

2007新春同慶豬年

陳慕筠 撰稿



這是第五年，由華州華人防癌互助協會舉辦的新春聯歡會，定在農曆初七---人日(即眾人生日)，地點仍在 Safeco Center，室外雖然下著小雨，但大廳內卻熱鬧非常，有五十多位癌友、家屬、義工、熱心朋友參加，擠擠一堂。經過幾位理事和義工們的努力，不到半小時就把一個會議廳裝扮起來，有對聯、揮春、剪紙、燈謎，更有各人自帶的美食點心。今年的聯歡會是以欣賞精心製作的幻燈網頁開始，代替了沉長的演講，在優美的音樂伴奏下，簡明扼要地介紹了協會的歷史、宗旨、活動內容。跟著大家一邊品嚐美食一邊欣賞表演：首先由兩位小朋友(Emma 和 Katherine)表演唱歌；再由理事黃銘銘做神奇的魔術表演；最精彩的還是大家一齊參加的“豬”光寶氣化粧比賽，六組人各花十來分鐘，就打扮出六位“豬”模特兒，經大家評選，第六組的“豬”小姐得獎(由義工陳綺圓扮演)，她戴著面具，舞弄著金色尾巴，扭擺出場，唯肖唯妙，引得哄堂大笑。今年收到捐獻的禮物很多，經過兩次彩票抽獎，八成到會者都得到大大小小的獎品，大家都滿載而歸！

Celebration of 2007 Chinese New Year

This is the 5<sup>th</sup> year that the WSCCNA is organizing its Chinese New Year celebration gathering on Jan 7 by the lunar calendar (Feb 24) at the Safeco Center's Function room. Although it is drizzling outside throughout the event, the Function room is still bustling with activities, crowded by more than 50 fellow cancer friends, families, volunteers and friends. With the help of the board members and volunteers, the whole Function room was set-up in less than half an hour, decorated with various auspicious couplets, wordings, word games and succulent delicacies brought by participants.

This year's gathering commenced with a PowerPoint presentation accompanied with soothing background music in place of past year's long speech. We succinctly introduced our organization's history, mission and activities. Everyone had a wonderful time and enjoyed the various performances and food.

Continued on Page 3

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。

目錄

2007新春同慶豬年	1
懷念愛妻“真真”	2
義工部正式成立	2
讀書會報導	4
煙草的認知 戒煙輔導班	4
2007 活動預告	6

Inside this issue:

Celebration of 2007 Chinese New Year	1
The Memory of My Beloved Wife “Chun Chun”	3
Volunteer Program Kick-off for 2007	3
Book Club Report	5
Understanding Tobacco Cessation Class	5
Exciting Events in 2007	6

## 懷念愛妻“真真”

林兆健 撰稿

2001年初，我剛辦完母親的喪事，接著就是妻子得了乳癌！當時我的心情既沉重又驚慌，真是不知所措。我倆都是基督徒，只有向上天禱告。在她做完手術和化療出院後，情緒非常低落，我很瞭解她的心情，我盡力安慰她，告訴她：愛並不只是看外表的，無論你身體變得怎樣，我都一樣愛你！其實對我來說，她的確是我身旁最愛的人。她的身體雖已逐漸衰弱，但只要體力好一些，就會親手做菜煮飯，讓我下班後就能和她共享晚餐；她愛蘭花，春天我買小蒼蘭送給她，蘭花的清香讓她心情舒暢、解悶；夏天，當天氣晴朗，我常驅車和她去溫哥華遊玩，一路上她總是談笑風生；平常，晚飯後我儘量陪她看中文電視劇，她最愛看連續劇“真情”，因為每個“真情”的故事都有大團圓的結局，她就特別高興；2002年她更愛上了“無業樓民”連續劇中的活潑可愛的小女孩“真真”，她完全沉醉在劇中，甚至連真真的每一句對台詞都記在心裏，從此我也就改叫她“真真”了。



人的生命長短是我們不能掌握的，我的愛妻“真真”終於在2003年12月離開了我，投入主耶穌的懷抱裏，我知道“真真”的心裏並不懼怕，她雖然不斷同擴散到全身的癌病作痛苦的鬥爭，可是她相信有一個真正愛她的人始終陪伴著她，將來我們也會在天國重逢！在她患病的三年中，我們曾相對流淚，但也有更多關懷和親熱的擁抱，甜蜜的情景令我難以忘懷！

## 義工部正式成立

杜燕屏 撰稿

由於協會活動日漸增多，而我們的理事百分之九十都是全職上班族，爲了更好的開展工作，在去年十月的理事集訓會上，一致通過了成立義工部，並推選杜燕屏女士爲義工部總負責人。義工部下設發行組、聯絡組、活動組及翻譯組。元月二十日在Gilda's Club開了一個義工說明及歡迎會，共有二十人到會。會上首先由陳慧芳會長介紹了協會的歷史及協會各部門工作概況，然後由杜燕屏女士說明義工部門的分工及職責等。當場就有百分之九十七的人填表願意當義工，以後我們會按義工的意願安排到各部門，爲協會開展更多的活動，發揮義工們的作用。我們希望能有更多朋友參加義工隊伍，有興趣者可與杜燕屏或其他理事聯絡！（杜燕屏聯絡電話：425-227-0290）





## The Memory of My Beloved Wife “Chun Chun”

Trevor Lam

In 2001, my wife was diagnosed with breast cancer. That devastating news made us feel very miserable. On one hand, she was so scared to face it and on the other hand, my mother had just passed away a few months ago. As we did not know what to do, we could only turn to our heavenly Father and pray. We both were Christians. Not long after her breast surgery operation, she had to undergo chemotherapy treatments. Though we both were in bad moods, I understood what she was going through. I, therefore, said to her, “Love is not just outer beauty at all. Whatever appearance you would become, I do love you.” Indeed, she was absolutely my beloved one. During that time, I routinely went to work in the morning and came back to home right after work. Sometimes, when she felt better, she prepared dinner and waited earnestly for me to dine with her at home. I really appreciated what she did. She did all this to me because she loved me. We spent a lot of time laughing and hugging each other and wept as well. Those were the days that I remembered most.



When spring time came, I bought her some freesia, her favorite flowers. She was so delighted because the fragrance of freesia was so fresh that all of a sudden, she was energized. As summer came, we often drove up to Vancouver in Canada since she loved Vancouver. Every time when we went there, it was sweet and unforgettable because we had a lot of laughter though her body seemed weaker and weaker every time we went up there.

In the evening after dinner, we loved to watch the Chinese soap opera, ‘Kindred Love’. She loved the story because at the end of almost every episode there was a happy ending. She loved to make laughter and peace and did not like to hurt anyone. In 2002, we were addicted to a Chinese drama, “Ups and Downs”. She fell in love with an adorable girl called “Chun Chun” in the episode. She was so empathetic that she memorized every line of “Chun Chun”. So I called her “Chun Chun” after that. The fact is that we cannot control our destiny. In Dec 2003, my wife was finally in the arms of our Lord, Jesus Christ. Indeed, she did not worry, nor was she afraid of death because she knew that she would see me someday in the Kingdom of God. When I recollected the time of her battle with cancer, though we had spent lots of time weeping together, the sweetest thing that always lingered in my mind was the time we held hands and hugged each other.

## Celebration of 2007 Chinese New Year

Continued from Page 1

The performances began with 2 teenage volunteers’ (Emma and Katherine) duo song performance, followed by Board member Min Min Wong’s magic tricks. The most exciting activity was the “Zhu Guang Bao Qi” (pigs bedecked with jewels) makeup competition where 6 groups of participants were to dress up and decorate one of the members into “Pig Models.” In less than 15 minutes, 6 stunning pig models were ready to showcase themselves. Through everyone’s evaluation, the “pig model” (Played by Evelyn Chan) of the 6<sup>th</sup> team won the competition with her elegant and stunning pig tail. Everyone made generous donations and contributions this year. Approximately 80% of those who came went home with great gifts. It was a joyous and heart warming event.



## Volunteer Program kick-off for 2007

Yen Ching

The activities of our association have been increasing day by day, but 90 % of our board members are full time workers. In order to make sure that work is handled more efficiently, it was unanimously agreed during our last board retreat in October to establish a volunteer team. Ms. Yen Ching was appointed as the leader of this team, which consists of four subgroups including publication, hospitality, activities and translation.

On January 20, 2007 we had our volunteer kick off party at Glida’s club in Seattle with a total of twenty people. At the meeting Ms. Hueifang Chen, the President of the association first introduced the association's history and the services provided. Ms. Yen Ching followed to explain the work and responsibilities of each subgroup of the team. Among those volunteers, 97% of them filled out the volunteer form that we distributed. We will delegate each of them to the corresponding subgroups based on their preference. We appreciate all of the volunteers who came to the kick off party and would like you to encourage others you know to join the team. If they are interested, please have them call Yen Ching at 425-227-0290 or leave a message. We will contact you as soon as we can.

**讀書會報導****陳慕筠 撰稿**

一月、二月份的讀書會集中討論了中藥及健康食品在輔助癌症的治療和康復中的作用問題。有不少癌友提到在化療期間及化療後服用靈芝反應良好，認為會降低化療期間的副作用。但也有癌友認為怕用了中藥降低了殺死癌細胞的作用，認為很多中藥未經嚴格的科學驗證，又很難辨別真假，且有的價格奇貴，很難使人信服！中藥只能靠經驗，也未必能適用於每一種癌症和每一個人……..。

為此我們學習了田明醫師的文章”邁向抗癌成功之路”。文章首先認為癌病難治，並非不治，因為周遭即有許多抗癌成功的患者健在！他認為直接殺滅癌細胞、消除病根，是首要的，這也是西醫療法的特色及優勢，那就是三大治療法寶：手術、放療、化療。但也有缺點和局限，也無法保障癌症不復發及轉移。相對而言，中醫藥有整體治療作用，能強化患者的體質及體能，可望經由免疫力的提高，延緩病症惡化的速度，並使生活品質和生存時間大為改觀。他從大量臨床報導中證實：中西醫療法相互配合可以相得益彰，傳統醫學和其他自然療法可以在西醫治療後，長期接續，堅持下去，以維持和激發患者的抗癌潛能，而在降低癌症復發和轉移方面都具有重要意義。田明醫師還特別提醒癌症患者切忌病急亂投醫或有冀求靈丹妙藥帶來奇蹟的心態，而是應該認真慎重地選擇適合自己的治療方法。他還主張接受治療的癌症病人應該食用多種不同的食物以補充體力，使營養均衡。

**煙草的認知和 戒煙輔導班開課通知****寧凱蒂 撰稿**

煙草包括香煙，雪茄及檳榔。煙草是危險的上癮物，包括多種對您健康有很大傷害的化學物質。煙草中的尼古丁是很強的一種上癮劑，所以戒煙是很不容易。尤其是如果您已吸煙多年。根據醫學所知，煙草比海洛英還更容易上癮。每年美國有四十萬人死於因使用煙草而引起的併發症，例如：肺癌，心臟病和肺氣腫。吸煙會引起早逝，但這種早逝也是最容易預防的。

在煙草中可以找出四千多種有毒的化學元素，其中有六十多種是會致癌的。下列是一些在煙草產品內常見的化學毒品。

丙酮(Acetone):	在去指甲油劑中	苯劑(Benzene):	在殺蟲劑和汽油中
氨水(Ammonia):	在清潔劑中	丁烷(Butane):	在打火機的瓦斯中
亞砷酸鹽(Arsenic):	在殺鼠劑中	甲醛(Formaldehyde):	死屍防腐劑
鉛質(Lead):	在電池中	焦油(Tar):	用來鋪石子路的

**二手煙的害處****甚麼是二手煙?**

二手煙是吸煙者噴出的煙霧以及由香煙頭，雪茄，或煙斗燃燒出的煙霧。這裡面含有四千種(4000)化學物質，其中兩百種(200)是有毒的，六十幾種會導致癌症。

**二手煙對健康有那些影響?**

每年二手煙大約造成五萬三千個(53,000)不吸煙的人死亡。在其中有三千人(3000)死於肺癌，而他們都是不吸煙者。另外有三萬五千個(35,000)不吸煙的人死於心臟疾病，因為他們曝露在二手煙中。

**戒煙輔導班開課通知**

吸煙危害健康！煙已被明定為致癌物！煙毒可從母體傳給胎兒！抽煙可直接導至肺癌！…….

華州華人防癌互助協會受亞裔反吸煙聯盟(APICAT)的資助，特為華州華人開辦免費戒煙輔導班：

時間：由零七年一月至五月。

形式：個別或小組活動，每人上課三至四次，每次 1-1.5小時。

內容：詳細介紹吸煙的害處，戒煙的各種有效方法。

補貼費：完成全部課程後發給每人\$30 美元補貼費。

報名：至電 206-271-2697 寧凱蒂 Kathy Lin

**Book Club Report****Muyun Chen**

In January and February our book club centered the discussion on the effectiveness of Chinese medicine and healthy food in helping cancer treatment and health restoration. Many cancer fellows mentioned that taking Ling Zhi (*Ganoderma Lucidum*) during and after chemotherapy came out with good results and believed it could reduce the side effects of chemotherapy. However there were some cancer fellows who feared that taking Chinese medicine could reduce the effect of killing cancer cells. They thought many Chinese medicines had not gone through the strict scientific verification process and were also very difficult to authenticate. Some of the Chinese medicine is extremely expensive and very difficult to convince people to use! Besides, the Chinese medicine relies only on the experience, and may not be suitable for every cancer and every person.

Thus we studied Dr. Ming Tian's article - "The Way to Successful Cancer Fighting". The article first mentions that the cancer is difficult to cure, but is not incurable. It is because that many people around us who have successfully overcome cancers are still in good health! He thinks killing the cancer cells directly to eliminate the root cause is of utmost importance. This is also the characteristic and the advantage of Western medicine; that is, the three magic weapons for cancer treatment: Surgery, Radiotherapy and Chemotherapy. But there are also shortcomings and limitations as well as no guarantee for non-reoccurring and non-transferring. Relatively speaking, the Chinese medicine treats in whole, strengthening the patient's body constitution and physical abilities. Through the immunity enhancement, it hopes to slow down the illness worsening speed and to improve greatly the quality of life and surviving time. He concludes from the massive clinical reports that the Chinese medicine and the Western medicine can mutually complement each other. The traditional medicine and other natural therapies can be used after the Western medicine treatment for a long period of time to maintain and stimulate patient's anti-cancer potentials. It signifies in reducing the cancer's reoccurring and transferring. Dr. Tian specifically reminds cancer fellows not to use any treatments blindly when being critically ill or to hope for the panacea to bring miracle. They should earnestly and prudently choose the treatment suitable for themselves. He also advocates that the cancer fellows should take various kinds of foods to supplement their physical strength and for a healthy, balanced nutrition.

**Understanding Tobacco and Cessation Class****Kathy Lin**

Tobacco includes cigarettes, cigars, and betel nuts. It is dangerously addictive and includes many chemicals that are poisonous to health. Nicotine is one of them, and because it is such a highly addictive substance, quitting tobacco may not be easy, especially if you have smoked for many years. According to medical findings, it is easier to get addicted to tobacco use than heroine use. Every year in the United States, 400,000 people die from tobacco related diseases such as lung cancer, heart disease and emphysema. Smoking is also the most preventable cause of premature death. More than 4000 chemicals are found in tobacco and over 60 of those chemicals are known to cause cancer. The following is a list of some of the toxic chemicals and the household products in which they can be found.

Acetone: in nail polish remover	Benzene: in pesticides and gasoline
Ammonia: in cleaning solutions	Butane: in cigarette lighters
Arsenic: in rat poison	Formaldehyde: in cadaver preservatives
Lead: in batteries	Tar: in pavements/roads

**The Harm of the Secondhand Smoke -****What is Secondhand Smoke?**

Secondhand smoke is the smoke breathed out by a smoker and from the tip of a burning cigarette, cigar, or pipe. It contains more than 4,000 chemicals, 200 of which are poisonous and 43 are known to cause cancer.

**What are the Health Effects caused by Secondhand Smoke?**

Secondhand smoke causes approximately 53,000 deaths each year in non-smokers, 3,000 of which are from lung cancer in individuals who do not smoke. Another 35,000 non-smokers die from heart disease due to the exposure to secondhand smoke.

**Smoking Cessation Classes**

WSCCNA is funded by APICAT to offer smoking cessation classes for the Chinese community .

Date : January 2007 through May 2007

Class Format : Individuals or small groups for 3-4 sessions of 1 to 1.5 hours each

Participation incentive: Each participant will be paid \$30 upon the completion of the sessions.

Contact : Ms. Kathy Lin at 206-271-2697 for more details

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# Thank You for your support in 2006

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## Corporation Donation

Qwest Foundation

## Cash Donations

Gung-mei Chao 趙冠美  
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## In Memory of our Cancer Friends 2006

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Eileen Chan 陳珍冷

Shiu Ip 葉秀琴

Yanlan Yang 楊紉蘭

Hoo Hi Yu 余皓熙

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PO Box 15425  
Seattle, WA 98115  
Phone (206) 850-5914

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| <input type="checkbox"/> | \$20 | <input type="checkbox"/> | \$200           |
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| <input type="checkbox"/> | \$75 | <input type="checkbox"/> | Others \$ _____ |

**Name(s):**

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Enclosed is my check for \$ \_\_\_\_\_

Enclosed is a Matching Gift form from my employer.

Please record and print my name/membership as: \_\_\_\_\_

Example: John and Mary Smith

Please mail this form to P.O. Box 15425, Seattle WA 98115. Membership questions can be directed to (206)850-5914 or email [wscna@yahoo.com](mailto:wscna@yahoo.com). The Washington State Chinese Cancer Network Association (WSCCNA), is a 501 ( c ) (3) non-profit organization

**THANK YOU FOR YOUR CONTINUING SUPPORT**





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| <input type="checkbox"/> | \$50 | <input type="checkbox"/> | \$1000      |
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住家電話：

工作電話：

電子郵箱：

內附支票：\$ \_\_\_\_\_

附件是一份我的雇主的等額捐贈表。

請記錄並印我的姓名如下：\_\_\_\_\_

(例如：約翰和瑪莉史密斯)

請將此表郵寄到P.O. Box 15425, Seattle WA 98115，如有任何疑問可直接電話詢問 (206) 850-5914。  
華州華人防癌互助協會，簡稱 **WSCCNA**，是一個 501(c)(3)非營利組織

### 謝謝您的繼續支持！



## Relay For Life® 【為抗癌接力】

One day. One night. One community. Your Relay For Life® is about celebration, remembrance, and hope. By participating, you honor cancer survivors, pay tribute to the lives we've lost to the disease, and raise money to help fight it – all right here in your community. You won't want to miss one moment of this life- and community-affirming event!

【為抗癌接力】是一項結合慶祝、紀念、和希望的社區全天活動。藉由參與這項活動，您不但可以向已克服癌症的親友獻上最誠摯的敬意，紀念因癌症凋逝的可貴生命，同時還可以募款幫助癌友抗癌，請千萬別錯過這項既有意義又能夠凝聚社區力量的活動。

University of Washington Relay for Life - May 12-13, 2007 Husky Stadium

華盛頓大學【為抗癌接力】活動 -- 2007年5月12-13日 華大Husky 體育館

WSCCNA is planning on participating in this Event. This will be the 3<sup>rd</sup> year our cancer survivors will walk the 'Survivor Lap' to celebrate for life. Cancer survivors, families and friends, please join us on May 12, 2007 at 1:00 pm at UW Husky Stadium.

華盛頓州華人防癌互助協會計畫參加這次的活動。這將是本會已克服癌症的朋友們 第三年參加“倖存者接力”的競走活動慶祝重生。請已克服癌症重拾健康的朋友及其親友們共襄盛舉。時間：2007年5月12日下午一點。地點：華盛頓大學Husky體育館。

Please mail this form by April 20, 2007 if you are planning to join us.

如有興趣參加，請於2007年4月20日前將報名表寄到以下地址：

**Washington State Chinese Cancer Network Association**

**P.O. Box 15425, Seattle, WA 98115**

姓名 Name: \_\_\_\_\_

地址 Address: \_\_\_\_\_

電話 Phone : \_\_\_\_\_

電子郵件地址 Email address: \_\_\_\_\_



## 14th Annual Komen Puget Sound Race for the Cure™

### 蘇珊基可嫻乳癌基金會 “為治癒而競走” 活動

每年六月份的第三周周末蘇珊基可嫻乳癌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。蘇珊基可嫻基金會 “為治癒而競走” 這個活動，已經歷了十四年。每年參加的人有癌友、家屬、支持者上萬人。

WSCCNA is planning on participating in this Event. This will be the 4th year our breast cancer survivors, families and friends will participate in the Race for the Cure to celebrate life. Breast cancer survivors, families and friends, please join us on June 16, 2007 at 8:00 am at Qwest Field.

華盛頓州華人防癌互助協會計畫參加這次的活動。這將是本會已克服乳癌的朋友第四年參加 “為治癒而競走” 活動慶祝重生。請已克服乳癌重拾健康的朋友及其親友們共襄盛舉。

**Date/Time 時間：2007年6月16日上午八點。**

**Place 地點：Qwest Field 大球場。**

**Registration 報名: \$30**

Please mail this form and registration fee \$30.00 by April 1, 2007 if you are planning to join us.

如有興趣參加，請於2007年4月1日前將報名表 及報名費三十元寄到以下地址：

**Washington State Chinese Cancer Network Association**

**P.O. Box 15425, Seattle, WA 98115**

姓名 Name: \_\_\_\_\_

地址 Address: \_\_\_\_\_

電話Phone : \_\_\_\_\_

電子郵件地址 Email address: \_\_\_\_\_



# Washington State Chinese Cancer Network Association (WSCCNA)

P.O.Box 15425  
 Seattle, WA 98115  
 Phone: 206-850-5914  
 E-mail: info@wscna.org  
 Web address 網址:  
 http://www.wscna.org

**Enrich Lives... Sharing and Living**  
**互助... 互愛... 關懷**



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 2007 今年的精彩活動預告

- Mar 17 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 425-836-3289 陳慕筠接洽
- Mar 21 6:00 pm - WSCCNA Board Meeting at Tzu Chi Chinatown/International District  
 Office, 606 Maynard Ave S. #107, Seattle, WA 98104
- Apr 7 1:30 pm - Seminar on 'The Twelve Strategies to Prevent Cancer' By Dr. Bai Zhong Lei  
 3:30 pm at Gilda's Club 1400 Broadway, Seattle  
 講座: 防癌十二招 雷伯仲醫師主講  
 Gilda's Club 會議室 請電 425-836-3289 陳慕筠接洽
- Apr 18 6:00 pm - WSCCNA Board Meeting at Tzu Chi Chinatown/International District  
 Office, 606 Maynard Ave S. #107, Seattle, WA 98104
- Apr 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 425-836-3289 陳慕筠接洽
- May 5 1:30 pm - Book Study at Gilda's Club 1400 Broadway, Seattle  
 3:30 pm 身心靈健康讀書會 Gilda's Club 會議室  
 請電 425-836-3289 陳慕筠接洽
- May 12 1:30 pm - American Cancer Society—Relay for Life at University of Washington  
 3:30pm 美國防癌協會 “為抗癌接力” 華盛頓大學Husky體育館
- May 16 6:00 pm—WSCCNA Board Meeting at Tzu Chi Chinatown/International District  
 Office, 606 Maynard Ave S. #107, Seattle, WA 98104
- June 16 8:00 am—Susan Komen Race for Cure at Qwest Field  
 12:00 pm 蘇珊基可嫻乳癌基金會 “為治癒而競走” Qwest Field 大球場
- Aug 25 10:00 am—Summer Potluck Picnic at Coulon Park in Renton  
 2:00 pm 連頓市古倫公園野餐



### WSCCNA

#### 2006-2007 Board members

President	Hueifang Chen
Vice-President	Angela Dickey
Treasurer	Lillian Wang
Secretary	Muyun Chen
Secretary	Stella Leong
Volunteers Coordinator	Yenping Ching
Board Member	Min Min Wong
Past President	Kathy Lin