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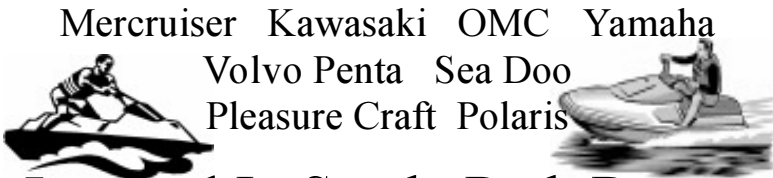


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2006 Lake Berryessa Calendar of Events

You are invited even though you are not a Member of the Organization sponsoring the Event. All are open to the public. We hope to See You There!

Date Event & Sponsoring Organization

3-17 Corned Beef & Cabbage ~ Potluck ~ Berryessa Seniors
Easter Basket Raffle 6:pm *

4-13 Day Trip ~ Indian bingo for the Day *

4-21 Potluck ~ Berryessa Senior Center 6:pm *

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

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

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

7-21 Casino Night ~ Pasta Dinner, Berryessa Senior Center
Big Raffle ~ 5:30 to 10pm *

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

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

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

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

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

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

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

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

Every Mon. Bingo 1pm &
1st Mon. of each month Potluck 12 noon*

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

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

*Lions Club, 966-1413

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



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Numbers That Count

30: New species of plants and animals discovered during a recent expedition to remote western New Guinea, including the orange-faced honeyeater, above, and 20 frogs.

2.5 million: Acres in New Guinea's Foja Mountains virtually untouched by humans

\$16 billion: Amount of U. S. taxpayer money disbursed in the Iraq reconstruction program.

6: Measures of infrastructure performance presented to a Senate committee hearing, of which only one-hours of power available outside Baghdad-has surpassed pre-invasion levels

42 million: Sleeping-pill prescriptions filled in the U.S. last year, up nearly 60% since 2000

\$298 million: Amount drugmakers spent in the first 11 months of 2005 to convince consumers that sleep aids are safe and effective-four times as much as they spent in 2004.

15.1 million: TV viewers of the Grammy Awards' first hour

283 million: Viewers of amateur singing contest, American Idol, during the same time slot

Sources: BBC; Conservation International; GAO; www.sigir.mil; New York Times (2); AP (2)

No Nursing Home for Me

At dinner, about 2 years ago on a cruise ship some people noticed an elderly lady sitting alone along the rail of the grand stairway in the main dining room. They also noticed that all the staff, ship’s officers, waiters, busboys, etc., all seemed very familiar with this lady. They asked their waiter who the lady was, expecting to be told that she owned the line, but he said he only knew that she had been on board for the last four cruises, back to back. When they chatted with the woman and asked her why she had been on the ship for the last four cruises she replied, without a pause, "It's cheaper than a nursing home."

So, there will be no nursing home in my future. When I get old and feeble, I am going to get on a Princess Cruise Ship. The average cost for a nursing home is \$200 per day, but I can get a long term cruise discount and senior discount price of \$135 per day. That leaves \$65 a day for:

1. Gratuities which will only be \$10 per day.
2. I will have as many as 10 meals a day if I can waddle to the restaurant, or I can have room service (which means I can have breakfast in bed every day of the week.)
3. Princess has as many as three swimming pools, workout room, free washers and dryers, and shows every night.
4. They have free toothpaste and razors, and free soap and shampoo!
5. They will even treat you like a customer, not a patient. An extra \$5 worth of tips will have the entire staff scrambling to help you.
6. I will get to meet new people every 7 or 14 days.
7. TV broken? Light bulb need changing? Need to have the mattress replaced? No Problem! They will fix everything and apologize for your inconvenience.
8. Clean sheets and towels every day, and you don't even have to ask for them.
9. If you fall in the nursing home and break a hip you are on Medicare; if you fall and break a hip on the Princess ship they will upgrade you to a suite for the rest of your life.
10. Now for the best advantage! Do you want to see South America, the Panama Canal, Tahiti, Australia, New Zealand, Asia, or name where you want to go?

Princess will have a ship ready to go. So don't look for me in a nursing home, just call shore to ship.

PS And don't forget, when you die, they just dump you over the side at no charge.

I'm booking my senior trip now. Will you be joining me???

Pope Valley Ropers & Riders Club

Although many people, young and old(er), love the thrill of dirt bikes, ATVs, and jet skis, the families who make up the Pope Valley Ropers and Riders are dedicated to riding the “hay-burners” that helped found this country. And their monthly meeting/potluck barbecue at the Pope Valley Farm Center on February 10 showed they can be organized and have fun at the same time. Not only did President Mike Damonte keep the meeting moving, but members clearly enjoyed participating without being overly constrained by Robert’s Rules of Order!



After discussing future events such as gymkhanas, arena maintenance, trail rides, horses for sale, and Trail Trials Clinics, the barbecue was fired up and the potluck began. But not before a surprise birthday celebration for a young rider with cake, candles, and song. I’ve raised horses and rode for years when I lived in Pt. Reyes Station, and meeting these happy horse people made me think I might try it again. If you love horses and enjoy people too, think about joining. Call one of the board members or email Barry Kessey, Newsletter Editor at barry.kessey@starband.net.





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After Death: Become a Family Heirloom?

After you die, do you want to rot slowly six feet under or be reduced to a pile of ashes? There are some unusual alternatives to burial or cremation.

A favorite science-fiction lovers alternative for the afterlife - being launched into space like James Doohan of Star Trek's Mr. Scott fame - is suitable for those not bothered by the vagaries of commercial space launches. But if you like the idea of giving back to the planet after you leave, "promession," a body-disposal method developed by Swedish biologist Susanne Wiigh-Masak, may be the way to go. A body is put in a container and dipped in a vat of liquid nitrogen cooled to -321°F, which dehydrates it and makes it so brittle that a jolt of vibration "shatters" it into heaps of powder.

After a machine removes dental fillings and artificial joints, the flour-like remains (equivalent to about a third of the body's original weight) are placed in a box made of potato starch. The shallowly buried container and its contents disintegrate in less than a year, returning essential nutrients such as nitrogen and phosphorus to the topsoil (coffins, in contrast, can take decades to decompose, and cremation turns corpses into nutrient-poor inorganic carbon). If the environmental implications don't convince you, consider the cost. Wiigh-Masak estimates that promession for one person will cost around \$1,000 - far less than the \$8,000 that the average funeral and burial require.

Another option? Have your remains turned into a family heirloom. LifeGem in Elk Grove Village, Illinois, has perfected a flashier type of after-death alchemy: transforming cremated remains into man-made diamonds. Technicians extract pure carbon from the ashes, then place the carbon into a diamond press that exerts intense heat (about 2,200°F) and pressures of up to 50,000 atmospheres for several days. The rough diamond that results - which will be naturally colored yellow or orange but can, through processing, be made blue with trace amounts of the element boron - can be faceted and polished just like an ordinary stone. In addition to choosing the color, you can spec-

ify the size of your LifeGem, from 0.2 to 1 carat. At \$20,000 for a 1-carat blue diamond, though, it's a fair bit more expensive than a typical cremation, which costs around \$1,000 (small yellow gemstones start at \$2,700). Total turnaround time: six to nine months.

LifeGems has attracted a devoted following of thousands who prefer their deceased loved ones around their fingers, not underfoot. "The diamonds are tangible, they're beautiful, and they can be handed down," says the company's CFO, Mike Herro. "Family members say we've made their difficult situation a little bit better."

Nectaplum, Anyone?

We love Twinkies, Slim Jims, and any kind of processed cheese-like spread. Let's face it, those food scientists toiling in the basements of transnational conglomerates know what's tasty. Not to be outdone, produce growers are taking a shot at engineering superfoods - fruits and vegetables with unexpected colors, unique flavors, and heightened nutritional value. Some come from crossbreeding; others are the products of lab-based chemistry. Their common denominator is novelty. The idea is paying off: Formerly unknown produce now nets more than \$100 million each year in the US alone.

GRAPPLE: (Concord grape + Fuji apple) C&O Nursery, Wenatchee, Washington. Think crunchy Welch's. Still, tasters gave it the thumbs-up in a recent market trial. C&O marketing whizzes decided to bathe Fuji apples in a patented grape-flavored solution. Other flavors are in development. First harvest 2004

Average price: \$4 to \$5 for four

PEACOTUM: (Peach + apricot + plum) Zaiger's Genetics, Modesto, California Sophisticated Hawaiian Punch. The best of all three progenitors, with a hint of mango. Inventor Floyd Zaiger swapped pollen among peach, plum, and apricot trees with an eye-shadow brush and reared the resulting seedlings. First harvest 2008 or later. Average price: TBD

NECTAPLUM: (Nectarine + plum) Zaiger's Genetics, Modesto, California Juicy, melt-in-your-mouth flesh with a hint of spice. Zaiger "hybridizers" crossed hundreds of fruits, then culled

the field after taste tests. First harvest: 2005. Average price: About \$1.75 a pound -50 to 75 cents higher than ordinary nectarines

RAINBOW CARROTS: (Carrots + nutrients + pigment) Department of Agriculture. USDA researcher Philipp Simon says his carrots taste just like regular ones. Simon bred red, yellow, purple, and white carrots by emphasizing natural pigments. Different colors are high in different nutrients. First harvest 2004. Average price: \$.75 to \$1 per pound

PASSION POPPER KIWI-BERRY (Miniaturized kiwifruit) Kiwi Korner, Danville, Pennsylvania Kiwi Korner describes the flavor as "cotton candy with a refined finish." Probably because there's almost double the sugar per ounce. Staff discovered these growing among other hardy Asian kiwis and cultivated them. First harvest: 2002 Average price: \$3 to \$5 for a 6-ounce package

SUNLITE LOW-CARB POTATO SunFresh, Saint Augustine, Florida (Low-carb, lower-cal potato) Researchers at the University of Florida call it moist and creamy. While testing potato varieties developed by a seed company in the Netherlands, researchers at UF

found one with 30 percent fewer carbs. First harvest: 2005. Average price: \$1.10 a pound.

Why Batteries Explode.

Have you ever opened the battery cover of some device and found a disfigured battery seeping gray foam? Apparently, it didn't explode; it "vented." All batteries sold in the U.S. contain plastic safety vents designed to release any uncommon buildup of hydrogen gas, a by-product of the chemical reaction that generates electrical charge inside the battery. A scientist at Duracell says that batteries rarely explode, but that when they do, it's usually because they lack these vents and are probably counterfeit.

(Knockoffs also drain more quickly, so don't buy your batteries from shady sources.) So what can cause the hydrogen buildup? Apparently, forgetfulness - if you leave a device on for a long period, the battery can discharge below the recommended low-voltage threshold of 0.7 volt. As an alkaline battery drains, it becomes less alkaline, creating excess hydrogen gas until the pressure triggers the safety vent. The result is a loud release of gray battery ooze: caustic potassium hydroxide.

The Third Annual Capell Valley Auction & Dance Benefit at R Ranch on Saturday, March 4, 2006 from 5:30 to 10 P.M.

Proceeds from the event will benefit the Capell Valley Elementary School in many ways. You can participate by donating items or buying a ticket and joining the fun.

Tickets are \$25.00. You do not need to have children who attend the school to enjoy the evening, but tonight is adults only. It's a great way to meet people in the community.

Please contact Tanya Bates at 966-9195.

Project Pride Fundraiser

Project Pride is having its 2nd Annual Fund Raiser Dinner on March 17, 2006 in San Mateo at the Elks Lodge, 229 West 20th Avenue.

Auction/Raffle * Corn Beef and Cabbage Dinner * Entertainment

5:30 Cocktails * 6:30 Dinner and Live Music

Tickets: \$40 each, Table of 10: \$400

Project Pride is a non-profit organization supported by The Lake Berryessa News' own fishing columnist, Sidney Silberberg. Project Pride is involved with finding missing and exploited children. Their primary focus is education and safety for families and public awareness through mass distribution of photographs of missing children. For additional information, please visit: www.projectpride.info or call (650) 583-3333.

Jet Skis Allowed Back Into Another National Park

The Personal Watercraft Industry Association (PWIA) recently issued a press release saying that PWC riders in Michigan have won another round in the fight to make public waters more accessible, as Pictured Rocks National Lakeshore along Lake Superior has been reopened for PWC use. In order to determine the environmental impact PWC have on this body of water, the National Lakeshore was closed to PWC in 2002 to allow the National Parks Service to conduct the necessary tests. As of October 27, however, the Lakeshore has been reopened after the environmental assessment found that PWC present no significant impact to the area, and are therefore an acceptable activity for the national recreation area. It's a shame so much time and money were wasted due to the actions of radical exclusionists like the Bluewater Network and Sierra Club.

Pictured Rocks National Lakeshore is the 10th of 21 park units to complete the study conducted by the National Parks Service since 2002. Four other national parks are in the final stages of determining whether or not PWC pose an environmental threat. Hopefully there will be more good news to report in the coming months.

Rancho Monticello Bald Eagle

According to Cheryl Lacombe, Goat Island is not the only place you can find a Bald Eagle at Lake Berryessa. This majestic eagle has made his home at Rancho Monticello Resort. It was first spotted in early January. This photo was taken on February 2, 2006 by Butch White, with a powerful zoom lens. To protect the eagle, the exact location of its favorite roosting trees will not be disclosed.



Calendar of Events Around Lake Berryessa

Senior Center Crafts

Every 2nd & 4th Wednesday of each month

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

Every Monday – Bingo – 1 PM til??

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

Seniors Pot Luck

Every 3rd Friday Night – bring a dish.

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

Valley Christian Church

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

Currently meeting at the Community Church across from the Corners.

For more information call 257-0527.

Weekly Berryessa Youth Meeting on Wednesday nights, 7:00 PM at the

Vol. Fire Station. For more information call Gina Hamilton, 966.2816

Sufi Center ~ Meditation & Healing Circle - Pope Valley

Every Thursday - 7pm ~ Every Sunday - 6pm

1st Sunday of every month - Pot Luck - 4pm to 6pm

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

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

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A black and white photograph of a snowy forest road. The road is dark and appears wet, flanked by snow-covered evergreen trees. The sky is bright and overcast.



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After the article about mountain lions in The Lake Berryessa News two issues ago I spoke with dozens of people about mountain lion sightings in Napa County. My neighbor, Tony, emailed that he had just seen a mother lion and two cubs padding down our road at the end of Rimrock in the Berryessa Highlands. I was surprised at how many local people in the Greater Lake Berryessa Region have seen them or heard stories about local sightings and livestock attacks. I was even more surprised by how many people thought the lions should be hunted and eliminated!

Allan Buckman, Wildlife Biologist for California Department of Fish and Game in Yountville provided some background information on the lion's habits and "lifestyle". Allan estimated that there were about 75 to 80 mountain lions in all of Napa County. Since mountain lions are fierce competitors and one of the few species that will eat each other and their young to control their own population, he didn't believe their numbers were increasing, but that they were less secretive since they weren't being shot at or hunted the way they had been in the past. He believes that anyone who hikes in the wilder areas of

Dog Pet Peeves

1. Blaming your farts on me..not funny.. not funny at all!
2. Yelling at me for barking.. I'M A FRIGGIN' DOG, YOU IDIOT!
3. Taking me for a walk, then not letting me check stuff out. Exactly whose walk is this anyway?
4. Any trick that involves balancing food on my nose... stop it!
5. Any haircut that involves bows or ribbons. Now you know why we chew your stuff up when you're not home.
6. The sleight of hand, fake fetch throw. You fooled a dog! - Whooooo HOOOOooooo - what a proud moment for the top of the food chain.
7. Taking me to the vet for "the big snip", then acting surprised when I freak out every time we go back.
8. Getting upset when I sniff the crotches of your guests. Sorry, but I haven't quite mastered that handshake thing yet.
9. Dog sweaters. Hello ???, Haven't you noticed the fur?
10. How you act disgusted when I lick myself. Look, we both know the truth, you're just jealous.

Now lay off me on some of these thing's, We both know who's boss here!!!? You don't see me picking up your poop do you ???


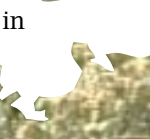
Napa County, especially at night, has probably been watched by a mountain lion at some time. The lions are stealth-stalkers and can jump 25 feet straight ahead! Humans are not the natural prey of lions so the danger of actually being attacked is extremely small.

Male mountain lions have territories that extend over a 10 mile by 15 mile range and will fight each other to protect their territory. Within that male range may be up to two to five female territories. Although they are a protected species, there is a gray area that allows them to be shot if there is imminent danger of an attack on livestock. Fish and Game can issue a depredation permit that allows landowners to contract with federal trappers to kill the lions. Only about 20% of the issued permits are ever carried out.

Allan advises that hikers should carry a hiking stick and remain aware of their surroundings because even attacking lions can be fought off as they have been several times in Southern California. Fish and Game has published a brochure, reproduced here and on The Lake Berryessa News web site, www.LakeBerryessaNews.com, which gives actions for hikers to take if they are in mountain lion country.

If You Encounter A Mountain Lion

There's been very little research on how to avoid mountain lion attacks. But mountain lion attacks that have occurred are being analyzed in the hope that some crucial questions can be answered: Did the victim do something to inadvertently provoke an attack? What should a person who is approached by a mountain lion do—or not do? The following suggestions are based on studies of mountain lion behavior and analysis of attacks by mountain lions, tigers and leopards:

- **Do Not Hike Alone:** Go in groups, with adults supervising children.
 - **Keep Children Close To You:** Observations of captured wild mountain lions reveal that the animals seem especially drawn to children. Keep children within your sight at all times.
 - **Do Not Approach a Lion:** Most mountain lions will try to avoid a confrontation. Give them a way to escape.
 - **Do Not Run From a Lion:** Running may stimulate a mountain lion's instinct to chase. Instead, stand and face the animal. Make eye contact. If you have small children with you, pick them up if possible so they don't panic and run. Although it may be awkward, pick them up without bending over or turning away from the mountain lion.
 - **Do Not Crouch Down or Bend Over:** In Nepal, a researcher studying tigers and leopards watched the big cats kill cattle and domestic water buffalo while ignoring humans standing nearby. He surmised that a human standing up is just not the right shape for a cat's prey. On the other hand, a person squatting or bending over looks a lot like a four-legged prey animal. If you're in mountain lion country, avoid squatting, crouching or bending over, even when picking up children.
- 
- 

- Do All You Can To Ap-

pear Larger: Raise your arms. Open your jacket if you are wearing one. Again, pick up small children. Throw stones, branches, or whatever you can reach without crouching or turning your back. Wave your arms slowly and speak firmly in a loud voice. The idea is to convince the mountain lion that you are not prey and that you may be a danger to it.

Fight Back If Attacked: A hiker in Southern California used a rock to fend off a mountain lion that was attacking his son. Others have fought back successfully with sticks, caps, jackets, garden tools and their bare hands. Since a mountain lion usually tries to bite the head or neck, try to remain standing and face the attacking animal.

Immediately Report All Encounters or Attacks:
If you are involved in a face-to-face encounter with, or an attack by, a mountain lion, contact the California Department of Fish and Game 24 hour dispatch center at (916) 445-0045. The threat to public safety will be assessed and any appropriate action will be taken. Also report any sightings of dead or injured mountain lions.



Hummingbirds part 2

Hummingbirds are now a common year-round resident along the northwestern coast of the United States and even into some parts of Canada. As most people know, hummingbirds feed on flower nectar, which is a tempting "gift" of high-energy sugars provided by flowers in exchange for pollination. In addition to nectar, hummingbirds also consume large quantities of small insects, which are full of higher-energy fats as well as essential proteins. Because of their tremendous metabolic requirements, hummingbirds have voracious appetites. Equivalent to the average human consuming an entire refrigerator full of food, hummingbirds eat roughly twice to thrice their own body weight in flower nectar and tiny insects each day.

Besides being among the smallest of all warm-blooded animals, hummingbirds also lack the insulating downy feathers that are typical for many other bird species. Due to their combined characteristics of small body size and lack of insulation, hummingbirds rapidly lose body heat to their surroundings. Even sleeping hummingbirds have huge metabolic demands that must be met simply to survive the night when they cannot forage. To meet this energetic challenge, hummingbirds save enough energy to survive cold nights by lowering their internal thermostat at night, becoming hypothermic. This reduced physiological state is an evolutionary adaptation that is referred to as *torpor*. Torpor is a type of deep sleep where an animal lowers its metabolic rate by as much as 95%. By doing so, a torpid hummingbird consumes up to 50 times *less* energy when torpid than when awake. This lowered metabolic rate also causes a cooled body temperature. A hummingbird's night time body temperature is maintained at a hypothermic threshold that is barely sufficient to maintain life. This threshold is known as their *set point* and it is far below the normal daytime body temperature of 104°F or 40°C recorded for other similarly-sized birds.

Continued next issue, part 2 of 3.



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HA! HA! Harvey

If my body were a car, this is the time I would be thinking about trading it in for a newer model. I've got bumps and dents and scratches in my finish and my paint job is getting a little dull, but that's not the worst of it. My headlights are out of focus and it's especially hard to see things up close. My traction is not as graceful as it once was.

I slip and slide and skid and bump into things even in the best of weather. My whitewalls are stained with varicose veins. It takes me hours to reach my maximum speed.

My fuel rate burns inefficiently. But here's the worst of it -- almost every time I sneeze, cough or sputter..... either my radiator leaks or my exhaust backfires!

Porcupine Meatballs

1c. ground beef, or turkey
1 egg, slightly beaten
2 tsp. onion powder
Salt & pepper to taste
A few pinches of sugar & Italian seasoning to taste.
2 (8oz. cans) of tomato sauce & mix with a ½ c. water.
1- Combine rice, eggs, seasonings & only ½ cup tomato sauce.. Mix up & make into 18 balls & put in skillet
2- .Add sugar to the remaining 2 cups tomato juice. Pour this over meatballs in skillet. Bring to a boil. Reduce heat & simmer, covered, 12 to 20 minutes, basting occasionally.. Makes 6 servings of 3 meatball per person.

Serve with a veggie, salad & French bread.

A Cheesy Romance?


A YOUNG LADY was dating two men—a dairy farmer and a poet. She had trouble deciding if she should marry for butter or for verse.

Around our pillows
golden ladders rise
With winged sandals
shod
The Angels come & Go
The Messengers of God
Nor, though they fade
from us
Do they depart .
ANGEL

Happy 3rd Birthday
to Our Grand Son
Tanner Hays
Luv from
Granny & Pa Pa Dave

Happy Birthday
To the Love of My Life
Dave

With Lots of Luv & Kisses
From Your Wife **Shirl**



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HAPPY BIRTHDAY To All

Ken Pridmore 2nd
Marlene Lines 4th
Pat F. O'Donnell 8th
Jaynee Caruso 12th
Billie Wellington 21st
Dolores Atkinson 22nd
Laurel Hamilton 28th
Hilda Bettinelli
Foster Clark
Andy Cole
Georgia Scribner

Happy Birthday
To my loving Daughter Ginny
Luv Dad

Oops!! Shirl ~ Happy late

DAM LEVEL UPDATE				
The elevation of the spillway (Glory Hole) at Monticello Dam is <u>440</u> feet. The water is now <u>.01</u> feet below the top of the spillway Lake Berryessa has had <u>36.58</u> inches of rainfall since July 1 st , 05 As reported by Carlos Jeffreys of The Corners				
Date	Elevation	Evaporation	High	Low
2/20/06	440.02	.00	51	32
21	.00	.04	61	28
22	439.97	.05	64	29
23	.96	.05	68	32
24	.95	.07	70	35
25	.93	.04	68	39
26	439.95	.03	67	41

Glory Hole Goes Over!
On Sat. Dec. 31st at 8am.

Rain ~ Feb. 18th .15 ~ 19th .42 ~ 27th 2 .07
Rain reported by Carlos Jeffreys of The Corners

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etc. though. Kind of
interesting .

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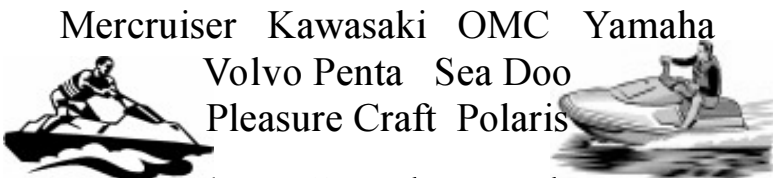


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2006 Lake Berryessa Calendar of Events

You are invited even though you are not a Member of the Organization sponsoring the Event. All are open to the public. We hope to See You There!

Date Event & Sponsoring Organization

3-17 Corned Beef & Cabbage ~ Potluck ~ Berryessa Seniors
Easter Basket Raffle 6:pm *

4-13 Day Trip ~ Indian bingo for the Day *

4-21 Potluck ~ Berryessa Senior Center 6:pm *

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

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

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

7-21 Casino Night ~ Pasta Dinner, Berryessa Senior Center
Big Raffle ~ 5:30 to 10pm *

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

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

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

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

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

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

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

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

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

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

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

*Lions Club, 966-1413

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

We all get heavier as we get older because there's a lot more information in our heads. So I'm not fat, I'm just really intelligent and my head couldn't hold any more so it started filling up the rest of me! That's my story and I'm sticking to it!

The Lake Berryessa News

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Capell Valley Volunteer Fire Department
Pope Valley Pet Clinic Day
Napa County Sheriff at Lake Berryessa
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Dam Level Updates
Important Phone Numbers



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The Lake Berryessa News

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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

All copy is subject to editing and must be submitted with the understanding that the Lake Berryessa News reserves the right to reject letters or articles and reject or discontinue advertisements that the publisher deems unsuitable.

Please send us your Letters to the Editor, Articles,

Birthdays & Anniversaries, Jokes, Recipes,

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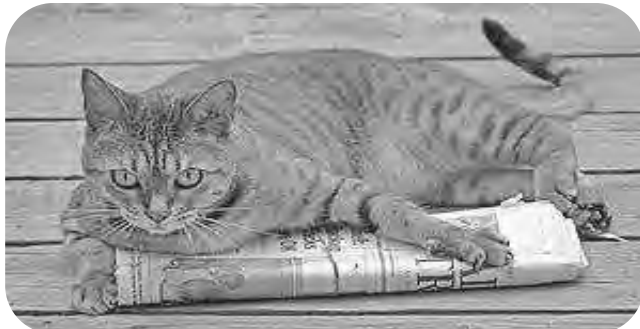
Contact Shirl at: 707-966-3806 or

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Email: PKilkus@aol.com



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Welcome to the Special Community Edition of **The Lake Berryessa News**

This issue is being sent to 1,000 local addresses in the Greater Lake Berryessa Region along with a copy of the new Lake Berryessa Chamber of Commerce Directory. The Greater Lake Berryessa Region stretches from the Berryessa Estates in the far north through Pope Valley, Chiles Valley, Capell Valley down Highway 128 to Moskowite Corners, splitting there to Monticello Dam on the east and Circle Oaks to the west. In between, along the Lake Berryessa shoreline, are the residential areas of Berryessa Pines, Spanish Flat, and the Berryessa Highlands. This is really a small town spread out over 200 square miles but with common social, economic, and political interests.

This may be the first time you've heard of the Lake Berryessa Chamber of Commerce and The Lake Berryessa News. We encourage you to join us in building a community and a political identity within Napa County. Join the Chamber of Commerce and subscribe to The Lake Berryessa News. We hope you enjoy this community issue.

The Lake Berryessa News Facts

Advertising rates are competitive and reach thousands of people every month. To place your ad contact: Peter Kilkus, 1515 Headlands Drive, Napa, CA 94558, pkilkus@aol.com, 415-307-6906 or Shirl Katleba, 6244 Hwy 128, Napa, CA 94558, shirlbnews@sbcglobal.net, 707-287-6240.

Distribution will be approximately 5,000 copies per month with a target market of more than 1 million annual recreation visitors to Lake Berryessa as well as local residents.

The Lake Berryessa News is a member of the Napa Valley Conference and Visitors Bureau (NVCVB) and copies of each issue will be distributed at the NVCVB Visitors Center in the Downtown Napa Center. This location has approximately 10,000 visitors per month during the summer season (Apr-Oct).

Present distribution locations are all seven resorts at Lake Berryessa, Cucina Italiana, Boone's Saloon, The Corners, Brenda's Country Store. In Pope Valley at the Pope Valley Market, Aetna Springs Golf Course, Stagecoach Market (Berryessa Estates). In Napa at the Visitors' Center, Last Gun Shop, Sweeney's, Darin's Gun Exchange, Gilwood's Restaurant, Café Cicero, Napa County Building, Napa Riverfront. There are also distribution locations in Dixon, Winters, Fairfield, Yountville, St. Helena, and Angwin.

The Lake Berryessa e-News Web Site: www.LakeBerryessaNews.com

Have your own web page without the hassle of signing up for an Internet Web Hosting Service and hiring a web site developer. Advertise your business to a broader range of customers in the wider Napa/Sonoma/Solano/Yolo County region and beyond. Target the more than 1 million annual recreation visitors to Lake Berryessa as well as local residents. The Lake Berryessa e-News will set up your own individual page or provide a range of Internet advertising options. Internet advertising allows you to reach more customers more effectively than other medium with the convenience of 24-hour access, 7 days a week, 365 days a year.

The Lake Berryessa News provides a unique opportunity to combine print and web site advertising in a package reaching a large target market that will provide maximum profitability for your business. Your web advertising can be as simple as a business card graphic or as interesting as a full color web page with text, graphics, photos, and video. See the Cucina Italiana ad at www.lakeberryessanews/cucinaitaliana as an example. There is no other form of local or regional advertising that will give you so much exposure for so reasonable a cost! Contact: Peter Kilkus, Editor, 1515 Headlands Drive, Napa, CA 94558, pkilkus@aol.com, 415-307-6906



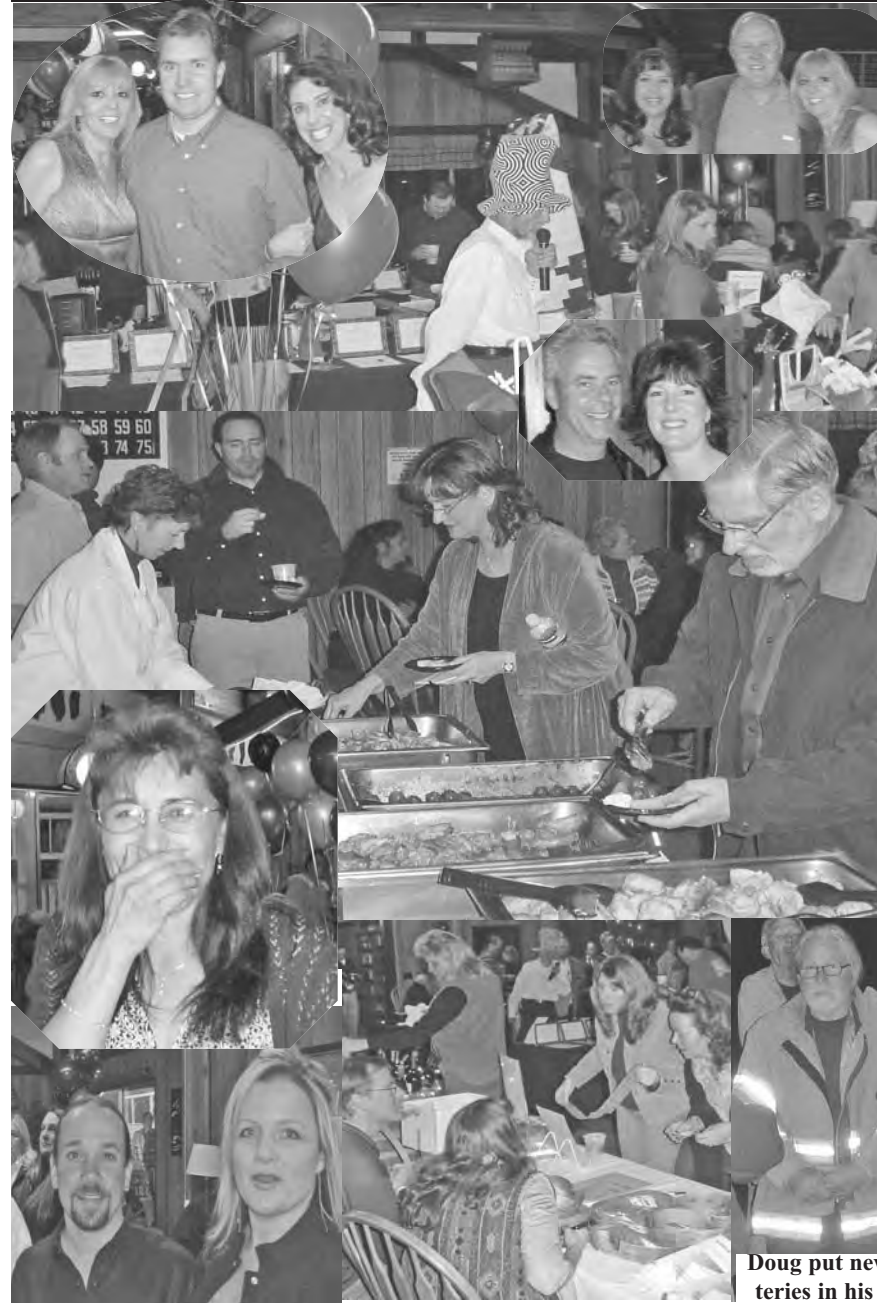
Bureau of Reclamation introduces new visitor information web site. Great informationa and photos! Check out:

www.usbr.gov/mp/caao/field_offices/lake_berryessa/index.html



Capell Valley School Auction and Dance **March 4, 2006**

Where else could you find so many great neighbors in one place? The school principal, staff, teachers, parents, friends, and Capell Valley Firefighters were all there helping out and/or having fun. Thanks to all the volunteers and sponsors for a great night. More color photos at www.LakeBerryessaNews.com.



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Pridmore Brother's Construction ★ Leland Raymond, M.D
Albert & Annie Bates ★ Berryessa Garbage Services ★ Gorilla Tree Service
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Capell Valley Volunteer Fire Department

If you’ve wondered about that neat blue building next to the Capell Valley School, it’s the headquarters of the Capell Valley Volunteer Fire Department. This group of local resident volunteers provides first response to all local emergency calls. If you have any form of medical emergency, accident, or fire, just dial 911 and your call will be immediately forwarded to one of the Department members who will communicate by pager and radio to other first responders. Chief Gil Pridmore says that response time from the initial 911 call is usually 3 to 4 minutes.



The Department receives approximately 350 calls per year, mostly during the summer, of which 95% are medical - half of those are boating or vehicle accidents, the other half ranges from bee stings, broken bones and other traumas, cardiac and respiratory events, to drownings and suicides. The firefighters are qualified to treat all those emergencies and don't have to wait for an Air Ambulance or paramedic to arrive on scene. As with most modern fire departments, only a small number of calls are for actual fires.

The Department’s service area for medical emergencies stretches from Monticello Dam to Wooden Valley Road and up Highway 128 to Nichelini Winery in the south to Berryessa Marina Resort in the North. The Pope Valley Volunteer Fire Department takes over north of Berryessa Marina. For fires, Capell Valley firefighters respond all the way to the north end of the lake and up Knoxville Road.



Department members are responsible for basic life support (BLS) services, but are not paramedics. However, they carry all the latest medical emergency equipment, including defibrillators. Some donated teddy bears are also along for the ride to help calm young children. For serious emergencies helicopter rescue comes in fifteen to twenty minutes from Concord, then a short fifteen minute flight to Queen of the Valley Hospital in Napa.



To become a Capell Valley Firefighter requires an initial three months of consecutive attendance at training classes on the third and fourth Tuesdays from 7-9 P.M. Any interested prospective members are welcome to come to those training nights. Anyone

who is considering becoming a volunteer, as Sandy Storck, firefighter and office administrator, put it, “is more than welcome to pop in and stay and observe a training and ask any questions that they might have about becoming a member.”

Funding of basic expenses comes through Napa County, but all members of the Department are unpaid volunteers. But don’t let the “volunteer” designation fool you. They are all extremely well-qualified. Some have been professional firefight-

ers and EMTs. Three members are swift-water rescue qualified. They all participate in monthly training programs with their colleagues at the California Department of Forestry. Whether it’s ripping open junk cars with the jaws-of-life or fighting a real fire in an abandoned building, their training is extensive and ongoing. Additional training is also available through the Volunteer Firefighters Academy.

So thank them when you see them. They are a critical part of our life at Lake Berryessa.



The Capell Valley Volunteer Fire Department Team

Chief: Gil Pridmore

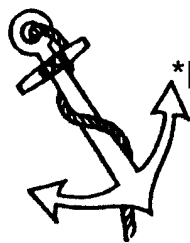
Assistant Chief/Training Officer: Byron Madole

Captain/Engineer: Todd Morrow, Cathy Pridmore, Matt Storck

Firefighters: David Immen, Lauren Jones, Romero “Junior” Jimenez, Robert “Bob” Lee, Cameron Pridmore, Cori Pridmore, Britt Reindl, Sandy Storck, Doug Stuart, Paul Wagner

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Lake Berryessa Chamber of Commerce Meeting

The Chamber Board of Directors will meet on Monday, March 27, at 7 P.M. at the Berryessa Senior Center. Agenda items will include the next steps in the public relations/advertising program and an envelope-stuffing and labelling party. All community members are welcome to attend.

Calendar of Events Around Lake Berryessa

Senior Center Crafts

Every 2nd & 4th Wednesday of each month

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

Every Monday – Bingo – 1 PM til??

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

Seniors Pot Luck

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

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

Valley Christian Church

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

Currently meeting at the Community Church across from the Corners.

For more information call 257-0527.

Weekly Berryessa Youth Meeting on Wednesday nights, 7:00 PM at the

Vol. Fire Station. For more information call Gina Hamilton, 966.2816

Sufi Center ~ Meditation & Healing Circle - Pope Valley

Every Thursday - 7pm ~ Every Sunday - 6pm

1st Sunday of every month - Pot Luck - 4pm to 6pm

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

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

Pet Clinic in Pope Valley

A Pet Clinic with Sally the Valley Vet, sponsored by the Pope Valley Ropers and Riders, will be held Sunday, March 26, 10:00 A.M. to 1:00 P.M.

The clinic will be at the Pope Valley Farm Center, "Downtown PopeValley." Please bring your pets in a crate, on a leash or lead.

Dog and cat vaccines will be \$6.00 each and horse vaccines will be \$12.00 each.

Discounted heart wormer, flea and tick control products and horse wormer will be available. See you there!

The Napa Sheriff’s Department WantsYou!

To help in the Third Annual Knoxville OHV Clean Up Day.

Sunday, April 23, 2006 Starting at 8 A.M

Don’t miss this opportunity to help clean up one of the last Off Highway Vehicle and Shooting Areas in the North Bay. We will meet at the Information Center on Devil’s Head Road, just off Knoxville Road. We have volunteers from all over Northern California coming to join in!!!

From the north end of Lake Berryessa at Putah Creek Resort continue on Knoxville Road for several miles. You’ll traverse about 8 low water crossings which are very exciting when the water is flowing fast! Continue to Mile Post Marker 32.00. Turn left on the gravel road (Devil’s Head Road) to the Information Center about 1/2 mile up.

BBQ lunch wwill be provided. Please RSVP by email so there will be enough food.

For more information email: mwarring@co.napa.ca.us

Important Community Telephone Numbers

All Life Threatening Emergencies. Phone 911 (This is how to reach the local volunteer fire departments in emergencies!)

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 Agency 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 Fish & Game - Yountville Office: 944-5500

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

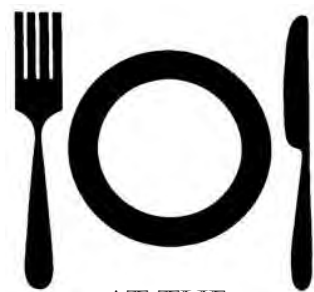
Napa County Libraries:253-4242

Napa County Postal Service: 275-8777

Napa Valley College: 253-3000



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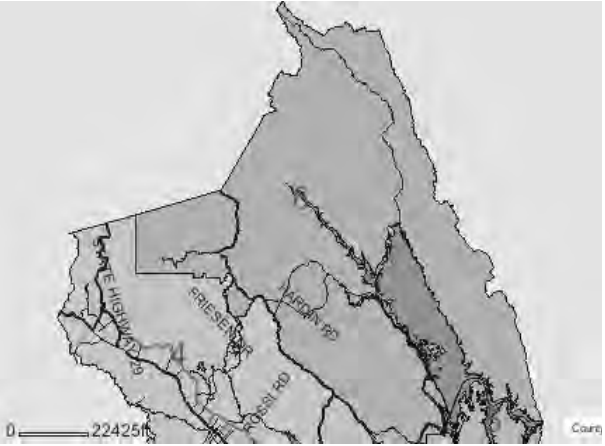
The Sheriff’s in Town

The Napa County Sheriff's Department started in the 1850's shortly after California was made a state. The county lines changed several times before settling on its current boundaries, which consist of 794 square miles. Napa County’s first Sheriff, Sheriff McKimney, was elected in 1853.

Since that time, there have been twenty-five Sheriffs, with the last three being Sheriff/Coroners. Our current Sheriff/Coroner is Sheriff Gary L. Simpson, first elected in 1987. Sheriff Simpson, who is retiring in a few months, spoke to The Lake Berryessa News about our area.

Sheriff Simpson said that during the off-season, there is no difference in enforcement issues in the Greater Lake Berryessa Region compared to any other part of the county. The usual force assigned to the area is three deputies and a sergeant. Unfortunately, response times are generally about thirty minutes due to the distances involved.

The Sheriff’s Department has an agreement with the CHP to have an officer, Jeff Dunlop, assigned to this area. There is also a specific Deputy Sheriff, Matt Macomber, assigned to the Berryessa area to become familiar with the local people and businesses. He lives in the Berryessa Highlands and many of you know him already.



Lake Berryessa and the east County are divided into two “Beats”, Beat 5 and Beat 6. The division of the Beats is simply based on workload and geography. Beat 6 runs north of Hwy 128 east and west from Monticello Dam up to the Lake County line.



Beat 5 runs along the south end of the lake defined

by Hwy 128 east and west from Monticello Dam past Steele Park and the Corners to Lower Chiles Valley Road and south to the Napa/Solano line.

Sheriff Simpson said that his biggest enforcement issues occur during the summer season. Sixteen deputies, sometimes up to twenty, are assigned for a summer weekend - especially a holiday. His over-time budget is all due to the added summer work.

The Pope Creek Bridge and Putah Creek area cause the biggest problems. There are often 200 citations issued at the Pope Creek Bridge on a busy summer weekend. They can control the situation on the water relatively easily. The main problem is on land around the bridge due to under age drinking and gang-banger types drawn by the area’s party reputation. Hopefully, strict law enforcement, as was done last year, will again minimize the negative effects on law-abiding recreationists.

The Sheriff said that, as in many rural areas, there is drug-related activity - especially marijuana-growing and methamphetamine production and sale. Strict enforcement is intended to minimize those problems, and there will be undercover narcotics agents mixing with the crowds at the bridges this summer.

There is excellent cooperation among all local agencies. Volunteer Fire Departments provide first-responder support for accidents and medical emergencies. The Sheriff’s Department provides search and rescue functions as needed.

The Sheriff’s boat patrol looks like a plum job, and they do get volunteers to patrol in the boat and on the jet skis. But the Sheriff wanted to make sure we understood that lake patrol is not a vacation. The boat can beat the deputies to death after 10 hours a day being bounced around by rough water. And although jet skis can be fun for most of us, patrolling the mass of party boats for many hours in the sun on weekends is not particularly easy duty.

2004 - 2005 Statistics for Beat 5													
Category	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Total
Homicide	0	0	0	0	0	0	0	0	0	0	0	0	0
Rape	0	0	0	0	0	0	0	0	0	0	0	0	0
Robbery	0	0	0	0	0	0	0	0	0	0	0	0	0
Assault	1	4	2	1	1	0	0	1	0	0	3	0	13
Burglary	1	12	5	8	2	1	2	0	2	4	1	0	38
Larceny	2	1	2	3	2	2	1	5	5	1	3	0	27
M.V. Theft	0	0	0	0	0	0	0	0	0	0	0	0	0

2004 - 2005 Statistics for Beat 6													
Category	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Total
Homicide	0	0	0	0	0	0	0	0	0	0	0	0	0
Rape	1	1	0	0	0	0	0	0	0	0	0	0	2
Robbery	0	0	0	0	0	0	0	0	0	0	0	0	0
Assault	3	3	0	1	0	0	1	1	3	1	5	0	18
Burglary	2	6	5	4	2	0	1	1	1	0	2	0	24
Larceny	6	3	3	2	0	2	1	1	7	4	8	0	37
M.V. Theft	0	0	0	0	0	0	0	0	0	0	1	0	1

Pluck Your Magic Twanger, Froggy (Does Anyone Remember That?)

A frog goes into a bank and approaches the teller. He can see from her nameplate that her name is Patricia Whack.

"Miss Whack, I'd like to get a \$30,000 loan to take a holiday."

Patty looks at the frog in disbelief and asks his name. The frog says his name is Kermit Jagger, his dad is Mick Jagger, and that it's okay, he knows the bank manager.

Patty explains that he will need to secure the loan with some collateral. The frog says, "Sure. I have this," and produces a tiny porcelain elephant, about an inch tall, bright pink and perfectly formed.

Very confused, Patty explains that she'll have to consult with the bank manager and disappears into a back office.

She finds the manager and says, "There's a frog called Kermit Jagger out there who claims to know you and wants to borrow \$30,000, and he wants to use this as collateral."

She holds up the tiny pink elephant. "I mean, what in the world is this?"

The bank manager looks back at her and says,

"It's a knickknack, Patty Whack. Give the frog a loan. His old man's a Rolling Stone."

Wedding Anniversary

A husband was in big trouble when he forgot his wedding anniversary. His wife told him "Tomorrow there better be something in the driveway for me that goes zero to 200 in 2 seconds flat".

The next morning the wife found a small package in the driveway. She opened it and found a brand new bathroom scale. Funeral arrangements for the husband have been set for next Saturday.

The BRBNA and Lake Berryessa

How long can a name get and still fit on a grant application? Well, the Blue Ridge Berryessa Natural Area Conservation Partnership (www.brbna.org) has a long name, but it’s work stretches over a long distance. The BRBNA includes the rugged, natural landscapes and rangelands of the Putah and Cache Creek watersheds. The BRBNA is bounded on the east by the Capay and Sacramento Valleys, on the west by the Clear Lake basin and the Napa River watershed, on the north by the Mendocino National Forest, and extends southward towards Interstate 80 in Solano County. It includes all of the Greater Lake Berryessa Region and will have significant influence on the future recreational development of our area. Although some members are decidedly less enthusiastic about motorized recreation than the typical resident of or visitor to the Lake Berryessa region, the Partnership’s positive goal is to open up vast areas of land to additional visitors seeking enjoyment of nature through hiking, camping, kayaking, and horseback riding. There are some fantastic maps on their web site.

The BRBNACP promotes the conservation and

enhancement of the expansive landscape that comprises the BRBNA by encouraging the sensitive management of its natural, agricultural, recreational, archeological and historical resources. As a voluntary and inclusive organization, the BRBNACP facilitates coordination and collaboration among its public, private, and nonprofit partners; provides research, information, and education services to partners; and conducts outreach to the public.

Five principles guide the activities and decisions of the Partnership:

- 1.Preserve, protect and enhance natural resource values of the BRBNA including its lands, wildlife, plants, creeks, and waters.
- 2.Support conservation-based land-use activities and sustainable economic development.
- 3.Respect the rights of private landowners.
- 4.Encourage resource-compatible, non-growth-inducing recreation facilities on public lands.
5. Consider all positions on an issue, but only support activities when the Partnership has reached consensus.

Of specific immediate interest to local residents is the work of the Trails and Recreation Committee.

VISION: A natural area which is a mosaic of con-

The McLaughlin Reserve

Another special resource in the Lake Berryessa area is the Donald and Sylvia McLaughlin Natural Reserve - one of few sites in California that protects unusual serpentine habitats. Chemically hostile to most plants, serpentine deposits cover one third of the reserve, creating islands that support rare and endemic plants, which have adapted to these harsh soils, and numerous associated endemic insects. Where there are nonserpentine soils, the vegetation shifts suddenly to more typical coast range habitats, including riparian woodland, blue oak woodland and savannah, grassland, and chaparral. The reserve and adjacent lands are owned by the U.S. Bureau of Land Management (BLM), California Department of Fish and Game (DFG),

and the Homestake Mining Company. Homestake is in the process of decommissioning an innovative open-pit gold mine which includes extensive reclamation of disturbed lands. The reserve is the repository of over 20 years of environmental monitoring data collected by Homestake. The McLaughlin Reserve is open to use for qualified research and educational purposes. The reserve is located on Berryessa-Knoxville Road near the Knoxville Off Highway Vehicle Area. The Reserve offers public lectures and hikes. The example below coincides with the Knoxville OHV Area Cleanup announced on Page 3 of this issue. Why not do them both? Go to <http://nrs.ucdavis.edu/McLaughlin/> for more information.

servation and recreation lands, and working landscapes linking Lake Berryessa to the Blue Ridge and to the creeks, hills, valleys, and communities within the Putah and Cache Creek watersheds.

MISSION: "Connecting People to Nature" To promote opportunities to enjoy the area's unique recreation resources, while fostering respect, sustainable use, and active community stewardship in the conservation of the region's natural resources and unique biodiversity.

PRIMARY GOAL: Promote trails and other nature-based recreation, while also encouraging resource conservation, protection of the natural values of the BRBNA, and respect for private property.

Objectives: Support the creation of a regional trail system on recreation lands, providing hiking, biking, and horseback-riding opportunities and appropriate nature-based recreational facilities for both day use and backcountry experiences. Encourage balanced water based recreation considering both the interest and need for quiet areas for hiking, fishing, paddling, swimming and enjoying nature around the lakeshore and throughout the BRBNA, and the desire for motorized boating.

April 23, Sunday: HIKE: Sensitive Plant Canyon

This wildflower hike will start from a BLM road inside the Knoxville Recreation Area (about 20 miles east of Lower Lake) and take us down Sensitive Plant Canyon on an old jeep road. Join plant guru Joe Callizo in exploring the extraordinary springtime treasures of this area amidst serpentine barrens, chaparral, and old mine sites. Wear sturdy shoes, bring plenty of water, and wear your sun hat. Most of the hike is downhill. Hiking pace will be slow, with lots of looking at plants and wildflowers.

To sign up, contact Cathy Koehler or Paul Aigner at (707) 254-1509 or mclaughlin@ucdavis.edu (please include your phone # in your email).

EuroEnglish (Reminds Me of My Son’s Unique Spelling Talents)

The European Union commissioners have announced that agreement has been reached to adopt English as the preferred language for European communications, rather than German, which was the other possibility. As part of the negotiations, Her Majesty's Government conceded that English spelling had some room for improvement and has accepted a five-year phased plan for what will be known as EuroEnglish (Euro for short).

In the first year, “s” will be used instead of the soft “c”. Certainly sivil servants will resieve this news with joy. Also, the hard “c” will be replased with “k”. Not only will this klear up konfusion, but typewriters kan have one less letter. There will be growing publik enthusiasm in the sekond year, when the troublesome “ph” will be replaced by “f”. This will make words like "fotograf" 20 persent shorter.

In the third year, publik akseptanse of the new spelling kan be expekted to reach the stage where more komplikated changes are possible. Governments will enkorage the removal of double letters, which have always ben a deterrent to akurate speling. Also, al wil agre that the horrible mes of silent “e”s in the languag is disgrasful, and they would go.

By the fourth year, people wil be reseptiv to steps such as replasing “th” by “z” and “w” by “v”. During ze fifz year, ze une-sesary “O” kan be dropd from vords kontaining “ou” and similar changes vud of kors be aplid to ozer kombinations of leters.

After ze fifz yer, ve vil hav a reli sensibi riten styl. Zer vil be no mor trubls or difikultis and evrivun vil find it ezi tu understand ech ozer.

Ze drem vil finali kum tru.

Hummingbirds part 3. Research shows that this set point is actively maintained by the bird's internal thermostat. "If you try to cool an animal down below this new set point, it will generate enough body heat to maintain that set point," says Sara Hiebert, hummingbird expert and associate professor of biology at Swarthmore College in Swarthmore, Pennsylvania. There are several types of torpor, classified mostly by duration and season. For example, when torpor takes place for long periods of time during the winter, it is known as *hibernation*. However, unlike hibernation, hummingbird torpor can occur on any night of the year so it is referred to as *daily torpor* or *noctivation*. Because tropical hummingbird species also have rigid metabolic budgets, even they rely on daily torpor to conserve energy. Torpid hummingbirds exhibit a slumber that is as deep as death. In 1832, Alexander Wilson first described hummingbird torpor in his book, **American Ornithology**; "No motion of the lungs could be perceived ... the eyes were shut, and, when touched by the finger, [the bird] gave no signs of life or motion."

Awakening from torpor takes a hummingbird approximately 20 minutes. During arousal, heart and breathing rates increase and hummingbirds vibrate their wing muscles. Heat generated by vibrating muscles, or shivering, warms the blood supply. Shivering is sufficient to warm the hummingbird's body by several degrees each minute and the bird awakens with enough energy reserves to see him through to his first feeding bouts of the morning. Interestingly, hummingbirds reliably awaken from torpor one or two hours before dawn without any discernible cues from the environment. Thus, it appears that the bird's internal circadian clock triggers arousal. What are hummingbirds doing during those pre-dawn hours when they are warm but not yet active? "One suggestion is that they might be using this time to sleep," explains Hiebert. "Although there is some evidence that torpor is an extension of slow-wave sleep, there is also evidence that the body is too cold during torpor for the normal functions of sleep to occur."



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Torpor is not limited to hummingbirds; it has also been observed in swallows, swifts and poorwills. Additionally, scientists think that most small birds living in cold regions, such as chickadees, rely on torpor to survive long cold nights. Interestingly, even though rodents, bats and other small mammals typically show some form of regulated hypothermia during cold weather, these animals can only rely upon daily torpor during the winter months when they are not breeding. In contrast, noctivation is possible on any night of the year for hummingbirds. Because daily energy balance is progressively more difficult to maintain as body size decreases, hummingbird torpor is a finely tuned evolutionary strategy that preserves these birds' daily metabolic budgets.

"Hummingbirds are the 'champions' of this kind of energy regulation because they have to be," concludes Hiebert. (Last in Series)

Sweet & Sour Spareribs

1pkg. spareribs, bone in
¼ c. Teriyaki Sauce
1 c. Ketchup
¼ c. Vinegar
½ tsp. garlic powder or
2 cloves garlic chopped
¼ tsp.chili powder
½ tsp. onion pwder or ½ onion diced
2 tbsp. sugar
2 tbsp. cornstarch
1 small can pineapple chunks
with juice.

Mix all ingredients and pour over ribs and bake at 350 for aprox. 2 hours until tender. Halfway through, baste the ribs and add 1 small bell pepper cute in bite size, pepper optional. ~ By Shirl

French Dressing

½ **c. Sugar**
¼ **c. water**
¼ **c. vinegar**
¾ **c. Ketchup**
1 **c. Olive oil**
1 **tsp. Salt & pepper to taste**

Unless you can love, as
the angels may, with the
breadth of heaven
betwixt you;
Unless you can dream
that his faith is fast,
Trough behoving and
unbehoving;
Unless you can die when
the dream is past-
Oh, never call it loving!
ANGEL

Navy Bean Soup

1 c. navy beans
4 c. boiling water
1lb. Hamburger or Ham diced
1 Onion, diced
2 carrots, sliced
2 ribs of chopped celery
1 potato diced
1 Clove garlic chopped
Salt & Pepper to taste

Soak bean in water over nite,
drain well & place ingredients in a
crockpot; cook on low 8 hrs.



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DID YOU KNOW?

ABOUT DRINKING WATER

The following will probably amaze and startle you..
One glass of water shuts down midnight hunger pangs for almost 100% of the dieters studied in a University study.

Lack of water is the #1 trigger of daytime fatigue. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.

A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

HAPPY BIRTHDAY To All IN MARCH

Ken Pridmore 2nd
Marlene Lines 4th
Pat F. O'Donnell 8th
Jaynee Caruso 12th
Billie Wellington 21st
Dolores Atkinson 22nd
Laurel Hamilton 28th
Hilda Bettinelli
Foster Clark
Andy Cole
Georgia Scribner

DAM LEVEL UPDATE				
The elevation of the spillway (Glory Hole) at Monticello Dam is <u>440 feet</u> . The water is now <u>1.93 feet</u> above the top of the spillway Lake Berryessa has had <u>36.58 inches</u> (as of 2/26/06) of rainfall since July 1 st , 05 As reported by Carlos Jeffreys of The Corners				
Date	Elevation	Evaporation	High	Low
3/6/06	443.39	.00	52	40
7	.32	.00	57	40
8	.04	.00	60	35
9	442.73	.03	60	37
10	.45	.09	58	32
11	.17	.02	49	29
12	441.93	.05	54	34

Glory Hole Goes Over for a 2nd time in one Winter Season!

**On 2-27-06, 1.28 over the spillway
On Sat. Dec. 31st at 8am.**

Rain reported by Carlos Jeffreys of The Corners
Carlos on vacation this week, **Gone To Arizona**

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Maxine on "Aging"

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salt accompanies a
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dieters studied in a University study.

Lack of water is the #1 trigger of daytime
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Preliminary research indicates that 8-10
glasses of water a day could significantly
ease back and joint pain for up to 80% of
sufferers.

A mere 2% drop in body water can
trigger fuzzy short-term memory, trouble
with basic math, and difficulty focusing
on the computer screen or

Drinking 5 glasses of water daily
decreases the risk of colon cancer by
45%, plus it can slash the risk of breast
cancer by 79%, and one is 50% less
likely to develop bladder cancer.

Ha! Ha! Harvey
I am Thankful :

FOR THE WIFE
WHO SAYS IT'S
HOT DOGS
TONIGHT,
BECAUSE SHE IS
HOME WITH ME,
AND NOT OUT
WITH SOMEONE
ELSE.

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HUSBAND**
FOR THE TAXES I
PAY
BECAUSE IT
MEANS
I AM EMPLOYED.

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