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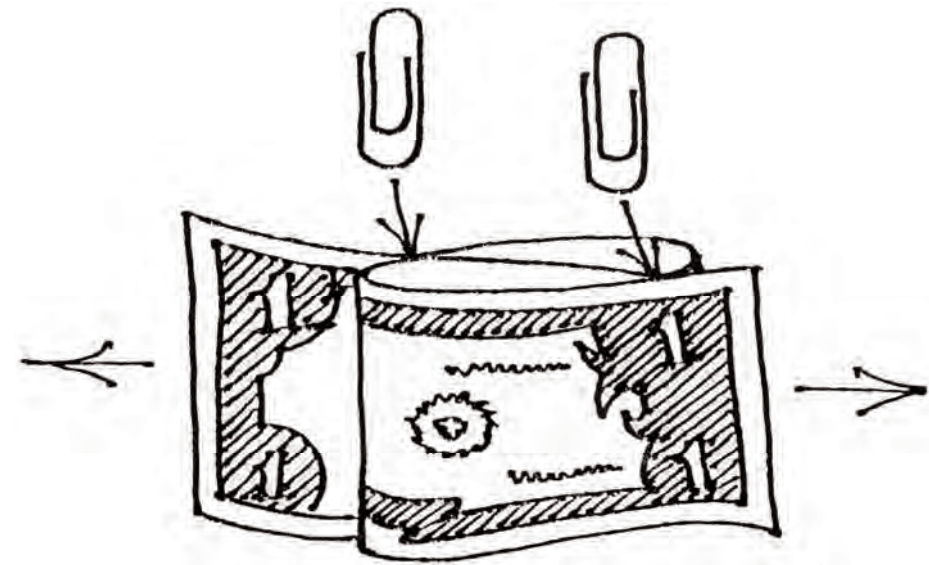


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2. Fold the bill as illustrated.
3. Attach paper clips to be recycled at points indicated by arrows. (Stay with me this doesn't take a rocket scientist, in fact a fourth grader did it.)



4. Rapidly pull ends in opposite directions and watch the fun. (He may even forget to ask for his dollar back.)

\*\*\*\*\*

**For Star Trek Fans: How Fast is Warp 10?**

FROM THE FIRST SHOW ON THE MEETING WITH THE BORG:  
"WE'VE COME 7,000 LIGHT YEARS. IT WOULD TAKE 2 YEARS AND 8 MONTHS TO RETURN AT WARP 10"

SPEED OF LIGHT (C) = 186,000 MILES/SEC  
1 YEAR= 8,760 HOURS= 31,536,000 SECONDS  
1 LIGHT-YEAR= C x 1 YR (SEC)= 5.9 TRILLION MILES  
7,000 LIGHT-YEARS= 413,000 TRILLION MILES (A)  
2 YEARS, 8 MONTHS = 23,360 HOURS (B)

WARP 10 = 7,000 LIGHT-YEARS IN 2 YEARS AND 8 MONTHS = A/B  
WARP 10= 0.30 LIGHT-YEARS/HOUR  
WARP 10= 1,757,678,029,025 MILES/HOUR (1.76 TRILLION MPH)  
WARP 10= 9,449,882 TIMES THE SPEED OF LIGHT  
(Please check my math and let me know if I made a mistake. Peter)

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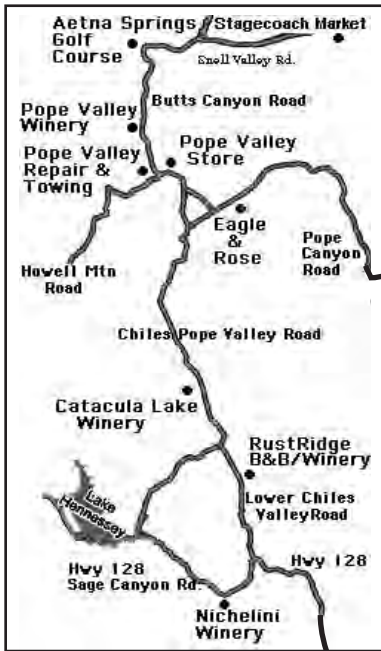
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Sept. 7 to Sept. 20, 2006



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**Life After Labor Day At Lake Berryessa**  
**The Summer Fun Goes On!**  
**Suisun Valley Fun Family Farm Days, Pg. 9**  
**Pope Creek Bridge Clean-Up: Sept. 16, Pg. 10**  
**New Spanish Flat Cantina, Pg. 2**





**Ann Open Letter to our Friends at the Lake  
from the Lake Berryessa Lions Club**

Dear Friends,


The 22nd annual Lion’s Club Poker Run on August 5th was a roaring success. Two lucky people had Royal Flushes, (what are the odds?) so they split the 1st and 2nd place prize money for \$750.00 each. Those winners were: Danielle Austin and Brian Moore. Third place of \$100.00 went to Dustin Hendricks with a Full House of Aces over Jacks, and the worst hand prize of \$100.00 went to John Guisto with a A3457. Congratulations to you all!

Putah Creek Resort, with the pre-event planning of Harry Petsas, put on a wonderful steak dinner in a beautiful setting. Thank you to Jessie and all his helpers from Putah Creek Resort. Music was provided by The Treatment and they really kept the party going. A BIG thank you to our many volunteers, Butch Fenlon and Maxine Eddings-Bartenders extrodinaire, Judy and Patrick Trihey – selling T-shirts and extra dinner tickets, Dee Johnston – an experienced card reader and Frank and Alex Mosley for pitching in wherever we needed them.

We want to give a special thank you to all the Resorts who have helped the Lions Club by selling tickets to the event and punching the cards on the day of the event. We know Summer is a busy time for them, especially on the week-ends and their helped is very much appreciated. Three roadside businesses also helped us sell and punch tickets and we would like to give a special thank you to Cucina Italiana, Spanish Flat Village Store, and especially the Turtle Rock who sold a whopping 58 tickets!

Thank you Stefano & Sharon, Brenda and Pete. Also we want to thank all of the contributors of prizes for our raffle: Dave Rose, Scott Becker, Jim Raines, Omar Hyman, Napa Community Bank, Pope Valley Winery, Teri Mosley, The Turtle Rock, Cucina Italiana, Berryessa Boat Storage.

So to all who worked, donated and participated in the 2006 Poker Run the Berryessa Lions say: **THANK YOU !!**



After decades of family recreation, the owners of these pleasant mobile homes at Steele Park Resort (and all the other resorts) are being forced by the government to destroy them at their own expense! What can you do? Contact: Berryessa For All, 3130 D Balfour Road, PMB#259, Brentwood, CA 94513, BerryessaForAll@gmail.com

**The Lake Berryessa News**

**www.LakeBerryessaNews.com**

Published the first and third Thursday of each month.

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*Shirl Kattleba*

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Email(new): Shirlbnews@sbcglobal.net

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


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

**New Spanish Flat Cantina Joins Cucina Italiana and Brenda’s  
Country Store at the Spanish Flat Village Center**

The Lake Berryessa Community Rumor Mill (LBCRM) has been working for awhile on the fate of the old Boone’s Saloon property. Well, at least one of the rumors has become reality. Welcome to the new Spanish Flat Cantina!

Christine Roussopoulos, long-time Lake Berryessa resident, and Kathy Riggins, one of Christine’s closest friends from way back in 2nd grade, will open the new business on January 1, 2007 - just in time to serve comfort food (probably a champagne brunch & buffet) to soothe your New Year’s hangover. They chose the name Spanish Flat Cantina to honor the history of the Spanish Flat area and Elsie Plunkett, the architect who originally named and designed the Center and Spanish Flat Resort. The Cantina includes Dos Amigas Mexican Restaurant and Flats Bar.



Dos Amigas Restaurant will serve homemade, tried-and-true Mexican recipes as well as special steak and salmon dishes - all will be unique dishes created by Christine and Kathy. Folks who have experienced Christine’s great Mexican food on Thursdays at Turtle Rock last Fall and Winter are eagerly awaiting the new restaurant. Christine will continue to cook at Turtle Rock from the first Thursday in October until early December for those who want a preview of Spanish Flat Cantina’s grand opening in January. Spanish Flat Cantina primarily aims to serve local people with good fresh food in a fun, relaxing family environment. The Cantina will be available to local groups for meetings and events - including the Lions Club, Chamber of Commerce, and the still-mysterious Lake Berryessa Tomatoes.

They took possession of the building on September 1 and will be completely renovating and redecorating it. Kathy and Christine are approaching their new business as if they were their own customers, including redesigning the patio area with more shade and music for those who wish to smoke. They want their place to be looking good so people will want to come in for the food and fun. Flats Bar will serve beer and wine - at least 20 local wines & 20 brands of beer, including seven Mexican beers. Christine claims to make dynamite wine margaritas and wine pina coladas indistinguishable from tequila and rum versions.


Christine and Kathy will do it all themselves! They have been close friends since second grade, high school buddies, and never lost touch over the years. Christine has always wanted to open a Mexican restaurant and when this opportunity came up she jumped at the chance. And when she realized she probably needed a hard-working, people-oriented clone of herself, she called Kathy right away. Luckily Kathy was ready to make a change from her technical customer-service career and accepted. Kathy moved from Tracy and is now an official Lake Berryessa resident.

As part of this major upgrade to the Spanish Flat Center, which has been kept alive for the community by Cucina Italiana Restaurant and Brenda’s Country Store, Christine will move her eclectic Handmade Store from the Spanish Flat Boat Storage building to the Center. The store is a fascinating place to poke around for gifts and mementos. Christine and her cadre of local artists and craftspeople have the store stocked with handcrafted jewelry, soap, candles, dragons, wooden toys and whirlygigs, as well as handmade jellies and oriental sauce. Collectors can also find many gently-used items including a selection of vinyl opera records, original Calistoga Water bottles, historical photographs, and a couple of walls of Willie Nelson memorabilia. The vintage popcorn machine from the original Spanish Flat Store will be moved into Christine and Kathy’s new Spanish Flat Cantina where it will be sure to bring back memories. Stay tuned to The Lake Berryessa News for updates, including Cantina hours and menus.

**Fishing With Sid**

I took out Abe S. from the Highlands for about an hour worth of fishing awhile ago on Friday. We started at the BOR and headed in the direction of the ranch house. When we reached 65 feet of water he threw out a rattletrap and we trolled as the water got deeper he let more line out to get the lure deeper. Within the first ten minutes of fishing he hooked on to a good size bass (approx 3 1/2 lbs). His line was out about 200 feet out and he had a loose drag. He had fun bringing the bass in and that's how the day went with Abe. Saturday we spent the afternoon at Big Island I set up poles for catfish and I sat on the shoreline with some bread and a rod and fished for carp which was very successful. They didn't come up to the surface to pick it up so I made a bread ball and it sank to the bottom and they bit at that. In the first 15 minutes I had three carp up to six lbs. The carp give a great fight and when the bass aren't co-operating, they are fun to catch. On the way in we trolled and my wife landed a nice small mouth bass on a blue and silver crankbait. I think trolling for the next few weeks might be the answer. 'til next week.....good fishing!!!! www.fishingconnection.net. Email me at bestguide@hotmail.com or call me at 650-583-3333.

The Lake Berryessa News invites readers to send us their favorite fishing photos to print. Digital is best. Email them to: PKilkus@aol.com.

  
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**Century Plant Blooms on Steele Canyon Road!**

A Century Plant is blooming on the side of Steele Canyon Rd. above Bahia Vista and another at the Spanish Flat Boat Storage. This plant is an agave originally from Mexico but cultivated worldwide. It has a spreading rosette (about 4 m wide) of gray-green leaves up to 2 meters (6 ft.) long, each with a spiny margin and a heavy spike at the tip. Its common name derives from its habit of only occasionally flowering, but when it does, the spike with a cyme of big yellow flowers, may reach up to 8 meters (25 ft.) in height.

Century Plants bloom only once in their life, the blooming spike is so large and grows so fast that it saps all the resources of the plant, which then dies, leaving a tall wooden seed stalk. The plant is called the "century plant" because of this "once a century" bloom (actually the plant lives an average of 25 years). It was also an important plant to indigenous people, being used for medicines, fiber, needles, and food.



It is also known as the American aloe, although it is not related to the true aloes. If the flower stem is cut without flowering, a sweet liquid called agua miel ("honey water") gathers in the heart of the plant. This may be fermented to produce the drink called pulque, which may then be distilled to produce mezcal.

The leaves also yield fibers, known as pita, which are suitable for making rope, matting, and coarse cloth. Agave syrup (also called agave nectar) has recently been marketed as a healthful natural sugar substitute. Tequila is made from a different species, Agave tequilana (also called Blue Agave or Tequila Agave).



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#### Pope Creek Bridge Clean-Up Dive

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JOIN US FOR OUR 7TH ANNUAL CLEAN-UP

Date: SEPT. 16, 2006

Time: 8:45-3:00

Join NAPA DIVE & SPORT for a fun day of diving Lake Berryessa. Become part of the clean-up community that cares about our water environment. For the last 7 years NAPA DIVE & SPORT along with many concerned people in the community have been cleaning up Lake Berryessa. Every year we extract thousands of pounds of trash, cans, bottles, batteries, plastic chairs, boat anchors, BBQ pits. While the lake still needs cleaning, we feel good about our continued progress.

After a great day of clean-up diving, we'll belly up to tables for a great BBQ feast of chicken, ribs, salad, fruit, sodas & water. After lunch it's time for some great prize give-a-ways. This year we have added camping to our schedule. Registered people will be offered a discount price on a camp site at Rancho Monticello Resort. Registrations in advance required! Limited spots, call Roger at NAPA DIVE & SPORT - 770-257-2822.

Pre-registration required. \$20 includes T-Shirt, BBQ, special discounts on camping, raffle ticket good to win some great prizes donated by local merchants, PADI, Princeton Tec, Deep See, National Diver, XS Scuba, Trident, SeaQuest, Apex and Aqua Lung.

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<p><b>SWEENEY'S</b></p> <p><b>S • P • O • R • T S • T • O • R • E</b></p>	<p>In the River Park Shopping Center</p> <p>Your local fishing experts for the Napa River, Lake Berryessa, and Putah Creek</p> <p>Guided Fly Fishing Trips to Lower Putah Creek</p>	<p><b>SWEENEY'S</b></p> <p><b>S • P • O • R • T S • T • O • R • E</b></p>

<p><b>DG PAINTBALL</b></p>	<p><b>Attention Lake Berryessa Paintball Warriors!</b></p> <p><b>If You're a Pro Heading to a Tournament or a Weekend Enthusiast Ready for a Game,</b></p> <p><b>DARIN'S GUN EXCHANGE</b></p> <p><b>in Downtown Napa Has All the Equipment and Supplies You'll Need.</b></p>	<p><b>DG PAINTBALL</b></p>
<p><b>Darin's Gun Exchange</b></p> <p><b>950 Randolph Street</b></p> <p><b>Napa, CA 94559</b></p> <p><b>(707) 255-5166</b></p> <p><b>Mon-Fri 10:00 A.M. - 5:30 P.M.</b></p> <p><b>Thurs 10 - 6:30 Sat 9 - 5:30</b></p>	<p><b>Darin's Gun Exchange</b></p> <p><b>950 Randolph Street</b></p> <p><b>Napa, CA 94559</b></p> <p><b>(707) 255-5166</b></p> <p><b>Mon-Fri 10:00 A.M. - 5:30 P.M.</b></p> <p><b>Thurs 10 - 6:30 Sat 9 - 5:30</b></p>	<p><b>DG PAINTBALL</b></p>

#### 2006 Lake Berryessa Calendar of Events

- 9-15 Potluck ~ Berryessa Senior Center 6pm. \*
- 9-16 Coastal Cleanup Day, Pope Creek Bridge Scuba Dive, 707-257-2822
- 9-25 Chamber of Commerce Meeting, 7 PM, 415-307-6906
- 10-20 Potluck ~ Berryessa Senior Center 6pm. \*
- Every Mon. Bingo 1pm, 252-8488, 1st Mon. of each month Potluck Noon
- \*Berryessa Senior Center Activities, Call Georgia at 966-2127
- \*Potlucks, Call 966-0206 (Please leave a message.)
- \*Lions Club, 966-1413

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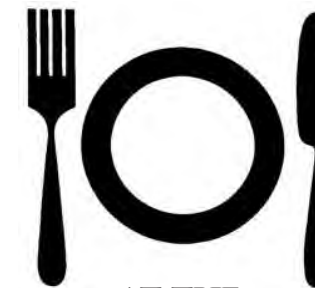
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### Important Economic Development Meeting in Pope Valley!

During this public meeting, the issues associated with proposed additions and changes to the General Plan as it relates to economic development will be discussed. Residents will have the opportunity to hear from a panel of local economic development leaders, voice any ideas, questions or concerns they may have as well as to collaboratively look at ways to address the issues. The Lake Berryessa Chamber of Commerce urges every local resident and business concerned with the future of the Greater Lake Berryessa Area to attend and participate.

**Thursday, September 21, 2006, 6:30 P.M.**

**Pope Valley Farm Center, 5800 Pope Valley Road.**

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### Lake Berryessa - Let's Talk?

**Insomnia means trouble...!**

**by Brenda Brown (bbms4u@earthlink.net)**

...falling asleep! According to the Nielsen Media Company, which tracks TV viewing habits in the United States, some 20 million Americans are watching TV at 2:00 AM.. It is only a fraction of the people who are kept awake by insomnia.

Half of all American adults have taken sleep medication at some point in their lives and millions use sleeping pills frequently. Insomnia's costs extend beyond the bedroom. Compared with normal sleepers, people with insomnia are less productive at work and have twice as many auto accidents. They also report generally poorer health, because sleep is critical to immune function.

But there's hope. Sleep specialist typically help about 80% of even chronic insomniacs fairly quickly with a program that combines home remedies, mainstream medicine and alternative therapies.

1. Eliminate caffeine
2. Confirm that your drinking decaf
3. Say no to nightcaps
4. Watch what you eat
5. Watch when you eat
6. Eat sleep-inducing foods; Amino acid, tryptophan a prescription drug, or foods such as turkey, tuna, cottage cheese, rice, oatmeal, eggs, peanut butter and milk.

Relax before going to bed:

1. Do deep breathing techniques for 5-20 minutes sitting quietly.
2. Focus on a mantra (meditation produces "significant improvement in sleep).
3. Go to bed only when you feel sleepy. Ignore the clock.
4. Use your bed only for sleeping and making out.
5. If you go to bed and can't fall asleep, Get up and leave the bedroom.
6. Repeat steps 5 as often as you need to throughout the night until you fall asleep.

Thanks for reading this week's column....until the next time, Enjoy Lake Berryessa!



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- \* crafts
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- \* face painting
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- \* art exhibits
- \* antique cars
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- \* Mr. Jelly Belly
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great success! Join us for the next one on  
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For More Details and Directions Visit  
[www.suisunvalley.com](http://www.suisunvalley.com)



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Louise Babriel  
Chris Lacombe,  
Effie Machotz  
Deanne Merandi,  
Bill Mederos  
Mike Ott,  
Joe Tarzia



**Happy 12<sup>th</sup> Birthday**  
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The Mayonnaise Jar and 2 Cups of Coffee  
When things in your lives seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the 2 cups of coffee. A professor stood before his philosophy class and had some items in front of him. When the class began, he wordlessly picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was. The professor then picked up a box of pebbles and poured them into the jar.  
He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full.  
They agreed it was. The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with an unanimous "yes." The professor then produced two cups of coffee from under the table and poured the entire contents into the jar effectively filling the empty space between the sand. The students laughed.  
"Now," said the professor as the laughter subsided, "I want you to recognize that this jar represents your life. The golf balls are the important things--GOD, your family, your children, your health, your friends and your favorite passions---and if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter like your job, your house and your car.  
The sand is everything else---the small stuff. "If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff you will never have room for the things that are important to you. "Pay attention to the things that are critical to your happiness.  
Praying and asking God to help, Play with your children. Take time to get medical checkups. Take your spouse out to dinner. Play another 18. There will always be time to clean the house and fix the disposal. Take care of the golf balls first--the things that really matter. Set your priorities.  
The rest is just sand."  
One of the students raised her hand and inquired what the coffee represented. The professor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend. ~ ANGEL



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1. Give a man a fish and he will eat for a day. Teach him how to fish, and he will sit in a boat and drink beer all day.
2. The journey of a thousand miles begins with a broken fan belt and a leaky tire.
3. If you tell the truth, you don't have to remember anything.

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Date	Elevation	Evaporation	High	Low
8-28-06	433.44	.24	94	57
29	.39	.22	97	53
30	.32	.26	93	55
31	.27	.17	91	55
9-01	.21	.23	95	55

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## Pope Creek Bridge Underwater Clean-Up



Napa Dive & Sport's Roger Hazeltine organized another successful Underwater Coastal Clean-Up Day on Saturday, September 16. The annual event was supported by both Napa and Solano County agencies, the Bureau of Reclamation, and many Napa businesses. Dozens of bags of trash and recyclables were brought up from the depths around the Pope Creek Bridge. Participants said that there seemed to be fewer Mardi Gras beads this year, but many full cans and bottles of beer which had to be emptied on the ground before being recycled. Apparently, the containers get dropped when being tossed from boat to boat.



After the dive and shore clean-up was done, everyone had a great barbecue lunch at Rancho Monticello Resort where Roger gave away prizes of wine, gift certificates from local businesses and dive accessories to each of the 50+ divers. It was a great day for all and everyone should plan ahead for next year.

See color photos at [www.LakeBerryessaNews.com](http://www.LakeBerryessaNews.com).



# The Lake Berryessa News

*Community News Makes a Better Community*

[www.LakeBerryessaNews.com](http://www.LakeBerryessaNews.com)

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

Sept. 21 to Oct. 5, 2006



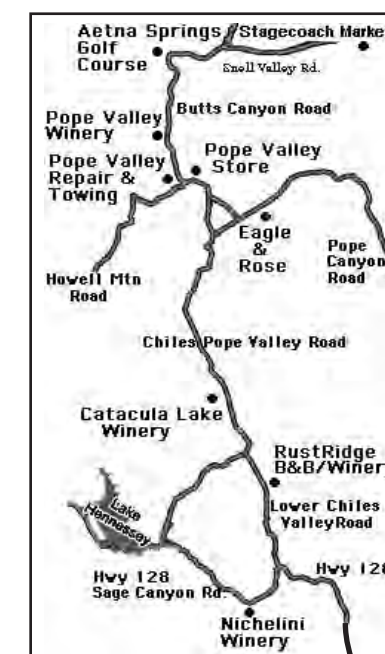
25¢  
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## Scholastic Book Fair at Capell Valley School

Every Weekday: October 9 to October 13

There will be one evening event for community members to participate, but the date and time are still to be determined. See the next issue of this paper for details.

## West Lake Area



**Outrageously Beautiful Weather Continues!  
Come to the lake and see for yourself.**

**Wedding of the Century: Pg. 2  
Suisun Valley Fun Family Farm Days, Pg. 9  
"New" Corners Re-opens: Pg. 10  
Pope Creek Bridge Clean-Up: Pg. 12**

## BAD NEWS FLASH!!!

The Napa Berryessa Resort Improvement District (Berryessa Highlands and Steele Park Resort) has received a Cease and Desist Order from the Regional Water Quality Control Board applying to its wastewater treatment system for violating its Wastewater Discharge Requirements. In addition to the Cease and Desist Order, the Regional Board issued a ban on all new sewer connections effective September 13. Unless someone had a Building Permit in hand prior to the effective date, they will not be able to connect into the sewer system.

A formal public hearing will be held into this matter at the Regional Board meeting on Oct. 26/27 at 8:30 AM, 11020 Sun Center Drive, #200, Rancho Cordova. CA. For further information call Robert J. Peterson, Napa County Director of Public Works, at 707-253-4351 or Guy Childs, Regional Water Board, at 916-464-4648.



Lake Berryessa Region



Wedding of the Century in Winters!

Joey’s Watercraft Repair in Steele Park Resort at beautiful Lake Berryessa has been the boat and jet ski repair center of choice for Berryessa boaters for many years. The performance shop is owned by Joey and Lora Pearce of Winters (photo right) and has been professionally managed by Jerry Skaggs. The romance between Jerry and the lovely Jackie Lorenzo, also both of Winters, (photo below) blossomed last week into a beautiful sunset wedding ceremony attended by a large group of family and friends. The Lake Berryessa News wishes them all the best in the future.



\*\*\*\*\*

Rules of the Road for Moving Mobile Homes

Due to the ill-conceived Record of Decision for Lake Berryessa, the Bureau of Reclamation is faced with managing the removal/demolition of 1,100 mobile homes around the lake. The AARP National Survey of Mobile Home Owners states that less than 1% of mobile homes in California are ever moved after initial installation. The following description of the “rules of the road” is based on research done by Berryessa For All (BerryessaForAll@gmail.com), the new mobile homeowners group opposing the implementation of the BOR plans. Although the Caltrans rules described below are quite restrictive, the

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**www.LakeBerryessaNews.com**  
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*Shirl Kattleba*  
  
*Co-Editor & Writer*  
*Peter Kilkus*  
  
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Bureau of Reclamation isalready lobbying Caltrans to loosen these rules for their eviction project.

\*\*\*\*\*

The State of California

Red designated route are the most restrictive and wide loads, trailer and mobile home movement is prohibited. Red Routes applicable to Lake Berryessa Area are:

CA 128 from the Silverado Trail to Berryessa Knoxville Road at Turtle Rock Junction NO THROUGH MOVES. CA 121 from Trancas St. Napa to Junction of CA 121/128 at Moskowite Corners NO THROUGH MOVES. If you propose to pull a wide load to Lake County you are not allowed to use Highway 29 from Calistoga to Upper Lake. This is a Red route also.

CA 128 from Turtle Rock Junction of Berryessa-Knoxville Road East to Winters is designated a Brown route by CALTRANS. Essentially it is the only route of removal out of Lake Berryessa. The above information is from the CALTRANS web site

The following are only some of the Brown route requirements:

Only licensed over-the- road haulers approved by CALTRANS are allowed to make movements on State Roads. A permit is required from CALTRANS at least 72 hours in advance of the actual move. Permits are for a period on seven days only. They are not refundable or recoverable for any reason. Any condition causing you to change your permit is on you to obtain a new permit.

Permits will be issued to the carrier only and not the interested owner or third party. Travel on Brown route CA 128 is allowed on Tuesday and Thursday only. Travel on those days is allowed from sunrise until 3:00 PM. Travel is prohibited in hours of darkness.

Travel is prohibited on weekends and expressly on holidays and three-day weekends involving holidays. The total height of the load cannot exceed 17’ on a Brown route. Any load exceeding street legal width of 8’ 6” requirement requires oversight of CALTRANS permits for the carrier to use the Brown route. CA Health Safety Code Section 18007 rates several of the units at the lake as Manufactured Homes and special weight restriction apply to axle loading. These types of units require a Pilot Car for movement, posted at the rear of the load. Any load that exceeds 17’ height or 15’ width must have two pilot cars and a CHP escort vehicle on a Brown route. The CHP and CALTRANS/DTM’s Office will jointly coordinate the hours of movement.

In discussions with CALTRANS routers and permit handlers in Sacramento it was discovered that there is no age restriction on the unit pulled. There was a story around the lake that mobile homes and trailers over 10 years old requiring permits could not be pulled on State routes. There are no age restrictions in place. Instead the carrier and permittee are liable and must indemnify the State of California for any damages. The State Router also informed BFA that he is personally familiar with the Berryessa removals and the City of Winters does not want the trailers to be stacked or left overnight in the Winters City limits.

Napa County

Berryessa-Knoxville Road - A County Permit is required for wide loads and oversized loads. Travel eastward on Berryessa-Knoxville Road is allowed to Turtle Rock Junction at CA 128. Travel from Putah Creek resort on Berryessa-Knoxville Road through the area known as “Badlands” and Knoxville is prohibited with wide and oversized loads. Travel on Pope Canyon Road towards Angwin and Silverado Trail is prohibited. A county permit is required for travel on Wragg Canyon road from Pleasure Cove resort to CA-128. County permits follow most of the CALTRANS conditions, a State permit is needed when leaving the county road system and entering a State controlled road. Travel on Wooden Valley road is prohibited with wide loads and mobile homes.



on Lake Berryessa

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**Fishing With Sid**

One weekend after Labor Day and the boat activity on the lake is quieting down. I threw a "river2sea"crowdad at a dock that was in about four feet of water and "POW" a "MONSTER" catfish engulfed it and ran with my line (six pound test). I brought the catfish to the boat at least nine times and couldn't net it and then I did the cardinal sin, I tightened the drag all the way - a huge boo-boo. I reached for the net and the fish decided to run again and "SNAP" no more fish. Luckily it was only the line it sounded like the rod snapped.

I saw two boys fishing without any luck and asked them what they were going for. They said they were trying for bass and not getting any bites. So I showed them three methods I would use in warm water. Top water fishing with a chugger, ripping a suspended crankbait, and last throwing a sinking rattlettrap and bringing it in slowly or let it troll behind the boat.

Later that day they went out with their uncle and caught four bass they were really excited when they were telling me how they landed the fish. On the dock, we used a bait that my wife prepares made from cornmeal and scented with vanilla extract that I form into a ball around the hook and it sinks to the bottom. It works great for carp but catfish love it too. The boys landed a huge carp up to twelve pounds which gave a great fight. They caught two good size cats up to ten pounds and lots of carp. Their mom couldn't believe the size of the fish when they showed them to her. (See photo on front page)-til next week.....good fishing!!!! Email bestguide@hotmail.com or call 650-583-3333.

Fishing With Dino

Catfish anglers should fish at the lake now! You can use hot dogs, liver, crawlers or dip bait and land a 7 to 10 lbs cat off any shoreline. Trout and salmon anglers need to be at 70 to 100 ft. depths to land a fish. Use a flasher and follow it with a needlefish. Crappie are now active in early morning hours hitting red and white jigs or minnows. Anglers can throw crankbaits or plastics in shallow waters for a nice bass. Putah Creek area is a great area for bass this week. With the cooler days ahead fishing will improve greatly. Dino Righetti, Spanish Flat Marina, 707-966-7708



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## 2006 Lake Berryessa Calendar of Events

- 9-16 Coastal Cleanup Day , Pope Creek Bridge Scuba Dive, 707-257-2822
- 9-25 Chamber of Commerce Meeting, 7 PM, Berryessa Senior Center
- 9-29 Lions Club Bike Rodeo, Pope Valley School
- 9-30 TRI, GIRL, TRI!™ - All women's triathlon, Putah Creek Resort
- 10-1 Napa Valley HALF IRON TRIATHLON, Putah Creek Resort
- 10-7 Pancake Breakfast, Senior Center, 8:30 am.\*
- 10-20 Potluck ~ Berryessa Senior Center 6 pm. \*
- 10-22 Pope Valley Turkey Shoot

\*Every Mon. Bingo 1pm, 252-8488, 1st Mon. of each month Potluck Noon

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

\*Berryessa Senior Center Email: Berryessasenior@aol.com

\*Potlucks, Call 966-0206 (Please leave a message.)

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	<p>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</p>	

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## Berryessa Senior Center Update

Long-time member and Newsletter Editor, Pat Turnpaw, has moved to Rio Vista. Gloriann Rutherford has taken over the editorial duties from Pat. Gloriann and her husband, Dudley, recently retired and moved to the Spanish Flat Mobile Villa. They have been active members of the Senior Center since last October.

As the self-described “new kid on the block”, Gloriann has set up an email address for the Senior Center and is asking members (and community supporters) to send her their email addresses for her mailing list. This way she can send the Newsletter electronically to help reduce postage costs as well as get information and reminders about upcoming events out to everyone more quickly.

The Berryessa Senior Center is always looking for new members and has reduced the membership age requirement to 50! The Center always has fun activities and is a mainstay of the Lake Berryessa community. Please email Gloriann at Berryessasenior@aol.com or call Georgia at 966-2127 to become a member - or at least get on their email list to learn what's going on.

\*\*\*\*\*

## Catacula Lake Winery Annual Harvest and Release Party Sunday, September 24, 1:00 - 4:00 pm!

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### Lions Club Bike Rodeo, Pope Valley School, Friday, Sept. 29



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### Lake Berryessa Talks Wellness

You can treat yourself too!

by Brenda Brown (bbms4u@earthlink.net)

**Chiropractors** have enjoyed widespread success in treating back pain and consequently have become the primary source of care.

**Physical therapists** are helpful in treating various back problems, but can only treat after they received consent from a licensed medical doctor.

**Massage therapists**, trained in Swedish massage may offer immediate relief and pleasure; they do not provide the long-term rehabilitation program that is essential.

**Self-help** can sure ease the pain and re-occurrence. When suffering from back pain, you should use ice during the initial 24 to 48 hours, applying it, wrapped in a towel if this is most comfortable for 20 minutes. Heat should not be used during the initial period because it will increase the inflammation, but it can be used after the first 48 hours of pain. If you exercise regularly, it should serve as the basis for a proper self help regimen. If you exercise consistently your body will be able to recover more quickly from an injury and there will be less chance of a recurrence.

**To prevent Re-injury** to your back, there are several guidelines people who partake in athletic activities should obey.

1. Don't over train. This can cause the body to behave as if it were in a constant state of stress.
2. Eating a healthy diet is an important factor in avoiding re injury. A nutritious diet with the correct amount of calories will prevent infection and the loss of muscle. A proper diet consists of at least 50 to 60% complex carbohydrates, such as fruits and vegetables, potatoes, pasta and rice. Those who suffer from injuries will need to increase the % of protein in their diet to approximately 18 to 20%.
3. Be aware of proper lifting techniques by bending the knees and using the quadriceps and hamstring muscles in your legs to support the weight of the object.
4. Minimize the chance of neck and back problems by reducing the amount of prolonged stress in your life. Find outlets to cope with the stress that can't be eliminated.
5. Correct Posture is vital to averting back and neck pain.
6. Do not overload the bags you need to carry.

People who follow medical advice recover more quickly from back pain and have fewer recurrences. Surgery should be used only after all other methods of dealing with back pain have failed.

Thanks for reading this week's column. please visit my website at:  
[www.brendadbrown.com](http://www.brendadbrown.com)



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HAPPY BIRTHDAY



September Senior's

Paula Brown,  
Louise Babriel  
Chris Lacombe,  
Effie Machotz  
Deanne Merandi,  
Bill Mederos  
Mike Ott,  
Joe Tarzia

**HA! HA! HARVEY**  
She told me we couldn't afford beer anymore and I'd have to quit.  
Then I caught her spending:  
\$65.00 on make-up,  
\$150 for a cut & color,  
\$30 for a manicure,  
\$40 for a pedicure,  
\$50 on vitamins,  
\$300 on clothes,  
and \$600 for a gym membership.  
I asked how come I had to give up stuff and not her. She said she needed it to look pretty for me.  
I told her that was what the beer was for.  
.....I don't think she's coming back.

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Chrissy - age 6

  
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In Loving Memory  
Of My Cousin  
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THE DAY GOD CALLED YOU HOME

God looked around his garden  
and he found an empty place  
He then looked down upon his earth  
And saw your tired face  
He put his arms around you  
And lifted you to rest  
God's garden must be beautiful  
He always takes the best

He knew that you would never  
Get well on earth again

He saw the road was getting rough  
And the hills were hard to climb  
So he closed your weary eyelids  
And whispered, "peace be thine"  
It broke our hearts to lose you  
But you didn't go alone  
For part of us went with you  
The day God called you home  
Shirl

**MAY OUR FIENDSHIP NEVER  
COME APART ESPECIALLY  
WHEN IT'S STRAIGHT FROM  
THE HEART!**

**MAY YOU ALWAYS HAVE A  
RAINBOW OF SMILES ON  
OUR FACE AND IN YOUR  
HEART FOREVER  
AND EVER!  
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HA! HA! HARVEY

A Trip to The Dentist

A man and his wife walked into a dentist's office. The man said to the dentist, "Doc, I'm in one heck of a hurry.!"  
I have two buddies sitting out in my car waiting for us to go play golf. So forget about the anesthetic and just pull the tooth and be done with it. We have a 10:00 AM tee time at the best golf course in town and it's 9:30 already.

I don't have time to wait for the anesthetic to work!" The dentist thought to himself, "Man, this is one tough guy asking to have his tooth pulled without using anything to kill the pain." So the dentist asked him, "Which tooth is it sir?"  
The man turned to his wife and said, "Open your mouth Honey, and show him."

**Funny! Funny!** This is a hoot, but I expect the minister didn't appreciate it.

A minister was completing a Temperance sermon. With great emphasis he said, "If I had all the beer in the world, I'd take it and pour it into the river." With even greater emphasis he said, "And if I had all the wine in the world, I'd take it and pour it into the river." And then finally, shaking his fist in the air, he said, "And if I had all the whiskey in the world, I'd take it and pour it into the river."

Sermon complete, he sat down. The song leader stood very cautiously and announced with a smile, nearly laughing, "For our closing song, let us sing Hymn #365, "Shall We Gather at the River."



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