthlink.net

Kastner Motors  
Jim Tschida  
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Napa, CA 94559  
Fluppenstoop@aol.com

Pope Valley Repair & Towing  
5875 Pope Valley Rd.  
Box 75  
Pope Valley, CA 94567  
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**WINERIES**

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707-965-1104  
www.cataculalake.com

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707-965-3238  
www.eagleandrose.com

Pope Valley Winery  
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Pope Valley, CA 94567  
707-965-1246  
www.popevalleywinery.com

RustRidge B&B/Winery  
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www.rustridge.com

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Napa, CA 94558  
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(707) 252-1880 ext. 111  
bubak5@i-cafe.net

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Napa, CA 94558  
707-966-4505

Kalaveras Realty  
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Napa, CA 94558  
707-256-0888

Morgan Lane Real Estate  
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St. Helena, CA 94574  
707-968-2565 (Dir)  
www.morganlane.com

Rossi Realty  
700 Central Ave.  
Napa, CA 94558  
707-738-1756  
Marie@wino.com

**COMMUNITY ORGANIZATIONS**

Berryessa Senior Center  
Box 9172  
Napa, CA 94558  
707-966-0206  
Craddocks2@juno.com

Berryessa Trails &  
Conservation  
901 Cape Cod Ct.  
Napa, CA 94558  
707-966-5211  
www.berryessatrails.org/

California Watershed Posse  
1589 Higgins Canyon Road  
HalfMoonBay, CA 94019  
650-599-1954  
www.cwposse.org

Citizens to Protect Lake  
Berryessa  
PO Box 6402  
Napa, CA 94581  
www.protectberryessa.org

Lake Berryessa Marina Resort  
Tenants Association  
650-888-4125 cell  
info@lbmrta.org  
www.lbmrta.org

Monticello Ski Club  
6590 Knoxville Rd, #219  
Napa, CA 94558  
CLacombe17@msn.com

Task Force 7 at Lake Berryessa  
6424 Washington  
Yountville, CA 94599  
www.lbtaskforce.org

**PRODUCTS & SERVICES**

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707-966-0357, pq@interx.net

Berryessa Garbage Service  
6095 Steele Canyon Rd.  
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707-226-9543

David Lindsey Painting  
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Napa, VA 94558  
pinkyo6@webtv.net

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4420 Knoxville Road  
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707-966-0144

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(415) 897-653  
www.heydenhowes.com

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707-966-1412  
mosleyon@aol.com

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Napa, CA 94558  
707-226-7093

Pridmore Bros. Inc.  
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Napa, CA 94558  
707-224-0682

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617-348-5132  
RicknEva@aol.com

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707-966-1607  
spanishflatwater@earthlink.net

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707-966-1413  
Fluppenstoop@aol.com

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6244 Hwy 128  
Napa, CA 94558  
707-966-3806  
shirllbnews@sbcglobal.net

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Viking Propane  
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Madison, CA 95653  
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www.vikingpropane.com

Joe Cuney Quality Repairs  
707-966-3706

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American Watercraft Rentals  
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707-966-1000  
DanSabalvaro@aol.com

Berryessa Boat Storage  
1930 Capell Valley Road  
Napa, CA 94558  
707-226-7408  
Jlpt313@aol.com

Capell Valley Boat & RV  
Storage  
5080 State Hwy 128  
Napa, CA 94558

Hammer Ski & Marine  
1016 Lakeville Hwy  
Petaluma, CA, 95952  
707-763-7066  
www.hammerski.com

Joey's Watercraft Repair  
1605 Steele Canyon Rd.  
Napa, CA 94558  
707-966-4228  
Joeypearce@aol.com

Lake Berryessa Boats  
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5800 Knoxville Road  
Napa, CA 94558  
707-966-4204  
www.lakeberryessaboats.com

Lakeview Boat & RV Storage  
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Napa, CA 94558  
707-966-2628  
Dobbs0518@aol.com

Polylift of California  
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Napa, CA 94558  
707-224-6017  
Polylift@aol.com

Spanish Flat Boat Storage  
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Napa, CA 94558  
707-966-9253  
wplunkett@sbcglobal.net

Wet Dawg Water Sports  
4290 Knoxville Rd.  
Napa, CA 94558  
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www.spanishflatresort.com

### Historical Photos Wanted

The Lake Berryessa News wants to publish your favorite historical photos of your experiences at the lake. Send digital copies with a short description to [pkilkus@aol.com](mailto:pkilkus@aol.com). If you have only physical copies send them in to Peter Kilkus, 1515 Headlands Dr., Napa, CA 94558 and we'll scan & return them.



Dedicating the Lake

### Calendar of Events Around Lake Berryessa

#### Senior Center Crafts

Every 2nd & 4th Wednesday of each month  
Call Betty at 966-2254

#### Every Monday – Bingo – 1 PM til??

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

#### Seniors Pot Luck

Every 3rd Friday Night – bring a dish.

#### Senior Center – Call 966-0206

#### Valley Christian Church

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

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

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

#### Sufi Center ~ Meditation & Healing Circle - Pope Valley

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

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

Get your event on the calendar by calling 966-3806 or 287-6240

Email [shirllbnews@sbcglobal.net](mailto:shirllbnews@sbcglobal.net) or [pkilkus@aol.com](mailto:pkilkus@aol.com).

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#### Saturday, December 31 – New Year's Eve Party

Make your dinner reservations today and dine from a special menu of  
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Dance all night to the fabulous "Ralph Woodson Trio".

Enjoy finger foods from 10:00pm on, party favors and a glass of champagne or beer  
at midnight. \$10 cover charge gets you in to party. (Dinner purchase is an additional charge).

#### Sunday, January 1 – New Year's Day Breakfast 9am – 1pm

Come and enjoy a plate of eggs, bacon or sausage, and pancakes  
with an endless cup of coffee for only \$6.00.

Bloody Marys and other bar favorites will be available too!

**Winter Renovation:** We will be closed from the afternoon of New Year's Day through  
Thursday, Jan. 12. We will reopen at 5:00pm on Friday, Jan. 13.

Join us every Tuesday night for \$3.00 all-you-can-eat Taco Night

Monday, Tuesday, Thursday and Friday open at 5:00pm for Dinner. Closed Wednesday

Saturday open at 12:00am for Lunch and Dinner

Sunday open at 11:00am for Lunch and Dinner

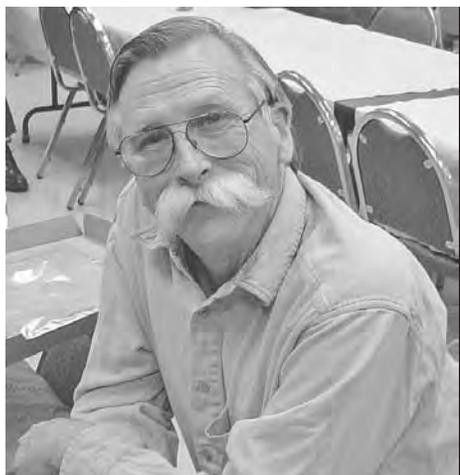
4370 Knoxville Road (Spanish Flat Village Center at Lake Berryessa)  
(707) 966-2420 [www.Boones-Saloon.com](http://www.Boones-Saloon.com)

### **Lake Berryessa Chamber of Commerce Holiday Mixer**

Chamber of Commerce members traveled from Pope Valley, Chiles Valley, and all around the lake to share some holiday cheer and exchange business experiences at the fabulous Lake Berryessa Senior Center (a Chamber member). Thanks to Pope Valley Winery, Catacula Lake Winery, and Rustridge B&B/Winery for providing a wide range of their vintages. Cucina Italiana whipped up some of their fantastic bruschetta. Boone's saloon donated the place settings which members used to sample each other's delicious home-made recipes.

"An Aerial Tour of Lake Berryessa", a new movie produced by Thalia Pearce of Rancho Monticello, was shown on the big screen. It's a beautiful video of the lake shot from ultra-light aircraft. The Chamber will make copies available as part of their new public relations program which kicks off at the end of January, 2006.

Local and regional businesses, community groups, and individuals are encouraged to join the Chamber. Contact Peter Kilkus at 415-307-6906 or at [pkilkus@aol.com](mailto:pkilkus@aol.com).



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**Berryessa Lions Club Free Children's Eye Exams**

Lions Clubs International is the world's largest community service organization, with clubs around the world. Lions are recognized worldwide for their service to the blind and visually impaired. This service began when Helen Keller challenged the Lions to become "knights of the blind in the crusade against darkness" during the 1925 international convention. Today, in addition to their international SightFirst program, Lions extend their commitment to sight conservation through countless local efforts.

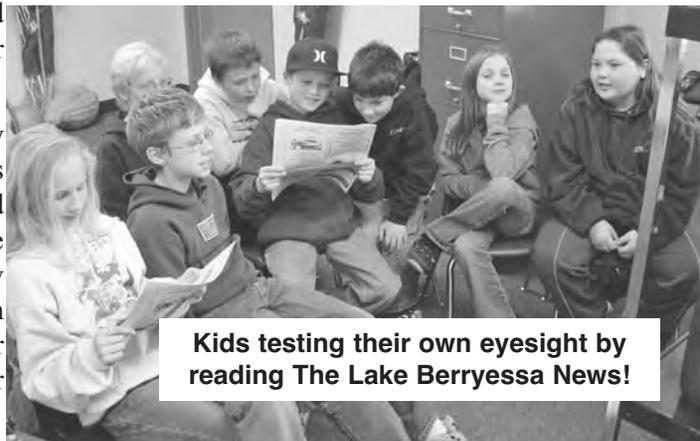


The Lake Berryessa Lions Club donated \$800 to sponsor free eye exams for the kids at Capell Valley Elementary School and the Pope Valley Union School on November 28 & 29. Dr. Tonya Watson, O.D., from UC Berkeley, a specialist in pediatric vision, examined 53 students. Fourteen were referred for glasses which will be paid for by the Berryessa Lions Club if economic need is determined. To join call Jim Tschida at 966-1413.



Berryessa Lions volunteers helped Dr. Watson register each child while other volunteers kept the waiting students entertained. Thanks to non-Lions volunteers Maxine Eddings and Dee Johnston for their help.

Parents will be happy to know that their kids were well-behaved and interested in the process. Maybe a few were inspired enough to become doctors or nurses (or newspaper reporters).



Kids testing their own eyesight by reading The Lake Berryessa News!

**Pleasure Cove Marina Update 12/9/05**

A complaint for declaratory and injunctive relief was filed on September 19, 2005 in Braun v. Norton et al (BOR), Case No. C05-03777 MJJ, U.S. District Court, Northern District of California, San Francisco. The case has been assigned to Hon. Martin J. Jenkins, U.S. District Court Judge. The court has scheduled a case management conference on Feb. 7, 2006.

Despite this action, Pleasure Cove Marina permittees received a new letter in mid-November from the BOR asserting that all permittees had to be out of Pleasure Cove by December 15, 2005.

In addition to the original plaintiffs, Oscar & Andrea Braun, more than 50 long-term permittees at Pleasure Cove Marina have now requested and consented to be added as named plaintiffs in the pending litigation (complaint for declaratory and injunctive relief) against BOR.

\*\*\*\*\*

The first Christmas Tree in America can be traced to the German Moravian Church's Communal settlement in Bethlehem, Pennsylvania on Christmas day in 1747 from New York, who were mostly from Holland, in singing songs from their old countries, as they huddled around fires trying to be warm. When the New England colony's soldiers returned to their homes, after the Revolutionary War was won, they told their family and friends about the Christmas Tree and Christmas celebration at Valley Forge. Soon the Christmas Tree tradition spread through out all the 13 colonies and adjoining territories.

\*\*\*\*\*

Two fishermen were out on the lake when one of them dropped his wallet. As they watched the wallet float down to the depths of the lake, a carp came along and snatched up the wallet. Soon came another carp who stole it away and then a third joined in. Remarked one of the fisherman, "That's the first time I've ever seen carp-to-carp walleting."

\*\*\*\*\*

If I can melt dry ice, can I swim without getting wet?

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