THE Rockridge News

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Rockridge Kitchen Tour 2005: Make Your Kitchen a Star!

The Rockridge Kitchen Tour seeks kitchens in Rockridge for its October tour. If your classic or renovated kitchen is ready to show or if the remodel will be completed by this spring, please let us know.

Don't be shy! Submissions may be directed to Jennifer Edmister at toejrb@earthlink.net or phone RCPC at 644-4228, attention Kitchen Tour.



agenda: RCPC Town Hall Meeting

Thursday, February 17, 7:30 pm.
Rockridge Branch Library
5366 College Avenue at Manila,
Community Room (Upstairs)

Meet Oakland's City Attorney

Wonder what Oakland's first elected City Attorney's been up to? Join us for the February RCPC Town Hall meeting to hear our award-winning attorney address issues such as:

- Significant lawsuits/settlements that impact the City
- His arguments before the California Supreme Court to uphold Oakland's landmark Anti-Predatory Lending Ordinance
- The Office of the City Attorney's FY 2003-04 Community Report Card which details how tax dollars are spent in delivery of legal services
- The passage of Prop. 1A (protecting local revenues) and Prop. 59 (Sunshine Amendment to the California Constitution)
- Pending testimony to US Congress on impact of the Patriot Act

John Russo graduated with honors in Economics and Political Science from Yale University and earned his law degree from New York University School of Law. He moved to Oakland in 1987 and was elected to the Oakland City Council in 1994 where he became the Council's leading advocate for fiscal accountability and government reform. In March 2000, John won the voters' nod as Oakland's first elected City Attorney and was re-elected in March 2004. During his tenure, the City Attorney's office has been nationally and locally recognized for work promoting public access to government and going "beyond the norm to assure government transparency."

NCPC Meeting: Oakland Housing Authority Problems in Rockridge

by Susan Montauk

The Greater Rockridge Neighborhood Crime Prevention Council will hold a Town Hall Meeting on Tuesday, February 15, at 7:00 pm, in the Rockridge Library, to discuss problems associated with Oakland Housing Authority (OHA) sites in Rockridge.

OHA operates 267 housing projects (3,308 apartment units) for low-income families, 64 of them in North Oakland; Rockridge is home to five. Four of those 5 are located between Claremont, Telegraph, Alcatraz and Colby.

OHA maintains a six-officer police staff to deal with concerns from tenants and neighbors but also depends upon OPD. Neighbors of OHA properties often experience negative fallout from these projects and are frustrated in their attempts to mediate their complaints through OHA.

In 2002-03, OHA rebuilt the Canning Street complex which had been destroyed by fire. The Colby Neighbors Group worked with OHA to design a replacement project that would fit into the community; a live-in manager was part of the agreement. Their work paid off; there have been few complaints from neighbors since its reopening.

The same cannot be said for the other three area projects. Vandalism, trespassing, drug dealing, domestic disputes that spill out into the street, loud music, loitering and blight are frequent events. Residents' complaints to OHA have largely gone unanswered and they fear retaliation. They have asked the NCPC to intervene.

The NCPC will moderate a panel of OHA representatives, OPD Community Policing Officers and others to address neighborhood concerns and explore ways to improve cooperation between OHA and the community.

"Hello? FBI? Is Anyone There?"

Homeland Security on New Year's Day in the hills above Rockridge

by Claire Wahrhaftig-Isaacs

A strange thing happened in our neighborhood on Saturday, New Year's Day, 2005. A big explosion went off below our home in the hills, and no one in authority seemed to know anything about it. It was so loud and sudden that my heart beat rapidly for at least 15 minutes. It was so jolting that one neighbor said, "My cat jumped five feet!"

The recorded message at Oakland's FBI office said that its voice mail was FULL!

To track the source of this enormous sound, I started by phoning the Oakland Police at 911, which was

FEELING SECURE?, PAGE 11

In My Opinion

Don't Let PG&E Contractors Overcut Your Trees: Know Your Rights

by Jonathan Gabel

The citizens of Rockridge and the City of Oakland have made it clear that they want more trees, and they want existing trees protected. However, in the name of safety, PG&E's contractors are overcutting trees on private property in Oakland. Why? What can we do to prevent this unnecessary damage?

A 4-foot clearance between high voltage wires and trees is required under Public Utilities Commission (PUC) General Order 95, Rule 35, Appendix E, section A, and under part 11640 of the Oakland Uniform Fire Code, Appendix 2-A, Section 15.3. PG&E is responsible for maintaining this clearance, and contracts with various companies to perform the work. But neither PG&E nor its agents have informed homeowners of these legal requirements; instead, trees are cut back ten feet or more from the wires. The result can be unsightly and do damage to the tree. This happened to a redwood tree on my property many years ago. Since then, I have insisted on only a 4-foot trim and PG&E has obliged me.

In my opinion, the reason for over trimming is that it generates greater profits for PG&E. When PG&E goes to the PUC to set utility rates, it bases the cost of trimming on the 4-foot model. The bigger the trim, the less often trimming is required, resulting in substantial savings. The contractors who actually do the trimming are perfectly happy to do whatever PG&E wants because they also make money. So, what can be done about this?

First, homeowners should know the law. When an agent of PG&E contacts you and asks for permission to trim a tree, give permission for only a 4-foot trim. I insist on being present when the trim is made and I bring a yardstick and some duct tape. I measure four feet from the end of the contractor's fiberglass pole that guides the cutting tool, and mark it with duct tape. The worker who does the trim can then easily and safely judge the proper distance to cut.

Second, I think that RCPC and the City of Oakland should make an effort to educate residents about their rights in this matter. Experience has shown me that the PUC acts more in the interests of PG&E than ratepayers, and requests for relief in this matter have not been effective. But we have some leverage over the tree-trimming companies that contract with PG&E.

My third suggestion is that we individually and collectively (through our City representatives) boycott companies hired by PG&E that overcut trees.

I am interested in hearing from readers about this. If you have seen any particular company trimming more that four feet from a tree, please let me know the details. Contact Jonathan Gabel, 5800 Ocean View Drive, Oakland, 94618; 653-8879; e-mail: jongabel@rcn.com.

Opinions expressed in the "In My Opinion" column are those of the author or authors alone and are not necessarily views of *The Rockridge News* or of the Board of Directors and/or other representatives of The Rockridge Community Planning Council.

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Friday: 12 – 5:30 p.m.
Sunday: **CLOSED**
Library program details: See Calendar, page 15.

The Rockridge News

The Rockridge News, founded in 1986 by Don Kinkead, is published monthly in Oakland and is sponsored by the Rockridge Community Planning Council, a non-profit public benefit organization founded to: preserve and enhance the unique character of the Rockridge neighborhood; promote the health, safety and quality of life of its residents; furnish a forum for community involvement, and provide leadership and representation of neighborhood interests.

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- Do you have questions about newsletter distribution?
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RCPC January Meeting:

Residents Want Community Center, Other Amenities

by Cy Gulassa

Rockridge residents at the January Town Hall meeting identified issues that RCPC should address for 2005. Chief among them was a Rockridge community center that would accommodate large meetings and provide space for exhibitions and musical and theatrical events.

"The library is already so crowded and overbooked that I've decided to cancel this year's annual photography exhibit," said Ortrun Niesar, who writes "The Muse" for *The Rockridge News*. Indeed, earlier in January nearly 250 people crammed into the library's meeting room to select Assembly District 14 convention delegates, creating a standing-room only crowd that overflowed down the stairs and violated safety codes (◗ photo at right).



Residents of Assembly District 14 crowded into the Rockridge Library meeting room on January 8 to select convention delegates, dangerously exceeding room capacity. At the January 20 RCPC Town Hall meeting to discuss neighborhood priorities, Rockridge residents cited the need for a community center that would accommodate large crowds and serve as a location for exhibitions and musical and theatrical events. PHOTO: CY GULASSA

Residents at the Town Hall meeting also wanted less crime, more affordable housing, greater diversity, and improvements in parking and transportation. Of special concern are the needs of seniors and the disabled. Flights of stairs, restaurant tables that sprawl onto sidewalks and dogs anchored to parking meters with long leashes are all treacherous obstacles for the aged and vision-impaired. In addition to improving street lighting on College Avenue and traffic safety along Claremont and Broadway, some wanted big city amenities like restaurants remaining open for late night dining.

RCPC's committees provided a summary of accomplishments for 2004 and goals for 2005. The Land Use Committee completed a land use inventory of Rockridge, applied for a Caltrans grant with BART and developed a relationship with the Rockridge District Association of local merchants and the Oakland Planning Commission. The committee has plans to update the 1994 Rockridge plan and complete residential and commercial design guidelines to improve sustainability.

Friends of the Rockridge Library funded a summer student internship and provided a grant for the library to buy the prestigious Dictionary of National Biography, which is now on the shelves and will soon be available online. This year it plans to fund the summer internship program and provide new library landscaping.

Friends of FROG secured $140,000 for irrigation and native plantings from Measure DD and raised over $26,000 for Phase 2 of Frog Park. This year it plans to complete phase 2 and design phase 3 and serve as community liaison for construction.

The Schools Committee coordinated a comprehensive fall school meeting, which was featured in *The Rockridge News*; initiated a writing program at Claremont Middle School; and helped sponsor Peralta Elementary's highly successful Spring Fair. This year it plans to promote local schools, secure grants and create a volunteer network.

The UnderBART Committee, which has applied for a major grant, will work with BART to make improvements in the area under the Rockridge station and evaluate newly installed Smart Parking. "SP" digitally alerts drivers on Highway 24 about available parking slots at the Rockridge station that can be reserved via cell phone.

RCPC Financial Statement: 2004

RCPC General Fund	
Income	
Interest Income	$33
Other Fundraising	$480
Locksley Garden Project	$409
Rockridge News	$36,690
Total Income	**$37,612**
Expenses	
Insurance & Sales Tax	$1,102
Office Expenses	$328
Legal & Accounting	$1,190
Other Committee Activity	$1,231
Rockridge News	$32,903
Grants	$200
Web Site	$240
Total Expenses	**$37,194**
Friends of the Rockridge Library (FORL)	
Income	
Books	$3,047
Donations	$4,430
Interest	$1,361
Total Income	**$8,838**
Expenses	
Bank	$65
Books	$4,595
Events	$358
Landscape Design	$1,700
Library Book Bags	$1,534
Misc	$99
Subscriptions	$250
Teen Scholarship	$2,500
Teen Program	$700
Total Expenses	**$11,800**
Friends of the Rockridge Greenbelt (FROG)	
Income	
Interest Income	$181
Fundraising / Donations	$16,732
Public Funds	$74,265
Total Income	**$91,179**
Expenses	
Office Expenses	$1,417
Playground Build & Maintenance	$2,205
Total Expenses	**$3,622**
Assets	
Cash Accounts	
RCPC	$22,377
FORL	$14,272
FROG	$51,735
Other Assets	
RCPC CDs	$20,693
FORL CDs	$46,227
Total Assets	**$155,304**
Liabilities	$0

Crisis Center Offers Community Services to Wide Age Range

Teens in crisis, seniors in grief find support in times of need

by Claire Wahrhaftig-Isaacs

***Your best friend** in high school has just told you she wishes she were dead. You feel she really means it. What should you do?*

A teenager may confide his troubles to a close friend, yet ask him not to tell anyone else. It's a frightening dilemma for a young person, a conflict between loyalty and responsibility. Too often adults will laugh off a teen's moodiness as hormonal fluctuation, the usual teenage dramatics, or an excuse to avoid homework. By missing the signs of depression and suicidality, parents, teachers and counselors may bear regret for life if the teen commits suicide.

To deal with this difficult scenario, Crisis Support Services or Alameda County (formerly, Alameda County Suicide Prevention) (CSS) started Teens for Life about 16 years ago. Its goal: educate youth about teenage depression and suicidal impulses. Each year counselors from CSS visit students in as many as 50 schools, reaching about 16,000 in 2003-2004. Nancy Salamy, Director of Educational Outreach, says that nearly every day her staff meets with an Alameda County class of 20 to 40 students. Generally, they are 9th graders, enrolled in anything from hygiene to science. According to Salamy, younger children may not be quite ready for this information, but by middle school, the message will sink in and provide a solid understanding.

At these classes, Salamy or her staff presents basic information about depression. She explains how it develops, leads to suicide attempts and affects the teen age group. She also advises students on how to help their friends and recognize and deal with their own private feelings. Rather than ask the students if they are depressed, she asks, "Do you know anyone who is depressed or thinks of suicide?" In every class some will raise hands. Students are reminded that they may have to choose between "telling" on a friend or saving a life. They are urged to talk with a trusted adult like a parent, teacher, school counselor, principal, minister, or neighbor.

A personal example of how this works surprised me on Christmas Eve. One of my nieces told me about a friend who was mutilating herself, dressing strangely, getting failing grades and saying she had nothing to live for. Her friend's parents are very strict and had been treating their daughter with ever-stricter solutions. One day "a terrific person talked at our school about depression." (It was Mercedes Coleman, Coordinator of the Youth Program.) "But my friend cut school and didn't hear her." My niece was so worried and upset that I had to counsel her on how to handle her own feelings as well as on what she could and could not be expected to do.

***Your father is still grieving** over the loss of your mother and says he has nothing to live for. He lives alone and seems extremely depressed. How can you help him?*

At the other end of the age spectrum, senior citizens are extremely prone to depression and suicide. Grief for lost loved ones and dear friends may deprive them of a sense of purpose in life. Some are isolated because of disability or mental illness. Others have lost communication with family members, especially their very busy midlife children. The multiple losses of later life — job, identity, friends, home, health and physical and intellectual abilities — are often overwhelming. CSS has several ongoing programs for this age group. One is grief counseling for individuals and groups at the Center. Another is a dual outreach program: regular phone calls to disabled and depressed seniors along with home visits. Many of these tasks are performed by graduate student interns under the supervision of the CSS counseling staff.

According to clinical Director Crissy Brewer, teenagers and older people are the two groups with the highest rates of suicide in the United States. For this reason, the CSS has targeted these two groups for special outreach programs.

In addition, CSS operates the suicide phone hot line 24/7 for people in all kinds of crises: depression, chronic mental illness, homelessness, domestic abuse, and suicide. It also offers information and referrals, direct phone counseling and links to other agencies.

The Crisis Center gladly welcomes volunteers willing to make a four-hour weekly commitment to answer phones and assist with outreach programs. For further information call one of the numbers in the box below:

Business Line — for education outreach for teens, general inquiries, donations, and volunteering: 510/420-2460;
Grief and Senior Counseling — 1-800-260-0096;
Hot Line — phone crisis counseling and suicide prevention: 1-800-309-2131.



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Introducing Teen Librarian Ms. Susy Moorhead

Rockridge Branch Library Appoints New Teen Specialist Librarian

The Oakland Public Library is pleased to announce the recent appointment of Ms. Susy Moorhead as the Rockridge Branch's new Teen Specialist Librarian. Ms. Moorhead attended East Carolina University in Greenville, North Carolina, where she studied English Literature. She received an Associate of Arts degree in Library Technology from City College of San Francisco, and recently received her Master of Library and Information Science degree from San Jose State University. While an intern at San Jose State, Ms. Moorhead served at the Mission Library of San Francisco Public Library and conducted community outreach for young adults. She currently resides in the "West Bay."



Susy Moorhead, Teen Specialist Librarian
PHOTO: SUSY MOORHEAD

As the branch's Teen Specialist Librarian, Ms. Moorhead will be working directly with the neighborhood's youth and teenagers to improve library service for them. She will host visiting classes of students and their teachers, scan the exploding world of teen literature in books, magazines, movies and music to order for the Library's collection, host youth involvement programs such as teen volunteer opportunities, and reach out to local community organizations serving Rockridge's young people.

Please feel free to welcome her to the neighborhood by calling the Rockridge Branch at 597-5017, or visit her there in person!

The Zoning Counter

The Zoning Counter provides Rockridge residents with an opportunity to review construction project proposals to be undertaken in their neighborhoods. While it is a compilation of recent application(s) filed with the Oakland Planning Department, it is not necessarily a complete or up-to-date listing. Individuals may contact the Case Planner or the Planning Department for additional information.

5477 Kales Avenue

Proposal: To construct small addition to the rear portion of existing dwelling within required side yard setback
Applicant: Sogno Design Group
Contact Person/Phone Number: Kathryn A. Rogers 510/526-2720
Owner: Lawrence Dolton, Ellen Gobler
Planning Permits Required: Special Residential Design Review to construct one story addition to the rear portion of existing single family dwelling; A Minor Variance to allow 3'-4" side yard where 5' minimum is required
Historic Status: Potential Designated Historic Property (PDHP);
Survey rating: D2+
Case Planner: Jason Madani at 238-4790 or jsmadani@oaklandnet.com

Top Sellers At Pendragon And Diesel Bookstores

by Tricia Gragnano

During the past few weeks when the weather outside has been "frightful," and the mood inside has been anything but "delightful," I've found that if there isn't some place to go, let yourself read, read, read!

Diesel Fiction:

■ ***Jonathan Strange & Mr. Norrell: A Novel*** by Susanna Clarke tells the story of two magicians who use their powers to help the British win the war against Napoleon.

■ ***The Curious Incident of the Dog in the Night-Time*** by Mark Haddon. When a dog dies, a 15-year old autistic boy who does not understand human emotion must demonstrate his innocence.

Diesel Nonfiction:

■ ***Confession of an Economic Hit Man*** by John Perkins explains how he convinced developing countries to take on multibillion dollar loans that ended up at Haliburton, Bechtel, Brown and other US engineering and construction companies.

■ ***The Bookseller of Kabul*** by Seierestad Asne is a portrait of a family living in Afghanistan after the collapse of the Taliban. When Taliban soldiers burn hundreds of books in the street, Sultan Khan's love for books brings the community together.

Diesel Young Adult Literature

■ **Speak** by Laurie Halse Anderson is a tale of an ostracized 9th grader who becomes speechless after a frightful experience.

PENDRAGON'S & DIESEL'S LISTS, PAGE 13

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Rockridge Cornucopia

Barry A. Kaufman

Stews: Savory and Simple

Rain, rain go away, come again another day. The only redeeming feature of the Bay Area rainy season is that it gives me lots of time to make slow-cooked, savory stews. The other day I made a Mexican pot roast that cooked for 4 hours. What a great way to spend a rainy Sunday. From the rich French *daube de boeuf* (beef stew in red wine), to the spicy *tagines* of Morocco, every culture has it own version of a rich, brothy, slow-cooked mélange of ingredients.

Italians stew lamb shanks in a tomato-wine stock, while observant Jews make a beef and bean stew called *cholent*, which simmers for nearly 24 hours and is served on the Sabbath. Regardless of the culture, the technique is always the same. It's braising: a dry-heat sear, followed by a very slow, moist-heat cooking that tenderizes and marries the flavors.

Although often used interchangeably, technically there is a difference between stewing and braising. In braising, the meat is first browned and then cooked in a small amount of liquid at low heat for a long period of time. Braising can be done on the stovetop or in the oven. In stewing, the meat is not browned but rather covered with a liquid and simmered slowly on the top of the range. Both techniques require a tight-fitting lid to prevent the liquid from evaporating. The long, slow cooking develops flavor and tenderizes the foods by gently breaking down their fibers. It is best to make a stew in a cast iron Dutch oven or a Spanish earthenware *cazuelita*. Cast iron and earthenware retain heat and evenly cook food at very low temperatures.

The other great benefit of a stew is that the meats are tougher and therefore cheaper. High priced top end cuts like tenderloins are wasted on stews. Besides being expensive, they are lean with very little connective tissue. Slow cooking, which breaks down the tough connective tissue, gives the stew its deep rich flavor. To increase the flavor even more, I like to prepare a stew on one day and serve it the next. The flavors meld and intensify and I have a chance to skim off any excess fat.

Following the searing of the meat, add any combination of coarsely chopped aromatic vegetables such as onions, garlic, carrots, or celery. Finally the cornerstone to a stew is the cooking liquid, which can be as simple as water (which is all that is used in a Moroccan *tagine*), or a rich combination of a beef or chicken stock and red or white wine. Fresh herbs and spices can be added any time. Bring the stew to a boil, then simmer gently until tender. Depending on the size and cut of the meat, the cooking time could range from one to several hours. Regardless of the culinary origin, a stew is an amalgam of tenderized meat, aromatics, and a rich liquid created by the braising and slow cooking.

Rain, rain go away or I will make a stew today. I cannot think of a better way of spending a cold, rainy Sunday.

Basic Beef Stew in Red Wine

(serves 6)

Ingredients:

1 tablespoon olive oil
2 lbs of beef chuck, cut into 2-inch cubes
2 onions, slice thin
3 carrots, peeled and cut into chunks
2 garlic cloves, minced
2 cups of red wine
2 cups of stock (beef or chicken – canned is fine)
1 tablespoon tomato paste
Several sprigs of fresh thyme or
1 teaspoon dried
1 bay leaf
Salt and pepper to taste

Directions

Preheat oven to 350 degrees. In a large Dutch oven heat olive oil over medium high heat. Toss beef cubes with salt and pepper. Add beef to oil in two batches. Sear all sides for about 3-4 minutes. Remove beef and reserve. Add onions, and carrots to oil in pan and sauté for 10 minutes. Add garlic and sauté for another minute.

Add wine, stock and tomato paste. Bring to a simmer. Add beef, thyme, bay leaf and a good sprinkle of salt and pepper. Bring to gentle boil, cover, and put in the oven for at least 2-hours. When done, remove from oven and taste for additional salt and pepper. Serve over buttered egg noodles and wide slices of French bread.

Barry Kaufman is a graduate of the California Culinary Academy. His e-mail is kaufman42@earthlink.net. Barry is available for private cooking classes and fundraising events.



Ex uno plura

A Sampling of Earl Grey

by John Gussman

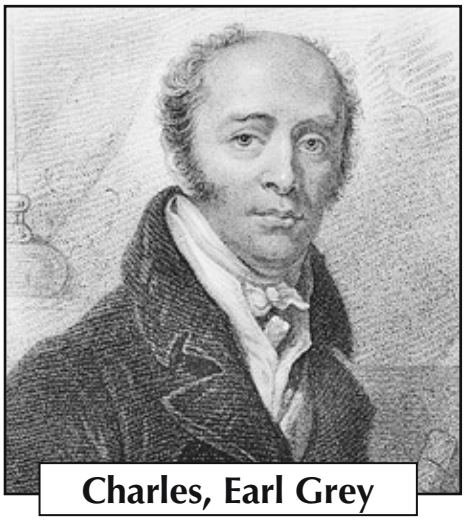
(This is part 2 of a look at Earl Grey tea. Part 1, "Earl Grey in the Ascendant," appeared in the January issue of *The Rockridge News*.)

While Earl Grey tea retains a major footing in Britain, it has a new and separate hub here on the West Coast, both in the Bay Area and in the Pacific Northwest. Here are a growing number of important tea companies, which obtain high-quality teas, often from limited sources, and, for use in Earl Grey, the finest Italian bergamot. Of the nearly 90 Earl Greys sampled for this article, more than half, including almost all the best ones, came from West Coast or British firms.

Professional tea people sometimes wonder at the durability of Earl Grey. Across the whole field of tea, why should a scented tea be so popular, and this one in particular? Probably this question is being whispered more often now, with once-scarce and fabled teas pouring in from China and elsewhere.

The answer is that Earl Grey tea provides an experience of a different kind from other teas, even teas that may be more distinctive in other respects. A good Earl Grey has a fullness and complexity which register in the mouth and nose on several levels, and impart a feeling of satisfaction that is hard to match.

The first Earl Greys were made from black teas produced in China expressly for export to the West. They were, perhaps, less delicate than some teas which come to us through the wonders of modern transport; but they were robust enough to withstand the passage from China to Europe, and also to hold a strong bergamot scent. The use of Chinese tea as the sole base for an Earl Grey, though no longer dominant, is still alive and well. Probably the best local example is the excellent Earl Grey sold at the **Imperial Tea Court**, a Chinese tea house in San Francisco. It is made from Szechuan tea, with both bergamot and lavender.



Charles, Earl Grey

Many of the other "Chinese" Earl Greys — not surprisingly, given the tradition – hail from Britain. Twinings is the best-known example; but other, less well-known firms aim higher. One of the best of the genre comes from **Taylor's of Harrogate** (it is sold locally at Peaberry's and Andronico's). The tea is rich, strong, and splendidly scented, leaning to the smoky side of the Earl Grey spectrum. Another excellent, but hard-to-find British blend is the highly aromatic and well-balanced Earl Grey from the **Harrods** emporium in London.

There are now bergamot-scented green teas, selling under such names as "Earl Green." Some of these must be accounted failures; but if you are open to the concept, you have two outstanding choices, both of which use whole-leaf green teas from the Zhejian province of China. One is the green Earl Grey from Portland's **Tao of Tea** (sold at Andronico's), which has an excellent bergamot scent and which elegantly replicates, within the medium of a green tea, the satisfaction that comes from a good black Earl Grey. For something slightly more elaborate, try the Imperial Tea Court's "Organic Lavender Green" Earl Grey.

For decades, very satisfactory Earl Greys have been produced from blends of Chinese and Indian tea. These tend to be strong, stable mixtures. Usually they make use of the robust and reliable Assam teas from eastern India, but sometimes also the more delicate Darjeeling teas grown in the Himalayan foothills. **Peerless** Coffee and Tea Company, the well-known Oakland wholesaler, offers a respectable Earl Grey in this category. Retail customers can purchase it online, or at the company's shop on Oak Street.

An unusual variation on this theme is the fine Earl Grey from **Whittard of Chelsea**, which combines, in a harmonious blend, Darjeeling and Chinese Keemun. This British blend can usually be purchased online through import firms.

Within the new generation of Earl Greys, one important

Earl Grey, page 12

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Rockridge Real Estate 2004 And Beyond

As predicted last year at this time, the Rockridge real estate market continued to be solid throughout 2004. A look at the statistics for our neighborhood reveals changes worth noting as you make your real estate plans and assessments. As in the past, our analysis covers Rockridge from the Berkeley border south to Broadway Terrace and 51st Street.

Price

As anticipated, prices did increase, but statistically only at an overall median 7.3% percent over last year. In contrast, the nine county Bay Area region just reported an overall 17% increase in median price for single-family homes in 2004. This does not mean that Rockridge home prices did not increase substantially in certain categories. The median sold price of a 2-bedroom bungalow now stands at $707,000 versus $580,000 in 2003, a whopping 22% jump. A 3-bedroom home median price is $805,000, about 11% over 2003. A new factor is the ever-increasing number of newer, larger or totally remodeled Rockridge homes on the market priced at $1,000,000 or more. In 2004, 42 homes (25% of all single-family homes sold in Rockridge) sold in excess of $1,000,000, versus 26 the year before. Average price per square foot now stands at $455. This compares favorably with Berkeley's Elmwood neighborhood just to the north of us.

Inventory

Inventory of homes for sale in 2004 was substantially higher than the year before — 166 versus 121 in 2003. The reasons for this are not clear, but the general uncertainty about the economy and the Fed's constant threat of interest rate hikes were likely factors. 2004 was also an excellent

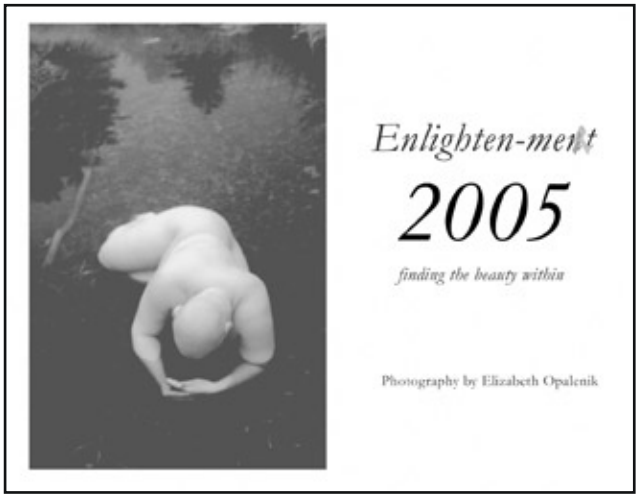
Real Estate, page 13

Rockridge Retailers: Giving the Gift of Healing

By Courtenay Redis

Acknowledging the desire of many of us to give a meaningful gift during and after the holidays, especially to someone who seems to have everything, more than 15 retailers, many in Rockridge, have chosen to display and sell copies of a unique calendar benefiting women who have survived breast and other cancers.

"Enlighten-ment: Finding the Beauty Within" is a just-released inspirational photographic calendar created by Rockridge photographer Elizabeth Opalenik to help build scholarship funding to allow women to participate in healing retreats held at the historic F. Holland Day chalet in northern Maine. The chalet and grounds provide the setting for the photographs.



All of the Healing Workshops involve personal coaching and various forms of the healing arts, including photography, yoga, dance and writing. Opalenik is a member of a team of artists and healers who facilitate the workshops.

Asked how she went from teaching fine art photography nationally and internationally (she teaches in Tuscany, Provence, Burgundy, Mexico, Santa Fe) to participating in a program like the Healing Workshops, Opalenik said she teaches photography, "with the theory that all photographs are self-portraits." Regardless of location or subject, photography is a way for individuals to explore their interior landscapes, she said.

Opalenik explained that it was natural to want to assist women who have survived life-threatening illness, as they look inward in search of the beauty and wholeness that was altered by their being sick.

"The photographs impact how the women feel about themselves," she said. "Through the workshops and the images, they come to realize their beauty and even the gifts that cancer can bring."

The "Enlighten-ment" calendar sells for $15 and can be purchased online, at local bookstores and retail shops, nationally and in the Bay Area. Since 100% of the sales of the calendar are donated, merchants do not profit by carrying it. However, they and the people who buy the calendar from them profit from helping women find healing. At Chimes Pharmacy, proprietor John Galinas made scarce counter space available to display and sell the calendar despite having a calendar of his own for sale.

For more information, visit the photographer's website: http://www.opalenik.com.

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The Muse

Basking in the Glow of Del Sol String Quartet

by Ortrun Niesar

If you haven't yet heard about the Del Sol String Quartet, be prepared for a wonderful surprise that just might change your life, musically speaking. Meet the members of this prestigious quartet ensemble: Rick Shinozaki and Kate Stenberg, violinists; Charlton Lee, violist; and Monica Scott, cellist. Rick lives in Rockridge and is married to Irene, choral director at St. Augustine's. Monica is also a North Oakland resident. The four young principals describe themselves as "mid-career classical musicians with kids and jobs." But when it comes to their music, they are fearless in their exploration of the musical language of the here and now. Their chosen territory is the classical music of the Americas, from Alaska to Tierra del Fuego, celebrating the ancient, rediscovering the forgotten and testing the new as they play works of great masters and young local composers alike.



Music flows into the neighborhood when the Del Sol Quartet practices. From left, Kate Stenberg and Rick Shinozaki, violinists, Charlton Lee, violist, and Monica Scott, cellist.

Mornings, the group practices furiously in Rick's sunny bungalow on Manila. The music sparkles, crackles, and flows like fiery lava into the nooks and crannies of the Rockridge neighborhood. The group, with the assistance of Monica's artist husband, Dominique Pelletey, is also developing new multi-disciplinary programs for young audiences. This is really dear to Monica's heart, herself a daughter of teachers and the mother of two young children. The programs they have developed so far include teaching guides and tools like games and puzzles to round out the musical experience presented by the players in the classroom.

Del Sol also been hosts weekend QuartetFests, a summer workshop for young string players, and participates regularly in Adventures in Music, Young Audiences of the Bay Area and American Composers Forum. You are welcome to contact them to learn more about their involvement in education, coaching activities, masterclasses, pre-concert talks, fundraising events and just plain fun ways of sharing and experiencing music.

Quartet Del Sol has been in existence since 1992. Recent performances include "Sky Piece for Jesus Christ," in collaboration with SFMOMA on the occasion of the Yes!Yoko Ono Exhibition. They are also the current recipients of the Chamber Music America/ASCAP Award for Adventurous Programming.

In 2005 Del Sol Quartet will tour in the US and in Latin America. The group will also perform three concerts in Bay Area venues, beginning with a performance at The Ashby Stage, 1901 Ashby Avenue at Martin Luther King, Jr. Way on Wednesday, February 16 at 8 p.m. If you attend the concert, plan to purchase a CD or two. "Tear" (2002) features works by 12 North and South American composers, and a new recording of the complete Quartets of George Antheil will be out by then on Other Minds label.

Ticket information is available by e-mail at info@delsolquartet.com or by phone at 415/831-5672.

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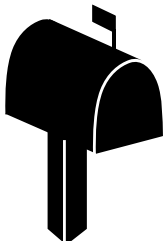
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The Rockridge News *welcomes letters to the editor. Please limit to 200 words and include name, address and a phone number for verification. Only your name will appear with your letter. Letters may be edited for clarity and brevity.*

St. Albert's is a Good Neighbor

Editor:

Thank you for the informative article on St. Albert's priory, past sex offenders and their impact on the Rockridge neighborhood (*Rockridge News*, January 8, 2005).

I live across the street from Siena House, where the priests in question live, and my backyard abuts the larger St. Albert's Priory property, so I am surrounded by this organization. We (my family) have lived here for 15 years and have raised our 17-year-old son here since he was two. There are other families near us with children of all ages. We know many of the priests who live at the Siena House, in particular Father Leo, whom we wave to all the time. They have been here a very long time and we know their cars by sight.

They are not recently released felons who have been dropped into a neighborhood; they have been our neighbors and some have been here longer than we have. When I saw a notice on my car windshield from SNAP, I was surprised.

We have had absolutely no negative experiences with the priests nor with St. Albert's Priory. If I hadn't gotten the leaflet from SNAP, I would not have known about the situation. I am glad to be informed, but we have not been hurt by these men, and in particular, my son has led a happy, care-free life.

Personally, I have been touched by St. Albert's Priory. We are not Catholic and are very far from being Christian or religious, though my son attends Bishop O'Dowd High School, which is Catholic. He is not religious.

However, on Sundays we see the priests walking from Siena House to St. Albert's Priory wearing white robes, and I like seeing the formal ceremony and clothing; their heads are bowed and they seem intent on being good people. Every year, we are invited to attend their Christmas Mass, and though we have never gone, we are happy to know that such gatherings are taking place. It brings a kind of warmth to the neighborhood. And as the largest "public" building around, several neighbors and myself attended emergency procedures classes at St. Albert's Priory in the aftermath of the Loma Prieta earthquake and Oakland firestorm. Father Leo would sometimes personally welcome us as we came into the building.

Again, thank you for your article and I look forward to hearing other opinions.

Alan Ohashi, AIA

Change Can Enrich Rockridge

Editor,

I love Rockridge, but I object to the demand to keep it just the way it is or was. The cycle of people and the variations they bring are very much a part of this area we call home.

Rampant speculation and artificial restrictions on zoning/planning keep the prices of homes in the Bay Area stratospheric, especially places like Rockridge. Mrs. Eileen Levin asked a key question about the future for her and her husband in "Rockridge Needs Senior-Friendly Housing" (*Rockridge News*, November 6, 2004). How many of the children now living here will be able to afford something in this area or one like it? I'm not suggesting we need corridors of high-rise condos on College Avenue or Broadway next week. Yet we do need to consider how to sanely increase density and opportunity within Oakland.

What can we do to keep some sense of place here and still make it easier for people to live a reasonable distance from their work and not cut every tree and pave every farm out to Fresno? May I suggest we work to prepare and plan for increased densities where we have the potential infrastructure and transportation to support it, and force this to happen area-wide (not just in Rockridge)?

Robert Wiles

SF Exhibit Features Work of Late Rockridge Artist

Editor,

I thought our Rockridge community would enjoy knowing about an art exhibit featuring the bold prints and lithographs of my father, Richard Correll, a long-time Rockridge resident and "booster." The exhibit is a two-man show shared with a colleague of his, Frank Rowe, who was a particularly beloved art teacher at Laney College. Both men are gone now, but their work lives on as vibrant political and social commentary that is as relevant today as it was when it was made decades ago. The exhibit, "As They Saw It: Six Decades of the Art of Social Conscience," is at the Meridian Gallery, 545 Sutter Street near Powell in San Francisco, through March 5, 2005 www.meridiangallery.org. Many of my father's prints in the show were made here in the house on Coronado Avenue and printed on his press in his downstairs studio. (Much of the framing is by long-time experts at Bosko's on College Avenue.) Subjects include civil rights, peace, and environmental themes.

I recently finished a book of my father's artwork which he began before he died. A copy of the book has been donated to the Rockridge Library, where, by the way, there is a tile in my father's memory. A second copy is at the Temescal branch. I hope

Letters continued next page

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Letters, from previous page

our neighbors will enjoy the work of one of the many wonderful artists who have made Rockridge the special place it is.

Leslie Correll

UC Development Plan Bad for Rockridge

Editor:

I'd like to encourage RCPC and the Rockridge neighborhood as a whole to support Berkeley Mayor Tom Bates in his efforts to gain some control over UC Berkeley's Long Range Development Plan for the next 15 years. UC employees and students are major contributors to the grind of traffic along College, Claremont and Telegraph Avenues.

UC's answer to more employees is more parking lots because they generate revenue. Pressure from all the surrounding communities could help force UC to mitigate the negative impact it creates.

Claire Lomax

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Feeling Secure?

from page 1

busy for minutes. Finally, a laconic female said she'd notify the beat cop. I seriously doubted that there was a beat cop on duty on New year's Day. I heard nothing further from the OPD.

Next I called the Fire Department. A man asked if there was any smoke. No, I didn't see smoke. "Well, I guess there's no fire," he said.

Next I tried BART. Directly under our home is the BART tunnel to Orinda and all points east. But BART had no reports of anything amiss. If they heard anything, they would phone back.

Someone must know something, I thought. I decided to try our Water District. EBMUD is doing major seismic repair on the Claremont Water Tunnel, also beneath us. If it breaks apart in an earthquake, we would be amongst the 800,000 people who would lose their water supply for at least six months and have to endure rationing. The EBMUD contact said no blasting was scheduled, nor would there be any on a weekend or holiday, nor would any occur without prior notice. So what caused the unnerving explosion?

My husband, Bill, suggested I call the FBI. "Homeland Security, isn't it, Claire?" he said with a charming but evil grin, daring me to make the call. But the recorded message at the Oakland FBI office said that its voice mail was FULL!

I checked the phone book again. The FBI suggests phoning San Francisco offices if Oakland is not available. I did. On the other end was a laid-back fellow with a light Irish accent and an odd sense of humor. He said, "You realize of course that hundreds of thousands of people were riding BART last night and well into New Year's morning. If, indeed, there had been trouble in the BART system, we would have heard about it."

"Yes," I replied, in proper little woman style. No help there either.

So Bill and I sat in our home in the hills, thinking about an explosion that neither the police, the fire department nor the FBI knew anything about.

A few hours later we heard from the BART police. They HAD sent out an inspector (*hurrah!*). He determined that someone, probably kids, had set off a cherry bomb in the BART tunnel. Ah, well; kids will be kids.

Meanwhile, the next time I have to practically undress in the name of Homeland Security when my titanium hip sets off buzzers at the airport, I will remember how alert, helpful and quickly responsive were the Warriors of the War on Terrorism when there was an explosion in the hills above Rockridge.

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Earl Grey

from page 7

category consists of the alI-Indian blends. These tend to be more understated than the Chinese Earl Greys and the Chinese-Indian combinations. Two excellent examples are the subtle and balanced **Peaberry's** blend (see, "Earl Grey in the Ascendant," *The Rockridge News*, January 8, 2005), and the well-blended, though strangely named, "Duke of Earl Grey" at **A Cuppa Tea**.

Oakland's **Numi** Tea Company, a young but fast-growing concern, has shown that Assam teas can do well by themselves in an Earl Grey. Numi, which sells its teas mostly in teabags, has pioneered a new approach to bergamot. Instead of squirting bergamot oil into the leaves, the blenders expose the leaves to flakes of bergamot rind. The resulting cup of tea is subtle, slightly astringent, and bracing.

In this writer's opinion, the use of Darjeeling or Nilgiri teas (grown in the north and south of India, respectively) all alone in an Earl Grey pushes the edge of the Earl Grey envelope too far. The Darjeelings and Nilgiris have less body than the teas of Assam, and in general cannot carry enough bergamot to qualify as good Earl Greys. But such Earl Greys are now widely available, and any one who wishes may test this judgment.

Sri Lanka (Ceylon) is a source of many fine teas, most of them having a characteristically simple and rounded taste, which some tea-drinkers prefer. For tea drinkers who do not share this preference, the Ceylon-based Earl Greys are unlikely to thrill. In any case, one of the more pleasing attempts can be found at the **Far Leaves** tea-house in Elmwood.

Better results are generally achieved by blending Ceylon tea with tea from India or China. The most conspicuous example of a good combination of Ceylon and Indian tea in an Earl Grey comes from **Tazo** in Portland. Tazo's Earl Grey, introduced in 1994, is an intense blend which artfully balances teas from three different regions of Ceylon, and from the Assam and Nilgiri (Blue Mountains regions of India.

Ceylon-Chinese combinations are not prominent among the best Earl Greys. An exception, however, is the Earl Grey blend from **Williamson & Magor**. This is a strong and satisfying tea. It can be obtained, loose or in teabags, through British Express, an import firm (www.britishfood.com; tel: 888/840-1280).

The breathtaking spread of Earl Grey tea over the last 30 years owes much to the teabag. The teabag has not improved the quality of any cup of tea; and yet, much of the gap in quality between loose and teabag teas is not inevitable. It is just that teabags lend themselves too easily to bad practices. They tend to be filled with inferior teas, and usually contain only tea-dust or "fannings," not even cut leaves.

For Earl Greys, the problem is compounded because teabags provide a convenient delivery vehicle for artificial bergamot flavoring. Flavoring is, of course, much cheaper and easier to apply than oil of bergamot, and has a longer shelf-life. But the result cannot genuinely be called a scented tea. Also, the flavorings are apt to bring along extraneous notes, such as lemon or orange.

A word to the wise: if you have a box of Earl Grey teabags which makes no mention of "bergamot oil," and the brewed tea is lacking in bergamot scent, artificial flavoring has probably been used. If it is present, you will likely find out the truth by taking another teabag from the box and tearing it open. If you see white granules among the fannings, you will know you are face-to-face with artificial flavoring.

As a rule, brewing from loose tea is best. But if you must brew your Earl Grey from a teabag, you will do well to stick with Tazo, Taylors, or Williamson & Magor, if you like your tea strong. Otherwise, try Numi, or Whittard's or Harrods if you can get them; or even Twinings. The W&M teabags, unlike most Earl Grey teabags from Britain, come in sealed foil envelopes, which significantly extend the life of the bergamot. (If Earl Grey tea is not hermetically packed, the bergamot scent begins to wear off in the first 12 months, well before an otherwise well-stored black tea would be stale.) Tazo's teabags, though more expensive than most domestic Earl Greys, are still a good value because of their quality.

As for the budget teabags, it's best to stay away. One exception is the Trader Joe's "Organic Earl Grey," a Ceylon-Indian blend that uses bergamot oil and is usually all right.

One last note: There will always be those who are simply addicted to the taste and aroma of bergamot or of lavender, and who are not much concerned with the tea leaves. Bergamot fanatics should ignore the preceding paragraphs, drop everything, and contact Portland's Stash Teas for a supply of the black "Double Bergamot" Earl Grey. Lavender lushes may check out **L'Amyx Tea Bar** on Piedmont Avenue, where the "Earl Grey with Lavender" combines tea leaves and lavender in a nearly equal ratio.

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Real Estate

from page 8

year to cash in on Rockridge's popularity and "move up." Popular options include moving up the hill a little or through the Tunnel. Piedmont is another choice for parents with older school age children. But, as has been true for the past several years, there was no shortage of buyers; sales were brisk.

Outlook for 2005

The year has started out without any noticeable let-up in buyer demand for homes in Rockridge. Nationwide, financing policies will probably continue to favor the real estate market. Predictions are that interest rates will climb at least a half point for 30-year fixed mortgages by the end of this year, but most experts think that will have little to no effect on the market in our area. As long as there continues to be a Bay Area housing shortage, something fueled by the surge of Baby Boomers entering the market, Rockridge homes will continue to appreciate. For entry level buyers who find it difficult to compete for single-family homes, an alternative might be an investment in a condominium, still very affordable. Rockridge does not have many of them, true, but you will find more and more of them in the surrounding areas. Not a bad trade-off.

Ortrun Niesar is a Realtor with Prudential California, Claremont Office. Information supplied by EBRD 2005 is deemed to be reliable but not guaranteed.

Rockridge Home Sale Prices 2002-2004

Year	Avg. Price	% Change	Median Price	%Change
2002	$770,604		$691,500	
2003	$847,637	9.9%	$750,000	8.5%
2004	$902,000	6.4%	$805,000	7.3%

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Pendragon's and Diesel's Lists

from page 5

Pendragon Fiction

■ ***How We Are Hungry: Stories*** by Dave Eggers

■ ***The News From Paraguay*** by Lily Tuck takes place in Paris during the mid 1800s, when the future dictator of Paraguay pursues a courtship with the young and beautiful Irishwoman, Ella Lynch.

Pendragon Nonfiction

■ ***Bring Me the Rhinoceros and Other Zen Koans to Bring You Joy*** by John Tarrant explores how a way through can appear naturally if you are open to its taking an unfamiliar shape.

■ ***The Bitch In The House*** by Cathi Hanauer explores the truth about sex, solitude, work, motherhood, and marriage through the stories of 26 women.

Pendragon Culture and Cooking

■ ***Bouchon*** by Thomas Keller introduces the reader to the delightful world of French Bistro cuisine.

■ ***The Gourmet Cookbook*** by Ruth Reichl provides recipes ranging from gourmet hors d'oeuvres and paté to pizza, burgers, and mac n'cheese.



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E-mail *Rockridge News* Community Calendar items to: joellis1@hotmail.com, phone 653-3210, or mail to: *Rockridge News* Community Calendar, 5245 College Avenue, PMB 311, Oakland, CA 94618. Deadline is the next to the last Tuesday of the month.

COMMUNITY CALENDAR

Compiled by Jo Ellis

Councilmember Brunner's Community Advisory Meeting

First Saturday every other month, 10am to noon. Peralta Elementary School: 460 63rd St. (parking on Alcatraz Ave., just east of Telegraph). **February 5th topic: Casinos**. No March meeting. More information at 238-7001 or www.oaklandnet.com (the site for all City-related information).

The Greater Rockridge N'hood Crime Prevention Council

NCPC Town Hall Meeting, Tuesday, February 15, 7pm, Rockridge Library. See story, page 1.

Steering Committee meets 3rd Tuesday each month, 7 to 8:30pm, Temescal Library, 5205 Telegraph Ave. Residents and business members of NCPC's 12Y and 13X areas are invited to voice their concerns about crime and public safety.

Rockridge Branch Library

5366 College Avenue, 597-5017

For Children:

Toddler Story Time: 1st and 2nd Saturdays, 10:30am: 2/5, (closed 2/12), 3/5.

Pre-School Story Time: 1st and 3rd Wednesdays,10:30am: 2/16, 3/2.

Pajama Story Time: 2nd and 4th Tuesday, 7pm: 2/8, 2/22(see special event), 3/8.

Special Events:

• Jamie Myrick presents a drama program about Ida B. Wells to celebrate African-American History Month: Tues., 2/22, 7pm. For kids ages 4 to 10, but all ages welcome.

• Make Valentine cards: Fri., 2/11, 3-5pm. For kids of all ages. Inf. at Children's Reference Desk.

Intergenerational Program:

Sunday, February 6, from 2-4pm. Join us in celebrating Black History Month through literature. The Rockridge Branch Library is a participant site for the Annual 16th National African-American Read-In Chain, nationally sponsored by the National Council of Teachers of English. Bring a favorite book, story, or poem to read in a continuous reading "chain". Groups country-wide will gather at this designated time. Children will lead in reading first. Local editor/author Daphne Muse will serve as host. Questions: call Linda, 597-5017.

For Adults:

Lawyers in the Library: Free legal advice. First Tuesday of each month: 6 to 8pm. Advance sign-up starts 5pm.

Library Hours:
Monday and Tuesday, 12:30 to 8pm
Weds, Thurs and Sat 10am to 5:30pm
Friday, 12 to 5:30pm
Closed: Sundays. Also closed:
2/12(Lincoln's Birthday) and 2/21 (President's Day).

Diesel Book/Poetry Readings

5433 College Ave. All events are FREE and open to the public.

Tuesday, 2/8, 7:30pm. Join Book Group #3 to discuss **Devil in the White City** by Erik Larson.

Thursday, 2/10, 7:30pm. Susie Bright, editor: **The Best American Erotica 2005**.

Monday, 2/14, 7:30pm. **Amnesty International Monthly Meeting**. All welcome.

Tuesday, 2/15, 7pm. Join Book Group #1 to discuss **The Cloud Atlas** by David Mitchell.

Wednesday, 2/23, 7:30pm. Adrienne Rich: **The School Among the Ruins: Poems 2000-2004**.

More: 653-9965 or www.dieselbookstore.com.

Claremont Middle School Mtg

5750 College Avenue at Miles. Saturday, 2/12, 10am to 1pm, in the music room. Current and prospective parents and community members invited. The meeting includes an overview of the school and changes Claremont is planning, followed by brainstorming and public input sessions. Parking available in the schoolyard off Miles Avenue. Enter through classroom 41b from the parking area.

Writers Support/Critique Group

Rockridge Branch Library, February 26 (4th Saturday), 1:30 - 5pm. Coming months will meet on the 3rd Saturday, 1:30 – 5pm. ALL writers welcome. Bring 8 copies of 5 pages of your prose for on-site reading/discussion. Sponsored by the California Writers Club, Berkeley branch (www.berkeleywritersclub.org/). For more information: 482-0265 or Writefox@aol.com

Art Exhibit & Reception

Rockridge Branch Library, upstairs gallery. **Terry Jackson:** show of watercolor and acrylic paintings and pen-and-ink sketches. Opening reception Monday, 2/7, :30 to 7:30pm. Light refreshments. Show runs through February.

Activities, Events for Seniors

■ **College Avenue Adult Center**

College Ave. Presbyterian Church, 5955 College Ave. Every Wednesday, from 9:30am to 1:30pm. Light exercise, socializing, travel programs and music. Hot lunch at noon for $2.00. For details about upcoming field trips and special programs, call Kathy at 531-6724.

■ **North Oakland Senior Center**

5714 Martin Luther King, Jr. Way. Hours: Monday – Friday, 8:45am to 4:45pm.

• **Free help with taxes:** starts Tues., 2/8. Call for appt.

• **Free foot care clinic:** Wed., 2/16.

• **Stagebridge** presents "Civil Rights Tales" Thurs., 2/17, 1-3pm.

The newsletter, *North Oakland Senior Times* provides a class schedule and monthly lunch menu: (suggested donation: seniors age 60+ $2.25; $4 for those under 60). Call 597- 5085 for membership details, newsletter, classes/events and volunteer opportunitiesvolunteer.

Elder Care Support Group

Alta Bates Medical Center, Herrick Campus, 2001 Dwight Way, Berkeley. Free for family/friends caring for older adults. 3rd Wednesday of each month, 4-5:30pm. For information on Alta Bates support/education groups, call Monica at 869-4569 or e-mail Monicalcsw@alum.calberkeley.org.

Volunteer Opportunities

Bambino Thrift Shop: All-volunteer shop benefiting Oakland Children's Hospital. 5290 College Ave. Volunteers needed Tuesdays through Saturdays. We will train you. Call manager, Carol Maes: 654-9709.

North Oakland Community Charter School (NOCCS): tutors to work with 1st to 4th graders, one-on-one or in small groups, on math, reading and writing skills, at least one hour per week. Located at College Ave. Presb. Church, (next to Dryers ice cream). Contact Jennifer Bloom, Director: 655-0540 or teachers@noccs.org.

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