www.miralomapark.org

MIRALOMA LIFE OCTOBER 2021 - ISSUE 8

Upcoming Events

7 OCTOBER MPIC Board Meeting* 7:00 pm - Virtual

6-13 OCTOBER MPIC Board Member Elections On-line & Mail in Balloting

4 NOVEMBER MPIC Board Meeting* 7:00 pm - Virtual

*Members wishing to attend the virtual meetings should email: mpicpresident@gmail.com for a Zoom meeting invite.

In This Issue

PRESIDENT'S MESSAGE

VOTE FOR MPIC BOARD MEMBERS (Pg. 5)

'OK' SIGN MONTH & PHOENIX DAY

PUMPKINS!

Calling all children (or adults!) to add some extra color to your Hallowe'en! Please design a face, or just color the pumpkin the way that makes you happiest and tape it your front window for all to admire. And be sure to add your drawing to our Instagram account, @Miralomapark. (Pg. 10)



Bay Bridge under smokey skies

GET PREPARED FOR WILDFIRE SMOKE

MPIC Resiliency Committee

Remember when the smoke was very heavy last September making the day look like night? How about that strong smell of smoke and finding ash on your car? In early July of this year, smoke from wildfires covered San Francisco Bay like a blanket of fog. You can get prepared for wildfire smoke by following this guidance from the San Francisco Dept. of Public Health.

Smoke and ash from wildfires can irritate your eyes, nose, throat, and lungs, and increase your chances of developing a respiratory infection such as pneumonia. Wildfire smoke may also worsen illness from COVID-19.

Why is staying indoors an effective way to protect myself from wildfire smoke during the COVID-19 pandemic?

The most effective way to protect yourself from wildfire smoke is to stay indoors or limit your time outdoors when there is smoke in the air. This is especially important if you have heart or lung disease, or are at higher risk for adverse health effects. Staying at home also reduces your exposure to COVID-19.

How can I make my indoor space safe to prevent risk of COVID-19?

You can create a cleaner air space at home by closing all windows and doors and running fans or air conditioning with a new filter on recirculate to prevent outside air from coming inside. If you have one, use a portable air cleaner to filter the air in the rooms you occupy most. To keep the indoor air clean, avoid activities such as burning candles, using gas stoves, and vacuuming.

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PRESIDENT'S MESSAGE

Todd Seimers

As I write this, we seem to be sinking into a sea of catastrophe: the west coast is on fire (as are Greece and Siberia), reservoirs are drying up, the east coast assailed by hurricanes and tornadoes, our twenty year project in Afghanistan collapsed in days, the COVID delta variant overwhelming hospitals while politicians and pundits deny and dither, and Haiti and Hong Kong and Yemen and Lebanon. Blessedly, my dog doesn't brood on such calamities and insists upon getting out into the neighborhood. We were walking above the cliffs over O'Shaughnessy as the fog cleared this morning. I wasn't thrilled by the look of the mesh over the rocks but admit I prefer it to stones falling on our heads. Maggie isn't bothered by it, but she's generally all about smells and has little concern for appearances.

At our September MPIC board meeting, Karen Wood spoke about an initiative proposal designed to counteract SB9 and SB10, which have been passed by the legislature and await the governor's signature, which will probably go nowhere until after the recall election (another potential catastrophe). I again encourage you to study these issues as they are complex. Although they may destroy singlefamily zoning as we know it, it may be the case that small lot sizes and high construction costs conspire to minimize their effect in Miraloma Park. I've read articles claiming that 'upzoning' will unreasonably inflate single-family home real estate values and others that claim it would tank them. Also unknown is how this will play out in the courts; cities finding their infrastructure overburdened by new development may have standing to sue the state. As a community, we, NIMBYs and YIMBYs alike, have an undeniable need to improve both the supply and affordability of housing.

I thank Karen Wood for her tireless work on these issues and her ongoing service to the club. Here's her essay:

Over several years, State Senator Scott Wiener and some of his colleagues in the legislature (notably Sen. Atkins and Assemblyman Ting, supported by Assemblyman Chiu) have introduced various measures that would end single-family zoning in California by creating a State-wide land-use mandate under which key land-use/zoning decisions would no longer be made by local governments. SB 827, 828, 50, 902, and 1120 met with opposition by communities throughout California and died. But SB 9 and 10 were passed and approved by the legislature and now await being signed into law by the Governor. Will he veto? Unlikely. CA SB 9 would require a housing development containing 2 residential units within a single-family residential zone to be considered ministerially [i.e., over-the-counter without benefit of hearings, neighborhood notifications, or discretionary review]. *SB 10 "would, notwithstanding any local restrictions on adopting zoning ordinances, authorize a local government to pass an ordinance to zone any parcel for up to 10 units of residential density per parcel if the parcel is located in a transit-rich area.*

This provision impacts portions of Miraloma Park within ¹/₂ mile of Portola Drive and Monterey Boulevard. In addition, SB 9 and SB 10 would specify that an ordinance adopted under these provisions is exempt from review under the California Environmental Quality Act, and they would apply to all California cities—including charter cities, such as San Francisco. Unavoidably, centralized State-wide land use planning will degrade the ability of local governments to plan for the specific needs of their communities. SB 9 and SB 10 do not require that any affordable housing be included in new multi-unit housing built in neighborhoods currently zoned for single family housing only.

If signed into law, these bills prohibit design review, floor-area-ratio and open space requirements and will nullify certain San Francisco Planning Code provisions restraining building density, such as Section 101 (c): "This Planning Code is adopted to promote and protect the public health, safety, peace, morals, comfort, convenience and general welfare, and for the following more particularly specified purposes [among which are] (c) To provide adequate light, air, privacy and convenience of access to property..." The San Francisco Residential Design Guidelines will be nullified, as will Planning Department Code-based policies that historically promoted optimal decisionmaking by planners—policies that have enhanced "the unique setting and character of the City and its residential neighborhoods (SFRDG, P.3).

Thus ends single-family zoning throughout the State, unless a recently launched ballot initiative qualifies for the November 2022 ballot.

Californians for Community Planning Initiative have drafted an initiative that will amend the State Constitution to make zoning and land-use decisions solely under local government authority and will preclude State centralized zoning and land-use directives coming out of Sacramento. <u>https://www. communitiesforchoice.org</u>

The initiative has been submitted to the State Attorney General and after a required 30-day comment period, followed by time for the AG to craft title and summary, signature gathering will begin. Californians for Community Planning will have 180 days to collect 1 million signatures throughout California.

We'll keep you posted.

Please stay tuned, stay safe and enjoy our gorgeous fall weather,

Todd



BECOME	NEW MEMBER RENEWING MEMBER Date: Name:
AN MPIC	Address:
MEMBER	Phone: Email:
OR RENEW YOUR	Enclosed are my dues for the next 12 months (check one):
MEMBERSHIP!	\$12 Senior Member \$15 Single Member \$25 Family Membership \$35 Supporting Member \$50 Contributing Member \$100 Sustaining Member
ONLINE AT:	\$ Other
<u>https://miralomapark.org/join</u>	PLEASE SEND ME AN EMAIL REMINDER TO RENEW MY MEMBERSHIP!
OR BY MAIL: Complete this form and mail with your dues, check pa	
MIRALOMA PARK IMPROVEMENT CI The MPIC is a qualified tax exempt 501(c)(3) organization – tax ID membership information with other parties or organizations.	LUB, 350 O'SHAUGHNESSY BLVD, SF, CA 94127 . No cash, please. 94-6092576. Your membership donation is tax deductible to the extent allowed by law. MPIC does not share

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Miraloma Park Elementary School Opening Day 2021

JOIN MPIC'S SECOND SATURDAY CLEANUPS!

Second Saturday clean-up days continue through the Fall. Volunteers work with an MPIC Board Member as the Second Saturday group cleans the grounds and keeps the Clubhouse in order. Volunteers should wear a mask; COVID-19 precautions are followed while working.

Sign up to work on the October 9 Second Saturday (from 10:00am to Noon)

at https://bit.ly/mpicsecondsaturday. If you have difficulty signing up and want to join the October Second Saturday, send an email to miralomapark@gmail.com or leave a message at 415-322-0211.

After you sign up for the date you want to work, you'll receive a reminder email which may contain additional information, such as "bring gardening gloves." You'll also receive an email if the workday is cancelled due to rain or other necessity.



ELECTION NOTICE

The Miraloma Park Improvement Club is conducting the election for certain Officer and Board Member positions from October 6 through 13, 2020. This Notice contains information for the election. Questions about the election should be sent to <u>miralomapark@gmail.com</u> or call 415-322-0211.

Miraloma Life's September issue contained a photo of each candidate and a candidate's statement. The October issue is available on the News & Events page of www. miralomalife.org (under News). Also, under Events you'll find <u>Meet The Candidates</u> which has a photo of each candidate and candidate's statement.

Eligibility To Vote

Persons 18+ years who were dues-paying members of the Miraloma Park Improvement Club as of September 6, 2021 are eligible to vote.

Voting Procedures

This election is being conducted using electronic voting and paper ballot procedures. Ballots must be cast between October 6 and 13, 2021. Voters should cast ballots either electronically or by paper, but not by both procedures.

Electronic Voting

MPIC dues-paying members who have given MPIC their email address will be sent a link to vote electronically. On October 6 MPIC will email these eligible voters a link to the electronic ballot. Or, after October 6 you can access the electronic ballot by visiting the <u>News & Events</u> page of <u>www.miralomapark.org</u> and clicking on **Election Notice**. The Election Notice (pdf) will include a link to the electronic ballot. Once you access the electronic ballot, follow the directions. After you vote the ballot, you will receive confirmation that your vote has been accepted.

Paper Ballot

This issue of Miraloma Life contains a paper ballot. The paper ballot may be duplicated. Cut this ballot from the issue or duplicate it. Vote the ballot and place the ballot in an envelope, addressed to MPIC, 350 O'Shaughnessy Blvd., San Francisco, CA 94127. Include your name and address on the envelope. Failure to include your name and address on the envelope will result in your vote being invalidated. In order to be counted, **your paper ballot must be received by MPIC by Wednesday, October 13, 2021**.

Tally of Ballots

On October 14 the MPIC election committee will tally all ballots received. The committee will ensure that only eligible voters' ballots will be counted. The results of the election will be posted on <u>www.miralomapark.org</u> and reported in Miraloma Life's November issue.

2021 MPIC Official Ballot

To Vote in favor of a candidate, place a mark on the box next to the candidate's name.

BOARD MEMBERS (Vote for up to 4 candidates) Stephanie Boudreau Ma Karen Breslin Thomas O'Brien Todd Siemers

Place the voted ballot in an envelope. Include your name and address as a return address on the envelope. Failure to include your name and address on the envelope will result in your voted being invalidated. **MPIC must receive your ballot by Wednesday, October 13.**

Mail to: MPIC, 350 O'Shaughnessy Blvd. San Francisco, CA 94127

CLUB

MIRALOMA PARK IMPROVEMENT



Keep up-to-date with Covid-19 restrictions and mandates by bookmarking:

https://sf.gov/topics/ coronavirus-covid-19



GARDEN OF THE SEASON

It's time again to nominate your favorite gardens in Miraloma Park for "Garden of the Season." We would like you, as readers of Miraloma Life, to enter the beautiful gardens you see as you're walking around the neighborhood. A winner will be announced before the end of the year, with an accompanying photo and profile of the homeowner/ renter. We would like to highlight the hard work that goes into creating and maintaining a work that benefits all of us with its beauty, no matter how big or small. The value of gardens goes far beyond beauty and monetary value. Gardens support and shelter birds and insects, prevent soil erosion, reduce noise pollution and replenish nutrients in the soil.

Beginning now, if you see a garden you would like to enter, including your own, please submit a photograph(s), the address, and owner's name if you know it to: <u>https://</u> <u>miralomapark.org/contact/</u>. MPIC will contact the person(s) and ask permission to publish any photographs or information.

Submitted photos will appear on the www.MiralomaPark.org website, where you can vote for your favorite.

[continued from cover]

Get Prepared for Wildfire Smoke

How do I know if I should wear a mask outdoors during a wildfire event?

You can monitor the air quality at www.airnow.gov and follow the guidelines in the Air Quality Index table below.

EPA Air Quality Index and Actions You Can Take to Protect Yourself

Air Quality Index	Who Needs to be Concerned?	What Should I Do?
Good 0-50	Ks a great day to be active outside.	
Moderate 51-100	Some people who may be unusually sensitive to particle pollution.	Unusually sensitive people: Consider reducing prolonged or heavy exertion: Watch for symptoms such as coughing or shortness of breath. These are signs to take it easier. Everyone else: It's a good day to be active outside.
Unhealthy for Sensitive Groups 101-150	Sensitive groups include people with heart or lung disease, older adults, children and teenagers.	Sensitive groups: Reduce prolonged or heavy exertion. It's OK to be active outside, but take more breaks and do less intense activities. Watch for symptoms such as coughing or shortness of breath.
		People with asthma should follow their asthma action plans and keep quick relief medicine handy.
		If you have heart disease: Symptoms such as palpitations, shortness of breath, or unusual tatigue may indicate a serious problem. If you have any of these, contact your heath care provider.
Unhealthy 151 to 200	Everyone	Sensitive groups: Avoid prolonged or heavy exertion. Move activities indoors or reschedule to a time when the air quality is better.
		Everyone etse: Reduce prolonged or heavy exertion. Take more breaks during all outdoor activities.
Very Unhealthy 201-300	Everyone	Sensitive groups: Avoid all physical activity outdoors. Move activities indoors or reschedule to a time when air quality is better.
		Everyone else: Avoid prolonged or heavy exertion. Consider moving activities indoors or rescheduling to a time when air quality is better.
Hazardous 301-500	Everyone	Everyone: Avoid all physical activity outdoors.
501 500		Sensitive groups: Remain indoors and keep activity levels low. Follow tips for keeping particle levels low indoors.

Will my cloth or fabric face coverings protect me from wildfire smoke?

Cloth or fabric face covering are useful to prevent transmission of COVID-19 because they block the large particles or droplets that may carry coronavirus. These types of face coverings do not filter out the tiny particles that cause respiratory problems during wildfire events. If you have an N95 respirator (mask) available, consider wearing it when you go outside. Respirators can filter out small airborne particles produced from fires.

There is no longer a shortage of N95 respirators. They can be found online, or in hardware, home repair, or drugstores. People with heart or lung problems should check with their healthcare provider before using a respirator because the respirator can make it more difficult to breathe. Respirators are not designed to fit children.

How do I use a respirator if I have one?

Some tips for wearing an N95 respirator can be found at https://www. sfdph.org/dph/files/ig/Tips-COVID-19-N95instructions.pdf. Follow the mask manufacturer's instructions. Try to seal the mask closely to your face.

Do KN95 masks protect against wildfire smoke?

KN95 masks that have been approved by the National Institute for Occupational Safety and Health (NIOSH) are equivalent to N95s. Just look for the "NIOSH" marking on the masks.

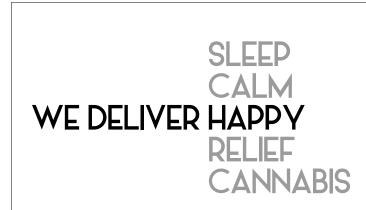
COMMUNITY CONNECTORS IN PERSON EVENTS!

Hello Community Connectors.....It was with great anticipation that we were finally able to get together again, even though in small groups. We have recently started our Tuesday/Thursday morning exercise class at 10:30 AM at Cornerstone Church. Our initial opening was met with many unsure if they were ready to come back in a group setting, and many more wanted to return. The result has been great, and we look forward to the future.

Our weekly walks on Thursdays are very popular visiting different locations and around the neighborhood. Contact BarbaraWheeler at bawheeler46@yahoo.com for details.

If you are interested in joining the exercise program at Cornerstone, you will need to contact Darlene Ramlose to register and get details. As stated, the program is in small groups. We do have an industrial Air-Purifier for air circulation. Contact Darlene Ramlose – dramlose@aol.com or by phone at 714 423-8844

In the meantime, we are offering classes and activities online at sfcommunityliving.org. Join me on our website every alternate Tuesday at 11:15 AM for Healthy Aging and Nutrition with Darlene.



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MIRALOMA PARK COMMUNITY CONNECTORS

Welcome news, Seniors! Exercise at Cornerstone has returned on Tuesday and Thursday at 10:30 AM.

If you are interested in attending, please contact Darlene Ramlose at Darlene@sfcommunityliving. org or by phone at 714-423-8844. You must sign up in advance as we will not accept walk-ins as space is limited due to COVID restrictions.

Miraloma Walk the Neighborhood with Barbara

Thursdays at 1:00 PM Contact Barbara Wheeler for details at <u>bawheeler46@yahoo.com</u> We mask and social distance

Ukelele Zoom Class

Tuesdays at 2:00 PM Contact Barbara Wheeler for details at <u>bawheeler46@yahoo.com</u>

Connectors Zoom Social Hour Fridays at 4:30pm

See all current activities at http://sfcommunityliving.org

• • •

Also visit us on our Facebook page: Miraloma Park Community Connectors



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Stay Safe in the Heat



Climate change is making temperatures hotter and heat waves longer and more frequent. These high temperatures can impact your health and require immediate medical attention.

September and October are the months we experience high heat in the City. Do check in on your neighbors who may be vulnerable or sensitive to high heat.

Drink water and cool down right away if you:

- Feel tired, weak, or dizzy
- Have a headache or muscle cramps
- Are sweating heavily
- Faint
- Look pale

You may be experiencing heat exhaustion, which can become heat stroke if not addressed promptly.

Get immediate medical attention if someone:

- Has difficulty breathing, a headache, or nausea
- Has a fever (body temperature of 103° F or higher)
- Has red, hot, dry skin without sweating
- Is confused, delirious, or hallucinating
- Is dizzy, unconsciousness, or unresponsive

They may be experiencing heat stroke, which can be deadly! Call 911 if someone has symptoms of heat stroke. Untreated heat stroke can quickly damage the brain, heart, and kidneys. The chance of serious complications and death increase the longer treatment is delayed.

How to stay safe in the heat

- Stay somewhere cool
- Drink plenty of water
- Wear light clothing and hats
- Take a shower
- Close blinds during the day, open blinds at night

Avoid:

- Being outside between 10am and 4 pm (when it is the hottest)
- Strenuous activity
- Eating or drinking sugar, alcohol, caffeine, and high-protein foods

Learn more about how to prepare for extreme heat at <u>sf72.org</u> and <u>sfclimatehealth.org</u>.

COMPAS

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NEED HELP/OK: THE PHOENIX WILL RISE

Guido van Rijn

This month, there is a special remembrance of the October 17, 1989 earthquake. The nonprofit Livable Cities is

coordinating with the City and County of San Francisco in celebration of the first **Phoenix**. **Day October 17, 2021**.

Phoenix Day consists of a Citywide "celebration of community, health and resilience" in the face of the many disastrous events that we, as a City, State, and Nation, have encountered and recovered (or are recovering) from. Both my parents were born at the tail end of WW I, lived through the 1918 flu pandemic that killed over six hundred thousand in the United States and some fifty million worldwide. Then, of course, there was the devastation of WW II. My parents, my family, and many other San Franciscans lived through the 7.1 quake of 1989. I remember well as my spouse and I along with our four children had just arrived home from school and work. AND then the earth shook! Truly frightening! Now, in the back recesses of our minds, we always wonder: "when will the next 'BIG ONE' or other disaster strike?"

The Phoenix is a Greek mythical bird that rose up from the ashes to be reborn into new life. Phoenix day represents our ability to rebuild and recover from whatever disaster comes

our way. We share in the hardship and grief of those that endured the Haitian earthquake and Hurricane Ida, and hope to be able to help recovery in some way. We welcome home military and civilian personnel as well as our Afghan allies; and pray for the many left behind. Closer to home, the Sierra wildfires have required many thousands to be evacuated and hundreds to lose their homes. Throughout all of this COVID 19 is still with us and the world. Extended power shut offs due to the continuing fire hazard associated with ongoing drought and excessive heat waves are still imminent.

For us the symbolism of the Phoenix--our ability to rise from the "ashes" together--resides in the residents of all San Francisco neighborhoods and, of course, beyond. Livable Cities coordinated with San Francisco to create a day of celebrating community, health, and resiliency by

> providing over one hundred street closure permits plus all the "how to's" entailed with safely putting a block party together. One of those block parties is being held in our very own Miraloma Park. What better way to build community?

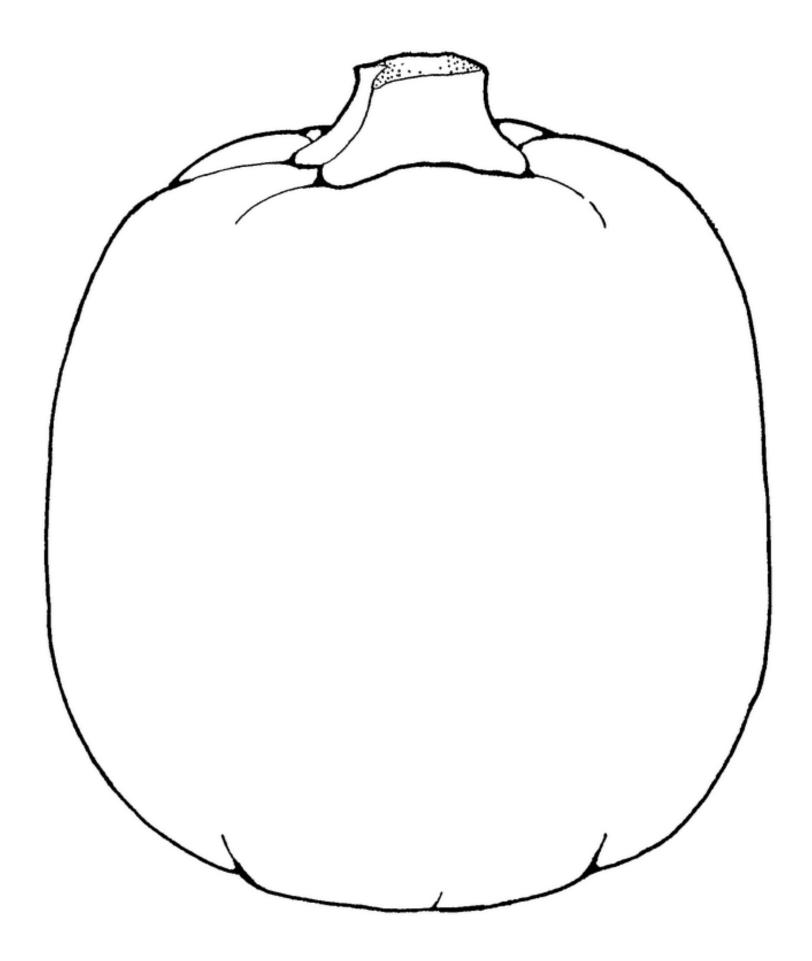
Place your "OK" sign in a street facing window for the first 3 weeks of October.

We can all do our bit to participate by demonstrating that our household is disaster ready with extra nonperishable food and a well-prepared go-bag for the "just in case scenario." See the MPIC website for details: miralomapark. org/what-we-do/NERT. Place your OK sign in a street facing window for the first three weeks of October. It's a DRILL that occurs twice a year as we commemorate the 1989 and 1906 earthquakes as well as any other disaster, large or small, that strikes our city, neighborhood, or household. Replacement signs will be posted on Nextdoor and on the above MPIC NERT website. In a real event, an OK sign lets first responders know that they

can move on to the next house. NEED HELP tells first responders that HELP is required. Please note that City first responders may not be available for days following a significant earthquake or other disaster. First responders may well consist of trained NERTs, Block Champions, or even a neighbor. TThe Phoenix lives in all of us. We WILL rise to meet the needs of others as required. Thank you for participating.







MPIC SAFETY COMMITTEE UPDATE

Crime Stats from August 1, 2021 - August 31, 2021

Partial report. To learn more abou the MPIC Safety Committee and for a link to the latest Ingleside Police Newsletter visit: https://miralomapark.org/what-we-do/safety-committee/

INCIDENT DATE	INCIDENT TIME	INTERSECTION	INCIDENT REPORT
8/2/2021	8:00 PM	Encline Ct\ Marietta Dr	Battery
8/3/2021	4:30 AM	Rockdale Dr\ Chaves Ave	Burglary, Residence, Forcible Entry
8/3/2021	4:30 AM	Rockdale Dr\ Chaves Ave	Burglary, Other Bldg., Unlawful Entry
8/6/2021	5:00 PM	Woodside Ave\ Oshaughnessy Blvd\ Portola Dr	Burglary, Other Bldg., Forcible Entry
8/7/2021	8:00 AM	Woodside Ave\ Oshaughnessy Blvd\ Portola Dr	Burglary, Other Bldg., Unlawful Entry
8/7/2021	4:00 PM	Del Sur Ave\ Portola Dr	Vehicle, Stolen, Auto
8/8/2021	8:00 AM	Juanita Way\ Del Sur Ave	Vehicle, Tampering
8/11/2021	7:00 AM	Teresita Blvd\ Portola Dr	Public Health Order Violation, Notification
8/12/2021	3:00 AM	Stillings Ave\ Martha Ave	Burglary, Hot Prowl, Forcible Entry
8/17/2021	4:45 PM	Teresita Blvd\ Agua Way	Malicious Mischief, Vandalism to Property
8/18/2021	7:05 AM	Molimo Dr\ Myra Way	Malicious Mischief, Vandalism to Property
8/18/2021	10:00 AM	Bella Vista Way\ Molimo Dr	Vehicle, Stolen, Truck
8/18/2021	11:30 AM	Encline Ct\ Marietta Dr	Theft, From Locked Vehicle, >\$950
8/25/2021	11:00 PM	Sydney Way\ Fowler Ave\ Portola Dr	Malicious Mischief, Breaking Windows
8/26/2021	3:41 AM	Portola Dr\ Evelyn Way	Malicious Mischief, Breaking Windows
8/27/2021	4:56 AM	Stillings Ave\ Malta Dr	Theft, Vehicle Strip, \$200 - \$950
8/28/2021	9:32 AM	Evelyn Way\ Del Vale Dr	False Personation to Recieve Money or Property

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GOOD TO KNOW:

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

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
Myrna Melgar, District 7 Supervisor	(415) 554-6516 melgarstaff@sfgov.org
Mayor's Office of Neighborhood Services	(415) 554-7111



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