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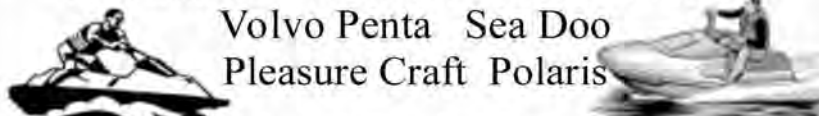
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Lake Berryessa - Day Trip Paradise

There are dozens of adventures waiting for you in the Greater Lake Berryessa Region! Napa Valley visitors have easy day trips available to a range of destinations, and mid-week trips are a special treat since the traffic is sparse and the facilities uncrowded. All four points of the Lake Berryessa compass include wineries, restaurants, sports, and relaxation.

The North Compass Point includes historic Aetna Springs Golf Course (www.aetnasprings.com). Dating back to around 1890, Aetna Springs is one of the oldest continuously operated golf courses in the country. Down the road is Pope Valley Winery (www.popevalleywinery.com). The 1897 winery includes a blacksmith shop, wagon shed and original farmhouse.

The West Compass Point (northern access) from Rutherford or St. Helena leads to Rustridge B&B/Winery (www.rustridge.com) which combines an elegant bed and breakfast and winery with the chance to interact with championship race horses and touch Seabiscuit's original saddle.

Catacula Lake Winery (www.cataculalake.com) on the original Rancho Catacula Spanish land grant, is a beautiful modern structure with a gorgeous tasting room and patio. Also nearby is the historic Nichelini Winery (www.nicheliniwinery.com). These wineries are only a few minutes from the Napa Valley so you still have time to head to Lake Berryessa itself.

The West Compass Point (southern access) from Napa on Monticello Road leads to The Corners and on to Turtle Rock. After a snack at Turtle Rock you can head north on Hwy 128 to Nichelini/Catacula/Rustridge and beyond or turn right on Knoxville Road and head to Lake Berryessa.

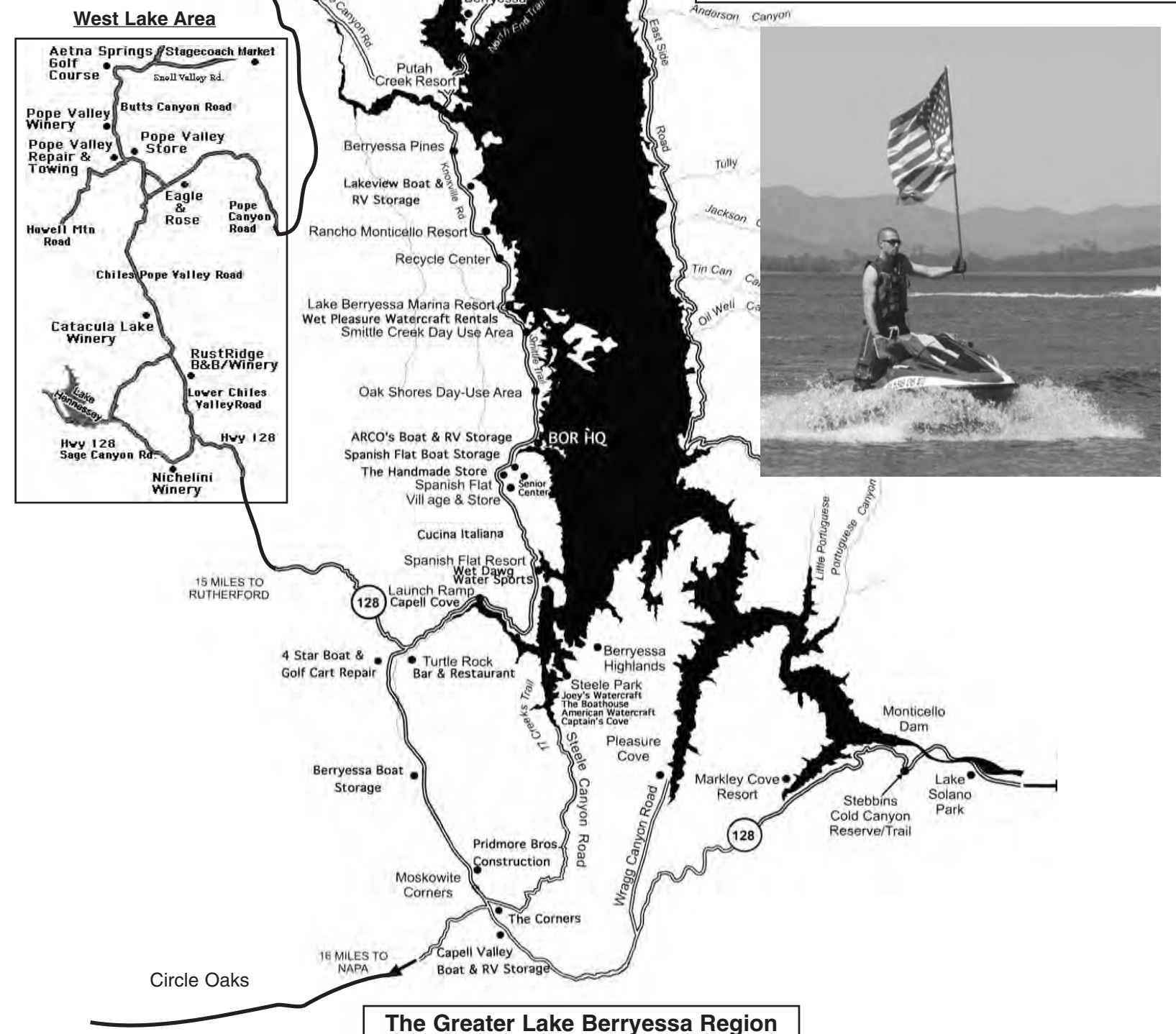
The western shore of Lake Berryessa includes many resorts and picnic areas directly on the water. All types of water sports are available including jet skis, kayaks, patio boats, houseboats, and more. See the Lake Berryessa Chamber of Commerce web site at www.LakeBerryessaChamber.com. For detailed information about Lake Berryessa go to the BOR web site at: www.usbr.gov/mp/ccao/field_offices/lake_berryessa/index.html.

Almost any day trip to Lake Berryessa should include lunch or dinner at our famous local Italian restaurant, Cucina Italiana at the Spanish Flat Village Center (www.LakeBerryessaNews/CucinaItaliana).

The East Compass Point for the region is the City of Winters and its access to the southern shores of the lake. Again you have excellent wineries such as Berryessa Gap near fine restaurants located near the interesting boutiques of Winters' historic downtown.

The South Compass Point points up from Fairfield through the Suisun Valley (www.suisunvalley.com) and Wooden Valley. This is a major fruit and vegetable area and is worth a day trip to sample local produce. Combine that with a trip to Wooden Valley Winery and a meal at the Vintage Café in eclectic Manka's Corners with its art galleries and metal sculpture studio.

As you can see by this quick survey, there's a lot to do in the Greater Lake Berryessa Region and we invite you to enjoy it all. Use your imagination to create memorable day trips (or overnights in cabins or on houseboats) which enhance your enjoyment of your vacation in the beautiful Napa Valley.



The Lake Berryessa News

Community News Makes a Better Community

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June 1 - June 14, 2006

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Summer Heats Up at Lake Berryessa

The Resorts of Lake Berryessa - Pg.2
Lake Berryessa Day Trips - Pg. 12
Calistoga Sprint Car Races - Pg. 9
Paintball & Fishing - Pg.10



The Resorts of Lake Berryessa

Last issue we described the many possible day trips a visitor could take to Lake Berryessa. A summary of that article is printed on the back page for your convenience. This time we bring you a description of the seven resorts you could visit when you take a day off from wineries and restaurants and want some outdoor fun and exercise! Check out the resort ads in this issue.

Overnight accommodations are available at six of the seven privately-managed resorts located around Lake Berryessa. Markley Cove Resort does not have overnight accommodations, but does offer day use opportunities noted below.

Markley Cove Resort, at the south end of Lake Berryessa is the first resort on the way to the lake from Winters, California. It is only a few minutes by boat or car to Monticello Dam and offers a convenience store, food service, marina, boat and jet ski rentals, boat gasoline, bait, and fishing licenses, among others. 800-242-6287.

Pleasure Cove Marina offers a variety of overnight tent and RV camping, restaurant, marina, convenience store, and cabin and houseboat rentals. Nestled between the Blue Ridge and Cedar Roughs, just 45 minutes from Napa Valley, Lake Berryessa is an ideal location for your Forever Houseboat getaway. Mild temperatures in the summer make it perfect for water sports, fishing, camping, wildlife viewing, or just simply sitting back and releasing the cares of the everyday. The grassy hills surrounding Lake Berryessa are dotted with oak and Manzanita and provide excellent opportunities for spotting eagles, hawks, deer, and even wild turkey. Up above, you may spot great blue heron, snow geese, and loons. 707-966-9606 (<http://goberryessa.com/>)

Steele Park Resort is a year round resort with full accommodations for the family. Motel and cottages offer swimming pool and championship tennis courts with spectacular views of the lake's shore. Harbor Cove, the hub of activity, has a restaurant, bar, general store and full service marina, open from 7:00 a.m. 7 days a week, year round. The Boat House Restaurant & Bar offers a spectacular view of the lake along with its tantalizing good food. Steele Park Resort also rents a patio boats and jet skis to explore the many coves along the lake's shore. 800-522-2123. (www.steelepark.com)

Spanish Flat Resort offers outstanding fishing, overnight camping and picnicking, as well as boat, jet ski and kayak rentals. Their cabins are equipped with a bunk-bed, a full-size bed, microwave, coffee pot, shower, toilet, refrigerator, sink, kitchen table and chairs, heater, and air conditioning. Each cabin is on the lakefront and has a deck facing the lake. Because of the warm water, hot summers, and close proximity to the population areas of Northern California, the lake has become a favorite water ski resort. The temperatures are warm enough to make water skiing comfortable most of the summer. In addition, the state stocks the lake with fish as part of the conservation program. Fishing for bass and trout is a popular pastime. 707-966-7700 (www.spanishflatresort.com)

Lake Berryessa Marina Resort is a magnificent setting for your next vacation! You will delight in the natural serenity of the area as you relax at one of their gorgeous waterfront sites. From tubing and wake boarding, to fishing and jet skiing, there is something for everyone at Lake Berryessa Marina Resort. Barbecue the catch of the day on one of our grills. For the ultimate in camping fun, rent a houseboat, pontoon boat, jet ski, or ski boat. They have group facilities for your next reunion, rally or company retreat. Gasoline pumps and a dump station are available for your convenience. 707-966-2161 (www.lakeberryessa.com)

Rancho Monticello Resort is a family-oriented lake front destination for vacationers and water sport enthusiasts. The resort faces the main body of the lake, with the expansive east shore three miles directly across from the Resort. Curves in the shoreline create coves, and variances in the landscape and slopes. Essentially the resort is divided in two parts by a large rock outcropping, known as "Turtle Rock." At the southern-most end of the resort is the marina which includes a gas dock, market, cafe, 8-lane launch ramp, moorage, docks and a day park. There are boat slips for both short term and long term rental. The northern portion of the resort has a large area "Big Flat" with gentle slopes (less than 15%) most of which is devoted to RV, camping and open space. Events in the resort throughout the summer emphasize the warm and friendly atmosphere of Rancho Monticello Resort. 707-966-2188 (www.rancho Monticelloresort.com)

Putah Creek Resort is located at the north end of Lake Berryessa. It stretches over fingers of oak-peppered land, giving this resort lots of accessible shoreline. Putah Creek Park has a restaurant & bar and offers 200 tent only sites and 55 RV only sites. Most sites are right on the water. The campsites have picnic tables and BBQ grills. The motel offers sleeping and kitchen units. Putah Creek Resort is the only resort that sells gasoline for automobiles. 707-966-0770.

2006 Lake Berryessa Calendar of Events

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

Date	Event & Sponsoring Organization
6-3	Davis Masters Swim Meet - Oak Shores
6-17	Early Releases wine ~ Berryessa Senior Center Cheese, Olive Oil, & Food tasting. Sat. 4-til 7pm *
7-15	Flea Market (Rent tables) Berryessa Senior Ctr., 10-4pm
7-22	Casino Night ~ Pasta Dinner, Berryessa Senior Center Big Raffle ~ 5:30 to 10pm *
8-5	Craft Faire (Rent Tables) Berryessa Senior Center * 10am to 4pm Lunch Available
8-5	Poker Run ~ Berryessa Chapter of the Lions Club *
8-19	Bring Your Own Meat B.B.Q. Berryessa Senior Ctr. Chef Paul will cook it if you wish. Sat. 4pm. *
9-15	Potluck ~ Berryessa Senior Center 6pm. *
10-20	Potluck ~ Berryessa Senior Center 6pm. *
11-17	Thanksgiving Dinner (Potluck) & Turkey Raffle 6pm. *
12-4	Pirate Bingo & Potluck ~ Berryessa Senior Ctr. 12 noon ~ Bring a New \$5.00 Gift to Play.
12-15	Christmas Dinner (Potluck) ~ Berryessa Senior Center * Bring a new \$10. Gift for Exchange. 6pm.

Every Mon. Bingo 1pm, 252-8488, &
1st Mon. of each month Potluck 12 noon*
*Berryessa Senior Center Activities, Call Georgia at 966-2127
*Potlucks, Call Pat at 966-2267 or 966-0206 (Please leave a message.)
*Lions Club, 966-1413

The Berryessa Seniors are planning a Bus Trip (Overnite) to Reno. How many of you are interested? It's about \$80.00 (based on double occupancy) and includes transportation. You don't have to be a member to go.



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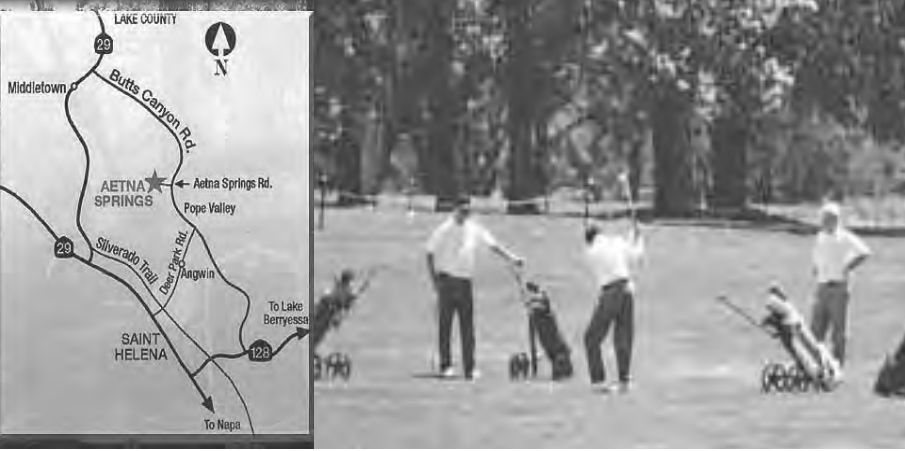
Spring Special: Two Green Fees With Cart
Weekdays: \$45 Weekends & Holidays: \$55

Since 1891

Open 7 Days A Week
Year Round

Aetna Springs Golf Course

1600 Aetna Springs Road - Pope Valley, CA 94567
Call For Reservations: 707-965-2115
Member: Lake Berryessa Chamber of Commerce



Bill and Frank rent a boat and go fishing. They catch a lot of fish and return to the shore. Bill says to the Frank, "I hope you marked the spot where we caught all those fish." Frank replies, "Yes, I marked an 'X' on the side of the boat to mark the spot." Bill says to Frank sharply, "You idiot. How do you know we'll get the same boat?" ."

The Lake Berryessa News

www.LakeBerryessaNews.com

An Independent Community Newspaper

Published the first and third Thursday of each month.

Owner& Editor

Shirl Kattleba

Co-Editor & Writer

Peter Kilkus

Director of Circulation

David Rutter

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

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Email: PKilkus@aol.com

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Fishing Boats

The Church Bulletin

Thank God for church ladies with typewriters. These sentences actually appeared in church bulletins or were announced in church services:

The Fasting & Prayer Conference includes meals.

The sermon this morning: "Jesus Walks on the Water." The sermon tonight: "Searching for Jesus."

Our youth basketball team is back in action Wednesday at 8 PM in the recreation hall. Come out and watch us kill Christ the King.

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

Don't let worry kill you off - let the Church help.

Miss Charlene Mason sang "I will not pass this way again," giving obvious pleasure to the congregation.

For those of you who have children and don't know it, we have a nursery downstairs.

Next Thursday there will be tryouts for the choir. They need all the help they can get.

The Rector will preach his farewell message after which the choir will sing: "Break Forth Into Joy."

Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

A bean supper will be held on Tuesday evening in the church hall. Music will follow.

At the evening service tonight, the sermon topic will be "What Is Hell?" Come early and listen to our choir practice.

Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.

Scouts are saving aluminum cans, bottles and other items to be recycled. Proceeds will be used to cripple children.

Please place your donation in the envelope along with the deceased person you want remembered.

The church will host an evening of fine dining, super entertainment and gracious hostility.

Potluck supper Sunday at 5:00 PM - prayer and medication to follow.

The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

This evening at 7 PM there will be a hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.

Ladies Bible Study will be held Thursday morning at 10 AM. All ladies are invited to lunch in the Fellowship Hall after the B. S. is done.

The pastor would appreciate it if the ladies of the congregation would lend him their electric girdles for the pancake breakfast next Sunday.

Low Self Esteem Support Group will meet Thursdayat 7 PM. Pleaseuse the back door.

The eighth-graders will be presenting Shakespeare's Hamlet in the Church basement Friday at 7 PM. The congregation is invited to attendthis tragedy.

Weight Watchers will meet at 7 PM at the First Presbyterian Church.Please use large double door at the side entrance.



on Lake Berryessa

Invites your exploration.

Gliding along its water, or from its shore, camped in the best possible place for the best sweeping view.

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Pleasure Cove Marina provides you access to Lake Berryessa with watercraft and houseboat rentals, lake side camping retail store, fuel, slip rentals and launch ramp.

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Reservations suggested

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Houseboat reservations

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Pleasure Cove Marina

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Napa, Ca. 94558



Attention Lake Berryessa Paintball Warriors!
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950 Randolph Street
Napa, CA 94559
(707) 255-5166




Hours: Mon-Fri 9:00 A.M. - 5:30 P.M.
Sat 9:00 A.M. - 5:00 P.M.

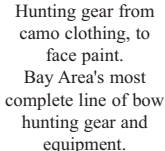
QUESTION: How can you tell a tournament paintball player from a recreational player in a fancy restaurant, when they're both picking their noses?

ANSWER: The tournament player picks his nose with his MIDDLE finger.





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



Lake Berryessa Chamber Board Votes Yes On A & Z

The Board of Directors of the Lake Berryessa Chamber of Commerce unanimously voted to support Measures A and Z on next week's Napa County ballot. Land use issues are critical to the future of the community and economy of the Lake Berryessa region. Previous land use decisions by the Napa County Board of Supervisors have had serious negative impacts on the Lake Berryessa Region. The Board is dismayed by the serious misrepresentations of Measure A's opponents and urges all Napa County voters to **Vote Yes on A & Z.**

Board of Directors: Bob White (Chair), Sharyn Simmons (Vice-Chair), Linda Tschida (Secretary/Treasurer), Brenda Brown, Shirl Katleba, Jeff Parady, Gil Pridmore.

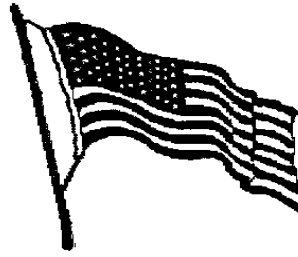
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Calendar of Events Around Lake Berryessa

Senior Center Crafts

Every 2nd & 4th Wednesday of each month

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

Every Monday – Bingo – 1 PM til??

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

Seniors Pot Luck

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

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

Valley Christian Church

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

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

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

Sufi Center ~ Meditation & Healing Circle - Pope Valley

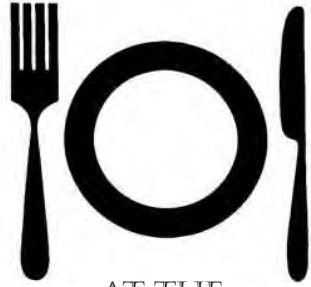
Every Thursday - 7pm ~ Every Sunday - 6pm

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

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

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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Call 415-307-6906 to see

Or see photos at www.LakeBerryessaNews.com

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Lake Berryessa – Let's Talk!

**“Infusion” for your mind, body and spirit this summer!
 by Brenda Brown (bbms4u@earthlink.net)**

Hello my loyal readers....

This summer I will give you a hands on guide that will take you through all aspects of improving your wellbeing, showing you quick and simple ways to make you feel great! And look even better! From diet and exercise to skincare, body pampering and relaxation techniques starting in the June 2006 issue of the Lake Berryessa News! Be sure and get a copy before they're gone...

In the meantime.....Save Your Bones, Eat Stir-Fry!

The news is good if you don't do much dairy but get a frequent hankering for Chinese food.

Stir-fry dishes often include staples like broccoli, bok choy, and edamame (soybeans) -- popular veggies that are bursting with bone-strengthening calcium. Even better, these and other Chinese stir-fry favorites have a chemical makeup that allows your body to easily absorb the calcium. Just go easy on the soy sauce -- which is essentially liquid sodium -- because the more salt you take in, the more calcium you're likely to lose.

As you've probably heard, other green, leafy vegetables, such as spinach and Swiss chard, contain calcium but they also contain a certain acid, called oxalate, that limits how much of the calcium your body can absorb. In fact, you'd need to eat more than four spinach salads to get the amount of calcium in one made with Chinese spinach (and it's not even a top veggie, calcium-wise). Not a Chinese-food fan? Some beans -- particularly white cannellini, a staple in Italian cooking -- are also a good source of calcium. But they're the exception. Many dried beans are rich in phytate, another acid that also interferes with calcium absorption.

Thanks for reading and get ready this summer to balance, nutrition, and detoxify your Mind, Body & Spirit at Lake Berryessa ?

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 Manager

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Berryessa Senior Citizens

Food and Wine Tasting Event
 together with assorted cheeses & olive oils

Saturday, June 17, 2006 from 4 to 7 P.M.
ADMISSION: \$10.00

Senor Center, 4380 Spanish Flat Loop Road

PRESENT THIS COUPON AT THE DOOR & RECEIVE \$2 OFF

Jeff Parady: Sprint Car Races in Calistoga

Jeff Parady, owner of Pope Valley Repair and Towing and Lake Berryessa Chamber of Commerce Board Member, will debut his red-hot new sprint car on Saturday, June 17, 2006 at the Calistoga Speedway. Calistoga Speedway features a 1/2 mile slightly banked dirt oval. The Speedway is located 25 miles north of Napa, California at the Napa County Fairgrounds.



The Lake Berryessa News will be there to cheer him on and document his success. Photos and videos will be available on The Lake Berryessa News website. Let's get a large crowd out there to support our local Pope Valley/Lake Berryessa star as he races into his new season. Jeff has graciously offered a free hat to the first twelve fans who bring him a copy of this issue of The Lake Berryessa News at the track on June 17th.

FOR SALE

1996 24' SweetWater
 Pontoon Boat
 10 Disc CD & Amp
 2 Wash pumps,
 2 Bimini Tops
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 43 mph., Will Pull
 Water Skier, Great for Tubing
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 June 14th 6pm-9pm
 June 17th 9am-1pm
 Inclusive

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\$10. Student Fee

Call Phil Parker

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Naive Priest

A priest was walking along the shore when he came upon two locals pulling another man ashore on the end of a rope. "That's what I like to see," said the priest, "A man helping his fellow man."

As he was walking away, one local remarked to the other, "Well, he sure doesn't know the first thing about shark fishing."

Jocelyne monello

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 MOTIVATED SELLERS—DON'T MISS THIS OPPORTUNITY**

New +/-1,731 sqft two story, 3 bed, 2.5 bath home at Lake Berryessa w/ many lake views. On +/-8,712 sqft lot, special features include cathedral ceilings, a free-standing, wood burning stove, kitchen/dining room combo w/ granite counters, tile floors and stainless steel appliances. Large deck w/ great lake views, perfect for summer entertaining!

Offered at \$465,000

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RE/MAX
 NAPA VALLEY

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

PUTAH CREEK RESORT



North End of Lake Berryessa
 7600 Knoxville Road

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To All In June

Betty Fehrenkamp
Eric Gaustad 18th
Gene Hanks
June Jones-DeLay
DeDe Lofts
Mary Loggins
Ruth McGinnis
Leroy Sayas 1st
Ray Tarigen

Happy 12th Anniversary
Brenda & Tony Brown

I Love You Tony

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Birthdays & Age ~ Part 2

You BECOME 21, you TURN 30, then you're PUSHING 40. Whoa! Put on the brakes, it's all slipping away. Before you know it, you REACH 50 And your dreams are gone.

But wait!!! You MAKE it to 60. You didn't think you would!

So you BECOME 21, TURN 30, PUSH 40, REACH 50 and MAKE it to 60. You've built up so much speed that you HIT 70! After that it's a day-by-day thing; you HIT Wednesday!

You get into your 80's and every day is a complete cycle; you HIT lunch; you TURN 4:30; you REACH bedtime. And it doesn't end there. Into the 90's, you start going backwards; "I Was JUST 92." Then a strange thing happens. If you make it over 100, you become a little kid again. "I'm 100 and a half!

" May you all make it to a healthy 100 and a half!!

You can never fail when you are in line with the Angel in you.
Everything you think, do and feel has limitless power from that place.
How high and how far you may reach depends on your commitment to it.
Angels can unleash hurricanes of healing, release tidal waves of love, move whole mountains of hatred, melt iceburgs of jealousy, and evaporate oceans of pain.
ANGEL

DAM LEVEL UPDATE				
The elevation of the spillway (Glory Hole) at Monticello Dam is <u>440</u> feet.				
The water is now .24 feet above the top of the spillway				
Lake Berryessa has had 58.51 inches of rainfall since July 1 st , 2005				
As reported by Carlos Jeffreys of The Corners April 4 th thru April 16 th a total of 4¾ rain!!				
Date	Elevation	Evaporation	High	Low
5-22-06	439.93	.18	95	56
23	.91	.28	94	55
24	.28	.18	96	56
25	.87	.20	97	56
26	.85	.28	93	59
27	.80	.06	71	51
28	439.76	.12	73	54

THANK YOU !!

Thanks to all my friends for the Many Cards, Flowers, Plants, Balloons, Stuffed Animals and all of Your Prayers they all worked,
I'm Back!!
See You at
The Pleasure Cove Marina Store
I Love You All
Joann Blocker

Happy Belated Birthday
To The Pink Lady
Love from
Your Secret Admirer
It's nice to have you back we all missed you & your smile, jokes & laughter


CAFFE WITH LOVE

Espresso: 1 fluid ounce of straight coffee (liquid drawn from 7 grams of coffee). Espresso should never be bitter.

Latte. Espresso with steamed milk (2% preferred) added to 1/2 inch from the rim of cup, topped with foam.

Viennese: Add cinnamon to the coffee grounds before brewing the espresso shot, garnish with whipped cream & a dash of cinnamon.

Americano: Espresso diluted with hot water until reaches the volume of a normal American cup of coffee.



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BEWARE!!
A snake in the grass!

A Gardner was out in his garden
pulling weeds & suddenly felt a little
prick & with quick reactions he pulled
his hand out thinking it was one of
those prickly oak leaves that are
everywhere. He then looks down to
see it was a baby rattler & no warning
before hand since its rattles weren't
yet formed. His hand started to swell &
he was feeling quite strange so he then
tried calmly walking to his house to
call 911. He was air-lifted to Napa
where he was treated with 3 series of
anti venom shots & spent the night in
intensive care.

He's doing fine now. He's definitely
being more careful about being out and
about in his yard. Remember up here
it's really the snake's back yard.

If you have any snake stories or what to
do or not to do when bit by a snake.
Send it or e-mail it to The Lake
Berryessa News.

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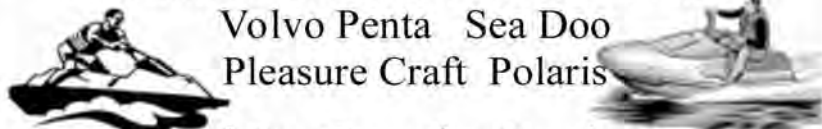
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If you think what the Bureau of Reclamation is doing to the resorts and mobile homeowners at Lake Berryessa is bad, you'll love this!

FUTURE OF LAWSON'S LANDING THREATENED

After many years of providing to the public what has, since 1957, become one of the few remaining areas of access to the California Coast, providing wholesome, family-oriented outdoor activities, Lawson's Landing faces the threat of extinction.

While trying to gain approval of the regulatory permits required to modernize Lawson's Landing, which are necessary to remain in business, the Lawson family is facing strong opposition by various environmental groups which effectively would end more than just a family business, it would bring to an end a way of life going back 3 generations and close one of the few remaining campgrounds on the California Coast.

The Coastal Commission staffers have also told the public that they have no desire to halt public access to the coast at Lawson's Landing. However, they don't like it known that their definition of coastal access does not necessarily include camping, fishing or even parking at the coast. That's why it is important for everyone to let the Coastal Commission know that Lawson's Landing is important as an overnight recreational coastal access area

Lawson's Landing is a scenic and idyllic setting for enjoying activities such as camping, fishing, kayaking, hiking, clamming, wildlife activities, beachcombing and educational fieldtrips. If, like many generations before you dating back to the turn of the century, you have come to Dillon Beach or, dating back to 1957, you have enjoyed coming to Lawson's Landing, please lend your support by calling or writing.

We feel the Coastal Commission needs to hear from you, our customers, how you feel about our existence and the future of Lawson's Landing.

COASTAL COMMISSION TO DENY COASTAL ACCESS

After 49 years of operating as a campground, trailer park, marina and coastal access point the California Coastal Commission has suddenly decided that Lawson's Landing has no permits and needs to cease all activities. This decision was made based on some postcards delivered to a Commission meeting by members of the Environmental Action Committee of West Marin and the Sierra Club, Marin Chapter.

Apparently these postcards are more important than the fact that the Lawson family, at great expense, have been working since 1967 with the Marin County Planning Department to obtain the necessary permits in a manner consistent with county, state and the Coastal Commission's laws.

Since postcards seem to impress the Coastal Commission staff more than their own laws and regulations, we ask you to fill out the forms which you can get on our web site. Also, letters, phone calls and emails sent directly to elected officials & to the Coastal Commission would help.

We need your help to make sure that your coastal access remains open.

www.savelawsonslanding.com or

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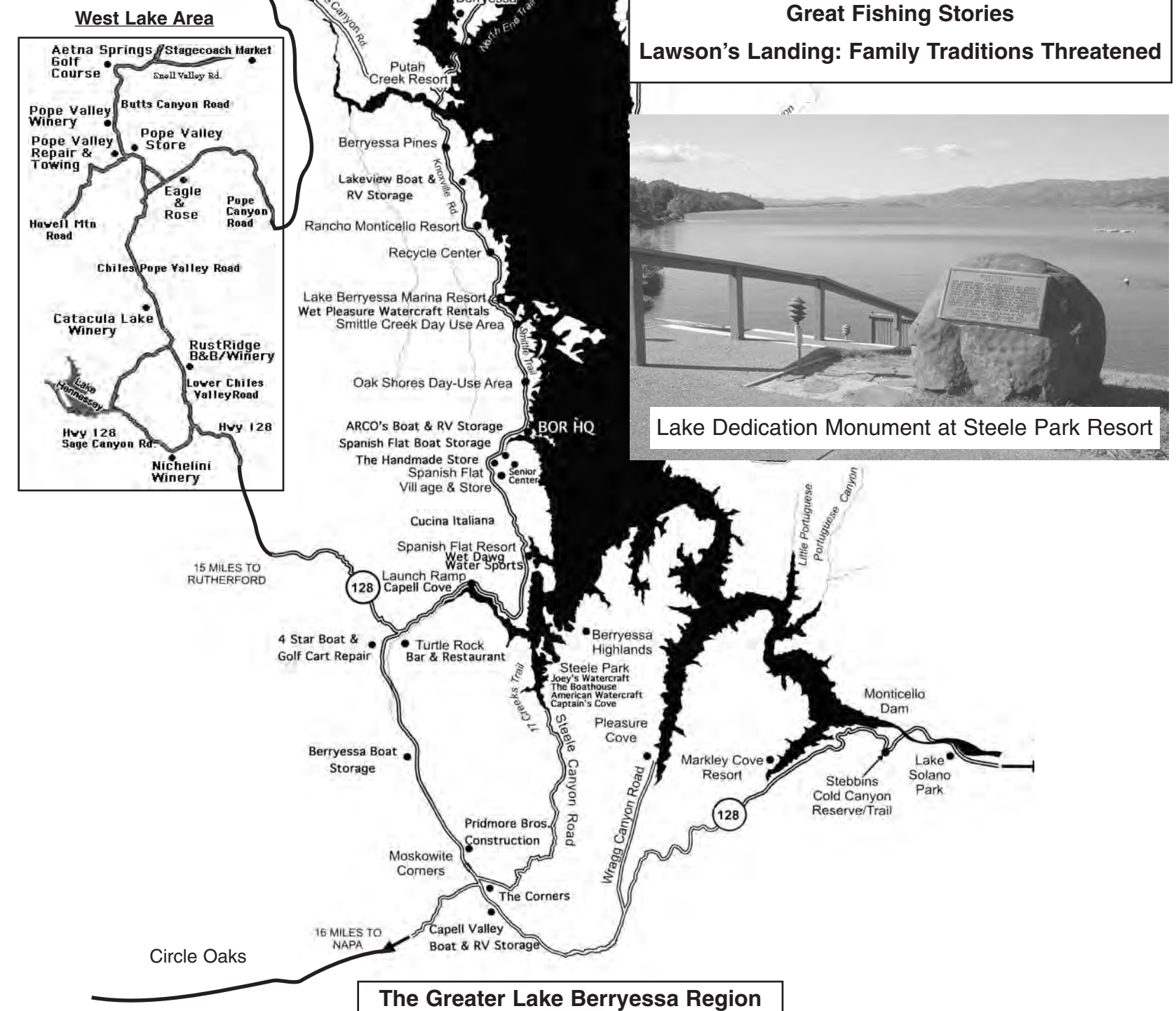
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Fishing With Sid

Two weeks ago I started out in the late afternoon Saturday and took Steve E. to a rock formation that has produced good size bass for me in the past. On one side the rock pile leads to shallow water and on the other side deep access. Steve immediately started throwing a Lucky Craft jerk bait and landed his first bass before I even got the trolling motor down. He got one more on the jerk bait and decided to try drop shotting while the fish were active. The boat was positioned in approximately six feet of water and he threw the drop shot into twenty-seven feet. As he brought it up the rock pile at about fifteen feet he nailed another bass and as he was reeling it in two bass followed it all the way to the boat. He yelled to me to throw something at them but I was busy trying to land my own fish that I had caught on a River2Sea crawdad. After releasing his fish he threw the drop shot again in the same location and landed his fourth bass in less than twenty minutes. Steve's bass averaged about two pounds each and looked like they came out of a cookie cutter. I now threw the crawdad in the same direction as Steve had been drop shotting and worked it up the rock pile and sure enough I got a bite and landed a three plus pound bass. The next five I caught the crawdad bait had no legs left I was actually fishing with just the body and I was surprised how the bass still were attracted to it.



Last week, in the same cove that I enjoy fishing, Albert Brown, Jr., age 61 from the Berryessa Highlands, caught these two catfish one 7.5 pounds and the other 6 pounds. He used night crawlers dipped in night crawler flavored hotdog oil. He caught them in four feet of water from shore around two in the afternoon. The water was clear that afternoon and you could see the fish swimming. Late Saturday I fished the same cove till about 9:00 PM and caught a variety of fish. My most exciting moment was when my little rod with a minnow caught a crappie and my large rod with a plastic worm caught a bass at the

same time so now decisions, decisions which one do you work first!!!! I managed to land them both. The bass weighed about 2.5 pounds and the crappie was almost a pound. Sunday I felt like staying at the dock and doing some work on my boat. That didn't last long as my neighbours asked me for some fishing lessons. We fished from the dock and ended up with a nice bass caught by a young lady who had never fished before. Beginners luck strikes again!!!! Fishing should be great for Father's Day this coming Sunday so hope to see all you Dads on the water. 'til next week.....good fishing!!!! www.fishingconnection.net. Email-bestguide@hotmail.com, 650-583-3333.



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A blonde ordered a pizza and the clerk asked if he should cut it in six or twelve pieces. "Six, please. I could never eat twelve pieces."

If I could only have one wish, I would wish that Politicians had more horse sense. Who knows-- Maybe then, they could STABILIZE the economy!!





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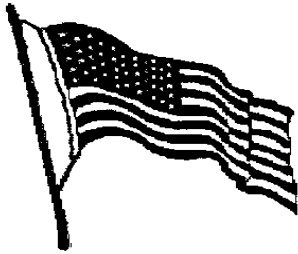
In Two Days, Jeff Parady Races in Calistoga

Jeff Parady, owner of Pope Valley Repair and Towing and Lake Berryessa Chamber of Commerce Board Member, will debut his red-hot new sprint car on Saturday, June 17, 2006 at the Calistoga Speedway. Jeff will give a free hat to the first twelve fans who bring him a copy of this issue or the last issue of The Lake Berryessa News at the track on June 17th.

Special Events
Pope Valley Ropers & Riders - 2006 Gymkhana Buckle Series
Sunday, July 9th & Sunday, August 6th
Call 707-965-2295 or 707-965-2476 or more information.

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Calendar of Events Around Lake Berryessa

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

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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Oak California King Bed with Bedding: \$750

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Lake Berryessa – Let's Talk!

How Does Your Breakfast Stack Up?

by Brenda Brown (bbms4u@earthlink.net)

Think you'll save time and calories by skipping breakfast? Think again. Studies show that people who skip breakfast end up eating more in the afternoon than breakfast eaters. In fact, breakfast eaters have a lower overall food intake throughout the day.

And it's not clear why, but research shows that regular breakfast eaters tend to live longer than breakfast skippers. Skipping Breakfast can make your Real Age as much as 3 years older.

What's on Your Plate?

To make the most of the Real Age benefits of eating breakfast, a good plan is to start with fiber-rich foods. Get at least 6 of your daily 25 grams of fiber at breakfast time.

Finally, use breakfast as an opportunity to fill your plate with the nutrients and vitamins that will help you grow younger, as well as keep your energy level high throughout the day. Here are a few easy ways to boost the fiber content of your breakfast.

Instead of . . .

Pancakes with syrup
 Sugared cereal
 Instant sweetened oatmeal
 White bread or pastry
 Scrambled eggs

Try . . .

Buckwheat pancakes with blueberries
 Whole-grain cereal with raisins
 Unprocessed cooked oats with berries
 Whole-grain English muffin or bread
 Egg-white omelet with chopped veggies

To reduce Saturated fat/sugar and add vitamins & minerals

Instead of . . .

Fruit-juice cocktail
 Bagel with cream cheese
 Jelly
 Cream in coffee or tea
 Full-fat yogurt

Try . . .

Pure fruit juice
 Bagel with peanut butter
 Fruit spread
 Skim milk in coffee or tea
 Nonfat yogurt with fruit and walnuts

Thank you again for reading my column and The Lake Berryessa News!

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PRESENT THIS COUPON AT THE DOOR & RECEIVE \$2 OFF

2006 Lake Berryessa Calendar of Events

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

Date Event & Sponsoring Organization

- 6-17 Early Releases wine ~ Berryessa Senior Center
 Cheese, Olive Oil, & Food tasting. Sat. 4-til 7pm *
- 7-15 Flea Market (Rent tables) Berryessa Senior Ctr., 10-4pm
- 7-22 Casino Night ~ Pasta Dinner, Berryessa Senior Center
 Big Raffle ~ 5:30 to 10pm *
- 8-5 Craft Faire (Rent Tables) Berryessa Senior Center *
 10am to 4pm Lunch Available
- 8-5 Poker Run ~ Berryessa Chapter of the Lions Club *
- 8-19 Bring Your Own Meat B.B.Q. Berryessa Senior Ctr.
 Chef Paul will cook it if you wish. Sat. 4pm. *
- 9-15 Potluck ~ Berryessa Senior Center 6pm. *
- 10-20 Potluck ~ Berryessa Senior Center 6pm. *
- 11-17 Thanksgiving Dinner (Potluck) & Turkey Raffle 6pm. *
- 12-4 Pirate Bingo & Potluck ~ Berryessa Senior Ctr.
 12 noon ~ Bring a New \$5.00 Gift to Play.
- 12-15 Christmas Dinner (Potluck) ~ Berryessa Senior Center *
 Bring a new \$10. Gift for Exchange. 6pm.

Every Mon. Bingo 1pm, 252-8488, &

1st Mon. of each month Potluck 12 noon*

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

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

*Lions Club, 966-1413

A blind man walks in to a department store with his seeing eye dog on a leash. As usual the store manager behind the customer service counter looks up, notices the customer is blind, and not wanting to stare quickly looks away again. Out of the corner of his eye the manager sees the blind man start swinging the dog over his head with its leash. Shocked, the manager runs over and says "Mister is there a problem - is there anything I can help you with?" The blind man calmly replies "No thanks - I'm just looking around."

A juggler, driving to his next performance, is stopped by the police. "What are these matches and lighter fluid doing in your car?" asks the cop. "I'm a juggler and I juggle flaming torches in my act." "Oh yeah?" says the doubtful cop. "Lets see you do it." The juggler gets out and starts juggling the blazing torches masterfully.

A couple driving by slows down to watch. "Wow," says the driver to his wife. "I'm glad I quit drinking. Look at the test they're giving now!"

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Should children witness child birth?

Due to a power outage, only one paramedic responded to the call. The house was very, very dark, so the paramedic asked Kathleen, a 3-year-old girl, to hold a flashlight high over her Mommy so he could see while he helped deliver the baby. Very diligently, Kathleen did as she was asked.

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

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

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

Do you have **ABNORMAL PERIODS?**

Are you a female with abnormal menstrual bleeding, between the ages of 18-45?

Have you not had a period for 90 days or more and have you already been diagnosed with amenorrhea and taking hormones?

You may be a candidate for a study testing the effects of the investigational use of an FDA approved medication on secondary amenorrhea.

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

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

Ha! Ha! Harvey Blonde waitress

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

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

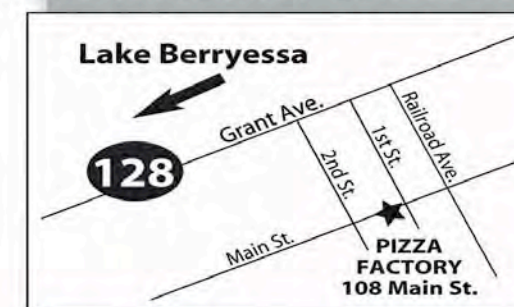
"No," the cook said. "Three flat tires mean three pancakes, a pair of headlights is two eggs sunny side up, and running boards are 2 slices of crisp bacon."

"Oh, OK!" said the blonde. She thought about it for a moment and then spooned up a bowl of beans and gave it to the customer. The trucker asked, "What are the beans for, Blondie?"

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

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Clam Chowder (Serves approx 6)

Dice 6 slices bacon & brown with ½ cup diced onions.
Add ½ half cup finely diced celery, 1 cup diced potatoes, Kosher salt, dash white pepper to taste.
½ tsp fresh parsley chopped.
2 cloves garlic pressed
½ tsp. onion powder
Add about 3 cups water & simmer til potatoes are done. Taste test!

Then add
*2 tbs. Flour mixed with ½ c. milk or heavy cream,
½ cube of real butter
¼ cup sherry ~ to taste
Optional ½ cup clam juice or to taste Clams, 1 cup or less, to your taste
Simmer 10 minutes with the clams

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

*Berryessa Highlands Homeowner
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HA! HA! Harvey

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

Tech support: Are you running it under windows?

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

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Ha! Ha! Harvey

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

Tech support: What's on your monitor now, ma'am?

Customer: A teddy bear my boyfriend bought for me at the 7-11 can't find it...

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