

MIRALOMA LIFE

October 2019 - Issue 2

Upcoming Events

3 OCTOBER

MPIC Board Meeting*
7:00 pm - MPIC Clubhouse

17 OCTOBER

**MAYOR BREED VISITS
MIRALOMA PARK**
7:30 pm - MPIC Clubhouse

24 OCTOBER

**MPIC Members Family
Movie Event: Night at
the Museum**
2 pm - MPIC Clubhouse

11 NOVEMBER

MPIC Board Meeting*
7:00 pm - MPIC Clubhouse



Mayor London Breed Visits Miraloma Park October 17

MPIC

The Miraloma Park Improvement Club has invited Mayor London Breed to come to Miraloma Park to meet the residents and address any questions and concerns. This will be a wonderful opportunity for everyone to meet her.

WHEN: Thursday, October 17

TIME: 7:30pm - 8:30pm

WHERE: MPIC Clubhouse
350 O'Shaughnessy Blvd,
San Francisco, CA 94127

MPIC Presents:
**MEMBERS FAMILY
MOVIE EVENT**

**NIGHT AT THE
MUSEUM**

**Don't
miss it!**

WHEN

Saturday, October 26

TIME

2pm

WHERE

MPIC Clubhouse

**WEAR YOUR COSTUMES!
POPCORN PROVIDED!**

If you aren't a member, don't worry,
you can sign up at the door.

QUESTIONS?

mpic-membership@googlegroups.com



The MPIC Host the District 7 Community Action Youth Fellows

MPIC

On September 14, the MPIC was pleased to host at the clubhouse 14 youth participants from 8th-12th grade from all over Supervisor Yee's District at the first District 7 Community Action Youth Fellows program.

This program is the first exploration with the nonprofit Coro Foundation, Supervisor Yee and District 7. Coro's neighborhood-based after-school program trains youth to become active citizens and assume leadership roles in their communities. Community Action Youth Fellows learn essential leadership skills, conduct interviews with community leaders, organize group projects, attend workshops, and experience site visits to better understand San Francisco's city functions.

The Youth Fellows chose Miraloma Park as the logic study for their project. A logic study brings members together to learn about a part of San Francisco. The youth fellows will explore the relationships between people, organizations, and businesses of Miraloma Park. The MPIC is honored to help in the development of these Youth Fellows and to share with them our advocacy work to improve our community.

The Youth Fellows were scheduled to present their findings about Miraloma Park on September 25 at a City Hall reception. We will share their findings in November's newsletter.

BECOME AN MPIC MEMBER OR RENEW YOUR MEMBERSHIP!

ONLINE AT:
<https://miralomapark.org/join>

OR BY MAIL:
Complete this form and mail with your dues, check payable to:
MIRALOMA PARK IMPROVEMENT CLUB, 350 O'SHAUGHNESSY BLVD, SF, CA 94127. No cash, please.
MPIC does not share membership information with other parties or organizations.

☐ NEW MEMBER ☐ RENEWING MEMBER Date: _____

Name: _____

Address: _____

Phone: _____ Email: _____

Enclosed are my dues for the next 12 months (check one):

<input type="checkbox"/> \$12 Senior Member	<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"/> \$100 Sustaining Member
<input type="checkbox"/> \$ _____ Other		

☐ PLEASE SEND ME AN EMAIL REMINDER TO RENEW MY MEMBERSHIP!

President's Message: Accomplishments Part 2

Joan van Rijn

School is in session and our trees are starting to show the change in the season. October is a busy month for MPIC. I want to highlight four events that will take place. Please save these dates for our important events. I hope to see you all there!

Mayor London Breed will visit us at the clubhouse on October 17 at 7:30pm. She will be open to questions and it's a wonderful opportunity to hear our mayor speak and meet her. I hope you and your family come join us. For the first time MPIC is hosting a **Member's Family Movie Event at the clubhouse on October 26 at 2 pm.** This is a free event and children can wear their Halloween costumes! Mayor Breed will also be speaking at a **Stop Crime SF Public Safety Town Hall event on October 24 at 6 pm** in Golden Gate Park at the County Fair Building. The MPIC is co-sponsoring the Town Hall. Last but not least, October is our annual put your **HELP/OK sign in your window month.** We celebrate the 1989 earthquake by remembering to place the sign in our window so our neighbors know we are OK. This sign will help us after an earthquake to let us know who needs help and who is OK. If you need a sign, please go to the MPIC website to download and print a copy.

In the September newsletter, I reported on the state of the MPIC in the following areas: Financial, Neighborhood Programs, Community Connectors, Block Champion, Membership, Newsletter and Website.

This month, I wanted to report the highlights from the past year involving our Safety, Zoning and Planning and the Clubhouse committees.

Safety

Everyone wants to live in a safe neighborhood. This happens when our relationships are strong: with each other, and with our San Francisco Police Department and District Attorney. As neighbors we need to look and report when something is suspicious. The Safety Committee, meets regularly to review monthly crime stats as well as maintain a relationship with Captain Hart of the Ingleside Police Dept. The committee follows cases through the DA's office. The committee has been chaired by Blake Engel, Board member. Safety articles and crime stats are printed in the Miraloma Life. The committee works with SFMTA on traffic issues. Three new speed cushions will complete the many year's long Teresita Traffic Calming project. Thanks to those who worked on this project.

Blake has recently moved just outside of Miraloma Park and has resigned from the Board. We are fortunate that Blake has agreed to continue working with the city on our

behalf regarding the approved traffic study for the Portola Blvd/Marne intersection that was awarded under the recent District 7 Participatory Budget program.

ZAP – Zoning and Planning

This committee, chaired by Karen Breslin, Board member, has a challenging role. They monitor projects and keep our Design Review Guidelines in the forefront of projects being initiated. Miraloma Park has a unique architectural flavor. This is a benefit and must be protected. ZAP makes recommendations only. They work with the Planning Dept. and neighbors who seek assistance.

Clubhouse

Our clubhouse was built in 1940. As you know maintaining an older building takes love and money. The roof had an elusive leak, the paint was peeling and earlier this year our Eucalyptus trees lost large branches onto O'Shaughnessy Blvd. I am happy to report that the leak has been found and repaired. The paint has been scraped, matched and freshened up. Branches were removed and chipped (still in parking lot being used by our gardener). A new projector and screen have been installed so that movies can be shown (family movie is on October 26th) or presentations can be made. NERT holds their training meetings there and these new additions will add to the ability to use laptops for training sessions. An automatic external defibrillator (AED) was purchased with grant money. This makes saving lives possible at the clubhouse.

The clubhouse committee has prepared a long-range plan with costs for maintenance. The costs exceed our current revenues. We are preparing a long term Capital Improvement Plan that identifies ways to raise money to fund club house maintenance. This cannot be done without our neighbors help. We have received generous donations to start the campaign, we are extremely grateful. If you would like to join this committee, we look forward to your involvement. **Contact us at miralomapark@gmail.com**



MPIC WELCOMES OUR NEW EMERGENCY RADIO OPERATORS

Peter Renteria; Kevin Caravello; Peter Young; Ann Kearney; Mike Naughton

We now have 15 neighborhood volunteers!

Pet Disaster Preparedness Advice From SFAC&C

<https://www.sfanimalcare.org/services/disaster-preparedness/>

Do you have a plan for your pets in case of an earthquake, flood or fire? In the event of an emergency, a well-practiced disaster program will not only reduce stress, but will also save precious time—and possibly lives.

PLAN FOR EMERGENCIES

Here are some tips on how to plan ahead to keep your pets safe in case of an emergency.

1. Identify Your Pet

The single most important thing in disaster planning is making sure your pet is identified properly.

- A collar with an ID tag that has your phone number on it is an immediate form of ID, but collars can come off (especially with cats) or be taken off.
- A microchip is a permanent form of identification. It is easily scanned by any shelter or veterinarian and your information, your vet's information, and your emergency contacts can be linked to it. The pet owner must keep the information current, so remember to update contact information with the microchip registration service regularly. ACC holds several low-cost microchip clinics annually. *[Ed's.Note: Microchips can migrate throughout an animal's body so, if the chip isn't immediately located, be sure that your vet searches carefully for it]*

2. Train Your Pet

Get your pet used to being in a crate or carrier. In an evacuation or shelter situation, your pet may need to be contained. Many dogs are already crate-trained, but most cats dread going into their carriers. Try feeding the pet in the crate or putting their favorite toy or treat in the crate. With cats, try putting catnip in the crate. If you leave the crate out in the home and treat it like a regular piece of furniture, your pet will get used to it. Make sure that your pet is used to being handled, which makes it easier to put him or her in a carrier and for transportation if needed.

3. Prepare a Disaster Kit

Store a disaster kit for your pet with your own and keep it in a safe, accessible place. Include these items at a minimum:

- Bottled water for 7 days for each animal and bowls.
- Your pet's regular food (at least a 7-day supply for each animal).
- Portable carrier or crate.

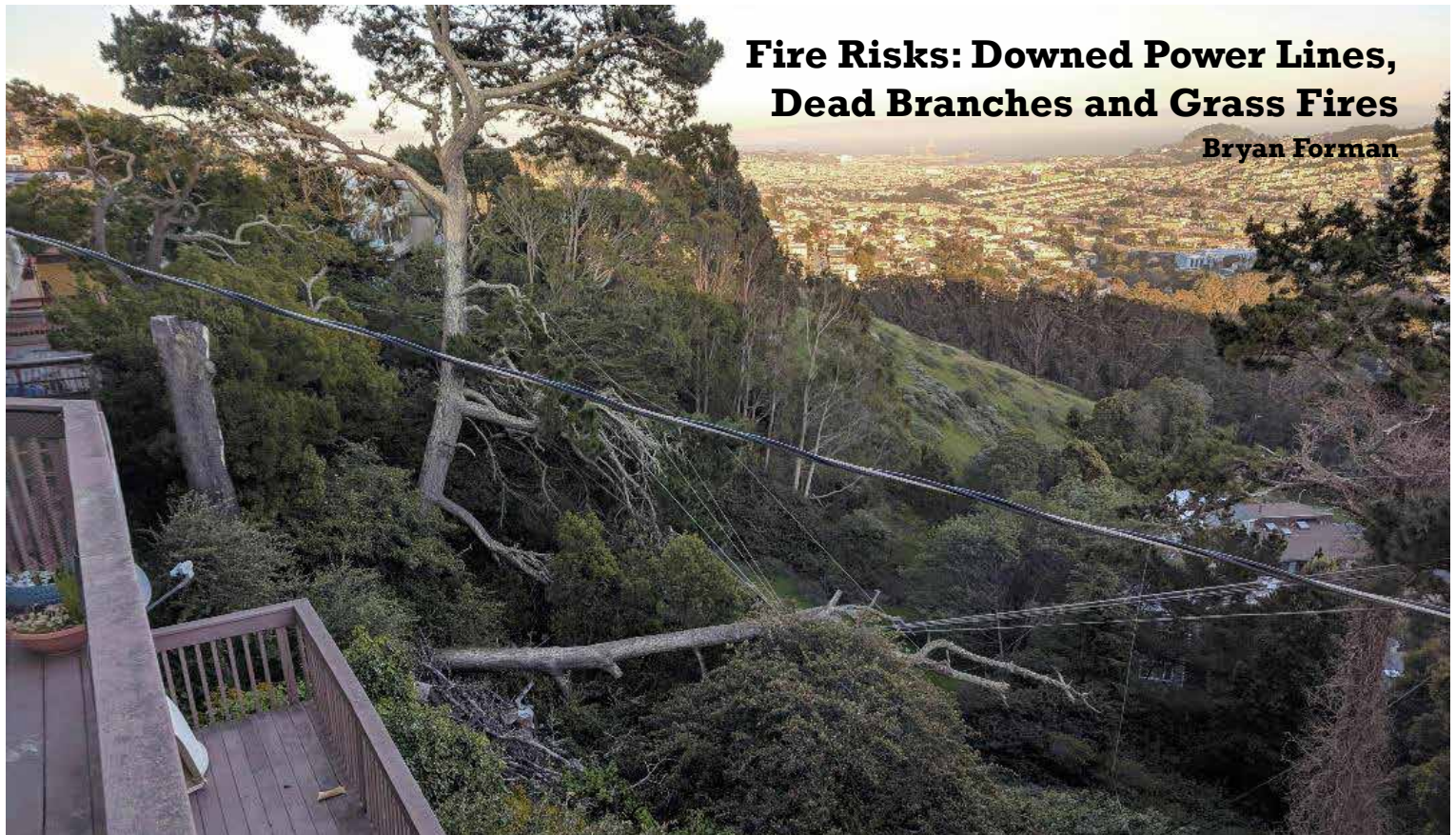
- A copy of your pet's vaccine history and medical records for chronic conditions.
- Your pet's medication and a copy of the prescription.
- Recent photos of your pet (especially with you in the picture).
- Waste: Litter boxes and litter
- Plastic bags for litter disposal/dog cleanup.
- Fresh bedding for small animals.
- A leash and collar (dogs) or harness (cats); extra ID tags.
- A manual can opener and plastic lid for canned food.
- Phone numbers and locations of your vet, the local emergency clinic, and S.F. Animal Care and Control (415) 554-6364.
- Phone numbers for your emergency contacts, relatives, and friends.



Ready. FEMA USDA **READY.GOV/PETS**

- Extra blankets, paper towels.
- A pet first aid kit with large and small bandages, scissors, tweezers, Q-tips, antibiotic ointment, hydrogen peroxide, elastic tape, eyewash, ear cleaning solutions, and K-Y jelly.
- A supply of cash to pay for emergency boarding.
- If you have room, include chew toys, special treats, blankets, bedding, and other items that your pet loves. If your pet can play or stay with something familiar, she or he could feel more relaxed during an emergency.

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Fire Risks: Downed Power Lines, Dead Branches and Grass Fires

Bryan Forman

Around 6 in the evening on April 12, there was a loud crash on Marietta Drive. A huge pine tree had fallen onto the wires and snapped a telephone pole in half. The tree had been dead for many years, but it hadn't been removed. Luckily no one was hurt.

That night there wasn't much that PG&E could do. They had to bring in a new pole, and because the area behind the home was steep and challenging to access, they had to bring in a large crane to lift the pole over the house. Meanwhile, the crew cut up the fallen tree and trimmed some of the neighbors' branches. Power wasn't restored until 36 hours later.

With the devastating Camp Fire still fresh in our minds, neighbors have become concerned about fire risk. They were worried about downed power lines, the dead branches that PG&E left in their yards, and about the possibility of a grass fire racing up the hill from O'Shaughnessy.

Fire Chief Pablo Siguenza, of Battalion 9 on Ocean Avenue, and I met to evaluate the fire danger and to get some suggestions on fire prevention. From the overlook on Marietta Drive, we could see a good portion of the hillside, the dry grasses, the brush, and trees that come up the hill to the backyards of the homes on Teresita, Marietta, and Stillings.

Chief Siguenza feels that it's unlikely that a grass fire

would threaten those homes nor the homes that back up to Mt Davidson Park. He said that if there were a fire, the dry grasses would burn quickly and create a lot of smoke but that it would take a hotter and larger fire to ignite the green brush and trees.

Here in Miraloma Park we are fortunate to have several beautiful natural open space areas, but should there ever be a fire in one of these open space areas, it is our personal preparedness that will help us all ensure that our homes remain safe from flames or blowing embers. Chief Siguenza recommends that everyone living adjacent to, and/or nearby, open space take these steps to help ensure that their home is fire hardened.

- Keep decks clean and free of highly flammable materials
- Clear rain gutters and rooftops of leaves and debris
- Create a defensible space by clearing brush behind your fence
- Trim tree branches, keep them above 10 feet from the ground
- Clear yards of dry leave and dead plants

For more detailed information on creating defensible space around your home and other tips for making your home fire safe here are some current publications of the California Fire Safe Council: <https://cafiresafecouncil.org/resources/fire-safety-information-for-residents/>



MIRALOMA PARK COMMUNITY CONNECTORS SENIOR PROGRAM

We're changing strangers into neighbors and neighbors into friends. All Miraloma neighbors over 60 are invited to join us for strength, flexibility and balance exercises.

**Always Active Exercise Every Tuesday,
Wednesday and Thursday**

10:30 am to 11:30 am

**Tue & Thur at Cornerstone Church
Wed at MPIC Clubhouse**

For more information contact:
Darlene Ramlose, Miraloma Community Connector
darlene@sfcommunityliving.org or
714-423-8844.

Visit us on our Facebook page:
Miraloma Park Community Connectors.

**WE ARE CHANGING
STRANGERS INTO NEIGHBORS
& NEIGHBORS INTO FRIENDS**

Miraloma Community Connectors Upcoming Events

Darlene Ramlose

These programs are offered in addition to the Always Active Exercise Classes. All events will be held at Cornerstone Trinity Baptist Church located at 480 Teresita Boulevard. Come join us as these wonderful events!

**October 3: 11:40am at 36 Teresita bus shelter, Mt. Davidson- at the end of Myra Way
Mt. Davidson walk with Jacquie Proctor**

Explore the inspired history of San Francisco's highest hill on this stroll through a 38-acre nature preserve to the amazing view and gigantic monument at its 938 ft high summit. Steep trails which can be windy and muddy. Wear a jacket and sturdy shoes. No restrooms available.

**October 17: 11:30am
SPCA - SIDO Program**

The San Francisco SPCA (Society for the Prevention of Cruelty to Animals) Sido Program offers an innovative way to plan now for your pets' future, so they will be cared for should they outlive their owners. Many people don't have a trusted, willing friend or relative to appoint as guardian for their pet. They worry about what will happen to their pet when they pass away. Enrolling your pet in the Sido Program provides peace of mind about the fate of your pet.

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NEED HELP/OK

By Guido van Rijn

Miraloma Park, thanks to MPIC, NERT, Resilient Miraloma, Community Connectors, and the new Block Champion Program, is OK! Are you?

It's time for the 1989 earthquake remembrance drill!
Become a participant.

WHEN: 2nd and 3rd weeks of October

WHERE: Your Front Window

Place the OK sign in your front window during the 2nd and 3rd weeks of October to show that you remember AND that you are a participant in preparing Miraloma Park by minimizing the effects of a disaster in your own household. Please take down the sign after the third week.

You can download the HELP/OK sign from the MPIC website at <https://miralomapark.org/wp-content/uploads/Help-OK-Sign.pdf>

Miraloma Park residents have been hard at work to help minimize the after effects of a major (or minor) disaster. All of the funding came through Supervisor Yee's Participatory Budgeting (PB) Program (Opening up again SOON!). Well over a \$150,000 has been awarded to Miraloma Park for disaster preparedness and relief.

MPIC, at our Club House, has sponsored many NERT trainings in search & rescue, medical triage, radio communications, Stop the Bleed, and more. Miraloma Park has also received well over a \$100,000 in earthquake preparedness funding that was used to purchase equipment such as solar generators, pop-ups, search and rescue equipment, medical supplies and much more. Thank you, Joanie van Rijn, for your leadership.

MPIC and Resilient Miraloma's new Block Champion program has conducted three Block Champion trainings at the MPIC Clubhouse. These trainings resulted in more than thirty Block Champions that live on various blocks throughout Miraloma Park. Each Block Champion was given a bin of emergency supplies (PB funded) that can address the needs of neighbors on their block during and after a natural disaster. Thank you, Daniel Homsey, Robert Gee, and Guido van Rijn for taking the lead on this 1st of its kind program.

Community Connectors and Always Active was brought to Miraloma Park by Daniel Homsey and Darlene Ramlose. Initially funded through the PB program, Community Connectors and Always Active Programs help build a community of active and engaged seniors. Active and engaged seniors are happier! I know! I am one of them! Therefore, we seniors are more resilient in the event of a disaster.

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MIRALOMA HOME REPORT

ACTIVE				CANCELLED LISTING			
332 Teresita	2/1	\$1.295 M		465 Myra	3/2.5	\$1.849 M	
805 Foerster	3/2	\$1.295 M					
PENDING				SOLD			
20 Arroyo	3/2	\$1.088 M		31 El Sereno	2/1	\$1.525 M	
300 Molimo	4/5.5	\$2.999 M		958 Teresita	3/2	\$1.65 M	
				79 Los Pamos	5/3	\$1.74 M	
				300 Molimo	4/5.5	\$3.1 M	

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Need Help/OK

Miraloma Park is OK! Are you? Disaster preparedness, resiliency, starts at home. You are your own first responder!

Do you have emergency food and water supplies at the ready? Do you have a "go-bag" ready for each family member and pet in case evacuation is necessary? Show your willingness to participate___ in our drive to have each household ready and prepared should disaster strike. Place the OK sign in your front window during the 2nd and 3rd weeks of October. Take it down after the 3rd week.

Thank you for participating!

Party Season is Coming! How to Entertain with Less Waste

By Catherine Homsey

Party season is arriving. Are you ready? Want to host a gathering, but not sure how to do it without producing mounds of trash? You're in luck, because I've gone through the trial and error for you!

Food

If your party is larger than the number of people you can seat at your table, serve finger foods.

You can offer a wide variety of yummy finger foods with what you can find in the grocery store **bulk bins, salad bar, hot food bar, produce section and cheese & meat counters** – little to no packaging necessary. Also, you can create a menu with as much or as little preparation and cooking as you like. Be creative and flexible.



Drinks

It's pretty easy to find zero or low waste drink options for your party. It's helpful to start saving wine bottles in advance to make serving easier. French lemonade bottles, with the flip top caps, are also excellent for re-using to serve drinks. Below are some ideas.

- **Flavored water** – fill clean wine bottles with water and add lemon slices, cucumber slices, rosemary, pomegranate seeds, or whatever you choose.

[continued on page 10]



YOUR MPIC PHONE NUMBER HAS CHANGED

Our new phone number is
(415) 322-0211

We will keep our old phone number
until 10.31.2019

Cassandra Mettling-Davis, Architect
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It's Party Season...Less Waste!

- **Wine** - preferably with real corks or screw caps. You can also re-use your old wine bottles and take them to certain wineries to get them re-filled – it's fun and inexpensive.
- **Beer** – a keg is the best option if you will have a big party and can finish it. Otherwise, a refillable growler would be my second choice, followed by bottles or cans.
- **Cocktails** – a batch cocktail can be prepared in advance and can be served in re-used wine or lemonade bottles. This makes it easy to chill, serve and pour. You can also refill the bottles throughout the party if you need to.
- **Ice** – if you have an ice maker, make sure you are making enough in advance so you have enough for your party. We don't have an ice maker, so I have a bin in my freezer where I put ice from our ice cube tray. I prefer not to buy bagged ice from the store because of the plastic, but sometimes it's the only option if you need a large amount.

Invitations

Send **online invitations** – no paper necessary! It's the same with follow up afterward. You can send guests photos from the party via email and some invitation websites allow your guests to upload their photos as well.

Supplies

Set out **real glasses** for drinks. They don't need to match; what you have on hand will do. If you don't have enough glasses for the number of guests you expect, there are a couple of options. **Borrow** from friends and neighbors, invest in a collection of new glassware or you can find some for a bargain price at **thrift stores**. If you choose to buy new glassware, my favorite are the Durablex Picardie tumblers. They're inexpensive, extremely durable, flexible (can be used for wine, cocktails, water) and bonus (!) – they're stackable so they save space.

Use **stainless steel cocktail picks or turkey lacers** in place of toothpicks. They can also be used to make mini skewers.

Regular plates can be used as serving platters.

Clean, empty wine or lemonade bottles and a funnel to use for serving water and batch cocktails.

Invest in a collection of **cloth napkins** for everyday use and to use at parties. You can probably borrow them from friends if you don't have enough. Offer a stack of napkins in case guests want to use one. In my experience,

most don't use a napkin for finger foods, but you should probably have enough for about 75% of your guests.

Mason jars filled with flowers or greenery can be used for décor.

Finally, get some good music going, **relax and have fun** with your guests. Have a wonderful party!

For more tips follow me @joyofzerowaste on Instagram or check out my website at joyofzerowaste.com

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Pet Disaster Preparedness Advice

4. Evacuation Tips

- The first rule of evacuation is to take your pet with you! Let disaster workers know that you have animals with you and what species they are.
- Never leave a caged pet alone in an evacuated home; the pet has a better chance of surviving if they are free to move around your home.
- If you are being moved to a human shelter that has an auxiliary animal shelter in place, you can request that your pet be housed at that adjacent shelter. Otherwise, all evacuated animals in San Francisco, including exotic animals and small mammals, as well as aggressive dogs and cats, will be housed at SFACC no matter where the owner is sheltered.
- Red Cross shelters do not accept pets. The best place for your pet is with a relative or friend who lives in an unaffected area. This is much less stressful for both you and your pet. Make arrangements now for this possibility.
- Prepare a list of backup arrangements, such as hotels that allow pets, boarding facilities, veterinarians and/or shelters.



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What's the Plan to Fight Crime? Ask the Mayor on October 24.

Thursday October 24 at 6 pm in the County Fair Building, Golden Gate Park (near entrance at Lincoln and 9th Avenue) RSVP and submit an audience question by sending an email to stopcrimesf@gmail.com. Put "**crime town hall**" in the subject line.

Ask Mayor London Breed your questions and share your concerns at a Westside public safety town hall sponsored by Stop Crime SF and co-sponsored by the MPIC.

Mayor London Breed will be interviewed by Joel Engardio, a local news columnist and vice president of Stop Crime SF. Mayor Breed will also answer audience questions. Various City Hall department representatives will also be present to provide additional information.

Stop Crime SF are San Franciscans working together to reduce and prevent crime in our neighborhoods while holding public officials and the criminal justice system accountable. Learn more at www.stopcrimesf.com

The MPIC is one of a number of partner neighborhood associations across San Francisco working with Stop Crime SF.

MPIC Safety Committee Report

Selected SFPD Incident Reports July - August 2109

Crime stats extracted from the SFPD database which is more accurate than the Crimemapping.com website.

DATE	TIME	ADDRESS	DESCRIPTION
7.07.2019	14:04	EL SERENO CT \ MARIETTA DR	Warrant Arrest; Possession of Burglary Tools; Burglary of Residence under construction; Att. Forcible Entry; Aggravated Assault on Police Officer w/other Weapon; Conspiracy to Commit Burglary
8.11.2019	17:38	SYDNEY WAY \ FOWLER AVE \ PORTOLA DR	Attempted Robbery - 2 Starbucks patrons thwarted a robbery by holding onto their laptops computers. Suspect got away in a Honda, police interviewed victims and requested surveillance footage.
8.12.2019	6:10	JUANITA WAY \ DEL SUR AVE	Hot Prowl Burglary - A woman at home with her husband heard a disturbance from her backyard, discovered unknown man in back yard and she yelled at him to leave. Suspect fled, Officers arrived on scene and found the back door damaged in attempt to enter the home.



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GOOD TO KNOW: MIRALOMA PARK RESIDENTIAL GUIDELINES



The visual appeal of Miraloma Park has been a valued source of enjoyment to residents and a powerful draw for home buyers to the neighborhood. The Miraloma Park Residential Design Guidelines* aim to preserve this appeal, while also promoting quality design and preserving as much as possible, the neighborhood's architectural character.

Although residential design review is mandated under the Planning Code, Guidelines provisions themselves are advisory. Only the Planning Code regulates specific building dimensions.

Download: www.miralomapark.org/neighborhood/design-guidelines

Note: Guidelines were adopted in 1999 by the San Francisco Planning Commission for design review of Miraloma Park projects.

Important Numbers

EMERGENCY FROM A LAND LINE

911

EMERGENCY FROM A MOBILE PHONE

(415) 553-8090

Suicide Prevention Hotline

(415) 781-0500

Poison Control Center

(800) 222-1222

Non-Emergency Police Dispatch

(415) 553-0123

Ingleside Police Community Room

(415) 404-4000

Anonymous Tip Line - Ingleside Police

(415) 587-8984

Anonymous Narcotics Tip Line

(800) CRACKIT

Domestic Family Violence (24hrs)

(800) 799-SAFE

Animal Cruelty, Distress, Injury

(415) 554-9400

Office of Citizen Complaints Against SFPD

(415) 241-7711
<https://policecomplaints.sfgov.org/>

San Francisco City Services

311

(abandoned vehicles to graffiti clean-up to Muni issues + more)

<https://sf311.org/>

PG+E Call Before You Dig

811

SF Building Dept Code Enforcement Hotline

(415) 575-6863
Planning.CodeEnforcement@sfgov.org

Norman Yee, District 7 Supervisor
President, Board of Supervisors

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norman.yee@sfgov.org

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Article Submission Policy:

Email submissions to: miralomapark@gmail.com
with **Miraloma Life** in the subject line.

Articles submitted must be 800 words or less in length and should not be selling or promoting a product or service. Anonymous submissions will not be considered for publication.

Deadline for submissions is October 12, 2019

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