



CAMERON HOUSE

金美倫堂

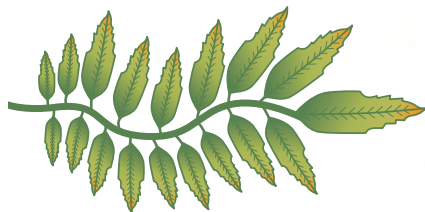
Quarterly Newsletter

# CURRENT

Christmas  
2009

## HARVEST HOME

## CUSTOM SPICE BLENDS



### Harvest Home By: Chris Cheuk

When I think of Thanksgiving, the first words to come to mind are 'appreciation,' 'family,' and 'food'. Many people may look forward to these things and more, but there are also those in our community who are less fortunate. That being said, we encourage YOU to help someone else have a great Holiday season!

For many years, the Social Services and Youth Ministries at Cameron House have collaborated on our annual Harvest Home project to prepare food baskets that are given to over 120 families served or connected to our community. In the past, the youth would flyer and visit homes in various neighborhoods asking for donations of either non-perishable goods or money that would be used to purchase certain goods.

For 2009, we are trying something new! In collaboration with RealPower (a series of programs and activities that encourage and teach better health and nutritional practices), the youth have been producing spice blends which will contain some ingredients that are locally grown and organic!

The youth have been making and selling **Curry, Cajun, BBQ, French Four Spice, French Melange, Italian, and Chinese Five Spice**. Cooking at home with these blends will not only be delicious, but it will be a lot healthier than eating out or eating a lot of processed foods.

To see a video about Harvest Home, or recipes for the spice blends, visit: [www.cameronhouse.org/whatsnew](http://www.cameronhouse.org/whatsnew)

# Women's Guild Goes *Back to School* Chinatown Health Fair



By: Laurene Chan

On Monday, October 26th, women (and men – this group is inclusive!) from all over our Presbytery came for an afternoon of brown bag lunches, a lesson on how to make an ox by the Japanese art of paper folding (origami), and an introduction and update on the good work being done in our Bilingual After School Program (BAP). The planning committee chose “Back to School” as this year’s Yum Cha theme. Associate Director for Youth Ministries Sing Quan and Education Consultant Jeannette Wei shared pictures and stories of the program and children that come to our Monday through Friday afternoon program. Guild members brought school supplies, dictionaries, board games, books and other materials helpful towards and supportive of the children’s academic pursuits.

We are thankful to the Cameron House Women’s Guild for their years of support, love and prayers. If you are interested in joining the Women’s Guild, membership is only \$10.00 a year. We gather twice a year, in October and February, for delicious food and interesting programs.

We support the ministries of Cameron House by making hundreds of summer camp scarves for children, making or gathering items to fill layettes for newborn babies served by Public Health Nurses, volunteering our time to help with mailings and annual fund raising events, support with funding for emergency and needed items not included in the Cameron House annual budget and most importantly, share the good news being done at Cameron House with our churches and PW circles.

Our prayers and support for this part of the Presbyterian body continues to bring change and life to new persons. For more information, please contact Eunice Brabec, Cameron House Guild Membership Chair: [a57graduate@astound.net](mailto:a57graduate@astound.net) or 650-583-4985.



The Chinatown Community Health Fair was held on 10/17/09 at Cameron House. This event was co-sponsored by the Asian Women’s Resource Center and NICOS Chinese Health Coalition, along with 14 organizations as planning committee members, including Cameron House

Over 35 organizations participated in the health fair. 861 participants came for medical screenings and received information and resources.

Nearly 60% of participants reside in Chinatown. Others also came from the Excelsior/ Outer Mission (11%), Tenderloin, SOMA, Bayview Hunter’s Point, Potrero Hill, the East Bay, and San Mateo County.



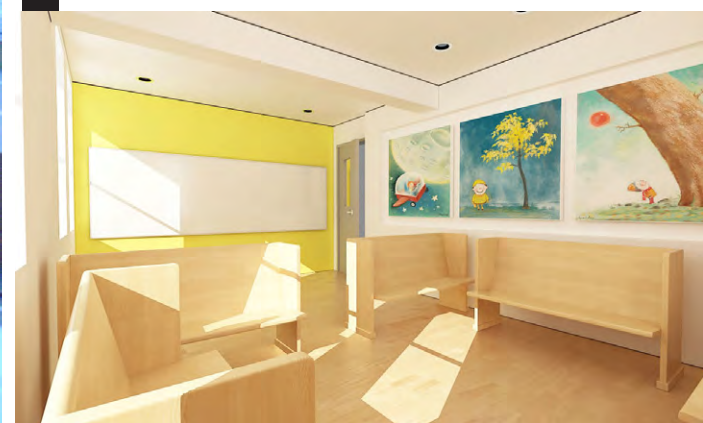
## Meet Diana To, Counselor

Diana To is a Marriage and Family Therapist Intern, with an MA in Counseling Psychology from Santa Clara University. She was born and raised in Hong Kong, where most of her family still resides. She moved to England for school as a teenager, and eventually settled in the bay area about 12 years ago. Like her geographical location, her career has also gone through multiple major transitions. She has a Bachelor of Engineering degree in Computer Science from Imperial College London, and an MBA from Stanford. She had worked in management consulting, private equity and software product management before realizing that her calling and deep passion really lie in the matters of the heart. So she went back to school, and became a psychotherapist. Before joining Cameron House, Diana had worked at Youth and Family Enrichment Services in the peninsula, and at the Christian Counseling Centers, where she still maintains a quasi private practice in the evenings and on the weekends.

Diana has done counseling and therapy with individual adults, couples, children, and families, which she continues to do as her primary job at Cameron House. Bilingual and bi-literate in English and Cantonese Chinese, she will also be a group facilitator for the Chinese Families Diabetes Education Project, implemented in partnership with UCSF, USF and NEMS. Additionally, Diana will be running a number of new Family Support Groups starting in 2010, where parents and children will learn together how to build better relationships with each other. As a follower and servant of Jesus Christ, Diana is thrilled to be part of Cameron House, where faith is the foundation to bringing healing and growth to those we serve.



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## Project CHAPEL By: Laurene Chan

Several years ago, one of our Board Members had come early for the monthly Board of Director's meeting. In need of a quiet place to sit, she went to the Chapel, a room traditionally of calm - where summer Daycamp directors would gather every morning at 8am for devotions before the long day ahead. Where numerous couples have married, where clubs and commissions engaged in difficult conversations, where staff and volunteers could sit quietly with a BAP student and try to listen and understand why "homework was too hard and not worth doing". The Chapel for decades has served as a sanctuary in the midst of a busy place in the middle of the inner urban life. You could imagine the shock of this board member when she entered the room and did not experience a place of calm, but witnessed a scene of chaos!

Due to the Bilingual After School Program's need for more space for the increasing number of students, the Chapel had gone from a place of quiet to a heavily used multi-purpose room. After various conversations with Youth Staff, then Executive Director Doreen Der McLeod, members of the Building and Grounds Committee, architect/minister/Cameron House alumni Ed Sue, and high school commission leaders Karina Woo and Gary Hong, "Project CHAPEL" was born! Here was an opportunity for our youth to be part of the building and re-creating of a room in Cameron House, as my parents and their peers had done since the 50's.

The youth spent several Friday nights in the Chapel envisioning a new space that would feel more welcoming to them and their peers. Plans were developed to brighten-up the room, including the refinishing of existing pews and floor, putting in new paneling, opening up the two windows that previously served as cabinets, and installing new lighting. The Chapel will become a space used

for prayer and meditation, as well as for Bible Study, life topic conversations, singing, and counseling. The other exciting part of this restoration is designing a new stained glass window in loving memory of Lorna Logan and Mae Wong. Cameron House Alumni Vicky Wong, whose life was "saved" and transformed by the love and care of these two women, came to us early in the project and wanted us to consider having something in Cameron House that would help us remember their work.

With the team effort of Cameron House Alumni-contractor Scott Barlow, the project managing of Joel Smith (our Property Manager), designer Gerald Sui, youth staff, and EPOCH (12th grade commission) members and advisors Eric Li, Justin Chu, Gary Hong and Karina Woo, planning, demolition and construction have already begun. Early last year, EPOCH took to taking down the walls. Neal Fong, son of Mark and Barbara Fong, coordinated his Boy Scout Troop to take-up the carpet as part of his requirement in becoming an Eagle Scout. By the end of this year, EPOCH members will have had at least three workdays to sand the pews. Thanks to Gerald Sui, we have beautiful renderings to help us visualize and make real our dreams AND take steps to use healthy eco-materials! A new Chapel is being built that will serve well this new generation!

I remember the plaque that was on the inside of the Chapel door - "Depart to Serve". It's exciting to have a room that has held meaning and memory for decades, to be in a process of transformation to become a new place of calm and Spirit to help another generation go out and serve. If you would like to spend a workday helping with the Chapel, or make a donation to "Project Chapel" it will be greatly appreciated.

1 & 2) Chapel Rendering by Gerald Sui  
3) Current state of the Chapel  
4) Senior, Eric Li sanding one of the Chapel Pews.



# Family Day 2009

By: Ming Quan Chang

The theme of our Social Service Ministries 2009 Family Day is “How to Love Your Child”. Parenting is not an easy job. There is no standard formula of how to be a loving parent. Love can be abstract and concrete as well. To help open the discussion, our parent participants completed a survey answering the following questions:

- What does “family” mean to you?**
- How do you express your love to your child?**
- How can you tell that your child is being loved?**
- How do you react when your child is happy or sad?**
- Does corporal punishment stop the bad behavior of the child?**
- What does “indulgence” mean?**

The interview was pre-recorded for confidentiality. The interviewees were delighted to share the way they raise their child. In addition, we were joined by four panelists from sister agencies, Chinatown Child Development Center and North Beach Mental Health Services. The panelists, Dr. Diana Wong, Joseph Lai, Coleman Wong and Ivy Mok, led the discussion on generational perspectives, cultural value/expectations, quality of time spent with each other, and methods of effective communication. A healthy family is the foundation for a healthy child, and LOVE is the most important ingredient as the base. Acts of LOVE are shown in many aspects of positive parenting.

We shared wonderful clips from a Singaporean film, titled “I-NOT STUPID II”. The film portrays the lives and struggles of 3 youths who have strained relationships and poor communication with their parents. The film captured an emotional depth that brought participants to tears.

Our Family Day was very successful in bringing up issues and providing tools for parents to LOVE their children in healthy ways. Parenting is an amazing job. We don’t ever get a license that proves we are qualified to be a parent. But we LOVE our children. LOVE is the magic action that drives us to develop good parent-child interactions and to take good care of them physically, mentally, and emotionally. Parents were given support and solutions through the assistance of our community resources.

# Brave Little Panda

By: Yulanda Kwong

October is Domestic Violence Awareness month. This was the perfect month for the Asian Alliance Against Domestic Violence (AAADV) to announce and disseminate the “Brave Little Panda” storybook by conducting a press conference on October 29, 2009 at the Chinatown Child Development Center.

AAADV’s mission “is to prevent domestic violence and abuse in San Francisco’s Asian & Pacific Islander communities through culturally competent and linguistically appropriate community education and awareness.” Cameron House is one of 15 member organizations involved in AAADV. The “Brave Little Panda” was completed last year, but it was not printed in hard copy. It was translated into Chinese, Korean, Tagalog, and Vietnamese.

This simple book was nicely developed to raise awareness of and prevent the complicated issue of child abuse. This storybook can be used as a teaching tool for educators, parents, caregivers, counselors, and other professionals working with children.

A limited number of books is now available only in Chinese/English due to lack of funding and resources.

To support the printing of more books available in Chinese/English and the other languages, you may contact Cameron House for further information or contact the Chinese Community Health Resource Center (CCHRC) directly at (415) 677-2473. You may also go to [www.cchrhealth.org](http://www.cchrhealth.org) under media education to see the online version of the booklet.





*Friends and faithful supporters,*

As the new Executive Director of Cameron House, it has been my pleasure to spend my first weeks meeting many of our volunteers, donors, alumni, and community colleagues. During these introductions, the deep love and respect for Cameron House is evident as so many describe their fond memories of “growing up in the programs”. This legacy carries with it a great responsibility to steward current services in a way that insures the Cameron House mission will continue to provide a strong foundation of leadership for our youth as well as hope and healing for women, children and families that come to us for counseling, employment and support.

Reading “Ventures in Mission” provided me a glimpse of the deep faith and commitment that generations of devoted caregivers and ministers gave to help the homeless, frightened, and abused immigrants who arrived in the area. Their sense of abandonment was replaced with one of belonging to a welcoming and accepting home. Despair was transformed into hope for a better future.

That same dedication exists within the culture of Cameron House today. Whether through Friday Night Club, BAP, cancer support groups, ESL classes, Food Pantry, domestic violence victims’ advocacy or family counseling, the work of the staff and volunteers is a testimony to the values of “Faith in Action”. One of the most powerful outcomes of the Cameron House tradition is the capacity for one generation to give inspiration and learning opportunities to another. Our youth leaders share their enthusiasm and talents with the younger kids, alongside alumni adult volunteers and mentors. This rich investment in the spiritual, physical, and emotional well being of our kids and families does not happen without your support and love for Cameron House, and we are so grateful.

The ongoing economic downturn has steadily increased the needs for many of our participants. We hope that you will consider a year end tax deductible gift to assist our efforts to enroll children in summer programs, as well as to sustain our social services ministries. As our “family” grows, so does the ripple effect of decades of Cameron House positive impact, creating a healthier Chinatown neighborhood and empowering the Asian American community throughout the San Francisco Bay Area.

Best wishes for a joyous and blessed Christmas Season,

*Monica*

# Tributes & Memorials

## IN HONOR OF:

**James Chin**  
Janice Chin  
Rick, Jennifer, Emily  
and Chloe Harris

**Doreen Der-McLeod**  
Bernal Heights Neighborhood Center  
PCC Women's Fellowship  
Brad and Portia Barnblatt  
Elliot and Myrna Bernadel-Huey  
Christopher Chua  
James DiEgidio and Maria Showalter  
Ralph and Jean Garcia  
Henry and Carole Jan Lee  
Paula Kwong  
Daniel F. Lee  
Thompson S. Lee  
Sue Leong  
Victoria Lowe  
May and Larry Lui  
Raymond Ong and Helen Yip Ong  
Jeanne and Winchell Quock  
Catherine Rouhani  
David and Connie Parks Stallmann  
Victor and Marilyn Tom  
Alison Toy  
Sebastian and Juliana Wong  
Carl and Kathleen Woodward

**Kenneth and Josephine Kwong**  
Janet and Steven Oshiro

**Norman Lau**  
Moony Tong

**David M. Lew**  
Low and Jeanette Chan  
Mabel Chen  
Raymond Ong and Helen Yip Ong  
Nathan and Su Lee Tom  
Jean and Franklin Woo  
Wilbur and Dolores Woo  
Jannie C. Wu

**Doris and Harry Loo**  
Madeline Jay

**Jordan Wong**  
Anonymous

## IN MEMORY OF:

**Randy Chin**  
Everett and Sheryl Co  
Kevin and Roberta Hayashi  
William Ong

**Tong Tai Chow**  
Mark and Chris Chew  
Ed and Ann Marie Kung

**Anita Chung**  
Vivian and Benjamin Jung

**Ruby Ng Cordrey**  
Ng Family

**Yan Lan Eng**  
Raymond Ong and Helen Yip Ong

**Philip Fong**  
Sylvia Fong

**Amy Tong Hall**  
Byron and Karen Ho  
Bing Chin  
Barbara Lee Fong  
Edward and Priscilla Fong  
Joann E. Fong  
Kelvin Hall and Charlotte Kim  
Jeanette Huie and Gilbert Cho  
Dennis and Joyce Jeong  
Mr. and Mrs. Jack Joe  
Nancy and Ted Jung  
Pat and Paul C. Jung  
Peter and Dolores Lau  
Mary Lee  
Park and Connie Lew  
Damond and Betty Lum  
Henry K. Yip  
Rodney and Theresa Yip

**Evelyn Lee Ho**  
Henry and Lolan Ho-Wong

**Raymond Ho-Fung**  
Gerald and Beatrice Chin  
Mary L. Fong  
Frederick and Elsie Fung  
Laura Kim  
Willis and Victoria Lowe  
Mary L. Seid  
Bertram and Adrienne Won  
Ethel and George Woong

**Dai Teap Hom**  
Robert and Kathleen Billings  
Aaron Edmondson and  
Patricia Spitzig  
Jeffrey Marcia and  
Sherri Fabre-Marcia  
Kathleen Piro

**Florence Lau Hoy**  
Benjamin and Sharon Hoy

**Fern L. Huey**  
John and Angela Hom  
Dayton and Mary Leong  
Dick and Jean Lym

**Bill and Helen Kee**  
Palmer Lam

**Rachel Kwong**  
Robert Kwong  
Raymond Ong and Helen Yip Ong

**Bronson Lee**  
Alson and JoAnn Lee

**Tommy Choy Lee**  
Victor and Linda Young  
Mr. and Mrs. Henry Wong

**Yut Gum Lew**  
Cole K. Y. Lew  
Stephen and Sharon Quan

**Lorna Logan**  
Eleanor Yim  
Monica J. Young

**Paul Louie**  
Lee and Anna Loo Chew  
Wilfred and Alice Wong

**James Low**  
Jannie C. Wu

**Kim Lowe**  
Lesley Young

**Enid Ng Lim**  
Hanley T. D. Fong

**Joan Ong**  
William Ong

**Elwood Owyang**  
Benjamin and Michele Owyang

**Rev. Dr. Don Wells**  
Rev. Casey (Marilyn) Wells

**Mae Wong**  
Cynthia Joe  
Raymond Ong and Helen Yip Ong

**William Wong**  
Kenneth B. Au

**Ernest Wu**  
Raymond Ong and Helen Yip Ong  
Jannie C. Wu

**Mabel Lum (Inkie) Yee**  
John and Cecelia Chan  
Mr. and Mrs. Raymond Chang  
Oy Ye Chang Quan  
Mr. and Mrs. Paul Chee  
Alice Chew  
Edward and Ellen Chew  
Dorothy Chin  
Gerald and Beatrice Chin  
Henry and Mimi Chin  
Barbara Fong  
Mr. and Mrs. George Y. Fong  
Esther Fung  
Louise Young Fung  
Steven Gin  
James Graff Family  
Tracey Hatch  
Mr. and Mrs. Raymond Ho-Fung  
Theron and Penelope Huie  
Jacie Hurd  
Barbara Illovsky  
William and Lillian Jew  
Cynthia J. Joe  
Denis and Pamela Jong  
Glen, Maryann and Ashley Jong  
Bob and Cheryl Jow  
Laura Kim

William and Miranda Lang  
Collin and Catherine Lau  
George and Laura Lau  
Alfred and Celestine Lee  
Andrew Lee and Karen Lum  
Janet Lee  
Mr. and Mrs. Parke Lee  
Raymond Lee  
Tillie Lee and Ron Rubia  
Russell and Sherlyn Leong  
Ruth Leong  
Sylvia Leong  
Terrence and Lianne Leong  
Tom, Coleen, Kayla and  
Ryan Leong  
Park and Connie Lew  
Cheryl Lips  
Mr. and Mrs. Bok Sing Loo  
Gregory and Florence Louie  
Mr. and Mrs. Henry Louie  
Jeannie Y. Louie  
John and Lin Wah Louie  
Joyce C. Louie  
Mary Louie  
Mel, Nick and Derrick. Louie  
Winnifred Louie  
Mr. and Mrs. Jack Lowe  
Jeanne Lowe  
Mr. and Mrs. Ronald Lowe  
Arlene and Darrell Lum  
Ruth Lum  
Mr. and Mrs. Richard Mancuso  
Ruth Morgan  
Raymond Ong and Helen Yip Ong  
Arthur Poon  
Gordon Poon  
Mr. and Mrs. H. Sonny Quock  
Patricia Santiago  
Victor and Marilyn Tom  
Herbert Toy  
Lucy Wing  
Virginia Won  
Mr. and Mrs. Charles Wong  
Daisy Q. Wong  
Hanson and Shirley Wong  
Minnette Wong  
Priscilla Wong  
Rita Fung Wong  
Neil and Rita Won  
Adrienne Yam  
Allison, Johnny and Linda Yee  
Daisy Yee  
Donna Yee and Calixtro Romias  
Frank Yee  
Hellmann and Lorraine Yee  
Jan Yee and Steve Fiorelli  
Mike, Robbie and Kalani Yee  
Martha Yick and William Mah  
Flora J. Young  
May F. Young  
Sherman and Frances Young  
Annie C. Yuen

**Tom Ock Toon Yee**  
Preston and Joanne Y. Young

**Betty Yim**  
Mabel Yee and Family

**Ben Yip**  
Diann and Tom So

**Buddy Yip**  
Neil and Rita Wun

**Frank Yip**  
Raymond Ong and Helen Yip Ong

## Save the Date:

# Cameron House Guild Membership Tea

**February 22, 2010**  
**11:30 - 2PM**



## Working With Families Through A One-Way Mirror

By: Yulanda Kwong

A one-way mirror is a mirror that is partially reflective and partially transparent. It is installed between two rooms. One of the rooms is darkened while the room on the opposite side is well-lit, allowing those in the darkened room to see into the lighted room, but those in the lighted room will not be able to see those in the darkened side.

This mirror will be a valuable instrument helping counselors and therapists work with families. This one-way mirror, which very few community-based organizations have, has been installed at Cameron House.

The mirror can be used for training purposes and for helping counselors/therapists during therapy sessions with client(s).

### *This is how it works:*

Lights are off in the darkened room; a professional trained in counseling work or family therapy with a microphone and observer/trainee(s) will be in the darkened room. The persons in the darkened room will hear what the people in the lighted room will say.

A counselor/therapist and client(s) will be in the lighted room. The client(s) knows that there will be observers in the darkened room, because they will have to give consent in order for it to happen. The counselor wears an ear-piece where s/he can hear the person with the microphone in the dark room. As the counselor/therapist is counseling the client(s), the person with the microphone in the darkened room will coach and give guidance to the counselor/therapist on what to say or do to help him/her work with the client(s).

Empowering individuals and families has been a part of Cameron House's mission for a long time. We give support to individuals and families in many different ways through our different services, from our after school tutorial program to food pantry services, to employment support services, to counseling for domestic violence victims. We feel the importance of empowering clients so that they can be self-sufficient and maintain or develop their own network of support. One way to do this is to help strengthen their relationship with family, and "family" may mean different things for each person. With the family systems approach, families will look at each member's role and how each member is interconnected with the family as a whole. If one member of the family expresses having a problem or is identified as the one having an issue, the entire family is affected.

By expanding our services to conduct family therapy, we will examine the family's dynamics and function, look at behavioral patterns, facilitate sessions where harmonious alliances\* can be built amongst the family members, explore ways to help them build structure\* and make positive changes, and use reframing\* to help families see issues in a different and more positive light.

With inspiration and assistance from Pamela Parkinson, Ph.D., LCSW, Family Therapy Consultant, Cameron House will offer more efficient and effective services by well-trained staff who value and conduct best practices.

### \* GLOSSARY

- Alliance – a positive affinity between two units of a system
- Structure – the interactional patterns that arrange or organize a family's subsystems into somewhat constant relationships
- Reframing – technique used to maintain the content, but changing the context

SAVE THE DATE

February 20th

Don't Worry  
Be Happy!

SOUL & ELEGANCE  
2010

Celebrating the '80s

CAMERON HOUSE PRESENTS : A FESTIVE EVENING OF MUSIC AND RECOGNITION



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Cameron House  
PRESENTS

**YOU'VE  
GOT  
MALE**

**Jan. 8th, 9th, & 10th, 2010**  
**Save the Date!**

*Summary: At first glance, Luke E. Lau appears to be just your average mailman making deliveries to the residents of Hawaii. Little does he know that his route will eventually lead him to the Mr. Hawaii Pageant where he will face off against the 6-time champion for the highly coveted title! Join Luke as he tries to win the crown and restore glory to the Mr. Hawaii Pageant!*

After the success of “Old School Musical” at the beginning of 2009, the Cameron House Young Adults are at it again! We welcome all of you to our newest production, “You’ve Got Male!” Much of the music in this upcoming production is inspired by timeless classics from the fifties and sixties. Set in the beautiful island state of Hawaii, “You’ve Got Male!” is a must-see production for all ages!

This year’s team consists of young adults representing various ministries at Cameron House and the Presbyterian Church in Chinatown. Everyone has been working hard to memorize, sing, dance, and paint as the Premiere draws closer!

Full of classic songs, imaginative hand-produced sets, and a cast of faces both familiar and new, it’s a great way to kick off the New Year!

Bring your friends and family and join us for a night of song, dance, and laughter!

#### “You’ve Got Male” Premiere Dates

##### **Jan. 8th**

Friday Night Club Premiere  
(Priority Seating for Friday Night Club Youth)

##### **Jan. 9th**

Saturday Evening Red Carpet Event  
(Open to General Public)

##### **Jan. 10th**

Sunday Afternoon Matinee  
(Open to General Public)

**Cost: TBD (estimated \$9 - \$12)**

All proceeds to benefit Cameron House Social Services Ministry programs including the launch and development of its new Family Services!