

# MIRALOMA LIFE

NOVEMBER 2021 - ISSUE 9

## Upcoming Events

**4 NOVEMBER**  
**MPIC Board Meeting\***  
7:00 pm - In Person

**4 DECEMBER**  
**MPIC Board Meeting\***  
7:00 pm - In Person

\*Members wishing to address the Board should call (415) 322-0211 to request placement on the agenda. All persons attending must demonstrate proof of vaccination.

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### FELIZ DIA DE LOS MUERTOS TO ALL

### MPIC SAFETY COMMITTEE UPDATE



*Mickaël, Dan and son Francis at the Eiffel Tower in Paris*

## MEET YOUR NEIGHBOR!

### MPIC

This month, we wanted to introduce you to your neighbors Mickaël, Dan and their son, Francis, who live on Arroyo Way.

Before moving to San Francisco, Mickaël and Dan both lived in the suburbs of Paris, France. Both were students in France when they met and later were married there. They spent their honeymoon in the U.S. and loved San Francisco. In 2015, they moved to the U.S because of their jobs. They first settled in Noe Valley and began looking for houses in Noe Valley and Bernal Heights. They had never heard of Miraloma Park at the time.

They moved to Miraloma Park in July 2020 during the Covid pandemic. They love the Miraloma Park neighborhood because it's super quiet, safe and very close to nature. Glen Park and Mt. Davidson are regular places they like to visit. One advantage of Miraloma Park- Mickaël and Dan like the big yards here that they couldn't find in Noe Valley and Bernal Heights.

Mickaël loves to rollerblade in Golden Gate Park. In Paris where it's flat, Mickaël would regularly rollerblade with a group of 200. He's been looking for a similar group here in the city and finally found the San Francisco Friday Night Skate group.

[ continued on page 2 ]

## Meet Your Neighbor!

Dan loves gardening and has taken up skateboarding but without the jumps and rails. No worries, you won't be seeing her going down Teresita with the other boarders.

As a family, they speak French at home and enjoy their weekends together rollerblading, skateboarding and biking in Golden Gate Park. They also love to go camping and visit their families in France and China. Because of Covid, they haven't had a chance to meet many other families with young kids. One wish they had was that it would be nice for an outdoor movie night in the neighborhood. Great idea!

Bienvenue au Miraloma Park! (Welcome to Miraloma Park!)

If you would like to share your Meet Your Neighbor story, please contact us at [miralomapark@gmail.com](mailto:miralomapark@gmail.com). We would love to hear from you.



## CALL FOR RECIPES!

We are disappointed to announce the MPIC Holiday Party and Bake-Off will not take place this year as the Delta variant has made it difficult to have a large gathering. Last year we published some fantastic appetizer, salad, side-dish and dessert recipes which your neighbors contributed. Why not share your recipe with the neighborhood? We'll print some of your terrific recipes in the December issue of Miraloma Life, and possibly again online at our website.

Want to participate? Send your recipe to [miralomapark@gmail.com](mailto:miralomapark@gmail.com).

**Recipes are due by November 10th.**

Look to see if your recipe is published in the December issue of Miraloma Life!

## PRESIDENT'S MESSAGE

Jean Perata

Traditionally, November is the month to set aside some time to count your blessings. I'm so grateful to MPIC – for all it does for our neighborhood and for how my involvement with MPIC has enriched my life. Community participation has always been important to me. We're responsible for crafting the community we live in.

When I moved to Miraloma Park in 1992, I reconnected with MPIC. (I had lived in the neighborhood earlier, for a couple of years in the late '70's.) In 1992 I supported MPIC by becoming a dues-paying member. I wanted to become more involved, but my work and travel schedule, family obligations and volunteer involvement in a citizen-science organization filled up my time. My spouse and I thought that becoming a NERT was important to the neighborhood and in the late 1990's we became NERTs, attending the training course.

In 2014 I saw that MPIC, in partnership with the City's Neighborhood Empowerment Network (NEN), was hosting the "Empowered Communities Program" to generate a Resilience Action Plan for the neighborhood, so that it would be able

to deal with disasters and stressors, such as earthquakes and heat waves. The MIT Urban Risk Lab was a key partner in the program. The program sounded very interesting.

Workshop attendees would map the neighborhood to see where we might see failures in earthquakes and areas of heat during hot weather and also identify available community resources which would mitigate hardships. This information would be used by MPIC to guide it in future investments to build the neighborhood's physical and social capabilities. I attended as many of the Resilient Miraloma Park workshops as I could. I found them both well-run and interesting. These people knew what they were doing!

In 2015 I retired and decided to give back to my community by becoming involved in Resilient Miraloma Park. Resilient Miraloma Park hosted Neighborfest! and I volunteered to help plan that event. My involvement in Neighborfest! led to my being invited to be on the MPIC Board and the rest, as the saying goes, is history. Currently, I'm an MPIC Board member serving as Acting

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*You, too, can become more involved with MPIC. MPIC has a Committee that will interest you and is interested in your contribution.*

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President. I'm also on MPIC's Publicity and Clubhouse Committees.

MPIC has so many different volunteer opportunities available. Given my experience writing and editing and my interest in journalism, Publicity was a natural for me. I work on these matters at home, during my free time which allows much flexibility. I like to garden, particularly with California native plants, and the Clubhouse Committee's work is a good fit for me.

Community is all about people. Some of my close neighbors are on the Board or Committees that I am on and I so enjoy working with them. Through MPIC I have met more neighbors. I've listened to their stories of what brought them to MPIC and Miraloma Park. They are so interesting and talented! Had it not been for MPIC, our paths would never have crossed.

You, too, can become more involved with MPIC. Are you interested in safety issues, producing Miraloma Life, carpentry work at the Clubhouse, engaging community members, becoming a Block Champion, zoning issues, planning earthquake response activities? MPIC has a Committee that will interest you and is interested in your contribution. If you're hesitant about volunteering by yourself, bring your neighbor with you!

- Want to volunteer? Complete the volunteer form at <https://miralomapark.org/what-we-do/volunteer/> and someone will contact you.
- Have questions about volunteering? Reach out to MPIC at [miralomapark@gmail.com](mailto:miralomapark@gmail.com) or 415-322-0211 and tell us how you'd like to help out. We'll put you in touch with the relevant Committee contact person.

- Want more information before you speak with someone? Visit our website <https://miralomapark.org/> to find out more about MPIC.

Here's an update on the MPIC's and MPIC Board's activities. Beginning with its November 4 meeting, the MPIC Board will resume holding monthly Board meetings in the Clubhouse. All attendees must be vaccinated and bring proof of vaccination. Board meetings take place the first Monday of the month at 7:00pm. (We don't meet in July and August.) Clubhouse rentals are increasing as COVID cases decrease and life seems to be returning to a more normal level of activity. The MPIC elections are complete; a report on the election results is in this issue. Thanks to all who voted! MPIC Board Members and Miralomans continue to support Second Saturday Clubhouse events; the Clubhouse shines. Our Safety, Publicity, Zoning and Planning, and Resilient Miraloma Park Committees continue their work to make the neighborhood safe and build community.

MPIC is sad to announce that we are not able to host our popular holiday party and cook-off in December, due to the COVID situation. We are asking people to submit their favorite recipes for holiday meals; we'll publish the winning recipes in the December issue of Miraloma Life. For more details, look for the announcement in this issue.

Hope to see you in the neighborhood (if not at a Committee meeting)!



# 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):

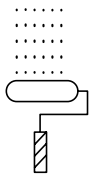
- |   |   |  |
|---|---|--|
| <input type="checkbox"/> \$12 Senior Member     | <input type="checkbox"/> \$15 Single Member       | <input type="checkbox"/> \$25 Family Membership  |
| <input type="checkbox"/> \$35 Supporting Member | <input type="checkbox"/> \$50 Contributing Member | <input type="checkbox"/> \$100 Sustaining Member |
|   |   | <input type="checkbox"/> \$ _____ Other          |

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## ELECTION RESULTS

### MPIC

The election for four MPIC Board positions took place  
from October 6 through 13, 2021. Ballots were tallied on  
October 14. Congratulations to the four candidates who  
were elected to the Board:

Stephanie Bodreau Ma

Karen Breslin

Thomas O'Brien

Todd Siemers

Given the COVID situation, the election was conducted  
using electronic ballots and mail-in, paper ballots. A total  
of 64 ballots were cast. MPIC thanks all who participated.  
MPIC also thanks those on the Election Committee:  
Stephanie Bodreau Ma, Robet Gee, Thomas O'Brien, Jean  
Perata and Todd Siemers.

## MPIC BOARD THANKS YOU!

The MPIC Officers and Board members thank  
the Miraloma Park community for your continued  
support. Our membership is at an all-time high  
of 848. During 2020 and 2021 and in our time of  
need, many of you made contributions to MPIC,  
allowing us to continue publishing Miraloma Life  
and maintain the Clubhouse. Several Miraloma  
Park residents serve on MPIC Committees, such  
as Safety, Zoning and Planning, and Publicity.  
You've also stepped up and helped out at Second  
Saturdays. The Clubhouse and its grounds look  
better than ever!

Your support of MPIC and the community comes  
in other forms --- as NERTS and Block Champions.  
When we asked for people to volunteer to support  
those in need during COVID, you stepped up  
and now we have a large volunteer cadre. We  
appreciate all that everyone has done this year  
and in prior years.

Thank you! 谢谢 Gracias! Ingles! Merci!



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*Volunteer of the Month: Michael Bereskin*

## SECOND SATURDAYS IN SEPTEMBER & OCTOBER

### MPIC

Three cheers for Miraloma Park neighbor Michael Bereskin! Michael is our Volunteer of the Month for October. Michael came to the Clubhouse armed with his Sawzall and chainsaw, and dispatched a number of dry, downed branches that presented a potential fire hazard to the area around the Clubhouse. We are so appreciative of his proactive response and can-do attitude. Volunteers like Michael are what make Miraloma Park an awesome place to live. Good neighbors continue to keep the Clubhouse grounds and the Club itself in good shape. Volunteers have been busy weeding, washing windows, and sweeping away debris to keep our neighborhood gem in great shape. As always, your participation would be appreciated: many hands make light work. We thank volunteers Michael, Kate Clements, Dennis Davison, Mary Fitzpatrick, Jean Perata, Todd Siemers, Mia Waller, and Barbara Blair and partner.

An MPIC Board Member leads each event. It's your opportunity to meet neighbors and clean up the Clubhouse! Sign up here: <https://www.signupgenius.com/go/10C0D48A9A82DA2FB6-mpic>. If you have difficulty signing up and want to join a Second Saturday, send an email to [miralomapark@gmail.com](mailto: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.

During Second Saturdays, an MPIC Board member leads a team of 6 neighbor volunteers to work at the Clubhouse. The tasks focus on cleaning the grounds (e.g., raking leaves, pruning bushes, sweeping up pine needles, removing weeds, etc.) and keeping the Clubhouse in order (e.g., sweeping the Clubhouse steps, etc.) Volunteers should wear a mask; COVID-19 precautions are followed while working.



*Dennis Davison*



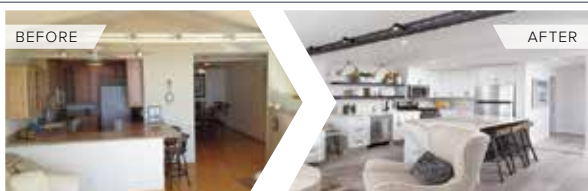
*Mia Waller, Barbara Blair, Todd Siemers, Jean Perata, Dennis Davison*



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## NEIGHBORHOOD MIGRANTS

Hawks migrate through Miraloma Park in the Fall. These hawks were recently photographed in a Miraloma backyard. They were looking for prey – small birds and rodents. A good reason not to use rodenticides – they kill mice and rats, but they also kill hawks and your pets!

Both of these hawks are juveniles, meaning that they hatched sometime in 2021! Photos by Jean Perata.



Top: Juvenile Cooper's Hawk; Bottom: Juvenile Red Shoulder Hawk



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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](mailto: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 [bawheeler46@yahoo.com](mailto:bawheeler46@yahoo.com)

We mask and social distance

### **Ukelele Zoom Class**

Tuesdays at 2:00 PM

Contact Barbara Wheeler for details at [bawheeler46@yahoo.com](mailto:bawheeler46@yahoo.com)

### **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**



## NEIGHBOR TO NEIGHBOR, ONE BLOCK AT A TIME

Kate Clements

***"Through the Block Champion Program I have had the opportunity to meet so many Miraloma neighbors who are totally committed to keeping Miraloma Park safe. It is indeed a privilege to know and work with these people." – Anne Kearney***

The Block Champion Program is a vital community project for all of us, as Anne testified. Anne is a longtime booster and resident of Miraloma Park. She was already involved in Project SAFE and Neighborhood Watch, which included meetings with speakers to address concerns when the Block Champion program was inaugurated.

The Block Champion Program was designed in response to the growing body of evidence that neighbors who are connected socially are more likely to survive stress events and remain healthy, vibrant members of their communities. Implemented in Miraloma Park just 3 short years ago beginning in March 2019, with a participatory budget grant from Supervisor Norman Yee, the program has been designed and implemented to promote the well being and cohesion of the neighborhood, one block at a time. Activities that strengthen your bonds with your neighbors pay dividends many times over. This can include block parties, block garage sales, neighbors-help-neighbors days, etc.

For Anne, the idea of the Block Captain program that was announced in the January 2019 issue of Miraloma Life sounded like a nice complement to the work she was already doing. And the informational meeting was right in the neighborhood, so she could walk to the meeting. While Anne did not go with the intention of joining up, she left as a "somewhat hesitant Block Champion, and before long, I was totally immersed in the program." Some of the most important aspects, such as first aid and emergency preparedness, have led to Anne feeling more confident in her ability to help her family and neighbors weather any emergency. Over time, emergency supplies have been stocked, and Anne's Go Bag is packed and ready.

Although Covid-19 has somewhat hampered getting together in person, Anne relates that the monthly radio drills help ensure the Block Captains are prepared when the inevitable emergency does occur. Work continues on improving the drills to make sure even those who live in areas with spotty reception are able to communicate.

In addition to the social cohesion aspect, as our climate becomes more unpredictable, the need for community volunteers is even more important. Block Champions have been trained for action following such disruptive events as earthquakes, fires and heat waves. Each is responsible for a cache of supplies should such an event occur. Block Champions also encourage their neighbors to be adequately prepared with enough supplies of food, medicine, a power supply, and enough water to last their household a week during a crisis.

Through our social cohesion programs, Miralomans connected with more vulnerable members of our community at the beginning of the SARS-CoV-2 outbreak in collaboration with the head of Community Connectors Darlene Ramlose. They helped to insure neighbors who may have lacked resources were not left without assistance during the early months of the shutdown.

The Block Champion program has been created so that even those with limited free time can participate. Once a month meetings, after training and initial tasks, is all that is necessary, with a few exceptions. We are looking for more neighbors to step up and join the effort. The program is an invaluable asset to our community. I encourage you to learn more about the program by visiting our webpage: <https://miralomapark.org/what-we-do/block-champion/>

If you have further questions, or would like to join this constructive and effective group, please contact Block Champion Program Lead Guido Van Rijn at [guidovanrijn1975@gmail.com](mailto:guidovanrijn1975@gmail.com).



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coronavirus-covid-19](https://sf.gov/topics/coronavirus-covid-19)**



# FELIZ DIA DE LOS MUERTOS TO ALL!

Celebrated on the 1st and 2nd days of November, what had been solely a Mexican holiday has evolved to be celebrated wherever people of Mexican heritage reside. The roots of the holiday go as far back as 3000 years, to rituals performed in Meso American to honor the dead.

Traditions connected with the holiday include honoring the deceased by picnicking at gravesites with the favorite foods and beverages of the deceased and constructing altars called ofrendas, often decorated with marigolds and photos. The celebration is not solely focused on the dead, as it is also common to give gifts to friends such as candy sugar skulls and to share traditional pan de muerto with family and friends.

In 2008, the tradition was inscribed in the Representative List of the Intangible Cultural Heritage of Humanity by UNESCO.



Artwork: Emily Matthews



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# PREVENT GARAGE DOOR BREAK-INS

Garages can sometimes be the most vulnerable area of the home and they are often the entry point most targeted by thieves because of the easy access to the home. Here are some tips to help secure your garage and protect it from theft.



## ALWAYS CLOSE YOUR GARAGE DOOR

This may seem obvious, but just drive through any residential neighborhood and you'll likely see a few wide-open garage doors. This is an invitation to burglars and at the very least, you're allowing passersby to easily view the contents of your garage.



## INSTALL MOTION-SENSITIVE LIGHTS

Homes and garages with poor exterior lighting become more appealing targets for burglars. Ensure all entry points are well-lit. Constant lighting supplemented by motion sensitive lighting is best.



## REINFORCE THE GLASS ON THE GARAGE DOOR

Add vinyl adhesive to reinforce garage windows. You can also opt for a frosted or translucent glass design to allow sunlight in while obscuring contents inside.



## DON'T LEAVE GARAGE DOOR REMOTE IN YOUR CAR

A garage door remote is basically another key into your home and thieves won't hesitate to use it if they find it. Opt to use a remote on a keychain.



## INSTALL AN INTERIOR MANUAL GARAGE DOOR LOCK

When leaving on a vacation or for extended periods of time, disconnect automatic door motor and install a manual lock.



## TIE EMERGENCY RELEASE CORD

Tying your emergency release cord into a small ball will make it more difficult to reach by thieves who manage to break the garage windows.



## INSTALL SURVEILLANCE CAMERAS

There should be at least 1 exterior mounted camera facing the street and registered with the D.A.'s office.



## SECURE ANY VALUABLES

Keep all tools in cabinet systems with locks and be sure to hang and lock any bicycles. As much as possible, try to avoid keeping valuable items in the garage or inside vehicles.



## HAVE A QUALITY, FUNCTIONING GARAGE DOOR

Garage doors should be as secure, sturdy, and well-built as your front door and should remain in good condition and tight fitting. Deadbolts should also be added to the garage-to-house door.



## INSTALL INTERIOR MAIL SLOT HOOD COVER

If the garage door is equipped with a mail slot, a hood cover will prevent any view into the garage and its contents, eliminating enticement to enter.

For additional information, please contact SF SAFE at (415) 553-1984 or visit [sfSAFE.org](http://sfSAFE.org)

# MPIC SAFETY COMMITTEE UPDATE

**Crime Stats from September 1 - September 30, 2021** Partial report. To learn more about 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
9/1/2021	12:30 AM	Juanita Way\ Marine Ave	Theft, From Locked Vehicle, >\$950
9/2/2021	12:53 AM	Molimo Dr\ Myra Way	Shooting into inhabited Dwelling, Vehicle Strip
Officers Fogarty and Lozano responded with other Ingleside officers to a report of shots that were fired into a house. The victim stated that he was about to go to sleep when he heard a loud noise coming from outside of his home. The victim looked through this window and saw two unknown subjects breaking into a neighbor's vehicle. The victim said he yelled at the subjects and almost immediately heard what he believed was a gunshot. Both subjects then quickly fled the scene. The victim looked around and discovered damage to his home consistent with a gunshot, but no one was injured. The officer determined that a gun had been fired at the scene and pats had been stolen from the neighbor's vehicle.			
9/5/2021	10:00 PM	Stillings Ave\ Detriot St\ Vista Verde Ct	Malicious Mischief, Vandalism to Property
9/6/2021	7:18 PM	Teresita Blvd\ Isola Way	Suspicious Occurrence
9/8/2021	4:00 PM	Woodside Ave\ O'shaugnessy Blvd\ Portola Dr	Weapon, Deadly, Battery
9/13/2021	12:00 PM	Teresita Blvd\ Foerster St	License Plate, Stolen
9/22/2021	2:40 PM	Rockdale Dr\ Isola Way	Burglary, Hot Prowl, Forcible Entry
Officers Scott and Sircusa along with additional Ingleside units responded to the 600 block of Rockdale Drive regarding several neighbors who were holding onto a burglary suspect until police arrive. When the officers arrived, they took possession of the suspect from the neighbors. Officer Scott spoke to the victim who said he was home when the suspect came to his door. Again, the victim said he didn't know who it was and refused to open the door. The suspect briefly left then returned and started knocking on the garage door. Again, the victim said he ignored the person at the door. A retired San Francisco police officer happened to be driving by and saw the suspect attempting to gain entry into the victim's home through a side window. The suspect noticed that he had been spotted and immediately walked away from the scene. The retired officer yelled out to a neighbor and asked for help in detaining the suspect. The neighbor immediately took action and grabbed this suspect and held him down with the assistance of the retired police office until police arrived. After a lengthy investigation, the suspect was charged with burglary, possession of burglary tools, narcotics paraphernalia and outstanding warrants.			
9/23/2021	9:00 PM	Foerster St\ Los Pamos Dr	Theft, From Locked Vehicle, >\$950
9/25/2021	8:00 PM	Melrose Ave\ Lulu Aly	License Plate, Stolen
9/26/2021	1:29 AM	Evelyn Way\ Del Vale Ave	False Personation to Recieve Money or Property
9/27/2021	10:00 PM	Omar Way\ Myra Way	Vehicle Stolen, Mobile Home or House Trailer
9/27/2021	2:30 PM	Rockdale Drive\ Omar Way	Theft, From Locked Vehicle, >\$950



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**415.722.5515**

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

Editor	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 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 November 6, 2021**

Submitted articles become the property of MPIC.



## 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 <a href="https://policecomplaints.sfgov.org/">https://policecomplaints.sfgov.org/</a>
San Francisco City Services (abandoned vehicles to graffiti clean-up to Muni issues + more)	311 <a href="https://sf311.org/">https://sf311.org/</a>
PG+E Call Before You Dig	811
SF Building Dept Code Enforcement Hotline	(415) 575-6863 <a href="mailto:Planning.CodeEnforcement@sfgov.org">Planning.CodeEnforcement@sfgov.org</a>
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