

我們的心聲

李佩珊/韋秋園

今天我倆應好友Angela Dickey 的邀請，來到了風景迷人、陽光普照的華盛頓湖邊 Coulon Park。我們已是第二次參加華州華人防癌互助協會夏日野餐聚會的活動了。今年的場地在公園北邊寬闊的大燒烤亭，周圍還有十多處供野餐用的檯、凳，獨據一方，不受干擾。這要感謝 Mr.Chuck Dickey(Angela's husband)，是他總結了去年的經驗，為協會提早捐款預訂了這個好場地。

今年的野餐聚會內容更豐富，除了各人自帶的拿手美食，還仍然可品嚐到馬先生夫婦現場烹製的台式家鄉美點，增加了陳綺圓女士的畫展及親手教畫。遊戲項目也是老少咸宜，多姿多彩：有踩氣球、丟水球、尋寶、學氣功、吉他彈唱、跳舞等等。大家都吃得很開心、玩得很高興，直到下午三點，還有不少人意猶未盡，相約去學舞，明年再來……。

這次聚會辦得很成功，也使我深受感動，我看到這許多華人朋友彼此間溫馨的友情和互相支持的精神，更使我覺得擁有健康的可貴！我一定要傳播給更多人，讓他們都知道就在我們身邊，有這麼一個關心華人健康的組織，讓它能造福更多華



The Voice from our Heart

By: Lisa Bai and Jennifer Chung

Today, both of us went to the picnic that our good friend Angela Dickey invited us to. It was a beautiful, sunny day; the picnic was at the best view point located at Lake Washington, Coulon Park. This is the second time we have attended the WSCCNA's annual summer picnic. This year's location was just north of Coulon Park under a covered barbeque area surrounded by many picnic tables and benches. The covered area was a great location to hold this private picnic. All of this was thanks to Mr. Chuck Dickey's (Angela's husband) who learned from last year's experience and booked this wonderful picnic location early and also kindly paid for it.

This year's picnic gathering was excellent. Other than the delicious food brought by everyone, there were also Taiwanese style dishes that Mr. and Mrs. Ma cooked at the picnic. A new activity was added this year presented by Ms. Cheng Chi-Youn. She demonstrated how to paint Chinese paintings and also displayed her artwork. This year's planned activities were both well suited for the young and the old. There were many different types of activities such as: a balloon stomp, water balloon toss, scavenger hunt, learning chi-kung, playing the guitar, line dancing, etc. Everyone had a fantastic time enjoying the food and activities. Even when the time came to 3:00 PM people still didn't want to leave. Everyone enjoyed this year's picnic so much that they wanted to keep practicing their dance moves and look forward for next year's picnic!

The planning of the picnic this year turned out to be very successful. The picnic was very inspiring and moved us all emotionally because we saw the valued friendship, support, and help between many Chinese friends. Furthermore, this made us feel that health is the most precious thing that anyone can have. We would like to reach out to other people telling them that there is an organization, like WSCCNA, that cares, helps, and supports the health of Chinese people. Because of this, more Chinese people can benefit from the help of a passionate group of people such as this one!

Mission Statement

The Washington State Chinese Cancer Network Association (WSCCNA) is a non-profit organization dedicated to serve cancer survivors and their families in the Chinese community. The WSCCNA provides activities and programs to support and enhance the quality of life for cancer survivors and their family and friends.

本會宗旨

華州華人防癌互助協會是一個非營利組織。本會的宗旨是希望能為華人癌友和家庭提供必要的協助，有關治療、康復、身心靈的諮詢。

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生命接力行

陳慕筠

這是第三年“生命接力行”活動在華盛頓大學的哈斯基露天大球場舉行。五月十三日下午一時半，華州華人防癌互助協會的理事、癌友及家屬共七人參加了這次盛舉。這天天氣特別好，陽光燦爛！哈斯基球場熱鬧非常，球場中間早已搭起各色帳篷，那是各團隊為日夜接力行的隊員們輪換休息用的。我會的五位癌友在報到處受到熱情的接待，她們立即穿上了贈送的紫色T恤，並掛起了名貴的紀念章。大會在充滿青春活力的現代歌舞表演中開始，主持人及癌症專家致詞後，接力行開始了。隊伍的最前端是全部在場的康復癌友，他們精神抖擻，我會癌友手持會旗橫額走在隊伍的第一排，沿著大球場環形跑道行了一圈，所到之處都響起了雷鳴般的掌聲，人們都為我們能從癌症中康復過來的人歡呼！要為生命接力行，我會的癌友及家屬也都興奮地接連多走了幾圈。場內還有為癌友免費修甲、理髮服務。我會理事梁費聖奇高興地修完了指甲，當她知道理髮處的小姐在搜集頭髮，要為癌友製作免費的假髮時，她二話不說，就請理髮師把她那一頭烏黑發亮的長髮剪下來（這是她八年前化療後重新長出來的頭髮）。在場的人都為她和剪下的頭髮拍照留念，她剪成一頭短髮、配著她高大健壯的身軀，儼然像個運動員，她活力十足地又繞場多走了三圈！誰會相信她就是癌症的倖存者！



參加抗癌接力行隨感

隋慶蘭

5/13/2006我和華州華人防癌互助協會的理事、癌友、家屬們一行七人，參加了在華大哈斯基大球場，北美防癌協會華大分部組織的一年一度抗癌接力行！這天，天氣晴朗，我們協會被安排在行進隊伍的最前面，我們手提橫額(寫著協會的中英文名)英姿颯爽，步伐輕快，兩旁的人群都為我們這些抗癌先鋒鼓掌、揮手致敬，記者們忙著為我們拍照，這時我心裡有說不出的高興！走完第一圈後，大家又分別按自己的體力再走兩圈、三圈……。當我腳步停下時，我的思緒卻怎麼也不能平靜。我自己的抗癌之路不是也已走了五年嘛！

十五年前我來美探親，為求一張綠卡，發生了家庭矛盾，我面臨經濟、生活的困境，掙扎了好幾年，一直活在極度的困苦中！到了2001年我被診斷得了乳癌，當時心裡既恐懼又怨恨！經過幾年的治療和學習，我逐漸明白過來，知道身病源於心，七情傷五臟六腑，一點不假！我開始學做心理調整：多想好人、好事、好景，常存感恩之心，對大自然的一切賜予感恩，感謝幫助過自己的人，更感謝癌細胞讓我從病、痛中清醒過來。人們若能把一切看破、看空，才會放下，心不存煩惱，病從何而來？心定身自安啊！我病後也改變了飲食習慣，以素食為主，多吃鹼性食品如：海帶、葡萄、大棗等。也吃些具有抗氧化性的食品 and 補充劑如：亞麻籽、胡蘿蔔汁、維生素C、E和Q10等。我也很注意術後的身體鍛鍊，曾專程兩次去上海學郭林新氣功，這是行之有效的抗癌吸氧功，動靜相兼，意念、肢體導引相結合的一種功法，我一直在做沒有間斷。

我很感謝家人們，更感謝癌友協會，把我和癌友們聯結到一起：互相關心、互相學習、互相鼓勵。這一切的實際行動的繼續，正是今後我們人生征途上的防癌、抗癌的接力行！



05.13.2006



UW Relay for Life 2006

Mu Yun Chen

The 3rd annual UW Relay for Life at the UW Husky Stadium was held on May 13 this year. Seven of us from the WSCCNA, including Board members, cancer survivors, and their families and friends, showed up at 1:30 PM. That day the weather was blessed with beautiful sunshine, and the Husky Stadium bustling with activities. In the center of the Stadium, tents were set up to provide overnight resting for lap walkers. Upon receiving a warm welcome at the receptionist's, the 5 WSCCNA cancer survivors immediately put on the free ACS signature purple T-shirts and the commemorative pins.

The event kicked off with lively modern dance performance. After the host and the cancer specialists' opening greetings, the relay march was underway. Vibrant with energy, the cancer survivors led the way. Our members marched up front, holding our WSCCNA banner. As they made the round, a tornado of ovation broke out to cheer the brave survivors. Let's perpetuate the "Relay for Life" mission! Amidst applauds and high on spirit, WSCCNA members and their families and friends showed their best by completing additional laps.

Free manicures and haircuts for cancer survivors were offered on site. Our Board member, Stella, gladly had her manicure done. While there, she learned that the hairstylist was collecting hair for producing wigs that will be provided free to cancer patients. Without a second thought, she had her long, shiny dark hair cut off for donation. The hair had grown back after chemotherapy 8 years ago and was kept until then. Many in the crowd took souvenir pictures with her and her cut-off hair. In her new short hair and tall, robust stance, she would pass for a pro athlete. Filled with vigor, she then did 3 more laps. Who would believe she was a cancer survivor!

A Relay-for-Life Participant's Afterthoughts

Qing Lan Sui

On 5/13/06, we took part in the American Cancer Society Northwest Division's annual Relay for Life. The weather was beautiful that day. There were 7 of us from WSCCNA, including Board members, cancer survivors and their families.

WSCCNA members marched at the forefront of the formation, posture erect, in light and brisk cadence and holding high our organization banner. The crowd applauded and cheered for us cancer fighters, while news reporters got busy snapping pictures. At that instant, an indescribable elation filled my heart! After the first lap, we did the second, and then the third... as each participant's physical stamina allowed. As my march gradually slowed down to a halt, thoughts raced through my mind. Hadn't I myself already walked 5 long years in my journey fighting cancer?!

I came to America on a visitor visa 15 years ago. Because of my seeking for permanent resident status in this country, conflicts arose within the family. Struggling with financial and livelihood adversities, I endured several years of severe hardship.

In 2001, I was diagnosed with breast cancer. I then reacted with fears and resentment. After several years of medical treatment and self-learning, I gradually awakened to realize that the cause of physical illness is rooted in the mind. The truth is that emotional outburst has damaging effects on the physical body.

I learned to readjust my mindset—adopting a positive outlook toward others, toward things, and toward life. I learned to be grateful for all the gifts of nature, for the help that others have extended me, and even more so for the wake-up call that cancer gave me. Peace comes when we are willing to put down and let go of all fixations. When the mind is free from worries, the body is free of disease!

Upon recovery, I changed my eating habits. I now follow a mainly vegetarian diet, with plenty of alkaline foods, such as seaweed, grapes and dates. I also take foods and supplements rich in antioxidants, such as flaxseeds, carrot juice, vitamins C, E, and Q10.

I also care about post-surgery physical exercise, having made 2 special trips to Shanghai for training in Master Quo Lin's "New Qi-Gong" therapy. This is a proven, effective cancer-preventing-and-surviving aerobic exercise, balancing motion and calm, uniting the body and mind. I have since continued practicing this Qi-Gong method.

I'm grateful to my family, and especially WSCCNA for connecting me with other cancer survivors. We care for, learn from, and encourage one another at WSCCNA meetings. What we are perpetuating here is nothing but a "relay march" in the journey of surviving cancer!





蘇珊可嫻基金會 “為治癒而競走” 活動記實

杜燕屏

每年六月份的第三周周末蘇珊可嫻基金會都在市中心的 Qwest Field 大球場舉行：為治癒的乳癌康復者而競走的募捐活動 (Susan Komen Foundation Puget Sound Race for Cure)。



癌友和華州女州長拍照留念
Picture with Governor Christine Gregorie

蘇珊可嫻基金會’ 為治癒而走’ 這個活動，已經歷了十三年。每年參加的人：有癌友、家屬、支持者上萬人。我們華州華人防癌互助協會，已是第三年參加這個盛大的活動。那是個溫暖的晴天。我協會共有九人參加(其中四人是癌友康復者，其他是義工和支持者)。清晨九時我們就來到 Qwest Field 大球場，正當我們享用著大會提供的早餐時，華州的女州長(她是癌友)也來了，大家興奮地搶著和她拍照留念。競走從清晨就開始了，人們可按自己的實情競走，我們參加了走一哩路。球場的中央有許多機構擺設了攤位，免費贈送食品、飲料和禮物，大型的樂隊、著名的歌手在表演……。到了上午的十點鐘，是大會的高潮，所有的乳癌康復者按各自康復的年限(從一年到五十年以上)先後排隊，有數千人。由樂隊奏樂領先，康復者隊伍全部穿上粉

紅色的” T恤” 浩浩蕩蕩地跟著，進入會場，這時全場的人都報以熱烈的掌聲和震天的歡呼聲，在隊伍內的康復者們，更是激動得熱淚盈眶，相互擁抱，共同慶祝這難忘的時刻！更感謝上天的照顧、賜福與恩典，讓我們又走過了一年！為此，我曾許下諾言：在我有生之年，年年都會來參加這個盛會。

“為治癒癌症而競走” 是一個非常有意義的活動，今年我的小女子薇和男朋友也特地來捧場支持，陪伴我走，讓年輕的一代也能直接感受和體會到戰勝惡疾後的喜悅，和生命的可貴，這是從書本上學不到的知識！

“微笑走過人生一重病的心理轉化與陪伴”

石世明

講題內容：透過臨床的案例經驗分享，與相關的病人影像記錄，討論癌症病人患病之後的心理轉折歷程，以及家屬所面對到的陪伴難題。從病人和家屬因重病所導致的新體驗，進



一步探討重病帶給病人和家屬的意義。 講師：石世明 曾任台灣慈濟醫院安寧病房 臨床心理師，目前在丹佛大學進修諮商心理學博士學位。



Report for Susan G. Komen Day

Yenping Ching

The Komen Puget Sound Race for the cure is held at Qwest Field on the 3rd Saturday of June every year in downtown Seattle. This event has grown strong for thirteen years. Included participants are cancer survivors, family members, supporters and friends who attended this meaningful event. This is the third year that WSCCNA joined this event.

June 17, 2006 was a warm morning. Nine of us WSCCNA members got together. Four of us are breast cancer survivors and the rest were volunteers and supporters. We arrived around 9:00am to Qwest Field. As we enjoyed the complimentary breakfast, we were very excited to see Governor Christine Gregoire pass by, who is also a breast cancer survivor, and took a picture with her. The Race actually started in the early morning but we could walk only according to the capability of our energy and health. We walked about one mile.

Inside Qwest Field, there were so many booths from different companies in the center of the field with a lot of free gifts, drinks and healthy foods to take home. There were also some bands who came to perform for us.

The highlight of the event was the breast cancer survivor march. All of the cancer survivors were divided into groups according to the years they have survived thus far, from one to fifty years. There were over one thousand people where all of the survivors wore the pink t-shirt. We marched from the back of the field all the way toward the stage. There were so many people who came to support with their applause and encouraging shouts, sounds filling up in the sky, as all of us breast cancer survivors were filled with tears and smiles, hugging each other to celebrate our victory and unforgettable moment. Praise the Lord, He takes care of us and blesses us, because through His grace we can survive another year. I promised myself that I would come every year as long as I am alive.

“Race for the Cure” walk is a very meaningful activity. I am so glad my daughter May Ching & her boyfriend also came to walk with me to support us this time. They can learn more about the disease, how to overcome the disease and understand how happy it is when you can survive from cancer with all that it may deliver. They cannot learn this from any book.



到達一K步行的終點 at the Finish line after the 1K Walk -

From July public Seminar by Mr. Shih





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WSCCNA is a 501(c)(3) non-profit organization
本會是一個政府批准非牟利團體

Exciting Events in 2006 今年的精彩活動預告

- Oct 7 1:30 pm - Book Study at Gilda's Club 1400 Broadway, Seattle
3:30pm Contact 206-328-5428 Chen Muyun for direction
身心靈健康讀書會 Gilda's Club 會議室
請電 206-328-5428 陳慕筠接洽
- Oct 21 1:30 pm - Monthly Support Group meeting at Gilda's Club 1400 Broadway, Seattle
3:30 pm 癌友談心會 Gilda's Club 會議室 請電 206-328-5428 陳慕筠接洽
- Nov 4 1:30 pm - Book Study at Gilda's Club 1400 Broadway, Seattle
3:30pm Contact 206-328-5428 Chen Muyun for direction
身心靈健康讀書會 Gilda's Club 會議室
請電 206-328-5428 陳慕筠接洽
- Nov 18 1:30 pm - Monthly Support Group meeting at Gilda's Club 1400 Broadway, Seattle
3:30 pm 癌友談心會 Gilda's Club 會議室 請電 206-328-5428 陳慕筠接洽
- Dec 2 1:30 pm - Book Study at Gilda's Club 1400 Broadway, Seattle
3:30pm Contact 206-328-5428 Chen Muyun for direction
身心靈健康讀書會 Gilda's Club 會議室
請電 206-328-5428 陳慕筠接洽



WSCCNA

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