

# MIRALOMA LIFE

MAY 2020 - ISSUE 9

## Upcoming Events

**7 MAY**  
**MPIC Board Meeting\***  
7:00 pm - VIRTUAL

**11 JUNE**  
**MPIC Board Meeting\***  
7:00 pm - TBD

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

## In This Issue

### **PRESIDENT'S MESSAGE**

### **HOW TO PARTICIPATE IN VIRTUAL CITY GOVERNMENT**

### **NO IF'S ANDS OR BUTTS - TOXIC WASTE**

### **INTRODUCING THE SENIOR OUTREACH SOCIETY**

### **DEALING WITH COVID 19? WHAT YOU CAN DO**

Please note all information on San Francisco's Covid-19 response is current at the time of publication. We suggest that you check online or call the relevant resources for the most up to date information for your family.

## WE'LL GET THROUGH THIS TOGETHER

#STAYHOME  
#STAYSAFE  
#BETTERTOGETHER



# HOW TO PARTICIPATE IN VIRTUAL CITY GOVERNMENT AND AN UPDATE

**The March 24, 2020 Chronicle reported** that to prevent the spread of COVID-19 within the jail,

*San Francisco Supervisor Sandra Lee Fewer plans to introduce legislation...that would dramatically accelerate the closure of County Jail No. 4, the decrepit, seismically dangerous lockup on the top floor of the Hall of Justice at 850 Bryant... But amid the growing coronavirus pandemic — which especially threatens incarcerated people and others clustered together — closing County Jail No. 4 has taken on new urgency... For people living in these communal settings, we think it's dangerous." Fewer said. (<https://www.sfchronicle.com/bayarea/article/Amid-coronavirus-threat-SF-supe-seeks-rapid-15152262.php>)*

According to the text of the March 3 Board Agenda, the plan for release would be created in consultation with relevant City agencies.

*REQUESTS FOR HEARING 200248 [Hearing - Criminal Justice Reform - Closure of County Jail No. 4] Sponsor: Fewer Hearing on the necessary closure of County Jail No. 4 as part of the closure of the Hall of Justice, and the strategies needed to successfully and safely close the jail through reduction of the population in order to avoid sending inmates to out-of-county facilities; and requesting the Sheriff's Department, Office of the District Attorney, Public Defender, Police Department, Adult Probation Department, and the Department of Public Health to report. RECEIVED AND ASSIGNED to Budget and Appropriations Committee. 200249 [Hearing - Job Development for Vulnerable Populations] <https://sfbos.org/sites/default/files/LI030320.pdf>.*

**Because the Sheriff's Department has close contact with and knowledge of inmates and the respective risks posed by the release of each individual inmate, the Sheriff's findings will be crucial foundationally to a release plan that balances the safety and healthcare needs of inmates with the safety of the public.**

District 7 Supervisor Norman Yee appreciates hearing from his constituents and can be reached at [Norman.Yee@sfgov.org](mailto:Norman.Yee@sfgov.org).

**The Board of Supervisors continues to meet**, although remotely, during the COVID-19 health emergency:

"Due to the COVID-19 health emergency and to protect our Board Members, Clerk's staff, and members of the public, the Board's Legislative Chamber and Committee Room are closed. Members of the public are encouraged to participate remotely. Members of the Board will participate remotely through videoconferencing (and by telephone if the infrastructure fails)."

The Board of Supervisors meets Tuesdays at 2:00 PM. Agendas and Minutes of Board meetings are at <https://sfbos.org/meetings/42>. Instructions for remote public comment participation are posted on the Board's website: <https://sfbos.org/remote-meeting-call>.

Examples of recent BoS Agenda items:

- 190757 Sponsor: Mandelman Ordinance amending the Planning Code to provide an exception from density limit calculations for all affordable units in projects not seeking and receiving a density bonus, permit the legalization of all unauthorized dwelling units...SUBSTITUTED AND ASSIGNED to Land Use and Transportation Committee.
- [Planning Code - 100% Affordable Housing and Educator Housing Streamlining Program] 200213 Sponsors: Fewer, Mar, Peskin, Haney, Walton, Mandelman, Ronen and Safai Ordinance amending the Planning Code to allow extra height, exceeding otherwise applicable height limitations, for 100% Affordable Housing and Educator Housing projects, and to allow such projects to be constructed on parcels greater than 8,000 square feet or which contain only surface parking lots and do not demolish any existing buildings...ASSIGNED UNDER 30 DAY RULE to Land Use and Transportation Committee. <https://sfbos.org/sites/default/files/LI022520.pdf>
- [Planning Code - Conditional Use Authorizations for Demonstrably Unaffordable Housing] 200142 Sponsors: Mandelman; Peskin Ordinance amending the Planning Code to require conditional use authorization for applications to demolish a single-family residential building on a site zoned as RH-1 (Residential, House District, One Family) or RH-1(D) (Residential, House District, One Family-Detached), when the building is demonstrably not affordable or financially accessible housing; <https://sfbos.org/sites/default/files/LI021120.pdf>.



*Historic Mt. Davidson Cross lit in blue light in gratitude of healthcare workers*

*Ed.'s Note: Hats-off! to the Resilient Miraloma Park COVID-19 Team for the tremendous job they're doing 24/7 to keep us all safe during the pandemic. Special thanks to MPIC President Joanie van Rijn for her leadership and commitment to this cause.*

## Interested in Delivering Miraloma Life Newsletters?



The MPIC is looking to hire up to 3 Miraloma Life monthly newsletter carriers starting in September 2020. Miraloma Life publishes 10 issues per year; we don't publish in July and August. If interested, please contact the MPIC for more details:

**415-322-0211 / [miralomapark@gmail.com](mailto:miralomapark@gmail.com)**

## PRESIDENT'S MESSAGE:

Joanie van Rijn

Our lives changed on March 16th when Mayor Breed put into effect the Shelter-in-Place order. For me...I had planned a family St. Patrick's Day dinner and made a loaf of Irish Brown bread. That was then.

The image of the historic Mt. Davidson Cross taken Easter Eve by our resident, Hatun Noguera, expresses a powerful message of gratitude and of solidarity with the healthcare workers in the COVID-19 crisis. The Miraloma Park Improvement Club gratefully thanks our friends of the Council of Armenian American Organizations of Northern California (CAAONC) for their beautiful gesture: lighting the Cross in blue to honor these workers' courage and dedication.

And now, when you are out taking a walk through our neighborhood, you'll notice, though on a smaller scale, other messages of hope and solidarity: in windows, bears and other animals, rainbows, big THANKS signs for our first responders and health professionals, and MPIC's own HELP/OK initiative. Lots of young children are out riding their scooters, skateboards, and bikes, and then, there are the sounds of spring birds getting ready for their new families. These are happy signs.

The Resilient Miraloma Park COVID19 Response Team has been busy. We meet every Monday, Wednesday, and Friday via ZOOM to plan our communication of local information to our community. We have published weekly COVID19 Bulletins presenting information from more than 11 sources. Our website has changed to reflect the need to help residents quickly access current information by providing links to informational sites. If you would like to receive our COVID-19 Bulletin, send us your email address at [miralomapark.org](mailto:miralomapark.org), and we'll add you to our COVID19 Bulletin emailing list.

District 7 Supervisor Norman Yee has asked our COVID19 Volunteer Team of 80+ volunteers to participate in his new Seniors Outreach Society (SOS). Our volunteers will receive a virtual 25-minute training, so that they can make wellness calls to all District 7 residents 60 years and older. You may be receiving one of those calls: please let our volunteer know if you need help. We are offering grocery shopping and trips to get medications to those who are vulnerable and should stay home. For help call MPIC 415-322-0211, or email us at [miralomapark@gmail.com](mailto:miralomapark@gmail.com). MPIC is working to provide everyone up-to-date information and help for our seniors Please know we are here for you, and your family.

We wish you all good health and a spring that brings all of us a new beginning.

---Joanie





# DEALING WITH COVID-19

## WHAT CAN YOU DO?

**Look for** the latest MPIC COVID-19 Bulletin on MPIC's website [www.miralompark.org](http://www.miralompark.org) and on MPIC's NextDoor and Facebook pages

**Call MPIC** at 415-322-0211 or email [miralomapark@gmail.com](mailto:miralomapark@gmail.com) if you know someone who may need help sheltering in place or if you need help doing so (This is only for non-medical needs).

**Sign up to a Resilient Miraloma Park COVID-19 Volunteer** at this link: <https://forms.gle/W5EU3E57pEcwKe377>

**Visit** the City's single site for information about COVID-19 services, benefits, grants to businesses and non-profits, Public Health Orders, etc <https://sf.gov/topics/coronavirus-covid-19>

**Comply** with the City's and State's "Shelter in Place" Orders

**Demonstrate hope and unity!** Join the "Unity Light in the Night" campaign and leave a light (not candle) on in your front window at night.

**Get** the latest COVID-19 alerts by texting COVID19SF to 888777

*The Miraloma Park Improvement Club and Miraloma Park NERTs, Block Champions and Miraloma residents are playing an essential role in supporting our vulnerable residents physically and emotionally during this difficult time. We are joining together and make sure our neighborhood stays safe, healthy and strong.*

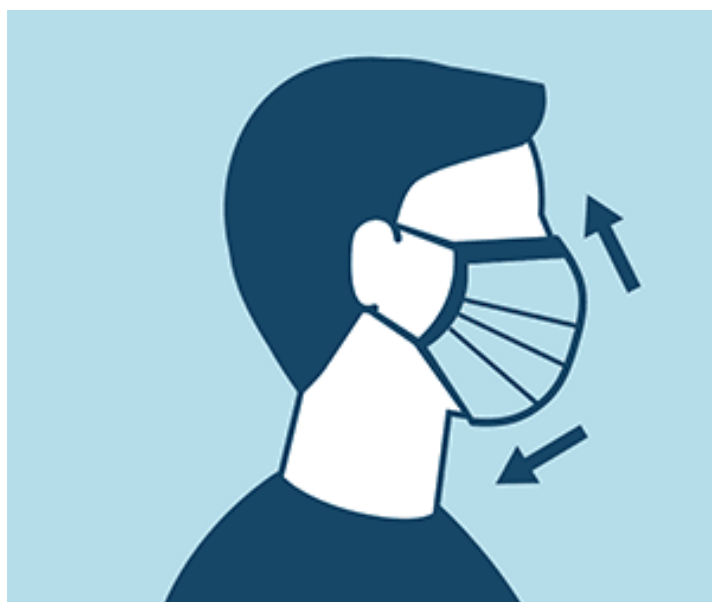
## HOW TO WEAR A CLOTH FACE MASK

### CENTERS FOR DISEASE CONTROL

Resilient Miraloma Park

The Centers for Disease Control recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission. CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.

Note the side view below of an individual wearing a cloth face covering, which conceals the mouth and nose areas and has an elastic string or band looped behind the ear to hold the covering in place. The top of the covering is positioned just below the eyes and the bottom extends down to cover the chin. The visible side of the covering extends to cover approximately half of the individual's cheek.



Cloth face coverings should—

- Fit snugly but comfortably against the side of the face
- Be secured with ties or ear loops
- Include multiple layers of fabric
- Allow for breathing without restriction
- Be able to be laundered and machine dried without damage or change to shape

For additional information about cloth masks, visit Centers for Disease Control and Prevention at

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

# NO IFS, ANDS OR BUTTS!

## CIGARETTE BUTTS:

### TOXIC WASTE ON OUR STREETS

Kate Clements

Miraloma Park is lucky to have an educated, active, and participative community. Many residents are health conscious, so the following information may seem unnecessary for you. But please, read on!

If you walk regularly in our neighborhood and take a moment to look down, you will most likely notice cigarette butts next to our curbs. Cigarettes contain thousands of chemicals that may be introduced into the environment.

I am concentrating on cigarette filters, which are made from cellulose acetate or vinyl chloride. These chemicals never fully biodegrade, and the plastic enters our environment in microscopic form. After a cigarette is smoked toxic chemicals remain in the filter: lead, cadmium, arsenic, and nicotine tar. Studies have shown even one cigarette butt in a liter of water will kill a small fish. They are harmful to children, pets, and our fresh water. So truly, these little butts are a big problem!

The National Institutes of Health cites an estimated 4.5 trillion cigarettes are smoked each year, and represent the most common form of litter worldwide. They are also the most common toxic waste found on California streets highways. Tobacco Free California cites a study from 2009 that found tobacco waste accounted for 25% of all litter on San Francisco streets. After those results came out, a cigarette clean up fee was added to the cost of a pack of cigarettes to help with the associated expense.



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COMPASS

## So what can you do?

Of course, the best-case scenario is not smoking. If you do smoke, please empty your cigarette butts into your black bin. Perhaps you have found unwanted butts or other trash at your curb. Many of us sweep that up and put it directly in our black bins. Because the size of most of the debris is quite small, I recommend using reusable pocket ashtrays, which are widely available on the web. (**Amazon or Etsy search for "pocket ashtrays" -also sold at Walmart.com**) If your contractor or workers are smokers and smoke outside your home, please remind them to pick up their butts and put them in your black bin.

For more information about the health and environmental effects of cigarettes and cigarette butts, please go to <https://tobaccofreeca.com/environment/cigarette-butts-are-toxic-waste>.

# DISPOSE OF MEDICATIONS SAFELY

## PROTECT PUBLIC HEALTH, HELP THE EARTH.

### MPIC

As we've been sheltering in place, many of us have cleaned closets and medicine cabinets. What should you do with expired medications? Dispose of them safely. Don't pour them down the drain or drop them in your black bin!

You can safely dispose of unused medicines at CVS Pharmacy, 701 Portola Dr., 415-504-6043. There's a secure, disposal container at the Pharmacy. Here's what to do for the various forms of medicine:

- Pills - Consolidate pills in as few containers as possible or in a plastic zipper bag. Remove any personal information and recycle empty pill bottles and outer packaging in your blue cart.
- Liquid or Cream Medicines - Tighten the lids of liquid or cream medicines or place the entire container in a plastic zipper bag.
- Aerosols or Inhalers - Place directly into the kiosk.

Drop-off locations DO NOT accept:

- Empty or used needles and syringes - Take to any San Francisco Walgreens Pharmacy and ask to use the Free Sharps Disposal Program. Find other locations for disposal of used or unwanted needles and syringes on RecycleWhere. More information: Free Sharps Disposal Program.
- Pre-filled injectors (e.g. EpiPens®) - Request a free, prepaid mail-back package to mail in your unwanted injectors for proper disposal online or by calling 1.844.633.7765.
- Thermometers - Take thermometers to the Household Hazardous Waste Facility or request a Home Pickup.
- Personal Care Items - Toothpaste, shampoo, sunscreen, peroxide, or other non-medicated personal care products (Use up, donate or place in black cart).

Why should we dispose of these items and medications properly? Unused medicine is a threat to both the environment and public health. Medicines flushed or poured down the drain can end up polluting our waters, impacting aquatic species, and contaminating our food and water supplies. Most medicines are not removed by wastewater treatment plants. Throwing drugs in the black bin is not safe – especially for controlled substances like OxyContin, narcotics and other highly addictive and

dangerous drugs – because the drugs can be found and used by others, even if they are mixed with undesirable materials.

**Source:** The San Francisco Department of the Environment. For additional information about the Safe Medicine Disposal Program, visit [sfenvironment.org](https://sfenvironment.org) or call **415.355.3700**.



Unwanted medicine disposal container at CVS Pharmacy

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## Annual MPIC Election of Officers & Directors

As mandated by MPIC by-laws, the annual MPIC Election of Officers and Directors has been held, as mandated by MPIC By-Laws the 3rd Thursday of June at the Clubhouse, with candidates and other election information published in the June issue of Miraloma Life and nominations "from the floor" accepted by an MPIC Director at the Clubhouse. Election arrangements are pending extension of social distancing advisories and will be posted at [miralomapark.org](http://miralomapark.org) when updated.

For now, to propose a nomination, please contact MPIC at [miralomapark@gmail.com](mailto:miralomapark@gmail.com).

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**JOHN L. WOODRUFF III**  
♦ ♦ ♦ ♦ ♦  
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DRE #0952491  
[AETHOSREALESTATE.COM](http://AETHOSREALESTATE.COM)

## 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.  
The MPIC is a qualified tax exempt 501(c)(3) organization – tax ID 94-6092576. Your membership donation is tax deductible to the extent allowed by law. 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!



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SFMUNI Bus #44 Stops right at the corner!

Sunday School for children age 5-12

Coffee & Tea served at 11 am

Fellowship lunch served every Sunday after service

**JOIN US FOR SERVICE, ALL ARE WELCOME!**





# 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.

WE CAN  
STAY CONNECTED  
AND ACTIVE  
ON-LINE

<http://sfcommunityliving.org>

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

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

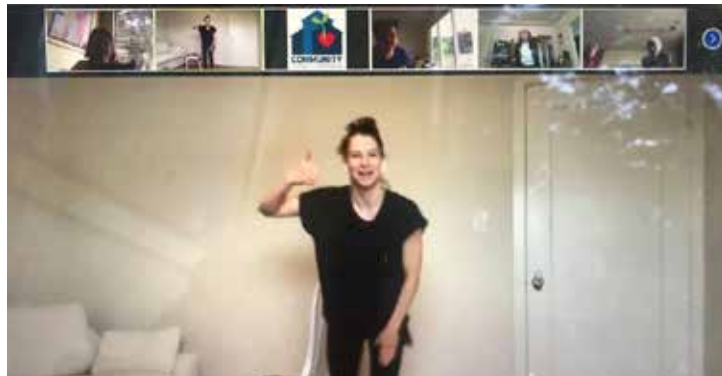
**WE ARE CHANGING  
STRANGERS INTO NEIGHBORS  
& NEIGHBORS INTO FRIENDS**

## COMMUNITY CONNECTORS UPDATE

Community Connector exercise classes and events have been suspended in compliance with the Shelter-in-Place Order of the San Francisco Department of Public Health. Once it is safe to do so, we will resume our activities and will notify you via email. In the meantime, our ukulele classes are continuing on Zoom, and our social connection in this time of distancing is thriving through the San Francisco Community Living Campaign with resources, classes, and updates citywide on our website at <http://sfcommunityliving.org>.

Here are some of the current classes available online:

- Sing-Along with Oldies,
- Always Active Senior Exercise, and
- Writing for Memory, just to name a few.



*Online Zoom Meditation class and Always Active exercise class with Kyra*

### Let's stay connected!

If you would like a wellness call or just a friendly call..... we are here to help.

If you have any grocery shopping, pharmacy or other needs please call!

For more information, contact your Miraloma Community Connector Darlene Ramlose at [darlene@sfcommunityliving.org](mailto:darlene@sfcommunityliving.org) or by phone at 714 423-8844

Barbara and I are looking forward to seeing you all again real soon!

# SECURITY CAMERAS AREN'T JUST FOR SECURITY

David Volansky

Home security cameras are discussed more and more these days. Police tell us that they help to solve and if visible, deter crimes. After having a few cameras of my own, I realized they were useful in so many other ways.

After attending more than one neighborhood safety meeting where a police officer, in this case the Ingleside Police Captain, talked about the usefulness of cameras for solving crime, I decided to get a few for myself. Mine require wired power and communicate using my home Wifi. I can check them via my smart phone, and I've set them to record and save video on an SD card using movement triggers.

Cameras and footage are only helpful to the police if they and your neighbors know you have them. You can look online for registration information, if you want to inform authorities of your cameras. But at the very least, do let your neighbors know that you have cameras and what they capture, so that neighbors can ask you for footage if a

crime or suspicious activity takes place in your area.

Hopefully you will never or rarely use your cameras to deal with crime, but I've learned they are so valuable in other ways. Here are a few to keep in mind if you are still on the fence about getting some and setting them up.



**Did I remember to?** For years I've had a problem whenever I leave the house: I always worry that the garage door isn't closed. And it's not that I forget to close it. I just know that from time to time the sensor sees something moving—say, a leaf hanging from a cobweb—and just before closing, the door re-opens. And of course, my concern over the issue grows the further away I will be.

Driving to the airport is the worst. So I positioned a camera that allows me to see my garage door: now, whenever I have that feeling, I just pull out my phone and see my closed garage door.

**How's my pet?** Worried about your pets when you are away? A few well-placed cameras can alleviate this concern by letting you check on your pets. Of course if you see a problem, you may still need to call upon a neighbor to take action. But just being able to check in can provide a great sense of relief when away at the office or even on a trip. I saw a special case of this recently online when someone was showing off how using his Ring Doorbell Camera (which also has a speaker as part of an intercom) to call their chickens back into the yard! Find it online—it's cute

and amazing.

**That car??** Particularly in our neighborhood, many blocks do not have scheduled street sweeping, and it is common to see cars parked for too long. And for me this isn't about neighbors not moving their cars—ideally I'd just talk to the neighbor about it—but on blocks without sweeping, abandoned or stolen cars can sit for far

too long. The other week I finally noticed a car that I thought had maybe been in front of my house for a long time. Using my camera's recorded footage I was able to see that the car in fact had departed and returned to the same spot recently. Problem solved.

**Did my package get delivered today?** I saw this story play out on NextDoor. A company tells you your package has been delivered. But there is no package. It could have been stolen, but you check your porch camera and there was no delivery! In this case, communicating via NextDoor worked great, and the lost package was found at a nearby address and got to its rightful owner. The camera saved someone the trouble of having to report the non-delivery and wait for a replacement to be sent. Maybe even because of the camera, the package's owner met a neighbor that he hadn't known before!

**Vacation updates.** I was on a vacation with a friend who was having some remodeling work done at his home at the time. He used his security cameras to see when workers were at his house and what sort of progress was being made while he was away for a few days.

Now I hope you can add more positive and frequent use reasons to your security camera choices.

## INTRODUCING THE DISTRICT 7: SENIOR OUTREACH SOCIETY (SOS)

Resilient Miraloma Park COVID-19 Response Team

District 7 Supervisor Norman Yee has created a new program called the Senior Outreach Society (SOS) and has launched the SOS for our district residents who may be in need of some extra support and connection during this isolating time. It will connect volunteers by phone to every resident over the age of 60 who lives in District 7.

Miraloma Park has been given a unique opportunity: starting in mid April, our volunteers will be calling our own neighbors here in Miraloma Park.

Are you interested in lending a hand by making phone calls from home to support seniors during the COVID-19 health emergency?

As an SOS team member, you will call seniors in our neighborhood to learn if they are safe and doing well sheltering at home. Some folks might have a need for help, and you'll be able to connect them with the services that they need, such as medication deliveries. Other folks who have been sheltering in place just might like to hear and speak to a friendly neighbor.



It's easy to volunteer. There will be a free, short, online training (25 min.) and on-going support. We can get through this together, and you can make this time easier for a lot of folks by volunteering your time and friendly voice, all from your own home.

To sign up as a SOS volunteer, complete the online form at:

<https://docs.google.com/forms/d/e/1FAIpQLSePD FktWv9kS8iVh2fhVmYrqTcbPvAdG2AgQnvLNIPMN Ctyg/viewform>



## Wondering what's happening in the real estate market?

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# Do You Enjoy Working with Numbers?



The MPIC is planning for a future Treasurer transition. We are seeking a Miraloma Park volunteer who may be interested in handling our Treasurer responsibilities. The duties include recording all financial transactions, compiling monthly financial reports, monitoring the budget, preparation of annual tax returns and implementing changes that make our accounting more efficient. If you have a background in bookkeeping, accounting, tax or finance, proficient in technology and enjoy working closely with many of your fellow community volunteers, the MPIC can use your expertise. Contact us for more information:

[miralomapark@gmail.com](mailto:miralomapark@gmail.com) | 415-322-0211



**MIRALOMA PARK  
IMPROVEMENT  
CLUB**

## MPIC BOARD OF DIRECTORS

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<b>Corresponding Secretary</b>	Vacant
<b>Treasurer</b>	Robert Gee
<b>Sergeant-at-arms</b>	Vacant
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Bryan Forman	Robert Gee
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Jean Perata	Darlene Ramlose
Todd Siemers	Stephanie Boudreau Ma
Joanie van Rijn	Cary Matthews



## GOOD TO KNOW: MIRALOMA PARK RESIDENTIAL GUIDELINES

The purpose of the Miraloma Park Residential Design Guidelines is to promote quality design and preserving as much as possible, the neighborhood's architectural character.

[www.miralomapark.org/neighborhood/design-guidelines](http://www.miralomapark.org/neighborhood/design-guidelines)

## MPIC DIRECTORY

[www.miralomapark.org](http://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

## 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](mailto:Planning.CodeEnforcement@sfgov.org)

Norman Yee, District 7 Supervisor (415) 554-6516  
[norman.yee@sfgov.org](mailto:norman.yee@sfgov.org)

President, Board of Supervisors  
Mayor's Office of Neighborhood Services (415) 554-7111

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### Article Submission Policy:

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 and should not be selling or promoting a product or service. Anonymous submissions will not be considered for publication.

**Deadline for submissions is May 12, 2020**

Submitted articles become the property of MPIC.