

原來我是一個勇士 - 參加生命接力行有感

黃銘銘 撰稿

五月十二日我參加了華盛頓大學主辦的“Relay for Life” - 生命接力行活動。這是華大學生社團為美國防癌協會募款的活動，每一個參加的社團在活動的24小時中要派出代表在運動場上持續不斷地接力行走。這個活動的口號是：決不放棄，繼續行走！即癌症一天不止息，我們也就不休息，要繼續走下去！華州華人防癌互助協會已是第四年參加這個活



動，協會理事 Stella 已是第九年參加了。今年我們有17位癌友、家屬以及義工參加。開幕式中先由創辦人之一簡介了自1956年開始至今五十一年來的經歷，然後是華大同學精力充沛的表演，把會場情緒引向了高

潮。接著由來自各地的癌友們率先繞場一周。我們手持協會標誌的橫額浩浩盪盪地走在隊伍的中間，跑道兩旁的人群為我們鼓掌加油和拍照！

(下接第四頁)

I am a Brave Warrior - Reflection of a Relay For Life Participant

On May 12, I participated in the Relay For Life held at the UW Husky Stadium. This was a UW student-organized event which raised funds for the American Cancer Society. Each participating team had to keep at least one team member on the track at all times during the event. The slogan for this activity is “Never give up; keep walking!” It means “we will keep going; we will not rest as long as cancer continues to exist”.

This is the 4<sup>th</sup> year that the WSCCNA has taken part in Relay For Life, and the 9<sup>th</sup> year for Board member Stella. We had 17 WSCCNA cancer survivors, families and volunteers at the event this year. In the opening ceremony, one of the Relay For Life founders made a brief speech on the event's 51-year history beginning in 1956. Following up was a lively show of dances and songs by UW students, bringing the event to its climax. After that, cancer survivors coming from near and far walked the first lap around the track. Holding our organization banner and high in spirit, we joined in the march. Amid flashings of cameras, the crowd lining both sides of the track launched waves of applause and cheers for us.

This is the second year that I have taken part in Relay For Life. As I walked my first lap, tears filled my eyes and wouldn't stop flowing, just like last year. At that very instant, I discovered that I wasn't alone at all, since lots and lots of strangers were showering me with their approving cheers. They were affirming my courage and determination in fighting cancer. At that moment, I came to realize that I wasn't really a victim; I wasn't really the pitiful, poor loser that cancer picked out. I turned out to be a brave cancer fighter—a heroine who had won the battle against the cancer monster!

Continued on Page 5

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

原來我是一個勇士	1
雷伯仲醫學教授演講摘	2
我對跳舞的熱情	4
讀書會報導	6
華州華人防癌互助協會 網站成立了!	6
2007 活動預告	8

Inside this issue:

<i>I am a Brave Warrior</i>	1
<i>Dr. Bo-Zhong Lei's Seminar</i>	3
<i>I am a Dancing Champion</i>	5
<i>Book Club Report</i>	7
<i>The Launching of the WSCCNA Website</i>	7
<i>Exciting Events in 2007</i>	8



## 雷伯仲醫學教授演講摘要

陳慕筠 節錄

**防癌爲什麼要限制吃糖？**

糖具有致癌的催化作用，主要原因在於消耗體內本來就不多的礦物質和乙族維生素，因而削弱了機體的抗病能力。糖也直接對機體的免疫系統有害，能使白血球細胞的吞噬能力降低，從而使機體難以消滅癌細胞。癌症病人的血液中含有相當多的乳酸，乳酸是糖酵解作用的產物，是癌細胞的生存依靠，它不像正常細胞是靠氧呼吸。攝糖過多會使人體內酸性物質增多，從而導致體內免疫力下降，易得許多疾病。体液酸度增加還會促使細胞衰老。

世界衛生組織對廿三個國家人口疾病原因作了調查分析，得出了驚人的結論：嗜糖之害甚於吸煙，長期吃含糖量高的食物，會使人的壽命縮短二十年。糖消耗量大的國家，乳腺癌的發病率較高。



雷伯仲醫學教授

**中國婦女肺癌發病率佔世界首位!**

近年來從中國的幾個大城市：上海、北京、哈爾濱、香港中發現女性肺癌發病率上升很快，並佔世界首位。在非吸煙女性肺癌危險因素中超過百分之六十的女性，是因為長期接觸廚房油煙。廚房中排放的油煙氣體含有一氧化碳、二氧化碳、氮氧化物及具有強烈致癌的苯并芘等多種對人體嚴重危害的物質。高溫油煙在室內久久不散。吸入油煙引起的是腺性肺癌，而抽煙引起的是鱗性肺癌。實驗研究資料發現，常用的食油(菜油、豆油)加熱至攝氏二百七十度左右產生的油霧凝集物會使細胞突變，這種細胞突變是癌變的重要分子基礎，且隨油溫提高而增強。煤的不完全燃燒所產生的煤煙含有許多環芳烴。用煤作燃料的地區，其居民肺癌發生比用煤氣作燃料的人群高。因此普及用煤氣、電作燃料，加強廚房通風，使用脫排油煙機，使用已去除生油味的精煉油，降低煎炒食物時的油溫(控制在一百八十度左右)，均可減少油煙的危害，從而降低女性肺癌的發病率。





## Summary from Dr. Bo-Zhong Lei's Public Seminar

### Why should we cut down sugar intake to prevent cancer?

Sugar has the catalytic effect on cancer development due to its ability to consume the minerals and vitamin B that are originally not common in our body, thus weakening our bodies' capabilities to fight diseases. Sugar also directly harms the body's immune system by decreasing the phagocytic capabilities of white cells thus posing difficulties for the body to destroy cancer cells. Cancer patients' serum usually consists of relatively high lactic acid. Lactic acid is the by product of glycolysis which is the survival dependence of cancerous cells for they are not like normal cells that live with oxygen. Consuming too much sugar can increase the amount of acidic substances in our body which leads to the decrease of immunity and subsequently causes the body to become an easy target to many diseases. The increase in body fluid acidity also urges cells to degenerate quickly.

The World Health Organization (WHO) did an epidemiological analysis on 23 countries and has drawn an astonishing conclusion: Eating sugar is worse than smoking; eating food with high sugar content for a long period of time can shorten our life span by up to 20 years. The morbidity of ductal carcinoma type of breast cancer is higher among those countries with a higher consumption rate of sugar.



### World's highest morbidity of Lung Cancer occurs among women in China

In recent years, it has shown that in some major cities in china, such as Shanghai, Beijing, Ha Er Bi, and Hong Kong, the morbidity of lung cancer among women has increased quickly, becoming number one in the world. Among those that are non-smokers, more than 60% of female lung cancer patients have been found to be in constant contact with kitchen fumes. Fumes produced from cooking consist of many harmful substances to the body, such as carbon monoxide, carbon dioxide, nitrogen oxide compound and a strong carcinogen - benzo[a] pyrene. The fumes produced by high cooking temperatures are often not dispersed within the room for a very long time. The inspiration of cooking fumes causes the adenocarcinoma type of lung cancer, while smoking causes the squamous cell carcinoma type of lung cancer. Experimental studies have shown that the oil mist agglutination produced by the popular cooking oils (vegetable oil, bean oil) when being heated up to temperatures around 270 degrees centigrade can cause cellular mutation. This type of cellular mutation is the important molecular base for carcinogenesis and strengthens as the oil temperature increases. The smoke produced by coal incomplete combustion contains many polycyclic aromatic hydrocarbons. There is a higher risk of lung cancer development in regions where coal is used as fuel than where natural gas is used instead. Promoting the usage of natural gas and electricity, improving kitchen ventilation, using a kitchen fan, using refined oil in which the uncooked oil odor has been removed, and lowering the cooking temperature (controlled around 180 degrees centigrade) while frying food are ways to reduce the harmful effects of fumes, thus lowering the risk of lung cancer among women.



### 原來我是一個勇士 - 參加生命接力行有感

(上接第一頁)

這是我第二年參加。和去年一樣，在走第一圈時，我的淚一直流個不停，擦了又流，流了再擦。就在這一刻，我發現我並不孤單寂寞，因為有那麼多不認識的人在幫我加油打氣，他們都在肯定我的抗癌決心和勇氣。也就在這一刻，我領悟到自己並不是一個受害者，不是一個被癌症找上門的倒霉鬼和可憐蟲。我原來是一個抗癌的勇士！一個戰勝了癌魔的英雄！真的很感謝主辦單位的用心，安排此項活動來引發我們這一份思維與激情！

晚上十時，我們再度回到現場，參加燭光祈禱活動。此時操場內燈光全部熄滅，代之而起的是排列在跑道旁邊一圈點著了蠟燭的紙袋。每個袋子上面都寫有名字，有紀念已過世的、有鼓勵正在與癌奮戰的、也有慶祝抗癌成功的，每一個紙袋都包藏著一段感人的故事。在愛爾蘭風琴音樂聲的帶領下，大家默默地跟著繞場一圈。我跟在隊伍中，眼淚又不爭氣的掉出來。一路走，一路看著每一個袋子，一個個熟悉的面孔和身影在我眼前閃現：有遠在德州因肺癌逝去的好友、有我在癌友協會認識的朋友、還有因著她的努力才有癌友協會成立的Joanne……他(她)們一段段感人的抗癌經歷也一一重現在眼前，使我一再升起對他們的敬佩、追思和懷念！我就這麼讓眼淚如決堤般的流不停！但 Life go on！日子還要過下去。我擦乾了眼淚，告訴我那些因癌去世的朋友，也告訴我自己：我將加倍努力，把握生命的每一分、每一秒，我會把他們未走完的那一段承擔起來，更好地活下去！再一次感謝主辦單位為我們提供了這麼一個懷念與往前看的機會！



生命接力行有感  
“抗癌的勇士”  
“戰勝了癌魔的英雄”

### 我對跳舞的熱情 - 參加國際健康國標舞比賽有感

寧凱蒂 撰稿

在好友 HenryWong 及陳綺圓的鼓勵與支持下，在四月七日二零零七年，獲得由泰國舉辦的國際健康國標舞比賽的拉丁舞總冠軍。這真是個難得的經驗，為家人，好友與自己帶來無限的光榮，喜悅及快樂。

在五年前，當被診斷有癌症時，心情是非常低落與絕望。我要多謝許添盛醫生給我的金玉良言。他說”得癌症不是人生的終點，而是讓你有第一個機會過你想過的人生”。

在這五年中，我盡量充實我的人生，做我想做的事，感激簡單的事件，珍惜身邊愛我的人，同時也找到對跳舞的熱情。跳舞不只能增進身體上的健康，同時也能增進精神及心靈上的健康



## I am a Brave Warrior - Reflection of a Relay For Life Participant

(Continued from Page 1)

I'm truly grateful for the host organization's thoughtfulness in holding this activity that would inspire our reflection and passion.

At 10:00 that evening, we returned to the site to take part in the Luminaria Ceremony. All lights in the field were turned off and replaced with the candles lit inside paper bags placed around the track. Each Luminaria bag bears the name of a person. This is meant to remember those lost to cancer, hearten up those still battling the disease, and rejoice with those who won the battle. Behind each bag, there is a moving story to tell. Led by traditional Irish accordion music, we silently made a lap around the track. Walking amid the marchers, I could not help but shed tears again. Looking at each bag along the way, I saw familiar faces flash before my eyes: a close friend from Texas lost to cancer, some of my friends met at WSCCNA, and Joanne, whose hard work played a catalytic role in the founding of the



WSCCNA. Each of those individuals, as well as his or her journey battling cancer, replayed in flashing images before my eyes. Feelings of respect and loving memory filled my heart again and again! I may have let my tears flow like a flooding river, but life still has to go on. I dried my tears and said to friends who lost the cancer battle—and to myself: "I will work extra hard, making every minute and second count. I will try to complete what was left unfinished in your journeys and live more intensely!" Once more, I would like to express my appreciation to the Relay For Life host organization for providing us the opportunity of remembering the past while looking forward to a brighter tomorrow!

## I am a Dancing Champion - Celebration of success in life after cancer

Kathy Lin

Through good friends Henry and Evelyn's encouragement and supports, I was very lucky winning the Pro-Am American Latin Dance Championship from "Dance for Health Competition" in Bangkok on April 2007. It was an awesome

experience to have. It has brought such honor, joy and happiness to my children, good friends and myself.

I have to thank Dr. Siu Tin Xing's golden advice 5 years ago when I was so down and hopeless being diagnosed with cancer. He said to me "Having cancer is not the end of the tunnel in life. It actually is a wake up call for people to have a second chance to relive their life".

In the past five years, I have tried to live my life in the fullest; appreciate simple things in life, treasure the love ones around me and also found passion to dance. Dancing has not only enhanced my health in body, mind and spirit as well!"

People to thanks on my dancing: Ying Ping Ching, Mu Yum Chen, Li Chin, Mar Ray, Hal Chinn, Elosie Chinn, Edgar Yang, Henry Wong, Evelyn Chen and CJ Bang.



CJ (instructor) Evelyn, Kathy, and Henry

## 讀書會報導

陳慕筠 撰稿

三月份的讀書會主要學習內容是飲食資訊，我們閱讀了《癌症康復》雜誌上的兩篇文章：“中國人飲食中的不健康因素”及“現代飲食：偏重口味的不良膳食習慣”。文章中提出目前中國人在飲食方面影響身體健康的許多問題。例如，飲食中的不健康因素有：

1. 食鹽過多：世界衛生組織規定每人每日總攝入量為6克，其中包括蔬菜、醬料中含的鈉。但北京、東北地區居民人均日攝入量為12-20克，這是該地區高血壓發病率高的原因之一。
2. 油大傷身：炒菜時用油多，用油炸。由於油溫高，對澱粉類食物會產生丙烯胺等致癌物。在餐館製作的菜，油加得很多，常為了好看、為了味道可口而犧牲了營養健康。
3. 為美味犧牲營養：過份強調火候，對食物長時間烹製，對水溶性營養(維生素C、B組)的破壞達到40%甚至100%。
4. 以豬肉為主：中國傳統飲食，以植物性食物為主是很健康的。但近年人們青睞肉食的美味，造成糧食攝入量減少。目前中國人飲食結構中，豬肉的比例太高，豬肉含膽固醇和飽和脂肪最高，這種不平衡的飲食結構會對身體造成嚴重的危害，尤其容易引發高血脂、冠心病、脂肪肝、膽囊炎等。

其次，是很多不良的膳食習慣：

1. 追求時尚，熱衷垃圾食物：高糖、高脂肪、高熱量的甜飲料、膨化食品等；
2. 暴飲暴食，胃被撐大：早餐不吃，中午吃得較多，晚餐胡吃海塞；
3. 追求口福成了飯店的常客：在外面吃飯，追求美食或是為了適應快節奏現代生活，是一種新的消費觀念，但是對健康來說弊大於利。

在討論時大家都認為不良的飲食習慣和烹製方法，常常是造成各種疾病的主要原因。在得了癌症後回顧自己過去的許多不良習慣時，都很有感觸，認為必須重新安排自己的飲食烹調習慣：以新鮮蔬果、五穀粗糧為主。低鹽、低油、低糖、低溫的烹調方法才是最健康的。

## 華州華人防癌互助協會網站成立了！

寧凱蒂 撰稿

在2006年，本協會有幸接受了“亞太裔反吸煙聯盟”的小額資助，協助設計一個中文網頁，提供有關煙草使用危害的資訊及有效戒煙的步驟，以幫助學習者根據自身狀況來戒煙。設計過程不僅耗時且困難重重，不過都一一被克服。2006年6月，本協會的中文網站終於設立了。2006年底又再次接受了“亞太裔反吸煙聯盟”的另一筆小額資助，將中文網站上的內容翻譯成英文。現在我們已完成了這個翻譯工作，並加入本協會的網站內。

歡迎讀者上我們的網站 [www.wscna.org](http://www.wscna.org) 查看，並請不吝批評指正！此網站不僅提供了與菸草有關的多樣化訊息，並提供了本協會的各種相關資訊，包括本協會的宗旨、功能、每月及每年的活動、及本協會主編的季度通訊。季度通訊的內容包含了本協會各項活動的報導、癌友的心聲、及許多保健防癌資訊等等。我們感到很自豪也很感激能擁有自己的網站來服務大眾，希望我們網站上的內容能提升華人社區的健康並提供所需要的資訊。

\*\*\*華州華人防癌互助協會希望藉此機會表達我們最真誠的謝意，感謝“亞太裔反吸煙聯盟”撥款資助我們設立網頁，更感謝中醫生劉宇鈞醫師花了許多個不眠之夜設計網頁，我們萬分感激您們的大力支持和辛勞！



Board member Yenping Ching's daughter May Ching was married on 5/26/2007 and WSCCNA was there to celebrate the joyous occasion. 理事們參加杜燕屏理事嫁女在醉翁樓的婚宴



## Book Club Report

Muyun Chen

In March the subject of our Book Club Study was diet information. We read two articles from the journal “**Ai Cheng Kang Fu**” – “**Unhealthy Factors in Chinese Diet**” and “**Modern Diet: Bad Diet Practice that Stresses Flavor**”. The articles address the many factors that affect health due to the current eating styles of Chinese people. For instance, the unhealthy factors include:

1. Adding too much salt: The World Health Organization recommends the daily sodium intake per person as 6 grams which includes the sodium contained in the vegetables and sauces. However the average daily sodium intake per person in Beijing and Northeast China ranges from 12 to 20 grams. This is one cause of the high morbidity of high blood pressure in those areas.
2. Using too much oil: Use lots of oil or deep fry when cooking. Due to the high temperature of oil, starch foods can produce carcinogen like allylamine. In restaurants, the oil is often overly added during food preparation, thus sacrificing nutrition for good presentation and flavor.
3. Sacrificing nutrition for delicacy: Overly emphasized cooking temperature and cooking time, as well as cooking the food for a long period of time, destroys 40% even 100% of the soluble nutrients (vitamin C, B group).
4. Using pork primarily: In a traditional Chinese diet, it is healthy to consume mainly vegetables. However in recent years, people favoring the taste of meat results in the reduction of grain intake. Pork takes an overly high percentage in the current Chinese diet structure. Pork contains the highest levels of cholesterol and saturated fat. This kind of imbalanced diet structure can cause serious harm to our bodies. In particular, it could easily induce hyperlipemia, coronary heart disease, a fatty liver, cholecystitis, etc.

Besides these, Chinese people have many bad diet habits:

1. Pursuing fashion, craving junk food: high sugar, high fat, high calorie soft drinks, puffing food, etc.;
2. Overeating and overdrinking causes the stomach to over expand: No breakfast, more at lunch, and a stuffed dinner;
3. Pursuing tasty flavor and becoming restaurant constant patron: Eating outside, either pursuing gourmet food or adapting to the quick paced modern life, has become a new trend, but creates more shortcomings than advantages to health.

During the discussion everyone thought that bad dieting habits and cooking methods are often the major causes for various diseases. Reviewing ones own bad habits after cancer occurred, everyone had a deep feeling believing that it is necessary to change one’s own dieting and cooking habits: Use fresh vegetables, fruits, and multi-grains as primary food. The cooking method with low salt, less oil, less sugar, and low temperature is the healthiest one.

## The Launching of the WSCCNA Website

Kathy Lin

In 2006, our organization was honored to receive a mini grant from APICAT (Asian Pacific Islander Coalition against Tobacco) to help design a Chinese website which provides information on the dangers of tobacco usage and the proper steps needed to help users quit smoking on their own terms. The developing process was time consuming and many challenges were faced, and overcome. In June, 2006 the WSCCNA website was launched in Chinese. At the end of year 2006, the WSCCNA received another mini grant from APICAT to translate the website contents from Chinese into English. As of now, we have completely finished the translation and uploaded it onto our site.

Please feel free to take a moment to visit it at [www.wscnna.org](http://www.wscnna.org). Feedback and comments are welcome.

The website not only contains a broad range of information related to tobacco, but it also provides general information about our organization. It shows the WSCCNA mission, functions, monthly and yearly activities, as well as our quarterly newsletters which contain activity reports, the thoughts of our fellow cancer survivors, and various health information. We are very proud and grateful to have our own website available to the general public. We are hoping that the contents presented on our website will promote good health and provide the needed information to the Chinese community.

\*\*\* The WSCCNA would like to take this opportunity to express our sincerest thanks to APICAT for its funding and Dr. Hugo Lau for spending many sleepless nights designing this website. Your strong support and hard work are greatly appreciated.



## 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

- June 2 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
- 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
- June 20 6:00 pm—WSCCNA Board Meeting at Tzu Chi Chinatown/International District  
Office, 606 Maynard Ave S. #107, Seattle, WA 98104
- July 7 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
- July 18 6:00 pm—WSCCNA Board Meeting at Tzu Chi Chinatown/International District  
Office, 606 Maynard Ave S. #107, Seattle, WA 98104
- July 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
- Aug 4 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
- Aug 15 6:00 pm—WSCCNA Board Meeting at Tzu Chi Chinatown/International District  
Office, 606 Maynard Ave S. #107, Seattle, WA 98104
- 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
- Sep 1 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
- Sep 19 6:00 pm—WSCCNA Board Meeting at Tzu Chi Chinatown/International District  
Office, 606 Maynard Ave S. #107, Seattle, WA 98104



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
Board Member	MyTran Tran
Board Member	Jennifer Chung
Board Member	Lisa Bai
Past President	Kathy Lin





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Phone: (206) 850-5914

## 捐 贈 表

我願意支持華州華人防癌互助協會：

- |                          |      |                          |             |
|--------------------------|------|--------------------------|-------------|
| <input type="checkbox"/> | \$10 | <input type="checkbox"/> | \$100       |
| <input type="checkbox"/> | \$20 | <input type="checkbox"/> | \$200       |
| <input type="checkbox"/> | \$30 | <input type="checkbox"/> | \$500       |
| <input type="checkbox"/> | \$50 | <input type="checkbox"/> | \$1000      |
| <input type="checkbox"/> | \$75 | <input type="checkbox"/> | 其他 \$ _____ |

姓名：

地址：

市/州/郵區號碼：

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！



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

## DONATION FORM

Yes! I'd like to support the mission of the Washington State Chinese Cancer Network Association with a donation at the following level:

- |                          |      |                          |                 |
|--------------------------|------|--------------------------|-----------------|
| <input type="checkbox"/> | \$10 | <input type="checkbox"/> | \$100           |
| <input type="checkbox"/> | \$20 | <input type="checkbox"/> | \$200           |
| <input type="checkbox"/> | \$30 | <input type="checkbox"/> | \$500           |
| <input type="checkbox"/> | \$50 | <input type="checkbox"/> | \$1000          |
| <input type="checkbox"/> | \$75 | <input type="checkbox"/> | Others \$ _____ |

**Name(s):**

**Address:**

**City/State/Zip:**

**Home Phone;**

**Work Phone:**

**E-Mail:**

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

Enclosed is a Matching Gift form from my employer.

Please record and print my name 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 [info@wscna.org](mailto:info@wscna.org). The Washington State Chinese Cancer Network Association (WSCCNA), is a 501 ( c ) (3) non-profit organization

**THANK YOU FOR YOUR CONTINUING SUPPORT**