

Youth Ministries Digest

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Reading Tip

When you see a **HIGHLIGHTED** word, look to the "Useful Term" section on the side for a definition of the word/phrase

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Pictured Above: Halloween isn't the only reason for Club leaders to dress up and be silly.

HAPPY NOVEMBER!

Hello Club Families! Welcome back for another edition of Youth Ministries Digest! In this issue, you'll hear about a variety of activities going on at Cameron House.

You'll learn about the Food Forest, one of the junior Club group leaders, the Bilingual Afterschool Program, and more. You'll also see some pictures from the past couple of months!

I hope that everyone finds the articles and announcements in the newsletter to be both informative and entertaining.

We value your input, so if there are other things you would like to hear about, don't hesitate to let us know. Also, if you feel moved to contribute an article about your experience as a parent or with something that your child gained from the program, then please send it in for the next issue.

P.S. I know that I wrote most of the articles in this issue and I will do my best to change that the next time around. But for now, on to the rest of the newsletter! Enjoy! ☺

UPCOMING EVENTS...

Middle School and 9th Grade Harvest Home Project - Fridays Nov. 7 & 14; Page 6 for more information

Thanksgiving Family Potluck - Friday, November 21 at 6:30pm. Check Page 2 for more details

Holidays - Cameron House is closed on Thursday, November 27. There is NO CLUB on Friday, November 28 and Friday, December 26.

Young Adult's Musical - To KICK OFF the new year, come check out a musical put on by a group of young adults, many of whom are Cameron House alumni and/or members of the Presbyterian Church in Chinatown. Shows are on January 2, 3, & 4 here at Cameron House! Save the date! More details to come!

THANKSGIVING FAMILY POTLUCK



JOIN US FOR OUR SECOND ANNUAL THANKSGIVING FAMILY POTLUCK ON FRIDAY, NOVEMBER 21 AT CAMERON HOUSE FROM 6:30PM TO 9:30PM.

THERE WILL BE LOTS OF FOOD AND AN OPPORTUNITY TO TAKE PART IN A SERVICE PROJECT TO HELP MAKE THE HOLIDAYS A LITTLE MORE CHEERFUL FOR OTHERS!

FLYERS WITH DISH SUGGESTIONS AND AN RSVP REQUEST WILL BE AVAILABLE SHORTLY. PLEASE MARK YOUR CALENDARS AND JOIN US!



LEADER'S PROFILE



NAME: KARINA WOO

POSITION: JUNIOR COMMISSION ADVISOR

HOBBIES: PLAYING PIANO AND GUITAR, ARTS & CRAFTS, FOLLOWING THE SF GIANTS AND GOLDEN STATE WARRIORS

FAVORITE TV SHOW(S): THE OFFICE, GREY'S ANATOMY, JOHN & KATE PLUS EIGHT

FAVORITE CAMERON HOUSE EXPERIENCE: BEING ON STAFF AS AN ASSOCIATE DIRECTOR FOR YOUTH MINISTRIES



TRIVIAL PURSUIT

1) IN WHAT YEAR WAS CAMERON HOUSE FOUNDED?

2) NAME TWO OF THE THREE ANNUAL CAMERON HOUSE FUNDRAISERS?

3) WHO IS THE CURRENT EXECUTIVE DIRECTOR OF CAMERON HOUSE?

FIND THE ANSWERS TO THESE QUESTIONS ON PAGE 6

GREENER IS BETTER

Sustainability: The capacity to maintain a certain process or state of being indefinitely. Often used in reference to living organisms and systems (such as our environment).

Cameron House is committed to doing our part to reduce our **carbon footprint** and be part of the solution to the various environmental problems that are arising. So, in each newsletter, you'll hear about our efforts here at Cameron House and about ways you can contribute too!

REAL POWER FOOD FOREST

Chris Jeong, a former Club leader, is helping Cameron House turn a small plot on our upper yard into our very own Food Forest! We plan to grow organic fruits and vegetables that we can use to cook during Kitchen Medicine sessions as well as have youth practice construction and gardening skills.

There is a LOT to say about the Food Forest, but not much space. So far, we've already begun the construction of planter boxes.

We're also planning for chicken coop.

The Food Forest was designed using the theory of Permaculture, which involves creating systems of living that can be sustained indefinitely. Design concepts are often derived from natural ecosystems that have evolved over thousands of years!

More information to come! Check out the progress we've made on Page 5!

WANT TO START? HERE ARE WAYS TO HELP!

Everyone can contribute to preserving our world for future generations. In every issue, I will provide an easy tip or two that families can consider trying.

In our homes, we all use our lights at some point during the day. However, we can always be more aware of how we use our lights. When a room is not being used, it only takes a few seconds to turn the light off and then back on when you need it.

You might also consider researching Compact Fluorescent

Lamps (CFL). They are relatively easy to find and many are built to fit typical light sockets. Though more expensive to purchase, they use less energy and last longer! I'll do more research and present it next time.

Regardless of how much we want to help, it all starts with the habits we learn. If all the youth who come to Cameron House make saving energy and recycling a habit and conscious choice, then that is already a great step towards saving our world!

Useful Term

Carbon Footprint: A measure of the impact of human activities on the environment based on the amount of greenhouse gases. This is measured in carbon dioxide levels.

Pictured below: An old plastic garbage can that has been converted into a worm tube. The Food Forest will also use compost to make our own fertile soil!



Pictured above: Compact Fluorescent Lightbulb

A SEASON OF GIVING

For man, the holidays are a special time with many family gatherings and celebrations. The season can also serve as a reminder to us to count our blessings, because there are many people in the world who do not have homes and often do not have enough to eat. For them, holidays are really nothing special.

Though it is definitely sad, situations like these allow for changes to be made, love to be shared, and hopes to be fulfilled! Even a small gesture can go a long way.

With that being said, our goal is to teach the youth the importance of compassion and service. And one of the best ways to learn is through action! So, the Friday Night Club youth will be taking part in a variety of activities called "The Season of Giving" over the next two months.

The 6th through 9th graders will take part in Harvest Home (more details on Page 6) in efforts to raise money to make food baskets for low-income families. The sophomores will assist the Social Service Ministries by helping to wrap and distribute 100 gifts to low-income, immigrant families. Lastly, the juniors and seniors are challenging themselves by planning their own projects.

Through their willingness to take part in activities like "The Season of Giving", these youth (your kids!) prove time and time again that acts of love and kindness are really special gifts, especially during the holidays!

I hope to share some of the results and pictures from these projects with you in the next issue!

BILINGUAL AFTERSCHOOL PROGRAM

Founded just over 30 years ago by Norman Fong, a Cameron House alumnus, the Bilingual Afterschool Program (BAP) has provided a vital service to the Chinatown community.

The program's current focus is on homework assistance and reinforcing essential academic concepts. Many of the students are performing at levels far below their grade and need more individual attention. Though academics are important, the program also stresses the development of social skills and appropriate behavior through activities such as "circle time".

BAP is fortunate to have a large dedicated team of staff and volunteers. Ranging from high school students to adults with grown children, the students have lots of support and

guidance, which allows us to provide a ratio of about one volunteer/staff for every four to five kids on an average day.

Even with the great ratios we already have, there are still so many needs. All the students can benefit from the presence of more volunteers. Whether it's help with homework, a reading buddy, or a new friend to play with, you can make a difference!

So if you or anyone you know is interested in getting to know these great kids while helping them to succeed in their classes, please contact Sing Quan, Director of BAP at (415) 781-0401 ext. 124 or you can also e-mail him at sing.quan@cameronhouse.org.

Useful Term

Circle Time: A session during which the students are encouraged to affirm and recognize one another's good deeds. This is done in the hopes that the students may learn about respect and compassion from the examples of their peers.

SAY CHEESE!



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HARVEST HOME 2008

Harvest Home is an annual collaborative project between Cameron House's Youth and Christian Social Services Ministries.

In the past, the youth collected canned foods that would be distributed to about 120 low-income, immigrant families that the Christian Social Service Ministries work with. However, based on results in previous years, the project has evolved.

This year, the Middle School and 9th Grade youth will flyer and collect monetary donations that will go towards the purchase of goods such as dried shrimp, dried mushrooms, luncheon meat, chicken broth, and more great foods that immigrant families can use.

With an estimated 130 food baskets to make at the cost of about \$15 per basket, our overall goal is to raise \$2,000.

On Friday, Nov. 7, the Middle School and 9th Grade groups

delivered flyers in the Richmond District to various homes letting the community know about our mission. They will return to these neighborhoods on Friday, Nov. 14 with special collection boxes that they made to collect donations.

There are a couple ways to support this project. The first is to let family and friends know about what we're doing! If they would like to contribute, great! The second is that you can make a donation yourself. Though the economy isn't in great shape, even the smallest donation can make a difference. For an idea of what your donations can purchase, refer to the box below.

And lastly, the best way to help is to encourage and support all the youth who are choosing to show their love for others by giving of themselves and their time to help those who are less fortunate. After all, isn't love what the holiday season is about?

<p>\$1 can purchase a can of luncheon meat OR a can of chicken broth \$2 can purchase a can of luncheon meat AND a can of chicken broth \$5 can purchase a pack of Chinese dried sausages and a pack of rice noodles \$10 can purchase 1 lb. of dried mushrooms, 4 oz. of dried shrimp, a can of lunch meat, AND a can of chicken broth \$15 can purchase an entire basket of goods for one family!</p>

TRIVIAL PURSUIT ANSWERS...

1) IN WHAT YEAR WAS CAMERON HOUSE FOUNDED?

ANSWER: 1874

2) NAME TWO OF THE THREE ANNUAL CAMERON HOUSE FUNDRAISERS?

ANSWER: SOUL & ELEGANCE, CAMERON CARNIVAL, PHONATHON

3) WHO IS THE CURRENT EXECUTIVE DIRECTOR OF CAMERON HOUSE?

ANSWER: DOREEN DER-MCLEOD