MIRALOMA LIFE

Issue No. 10

Celebrating, Informing, and Strengthening the Miraloma Park Community

miralomapark.org

December 5

MPIC Board Meeting

Call 415-322-0211 to request placement on the agenda

7pm

December 14

Clubhouse Clean-Up

Second Saturday of the month at the MPIC Clubhouse.

10am-noon

December 8

MPIC Holiday Party

At the MPIC Clubhouse

5pm-8pm

FEATURE

Miraloma Park Residents Are Invited to the Annual MPIC Holiday Party!

Sunday, December 8, 5pm to 8pm

Where

MPIC Clubhouse at 350 O'Shaughnessy at Del Vale



MPIC Is Providing Dinner

Jambalaya, Mac 'n Cheese, Salad, Beverages for Children & Adults

Bring only Cookies or Brownies To Share!

Call Mary (415-322-0211) in advance with the number of cookies and brownies you're bringing

Each family attending the event will be entered into our raffle

Entertainment

Mr. Shap, SF Balloon Artist & Magician

The Merry Miralomans

Miraloma Residents Todd Siemers (sax); Paul Clanon (bass); joined by Ken Chou (piano); Jack Kerns (drums)

\$10 donation per family is appreciated



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President's Message

by Robert Gee, President

I want to wish the entire Miraloma Park community a happy, safe and healthy holiday season. I hope you can join us at the annual MPIC Holiday Party on Sunday, December 8.

This month, I'm pleased to announce that I have appointed Jessi Harrison as an interim MPIC board member. Jessi, her husband Matt and son, Mason, moved to Miraloma Park in early 2024. Jessi is very passionate and focused on all the ways we can build community.

The MPIC is always looking for volunteers and board members who would like to serve. Don't be surprised if I personally reach out to you by email, phone or while walking or running around the neighborhood. I am committed to spending the time with interested volunteers to passionately explain in detail what the MPIC does, the issues we address, how they can plug in and make our community better and how one can volunteer even with all the demands of kids, work, travel and other obligations.

Here's what is coming in December and in the first part of 2025:

We will be sending out reminder emails and letters to our residents whose MPIC memberships have recently expired and haven't renewed. In January we always kick off our annual MPIC membership campaign. We hope you will continue to support the MPIC.

After a long delay, we will be looking to quickly expand the number of Block Champions we have in place in Miraloma Park and to provide initial training, equipment and ideas to strengthen social connections on their blocks.

We will be scheduling community meetings at the MPIC clubhouse with different city agencies. First up will be with the Dept. of Public Works so that our residents can learn more about what issues they deal with, why it takes so long to fix certain things, how they prioritize 311 tickets, how they are staffed and budget challenges. The MPIC hears a lot from residents about sidewalk and street issues, illegal dumping, dangerous trees, street signs, roadway and curb painting, public garbage can collections, weeds and overgrown vegetation on the roadways and medians.

We will also schedule a community safety meeting with the SFPD Ingleside Station staff and other law enforcement agencies.

The MPIC continues to receive a lot of communication from residents on a wide variety of issues especially with issues that residents are frustrated with that they can't get resolved by a city department or the district supervisor's office. I will make sure we always acknowledge your communication and investigate what is the delay, work towards a solution especially when it impacts a large number of people or help you understand why certain solutions can't be implemented by a city agency. The challenge is usually trying to find the right city agency and understand the bureaucratic process to fix a problem.

I'm also particularly focused on trying to identify volunteers with a medical background and those with a food preparation background for our Resilient Care and Shelter team. In the event of a disaster, we want to avoid a mass of unknown volunteers who present themselves for the first time wanting to help and instead try to form a group of volunteers now so that they know what care and shelter equipment and supplies we have cached, have them get to know their fellow volunteers with similar professional skills and to provide a team activation plan they can follow but only after they ensure that their own household is safe. It's also a great opportunity for volunteers with similar backgrounds to meet others in an informal way with a very minimal annual time commitment.

Help Your Neighbors Name Their Nutcracker!

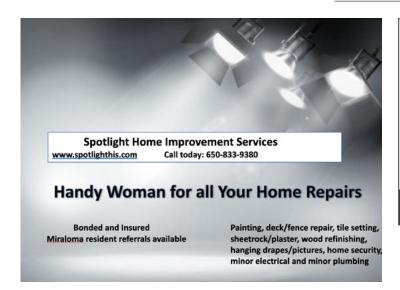
by MPIC

Reese, Remi and Pierre, neighbors on Molimo Dr. are asking for your help naming their larger than life handmade nutcracker! The family moved to Miraloma Park in 2018, and all of them love being part of this community. Pierre and Reese made the big guy in 2022, and welcome your naming suggestions. Pierre wrote, "However, he's still missing one thing—a proper name. We'd love to share this special creation with all of Miraloma and invite everyone to help us name Mr. Nutcracker!"

He's a special guy, and your suggestions should be sent to: miralomapark@gmail.com, with "Nutcracker" in the Subject line. The family will share their pick in a later issue. The MPIC family thanks them for including us in their event!



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Your Miraloma Park Traffic Update

by Robert Gee, MPIC President

SFPD Traffic Enforcement Continues in Miraloma Park

Ingleside Station Captain Amy Hurwitz informed the MPIC that she will continue to have her officers conduct traffic enforcement at the intersection of Stillings Ave. and Teresita Blvd. You should also expect to see enforcement at the intersection of Teresita Blvd. and Reposa Way.

Can't See the New Cement Median Islands at Teresita and Reposa?

The MPIC has received many comments about the lack of visibility of the new cement median islands at the intersection of Teresita Blvd and Reposa Way. We have followed up with the SF Municipal Transportation Agency (SFMTA) and they have submitted a paint order to paint the islands to make them more visible.

SFMTA Studying Traffic on Evelyn Way and Stillings Ave.

The MPIC receives many inquiries from residents about

how speed humps or other traffic calming measures can be installed on their streets. We inform the residents about the SFMTA's traffic calming application procedures and how the application process involves SFMTA collecting data to evaluate speed and number of autos over a period of time. If the data shows excess speeds on the street, the SFMTA will propose solutions such as speed humps or other types of devices to slow cars down.

I'm sure many of you drive on Evelyn Way to get to and from Portola Blvd. You may find that with many cars parked on both sides of the street, it can be too narrow for cars to pass each other. There are concerns about speeding and residents having difficulty backing out of their driveways.

In response to a resident submitting a traffic calming application to SFMTA earlier this year, in October the SFMTA installed roadway cables on Evelyn Way to collect data. SFMTA is now evaluating the data for next steps.

For many Miraloma Park residents as well as those using navigation apps, you probably get to Highways 101 and 280 by going on Teresita Blvd. and then turning on Stillings Ave. to head down the hill towards Congo St. Residents on Stillings Ave. are concerned about speeding. A resident also submitted a traffic calming application to SFMTA earlier this year to evaluate Stillings Ave. In October the SFMTA also installed roadway cables on Stillings Ave. to collect data. SFMTA is now evaluating that data for next steps.

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Home Safety

by Kate Clements, MPIC

Started 10 years ago, the Red Cross "Sound the Alarm" campaign has been a very successful collaboration between the Red Cross, private entities, and volunteers to help everyone get smoke detectors in their home, regardless of the ability to pay. The campaign is an annual event in the spring.

California requires smoke detectors in all bedrooms and hallways on each level of a house, per Cal. Health & Safety Code § 13113.7. Smoke alarms are a critical component of home safety, and a home for sale must have these alarms installed, along with carbon monoxide detectors, before the home may be sold.

Every family should have an escape plan which they have tested, and be able to identify two exits from the home. This might not be possible from every room in the home if you live on a steep hillside, or an apartment, but it's important to map out routes to the best of your ability. It can take as little as two minutes for a home fire to become inescapable. If your home has a fire, evacuate and stay out of the house/apartment. Call 9-1-1 immediately, and if a fire alarm is built in, activate it. If there is smoke, drop to the ground and go under the smoke if possible to the nearest safe exit. Close doors behind you so that less oxygen is available to fuel the fire.

As the holidays approach, many people use extension cords for lights and decorations. Common causes of fires include overused electrical circuits, overuse of extension cords, worn or damaged cords and kitchen fires. Anytime you are using extension cords in your home, please follow these points, courtesy of State Farm Insurance:

- Use cords that have been approved by an independent testing laboratory, such as Underwriters Laboratories (UL).
- Select cords rated to handle the amps and wattage of the devices with which they'll be used. A cord's gauge indicates its size: The smaller the number, the larger the wire and the more electrical current the cord can safely handle.

- For use with larger appliances, thick, round, low-gauge extension cords are best. For smaller appliances and electronics, you can use thin or flat cords.
- Consider the length. Longer cords can't handle as much current as shorter cords of the same gauge.
- Choose cords with polarized or three-prong plugs.
- Don't overload a power strip or plug multiple cords together.
- Don't run extension cords under rugs or furniture.
- Never tape extension cords to floors or attach them to surfaces with staples or nails.
- Don't bend or coil cords when they're in use.
- Don't use extension cords with space heaters.
- Stop using extension cords that feel hot to the touch.

Here are some hazards of using extension cords:

- If an extension cord is covered (such as under a rug or within a wall), heat is unable to escape and could result in a fire
- Cords can be a tripping hazard. See that extension cords are visible and not running across highly trafficked areas.
- A wet extension cord could cause a short in your electrical devices or lead to electric shock. Take extra precautions to keep your cord dry and avoid letting your cord rest in water or snow.

Extension cords are intended as temporary wiring solutions. If you find you're using them on a permanent basis, consider if you can update your home's electrical system. Also remember to maintain fire safety equipment such as fire extinguishers and smoke detectors. It is also beneficial to use surge protectors for computers, televisions, stereo systems, and media centers. Surge protectors are not the same thing as power strips. Insurance companies now require updated electricity within your home for insurance purposes, just as smoke alarms and carbon monoxide detectors are.

MPIC Seniors Share a Potluck

by MPIC

Over 25 senior members of the Miraloma Park Community came together to share fellowship and food in November. Thanks to Cornerstone Trinity Baptist Church, a welcoming space was open, and the seniors brought all manner of foods to share. Thank you to Community Connectors and Darlene Ramlose for putting this together again.











Order Your Free COVID-19 Test Kits

by MPIC

As of late September 2024, residential households in the U.S. are eligible for another order of four, free at-home tests from the U.S. Government. Order the kits through the U.S. Postal Service website. It's easy, just go to: https://special.usps.com/testkits

If you need help placing an order for your at-home tests, call 1-800-232-0233 (TTY 1-888-720-7489).

Each order includes four individual rapid antigen COVID-19 tests. Orders ship free. Tests may show "expired" dates on the box, but the FDA has extended those dates. At COVIDTests.gov (https://covidtests.gov/) you can find the updated expiration dates.

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When to File a Police Report Online

by Robert Gee, MPIC President

Many people post on Nextdoor.com about how they were recently a victim of a burglary, package theft, auto break-in or stolen vehicle. That's great to let your neighbors on Nextdoor. com know. But the most important step you need to take is to file a police report. If a police report isn't filed, then for crime data purposes (as well as adjusting police patrols in Miraloma Park) the crime you suffered didn't happen.

Yes- it takes time to go to the Ingleside Police Station to file a crime report. But if you have an email address, which most people do, you can file an online police report at https://www.sanfranciscopolice.org/get-service/police-reports for these types of crimes:

Types of Crime Reports That Can Be Filed Online:

- Harassing phone calls.
- Lost property.
- Vandalism or graffiti.
- Vehicle burglary: property stolen from a vehicle. This can also include vehicles that have been rummaged through, as there are many other indicators a vehicle has been burglarized.
- Vehicle tampering, including vandalism.
- burglary or the stolen property is a passport, firearm, license plate, car, or electric vehicle. Electric bikes, scooters, and Segway are allowed only when there is no serial number. In those cases, call the non-emergency number at 1-415-553-0123.
- Credit card fraud
- Shoplifting

Otherwise, the following types of crime reports CANNOT be filed online. You will need to go to the nearest police station:

- Residential Burglaries (Theft from a Building)
- Robbery Incidents
- Traffic Collisions AND Hit & Run Traffic Collisions
- Stolen Vehicles
- Identity Theft / False Impersonation
- Stolen License Plates
- Lost/Stolen Foreign Passports
- Stolen Electric Bicycles WITH Serial Numbers
- Cases WITH Suspect Names
- Cases WITH Video Evidence

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

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membership information with other parties or organizations.



Hello, are you 55 or older? We invite you to join us at Community Connectors, our senior program in Miraloma Park! We have a weekly program that is worth checking out. We have many exciting gatherings this fall and don't miss our Holiday Celebration - Cookie Swap and Holiday Party. We also have a bi-monthly Healthy Aging and Nutrition Class on the Community Living Campaign Website: sfcommunityliving.org. Let's strive together for better health and aging in 2024. Here's the schedule.

Upcoming Events

November 14 - Fall Potluck December 12 - Cookie Exchange

Tai Chi on Tuesdays **Always Active** exercise on Thursdays 10:30 am at Cornerstone Church

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

Miraloma Senior Walks in San Francisco

Contact Darlene (see details above)
We are looking for someone to lead the walking program.
Please contact Darlene if you are interested.

Ukulele Class

Miraloma Clubhouse Tuesdays at 2:00 p.m.

Also visit us on our Facebook page:

Miraloma Park Community Connectors











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MPIC Safety Committee Update

Crime Stats from October 1-October 31, 2024

Date	Time	Incident #	Description	Status	Intersection
10/5/2024	11:20 PM	240627921	Theft, From Locked Vehicle, <\$50	Open or Active	BELLA VISTA WAY \ CRESTA VISTA DR
10/12/2024	3:00 AM	240654560	Theft, From Locked Vehicle, \$200-\$950	Open or Active	FOWLER AVE \ JUANITA WAY
10/14/2024	2:08 PM	240647048	Mental Health Detention	Open or Active	JUANITA WAY \ MARNE AVE
10/14/2024	3:34 AM	240646216	Theft, From Unlocked Vehicle, \$200-\$950	Open or Active	MYRA WAY \ REPOSA WAY
10/15/2024	8:30 AM	240649113	Threatening School or Public Employee	Open or Active	MYRA WAY \ OMAR WAY
10/16/2024	3:25 PM	240652047	Domestic Violence (secondary only)	Cite or Arrest Adult	MARIETTA DR \ TERESITA BLVD
10/20/2024	6:10 PM	240660551	Battery	Open or Active	FOERSTER ST \ MELROSE AVE
10/24/2024	10:00 PM	240671360	Vehicle, Stolen, Truck	Open or Active	GAVIOTA WAY \ TERESITA BLVD
10/29/2024	9:00 AM	240679530	Indecent Exposure (Adult victim)	Open or Active	FOERSTER ST \ TERESITA BLVD
10/29/2024	10:00 PM	246141252	Theft, Other Property, \$50-\$200	Open or Active	COVENTRY CT \ COVENTRY LN
10/29/2024	12:00 PM	240665294	Robbery, Street or Public Place, W/ Force	Cite or Arrest Adult	PORTOLA DR \ TERESITA BLVD
10/30/2024	3:50 AM	240681256	Vehicle, Tampering	Open or Active	MALTA DR \ STILLINGS AVE

ANNOUNCEMENT

ARTICLE

Second Saturday Clubhouse Clean-Up Continues



As always, we are looking for volunteers to help keep the grounds around our historic clubhouse tidy. We are grateful to individuals and groups who have given the MPIC two hours of time on a second Saturday of the month to pitch in. Our next clean up will be Saturday, December 14 at 10:00 a.m. Rain cancels. It's a good way to warm up outside as the weather cools down. Please join us!

Safety Meeting at the Ingleside Police Station

by MPIC Safety Committee

The next police/community safety meeting for Ingleside will be held Tuesday, November 19th, 6 p.m. at the station, 1 Sargeant V. Young Lane. The MPIC encourages those of you with concerns to attend these monthly meetings.

Legal crime definitions: Criminal law can be broken down into three categories: Felonies which are major crimes, Misdemeanors or lesser crimes, and Infractions, which are generally determined as a lower of degree Misdemeanors. Major crimes examples are bank robberies and murders. Misdemeanor examples are trespassing, vandalism, and drunk driving. Infractions are usually determined as a matter of lesser degrees of Misdemeanors. They include many traffic violations and jaywalking.

Police officers enforce Federal, State/County, and City laws. When issuing a citation, the police may determine that both City and State laws have been broken, and can list the crime in more than one section of the citation.

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Programs at the MPIC Clubhouse

Wednesday and Saturday 9:00am Monday 5pm 650 888 6129 sbjazzercise@comcast.net

Changs International Folk Dancing

7:00-10:00pm Friday One hour lessons on the first and second Fridays of each month. changsdancers@aol.com

Fort Mason Artists

Learn to sculpt, paint and draw Monday 6:15-10:15pm Friday 10:00am-2:00pm, 2:30-5:30pm Konrad Dunton; 650 868 6336 Fortmasonartists.org

Ukulele Class

Tuesdays 2:00pm-3:00pm

Mary L. Harden Botanical Drawing

Monday 10:00am-1:30pm maryharden@me.com

Figure Drawing from the Live Model with Linda Hope

Saturday 11am-2:30pm 415 334 3603 Lindahope.art@gmail.com

Grace Community Church

Sunday 11:00am-1:30pm; Pre service coffee followed by community lunch 415 753 9931

Guide Dogs For The Blind

2nd/4th Wednesdays 7:00 - 8:30pm info@gdbsanfranciscopuppyraisers.com or guidedogs.com/puppy



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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 are the 12th day of the month prior to publication.

Submitted articles become the property of MPIC.