

## The Richmond is talking . . .

**Street-tree transfers** from the city to private owners continues. Several city-maintained trees on California Street have notices on them informing property owners that tree maintenance will be turned over to them. Maintenance costs on these large trees could run up to \$1,000 a year. Dan Flanagan of Friends of the Urban Forest has a proposal for the city to maintain the trees and stop the transfers. See [fuf.org](http://fuf.org) or contact Dan Flanagan at [dan@fuf.net](mailto:dan@fuf.net).

**Aquatic pet amnesty** at Mountain Lake has begun. Unwanted aquatic pets can be left in a new amnesty box on the south shore of the lake. Recently, two red-eared slider turtles (one of the most popular pet turtles) deposited in the box were taken to Sonoma County Reptile Rescue. Red-eared sliders can live up to 20 years and will eat almost any aquatic vegetation. In November, more than 50,000 carp and 75 red-eared sliders were removed prior to the lake being poisoned with rotenone (a biological agent derived from legumes).

**Views, vistas, concrete trails, or a visitor center building** for the new Presidio Parkland? The Corner group is trying “to create a welcoming place that embraces cultural diversity, creativity, learning, fitness, and fun. The area will be a place that is inspired by history and responsive to the needs of visitors, today and in the future”—and they want your input. To schedule a site tour, find a guide to upcoming workshops and presentations, or share your ideas and opinions, go to [newpresidioparklandprojects.org](http://newpresidioparklandprojects.org).

**Whales are coming** to the Academy of Sciences. This new exhibit opening April 3,  
*continued on page 3*

### Spring 2015 PAR Meeting

- Election of Directors & Officers
- Bay to Breakers
- Relocating wires underground

. . .

Wednesday, April 15

7 to 9 p.m.

Richmond Recreation Center  
251 18th Avenue  
(between Clement & California Streets)  
Paid parking is available one block away  
in the lot behind the Alexandria Theatre  
between Clement Street and Geary Boulevard.

Muni: 1 California and 38 Geary



## Striped pedestrian crossings come to Geary Boulevard

Over the past several months, the San Francisco Municipal Transit Authority has upgraded 33 intersections on Geary Boulevard with bolder, zebra-painted crosswalks that increase pedestrian visibility.

Geary Boulevard is on San Francisco’s “High Injury Network.” This network is made up of 12 percent of city streets that account for 70 percent of severe and fatal traffic injuries across all modes of transportation

Even with recent improvements, Geary Boulevard continues to be a problem for pedestrians. On Wednesday, March 11, an 87-year-old man walking in a crosswalk on Geary Boulevard at 26th Avenue was struck by a van and killed. This intersection currently does not have traffic signals, but one is in the planning stages.

Pedestrians have the right of way at 26th Avenue crossing at Geary Boulevard, but, lacking a signal, this crosswalk is not be the safest option. A safer pedestrian alternative is to walk a block in either direction to 25th or 27th Avenues where there are traffic lights.

However, even at light-controlled intersections, pedestrians should stay alert when crossing and look out for cars making left and right turns.

Drivers turning onto Geary Boulevard should be aware of pedestrians and look for pedestrians before entering any intersection, even when they have a green light on a left or right turn. Although right turns on red are allowed at most intersections, the red light always means stop first and look before turning right.

Another serious issue for seniors and individuals with disabilities is the length of time before the light changes from green to red. Some individuals are incapable of crossing the entire width of Geary Boulevard in a single light change.

In those cases, pedestrians should walk as far as the median strip, then wait until the light turns green again. Although the center strip can be intimidating, it’s safer than being caught in a traffic lane when the light changes from green to red.

—Margie Hom Brown

## Sutro Heights Park vistas marred by deteriorating fences

Breathtaking panoramic views of Golden Gate Park, Ocean Beach, the Pacific Ocean and the iconic Cliff House are well worth the trip to Sutro Heights Park. This 18-acre park, once the estate of Adolph Sutro, was a gift from his family to the city of San Francisco.

Unfortunately the beauty of these views has been marred for many years by the rundown, crumbling, broken, rusting fences. These once-beautiful fences and guardrails meant to protect the public from tumbling down the slopes of the

*continued on page 5*

# Letter from the President

**D**ear PAR Members,  
The year 2015 started off with some rather surprising changes.

We learned that three key members of PAR's Board of Directors will not be able to continue as active members. One has passed away; another is dealing with symptoms of a progressively incapacitating disease; and, a third, having undergone a second hip replacement, will need time to rehabilitate. We will miss these three key leaders, and I thank them for their leadership and invaluable efforts in making the Richmond a better place to live.

In addition, other busy board members are looking to limit their participation before the end of the year, thus paving the way to make room for the new generation of PAR board members.

We appreciate the contributions all of these individuals made during their

years of volunteer service on the board of directors; each has contributed to PAR's success.

In anticipation of new board members with new ideas, the board decided that now was a good time to take stock of where PAR is and to determine how to proceed.

Under the leadership of one of its more experienced members, the board spent a significant part of a February weekend jumpstarting a strategic planning process in which the organization's strengths and weaknesses, along with the opportunities and threats in its environment, are identified, analyzed and evaluated. The board will be providing periodic reports on any decisions that result from this process as they are made.

In the meantime, the board is proceeding to compile its recommendations to the General Membership for the election of officers and directors at its April 15 meeting.

Another significant change since the beginning of 2015 is the publication by the San Francisco Veterans Affairs Medical Center of its "Supplemental (Second) Draft Environmental Impact Statement" (SDEIS) with regard to the January 2014 draft of its "Long Range Development Plan" for new and expanded buildings on its 29.2-acre campus in the Outer Richmond District.

There will be a meeting on April 14, from 5 to 7 p.m. in the auditorium in Building 7 on the SFBVAMC campus, to discuss and receive comments on that document. The deadline for all comments regarding the SDEIS is May 8, 2015.

Digital copies of the SDEIS are at [sanfrancisco.va.gov/planning/eis.asp](http://sanfrancisco.va.gov/planning/eis.asp) and hard copies can be found at the Anza branch of the San Francisco Public Library (550 37<sup>th</sup> Avenue) and in the Engineering Office on the SFBVAMC campus (first floor of Building 3 at 4150 Clement Street).

Please share any comments, questions or suggestions regarding the SDEIS with PAR at [president@sfpar.org](mailto:president@sfpar.org) or leave a voicemail message at 1-415-541-5652. PAR's comments, questions and suggestions with regard to that same document will be posted on [sfpar.org](http://sfpar.org) on or before May 8.

As noted in the last newsletter, the public process for the design of the New Parklands that will emerge over the top of the new tunnels for the Presidio Parkway, which replaces Doyle Drive, is already well underway. The latest details on that process are at [newpresidioparklands.org](http://newpresidioparklands.org). We urge you to participate in one or more of the workshops that are being scheduled and to make your voice heard.

Please let me know if you have any comments, questions or suggestions.

*Ray Holland*  
[president@sfpar.org](mailto:president@sfpar.org)

## Officers & Directors

### Officers

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Nicholas Belloni, Co-Vice President  
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Kaiser Permanente Citizens Task Force:  
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Neighborhood Associations for Presidio  
Planning: Paul Epstein, Sharon Gadberry,  
Ray Holland  
Neighborhood Working Group for Presidio  
Master Plan: Ray Holland  
Ocean Beach Master Planning Committee:  
Julie Burns  
Presidio Restoration Advisory Board:  
Julie Cheever  
Richmond Community Coalition: Ray Holland,  
Nick Belloni



On February 15, the PAR Board of Directors lost one of its own to a long battle with cancer. Cheryl was a loving wife to Doug Schultz and a daughter to Eldon Erb. As a board member, Cheryl was active in historic preservation of the Richmond District as well as in neighborhood beautification.

As one PAR member, Jean Barish, said "Cheryl loved the Richmond District, and worked hard to support the community. She planted trees, helped with neighborhood cleanups and supported preservation efforts here. She was also an enthusiastic gardener and created a magnificent dahlia garden in her yard, generously sharing the flowers with friends, colleagues and neighbors. She was loved by many and will be sorely missed."

Sadly, the Richmond District lost a passionate advocate and neighbor; we at PAR lost a colleague and friend. Cheryl will be missed by all of us on the board.

# Thank you

Our donors' generosity is essential to PAR's ongoing ability to advocate on behalf of the residents and businesses of the Richmond District. We appreciate the support of every PAR member.

To maintain its independence, PAR does not accept government funding or grants. Our only income is our members' tax-deductible dues and contributions.

We gratefully acknowledge those members who contributed from March 2014 through February 2015.

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## Richmond is talking . . .

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2015, will feature Maori, the indigenous people of New Zealand, giving a blessing to the exhibit. A large sperm whale skull and fossils of ancient whales will be exhibited. Whales are mammals—learn how and why they became water dwellers. For exhibit details, go to [calacademy.org](http://calacademy.org)

**A reduced speed limit on Fulton Street** was recently announced in a press release from the mayor's office: "The city also recently completed a speed limit reduction on Fulton Street from Arguello to the Great Highway from 35 mph to 30 mph." Slowing down saves lives.  
**Save some water for ME!** The drought continues. Do your best to conserve water by reusing your gray water to flush toilets or

water your garden. Rebates are available for water-efficient toilets and washing machines. Learn more at [sfwater.org/conservation](http://sfwater.org/conservation). Sweep sidewalks rather than hosing and equip all hoses with shutoffs. Water wasters can be reported at [www.sfwater.org](http://www.sfwater.org).  
**Street banners in the Richmond** promoting the hidden charms of our district are now on display! The Geary Boulevard Merchants  
*continued on back page*

# Breathtaking views undercut by shoddy fencing

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park, now broken and with missing pieces, are more of a hazard than protection. A misstep could seriously leave a visitor with an unforgettable painful experience.

Understandably, the National Park Service (NPS), which manages the park, is sympathetic to the concerns of local residents who seek repairs and replacement of the fences. The NPS budget, controlled by Congress, has been slowly whittled away through the years to the point of barely functioning with one part-time gardener and no garbage cans.

Neighborhood groups such as the Coalition to Save Ocean Beach and Friends of Sutro Park have regularly met with the NPS. They have conducted tours with NPS representatives and pointed out the deplorable condition of the fences.

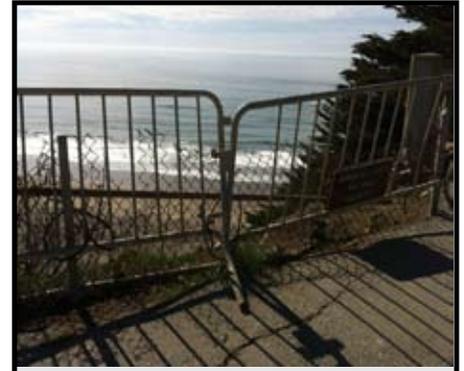
All are in agreement that the current condition is deplorable and in need of immediate repair. The reality is that there is

little will in Congress to increase the NPS budget.

Without an increase in funding, the fences will continue to deteriorate. Even the unsightly cyclone fences put up years ago as a temporary fix are in disrepair.

Concerned citizens should contact their congressional delegation, the new Golden Gate National Recreation Area Superintendent Christine Lehnertz ([chris\\_lehnertz@nps.gov](mailto:chris_lehnertz@nps.gov)), the Coalition to Save Ocean Beach or the Friends of Sutro Park.

The immediate outlook for fence repair looks dim: Senators Feinstein and Boxer, to our knowledge, have not intervened to ensure meaningful budget increases for the NPS or the Golden Gate National Recreation Area; congressional rancor and budget slashing suggest that Congress is uninterested in mending fences; and the Parks Conservancy has shown little interest in funding maintenance issues such as



Temporary guardrails detract from views and do little to ensure visitors' safety at Sutro Heights Park.

fences, garbage cans and gardeners.

Proximity to the new visitor center at Lands End has helped increase the park's popularity, and visitors rave about the views. As a Richmond District treasure growing in popularity, Sutro Heights Park deserves better.

# Move it or lose it—ongoing exercise plan is key

You may have heard the term “move it or lose it”—“it” being mobility and flexibility. If you do not remain active, especially after age 50, you will lose it. Inactivity sends a message to the body is that it doesn't need certain muscles; the body responds by not maintaining the unused muscles. We may think that slowing down and loss of flexibility are natural accompaniments to old age—but that's not true.

Experts in health and aging say that the benefits of activity are numerous and include prevention and or delay of disease, management of stress and mood elevation. According to the National Institute of Health: Senior Health: “Regular physical activity and exercise are important to the physical and mental health of almost everyone, including older adults.”

Simple things such as opening doors, stretching to put dishes away, getting dressed, even making a bed are all things that require flexibility and strength. Regular exercise with an emphasis on flexibility and strength can ensure that you can do simple household tasks and more well into old age.

From 20 to 25 senior citizens regularly take charge of their health by going to the Saint James Episcopal Church (4620 California Street) to participate in the “Always Active Program,” held on Mondays and Wednesdays from 10 to 11 a.m.

Always Active is designed for seniors over 60 and strives to improve health, fitness, maintain independence and a better quality of life in a supportive atmosphere where everyone is encouraged to do the best they can.

The group exercise program includes warm up, stretches, light weights and resistance band exercises, all designed to main-

tain flexibility and strength throughout the whole body. Nationally certified, professional exercise leaders conduct the classes and are on hand to instruct participants on the correct posture to avoid injury.

Of course, there is also a social aspect to the class. Participants and staff get to know one another and look forward to twice-weekly chats as well as sharing down time at holidays and the occasional potluck lunch.

The program is free to qualifying seniors. An annual donation of \$25 is suggested, but no one is denied participation if unable to donate. A signed physician's release form is required, and participants must be able to exercise without assistance.

For more information on the Always Active program, go to [alwaysactive.org](http://alwaysactive.org) or call Irene Solis at 415-550-2265 or Sue Mittelman at 415-923-4482

The Richmond District offers many good exercise opportunities, so find the one that suits you and that features flexibility and movement—and keep on moving for an active, healthy life.



Certified instructor Ann Matthews (third from right) leads health-minded seniors in warm-up exercises.

# Join PAR now and make your voice heard.

Membership is open to all persons living, working, or owning property in the Richmond District of San Francisco. PAR is a 501(c)(3) non-profit corporation. Your contribution is tax-deductible as provided by law.

**Yes!** I/we want to support the Richmond District.

<b>First name(s)</b>		<b>Last name</b>	
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**PAR**  
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**THANKS** for helping to support the quality of life in San Francisco's Richmond District.

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*to join, contribute or pay your dues the easy, electronic way!*

## Richmond is talking . . .

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and Property Owners Association (geary-blvd.org) designed and developed the banners. There are several banner designs touting the Richmond as San Francisco's natural treasure with slogans such as "Biking and Bagels," "Parks and Piroshkis" and, simply, "Welcome to the Richmond."



Street banners sponsored by the Geary Boulevard Merchants and Property Owners promote the Richmond District.

**SFPAR.ORG**

Don't miss a single  
 PAR meeting in 2015  
 Wednesdays • 7 to 9 p.m.  
 Apr. 15 • Jul. 15 • Oct. 7  
 Richmond Recreation Center  
 251 18th Avenue

The date code above your name on the mailing label indicates when your membership expires.

**WWW.SFPAR.ORG**  
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