

# Miraloma Life

www.miralomapark.org

## MPIC Hosts Neighborhood Watch Block Captains Meeting

Debra Estrin, MPIC Safety Committee



*Chief Bill Scott speaks at the MPIC Clubhouse.*

On September 28, 2017, the Miraloma Park Improvement Club hosted the SFSAFE Neighborhood Watch Block Captains Meeting, which included a presentation by Police Chief Bill Scott.

SFSAFE (Safety Awareness for Everyone) has been in existence in San Francisco for 41 years. They not only manage the Neighborhood Watch Program in the City, but also provide free residential security checks of single family dwellings, free bicycle registration, and free children's car seat installation. Should you be interested in starting a Neighborhood Watch on your street, or obtaining any of these services, SFSAFE will be able to assist you.

In Chief Scott's address, he stated that the SFPD is promoting Resilient Community and SF72, which provides emergency preparedness for 72 hours for residents of San Francisco. He also addressed the city-wide concern of car break-ins and residential burglaries. Chief

Scott explained that property crimes in San Francisco are a continuing challenge, and he is working with the District Attorney's Office trying to find a balance between not sending those convicted of property crimes to prison and protecting property in the community. Chief Scott has increased visible police presence and doubled the number of foot patrols. Almost all of the Districts in San Francisco now have a plain clothes detail. The Police Department is focusing on the most serious offenders, such as organized groups that are making their living by breaking into cars.

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## A Wild Hot Night in Miraloma Park

MPIC Safety Committee



*The Chevy Silverado truck that rammed its way thru Miraloma Park.*

On Friday, September 1, 2017, just before 10:00 PM, the hottest night of the year, several Miraloma Park residents heard screeching tires and crashes and observed a Chevrolet Silverado pick-up truck collide with four parked vehicles on Bella Vista.

A fifth vehicle on Bella Vista was damaged by one of the parked cars being pushed into it. The driver of the Silverado, a seventy year

old man, did not stop, but continued on to Teresita, where he again collided into four more parked vehicles near the intersection of Melrose. Several neighbors saw the Silverado collide with a Prius, which was pushed into the Prius owner's garage. The Silverado backed up in what appeared to be an attempt to leave the scene, however quick acting neighbors detained him until SFPD and SFFD arrived.



*One of the nine vehicles damaged.*

**Events in November**  
MPIC Board Meeting  
November 2, 2017  
7:00PM

**Events in December**  
Holiday Potluck and Cook-Off  
December 3, 2013,  
5:00 - 8:00 PM

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

## Neighborhood Watch Block Captains Meeting

(Continued from page 1)



*A great turnout.*

Although the problem is not solved, Chief Scott stated that they are continuing to work on the problem, and he requested people be patient and work with the Police. He added that Neighborhood Watch is the cornerstone to preventing property crimes, and that the police depend on Neighborhood Watch and Block Captains to keep our communities safe. He said, "There is nothing more frustrating than seeing someone that broke into a car, back on the street doing the same thing a week later." Chief Scott explains that sometimes it takes three or four crimes committed by the same person to get the attention of the District Attorney's Office. He encouraged all residents to call the police if they see a crime being committed.

Chief Scott stated that after someone was robbed at gunpoint at the Twin Peaks Scenic Lookout, there have been police officers in that area twenty hours per day. Prior to the increased police presence there were 40 car burglaries per month at the Twin Peaks Lookout. Since the increased police presence, there have been only two car burglaries per month.

The Police Department has seen progress with their PARKSMART campaign, encouraging people not to leave anything in their parked cars. This significantly decreases the number of car burglaries.

Chief Scott was asked about the continual traffic problem in San Francisco, and the fact that many vehicles do not

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stop at stop signs, yet there does not seem to be much motorcycle officer enforcement of vehicle code violations. He responded that there are forty motorcycle officers in San Francisco, and that the motorcycle officers were shifted to handle the perimeters for violent crimes, however they are now back to focusing on traffic. The goal of San Francisco Police Department is to have zero traffic fatalities.

He was also asked about the status of SFPD carrying taser guns. Chief Scott stated that he believes that taser guns would help the Police Department reduce the use of force, and that he feels that they are effective, when used properly. SFPD taser use will be voted on by the Police Commission in the near future.

Daniel Homsey, Neighborhood Empowerment Network Director, also addressed the meeting. He stated that there are 137,000 seniors living in San Francisco, and discussed how we can care for each other during an emergency. He mentioned the Resilient Miraloma Park Program, Neighborfest, and recommended block parties in order to get to know your neighbors, and learn which neighbors may need assistance in an emergency.

Two Block Captains that started Neighborhood Watch Programs this year also made presentations. They both discussed what it took to get started, the assistance they received from SFSAFE, and how comforting it is to be an organized neighborhood that communicates with each other.

To learn more about SF 72 at [www.sf72.org](http://www.sf72.org), and SF-SAFE at [sfsafe.org](http://sfsafe.org)

### MPIC Safety Committee Update

Effective October 23, Capt. Jack Hart will be taking over at the Ingleside Police Station. Capt. Hart is coming from the Homeland Security Unit. After three years at the helm at the Ingleside Station, Capt. Joseph McFadden will be moving over to head up the General Crimes Unit. We welcome Capt. Hart and thank Capt. McFadden for his support.

The MPIC Safety Committee recently met with Frank Noto of Stop Crime SF ([www.stopcrimesf.com](http://www.stopcrimesf.com)). We discussed the two recent legislative victories his organization recently accomplished with the help of Supervisor Yee. The first required rental car agencies to warn their customers to avoid leaving baggage and other valuables in their parked cars to reduce the risk of car burglaries.

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## MPIC Safety Committee Update

(Continued from page 2)

The second required the elimination of advertising and prominently visible barcodes on rental cars so they won't be obvious targets to auto burglars.

We discussed Stop Crime SF's court watch program and learned that the police, sheriff and District Attorney's Office believe having residents show up in court is helping. We shared the ways in which MPIC works with police and prosecutors to follow cases. We learned more on their proposed legislation to support creation of a transparent and user friendly online database that tracks crimes from the initial police report to arrests, conviction, jail time, and probation. We were asked to lend our expertise and support to the organization especially to help advocate for the latest legislative proposal. Lastly, MPIC help was requested to join in meetings with city officials as well as with our CA State representatives such as Scott Weiner, Phil Ting and David Chiu to seek legislative changes on property crimes.

Date of Incident	Location	Type of Incident
October 2, 2017	400 Block Teresita Blvd.	Vandalism
October 2, 2017	100 block Encline Court	Fraud
October 6, 2017	800 block Forester Street	Burglary
Ingleside Officers Ocreto and Calupad were dispatched to a report of a burglary that had occurred moments before. When they arrived at the address they found a husband, wife and their caretaker. The caretaker told the officers she had just finished cleaning and was entering the kitchen when she was suddenly surprised by an unknown man standing in the room holding a crowbar. The suspect told her, "I won't hurt you. Just sit there and don't move." She sat down and soon there was a second suspect who joined them in the kitchen. The second suspect watched her as the first suspect went through the home looking for valuables. Both suspects then quickly left the home taking cameras, cash, and electronics. The officers determined the suspects entered the home by using the crowbar to force open the front gate and the front door. Report number: 170816246		
October 9, 2017	1000 block Portola Drive	Stalking
A woman called dispatch to report a man was trying to break into her home. The woman said the suspect was the same person who had tried to break into her home on two previous occasions. In the first case, he broke a side window and entered her home. The victim ran down the street to the fire station and called police. Two days later the suspect was back at her home pounding on the front door and shouting "this is my home". The victim again called police and the suspect was arrested for trespassing and for a continuous offense. On this morning, the victim said the suspect was pounding on her front door and shouting to get in. Ingleside Officers Hermosura, Trumpp, Cortez, Anderson, Hackard, Dedet, Burke, and Sgt. Bodisco arrived on scene and searched the area for the suspect. He was later spotted walking on Bosworth near Chilton by officers and arrested. He was taken to Ingleside Station and charged with Stalking and elder abuse. Report number: 170823417		
October 11, 2017	600 block Portola Drive	Robbery
October 11, 2017	100 block Chaves Ave	Vehicle Theft
October 11, 2017	100 block Dorcas Way	Vehicle Theft
October 17, 2017	600 block Portola Drive	Person with Knife
October 17, 2017	700 block Portola Drive	Robbery
October 17, 2017	200 block Bella Vista Way	Stolen Vehicle

## President's Update

Bill Kan



With Thanksgiving coming up, I want to give thanks to everyone for coming out to Neighborfest. Your participation and feedback strengthens our community. Neighborfest happened because of the tireless efforts of the volunteers that make up the MPIC's Resiliency Committee and many others. Planning, coordination, and execution took many

meetings over the last several months. Much work went into making the event unique to Miraloma Park. It literally took a village.

Neighborfest was much more than fun, food, and information. With the fires in Napa and Sonoma fresh in our minds, the event highlighted the importance of community during disasters. The planning and process that went to the event allowed the Miraloma Park Neighborhood Emergency Response Team (NERT) to practice using the Incident Command System (ICS) to keep disaster response orderly. Setting up the 10 tents, communicating with radios, and employing the four solar powered generators purchased via a District 7 Participatory Budget grant were exercises in assembling a command center to facilitate search and rescue and first aid. Providing food for everyone that attended gave practical experience in mass feeding. Coordinating volunteers, some of whom are new, helped identify new leaders and tested leadership skills. I urge you to get involved and contribute to our community. Contact the MPIC to learn more.

Let the party continue with the 25th annual Miraloma Park Holiday Party and Potluck Cook-off! The party starts at 5 PM on December 3rd at the MPIC Clubhouse. Expect Boswick the Clown to bring laughter. Laura Lee Brown and Band will fill your ears with music and to inspire some to show off their dance moves, while working off the delights from top home cooks in Miraloma Park. Dishes with the top votes will get gift certificates. Unlike some reality TV shows, every person gets only one vote per category in the cook-off. We need more volunteers to help set up before and clean up after the event. Contact the MPIC to help.

How do you get around San Francisco from Miraloma Park? The MPIC is working on getting the SF MTA to have a community meeting for our residents in the near future. Recently, users of public transportation have raised concerns about the reliability of the 36 bus. Some raised concerns about parking and street congestion. We

look forward to working SF MTA to review and assess our community's transit needs.

As residents of District 7, do you have a project idea to improve the quality of our neighborhoods that needs funding? If so, apply for a grant via the 2018 District 7 Participatory Budget program. Supervisor Yee has set aside \$300,000 for general projects and an additional \$250,000 for Pedestrian Safety Vision Zero projects. The deadline for project proposals is December 13th. Miraloma Park has been successful in recent years with several projects gaining funding. See the article by Joanie Van Rijn for more details. Joanie served as Miraloma Park's 2017 Neighborhood Council Representative for Participatory Budget. Mary Fitzpatrick, formerly of the SF Comptroller's Office, will serve as our 2017 Representative.

The five police officers responding to the multiple collisions on Bella Vista described above ("A Wild Hot Night, administered a field sobriety test to the driver, which he failed. He was cited for driving under the influence and hit and run. Many thanks to all of the proactive neighbors who contacted the police, chased the truck to get the license plate, detained the driver, and offered help and comfort to those who were unfortunate enough to have their property damaged. As so many have commented, we do live in a great community here in Miraloma Park. Incidents like this one have been reported before. In those incidents the drivers responsible for damaging the vehicles were also apprehended, thanks to the intervention of good neighbors.

## Zero Waste Thanksgiving

Catherine Homsey

The holiday season is upon us. The days are getting shorter, and we start to long for the cozy feeling we get from sharing food and time with friends and family. Many of us enjoy the holidays, but did you know that

American homes generate **25% more trash** between Thanksgiving and New Year's Day—that's an extra 1 million tons! I'm here to tell you this extra trash isn't necessary. With a few new tips and habits, you can have a festive and beautiful holiday without the extra garbage.



*Cute little pumpkins waiting for a home.*

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## Zero Waste Thanksgiving

(Continued from page 4)

### Thanksgiving Dinner

**Focus on homemade** rather than store bought.

- If time or other limitations prohibit homemade, **bring your own containers** with lids to the prepared food counter.

- It is safe and legal for them to put prepared food into your own clean container, though it's prohibited for them to refill dirty containers.

If you can do homemade:

- **Buy from the bulk department** using your own bags or containers.

- Rice, grains, nuts, flours, dried fruits, beans & legumes, cereals...

- **Buy fresh** fruits and vegetables **using your own bags** (you can even wash and reuse the plastic produce bags from the grocery store).

- Prioritize **local and seasonal** produce. The farmer's market is an excellent way to do this without having to think about it too much.

- Many butchers will **put meat in your own container**. Or, ask them to skip the plastic bag and wrap in paper only. I always use a separate reusable grocery bag for meat and fish, just to be safe. And do wash those reusable bags, please!

- **Save those scraps!** Veggie and meat trimmings can be used to make stock, and the stock can be used to make gravy. Compost the solids after making stock.

- **Ask guests to bring their own containers** if they want to take home leftovers. Or if you prefer, pack the leftovers in glass jars. Start collecting them in advance so you will have enough.

- Speaking of leftovers, make sure to use them! Don't let all that hard work go to waste. If you have trouble using them in time, put them in the freezer. (Jars are perfect for this.)

- **Skip the foil and plastic wrap**. Put leftovers in containers with lids or cover the dish with a plate.

### Decorations

- **Decorate using nature**. Those pumpkins from Halloween can be repurposed for Thanksgiving. We also like to add whole nuts, pomegranates, apples, pinecones, and interesting looking edible squashes for the table. Add pretty sticks and leaves as accents. After Thanksgiving, eat the produce – yum!

- **Leaves can be used as place cards**.

- **Use real stuff:** cloth napkins, tablecloths, glasses, plates and utensils. It's waste free and much, much prettier! If you don't have enough, borrow from friends and family or head over to a thrift store to stock up.

### Opt Out of Black Friday

- Make it a **"buy nothing"** day instead.

- We like to **play hometown tourist** on Black Friday – walk across Golden Gate Bridge, go to the beach, take a walk in a new neighborhood, ride the Cable Cars, visit the Mission murals, hike at Mt. Tam, Coyote Point, Land's End... there are so many things to do!

- **Volunteer** to do something that helps others. There are always people in need, but this year there are many more than usual, due to the catastrophic fires up north. The holidays can be terribly painful for people who have lost so much. Consider spending the day helping them.

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316 Juanita  
723 Foerster  
317 Marietta  
867 Foerster  
**PENDING**  
230 Molimo  
771 Teresita  
809 Foerster

3/1 \$995,000  
3/1.5 \$995,000  
3/2 \$1,095,000  
4/3 \$1,385,000  
5/3.5 \$1,825,000  
2/1 \$799,000  
2/1 \$1,088,000  
3/2 \$1,200,000

#### PENDING continued

1081 Portola 2/1 \$1,295,000  
500 Rockdale 6/4 \$1,888,888  
33 Miraloma 5/3 \$1,959,000  
**SOLD**  
184 Marietta 2/2 \$981,000  
684 Teresita 2/1 \$1,259,000  
95 Molimo 3/1 \$1,325,000  
466 Marietta 4/2 \$1,600,000





## Zero Waste Thanksgiving

(Continued from page 5)

- Even if you haven't signed up to volunteer formally, you can do something in the community like pick up litter on the beach or in your neighborhood, offer to help an elderly or disabled neighbor with errands or chores, donate money or stuff to those who need it.
- If you give gifts for the December holidays, consider using the day to make **homemade gifts**.

• It can be **food, arts and crafts or whatever you like**. Last year, we made pickled vegetables. The year before, we reused little glass yogurt containers and planted them with succulent cuttings. Other ideas are jams or preserves, condiments, candles, frames, body scrub, etc. If you aren't particularly crafty, that's ok too! Visit a grocery bulk department, and fill small jars with teas, spices, bath salts, or whatever you like. Tie it with a little twine and you're done!

With just a few changes to your normal habits, your holidays can be just as meaningful, if not more so, and you will have a lighter footprint on the planet. That is the best gift you can give to future generations. Happy Thanksgiving, everyone!

For more tips, follow me on Instagram and Facebook @joyofzerowaste, and check out my website, [joyofzerowaste.com](http://joyofzerowaste.com)

## Residential Design Guidelines: Why We Have Them

MPIC Zoning and Planning Committee

In 1986, San Francisco voters mandated preservation of the character of the City's residential neighborhoods. As a result, the San Francisco Planning Code was revised to require design review of all residential building projects in San Francisco, and the Planning Department devel-

oped residential design guidelines to aid staff in carrying out the voters' mandate and "articulate expectations regarding the character of the built environment and...promote design that will protect neighborhood character, enhancing the attractiveness

and quality of life in the City" (SF Planning Department Residential Design Guidelines, P.3).

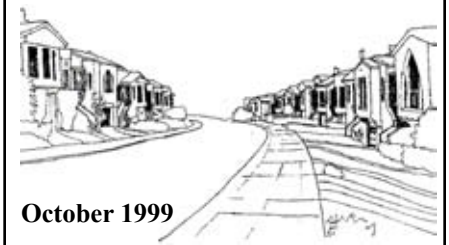
The *Guidelines* discuss design features such as volume and mass, scale and proportions, texture and detailing, entryways, and windows. Drawings are included to show examples of compatible as well as disruptive designs ([sfplanning.org/residential-design-cover](http://sfplanning.org/residential-design-cover)).

The purpose of the *Miraloma Park Residential Design Guidelines* (adopted by the Planning Commission in 1999, [miralomapark.org/about/design-guidelines](http://miralomapark.org/about/design-guidelines)) is to facilitate the process of design review by focusing on architectural features specific to Miraloma Park. But in the absence of these neighborhood-specific guidelines, the City Planning Department would apply the City-wide Residential Design Guidelines, to meet the Code requirement. One way or another, residential design guidelines would be consulted by City Planning staff when deciding whether or not or to what extent to approve or reject a residential design. (See below for other San Francisco neighborhoods' strategies for preserving architectural character.)

What is the role of the MPIC Zoning and Planning Committee? Only to participate in design review by drawing the attention of City Planning staff to any design feature of a proposed project that appears incompatible with relevant provisions in the MPRDG. Serving solely as an informational resource, the Committee neither supports nor opposes projects, has no authority to negotiate or dictate design changes, and does not mediate in disputes between neighbors. The Planning Department makes all final design decisions.

The visual appeal of Miraloma Park has been a major attraction of home buyers to the neighborhood: careful and consistent design review has added value to the neighborhood by preserving its special character.

### MIRALOMA PARK RESIDENTIAL DESIGN GUIDELINES



October 1999

Miraloma Park Improvement Club  
350 O'Shaughnessy Boulevard  
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Founder & Managing Member  
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## Residential Design Guidelines

(Continued from page 6)

Noe Neighborhood Council

<http://www.protectnoescharm.com/main/index.php/resources/9-san-francisco-s-residential-design-guidelines>.

Cow Hollow Association

[http://default.sfplanning.org/publications\\_reports/NeighborhoodDesignGuidelines\\_CowHollow.pdf](http://default.sfplanning.org/publications_reports/NeighborhoodDesignGuidelines_CowHollow.pdf)

Westwood Park Association

<https://westwoodparksf.org/wp-content/uploads/2014/10/dg.pdf>

Ingleside Terraces Homes Association

[http://www.ithasf.org/design/design\\_checklist.pdf](http://www.ithasf.org/design/design_checklist.pdf)

### Do You Have an Idea to Improve Miraloma Park? There is Funding!

Joanie van Rijn,  
2017 Neighborhood Council Representative

The Miraloma Park Improvement Club (MPIC) submitted one project last year during the 2017 District 7 Participatory budgeting process. The project was “One Block at a Time – Creating Block Champions.” This project will support earthquake preparedness and safety at the block level. Many Miraloma Park residents voted on the project, and the MPIC received \$18,000. The Club will be implementing this project this year.

Supervisor Yee is participating in this program again for 2018, so please consider submitting an application for a creative project or a pedestrian safety project that would enhance the lives of residents of Miraloma Park. If you would like to share your project with MPIC, send to, [miralomapark@gmail.com](mailto:miralomapark@gmail.com). For more information, contact Erica Maybaum, Legislative Aide to Supervisor Yee (415.554.6516; [Erica.Maybaum@sfgov.org](mailto:Erica.Maybaum@sfgov.org)).

#### About the Participatory Budget Process

(Courtesy of the office of District 7 Supervisor Norman Yee)

#### What is Participatory Budgeting?

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 on what community

projects should be funded. The process involves the brainstorming of project ideas, the development of initial proposals, and the selection through voting of winning projects. *This year, District 7 Supervisor Norman Yee set aside \$300,000 to be used for the Participatory Budget General Projects. An additional \$250,000 has been set aside for Pedestrian Safety Vision Zero Projects.*

#### Statement of Intent

“The District 7 Participatory Budgeting Project aims to establish an inclusive way to identify projects within the district to improve the quality of our neighborhoods. These projects may range from bold, new and lasting to simple, useful and thoughtful. The essence of the Participatory Budget is to involve as many community members as possible, regardless of age, race, and socioeconomic background.”

#### Timeline and Application Process:

##### Step 1. Brainstorming Orientation

Community Kick-Off: an Orientation Meeting at which residents could learn the process was held November 1 at the Midtown Terrace Clubhouse.

##### Step 2. The Initial Proposal

As a resident of District 7, you are invited to submit an initial proposal application for a project that will help to improve our neighborhoods. A Project Proposal Workshop meeting with City Departments will be held on **Saturday, November 18th 10:00 – 12:00pm** (location

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## Do You Have an Idea?

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TBD). If you are interested and would like to attend, please contact [Erica.Maybaum@sfgov.org](mailto:Erica.Maybaum@sfgov.org). This is an opportunity for those interested to meet with City Department representatives to share their ideas, get feedback on their proposals, and hear proposal ideas by other residents. **Projects must be submitted by December 13, 2017.**

### Step 3. Review and Selection for the Ballot

City Staff will review and select promising initial proposals based on budget, costs, and overall feasibility, as will the District 7 Neighborhood Council, consisting of representatives from 10 areas in District 7, who will assess projects using a predetermined set of criteria. Miraloma Park has nominated Mary Fitzpatrick to represent our neighborhood for the 2018 program. If your project is selected, please be available to work with the Supervisor and his staff to develop your idea.

### Step 4. Voting

In March 2018, the best ideas will then be put up to a vote by YOU, the residents of District 7, age 16 or older. You will be able to vote online and in person.

### Announcements

District 7 Participatory Budget Project  
Proposal Workshop

Saturday, November 18th 10:00 – 12:00 PM,  
location TBD.

(See above article, “Do You Have an Idea to Improve  
Miraloma Park?”)

For details, contact [Erica.Maybaum@sfgov.org](mailto:Erica.Maybaum@sfgov.org).

## Great Day for a Community Event

Kathy Rawlins

On Saturday, October 21, the MPIC sponsored a long-time community group, the California Native Plant Society (CNPS), along with the Golden Gate Audubon Society. The CNPS held their annual plant sale in the parking lot of the Clubhouse at 350 O’Shaughnessy Blvd. Despite the partial closure of O’Shaughnessy, determined participants found their way to the sale. They were greeted with knowledgeable members of the CNPS, who were able to answer questions regarding the appropriate plant for all the microclimates of the Miraloma Park neighborhood.

While the plant sale took place in the parking lot, inside the Clubhouse activity buzzed around the Golden Gate Audubon table. Eager listeners absorbed a wealth of information, including details about plants that attract birds, butterflies, and bees. Two additional groups offered outstanding botanical drawings on cards and letters and large pictures suitable for framing.



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## Great Day for a Community Event

(Continued from page 8)



Many local residents may not know that the CNPS and the MPIC have had years of mutual association. Back in 1995 the MPIC Board decided that the Clubhouse and its grounds seriously needed upgrades. Within the Clubhouse the lighting and draperies were very worn and outdated. These were replaced with the help of members who had an eye for decorating. The grounds were in poor shape, mostly gravel and weeds. Since the Clubhouse faced the remarkable Glen Canyon open space, the Board decided to establish a new native plant garden that would mirror the native vegetation in the park. They chose low-maintenance plants that would meld with the park-like setting. With guidance from the CPNS, a plan was developed and Miraloma Park residents were enlisted to help with the planting. Since that beginning, the MPIC has continued to expand the native plant garden into the vigorous creation it is today. Each Spring we are rewarded with Douglas iris, columbine shooting stars, ceanothus, and flowering currants, to name just a few.

Many thanks to all those who found their way around the street detours to this year's native plant sale and exhibits. We hope all your plants flourish and look forward to seeing you again next year!

### SFFD Neighborhood Response Team (NERT)

Want to host a N.E.R.T. training in your San Francisco neighborhood? You must have thirty sign-ups and an ADA compliant space able to accommodate at least eighty people. If you do, please contact SFNERT at [sffdnert@sfgov.org](mailto:sffdnert@sfgov.org) Classes will be scheduled based on program need and location.

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## Neighborhood Response Team (NERT)

(Continued from page 9)

The goal of this program is to help the residents of San Francisco be self-sufficient in a major disaster situation by developing multi-functional teams, cross-trained in basic emergency skills. Through this program, individuals will learn hands-on disaster skills that will help them as members of an emergency response team and/or as a leader directing untrained volunteers during an emergency, allowing them to act independently or as an adjunct to City emergency services. There is no cost for the neighborhood training, and the class sessions are approximately 3 hours.

**Class Session #1—Earthquake Awareness, Preparedness, and Hazard Mitigation**

Earthquake type, magnitude, history and probability

How to prepare before it happens

What to do when the earth starts to shake

**Class Session #2—Basic Disaster Skills**

Natural gas, water and electrical controls, why, when and how to shut them off

Types of fire, and using extinguishers to put it out

Hazardous Materials awareness in the home, on the road, and all around you

Terrorism Awareness

**Class Session #3—Disaster Medicine**

Health considerations for the rescuer

Opening airways

Stopping bleeding and shock position

S.T.A.R.T. triage

Minor injuries and burns

**Class Session #4—Light Search and Rescue**

Different types of construction and where to look for damage

How to classify damaged buildings

Building marking system

Interior search patterns

Lifting heavy objects and mechanical advantage

Victim carries

**Class Session #5—Team Organization and Management**

City Disaster Plan and where the NERTs fit

NERT Incident Command System, managing the disaster

Disaster Psychology

**Class Session #6—Skills Development and Application**

Final Exam Review

Hands-On-Training

Extinguishing fires

Triaging and treating moulaged victims

Extricating a victim trapped by heavy timbers

Interior search for reported missing persons

Exterior building damage assessment

Award of Achievement and course evaluation

## NERT Trainings in November and December

### Mission

SFFD Division of Training

2310 Folsom Street @ 19th (enter through 19th Street parking lot)

November 28, 6:00p-9:30p: Class 1

November 30, 6:00p-9:30p: Class 2

December 5, 6:00p-9:30p: Class 3

December 7, 6:00p-9:30p: Class 4

December 12, 6:00p-9:30p: Class 5

December 14, 6:00p-9:30p: Class 6

### SF Ready!

**Personal Readiness for a Resilient Community: one time workshop for you and your neighbors!**

SFFD NERT and SAFE want you to have skills to be prepared for emergencies big or small, and get to know your neighbors on your block to maximize resiliency after a disaster.

(continued on page 11)



**MELINDA ATTAR**

**Cleaning Service**

Serving the Community Since 1986

Local References Available (415) 640-2839

**Izabella's  
Beauty  
Salon**

21 Evelyn Way  
San Francisco,  
Ca. 94127



W: (415) 564-8100

C: (415) 254-6175

Salon Hours

Tue-Sat

9:00am-6:00pm

Wash

Cut

Perm

Style

## Neighborhood Response Team (NERT)

(Continued from page 10)

- Risk Awareness
- Disaster supplies
- Personal/Family Disaster Planning
- NERT Overview
- Disaster Pre-Planning - building community one block at a time

### When:

#### Richmond District

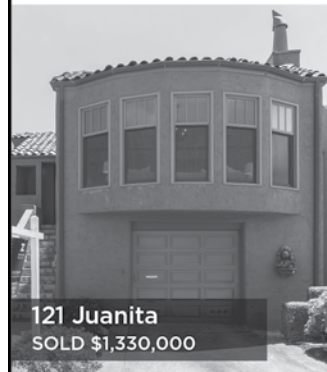
Thursday November 9, 6:30p-8:30p  
Argonne Elementary School  
680 18th Avenue

#### Portola District

Wednesday December 6, 6:00p-8:00p  
The San Francisco School  
300 Gaven St

Information courtesy of <http://sf-fire.org/training-schedule-registration>

YOUR MIRALOMA NEIGHBOR FOR 15 YEARS!



I have successfully represented many buyers and sellers in this coveted neighborhood of ours. Please feel free to contact me anytime for any of your real estate needs.



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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	Land Line 9-1-1 or Cell Phone 415-533-8090
All City Services	3-1-1 or <a href="http://www.mysf311.org">www.mysf311.org</a>
Online Police Reports	<a href="http://sanfranciscopolice.org/reports">sanfranciscopolice.org/reports</a>
Call Before You Dig (PG&E)	8-1-1
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)	

## 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, our neighborhood-specific *Guidelines* facilitate the process of permit application and Code-mandated design review and can prevent costly, time-consuming Discretionary Review proceedings. Learn more about them at [www.miralomapark.org](http://www.miralomapark.org)

### MPIC Board of Directors

President.....	Bill Kan
Vice President .....	Pratibha Tekkey
Recording Secretary .....	Kathy Rawlins
Corresponding Secretary .....	Vacant
Treasurer .....	Robert Gee
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Kathy Rawlins	Ben Rojas
Pratibha Tekkey	Reza Vagefi
Joanie van Rijn	Karen Wood

### Directory

General Inquiries for MPIC .....	415-281-0892
Clubhouse Manager .....	415-281-0892
Clubhouse Rental Agent.....	415-281-0892
Website: <a href="http://www.miralomapark.org">www.miralomapark.org</a>	
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

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### Article Submission Policy

Miraloma Life will return in December 2017. The deadline for submissions is November 15th.

Email submissions to [miralomapark@gmail.com](mailto:miralomapark@gmail.com) with Miraloma Life in the Subject line. Articles submitted must be 800 words or less in length. Anonymous submissions will not be considered for publication.

## RENT the MPIC Clubhouse



Discounted rate for MPIC Members.

Free Parking.

Contact us for rates and availability:

415-281-0892

[miralomapark@gmail.com](mailto:miralomapark@gmail.com)