

MIRALOMA LIFE

FEBRUARY 2022 - ISSUE 02

Upcoming Events

3 FEBRUARY MPIC Board Meeting*

7:00 pm - In Person

3 MARCH 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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2021 Phoenix Day celebration in Miraloma Park



UPDATE ON MPIC'S RESILIENT MIRALOMA PARK INITIATIVE: PART ONE

Robert Gee



Robert Gee

The MPIC launched our Resilient Miraloma Park initiative in 2014. Through our early workshops we held with residents about the risks our community faced, we generated 3 goals for our community in the years to follow.

Goal No. 1: Prepare our residents for times of stress. This included (i.) the launch of our Senior Community Connectors program in 2018, (ii.) holding many types of preparedness events and trainings for residents including our Neighborfest Block Party in 2017 in coordination with Miraloma Elementary where over 500 residents attended and (iii.) creating a communication strategy for preparedness using our monthly newsletter and email database.

Goal No. 2: Create a response strategy in the event of a disaster. This included (i.) reactivating the Miraloma Park NERT team, acquiring caches of emergency supplies, training and strengthening relationships with neighboring NERT teams and (ii.) developing relationships with our local school, businesses, juvenile hall and church.

Goal No. 3: Create a care and shelter strategy. This included (i.) launching our Block Champions program in 2017 and (ii.) developing a strategy for providing mass feeding and centralized shelter for displaced residents.

[continued on page 4]



Gonzalo Vargas on his Miraloma Park Route (left); Gonzalo playing the sikus (right)

MEET GONZALO VARGAS

Kate Clements

For the past 35 years Gonzalo Vargas has been our kind, dependable and friendly postman in Miraloma Park. Amazingly, he has had the same route since joining the USPS, while also enjoying a distinguished career in music.

To celebrate and honor his retirement from the USPS, I interviewed Gonzalo, and wanted to share more about this remarkable man with our community. I sat down with him in December to ask more about his life. [This interview has been edited and condensed.]

Gonzalo is not just a musician, but a composer, producer and highly respected player of the traditional Andes quena (single flute), quenacho (another single bamboo flute), sikus (double row pan flute), and antara (single row pan flute).

How did you end up in the Bay Area?

GV: I came to the US to play with the band Sukay (Soo-Ki). I was living in Montreal. With Sukay we played all over the US and Canada in small houses, coffee houses and theaters, all the way to Lincoln Center and Carnegie Hall. We performed there in festivals. I liked this area very much. After I left Montreal, I went back to Bolivia (where I grew up) for a bit and came back to tour with another band. But then I realized I needed a more stable source of income for me to be able to stay here or have a family. So I that is the reason I joined the Post Office. I liked it. It was a job that allowed me to keep playing music and keep

developing my career in the music business. It was pretty flexible. But also I love being outside. I'm an outdoor person. I love that part of the job. But meeting the people, of course, that was one of the highlights of my career I would think. I met a lot of people in the neighborhood and I've gained friendships with a lot of my customers so that's the part I think I'm going to miss the most.

How did you continue with your music?

GV: I didn't really drop my music. Once I started with the Post Office, about a year after, I started the band Inkuyo with several musicians from Chile and the U.S. My hometown is a little village up in the Andes called Tapajkari, near the small community of Inkuyo, where there are famous hot springs, known since early Inca times. We did eight recordings, and we were able to hook up with a record label that distributed us everywhere, all over the world. The group became very successful.

How has Inkuyo evolved?

GV: In Inkuyo, we started with four (people); we played close to 5 years together. I stopped playing with a couple of them, because they were not putting their efforts 100% into Inkuyo. I always had decided to do my own music, to compose more, to create more, and to add more to the richness of the music of the Andes. I was able to get better musicians for my own work. I was able to work with an excellent Argentinian guitar player. He did a couple of recordings with me. His name is Enrique Coria. Also Jose Luis Reynolds, master of charango and bandurria. I joined BMI, which is the society for composers.

[continued on page 6]

PRESIDENT'S MESSAGE

Cary Matthews - Acting President

Last month, you should have received a renewal envelope in your copy of Miraloma Life. Thank you to everyone who has already joined or renewed, and a special thank you to those who donated above their membership dues! Your membership helps support the printing and delivery of this newsletter, and the work of your MPIC Board.

The purpose of the MPIC is to inform, celebrate and advocate for the neighborhood, and the Board works to achieve that purpose. In order for the Board to operate most effectively, we need the help of the Miraloma community to ensure the needs of the community are being met. I'd like to focus my message this month on how we can all support the goals of the MPIC.

To that end, the MPIC wants to hear from you! You can contact MPIC by emailing miralomapark@gmail.com or calling 415-322-0211 and leaving a voicemail. Here are some of the items you might contact us about:

1. Any issues of concern in the neighborhood, especially if multiple requests to the city have gone unanswered.
2. Ideas for community events. With COVID surging, this may not happen right away, but we look forward to connecting in person sometime soon.
3. Interest in joining the MPIC board or a committee. We will be spotlighting each committee in the coming months so you can better understand how each committee supports the neighborhood.
4. Suggestions on what you would like to see in this newsletter, or, better yet, write an article for submission!
5. We love good news! Have you been out in the neighborhood and met a new neighbor? Or reconnected with existing neighbors? Share your Miraloma Park stories!
6. The Clubhouse is open for rentals again! We've purchased new air filters and follow all city and state COVID guidelines. Host your next event at the Clubhouse (COVID permitting).
7. Attending or presenting an issue at a monthly MPIC Board meeting. The Board meets on the first Thursday of each month in the evening, usually at the Clubhouse, though COVID has dictated we return to Zoom in the short term. Please reach out to be placed on the agenda and confirm where the meeting will take place.

The MPIC Board meets monthly to address the needs of the community and check in on committee activities.

Here are some of the items we've been working on:

1. Finalizing our 2022 budget, which will be approved at an upcoming meeting. The budget covers all MPIC activities, including this newsletter, maintenance of the Clubhouse, other committee activities, and membership fees and donations. The finance committee will share that budget with the community once it has been approved.
2. We are working this year to update our strategic plan for the Board and the MPIC. We will share the outcomes and goals once they are finalized. One of our goals is to find a permanent President and Vice President. Anyone interested?
3. We continue to monitor safety and traffic issues in the neighborhood as well as other issues brought to our attention by this community.



HAPPY NEW YEAR
YEAR OF THE TIGER

新年快乐!

HAPPY LUNAR NEW YEAR!

February 1, 2021 begins the Year of the Tiger; specifically, it is the Year of the Water Tiger. Tigers are the third sign of the zodiac, and their traits include loyalty and humanitarianism. They are logical, determined, and committed to helping others for the greater good.

According to TheChineseZodiac.org, this tiger/water year will be one of extremes. That means that all of us are going to experience significant changes in our lives. It is a great year to "go big or go home."



MIRALOMA PARK COMMUNITY CONNECTORS

Exercise has resumed on Tuesday with Tai Chi and Thursday with Dance Exercise at 10:30 AM at Cornerstone Trinity Baptist Church, 480 Teresita Blvd.

We hope you can join us!

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 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

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

[continued from cover]

Update on MPIC's Resilient Miraloma Park...

In 2021, those 3 goals helped the MPIC and our neighborhood to be prepared for COVID by (i.) having our Resiliency Team continue to function as the Neighborhood Emergency Operations Center, (ii.) continually assessing situational awareness at all levels especially in our neighborhood, (iii.) continuing our Covid communications campaign for residents using our monthly newsletter as well as issuing 40 Covid bulletins, (iv.) using our volunteer cadre built off of our existing Block Champions and NERT responders as well as other residents and (v.) continuing our Care and Shelter strategy built off of our existing Senior Community Connectors to address those who need assistance.

In this two part article, I will share with you some of the Resilience activities that MPIC worked on during 2021 including our close collaboration with other neighborhoods.

Since the start of Covid in March of 2020, the City's Neighborhood Empowerment Network (NEN), coordinated the gathering of the neighborhood leaders of District 7 including our MPIC Resiliency Team leaders as well as nearby neighborhood organizations, to begin meeting weekly to: (i.) share updates on their efforts to mitigate the impact of

the pandemic on their vulnerable residents, (ii.) identify best practices to bring to their community

(e.g. Block Champions), (iii.) meet with City agency leads to secure briefings and updates and (iv.) receive detailed data updates on the pandemic's impact and the efforts to mitigate at the local, state, federal and global levels.

In addition to MPIC, the other participating neighborhoods include: West Portal, Oceanview/Merced/Ingleside/Lakeview, Golden Gate Heights and Inner Sunset, Diamond Heights, Lakeshore, Parkmerced, Merced Extension Triangle, Greater Excelsior/Cayuga and Noe Valley.

All of these neighborhoods are collectively known as "NEN Hubs". Our initial mission was to focus on recovery such as restoring service levels and programming levels. But we also wanted to focus on resilience to include preparedness for everyone, people and organizations as well as how we respond with increased integration during times of stress at block and neighborhood levels.

"...those 3 goals helped the MPIC and our neighborhood be prepared for Covid..."

In a January 2021 NEN Hub leaders meeting, we were joined by Kristen Hogan, the City's Dept. of Emergency Management (DEM) Public Information Officer, who gave an update on the vaccine rollout. We also had Sup. Melgar's Legislative Aides Lila Carillo and Megan Imperial join us to provide updates.



Sup. Myrna Melgar

In February 2021, the NEN Hub leaders attended the NEN Town Hall on the SF Covid-19 Strategy Update by DEM Director Mary Ellen Carroll and SFDPH Deputy Director Dr. Naveena Bobba.

In February of 2021, MPIC reached out to Sup. Melgar's office offering to partner with the City to ensure our seniors had easy access to the Covid vaccine, to be a conduit for information to

our residents, finding alternative ways to help residents who don't get their information through the Internet, whether there would be another senior outreach phone call campaign and whether the MPIC clubhouse could be a mobile vaccination site.

In March of 2021, the NEN Hub Leaders made a presentation to Sup. Melgar on what each neighborhood worked on before and during the pandemic, our collective readiness goals and how to strengthen the HUB cohort moving forward. We asked Sup. Melgar (i.) to add funding to the budget to support a district wide rollout of the Neighborfest block party program customized to our District's unique resilience needs and goals and (ii.) to support the establishment of a Resilient District 7 council and assign an aide to support us and provide policy and budgetary support for our goals and objectives. Sup. Melgar was very supportive of both requests but couldn't promise what funding could be available.

In March 2021, MPIC attended the City's workshops led by SF Planning Department on updating the Safety and Resilience Elements that are part of the city's General Plan. The workshops focused on how we can protect and strengthen all San Francisco neighborhoods from hazards and natural disasters. The Safety and Resilience Element Update will provide a comprehensive set of policies for minimizing San Francisco's contribution to the climate crisis and ensuring local resilience to multiple hazards.

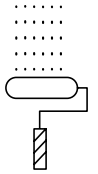


[continued on page 9]

When you want to win, choose Lynn.

Looking to sell but worried about the repairs and updates your home needs? Besides my unparalleled expertise in real estate and five-star Yelp rating, here is a service I offer that most my competitors don't have!

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I am also a Miraloma Park resident, so you can trust I know what you need!



Lynn Tanatanyan

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Gonzalo Vargas playing the quena.

[continued from page 2]

Meet Gonzalo Vargas

Tell me more about the quena.

GV: I play the straight flute, called the quena. In the Andes there are all types of instruments. There are wind instruments, different types of flutes, and every instrument is played in different seasons, so according to the season you would pick up different types of instruments.

What are the pipes and flutes made of?

GV: They use bamboo. Most of the culture, in the Andes, developed in the altiplano (highlands). However, if you drive a couple hours down the mountain, you are in the jungle. Bolivia, half of it is in the Amazon basin. So that's where the bamboo comes from.

Can you tell me which of your songs feels the closest to you? Is that like asking which child is your favorite?

GV: I have one song that became quite successful. It's called Wipala. This song was picked for a documentary movie called Baraka*. It gave me a lot of exposure. I still get royalties from it.

Where do you think you want to go from here? Once you are retired?

GV: I've been wanting to (retire). Because of the Internet and Facebook, people are contacting me from all over the world and what I want to do is start touring. People are always asking, "When are you coming here?" Even from India. A few years ago we were invited to play there, but then the pandemic happened.

Is there anything you would like people to know?

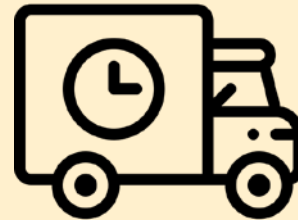
GV: Most people who know me, just know me as the mailman. They don't know what I am about, so it's a nice

surprise for them to find out who their mailman is. People ask me, "What are you going to be doing when you retire? You won't know what to do." (Laughs) I'll be getting more into my music business. I own my own recording studio at home. I'll be doing a lot of work in it.

Thank you Gonzalo for so many years of "first-class" service in our neighborhood, and for your beautiful music!

Gonzalo Vargas' music with Inkuyo can be found on Spotify, Pandora, Amazon, Apple or any of the streaming services.

**Baraka can be rented on Netflix, and free streaming is available through IMDB, with commercial interruptions.*



VOLUNTEER NEEDED!

The MPIC is looking for a volunteer to take over our monthly newsletter delivery coordination.

The duties include:

1. Picking up the newsletters from our local printer,
2. Dropping off the newsletters to our carriers and
3. Confirming that the carriers have completed their routes.

Time commitment:

1-2 hours a month.

Interested?

For more details, contact MPIC at miralomapark@gmail.com or **415-322-0211**



CLUBHOUSE CLEANUP: SECOND SATURDAYS

MPIC

Four volunteers came on January 9th to continue to keep up our historic building and surrounding property. Please consider volunteering three hours of your time: a group of neighbors coming together would make for outdoor socializing along with a contribution to our community. Sign up at <https://www.signupgenius.com/go/10C0D48A9A82DA2FB6-mpic>. If you have difficulty signing up and want to join the February Second Saturday, send an email to miralomapark@gmail.com or leave a message at 415-322-0211. Rain cancels this event.



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

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

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CALLING ALL YOUNG WRITERS & ARTISTS!

Miraloma Life would love for you to submit a poem, story or picture to Miraloma Life for inclusion in upcoming newsletters. We look forward to your exciting, challenging and adventurous poetry, stories and nonfiction writing, as well as your artwork.

No submission should exceed 800 words.

Please submit your work with "**Young Artist**" in the subject line to:

miralomapark@gmail.com

Include your name and contact information (a parent or guardian contact is the best idea). If you are submitting artwork, please submit the best quality reproduction you can, as the printing process will take away some of the sharpness. We look forward to hearing from you!

YOUNG VOICES: THE LITTLE DUCK

Submitted by Elise Van Huisen, The Academy-SF

The little duck sat in a tiny pond and swam about, a molted feather being left here and there in its trail. It was a bright morning, a clear one, with no chance of rain. The breeze that day was slight, and the air felt fresh and clean. The only sound to be heard was that of a distant car every now and then on the dirt road nearby.

A girl, maybe eleven or twelve, sat on the side of the road. She watched this little duck every morning as she waited and marveled at its contentment. She contemplated bringing the duck some bread, to acquaint herself with it, a thing she pondered daily. As usual, she decided against it. This pond was a peaceful haven, and she should not wish to disturb her quiet neighbor on its early swim.

The little duck was faintly aware of the girl's existence, but was untroubled by her. It liked the bright colors she wore and watched as she sat waiting, occasionally picking up a daisy or a fallen leaf and tucking it into her coat pocket. The two were not lonely, as they weren't truly alone in the silent presence of one another.

A friend the duck would not become to the girl, and both beings were okay with that.

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!

[continued from page 5]

Update on MPIC's Resilient Miraloma Park...

MPIC provided comments on the need for supporting what the NEN does and making investments at the block level such as for the Block Champion program. We stated that it will be at the block level where people will be the first to respond and the last to leave. We provided comments on key policies that were missing from the existing Element such as the need for specific policy language to be added involving addressing our senior and vulnerable population on the west side of the City.

In the next newsletter, I'll provide a summary of the MPIC Resilience activities for the remainder of 2021 and share with you on what we are working on in 2022.

YOUNG VOICES: THE SNOWMAN

Submitted by Ronan Mecozzi; Age 6



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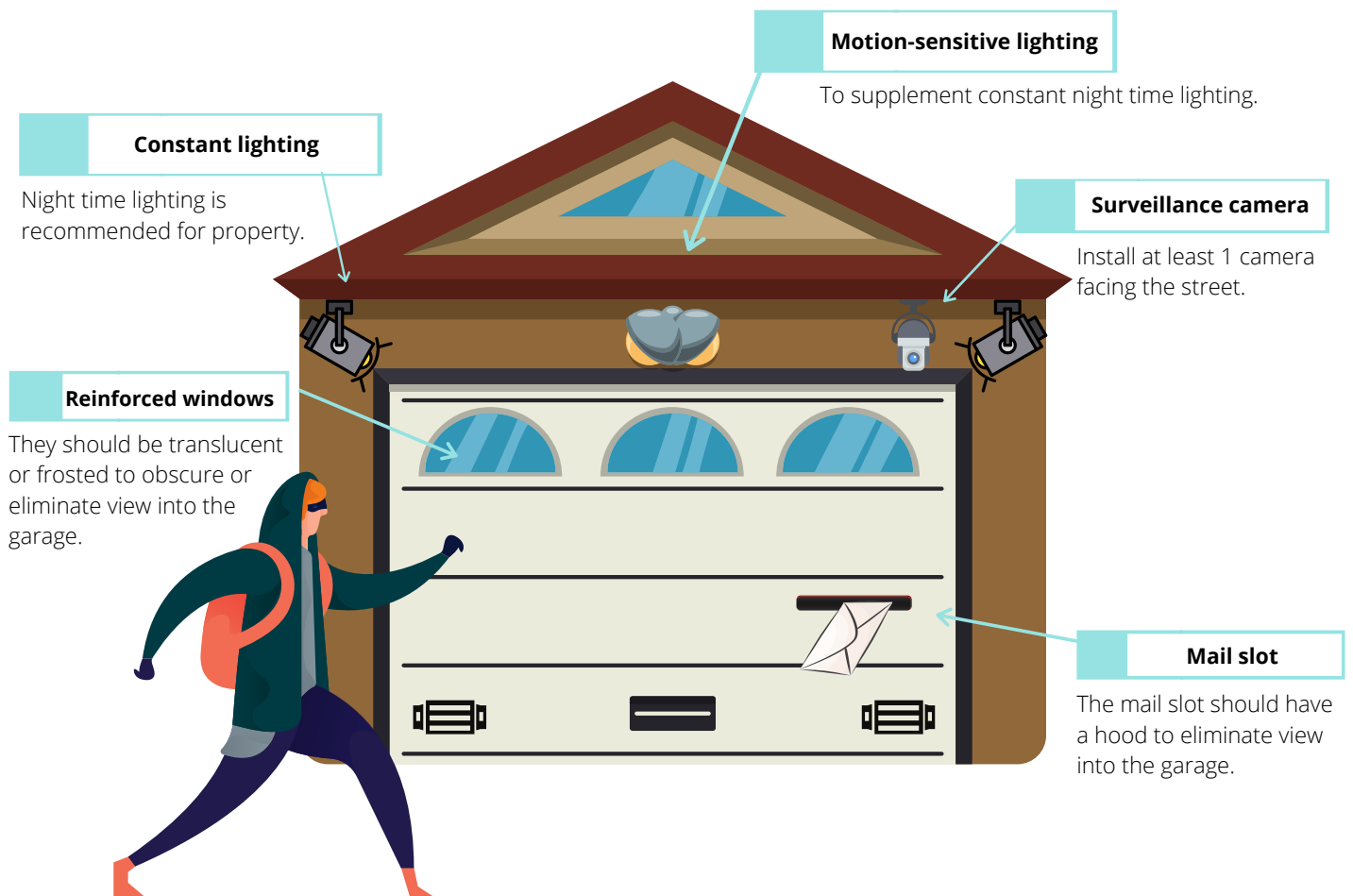
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PREVENT GARAGE DOOR BREAK-INS

ANATOMY OF A SAFE GARAGE



Your home is only as safe as its weakest entry point.

Your garage is an important part of your home and securing your garage is one of the most essential steps to securing your entire home. It is always recommended to regularly check and update your home's security system and safety measures.

For more information, please contact SF SAFE at (415) 553-1984 or visit sfSAFE.org.

MPIC SAFETY COMMITTEE UPDATE

Crime Stats from December 1 - December 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
12/02/2021	12:12 PM	Avoca Aly \ Bella Vista Way	Suspicious Occurrence
12/04/2021	8:00 PM	Emil Ln \ Burlwood Dr \ Los Palmos Dr	Burglary, Residence, Att. Forcible Entry
12/11/2021	7:00 PM	Emil Ln \ Cresta Vista Dr	License Plate, Stolen
12/12/2021	2:00 PM	Arroyo Way \ Marietta Dr	Malicious Mischief, Graffiti, Real or Personal Property
12/15/2021	8:00 PM	Melrose Ave \ Detroit St	Malicious Mischief, Vandalism to Property
12/17/2021	8:25 AM	Teresita Blvd \ Foerster St	Suspicious Occurrence
12/18/2021	4:00 AM	Chaves Ave \ De Sur Ave	Theft, Vehicle Strip, >\$950
12/21/2021	10:00 PM	Bella Vista Way \ Molimo Dr	Theft, From Locked Vehicle, >\$950
12/21/2021	11:42 PM	Stillings Ave \ Malta Dr	Burglary, Hot Prowl, Att. Forcible Entry
12/24/2021	12:13 AM	Teresita Blvd \ Foerster St	Malicious Mischief, Breaking Windows
12/25/2021	8:30 PM	Avoca Aly \ Bella Vista Way	Vehicle, Stolen, Auto
12/26/2021	1:28 PM	Bella Vista Way \ Cresta Vista Dr	Vehicle, Recovered, Auto
12/27/2021	6:00 PM	Los Palmos Dr \ Bella Vista Way	Theft, From Locked Vehicle, >\$950



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Sales prices for single family homes in Miraloma Park increased in 2021, and demand is still running high. As a top agent in Miraloma Park, I deliver market knowledge, expert guidance, and stellar personal service to prepare you for success with your home sale.

Miraloma Park - 2021 Single Family Home Sales

\$1,886,157

Average
sold price



\$1,070

Average
price per sq ft



Comparing sales reported to the MLS between Jan. 1 - Dec. 31 in 2021 and 2020. Data from sources deemed reliable.

Thinking about selling your home?

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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

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

Myrna Melgar, District 7 Supervisor

(415) 554-6516 melgarstaff@sfgov.org

Mayor's Office of Neighborhood Services

(415) 554-7111



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IMPROVEMENT
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MPIC BOARD OF DIRECTORS

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Acting Vice President Darlene Ramlose

Recording Secretary Stephanie Boudreau Ma

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Jean Perata Thomas O'Brien

Todd Siemers Darlene Ramlose

Joanie van Rijn Stephanie Boudreau Ma

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Patti Moran

MPIC DIRECTORY

www.miralomapark.org

General Inquires for MPIC (415) 322-0211

Clubhouse Manager + Rentals (415) 322-0211

Webmaster: Ron Proctor (415) 322-0211

Miraloma Elementary School (415) 469-4734

Miraloma Playground (415) 337-4704

MIRALOMA LIFE STAFF

Contact: 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
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 February 12, 2022

Submitted articles become the property of MPIC.