



Newsletter, January 15, 2022 Editor B. Fugate

Happy New Year

The CNIA is an inclusive advocacy group which seeks to improve the quality of life in our neighborhood. We are a 100% volunteer organization.

Please join us at the next Cayuga Neighborhood Improvement Association General meeting.

When: Saturday January 15th, 2022

Time: 11 am via Zoom

Guest Speakers:

Deborah Bouk, SF Dept of Homelessness and supportive housing.

Lauren Chung, Legislative Admin with Supervisor Safai's office.

Ingleside Police Station, Sgt O' Bannon

**Presidents Forum
Chris Dillon**

Simple Pleasures

I've been struggling with newsletter columns intermittently, but predictably, over the past 30 plus years. Each time I confront the blank document, I hear Sister Mary Christine whispering across the years from Mercy High 1966: "Chris, you will never be a journalist! Embellishing fictional stories is a better enterprise for your oxymoronically too analytical, yet wildly imaginative, mind."

For the past month, I've stared sightlessly at my feet while pondering the next required column. Of course, Sister Christine re-appeared! A few hours ago, now obsessing over this column while staring at feet snuggled in warm slippers, another echo surfaced. **'Simple Pleasures' ~ hallelujah yes!!!!** Gratitude swelled for the 'simple pleasure' of my warm slippers. The 'a-ha' moment flashed neon in my mind. Now, it's time to write the column I've been seeking to discover for weeks. I've gleefully deleted all past fumbled attempts from my hard drive.

Five Simple Pleasures



'5 Simple Pleasures' hints at a pathway to both empathy and gratitude. I first encountered this practice as a new nursing home administrator. Over the years, I taught it repeatedly to caregiving team members, family councils, et al. I strongly encourage you to try this: list five simple pleasures which enhance your quality of life (ex.: sipping morning coffee while settled in a sunbeam, snuggling with your fur kid, listening to music, a good glass or 3 of wine, a hot shower....) Then, remove 1 pleasure. Ponder how you feel. Continue this process. When your last pleasure is blotted out, how do you feel?

Now: to my focus topic. Think of the simple pleasure of having a place to call home. Erase that pleasure, while pondering the lives of our unhoused community members. Now, try to imagine five simple pleasures listed by an unhoused community member. We all know that we have neighbors who are homeless. What simple pleasures, which we take for granted, can our unhoused community members include on their list of simple pleasures. When I taught this practice to my caregiving teams, we focused on the losses associated with aging: loss of

sensory acuity, loss of independent movement, loss of restorative sleep, loss of sight, loss of loved ones. When I try to imagine being homeless, I find it almost impossible to conjure up a simple pleasures litany for those suffering from a horrendous form of loss, housing insecurity.

Your CNIA board has been discussing the challenge of discerning and pro-actively participating in applying our CNIA mission, “To attain and maintain the highest practicable quality of life for all stakeholders within our community”, to those living within our community who are unhoused.

We know that we do not have answers as to how we can approach this challenging concern!

Education is the first step, and is key, to making well informed decisions. Thus we are seeking to offer all in our community an opportunity to learn about our homeless neighbors: Who are they? How does a person become homeless? What are potential remedies? What interventions are our city’s leaders considering? What are known ‘best practices’ which successfully address the challenges of homelessness?

Our first community meeting of 2022 will launch us on an educational exploration of homelessness. Our leader on this learning journey will be:

Deborah Bouk, Strategic and External Communications and Community Lead, SF Dep't. of Homelessness and Supportive Housing.

Lauren Chung of Supervisor Safai’s office and Sg’t O’Bannon of Ingleside Police Precinct will join this exploration.

I recommend attending two highly informative webinars presented by TogetherSF. Board member Steve Indig introduced us to this amazing city gem. Rob & Margot of TogetherSF graciously collaborated with your board in evolving our “**Homeless in the Outer Mission**” project. I encourage you to follow the link to these two workshops:

https://www.youtube.com/watch?v=mUOSy_nBGzI&feature=emb_title

[Homelessness in SF: Building Housing in SF - YouTube](#)

Finally, I want to assure you that your Cayuga Neighborhood Improvement Association will not make unilateral decisions regarding community issues and concerns. In keeping with our by-laws, we will seek your input. Thus, your insights and concerns will be sought thru open forums, e-mails, social media outreach, etc. You experienced the first round of such polling when our request for input regarding Pit Stop installation in our community was circulated. While not stunning, members provided a respectable number of responses!!! Thank you!!!!. You can view related data on the Pitstop proposal by following this link: [Pitstop Proposal \(cayugaimprovementassociation.org\)](#)

I hope to ‘see’ you at our January 15 ZOOM community meeting!!! Please join your CNIA neighbors as we seek to discover empathetic and just solutions to the ethical crisis of homelessness in our community!

May 2022 be filled with blessings, both simple and profound!



Minutes/Board Meetings

<https://cayugaimprovementassociation.org/cnia-meeting-minutes> for approved board meeting minutes.

News / neighborhood updates

Welcome to the Check In Wine Bar

It's on our border and a welcome addition to the neighborhood. Please drop by the cozy new wine bar at 201 Ocean Ave. They offer a nice wine selection along with tasty bar bites (one of the owners is in culinary school!) www.checkinsf.com

The owners would like you to know that "A friendly ear and a tasty pour will always be ready for you when you check-in."

Redistricting: What is re-districting?

As the population shifts and new housing is added, the City is legally required to redraw supervisorial district lines to ensure equal and equitable representation for all. This means many districts will have a change in their boundaries.

There are nine task force members and these nine individuals are working with City staff and outside consultants to establish boundaries for San Francisco's Supervisorial districts following the federal ten year census count. Each district must have virtually the same number of residents.

The Task Force ensures the boundaries comply with the legal requirements established in federal, state and local law. As part of this process, the Redistricting Task Force holds multiple community hearings to receive input from the people of San Francisco. Redistricting directly impacts communities access and ability to voice their goals.

Redistricting Task Force meetings are in progress.

The next meeting will be a virtual meeting on Saturday January 22nd at 10 am. You can find more information at [City and County of San Francisco \(sf.gov\)](http://City and County of San Francisco (sf.gov)).

Neighborhood Projects

Cayuga Neighborhood Cleanup

In the Outer Mission/Cayuga Neighborhood Clean Up. The CNIA along with RefuseRefuseSF.org, TogetherSF, and SF Public works will be sponsoring a neighborhood cleanup. No advanced registration required.

When: January 22nd 10 am to noon

Where: Alemany and Ottawa

The group will be picking up trash along the sidewalks in the nearby area. Equipment will be provided; bring work gloves if you have them. The cleanup will finish no later than 12 noon. For more information contact: Steve Indig via steveindig1@gmail.com

Plant Giveaway/Children's Book Fair

When: Feb 5th 2022

Where: 209 Ocean Ave.

Hosted by the OMI Cultural Participation Project in cooperation with Grace3ful Roots Plant Rescue. For more information contact Maurice Rivers, Executive Director and Community Advocate OMI Cultural Participation Project via phone at 415-729-3658 or via jumpstreet1983@gmail.com

Pit Stop survey

We currently have an approx. 20% response rate You can view related data on the Pitstop proposal by following this link: [Pitstop Proposal \(https://cayugaimprovementassociation.org/pitstop-proposal\)](https://cayugaimprovementassociation.org/pitstop-proposal)

Other Useful Links:

[Neighborhood Organization - Cayuga Improvement Association](#) to pay dues

[\(20+\) Facebook](#) current postings/news

[Ingleside Station | San Francisco Police Department](#) sign up for the newsletter

[Supervisor Safai - Staff | Board of Supervisors \(sfbos.org\)](#) contact the Supervisor's office.



The Cayuga Neighborhood Improvement Association Board

President: Chris Dillon, 415-722-4887,
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Vice President: open position

Secretary: MG Thomas, sanfransec@gmail.com

Treasurer: Renee Anderson,
reneesf2020@gmail.com

Technology Chair: Renee Anderson

Pit Stop Project: Glenda Hope / Renee Anderson

Sunshine Committee: Marilyn Driscoll

Member at Large: open position

Member at Large: Margarita Recinos, 415-932-9415

Cayuga Clean: Steve Indig, 415-577-3656,
steveindig1@gmail.com

Resilient Cayuga: Jorge Palafox

NERT Liaison: Jane Merschen,
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Cayuga Park Volunteers: Chris Dillon,
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Membership: Jane Merschen, 415-794-5426,
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Newsletter Editor: Barbara Fugate –
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Useful Phone Numbers

911 – All Emergencies – police/fire/medical

415-553-0123 – All non-emergency police calls for service.

415-554-1200 – Parking Complaints, blocked sidewalks, blocked driveways, illegal parking, etc.

311 – (phone app SF311) use to report graffiti, trash, dumping furniture or large items, abandoned vehicles etc. 311 is a good place to start, they can take a report or refer you to the correct City department for just about any problem.