



# THE NOE VALLEY VOICE

## Former Noe Valley Resident Named District 8 Supe

School, Housing, and Health Issues a Focus for Jeff Sheehy

By Matthew S. Bajko

Mayor Ed Lee surprised shoppers and cafe patrons along 24th Street one afternoon in early January when he popped into several Noe Valley businesses to introduce Jeff Sheehy, his pick to fill the vacant District 8 seat on the Board of Supervisors.

The introductions at Martha & Brothers, David's Tea, Holey Bagel, and Bernie's went cordially, with both Lee and Sheehy briefly saying hello to the strangers, for the most part, they met. At Good News, the mayor told owner Sam Salamah to contact the new supervisor should he ever need assistance.

"Okay, will do," responded a smiling Salamah.

On the sidewalk in front of Whole Foods, an elderly gentleman approached Sheehy to seek his help in fighting his landlord's Ellis Act eviction of himself and his neighbors from their apartment building near Dolores Park. An aide to the mayor asked for the man's contact information so Sheehy, then still two days away from being sworn into office, could



**Many Wanted Another Wiener.** And those who know Jeff Sheehy say he's the right one to fill Scott's shoes as District 8 supervisor. Here, Sheehy is shown strolling through Noe Valley minutes after his Jan. 6 appointment by Mayor Edwin Lee. Photo by Kelly Sullivan

follow up on the matter.

Sheehy also agreed to get into contact with the man, telling him, "The Ellis Act is a thing of the devil, really satanic."

It was a clear example that the mayor had picked no wilting flower to represent not only Noe Valley but also the Castro, Diamond Heights, and Glen Park at City Hall. His choice to succeed Scott Wiener, who in November won election to the state Senate, is a battle-hardened political operative not afraid to speak his mind.

## Baby Box Sports Safe Sleep Design

Free Program Distributed From Noe Valley Business

By Olivia Boler

If you're a San Francisco family expecting a baby before Nov. 1, 2017, you qualify for a free gift. It's a baby box worth nearly \$70, and it's full of goodies, including the box, which doubles as baby's first bed.

You might be wondering, what is a baby box? The concept originated in Finland in the 1930s, according to a BBC News Magazine report. Expectant mothers in Finland to this day receive a free maternity package from the government that contains infant clothes, diapers, cleaning wipes, and other supplies new parents need.

The box also has a small mattress and sheet that fit snugly in the cardboard box—a perfect bed for a newborn infant. At 26¾ by 16¾ by 11½ inches, the box can accommodate babies up to about 4 to 6 months of age. Studies credit the baby box with Finland's low infant-mortality rate and a reduction in sudden infant death syndrome (SIDS).

Noe Valley neighbor and merchant Carol Yenne learned of the baby boxes a

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CONTINUED ON PAGE 9

## Michael Castleman Blogs About Sex for Psychology Today

Prolific Author and Journalist Has Global Audience

By Corrie M. Anders

There is nothing that you can't ask Michael Castleman about sex. You can't make him blush and you can't make him cringe. And he doesn't tippy-toe around discussion of the most intimate activities in front of his wife or children.

It's in his job description to be explicit.

Castleman is a health journalist who has covered trends in sexuality for four decades. He has an audience that extends far beyond the book-crammed basement office of his Noe Valley home.

"There's an old saying that the only one thing worse than having parents who won't talk to you about sex is having a parent who won't shut up about it," says

CONTINUED ON PAGE 11



**Piling Up the References.** Michael Castleman's office strains to contain some of the source materials for his fiction, health, and sexuality books. Photo by Corrie M. Anders



**All You Supply Is the Baby.** Small Frys employee Sara Carvajal and 3-month-old Luli Gonzalez try out the Baby Box, which comes complete with fitted mattress and sheet, a onesie, and other items courtesy of the Bezos Family Foundation. Photo by Pamela Gerard



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A tub of Brown Cow Vanilla Cream Top ice cream. The label features a brown cow in a field, the brand name "Brown Cow", and the flavor "Vanilla Cream Top".

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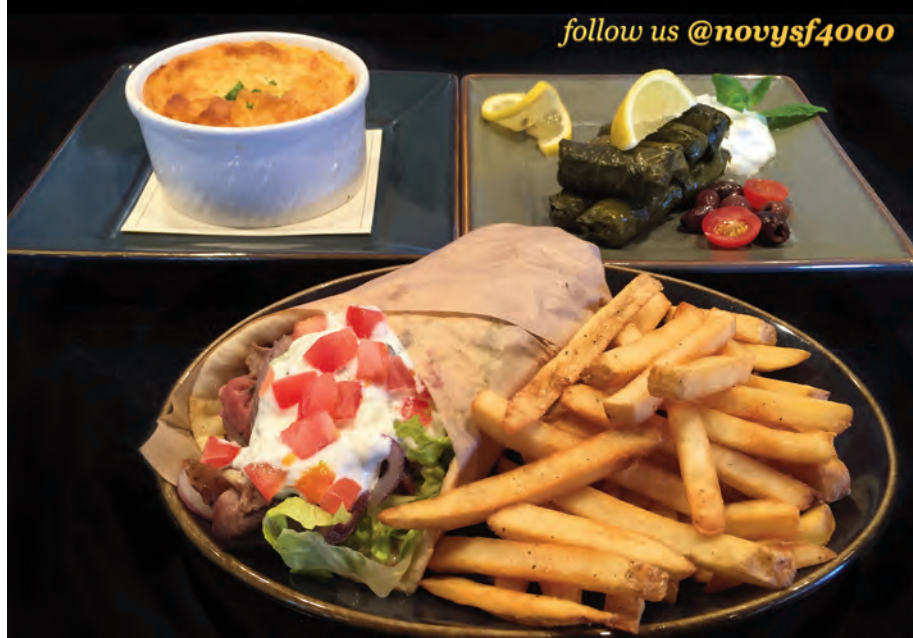
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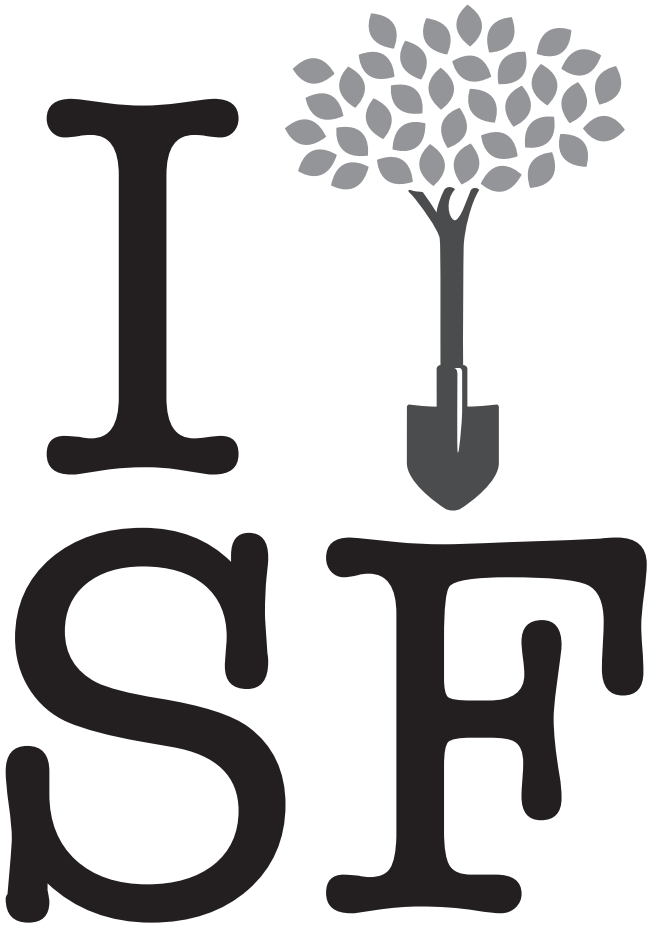
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## Jeff Sheehy a Self-Described Moderate

CONTINUED FROM PAGE 1

personal love of the city and its people, a past advocacy that is strong, and someone who is solution oriented.”

### Allies in the Neighborhood

The mayor’s decision to select Sheehy for the board vacancy pleased Noe Valley neighborhood leaders. Standing behind a podium in the Noe Valley Town Square the morning of Jan. 6, Debra Niemann, executive director of the Noe Valley Association, introduced Sheehy to the news media and the community members who had gathered that Friday for the official announcement of the city’s newest supervisor.

“He has very big shoes to fill,” Niemann said of Sheehy’s following in the footsteps of former District 8 supervisors Wiener, Bevan Dufty, and Mark Leno. “I know he is up to the task.”

San Francisco Housing Action Coalition director Todd David, who lives with his wife, Tiffany Loewenberg, and their children in Noe Valley, has known Sheehy for eight years. They met through the public school lobbying group San Francisco Parent PAC, where David serves as the political action committee treasurer.

David told the *Noe Valley Voice* that the mayor had found an appointee with all of the qualities that made Wiener a successful supervisor.

“He is the perfect pick for District 8. He is thoughtful, committed, and understands the needs of the district,” David said of Sheehy, who he expects will be an independent voice on the board.

### Public School Defender

Loewenberg, who directs the classical series Noe Valley Chamber Music, called Sheehy a “staunch supporter of public schools” and someone who shared in her belief “about parents having a stronger voice in the community.”

She first met Sheehy in her living room, she noted, when they joined forces to launch the Parent PAC. Sheehy and his husband, Bill Berry, have sent their 11-year-old daughter, Michelle Berry, to the city’s public schools.

“I was incredibly touched by his warmth, kindness, thoughtfulness, his intellect, and how much he cared about what his daughter would be exposed to by going to public schools in the city,” Loewenberg recalled.

When Sheehy 18 years ago first met Berry, a transaction coordinator for Zephyr Real Estate, he was smitten right away. Soon after their first date, he moved into Berry’s apartment on Cesar Chavez Street near Castro Street. In 2004, when they bought a home, the couple moved to Glen Park. Despite their new address, they still hang out and dine in Noe Valley, and their daughter attends a dance studio in the neighborhood.

### Roots in Texas

Born in Waco, Tex., where both his father and paternal grandfather served as mayor, Sheehy was raised Catholic and is the second oldest of six siblings—he has four brothers and one sister. He attended his first public school when he enrolled at the University of Texas at Austin, where he subsequently graduated with a B.A. in history.

When he came out as gay at age 22, Sheehy was cut off financially by his parents, though later he reconciled with them. He moved to San Francisco in 1988, where he has lived ever since, apart from a two-year stint in the early 1990s teaching English in Tokyo.



The political enthusiasm was palpable at the organizational meeting of Stand Up SF at the Noe Valley Library Jan. 15.

Photo by Jade Stone

## SF Political Action Group Formed in Noe

A crowd of almost 100 people overflowed the Community Room at the Noe Valley/Sally Brunn Library on Sunday, Jan. 15, for the first meeting of Stand Up San Francisco (Stand Up SF), an organization committed to resisting the Trump agenda.

Noe Valley residents Laura Shapiro and Paul Silverman launched Stand Up SF to facilitate direct contact between San Francisco residents and members of the U.S. Congress. The group has a number of actions planned where they will meet and greet their congressional representatives. Stand Up SF will also join with other political action groups, such as MoveOn.org and CREDO Action, to create a more powerful response to countering the Trump agenda.

On Jan. 17, the first direct contact was held at the office of newly elected U.S. Senator Kamala Harris. A group of 17 constituents met with Daniel Chen, the senator’s director of constituent engagement. The group praised Senator Harris for her outspoken opposition to the Trump cabinet nominees and made known that future votes and statements would be followed with interest.

Stand Up SF will also alert members to call their representatives and urge them to resist Trump when his agenda is not in alignment with values of inclusion, health care rights, and protection of the environment.

Other actions are planned at Minority Leader Nancy Pelosi’s office to thank her for standing up for the Afford-

able Care Act and to ask her to commit to protecting health care for the most vulnerable Americans.

All are welcome to join Stand Up SF. “There are things you can do that don’t involve volunteering in the primary roles of event leader: media relations, Member of Congress tracking, etc. [Still,] we want our members to attend events in person whenever possible. It’s the most effective thing we can do,” says Laura Shapiro.

The group’s next meeting will be Saturday, Feb. 18, 2 to 5 p.m., at a location to be determined. For information, contact paul@standupsf.net or laura@standupsf.net.

—Kathryn Guta

Upon his return he became active in progressive political circles, serving as president of the Harvey Milk LGBT Democratic Club and winning election to the governing body of the San Francisco Democratic Party.

Sheehy’s advocacy in the late 1990s for San Francisco to adopt an equal benefits ordinance—which resulted in a boycott of United Airlines—led to companies with city contracts having to offer the same benefits to their LGBT employees as they did to their heterosexual hires.

### ‘Getting to Zero’ a Top Goal

In 1997 Sheehy learned he was HIV-positive, and since that day he has been a vocal advocate on AIDS issues. Prior to becoming supervisor, Sheehy worked as the longtime spokesman for UCSF’s AIDS Research Institute.

Former San Francisco Mayor Gavin Newsom named Sheehy his adviser on HIV policy, and in 2012 he was appointed by state lawmakers to a seat on California’s stem cell board. He says he plans to continue serving on the board while a supervisor.

More recently, Sheehy worked with city health officials and other advocates to launch the city’s Getting-to-Zero initiative with the aim to end nearly all HIV transmissions in San Francisco by 2020.

Health issues will be a major focus of Sheehy’s at City Hall. Board President London Breed named him vice chair of the new Budget and Finance Federal Select Committee that will investigate the

potential funding impacts and other repercussions of national policy decisions made by President Donald Trump and the Republican-controlled Congress.

“These are perilous times. We face an existential threat,” Sheehy said of the new president and his administration. “We may have to fight for the rights we have gained all over again.”

### In the Battle for Affordable Care

At his first full board meeting Jan. 10, Sheehy introduced a resolution that called on Congress not to repeal the Affordable Care Act and asked for a hearing on federal health issues and funding. He hopes the city will rally to protect people’s health insurance just as it did in the 1980s, when the AIDS epidemic began killing scores of gay men as the federal government stood idly by.

“San Francisco opened its heart and came together in perhaps one of its finest moments. I would not be here if it didn’t,” said Sheehy. “To me, we may be facing the same kinds of threats now, different communities perhaps, but threats to the survival of people in our city.”

He is also working with Sheriff Vicki Hennessey to institute new rules for how the county jails house transgender inmates. At the same time, Sheehy wants to follow in the mold of his predecessors, known as being “pothole supervisors,” and focus on neighborhood concerns.

In that regard, he has called for a hearing focused on the car break-ins and home burglaries on the rise in the city and es-

pecially in District 8.

“I don’t know if I can do what Scott, Bevan, and Mark did on that, in terms of the potholes, but I aim to do the best I can,” he said. “I really care about our neighborhoods that make up this district. Public safety is a big issue for us.”

### A Board Moderate, He Says

Sheehy will not need to run for election to his seat until next year, and due to the timing of his appointment, he could serve 10 years on the board if he wins election to full four-year terms in 2018 and 2022. As for running for higher office, Sheehy has already ruled that out.

He is also showing his independent streak on the board. He voted to allocate \$9 million toward making City College of San Francisco free next fall for city residents who enroll full-time, funding which the mayor has opposed. And he told the *San Francisco Chronicle* he doesn’t believe a navigation center to house the homeless should be located in District 8, a stance that also differs from that of Lee.

“The truth is I am certainly much more moderate than when I was the president of the Milk club,” said Sheehy. “I do come back to the point I am now a moderate, a District 8 homeowner and a parent now.”

Supervisor Jeff Sheehy can be reached by email at SheehyStaff@sfgov.org or by phone at 415-554-6968.



**THE NOE VALLEY VOICE**  
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## LETTERS 49¢

### Can't Corporate Buses Be Smaller?

Editor:

Life on 24th Street has changed over the last 10 years, due to the proliferation of corporate buses that transport workers from our neighborhood to their respective places of business, mostly in the South Bay. At peak hours on weekday mornings and evenings, more than 30 over-sized corporate buses and six Muni buses compete for the same shared bus stops every hour.

Muni passengers taking the 48-Quintara bus experience a delay in their commute and frequently have to board buses in the middle of the street as a gaggle of large corporate buses pick up and discharge their passengers at Muni bus stops. Add the regular traffic, J-Church streetcars, and delivery trucks to the mix, and there's traffic piled up for blocks.

Why are such large buses allowed to

operate on 24th Street? They disrupt the regular flow of commerce and cause traffic congestion. Their idling and staging consumes energy and contributes to the pollution of the air we breathe. This is essentially a quality-of-life issue. Couldn't the corporate buses be smaller ones? Can't a regional bus system replace the corporate bus program?

As a member of Noe Neighborhood Council, formerly known as Protect Noe's Charm, I am hoping that our new district supervisor will work with us to resolve the negative impacts caused by the corporate bus program.

Anastasia Yovanopoulos  
24th Street resident

### TLC for Grand View Avenue

Editor:

Well before the epic SF Women's March got under way, our awesome Noe Valley volunteers met the morning of Jan. 21 for our third Grand View Avenue cleanup. The good news? Our continued efforts are starting to yield tangible results; for one, it only took about half the time to get the job done this round.

The Department of Public Works (DPW) equipped helpers with cleanup supplies, sent out a graffiti abatement crew to address an area underneath the Portola Drive overpass; submitted a request for repairs to holes in fencing that currently give access to trespassers behind the fence line; and requested additional signage to deter trespassing and littering.

Finally and in line with the community's goals, DPW and volunteers are helping to coordinate with the SFPD and the Homeless Outreach Team to offer assistance to a few new campers who were discovered living in very distressed circumstances along the underpass. Once the latter issue is addressed, volunteers will tackle how to best clean up behind

**CORRECTIONS**

In the Cost of Living column in the December 2016/January 2017 issue, the *Voice* reported that a condominium on Church Street sold in October for \$2,050,000. The dwelling was not a condo but rather a tenancy-in-common unit.

The article "Noe Courts Makeover Moves Toward Finish; Meanwhile, Controversial Home Remodel Near Park Approved" in the December/January issue incorrectly reported the square footage of the two-story, single-family home at 4320 24th St. under scrutiny. The house is currently 2,399 square feet, not 2,800. Once a new third-floor unit and a new ground-floor unit with its own entrance are built, the home's square footage will total 3,304.

The *Voice* apologizes for the errors.

the fenced area. A huge thank you goes out to the DPW team and specifically to program manager Jonathan Goldberg and community liaison Jimmer Cassiol.

Staying on top of graffiti is also a priority for the Grand View Team. If you are interested, DPW's Graffiti Watch program will provide an orientation and supplies after which designated residents may take charge in painting over graffiti on public property (e.g., utility poles, mailboxes, trash receptacles, and other street furniture). Send an email to [1608legacy@gmail.com](mailto:1608legacy@gmail.com) for more information. *Onward!*

Anna Wacławiczek and the  
Grand View Avenue Team  
[1608legacy@gmail.com](mailto:1608legacy@gmail.com)

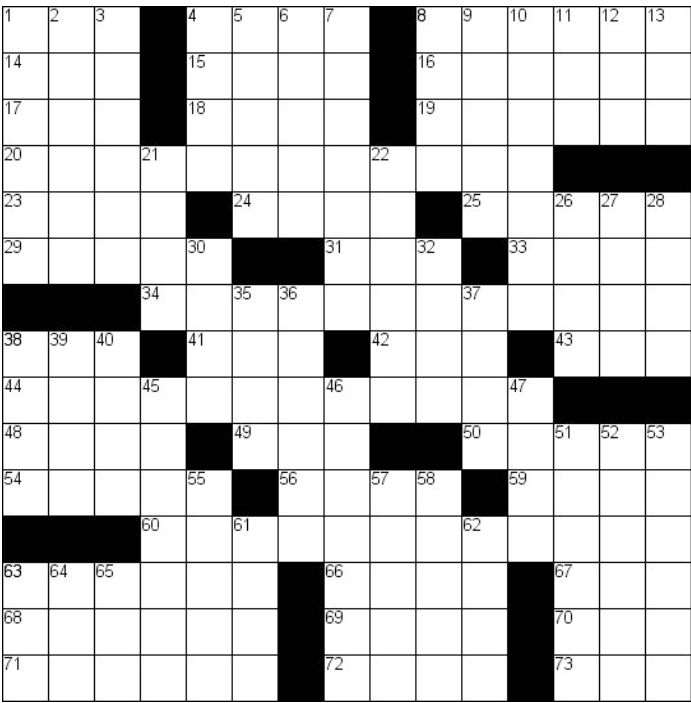
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## THE CROSSWORD BY MICHAEL BLAKE

### She Gets What She Wants

- ACROSS
1. TSA \_\_\_\_ (Welcome sign on a boarding pass)
4. Groovy carpet style
8. 1996 Slasher film with three sequels
14. Gender
15. Main character
16. Word before Vallarta or Rico
17. Duke's conf.
18. Therefore
19. Climax
20. What greeted Trump's declaration that "nobody has more respect for women than me"
23. One of a ninesome in mythology
24. Prefix with phone or graph
25. Profundity
29. Participate in a bee
31. Airport monitor abbr.
33. Actress Spelling
34. Mary Hartman portrayer
38. Jimi Hendrix's do, informally
41. Chicago-based Superstation
42. Scuffle
43. Purchase at Cotton Basics
44. What was "Lost" in a Shakespeare title
48. Mr. Trebek
49. Native Nigerian
50. Delicious
54. Veranda
56. "\_\_\_\_ Have Nothing" (Tom Jones hit)
59. 10% of DXXX
60. Etruscan tongue, notably
63. "No more!"
66. Release
67. TV inits. since 1975



68. Mitchell's treat
69. \_\_\_\_ the crack of dawn
70. Trendy, in the 60s
71. Go to, like Lick Middle School
72. Sanchez Street fashion store ... or what's hinted at by the starts of words in 20-, 34-, 44-, and 60-Across
73. The "A" of Q&A: Abbr.
- DOWN
1. Old Testament book
2. Get back, as lost money
3. "The dog ate my homework," e.g.
4. "Falling Up" poet Silverstein
5. City in N.W. Afghanistan.
6. Dispute
7. Looks up, nowadays
8. Catch sight of
9. Healed
10. Some RSVP replies
11. All rival
12. Symbols above keyboards' 2s
13. Common tattoo word
21. Big publisher of puzzle books
22. Unusual type in the Castro?
26. Grape-Nuts maker
27. Strand, as a cat
28. Bring on board
30. Parts of weather forecasts
32. Former Giants skipper Felipe
35. Not-so-cute fruit
36. Shortly
37. Out of kilter
38. Jet-wing part
39. Chewy candy
40. "Your turn," on a
- walkie-talkie
45. Refuse to allow
46. Cereal portion
47. "Enterprise" helmsman
51. Noxious atmosphere
52. Filet \_\_\_\_
53. Produces, as servings in a recipe
55. TV POW with a set of "Heroes"
57. A Marx brother
58. Tatum or Shaq
61. Lose skin
62. "I \_\_\_\_ Kick Out of You"
63. That, in the Mission
64. Topper on a 68-Across
65. Can. province

**Solution on Page 28**

NOTE: The current *Voice* Crossword and all past puzzles can be found at [www.noevalleyvoice.com](http://www.noevalleyvoice.com).

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# Free Baby Boxes for Expecting Parents

CONTINUED FROM PAGE 1

few years ago and contacted the Baby Box Company, which is the first company outside of Finland to make the baby boxes available, according to its website. The company is based in Los Angeles, and sells a range of options, from the Bed Box (\$69.99) to the Everything But the Stork Box (\$199.99).

“I thought it was a great idea,” says Yenne, who co-owns Small Frys, a children’s store on 24th Street, with her daughter Azia Yenne. The shop, which has been open for 32 years, outfits many Noe Valley children and is one of the neighborhood’s go-to destinations for baby shower gifts.

“The boxes promote commonsense habits of having infants sleep on their backs without a lot of fluffy blankets or pillows that could suffocate them,” Yenne says. “I have a cousin whose baby died of SIDS years ago. For my generation, it was a big issue. In the last 30 years, research has shown that the safest place for a baby to sleep is in its own bed on the back.”

Last fall, the Baby Box Company informed Yenne that it had received funding from Vroom—a Bezos Family Foundation project whose goal is to stimulate baby brain development—to make baby boxes similar to their Bed Box package available free of charge in San Francisco. They wanted to know if Small Frys would be a distribution site for the boxes, as these freebies will not be shipped to residences but need to be picked up by the recipients. Yenne immediately agreed. The boxes became available at Small Frys this month.

The Bezos Family Foundation was founded by Mike and Jackie Bezos. The foundation’s mission, according to its website, is to “support rigorous, inspired learning environments for young people, from birth through high school, to put their education into action. Through in-

vestments in research, public awareness, and programs, the foundation works to elevate the field of education and improve life outcomes for all children.”

The free baby box includes the safe-sleep certified box in a cute gender-neutral print, a waterproof mattress, fitted mattress sheet, disposable diapers, diaper wipes, a waterproof tote bag, a onesie, product samples of baby shampoos and nursing lotions, and some educational information about safe sleeping habits and breastfeeding. Everything is nontoxic.

To qualify for a free baby box in San Francisco, expectant parents must register on the Baby Box Company’s “university” web page: <http://www.babyboxuniversity.com>.

After registering, participants watch an educational video called the San Francisco syllabus, which covers safe sleeping habits, breastfeeding, and baby brain development. It takes about 10 minutes to complete online. The “student” then receives a certificate of completion via email. Print out the certificate and take it to Small Frys or any distribution point—there’s a list on the website—and show the certificate to pick up your box.

“We can assemble the box for you, or you can take it unassembled,” says Yenne.

GetzWell Pediatrics on Church Street was tapped by the Baby Box Company to be a distribution site but didn’t have the space to store the boxes. Still, GetzWell nurse practitioner Karmi Soder thinks the boxes are “a great idea. They’re like bassinets or a small crib—a small, warm, confined space out of an adult bed, where babies could suffocate from blankets and pillows. The boxes can be picked up and moved so the baby is always in close proximity to the adult bed.”

Soder points that some parents who believe in co-sleeping or bed-sharing—having a baby sleep in the adult bed with the parents so the baby can nurse any time of night—might find the baby box unappealing.

“But the baby box does encourage proximity for nursing as opposed to having the baby in another room, where the temptation for night feeding with a bottle of formula might be greater,” she says. The boxes are also a good choice for those who don’t have the space for a larger crib or second bedroom for the baby.

Saralany Carvajal, a Small Frys salesperson, has been using a similar baby box for her 4-month-old daughter, Luli Gonzalez. “She’s slept in it since she was born, and she loves it,” says Carvajal. “My husband is in our bed, so there wouldn’t be room for her anyway. And this is safer.”

“We’re just thrilled to be taking part in this program,” Yenne adds. “It’s the right thing to do.”

To learn more about the free San Francisco baby box program, call Small Frys, 415-648-3954, or visit the Baby Box Company University website, <http://www.babyboxuniversity.com>. ■



A onesie with a message from a baby bee comes with the baby bed, which is made by the L.A.-based Baby Box Company,

# Valley Tavern Hosts Liz Stone And Comedy Gold

By Olivia Boler

Laughter is the best medicine, right? As we head into the great—many in our city might say “terrifying”—unknown with a new president, folks might be looking for ways to lighten their moods, at least for a while. For the 21-and-over set, a new comedy showcase at the Valley Tavern on 24th Street could be just the tonic. Comedy Gold, a monthly showcase of local standup comedians, debuts Thursday, Feb. 2.

Sanchez Street resident Liz Stone is a founding member and producer of the show, along with San Francisco comedians Ruby Gill, Drew Harmon, and Yuri Kagan. The others don’t live in Noe Valley, but Stone thought bringing this kind of show to the neighborhood would be a good idea.

“Part of it is I live here,” says Stone, 39. “Plus, Noe Valley is not a neighborhood saturated with shows like this, so we thought it would be fun to bring it here.”

The four comedians have worked together before, and all have been doing comedy locally for a long time.

Every month, Comedy Gold will feature about six to seven standup acts, including at least one or two of the core group, who will host. It’s not an open mic format, meaning not just anyone can sign up and perform. Instead, the show will be pre-booked with comedians familiar to the producers.

“If anyone wants to be considered who we don’t know or if someone is from out of town, they need to be performing regularly,” Stone says. “If they want to perform at Comedy Gold, they should send us a clip.”

The Valley Tavern’s manager, Declan Hogan, says, “We’re excited to have the show here. This is our first foray into comedy. We’ve had some live music, and we’re primarily known as a sports bar, so we’re glad to have something new going on.”

There is no cover charge or drinks minimum during the Comedy Gold showcase. Instead, a hat will be passed around the audience for tips for the comedy acts.

“Comics take BART or need gas money,” Stone says. “We like to collect transportation costs and make sure they’re covered. The Valley Tavern is a great bar, so grab a drink and enjoy the show.”

Stone performs comedy regularly both regionally and farther afield, but she hasn’t completely let go of her old life as a litigation attorney. She is a legal recruiter for the Dubin Group. “I keep it professional during the day, but some of my co-workers and clients do come to my shows, which is really fun.”

She mainly works from home, where she lives with her husband, Andrew Ellsworth, and two cats, Whiskey and Campari. “When we adopted them, we decided to name them after something we each liked,” she laughs. “Alcohol! They have their own Instagram feed, too,



Liz Stone, shown performing in January at the Throckmorton Theatre in Mill Valley, will join six or seven standup acts at an evening comedy showcase at the Valley Tavern on first Thursdays.

@whiskeyandcampari.”

The bug for standup comedy hit Stone “kind of by accident.” Six years ago, she gave a roast at a wedding rehearsal dinner, and the emcee, who was a stand-up comic, told her she should try it. Bored with law firm work, she and a friend began “dabbling,” going to open mics.

“I quit for a couple of years but then came back to it about three years ago, really putting in the time and performing as much as possible doing weird road gigs.” She’s performed at a Harley-Davidson convention, and at small casinos and venues in places like Pendleton, Ore.; Winnemucca, Nev.; and Idaho Falls.

“I have the best of both worlds because I’m not trying to make a living doing this, so I don’t have to be out on the road for months at a time. I can also make sure my material works for different audiences.”

Stone says her material “starts with things that are personal and then goes from there. It’s not observational or political.” Some of her gigs are for law schools or lawyer-centric events. “I have material specific to practicing law but not generic lawyer jokes.”

As for the name of the showcase, Stone says it’s a riff on a term people use all the time. “They might suggest a joke they think is really great or a situation that’s funny, and they’ll say, ‘This is comedy gold!’”

Comedy Gold takes place every first Thursday of the month at 9:30 p.m., at the Valley Tavern, 4054 24th St., between Noe and Castro streets (415-285-0674). For more information, and the upcoming lineups on Comedy Gold, visit the Facebook page at [www.facebook.com/comedygoldsf/?fref=ts](http://www.facebook.com/comedygoldsf/?fref=ts). The showcase is also on Twitter, @comedygoldsf.

Comics who would like to be considered for the showcase can send clips to [comedygoldsf@gmail.com](mailto:comedygoldsf@gmail.com).

To find out more about Liz Stone, check out her website, [www.lizstonecomedy.com](http://www.lizstonecomedy.com). ■

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# The Rain Kids of Noe Valley

In outfits appropriate to the January weather, this quartet found sidewalk races just the thing to do. They demonstrated their “get set” form for our photographer and flew away on Noe Street.

In the photo below, they are (left to right) Jake Wade, Jojo Cornwell, Devin Jacobs and Sofia Boscia.

Photos by Pamela Gerard



## Castleman Gives Good Sex Guidance

CONTINUED FROM PAGE 1

Castleman. “I was that guy who wouldn’t shut up about it.”

In the 1990s, he answered questions about sex for readers of *Playboy* magazine.

These days, he shares his insights and the latest sex research in *Psychology Today*, the online version. His “All About Sex” blog has attracted 20 million viewers since it launched in 2009.

“I like answering people’s questions. There is so much nonsense about sexuality out there, particularly on the Internet. It’s ridiculous,” he said. “So I try to be a voice of research-based sanity and reason.”

With a focus on male-female sexuality, Castleman also answers intimate queries on Facebook and on his own website, GreatSexGuidance.com.

You can find more than 125 posts on his various outlets, on topics like “Why So Many Women Don’t Have Orgasms,” “Sex and the Single Parent,” and “Attention, Men: Three Keys to Becoming a Better Lover.” (One of those keys is “Don’t imitate porn. In fact, do the opposite of what you see in porn.”)

He also has written about things such as teledildonics—Web-enabled smart toys operated by partners in different locations. “Teledildonics is very new,” he says. “It’s the future of remote sex.”

### At Work on a Sex Text

Sitting in the living room of his comfortable Alvarado Street home, where he has lived since 1987 with his wife, Anne—and where the couple have raised two children—the 67-year-old Castleman

looks more like a refugee from the Beat generation than a man with his finger on the pulse, so to speak, of sex. He wears a French beret, a turtleneck sweater, and glasses with lenses you could swim in.

Of course, sex counseling is not his only endeavor. Since 2003, Castleman has written four mystery novels with a journalist protagonist who runs around San Francisco solving murder cases. His Ed Rosenberg character may retire, Castleman says, but you never know.

In addition, he is updating the fourth edition of *Healing Herbs*, his best-selling book on herbal medicine, due out in July. He’s also working on a book about the book-publishing industry.

At the same time, Castleman is deep into an overhaul of books on sexuality that he wrote in his 20s and revised in his 40s. The new edition, to be called “Great Sex Guidance,” will include findings from the “explosion in sex research since Viagra”—the male sex-enhancer released in 1998.

It also will show how people’s sensibilities have changed in the two decades since Castleman was penning the “Playboy Advisor,” a sex-help guide geared to 18- to 34-year-old men. (No, *Playboy* publisher Hugh Hefner never invited Castleman to any parties at the Playboy Mansion.) The magazine is now an anachronism, with circulation down 90 percent from its heyday, and it no longer displays images of nude women.

Castleman says research confirms, however, that there is much more “kinky” sex since his *Playboy* days.

Another trend, though many parents may have their doubts, is that fewer high school students are engaging in sexual intercourse. And sex toys in general have gone mainstream, vibrators in particular. A majority of women own at least one and “most men have played with one hetero-

sexually,” he says.

Further, adds Castleman, today’s older generations are having sex well into their 70s and 80s, partly thanks to Viagra. “Until that happened, older people were assumed to just stop having sex.”

### Irrational Fears

Also on his radar is what Castleman calls the “national panic” over child sex abuse and sex-trafficking of women.

“It’s a horrible thing, but it’s become so politicized. There is a whole industry of scaremongering that there is a pedophile hiding under every rock...same thing with trafficking.

“People who are social conservatives vastly exaggerate the numbers involved,” he says. “I hasten to add that even if one person is a victim of a pedophile, if just one woman is trafficked for sex, it is one too many. But unjustified hysteria is counter-productive.”

By far, the most conspicuous change in sexuality in the past 40 years is that pornography has become ubiquitous. People used to sneak into peep shows on the “wrong side of the tracks” until the emergence of VCRs in the mid-1970s allowed them to watch porn in their living rooms. Now, Castleman says, “porn is available for free 24-7, one click away,” on television, computers, and smart phones.

Still, there are so many XXX-rated videos—more than one billion pages on the Internet—that too much porn can cause problems, including physical ones, Castleman says. Men can become fixated on their own bodies and neglect learning the kind of love-making that would satisfy both them and their partners.

### Concerns Many Share

Surprisingly, posts on premature ejaculation attract a ton of hits on Castleman’s

personal website. It is “men’s number one sex problem in every age group, from teens to people over 80,” he says.

“The tragedy is that PE is easy to cure,” he says. “You don’t need drugs. You don’t need sex therapy. You need to understand how sex works a little better and make some minor adjustments about how you make love.”

Another common concern is anxiety over masturbation—some expressed by women but most by men. There is always a new crop of young males trying to get past parents’ admonition “Don’t do that or you’re going to hell,” as well as middle-aged people who might have denied themselves in their youth becoming “very interested in sex, and solo sex.”

“It’s okay” to engage in self-pleasure, says Castleman.

“The research is very clear that the adults who report the most sex problems as adults by and large masturbated the least as kids and throughout life,” Castleman says. “Self-sexing is everyone’s first fundamental sexuality. If you can’t make love to yourself, it’s very hard for you to make love to anyone else.”

But at the end of the day, most of his readers’ questions revolve around desire differences, which are “inevitable in any long-term relationship.” There is “almost always somebody who wants to do it more than the other person,” he says. Those mismatched libidos represent “the number one reason why couples consult sex therapists.”

Fortunately, Castleman says, sex therapists have developed a program that is “very good at helping people negotiate a mutually acceptable frequency” for sex.

Castleman says there will always be a place for sex research, education, and advisors. “Sex has no expiration date,” he says. ■



# Voice Readers Report



Laura and Dahlia Flores made the pilgrimage walk of the Camino de Santiago carrying a copy of the Noe Valley Voice for the entire 100 mile route. They took the above photo on their last day in Finisterre, Spain.



Anne Simmons paused at the Cardiff Central Rail Station to be captured reading her hometown newspaper in this photo by Michael Castleman. Simmons traveled to Wales last October.

## Join Our Travelogue

Where have you been lately? If you brought along a copy of the Noe Valley Voice, and displayed it in a photo, please let us know. Email [editor@noevalleyvoice.com](mailto:editor@noevalleyvoice.com) and we'll show the world.

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# New Management Plan Coming for SF Parks

Several Off-Leash Dog Areas to Be Affected

By Matthew S. Bajko

A new management plan proposed for San Francisco’s natural areas is pitting the interests of dog owners against those of ecologists and others working to protect the city’s native fauna and flora.

Known as the Recreation and Park Department’s Natural Resources Management Plan, and under discussion for close to 25 years, it aims to protect the city’s native habitats and species, some found nowhere else in the world, such as the San Francisco garter snake and mission blue butterfly.

“Without these special natural places, the most sensitive species cannot survive,” warned Amber Hasselbring, executive director of the Noe Valley-based Nature in the City, in urging the city’s planning commission to approve the plan in December.

The plan covers the city’s 32 local park sites designated as natural areas, which encompass 1,100 acres and 30 miles of hiking trails, from the sprawling Golden Gate Park to smaller neighborhood sites like Billy Goat Hill off 30th and Castro streets. Glen Canyon and its creekside trails are also covered, as is Noe Valley’s Duncan-Castro Open Space, a hilltop habitat for butterflies and migratory birds.

“San Francisco is quite rare in relation to other major American cities in that it has uniquely robust access to wild spaces—quite literally steps away from many people’s front door instead of miles away,” said Dawn Kamalanathan, director of rec and park’s planning and capital management division, at the December hearing. “Many San Franciscans like that balance between natural areas and urban lands,” she said in defense of the plan.

But the proposal has elicited howls from dog owners who fear their ability to enjoy the city’s open spaces with their canine companions will be curtailed even further than what has already been detailed in the document. The plan calls for the removal of a total of 19.3 acres of off-leash dog areas from three city parks, McLaren, Bernal, and Lake Merced.

Sixteen percent of the existing off-leash dog play areas in those parks would be replaced with on-leash trail access. The other 75.9 acres where dogs can play off-leash in various parks around the city would remain, though dog advocates worry that park stewards will diminish that total in the future.

“San Francisco might close 80 percent of its dog play areas over time,” said Sally Stephens, the longtime chair of the San Francisco Dog Owners Group. “The Natural Areas Program never talked to dog owners to ask them what they need.”

### Dog Owners Nervous

She and other dog advocates are wary of seeing the city restrict off-leash areas



Photo by David Emanuel

## Massive Crowd at San Francisco Women’s March

Despite heavy rain and Muni trains packed like sardines, hundreds—maybe thousands—of Noe Valleyans joined the huge throng that marched down Market Street on Jan. 21 as a show of solidarity and to protest the agenda of newly inaugurated Donald Trump. One local group well represented in the crowd, estimated by CBS-SF News at 100,000, was Upper Noe Neighbors. For more on the march, see Rumors Behind the News on page 33.

for dogs in San Francisco parks because the Golden Gate National Recreation Area at the same time has been moving to severely restrict where dogs could run and walk freely in its sites spread out across San Francisco, San Mateo, and Marin counties. The federal parks’ proposal the GGNRA released in December called for a 90 percent reduction in off-leash dog areas and would impact such San Francisco locations as Ocean Beach, Fort Funston, and Crissy Field.

However, implementation of the federal dog restrictions now appears in doubt.

After the release in January of thousands of pages of documents on a website called Woofleaks, which lawyers for a number of recreation groups obtained through the Freedom of Information Act, the National Park Service unexpectedly shelved its plan—for the time being.

The federal agency said its decision was in response to requests from members of Congress to delay the plan’s implementation. With the change of leadership in Washington, D.C., last month, it is unclear whether Rep. Ryan Zinke (R-Mont.), President Donald Trump’s nominee to lead the Interior Department, which oversees the National Park Service, will carry through with the new dog rules.

### City to Move Ahead

What is certain, though, is that San Francisco supervisors are set to vote on the city’s plan for local parks sometime this winter. Their decision will be guided by the planning commission’s 6-1 vote in December to approve the management plan’s environmental impact report, and the recreation and park commission’s 5-0 vote to adopt the plan.

The appeal period for the Natural Resources Management Plan closed Jan. 17. The Board of Supervisors has 30 to 45 days from that date to schedule an appeal hearing for the plan.

Newly appointed District 8 Supervisor Jeff Sheehy told the *Noe Valley Voice* in early January that he was unfamiliar with the specifics of the natural areas plan and needed to get educated about it before commenting on its merits. But speaking generally he said, “Dog owners should

expect an ally” in him.

“This is the city of St. Francis. People’s pets are a part of their family,” said Sheehy, who has a 4-year-old cat, Lila Quartermaine, which his family adopted from the SPCA.

To read the full Natural Areas Management Plan, and see how it will impact individual park sites, visit <http://sfrec-park.org/parks-open-spaces/natural-areas-program/significant-natural-resource-areas-management-plan/snramp/>. ■

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**New Best Friends**

Nine-year-old Penny Messinger posed with Charlie the dog at the Halloween Pet Walk on Church Street last year. Penny is dressed as the Tooth Fairy while Charlie appears to be some sort of aviator. Seven-year-old Charlie was adopted from Muttville.

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# The Cost of Living in Noe

## Market in Slow Cooker

By Corrie M. Anders

Home buyers closed escrow on 19 single-family detached homes in Noe Valley during the last two months of 2016—one more than during the same period a year earlier.

There were 15 condominium sales in November and December, contrasted with 21 transactions in the same months the previous year, according to data that Zephyr Real Estate provides monthly to the *Noe Valley Voice* (see table at right).

With those up and down numbers, it's hard to talk trends.

However, additional figures supplied by Zephyr President Randall Kostick show that the neighborhood's once boiling real estate market is now cooling on the stove, as buyers strive for a place at the table.

After a five-year run-up, the median



This modern three-story home, located on Valley Street near Diamond, sold in November for \$4,188,000.

value of detached homes and condos (combined) hit a peak of \$1,970,000 in August 2015, Kostick said. Since then, values in Noe Valley have slowly declined, registering a median of \$1,725,000 in December 2016.

"We're not seeing the increases right now that we saw in terms of last year," Kostick said. "So it appears as though we have reached a settling price for both single-family homes and condos."

In the single-family arena, buyers took longer to make offers and also cut back on over-the-top bids during the last two months of 2016.

In December, for example, buyers browsed listings for detached homes an average of 43 days before making a commitment to purchase, compared with 32 days in December 2015.

Kostick also noted that in March 2014, when the real estate market was red-hot, 100 percent of properties sold above their asking price. That percentage has trended downward, he said, and today 70 to 80 percent of Noe Valley homes sell above the asking price.

"So we still have a large percentage that are selling at greater than list price, but it's not as regular of an occurrence as it was a few years ago, in 2014 and 2015,"



Buyers recently purchased a condominium within this building on Valley Street for \$1,725,000. Photos by Corrie M. Anders

Noe Valley Home Sales*						
Total Sales	No.	Low Price (\$)	High Price (\$)	Average Price (\$)	Avg. Days on Market	Sale Price as % of List Price
Single-family homes						
December 2016	7	\$1,800,917	\$4,100,000	\$2,669,417	43	101%
November 2016	12	\$1,300,000	\$4,187,625	\$2,140,635	52	104%
December 2015	9	\$1,510,000	\$4,100,000	\$2,472,222	32	106%
November 2015	9	\$1,375,000	\$5,700,000	\$2,912,222	32	112%
Condominiums						
December 2016	5	\$852,000	\$1,800,000	\$1,329,000	22	111%
November 2016	10	\$280,000	\$1,725,000	\$1,046,800	48	108%
December 2015	12	\$690,000	\$2,375,000	\$1,326,255	47	106%
November 2015	9	\$750,000	\$1,875,000	\$1,211,444	27	111%
2- to 4-unit buildings						
December 2016	0	—	—	—	—	—
November 2016	0	—	—	—	—	—
December 2015	0	—	—	—	—	—
November 2015	1	\$1,800,000	\$1,800,000	\$1,800,000	15	124%
5+-unit buildings						
December 2016	0	—	—	—	—	—
November 2016	1	\$1,670,000	\$1,670,000	\$1,670,000	62	88%
December 2015	1	\$4,200,000	\$4,200,000	\$4,200,000	93	95%
November 2015	0	—	—	—	—	—

\* Survey includes all Noe Valley home sales completed during the month. Noe Valley for purposes of this survey is loosely defined as the area bordered by Grand View, 22nd, Guerrero, and 30th streets. The Voice thanks Zephyr Real Estate (zephyrre.com) for providing sales data. NVV2/2017

Kostick said.

Another indication of a more stable market is that buyers are less eager to make oversized offers. Kostick noted that bids 15 to 16 percent higher than the asking price were not unusual in 2014-15 and that 2016 was "quite different." As the year ended, buyers of detached homes typically paid 1 percent more than the asking price, contrasted with 6 percent a year earlier.

Buyers also had more choices. Kostick said the number of homes for sale in Noe Valley in late 2016 was "about 50 percent greater than it was two years ago." He attributed some of the increase to sellers anticipating that mortgage interest rates would rise in 2017.

But according to Kostick, prices are still high and Noe Valley remains a very desirable neighborhood, among others in San Francisco. Three of the 19 house sales at the end of last year were for \$4 million or more.

The most expensive was a contemporary three-bedroom, 4.5-bath home on the 500 block of Valley Street, near Diamond. It sold in November for \$4,188,000—below the original asking price of \$4,295,000.

The hillside home, originally built in 1909, had been renovated and expanded to offer 4,200 square feet of living space on three levels. Amenities included a gourmet kitchen with Italian marble countertops and a 16-foot center island, floor-to-ceiling glass walls, radiant-heat flooring, a rooftop deck, retractable sky-

light, and parking for two cars.

In December, a three-bedroom, 3.5-bath home with views from Twin Peaks to the bay sold for \$4.1 million. Buyers paid just below the seller's \$4,149,000 asking price for the three-story home, located in the 1400 block of Douglass Street between Duncan and 28th streets. Gutted and transformed from its unassuming 1948 origins into a modern showcase with 3,295 square feet, the house featured an open floor plan, designer kitchen, dual dishwashers and sinks, radiant heat, skylight, rooftop terrace, media room, and two-car garage.

The two most expensive condominium sales occurred in Noe Valley's "flatlands"—on Valley Street and on Guerrero Street—and both sold for at least 20 percent over their asking price.

In November, buyers paid \$1,725,000 for a three-bedroom, two-bath residence in the first block of Valley Street, between Dolores and Guerrero streets. Built at the turn of the 20th century, the renovated condo boasted 1,691 square feet of living space. Extras in the two-level unit included a modern kitchen, a deck with southern views, and a one-car garage.

December's priciest condo was a three-bedroom, 2.5-bath unit in the 1200 block of Guerrero Street between 24th and 25th streets. Buyers paid \$1.8 million. The two-story townhouse, with 1,461 square feet of living space, offered a roof deck with near panoramic views, a modern kitchen with granite countertops, and two-car parking.

Noe Valley Rents**					
Unit	No. in Sample	Range January 2017	Average January 2017	Average November 2016	Average January 2016
Studio	7	\$1,800 - \$2,798	\$2,220 / mo.	\$2,262 / mo.	\$2,017 / mo.
1-bdrm	29	\$2,380 - \$4,900	\$3,205 / mo.	\$3,245 / mo.	\$3,250 / mo.
2-bdrm	49	\$3,150 - \$7,250	\$4,557 / mo.	\$4,229 / mo.	\$4,435 / mo.
3-bdrm	19	\$4,650 - \$9,950	\$6,380 / mo.	\$5,776 / mo.	\$6,708 / mo.
4+-bdrm	10	\$6,000 - \$12,500	\$8,818 / mo.	\$10,279 / mo.	\$8,211 / mo.

\*\* This survey is based on a sample of 114 Noe Valley apartment listings appearing on Craigslist.org from Dec. 29, 2016, to Jan. 5, 2017. NVV2/2017

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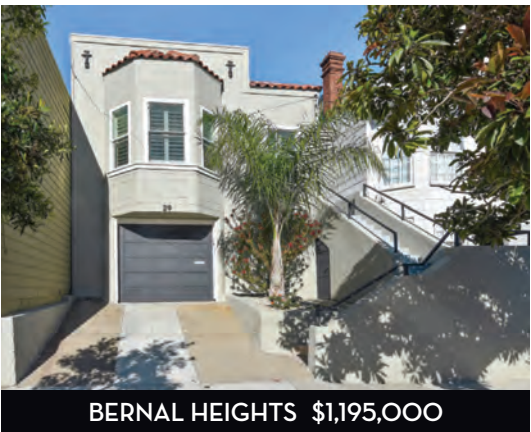
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On 24th Street

What is your ideal date night in the city?

Asked on Saturday morning, Jan. 14, 2017, in front of the new Noe Valley Town Square at 24th and Vicksburg streets



**Ally Johnson, Noe Street:** I think my ideal date night is something very low key and casual, so maybe just drinks and dinner, and a walk or maybe a hike. Something more outdoorsy than going to a movie or something like that.



**Mark Hardeman, Noe Valley police officer:** Ideal date night? Dinner. There's that little restaurant right off of Castro next to the bar [Contigo]. My wife graduated from the culinary academy with the owner. It's Spanish food. That's where I would go.



**Nicole Walker, Outer Mission resident:** For Valentine's Day? Probably just cooking a nice dinner at home with a bottle of wine.



**Jeff Kaliss, Hazelwood Avenue:** Earlier this month, I discovered a beautiful, tasty, friendly French brasserie a couple of blocks up 24th Street called Chez Marius. A friend of mine, Laurent [is the owner]. A great place for a date night.



**Amber, Daly City resident:** My ideal date night is probably sushi, and... *(laughs)* going home and going to sleep.



**Sheila Rubinson Ash, Guerrero Street and 24th Street:** Considering I've been here since 1977, every night is a good date night in Noe Valley.



**Mary, Sanchez Street:** Going with my husband out to eat would be a special thing for me. I like Burma Superstar out on Clement, that is my favorite restaurant. I like eating [in Noe Valley] if we get a chance. Haystack, of course, which I grew up with. I'm a native San Franciscan and I grew up in this neighborhood.



**John (right), Hayes Valley resident:** Probably dinner somewhere out, maybe Ragazza on Divisadero, and then a nice walk through the city and an episode of *Downton Abbey* and bed.

Interviews and photos by Olivia Starr and Nick Kaliss



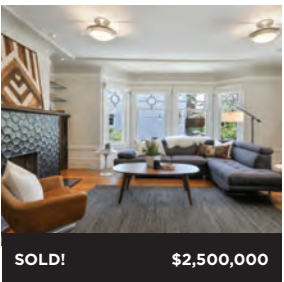
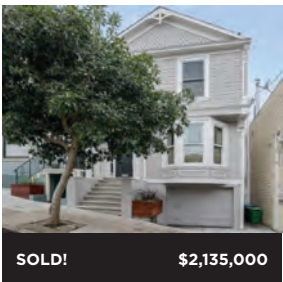
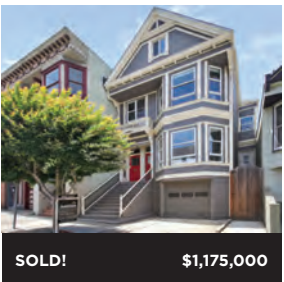
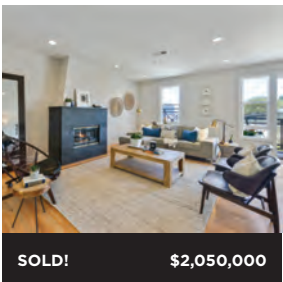
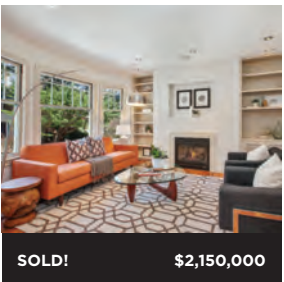
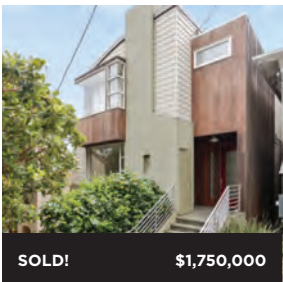
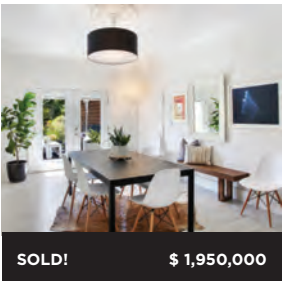
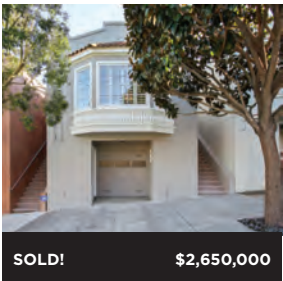
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SHORT TAKES

Authors Festival 3.0

The finale for Word Week 2017, our neighborhood’s annual literary festival, will be the third Noe Valley Authors Festival, scheduled for Saturday, March 25, 2 to 5 p.m., at the Noe Valley Ministry on Sanchez Street. The festival will include an exhibit hall chock full of authors and their books, as well as readings all afternoon by local authors.

If you are a local author with a book, you can apply for exhibit space by contacting [wordweeknoevalley@gmail.com](mailto:wordweeknoevalley@gmail.com) for an application.

Table space and chairs will be provided for \$35 a space by Feb. 28 and \$45 March 1 or after. Large press, small press, chapbooks, and self-published books of any genre are welcome.

Word Week is a project of the neighborhood association Friends of Noe Valley.

Big Night for James Lick

A benefit for the general fund at James Lick Middle School on Noe Street will be held Saturday, Feb. 25, from 7 to 11 p.m. at the Sandbox Studios, 555 Minnesota St. in Dogpatch. The venue has 34-foot-high ceilings and a view of the Bay. The



public is invited.

The \$60 admission to “Big Night 2017” gets you dinner from Rin’s Thai Restaurant, cupcakes from Mission Minis, and drinks—alcoholic and not. Dance music will be provided by the band Soul Society, which specializes in urban pop, soul, and rhythm and blues.

Go to [www.jameslickpta.org](http://www.jameslickpta.org) for more information and to buy tickets.

Zine Workshop for Teens

Folio Books is hosting a zine-making workshop Sunday, Feb. 12, 4 p.m., led by author Anand Vedawala. All materials will be provided at the event, which is the first bimonthly get-together for Folio’s new book group for young adults 13 to 18 years old.

Vedawala is the author of *100 Years From Now Our Bones Will Be Different*, illustrated by Lawrence McWilliams. The two are the team behind 540 Collab, which they created to publish books about people of color. Their first book tells the story of 40 members of a fictional African-American family from 1915 to 2015 through epitaphs and portraits.

For more information on the zine workshop or the Young Adult Book Group, contact Folio Books at 415-821-3477, go to [foliosf.com](http://foliosf.com), or stop by the bookstore at 3957 24th St.

Two World Premieres

Noe Valley Chamber Music has announced not one but *two* world premieres for cello and voice at its next concert, Sunday, Feb. 12.

Soprano Christine Brandes and cellist Marcy Rosen will perform the new compositions by Richard Festinger and Eric Moe. Brandes and Rosen will be joined by pianist Laura Dahl for the rest of the program, which will include music and song by Brahms, Hayden, Ravel, and



Author and zine-maker Anand Vedawala (with or without moose ears) will be the special guest at the Feb. 12 meeting of the Young Adult Book Group at Folio Books.

Schumann.

Both Festinger and Moe have doctorates in music composition from the University of California at Berkeley and are music professors, Festinger at San Francisco State and Moe at the University of Pittsburgh. Christine Brandes has appeared with major orchestras and opera companies throughout North America, singing classical songs and arias from the 17th, 18th, and 19th centuries, as well as more contemporary music.

The concert is at 4 p.m. Buy your \$25 tickets at [nvcm.org](http://nvcm.org). The Noe Valley Ministry is located at 1021 Sanchez St.

Crab Feed at St. Paul’s

The St. Paul’s School Athletic Board is hosting a crab feed and auction to benefit the school’s athletic program Saturday, Feb. 25, 5:30 to 9 p.m., at the St. Paul’s Church parish center, 1690 Church St. Sports supported at the K-8 school in Upper Noe Valley are baseball, basketball, soccer, and volleyball, according to

CONTINUED ON NEXT PAGE

Rain Delays Noe Courts Remodel

The winter rains soaking Northern California have been great for replenishing the state’s depleted water supplies. But the storms have wreaked havoc on the construction timeline of the Noe Courts Park remodel project.

City recreation and park officials had expected the \$1.2 million project to wrap up by the end of February. They now expect the park to reopen to the public sometime in March.

“The construction of Noe Courts is delayed due to weather. The ground has to be dry enough for us to construct the tennis courts. Then we need a few rain-free days to surface the courts,” explained Joey Kahn, a spokesman for the agency, in mid-January.

As reported in the December/January issue of the *Voice*, the overhaul of the small neighborhood park at the corner of 24th and Douglass streets includes not only upgrades to the existing tennis and basketball courts but also overhauled single-stall restrooms, a terraced lawn with seating, picnic tables, and new midblock entryways from 24th and Elizabeth streets.

A new snaking ramp will allow for better wheelchair access. The irrigation system is being replaced, and new drought-tolerant plants will be added to the green space.

For updates about the Noe Courts Park project, visit <http://sfrecpark.org/project/noe-courts-park-improvement-plan/>.

—Matthew Bajko

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Two films by the late Lise Swenson (center), *Saltwater* and *Mission Movie*, will be among the 91 films screened at this month's SF Indie Fest.

Film Fests in Mission and Castro

San Francisco's film fest season gets under way this month with two festivals—one featuring independent films and the other showing films from Germany, Austria, and Switzerland.

More than 11,000 people are expected to attend the 19th **SF Independent Film Festival**, running Feb. 2 to 16 at three Mission District venues: Alamo Drafthouse, the Brava Theater, and the Roxie Theater. The lineup of 43 full-length and 48 short films from 22 countries also will include works by artists from the Mission District, Bernal Heights, and the Castro.

The festival will present the world premiere of *Saltwater*, a drama by director Lise Swenson, a former Mission District resident who died last June. She posthumously will receive the SF IndieFest Vanguard Award. The former City College film professor filmed parts of *Saltwater* in the Mission, Potrero Hill, Excelsior, and SOMA neighborhoods. It will air Feb. 9, 7:15 p.m., and Feb. 11, 2:30 p.m., at the Roxie, 3117 16th St.

*Mission Movie*, another film by Swenson, screens Feb. 11, 12:30 p.m., also at the Roxie. It's about the lives of several neighbors in the Mission District during the early 2000s.

The opening night centerpiece Feb. 2 at the Brava (2781 24th St.) is *Folk Hero & Funny Guy*, a film about a struggling comedian, directed by Jeff Grace. Besides the films, there are 10 parties—including the Big Lebowski Party—held at various venues around the city.

Tickets are \$12 to \$14 for individual films. For more information, go to [www.sfindie.com](http://www.sfindie.com) or call 415-820-3907.

The **Berlin & Beyond Film Festival**, sponsored by the San Francisco Goethe-Institut, returns to the silver screen for the 21st time Feb. 3 to 8, presenting more than two dozen films at three Bay Area venues. An estimated 12,000 people are expected to attend.

The schedule includes the world premiere of Jan Tenhaven's *Silicon Valley Revolution*, a documentary about pioneers in the personal computer industry. Filmed in the Bay Area, it will screen Feb. 4, 5 p.m., at the Castro Theatre, 429 Castro St. *Scrappin'*, a family drama by Oscar nominee Max Zähle, will be shown opening night Feb. 3, 8 p.m., also at the Castro.

A major highlight of this year's festival will be films by and about women, including the controversial drama *24 Weeks*, about late abortion. It screens at the Castro Feb. 4, 2:30 p.m.

Prices to the Castro Theatre screenings range from \$20 to \$240 (for all the films). For other details, go to the Goethe-Institut's site online, [Goethe.de/SF](http://Goethe.de/SF).

—Corrie M. Anders

SHORT TAKES

CONTINUED FROM PREVIOUS PAGE

organizer Stephen Beddoes.

Ticket prices are adults \$60, children \$15, and kids under 6 free. That buys you fresh crab, caesar salad, bread, and dessert. There will also be a pay-as-you-go bar and an auction at the event.

Go to [www.facebook.com/events/380282538977635](http://www.facebook.com/events/380282538977635) for more information.

For tickets, contact Beddoes at [stephenbeddoes@gmail.com](mailto:stephenbeddoes@gmail.com).

May Flowers for Garden Tour

The 2017 Noe Valley Garden Tour committee is considering gardens during late February through the end of March for the 11th tour, which will be happening this May. Your garden may be a little sad right now, but you know by May it will be gorgeous. Contact committee chair Linda Lockyer at [lindalockyer3@gmail.com](mailto:lindalockyer3@gmail.com) to set up a look-see.

The committee, which is a part of the group Friends of Noe Valley, is also looking for a neighborhood gardening project with public access to be the beneficiary of this year's tour. Send a note outlining your project to Lockyer at the above email. Previous tour donations went toward landscaping at Upper Noe Recreation Center and the Noe Valley Library, gardens at Fairmount and Alvarado schools, the 22nd Street Jungle Stairs, and a planting project along the Guerrero Street median.

**Classical Concerts for Kids**

The Noe Valley Ministry at 1021 Sanchez St. will be the venue for two

classical concerts in February for the young and young at heart.

For Valentine's Day, the Bay Area Vocal Academy presents "Love Song Matinee," Saturday, Feb. 11, 3 to 4:30 p.m. The talented young singers from BAVA will sing about love in all its manifestations through the music of Debussy, Schubert, Purcell, and other composers. A reception follows the concert. Buy \$20 general admission and \$5 student tickets at [bayareavocalacademy.org](http://bayareavocalacademy.org).

The next weekend, the Trinity Alps Chamber Players will play music inspired by Rudyard Kipling's *Just So Stories* at the Ministry. The book imagines how different animals got their distinctive features. The six-member ensemble will each take on a different animal while a narrator reads the story.

This Classical Kids concert is set for Saturday, Feb. 18, at 10:30 a.m. Tickets are available at [nvcn.org/classical-kids](http://nvcn.org/classical-kids)—\$15 general admission and \$40 for a family pass.

Movies in Noe Valley

The Noe Valley Library shows movies each month on a Friday afternoon. The February matinee is *Sunset Boulevard* Friday, Feb. 10, 2 p.m., in the ground-floor meeting room. Admission is free.

This 1950s black-and-white film, starring Gloria Swanson and William Holden, is a noir classic about Norma Desmond, a faded silent movie star, and her studly young paramour. Famous quotes from Norma are "I am big! It's the pictures that got small!" (think television) and "All right, Mr. DeMille, I'm ready for my closeup."

The Noe Valley/Sally Brunn Library is located at 451 Jersey St., between Castro and Diamond streets.

*This month's Short Takes were compiled and written by Richard May.*

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Classical kids

Trinity Alps Chamber Players  
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Location	Time	Tickets
Noe Valley Ministry 1021 Sanchez St.	Saturday at 10:30am	\$40 - Family of 4 \$15 - Individual

Supported by the San Francisco Arts Commission

TICKETS [nvcn.org/classical-kids](http://nvcn.org/classical-kids)



# Uma Casa Now Our Casa

Portuguese Restaurant Welcomed  
On Church Street

By Tim Simmers

Chef Telmo Faria had his eyes on Noe Valley for a long time, as the ideal site for his dream Portuguese restaurant, Uma Casa.

When he discovered the old Incanto restaurant space at Church and Duncan streets about a year ago, he knew the search was over.

“I felt it was right,” said the friendly Faria. “I liked the bones” of the place.

Faria opened Uma Casa in the first week of January, and local foodies poured in. For them it was one of the most anticipated restaurant openings in many months in San Francisco.

Uma Casa, which means “a home” in Portuguese, claims it is the only Portuguese eatery in the city. It features seafood and pork dishes and the family recipes Faria grew up eating on the island of Faial in the Azores of Portugal.

Faria’s reputation as a chef is what’s making people take notice. For 6½ years, as co-owner and executive chef of Tacolicious on Valencia Street, Faria created exotic tacos and other tasty fare at the popular restaurant. Before that, he was chef at LaSalette in Sonoma, the only Portuguese restaurant in Northern California for a while.

At Uma Casa, “it’s like Portugal meets San Francisco,” Faria beams. As Portugal takes advantage of its close proximity to the ocean for its cuisine, so will he mine the abundance of seafood in San Francisco.

Born in the Bay Area, Faria grew up in



Chef Telmo Faria says his new restaurant on Church Street, Uma Casa, is already “booked with a lot of reservations. I’m humbled.”

Photo by Beverly Tharp

Portugal from age 1 to 12. Then his parents brought him back to the South Bay. As a young man, Faria studied at the California Culinary Academy in San Francisco. His father owned a restaurant, so Telmo had the business in his blood.

Faria always fantasized about opening a Portuguese eatery to connect with his roots, even while helping write the Tacolicious cookbook and acting as its “chef’s ambassador.” He trained the chefs at five sites as Tacolicious expanded, including to an outlet opened late last year at San-

tana Row in San Jose. Another of Faria’s restaurant stops was as executive sous chef at Montrieo Bistro in Monterey. He also opened several “pop-up” restaurants in the Bay Area that attracted followings.

Those fans are coming to Uma Casa, too. Foodie Internet sites such as Eater SF and Table Top have been quick to write about Uma Casa’s launch, praising the food.

Faria points to his fresh seafood and stews, and pork entrees, as well as soups. The restaurant’s very personal for him, because some recipes are his grandmother’s. Salt cod and caldo verde soup are specialties. There’s also a raw fish bar with oysters, shrimp, mussels, clams, and crab. Faria’s the main chef at Uma Casa, and he’s also mixing in fusion ideas he got on his own and from chefs he knows around San Francisco. The cuisine is Mediterranean but is influenced by Brazil and India, and uses spices such as clove, cinnamon, saffron, and piri piri.

Some merchants on Church Street are excited about the new arrival.

“People are asking about it,” says Jaime Guerrero Jr., barista and son of the owner at Martha & Bros. coffee shop across the street. “Some people come in for a coffee before they eat there, or an espresso and dessert afterward.”

Max Conti, owner of La Ciccina Italian restaurant up the street, says it’s good for the community.

“It’s great to have new blood with new ideas and energy in the neighborhood,” says Conti. “It’s another place people can walk to and stay in the neighborhood.”

Faria set out to create a classic Portuguese restaurant with a contemporary twist. Uma Casa is bright, clean, modern, and simple. It employs 24 people and seats about 75. On tap is a private dining room that will seat another 20 or so. The private room will have a large table as a centerpiece, with mementos from his grandparents and old photos on the wall. There, the food will be served family-style.

“We’re booked with a lot of reservations, and I’m humbled,” Faria says.

The Noe Valley neighborhood is treating him well. Many locals have come in to eat, and he received strong encouragement from them when they dropped by before he opened.

“I like that it’s got a real sense of neighborhood here,” says Faria. “Lots of people grew up here and stayed to raise their children.” The easy access to transportation on Church Street also pleases him.

The restaurant serves beer and wine, with many Portuguese wines and port. His partner and go-to person, Nora Furst, created the cocktail menu.

“I just want people to come in and check it out and give us a shot,” says Faria. “Portuguese food is new, but there’s a lot of flavor people will be familiar with.”

Uma Casa dishes range from \$5 to \$9 for small plates to \$20-plus for seafood dishes and \$28 for seafood stew entrees. It’s located at 1550 Church St. and is open for dinner 5 to 10 p.m. every day but Monday. On Friday and Saturday, the restaurant stays open until 11 p.m. ■

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## STORE TREK

*Store Trek is a regular feature of the Noe Valley Voice, introducing new stores and businesses in Noe Valley. This month, we profile a fitness program on 24th Street tailored for moms-to-be.*

### THE LOTUS METHOD

3989 24th Street at Noe Street

[thelotusmethods.com](http://thelotusmethods.com)

415-966-2989

[info@thelotusmethods.com](mailto:info@thelotusmethods.com)

Passersby of the old Ambiance space on 24th Street have probably noticed the subtle purple hues of the Lotus Method through the windows. Specializing in one-on-one strength training for women who are pregnant or postpartum, the fitness studio opened in Noe Valley in April.

Founder and creator Caitlin Ritt was a personal trainer at the city's Sports Club L.A. (now Equinox) in the late 2000s when she saw a niche that needed filling. She became a master trainer—which means she trains other personal trainers—and designed an exercise program specifically for pre- and postnatal clients. In 2014, she opened the first Lotus Method, on Jessie Street in South of Market.

The focus is on “functional movement patterns, postural alignment, and breathing, and we tailor the programs individually to each woman's needs,” Ritt says.

What is functional movement? Ritt explains it's the thought process behind actions we do every day, such as bending over and picking something up, whether it's the groceries or a child.

“It's the squatting you do over and over as you get in and out of a chair,” she says. “It's pushing a stroller and pulling a door open. So we train clients to incorporate those primal movement patterns that we do daily in the most efficient, optimal way possible.”

She believes this is especially important for new moms, who are doing new repetitive motions like breastfeeding and carrying a newborn and bags full of supplies. “We cue breathing and postural alignment throughout, and work to get women out of any compensations they might have, plus create strength to head off aches and pains. Hopefully, we make them feel confident and strong, and good within their bodies.”

The program builds strength for preparing for pregnancy, giving birth, and



Leslie Ylinen, Emily Huff, Caitlin Ritt (owner), and Jess Hess are the experts in strength training for pregnant women at the Lotus Method, now on 24th Street. Photo by Pamela Gerard

for getting back into shape afterwards. “We like to say it's for motherhood,” Ritt says.

The studio's four exercise specialists, including Ritt, work with clients on everything from how to pick up a baby correctly to minimize back pain, to integrating their core—their pelvic floor and transverse abdominal muscles. The trainers hope to keep their clients from experiencing the physical discomforts that can be associated with pregnancy. They also focus on preparing for the physical demands of labor.

Most first-time clients are in their late first trimester or second trimester, says Ritt, and many stick with the studio three to 12 months after giving birth. Some are still doing the Lotus Method five years later. “The thought is that postpartum is forever,” she says.

Each client's post-birth goal is unique, Ritt says. Some want to get back to running. Others want to restart their pre-pregnancy workout routines.

To that end, exercise specialists show clients how to use body weights, free weights, boxes for step-up training, suspension equipment, balls, bands, and a Kinesis weighted cable machine for resistance. They offer a table for stretching, especially for women in the ninth month of pregnancy, for whom getting down on the floor may be difficult.

Ritt upgraded the former Ambiance space to make it energy-efficient and

ADA-compliant. Now it's a large open space, with new flooring and lighting. “Basically, everything was brought up to code and given a facelift,” she says.

One wall is covered in a mirror, and the others are painted purple, the Lotus Method's logo color. There's also a changing room, restroom, and staff room, plus a cozy chair for assessment meetings and nursing moms.

Ritt is thrilled to be in Noe Valley, which was the first neighborhood she lived in when she moved to San Francisco a decade ago. The former ballerina is married and now lives in SOMA. She says clients at her two other studios—she also has one in the Marina—had begged her to open a Noe Valley location. It's already become popular with clients from San

Francisco to Burlingame.

Women with high-risk pregnancies or special circumstances like twins, low back pain, or diastasis (abdominal separation) are all welcome. Lotus Method trainers work closely with Liz Miracle of Miracle Physical Therapy on Diamond Street for pelvic floor rehabilitation.

“This is actually why we do the one-on-one approach versus the class model, so we can address those things,” Ritt says. “Every woman is different.”

Because the program is personalized, prices are too. Membership begins with a complimentary assessment, which is \$50 if the woman chooses not to sign up. At the assessment, a trainer asks questions, watches the potential client move, and begins to tailor a package specifically for that woman.

Membership includes one complimentary class per week with a maximum of six members in attendance. The goal is to create a safe, private space. Postpartum classes include mommy-and-me time with babies.

“We offer this as an additional workout and so women can meet other women, and have that community element,” Ritt says.

Even if clients move on after completion, they often stay in touch.

“They become our friends,” Ritt says with a smile. “We get the birth announcements, we go to kids' birthday parties. We have kids stop by all the time that we trained in the womb. One thing that I'm proud of is that we've created a pretty amazing community of women supporting women. It's exciting.”

While the personal training sessions and group classes are only for members, the studio sometimes hosts community events that are open to the public. For more information on the Lotus Method, visit the website, call, or email.

—Olivia Boler



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# STORE TREK

Store Trek is a regular Voice column profiling new stores and businesses in Noe Valley. But sometimes we wander east and stumble upon an espresso bar.

## THE TEMPORARIUM

3414 22nd Street at Guerrero  
415-547-0616

<http://www.temporarium.coffee/>

Calling it a coffeehouse is a bit of an overstatement, as the Temporarium is more of a coffee nook. At 300 square feet, there is just enough space for owner Avery Burke to work his magic on his manual espresso machine and provide seating for seven customers.

The limitations of the storefront have turned out to be advantageous in attracting media coverage, however, as reporters with various outlets have made the trek to see the jewel box of a space for themselves since the business opened March 10. And this fall local high school students chose it for a marketing project and have been surveying its customers.

In September Burke even launched a music series, announcing via the Temporarium's Facebook page that it was "no longer just a ridiculously tiny coffee shop. It's now also a ridiculously small music venue!"

"We crammed 25 people in here, but it wasn't comfortable," admitted Burke, a musician himself.

Burke readily acknowledges that when he took over the lease for the space, which straddles the border between Noe Valley and the Mission, he had some misgivings about the location. He is subleasing from



Temporarium owner Avery Burke serves a cappuccino he made with a Kees van der Westen espresso machine, designed as both a coffee purveyor and a work of art. Photo by Pamela Gerard

the previous tenant, an Asian-French fusion pastry shop called Sweetmoe, which closed in April of 2015 after a two-year stint.

"I wasn't sure it would work for me. It is a small spot and close to the Mission, which has a bunch of great coffee shops," said Burke, 36, a fifth-generation San Franciscan who moved to San Jose as a child and now lives with several artists in South of Market. "I scoped it out for a while and did a floor plan. Part of the thing that attracted me to it was it is already zoned for limited-use service."

Another bonus was the low cost to rent the space.

"It is a slow area. From my understanding, small businesses in this location have not done super great. It is why the rent is really affordable here," said Burke, who put on hold his pursuit of a philosophy

master's degree from San Jose State University to run the Temporarium.

Since opening his doors, Burke has attracted a loyal following. Although foot traffic is a trickle most weekday afternoons, he serves a steady stream of caffeine seekers in the mornings and on weekends.

"Things are going well," Burke said. "I have met a lot of interesting people living in this neighborhood. You meet writers, scientists, a lot of neat people who live here. I feel like I have made a lot of friends, which is really nice."

As he explained to the website Hoodline, the business' name plays off the storefront's dimensions, being "a little terrarium full of temporary things." Often asked if the name also means he will only be there for a limited time, Burke told the *Noe Valley Voice* in early November that it is a possibility.

He has less than a year left on his lease, with an option to renew for three years, and is beginning to explore his choices.

"I want to do some kind of expansion like open a second location, or if some-

thing really presented itself, I could move to a bigger space. I am not sure yet," said Burke, who as of now is the only one working at the Temporarium. "The problem is I work every single day. I have no perspective at the moment."

He is training friends to work for him so he can take time off to finish his college thesis. For the time being, he can be found seven days a week working his specialty espresso machine crafted by Kees van der Westen, "a coffee celebrity," said Burke, "who makes some of the best coffee machines in the world."

His he bought used for 8,000 Euros, about half of what it would cost brand new, from a caterer in the Netherlands that the company suggested he contact and had it shipped to San Francisco.

"They don't make the manual machines anymore, so I called them and asked if they had a manual one to sell. They said to call this guy who does catering and might have a machine he wants to offload," said Burke. "I had him send it to me and it arrived on a pallet with a tarp over it. I thought this has surely been destroyed, but it was totally in perfect shape."

Having worked for a number of local coffee-roasting companies since 2003, Burke a few years back began to think about opening his own cafe. Last year he started to scout locations.

"I had been looking on and off for a while," he said. "I just assumed I would never afford anything in San Francisco."

The Temporarium is open 7 a.m. to 3 p.m. on weekdays and from 8 a.m. to 6 p.m. on weekends. Along with cappuccinos and lattes, Burke each month features a signature drink he creates. Past concoctions have included burnt sage and honey steamed together with espresso and pomegranate molasses and curry on the rim of the cup as well as a cold coffee brewed with sarsaparilla.

"It has been a learning experience," said Burke of opening his own business. "But anything that is a learning experience is good in my mind."

—Matthew S. Bajko

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Photo by Pamela Gerard

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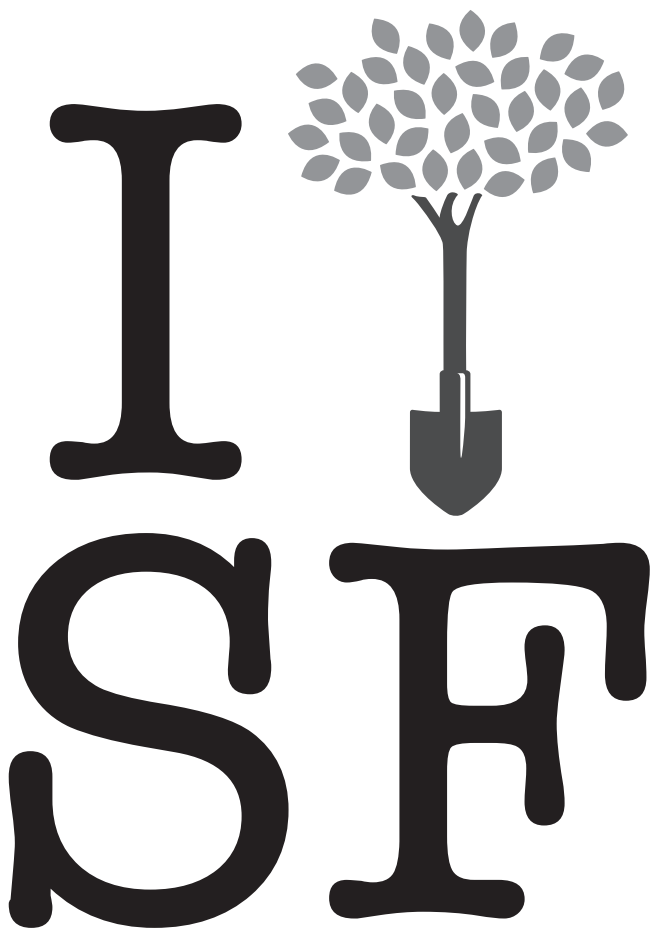
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**Retired Symbol?**

The jeweled base of a sidewalk tree on Chenery Street contains a reminder for us to imagine.  
*Photo by Jack Tipple*

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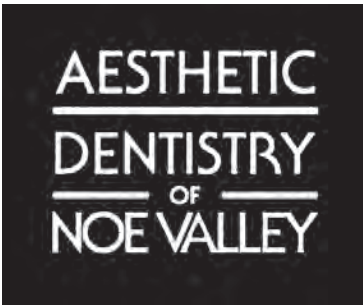
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**Looking Down.** A sidewalk poem set in stone..

Photo by Jack Tipple



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FEBRUARY 2017

**Feb. 1:** The GLBT HISTORY Museum has a free day on first Wednesdays. 11 am-7 pm. 4127 18th. 621-1107; GLBThistory.org.

**Feb. 1:** The Noe Valley Library hosts a CRAFT WORKSHOP for adults to make paper beads; supplies provided. 7-9 pm. 451 Jersey. Sign up at 355-5707 or sfpl.org.

**Feb. 1-26:** GALLERY SANCHEZ exhibits "House and Garden," new work by Marc Ellen Hamel and Kit Cameron. Weekdays, 9:30 am-1:30 pm. 1021 Sanchez. 282-2317; noevalleyministry.org.

**Feb. 1-14:** The Noe Valley Library's "We Want You Back!" FINE forgiveness program means no late fees, no matter how long overdue the material is. 451 Jersey. 355-5707; sfpl.org.

**Feb. 1 & 15:** Children ages 4 and up can read to a dog named Oliver at PUPPY DOG TALES. 6:30-7:30 pm. Eureka Valley Library, 1 Jose Sarria Court (16th & Market). 355-5616; sfpl.org.

**Feb. 1, 8, 15 & 22:** The Eureka Valley Library offers BABY RHYME and play time on Wednesdays, 1:30 to 2:15. 1 Jose Sarria Court (16th & Market). 355-5616; sfpl.org.

**Feb. 1-22:** AL-ANON meets Wednesdays 8 to 9:30 pm at St. Philip's Church. 725 Diamond. 834-9940; al-anonsf.org.

**Feb. 1-22:** Folio Books hosts STORYTIME for toddlers every Wednesday at 10 am. 3957 24th. 821-3477; foliosf.com.

**Feb. 1-22:** Chris Sequeira leads free senior QIGONG classes Wednesdays, 1 to 3 pm, at Upper Noe Rec Center, Day & Sanchez. 773-8185; livingtaichi@yahoo.com

**Feb. 1-22:** Holy Innocents Episcopal Church hosts Candlesong, a TAIZE-style service followed by a potluck on Wednesdays at 5:30 pm. 455 Fair Oaks. 824-5142.

**Feb. 1-28:** Noe Valley OVEREATERS Anonymous meets Monday through Saturday, 7 am, at St. Aidan's Church, 101 Gold Mine. oasf.org.

**Feb. 1-28:** Charlie's Corner offers children's STORYTIMES every day. Mon.-Fri., 10 – noon, 3 & 5 pm; Sat. &

Sun., 10:30 am, 12:30 & 3:30 pm. 4102 24th; 641-1104.

**Feb. 1-28:** The On Lok 30th Street SENIOR CENTER serves lunches for people over 60, weekdays and Saturdays. Noon & 1 pm. 225 30th. 550-2211.

**Feb. 1-March 9:** Creativity Explored hosts LANCE RIVERS' first solo art exhibit, "Landscape Architecture." Mon.-Fri., 10 am-6 pm; Sat. & Sun., noon-5 pm. 3245 16th. 863-2108; creativityexplored.org.

**Feb. 2:** Lou Bustamante introduces The Complete COCKTAIL Manual: 285 Tips, Tricks, and Recipes. 6:30-7:30 pm. Omnivore Books, 3885A Cesar Chavez. 282-4712; omnivorebooks.com.

**Feb. 2:** Liz Stone performs a COMEDY show in Valley Tavern's first Thursday of the month "Comedy Gold." 9:30 pm. 4054 24th. 285-0674; lizzystone@gmail.com.

**Feb. 2, 9 & 16:** Miss Catherine tells TODDLER TALES with books, rhymes, music, and movement; on Feb. 16, celebrate Black history with picture stories and songs. 10:15 & 11 am. Noe Valley Library, 451 Jersey. 355-5707; sfpl.org.

**Feb. 2-16:** The 19th SF INDEPENDENT FILM Festival screens at the Alamo Drafthouse, the Brava Theater, and the Roxie Theater. For a program: 820-3907 or sfndie.com.

**Feb. 2-23:** Bring your storehouse of knowledge to TRIVIA NIGHT on Thursdays at the Dubliner; 3838 24th. 8 pm. 285-0674; brainstormer.com.

**Feb. 3:** The CHINESE NEW YEAR celebration of the Year of the Red Fire Rooster features a 10 am story time and snacks throughout the day. Charlie's Corner Bookstore, 4102 24th. 641-1104; charliescorner.com.

**Feb. 3:** Ian Stallings Design GALLERY features a new artist opening on the first Friday of the month, with a 6 to 8 pm reception. 3848 24th.

ianstallings.com.

**Feb. 3-8:** The Castro Theatre is one of three venues for the Berlin & Beyond FILM FESTIVAL. For details and scheduling: goethe.de/sf.

**Feb. 3-24:** Shout "BINGO!" at St. Paul's on Friday nights at 6:45 pm (doors open at 5 pm); snack bar available. St. Paul's Parish Hall, 221 Valley. 648-7538.

**Feb. 3-24:** The Friday-night JAZZ series continues at Bird & Beckett with artists Don Prell, the late Jimmy Ryan's spin-off bands, the Scott Foster Ensemble, and the 230 Jones Street, Local 6 Literary Jazz Band, featuring Dorothy Lefkowitz. 5:30-8 pm. 653 Chenery. 586-3733; birdbeckett.com.

**Feb. 3-24:** Chris Sequeira leads a free Friday KARAOKE for Adults gathering at Upper Noe Rec Center. 6:30-8:30 pm. 295 Day. 970-8061.

**Feb. 4:** Artists Leonard Breger and Beth Pewther host an OPEN HOUSE with tours, conversation, and tea and cookies the first Saturday of the month. 10 am-1 pm. 80 Bronte. 826-2952; artfools.com.

**Feb. 4:** The Noe Valley KNITTING CIRCLE meets at the Noe Valley Library from 10:30 am to 12:30 pm. 415 Jersey. 255-7200.

**Feb. 4:** Noe Valley Wine & Spirits hosts a WINE TASTING from noon to 5 pm, featuring Loire Valley Classics. 3821 24th. 374-7249.

**Feb. 4:** Attorney J. Scott Weaver holds an EVICTION WORKSHOP, in collaboration with the SF Tenants Union. 1-2 pm. Noe Valley Library, 451 Jersey. 355-5707; sfpl.org.

**Feb. 4:** The Eureka Valley Library's new LGBT BOOK CLUB discusses David Leavitt's The Two Hotel Francforts. 4-5 pm. 1 Jose Sarria Court (16th & Market). 355-5616; sfpl.org.

**Feb. 4-25:** Each Saturday, the Noe Valley FARMERS MARKET brings you fresh produce and live music from 8 am to 1 pm. 3861 24th. 248-1332; noevalleyfarmersmarket.com.

**Feb. 4-25:** Upper Noe Rec Center offers free YOGA CLASSES Saturdays 9:15-10:15 am. Day & Sanchez. 970-8061; noevalleyreccenter.com.

**Feb. 4-25:** The "Meet the ANIMALS!" event at the Randall Museum features California wildlife. Saturdays, 11 am. Mission Art Center, 745 Treat. 695-5014.

**Feb. 4-25:** Saturday night JAZZ at Bird & Beckett features local performers from 7:30 to 10 pm; refreshments available. 653 Chenery. birdbeckett.com.

**Feb. 4-28:** Meet under the rainbow flag at Harvey Milk Plaza (Castro and Market) for a City Guides walking tour of the CASTRO. Sat., Sun. & Tues., 11 am. 557-4266; sfcityguides.org.

**Feb. 5:** Folio Books hosts a STORY TIME with Jill Apperson Manly and Alyssa Casey to introduce their Swaziland adventure story for ages 3 and up, Northando's Journey. 11 am. 3957 24th. 821-3477; foliosf.com.

**Feb. 5 & 19:** SF City Guides leads a free WALKING TOUR of Noe Valley on first and third Sundays at 1:30-3:30 pm. Meet at the Noe Valley Library, 451 Jersey. 557-4266; sfcityguides.org.

**Feb. 5-26:** Meet at the gold fire hydrant at 20th and Church at 11 am Sundays for a City Guides walking tour of the area around MISSION DOLORES. 557-4266; sfcityguides.org.

**Feb. 6, 13 & 27:** The Augmentative and Alternative Communication (ACC) Club meets Mondays from 4:30 to 5:30 pm. Noe Valley Library, 451 Jersey. 355-5707; sfpl.org.

**Feb. 7:** The Noe Valley Library offers an eREADER drop-in from 10:30 to 11:30 am. 451 Jersey. 355-5707; sfpl.org.

**Feb. 7, 14, 21 & 28:** The Eureka Valley Library offers its TODDLER TALES on Tuesdays, 10:30 am. 1 Jose Sarria Court (16th & Market). 355-5616; sfpl.org.

**Feb. 8:** The GREAT BOOKS Discussion Group at the Noe Valley Library meets from 6:15 to 8:15. 451 Jersey. 355-5707; sfpl.org.

**Feb. 9:** The LGBT SENIOR discussion group meets at 30th Street Senior Center. 10-11:30 am. 225 30th. 296-8995, ext. 5.

**Feb. 9:** Kristin Henry leads an all-adult pre-Valentine's Day COLORING NIGHT, with wine. 6 pm. Folio Books, 3957 24th. foliosf.com.

**Feb. 9:** Kathy Gunst discusses SOUP Swap: Comforting Recipes to Make and Share. 6:30-7:30 pm. Omnivore Books, 3885A Cesar Chavez. 282-4712; omnivorebooks.com.

**Feb. 10:** The Noe Valley Library screens Sunset Boulevard, starring Gloria Swanson and William Holden. 2-4 pm. 451 Jersey. 355-5707; sfpl.org.

**Feb. 11:** LADYBUG GARDENERS work on the Upper Noe Rec Center park grounds on the second Saturday of the month. 9 am-noon. Day & Sanchez. info@noevalleyreccenter.com.


**Feb. 11:** Green Mann and Lisa Erdos conduct a free PLANT CLINIC on the second Saturday of the month. 10 am-noon. 30th Street Senior Center, 225 30th. lisa.erdos@att.net.

**Feb. 11:** Natural Resources invites you to meet doulas (2-4 pm) and home-birth MIDWIVES (4-6 pm). 1367 Valencia. 550-2611; naturalresources-sf.com.

**Feb. 11:** Georgia Freedman introduces There's Always Room for CHOCOLATE: Recipes from Brooklyn's The Chocolate Room. 3-4 pm. Omnivore Books, 3885A Cesar Chavez. 282-4712; omnivorebooks.com.


**Feb. 11:** The Bay Area Vocal Academy performs "LOVE SONG Matinee," from 3 to 4:30 pm. Noe Valley Ministry, 1021 Sanchez. bayareavocalacademy.org.

**Feb. 12:** Shaping SF and Rick Prelinger host a ten hour marathon of "Lost Landscapes," archival San Francisco FILM FOOTAGE. Noon-10 pm. Shaping San Francisco, 518 Valencia. foundsf.org.





# BOOMERS AND BEYOND

THURSDAY, MARCH 16, 2017  
THE WESTIN ST. FRANCIS HOTEL



A conversation with Dr. Mario Martinez, Founder of the **Biocognitive Science Institute** and international author of the #1 best-seller **The MindBody Code**, and soon to be released **The MindBody Self**.


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 **ON LOK**

**The annual event benefitting the 30th Street Senior Center**

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For more information,  
contact E. Carmen Torres  
[ctorres@onlok.org](mailto:ctorres@onlok.org) 415.550.2213







3957 24th St. | 415-821-3477

*"When you give someone a book, you don't give them just paper, ink, and glue, you give them the possibility of a whole new world."*

— Christopher Marley

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*For a full description of all our upcoming events visit: [foliosf.com/events](http://foliosf.com/events)*



## CALENDAR

**Feb. 12:** Matthew Fox discusses his book, *Sins of the Spirit, Blessings of the Flesh*, TRANSFORMING EVIL in Soul and Society. 2 pm. Herchurch, 678 Portola. herchurch.org.

**Feb. 12:** Alanna Taylor-Tobin discusses *Alternative Baker: Reinventing DESSERT with Gluten-Free Grains and Flours*. 3-4 pm. Omnivore Books, 3885A Cesar Chavez. 282-4712; omnivorebooks.com.

**Feb. 12:** Noe Valley CHAMBER MUSIC hosts a concert by Christine Brandes and Friends. 4 pm. Noe Valley Ministry, 1021 Sanchez. nvcn.org.

**Feb. 12:** Folio Books' YA BOOK GROUP for ages 13 to 18 hosts a zine making workshop with Anand Vedawala. 4 pm. Folio Books, 3957 24th. 821-3477; foliosf.com.

**Feb. 13:** ODD MONDAYS hosts writers Jeanne Powell, Holman Turner, and Richard Sanderell, and political scientist Gerald Heather. 7 pm at Folio Books, 3957 24th. No-host supper, 5:30 pm, Haystack Pizza, 3881 24th (rsvp jlsender@webtv.net). Call 821-2090 to confirm; oddmondays.com.

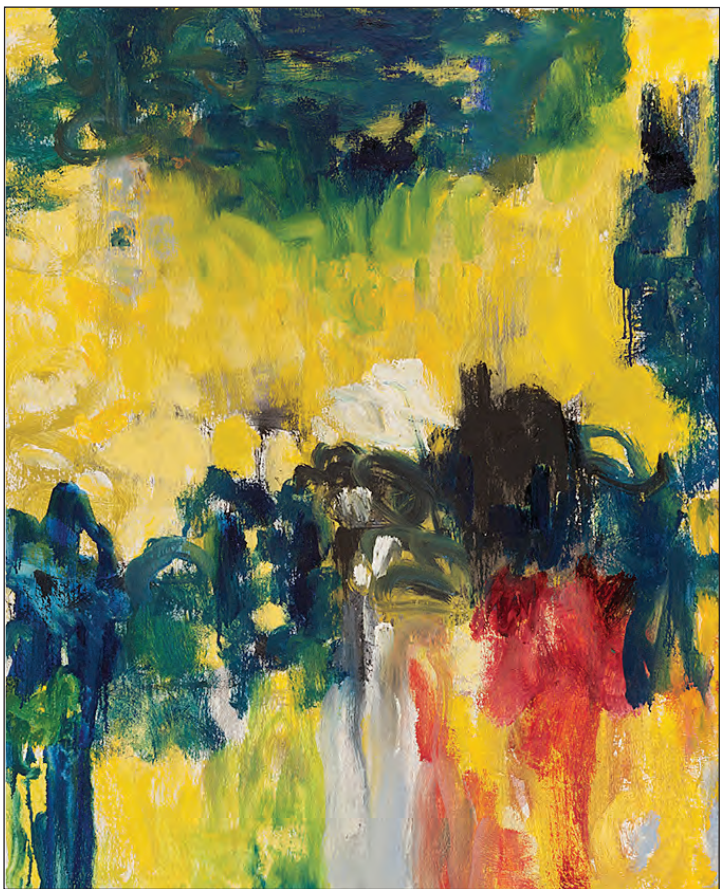
**Feb. 14:** PFLAG meets at the Women's Building, 3543 18th, on the second Tuesday of the month, 7 to 9 pm. 921-8850; pflagsf.org.

**Feb. 14:** John Freeman discusses World War II in "War Anxiety Grips Home Front San Francisco," at the SF Museum and HISTORICAL SOCIETY. 7:30 pm. Roosevelt Middle School Auditorium, 460 Arguello. 537-1105, ext. 100; sfhistory.org.

**Feb. 15:** The Noe Valley BOOK DISCUSSION Group reads *The Curious Incident of the Dog in the Night-Time* by Mark Haddon. 7-8:30 pm. Noe Valley Library, 451 Jersey. 355-5707; sfpl.org.

**Feb. 16:** Andrea Nguyen introduces *The PHO Cookbook: Easy to Adventurous Recipes for Vietnam's Favorite Soup and Noodles*. 6:30-7:30 pm. Omnivore Books, 3885A Cesar Chavez. 282-4712; omnivorebooks.com.

**Feb. 16:** Ingleside POLICE STATION holds a community meeting on third Tuesdays. 7 pm. Community Room, 1 Sgt. John V. Young Lane. 404-4000; inglesidepolicestation.com.



*Nature Poem*, is the title of an oil painting by Marc Ellen Hamel on view at the Gallery Sanchez show "House and Garden". 1021 Sanchez Street, Feb. 1 through 26.

**Feb. 16:** COMEDY Returns to El Rio with Lisa Geduldig and friends. 8 pm. 3168 Mission. elriosf.com.

**Feb. 17:** BOOKWORMS Club (ages 8 to 12) meets at 6 pm. Folio Books, 3957 24th. RSVP required: 821-3477 <http://www.eventbrite.com/e/bookworms-club-tickets-25485102628>.

**Feb. 18:** Noe Valley Chamber Music's CLASSICAL KIDS series presents a concert by the Trinity Alps Chamber Players. 10:30 am. Noe Valley Ministry, 1021 Sanchez. nvcn.org/classical-kids.

**Feb. 18:** Everyone's invited to the second annual meeting of the GLEN PARK Neighborhood History Project, from 3:30 to 5:30 pm at the Glen Park Library, 2825 Diamond. [glenparkhistory.wixsite.com](http://glenparkhistory.wixsite.com).

**Feb. 18:** Newly-formed political action group STAND UP SF hosts its second meeting from 2 to 5 pm. For location, email [paul@standupsf.net](mailto:paul@standupsf.net) or [laura@standupsf.net](mailto:laura@standupsf.net).

**Feb. 18:** Kitka and Mahsa Vahdat perform "Songs to the Beloved" at 8 pm. SF LIVE ARTS at St. Cyprian's,

2097 Turk. 454-5238; noevalleymusicseries.com.

**Feb. 22:** The RESILIENT Diamond Heights work group meets the fourth Wednesday of the month from 3:30 to 5 pm. St. Aidan's Church, 101 Gold Mine. 867-5774.

**Feb. 22:** Litquake and the SF Ballet offer a free performance, "FRANKENSTEIN at the Ballet: Mary Shelley and Her 'Hideous Progeny.'" 6 pm. War Memorial Opera House, 301 Van Ness. litquake.org.

**Feb. 22:** Rebecca Katz discusses *The CANCER-FIGHTING KITCHEN: Nourishing, Big-Flavor Recipes for Cancer Treatment and Recovery*. 6:30-7:30 pm. Omnivore Books, 3885A Cesar Chavez. 282-4712; omnivorebooks.com.

**Feb. 23:** Reel-to-Reel FILMS for preschoolers are shown at the Noe Valley Library at 10:15 and 11 am. 451 Jersey. 355-5707; sfpl.org.

**Feb. 23:** Jane Ziegelman and Andrew Coe introduce *A Square Meal: A CULINARY HISTORY of the Great Depression*. 6:30-7:30 pm. Omnivore Books, 3885A Cesar Chavez. 282-4712; omnivorebooks.com.

**Feb. 24:** HERCHURCH offers a Women's Drumming Circle the fourth Friday of the month. 6-7:30 pm. 678 Portola.

**Feb. 25:** A CRAB FEED and auction is a fundraiser for St. Paul's Athletic Board. 5:30-9 pm. St. Paul's Parish Center, 221 Valley. 648-7538; stpaulsf.org.

**Feb. 25:** "Big Night 2017," a dinner and dancing BENEFIT for James Lick Middle School, runs from 7 to 11 pm. Sandbox Studios, 555 Minnesota. [jameslickptsa.org](http://jameslickptsa.org).

**Feb. 25:** Maria Muldaur performs her show "Jazzabelle" at SF LIVE ARTS at St. Cyprian's. 8 pm. 2097 Turk. 454-5238; noevalleymusicseries.com.

**Feb. 27:** ODD MONDAYS hosts a conversation and reading by Richard Kamler, from his book *Seeking*

*Engagement: The Art of Richard Kamler*. 7 pm at Folio Books, 3957 24th. No-host supper, 5:30 pm, Haystack Pizza, 3881 24th (rsvp jlsender@webtv.net). Call 821-2090 to confirm; oddmondays.com.

**Feb. 28:** Celebrate MARDI GRAS at Charlie's Corner Bookstore with an all-day masquerade parade. 4102 24th. 641-1104; charliescorner.com.

**Feb. 28:** MISSION POLICE STATION holds its community meeting the last Tuesday of the month. 6 pm. 630 Valencia. 558-5400.

**Feb. 28:** John Freeman discusses the "Home Front SF in WWII" at the meeting of the SF HISTORY Association. 7 pm. St. Philip's Church, 725 Diamond. 750-9986; sanfranciscohistory.org.

**March 2:** "COMEDY GOLD" continues at the Valley Tavern on the first Thursday of the month. 9:30 pm. 4054 24th. 285-0674; lizziestone@gmail.com.



Christine Brandes and Friends perform at the Noe Valley Chamber Music series, Sunday, Feb. 12 at 4 p.m. — 1021 Sanchez Street.

### All You Need is Love

The next *Noe Valley Voice* will be the **March 2017** issue, distributed the first week of March. The deadline for items is Feb. 15. Please email [calendar@noevalleyvoice.com](mailto:calendar@noevalleyvoice.com). Events in Noe Valley receive priority. Thank you.



## FEBRUARY EVENTS AT OMNIVORE BOOKS

THU  
FEB  
2

LOU BUSTAMANTE • *THE COMPLETE COCKTAIL MANUAL: 285 TIPS, TRICKS, AND RECIPES* • 6:30-7:30 P.M. FREE, WITH COCKTAILS! Learn everything you need to know to craft the perfect cocktail—or two, or three...but who's counting?

THU  
FEB  
9

KATHY GUNST • *SOUP SWAP: COMFORTING RECIPES TO MAKE AND SHARE* • 6:30-7:30 P.M. FREE • Soup lovers will find 60 terrific recipes, featuring such classics as creamy Tomato Soup with Grilled-Cheese Croutons plus international favorites like Thai Red Curry-Chicken Noodle Soup.

SAT  
FEB  
11

GEORGIA FREEDMAN • *THERE'S ALWAYS ROOM FOR CHOCOLATE: RECIPES FROM BROOKLYN'S THE CHOCOLATE ROOM*. 3:00-4:00 P.M. FREE, WITH CHOCOLATES TO SAMPLE! *The Chocolate Room* has a simple mission: to create treats that bring back those original childhood memories of the pure joy of chocolate.

SUN  
FEB  
12

ALANNA TAYLOR-TOBIN • *ALTERNATIVE BAKER: REINVENTING DESSERT WITH GLUTEN-FREE GRAINS AND FLOUR* • 3:00-4:00 P.M. FREE • Alanna Taylor-Tobin offers more than 100 wholesome treats utilizing easily accessible alternative grains and flours for every taste and baking level.

THU  
FEB  
16

ANDREA NGUYEN • *THE PHO COOKBOOK: EASY TO ADVENTUROUS RECIPES FOR VIETNAM'S FAVORITE SOUP AND NOODLES* • 6:30-7:30 P.M. FREE • Andrea Nguyen dives deep into pho's lively past, visiting its birthplace and then teaching you how to successfully make it at home.

WED  
FEB  
22

REBECCA KATZ • *THE CANCER-FIGHTING KITCHEN, SECOND EDITION: NOURISHING, BIG-FLAVOR RECIPES FOR CANCER TREATMENT AND RECOVERY* • 6:30-7:30 P.M. FREE • This new and revised edition of the IACP award-winning cookbook brings the healing power of delicious, nutritious foods to those whose hearts and bodies crave a revitalizing meal, through 150 new and updated recipes.

THU  
FEB  
23

JANE ZIEGELMAN & ANDREW COE • *A SQUARE MEAL: A CULINARY HISTORY OF THE GREAT DEPRESSION* • 6:30-7:30 P.M. FREE • *A Square Meal* examines the impact of conomic contraction and environmental disaster on how Americans ate then—and the lessons and insights those experiences may hold for us today.

OMNIVORE BOOKS ON FOOD

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## Ash Wednesday

at St. Paul's Catholic Church

March 1, 2017

*"If today you hear His voice,  
harden not your hearts..."*

Ashes will be distributed  
at each of the following services:  
8:30 a.m. Mass • Noon Scripture Service  
6:00 p.m. Mass  
also

*Please join us this Lent for the  
Stations of the Cross  
March 8th through April 5th, 2017  
9 a.m. in the Chapel and  
Wednesday evening, 6 p.m. in the Church  
followed by a simple soup supper in the Rectory.*

*All are welcome.*

ST. PAUL'S CATHOLIC CHURCH

PARROQUIA DE SAN PABLO

221 Valley Street, San Francisco



ADULT PROGRAMS

Adult Craft Night, Paper Beads:

Create your own beads from paper, then string them into bracelets and necklaces; all materials provided. Space is limited: sign up at the info desk or register by calling 415-355-5707. Wednesday, Feb. 1, 7 to 8:30 p.m.

**Noe Valley Knitting Circle:** Learn knitting or crocheting or finish that sweater at the Knitting Circle, meeting the first Saturday of the month. Some supplies available. Saturday, Feb. 4, 10:30 a.m. to 12:30 p.m.

**Eviction Workshop with San Francisco Tenants Union:** Attorney J. Scott Weaver answers eviction-related questions and discusses tenant rights at a free workshop. Saturday, Feb. 4, 1 to 2 p.m.

**AAC Conversation Club** is an opportunity for users of Alternative and Augmentative Communication (AAC) devices, like Dynavox, QuickTalker, Tobii Sono Flex, and Talk Bar, to get together and explore new topics. Mondays, Feb. 6, 13, and 27, 4:30 to 5:30 p.m.

**eReader and Online Resource “Drop-In”:** Bring your mobile device or laptop, your library card and PIN, and any other passwords you might need to a workshop on using the library’s digital resources, such as eBooks, Zinio for magazines, and Hoopla! for movies, music, and audiobooks. Tuesday, Feb. 7, 10:30 to 11:30 a.m.

Learn and talk about outstanding works of writing at the **Great Books Discussion Group** sponsored by the nonprofit Great Books Council of San Francisco. For more information, contact Elena at eschmid@sonic.net. Wednesday, Feb. 8, 6:15 to 8:15 p.m.

**Friday Matinee:** The library screens *Sunset Boulevard*, director Billy Wilder’s 1950 story about an aging film queen (Gloria Swanson) who prepares for a grand comeback. Friday, Feb. 10, 2 to 4 p.m.

**The Noe Valley Book Discussion Group** reads a variety of contemporary fiction and nonfiction. The group’s February selection is *The Curious Incident of the Dog in the Night-Time*, a murder mystery by Mark Haddon. Wednesday, Feb. 15, 7 to 8:30 p.m.

All events take place at the Noe Valley/Sally Brunn Library, 451 Jersey St. between Castro and Diamond streets. For information, call 415-355-5707 or visit www.sfpl.org.

MORE BOOKS TO READ

Fine and Dandy

Good news! The San Francisco Public Library is continuing its “We Want You Back! Fine Forgiveness Program” through Feb. 14. That means late fees will be waived on all returned books, CDs, DVDs, and other materials, regardless of how long they’ve been overdue. So, if you’ve been too embarrassed to bring back *Charlotte’s Web*, now’s your chance. You’ll also want to check out the three new children’s French-language magazines available at the Noe Valley/Sally Brunn Library: *Histoires pour les petits*, *J’aime lire*, and *Les belles histoires*. Not to mention the many children’s titles in Spanish, French, and Italian. Before you go, take a peek below at the latest arrivals, selected by Noe Valley Branch Manager Denise Sanderson and Children’s Librarian Catherine Starr. Among the standouts is a collection of essays on manners by *Town & Country* magazine, a biography of writer/director Nora Ephron, and a book with fur-raising facts about Eclipse, the Bus-Riding Dog. To check on the availability of any or all of these items, call 415-355-5707, visit the San Francisco Library online (www.sfpl.org), or stop by the Noe Valley branch, 451 Jersey St. Please note all San Francisco libraries will be closed on Monday, Feb. 20, for President’s Day.

Adult Fiction

- In thriller *Dark Matter*, by Blake Crouch, author of the *Wayward Pines* trilogy, a man awakens to a frightening unknown world.
- Lindsey Lee Johnson’s debut novel, *The Most Dangerous Place on Earth*, is set at a Northern California high school.
- Two brothers born in a Mumbai, India, slum become cricket stars in *Selection Day* by Aravind Adiga.
- Luke McCallin’s latest Gregor Reinhardt novel, *The Divided City*, is a thriller set in post–World War II Germany.

Adult Nonfiction

- Laurie Wilson’s biography, *Louise Nevelson: Light and Shadow*, covers the life and artistic career of the 20th-century sculptor.
- *Performing for the Camera*, edited by Simon Baker and Fiontán Moran, examines the work of performance artists and their photographer collaborators.
- *Garden Time* is a new collection of poems by W.S. Merwin, the U.S. poet laureate for 2010-2011.
- *Town & Country Manners & Misdemeanors: Notes on Post-Civilized Society*, edited by Ash Carter, features 27 essays from the popular magazine.

Adult eBooks

- Memoir *Just Getting Started*, by Tony Bennett with Scott Simon, describes the people who influenced the singer throughout his long career.
- Richard M. Cohen details a longtime friendship in *She Made Me Laugh: My Friend Nora Ephron*.
- In his thriller *The Last Days of New Paris*, China Miéville combines true historical events with a fictional story about “Nazis and Surrealists battling in World War II–era Paris.”

- Two survivors try to solve the mystery of a plane crash in *Before the Fall* by Noah Hawley.

Children’s Fiction

- The different ways animals prepare for bed are described in *A Number Slumber*, written and illustrated by Suzanne Bloom. Ages 2 to 4.
- A young boy’s new baby sister becomes *The Bossier Baby*, in a tale written and illustrated by Caldecott Honor recipient Marla Frazee. Ages 3 to 6.
- In *Mary Had a Little Glam*, written by Tammi Sauer and illustrated by Vanessa Brantley-Newton, a stylish little girl gives fashion advice to some Mother Goose characters. Ages 3 to 7.
- In John Himmelman’s *Bunjitsu Bunny Jumps to the Moon*, Isabel learns many lessons, including that “friends can help us do things we cannot do on our own.” Ages 6 to 8.

- A farm boy loans his nine pets to classmates in *Cody Harmon, King of Pets*, written by Claudia Mills, with illustrations by Rob Shepperson. Ages 7 to 10.

- Sydney Taylor Book Award winner *The Inquisitor’s Tale: Or, The Three Magical Children and Their Holy Dog*, written by Adam Gidwitz and illustrated by Hatem Aly, is a medieval adventure for ages 8 and up.

- Middle school kids develop superpowers in *The Mighty Odds*, the first installment in Amy Ignatow’s new series. Ages 10 to 14.

Children’s Nonfiction

- A Labrador retriever-mastiff in Seattle is profiled in *Dog on Board: The True Story of Eclipse, the Bus-Riding Dog*, by Dorothy Hinshaw Patent and Jeffrey Young, with photos by William Munoz. Ages 4 to 8.
- Dave Williams, M.D., and Loredana Cunti answer questions about zero gravity in *To Burp or Not to Burp: A Guide to Your Body in Space*, with illustrations by Theo Krynauw. Ages 7 to 11.

CHILDREN AND TEENS

Join Miss Catherine for **Toddler Tales**, featuring books, rhymes, music, and movement tailored for children 16 months through 2 years, with parent or caregiver. Thursdays, Feb. 2, 9, and 16, from 10:15 to 10:45 a.m., and again from 11 to 11:30 a.m. On Feb. 16, 11 to 11:30 a.m., we will **Celebrate Black History through Picture Stories and Song!**

**Preschool Films** features short vintage 16 mm reel-to-reel films for ages 3 to 5 with parent or caregiver. Thursday, Feb. 23, 10:15 to 10:45 a.m., and 11 to 11:30 a.m.

**AAC Conversation Club** is an opportunity for users of Alternative and Augmentative Communication (AAC) devices, like Dynavox, QuickTalker, Tobii Sono Flex, and Talk Bar, to get together and explore new topics. Mondays, Feb. 6, 13, and 27, 4:30 to 5:30 p.m.

ESPECIALLY FOR TEENS

**AAC Conversation Club** is an opportunity for users of Alternative and Augmentative Communication (AAC) devices, like Dynavox, QuickTalker, Tobii Sono Flex, and Talk Bar, to get together and explore new topics. Mondays, Feb. 6, 13, and 27, 4:30 to 5:30 p.m.

All events take place at the Noe Valley/Sally Brunn Library, 451 Jersey St. between Castro and Diamond streets. For information, call 415-355-5707 or visit www.sfpl.org.

- The latest technology is covered in *The Way Things Work Now: From Levers to Lasers, Windmills to Wi-Fi, A Visual Guide to the World of Machines*, written by David Macaulay, with Neil Ardley. Age 11 to 15.

DVDs

- *The Dying of the Light* (2014) stars Nicholas Cage as a CIA agent fighting both his lifelong nemesis and his own dementia.
- In the 2015 documentary *Hitchcock/Truffaut*, various filmmakers discuss how François Truffaut’s 1966 book *Cinema According to Hitchcock* influenced their work.
- *Deepwater Horizon* (2016) tells how the April 2010 explosion of an offshore drilling rig caused the deaths of 11 crew members and the worst oil spill in U.S. history.
- Oliver Stone wrote and directed *Snowden* (2016), about an employee’s controversial decision to expose the National Security Agency’s surveillance activities.

Annotations by Voice bookworm  
Karol Barske


CROSSWORD SOLUTION

She Gets What She Wants  
By Michael Blake

PRE	SHAG	SCREAM
SEX	HERO	PUERTO
ACC	ERGO	ORGASM
LOUD	LAUGHTER	
MUSE	TELE	DEPTH
SPELL	ETA	TORI
	LOUISE	LASSER
FRO	WGN	ROW
LOVES	LABOURS	
ALEX	IBO	YUMMY
PORCH	IWHO	LI
	LOST	LANGUAGE
ENOUGH	FREE	SNL
SUNDAE	UPAT	MOD
ATTEND	LOLA	ANS

BRANCH HOURS

Noe Valley/Sally Brunn Branch Library 451 Jersey St., 355-5707						
Sun 1-5	Mon 12-6	Tues 10-9	Wed 1-9	Thurs 10-6	Fri 1-6	Sat 10-6
Mission Branch Library 300 Bartlett St., 355-2800						
Sun 1-5	Mon 1-6	Tues 10-9	Wed 10-9	Thurs 10-9	Fri 1-6	Sat 10-6
Glen Park Branch Library 2825 Diamond St., 355-2858						
Sun 1-5	Mon 10-6	Tues 10-6	Wed 12-8	Thurs 12-7	Fri 1-6	Sat 1-6
Eureka Valley–Harvey Milk Branch Library 1 José Sarria Ct. (3555 16th St.), 355-5616						
Sun 12-6	Mon 10-9	Tues 12-9	Wed 10-6	Thurs 1-6	Fri 12-6	Sat 12-6



Happy Birthdays to  
**Ace Milo and Axel Mack**  
from your friends at  
**SMALL FRY'S**  
Noe Valley's Favorite  
Children's Store

4066 24th Street  
in the Heart of Noe Valley

Open every day

(415) 648-3954  
www.smallfrys.com



**I Can Drive You:** Doctor appointments. Grocery shopping/errands. Dependable and punctual. 10+ years experience. Great references. Bill: 415-826-3613.

**Well Appointed Psychotherapy Office:** Located in the heart of Noe Valley is immediately available for occupancy Thursday through Saturday for either one, two or three days. Wi-fi access, full waiting room. Please contact Saralie Pennington 415-550-2413 or Elaine Wells 415-285-4529.

**Noe Valley Office Sublet:** Healing arts/therapy office on 26th St. near Church. Charming, large open studio, residential style building available now every other Saturday and March 1, Tuesdays and Fridays. Ideal for somatic therapist yet versatile. I'm a Somatic Practitioner and Integrative NP offering trauma resilience and regulation work. Contact me via <http://maryscheibfnp.com/contact/> or call 415-254-7324.

**Relatives Coming to Visit?** Keep them close, but not too close! Our spacious, sunny Noe Valley studio has private entrance, deck and garden access. 2 beds, sleeps up to 4. Small kitchen, clean and comfortable, no stairs. Quiet street, ½ block to J-Church. 3 night minimum. Rates start at \$175/night. Email [MyraLevySF@gmail.com](mailto:MyraLevySF@gmail.com).

**Elderly Care:** Experienced. References. Drives. 415-872-9967.

**Cleaning Professional:** 28 years of experience. Apartments, homes, or offices, and buildings. Roger Miller, 415-794-4411.

## CLAS ADS

**Well Appointed Psychotherapy Office:** Located in the heart of Noe Valley is immediately available for occupancy Thursday through Saturday for either one, two or three days. Wi-fi access, full waiting room. Please contact Saralie Pennington 415-550-2413 or Elaine Wells 415-285-4529.

**Over 10 Years Pet-Sit Experience:** Cats and small animals. 13 years shelter background assisting with medical and behavior support. Dependable, responsible and caring. Noe Valley resident. Kathleen Marie 415-374-0813.

**Creative Cleaning:** Proudly serving Noe Valley. Call Marlene Sherman, 415-375-2980.

**Transform Your Jungle into a Paradise:** Twenty-eight years in Noe Valley. Pruning, cleanups, maintenance, lawns, flagstone patios, irrigation, planting. Call Jorge at 415-826-7840

for free estimates. Remember this is pruning time.

**Housecleaning:** First-class detailing. Serving Noe Valley since 1988. Excellent references. Sullivan, 415-285-7279.

**Submissions:** The Noe Valley Voice welcomes submissions of short fiction, essays, or poetry, particularly those relating to Noe Valley. Email [editor@noevalleyvoice.com](mailto:editor@noevalleyvoice.com) or write Noe Valley Voice, P.O. Box 460249, San Francisco, CA 94146. Please include a phone number.

**For Rent:** Large 1BR. Repainted/Refixed. Pet Friendly. In-Law apartment on 25th St. between Noe & Castro streets. Flat block with fenced yard. \$3,000/month. Available February. Email [M45MNoe@gmail.com](mailto:M45MNoe@gmail.com). Owner. Also on Craigslist.

### HERE'S HOW TO PLACE A CLASS AD

**It's easy.** Just type or print the text of your ad, multiply the number of words by **40¢ per word**, and send us a check for the total. (Note that a phone number, including area code, counts as one word.) Then mail your ad text and payment, made out to the *Noe Valley Voice*, so that we receive it by the **15th of the month** before the month in which you'd like to advertise. The address is *Noe Valley Voice* Class Ads, P.O. Box 460249, San Francisco, CA 94146. (Sorry, the *Voice* is unable to accept Class Ads by phone or email.)

**10 for 10 discount:** The *Noe Valley Voice* publishes 10 months a year. (We're on vacation in January and August.) If you place the same class ad in 10 issues, you get a 10 percent discount. To figure your cost, deduct 10 percent from the total due for 10 issues.

The next *Voice* will be the **March 2017** issue, distributed in Noe Valley the first week of March. **The deadline for Class Ads is February 15.**

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Former Noe Valley resident and *Voice* contributor **Laura McHale Holland** celebrated the publication of her second memoir in November: *Resilient Ruin* (Wordforest). It's her fourth published book.

Holland's first book, *Reversible Skirt*, a memoir about her childhood, won a silver medal in the 2011 Readers Favorite book awards and was recently assigned reading for a women-in-literature class at University of Wisconsin, Oshkosh. Holland is also the editor of the anthology *Sisters Born, Sisters Found: A Diversity of Voices on Sisterhood*, which contains work from 76 writers across the globe. It received a gold medal in the 2015 Next Generation Indie Book Awards.

Holland's new memoir chronicles her teen and young adult years, from 1963 to 1972. During part of that time, she was under the watch of an emotionally abusive guardian. Still, she clung to hope that life would improve.

Holland now lives in Sonoma County with her husband, Jim Holland.

*Resilient Ruin* is available at Folio Books on 24th Street. Following is a peek at the first chapter.

June 1963

A diamond needle meets vinyl and crackles the air; electric guitar licks resonate ceiling to floor; and, like divers slicing water after flawless somersaults, the Beach Boys rock into *Surfin' USA*. A late arrival, I merge into a ring of students watching the more confident graduates of our eighth-grade class partner up. In perfect sync, they are masters of the Swim, Twist, Jitterbug, Mashed Potatoes.

Dead center, with taps on her flats and charm bracelets jingling on her wrists, is Becky, one of my best friends. My other best friend, Jillie, is mortified because her latest diet backfired: instead of losing five pounds she gained six; she's nowhere to be seen. Becky never even bothers to weigh herself. She's not a cheerleader, well dressed, or especially popular, but she twirls about with abandon. I'm sure she'd be unbeatable on *American Bandstand*, a show I watch at her house since I'm not allowed to see it at home.

Chet, whose eyes are level with my chin, saunters up, extends his hand. "How about it?" he asks.

I'd wished for a young version of Steve McQueen as my very first dance partner, but I'm not anybody's dream partner either. Dominating my face are two-toned brown-and-white glasses with fins like a 1959 Cadillac. I've dropped them so often they are cracked, crooked and prone to sliding down my nose. My loose cotton shift with attached white eyelet vest was picked from racks of castoffs at a secondhand store. My naturally ebony locks are frizzy and orange from the last perm Mommy, my stepmom, forced me to get from her friend Florence. She does hair at a discount in her kitchen as her drooling son, who was dropped on his head as a baby, rocks on a wobbly chair, grunts unintelligibly, and slices his skin with any sharp object inadvertently left within his grasp.

I accept Chet's offer. He takes my arm and escorts me to a spot on the now crowded dance floor. Copying my classmates' moves, I pretend this isn't new to me. We dance through the Beach Boys'

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Hopes Reclaimed

Laura McHale Holland

last lines and through the Four Seasons' *Sherry*, but when Bobby Vinton's *Roses Are Red* serenade begins, tall, tan, slightly bucktoothed Todd taps Chet's shoulder to cut in. Chet backs away; Todd takes my hand.

Todd and I have never spoken, but we both attend youth group meetings at a church across the street from the junior high. My sisters, Kathy and Mary Ruth, and I joined the congregation after our father, on his deathbed, asked that we return to the church. I was 11, Mary Ruth 12, and Kathy 13. I'd always felt guilty about attending mass only on holidays and for weddings and funerals. I was eager to study the Catechism, but Mommy doesn't like the local Catholic parish, so we didn't just join another parish; we switched religions.

I thought I'd go to hell for going along with this and felt way out of place—until last year, when Becky moved to Hinsdale, one of Chicago's most affluent suburbs, from a small blue-collar town in southern Illinois. The day she showed up at Sunday school I was drawn in by her Pepsodent smile, azure eyes, and heart-shaped face framed by dark brown curls that bounce like mini Slinkys. I still feel like an impostor every time I veer from the Catholic version of *The Lord's Prayer* and ask the Lord to forgive my "debts" instead of my "trespasses," but I keep my anxiety in check because this church has brought friends to me.

Becky says folks in her hometown are more easygoing than people here, and they're super proud of their roller rink. Roller-skating indoors isn't popular in Hinsdale. So her mom found a rink in a town not too far away, and her whole family skates together there. Becky has an inner glow so strong, no gossip or chiding from girls at school ever causes her to go pale and slip away unnoticed. I feel protected by that glow. If it weren't for her, I probably would never have come to this dance.

I smile tentatively at Todd, hoping he knows what to do. He's several inches

taller than I am, slim and wiry. His blue-green eyes sparkle in the dimly lit auditorium as we fumble, trying to get properly positioned for a slow dance. We settle down, inches apart. "Ready?" He grins.

"Sure," I beam back. He moves to the side. I try to follow, and instead step on his pristine dress shoes. We break apart laughing.

"I'm just gonna move in a square," he says. "It's easy; you'll see." He demonstrates. Step with one foot, slide with the other, repeat around a square. It seems simple enough. We come together again, and I follow him, never quite relaxing into the music, but without further damage to his shoes.

Chet tries to cut in when the dance is over, but Todd won't budge. "Tough luck, buddy," Todd says.

**Gloom invades me like Martians in *War of the Worlds*. Becky and Deb don't know I wasn't even supposed to attend the dance, let alone go to a sleepover afterward. "Nah, I have to get home."**

Later, we spill out of the auditorium with the rest of the Hinsdale Junior High School class of 1963, officially released from the eighth grade. Todd and I stand about a foot apart on the sidewalk, the warm, humid air between us pressing like a caress.

Becky rushes up with a gaggle of girlfriends, wraps her arms around me and kisses my cheek. "Are you sure you can't come with?"

"Yeah, you're invited, you know," says Deb, a perfectly proportioned brunette with a ponytail that swings down below her waist. She's hosting a slumber party to celebrate our graduation.

Gloom invades me like Martians in *War of the Worlds*. Becky and Deb don't know I wasn't even supposed to attend the dance, let alone go to a sleepover afterward. "Nah, I have to get home."

"Well, call me tomorrow. We'll go



swimming, or something." Becky rushes off, giggling and whooping with the other girls.

Todd and I wait in silence as cars, clean and polished, line up at the curb, graduates pile in, and cars pull away. It isn't long before his mom arrives in a green Dodge Polara wagon. "I've got to go. Um, do you want to ride bikes tomorrow?" he asks.

"Sure. Where?" My glasses slide down my nose; I push them up.

"The church parking lot, around one o'clock?"

"Okay."

He sprints toward his mom. I slip out of the thinning clumps of students waiting for parents and head home. Thrilled to have come through my very first dance unscathed, I break into a run. Soon, I'm leaping and soaring over the sidewalk squares. I catch my glasses as they bump down my nose and hold them in a fist. I feel as though I've stepped into someone else's life, not like the girl who fears her slip is showing, even when she's not wearing one. Not like the one whose parents, long dead, will never pick her up at the curb.

Soon I'm at the corner of our front yard. I run across the lawn, leap over the three concrete steps leading to the porch, put my glasses back on and try the door. It's locked. My punishment. I disobeyed, went to a dance, tried to be normal.

Mommy's voice blasts through the open dining room windows. "It's none of your beeswax when I let her in, the two of you all high and mighty, thinkin' you can tell me what to do," she bel-lows at my sisters.

I settle onto the porch and break into song. I know the words to every hit played at the dance, and I'm going to sing them all. Mommy will let me in eventually; the neighbors, already peeking from curtained windows, would talk if she didn't.



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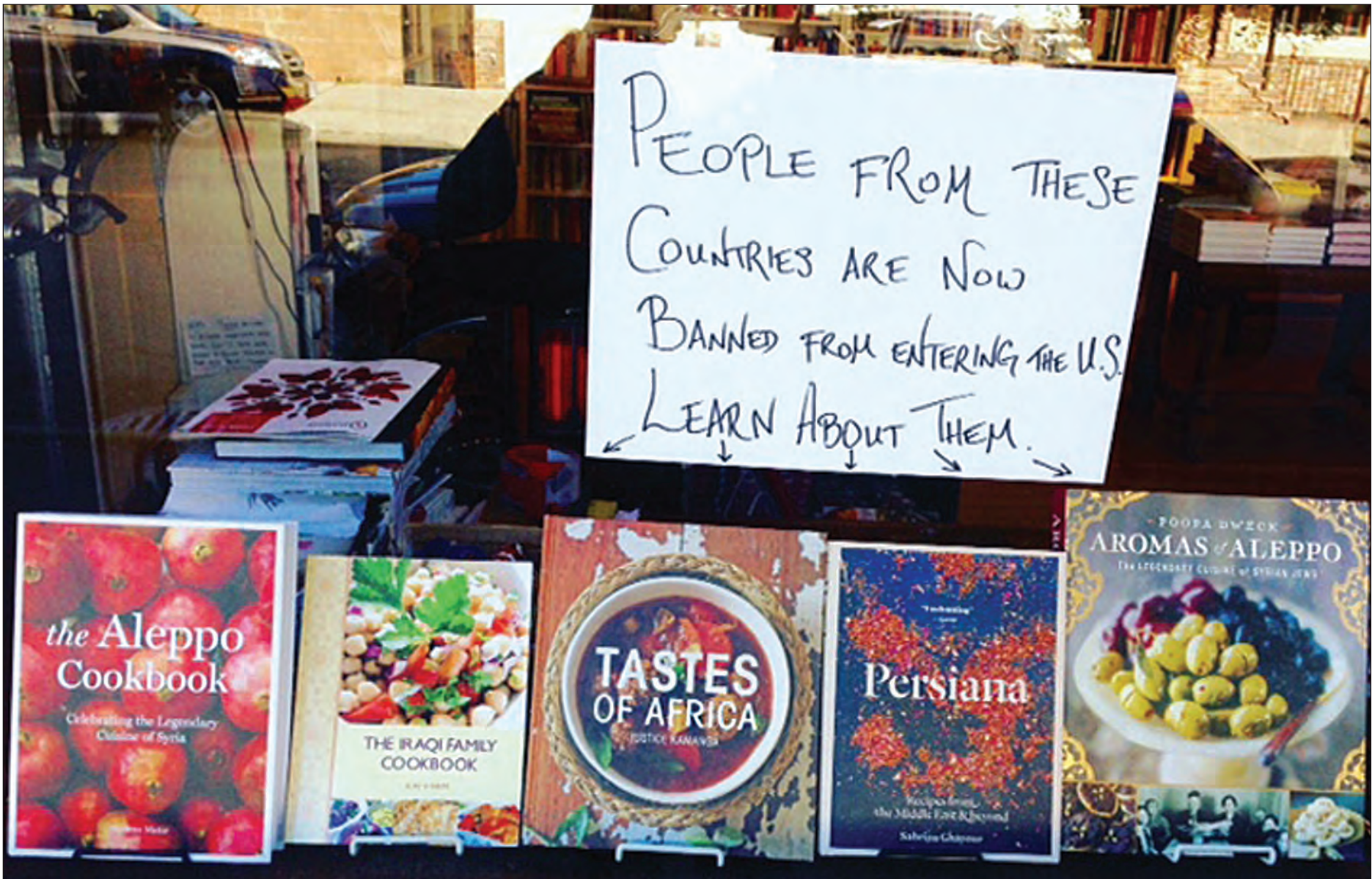
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# Noe Valley Scenes



**Neighborhood Response.** Celia Sack, co-owner of Omnivore Books on Cesar Chavez Street sent the Voice this timely photo of their store window in late January.

## Ah Romance!

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## and now for the RUMORS behind the news

### 2017 Reasons Why

By Mazook

INAUGURATION EVE, Jan. 19, brought more than 125 Noe Valleyans holding candles to the Noe Valley Town Square on 24th Street for a Community Vigil. There was music, there was talk, and in the end there was a community of people holding hands in a circle around the square. It was stormy weather in more ways than one, because Donald Trump was soon to be leader of the land.

The vigil was organized by Noe Valley residents and community activists Leslie Crawford, Peter Gabel, and Regina Faustine. People started gathering at about six that evening.

Musical performers were Noe Valley singer-songwriter Jeff Troiano; Loose Interpretations, an all-female a cappella group; and local crooner James Grant. Shrawan Nepali, of Curry Without Worry, provided a Nepali blessing. The theme of the vigil was “Standing Together for Love, Solidarity, and Social Justice.”

Loose Interpretations sang a beautiful version of Simon and Garfunkel’s *Bridge Over Troubled Waters*. James Grant—whom you can see most days of the week in front of the Bank of America (24th and Castro), where he is the security guard—serenaded those assembled with “Bewitched, Bothered, and Bewildered” and “High Hopes.”

“I wanted to participate in this vigil,” said Grant, “as part of this wonderful community.”

Many longtime neighbors stood in the drizzle and cold and expressed their thoughts about what was going to happen the following day and what positive things they could do in the future. Some of you might have heard the heartfelt comments by a fellow named only “Jeff,” whom many did not know was our new supervisor.

Jeff Troiano sang Leonard Cohen’s “Hallelujah.” What a lovely event.



NOE VALLEY WAS IN THE PINK the afternoon after the inauguration, Saturday, Jan. 21, Everybody was heading to Market Street as part of the worldwide Women’s March protesting the Trump agenda. In Downtown Noe Valley, hordes of people carrying signs and wearing pink knitted hats collected at the Muni stops all afternoon, trying to board a bus, a streetcar, Uber, anything to get downtown by 5 p.m.

Marianne Hampton of Upper Noe Neighbors helped send a delegation. She notified about 300 on the group’s mailing list. “We had a big response from people in the affirmative,” she said. The crowd was so large the group got separated during the march. But “it was absolutely an amazing experience,” says Hampton. (See photo on page 12.)

According to CBS News, over 100,000 people massed in San Francisco that day.



A PICTURE CAPTURES A THOUSAND... And then there was the *Noe Valley Voice* contributor who also is the current board chair of



**Cirque de Karen.** Greenpeace activists scaled a construction crane and hung a 70-foot banner reading “RESIST” near the White House on Jan. 25. Among the climbers was *Voice* contributor (and GP board chair) Karen Topakian. *Photo by Tim Aubry, Greenpeace*



**Glimmers of Hope:** Local residents and merchants gathered at a candlelight vigil the night before the Trump inauguration to find strength and love in community. *Photo by Najib Joe Hakim*

Greenpeace: Karen Topakian. Early Wednesday morning, Jan. 25, she and six other activists from Greenpeace climbed a 300-foot crane and unfurled a huge yellow-orange banner with the word “RESIST” so it would appear to fly above the White House.

The protest went viral on social media and then was featured in mainstream media throughout the day. Topakian hosted a live Facebook chat during the event.

“We climbed up the crane this morning, and occupied it, and locked and chained ourselves in,” Karen told NPR as she perched halfway up the crane. When they finally descended at 10 p.m., the activists were arrested and charged with three misdemeanors. And released. Wow, what a feat.



OUR NEW SUPE: The Noe Valley Town Square was chosen as the venue for a noon press conference on Friday, Jan. 6. Mayor Ed Lee was announcing the appointment of Jeff Sheehy as our new District 8 supervisor, filling the seat vacated by Scott Wiener (now a state senator).

The Town Square was flooded with City Hall dignitaries and reps from the police and fire departments and UCSF. Debra Niemann, the director of Noe Valley’s community benefit district, welcomed those assembled.

Sheehy, a resident of Glen Park (but once a Noe Valleyan), is well-known for his community activism and pioneering work in defense of LGBT rights. He has been in charge of communications at the UCSF AIDS Research Institute since 2000.

“Jeff Sheehy has spent his entire life fighting for his community and for what he believes is right, and I know that as supervisor, Jeff will be a proven fighter for the residents of his district, and for our entire city as well,” said the mayor.

Sheehy appeared with his husband, Bill Berry, and their daughter, Michelle. “It is truly an honor to have this opportunity to serve the people of my community and the diverse neighborhoods of our district, and truly a privilege to follow Senator Wiener, and build on his legacy and outstanding leadership on housing, transportation, and public safety.”

Before the speeches, Sheehy, the mayor, and his entourage took time to have breakfast at La Boulangerie, then stopped by Martha’s for coffee. Afterwards, they walked up 24th Street, meeting and greeting, and made another stop at Bernie’s.

Speaking of the Town Square, I’m glad to report eight additional benches were installed by Rec and Park during the third week of January. They now adorn both the east and west sides of the square. Expediting the installation, which had been stalled for several months and was one of the first issues faced by Supe Sheehy, was a string of e-mails from town square folks and other local residents. Thank you.

Also, a shout out to Martha’s Coffee for volunteering to put tables and chairs in the square during the weeks of anticipation.



A POLITICAL DAY in the neighborhood: The Noe Valley Democratic Club election was held at its Jan. 24 meeting, attended by more than 50 members. Many were there to meet our new supervisor, Jeff Sheehy.

Sheehy was detained at City Hall, but while waiting, the club got to hear one of its dues-paying members, State Senator Mark Leno, tell the group that he was ready to announce his candidacy for mayor in the 2018 election. This had been rumored in the Sunday *Chronicle* two days before.

Leno said, “These are challenging and ignoble times [Trump’s election] for all of us, and won’t be pretty.... It kind of reminds me of the days when Arnold Schwarzenegger was governor.... He had a unique policy position which was basically it would be easy if it worked well for him.”

As for what kind of action could be taken now, Leno pointed to continuing the “resistance,” by phoning, faxing, and emailing representatives in Congress, which he said could be very effective, and by focusing nationally on the congressional election in 2018. All 435 members of the House of Representatives and a third of those sitting in the Senate will be up for reelection.

Sheehy then arrived and talked about his wish to address the quality-of-life and crime issues residents deal with across the city, the auto smash, grab, and run thefts that are evidenced by the shattered glass on the sidewalk. He said he is distressed to see so many people with outstanding warrants. Still, he wants arrestees who have a mental illness to go to treatment facilities and not to jail. He also talked about the need for equal pay and equal benefits in our city, and about his support for public schools (his daughter attends one).

Oh, and here is the Noe Valley Dems’ new board: Todd David, president; Justin Jones, vice president; Hunter Stern, treasurer; Laura Clark, recording secretary; Sean Ansted, corresponding secretary; and Zahra Kelly and Josh Danson, at large members. Good luck.



MERCHANTS ON THE MOVE: There have also been big changes at the top of the slate of officers in the Noe Valley Merchants and Professionals Association. At the group’s meeting Jan. 25, Bob Roddick, who has been president and chief motivator for the better part of 20 years, stepped down, and Rachel Swann, a neighborhood resident, go-getter, and Noe Valley realtor, took the helm. Remaining as vice president is Meagan Fishell (Edward Jones Investments) and treasurer Nick Demopoulos (Sterling Bank). Anthony DeLaCruz from the Swann Group will serve as secretary.

Swann, founder of said group, expressed her excitement about the challenges involved, which will begin with finding “more vice presidents,” more involvement by the group’s 130 members. Noting “there are 400 businesses out there in the neighborhood,” she may launch a membership drive and step up the marketing and promotion of local stores and businesses. Swann also wants better relations with City Hall and better communication among merchants. She proposed the idea of a “block captain” for each block along the commercial corridor.

Her good news is: the city has awarded a grant to the NVMPA of \$15,000 to fund a remodel of its website, newsletter, and printing and distribution of a Noe Valley guide by local firm Via Media.



USDA PRIME LOCATION: Drewes Meats, a neighborhood institution on Church Street since 1889, which closed its doors last fall, will soon be occupied by Baron’s Meat & Poultry. Head butcher David Samiljan opened Baron’s in 2005 in Alameda and named it after his great-grandfather’s butcher shop in Brooklyn, N.Y.

“We are amazed at how many of our neighbors stopped by the store—which we were in the process of giving a deep, deep cleaning—to tell us how happy they are the space will still be a butcher shop,” said Baron’s manager, Nick Ratto. “And, of course, they want to know when we will open.

“Well, all the equipment appears to be in good working order, so we can expect to get the health department inspection by mid-February, and then we’ll be ready for the shop to open, hopefully before St. Patrick’s Day.”

Ratto says the shop will stock only the highest-quality meats, poultry, and seafood, free of hormones and antibiotics, and they plan on carrying specialty grocery items like olive oils, salts, and mustards, and canned imported foods like sardines and anchovies.

Speaking of olive oil, plans have been cancelled for Janell Pekkain to move her Olive This Olive That from its present location at 304 Vicksburg St. to the old Cradle of the Sun space at 3848 24th St., now occupied by the Swann Group, as in Rachel Swann. We reported the prospective move in December.

“I am staying put,” says Pekkain. “After we looked over the plan very carefully, I decided that, all things considered, I would be far better off to stay here where I have much more space at a reasonable rent and a sweet-heart landlord.... All my customers tell me they are glad I didn’t make the move.”

Pekkain says she will focus on holding events like olive oil tastings and chef visits, and encourage customers to buy in bulk, “which will reduce the price by over 10 percent.” She says olive oil yields are down in California this year, but the quality is up.

The space available at the Swann Group will instead be occupied by architect and interior designer Ian Stallings, who will use it as a gallery for fine art, housewares, home accessories, textiles, and furniture, for retail sale as well as special order.

“I have several clients in the neighborhood and have been operating in the dot-com world,” says Stallings, “and this space gives me the opportunity to go brick-and-mortar and have a gallery of fine art in this wonderful neighborhood.”

He plans to feature local artists and host monthly events, too.



MORE FOOD TO EAT: Griddle Fresh, a popular breakfast/brunch place, has now opened for dinner from 5:30 to 9 p.m., Tuesday through Saturday. Savor has brought back table service during dinnertime, to the relief of longtime customers. And a pizza restaurant named Sasa’s plans to open in the space that had long been the middle eastern restaurant Fattoush, at 1361 Church near Clipper.

Rumors are true that Hamano owner and sushi chef Jiro Lin will offer a premium “Omakase” menu in addition to his regular à la carte menu. Omakase is an expression used by patrons at sushi restaurants wishing to leave the selection to the chef. The chef’s innovative and surprising plates are served at a fixed price, says Lin. “I want to have a reasonably priced meal to offer, which in some places costs anywhere from \$175 to \$900 per person.” His will be in the \$80 to \$120 range. Reservations must be made in advance, sometimes weeks, he cautions, because he has to special-order items from Japan.

The French cuisine at Chez Marius (where Le Zinc used to reside) opened on Dec. 19 with rave reviews. “I am very happy to be here,” says owner/chef Laurent Legendre, who explains that the café is named after his grandfather, who was a chef in Paris. He says the most popular items on the menu are the fish bouillabaisse and the braised rabbit, and that he is now open for weekday lunch and Saturday and Sunday brunch.



THAT’S ALL, Y’ALL, and remember the admonition of that famous KSAN reporter Scoop Nisker: “If you don’t like the news, go out and make some of your own.” Ciao. ■



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**Castro/Eureka Valley Neighborhood Association**  
Website: [www.evna.org](http://www.evna.org)  
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Address: P.O. Box 31529, SF, CA 94131  
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Meetings: First Thursday, 7:30 p.m. Call for location.

**Dolores Heights Improvement Club**  
Email: [info@doloresheights.org](mailto:info@doloresheights.org)  
Website: [www.doloresheights.org](http://www.doloresheights.org)  
Meetings: Third Thursday of every second month. Bank of America, 18th and Castro.

**Duncan Newburg Association (DNA)**  
Contacts: Deanna Mooney, 821-4045; Diane McCarney, 824-0303; or Sally Chew, 821-6235  
Address: 560 Duncan St., SF, CA 94131  
Meetings: Call for details.

**Fair Oaks Neighbors**  
Email: [hello@fairoaksneighbors.org](mailto:hello@fairoaksneighbors.org)  
Address: 200 Fair Oaks St., SF, CA 94110  
Street fair is the day before Mother's Day.

**Fairmount Heights Association**  
Contact: Kathy Keller, 912-9365  
Email: [Kathy.Keller44@gmail.com](mailto:Kathy.Keller44@gmail.com)  
<http://fairmount-heights.org>  
Meetings: Monthly social mixer and discussion, 350 Amber Drive

MORE GROUPS TO JOIN

**Friends of Billy Goat Hill**  
Contact: Lisa and Mo Ghotbi, 821-0122  
Website: [www.billygoathill.net](http://www.billygoathill.net)

**Friends of Dolores Park Playground**  
Contact: Nancy Gonzalez Madynski, 828-5772  
Email: [friendsofdolorespark@gmail.com](mailto:friendsofdolorespark@gmail.com)  
Website: [www.friendsofdolorespark.org](http://www.friendsofdolorespark.org)  
Meetings: See website.

**Friends of Glen Canyon Park**  
Contact: Richard Craib, 648-0862, or Jean Connor, 584-8576  
Address: 140 Turquoise Way, SF, CA 94131  
Meetings: Call for details.

**Friends of Noe Courts Playground**  
Contact: Laura Norman  
Email: [lauranor@yahoo.com](mailto:lauranor@yahoo.com)  
Address: c/o Friends of Noe Valley, P.O. Box 460953, SF, CA 94146  
Meetings: Email for dates and times.

**Friends of Noe Valley (FNV)**  
Contact: Todd David, 401-0625  
Email: [info@friendsofnoevalley.com](mailto:info@friendsofnoevalley.com)  
Website: [www.friendsofnoevalley.com](http://www.friendsofnoevalley.com)  
Meetings: Two or three annually; held at St. Philip's Church or James Lick School

**Friends of the Noe Valley Recreation Center**  
Contact: Chris Faust  
Email: [info@noevalleyreccenter.com](mailto:info@noevalleyreccenter.com)  
Website: [www.noevalleyreccenter.com](http://www.noevalleyreccenter.com)  
Meetings: Email or check website.

**Friends of On Lok's 30th Street Senior Center**  
Contact: Marianne Hampton, 601-7845  
Address: 225 30th St., SF, CA 94131  
Meetings: Occasional. Call for details.

**Friends of Upper Noe Dog Owners Group (FUND OG)**  
Contacts: Chris Faust, David Emanuel  
Email: [info@fundogsf.org](mailto:info@fundogsf.org)  
Website: [www.fundogsf.org](http://www.fundogsf.org)

**Glen Park Association**  
Contact: [info@glenparkassociation.org](mailto:info@glenparkassociation.org)  
Website: [glenparkassociation.org](http://glenparkassociation.org)  
Address: P.O. Box 31292, SF, CA 94131

**Juri Commoners**  
Contact: Dave Schweisguth, M17-6290  
Email: [dave@schweisguth.org](mailto:dave@schweisguth.org)  
Website: [www.meetup.com/Juri-Commoners](http://www.meetup.com/Juri-Commoners)  
Meetings: Most last Saturdays, 9-noon.  
Check website.

**Liberty Hill Neighborhood Association**  
Contact: Call 307-2359  
Address: P.O. Box 192114, SF, CA 94119  
Meetings: Quarterly. Call for details.

**Merchants of Upper Market and Castro**  
Contact: 835-8720  
Email: [info@castromerchants.com](mailto:info@castromerchants.com)  
Address: 584 Castro St. #333, SF, CA 94114  
Meetings: Call for details.

**Noe Neighborhood Council**  
(formerly Protect Noe's Charm)  
Contact: Ozzie Rohm, founder  
Email: [ozzierohm@sbcglobal.net](mailto:ozzierohm@sbcglobal.net)  
Address: 1101 Diamond St., SF, CA 94114  
Website: [NoeNeighborhoodCouncil.com](http://NoeNeighborhoodCouncil.com)  
Meetings: See website.

**Noe Valley Association—24th Street Community Benefit District**  
Contact: Debra Niemann, 519-0093  
Dispatch: To report spills, debris, or garbage on 24th Street, call Ron Vanini, 596-7089.  
Email: [info@noevalleyassociation.org](mailto:info@noevalleyassociation.org)  
Website: [www.noevalleyassociation.org](http://www.noevalleyassociation.org)  
Board meetings: Quarterly. See website.

**Noe Valley Democratic Club**  
Contact: Hunter Stern, 282-9042; [hls5@ibew1245.com](mailto:hls5@ibew1245.com)  
Website: [noevalleydems.com](http://noevalleydems.com)  
Meetings: Third Wednesdays, St. Philip's Church, 725 Diamond St., 7:30 p.m. Call to confirm meeting dates.

**Noe Valley Farmers' Market**  
Open Saturdays, 8 a.m. to 1 p.m., 3861 24th St. between Vicksburg and Sanchez.  
Contact: Leslie Crawford, 248-1332  
Email: [info@noevalleyfarmersmarket.com](mailto:info@noevalleyfarmersmarket.com)

**Noe Valley Merchants and Professionals Association (NVMPA)**  
Contact: Rachel Swann, 225-7743

Meetings: Last Wednesdays, Old Republic, 4045A 24th St., 9 a.m. Call to confirm.  
Website: [www.NoeValleyMerchants.com](http://www.NoeValleyMerchants.com)

**Progress Noe Valley**  
Contact: [progressnoe@gmail.com](mailto:progressnoe@gmail.com)  
Website: [progressnoe.com](http://progressnoe.com)  
Meetings announced via Facebook group. See website for details.

**San Francisco NERT (Neighborhood Emergency Response Team)**  
Contact: Noe Valley NERT Neighborhood Team co-coordinators Maxine Fasulis, [mfasulis@yahoo.com](mailto:mfasulis@yahoo.com); Carole Roberts, [carole\\_roberts@faludi.com](mailto:carole_roberts@faludi.com)  
<http://www.sf-fire.org/index.aspx?page=879>  
Meetings: See website for training schedules.

**Noe Valley Parent Network**  
An e-mail resource network for parents  
Contact: Mina Kenvin  
Email: [minaken@gmail.com](mailto:minaken@gmail.com)

**Noe Valley Parents, San Francisco**  
Listserv contact: [noevalleyparent-owner@yahoogroups.com](mailto:noevalleyparent-owner@yahoogroups.com). Subscribe: [noevalleyparentsubscribe@yahoogroups.com](mailto:noevalleyparentsubscribe@yahoogroups.com)

**Outer Noe Valley Merchants**  
Contact: Jim Appenrodt, 641-1500  
Address: 294 29th St., SF, CA 94131  
Meetings: Call for details.

**Residents for Noe Valley Town Square**  
Contact: Todd David, 401-0625  
Email: [noevalleytownsquare@gmail.com](mailto:noevalleytownsquare@gmail.com)  
Website: [www.noevalleytownsquare.com](http://www.noevalleytownsquare.com)  
Meetings: Call for details.

**San Jose/Guerrero Coalition to Save Our Streets**  
Contact: Don Oshiro, 285-8188  
Email: [contact@sanjoseguerrero.com](mailto:contact@sanjoseguerrero.com)  
Website: [www.sanjoseguerrero.com](http://www.sanjoseguerrero.com)  
Meetings: See website.

**SafeCleanGreen Mission Dolores**  
Contact: Gideon Kramer, 861-2480  
Email: [safecleangreen@bigfoot.com](mailto:safecleangreen@bigfoot.com)  
Website: [www.safecleangreen.com](http://www.safecleangreen.com)

**Upper Noe Neighbors**  
Contact: Marianne Hampton, 821-2150  
Email: [president@uppernoeneighbors.com](mailto:president@uppernoeneighbors.com)  
Meetings: Quarterly. Upper Noe Recreation Center, 295 Day St., 7:30 p.m. Call to confirm date and time.

\*All phone numbers are in the 415 area code.

NOE VALLEY

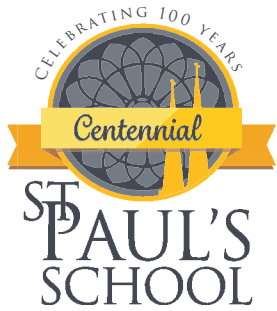
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New Creations of Pre-Renaissance Art to Live at St. Paul’s

On Dec. 13, 2016, St. Paul’s Catholic Church on Valley Street hosted a reception for Italian artist Marco Caratelli. Caratelli had traveled from Siena, Italy, to present a work of art resembling another piece he’d done that had earlier been donated to the church by Glen Park resident Steve Steinberg. Steinberg had met the artist while on a trip to Italy several years ago. The painting he donated, depicting the angel Gabriel, impressed St. Paul’s pastor Mario Farana so much that he commissioned Caratelli to make another, this time of the Virgin Mary. The wood panels, each measuring about 8 by 12 inches, are near exact reproductions of works by renowned Sienese artist Simone Martini (c. 1284-1344). They will both be framed and displayed under glass at the entrance to a chapel inside the church.

In the photo above, the angel is on the left and the Virgin Mary is on the right. In the photo to the right are Father Mario Farana, Marco Caratelli, and Steve Steinberg.

Photos by Beverly Tharp



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A couple in formal attire embracing, with a small dog in the foreground.





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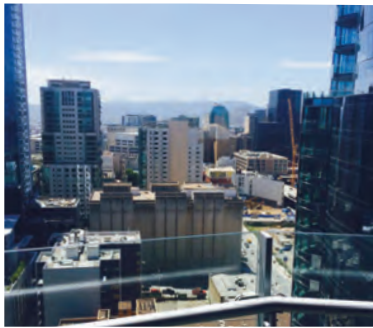
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