



# Miraloma Life

www.miralomapark.org

## All Miraloma Park Residents Are Invited to a Crime Prevention Presentation

The MPIC and the Ingleside Police District invite you to a Community Safety Education evening to discuss observing and reporting suspicious activity. Please join us!

Featured Speaker: Ingleside Police Captain Joseph McFadden

**Date:** February 23, 2016

**Time:** 7:00-8:30 pm

**Place:** MPIC Clubhouse, 350 O'Shaughnessy Blvd at Del Vale

## A Note from Robert Gee, MPIC President

Many thanks to all who responded to my open letter in last month's Miraloma Life by joining the MPIC or renewing your membership. With your support, the all-volunteer MPIC Board will maintain and step up our efforts to keep Miraloma Park a terrific place to live.

## Little Dog Lost: A Christmas Miracle

by Kathy Rawlins

On Christmas day I was busily making dinner for friends. Missing a key ingredient, I rushed out the door headed for the store. To market, to market to buy a fat pig? Not exactly, but a bag of flour will do. As I got into my car, I noticed the neighbor's small dog walking up the sidewalk. I didn't think much of it, as they often let it out in their front yard for a while and then call it back inside.

Returning from the store, I glanced up at the neighbor's windows and saw no lights on and the shades drawn. I walked over to the gate, which was closed, and noticed the small dog, no bigger than a squirrel, curled up on the welcome mat, nearly invisible as its light brown fur nearly matched the mat. It was still sunny and the dog seemed warm enough, so I decided to leave it be thinking its people would likely return soon. I gave it a dog biscuit, a towel to curl up on, a pat,

(continued on page 2)

## Update on the Affordable Housing Bonus Program

by Robert Gee

In the December 2015 Miraloma Life I provided some background information on the Affordable Housing Bonus Program (AHBP), including how it could impact our neighborhood because the AHBP area includes the three blocks of commercial/residential buildings on Portola between O'Shaughnessy Blvd and the office building at Evelyn Way. On November 6, the MPIC sent a letter to SF's Department of City Planning asking for a continuance of hearings on the AHBP ordinance until late Spring 2016 because the City had provided the public little to no information about this important ordinance and had done almost no public outreach. The Planning Commission subsequently postponed its hearing on the AHBP until its January 28, 2016 meeting. Meanwhile, the Planning Department began holding AHBP public outreach informational

(continued on page 3)

## Events in February

4

MPIC  
Board  
Meeting\*

Thursday, 7 pm,  
Clubhouse

4, 11,  
18, 25

NERT  
training  
6-9:30 pm,  
Miraloma school

17

NERT  
Respond-  
ers Meet

6-7:30 pm,  
Clubhouse

23

Safety  
Present-  
ation

7-8:30 pm,  
Clubhouse

27

Bi-  
cycling  
Workshop

1-5 pm,  
Clubhouse

\* Members wishing to address the Board of Directors should call 415-281-0892 to request placement on the agenda.

## Little Dog Lost

(Continued from page 1)

and a scratch behind the ears. Wee doggie did not seem to mind these attentions at all!

About 4 o'clock, my husband came back from an errand and reported that the weather was turning cold and there was still no sign of our neighbors. We decided it would be best to bring the pooch inside and leave a note explaining its whereabouts. As I bundled up the dog in a towel my guests arrived, and I explained the situation

as we headed indoors.

Since we have a very large dog of our own, we decided to put the little one in a room by itself with bedding, food, and water. Our dog was quite cu-



rious about this new creature, but did not bark or growl, confining her investigations to sniffing the gap beneath the door. That evening, after our guests left and the aliens still had not returned our neighbors, we brought the little one out and introduced her to our dog. As they seemed to get along fine, we took them both out in the back yard for a brief "business meeting" before setting them up with their own beds. Our dog was quite concerned when our guest jumped up onto her couch, but all was cum-baya once we settled the visitor on a nice stuffed chair in the corner.

Next morning I fashioned a leashed for the little guy and took both dogs for a walk. They did very well together, each allowing the other its space. After a good breakfast, they both curled up on the rug in the sun for naps. We decided to take both for an afternoon walk in Glen Canyon. I took care to keep peewee on a short leash and carry it when we were in thick brush, as coyotes were in the area.

When we got home our neighbor's truck was parked in front of their house, so we brought the little one back. Our neighbor was very glad to see the dog, which he said

they'd left with a friend at 23rd and Church streets while they headed out of town for the holidays. Their dog had somehow escaped from its sitters on Christmas Eve and they had been searching in that area ever since, never thinking that she might have made her way home. But in fact that squirrel-sized pooch had braved the dark night, temperatures in the 40s, traffic, coyotes, and other threats galore to trek all the way from Noe Valley to the upper reaches of Mt Davidson! Home was truly where its heart was, and this amazing little dog had the courage and wisdom to find its way back. Given it was Christmas time, and San Francisco, maybe she had help from St Francis, a lover of animals if ever there was, St. Felix of Nola (the patron saint of lost animals), and a guardian angel or two. How about that—a real Christmas miracle on our very own street!

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**2015 Sales Statistics for Miraloma Park**

Highest/Median/Lowest sales prices - \$2,575,000 / \$1,250,000 / \$649,000

#### **Averages**

Square feet - 1701 at \$833.05/sq. ft.

Days on market - 28

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## Affordable Housing Bonus Program

(Continued from page 1)

meetings in all of the supervisorial districts.

The MPIC has not yet taken a position on the ordinance, but like many other neighborhood groups we are concerned about potential negative impacts. The program was developed with limited to no participation by affected neighborhoods throughout the city or their constituency groups. The Mayor, City staff and two consultants have been working on the AHBP program for well over a year and now a much shorter period has been proposed for community “outreach” and public input.

If it becomes statute, the AHBP would change current zoning (land use) law citywide. Existing zoning safeguards could be undermined, leading to gentrification and homogenization of neighborhoods, and significant impacts to nearby residential homes. Implementing the proposed AHBP Design Guidelines citywide would facilitate a uniformly bland makeover of our highly unique neighborhoods. The proposed timetable for this “one size fits all” plan would be unrealistic based on the nature, complexity, and broad scope of the program.

Specific ways the AHBP would impact quality of life in our city include:

- Restriction of advanced notification and review of proposed building projects by the public and neighbors.
- Displacement of small neighborhood businesses, as their current locations may be redeveloped.
- Failure to provide housing for the most needy San Franciscans.
- Elimination of existing rent-controlled units, as existing buildings can be torn down.
- Taller buildings—2 to 3 extra stories or more above current zoning limits would be allowed. Planning Staff are saying that there would be no “vertical additions” to existing buildings, meaning that the program for now would be limited to new construction from the ground up, but there is no guarantee this limitation would remain in place. Without any further studies, we can’t know the problems vertical additions might create.
- Denser units—more units per building would be allowed.
- Smaller unit size—the minimum square footage standard would be removed.

- Reduction of currently required setbacks from front, side, and rear property lines.
- Promotion of density while ignoring the already overcrowded transit infrastructure.
- Elimination of requirements for on-site parking, putting more cars on the street.
- Creation of mid-block buildings over 60 feet high (current limit is 40 ft).
- No provision for new open-space to serve new residents and with negative impacts on existing open space (e.g., shadowing by taller adjacent buildings).

Planning Department staff held an AHBP community meeting for District 7 residents in Golden Gate Park (which is outside of District 7) on Jan 12, 2016. District 7 Supervisor Norman Yee was there and gave an opening statement to the effect that he won’t be supporting the AHBP ordinance in its current form. The meeting was attended by 35-40 people, a low number given the very large turnout of over 130 at the community meeting held in the Sunset for Supervisor Katy Tang’s District. Was this reduced attendance because the District 7 meeting was held outside of District 7? The MPIC Board has requested Planning staff to come to our February or March 2016 board meeting to further discuss the AHBP.

## Resiliency in Miraloma Park

by Robert Gee

Your Resilient Miraloma Park Executive Steering Committee submitted a proposal summarized below to District 7 Supervisor Norman Yee’s Participatory Budget program that closed submissions on January 8. Participatory Budgeting is a democratic process in which community members directly decide how to spend part of a public budget. It gives citizens the power to set budgeting priorities and make decisions about which com-

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## Resiliency in Miraloma Park

(Continued from page 3)

munity projects should be funded. The process involves brainstorming project ideas, developing initial proposals, and selecting winning projects through voting. This year, District 7 Supervisor Yee set aside \$300,000 to be used for Participatory Budget General Projects and \$200,000 more for “Pedestrian Safety Vision Zero” projects.

We hope our proposal makes the final list of projects to be presented to District 7 residents for voting. If it does, we will let you know so that you can vote to support it.

**Proposal:** Emergency Preparedness & Recovery for Miraloma Park Community & Seniors

**Budget:** \$25,000

**Description:** Miraloma Park consists of 2,200 homes along Mt. Davidson with a population of over 6,300. Eighty-five percent of homes are owner-occupied, with some owners dating back to the 1950s or earlier. More and more seniors are interested in aging in place, which means they prefer to remain in their homes despite the limitations of aging. Eighteen percent of our residents are over 60 years of age. Over 800 households have someone over age 65. This creates a challenge for Miraloma Park, as this older demographic may need our support in times of stress.

In 2014, the MPIC partnered with the city’s Neighborhood Empowerment Network to create and implement a plan to strengthen our community so that during times of stress every resident would feel safe and empowered. We launched Resilient Miraloma Park (RMP) as a community-driven disaster planning program. Please see our RMP Action Plan at <http://empowersf.org/resilientmiraloma-park>.

The project is built on the city’s Empowered Communities Program. A key goal is to help neighborhoods prepare for earthquakes, landslides, extended power-outages, etc.

RMP Vision Statement: The Miraloma Park community is an energetic and engaged community where everyone can live healthy, safe lives and be surrounded by networks rich in trust and reciprocity. During times of stress, our community will come together to support each other like a family, with a focus on addressing the needs of vulnerable populations, visitors, and residents of Miraloma Park. As a result of the work we put into restoring our community, Miraloma Park will be a closer February 2016 Miraloma Life Page 4

and more connected neighborhood.

**Need for the Project:** The RMP has identified four locations as Service Areas in Miraloma Park that will provide assistance to residents following a disaster. Critical equipment is required for these Service Areas to be successful. (See list in Budget Section below.)

Two additional projects will serve the vulnerable demographic: (1) Provide LED lanterns to seniors who will have difficulty navigating their homes without power; (2) Provide seniors a “Go Kit” that contains supplies enabling them to call for help, provide light and simple warmth; a plastic capsule to carry medication; and a 1-week storage box for medications. The “Go Kit” makes it easy for seniors to take the supplies with them if they are relocated.

### Itemized Project Budget:

- Propane Honda generators (3000 watts available): 5 total—1 for the NERT staging area and 4 for the Service Areas.  
 $5 \times \$3,000 = \$15,000$
- Pop Up Canopy Tents: 5 for NERT staging area, 2 with zip-on walls for medic tent & bathroom, 4 for the Service Areas.  
 $5 \times \$100 = \$500 \mid 2 \times \$100 = \$200 \mid 4 \times \$100 = \$400$   
—\$1,100 for all tents
- HAM Radios: 10 Baofeng—2 for NERT staging area, 2 per Service Area.  
 $10 \times \$62 = \$620$
- Lanterns (LED) for seniors (100 GE Enbrighten).  
 $100 \times \$50 = \$5,000$
- “Go Kits” for Seniors (including whistle, emergency blanket, bag, pill box for week, flashlight, plastic tube for medical information, list of other personal items that they may want to include).  
 $100 \times \$25 = \$2,500$
- Collapsible wheelchairs (Medical lightweight transfer chair to be used to assist in relocating seniors to the Service Areas or other locations).  
 $2 \times \$150 = \$300$

**Total of \$24,770.**

Funding to acquire these items would be distributed through a currently authorized fiscal agent, such as the SF Parks Alliance. The propane generators, HAM radios and pop up tents will be stored at the MPIC Clubhouse, a secure location.

(continued on page 5)

## Resiliency in Miraloma Park

(Continued from page 4)

**Who will benefit?** Residents of Miraloma Park and especially the vulnerable population, including seniors, who make up 18% of the population, and the disabled.

**Outcomes to measure project's success:** Our community will be more prepared to handle times of stress such as a disaster. We will be able to support our vulnerable population.

### Mia's Beauty Spa: New Kid on More than One Block

by Jim O'Donnell

When Vietnam changed hands over 40 years ago, Vietnamese people associated with the US-supported regime were forced out. Tippi Hedren, the well-known actress of the Hitchcock films *The Birds* and *Marnie*, decided to spend time with the refugees coming to this country and see what she could do to help them find new vocations. Twenty wives of high-ranking immigrants admired her long, polished nails, and the nail salon industry has never been the same since. Nail service cost \$50 per client forty years ago, and was available only to the well-heeled. Now, the same service starts at about \$20. Over half the nail salons in California are owned or staffed by Vietnamese, and nationwide the nail salon industry is worth over \$8 billion annually.

Mia Do and her family follow in that tradition. Her nuclear family of four left Ho Chi Minh City 3 years ago after waiting 14 years for US visas. "First off, we don't call it Ho Chi Minh City," Mia emphasized. "It is Saigon, as it has been traditionally in Vietnamese history." Asked why they left Vietnam, Mia told me that it was tough there to earn a living with a family-owned restaurant due to the Communist government restrictions. Like many other immigrants to the US, she said, "my family wanted a better opportunity to succeed."

Father Tony, Mother Dana, and 22 year-old Mia have all earned their California personal licenses and worked at other salons over the past 3 years. Seeing an oppor-

tunity to own a shop, they bought the Opal Spa, visible from three directions on the corner of Woodside, O'Shaughnessy and Portola, 6 months ago.

Recent news articles about other cities with nail salons, including New York, have reported toxic contamination in the salons, resulting in adverse health impacts on both workers and clients. To avoid these problems, Mia told me, "we subscribe to the San Francisco Healthy Nail Salon Program, using only natural products for our safety as well as our clients'" More information about this program is available at [www.SFEnvironment.org](http://www.SFEnvironment.org) or 415-355-3700.

Mia is currently making a first-time customer offer: a free paraffin wax with any pedicure if you mention that you read about it in Miraloma Life.

Her prices are competitive and she features all nail salon beauty spa services. Check them out on the web, at [www.yelp.com/biz/mias-beauty-spa-san-francisco-2](http://www.yelp.com/biz/mias-beauty-spa-san-francisco-2).

Mia's Beauty Spa  
602 Portola Drive  
San Francisco, CA 94127  
415-661-4772





## From the MPIC Safety Committee

### Reckless Driving in Miraloma Park

Residents of Gaviota, Arroyo, and Bella Vista near Sequoia reported speeding cars between approximately 7:50 and 8:00 am, typically on school days. MPIC Board members met with Ingleside Captain McFadden to discuss this serious safety problem. We will be exploring engineering improvements (e.g., speed humps) with the SF Municipal Transportation Agency (SF-MTA), education via Miraloma Elementary School communications with the school community, and enforcement, which is already planned.

Reckless drivers at around school drop-off time may or may not be among our friends and residents in the Miraloma School parent community. But the school's communications are a good starting point in our efforts to raise community awareness of the urgent need, for the well-being of all, for safe and careful driving on Miraloma Park's crowded, narrow, curving streets.

### Bella Vista Break-in (Dec 21, 2015, around 1:30 pm).

Following is the homeowner's note of thanks to Ingleside District Captain Joseph McFadden:

"Just wanted to say thank you to your six officers who just responded to my home alarm call from Bella Vista Way. The intruder popped my front gate and then proceeded to break into the front door with a crow bar which must have set off the alarm and scared them off. The dead bolt was still intact so they never gained entry.

Sgt. Kumli and Officer Eteti responded as well as four of your housing officers. They were waiting for me to arrive and then checked the interior of the house. I had a big Bay Alarm sign in front of the house as well as stickers but that didn't deter the thief."

**Suggestion:** Always arm your security system when leaving home. Also, security cameras are an excellent deterrent.

**Suspect description:** The resident further reported to Captain McFadden that "At approximately the same time as the attempted break-in, a neighbor was driving past my house and observed a dark-colored Ford Explorer type of vehicle parked in front of my house. The vehicle's engine was still running and there was no driver in the vehicle. The vehicle was parked over a foot away from the curb. My neighbor saw a Caucasian male standing at my front gate with his arm through the gate up to his shoulder. The gate appeared to move slightly. The male is described as approximately age 35, medium build, 180 pounds, 5 feet 11 inches. His hair was down to his ears. His head was covered by a hoodie, beanie, or cap. His jacket was an outerwear ski type and dark. His pants were a dark color. No mustache or goatee was observed. My neighbor thought it was strange to see this man in front of my house and felt unsafe as there was no one else outside on the street.


**Suspicious activity—a good example.** It can be difficult to define what actually constitutes suspicious behavior and therefore should trigger a call to 911. This incident unambiguously qualifies for a 911 call. When in doubt, call 911.

### Dog Attack

November 17, 2015 around 7:40 pm

A Sequoia Way resident reported that while on his evening walk with his two small dogs on leash, one of his dogs suddenly came under attack by a large, unleashed dog, reportedly a mastiff, which gripped the smaller leashed dog's head in its jaws. The dogs were separated, and when the victim's owner requested contact information from the attacking dog's owner, the lady walked away. The victim's owner followed her to determine her address in case veterinary examination showed serious injury to his dog. He also called 911. Officers responded both to victim's owner and to the home of the mastiff owner, who reported being stalked by a strange man (the resident wanting to hold her accountable for any serious injuries to his small dog).

Miraloma Park dog owners are typically responsible, caring, and law abiding. But animals, like humans, can



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## From the MPIC Safety Committee

(Continued from page 6)

be unpredictable. The SF Health Code Leash Law (SF Health Code, Article 1, Section 41.12) provides protections for animals as well as humans; Section 39 mandates reporting dog bites and requires a dog owner to provide contact information in the event that his or her dog bites another dog.

PS. Giving false information to a police officer is a criminal offense.

## Summary of the MPIC Board Meeting of January 7, 2016

by Joanne Whitney and Dan Liberthson

Guests: Micah Lewis Kraus and Sydnie Reed, neighbors on Teresita; Peter Renteria, neighbor on Foerster who does much work for the MPIC; and Anastasia Glickstern, who spoke of concerns about and opposition to the Natural Areas Program's use of herbicide on Mount Davidson. She asked that the MPIC Board take a position against pesticide use on Mt. Davidson and to be notified of Board discussions on the topic. Board President Gee suggested that discussion of this controversial subject be continued after more research, that the community be made aware of the issue, and that the Natural Areas Program's position be heard.

Treasurer's Report Highlights (R Gee & V Antal): During December, MPIC net worth decreased from \$37,170 to \$34,096. For all 2015, total income exceeded total expenses by \$1,454. December income included \$469 in membership dues and 675 in newsletter advertising revenue. Atypical expenses included \$195 for CSFN holiday dinner; Holiday Potluck Party cost of \$1,752; and year-end bonuses to the Clubhouse gardener (\$400 bonus), Rental Agent (\$300), newsletter carriers (\$65 to each of four), and newsletter layout person (\$100). Clubhouse rental income was \$3,955 in Nov, up from \$3,305 in Dec 2014 and \$3,490 in Dec 2013.

Communications: Complaint received re large commercial vehicles parked on neighborhood streets. T Armour will investigate laws regarding commercial vehicles and Board will then discuss MPIC role in helping this and other affected neighbors.

Committees: *Membership* (B Kan)—MPIC membership was 445 on Dec. 31, down from 448 on Nov. 30.

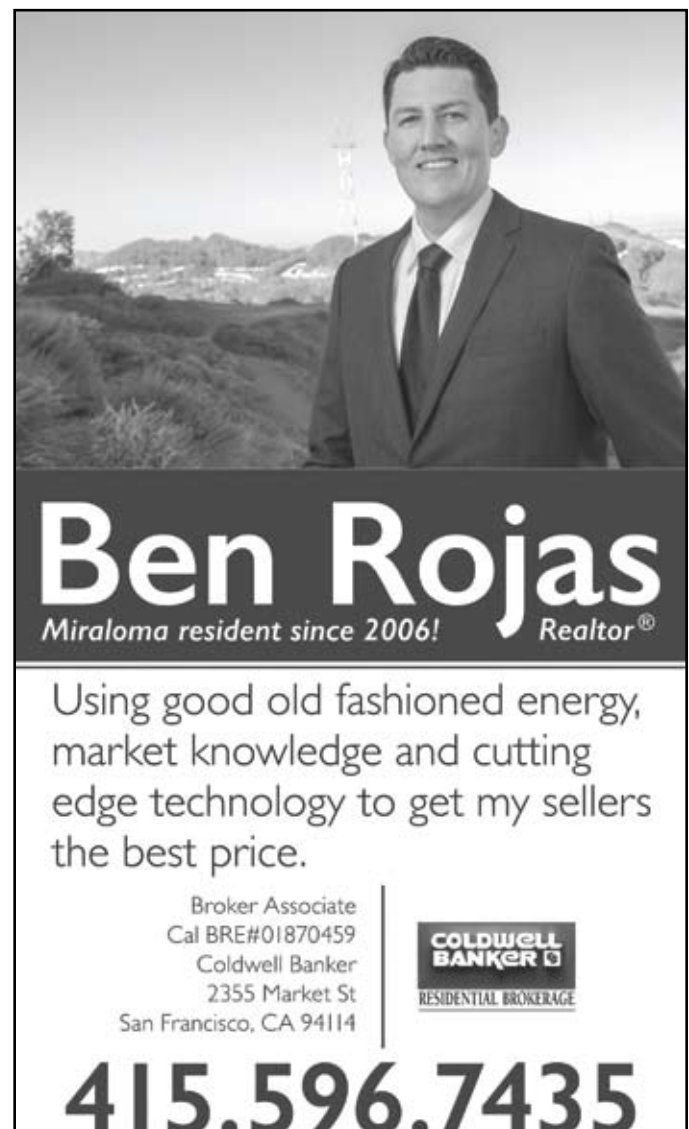
*Clubhouse Maintenance* (K Rawlins)—K Rawlins installed LED bulbs in chandeliers that provide a brighter environment. Motion for cost of the bulbs (\$395) passed. Motion to buy six round tables for people to stand at during events at about \$79 + S&H each passed. Discussion of whether tables will be made available to renters for small fee. K Rawlins to investigate cost of repairing dryrot on porch floor planks and proposed installation of combination toilet holder & safety bars in restrooms. Motion to spend \$180 to buy and install bars approved.

(continued on page 8)



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## MPIC Board Meeting of January 7, 2016

(Continued from page 7)

Kitchen now has extra open cabinet space and cutting boards for renters. *Events* (K Rawlins)—Holiday Party well attended particularly by families with young children. Gifts from merchants obtained by Peter Renteria were many and more diverse than ever. Supervisor Yee and Police Captain McFadden attended. Excess food was distributed to shelters by FoodRunners. Proposed that Bert Hill, a bicycle safety expert give a talk to the Miraloma community on bike safety both for riders and for drivers and pedestrians. Motion to support this event passed. *Zoning and Planning* (ZAP, T Armour)—Design of 279 Bella Vista addition discussed; 234 Teresita in historical preservation investigation and owner to be contacted re cyclone fence, debris at site; 795 Teresita awaiting review; pre-application meeting expected for 307 Marietta; in-law issue at 656 Teresita unresolved. P Tekky monitoring Affordable Housing Bonus proposal (see article in this issue). *Newsletter* (D Liberthson)—R Gee announced that he, B Kan, J Ryckebusch, S Yeralan, D Liberthson, K Wood, and D Homsey will be members of a publicity committee. *Streets & Transportation* (R Gee)—Work at Teresita and Fowler discussed; J Whitney shared complaints from herself and neighbors re lack of information from SF-MTA about what is happening. D Homsey to contact SF-MTA for information. *Resiliency* (D Homsey)—New NERT training to begin at Miraloma School in February. Planning Committee for Resiliency will seek funding from Participatory Budget program (see article in this issue). School Resiliency Plan being integrated with neighborhood plan. Motion to spend \$500 for dinners before quarterly Resiliency meetings passed.

Old Business (K Rawlins): Materials for submission of 501(c)3 application assembled and will be mailed.

### What's Growing in Our Backyards

by Denise Louie

This season's rain pattern has brought a plethora of non-native, invasive weeds. I've been chasing French broom, oxalis, chickweed, fumitory, vetch, non-native grasses, and more. These are common weeds that grow in many of our backyards. French broom seeds can germinate after being in the soil for decades. But at least when I

scrape off a one-half inch seedling, I know it will not regenerate. Unlike French broom, oxalis can send up new stems and leaves unless its korms or roots are removed or until a particular seedling's resources are exhausted. As I am in my backyard each week, I remove new oxalis seedlings with gardening knife in hand, before they have a chance to store energy underground and make more korms. When the korms come up willingly, I smash them with my fingers or remove them to my green bin. Removing chickweed means removing it by its roots. I use my gardening knife to loosen the soil and tease out the roots. It's tricky, because the stem often breaks before the roots release from the soil. Fumitory seedlings resemble poppies with lace-like leaves, except that fumitory starts out with two slender, elongated blades with pointed tips. As it grows, you'll easily see its own distinctive form.

Soil compaction is inevitable when we walk on wet soil. Plant roots need space for air, so soil compaction is not ideal for plants. I try to walk along unmarked paths. I also try to avoid stepping on wet soil around plants. But walking in the garden after a rainy day is necessary for staying on top of the worst weeds. I defend my plantings by removing weeds while they're young.

Recently, I planted ceanothus, aka California lilac, and cream bush, for Rec and Park's Natural Resources Division (Natural Areas Program). This planted area on Mt. Davidson used to be covered thickly with French broom that was taller than me. Native plants that became visible after the removal of the French broom include morning glory, wild cucumber, and a coast live oak sapling. I removed the French broom almost single-handedly, without chemicals. The new additions did not require any soil amendment. Mulch will be added later to help keep the soil from drying out once the rains stop.

The Natural Resources Division just lost a couple of staff. If you're interested in volunteering and learning about native plants, contact the Rec and Park volunteer coordinator right away at [recparkvolunteer@sfgov.org](mailto:recparkvolunteer@sfgov.org).

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## Safe and Secure Bicycling in San Francisco



Looking to become familiar with urban riding in San Francisco? Join the SF Bicycle Coalition for our free “Traffic Skills 101” classroom course, co-hosted by MPIC, covering how to choose a bicycle, preventing theft, the rules of the road, tips and tricks for city riding, and more. The class is great for anyone wanting to hone their skills, or for those interested in—but intimidated by—urban biking. The class will be presented by Bert Hill, a 40-year resident of Miraloma Park on Saturday, February 27 at the MPIC Clubhouse from 1-5PM. No bicycle, or experience, is necessary for this free course.

Please register online at [sfbike.org/miraloma](http://sfbike.org/miraloma).

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#### Exceptional Miraloma Park Tudor

905 Portola Drive (Represented Seller)  
Listed for \$998,000, Sold for \$1,050,000  
**MLS # 436740**



#### Charming in Sunnyside

219 Hearst Avenue (Represented Seller)  
Listed for \$888,000, Sold for \$1,175,000  
**MLS # 436456**



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### The Somsel-Tomassi Team is:



**Kate Tomassi & Francis Somsel**  
Coldwell Banker SF Lakeside  
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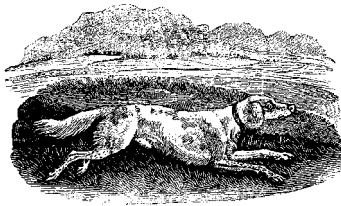


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Kitchens, Closets, Bathrooms, Decks  
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Wood Floor & Cabinet Refinishing

## What's Growing in Our Backyards

(Continued from page 8)

You may volunteer for a 3- or 2-hour day or two—for starters. Our city's Significant Natural Resource Areas need your help!



### SF Safe Medicine Disposal Program

Unused medicine is a threat to both public health and the environment. Since 2003, more drug overdoses occur annually from prescription medicines than cocaine and heroin combined. Accidental poisonings from medicines in the home are also a concern for young children, seniors and pets.

Don't: Flush medicines down the toilet or sink, put them in the trash, or leave unused medicines lying around.

Do: Safely and securely dispose of medicine at an approved drop-off site near you.

Please visit <http://sfenvironment.org/article/safe-medicine-disposal-for-residents> to find a list of locations that will accept discarded medications. These locations include selected SF pharmacies and all ten SF police stations.

Prepare medicines for drop-off as follows:

- Mix pills in a ziplock bag or in as few containers as possible. Remove any personal information and recycle empty pill bottles in your blue bin.
- Liquids: Tighten the lids of liquid medicines or place the entire bottle in a ziplock bag.

To drop off at a pharmacy site, simply deposit your medicine in the green drop-box.

Pharmacy sites will not accept controlled substances, which can however, be dropped off at police stations. A list of controlled substances is available at [http://www.deadiversion.usdoj.gov/schedules/orangebook/c\\_cs\\_alpha.pdf](http://www.deadiversion.usdoj.gov/schedules/orangebook/c_cs_alpha.pdf). If you visit a police station, take your medicine directly to the window. You will be asked for your name and address and the receiving officer will make a list of your medicines. If you are uncomfortable giving this information, simply tell the officer that you "decline to state."

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Pharmacies and Police Stations do not accept empty or used needles and syringes: Take these to any SF Walgreens Pharmacy and ask to use the Free Sharps Disposal Program.

This article excerpts and summarizes information available on the SF Environment website noted above. For complete information, please visit the website or phone SF Environment at (415) 355-3700.

### Poetry by Miraloma Elementary School Students

#### Sharpies

I love sharpies  
They are the best  
They are stinky but beautiful at the same time  
A sharpie is a marker king  
Smooth, soft, and hard at the same time  
You can use it to draw on yourself or  
keep it as a pet  
Glassy, colorful, crazy all at the same time  
You can use it to block the smell of your dog's bad  
breath or you can paint your nails with it.  
When I was little I drew jewelry all over myself  
I love sharpies they are full of wonder and sharpie smell  
magic

SHARPIES YAY

by Masey, Fifth Grader

#### Ode to Lettuce

Oh lettuce,  
You are sometimes small  
and sometimes tall.  
You are the perfect plant to  
live in--thick and secret.  
I wish I could live in you  
so I could rip off your  
leaves and chew  
you to death.

by Theo, Fourth Grader

## Things That Bug Me

Barking dogs  
Loud people  
People that hate Harry Potter  
Buses  
People who ask me to fold origami  
People who don't know what catch 22 is  
My parents telling me to turn off my video games

by Ryder, Fourth Grader

## C

I love the letter C!  
Candy, cake, caramel, Claudia,  
chocolate all start with it.  
Capital C looks like half of a cookie.  
Small c looks like half of a mini cookie.  
What if there were no letter C?  
If we didn't have C we wouldn't  
be able to cook and have cars.  
Instead there would be ars in the world.  
You cannot drive an ar because  
an ar is a letter, not a vehicle.  
I hope C doesn't run away!

by Claudia, Fifth grader

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### Miraloma Park Improvement Club Membership Application

Please complete and mail with your dues to the Club address below. Make check payable to Miraloma Park Improvement Club, 350 O'Shaughnessy Blvd., San Francisco, CA 94127. (No cash, please). Thank you!

☐ New Member      ☐ Renewing Member      Date: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

☐ Please send me an email reminder to renew my membership.

Enclosed are my dues for the next twelve months (check one):

- |   |   |
|---|---|
| <input type="checkbox"/> \$12 Senior Member(s)    | <input type="checkbox"/> \$15 Single Member     |
| <input type="checkbox"/> \$25 Family Membership   | <input type="checkbox"/> \$35 Supporting Member |
| <input type="checkbox"/> \$50 Contributing Member | <input type="checkbox"/> \$_____ Other          |

No MPIC membership information is shared with other parties or organizations.

## Important Phone Numbers

EMERGENCY	9-1-1
All City Calls	3-1-1
Poison Control Center	1-800-222-1222
Non-emergency Police Dispatch	415-553-0123
Suicide Prevention Hotline	415-781-0500
Ingleside Police Community Room	415-404-4000
Parking Complaints	415-553-1200
Abandoned Cars	415-553-9817
Security Survey/Nbd. Watch	415-673-SAFE
Office of Citizen's Complaints Against SFPD	415-241-7711
Narcotics Tips (anonymous)	1-800-CRACKIT
SFPD Tip Line	415-587-8984
Domestic/Family Violence (24hrs)	415-864-4722
Stray, Abused, or Dangerous Animals	415-554-6364
Dumped Item Pickup – DPW	3-1-1
Vital Records	3-1-1
Code Enforcement Hotline	415-554-3977
Graffiti Cleanup – DPW	3-1-1
Police New Graffiti Hotline	415-278-9454
MUNI Shelter Damage/Graffiti	1-510-835-5900
Ingleside SFPD Hearing-Impaired line	415-404-4009
School of the Arts	415-695-5700
Norman Yee, Supervisor Dist. 7	415-554-6516
(norman.yee@sfgov.org)	

## RENT the MPIC Clubhouse



MPIC Members get a discount.

Trash and recycling available.

Free parking in the adjacent parking lot.

Call 415-281-0892 for rates/availability

Or E-mail: [miralomapark@gmail.com](mailto:miralomapark@gmail.com)

## Miraloma Park Residential Design Guidelines:

Adopted in 1999 by the SF Planning Commission to promote preservation of neighborhood character by encouraging residential design compatible with neighborhood setting, these Guidelines facilitate the complex process of permit application and design review and can prevent costly, time-consuming Discretionary Review proceedings.

The Guidelines are at [www.miralomapark.org](http://www.miralomapark.org).

### MPIC Board of Directors

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### Directory

General Inquiries for MPIC .....415-281-0892  
 Clubhouse Manager .....415-281-0892  
 Clubhouse Rental Agent.....415-281-0892  
 Website: [www.miralomapark.org](http://www.miralomapark.org)  
 Webmaster: Ron Proctor .....415-281-0892  
 Mayor's Office of Neighborhood Services .....415-554-7111  
 Miraloma Elementary School .....415-469-4734  
 Miraloma CoOp Nursery School .....415-585-6789  
 Miraloma Playground .....415-337-4704

### Miraloma Life Staff

Editor: Dan Liberthson .....415-281-0892  
 Advertising: Sue Kirkham..... 415-281-0892  
[miralomapark@gmail.com](mailto:miralomapark@gmail.com)  
 Distribution: Gary Isaacson .....415-281-0892  
 Graphics/Layout: Christopher Long .....415-281-0892

### Article Submission Policy

Deadline for March 2016 issue articles is Monday, February 15.

E-mail copies of your article to [miralomapark@gmail.com](mailto:miralomapark@gmail.com), with "Miraloma Life" in the Subject line. Or mail to: Editor, Miraloma Life, 350 O'Shaughnessy Blvd., San Francisco, CA 94127.