



ITHA BOARD

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AT-LARGE

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Coleen Carrigan
Linda McGilvray
Tim Macholz
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John Stacey
Jade To
Lonnie Lawson, President Emeritus

ITHA Committees

Membership: Jade To
Social: Wendy Dwyer &
Sandy Gandolfo
NERT: Thom Buchanan
The Sundial: Linda McGilvray &
Daryl Schilling
Parks & Landscaping: John Stacey
Welcome Wagon: Jade To
Design Review: Suzanne McDonnell
Construction Committee:
Thomas Buchanan, John Stacey,
Colin Shields
West of Twin Peaks Council:
Paul Conroy
Webmaster: Mark Goldstein

Regular monthly meetings of the ITHA are held at 7:30 P.M. on the third Thursday of each month, January, February, March, April, May, June, September and October. No regular meetings are scheduled for July, August, November, or December. Location is the St. Francis Episcopal Church, 399 San Fernando Way, and all Terraces residents are welcome.

ITHA, P.O. Box 27304, San Francisco, CA 94127-0304 • www.ITHASF.org
www.ithasf.org/email.html

Our new forum is now available for all neighbors: <http://forum.ithasf.org>. Members discuss topics such as local events, meetings, crime, schools, and gardening. The newsletter is available on the website: www.ithasf.org/sundial/sundial.html

President's Letter

By Mark Scardina

As I write this, we are in the midst of a time where community awareness and working together are particularly important. The volunteers on your board, our committees, SAFE and NERT groups donate many hours a month to maintain the quality of living we have enjoyed here in Ingleside Terraces for decades. Yes, we are all volunteers and most of us also have day jobs. We give our time freely, because it makes a positive difference in the community we live. Whether, it is writing for, laying out or prepping this newsletter for mailing; assisting neighbors in the convoluted building planning and permit process, assisting in cleaning up common areas or yards of those who no longer can, organizing, promoting, and staffing community events such as our upcoming IT Garage Sale, Sundial Picnic, Caroling Party, or attending City meetings in representing our IT community, there are many to thank for their generosity and commitment.

I recognize that not everyone has the capacity or capability to give of their time. However, every member can show their support once a year by sending in their yellow envelope with whatever amount they can afford or deem appropriate. We are all members of a unique HOA. All residents and property owners are members, but there are no mandatory dues. I am often asked by other groups how this can be. The simple answer is that Ingleside Terraces started out in the early part of the 20th century as a planned community owned and managed by the Urban Realty Company. When the company ceased to exist in 1938, it did two things. It deeded all common areas, circles, Sundial, gateways, pillars, etc. to the City and created ITHA. All homeowners even got a certificate of membership. Since at the time there were no longer any common areas or structures that required maintenance, no mandatory dues were specified in the CC&Rs. As we have come to learn over the ensuing 80+ years, this was short-sighted. Even if we didn't hold our community events, publish newsletters, manage our website, professionally maintain our park and circles due to City neglect, etc. there are still other financial costs associated with being a business entity including insurance, meeting space, city and state fees, etc.

continued on page 2

President's letter

from page 1

As a board, we take fiscal responsibility very seriously and do what we can to stay within our means. We wish to thank each and every one of you that uses that yellow envelope at least once a year and especially those who give more than the suggested \$45. I am now reaching out to those who may have had the intention to send in their contribution to our community but never got back to it, those who may only afford \$5, and even those who are reading this for the first time. Please start a new positive habit and use our little yellow envelope to show your support for your neighborhood and community. If you don't have a stamp, you can do so online at our website: www.ithasf.org and send safely and securely via PayPal - no account is required.

Thank You.
Be safe, stay healthy.

Mark Scardina

PERSONAL Landscaping Day

We were intending to announce the Neighborhood Landscaping Day on April 11 in this newsletter. It is a fun, semi-annual event where neighbors get together and work on beautifying the common areas of the neighborhood. However, due to concerns about sharing tools and a large group of people, we have decided to announce April 11 as the first PERSONAL LANDSCAPING DAY.

As most of us are spending more time in our homes than usual, we'd like to encourage you to get out into the yard on April 11 – and make your OWN space as beautiful as possible. You would be amazed at how much just a little pruning, a plant or two, or some bark makes a difference to the whole community. We'll send a reminder email – but please mark your calendar for April 11. Stay green and stay healthy.

John Stacey

Champa Garden Restaurant

With floor to ceiling windows and lots of natural light flooding in on a recent Sunday morning I was already looking forward to what Champa Garden had to offer.

In addition to the always delicious Thai Iced Tea, I chose the Tom Kha soup which includes coconut sour soup, kaffir limes, mushrooms and shrimp, and the Veggie Clay Pot. Both dishes were good but this kind of soup really packs a flavorful punch.

That morning there was a large party celebrating a birthday. The staff were attentive and friendly to all the big and small groups gathered that day. Champa Garden is a friendly neighborhood restaurant with a wide variety of dishes and drinks. It's worth visiting for your first or fifth time.

Champa Garden
613 Faxon Ave
San Francisco, CA 94112
415.349.4186
champagardenrestaurant.com

Colleen Carrigan



Mark Your Calendars!

Upcoming Events in the Terraces

Saturday, Apr. 11 Personal Landscape Day
Thursday, Apr. 16 Next monthly meeting
7:30 pm at St. Francis Episcopal Church
Saturday, Apr. 18 ITHA Garage Sale (see back page)



Missing Dogs: How to Avoid This and Important Steps to Get Your Dog Home Quickly

It's devastating for a family when their dog goes missing. Maybe a worker left the gate open, house was burglarized, your newly adopted rescue bolted the moment you opened the door.

An even worse nightmare is dog theft - a common occurrence in San Francisco. It is too risky to leave a dog tied to a pole (also illegal in San Francisco) for even a few short minutes. Dogs are stolen from fenced in yards or when left in cars. Even dogs that bark at strangers are lured away with irresistible treats. A thief might even target a house and break in to steal a dog seen in the window during the day while at work. When a thief sees a certain breed or type of dog, they don't think of it as a family member and only see dollar signs. Be aware of these possible scenarios and protect your four-legged family members.

In the event your dog does go missing, a few simple precautions and the following steps will make all the difference in helping to be reunited:

- Call SFACC immediately to report a missing dog.
- Post an ad on Pawboost.
- Make sure your dog has a collar with ID tag on at all times.

People who find dogs without ID commonly think they are abandoned/ unwanted and justify keeping them.

- Microchip your dog.

Dogs adopted through local rescues and shelters almost always have a microchip but did you actually go online YOURSELF and input the contact information? The agency or rescue does not do it for you. Find out the company that made your dog's microchip and visit their website and register your dog. I called the SFSPCA 8 years after I adopted my dog and they had all the information on file for me to go online and register my missing dog!

If you find a dog, never assume it was unwanted. Think LOST! Sometimes dogs are kept by finders and eventually escape after being transported to

another city.

The first place people look for their missing dog is SFACC, so call and report a found dog immediately. If you can keep the dog out of the chaotic shelter environment, take it to a nearby vet to have it scanned for a microchip. You can also post free ads on Pawboost, Craigslist and Nextdoor. Be sure to include photos!

Laurel Rose

Ingleside Terraces Neighbor

Owner Golden Gate Dog Walking

Curb Appeal Contest 2019



We had a delay in reporting the winner due to some general business causing a miss in the deadline for our newsletter but we would like to congratulate our winner Beverlee Hassid at 142 Ceritos. The property has both attractive landscape and hardscape, beautiful roses and just a striking manicured curbed presence. Along with our landscape committee chair, we selected this winner out of 9 submissions. We really appreciate the participation and might fine tune this for a future contest. Our winner will receive a \$200 gift certificate to Spizzo's in West Portal. Happy Gardening in 2020!

Sandy and Anna, your neighborhood realtors!

THE SUNDIAL
Ingleside Terraces Homes Association
P.O. Box 27304
San Francisco, CA 94127

PRESORTED
STANDARD
U.S. POSTAGE
PAID
Daly City, CA
Permit No. 1284

Current resident or

Please do not forward.

See inside for new ITHA information!

Spring Fling Garage Sale

Saturday, April 18, 2020 • 10:00 am - 3:00 pm

All neighbors in Ingleside Terraces are invited to open their garage doors for the sale. Publicity, courtesy of ITHA, will be placed in local classified sections.

Take advantage of this great money-making event!

Last Name _____ Phone _____
(Name will not be printed on map)

Address for map _____

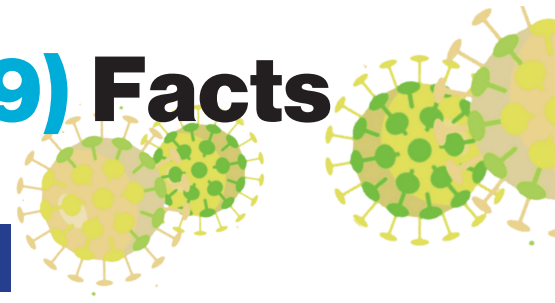
Yes, I will be participating. I will offer items in the following 3 categories:
1. _____ 2. _____ 3. _____

Yes, I will help distribute publicity flyers and hang posters and banners the week of the event.

Please fill out this form and return to Wendy Dwyer, 350 Urbano Dr., SF, CA 94127 by Apr. 5. For more information call Wendy @ 706-0549 or email her at hairnetw@hotmail.com There's a suggested donation of \$20. per household participating to support ITHA. Thanks.

Coronavirus (COVID-19) Facts

Updated March 19, 2020



Stay at home during the COVID-19 outbreak

On March 16th, the City issued a Public Health Order requiring people to stay home except for essential needs to reduce the spread of the coronavirus. This order is in effect until April 7th. We can reduce the spread of the coronavirus and save lives if we maintain social distancing and stay at home. We need everyone's help and cooperation right now to reduce the spread of the virus.

What does this mean?

- **Everyone** must stay home except to get food, care for a relative or friend, get necessary health care, or go to an essential job.
- **Do not gather with others.** No visitors or meeting up with friends. Bars, nightclubs, and gyms are closed.
- It is OK to go outside for **walks** if you are not in a group.
- If you are an **older adult** or have a **serious chronic medical condition**, you are especially vulnerable and **must stay home**.
- **Essential local government functions will continue**, including first responders and law enforcement.

What should I do?

- Check in with family and friends by **phone and email**, especially older adults or those with health conditions.
- You will continue to be able to purchase **food, medicine, or personal necessities from grocery stores, pharmacies, gas stations, and hardware stores**.
- You may provide care or help with getting supplies for loved ones. Don't provide care or pick up supplies if you are sick.
- **If you are feeling sick**, please call your doctor, a nurse hotline, or an urgent care center. Do not go to the emergency room of a hospital unless you are having an actual emergency.

Social distancing guidelines to still follow



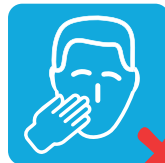
Wash hands with soap and water for at least 20 seconds



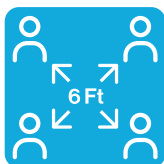
Cover your cough or sneeze



Stay home if you are sick



Avoid touching your face



- Avoid groups (stay at least six feet away from others)
- Reduce the time you are around others outside the home, even when at least six feet away

Stay informed

Text COVID19SF to 888-777 to get text message alerts for official updates.

For more info,
call 311 or visit
SF.gov



San Francisco
Department of Public Health

ITHA COVID-19 Program

The mission of ITHA's **Fortify Ingleside Terraces (FIT)** program is to protect the health and well-being of residents, especially the vulnerable, during times of stress. A big part of our approach is to increase the level of connection amongst all residents before, during and after a disaster. Over the past few weeks we, and the whole world, have been inspired by the videos of Italians taking to their balconies and joining in song despite being sequestered in their homes. This communal act brings hope and a sense of community to everyone who can hear their music. One of the Miraloma Park volunteers came up with the idea of everyone putting a lamp (not a candle!) in their front window and leaving it on until they go to bed to create a sense of community among our residents, many of whom may feel isolated and alone during this time. This is the ***Unity Light in the Night*** campaign, and we hope you'll join this simple and visible way to let your neighbors know that we are in this together - even as we follow the guidelines to stay home and maintain social distancing.

Become a FIT Team Volunteer

During this time, it's critical that we all pull together as a community. To enable this, we are activating a Fortify Ingleside Terraces (FIT) team of volunteers to provide our neighborhood with the organizational infrastructure and resources to empower everyone during times of stress. If you can assist for any amount of time, day or evening, our homebound seniors or those not able to fend for themselves, please take a moment and fill out our volunteer form on our website – www.ithasf.org or click [here](#) if you are reading this online.

San Francisco COVID-19 Services

In addition to the information on the front, here are some additional City resources:

- **Wellness Checks** – Contacting the non-emergency services at **415-555-0123** allows you to register to receive a wellness check twice a day via phone call. You will be asked a few questions to ensure you are still healthy and not in need of services. Language and hearing-impaired service is available.
- **Meals On Wheels** – If you over 60 and either homebound or unable to shop and prepare meals for yourself, San Francisco offers their Home-Delivered Meals program. You can contact them at **415-355-6700** or the main line at **415-920-1111**. Further information is also available at www.mowssf.org.
- **Free Meals for Children** – SFUSD will provide free meals to all children 18 and younger during school closure. You can find pick-up sites, hours, and details at www.sfusd.edu.
- **Emergency Child Care** – SF Parks and Rec will provide free child care to the children of health care workers and low-income families. You can find sites, times, and details at www.sf.gov.
- **Open City Services** – You can find out which City services are open at <https://sf.gov/information/city-services-whats-open>.
- **Coronavirus Testing** – You can find out how to get tested for coronavirus at <https://sf.gov/find-out-how-get-tested-coronavirus>. First step: Call your doctor or 311 if none.
- **Be Vigilant:** There are no City programs where staff go door-to-door without appointments.

Our Fortify Ingleside Terraces Hotline

One of the services our FIT Team volunteers will be providing is timely response to a neighborhood hotline we have set up. This should not be considered as an alternative to 911 or other City emergency services, but a resource for less urgent assistance. We are planning on offering assistance with grocery shopping, prescription pick-up, wellness calls, etc. The number is **415-275-0162**, and you will be asked to identify yourself before being connected. Be advised that you may have to leave a message for a return call.

What You Can Do Today

- ✓ **Join the Ingleside Terraces FIT Team**
- ✓ **Join the *Unity Light in the Night* campaign**
- ✓ **Text COVID19SF to 888-777**
- ✓ **Write down/Add to you contacts the City and ITHA service numbers**