

## 我的抗癌經歷

李丹

2004年,我們幸福的小兩口剛搬進新居,卻沒想到癌症也正悄悄地向我逼近。鼻咽癌這種病對我並不陌生,我母親在二十年前也遭受到同樣的命運。我和她都一樣積極、樂觀地面對治療。母親抗癌的成功經驗也給了我無限的力量!在我治療最艱難時,我的毅力和智慧也在同病魔的對抗中逐漸增強!癌症不但沒有把我擊倒,反而成了我為生命而搏鬥的動力。在我休養康復期間,我走進夢想已久的大學!我做了自己想做的事,身心都沒有壓力和痛苦,反而覺得時間過得很快,對我的康復起著推動的作用。我的抗癌經驗是:第一、要有必勝的信心和毅力,這對任何病人都至關重要,一位詩人曾說過:信心是半個生命!因此當人患病尤其是得了癌症,要有堅定的意志、必勝的信心、強大的毅力、樂觀的情緒、特大的勇氣、頑強的鬥志來壓倒病魔。第二、生活要有規律,這樣才可使身體處於正常的活動狀態。第三、調節飲食,飯菜要清淡,粗精兼食、葷素搭配。第四、要進行適當的體育鍛煉,增強了體質也就增強了抗癌的能力。2008年是我抗癌的第四年,正是好喜臨門:我即將完成學業;我正孕育著一個健康的寶寶!所以,我很相信增強信心和毅力,加上合理的治療,一定會:病樹前頭萬木春!



喜訊:李丹已於七月八日順利產下一健康男嬰!

## My Cancer Experience Written by Tan Li, translated by Oliver Hsu

In 2004, my husband and I had just moved into a new house. But, no sooner than we realized cancer quietly moved into me. Nasopharyngeal cancer is not a stranger to me. My mother had the same cancer over 20 years ago. Both my mother and I take positive attitudes towards the disease and the long process of dealing with it. The success story from my mother gave me innumerable strength! The more difficult the curing process was, the more strength my persistence and wisdom gained! Cancer could not defeat me, but it became the motive for me to fight for my life. During my resting and recovering period, I went to school at the university I dreamt! I did what I wanted to do, and my mind and body were without pressure and pain. Instead I felt that time flew, thus promoting my recovery profoundly.

My cancer experience is that: First, one needs to have a must win confidence and persistence. This attitude is very important for any patient. A poet once said: confidence is half a life! Therefore, when one gets sick, especially with cancer; one must possess strong will, winning confidence, great persistence, positive emotions, huge courage, and unfailing fighting spirits to overcome terminal diseases. Second, one must have a regular live style; then one can be in a good and normal state. Third, one has to adjust her/his own diet to be light, containing both raw and refined, mixed with meats and vegetables. And fourth, one should engage into an adequate physical training; The act of making one's body stronger means it increases its ability of fighting cancer.

2008 is my fourth year of fighting cancer: This is the year with good fortune and luck: I am about to finish my degree and am also expecting a new born baby! Therefore, I strongly believe that with enhanced confidence and willpower, along with proper medical care, a disease should and can be defeated! Good News: Tan Li has a healthy baby boy on July 8th. Congratulations!

## 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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## 記今年的“生命接力行”

王蓮麗

今年華大為癌友們所舉辦的生命接力行(Relay for Life)於五月三日下午三時正，在華大的球場拉開了序幕。天氣帶點陰涼，微風夾著細雨，但在大球場中央的草坪上，華大的同學早就撐起了帳篷，他們每年都為這個“接力行”精心地組織、籌劃。雖然一年只有一天一夜的活動，但意義非凡。對於正在與癌病搏鬥的勇士們來說，他們正一分一秒地記錄著既痛苦又頑強的經歷。每年能步入這接力行的行列，也就是他們又一次戰勝癌症的一年，他們清楚地計算著獲得新生的歲月，他們是如此的激動和感恩！他們是癌友的希望，是人類的驕傲，在他們的身上我們看到了生命的曙光。對於眾多的參加者，他們是癌友們堅強的後盾，在這裡飽含著同情、支持和敬佩！與癌搏鬥不僅僅是病人本身，而是全人類的鬥爭目標，總有一天我們會戰勝它，不再懼怕它。我們也會永遠記住那些往生的癌友，他們曾勇敢而堅強地單獨作戰過，沒有他們的腳印，那來今天的道路！讓我們都來為生命接力！

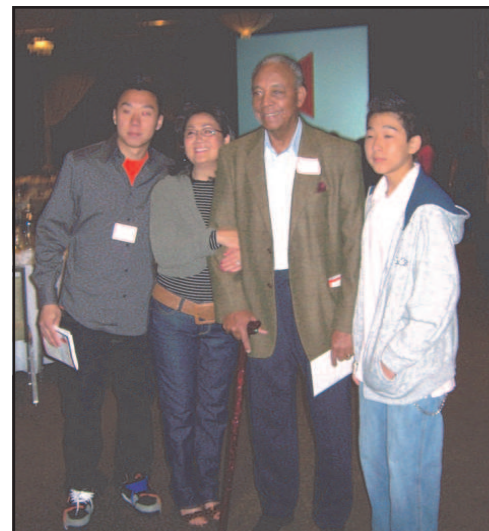


## 再現美麗人生！

陳慕筠

五月二十三日我在威斯汀大飯店(Westin Hotel)的四樓大廳參加了Gilda's Club舉辦的第十一屆癌友服裝表演籌款午宴。我會的兩位癌友：Kathy 和 Angela 應邀參加了表演模特隊。她們經過了半年的準備，終於在今天走上表演橋台再現她們的美麗人生。這是一個振奮人心的活動，參加的賓客不但嚐到美酒佳餚、捐獻善款，更重要的是支持鼓勵了幸存的癌友們身心的康復，使他們重拾自信、自尊的人生。

六百多人的宴會盛況空前。宴會首先通過大銀幕介紹了美國八十年代著名的諧劇名星、已故的癌友 Gilda 生前演出的片段；全美的 Gilda's Club 是為紀念她而創辦的。今年的服裝表演有三十位癌友模特兒登台表演：有八、九歲的孩子、有青壯年的上班族、也有退休的長者；他們有的和父母、夫婦、姊妹、或兒女挽著手登台；他們有的穿著高雅的禮服、有的穿著休閒便裝、有的穿著流行服飾……。主持人為他們一一介紹個個的艱苦治療及與癌共存的感人經歷。Kathy 帶著女兒滿臉春風、瀟灑自如地在橋台上走了一個來回；Angela 帶著兒子幸福、喜悅地在橋台上邊走邊跳起了“迪士尼高”……。她倆都異口同聲地說：難得有這樣的機會，在幾百人的掌聲鼓勵和支持下再現自己的美麗人生，今後一定會倍加珍惜！







## An account of "Relay for Life"

Written by Lillian Wang, translated by Andre Do

The Relay for Life event this year opened on May 3<sup>rd</sup>, at 3:00PM sharp, in the UW Husky Stadium. The weather that day was cool and moist, with a gentle breeze blowing a light drizzle. However, tents had already been set up on the lawn at the center of the stadium. As in years past, UW students carefully planned for and put together this annual event.

Although Relay for Life is just a yearly overnight event, it carries special meaning. For the warriors wrestling with cancer, each small moment in time is significant in their painful and tenacious struggle. Each year that they are able to join the ranks of Relay for Life is one more battle they have won against cancer. They meticulously account for their survival time. They are so excited about, and grateful for life! They are the hope for cancer patients, and the pride of humankind. In them, we can see the sparkle of life. They provide the strong backbone for numerous event participants. They fully deserve our sympathy, support and respect!

The battle against cancer is not only a cancer patients' plight, but also a struggle involving all humankind. We will eventually win this battle and no longer fear cancer. We will also forever remember our friends lost to cancer. They battled alone with great courage and iron will. Without their footprints, we would not have a path to follow today! Let us all take part in "Relay for life"!



## Surviving with Grace and Glamour

Written by Muyun Chen, translated by Andre Do



On May 23<sup>rd</sup> this year, Gilda's Club hosted the 11<sup>th</sup> Annual "Surviving with Style" Fashion Show and Luncheon. I attended this fundraising event in the Westin Hotel 4<sup>th</sup> Floor Grand Ballroom.

Two WSCCNA cancer survivors, Kathy and Angela, were invited to model in the fashion show. After half a year of rehearsals, they finally got to walk the runway and reclaim their once graceful lives. What an inspiring event! The guests not only enjoyed fine food and wine, but also contributed to the fundraising and cheered up the cancer survivors. Their attendance helped promote the cancer survivors' physical and mental recovery, allowing them to regain confidence and self-esteem.

The 600-people luncheon was a huge success. The event kicked off with a presentation on Gilda Radner, an American comedy star

of the 1980s who lost her life to cancer. A big screen was playing footages of Gilda's shows. It was in honor of her that the statewide Gilda's Clubs were founded.

Thirty cancer survivors modeled for the fashion show. Their ranks included 8 to 9 year olds, young workers and retirees. Some of them performed catwalk hand in hand with their parent, significant other, sister or child. The show featured elegant formal gowns, relaxed and casual styles, and trendy fashions. The host introduced each of the models by telling a brief story of their particular harsh experiences living with cancer and medical treatment.

Hand in hand with her daughter and smiling like a spring breeze, Kathy leisurely made the round on the runway. Angela, accompanied by her son, joyfully cat-walked in disco dance steps. "This is one rare opportunity to relive our former lives in style, amid supporting cheers from hundreds of people. We will cherish our lives even more!", Kathy and Angela confided in unison.





## 素食與健康

朱珍 女士

### I 肉，蛋，奶是致癌物

根據美國生物化學和癌症研究專家，柯林·坎貝爾博士終生的研究，他的結論是：**動物性蛋白（肉，蛋，奶）的攝取直接導致人患癌症和其他慢性病。**

坎貝爾博士首先在實驗室中以老鼠做了多年實驗，證實了這個結論。以後在80年代初期開始跟中國科學家合作，在中國（以後加上臺灣）展開了廣泛的調查研究。他們所收集的資料進一步證實了實驗室的結論。他在2006年出版了『救命飲食』（The China Study，簡體版書名『中國研究調查報告』），造成很大震撼。本書以詳細的科學研究資料說明癌症和其他常見西方慢性病的起源，全部指向西方人飲食中所攝取的動物性蛋白質，包括肉，蛋，奶。他更進一步指出素食乃是杜絕所有這些西方病的最佳良方。

以下是坎貝爾博士所列舉的所謂西方人常見的『富貴病』和發展中國家所常見的『貧窮病』：

**富貴病：** 癌(大腸癌，肺癌，乳癌，白血球症，小兒腦癌，攝護腺癌，胃癌，肝癌等)腎臟病，心臟病，肥胖癥，自體免疫系統不調，骨鬆症，老人癡呆，白內障，等等。

**貧窮病：** 肺炎，胃潰瘍，消化系統病，肺病，寄生蟲，內分泌不調，等等。

以乳癌，大腸癌，和心臟病為例，患病率最高的國家也是人民攝取動物性蛋白比例最高的國家，如：美國，加拿大，澳洲，紐西蘭，英國，丹麥，挪威，法國，等。以上病例最低的國家也是人民攝取動物性蛋白最低，植物性食物比例最高的國家：泰國，日本，葡萄牙，中國，南美國家及非洲國家等等。



### II 為何動物性蛋白和脂肪對健康有害?

#### 1. 人體必須保持弱鹼性，才是最佳健康狀態。而肉，蛋，奶都是高酸性食物。

身體處於長期酸性狀態，細胞就會起變化，進而引起癌變和各種疾病。動物性蛋白也缺少人體所需要的多種維生素，礦物質和纖維。所以不僅細胞無法獲得充分營養，而且由於缺乏纖維，造成便秘，使體內毒素無法及時排除，而重新吸收到血液中。這是萬病之源。

#### 2. 高鹼性食物是蔬菜和水果，特別是深綠色蔬菜，能保持人體酸鹼平衡。所以每天必須大量吃蔬菜，水果，尤其是深綠色蔬菜，才能保持身體的弱鹼性。蔬菜和水果也包括了人體維持健康所需要的維生素和礦物質，還有非常重要的纖維。人體雖然無法吸收纖維，但它是身體的清道夫，能把毒素帶出身體，就像一個城市一樣，沒有清道夫是很嚴重的問題。

### III 深綠色蔬菜就是『蛋白質』

深綠色蔬菜包含豐富的**氨基酸 (amino acid)**，**氨基酸就是蛋白質的基本元素**。動物如牛馬羊，大象，猩猩等，它們的主食是草，樹葉等，它們把這些植物中的氨基酸轉化為動物性的蛋白質。人吃了肉，蛋，奶後，再將這些動物性的蛋白轉化為身體所需用的氨基酸，才能使用。這轉化中不但浪費了很多身體的能量，而且製造了很多毒素，並使體質變酸。

如果人直接食用蔬菜，尤其是深綠色蔬菜，就能有身體所需要的氨基酸來製造自己的蛋白質，如肌肉和骨骼等。所以從植物攝取氨基酸也就是攝取蛋白質，而且是最原始，最優質，對身體最無壓力的蛋白質來源。吃大量的深綠色蔬菜就不會有蛋白質不夠的問題。

(下接第六頁)





## Vegetarianism and Health

by Jane Chu

### I It's proven that meat, eggs and dairy products cause cancer.

According to the study of U.S. leading biochemist and cancer specialist, **Dr. Collins Campbell**, animal protein—meat, eggs and dairy—is the direct cause of many types of cancer and a host of other chronic diseases.

This is the conclusion of Dr. Campbell after years of research in the 70s. Then in early 80s, Dr. Campbell coordinated with Chinese researches and conducted an extensive survey throughout China. The invaluable data he collected further verified the studies he had conducted in the laboratory. Based on his dozens of years of work in the cancer field, Dr. Campbell published *The China Study*, which has caused great reverberation in the health field. In this book, Dr. Campbell uses scientific data to explain how animal protein, including meat, eggs, and dairy products, which is prominent in Westerners' diet, is the cause of most types of chronic diseases commonly seen in developed countries.

The following are the lists of the so-called "rich people's diseases" commonly found in the West and the "poor people's diseases" commonly found in developing countries:

**Rich people's diseases:** Cancers (colon cancer, breast cancer, leukemia, children's brain cancer, prostate cancer, stomach cancer, and liver cancer, etc.) diabetes, heart disease, obese, immune system problems, osteoporosis, Alzheimer, cataract, etc.

**Poor people's diseases:** pneumonia, ulcer, digestive system problems, tuberculosis, parasites, endocrine system problems, etc.

Take breast cancer, colon cancer and heart diseases for example, the countries with the highest rate of these diseases are the ones where people consume the most amount of animal protein, like the U.S., Canada, Australia, New Zealand, England, Denmark, Norway, and France, etc..

The countries with the lowest rate of such diseases are the ones where people consume the least amount of animal protein and the most amount of plant based foods, such as Thailand, Japan, Portugal, China, and countries in South America and Africa.

### II Why is animal protein and fat harmful to our health?

Our human body has to stay in an alkaline state to maintain optimal health. Meat, eggs and dairy products are all highly acidic foods. When the body becomes chronically acidic, the cells start to change or ferment and eventually evolve into cancerous cells or cause a variety of diseases.

Animal protein also lacks essential vitamins and minerals our body needs to stay healthy. Eating too much animal products not only deprives our body of vital nutrients but also causes constipation because such foods lack the fiber that plants provide us. When the body is unable to timely eliminate the feces because of constipation, toxin will accumulate inside the intestines and get reabsorbed into our blood. This is the major cause of many diseases.

**Fruit and vegetables, especially deep green vegetables, are highly alkaline, and they can help the body maintain the proper PH balance.** That's why we need to eat a great quantity of fruit and vegetables daily, especially deep green vegetables, in order to maintain our PH balance. Also these foods provide us with essential vitamins and minerals and the vital fiber. Even though our body can't absorb the fiber, it functions as a garbage collector for our body: It carries out the toxins from the intestines for us. It's just like a city, without garbage collectors, the city will have serious problems.

### III Deep green vegetables are actually "protein."

Deep green vegetables contain great quantity of amino acids. Amino acid is the building block of protein. For animals like cattle, sheep, elephants, and apes, their main staples are grass and leaves. They absorb the amino acids from these green plants and transform them into protein. Then when humans eat animal meat, eggs and milk, their body has to transform these proteins back into amino acids in order to make use of it to build their own body. This process not only wastes a lot of energy but produces a lot of toxin. These animal proteins also make our body very acidic.

If humans eat the vegetables, especially the deep green ones, they can cut out the middle man, so to speak, and directly obtain the amino acids to help us grow muscles and bones. Therefore, absorbing the amino acids is actually eating protein. It's also the best kind of protein because it gives our body the least burden. That's why if we eat a large quantity of deep green vegetables we will never lack protein.

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## 素食與健康 (上接第四頁)

朱珍 女士

### IV 鈣的迷思

多喝牛奶能預防骨鬆症嗎？相反！患骨鬆症比例最高的國家，也正是人民食用肉，蛋，奶比例最高的國家。原因所在是：牛奶雖然是高鈣食物，但也是高酸。當人體體質呈酸性時，為了保持酸鹼平衡，自然會從骨骼中提取鈣(因為鈣是高鹼)，來中和體酸，然後造成大量的骨骼的鈣的流失。這時候檢驗尿液，就會發現鈣質的突增。肉和蛋同樣造成身體呈酸性，所以也造成鈣的流失。補鈣的最佳食物是深綠色蔬菜，因為它們含鈣量最高，也最適合人體吸收。

### V 胃酸的問題

現代人很少有胃酸過多的問題，尤其是肉食者。多半的胃方面問題都是胃酸不夠，而不是胃酸太多。所以胃不舒服吃止胃酸的藥，只會越來越嚴重。胃酸不夠，跟所有其他慢性病原因一樣，是因為體質偏酸。體質偏酸，則胃酸偏少。相反的，體質呈弱鹼(即酸鹼平衡)，則胃酸會提高而達到正常。

**多吃高鹼性蔬菜，就是深綠色蔬菜，能使體質酸鹼平衡，使胃酸提高，因而減少胃病。**

### VI 平衡，健康的飲食是素食

1. 蔬菜水果是鹼性食物，最適合人體，同時含有維持健康所必需的維生素和礦物質。
2. 穀類為弱酸性，應以全穀為主，較為健康，像糙米，全麥等。麥片，小米，苡仁等可以吃。
3. 種子類(葵瓜子，南瓜子，芝麻，亞麻籽flax seeds等)和堅果類(核桃，美國杏仁almond，開心果，花生等)和豆類均屬弱酸性，可少量食用。
4. 每天最好吃些生食，也就是涼拌菜或沙拉。生食保持維他命不受破壞。
5. 盡量吃有機食物，就是沒有噴撒農藥或用化肥的蔬菜水果。
6. 多吃新鮮食物，避免加工食品。

### VII 其他

#### 少油，少鹽，少糖：

鹽是高鈉，會造成人體鉀，鈉的不平衡。高鉀有益健康，高鈉則會致癌。

糖呈酸性，而且是『空的卡路里』，會使體質不平衡，而且增肥。

油應以『冷榨法』製造，才能使它不變質。一般市面的油是為省錢而用加熱法榨出。油本身是很不穩定的食物，加熱後，已經變質，所以成為有害物質。

#### 不可用微波爐

微波爐是用放射性方法從食物裏面加熱，這種加熱法使食物營養完全破壞，可以說微波的菜已經沒有任何營養。嬰兒和小孩尤其不可吃微波煮的菜或熱的奶。

**喝過濾水：**自來水由氯處理過。氯是致癌的化學品。

**多曬太陽：**人體需要太陽來製造維他命D，而鈣的吸收要靠維他命D。缺乏D的話，就不容易吸收所攝取的鈣。





## Vegetarianism and Health (continue from Page 5)

by Jane Chu

### IV The myth of calcium

Can drinking milk prevent osteoporosis? On the contrary! The countries with the highest rate of osteoporosis are exactly the ones where people consume the greatest amount of meat, eggs and dairy products.

The reason is even though it's being advertised that dairy products contain a lot of calcium, they also contribute to making our body acidic. When we consume dairy products, and for the same reason, meat and eggs, our body will try to regain its PH balance by extracting calcium from our bones which is the most alkaline parts of our body, in order to neutralize the acid in our body caused by animal protein. The calcium is then passed out from our urine. That's why when we eat animal protein, we will find an increase of calcium in our urine test.

**To obtain enough calcium, we should eat more deep green vegetables** because they contain the highest amount of calcium, and it's in the most absorbable form.

### V The problem with stomach acid

For us modern people, the truth is there aren't too many people who have an excess of stomach acid, especially for those meat eaters. Most people's problem with their stomach results from a lack of stomach acid, instead of an excess of it. That's why taking anti-acid medicine can only worsen the problem.

Like most other chronic diseases, the lack of stomach acid results from the acidity of the body. When the body becomes acidic, the stomach produces less acid. On the other hand, when the body maintains alkaline, i.e. a PH balance, then the stomach will produce a normal amount of acid and therefore improves the digestion.

Again, eating highly alkaline fruit and vegetables, especially deep green vegetables, will help increase our stomach acid and therefore cure our stomach problems.



### VI A balanced, healthy diet is the vegetarian diet.

1. **Vegetables and fruit** are alkaline foods. They are most suitable to our body, and they contain essential vitamins and minerals.
2. **Grains** are slightly acidic. It's healthier to eat whole grains, like brown rice, whole wheat, oatmeal, and barley etc. **Seeds** (sunflower seeds, pumpkin seeds, sesame seeds, and flax seeds, etc.,) and **nuts** (walnuts, almond, pistachio, and peanuts, etc.,) and **beans** are slightly acidic. We can eat them in a small quantity daily.
3. Every day, eat some **raw foods** like salad. Cooking destroys vitamins, so raw foods are the most nutritious.
4. As much as possible, eat **organic foods**, foods grown without chemical fertilizers or pesticides.
5. Eat **fresh foods** instead of process ones.

### VII Other healthy way of living

#### Reduce oil, salt and sugar:

**Salt** is high in sodium. It causes the body to lose potassium. High potassium is beneficial to our health, while high sodium can cause cancer.

**Sugar** is highly acidic. It's also empty calories. It causes PH imbalance and weight gain.

Use "**cold pressed oil**." Commercial oils sold in supermarkets are processed with heat because it's a cheaper method, but oil is a very unstable element. After it's heated, it becomes carcinogenic.

**Do not use microwave oven:** Microwave oven heats by radiating the food from within. This heating method completely destroys the nutrition in the food. Avoid using microwave to heat milk or baby food for babies or children.

**Drink filtered water:** The city tap water is treated with chlorine, a cancer-causing chemical. Either purchase bottle water in gallon jars (PCC sells it in bulk if you bring your own containers) or install a filter system in your kitchen sink. You can also have filtered water delivered from a water company.

**Get more sunshine:** Human body needs sunshine to help produce Vitamin D. Without Vitamin D, calcium we take in can't be absorbed properly.



**讀書會近況報導****陳慕筠**

我們的讀書會一直按計劃進行。今年我們讀的書是：

《Spontaneous Healing》Andrew Weil, M.D.(安德魯·韋爾醫學博士)著。中譯名為《自愈力》(繁體字) 陳玲瓏譯；

《不治而愈》(簡體字) 洪漫、劉立偉譯。

在**第一季度**我們已學完了兩個專題：

1. 人體天生的自愈力；
2. 神奇的痊癒系統科學舉証。

在**第二季度**我們有幸請到西雅圖社區學院任教的朱珍老師專題講解“素食的好處”及介紹素食食譜，並親手示範，和大家一起品嚐。這是我們書中的第二章：“優化康復系統”中的‘有利康復的飲食’的內容之一。

她在**四月五日**的讀書會中詳細地介紹了十多年來她實行素食和博覽有關素食名著的心得和體會，並把她的讀書筆記、擇要印發給癌友及參加者。並同時用科學論証的方法，解答了到會者的諸多疑問：素食會使人缺乏必需的蛋白質嗎？會使人喪失食慾嗎？會使人缺鈣嗎？體力勞動者會體力不支嗎？會貧血和營養不良嗎？等等疑問。

**五月十七日**她又親自印發了自編的食譜，並帶齊了各式豐富多彩的樣本及預製品：沙拉、果汁、果醬、點心(越南式的素米粉卷、墨西哥式的薄餅素菜卷、中式的涼拌麵等)。到會者不但學到各種精緻素食的製作也大飽了口福、大開了眼界！我也同時為缺席者大嘆：你們‘走寶’了！

**六月七日**的讀書會內容是：《心理力量在痊癒過程中的角色》除討論坐談還續聽許添盛醫師身心靈講座的錄音《人的自愈力》；介紹百歲中醫養生功《晚間湯洗足、睡前練靜功》；教唱歌《你是我的陽光》。

**七月五日**活動因逢美國國慶日假期故暫停。

**八月二日**活動改為每年一次的癌友野餐。到時我們希望能再請朱珍老師作素食示範！歡迎大家參加！

**祝賀本會理事長梁費聖奇女士獲公司表揚**

轉載自西華報

在西華報本周7月12-18日社區版33，刊登了Qwest 公司頒發2008年第一季服務大獎給Stella 梁費聖奇，表揚她在領導才能、創意及扶育後輩與獻身服務精神受公司內部讚賞，她在公司服務了二十年今次得獎是一份很大的榮譽，Qwest 在全美十四州的辦事處內只表揚十位符合資格的員工。祝賀Stella 獲獎！

**活動照片 - 華大生命接力行 及 蘇珊基可嫚乳癌基金會 - 為治癒而競走**





**Report of the Book Club**

Written by Mu Yun Chen, translated by Jane Chu

Our Book Club has been running as planned. The book we read this year is the *Spontaneous Healing* by Dr. Andrew Weil. There are two Chinese translated versions for this book: 《自愈力》 (in traditional Chinese) translated by Chen Ling Long, and 《不治而愈》 (in simplified Chinese) translated by Hong Man and Liu Li Wei .

During the first quarter we studied and discussed two topics:

- 1) The innate healing power of the human body, and
- 2) the scientific proofs of our magical healing system.

During the second quarter, we invited Ms. Jane Chu, an ESL teacher at Seattle Central Community College to give us a talk on “Vegetarianism and Health,” as well as introducing and demonstrating some vegetarian recipes. Her talk resonates with the theme of Chapter Two, *Spontaneous Healing*, in which the author explains how our own superior self-healing systems work to heal diseases inside our bodies with foods that will promote healing.

In the book study meeting on April 5, Ms. Chu shared with us, by distributing her reading notes and summary of selected key points of various books, her experience of practicing a vegetarian diet and health related information. She also used scientific data to explain the attendees’ many questions, such as: Will a vegetarian diet cause people to lack essential proteins, lose their appetite, or lack calcium? Will it weaken the physical strength of people whose jobs include intense physical labor? Will it cause anemia and malnutrition?

On May 17, Ms. Chu brought to our meeting some delicious vegetarian dishes and their recipes. She demonstrated for us some easy and healthy cooking, including making a green vegetable and fruit smoothie, sesame drink, Vietnamese rice paper rolls, Mexican tortilla rolls, salads and cold noodles with peanut butter sauce. Everybody had a great time sampling these delicious and healthy foods. I sigh out loud for those who could not attend the meeting: “ You guys have missed ‘the treasure!’”

On June 7, we studied the topic, “The Role of Mental Power in Healing.” In addition to a group discussion, we continually listened to the taped lecture “The self-healing power of human being” by Dr. Xu Tian Sheng. We also taught everybody “Life-Nurturing Qigong”, developed by a one-hundred year old Chinese herbal doctor. We also learned the song “You Are My Sunshine.”

The meet on July 5 is cancelled due to the national holiday.

Our Aug. 2 meeting will be our annual summer picnic. We hope at the picnic Ms. Chu will be able to demonstrate for us some more



06.21.2008



05.03.2008

**Activity Pictures—UW Relay for Life and Komen Race for the Cure**



06.21.2008



## 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 2008 2008年的精彩活動預告

- Jul 19 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 2 10:00 am—Summer Potluck Picnic at Coulon Park in Renton  
2:00 pm 連頓市古倫公園野餐
- Aug 16 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
- Sep 6 1:30 pm—Public Seminar at Gilda's Club 1400 Broadway, Seattle  
3:30 pm 生活的藝術: 活在愛中- 如何面對疾病及人生的各種苦難 Ms. Yang Hong (杨虹)  
Gilda's Club 會議室 請電 425-836-3289 陳慕筠接洽
- Sep 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
- Oct 4 1:30 pm—Public Seminar TBD at Gilda's Club 1400 Broadway, Seattle  
3:30 pm Gilda's Club 會議室 請電 425-836-3289 陳慕筠接洽
- Oct 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 425-836-3289 陳慕筠接洽
- Nov 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
- Nov 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 6 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
- Dec 20 1:30 pm—Support Group Holiday Party 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



#### WSCCNA

#### 2008-2009 Board members

President	Stella Leong
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PO Box 15425  
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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](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**



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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！