

## 我的母親

楊詠濤 翻譯 Andre Do

本文是我對母親歐陽楊紉蘭 -- 一個癌症倖存者--的懷念。母親向來體質脆弱，真想不到居然擊敗了乳腺癌，還安然渡過許多年緩解期。回想起來，這份內在的力量是她個性、品格的一部分；這股力量總是在危急時表現出來，長久以來支撐著她自己、父親、以及我們孩子。希望我也繼承了一點母親的堅強。

從母親身上我得到了許多教誨，而其中最重要的一課就是回饋他人。她以身教示範我如何做到這一點。現在回想起來真是難以置信，居然有這麼多的機會讓我可以落實回饋哺育我、扶助我的人們和社會；在這一點我真得感恩母親。母親總能騰出時間贈予別人，並盡量以積極的態度影響他們。直至今今天我還是不能避免在西雅圖唐人街碰到認識母親的人。從這些人口中聽到的母親逸事既令我心酸也暖了我心窩；但最重要的是他們讓我感到自豪和幸運，因為我有這樣的一個母親。



(下接第二頁)

## My Mom

Octavia Hathaway

This article is about my Mom, Yanlan OwYong Yang, who was a cancer survivor. She was always frail, but she surprised us all by beating breast cancer and going into remission for many years. In retrospect, this inner strength was a part of her personality, her character, and it showed itself in times of need. It sustained her, my father and all of us kids for a very long time. I hope that I inherited some of it.

I learned many lessons from her; the most important of which was giving back to others. She taught me by showing me how to do it. It was incredible, now that I think about it, the many ways I could give something back to the people and society that nurtured me and supported me. And I have Mami to thank for this. She always made time for others and tried to be a positive influence. To this day, I cannot walk through the streets of Seattle's Chinatown without being stopped by one person or another who knew her. The stories they tell me are both heart wrenching and heartwarming, but most of all, they made me feel proud and lucky she was my Mom.

(Continue 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。

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## 我的母親 (上接第一頁)

母親逝世三年以來猶如一直伴隨在我們身旁，很難相信她已不在人間。至今我仍情不自禁的想拿起電話告訴她我聽來的最新趣事或今天上班所發生的事情。我當然也得告訴她在短短幾個月後她的第三個孫兒就要誕生了。

蓋棺論定，世人從逝世者所遺留下來的一切去評判這個人。母親教養出了五個熱心助人、求知若渴、和藹可親、無懼逆境的女兒。她也留下了許多仍然懷念她，常為她祈禱的朋友。失去母親我的生活不再一樣，但這個世界變得好多了，因為她曾經感動了許多人。我沒有一天不懷念母親。

楊紉蘭參加華州華人防癌互助協會的  
2005年夏日野餐



## 讀書會活動報導

陳慕筠

自 2005 年我會成立就開設了讀書會活動，回顧三年來，每月一次兩小時的活動並沒有無故停止過。從開始時沒有場地、經費不足、講義不能及時的覆印、郵寄送出沒有郵資……等困難，到現在有了固定的活動地方和時間，有必需的書本、能隨時覆印出足夠的資料，免費供應。雖然參加的人數不多，也不固定，但通過讀書會活動使一部份癌友、家屬、朋友、義工及時的獲得有益的知識，使他們解開了心結、互相結識、能以平和心態去面對困境，并能逐步改善他們的生活的品質……。作為主持人的我，這三年更受益良多，它促使我認真地讀了很多好書，廣泛地搜集了不少資料，結識了很多的朋友。

2009 年的到來，要如何繼續辦好讀書會，又是一次新的挑戰，由於活動場地和時間的精減，將用什麼形式進行活動？如何吸引更多的癌友參加？去年11月21和22 兩日的理事集訓會上還未討論出更好的方案！

在新的計劃中，定出兩本新書作為讀書會的主讀內容：

- ◆ 《不一樣的自然養生法》美國自然醫學及營養學博士Dr. Tom Wu 吳永志著；
- ◆ 《The China Study》譯名《中國健康調查報告》(美) T·柯林·坎貝爾博士 T. Colin Campbell. PhD 著，張宇輝 譯；
- ◆ 許添盛醫師的《身心靈健康講座》光碟播放；
- ◆ 中國抗癌協會、北京腫瘤防治研究所、北大臨床腫瘤學院出版的《癌症康復》雜誌中有關文章資料等。

並同時進行有關氣功、唱歌等活動。希望今年的讀書會有更多人參加！

**活動時間：每月第一周 周六 下午1:30—3:30**

**地點：Gilda's Club 1400 Broadway, Seattle**



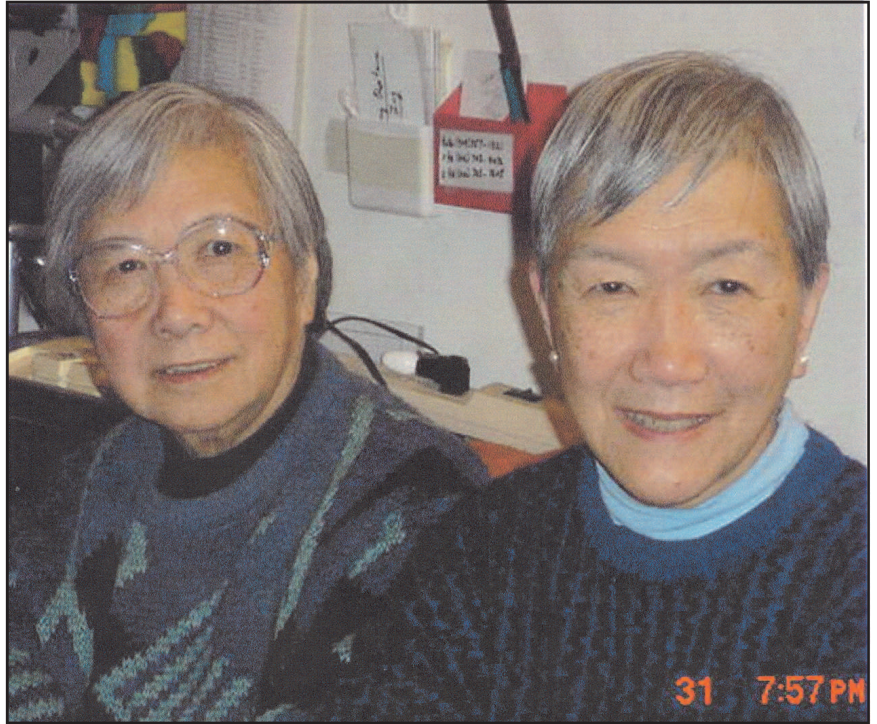


## My Mom (continue from Page 1)

Mami was always there for us and now, three years since her passing, it's difficult to believe she's not here any longer. I still find myself wanting to pick up the phone to tell her the latest amusing story I heard or what happened at work today. I certainly want to tell her that in a few short months, her third grandson will be born.

A person is judged by the legacy left behind. Mami left five daughters who were raised to care, to be curious, to be kind, and equipped to face adversity. She left many friends who continue to think of her and pray for her. Life is not the same without her, but this world is that much better because she once touched so many people. I miss her every day

Yanlan and her sister Marion Leung also touched by liver cancer. Both of them were active community volunteers and missed by a lot of people who know them to this day.



## Report on Activities of Study Group

Translated by ???

Ever since our club founded in 2005, we began our study group. I recall the last three years, the two-hour monthly meetings have never stopped without reason. From the beginning, we did not have place to hold our meetings, lack of funding, handouts could not be reproduced in time, no postage for mailing out communications....all kind of issues. And, today, we have our own place for regular meetings, have necessary books and reading materials, and make enough copies of reading materials and provided them free. Though sometimes only a few people showed up and attendance varies, some cancer friends, their families, and volunteers could gain timely valuable knowledge, resolve difficult situations, make friends, and face adversity with ease via the study group activities. Furthermore, they learned to improve the quality of their life. Being the group lead, I benefited enormously. It forced me to read lots of good books, to gather valuable materials widely, and to make many friends.

Upon the coming of 2009, how to keep on doing a successful job is indeed another new challenge. Due to reduction of meeting place and allowable time, how are we going to promote our activities? How to attract more cancer patients? The board meetings, December 21 & 22 last year, has not come to a best and final plan!

In the new plan, two new books will be the primary subjects of our study:

- ◆ "Different Ways of Natural Life" 《不一樣的自然養生法》 by Dr. Tom Wu, America Natural Medicine & Nutritionist;
- ◆ "The China Study" by Dr. T. Colin Campbell, PhD, translated by Zhang Yu-Hui;
- ◆ DVD show on "Body, Mind, & Spirit Health Lecture" by Dr. Tien-Zhen Hsu;
- ◆ Related articles in Magazine "Recovery from Cancer" published by China Cancer Society(中國抗癌協會), Beijing Tumor Prevention Research (北京腫瘤防治研究所), College of Tumor Study, University of Beijing (北大臨床腫瘤學院);

At the same time during the monthly meetings, we will have Chi Kung exercise and singing. Hope more people will attend the study group's activities this year!

**Activity Time: 1:30PM-3:30PM, first Saturday each month**  
**Place: Gilda's Club 1400 Broadway, Seattle**



## 認識新的華州健康醫療保險改革計劃

寧凱蒂

二零零八年十一月十五日癌友會特別邀請了在國際診所主持健康政策方面的分析及管理的律師 **Kelly Dang**，為癌友們作了一場專題演講。因為醫療健康問題與癌友們最切身相關，所以此次演講的主題就放在新的華州健康醫療保險改革計劃上。

**Kelly** 首先比較了新舊醫療系統及介紹新的改革政策，並告知目前華州有六十萬居民沒有醫療保險，約占全州總人口的 **18%**。在各不同族裔中，沒有醫療保險的比例如下：韓裔 **52%** (每 2 人當中有 1 人沒保險)、越南裔 **32%** ((每 3 人當中有 1 人沒保險)、華裔 **20%** ((每 4 人當中有 1 人沒保險)、菲律賓裔 **20%** (每 4 人當中有 1 人沒保險)。

以下是目前所有改革提案中的五項：

1. 另創新計劃，保證重大傷病花費在超過一萬元後，可以給予資助。
2. 另創新計劃來擔保 21 至 24 歲的青年。
3. 另創一個大的保險購買合資經營體，居民及在州政府工作者可向其購買保險。
4. 設立一個公有與私有聯合組織為所有華州州民提供保險，費用由僱員與僱主共同分擔。
5. 另創一個信託基金來負擔全民保險，費用由州政府和僱員、居民共同分擔。

至於未來會執行以上那一種醫療保險則取決於下面的決定過程：



1. 華州將於 2008 年 12 月完成上述五項提案的經濟評估。
2. 公民團體將於 2009 年 1 月舉行公聽會向華州州民提出改革提案報告並聽取公眾意見。
3. 最後意見總結報告將在 2009 年 12 月交給州長。

**Kelly** 鼓勵我們儘可能參與此醫療改革的決定過程，因為最後結果會影響很多華州公民。非常感謝 **Kelly** 的講解，使我們對華州新的健康醫療保險改革計劃有近一步的認識，同時對自己作為華州州民在新政策擬定過程中的權利有了更深一層的瞭解。





**Washington Health Care Reform Strategies**

**Kathy Lin**

2008, it's the year for US election again, after 8 years of Bush's foreign policy has put US economic into a deep end of depression. American People are seeking for a new change.

During the campaign months, there were so many debates and ads in the media from both Republican and Democrat parties; it was a bit overwhelming for many citizens. Especially for those whom were not born in the USA but yet has the right to vote, it was very difficult time for people to understand and able to distinguish what is the best approach for the American people.

Even a person like me who has lived in USA for 30 + years, has gone through the local school system and is working in a professional field, but yet still is very confused when it comes to vote. I'm sure many immigrants are facing the same challenges.

I was so grateful to learn that my co-worker Kelly Dang who is licensed attorney and also is heavily involved in the policy and advocacy with the local elected officials. What a great opportunity! On Nov, 15<sup>th</sup> of 2008, WSCCNA had a great honor to invite Kelly as the guest speaker for Oct. Since health care is the most concerning issue for our cancer friends, her topic was targeted on the new "Washington Health Care Reform Strategies".

After an hour and half of her detail explanation and comparison on the old and new Health Care system and a clear introduction on the new reform policy, most of us finally came to a better understanding on what are the new health care reform strategies.

Currently Washington has 600,000 residents who are not insured, that's 18% of the population in Washington State and when the data broken into different ethnic groups, it was very shocking to learn the uninsured rates in the minority groups, Please see the followings: 52 % of Korean Americans (1 in 2 no ins ), 32% of Vietnamese American (1 in 3 no ins), 20% of Chinese American (1 in 4 no ins), 20% of Filipino American (1 in 4 no ins).

Here are some of the proposed Health Care Reform Plans for WA State, hoping to improve the uninsured status:

<b>Insurance Commissioner's Plan</b>	Creates new insurance product that would cover catastrophic coverage for expenses over \$10,000 and preventive care only.
<b>Mandate-free Insurance for Young Adults</b>	Creates new insurance product that would cover 21-24 year olds only.
<b>Health Insurance Exchange Bill</b>	Creates large insurance purchasing pools for residents and those who work in the state to purchase insurance from.
<b>Washington Health Partnership</b>	Sets up a public-private entity to provide comprehensive health coverage for all residents of Washington state. Costs shared between employers and employees.
<b>WA Health Security Trust</b>	Creates a Trust that will act as a 'single-payer' as a way of ensuring comprehensive health coverage for everyone. Costs shared between state, residents, and employers.

Which plan will be implemented in the future, it will depend on the following:

In Dec of 2008, Washington State will complete the Economic feasibility study of those 5 proposals.

In Jan 2009- Citizen's work group will present the alternative plan to the Washingtonians and the final report will be back to the Governor by Dec of 2009.

Kelly is encouraging all of us to be involved and be part of the decision making process for the new Health Care Reform because the outcome will affects many of our Washington State citizens. We are greatly appreciated Kelly's presentation. It certainly helps many of us know how to make a better decision the next time we vote.



**Thank You for your support in 2008****Corporation Donation**

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# 華州華人防癌互助協會

熱情邀請您來同慶牛年新歲

**You are invited to  
WSCCNA Chinese New Year Celebration  
Potluck Party**

二月七日 上午十一時 至 三時

**February 7, 2009 12:30 am to 3:30 pm**

**地點 / Place: Gilda's Club**

**1400 Broadway, Seattle**

請電/**RSVP:**

**425-836-3289**

陳慕筠接洽

歡迎癌友、家屬、義工  
及有興趣的朋友參加。  
希望帶來你親手製作的  
點心、佳餚與大家分享。

有豐富的餘興節目：魔  
術、唱歌、默劇、跳舞、猜  
迷語等



Invitation for  
Cancer Survivors,  
families, and friends.





## Washington State Chinese Cancer Network Association (WCCNA)

P.O.Box 15425  
Seattle, WA 98115  
Phone: 206-850-5914  
E-mail: info@wccna.org

Web address 網址: <http://www.wccna.org>

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



WCCNA 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 2009 2009年的精彩活動預告

- Feb 7 12:30 pm - Chinese New Year Celebration—at Gilda's Club 1400 Broadway, Seattle  
3:30 pm 中國新年聚餐 請電 425-836-3289 陳慕筠接洽
- Mar 7 1:30 pm— Book Study and Support Group 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
- Apr 4 1:30 pm— Book Study and Support Group 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 2 1:30 pm— Book Study and Support Group 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 9 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
- June 7 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 1 1:30 pm— Book Study and Support Group 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 22 10:00 am—Summer Potluck Picnic at Coulon Park in Renton  
2:00 pm 連頓市古倫公園野餐
- Sep 5 1:30 pm— Book Study and Support Group 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
- Oct 3 1:30 pm— Book Study and Support Group 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



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**THANK YOU FOR YOUR CONTINUING SUPPORT**



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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！