

夏日野餐

黃銘銘

八月二日，一個風和日麗的好天氣。華州華人防癌互助協會一年一度的夏日野餐就在老地方 - 華盛頓湖南邊連頓市 (Renton) 的古倫公園 (Coulon Park) 舉辦了。今年雖然因為與華州海洋節慶日撞期，還是來了近30位的癌友、家屬與朋友們，大家共享西雅圖美好的夏季。

當天除了每個人帶來精心自備的食物外，癌友會還邀請朱珍老師為我們示範簡易素捲。利用墨西哥餅或越南式米紙都可捲入各種健康的蔬菜，加上簡單的醬料 (現成素海鮮醬加水即可)，就是簡單又健康的一餐。

今年除了繼續往年的尋寶活動，更加上釣魚活動。暖洋洋的太陽曬著坐在海灘椅上想釣魚的我，發現沒有足夠的耐心，魚還真不容易釣到，反倒是有點懶洋洋的想就在椅上來小睡片刻。想來設計此遊戲的慕筠姐是希望我們能在平日繁忙的時間裏能偷得一點閒。尋寶與釣魚真是考慮週到的靜與動的節目。

(下接第二頁)



Summer Picnic

Min-Min Wong, translated by Andre Do

August 2nd was blessed with sunshine and a light breeze. The WSCCNA annual summer picnic took place at the usual place – Coulon Park, on the south side of Lake Washington in Renton. Although the event date this year conflicted with the Seafair



Festival, nearly 30 cancer patients, family members and friends still showed up to share the beautiful Seattle summer time. That day the party-goers brought in dishes of their specialty to share. Cancer patients also invited Ms. Jane Chu to demonstrate how to make simple vegetarian rolls, Mexican wrap or Vietnamese rice-paper was used to wrap many kinds of healthy vegetables seasoned with a simple sauce (just add water to the ready-made vegetarian seafood sauce) and you have an easy and healthy meal.

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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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夏日野餐 (上接第一頁)

行列舞依舊是大家的最愛，音樂一起，大夥動了起來，步伐雖無法非常整齊，但依然引來公園裡其他遊客羨慕的眼光。如果他們注意到我們的大條幅，知道我們是一群癌友聚會，相信這些眼光會由羨慕轉為讚嘆。最後，我們釋放寫上過世癌友名字的氣球，把我們對他們的思念與祝福送達天際。

新鮮空氣，美麗風景，可口食物是去年癌友甘先生對夏日野餐會的評價，今年我們再次全都享受到，但癌友們的相聚更是最最珍惜的。感恩理事們排除萬難每年舉辦此活動。

我們的會長費聖奇 Stella

陳慕筠

2002年初，我從仁人服務社的耆老托護中心退休後，正為自己還擁有健康的身体、充沛的精力，但卻英雄無用武之地而感嘆時，我有幸認識了一群癌友和熱心的義工：Min-Min、Joanne、Catharine、Hueifang、Kathy、Yenping、Stella……；其中癌友Joanne和銘銘的親身體驗及心願，啟發了我們要為華州華人癌友做力所能及的服務。從2003年開始籌備至2005年正式註冊，成立了華州華人防癌互助協會。我們沒有經費，就自己掏腰包；沒有地方開會，就到處聯繫查找，公共圖書館、國際診所會議室、慈濟基金會中國城辦公室、Gilda's Club(癌友俱樂部)……都曾經成為我們活動的場所。Stella一直是我們理事中的主要骨幹，這幾年來，她為協會建立了完善的電腦檔案；每月理事會事前事後都有完善的記錄；會員名冊、通訊目錄，資料齊全；更難得的是由她精心地主編、排版、印製、分發的中英雙語的癌友簡訊，目前已經出版了十三期，為我們協會的宣傳、活動報導及癌友間的交流，起了重大的作用。她還組織領導癌友們參加每年一次全美癌症協會在華大球場為癌友籌款的步行活動；和另一個每年一次的蘇珊基科曼乳癌基金會，在西雅圖市中心Qwest大球場舉辦的為乳癌癌友跑步籌款的活動，她出錢出力，每年她個人都為這兩個活動籌到可觀款數。Stella是一個已有十年之久的癌症康復者，許多會內外的癌友都會在本會舉辦的癌友談心會、讀書會和個別電話交談中分享到她的經驗和愛心。

Stella擁有一個幸福的家庭，她的丈夫和三個兒女都是她的支持者，每次協會的大活動她的丈夫Raymond都會同時出現，他搶著幹重活、從開場到收場都看到他總是忙這忙那，手腳不停，實在令我們這個清一色都是女性的協會理事們既感激又感動；他們的兒女也總是儘可能的都來參加我們協會的活動，做媽媽的支持者！

Stella今年獲得她的公司Qwest評為最佳服務獎是受之無愧的！她把愛心和精湛的電腦技術同時也奉獻給我們的癌友，在我們的華州華人防癌互助協會裏她也是一位功臣！今年年初她當選為本協會新任會長。相信在她的領導下，協會能為癌友們提供更好的服務。





Summer Picnic (continue from Page 1)

This year, fishing was added as an activity to the "treasure hunt" of previous years. Sitting in a beach chair under the sun, I considered fishing but realized I lacked the patience for any catch. Being idle, I would rather take a short nap in the chair. In designing this activity, Sister Muyun probably hoped we could steal moments of leisure amidst our busy lives. Treasure hunt and fishing are indeed two well-considered and well-balanced activities.

Line dancing was still everyone's favorite. Everyone started moving at the onset of music. The steps might not be harmonious enough, but the dance still drew the admiring eyes of other park-goers. If they noticed our wide banner and realized this was a get-together for cancer friends, I believe their admiring would turn into applause. Finally, we released balloons marked with the names of deceased cancer friends, sending our fond memories and blessings for them up the sky. "Fresh air, beautiful scenery and tasty food", was how Mr. Gan rated last year's summer picnic. This year we enjoyed the same once more, but meeting fellow cancer friends was still what we cherished the most. We are grateful to the Board members for holding this event against all odds year after year.

Our President --- Stella Leong

M.Y. Chen Translated by Olive Hsu

In early 2002, I retired from the Sunshine Garden Chinese Senior Center of CISC (Chinese Information and Service Center). While feeling full of energy and good health but with no place to utilize, I was lucky to meet a group of enthusiastic volunteers and former or current cancer patients: Min- Min, Joanne, Catharine, Hueifang, Kathy, Yenping, and Stella.....; The personal experience and profound wishes of Joanne and Min-Min inspired us to do our best to provide support for our Chinese cancer friends in the state of Washington. From the preparations that began in 2003 until the registration accomplished in 2005, we established the Washington State Chinese Cancer Network Association (WSCCNA). As we did not have any funding, all of the expenses were paid by money from our own pockets. With no regular place to hold our meetings, we have been looking for meeting places. Among them, public libraries, the conference rooms at the International Community Health Services (ICHS), the Tzu Chi Foundation Chinatown office and Gilda's Club all used to be locations for our activities or meetings. Stella has always been one of our most pivotal board members. She has helped establish a complete computer filing system within the past several years; provides a detailed minutes before and after each board meeting; sets up the comprehensive members' list and mailing directories. In particular, the Chinese-English bilingual quarterly newsletters which she edits, typesets, prints, and distributes have been amazing. She has helped us publish 13 issues which have effectively promoted our mission, activities, and served as a communication tool among members. She also organizes and leads members to participate in the annual fundraising Relay for Life sponsored by the America Cancer Society at the University of Washington Husky Stadium as well as another annual fundraising Race for the Cure for the breast cancer patients sponsored by the Susan G. Komen Breast Cancer Foundation at Qwest Field in downtown Seattle. Each year she donates money and time to help raise a sizable amount of money for these two events. Stella has recovered from breast cancer for over ten years. Her personal experience and compassion have been shared with many cancer friends through our support group meetings, book study club meetings and individual phone conversations.

Stella has a happy family; her husband and three children all support her. At every major events of the WSCCNA, you will find her husband Raymond working from beginning to end, endlessly picking up all of the harder work. His continuous efforts touch all of our board members, which just happen to be made up of all female individuals. We are very grateful for his help. Their children also try their best to participate our events to support their mother! This year Stella received the Spirit of Services Award from her company Qwest. She definitely deserves it! She also devotes her love as well as her exquisite computer skills to our cancer friends. She was elected as our new president earlier this year. It is believed that under her leadership, WSCCNA will provide Chinese cancer friends even better support!





忘記背後，努力向前

黃燕玲

我出生在香港一個並不富裕的家庭，讀過兩年的專科、能彈一手好鋼琴。我還是一個樂觀、勤奮和樂於助人的虔誠基督徒。結婚以後，爲了養育兩個兒女，和基於對丈夫的信賴，自己沉浸在家庭的小圈子裏，完全沒有了自我。十年前，發現丈夫有了外遇，經常不回家，並對家庭進行經濟封鎖，才感到婚姻面臨破裂。而當時，全家等待了五年的移民美國的申請也批准了，所以自己滿懷希望，以爲來美後就可重建家庭；誰料事與願違，來美不到半年，丈夫因未找到滿意的工作，帶著一肚子怨氣跑回香港，我又重新陷入絕望、憂鬱之中。就在這時，知道自己得了乳癌，這真是晴天霹靂，雪上加霜！我覺得人生十分無奈，只好靠著神的大能並配合醫生進行治療。在一年中我前後做了兩次手術、八次化

療。丈夫回美後，又以要上班爲藉口，不但不接送我去醫院治療，對我的治療漠不關心，還對我出言羞辱、中傷，更讓我痛上加痛。這時我的大女兒才12歲，她正處在青少年反叛時期，對家庭、對父母的矛盾採取了抗拒、逃避的態度，也使我不知所措！正當在我處在人生的陰暗低谷時，不僅得到朋友、癌友會的幫助和關懷，我也同時誠心地去禱告，全心全意地信靠我的主耶穌基督，期盼祂給我力量和智慧！在患病期間，我開始認真的思考人生的真義，反省婚姻失敗的原因，也藉著讀聖



經和禱告來明白神的指引。最後讓我認清了這些身心的傷痛不是苦難和懲罰，而是給我的人生一個磨練的機會，它讓我鍛練得更堅強更成熟。所以我最後能勇敢地站起來！揮別過去，重建我的人生！我終於通過法律途徑，果斷地結束了那段破裂的婚姻，帶著尚在求學的兒女，重新安排我的新生活：我邊工作、邊讀書(學電腦、學英文、學會計專業)，肩挑起養家活口的重擔。經歷了艱難的三年，雖然辛苦，但卻找回了自我，真正嚐到獨立自主、自由自在的滋味！現在，我的身心靈都得到了康復，並隨著神的引導，學習寬恕和愛人，在我餘下的人生路上，去幫助癌友和遭受離婚折磨的朋友！



Faith gained through illness—Let go of the past, rebuild a life-

Stephanie Wong

I was born in a not so rich family, attended a 2-year technical courses, good at playing piano. I am an optimistic Christian, hand-working and willing to help. After marriage, I raise two children. I trusted my husband so well that I was totally absorbed in a small circle- my family. I became no body. I was caught unguarded when I found out my husband had an affair. He spent a lot of time staying out and left me no money. I was shocked to learn that my marriage was breaking up. At that time, after almost 10-year waiting, our application to move to the U.S. was approved. I thought it was a chance. It would give us a new start, rebuilding our marriage. But I was wrong, only six months after we settled in Seattle, my husband went back to Hong Kong because he could not find job he liked. What he left with me were his complaints. Once again, my hope was gone. Even worse, I was diagnosed with breast cancer. What could I do? The only hope was from God. My only strength was my faith. Relying on God's grace and doctor's recommendations, within a year I had two surgeries and 8 chemo. My husband came back, but he refused to drive me to hospital for chemo. He cared me none, only mocking and insult. My eldest daughter was only 12. She ignored and rejected me. She did not want to face the problem between her parents. I was lost. It was the darkest moment of life. I was thankful because I was not alone. There were friends and support from WSCCNA. I prayed really hard, trusted only my lord, Jesus Christ, and asked for wisdom and strength! During the time being sick, I started to really think about the true meaning of life, what went wrong with my marriage, to understand what God wanted me to learn through prayer and Bible study. Finally, I came to a conclusion: all the pain is not suffering nor punishment, but an opportunity to be trained to become strong and mature. Eventually, I stood up with faith! Let go of the past, rebuild my life. I knew it was time to move forward. Put an end to the broken marriage was the first step. I re-arranged my living style. With two young children who were still in school, I worked and at the same time I went to school again. I studied computer, English and accounting. I supported the whole family. Those three years were harsh, but I found myself and my real identity. The first time I tasted real independence and freedom. The sweetness after the bitterness was unbelievable.

Now, my soul, my heart and my body are totally healed. For the rest of my life, with God's help, I learn to forgive and love, to help cancer patients and friends who are in pain of broken marriage.



Stephanie (in the middle) attended the Komen Race every year for the past 4 years.

Way to go Stephanie!!!



生活在愛中

楊虹

不久前，西雅圖的華州華人防癌互助協會邀請我為他們分享生活在愛中的體會。這是我第一次接觸華人的癌友協會。這個協會的成員大多是身患癌症的病人，或者是癌症病人的家屬。他們組織成立了這個非牟利機構，義務為本地的癌症患者和家屬提供支援和協助。

報告會尚未開始的時候，主持人陳慕筠阿姨就告訴我，今天到會的都是罹患過癌症，或者正在與癌症搏鬥的病患。我注意到有些顯得蒼白的面孔和疲憊的，行動不大方便的身軀。他們的自我介紹，使我很快意識到，在這場本該由我主講的報告會上，我聽到了他們對生命的感悟，對生活的嚮往。他們沒有從我這裡獲得什麼；相反，我從他們那裡得到更多。

人們常說，生活是一門藝術。但是，藝術家不多。或許，生活的藝術家非得經過生活的磨練。當身體沒有遭受任何疼痛，生活沒有受到任何損失的時候，人們不會想到生活的痛苦。然而，這樣的事幾乎是不可能的。因為不管外面的世界是精彩，還是無奈，沒有人的一生會永遠健康，長生不老；也不會一生風調雨順，沒有波折。癌症讓人恐懼，令人震驚，在這樣的巨大痛苦面前，有些人會悟出人生的真諦：愛比死亡更強大。

癌症固然可怕，但生活在愛中的人，懂得如何回應癌症帶來的痛苦。這並不是說，有家人體貼照顧就是生活在愛中；生活在愛中的人，對生活有不同的視野，懂得接受現實。通過接受現實，在痛苦中結出豐碩的果實-----心理上 and 身體上的果實。不僅能夠坦然地活出自己，敢於面對自己內心軟弱的一面，拒絕躲藏在痛苦，憂傷和失敗的背後，還勇於接受不



幸，艱難，有動力激發自己該做的事情，積極尋求和接受別人的幫助，在淚水中微笑，在痛苦中歡欣。同時，也明白每個人都有不同的愛好，品味；有自己的看法和意見，所以他們不會勉強別人，不主宰別人，不為別人的事情做決定，為別人的生活作安排，而是尊重別人，完全接納與自己不同的人，讓別人有足夠的空間和自由，按照別人的步伐和節奏成長與生活。

疾病改變人們對成功的定義。如果時間能夠回轉，他們一定會選擇多和家人在一起，享受天倫之樂。疾病的痛苦讓人們懂得，人需要休息。會休息的人理解愛，會休息的人蒙受祝福，不休息會受到懲罰。認識不到休息的意義，不僅會毀掉

自己的身體健康，甚至性命不保；同樣，也會毀掉婚姻的健康，甚至導致家庭破裂。這不是靠邏輯分析和心理思考能夠做到的，懂得愛的人才會經歷和體驗到。

華州華人防癌互助協會的工作給我們一個極其有價值的功課：隨著社會的變遷，科學技術的進步，信息時代的發展，尤其是移民相對孤立的社會和家庭環境，在應對繁忙生活和不斷壓力下，在應對疾病和處理各種問題中，人們需要那些有愛心，有經歷，有智慧，成熟的人做自己生活中的老師，使人們得到心理上的支持，心靈上的安慰，困難中的幫助。

我為這些志工們對人間付出的愛心獻上感恩。



Living in Grace

Rainbow Yang

Not long ago, I had the privilege to be invited by Washington State Chinese Cancer Network Association (abbr. as Chinese Cancer Network) to give a speech on Living in Grace. But after I listened to the members introducing themselves, I came to understand that I did not give them anything; instead, I got more from them.

Life is an art. Yet not everyone is an artist. Perhaps, becoming an artist of life has to go through life's hardship. When the body has no pain, and life has no loss, one does not think of suffering. However, it is impossible that life is without suffering. No matter whatever the world is, no one can be healthy and trouble free in life. Life is hard and is always accompanied with suffering. Cancer makes one feel horrible, yet some people understand: Love is stronger than death.

People living in grace understand how to response to the suffering brought by cancer. This is not to say that living in grace means that one luckily has family provide good care. It means that one has different perspective on life and understands to accept reality. And through accepting suffering, one produces fruits in suffering ---- psychologically as well as physically. In one hand, one can be oneself, having own weakness, refusing to hide behind suffering, sorrow and failure; but courageously accept suffering, hardship, and is motivated to do what he needs to do. One can smile in tears, and be joyful in suffering. In another hand, one understands that people has different tastes, and one respects and accepts others' opinions, life styles, and does not control or manipulate other people, nor arranges their life; rather, one allows them to have their own space and time to live and to grow.



Illness changes people's definition of success. If time may turn back, they would have chosen to spend more time to be with their families. They also understand that we, human being, need rest. Those who understand and obey the law of nature are blessed, but those who do not get punished. One may lose one's life by not having enough rest; and it is same, that marriage without enough rest may discord and be broken. One can not do above just by logical and psychological thinking, one can only experience in grace.

Chinese Cancer Network has taught us a valuable lesson: As our society improves, and science advances, esp. for the immigrants who are relatively isolated from the community and families, in order to deal with the busy life under high pressure, as well as manage all kinds of problems, we all need someone who has a passion, who is experienced, wise and mature enough to be our life coach. So we may receive psychological support, spiritual comfort, and help in difficulties times.

For this reason, I give thanks to all the volunteers at Chinese Cancer Network.



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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 2008 2008年的精彩活動預告

- 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

Exciting Events in 2009 2009年的精彩活動預告

- Jan 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
- Jan 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
- End of Jan or Early Feb Chinese New Year Celebration—More information will come
中國新年聚餐
- Feb 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
- Feb 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



WSCCNA

2008-2009 Board members

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

THANK YOU FOR YOUR CONTINUING SUPPORT



PO Box 15425
Seattle, WA 98115
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！