

# MIRALOMA LIFE

Issue No. 4

Celebrating, Informing, and Strengthening the Miraloma Park Community

miralomapark.org

April 2

## MPIC Board Meeting

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

7pm

April 7

## Neighborhood Clean-up

First Tuesday of the month  
Meet in front of Tower Market

10am-11:30am

April 11

## Clubhouse Clean-Up

Second Saturday of the month  
at the MPIC Clubhouse.

10am-noon

April 19

## Toddler & Baby Clothing Swap

MPIC Clubhouse, see page 9

3pm-5pm

### FEATURE

## Are You Ready To Be Your Own First Responder?

by Robert Gee President, Miraloma Park Improvement Club



As San Franciscans, we've all anticipated an inevitable scenario like this: it's 2:00 am and a major earthquake shakes us awake. Maybe it lasts a second or two; maybe a minute or more.

In the hours after a big disaster, the San Francisco Fire Department and 911 will be overwhelmed with calls. They almost certainly **will not** be able to respond to individual residents. Your family members and your neighbors will be your closest source of help.

**You can take a few simple steps to get prepared.** The next four pages of Miraloma Life were developed by our Resilient Miraloma team of volunteers. **Please use this information to help you and your family (and pets) plan for what we all know is coming, and learn how you can protect your household.**

### IN THIS ISSUE

- Resilient Miraloma Park program
- Prepare for a disaster
- Respond to a disaster

# Resilient Miraloma Park program



Launched in 2014, the Resilient Miraloma Park (RMP) initiative is a community driven disaster planning program.

RMP consists of four programs: Neighborhood Emergency Response Team (NERT), Block Champions, Emergency Radio Operators, and Care and Shelter. Each of these support neighbors in times of stress.

**NERTS** are trained by the SFFD in a series of six classes. NERTS assist the Fire Department with light search and rescue, first aid, and damage assessment. NERTS will set up a staging area at the Miraloma Park tennis court to manage information and send out teams to help residents.

**Block Champions** are residents who have been given emergency supplies, including a two-way radio, and will be ready to help their neighbors during a disaster. They will check on neighbors and assess the needs on their block. *Do you have a Block Champion? Go to <https://miralomapark.org/what-we-do/block-champion/> to see if your block is listed.*

**Emergency Radio Operators** have received two-way radios. They practice every other month. Operators will help transmit damage information, medical issues, and needs of residents following a disaster.

**Care and Shelter** volunteers will support residents with medical first aid, mass shelter feeding, and provide respite care.

## Frequently Asked Questions from Miraloma residents

**Does MPIC have an emergency cache of food or water for residents? NO.** Plan today to have an emergency food and water supply for your household.

**Do we have a Red Cross shelter site in Miraloma Park? NO.**

**Where will emergency food and water come from?** Your freezer, and if needed your hot water heater.

## Where do we go? Neighborhood Emergency Operations Center-NEOC

Sheltering in place is the best option unless it is not safe to remain. MPIC will have a NEOC located at the Miraloma Park tennis court. Neighbors can go there to report damage or get help.

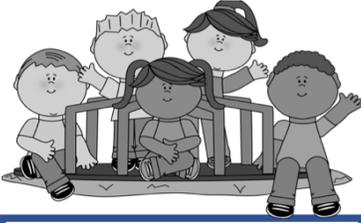
**When you have to go**  If water distribution is cut off, where will I put my poop and pee?

You will only get one flush after the water is shut off. Pee can go down a drain or in the backyard.

Poop must be bagged and stored in your black Recology bin. Put a trash bag, that fits, into your toilet, poop, seal the bag before putting it into the trash.

# Prepare for a disaster

*This page can be torn out and saved. Post this where you can check off supplies as you acquire them.*



## Got kids?

### Make a kid kit

- ❖ Picture of your family
- ❖ Family reunification plan with a note from you that everything will be all right
- ❖ Contact info
- ❖ Favorite book, toy
- ❖ Favorite snacks and juice box
- ❖ Change of clothes
- ❖ Medications with clear instructions

### Once a Year

Check and rotate water, food, clothes.

## Create a Home Preparedness Kit

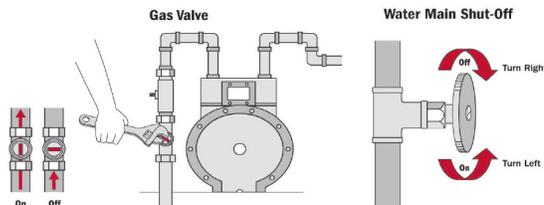
- Water:** 1 gallon per person per day for 5 days. Plain bleach to purify if needed: 2-4 drops per quart.
- Food:** enough to feed your family for 5 days. Choose foods that are ready to eat, canned and dried foods. Foods that need little or no water to prepare.
- Cooking supplies:** a propane grill, camp stove. Utensils, can opener, matches, zip lock bags.
- Clothing:** keep sturdy shoes, light and heavy layers of clothes, leather gloves and a hard hat or bike helmet under your bed.
- Safety supplies:** flashlight, portable radio with extra batteries, duct tape, pair of scissors, whistles, rope, sharp knife, fire extinguisher, wrench for utility shut-off.
- General supplies:** money (no ATMS, no Door Dash)pencil/paper, city map, copies of important documents. Reunification plan.
- Shelter:** tent, plastic tarp to cover windows if broken.
- Hygiene supplies:** liquid soap, toothbrush/paste, sanitary supplies, diapers, wet wipes.
- Medical supplies:** first aid kit, medications, eye wash, list of doctors/phone numbers.
- Special items:** infant's food, mobility items for elderly
- Pets:** they need water and food, carrier and extra leash.
- Kids:** include books, cards, games, snacks, juice boxes
- Lighting:** Avoid the chance of a gas explosion by NEVER USING CANDLES! Instead use a battery- or solar-powered lantern, headlamp, and solar lights ready to light your home.
- Go to [sfgov/readysf](https://www.sfgov.org/readysf) for more information about preparing and responding to disasters.

# Respond to a disaster

*Tear out this page and post it in your kitchen or garage where you can quickly find it during an emergency.*

## Immediately following a disaster

1. Check on the safety of family members, including pets.
2. Dress for safety: 1) Put on a hard hat or bicycle helmet to protect your head, and 2) Wear sturdy shoes and leather gloves to protect from broken glass. Keep these items in a container under your bed.
3. Check the natural gas at your home. Shut it off at the meter ONLY if you smell gas, the meter is spinning, or you hear a hissing noise. Turn the valve  $\frac{1}{4}$  turn to shut off the gas.



4. Put batteries into headlamps, flashlights and lantern 
5. Place your OK or HELP sign in a front window of your home. (The signs are included in this newsletter.) Your sign will help members of our Resilient Miraloma Park team know who is OK and who needs assistance. [PDF link to sign](#)
6. Locate your fire extinguisher and be ready to use it.
7. Check on your neighbors. Help them check their natural gas.
8. Turn your radio to KQED FM 88.5 or KCBS AM 740 to stay informed.

MPIC ANNOUNCEMENT

# MPIC Election June 18, 2026!

The election of MPIC Board Members and Officers will take place on June 18, 2026. This year, the positions of President, Vice-President, Treasurer and Recording Secretary positions and Board Member will be on the ballot. MPIC dues-paying members can nominate people to run for these Officer and Board positions at the May 7 Board Meeting. If you are interested in nominating someone at the May 7 meeting, please contact MPIC at 415-322-0211 or [miralomapark@gmail.com](mailto:miralomapark@gmail.com).

Eligible to vote in this election are those who, as of May 10, 2026, pay annual dues to MPIC.

If you are not a member and wish to vote, become a member by May 10. The Membership Application is online at <https://miralomapark.org/join/> and in this issue of Miraloma Life.

The May and June issues of Miraloma Life will contain more information about the election.



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# Is Your Household OK?

by MPIC

This month marks the anniversary of the 1906 earthquake and ensuing fire when over 3,000 individuals died and 30,000 more were hurt. More than half the population of 400,000 had to evacuate their homes. Many evacuees ended up in a “tent city” in Golden Gate Park. In the 1800s construction standards, to say the least, were far from adequate, as was the fire department’s capacity to fight a major fire event. Eighty percent of the city was destroyed. Though building codes have vastly improved, many older structures are NOT adequately reinforced. Again, the population of San Francisco in 1906 was about 400,000. Currently our population is upwards of 874,000. That does not include the population of many suburban cities that have sprung up around San Francisco. Nor does it account for commuters coming in and out of San Francisco.

Place your OK sign on a front window until April 21st, a few days after the magnitude 7.9, 1906 earthquake struck San Francisco. If you have misplaced your sign, here is a link for you to reprint and post:

<https://miralomapark.org/wp-content/uploads/Need-Help-150x150-2.pdf.pdf>

This drill lasts through 4/21. In the case of a real natural disaster, the OK sign means all is well, a message to responders that your house may be passed; they can move forward to homes that have the NEED HELP sign in place.

Do we need any more reason to be prepared? Please participate! Display your OK sign in your street facing window through April 21st. Let neighbors know that you are a participant and are adequately prepared. Take it down after the 21st. We do NOT want “False” OK signs up should an emergency actually occur.



# Four Legged Friends

by Barb Schoeffel

Here is our Block Champion on Gaviota Way. At night he sleeps better without a collar and tags, the ones telling you his name is Joxer and that you please call (Barb and Jill) if you see him out and about on his own. He also has a chip that the SFSPCA put in 12 years ago. Joxer Boy is the latest member of the Care and Shelter team and gently reminds us, with a warm nudge of his nose, that if a disaster happens he wants to be at our side! If you see him running around without his people, maybe he is looking for some help for us.

Joxer is reaching out to all his 4-legged neighbors and says, “Send me your photo with your family, let me know your location,” and anything else to help make sure our pets find their way home in case of a disaster. Joxer can be reached at YCR@gmail.com. The San Francisco SPCA and Humane Society have tips for pet owners and we at Miraloma Care and Shelter understand that having a plan - for fish, fowl, or furry friends helps us win in the end.





Are you 55 or older? We invite you to join us at Community Connectors, our senior program in Miraloma Park. We have weekly programs, exciting gatherings and guest speakers and connections to many senior and disability services and activities in San Francisco.

**Strength and Balance Exercise Classes**

Tuesdays and Thursdays at 10:30 am at Cornerstone Church

**Ukulele Class – Hang Out With the Miraloma Strummers**

Tuesdays at 2 pm at the MPIC Clubhouse

**Join the Weekly Walking Group**

We walk at different locations in the City.

Please contact Barbara Wheeler at [bawheeler46@yahoo.com](mailto:bawheeler46@yahoo.com)

**Questions?**

Please contact Joyce Watson at [joyce@sfcommunityliving.org](mailto:joyce@sfcommunityliving.org) or by phone at 415-821-1003 ext 137.

# An Introduction to New Volunteers for the Care and Shelter Program

by Barb Schoeffel

Our resiliency comes from social connections, mindfulness, and the ability to bend and pivot. The Care and Shelter arm of our Miraloma Resiliency Program really started with Darlene Ramlose’s energy and ideas in 2017. She managed to find funds and build connections with groups like the Community Living Campaign. She had hopes to keep all of our neighbors prepared in the event of a disaster. Then COVID came and the sharing of ideas and purchased and stored resources could not be implemented. Barbara Schoeffel and Jill Sweringen have joined the team as co-leaders to the Program and we appreciate all of the ground work that has been laid out. There are many educational and informational resources out in the digital world to help you find your best plan for response to a disaster in your own home and neighborhood. We hope to fortify your plans with a Care and Shelter community plan. At this time we would like to get a sense of which Miraloma Residents are potentially interested in volunteering in the event of a disaster.

Interested in volunteering for the Care and Shelter Program? Email us: [JoxerYCR@gmail.com](mailto:JoxerYCR@gmail.com), subject c/o Miraloma Volunteer. Potential first meeting May 2, 2026.

We look forward to working, imagining and planning with you.

With Gratitude,  
Barb and Jill

# Clubhouse Clean-Up

MPIC’s Second Saturdays to clean up the Clubhouse grounds continues. This month’s date is **April 11**. The event takes place from 10 a.m. to noon. Come join us! Meet your neighbors! Rain cancels.



COMMUNITY CONNECTOR NETWORKS ARE PROGRAMS OF  
Community Living Campaign, 1663 Mission St., Suite 525, San Francisco, CA 94103  
415-821-1003 • [ccnetworks@sfcommunityliving.org](mailto:ccnetworks@sfcommunityliving.org) • [www.sfcommunityliving.org](http://www.sfcommunityliving.org)  
[www.facebook.com/CommunityLivingCampaign](https://www.facebook.com/CommunityLivingCampaign)

This program serving the community is funded by the City of San Francisco’s Department of Disability and Aging Services. We also rely on private grants and donations to fund about 30% of our Community Connector Networks.



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ONLINE AT:  
[miralomapark.org/join](http://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):

- \$12 Senior Member     \$15 Single Member     \$25 Family Membership  
 \$35 Supporting Member     \$50 Contributing Member     \$100 Sustaining Member  
 \$ \_\_\_\_\_ Other

PLEASE SEND ME AN EMAIL REMINDER TO RENEW MY MEMBERSHIP!

# Baby & Toddler Clothes and Toys Swap

**When:** Sunday, April 19, 2026, 3-5 pm

**Where:** MPIC Clubhouse, 350 O’Shaughnessy Blvd at Del Vale Ave.

Whether you’re looking to declutter, hunting for the next size up, or just want to connect with other parents, everyone is welcome!

**How it works:**

- Give: Bring clean, gently-used clothes (0-5 years) and toys to give away
- Take: Pick out “new-to-you” treasures to take home.
- Feel free to just give, or just take, it’s up to you. Just come along!

Anything left at the end of the event will be donated, or you can take it home with you.

Light refreshments will be available, and kids are more than welcome!



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# MPIC Safety Committee Update

Crime Stats from February 1-February 28, 2026

Date	Time	Incident #	Description	Status	Intersection
2/19/2026	4:08 PM	260098459	Theft, Shoplifting, \$50-\$200	Open or Active	PORTOLA DR \ TERESITA BLVD
2/23/2026	4:25 PM	260105907	Dog, Bite or Attack	Cite or Arrest Adult	DETROIT ST \ STILLINGS AVE \ VISTA VERDE
2/23/2026	6:00 PM	260112435	Burglary, Residence, Forcible Entry	Open or Active	CONGO ST \ STILLINGS AVE
2/25/2026	10:33 AM	260108901	Warrant Arrest, Local SF Warrant	Cite or Arrest Adult	CONGO ST \ STILLINGS AVE

*prepared by* Mathew Wong, MPIC Safety Committee

ARTICLE

## The Dogs of Miraloma

### Part 2: How They Enjoy Their Spring

by Rayo

March in Miraloma is sunny, blooming, and the perfect grass eating temperature. I was curious what they do all day so I interviewed a dog named Rosie:



Rosie staring at a gopher

**1. What does she like to do indoors?** (my question)

“Rosie likes to sleep and watch out the front window. People walking by on the sidewalk can sometimes see her looking out for coyotes. Lately she has seen coyotes quite a

few times on our street and is pretty sure that her barking is keeping the whole family safe. Rosie also loves to eat and reminds us by howling at us when it is meal time.”

**2. What does she like to do outside?**

“Rosie likes to go on walks and use her nose to sniff and get information about the neighborhood and other dogs. She also loves to go outside on our back deck when it is sunny and sleep in the sun. She really likes sniffing out gophers and then stares at them. She is not a successful hunter.”

**3. Where does she like to go on walks?**

“She loves to go to new places, but she also has some favorite long walks including all over Golden Gate Park, Glen Canyon, Pedro Point in Pacifica, Redwood Regional in Oakland and McNee Ranch State Park in Montara. Rosie also loves to go swimming at Ocean Beach and fetch her toy from the surf, but she has gotten too old to do much swimming. She gets too excited and ends up hurting herself because she has bad arthritis in her knees.

Miraloma dogs are bringing joy to the neighborhood. If you see this dog on your next walk, be sure to say hello (and maybe a scratch behind her ear.)

If you would like your dog to be featured in the next article please email [mpic@gmail.com](mailto:mpic@gmail.com)

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## MPIC Board Of Directors

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Patti Moran	Matt Boschetto
Kate Clements	Jessi Harrison
Johnny Grist	

## Programs at the MPIC Clubhouse

### Jazzercise

Wednesday and Saturday 9:00am  
Monday 5pm  
650 888 6129  
[sbjazzercise@comcast.net](mailto: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](mailto: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](http://Fortmasonartists.org)

### Creative Dance for Adults

Wednesdays, 1pm–2:30pm  
Jeanne-Marie Hughes (instructor)  
[jmhughes5678@gmail.com](mailto:jmhughes5678@gmail.com)

### Mary L. Harden Botanical Drawing

Monday 10:00am–1:30pm  
[maryharden@me.com](mailto:maryharden@me.com)

### Figure Drawing from the Live Model with Linda Hope

Saturday 11am–2:30pm  
415 334 3603  
[Lindahope.art@gmail.com](mailto:Lindahope.art@gmail.com)

### Grace and Truth Baptist Church

10am–2pm Sundays Pre service coffee  
7pm–9pm Tuesdays (2nd, 4th)  
7pm–9pm Wednesdays (1st, 3rd, 5th)  
[SFBaptist.church](http://SFBaptist.church) / [Faithsaves.net](http://Faithsaves.net)

### Guide Dogs For The Blind

2nd/4th Wednesdays 7:00 – 8:30pm  
[info@gdbsanfranciscopuppyraisers.com](mailto:info@gdbsanfranciscopuppyraisers.com)  
or [guidedogs.com/puppy](http://guidedogs.com/puppy)

### Ukulele Class

Tuesdays 2:00pm–3:00pm  
[abbymmargolis@yahoo.com](mailto:abbymmargolis@yahoo.com)

## MPIC Directory

### [www.miralomapark.org](http://www.miralomapark.org)

General Inquires for MPIC	(415) 322-0211
Clubhouse Manager + Rentals	(415) 322-0211
Webmaster: Ron Proctor	(415) 322-0211

## Miraloma Life Staff

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

Editor	Kate Clements
Advertising	Kate Clements
Graphics/ Layout	Butler Looney

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

Submitted articles become the property of MPIC.

The inclusion of advertising, logos, or links does not constitute or imply endorsement, sponsorship, or recommendation by the MPIC.



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or renew your membership!

Miraloma Park Improvement Club

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