

MIRALOMA LIFE

January 2020 - Issue 5

Upcoming Events

2 JANUARY 2020

MPIC Board Meeting*

7:00 pm - MPIC Clubhouse

TUES, WED, THURS

MP Community Connectors Seniors

10:30 am and other events see page 6 for details.

*Members wishing to address the Board should call (415) 322-0211 to request placement on the agenda

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Thank You to Our Wonderful Sponsors!

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Sound the Alarm! Save A Life!

Participatory Budget Project? MPIC Can Help Get the Word Out!



Los Palmos Community Garden Hosts Clean Team Day

Joanie van Rijn

On November 16, 2019 the Los Palmos Community Garden participated in District 7's "Clean Team event". That morning, City staff, trucks, tools and volunteers from United Playaz arrived to join our team of neighbors in refreshing the garden and preparing it for winter. This help with cleanup and hauling green debris up the hill and away from the garden without filling all the neighborhood green bins isn't just helpful, but accentuates the partnership we enjoy with the Public Works Department.

Miraloma Park is fortunate to have great residents who have devoted their time and efforts into creating a beautiful community garden. The Los Palmos Garden, located on Los Palmos Drive was created in 1995. Residents cleaned up abandoned City property; it is a "paper street" called Verna. The garden is divided into two sections, the upper garden and the lower. Stairs lead down to the lower section and then on the "wild path", not maintained by the neighbors, ending on Verna Street.

The Los Palmos Community Garden stewards are Sky Charlesworth, Norm Honbo, Mike Dahlin, Guido van Rijn, Joanie van Rijn and Margaret Lemus. We worked with Clarence Robinson, Street Environmental Services and Urban Forestry, to arrange for our District 7 "Clean Team" day on November 16. Mr. Robinson and our garden stewards developed a work plan for the garden clean-up. This meeting facilitated a successful event. Mr. Robinson is a very thoughtful, generous man who provides the Los Palmos Garden with information, services and support. We appreciate all that he does for the Garden.

The Los Palmos Garden always looking for more volunteers who would like to don a pair of gloves and join with us and keep this oasis thriving. **Contact** joanvanrijn@gmail.com if you are interested. We can be found out there pulling weeds and pruning plants once every two weeks.

Beautiful Forest with a Dash of Pesticides

One of the unquestionable perks of living in Miraloma is the proximity and unlimited access to Mt. Davison Park, the forest surrounding it with its luscious greenery and breathtaking views. Many residents enjoy visiting the Park. Being a dog owner, I cherish the opportunity to start my day going up the mountain with regular occurrence, weather permitting of course. Over the years, I sadly have observed pervasive pesticide application on the mountain, targeting different plants with varied recurrence.

The most recent application on November 14-15, 2019 was also the most troubling: for the first time, I noticed it was targeting Himalayan blackberry, unquestionably a very invasive species, but also a very popular fruit enjoyed by many visitors. Pesticide treatment notices were placed at many forest entry points. (Unlike as in the past, when they were placed on only a single trailhead, so that you could have unknowingly gone through freshly treated area only to find out at the end that you have been exposed to pesticides.) Treated plants that were supposedly marked with blue dye were impossible to find. I had questions, so I contacted Chris Geiger of SF Department of the Environment, as his agency's number was listed on the notice. Here is what I learned.

Why are pesticides used on Mt. Davidson or on any other public City space after being found a contributing factor in causing non-Hodgkin's lymphoma?

We have had many robust public conversations about these issues at Commission on the Environment meetings and elsewhere ever since 2015, when glyphosate was declared a probable carcinogen by one of the respected scientific bodies we follow. These conversations have resulted in dramatically increased restrictions and a concerted effort by City departments to find the safest alternatives. As a result, our use of Tier I ("most hazardous") herbicides has declined by 97% since our 2010 baseline, and our use of glyphosate products has decreased by 96%. A total of 1.4 gals of active ingredient was used in all City parks in 2018.

Why are berries being targeted? So many people including kids from the neighboring school come on field trips and unknowingly eat previously sprayed berries or plants that grow despite the spraying?

Himalayan blackberry is an invasive species that will quickly dominate the landscape. It is one of a handful of species that we specifically target in certain natural areas of the City where native biodiversity is threatened. We have special restrictions in place to prevent children or wildlife being exposed to sprayed berries – our workers are required to remove berries prior to treatment.

Why are treated places not clearly and permanently marked?

Our restrictions require that they be clearly marked 3 days before applications until 4 days afterward.

Did the spraying occur on November 14 and 15 and if so, was it marked with blue dye?

On Mt. Davidson most of these treatments are tiny – often just one plant – and easy to miss.

If spraying is to continue, shouldn't there be permanent signs posted warning visitors that pesticides are being used at this site from time to time and specifically naming blackberries in addition to other plants?

Permanent postings are not required under the current restrictions. They occur so infrequently that we believe this information would be less useful to the public than postings when the spraying actually occurs.

I thanked Chris Geiger for his thorough response and let him know that I did not question that what they were doing was not in line with City requirements. I also said that I was happy to hear that tighter pesticide regulations have been put in place over the years but that there was always more that could be done. The grounds keeper's trial which concluded in San Francisco in November 2018 (where Monsanto, the maker of Roundup, was found guilty in causing Dewayne Lee Johnson's cancer and ordered to pay \$78 million in damages) was not something that could be ignored and another look at tightening the restrictions and/or all together banning pesticides should be considered. Also, as a parent and a concerned resident, I think the City is duty-bound to keep its residents informed and let them make a decision for themselves when they visit the Park. Keeping permanent signage about occasional spraying especially of edible plants should be seriously considered.

Where do we go from here? How can we influence a more responsible change that would reflect recent findings publicized in the groundskeeper's (and others) litigation from November 2018? Is the thinking that pesticide spraying is only dangerous when wet during the time of application, accurate? What about the potential long-lasting effects of pesticides leaching into the soil and of new-growing plants that failed to be permanently eliminated? These are some questions that are potentially worth everyone's consideration.

With my perspective,
Kashka Pregowska-Czerw
A concerned resident

President's Message:

Joanie van Rijn

Happy New Year! On behalf of the Miraloma Park Improvement Club and the Board I would like to wish you and your family a very happy, healthy, prosperous 2020! I enjoyed meeting many of you at the Holiday Party. Over 65 residents and friends attended the 29th annual MPIC party. Please read the article in this issue to see who won the Dessert Bake-Off. We thank our local businesses who contributed the generous prizes and to Peter Renteria who solicited the prizes for the event.

WE GOT IT – 501.c3!

MPIC was notified by the IRS that our application for tax-exempt status was approved. This will open so many doors for the Club. Donations to the Club will now be a tax write-off and there are programs and grants that we can now apply for. Robert Gee, our Treasurer, has worked tirelessly on this project and he deserves our thanks. Robert, CONGRATULATIONS!

Need New Fire Alarms?

Please read the article in this issue about getting new fire alarms installed in your home FREE by the Red Cross volunteers. Sound the Alarm is a Red Cross program reducing home fires by installing free alarms. Don't be shy, sign up now!

Missing mailbox on Teresita and Agua

Neighbors have let MPIC know that a mailbox has been removed by the USPS on the corner of Teresita and Agua. If a mailbox does not consistently collect a certain volume of mail, it will be removed. It reduces the number of stops that collection trucks have to make. Sorry, but that mailbox is now gone.

Letter of Thanks

MPIC received a lovely letter of appreciation from neighbors who moved to San Mateo last year. They are seniors and had attended our Senior Emergency Workshop. Battery operated lanterns were dispensed at the workshop. They experienced the Public Safety Power Shutdown due to fire risks and were without electricity. The lantern, from MPIC, was a life saver. I hope each home has a battery-operated lantern; they are critical when there is a loss of power.

Putting it all together – it will make a difference

We have our earthquake emergency supplies in our garage. I realized that if the quake happens at night and our windows were to break and shatter on our floor, we would need sturdy shoes near our bed, and a lantern, work gloves, and a battery or crank-operated radio upstairs, near us. I got a small plastic box and collected these items along with our HELP/OK sign and now I feel like I can check that off my list of "to-do's."

Is your emergency box ready?

Spraying Round-Up on Mt. Davidson

MPIC has been notified by residents that signs have been posted on Mt. Davidson that the Department of Environmental Services has been spraying Round Up on invasive species, Himalayan blackberry, and ivy. The MPIC has invited someone from that department to come give us more information about this situation. We are concerned about spraying the fruiting berry bushes on the mountain and that children and pets are exposed to these toxic substances. You can read more about it in this issue.



Pesticide Notice posted at Mt. Davidson



Earthquake emergency supplies - Don't forget to include your "OK/NEED HELP" sign



Thank you, Brian and Charley Harris!

MPIC

On December 8, 2019 a few MPIC Board Members arrived at the Clubhouse and found Brian and Charley Harris picking up some trash at the Clubhouse driveway. Brian and Charley live on Del Vale and they regularly pick up trash at the MUNI bus stop at Del Vale and O'Shaughnessy Boulevard and surrounding areas. The Harris family have resided in Miraloma Park for the last five years. MPIC thanks the Harris family for taking the initiative and keeping the Del Vale-O'Shaughnessy area clean. You represent the meaning of community! MPIC knows that other neighbors voluntarily and without fanfare pitch in to make our neighborhood a nicer place to live.

Please tell MPIC (miralomapark@gmail.com) of these neighborhood heroes and so we can feature them in Miraloma Life.

You can do it!

MPIC Publicity Committee

The abject and blighted condition of the retaining walls and main gate of the Miraloma Courts and Field has been a constant eyesore and subject of complaint for many years: repainting and gate repair have been urgently needed. 311 calls by citizens have produced no results.

At last, a frustrated resident appealed to Supervisor Norman Yee for remedy, sharing with him photos of the badly peeling and soiled walls and damaged main entrance gate, which had been knocked off of its hinges by repeated collisions by Recreation and Park Department (RPD) trucks arriving to perform field maintenance.

On one occasion, passing residents witnessed an RPD driver hitting the gate and fence as he drove onto the field. His response was to slap some pink paint onto the gatepost, as he told the passers-by, so that he'd see it next time.

Supervisor Yee's legislative aide, Ivy Lee, contacted Recreation and Park Operations to learn when Miraloma Playground courts and walls were scheduled for repainting. Supervisor Yee personally asked that his office be kept apprised of progress in the repainting and gate repair.

Within a few months, prepping and painting began on the field and then in the courts resulting in an attractive and well maintained facility that meets Miraloma Park community standard. The gate has also been repaired.

Thanks to dedicated resident advocacy and to the effective and immediate intervention of Supervisor Yee, Miraloma Field and Courts are in great shape and are a positive reflection on our community.

For information about RPD maintenance operations and schedules:

<https://sfrecpark.org/about/park-maintenance-standard/park-maintenance-schedule-posting-system>.

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MPIC HOLIDAY PARTY & BAKE-OFF

This year's party was another success! Gingerbread house decorating, live music, clown entertainment, jambalaya and mac-n-cheese; libation, desserts and good conversation were enjoyed by all.

1st Place:
Marilyn Grassman
Raspberry Flan

2nd Place:
Daryl Brown &
Laura Kee
Miraloma Apple Pie

3rd Place:
Darlene Ramlose
Red Velvet Cake

4th Place 3-Way Tie!
Marie Jean Longa
Cream Puffs
Will McDonald
Purple Ube Pie
Sonja Dotson
Pumpkin Cake Roll

5th Place
Barbara Wheeler
Orange Cupcakes

PHOTO HIGHLIGHTS:

Clockwise from Top Right:
Thomas O'Brien and Sons /
Boswick the Clown and Assistant
/ Enjoying the Gingerbread
House / Ruth Cox and Neighbors;
Gingerbread House in Progress
/ Cathy Chin records the votes
for Bake-off Contest / Revelers
enjoying the Evening / Laura Lee
Brown & Co with Todd Siemers
on the saxophone.



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!

NEW in 2020 - Ukulele Lessons!

The lessons begin on Tuesday, January 7, 2020 from 2:00pm to 3:00pm at the MPIC Clubhouse, 350 O'Shaughnessy Blvd. Classes are free, but you need to purchase a song book for \$15.00. You must bring your own ukulele, too. Abby Margolis is teaching the class. She is an accomplished player, teacher and has an interesting musical background.

Diabetes Program

Beginning, Wednesday, January 8th, 2020 we're offering a 6-week program for diabetics called DEEP. If you are a diabetic, or have a family member who is, or if you are a caretaker of a diabetic, this course is for you. It could be life-changing. This course will be offered at the MPIC Clubhouse, 350 O'Shaughnessy Blvd., from 11:30am to 12:30pm.

Contact: Darlene Ramlose, darlene@sfcommunityliving.org or 714-423-8844



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.

MPIC THANKS OUR DONORS!

We are grateful to the merchants who provided gift certificates for the winners of the 2019 MPIC Holiday Party Bake-Off. MPIC thanks them for their support!

Bird & Beckett

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Capt. Joseph D. Burgard**

Glen Park Nails

Mollie Stone's Markets

Zanze's Cheesecake



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

MPIC Safety Report

Large Encampment on O'Shaughnessy Boulevard Removed

On November 22, the MPIC filed a 311 report regarding a large encampment on O'Shaughnessy Boulevard about 100 yards north of the MPIC Clubhouse on the Glen Canyon side – about 10 feet from the sidewalk next to the bus stop. It was easily visible from the street. It was under a large tree that provided a perfect protective canopy and surrounded by bushes. Upon closer inspection there were up to three tents with many bags, suitcases and a large storage box. The encampment extended much further back. At the time of the report, it had yet to rain and the vegetation was dry. Any campfire, dropped cigarette butt or the use of propane could spark a wildfire in the canyon.



Encampment on O'Shaughnessy Boulevard

When there is a 311-encampment request, the City's procedure is to route the request to the Healthy Streets Operation Center, comprised of staff from the Department of Homelessness and Supportive Housing, Homeless Outreach Team, Department of Public Health, Police Department, San Francisco Public Works, Department of Emergency Management, Fire Department and 311. Their goal is to address the health and safety impacts of those living in the encampments as well as the concerns of residents and businesses impacted by encampments. This is accomplished by leading with services for individuals and keeping our streets and sidewalks clean and safe.

A Park Ranger met with the MPIC the next day at the site and reported that it appeared the persons had left the encampment. The Park Ranger agreed that this encampment was a hazard for potential illegal fires as well as other hazards such as needles. The campers left what appeared to be decent tents and the Park Ranger said the persons generally just steal new tents from places like Target. The Park Ranger then put in a request to have the Department of Environment come out to clean up the site. The clean-up occurred a few days later.

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What then happened was unexpected. The Recreation and Park Department took the additional action of cutting back the bushes and shrubs and cutting down the large tree, probably because they believed the large tree canopy encouraged persons to use the area as an encampment.

[continued on page 10]



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COMPASS

Sound the Alarm. Save a Life.

Darlene Ramlose

Every day, seven people die in home fires, most victims in homes that lack smoke alarms. Sadly, children and the elderly disproportionately lose their lives. The American Red Cross wants to improve the odds and save lives - that's why they launched Home Fire Campaign in 2014.

A critical part of the campaign is Sound the Alarm, a series of home fire safety and smoke alarm installation events across the country. Together with fire departments and other community partners, Red Cross volunteers:

- Install free smoke alarms
- Replace batteries in existing alarms
- Provide fire prevention and safety education

In just five years, home visits have accomplished so much, including the installation of more than 1.8 million smoke alarms and preparing more than 1 million people against home fires.

Do you need a new smoke alarm? Is your battery dead in your smoke alarm?

The American Red Cross will come to your home to install FREE smoke alarms and show you how to keep your family safe from fire.

To schedule an appointment call: (415) 427-8153 or email: Bob Berger San Francisco Coordinator:

Robert.berger2@redcross.org

*Evelyn, a senior says
"The volunteers were
professional, friendly
and now my home
has fire alarms in
each room."*

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):

- | | | |
|---|---|--|
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MPIC Safety Report

Preventing Wireless Key Hacks to Your Car

A number of residents continue to report that thieves may have stolen the electronic codes that their car key sends when it unlocks the car from a distance using a remote. They find their car was broken into and items missing, but there was no sign of forced entry. It's possible the thieves are using an inexpensive power amplifier to open cars electronically using a technique to amplify the signal of a wireless key fob to open car doors even when you don't press the button on the remote, but when you use your car's keyless entry system. Ingleside Capt. Chris Woon acknowledges this type of car break-in still occurs.

When you walk up to your car with a keyless entry and try the door handle, the car wirelessly calls out for your key so you don't have to press any buttons to get inside. If the key calls back, the door unlocks. But the keyless system is capable of searching for a key only within a couple of feet. In theory, the thief would turn on the amplifier device which amplifies the distance that the car can search, which then allows the car to talk to the key which could be sitting 50 feet away on the kitchen counter. And just like that, open sesame.



Examples of "Faraday Cages"

To prevent this keyless entry exploit where the thief could use your car key to unlock your door even if it's not right next to your car, you can place your key in a small box that is lined with aluminum foil so that radio signals can't penetrate it and the thief in theory can't electronically open your car. Such a box is called a "Faraday cage" named after Michael Faraday who in 1836 built a room coated with metal foil to prevent electromagnetic fields from influencing anything inside. The Faraday cage protects against this electronic hack on keyless entry systems in which you touch the car door handle to unlock

the car while the key stays in your pocket. Other articles suggest putting your key in the freezer to accomplish the same result. There are also special metallic bags sold online but their reported effectiveness in preventing electronic hacks is mixed.

Another way a thief can break in is to use a device called RollJam and it works by stealing the coded unlock command your key sends to your car when you actively press the unlock button. For this kind of attack, the Faraday foil box won't help.

If your car was broken into, please file a police report online and include any video picture your front door camera may have taken.

Safety Tip from Ingleside Captain Chris Woon

In many home burglaries in the Ingleside District, the bad guys are entering homes during the day believing no one is home and getting surprised. Capt. Woon suggest that if anyone ever comes home and finds their door is open or there are open or broken windows, they should NOT enter the home and call 911 immediately.

New speed cushions on Teresita

Three new speed cushions were finally installed along Teresita Blvd in December. A couple of years ago, the SFMTA had decided that no new speed cushions would be installed even though the MPIC advocated that the speed analysis SFMTA conducted consistently measured higher rates of speed in those areas. The MPIC continued to work with SFMTA and with the help of Supervisor Yee's office, the SFMTA ultimately agreed to install four new speed



Installing Speed Cushions on Teresita Blvd

cushions along Teresita. Residents along Teresita approved three of them and rejected one. Each speed cushion cost about \$25,000 to install.

The highest part of the speed cushion is measured at 3 ¾ inches which the crew measures by hand. The City has only two work crews who are responsible for installing speed cushions. A different crew will come out to paint stripes on the speed cushions.

SFPD Traffic Enforcement

One of the issues MPIC recently discussed with Ingleside Capt. Chris Woon were residents' concerns regarding cars along Teresita Boulevard that failed to obey the stop signs as well as not yielding to crossing pedestrians.

MPIC Safety Committee members recently conducted observations at key Teresita Boulevard intersections during various dates and times where residents complained violations were occurring – usually during the weekday morning commute. The number of possible violations was tabulated. The data for one intersection – the bottom of Teresita at Foerster, was provided to Captain Woon. He commented that this was the type of detailed data that he needed in order to assign officers, but he cautioned that it would depend on resources at the time. Capt. Woon did report back to the MPIC that shortly after our meeting, he stationed officers at that intersection during a two-day period at the various times we observed. Capt. Woon said 8 citations were issued.

Conducting these types of traffic observations takes time but it's necessary in order to utilize the very limited police resources as best as possible. Based on additional data collected on other Teresita Boulevard intersections, the MPIC Safety Committee will present the data to Capt. Woon and again ask for targeted traffic enforcement.



Ingleside Captain Chris Woon



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COMPASS

Did you Submit a PB Project? MPIC can help you get the VOTE Out!

If you submitted a Participatory Budget project, MPIC can help you get the vote out. The March issue of Miraloma Life is a critical part in marketing for votes. Obtain that support by offering a brief presentation to the MPIC Board. The Board meets the first Thursday of each month.

Become a brief agenda item between now and March. Share your project with all of Miraloma Park.

If you have any "get out the vote" questions or suggestions please feel free to contact:

Guido van Rijn, Local Miraloma Park PB representative

E-mail: guidovanrijn1975@gmail.com

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.

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 (abandoned vehicles to graffiti clean-up to Muni issues + more)	311 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	(415) 554-6516 norman.yee@sfgov.org
Mayor's Office of Neighborhood Services	(415) 554-7111

MPIC Board of Directors

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Jean Perata	Darlene Ramlose
Todd Siemers	Stephanie Boudreau Ma
Joanie van Rijn	

MPIC Directory

www.miralomapark.org

General Inquires for MPIC	(415) 322-0211
Clubhouse Manager + Rentals	(415) 322-0211
Webmaster: Ron Proctor	(415) 322-0211
Miraloma Elementary School	(415) 469-4734
Miraloma Co-op Nursery School	(415) 585-6789
Miraloma Playground	(415) 337-4704

Miraloma Life Staff

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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 January 12, 2019

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