

日記一則

劉彥君

二零零七年六月十六日 星期六 晴
今天我起得特別早，因為清晨七時就得趕到中國城，和癌友們一起參加蘇珊基可曼乳癌基金會 (Susan G. Komen Breast Cancer Foundation) 為乳癌步行籌款的活動。我是第一次參加。在廣場的入口，大家都把早準備好的T恤穿上，粉紅色的衣服和運動帽，這是今年大會給乳癌倖存者設計的特別標誌 (其他人穿白色的)。我有點不好意思，但還是穿上了！接著我走到了為癌友特別設置的吃早點大廳，這裡的所有佈置都以粉紅色為主調，我頓時感到有一股溫馨、舒暢的暖流透過全身，好像回到了兒時躺在母親的懷裡……。癌友們吃著、喝著、笑著，並親熱地和穿著各種動物服裝的服務員拍照。(下接第二頁)



A Diary

Yen Jun Liu (Translated by Edward Lin)

Saturday, June 16, 2007, Sunny day

I got up very early this morning since I had to be in Chinatown at seven to join other cancer friends for the annual Susan G. Komen Breast Cancer Foundation Breast Cancer fundraising event - Komen Race for the Cure. This was my first time participating. At the event entrance at Qwest Field, everyone put on the Race T-shirts, pink clothes and hats. The pink clothing was specifically designed for breast cancer survivors (Others wore white). I was a little shy but still put it on. I then walked up to the breakfast hall setup for cancer friends. All the decor was in pink which made me feel like there was a gentle and soothing current that flowed through every inch of my body; kind of



like a baby lying in her mothers' arms. Cancer friends ate, drank, laughed and took photos with service people dressed in animal costumes.

Hand in hand several of our Chinese cancer friends joined the one-mile long troop on the high way. (A section of Highway 99 was closed off for this walk.)

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

日記一則	1
國國際區海洋節市集活動報導	2
夏日野餐會	4
2007 活動預告	6

Inside this issue:

A Diary	1
International District Street Fair Report	3
Summer Picnic 2007	5
Exciting Events in 2007	6

國際區海洋節市集活動報導

陸宜平

今年的海洋節，於七月十四、十五日在國際區舉辦了兩天的市集活動 (street fair)，各個社團、機構、公司擺設不同攤位進行宣傳和服務，並有音樂表演及各類食品物品的銷售，吸引了很多群眾，大家扶老攜幼來參加，熱鬧非凡。華州華人防癌互助協會 (WSCNA) 得到亞太裔戒煙聯盟 (APICAT) 的資助，今年首次參加這項活動，目的是宣導戒煙及向華人提供相關的資訊。同時也藉此機會讓華人知道有這樣一個專為華人服務的防癌互助機構，還有一群熱心的義工，不計報酬地為他們提供防癌的資料，為華人義務服務，讓人們知道無病時該如何去預防，有病時又該如何去了解與克服。

今年的夏天特別炎熱，亞太裔戒煙聯盟印製了大批的扇子，隨著送扇我們也送上協會的章程、簡訊資料，通過這樣的口授筆傳，讓更多華人關心自己和朋友的健康！“癌症”無須害怕，怕的是本身對它無常識，自己學習明白了癌症的知識後，可以去幫助更多的人，做善事，是一件多麼快樂的事。華州華人防癌互助協會已成立五年，擁有十位任勞任怨不計報酬的理事，她們當中大多數也是癌症康復者，還有一批熱心的義工，在他們辛勤努力下已經使一些癌友走出了治療期的痛苦，進入了康復之路。



日記一則

(上接第一頁)

我們幾位黃皮膚的癌友，手拉手地加入那約一英哩長的隊伍走上了高速公路(為了這次步行附近的九十九號高速公路被封閉了一段)，雙行車線內擁滿了參加步行的人群：有夫妻、情侶、好友、閤家老少、有載著嬰兒的小車、有坐著殘疾人的輪椅……，今天我總算是親自置身於”人山人海”當中！我的血在洶湧澎湃，原來有那麼多人和我一起在和癌症作鬥爭！當我回到了總會場(那是市裡最大的一個露天大球場)，我站到粉紅色的隊伍當中，那是乳癌倖存者的隊伍，走在最



前面的是45年以上的康復者，然後是30、25、20、15、10、5、1-4年的康復者。這個約有一千多人的隊伍，在鼓樂隊的帶領下緩緩地步入大會場。我像是參加世運會的運動員一樣，拿著鮮花和帽子，向四周圍為我們傳來如雷鳴般掌聲的觀眾揮手。我心血沸騰、熱淚盈眶、心都要爆出來了！我感到自豪、感到光榮，因為我是一個被支持被鼓勵、戰勝了癌症的鬥士！

我衷心地感謝華州華人防癌互助協會，特別是幾位理事，對我無微不至的關懷，一年來帶領著我參加各種活動，像慈母、像姊妹般，使我從孤獨、恐懼的低谷中走了出來。現在，我覺得自己是一個充滿自信、經得起磨練的康復者！



2007 Sea Fair Summer International District Street Fair Report

Kathy Lin

WSCCNA (Washington State Chinese Cancer Network Association) has always wanted to participate in the Annual International District Fair. But due to limited funding, the wish has been postponed for 3 years. This year, we have to thank APICAT (Asian Pacific Islanders Coalition against Tobacco) for giving us the funding to make this wish come true.

It was a very successful event. Thousands of people came through these two days. Many merchants joined the festival: from arts to jewelry show, gifts to gallery shop, tea tasting to different ethnic foods. It was great to see the whole community come together and celebrate this wonderful cultivated event in the ID area.

Our booth provided much information on how to deal with different cancers, cancer prevention methods, nutrition and exercise information, the risks of tobacco using, tobacco quitting information, and pictures of our members participated in different events from Susan G Koman "Walk for Cure" to U W "Rely for Life". We also gave away hand hold fans which were given by the APICAT; each fan has a message in Chinese to encourage people not to smoke.

Many people stopped at the booth, requested different types of information on various issues. We also received a few generous donations from supporters. Even though we did not get as much traffic as we would have liked, it was still a great beginning. It gave the network an opportunity to be in the public eye to increase the cancer awareness for the Chinese community. If they ever need any support on the cancer issues, we will be here to help.



A Diary

(Continued from Page 1)

The two-way lanes were packed with people. There were couples, lovers, friends, whole families, carriages with babies, and wheelchairs with handicapped persons. I was really in the midst of "People Mountain People Sea (a crowd of people)". My blood was racing – I then realized that there were so many people fighting against cancer with me! When I got back to the main Qwest field (the largest open stadium of the city), I stood in the pink team. That was the team of breast cancer survivors for the Survivor Parade into the stadium. Those who walked in the very front were 45-



year breast cancer survivors, then 30, 25, 20, 15, 10, 5 and 1 to 4 years survivors. This team of about 1000 people led by the drum band walked slowly into the field. I felt like an athlete in the Olympic games holding flowers and hats, waving to the audience with thundering applause. My blood was racing through my veins, my eyes were full of tears, and I felt as if my heart was going to explode! I felt so proud, so glorious. I was a supported, encouraged fighter who won over cancer.

I sincerely thank WSCCNA, especially the board members who have been taking care of me in every meticulous way. For a year they took me to various activities; they are like mothers and sisters who walked me out of the valley of loneliness and fear. Now I feel myself as one durable cancer survivor full of self-confidence!



夏日野餐會

鍾國慶、陳慕筠

華州華人防癌互助協會八月廿五日在華盛頓湖南邊連頓市(Renton)的古倫公園(Coulon Park)舉辦夏日野餐會，為癌友們加油打氣，並釋放氣球以紀念往生癌友。協會的十位理事及義工一大早就佈置好了場地，當日有癌友、家屬及義工共三、四十人參加。活動以pot luck的方式進行，由參加的人各帶一道拿手的美食與會。除了享受美食，還有尋寶活動、氣功介紹、書法繪畫研習和集體跳行列舞等，癌友們不但活動了身心，也學會一些舞步，大夥兒盡情盡興地把活動帶到高潮。

癌友代表甘先生在致詞時說的一席話，更是道出了癌友的心聲：這是他第三年參加這個野餐會，每年他都帶太太高高興興地來參加，去年連女兒也來了。他說：在這個野餐會中，可以自由地呼吸到「最」新鮮的空氣、欣賞到「最」美的風景、品嚐到「最」可口的美食。他不會忘記五年前得淋巴癌，化、放療做了半年，最後做幹細胞(Stem cell)治療時，還在無菌室內被隔離了十七天。那半個多月的無菌隔離，讓他和大氣隔絕、和親人隔絕、和美食隔絕……味覺完全消失！而在無菌隔離時他最盼望的那三個「最」，在每次的野餐會時都重新得到了，所以他特別珍惜，希望以後每年都能來和大家一起聚會！

由於癌症的成因很多，目前在醫學上尚無定論，不過從過去的許多病歷中，醫師們認為癌症的成因，可能和生活飲食的不正常，食鹽、糖和油攝取過多有關。所以防癌要從日常生活做起，要戒除不良的生活習慣。一旦得了癌症怎麼辦？一位康復的癌友說：首先自己要堅強，不要喪失生存的願望，和癌症奮戰到底，然後尋求醫學以及相關機構的協助，例如華州華人防癌互助協會就是幫助癌友的一個機構，可以提供許多協助，比自己無助的摸索更有助益！





Summer Picnic 2007

Guo-Qing Chung & Mu Yun Chen (Translated by Andre Do)

On August 25, at the South Lake Washington Coulon Beach Park in Renton, WSCCNA held a summer picnic to cheer up cancer friends and released colorful balloons in memory of cancer friends who lost the battle with cancer.

The 10 Board members and volunteers had already set up the site early in the morning. There were about 30 to 40 cancer friends, their relatives and volunteers attending the event that day. The picnic was potluck style, with participants bringing in dishes of their specialty. Besides tasty food, there were also treasure hunting, Chi-gong demo, Chinese calligraphy and brush painting practice, and line dancing. Cancer friends not only enjoyed mental and physical exercise, but also learned new dance steps. Everyone fully entertained themselves, bringing the event to its climax.



Representing cancer friends, Mr. Gan addressed the crowd. His talk unfolded personal feelings that cancer friends can particularly identify with. This was the third year that he participated in this event. Every year, he merrily brought along his wife, and even his daughter joined them last year. At the lakeside picnic, he was free to breathe the “best” air, view the “best” scenery, and taste the “best” food. He will never forget his lymphoma ordeal 5 years back. When undergoing stem cell treatment after 6 months of chemo and radiation therapy, he endured 17 days of sterile isolation— isolated from natural air, from family members, and from flavorful food, resulting in his loss of taste. At the yearly picnic however, he is able to re-experience the 3 “bests” that he most craved for during sterile isolation. That is why he

cherishes this reunion so much and wishes to come back year after year!

Although the possible causes for cancer are numerous and not yet conclusive, a great number of past clinical cases suggest that cancer risk factors tend to be associated with unhealthy life style and excessive salt, sugar and fat intake. Therefore, cancer prevention has to start from making changes in everyday life to get rid of unhealthy habits. What if you're diagnosed with cancer? A recovered cancer friend shared an advice: first be strong, don't loose hope for survival, keep fighting till the very end, and seek assistance from medicine and related organizations. One such organization that exists to care for cancer friends is the WSCCNA. It can provide a lot of assistances, which is better than helplessly stumbling around on your own.





Washington State Chinese Cancer Network Association (WSCCNA)

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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

- Oct 6 1:30 pm— Public Seminar: Useful resources for those touched by cancers or chronic diseases
3:30 pm 免費健康講座—內容：癌症病患及慢性病患有關的醫療保險
主講人：蔡欣偉先生 (健康醫療保險策劃員)
Gilda's Club 會議室 請電 425-836-3289 陳慕筠接洽
- Oct 20 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
- Nov 3 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
- Nov 14 6:00 pm—WSCCNA Board Meeting at Tzu Chi Chinatown/International District Office, 606 Maynard Ave S. #107, Seattle, WA 98104
- Nov 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
- Dec 1 8:00 am— WSCCNA Board Annual Retreat
6:00 pm 理事集訓會議
- Dec 15 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
- Dec 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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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
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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:

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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. The Washington State Chinese Cancer Network Association (WSCCNA), is a 501 (c) (3) non-profit organization

THANK YOU FOR YOUR CONTINUING SUPPORT