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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

Summer 2020

As I write this I sincerely hope you and your family and friends have been able to stay safe and healthy during these last several months. When we sent out the Spring newsletter, we were ramping up our shelter-in-place outreach effort by forming our Fortify Ingleside Terraces (FIT) team. I am pleased to report that 25 neighbors volunteered their time to assist. Supervisor's Yee's office had identified 441 seniors in the Terraces and the FIT team called everyone of them to offer assistance and many are still active with wellness checks and other kindness. Here, is a note we received from one such grateful neighbor:

Asking for help and depending on others, for most of us, feels quite awkward and uncomfortable. Yet, we needed assistance when the outbreak of COVID-19, a force majeure, began. We, like many, were categorized as vulnerable and warned to stay home. A most basic activity, grocery shopping, suddenly became risky while our usual grocery and drug stores were ill-equipped to deliver. So, we somehow had to hatch a plan for getting a full load of groceries on a regular basis. Both Nextdoor and the Fortify Ingleside Terraces Hotline provided kindness and generous help from some neighborhood angels. We send our heartfelt thanks to Christine, Angi, Afshin and especially Chris, "Our Guy". Generosity is contagious. "A generous heart restores humanity".

Normally, this newsletter would be reporting on the outcome of our Garage Sale and introducing our picnic in October and Annual Meeting. Unfortunately, the COVID-19 risk within San Francisco is not expected to be reduced sufficiently to safely have mass gatherings even outdoors. Note that the majority of residents are in the high risk category due to being over 60. Therefore, we will be officially postponing these neighborhood group activities until we can safely hold them. At this point we will be having our annual meeting virtually. The actual time and date will be decided at our September 17th ITHA meeting and communicated to everyone. At next month's meeting we will also be discussing new ways to hold group events given our current situation and if you have ideas that you can share please join the call and contribute.

President's letter

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District 7 Election - New Count Method!

This year we have a unique election for District 7 Supervisor. Not only is there no incumbent, as Supervisor Yee is termed out, we have seven candidates running. To add to this we now have a greatly expanded "ranked-choice" ballot that will allow ranking of every candidate running instead of only 3. Ranked-Choice or Instant Run-off can be confusing as to how one should fill out the ballot and how they are counted. This information and an FAQ is available at <https://sfelections.sfgov.org/ranked-choice-voting>. Highly recommended.

A final note for those driving in the neighborhood. Even though school has started, we are in Phase I which is Distance Learning for All. This means that children will be home and will have 3 - 4 hours of online instruction per day. This also means that we will continue to see children outside during the day as we have all summer. Please stay alert anticipating bikes, skateboards and scooters especially around intersections which can be blind due to parked cars. If you can park your car off the street please do so and if not please avoid corners.

Thank you and stay safe and vigilant,

Mark Scardina



Photo by Nancy Begonia

On Junipero Serra at El Plazuela

Neighbor We'll Miss

Ruth Mellinger passed away earlier this year. Ruth Louise Mellinger peacefully passed away at Brookside Assisted Living in Lodi. She was 101 1/2 years old. A native of San Francisco, Ruthie, as she liked to be called, is survived by her six children; Randy, Kathy, Nancy, Terry, Mary and Steven. She was also blessed with thirteen grandchildren, eleven great grandchildren, and eleven daughters and sons in law. She was a long time resident of the Terraces. A private memorial was held Sept. 2.

Yoga and other acts of pandemic solidarity

It has been five months since we started sheltering in place in San Francisco. In Ingleside Terraces, neighbors have come together to support and help one another in unprecedented ways. Despite the difficulty and loneliness of our current situation, we have seen people sharing their resources, food, knowledge and skills, as well as show our neighbors what community means! Seniors in our community have been getting support with folks doing grocery shopping and wellness checks. Our neighborhood association, and our President Mark Scardina, quickly mobilized to plug Ingleside Terraces into the City's resiliency efforts. Neighbors have been growing gardens, sharing food, baking bread, and engaging in other acts of kindness.

One of my family's favorite things in the past few weeks has been neighbor Ausra Gliebute's outdoor socially distanced yoga classes on the Sundial. Ausra is a yoga teacher and Ayurvedic healing practitioner. Before the shelter in place order, Ausra was teaching through the City's Recreation and Parks Department. She has very kindly made her considerable teaching skills accessible to us neighbors so that we can stretch and strengthen on the grass! She has been teaching Sundays at 10 am and many neighbors of all ages (and even some pets, like canine residents Winston and Sheba) have attended these classes. When the air quality improves, they will resume.

Myrna Melgar

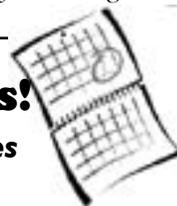
Mark Your Calendars!

Upcoming Events in the Terraces

Virtual, TBA Annual Meeting

You will receive an email or check the website later for a notice.

Garage Sale & Picnic are POSTPONED



There's something new under the sundial

Hi everyone, hope you are doing well. During our shelter-in-place, I was perusing the 1914 Sundial booklet and came across the information that "on one side of the gnomon is an exact table giving the minutes that must be added to or be deducted from sundial time in order to get true local time [clock time]." That table is long gone, but I thought it would be interesting to make a new table. I obtained the data online from NOAA, the National Oceanic and Atmospheric Administration. The underlying mathematics is surprisingly complex due to the facts that the earth's orbit around the sun is an ellipse, not a circle, and the earth's axis is tilted relative to its orbit.

The resulting table, after consulting ITHA, has been placed next to the stairs at the south entrance to the Sundial, and hopefully will someday be replaced with a permanent bronze plaque. Sundials can be accurate to one or two minutes; our Ingleside Terraces Sundial with its 28 foot gnomon is one of the few that can be read that precisely. More info is found on our website <https://www.sfog.us/solar/sfsundials.htm> or email me at rckaris@gmail.com with any questions.

Add the indicated number of minutes to sundial time to obtain local clock time. Times are arranged in two minute intervals.

How to read the Ingleside Terraces Sundial and convert sundial time to clock time				latitude	longitude
				37.7247	-122.4688
date	minutes	date	minutes	date	minutes
Jan 02	14	May 14	6	Oct 05	-2
Jan 07	16	Jun 02	8	Oct 13	-4
Jan 12	18	Jun 12	10	Oct 24	-6
Jan 17	20	Jun 22	12	Nov 11	-6
Jan 24	22	Jul 01	14	Nov 21	-4
Feb 07	24	Jul 16	16	Nov 28	-2
Feb 15	24	Aug 03	16	Dec 03	0
Mar 01	22	Aug 16	14	Dec 08	2
Mar 10	20	Aug 24	12	Dec 12	4
Mar 17	18	Aug 31	10	Dec 16	6
Mar 24	16	Sep 06	8	Dec 20	8
Mar 30	14	Sep 12	6	Dec 24	10
Apr 06	12	Sep 17	4	Dec 28	12
Apr 14	10	Sep 23	2		
Apr 23	8	Sep 29	0		
				2020	

Add the indicated number of minutes to sundial time to obtain local clock time. Times are arranged in two minute intervals.
If daylight savings time is in effect, add one hour to the result.

15', 30', 45', and 1 hour marks are in the concrete around the outer edge of the sundial.
Use the left side of the shadow of the gnomon in the morning and the right side in the afternoon.

Dedicated October 10, 1913. Length of gnomon 28 feet.

If daylight savings time is in effect, add one hour to the result. 15', 30', 45', and 1 hour marks are in the concrete around the outer edge of the sundial.

Use the left side of the shadow of the gnomon in the morning and the right side in the afternoon.

Robert Karis

ITHA presents the 106th Sundial Park • BARBECUE & OKTOBERFEST PICNIC

Sunday, October 18, 2019 • Noon – 3:00 pm

Get to know your neighbors in a relaxed and festive atmosphere! Everyone is welcome!

1:00 pm: The official chariot race around Entrada Court begins! Bring your tricycles, bicycles, Big Wheels, strollers and wagons decorated for the celebrations!

1:00 pm: ITHA will provide BBQ hamburgers, hot dogs, vegan burgers, trimmings and drinks.

For the potluck portion, please bring a dish to share, based on the initial of your last name, but feel free to bring any dish.

- A – G Salads/Vegetarian**
 - H – N Desserts**
 - O – T Vegetables or Dishes**
 - U – Z Appetizers**
- Our attendees are urged to share a **German dish** or one from your heritage so that we may continue to celebrate our neighbors with an international flair!*

RSVP preferred. Your early response is very important! Please call Wendy Dwyer at 706-0549 or email her at hairnetw@hotmail.com, or return this portion of the form to 300 University Drive before Sept. 29.

Yes, I will attend the picnic and I will bring the following potluck item: _____

We will have _____ people attending.

Yes, I can help with children's activities such as blowing up balloons, face painting, games, etc.

Yes, I will be happy to rotate through as barbeque chef!

Yes, I will help with cleanup from 3:00 to 4:00 pm. Yes, I will help with setup from 10 am to noon.

Yes, I will bring an ice chest to help cool drinks and food. Please bring a compost or recycle bin if possible.

Yes, my children will participate in the chariot race.

Number _____ and ages _____ of children. Name _____ Phone _____

All participants will receive a ribbon.

Donations for the "One Warm Coat Drive" are most welcome. Coats new or gently used, of any size, are appreciated by the good folks at the Bayview Mission.

If you would like to write a check to ITHA to help sponsor this party, fabulous! Your amount will be applied to the balloons and decorations. The ITHA will continue to sponsor the furniture rental and the BBQ with all of the trimmings!



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.

Fall Fling Garage Sale

Saturday, October 3, 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
ASAP. 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.

POSTPONED!