

## JUNE 2020 - ISSUE 10

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## PROJECT OPEN HAND VOLUNTEER - IT'S ESSENTIAL WORK

Tony Smith

My wife Rachel and I retired May 2019. Rachel decided to volunteer for Project Open Hand. Their mission is "Providing Nutritious Meals with Love to Our Sick and Vulnerable Neighbors".

Once a week she took Muni down to the Tenderloin on Polk Street for her three-hour shift. She worked in the kitchen preparing food, specifically, chopping vegetables. That doesn't sound too bad, does it? But we're talking 600 pounds of onions on some days!

POH serves seven SF distribution/dining locations and one Oakland location. The organization prepares 2,500 meals a day - "regular" meals and special diet meals like vegetarian, bland, renal and others.

Rachel quickly became an efficient and valued volunteer. I know she worked with a caring and positive spirit because that's the way she is no matter what she's doing. She happily worked her Wednesday 9am-12pm shift for months. And then the COVID-19 pandemic hit. And the Mayor's shelter in place orders came, followed by the Governor's. Since POH was deemed an essential service, the work would continue.

As a result, two issues came together: 1) an immediate doubling of meals demand came to organizations such as POH, and 2) a required re-engineering of the POH production to safely space out the workers and volunteers. Double the output with half of the people on the production

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## Congratulations Graduates!

The MPIC congratulates the graduates of 2020! We know that this school year didn't end the way that you had anticipated or hoped for. We applaud your resiliency and congratulate you on your hard work. We wish you the very best in your next endeavor!

## SEW NICE - PEOPLE MAKING MASKS FOR HOSPITALS

**Helping Hands West of Twin Peaks Pull Together**  
Natasha Dutrow

Four neighborhood women – Norma, Kelly, Dayala and myself – connected on NextDoor to collaborate on making masks for healthcare workers. Norma, Kelly and I got our sewing machines humming, a bit of a turn at our own Rosie the Riveter moment, while Dayala prepared fabric and made deliveries.

Our endeavor has certainly been a team effort, seamstresses receiving batches of washed, dried and pre-cut fabric on their front porches and turning out Clover-style masks which have been donated to Laguna Honda Hospital and UCSF.

Many parts of sheltering-in-place have been no fun, but this has been a decidedly bright spot for all who have joined in. To all Healthcare who have been toiling to keep our community healthy and alive: We Appreciate Your Dedication. THANK YOU!



**Meeting an Immediate Need**  
Thérèse Martin

I have made about 40 masks for the Newport Bay Hospital. There is a database of hospitals who are asking for medical supplies, including sewn masks. I found the hospital through a database that contains submissions by hospitals, asking for medical supplies, including sewn

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# PRESIDENT'S MESSAGE:

Joanie van Rijn

Living in San Francisco we can consider ourselves blessed. Our diligent efforts to shelter in place are beginning to pay off. COVID-19 related deaths in San Francisco look like they have plateaued at a total of 35, quite an achievement when compared to many other metropolitan areas in the United States. We collectively mourn for the families and friends of the deceased in San Francisco, the country and the world. We can count our blessings, and yet moving forward will be a challenging.

Economic disaster, homelessness, the loss of jobs, and the slowly expanding network of food pantries tell a tale of dramatically altered lives. Re-opening businesses with newly-developed safe business models that include physical distancing, facial protection and hand-sanitizing stations are becoming the new world order. Safely opening schools, after-school programs, day care facilities and senior centers will be a top priority for so many of us - and an incredible challenge.

This "new normal" unfortunately can bring anxiety and depression. Daily news about our political situation and the pandemic can overwhelm us. The loss of a job, or not being able to see loved ones and hug them, make day-to-day life difficult.

Mental health professionals are recommending that we focus on gratitude. Miraloma Park Improvement Club is extremely grateful to all of the volunteers who give their energy and time. They have made over 835 wellness calls and helped seniors shop and get their medications. This giving relationship is a connection and it helps fight isolation. Our seniors are honored and we want them to be supported. Please read the article in this issue, Thank You! MPIC COVID19 Response Team, NERTs, Block Champions and Other Volunteers. Giving to others has made a big difference and it is appreciated.

This issue's focus is how we are trying to live our best life. We are taking walks, greeting neighbors and meeting new ones, painting rocks and putting rainbow signs in our windows. We make a big noise at 7pm as a thank you to our essential workers. We are realizing that when we focus on abundance we sleep better, make delicious meals, and enjoy those moments when we see beauty in this Spring. Please be generous to yourself. Call a friend! Write a thank you note to someone you wish you had thanked earlier! We are in this together, and by staying together will remain strong.

Normally in June MPIC holds its elections for Officers and Board of Directors. Due to COVID-19, elections have been postponed until October. In the September issue the slate of Officers and Directors will be published. Voting will take place in October. Miraloma Life goes on vacation for the



months of July and August. **The COVID-19 Bulletins will continue during the summer. If you do not receive these, please email [miralomapark@gmail.com](mailto:miralomapark@gmail.com). We will add you to our list.**

This summer will be different for all of us. Vacations and travel will take serious considerations and planning. Guido and I are travelers. We would jump on planes and sail on ships to see the world. Now, travel means a walk around the block that comes with the wonderful blessing of chatting with neighbors, some for the first time. We occasionally visit our local grandchildren and seriously miss those that require a flight. Until a vaccine is discovered we do live in a new world order. Please take care, and stay well.



# THANK YOU!

## RESILIENT MIRALOMA PARK COVID-19 RESPONSE TEAM, NERTS, BLOCK CHAMPIONS AND VOLUNTEERS

MPIC



*1: Joanie van Rijn; Guido van Rijn; Mary Fitzpatrick; Tier 2: Jean Perata; Robert Gee; Cary Matthews; Tier 3: Darlene Ramlose. Not pictured: Daniel Homsey.*

In mid-March Resilient Miraloma Park activated its COVID-19 Response Team. Members of the Team include Mary Fitzpatrick, Robert Gee, Daniel Homsey, Cary Matthews, Jean Perata, Darlene Ramlose, Guido van Rijn and Joanie van Rijn. The Team meets regularly, discussing COVID-19 developments nationally and in the state, city and neighborhood; neighborhood care and shelter needs and volunteer activations. The Team also decides what important COVID-19 information should be disseminated to residents through MPIC COVID-19 Bulletins.

At the time of this writing, the Response Team has produced 10 MPIC COVID-19 Bulletins. Team members Mary Fitzpatrick, Cary Matthews, Joanie van Rijn and Robert Gee collect information for the Bulletin, which is edited by Jean Perata. The Bulletins are emailed to Miraloma Park residents, Block Champions, NERTS and volunteers. The Bulletins are also posted on Miraloma Park's Nextdoor and Facebook pages. If you would like to be on the COVID-19 Bulletin email list send your request to [miralomapark@gmail.com](mailto:miralomapark@gmail.com) or call MPIC at 415-322-0211.

At the beginning of the COVID-19 crisis, Response Team member Darlene Ramlose, coordinator of Miraloma Park's Community Connectors, began making wellness calls to over 160 Miraloma Park seniors registered in the Community Connectors program and other seniors in the neighborhood. She was assisted by Barbara Wheeler, Ruth Cox, Kevin Caravello and Peter Renteria. In the calls they asked seniors if they needed assistance obtaining groceries or medications and if they wanted regular wellness calls.

While most seniors are managing well with the help of family and neighbors, some have needed help with grocery pick-ups. MPIC residents and volunteers Mike Dahlin, Celia Kuitunen, Norm Honbo and Guido van Rijn have stepped up to meet this need.

In mid-March the Response Team obtained COVID-19 door hangars, created by the City, and 2,000 copies of the City's "Shelter in Place Recommendations" flyer. The Team put out a call for help and a group of people made up of Response Team members, Block Captains, NERTs, MPIC Board members as well as other volunteers, quickly sprang into action, distributing the door-hangers and flyer to Miraloma Park residents.

In mid-April Supervisor Yee initiated the new Senior Outreach Society (SOS) program for those over 60 who live in District 7 and may need extra support and connection while sheltering-in-place. The SOS program uses volunteers to call seniors and advise them of available programs for assistance while sheltering-in-place. The COVID-19 Response Team quickly saw this as a way of significantly expanding what we were already doing. The Team notified Miraloma Park Block Champions, NERTs and Miraloma Park residents of this new volunteer opportunity. By late April over 30 Miraloma Park volunteers had called 835 seniors in Miraloma Park!

Block Champions, NERTs and other volunteers have an on-going, incredible presence in Miraloma Park. We have, in fact, become a model response team for the City. Much of our current efforts are the result of our diligent disaster preparedness efforts spearheaded by NERT Coordinator Joanie van Rijn and Resilient Miraloma Park founder Daniel Homsey. Joanie's tireless efforts in her development of the Miraloma Park NERT team and Daniel's inspiration in the creation of Resilient Miraloma Park and the Block Champion program formed the foundation of our COVID-19 response. More than 6 years of development are now paying off. NERT, Block Champions and many other volunteers were and are highly instrumental in keeping Miraloma Park safe and well informed about the local effects of COVID-19.



*Guido van Rijn volunteering as an SOS connector*



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## Project Open Hand...

line. Some volunteers would work an eight-hour shift. Instead of once a week the volunteers were asked to work as many days a week as they felt safe and comfortable working.

Now Rachel works three days a week and six hours a day to help get these essential, nutritious meals out. To avoid any unnecessary virus risk, upon entering our house after work she disrobes inside the front door, leaves her shoes by the door, and starts a load of laundry to disinfect her mask, apron and work clothes.

What hasn't changed is her talking about the work when she gets home. She says the paid workforce at POH expresses its gratitude to the volunteers every day. She witnesses wonderful teamwork each shift she works. The organization is very well run and it produces a quality product. An SF General nurse friend of ours recently told us that one of her homebound clients was just awarded his POH meal service; he said the meals were "marvelous!". Another friend, an Emergency Room administrator, says that during the pandemic they are referring people more than ever to POH. This feedback made Rachel's work feel very real. It's rewarding in many ways for her, she says.

As her husband I'm very proud of her to have answered this call during this unprecedented time. The dutiful efforts of all of our essential workers is inspiring!

## October Elections for MPIC Officers & Directors

The MPIC Board has determined that the MPIC Election of Officers and Directors will take place in October. Information about the candidates and election procedures will be included in the September and October issues of Miraloma Life. If you wish to propose a nomination, please contact MPIC at [miralomapark@gmail.com](mailto:miralomapark@gmail.com).

The annual MPIC Election of Officers and Directors has customarily been held in June. Given the shelter-in-place orders that we have been under since March 2020, the Board had determined that it was prudent to postpone the election until the Fall.



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COMPASS

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## Rockdale Rocks!

Thank you to all who've participated. It's made this period more bearable for us and we hope it's brought some beauty and creativity to neighbors' lives. Please stop by, look at the rocks, pick up a blank one (lovingly hand-washed by Milton), and paint it! You can keep it around the house as your own work of art or place it back in the rock garden. You can even start your own. Little gestures of hope seem important in this time.

We'd love to know about any projects you've been doing! Send an email to [miralomapark@gmail.com](mailto:miralomapark@gmail.com) for possible inclusion in another newsletter.

# PET CARE

## WHAT TO DO DURING SHELTER IN PLACE TO CARE FOR YOUR FURRY FRIEND

Patti Moran

**A discussion with Dr. Adam - Owner & Chief Clinician, Healthy Pets Vet Hospital, West Portal**

Been wondering what services are currently available for your pet, or what to do if your pet becomes ill during SF's Shelter in Place? As an owner of two Labradors, ages 1 ½ years old and nearly 10, I think about their 'routine' care in the coming months. But what is routine these days, and what is 'essential'? I talked with Dr. Adam, Owner and Chief Clinician at San Francisco Healthy Pets Vet Hospital in West Portal to get answers to questions pet owners have during this time.

### **What kinds of pet appointments and services are available during the current Shelter-in-Place?**

Each hospital's Chief Clinician/Owner determines what types of appointments to prioritize based on their community's needs and scope of services each practice offers. Dr. Adam shared that what defines an essential vs. a non-essential veterinarian appointment can vary across Bay Area animal hospitals at this time.

For pets not feeling well, showing signs of discomfort

or lameness, skin or ear problems, or are generally low, it is recommended to request an appointment. Pet owners should call your vet for an assessment of the best next step based on circumstances. Dr. Adam emphasized mid-life to older pets continue their wellness checks to make sure pets can be properly examined and to notice anything underlying that might be brewing.



### **What should I expect if I need to bring my pet to the veterinary office?**

Most Bay Area vets have eliminated the face-to-face exams with owners to limit possible exposure. Dr. Adam emphasized it is important that owners feel safe coming into an office, so the first step is to call your vet to discuss your concerns or questions. At Healthy Pets, they first do a significant "triage protocol" over the phone to discuss what is going on. In light of COVID-19 and the shelter in place ordinance, his hospital took additional measures to ensure the safety of staff, clients,

and community. When clients arrive, staff take the pet from the vehicle and the pet is examined and treated in their treatment rooms. Vets will follow up with owners via phone, and payments are taken over the phone.

### **What if my dog or cat comes due for routine vaccinations within the next few months?**

Puppy vaccinations in particular are important,

and owners should maintain scheduling them during this time. For adult pets needing core vaccinations, Dr. Adam recommends you make an appointment as part of a wellness exam and keep your pet current.

### **What should I do in case of a pet emergency?**

Call your vet immediately if there is a concern about a pet emergency. During normal business hours, the situation will be triaged and assessed. If it is triaged that the problem could potentially require an overnight stay, or require extended care your vet will refer you

to an emergency clinic. If after business hours, owners should call their closest 24/7 emergency pet hospital for appropriate triaging/assessment by the emergency clinic.

*Important Note:*  
*During this time of shelter in place, it is important for owners to be current about the closest after-hours emergency vet hospital to your home. Dr. Adam shared that overnight hours at some 24/7 hospitals have been changing during this time. All emergency visits should start with a phone call to the hospital, so knowing current hours in advance is important. Post them in an easy to reference place in your home (refrigerator, bulletin board, etc.) in case of any pet emergencies.*

### **What should I do if I am running low on medications for my pet?**

Owners can pick up medications. They are essential! If you are unable to pick up medication at the hospital, the staff will come up with a plan. These are similar to the current restaurant curbside pickups happening with safe, social distancing protocols. Some medications (ie. controlled substances) are not eligible to be shipped, however.

### **What if I want to get my pet spayed or neutered?**

For pet owners considering spaying or neutering their animal, your vet may schedule an over the phone consultation. A discussion would likely include the hormonal support needed

for pets while they are still growing, evaluate the pros and cons of these procedures based on your pet's age and situation, and plan the timing on a case by case basis.

Dr. Adam would be glad to answer any additional or follow up questions about your pet's care. He can be reached at Healthy Pets Veterinary Hospital, 373 W Portal Ave, SF, at 415-742-5961. [info@sfhealthypets.com](mailto:info@sfhealthypets.com) [www.sfhealthypets.com](http://www.sfhealthypets.com)

**Disclaimer:** This article is for informational purposes only and should not substitute for direct medical consultation with a qualified licensed veterinarian. Do not hesitate to reach out to Healthy Pets or your current veterinarian for guidance on pet care during this time.

**For additional guidance on COVID-19 and your pets visit the U.S. Centers for Disease Control and Prevention's website:** [www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/pets.html](http://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/pets.html).

## 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**

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ONLINE AT:

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OR BY MAIL:

Complete this form and mail with your dues, check payable to:

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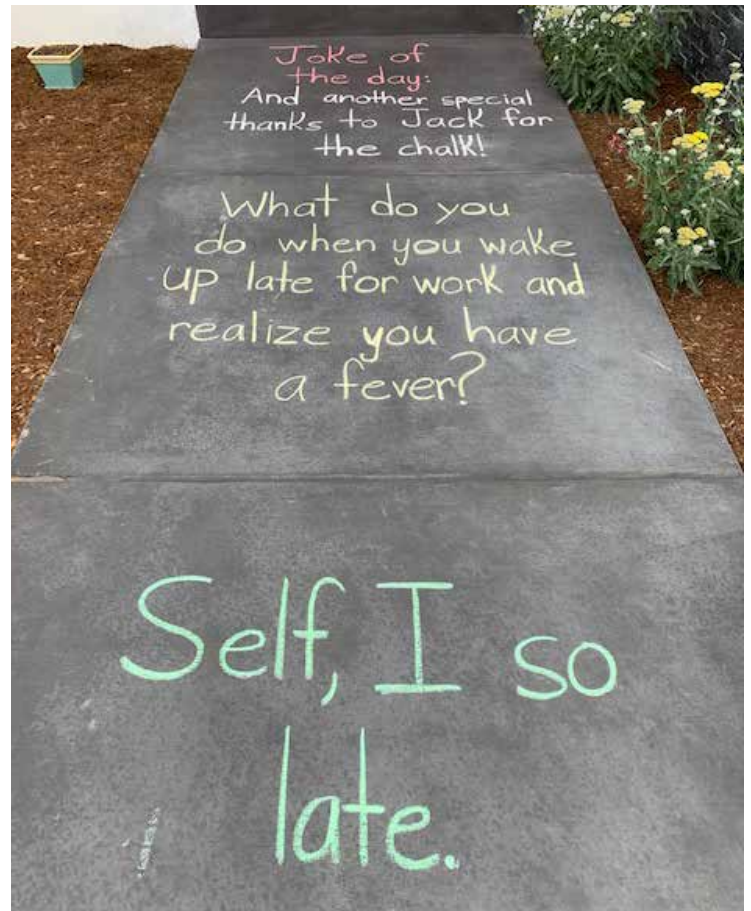
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# MIRALOMA PARK COMMUNITY CONNECTORS SENIOR PROGRAM

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.

## 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:

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**



## MEET WILMA CHEN HER STORY DURING COVID-19

Robert Gee

Meet my 93-year-old mother-in-law, Wilma Chin. I'm sure you've been seeing her walking around the neighborhood every morning since the shelter-in-place started. In fact, for 60 straight days so far, Wilma has been stepping out and taking her daily 2-hour walk whether it's been sunny, foggy or raining. She definitely doesn't move fast, but is moving. She enjoys seeing all of the different flowers around the neighborhood. You've probably even received a hello or wave from her as you walked by!

Then every afternoon, she is out tending to our veggie garden and orchids.

She does miss all of her senior center activities and taking Muni, including the 36 Teresita, all over the City. You may recognize her on the bus as she is always bundled up while hauling around her rolling backpack as well as carrying a large bag. She's looking forward to going back to the Senior Community Connectors exercise classes.

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## Sew Nice...



masks. In addition to contact data, the database lists each organization's plea for support.

Newport Bay Hospital is a psychiatric facility with just under 40 beds and it had an immediate need for the masks. When I scoured the database, many hospitals indicated that they would keep the sewn masks on reserve. It made more sense to me to send the masks to someone who needed them immediately.

## WANT TO SEW YOUR OWN MASK?

Interested in sewing your own mask? It's easy and fun. To make the masks that Natasha Dutrow & friends were making, download instructions at:

[www.makemasks2020.org/mask-making-guide](http://www.makemasks2020.org/mask-making-guide)

## WHAT MIRALOMA PARK RESIDENTS HAVE BEEN DOING DURING SHELTERING IN PLACE

### SHARED STORIES

"Family camping and a night of fresh air in our backyard."  
(photo below) - Suzie Kirane



"At 7 pm every evening, we have been ringing bells and cheering in honor of the essential, health and government workers who are risking their infection in order to serve us. We have been staying active exercising on Zoom every Monday, Wednesday and Friday from 10am to 11 am." - Carlos and Marie Longa



Young artist creating beautiful sidewalk art.



# MPIC SAFETY COMMITTEE UPDATE

## Crime Stats from April 1, 2020 Through April 30, 2020

INCIDENT DATE	INCIDENT TIME	INTERSECTION	INCIDENT REPORT
4/03/2020	24:00	Teresita Blvd / Portola Dr	Access Card, Incl.Credit, Phone, ATM, Fraudulent Use
4/07/2020	3:30	Los Palmos Dr / Lulu Aly	Theft, From Unlocked Vehicle, \$50-\$200
4/12/2020	6:00	Lulu Aly / Burlwood Dr	Theft, From Locked Vehicle, >\$950
4/23/2020	17:00	Arroyo Way / Marietta Dr	Burglary, Residence Under Constr, Forcible Entry
4/26/2020	14:00	Portola Dr / Evelyn Way	Burglary, Hot Prowl, Unlawful Entry
4/28/2020	8:45	El Sereno Ct / Rio Ct	Theft, Other property, >\$950
4/28/2020	9:40	Teresita Blvd / Portola Dr	Warrant Arrest, Enroute to Adult Authority
4/29/2020	16:00	Evelyn Way / Chaves Ave	Vehicle, Stolen, Truck

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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**



## MPIC BOARD OF DIRECTORS

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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)**

## 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

President, Board of Supervisors

[norman.yee@sfgov.org](mailto:norman.yee@sfgov.org)

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## MPIC DIRECTORY

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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

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

Editor	Jean Perata, Kate Clements
Advertising	Kate Clements
Graphics/Layout	Sarah Mergy

### Article Submission Policy:

Email submissions to: [miralomapark@gmail.com](mailto:miralomapark@gmail.com) with **Miraloma Life** in the subject line.

Articles submitted must be 600 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 August 12, 2020**

Submitted articles become the property of MPIC.