

AUG - SEP 2016



DUBOCE TRIANGLE NEWS

Hand-delivered to **3000** households and businesses bi-monthly

Monday, August 8, 2016

7:00 to 9:00 pm

PUBLIC MEETING

CPMC/Davies Hospital, Gazebo Room
Castro Street & Duboce Avenue
(outside, ground-level entrance from
plaza between North and South Towers)

MEETING AGENDA:

- Meet your neighbors (7:00 - 7:30)
- Presentation from Dept of Public Health regarding the HOTeam
- Update on Market St traffic and pedestrian safety improvements
- Update on street lighting and street trees
- Update on crime statistics from the Crime Analysis Unit

DATES TO REMEMBER:

Tuesday, August 2, 5 - 8 pm
National Night Out with Park Station. Photo Center Exhibition Room and Upper Lawn and Plaza.

Tuesday, August 9, 6 - 7 pm
Monthly Park Station Community Meeting.
Park Station Community Room.

Saturday, August 13, 10 am - noon
Friends of Duboce Park Volunteer Day. Contact Rose at rose@friendsofdubocepark.org or 415-255-8370.

Saturday, September 10, 9 am - 3 pm
19th Annual Friends of Duboce Park Tag Sale.

Sunday, September 11, noon - 5 pm
DTNA 2nd Annual Block Party on Noe St between 14th and Henry.

Tuesday, September 13, 6-7 pm
Monthly Park Station Community Meeting.
Park Station Community Room.

SFMTA Presents Plan, No Input Welcome



SFMTA plans to spend \$5.5 million dollars on Upper Market Street safety improvements

Last year we reported on the \$2.5 million dollars available for Upper Market Street Safety Improvements resulting from the city imposed development impact fees on the recent seven residential development projects along Upper Market Street. These fees mitigate the impact of new development on public services, infrastructure, and facilities. That number has grown to \$5.5 million dollars, which will have a direct impact on Duboce Triangle. The money will be spent by SF Municipal Transportation Agency (SFMTA) to make all modes of transportation safer and to restructure parking for commercial purposes.

Improvements will extend from Octavia Street to Castro Street. SFMTA describes their plan as a proposal to address safety on the corridor that provides a balanced approach, combining street and sidewalk upgrades, potential circulation changes, and ideas for a safer, more efficient use of curb space. SFMTA held an open house on May 5th and then attended DTNA's general meeting in June. Since that time they

have decided to delay circulation changes yet move forward with roadway, sidewalk and concrete changes. The plans can be viewed at <https://www.sfmta.com/sites/default/files/projects/2016/Upper%20Market%20Street%20Safety%20Project%20Proposal%20072716.pdf>.

At the DTNA general meeting SFMTA gave a comprehensive professional presentation. It was so professional that they seemed to forget they were there to not only inform but also to engage in dialogue with the residents, who walk, bike and drive our streets everyday. When SFMTA had the opportunity they didn't listen to the residents. They did not seem at all interested in what the people of Duboce Triangle had to say. Instead they have repeatedly displayed tunnel vision that includes only their professional perspective. The staff of SFMTA is highly qualified professionals, many with years of experience. However, their lack of engagement with the community of Duboce Triangle is very disappointing and unacceptable.

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City Hall Update: Supervisor Scott Wiener



Scott Wiener
San Francisco District 8
Supervisor

Getting to Zero

In this year’s budget, I worked to fund a number of priorities including funding to implement San Francisco’s historic Getting to Zero effort to end HIV infections. I worked with some tremendous advocates, including the Getting to Zero Consortium and the HIV/AIDS Provider Network (HAPN) to secure these criti-

cal funds. These leaders have been doing the hard work of putting together a plan to end HIV infections in San Francisco and this funding will allow the City to tackle an aggressive program to do just that. The original proposal by the Getting to Zero consortium was for \$3.1 million. Mayor Lee’s budget included \$600,000 targeted at expanding access to PrEP (pre-exposure prophylaxis), a daily pill that reduces the risk of HIV infection by nearly 100%. The remaining \$2.5 million we secured will go towards funding efforts such as:

- Citywide RAPID Implementation, which will ensure people newly diagnosed with HIV get on HIV medication within 48 hours
- Ending stigma around HIV
- Retaining and re-engaging with those with the highest medical care and service need
- Coordinating and capacity building for all Getting to Zero initiatives, maximizing existing resources, and providing support for HIV frontline workers

I’m proud of the work of the Getting to Zero Consortium and HAPN and I look forward to continuing to work with them to show the country how to end HIV infections.

Budget Help for Long-Term HIV Survivors

In this column a few months ago, I announced that I would be working with the Mayor

and the Board during the budget process to find ways to help our long-term HIV/AIDS survivors. I’m happy to report that we secured \$500,000 in housing subsidies to be administered by the Mayor’s Office of Housing. This funding can be used to help those who are transitioning from disability to social security, which leads to a significant drop in income, with housing subsidies. People are living longer with the disease, which is a good thing, but the challenges confronting these survivors grows as they age. While our goal is to end new infections with efforts like Getting to Zero, we still need to take care of our long-term survivors. I will continue to work on finding funding and resources for these survivors so we can keep them in their homes.

Extending Rent Control Protections to HOPWA Recipients

HOPWA, which stands for Housing Opportunities for

Persons with AIDS, is a federal program that provides housing assistance and supportive services for low-income people living with HIV/AIDS. While working with the AIDS Legal Referral Panel, it came to my attention that under the San Francisco Rent Ordinance, HOPWA recipients do not receive rent control protections, unlike others who receive other kinds of federal housing vouchers. To address this terrible situation - one that threatens some of our most vulnerable residents with rent spikes - I introduced legislation to extend rent control to people living with HIV/AIDS who receive this federal housing subsidy. The Board passed this legislation last month, which means those receiving HOPWA subsidies now have more housing security.

Scott Wiener represents District 8, including Duboce Triangle, on the San Francisco Board of Supervisors.

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Exterior Lighting and Security Cameras to Protect Our Homes and Businesses

One of the most effective measures that a property owner can implement to improve security is to have adequate exterior lighting. There’s a distinct correlation between good, bad lighting and the level of loitering and nuisance issues around those properties. Looking around the neighborhood, we have no shortage of examples of properties with good exterior lighting, bad exterior lighting, and none at all.

An example that’s all too familiar is 2100 Market Street, the old Home Restaurant location. When the exterior lighting is working, the area stays clear, even during the day, but when the lights are off, as they were for weeks at a time on at least two different occasions earlier this year, the loitering, camping, and open intravenous drug use resumed. As soon as the lights were repaired, the loitering pretty much stopped. At 2101 Market Street, directly across the street, new lighting was installed at the beginning of the year and has remained

on, dusk to dawn, ever since. The camping, loitering, and other problems stopped.

On recent evening walks of the Duboce Triangle with officers from Park Station, it was noted that many properties could benefit from improving their exterior lighting. Entryways and front stairs are convenient places for trespassers to loiter, shoot up intravenous drugs, eat, or commit other nuisances, and it’s then up to the residents to clean up the trash, drug paraphernalia or worse things left behind.

Good exterior lighting for residences includes the following:

- 1) Low-wattage, high lumen lighting from dusk-to-dawn in entryways, garage door alcoves, other areas accessible from the street, and even backyards. This acts as an initial deterrent to discourage trespassers from entering these areas. It also serves to make house numbers visible from the street. A photocell is more practical than a time-

clock switch and less expensive to install. Photocells can be installed on each fixture or group of fixtures on different sides of the building.

- 2) Motion-activated, secondary lighting that turns on whenever someone enters these areas. This deters loitering, trespassing, and even breaking and entering. If you have a security camera, and you didn’t have motion-activated secondary lighting, your primary lighting that runs dusk-to-dawn would have to be bright enough for your security cameras to capture detailed enough images in order for the camera system to be useful.

- 3) Energy-efficient, LED lighting for reliability and energy savings. LED fixtures and bulbs are now available in all sorts of configurations that can replace traditional incandescent lamps in nearly any decorative fixture. Flush-mount fixtures and floodlights, which throw their light in one direction, are available with the LEDs per-

manently built into the fixture and are much more efficient than retrofitting an existing fixture with an LED bulb that screws into a traditional socket. Avoid compact fluorescent lamps for motion activated secondary lighting, as they take a minute or two to warm up from a cold start.

- 4) Minimum color temperature of "cool white" (4000K/4100K) for exterior lighting, as it has a higher color rendering index and is more of a deterrent than "warm white" 2700K. An electrical permit is not required to merely replace a light fixture, though an electrical permit is required for work that involves wiring runs or adding new circuits, such as for new exterior lighting where none currently exists.

Security cameras and related equipment have improved tremendously in recent years and their costs have plummeted. Camera systems that include a digital video recorder and four

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The Duboce Triangle News is published at the beginning of February, April, June, August, October and December by the Duboce Triangle Neighborhood Association (DTNA), a 501(c)(3) nonprofit corporation.

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DTNA, 2261 Market St PMB 301, SF, CA 94114
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DTNA Influences Design for Home Restaurant Replacement Building

When the building that will replace the defunct Home Restaurant at Church Street and Market Street was approved at the Planning Commission on February 4, DTNA secured a continuance of six weeks in order to work on design issues with the developer, Brian Spiers (who also developed the Linea building at Dolores and Market). DTNA's Land Use Committee was concerned that an originally interesting design had been "dumbed down" by one-size-fits-all input from the Planning Department, resulting in a building that, much like the original design for Linea, seemed more appropriate for a South-of-Market office building than for a residential neighborhood.

Land Use Committee member and local architect Tom McElroy spoke at the Commission and at our February General Meeting, outlining some ways the building could be made more interesting. Over the intervening months he has met repeatedly with Mr. Spiers' architect, the Miami-based Arquitectonica, and has managed to secure some improvements, which he presented at our June Land Use Committee meeting.



2100 MARKET ST SAN FRANCISCO, CA
RENDERING: MARKET STREET



2100 MARKET ST SAN FRANCISCO, CA
RENDERING: 14th STREET

Renderings of the final facade design for 2100 Market St

The final facade design presents a simple and ordered approach to the prominent flatiron corner location. From some vantages both sides will be visible simultaneously, so to DTNA it made sense to treat both facades and ele-

ments with uniform finishes and order. There is a consistent design from bottom to top, with the exception of the more transparent ground floor commercial spaces. This approach creates continuity and gives the building a cohesive feel. In order to break up the large mass and to avoid the "office cube" look, McElroy encouraged Arquitectonica to introduce a random order effect which comes across in bay window placement, helping not only to break up the massing but also to give some relief from over-repetition of design elements (see Illustration I). The corner is rounded and mostly glass. The scale of

both operable and fixed windows, ceiling heights, and projecting bay windows fits well within both the Market St corridor and the mixed-use block of 14th Street on the opposite side (see Illustration II). High quality materials have been encouraged and required by the Planning Commission, and items such as the use of tinted window glass (which in DTNA's view is part of the reason that ground floor retail space at Linea remains vacant) will not be permitted.

In DTNA's view the new design is a marked improvement from the previously proposal, which had an overcomplicated façade. The previous façade was broken up into large separate volumes and planes, with various treatments from one area to the next. It had tall vertical expanses of continuous bay windows and flat materials, which would have actually made the building appear not only larger but also disharmonious. Instead we should get a building that is iconic but interesting – an appropriate and hopefully elegant addition to our neighborhood at this important location.

We will soon see if our hopes are realized – construction should start late this year. Thanks to Mr. McElroy and Mr. Spiers for collaborating on these important changes.

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SFMTA, continued

Continued from page 1

The residents of Duboce Triangle are entitled to provide input on how their \$5.5 million dollars are spent. The community has waited ten years for these funds to become available, and they respect and depend on SFMTA's professional staff. However, the residents know the complexities and have input that can be informative and constructive. Some residents noted that maybe if SFMTA would have listened to the people of the Mission, they would not have such a disaster on their hands. The residents of Upper Market and Duboce Triangle want a plan that's safe yet maintains the character of our neighborhood.

At the general meeting, we did discover that SFMTA's circulation study of our complex six point intersections was completed in just one day. Was that a good or bad traffic day? They came and observed morning and evening traffic. It would seem that if this contract had been open to competitive bids, more than one day of observation would have been required before determining how to spend \$5.5 million dollars.

SFMTA believes that left turns disproportionately contribute to traffic injuries citywide, which has resulted in restricted left turns throughout the city. As a result, they are recommending no left turns onto Market Street from Sanchez Street, Noe Street, and 16th Street east bound. Yet, they are recommending a left turn from Market Street onto Castro Street northbound. The intersection of Castro Street and Market Street has the highest

injury rate along the corridor after Octavia Street. The residents on Castro Street north of Market Street are working with Supervisor Wiener's office to remove this left hand turn from the plan.

As expressed at the DTNA general meeting, many neighbors in the Duboce Triangle are concerned that restricting access to Market Street will drive more traffic onto the residential tree lined streets, which were not designed for increased traffic congestion. SFMTA response was basically if it doesn't work, we will worry about it later. Yet, in the proposal, SFMTA acknowledges that restrictions on vehicle movement at certain intersections will result in diversion of vehicle volumes and turn movement to adjacent streets and intersections. One of the most dangerous pedestrian crossings on Market Street occurs when drivers make a right hand turn off Noe Street heading east bound on Market Street and meet pedestrian crossing from Café Flore toward the flower stand. The travel distance allows the drivers to pick up speed between where they start and where they meet the pedestrians. SFMTA did not know about this conflict and has chosen to ignore the input.

Bulbouts are slated to be implemented where beige paint now exists in most intersections except the north side of 16th Street near The Lookout. There has been opposition from cyclists to the bulbout on the east side of Sanchez Street just south of Market in front of San Francisco Pet Grooming. Yet, SFMTA is moving ahead with the bulbout however pairing it

with painted bike box to better define the path of travel. Cyclists are concerned that the lane space is too narrow and that the bulbout will trap cyclists between the bulbout and the cars. The other questionable bulbout is the crossing between Chase to Hecho. The current distance is acceptable so this appears to be a solution looking for a problem. The cost to put in a bulbout varies from \$150,000 to \$225,000. We want to make sure we have a problem that warrants this expensive solution.

SFMTA has engaged the business community to create more metered parking, commercial loading and pickup/drop-off to reduce double parking. They want to add commercial meters on residential streets such as 15th Street and 16th Street, which will take away parking for residents unless you want to feed the meter.

Additionally, a protected bike lane will be installed on Market Street between Octavia Street and Guerrero Street. Some cyclists feel the lane should be extended the length of the corridor while others have expressed the protected bike lane is another solution looking for a problem. The entire bike lane

from Octavia up to 17th Street will be painted green for better visibility.

With input from the community, DTNA has asked SFMTA multiple times to paint graphic guidelines in the intersections to better define car movements and positioning within the intersections. We have also suggested better signage to instruct pedestrians and vehicles. Some pedestrian lighting on dark approaches to Market Street would increase safety however they have responded that the funding for this project is dedicated to improving safety of all roadway users on the Market Street corridor in order to support the City's Vision Zero goals and lighting is outside of the project.

DTNA is engaged with SFMTA and Supervisor Wiener's office to try a reach the most safe and cost efficient plan for our community. Take the time to review the plan (see aforementioned link) and talk with your neighbors about how this plan will affect you. You can reach out to Supervisor Wiener's office or DTNA on Facebook.



Jay Greene, JD, CPA

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General Meeting Notes – June 13, 2016

DTNA President Dennis Roybal welcomed everyone and mentioned the volunteer opportunities available at DTNA, including the Noe St. street party. Marcia is the chair of that event and will need help. There are various levels of DTNA membership available.

San Francisco is replacing all outdoor lights on poles with LED lighting by 2017 and will fast track the installation on Sanchez Street by the end of August. The City is considering fast tracking the entire Duboce Triangle but we haven't heard the final decision yet. LED lighting offers better color rendering, promotes safety, and deters loitering.

DTNA Secretary Mark Scheuer announced that Friends of Duboce Park will hold its 20th Annual Tag Sale in Duboce Park on Saturday, September 10 and an Outdoor Movie Night featuring the family friendly cartoon "Inside Out" on Saturday, October 8, starting about 7:30 p.m.

Scheuer also summarized Supervisor Wiener's round table to discuss plans for Pink Saturday on June 25 and address neighbors' concerns. The event has traditionally been hosted by the Sisters of Perpetual Indulgence but they are not involved this year. The Sisters usually hired about 150 security people for the event and there was concern about having the appropriate emergency services and police presence in the Castro after the Dyke March. Representatives from many city agencies were present and assured everyone that proper precautions and plans have been made for the unofficial event.

The Victorian Alliance, a volunteer organization that have been doing tours for 44 years, will be back in the Duboce Triangle and the Duboce Park Historic District, on Sunday October 16 from 1-5 pm. Spokesperson Anita Denz said they currently have five locations, including homes on Scott Street, Carmelita Street, and Henry Street and the First Christian Church at Noe and Duboce, and are seeking three more for the tour. More information is available at Victorianalliance.org.

DTNA Treasurer Pat Tura recapped DTNA's efforts to improve safety in the Upper Market area. There has been lots of development in our area in past eight years, resulting in developers contributing over \$5 million for Upper Market safety improvements. SFMTA put together a plan, the Upper Market Street Safety Project, to increase safety between Octavia Boulevard and Castro Street. DTNA wants to make sure the six-point intersections on Market at 15th and 16th streets, are safer.

Tura felt we don't need to spend as much money as planned on bulb outs at certain intersections. The main safety problem is crossing Market Street and bulb outs won't help that. The painted bulb outs currently at various Market Street intersections will be turned into actual raised concrete bulb outs. No bulb outs are planned for Market Street proper since that would require eliminating traffic lanes or bike lanes.

Tura said that we need to have MTA understand our concerns and we need to understand the thinking behind MTA's plans. This is our neighborhood so we need to let MTA know our concerns and desires.

There are three main components to be considered: circulation, traffic, and streets/sidewalks. Bike lanes from Octavia to Duboce will be painted

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Exterior Lighting, continued

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cameras are available for well under \$1000 and do not require professional installation. Single cameras that interface through your home Wi-Fi network and over the Internet to a cloud-based system can be monitored from any internet connection. They are in the \$200 range and are ideal for simple monitoring of a single location.

Professionally installed systems are more sophisticated and more expensive, but with the low cost of the components, you are paying for the installation and the installer's expertise at setting up a more complex system built of individual components tailored to your needs.

It's important to remember that security cameras are not much of a deterrent vs. good lighting and without good lighting, security cameras are useless at night. People loitering, trespassing, and creating a nuisance on your property will be deterred by good lighting, but they generally won't notice cameras. Also, most security cameras have a maximum resolution of 1,080 lines, as good as a typical television or computer monitor, but nowhere near the resolution of the camera in a smartphone. Security cameras also lack the image-enhancing software that's built into the camera app in any smartphone that can correct for bad lighting, so don't expect even the most sophisticated camera system costing thousands of dollars to capture video anywhere near as clear as what you can capture with your smartphone, especially at night.

The Duboce Triangle is a very walkable neighborhood and most of us walk to and from public transportation, restaurants, and entertainment at all times of day and night. Dark streets and sidewalks discourage us from enjoying our beautiful neighborhood at night. Well-lit streets and sidewalks make our neighborhood safer.

The time has come for everyone to step up, do what they can to improve the safety of their home or business, and work together to be part of the solution to create a safer and more enjoyable Duboce Triangle Neighborhood.

General Meeting Notes, continued

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green. Metered parking will be added on some residential streets, e.g., 16th between Castro Street and Market Street, which concerns some residents. MTA said that 16th Street borders a commercial street and so they are okay with parking meters on that block.

MTA has been working on this for 18 months and representatives were on hand to explain and discuss the proposed changes. Patrick Gaudier from MTA has met with DTNA before and said he was there "to open a discussion." About 25% of the people at the meeting said they had attended one of three previous MTA open houses.

Gaudier said the Market Street has some of the most complex intersections in San Francisco. He said he has worked with Tura and appreciated her cooperation. They have also worked with the Castro CBD, DTNA, EVNA, and other neighborhood organizations.

Increased safety and comfort for all modes of traffic – pedestrians, automobiles, and bicycles. Market Street is a high-injury corridor. MTA collected data for 15 years and looked for patterns of accidents. Community feedback was also considered.

We can expect street and sidewalk improvements, a buffer between bike lanes and auto lanes to protect bicyclists and navigation of confusing intersections will be easier.

Painted lines and "sharrows" will help guide cars at confusing intersections and are a very easy and economical fix. The zig zag intersection across Market between Whole Foods and Safeway will be straightened and concrete improvements, including curb extensions and ADA improvements at boarding islands, will be made. There will be no right turns on red lights and many left turns onto Market Street will be eliminated. Green lights allowing pedestrians to go first will be implemented.

The Circulation Study Proposal attempts to simplify the complex 5- and 6-legged intersections and reduce potential for conflict between people walking, riding bikes, taking transit, and driving. Vehicles will be allowed to clear intersections more safely, e.g., having all red for a few seconds.

MTA created a traffic model which counted traffic at four intersections. However, this model was based on just one day of observations and measuring. MTA considered all traffic improvements, including a scramble, making the Noe Street Farmer's Market configuration permanent, and restricting left turns. MTA recognized the trade-offs involved on all proposals as traffic is moved from one street to another and tried to choose solutions that had minimal impact. They tried to predict how traffic will flow and acknowledged that it is hard to predict how people will adjust.

MTA wants to improve parking and loading safety and convenience, especially at yellow, white, or blue zones, and eliminate the double parking that creates a safety issue. They also studied parking supply and demand and proposed:

- Increasing commercial loading spaces, with increased easy access.
- Providing accessible parking with at least one space on every block.
- Increasing passenger loading.
- Increasing the supply of managed commercial parking aka parking meters.
- Increasing the supply of short term parking.
- Expanding metered parking on side streets with businesses.

Although MTA encouraged attendees to fill out question cards for the Q and A, only two questions actually got answered. MTA said they will put information and answer submitted questions on their web site, sfmta.com. DTNA will have a link posted on our web page and in our newsletter.

MTA said they are not shifting traffic onto side streets and their proposals only change one more or one less car per intersection

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Hours: Tuesday through Saturday
10:00 am to 5:00 pm
Appointments recommended



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New Myriad on Market Offers a Menagerie of Options

DTNA is excited to report that the long-awaited Myriad Market is now up and running at Forest City's 2175 Market Street development at 15th Street and Market Street. Forest City had originally planned for a large corner restaurant space of about 2,500 square feet, plus a larger 4,000 square-foot space which DTNA worried would be ultimately filled with a chain store. DTNA advocated with Forest City to get the retail portion broken up into smaller spaces that would be affordable by small and local businesses.

During the negotiation process Forest City was approached by bar and restaurant impresario Jordan Langer, who had the idea to turn the larger space into a market hall that could serve as an incubator for small businesses. Mr. Langer would hold the master lease and occupy some small portion of the market hall with a bar and a barbeque joint (he has had success with both types of business elsewhere in the city), then break up the rest of the space into stall-like enclosures of from 50-250 square feet that could be occupied by (very) small businesses at low rents of only \$1,000 to \$2,500 a month. If the businesses did well, they could branch out and rent something larger in the neighborhood. The idea is based on the long-standing success of similar structures all over Europe, and more recent American examples like the Chelsea Market in New York.

It took some time to negotiate all the details, and for Mr. Langer to build out the space, but on a recent sunny Pride Day the large garage-like doors were open, patrons were happily munching away while sitting on the colorful benches and counters Mr. Langer has installed along Market Street, and patrons were wandering happily through the "myriad" of options, listed below.

Mrs. Jones (bar and snacks)
Cro Café (coffee)
Raw – A Juice Company
Crepes S'il Vous Plait
Poke Delish
Homestead Cookies
Antonik's BBQ

NoNaMe Sushi
Mobile Rescue (cell-phone repair)
Church Street Flowers
San Francisco Brewing Co.
Le Bread Xpress

There are still two or three small spaces open and available, so if you are a small local business that has been looking for a home, stop by and check it out at <https://www.facebook.com/TheMyriadMarkets>. If you are neighbor just looking for a pleasant space for a morning crepe or coffee, or to while the day away, check it out as well. It's innovations like this that keep the neighborhood interesting.

General Meeting Notes, continued

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per signal. They chose streets with greatest benefits and noted that other options could result in even more drastic side effects.

Eileen Loughran, Community Engagement Coordinator with SFPDH, made a presentation on San Francisco's Syringe Access & Disposal Program. Approximately 22,000 people who inject drugs access syringe services annually, an effort credited for reducing new HIV infections to a record low 302 in 2015. Only 18 of those were injection drug users. 97% of HIV positive drug users use the program. The program also reduces the chances of Hepatitis C infections.

Effective January 1, 2015, California Assembly Bill (AB) 1743 allows pharmacies to sell an unlimited number of syringes to adults 18+ without a prescription. SFPDH funds the San Francisco Aids Foundation (SFAF) to provide syringe services for the City. SFAF subcontracts to provide services at 18 sites across the city, including behind Safeway on Tuesdays from 6-8 pm. Different providers are used, based on the demographics of the users in a particular area.

These sites also provide a gateway to services and users are encouraged to take advantage of drug treatment programs, counseling services, showers, and housing options that are available as well as a place to dispose of used syringes. There are 11 syringe disposal sites in

our area, including various Walgreen's locations.

SFPDH is implementing a rapid response team that will respond to syringe litter in real time. Disposal efforts have been rapidly scaled up in the past year through strong collaborations among SFPDH, Department of Public Works, and other City departments.

The syringe program provides

a cost benefit since it costs San Francisco \$335,000 for each new HIV infection.

We have never had the problem with syringes that we have today. 3.9 million syringes were given out in San Francisco in 2015. There was an 81% return rate in September 2015 although that number is hard to track since it is calculated by weight. Call 311 if you see a syringe that needs disposal.

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Flagship Athletic Performance Opened a New Location and Building a Sense of Community

Flagship Athletic Performance opened its second location in the former Blockbuster building at 160 Church Street. The 8,000 square foot space includes Men's and Women's locker rooms, a shower, and plenty of room for athletes of all levels to hone their strength and conditioning, Olympic weightlifting, and gymnastics skills. Flagship is excited to join the Duboce Triangle neighborhood, and has enjoyed integrating new members with their existing community.

As a majority of their membership walks, bikes, or uses public transportation to access the gym, improving safety remains a priority for Flagship to ensure people feel safe inside and outside of the gym, particularly during less busy times (before six am, and after eight pm). They continue to make improvements to the building, such as repairing and installing exterior and entry lights, removing graffiti, communicating with local law officers, and helping to keep the block safe and clean for everyone. They intend to repaint the entire building as well. Flagship hopes occupying the previously vacant space will help to further develop the neighborhood, and bring more activity to the nearby businesses.

To introduce themselves to the neighborhood, they are offering a discounted first month of membership for a limited time. All memberships include access to their original 6,000 square foot Financial District location (at 250 Montgomery Street), which includes Men's and Women's showers, and towel service.

Flagship currently offers over 150 classes

each week between the two locations, starting as early as 6 a.m. and running as late as 9 p.m., with a variety of programming options. Their programs include Performance classes (a traditional CrossFit style strength and WOD), Conditioning classes (a bootcamp style cardio workout), Olympic Weightlifting, and Mobility Recovery Position classes (focused on improving and maintaining mobility).

Along with group classes, Flagship offers private coaching at both locations with any of its first-rate coaches, and special programs for small groups and teams. With enough feedback, Flagship hopes to offer a CrossFit Kids program in the future for neighborhood families.

Flagship coaches have begun a vegetable and herb garden in the outdoor spaces of the lot, and hope to transition more of the unused space into a community garden for their members and future youth programs.

The new larger space has allowed Flagship to expand its special programs and events. Since opening they've hosted multiple Pride WODs (a special workout open to all to celebrate the LGBT community), the 2016 PWA Weightlifting Championships, a Freestyle Connection Seminar, and a gymnastics session for students from the San Francisco Friends School, as a donation to the school's charity auction. They look forward to continuing to develop their special programs and events, and invite inquiries to ways they can work with the neighborhood to do so.

You can sign up for a free trial class at either location via their website (flagshipcrossfit.com), or for more information or to reach out, email team@flagshipcrossfit.com.

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Newsletter Distribution

David Fix / Steiner St.

Newsletter Layout

Lynn Bayer / Carmelita St.



David Sahagun

Phone (415) 567-1136

Fax (415) 567-2733

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Join your neighborhood association now!

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- Encourage your neighbors to volunteer
- Supports the costs of your newsletter
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Join online using your credit/debit card! Visit
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San Francisco, CA 94114

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