THE Rockridge News
20th Year
www.rockridge.org
VOL. 21 ■ NO. 8 ■ ISSUE NO. 226 ■ September 2, 2006 ■ CIRCULATION: 5,100 RESIDENCES; 200 BUSINESSES
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Caldecott 4th Bore Draft EIR Draws RCPC & FROG Heat

by Ronnie Spitzer

Letters opposing the 4th Bore Caldecott Tunnel project and rejecting the current Draft Environmental Impact Report/Environmental Assessment (DEIR/EA) have been submitted to Caltrans by the RCPC Board and Friends of the Rockridge Greenbelt Steering Committee. Both organizations concluded that the current DEIR/EA fails to meet minimal requirements for disclosure, analysis, and mitigation required under law to ensure that projects like this are environmentally and socio-economically responsible. The letters urge Caltrans and the Federal Highway Administration to withdraw the DEIR/EA and to develop a new and thorough draft Environmental Impact Statement for the Federal Highway Administration, as well as an Environmenatl Impact Report.

Many issues prompted opposition, including the fact that much of Rockridge is excluded from the study. The report defines the project area as beginning at the eastbound side of the Broadway/Patton inter-

Tunnel DEIR, page 4

What's in Store for Vacant Site?



A forlorn storefront and haphazard parking lot are all that's left of Albertson's Rockridge presence. Debate over the site's next use is underway.

PHOTO: DON KINKEAD

Redesigned Traffic and Bike Lanes for Upper Broadway?

by Steve Meyer, Chair
RCPC Traffic, Pedestrian and Bicycle Safety Committee

The revised Oakland Bicycle Master Plan, which includes the Broadway corridor from Highway 24 to 14th Street in downtown Oakland, proposes reducing the traffic lanes from Keith to College avenues from four to two lanes (with a center turn lane), and adding bike lanes on both sides. We expectat that these changes will mitigate speeding traffic, open up the roadway to bicyclists, and improve pedestrian safety. A bikeway feasibility study for the Broadway corridor is expected to be completed by mid-October. In addition, if the Caldecott

Lanes, page 6

Locals Build Albertson's Replacement Wish-List

by Jessica Pitt

On July 27, the RCPC held a Town Hall meeting on the future of the Albertson's site. About 75 people attended the meeting, and shared ideas about what could replace the now-vacant supermarket. Attendees included residents who live on surrounding streets, local merchants, and many people concerned about how future development will affect the Rockridge business district.

Albertson's closed its doors on August 1. The property is owned by Albertsons, LLC, which is in the process of selling it through Terranomics, a large commercial real estate

Albertson's, page 4

CELEBRATING ROCKRIDGE ACHIEVEMENTS

✷ Join FROG Fest 2006: October 1 ✷

FROGPark Phase II Renovations and Hardy Plaza Grand Opening Festivities

■ **You are invited to inaugurate** the renovated FROGPark in a grand opening celebration Sunday, October 1, at noon. Be among the first to enjoy the new public art and interactive play panels and the renovated Hardy Playground.
FULL STORY and more details, page 7.

✷ Library 10th B'Day Celebration ✷

Happy 10th Birthday, Rockridge Library

■ **A free and open-to-the-public** Library birthday celebration starts at 6:30 p.m. on Tuesday, September 12, and will provide fun for adults and children alike. At 7 p.m., a panel of local authors will discuss "Writers on Reading" and children age 6 and up can enjoy activities with the librarians downstairs.
FULL STORY and more details, page 3.

☞ No RCPC Town Hall Meeting in September ☜

Farewell and Thank You to Deborah Weinstein, RCPC Chair



The Weinsteins, Deborah, Erica and Paul, on the porch of the Rockridge home they are leaving behind as they move to Los Gatos. Deborah devoted a great deal of time and energy to RCPC and made a number of significant contributions to the Rockridge community.

Photo: Susan Montauk

by Jessica Pitt

In June, the RCPC bid farewell to Deborah Weinstein, our past board chair. Deborah joined the RCPC Board in 2002 and served many leadership roles, first as Secretary, then as Vice-Chair, next as Co-Chair, and finally as Chair from 2005-2006. She and her family moved to Los Gatos in June to be closer to her husband's new job as a software executive in Silicon Valley.

During her tenure on the board, Deborah devoted a great deal of time and energy to RCPC and made a number of significant contributions to the Rockridge community. In 2003, she co-chaired the Rockridge Kitchen Tour, one of our most successful tours ever. As chair of the Kitchen Tour's Publicity Committee in 2003 and 2005, Deborah drew on her professional background in public relations to greatly enhance the coverage of the tour in local newspapers, magazines, and other media outlets.

Deborah also served as the RCPC board liaison to Friends of the Rockridge Library (FORL). When a staff position at the library was slated to be cut from the City's budget, Deborah worked closely with FORL and the City Council to reinstate it. In 2005, she co-chaired RCPC's annual Halloween Parade. Many of the children and parents in the neighborhood will remember the great costumes, entertainment, and, of course, the treats donated by Rockridge merchants, thanks to Deborah's hard work.

Perhaps one of Deborah's most lasting legacies will be the work she did to help secure a $100,000 donation from City Council President Ignacio De La Fuente's office for phase 2 of FROG Park construction. Deborah served as a liaison between RCPC, FROG, and De La Fuente's office, playing an instrumental role in securing this significant gift to our community.

During her time as board chair, Deborah stewarded RCPC through a challenging period. She oversaw the change from using a volunteer treasurer to a part-time paid professional accountant who has vastly improved RCPC's financial systems. Last year RCPC launched a community outreach and education process which

➧ Deborah, page 4

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

Library September Closings, 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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For annual subscriptions to ***The Rockridge News***, send your check for $20, payable to *Rockridge News* Subscriptions, to: *Rockridge News* Subscriptions at the address below.

Contacting *The Rockridge News*

- Are there community issues you'd like to see covered in ***The Rockridge News***?
- Do you have questions about newsletter distribution?
- Would you like to volunteer to be a *Rockridge News* block captain?
- Would you like to write a letter to the Editor?

Contact us at one of the following addresses or telephone numbers:

Editor: editor@rockridge.org
www.rockridge.org
The Rockridge News, 5245 College Avenue, PMB 311, Oakland, CA 94618
RCPC Voicemail: 510/869-4200

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Newsletter Advertising/Deadlines

Publication date of the next issue is
☛ October 7, 2006
☛ October deadline is September 21.

Advertising rates are $26/column inch. Six-month pre-pay rate available. For display ads, call Jo Ellis at 653-3210 (after noon), or e-mail joellis1@hotmail.com. *(RCPC reserves the right to refuse any display or classified ad that it deems inappropriate.)*

The Zoning Counter

The Zoning Counter is a compilation of recent applications filed with the Oakland Planning Department. Individuals may contact the case planner or the Planning Department for additional information by phone or on-line at www.oaklandnet.com.

5817 Lawton Avenue

Proposal: To construct a new second story addition of 947.10 s.f., remove 65 s.f. at rear main floor level, and misc. new windows, doors, skylights, roof, exterior finishes

Applicant: Alyson Furer, Jason Kaldis Architects, Inc.

Contact Person: Alyson Furer, Jason Kaldis Architects, Inc. 510/549-3584

Owner: Bryan & Mari Morrish

Planning Permits Required: Residential Design Review per Section 17.136 to construct additions to an existing dwelling and a Minor Variance to locate the new upper story 4' from the east side lot line, whereas 5' min. is required (Note: the addition would be directly above the existing east side wall which is located 4' from the east side lot line).

Historic Status: Potential Designated Historic Property (PDHP); Survey rating: Dc2+

Case Planner: Ann Clevenger at 238-6980 or aclevenger@oaklandnet.com

5151 Coronado Avenue

Proposal: To convert five rental units into four condominium units.

Applicant: Lawrence Kampel

Contact Person: Lawrence Kampel 653-3925

Owner: Lawrence Kampel & Ann Rosenberg

Planning Permits Required: Tentative parcel map to convert existing rental units into condominium units.

Case Planner: Jill Pirog at 510/495-5224 or jpirog@pacificmunicipal.com

5270 Locksley Avenue

Proposal: Raise the existing single-family dwelling by approximately five feet in order to accommodate a second unit within the ground floor

Applicant: Kurt Worthington

Owner: Helen Lopes

Planning Permits Required: Major Conditional Use Permit for a second-dwelling unit in the R-35 Zone, minor variance for reduced parking

Case Planner: Peterson Z. Vollman, 238-6167, pvollman@oaklandnet.com



Local Writers Join Rockridge Library's 10th Anniversary Party

Happy 10th Birthday to the Rockridge Library! Free and open to the public, the celebration starts at 6:30 p.m. on Tuesday, September 12. A star-studded panel of local authors will discuss the topic "Writers on Reading" beginning at 7 p.m. in the meeting room upstairs, while children age 6 and up can enjoy activities with the librarians downstairs.

Moderator **Cynthia Gorney** is an award-winning journalist and author who teaches in the Graduate School of Journalism at UC Berkeley. The other panelists are San Francisco Chronicle columnist **Jon Carroll**, novelist **Maxine Hong Kingston** (*The Woman Warrior*, *The Fifth Book of Peace*) and novelist **April Sinclair** (*Coffee Will Make You Black*, *I Left My Back Door Open*.)

This summer marks the 10th anniversary of the opening of the Rockridge Branch of the Oakland Public Library, at 5366 College Avenue (at Manila). Sponsored by Friends of the Rockridge Library and the Oakland Public Library.

Creek to Bay Day Set for September

by Margaret Pinter

On Saturday, September 16, from 9 a.m. until noon, join your neighbors for a volunteer clean-up of Temescal Creek. We'll meet at the DMV parking lot at the corner of Cavour and Redondo and will work along Redondo between Cavour and Clarke. Come at 9 a.m. for coffee and morning snacks if you can, or join us anytime between 9 and 11.

City of Oakland Public Works Environmental Services Division provides the necessary tools, including garbage bags, loppers, rakes, hoes, brooms, litter pickup sticks and gloves. Please bring your own favorite tools, clearly marked to identify ownership. Wheelbarrows are especially welcome. The clean-up will consist mostly of litter removal, weed-pulling and ivy-clearing.

The clean-up project is sponsored by the DMV Neighbors Association and the City of Oakland Environmental Services Department.

For more information, call Margaret Pinter at 510/655-1767.

Two New Volunteers Needed to Deliver *The Rockridge News*

The Rockridge News extends its thanks for service to two volunteers who have moved away: Maria Cavallo-Merrion, a block captain, and Akasha Madron, a district captain. Thank you both for distributing the newsletter to your neighbors! Without your help, the newsletter distribution network would have been far less effective.

New volunteers are needed to take over Maria and Akasha's routes. The job requires about 15-20 minutes monthly (except in August, when the paper is not published) to deliver newsletters or newsletter bundles to Rockridge residents. Contact Susan Montauk at smontauk@juno.com to volunteer for one of these routes:

- **Block Captain: 16D**—Both sides of 5200 Claremont including apartment house at 5248
- **District Captain: 16**—Delivers bundles to 7 houses in lower Rockridge (Cavour-51st Street, Shafter-Miles).

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Albertson's

from page 1

brokerage. Purchase offers were accepted on the property through August 4. RCPC was informed that the College Avenue Albertson's site—one of over 30 Albertsons for sale in Northern California—received more offers than any other site. A bid has been accepted but the successful bidder's name may not be made public for some time.

Those attending the Town Hall meeting were unanimous in their concern about the maintenance of the site in the interim before the opening of a new business or development on the site. In particular, residents called for adequate lighting, trash collection, a usable parking lot, security, landscaping, and regular and ongoing maintenance.

Residents also shared ideas about what they would like to see replace Albertson's. The wide range of ideas included a new business occupying the existing building, such as a hardware store or post office; a mixed-use development with retail on the ground floor and offices and housing on the upper floors; a community center; and a park. Most people agreed that they did not want a business such as a 99 cent store, SuperValu, Walgreen's, or Sav-On Drugs. Participants stressed that whatever development occurs should be of high-quality design consistent with the neighborhood's current character, and that there should be adequate parking, preferably underground.

RCPC wrote to Albertsons, LLC shortly after the Town Hall meeting sharing the input from the community and emphasizing our commitment to upholding C-31 zoning along College Avenue. We are awaiting word on the status of the property. RCPC will monitor developments regarding the sale of the Albertson's site and will keep the community informed.

Tunnel DEIR

from page 1

change and paralleling Hwy. 24 north and south for one block. All noise measurement and environmental analysis ends at the Highway 13/Broadway interchange, thus excluding Chabot Elementary School, Claremont Middle School, Rock La Fleche Day School, College Preparatory School and FROG Park, which does not appear on the DEIR's park list.

The study also does not analyze congestion on Rockridge streets, currently and after completion of either a two- or three-lane bore, and underestimates induced traffic, otherwise known as "if you build it they will come." All streets surrounding FROG Park are also omitted from the DEIR.

Moreover, the DEIR fails to consider incentives for reducing traffic and is silent about construction staging and drilling, identifying street closures, noise abatement and detailed protection of Temescal Creek . Other problem areas include pedestrian and safety requirements and landscaping.

What Caltrans Should Do

RCPC and FROG want the project scope expanded to the Hwy. 24/I-580 interchange, and the addition of mitigations and enhancements, including a sound-reduction package from the tunnel to the Maze and additional open space both for Rockridge and FROG Park. For further information, contact Kent Deverall at deverell@fluid.com or Theresa Nelson at 420-0539.

Deborah

from page 2

explored options for growth and development in the Rockridge neighborhood. The discussions revealed deep divisions in how community members envision the future of our neighborhood. Deborah was skillful in mediating the differences that surfaced and re-affirming the community's shared commitment to upholding C-31 zoning along the College Avenue commercial corridor.

Although Deborah worked hard and accomplished a great deal during her time on the board, there are still a few things left undone that she hopes RCPC will pursue. At the top of her list is the creation of a public gathering space in Rockridge such as a vibrant outdoor plaza under BART or a community center where residents can gather for concerts, cultural events, and celebrations that would bring neighbors together and create a strong sense of community.

When I asked Deborah what she had gotten out of serving on the RCPC board, she said: "It was an incredible experience to work with so many people who are committed to making Rockridge a fabulous community." Her activist role in Rockridge has led her to consider running for public office in the future. Those of us who worked closely with her on the board know that she will make an excellent elected official and wish her great success in her future endeavors.

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New Group to Advocate for Infill Development in Rockridge & Temescal

by John Gatewood

A new group is forming in North Oakland to encourage infill development, which involves building in vacant and underused areas in urban settings. Named "Urbanists for a Livable Temescal Rockridge Area (ULTRA)," the group believes that the people who live, work, shop and play in Temescal and Rockridge define the community, and that the built landscape should be designed to enhance rather than hinder the essential activities of the residents.

Telegraph Avenue between 40th and 55th Streets is Temescal's main street. At its heart is an architectural gem of a block, the buildings between 49th and 51st Streets. Other fine buildings are scattered up and down this 15-block length of Telegraph, but are interspersed with too many parking lots and one-story, low-density commercial buildings. This stretch of Telegraph also lacks residential or mixed-use development (retail on the first floor, residential above), which would encourage pedestrian traffic and invigorate the neighborhood.

"Main Street" in Rockridge is College Avenue between Broadway and Alcatraz Avenue. BART, Market Hall and Claremont School define its center. Unlike Telegraph, College Avenue has a blend of height, density and mixed-use buildings. Although there is some housing above retail, there is the potential for more.

ULTRA will advocate for relatively small-scale higher density mixed-use development along Telegraph and College Avenues. Such development will:

- Encourage economic diversity (via residential units of various sizes).
- Provide more spaces for neighborhood-oriented retail.
- Increase public safety, alternative transportation and, most importantly,
- Create a North Oakland area that is livelier, friendlier and culturally diverse.

If you share these goals, please contact: John Gatewood at johnnyg@california.com, Joyce Roy at joyceroy@earthlink.net, or Jennifer Cooper at jennifer@live-work.com.

ULTRA is not affiliated with RCPC.



New Temescal Residential Project Proposed

by Bill Lambert

Several residential and mixed-use development projects have been proposed during the last year for the Temescal District, and the trend is continuing. In 2004, 25 units known as "Temescal Place" were completed at 48th and Telegraph and sold out immediately. It took some time for the owners to identify the ground floor retail tenant they wanted: 17 Jewels Salon+Spa, at 4801 Telegraph, a positive addition to the commercial mix and pedestrian activity. Julie Stevens, the owner, has become an active merchant in the neighborhood, committed to the continuing improvement of the Temescal.

Local developers Roy Alper, Ron Kriss and Patrick Zimski, who live in either Temescal or Rockridge, have submitted an application for development review for a 44-unit project at the corner of 48th and Shattuck. This project will be solely residential with no retail. The developers and their architectural team, KDA Architecture of Berkeley, will share their design and

Temescal Building, page 9

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Lanes

from page 1

Tunnel 4th Bore project eventually moves ahead, support for further traffic and pedestrian improvement measures along Upper Broadway will be sought from Caltrans and other groups.

Jason Patton of the City of Oakland's Community and Economic Development Agency (CEDA) is currently focused on preparing revisions to the Oakland Bicycle Master Plan and drafting the EIR associated with those revisions (see details at http://www.oaklandpw.com/page123.aspx). He hopes to have those documents available for public review in November.

Committee Considers Primary Areas; Neighbors Survey Resident Traffic & Pedestrian Issues

Since the last Traffic, Pedestrian and Bicycle Safety Committee (TPBS) meeting held June 28, I've had a chance to meet with Councilmember Jane Brunner and members of her staff Zac Wald and Kate Whitlow, and Supervising Transportation Engineer Joe Wang to discuss the committee's primary areas of concern in Rockridge: Upper Broadway and the "Triangle" Area of Claremont, College, Alcatraz, and Telegraph.

Colby Street resident Tegan Hoffmann, active in traffic calming efforts, led the drive to create and circulate a neighborhood survey in the "Triangle" area; more than 130 residents responded with feedback on traffic- and pedestrian-related issues. Results should be available at the next committee meeting.

In addition, Joe Wang is working to initiate a comprehensive area traffic study which will then be used along with the survey results to identify critical problem areas and provide solutions. The study is scheduled to be completed in October.

Attend the September Committee Meeting

You are invited to join us at the next meeting of the TPBS Committee on Wednesday, September 13, at 7 p.m. in the Rockridge Library. You can also stay informed by joining the Rockridge TPBS Committee Yahoo Group. Send an e-mail with your contact information (name, address, e-mail, and phone number) to: Rockridge_Traffic_and_Pedestrian_Bicycle_Safety-subscribe@yahoogroups.com.

Contact committee chair Steve Meyer with questions or comments at meyer770@sbcglobal.net.



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Letters to The Editor

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

BART Plaza Plans not Pleasing

Editor

Since my many attempts at e-mailing you have failed, I'll try snail mail. *(See "E-Mail Apologies" below. — Ed.)*

I'm SO excited about the Rockridge BART Plaza plans! On a summer day I can hardly wait to stroll down my broken sidewalk to the dark, dank plaza, sit on one of Jane's benches, listen to the roar of the traffic and the rumble of BART, and breathe the exhaust fumes. Saying that it might resemble the plaza at 16th & Mission in SF is ludicrous! Hello! BART is UNDER ground there!

Where can I get a pair of rose colored glasses through which members of this committee are looking?

Pat Parker

E-Mail Apologies:

The editor offers sincere apologies for e-mail difficulties this writer or others may have suffered. The e-mail address editor@rockridge.org malfunctioned during summer and many e-mails were blocked without notification to the editor. The problem has been fixed, but if you experience future difficulties, you may reach the editor directly at cygulassa@sbcglobal.com or 510/428-9130.

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FROG Park Corner

A monthly update on what's happening at the best community-built and maintained park in Oakland



Join FROG Fest 2006!

by Mike McDonald, RCPC Boardmember and Frog Steering Committeemember

Rockridge Celebrates the Completion of Phase II Renovations and the October 1 Grand Opening of Hardy Plaza

After more than five years of community planning, countless hours of elbow grease and boundless cooperative effort, the Friends of the Rockridge-Temescal Greenbelt (FROG) invite you to enjoy the renovated FROG Park! Join us for a grand opening celebration on Sunday, October 1 at noon.

Bring your family, your friends and even your pets to join our procession from the south entrance to the Greenbelt footpath, near the Farmers' Market in the DMV parking lot (near Redondo and Cavour), at 11:30 a.m. Wear green to celebrate your inner frog, and hop on the bandwagon with your musical instruments, noisemakers and festive spirit. At precisely noon, we'll clamor north through the newly landscaped Greenbelt, the freshly installed public art and interactive play panels, toward the renovated Hardy Playground. In the new Hardy Plaza, City Council President Ignacio De La Fuente and Councilmember Jane Brunner will lead excited children in a ribbon-cutting ceremony. Join us as we enjoy every last drop of summertime with outdoor play, music, games, food and, of course, one greatly anticipated swing set!

Last Chance to Get Your Name On The Kiosk Donor Board:

Donations have been pouring in from local residents and businesses. Given the continued need for funding, and the donation volume and local excitement, the deadline for donations has been extended to September 30. If you haven't yet had a chance to donate, please do so now! Use the donation form below or go to www.frogpark.org, where you can use a credit card or PayPal. Donations are tax deductible. Donations of $250 or more will be permanently recognized on the new kiosk donor board.

Volunteer Opportunities In September

One of the most wonderful things about FROG Park is that it is "community built and maintained." Hundreds of neighborhood volunteers came out for the original build three years ago and dozens more donate their valuable time and skills each month to maintain and improve the park. We always need volunteers for the regular maintenance days, and specifically for this month's community build and maintenance projects.

Kiosk Community Build Day — Saturday, September 9

Come out and help build the new kiosk. We'll be building it along with a few other construction projects all day Saturday, September 9. We especially welcome volunteers with construction experience. Contact kiosk project manager Mike McDonald for more details at: mike@m-c-d.net or 510/772-7906.

What's next?

As if there could be more! Stay tuned for reports on the creek flow improvement project and a campaign and design competition for a permanent public restroom at Hardy Park. Christine Beeman is heading up both projects. Contact her at christiebee@sbcglobal.net

Fall Maintenance and Volunteer Planting Day — Saturday, September 16

Come out, join your neighbors, and have fun. Saturday, September 16 is the big annual Maintenance and Volunteer Planting day. All levels of experience are needed. Bring your wheelbarrow, gloves, and a smile. Coffee, water, and snacks will be provided. For more information, contact volunteer coordinator Howard Ferrier at hwferrier@sbcglobal.net or 653-6463.

FROG Park Donation Form

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Rockridge Cornucopia

Barry A. Kaufman

ASIAN NOODLES

Food historians generally agree that Marco Polo most likely did not bring noodles from China to Italy. Most likely he learned that the Chinese used many different kinds of noodles in their dishes. But had he traveled more extensively throughout Southeast Asia and Japan, he would have discovered an almost endless variety of noodles. Our newest Rockridge restaurant, Asian Noodles, will soon open in the former location of Double Rainbow at the northwest corner of Claremont and College Avenues. While many books have been written about Asian noodles, the basics described below are easy to understand and hopefully will make your visit to Asian Noodles a more interesting and pleasant eating experience.

While Asian noodles have different shapes, flavors, and textures, they derive from three basic ingredients: egg and wheat; rice; and mung beans.

Chinese wheat and egg noodles are known collectively as *mein*, and rice noodles as *fun*. Like pasta, Asian egg noodles come in a variety of shapes and widths and are available fresh or dried. Used in soups and stir-fries like chow mein (*chow* translates to *sauté* in Cantonese), they need to be boiled. As with pasta, they should not be overcooked.

Rice (*fun*) noodles may be white, or clear like cellophane. Made with rice flour and water, they range in shape from very thin rice vermicelli to the half-inch broad flat noodles used in chow fun or soups. Dried rice vermicelli or rice sticks also come in a variety of thicknesses, from the flattened ribbons resembling fettucini, commonly used in Vietnamese cooking (*bahn pho*), to thread-like rice sticks found in Thai salads. To soften them, dried rice noodles are soaked in hot (not boiling) water.

Soba and Udon noodles are very popular in Japanese cooking. Soba are dry, thin noodles made from buckwheat flour and softened by boiling like pasta. Soba are most often served in light soups. Udon are wheat noodles of various thicknesses and generally are available fresh. Udon noodles are cooked in a rich broth and served with vegetables, seafood or tempura.

On many traditional Chinese menus under "noodles" you will see listed "lo mein" and "chow mein." What's the difference? With chow mein, the noodles are fried separately and crispy. The fried noodles are then combined with other ingredients in the wok at the end of cooking. For lo mein, the noodles are quickly tossed with a sauce and other ingredients in the wok before serving. Lo mein is more like Italian pasta.

Here is my all-time favorite lo mein recipe, which I've been making for over 20 years:

Three-Flavored Noodles

½ pound Chinese egg noodles
2 medium onions sliced thin
1 tomato cut into ¼-inch wedges
3 tablespoons mild curry
½ cup chicken broth or water
Combine:
½ cup ketchup
½ teaspoon salt
½ teaspoon sugar
pepper, pinch
½ teaspoon light soy sauce
1 teaspoon hoisin sauce

Boil the noodles until they have reached the al dente stage. Drain and rinse. Transfer to a serving bowl.

Place the onions with the curry powder on top in dry wok over medium low heat. Toast the curry for 2-3 minutes, stirring occasionally to keep the curry power from burning. Add the chicken stock. Increase heat to high and bring to a boil while stirring. Add the ketchup mixture. Add the tomato. Stir well to blend the flavors. Pour the sauce over the noodles and mix thoroughly. The dish can be served warm or cold.

Barry Kaufman is a graduate of the California Culinary Academy. Barry is available for cooking classes. He can be reached at kaufman42@earthlink.net

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Temescal Building

from page 5

development proposal for this project at a community meeting scheduled for Tuesday, September 21, 7 – 8:30 p.m. at Faith Presbyterian Church, 49th and Telegraph.

Put on your design and architecture thinking caps and come give your ideas and comments to the developers and architects. They have attempted to veer from the more traditional architectural style in order to provide some pizzazz to an otherwise tired and well-worn area of "short Shattuck." The style is modern/contemporary and ought to provide plenty of grist for the mill! We hope to see you on the 21st.

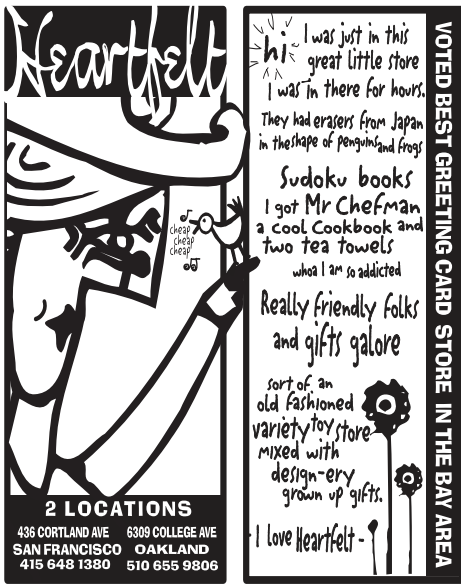
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Oakland Tech: An Old School Learns New Tricks and Gets Spiffy



Oakland Technical High School, the steadfast and innovative education landmark on Broadway at 48th Street, will get a long-overdue makeover as bond and Measure E funds are put to use. Principal Sheilagh Anduhar says, "The arts augment the learning that goes on here."

PHOTO: CU GULASSA

by Mike Taylor

In addition to the face-lift that Oakland Technical High School received this summer, the interior of this longtime Rockridge neighbor is going through a transformation of its own. The restored redwood window frames and new paint are a welcome addition to all the other improvements made by Bond Measures C (1994) and A (2000). All of the classrooms have been repainted, ADA standards met, and floors and roofs redone. By the end of the year, there will also be new science labs and the entire campus will have wireless access installed.

Besides the physical changes at Oakland Tech, academic programs are changing as well. Like many of Oakland's schools, Oakland Tech features several academies. Of approximately 1,650 students, about half participate in one of the three academies housed there. The largest number of students are in the Health/Bio Science Academy, followed by the Engineering and Computer academies.

The school has also taken advantage of Measure E, which promotes the arts in school curricula. Oakland Tech restored its music program several years ago, but this year, thanks in part to Measure E, other performing arts like Dance and Drama are being offered. Principal Sheilagh Andujar is excited about these new offerings. "While academics are the focus of our schools, we know that the arts are necessary to augment and extend the learning that goes on here," she said.

While much has been done to improve the school, there are several buildings that still need attention. Although the auditorium did get a sprucing up, it still needs much more work to bring this once great community center back to its former grandeur.

The boys' gym is such a large project that it was not included in any of the original funding. Ms. Andujar expressed hope that further fundraising would address the needs of these two structures.


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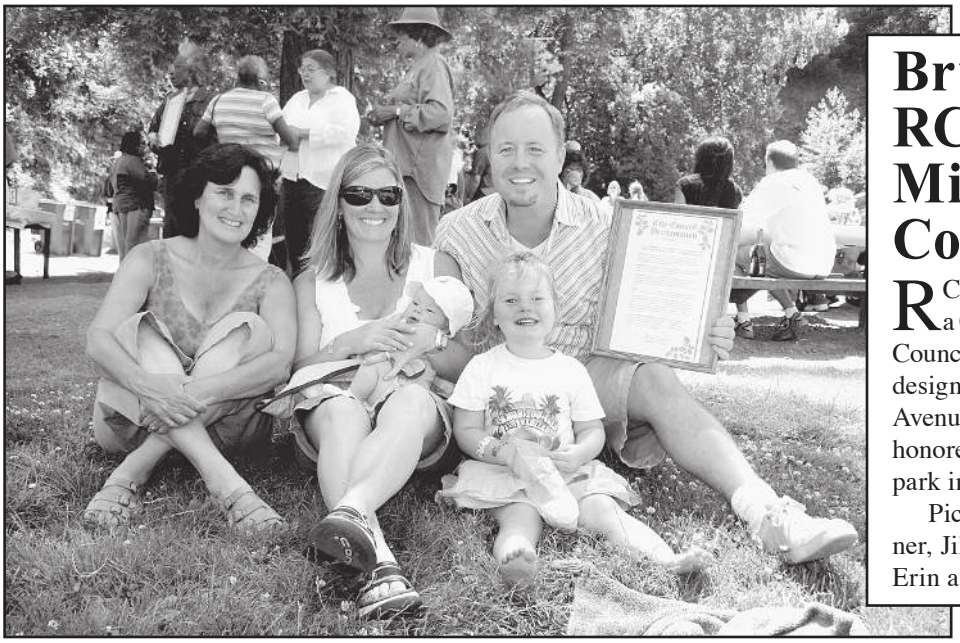
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Brunner Names RCPC Boardmember Mike McDonald a Community Hero

RCPC boardmember Mike McDonald received a Community Hero Award from Oakland City Councilmember Jane Brunner for spearheading the design and installation of benches along College Avenue. Mike was one of six community members honored at Brunner's summer picnic in Temescal park in July.

Pictured from left are Councilmember Brunner, Jill & Mike McDonald, and their daughters, Erin and Jenner.

changes ON COLLEGE

by Theresa Nelson

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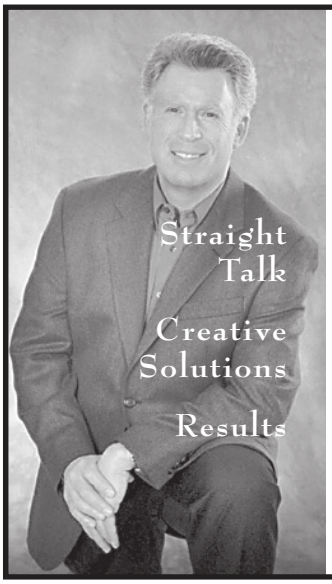
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The Rockridge Muse

by Ortrun Niesar

Rockridge as History

The history muse has come to stay awhile. Lately we all seem to have gotten the bug of burrowing and digging around in our personal and communal past. Why now? Practically speaking it probably has to do with a current trend in publishing: neighborhood anecdotal history books are in. But could this not be a visceral response to our sense of things moving too fast, a fear of losing what we love and know before we have had a chance to really cherish it, to understand its meaning? Or maybe, thanks to the age of technology, we all have too many old photographs stashed in our attics by now not to do something with them.

History month it is, then. Temescal's Jeff Norman has just published a new book entitled *Temescal Legacies: Narratives of Change from a North Oakland Neighborhood*, a very interesting excerpt of which appeared this summer in the Oakland Heritage Newsletter. Here in Rockridge, three writers and history buffs have taken on the job of chronicling Rockridge's trajectory through the 20th century, a story to be told in photographs and anecdotes, to be published by Arcadia as part of their "Images of America" series. These brave souls are Robin and Tom Wolf and Pat Bracewell. Pat is a freelance author who has lived in Rockridge for the past 30 years. Tom has taught Oakland, California and American history at Laney College for many years, while Robin was a sociology teacher at Diablo Valley College. Tom and Robin moved to Rockridge in 1969, never thought of living anywhere else, and are now ready to tell the story.

Now comes the fun part: Our writers are looking for old photos and stories from you. Their plan is to reconstruct Rockridge life through the past century, showing us at work and play, trying to cope with change, defending our way of life. "We need photos from each decade, so that we can show change taking place in Rockridge," says Robin. Here are some of the categories they are exploring:

- Institutions (schools, firehouses, churches)
- Business and Work (anybody have photos of the quarry when it was being actively mined?)
- Transportation (Shafter corridor construction, BART, Caldecott Tunnel, streetcars and model Ts)
- Daily Life (families gathered around the radio, moms hanging the laundry out to dry, weddings, sons and daughters going off to war)
- Recreation (block parties, club activities, celebrations, big band dancing at the Claremont Hotel)
- Arts and Culture (we do have some of that around)
- Architecture (interior and exterior views of craftsman, art deco and two-story houses)
- Sports (swimming in Lake Temescal, competitions, soccer teams)
- Events (anything from presidential motorcades and fires to protest marches and strikes)
- Community at Work (RCPC, schools, public library campaign etc.)

If you have photos to contribute, please call Robin Wolf at 510/435-5572. Do it now while you are thinking of it, because they need to hear from you. The process should be easy. Robin will come to your home or business and scan the photos right there, so you will not have to worry about logistics. Also, while we are on the subject, do contact me if you would like to work on oral histories. I can be reached at 510/652-6664.

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6130 Acacia Ave	5/4	$2,200,000	$2,000,000	8/8/2006
87 Ross Circle	3/1	$989,000	$1,025,000	8/10/2006
5816 Mendocino Ave	2/2	$850,000	$855,000	8/11/2006
5545 Lawton Ave	3/1	$899,000	$912,000	8/17/2006
5360 Locksley Ave	2/1	$ 769,000	$ 765,000	8/23/2006
5673 Keith Ave	4/2	$ 1,095,000	$ 1,185,000	8/23/2006
5322 Locksley Ave	2/1	$ 659,000	$ 720,000	8/25/2006

This summer's total sales *decreased* by 23% from June – August 2005. Homes are *on the market 20% longer* and the *median sales price decreased* by 6%. In 2005 homes sold for 113% of listing price.

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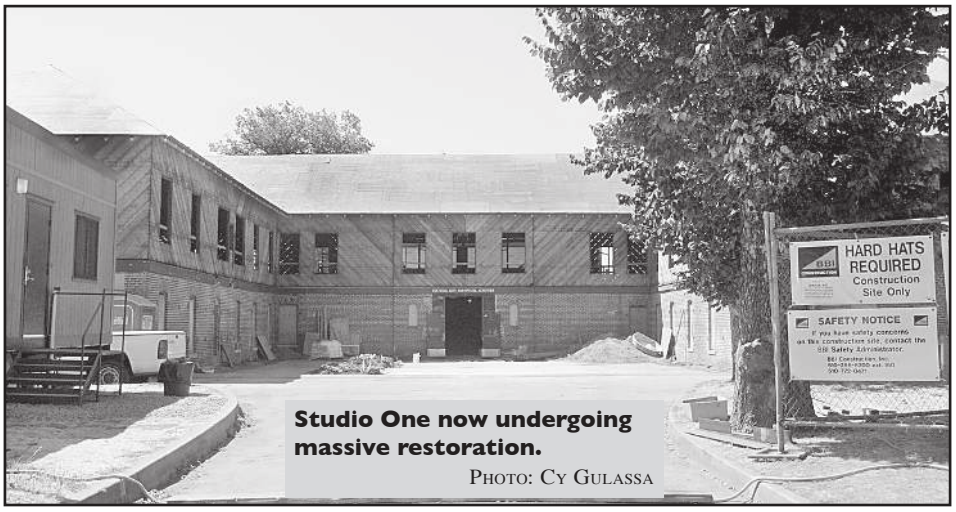
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Studio One Listed in National Register of Historic Places



Studio One now undergoing massive restoration.
PHOTO: CY GULASSA

by Jeff Norman

By unanimous consent, the State Historical Resources Commission recommended last May that the Studio One Art Center building in North Oakland be listed in the National Register of Historic Places. The Commission's recommendation was approved by the National Park Service in July. This was welcome news to the Friends of Studio One, the group seeking this important historic designation for the 100-year-old building, located on 45th Street next to Oakland Technical High School.

Built originally as a home for children in 1894 by the Ladies' Relief Society of Oakland, the building was severely damaged by fire in 1906. A year later it reopened and continued to house children until 1940. In 1947, the North Oakland Area Council launched a community-wide campaign to purchase the building and adjacent playground to give to the City of Oakland for use as a city recreation center. Temescal Pool was constructed on the former orphanage playground next door.

The North Oakland Recreation Center, with the fledgling Studio One program occupying a portion of the second floor, opened in 1949. A city-run arts program for adults and youth, Studio One eventually grew to fill the entire building. The program operated continuously from this location until the spring of 2005 when it moved temporarily to the Malonga Casquelourd Center for the Arts on Alice St. while the Studio One facility undergoes a $12.5 million renovation, funded by Measure DD. The new, state-of-the-art, seismically upgraded Studio One is expected to reopen at its historic 45th Street location by next summer.

The National Register listing recognizes the important role the non-sectarian Ladies' Relief Society, which was founded in 1871, played in Oakland's history. It also honors the building, which is the last remaining example of this type of large, residential children's institution in Oakland.

Listing in the National Register automatically places the Studio One building in the California Register of Historical Resources. The city of Oakland also is in the process of designating Studio One as an official city landmark.

Jeff Norman is a community artist whose award-winning projects explore the cultural and natural history of North Oakland, where he lives.

Farallon Recorder Quartet to play at the RUMC Concert

On Friday, September 15 at 8:00 p.m., the Farallon Recorder Quartet will present a concert at the Rockridge United Methodist Church Performance Space (RUMC), 303 Hudson Street, Oakland. The program will include music from the Renaissance and Baroque periods and from the 20th and 21st Centuries. Tickets $18, $15, $10.

For more information phone 510/559-4670. (Not wheelchair accessible.)

Members of "the church on the corner," across the street from the library, recently voted to discontinue being a church and to offer the building for performance and office space. Music and stage productions will benefit from the acoutistics of the large performance hall.

'Music That Cooks' Presents September Concert at CAPC

Music That Cooks is a monthly concert series featuring local singers and songwriters, the voluntary proceeds of which go to support the less fortunate in our community. This month's featured artists include: Eileen Hazel, Megan McLaughlin and ever-present David Serotkin. Friday September 8, College Avenue Presbyterian Church (CAPC), 5951 College Avenue. For additional information, visit Musicthatcooks@comcast.net.



Book Note

by Cy Gulassa

Encounters with the Invisible: Unseen Illness, Controversy, and Chronic Fatigue Syndrome, **by Rockridge Writer Dorothy Wall.**

What would you do if you became seriously ill with a sickness that does not appear in the lexicon of ailments, one that eludes diagnosis, is invisible to technology and immune to shelves of cures? What would you do if doctors and good friends alike began whispering that the ultimate cause of your protracted agony might be emotion, family problems, a psychic infection or some short circuit in the soul?



Dorothy Wall
PHOTO: BOOK JACKET

What Rockridge's Dorothy Wall did when suddenly crippled by chronic fatigue syndrome (CFS) is write a fascinating book about her long and somber ordeal. With a gift for narrative and exacting detail, she chronicles in *Encounters with the Invisible* her personal and family struggle, and the gradual change in public attitude toward CFS from skepticism to understanding and acceptance.

CFS began to spread in the late 70s when hundreds of patients complained of flu-like symptoms that included severe fatigue, inability to concentrate, sore throats and swollen glands. Initially dismissed as just another virus, it took almost a decade for the Center for Disease Control to recognize the spread and seriousness of the illness and officially label it "chronic fatigue syndrome." The name, unfortunately, bore pejorative connotations—from lazy to crazy—that marginalized patients and slowed understanding of the growing epidemic, which by 1999 afflicted over 800,000.

Ms. Wall's private encounter with the invisible began with classic symptoms one June day in 1980 outside her apartment on Claremont Avenue. "Exhaustion thick as sod" settled in her head and limbs and she took to bed, not realizing that instead of a few days, it would be 20 years before the symptoms abated enough to allow resumption of some limited routines.

Any history of the struggle to understand and legitimize CFS would make interesting reading by itself, but how much more powerful and compelling when told by a fine, intelligent writer who not only witnessed but personally lived the journey. Yes, it is a story of suffering, but is also one of hope, courage and the dignity of the human spirit. In an afterword, Dr. Nancy Klimas provides a clinical analysis of CFS and an assessment of work done and the labor that remains.

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Rockridge Celebrates National Night Out



Rockridge celebrated National Night Out in August with 16 block parties. Above, Taft Avenue revelers along with Miles Avenue Fire Station 19's Engine 2559 supporters, gathered for a group photo as a representative sample of the millions who participated in the nationwide anti-crime demonstration.

Classifieds, continued

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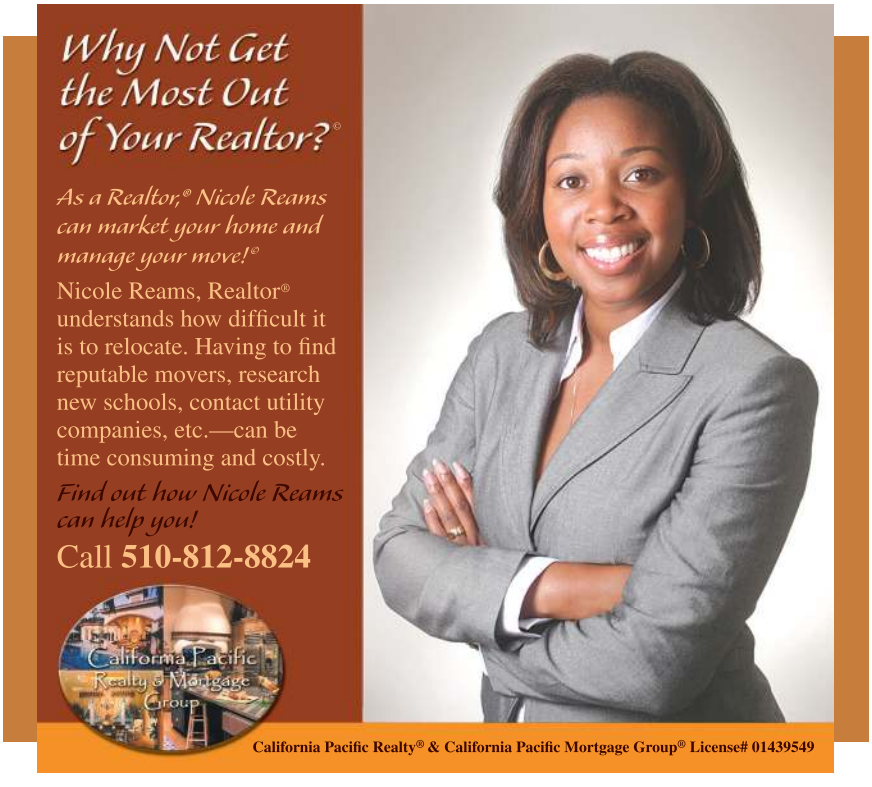
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E-mail *Rockridge News* Community Calendar items to: joellis1@hotmail.com, phone 653-3210 (after noon), or mail to: *Rockridge News* Community Calendar, 5245 College Avenue, PMB 311, Oakland, CA 94618. Deadline is the next to the last Tuesday of the 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., east of Telegraph). **No Sept. mtg. Oct. 7 topic: The November Ballot. Speakers Pro and Con**. For more info: 238-7001 or www.oaklandnet.com (the site for all City-related information).

The Greater Rockridge N'hood Crime Prevention Council

Residents and business members of NCPC's 12Y and 13X areas are invited to voice their concerns about crime and public safety. Meets 3rd Tuesday each month, 7 to 8:30pm at California College of the Arts (CCA), 5212 B'way (at College), Bldg. B-4. Directions and more information: www.rockridgencpc.com.

Rockridge Branch Library 10th Anniversary Celebration

5366 College Avenue, 597-5017

Panel discussion **"Writers on Reading,"** moderated by Cynthia Gorney, will include panelists Maxine Hong Kingston and Jon Carroll, S.F. Chronicle columnist. and April Sinclair. **Special activities for kids** ages 6 and up: come in pajamas and bring a pillow and blanket. Teen volunteers will help with stories, games and snacks while parents are at the panel discussion. Tuesday, September 12th from 7 to 9pm (doors open at 6:30), in the upstairs meeting room. Refreshments served. For more information, call Erica at 597-5017

For Children:

- **Toddler Story Time:** 1st and 2nd Saturdays, 10:30am: 9/2, 10/7
- **Pre-School Story Time**: 1st and 3rd Wednesdays, 10:30am: 9/6, 9/20,10/4.
- **Pajama Story Time:** 2nd and 4th Tuesdays, 7pm: 9/12, 9/26.

Special Events for Kids and Families:

- **Latin-American Heritage Month:** Make pinatas and celebrate with stories and crafts, led by Rachel Palacios of the Oakland Museum. Thursday, 9/28 at 3:30pm. All ages welcome; children under 7 should bring a grown-up.

For Teens:

- **Bookwormz** (Teen-Led Book Club): Saturday, 9/16, from 11am to 1:30pm in upstairs mtg. room.
- **Anime Club:** Watch and talk about new anime (Japanese animation) with other teens. For September only, we meet on the third Tuesday, 9/19 (instead of the regularly scheduled 2nd Tuesday of each month because of the 10th Anniversary party on the 12th), to watch InuYasha from 5 to 6:30pm, in the upstairs mtg. room.

For questions about teen events, call Susy, the Teen Specialist Librarian, at 597-5017.

For Adults:

- **Writers Support/Critique Group.** ALL writers welcome. Bring at least 10 copies of 5 pages of your prose for on-site reading/discussion. Sponsored by the California Writers Club, Berkeley branch (www.berkeleywritersclub.org/). Third Saturday of the month from (9/16), 1 to 5pm. For more information: 420-8775 or Writefox@aol.com.
- **Knitting Classes for Seniors** (50+), in collaboration with the Pleasant Valley Adult School. Instructor: Teri Barr. All levels welcome. Beginners bring light color yarn and a pair of size 8 needles. If experienced, bring projects to work on. Tuesdays, from 12:30 to 2:30pm in the upstairs meeting room.
- **Writing From the Soul:** writing class for creative expression and spiritual growth taught by Suzanne West, Chair of the Liberal Arts Dept. at JFK University. Saturday, 9/16 from 2 to 4:30pm. Class limited to 30. Call 597-5017 to sign up.
- **Book Signing and Film Screening**: **Amy Gorman** will read from *Aging Artfully*. The book profiles 12 remarkable, Bay Area women in the visual and performing art, ages 85 to 105. The film by **Greg Young**, *Still Kicking*, follows six of the women. Saturday, 9/16 from 2 to 4pm in meeting room 1.
- **Lawyers in the Library**: Free legal advice. First Tuesday of each month: 6pm to 8pm. Advance sign-up starts 5pm.

Art Exhibits:

Gallery: Sept.: Liliana Thomas

Display Case: Sept.: Rockridge Library History Exhibit

LIBRARY HOURS:
Monday and Tuesday, 12:30 to 8pm.
Wednesday, Thursday and Saturday 10am to 5:30pm
Friday, 12 to 5:30pm
Closed: Sundays, **also Monday, 9/4 and Saturday, 9/9**.

Diesel Book/Poetry Events

All events are FREE and open to the public

- Monday, 9/11, 7:30pm. **Amnesty International Meeting**. All welcome
- Wednesday, 9/13, 7:30pm. Local author **Dylan Schaffer**: *Love, Death and Bialys*.
- Sunday, 9/17, 2pm. Publication party for the launch of Omnidawn's new anthology, *Paraspsheres*.
- Wednesday, 9/20, 7pm. **Adam Mansbach** and **T. Cooper**: *A Fictional History of the United States (with Huge Chunks Missing)*. Anthology. **Daniel Alarcon** will read his contribution.
- Sunday, 10/8, 3pm. **Gail Sher:** *Writing the Fire*.

5433 College Ave. For more information about other events, Book Discussion Groups and El Grupito, the Spanish discussion group: 510/653-9965 or www.dieselbookstore.com.

Heirloom Tomato Tasting And Book Signing

Meet and visit with **Mimi Luebbermann**, the author of *The Heirloom Tomato Cookbook*. Taste heirloom tomatoes with a variety of salts, featuring recipes from her book. Friday, September 15, from 4 to 6 pm. At The Pasta Shop, Rockridge Market Hall, 5655 College Ave. For more information: 547-4005 or www.pastashop.net.

Frog Park Phase II Grand Opening Celebration Party

Special guests will include Councilmember Jane Brunner and City Council President Ignacio De La Fuente. Sunday, October 1, 11:30 to 3pm at Hardy Park. **See article, page 7.**

Frog Park Volunteers Wanted

- Kiosk Community Build Day. All day Saturday, September 9. For more details: Mike McDonald at 772-7906 or mike@m-c-d.net
- Fall Maintenance and Planting Day. Saturday, September 16. Bring wheelbarrow and gloves; water, coffee and snacks provided. For more information: Howard Ferrier at 653-6463 or hwferrier@sbcglobal.net

Cal Sailing Club: Open House With Free Sailboat Rides

Non-profit community service club teaches how to safely handle a small boat or windsurf rig. Bring change of clothes, towel, windbreaker, sneakers and strap for your glasses. Bring your own lunch or enjoy a $5 all-you-can-eat BBQ. Under 18 must be accompanied by an adult (sorry, no rides for kids under 5). September 3rd and 24th from 1 to 4pm. 124 University Ave. (just west of Hwy 80, on the left, 1/2 mile before the Berkeley Pier). Plenty of free parking. For more information: www.cal-sailing.org.

Farallon Recorder Quartet

Concert will include music from the Renaissance and Baroque and contemporary composers. Friday, September 15, at 8pm. Rockridge United Methodist Bldg., 303 Hudson St. For more information and ticket prices: 559-4670. (Not wheelchair accessible)

Health and Art Fair

SALUD! A Celebration of Latino Art, Health and Community. Latino Heritage Month exhibition and event features a visual art show by more than 12 local Latino artists, and cancer and health information in English and Spanish. Free snacks, Latin American music, free raffle. Saturday, September 23, 10am to 2pm, at the Women's Cancer Resource Center, 5741 Telegraph Ave. For more information: Margo Rivera-Weiss, Art Gallery Curator, 420-7900 x111 or www.wcrc.org.

Volunteeers Needed

- **Jewish Coalition for Literacy:** Reading tutors to introduce students in local elementary schools to the excitement of reading. Tutors are given free comprehensive training and on-going support. Time commitment of one hour per week to work with one to three students. We also accept new and gently used children's books which we donate to public schools in need. Call 839-2900x274, or www.jclread.org.

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