

## 零九年夏季野餐會

陳慕筠

這已是第五年華州華人防癌互助協會舉辦的野餐會了！地點仍選在美麗的華盛頓湖畔的古倫公園北燒烤亭內。八月廿二日這是西雅圖最好的天氣！艷陽高照、湖水清涼、雷尼爾雪山清晰在望。上午十時理事們和義工早就把會場佈置得整整有條(特別感謝杜燕屏理事邀請了南區證道堂的數位義工到會協助)。在入口簽到處已為癌友、家屬、朋友們準備了名牌和各種介紹癌友會的資料、讀書會的書籍.....。陳慧芳理事還精心製作了一塊為悼念往生癌友姓名的紀念牌，板前供上美麗的玫瑰花！燒烤亭內的餐檯上放滿了各人帶來的精美菜餚、點心、水果、“馬家台灣小食”的馬先生夫婦在燒烤亭內忙碌起來，他們就在現場烹製：有餃子、餛飩、煎包、煎香腸等巧手美食(是由理事會及各理事捐助特邀來的)。(下接第四頁)



## 2009 Summer Picnic

Muyun Chen translated by Oliver Hsu

This is the fifth year that WSCCNA has organized the picnic! The location was still at the BBQ gazebo at the Lake Washington Coulon Park site. August 28 was one of the best weather days in the Seattle metropolitan area! Great sunshine, cool and clear lake water and Mount Rainier could be seen clearly. By 10 AM in the morning, board directors and volunteers have finished setting up the picnic area (special thanks to the Board member Ms. Ching who invited several volunteers from the Evangelical Chinese Church of South King County). At the reception table, name tags, introduction/information materials of Cancer Network and books from study group were prepared for cancer patients, their families and friends. Another Board member Ms. Chen also made a memorial board, decorated with beautiful roses, for those cancer friends who had passed away. Displayed on tables inside the BBQ gazebo were beautiful and delicious dishes, snacks, fruits brought from each participant. Mr. & Mrs. Ma of "Ma's Taiwanese Hand-made Food" were busy at the gazebo, cooking dumplings, wantons, oil fried dumplings and sausages (their services were donated by the board of directors).

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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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**我的抗癌經歷**

李清芬

2002年1月，我在乳房檢查時，醫生告知我患了乳腺癌，我聽到後，吃驚得暈了過去。這時，全家正處在另一個殤痛之中。癌症的光顧到我身上，就像在傷痛的心上再撒上一把鹽。我悲痛、我絕望，覺得自己留在世上的日子不會長了！但是想到我的丈夫和那九歲的女兒，眼淚怎麼也止不住！我們當時住在華州東面的小鎮，開著一家生意還不錯的餐館，丈夫爲了方便我的治療，毅然賣掉了餐館，把全家搬到西雅圖市。在我的治療過程中，最感激的是慈濟基金會的師姐們對我的關懷和幫助，陪著我走過手術、化療、放療那段痛苦的日子。同時還介紹我加入了華州華人防癌互助協會，從而得到癌友們的關懷和鼓勵，讓我對人生有了希望。可是不到兩年，脫光了的頭髮剛長回來，卻發現癌細胞轉移到了膽管，我又再一次經歷手術和化療的折磨！才過了一年，我在恐懼萬分的復檢時，被發現癌細胞轉移到了腦里了！我真不明白，我積極配合治療，調整飲食和作息，連工作也辭去了，而癌細胞還是不放過我，接著又是開刀做手術、放療。後來又因手術做得不徹底，在一年中，又再做了兩次後腦部手術……。我的頭髮被剃了、脫了、又再慢慢長出來了。七年來這只是表面的變化，而傷口的痛、化療毒素的傷害、吃不下、睡不好、精神的折磨就像一套曲折悽慘的連續劇，在我的身上一幕幕上演，真令人難以置信！



但是我很幸運！在我每次病發時都有家人照顧和朋友的支持鼓勵，特別是我的丈夫，七年多來對我細心照顧，不離不棄，還陪著我吃素。面對這一切關愛，我怎能自我放棄！每年一次的Susan Komen乳癌基金會舉辦的步行籌款活動，我都參加了，因為它令我特別感動並體會到：我也是個癌症的倖存者，但是我並不孤單！我現在開始明白了，一個人是不會知道自己生命的長短，但只要積極面對人生，那就是：保持開朗的心情、調整好生活作息、注意健康的飲食(我已吃素)、堅持做運動，就會對未來有了希望，就會有勇氣、有耐力與癌抗爭！

**陳慕筠阿姨生日快樂**

理事會

癌友會的理事、癌友及義工們在七月十日爲陳慕筠阿姨舉辦了一個“驚喜”的慶生會(事前沒讓陳阿姨知道)。當晚到場的還有不少理事、癌友及義工們個別邀請的朋友們，氣氛非常熱鬧。癌友會實在是非常有福氣，因為我們有一位陳阿姨。她像是一位媽媽、一位大姐，在問候、探望、傾聽、寬慰病友時，每每以沁人肺腑的關心與愛心及對生命的睿智，鼓舞了癌友們的生存意志，溫暖了癌友們的心。她任勞任怨，爲癌友會付出了忘我的心力，這不僅讓各理事及癌友們受益良多，更輝煌了她自己的生命色彩！因爲忘我，所以年輕，七月份剛過75歲生日的陳阿姨，比六年前更有精神、活得更熱情更燦爛！她才華橫溢，手工、跳舞、寫作樣樣精通，在她的人生字典中沒有“難”這個字。已屆「七十而從心所欲」之年的她，仍不間斷地在學習，英語、電腦、閱讀、彈琴、園藝樣樣來，而且精益求精，爲所有人樹立了「終生學習」的榜樣。在此我們將最真誠的祝福，獻給陳阿姨，祝福她：

**福祿滿堂 如意吉祥 東來紫氣 海屋添籌  
壽富康寧 比松柏齡 南極星輝 山河永春**







## My Cancer Experience

Qingfen Hui Translated by Andre Do

In January 2002, I was diagnosed with breast cancer through a routine breast exam. I passed out from panic upon hearing the news. This misfortune also happened while my family was mourning a loss. Having cancer during that time was like getting salt rubbed into an open wound. In great grief and hopelessness, I felt my days were numbered! Thinking about my husband and my nine-year-old daughter, I could not stop my tears from flowing. We lived then in a small town in Eastern Washington, operating a fairly profitable restaurant. In order to facilitate my cancer treatment, my husband did not hesitate in selling the restaurant business, and we resettled in Seattle.

During the course of my treatment, I was most grateful to the Tzu Chi Foundation sisters. They offered me care and support, accompanying me through my ordeal with surgery, chemo and radiotherapy. They also introduced me to the WSCCNA. There, I received care and encouragement from fellow cancer friends, allowing me to restore my lost faith in life. In less than two years, however, and no sooner had my lost hairs grown back than cancer cells migrated to my bile duct. I had to go through the torment of surgery and chemotherapy once more!

On a much-feared follow-up exam merely a year after that, cancer cells were found to have migrated to my brain! I was totally dumbfounded by this outcome. I had actively participated in my treatment plan, adjusted my diet and work-rest schedule, and even quit my job. But cancer refused to leave me alone. I subsequently underwent surgery and radiotherapy again. The surgical operation was not thorough enough, and I submitted to cranial surgery two more times within a year.

My hairs were shaved off or fell off, and then slowly grew back. However, this was only an outward effect during the past 7 years. Internally, I had to endure the pain from surgical wounds, damage from toxic chemotherapy, loss of appetite and sleep disorder. These mental torments unfolded like a drama series in which I played the main role. How unthinkable!

Still, how blessed I was! At the onset and every recurrence of the disease, family members and friends were there offering me care, support and encouragement. I am especially grateful for my husband, who always stayed by my side extending me tender care in the past 7 years. He even converted himself into a vegetarian along with me. Showered with so much loving care, how can I give up on myself?! I have since participated in every Susan Komen Breast Cancer Foundation's Race for the Cure fundraising event. What touched my heart in particular was the fact that I did not have to feel lonely as a cancer patient.

Now I begin to understand that the length of life is unpredictable. However, one can face life positively by maintaining a cheerful mood, healthy lifestyle, proper diet (I have become vegetarian) and regular exercise. A positive attitude toward life will bring forth hope for the future and courage and endurance in the battle against cancer!



## Happy Birthday, Aunt Mu Yun Chen

The Board of Cancer Network

On July 10, the board members, cancer friends and volunteers of Cancer Network (short name of WSCCNA) hosted a surprised birthday party for Aunt Mu Yun Chen. Participants also included friends of the board members, cancer friends and volunteers. The atmosphere of the party was lively.

Cancer Network indeed is very fortunate, because there is Aunt Chen among us. For many of us, she is like a mother or an older sister. When visiting, listening or comforting cancer friends, her tender care, compassion, and life wisdom often inspire the cancer friends' will to survive, and warm their hearts. She does her best in managing lots of work for Cancer Network. Not only does this benefit the board members and cancer friends a great deal, but also makes her life more magnificent! Because of her absorbed, devoting attitudes and spirit, she looks younger than her age. Just celebrating her 75th birthday in July, Aunt Chen looks more energetic and lives more passionately and brightly compared to six years ago! She has many talents and is skillful in hand crafts, dances and writing. The word "difficulty" has never been part of her vocabulary, even in the hardest of life situations. She never stops learning, even though she has passed the age of 70 that symbolizes "a person can do things as pleased." English, computer, reading, playing piano and gardening are among many things that she is currently doing and strives for perfection. She definitely has set up an example of "the life-long learning" for all people.

With the most sincerity, we would like to send her our dearest and greatest blessings. We wish her good fortune and a long-lived rich, healthy and peaceful life.



## 壓力管理

管以雯博士 主講 陳慧芳 記錄整理

每個人都有壓力，壓力不一定是壞的事情。什麼是壓力？任何讓人感到必須要採取對策、行動的東西，就是壓力。壞事是壓力，好事也可以是壓力。凡是有變化的，都會有壓力。例如，在停車場找停車位也是一種壓力。壓力的大小常因人而異。例如，與人講話；對外向的人來說，這是一件很開心的事；但對內向的人而言，卻可能猶如天將塌下來一般，壓力很大。適度的壓力，會讓人有比較好的表現。例如學校裡的學生，因為有考試的壓力，才會認真學習。

人的身體和心理會互相影響。適度的壓力是好事，但過多的壓力則會造成身體和心理的負擔。人在壓力下的情緒反應包括：易怒、難相處、事事看不順眼、易疲倦、易憂鬱、容易緊張、注意力不集中、記憶力減退及常走神。剛開始可能只是覺得很煩躁、沒耐性，若長期不處理的話，就可能會有憂鬱症。壓力造成的身體變化有很多，例如：頭痛、胃痛、心痛、胸口悶、心跳加速、脖頸僵硬、多汗、呼吸沉重、喘不過氣來等等。短期沒問題；但若長期如此，很多人會演變成抵抗力下降、易生病等等。

壓力管理可由態度和做法兩方面著手。在態度上要面對事實而非逃避，所謂「兵來將擋，水來土淹」，生病了就要去看醫生，不要逃避；有什麼事情，應付就好。同時試著認清事實：「盡人事知天命」，該做的事情，絕對不要少作；結果不是我們能掌控的，就不要去想它。要知道自己不是超人，不可能什麼事都做，也不可能什麼事都做得很好。生病不是誰的錯，尤其是癌症，它就是會發生，或許有部分是基因或環境的問題；與其花時間去探究發生在20或30年前可能的致癌原因，不如將時間精力放在眼前，想想我可以做什麼讓自己更好一點。人生苦短，所以放棄煩惱你沒法改變的事或物，也別浪費時間在後悔上。不需要辛苦地去取悅每一個人，因為不可能所有的人都會喜歡你。也不要自憐自艾，天天嘮叨自己為何會得病，孩子們不孝順等等，會讓在你身邊的人感覺壓力好大，這樣只會把人由你身邊趕走。

**減壓的方法著重在做法的改變。**例如：花點時間在自己身上，自己照顧好自己，這對自己的心情會有很大的幫助。生活方式也要改變，例如：

- (1) 讓生活簡單化；
- (2) 和醫生配合治療；
- (3) 照常過日子，因為人都會老、都會有生病的時候，上班、照顧孩子、休閒娛樂等等照樣要做；
- (4) 和樂觀的人做朋友，會讓你保持心情愉快；
- (5) 絕對不要當超人，力有不殆時要尋求幫助；若無人能幫得上忙，也可上網尋找其他資源(resources)。懂得尋找資源來協助自己是一件很重要的事情，才不會獨自無力地承受一切；
- (6) 討厭的事先做，才會讓自己日子好過，也才會覺得快樂。當該做的事一直不去做而放在那裡，久了就變成壓力。

放鬆身心的方法很多，包括運動、看電影或電視、畫畫、做手藝、彈琴或唱歌、散步、園藝等等。另外可作深呼吸、打太極、做瑜伽等來練習讓肌肉放鬆。因為人的身心是互相影響的，可透過身體的放鬆來練習達到精神的放鬆。

## 零九年夏季野餐會

(上接第一頁)

十一時正由會長梁費聖奇致歡迎詞，並向往生的癌友默念追悼！野餐便開始了！今年到會的有七十六人，許多癌友攜老帶幼全家出動、有的義工邀請了許多熱心朋友共赴盛會，今年是歷年野餐會參加人數最多的一次！陳阿姨今年設計了幾個老少咸宜的有獎遊戲：筷子投筒、筷子夾硬幣、投球入籃、尋寶、猜謎語等。癌友陶錦華老先生專程從療養院請假出來參加聚會，對豐盛的食物讚不絕口，他還興致勃勃去玩「投球入籃」，並立即捐贈了五十元作獎品。銀髮族舞導組的五位貴賓表演了精彩的功夫扇；陳阿姨帶領大家做氣功十八式；寧小姐帶領大家跳行列舞。歡樂氣氛一直到下午三點！這次聚會還有不少癌友、朋友慷慨解囊，共籌得捐款約五百元！



## Stress Management

Dr. Yvonne Yie-Wen Kuan, recorded by Hueifang Chen

Everyone has stress and stress is not always the bad thing. What is stress? Anything that prompts people to take actions is called stress. Bad things, as well as good things, are all stress. If there is change, there is stress. Looking for a parking spot can be a stressful situation too. The degree of stress varies among people. Talking to people, for example, can be a very happy thing for an extroverted person, but an extremely stressful event for an introverted person. A moderate stress is needed for better achievement. Like the students at school, the stress of tests pushes them to study harder.

The human body and mind influence each other. Although moderate stress is good, excessive stress will create a physical and psychological burden. The emotional responses people have under stress include: Testy, hard to get along with, easily tired, depressed and nervous, difficulty concentrating, decreased memory, and often easily distracted. In the beginning, it may just be easily agitated and impatient. However, it may become depression if it is not recognized soon enough. Stress can cause lots of physiological changes, such as headaches, stomach aches, heart aches, stuffy chests, accelerated palpitation, stiff necks and napes, the multi-perspirations, heavy breathing, difficulty breathing, and so on. It is ok to have them for a short time. In the long run, however, it will decrease people's immunity, thus leave them prone to illnesses.

Stress management can be done in the aspects of attitudes and methods. Facing the fact, not avoiding it, should be one attitude. You should go to see a doctor when sick. Don't try to avoid it. Whatever it is, just deal with it. Also try to clearly recognize the fact. What should be done cannot be done less. Try not to think about it if the outcomes are uncontrollable. It is important to acknowledge that we are not superman, neither can we take care of everything, nor can we do everything well. It is nobody's fault to be sick, especially in the case of cancer. Cancer is definitely going to happen, partially due to the issues of genetics or environment. Instead of spending time to explore the possible causes of cancer that happened 20 or 30 years ago, it's best to invest time and energy in the present, thinking about what you can do to make yourself better. Life is short, so give up on worrying about the things that you cannot change and don't waste any time on regretting what happened in the past. There is also no need to please everyone, because there is no way to make everyone like you. Don't self-pity either. Complaining endlessly about one's sickness and the un-filial children will stress those people around you, thus pushing them away from you.

The methods to decrease stress emphasize changing the way one does things. For instance, spending some time for yourself and taking good care of yourself can help improve your emotions greatly. Life style also needs to change:

- (1) To make your life simplified;
- (2) To coordinate the treatment with a doctor;
- (3) To live as usual; since people will become old and sick, do daily routines, such as going to work, looking after children, resting and recreating, as usual;
- (4) To become friends with optimistic people. This will help you maintain a happy mood;
- (5) Do not try to be a superman, ask for help when you feel powerless. If no one can help, go online to find other sources. Knowing where to seek assistance is in itself a very important matter so that you will not deal with the hardship alone and feel powerlessly;
- (6) To finish the repugnant things first, only then will you feel better about own life and happiness. Those unfinished should-be-done things will turn into stress after a long period of time.

There are many ways to relax your body and mind, some of which include exercising, watching movie or TV, painting or drawing, hand crafting, playing piano or singing, walking, gardening and so on. In addition, practicing deep breathing, Tai Chi and yoga can help one learn to relax their muscles. Since the human body and mind influence each other, mind relaxation can be achieved through body relaxation.

## 2009 Summer Picnic

(Continued from Page 1)

At 11 o'clock, President Leong addressed the audience to welcome the attendees and gave silent prayer to those cancer friends who passed away. The picnic started right after that. Seventy-six people attended the picnic this year. Many cancer friends brought their whole families. Some volunteers invited their warm hearted friends to join. This year was the year that had the most attendees! Aunt Chen designed several prized games suitable for all ages. They are: throwing Chopsticks into cylinder containers, picking up coins with chopsticks, throwing balls into baskets, treasure hunting, riddle guessing, etc. Cancer friend Mr. Tao asked specific permissions to be away from the nursing home for this picnic. He kept on praising the abundant and delicious food. He played the game "throwing balls into baskets" and donated \$50 for prizes. Five guests from the Asian Senior Concerns Foundation dance group presented intriguing Gong Fu Fan Dance; Aunt Chen led everyone to practice 18 forms of Chi Gong; Miss Lin led everyone to do line dance. The happy activities continued until 3 PM! Most importantly, many cancer patients & friends made generous donations. We received total around \$500 dollars!



## Washington State Chinese Cancer Network Association (WCCNA)

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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

- Nov 7 11:30 am— Book Study and Support Group at Gilda's Club 1400 Broadway, Seattle  
1:30 pm 讀書會及談心會 Gilda's Club 會議室 請電 425-836-3289 陳慕筠接洽
- Dec 5 11:30 am— Book Study and Support Group at Gilda's Club 1400 Broadway, Seattle  
1:30 pm 讀書會及談心會 Gilda's Club 會議室 請電 425-836-3289 陳慕筠接洽
- Dec 19 1:30 pm— Cancer Survivors and Volunteers Holiday Celebration 聖誕節慶祝會  
3:30 pm Details will be announced later. 細節另行公佈



#### WCCNA

#### 2008-2009 Board members

President	Stella Leong
Vice-President	Lillian Wang
Treasurer	Hueifang Chen
Secretary	Muyun Chen
Secretary	Kathy Lin
Volunteers Coordinator	Min Min Wong
Board Member	Yen Ping Ching

### Exciting Events in 2010

### 2010年的精彩活動預告

- Jan 16 1:30 pm— Book Study and Support Group  
3:30 pm 身心靈健康讀書會 請電 425-836-3289 陳慕筠接洽
- Feb 6 1:30 pm— Book Study and Support Group  
3:30 pm 身心靈健康讀書會 請電 425-836-3289 陳慕筠接洽
- Feb 20 time TBD Chinese New Year Celebration—More information will come  
中國新年聚餐 請電 425-836-3289 陳慕筠接洽





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:

- |                          |      |                          |                 |
|--------------------------|------|--------------------------|-----------------|
| <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**



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！