



防癌互助通訊 第二十期  
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Washington State  
Chinese Cancer Network  
Association (WSCCNA)

Cancer Network

二零一零年四月

是愛和關懷讓我們聚合！

陳慕筠 理事會報導

三月廿五日晚美華協會大西雅圖分會(OCA-Greater Seattle)在新香港大酒家隆重召開成立十五周年慶典，我會有幸被選為2009年傑出貢獻社團，受到表彰。會長梁費聖奇在受獎時把到會理事請到台上逐一介紹，她說：這是所有歷任理事和義工及會員們的共同努力所取得的成績，她還詳細的介紹協會的性質、宗旨、和活動情況……。美華協會大西雅圖分會稱我們是“無聲的英雄”，實在既貼切又實至名歸。

華州華人防癌互助協會是於2002年五月籌辦設立，2003年十月向州政府註冊的非謀利機構。是什麼力量把梁費聖奇、寧凱蒂、陳慧芳、杜燕屏、陳慕筠、黃銘銘（她們或是癌症的鬪士或是癌友親屬）這幾位協會的創辦理事聚合起來的呢？2002年的春天，十來位癌友及家屬聚集在黃銘銘家，吃著各自帶來的點心，互相傾訴著自己的治癌經歷、體會……。Joanne Wong女士，托著已腫脹得不能穿外套衣袖的右手，講述她因初期的誤診延遲了手術及治療，致使癌症再度復發，以至擴散到右臂腋下淋巴……。這些沉痛的教訓如何吸取和避免？如何面對痛苦難忍的化療反應？怎樣調理飲食？如何面對癌症的恐懼心態……。這些單靠一個人是很難應付的。在華州華人癌症病患的這個弱勢群體中還有語言、文化、生活、經濟等隔閡，他們需要關懷、互助，相互交流！（下接第二頁）

We Are Joined Together by Love and Care

Mu Yun Chen,  
translated by Andre Do

On March 25<sup>th</sup>, the OCA-Greater Seattle Chapter celebrated its 15<sup>th</sup> anniversary and annual Golden Circle Awards at the New Hong Kong Restaurant. WSCCNA was honored for its outstanding contribution to the community in 2009. At the award reception, WSCCNA president Stella Leong introduced each Board member to the event attendees. She made the point that this achievement was the joint effort of all past and present WSCCNA boards, volunteers and members. She also described in detail the nature, mission, and activities of the WSCCNA. OCA-Greater Seattle praised us as the "silent heroes"—a title both appropriate and well deserved.

WSCCNA was established in May 2002 and registered as non-profit organization in Washington State in October 2003. So, what is the driving force that bound together WSCCNA founders Stella Leong, Kathy Lin, Hueifang Chen, Yen Ping Ching, MuYun Chen, and Min Min Wong? (They are either cancer survivors themselves or their family members.)

One day in the spring of 2002, a dozen cancer patients and families members gathered at Min Min Wong's home. Chatting over snacks, they confided to one another experiences and insights in their struggle against cancer. Among them was Joanne Wong. Holding her right arm too swollen to fit into her jacket sleeve, Joanne revealed how a misdiagnosis had delayed her initial treatment and surgery, resulting in cancer recurrence, and eventually metastasis to the right auxiliary lymph node.

How to learn from and avoid these painful mistakes? How to bear the agonizing pain of chemotherapy side effects? How to prepare diet meals? How to cope with the fear of cancer? Dealing with all these challenges alone is tough enough. On top of that, as members of an ethnic minority group, they are further encumbered by language, culture, lifestyle, and economic barriers. They are thus especially in need of mutual care and support!

(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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## 是愛和關懷讓我們聚合！

(上接第一頁)

雖然Joanne 不久就被癌症奪去了年輕的生命，可是她的願望激勵了這幾位女士，“我們要組織起來！”可是白手起家的艱辛也就開始了：沒有活動的場地，就借用圖書館、公寓的大廳、下了班以後的辦公室；創會理事每人要從自己的口袋拿出100元才湊足向州政府註冊登記的款項；靠著會員和一些慈善機構的有限捐助，省吃儉用地



渡過了這六年！儘管如此，協會的每月一次的理事會、每年的理事集訓(包括訂定年度計劃、理事改選)也按時進行；每月單周兩次的讀書會、談心會；每年三次的健康福利講座；每年的夏季野餐、冬季節日聯歡會、農曆新春聯歡會都按時進行；更難得的是：自2005年六月起定期出版了共二十期的簡訊(中、英文雙語)，報導了每次的活動和癌友們抗癌的故事……等精彩內容，記錄著協會這五年來走過的每一個“腳印”。這都是因為有了這幾位有愛心又任勞任怨、不計報酬、甘願默默奉獻的理事，和義工、會員們的大力支持。

今年四月中旬，協會首度擁有自己的辦公室(在中國城 409 Maynard Ave. S. #P2, Seattle, WA 98104)，在這裡可以開展更多的活動——開會、閱讀、談心、聯歡…。我們深切地期盼能有更多的朋友來共同關懷和支持這個團體！



## 我們的家

黃銘銘

我們有我們自己的家了。

華盛頓州華人防癌互助協會成立已有七年，今年四月我們很高興有了我們自己的家。“新家”地址在：409 Maynard Ave., S. #P2, Seattle, WA 98104. 就在西雅圖中國城，喜慶公園旁的布殊旅館 (Bush Hotel) 樓下。

我們會把這幾年所收集，購買的書籍，光碟，雜誌都在這裡開放給大家借閱。每個月的讀書會，談心會也都將因有了這個固定的場所而會讓大家的心更凝聚在一起。

小小的家，滿滿的愛，你的快樂，你的煩惱都可以在這個家盡情發洩。這個家是我們的家，更是大家的家。希望你路過時，進來坐坐喝杯茶，歇歇腳。更歡迎你加入我們的義工行列與我們一起來豐富這個家。



## We Are Joined Together by Love and Care

(Continued from Page 1)

Although Joanne did not live long enough to see her dream come true, her wish inspired all those who attended the meeting that day. "We ought to get ourselves organized!", exclaimed the ladies. However, they would soon face the pain of starting an organization from scratch. Without a place to work, they borrowed spaces at libraries, apartment lobbies, and after-hours offices. Collecting \$100 of each other's pocket money, they pooled enough to cover the State registration fees. The young organization would frugally survive the first six years on limited donations from members and other charity organizations.

In spite of all constraints, the monthly Board Meetings and annual Retreats (planning for annual goals and board re-election) have taken place as scheduled. The bi-weekly Book Study and Support Group meetings, the 3 yearly health education seminars and the annual summer picnic, winter holiday party and Lunar New Year celebration have been carried out as planned. Furthermore, WSCCNA has since June 2005 regularly published a total of 20 Chinese-English bilingual newsletters. Its captivating contents include reports of group activities and personal cancer stories. The newsletters documented WSCCNA's footsteps in the past 5 years. This was made possible by the caring, perseverant, selfless, and dedicated Boards, volunteers, and members.

In mid-April, for the first time, WSCCNA got its own office in Chinatown/I.D., at 409 Maynard Ave. S., # P2, Seattle, WA 98104. There, we will be able to conduct more activities—meeting, reading, chatting and holding gala events. We deeply hope drawing more friends to care for and support the WSCCNA!



## Our New Home

Min Min Wong

We are moving to our new home!

Washington State Chinese Cancer Network Association (WSCCNA) was established in 2003, and we are so glad to finally announce that we will have a new home this April. The address for the new location is 409 Maynard Ave., S. #P2, Seattle, WA 98104. It's located in Chinatown, the basement of the Bush Hotel, right next to the Hing Hay Park.

The books, magazines, CDs, and VCDs that we have collected over the years will be displayed for everyone to borrow. With this new home, the monthly Reading Club and Support Group Gathering will bring everyone's hearts closer.

As a small house filled with love, your happiness, your sorrow, your worry can be explored here without fear.

This is our new home, and also your new home. We sincerely invite you to volunteer to fulfill this home, but if not, please simply stop by whenever you are at Chinatown. Come in for a cup of tea, to chat, to rest, or just to say Hi.

**虎年新春聯歡會有感**

翟婉儀

虎年的新春來到了！今年的癌友新春聯歡會於3月6日在中國城的越棉寮敬老會舉行。三十多位癌友、家屬、義工擠滿了會場，我看到有熟悉的老癌友，也有新來的朋友，大家笑容滿面，互相擁抱、問候，場面十分溫馨。大家一面聊天，一面品嚐著各自帶來的點心、水果、麵食。理事們還特別準備了飲料、豆漿等美食。

我們這群癌症的倖存者，能健康快樂地活到今天，確實值得慶賀！在華州華人防癌互助協會這個大家庭里，大家互相關心、互相幫助，還有一群為我們辛勤服務的理事、義工，她們為我們籌劃、安排了許多活動：有每月一次的讀書會，為我們準備了許多有關健康的資料；還有每月一次的談心會，讓癌友們可以互相交流與癌魔鬥爭的經驗、互相鼓舞；每年的夏天還有郊外野餐活動，既有各自帶來的美食，還有精心策劃的遊戲，吸引不少的朋友和家屬來參加。我雖然經常到會，但總覺得自己沒有作出多大貢獻，可是理事們對我說：“翟姨！您能每次都參加活動，已經是貢獻了！”說得好，我22年前就得了癌症，今年已經74歲了，但看來還是很健康，不像個老態之人，得了癌病的新朋友看到我這個樣子，對他們真是一種鼓舞和希望！

我深信：只要我們保持有樂觀精神、有堅強的意志、充滿信心，就能健康快樂地活下去！在新的一年里我衷心祝福各位朋友——壽而康！

**華州華人防癌互助協會2010年讀書會計劃**

陳慕筠

**主要內容：學習** 《不一樣的自然養生法》吳永志著；

《中國健康調查報告》(美)T·柯林·坎貝爾 博士等著作，以營養學及膳食與疾病關係的內容為主。

- 學習形式：**
1. 個人或集體閱讀、漫談討論、結合各自經驗體會相互交浸；
  2. 看、聽有關影、音的光碟。
  3. 個人介紹經驗或示範。
  4. 半小時文娛活動：體操、氣功、集體遊戲、唱歌等。

**地點：** 癌友會新辦公室，409 Maynard Ave. S., #P2, Seattle, WA 98104

**主持人：** 每次活動由一位理事輪流負責

- 學習內容安排：第一次：**
1. 擁有強健的免疫和自癒系統，才能杜絕癌症！《養生法》p34—p40
  2. 關閉癌症表達《報告》p40—p65
  3. 《自癒力》許添盛講座光碟
  4. 學習《保健養生氣功十八式》

- 第二次：**
1. 常見的癌症：乳腺癌《報告》p155-166
  2. 抗癌養生要從搭配生理時鐘做起《養生法》p40—p52
  3. 癌友康復後如何安排日常生活作息的經驗交流
  4. 復習《保健養生氣功十八式》

- 第三次：**
1. 良好的營養指導：吃得合理《報告》p227-243
  2. 吳醫師的抗癌抗病處方《養生法》p200—p203
  3. 癌友每日食譜的經驗交流
  4. 唱歌：《奇妙世界》、《祝你幸福》

- 第四次：**
1. 怎樣吃《報告》p244-p254
  2. 動手製作健康蔬果汁《養生法》p204—p209
  3. 每種蔬果汁製作示範及品嚐
  4. 唱歌：《在感恩的季節裏》、《真善美》



## Relay For Life® 【為抗癌接力】

One day. One night. One community. Your Relay For Life® is about celebration, remembrance, and hope. By participating, you honor cancer survivors, pay tribute to the lives we've lost to the disease, and raise money to help fight it – all right here in your community. You won't want to miss one moment of this life- and community-affirming event!

### **Celebrate - The Survivors Lap**

Relay starts with a Survivors Lap an inspirational time when survivors are invited to circle the track together and help everyone celebrate the victories we've achieved over cancer. The Survivors Lap is an emotional example of how Relay participants are creating a world with more birthdays like those of each individual on the track.

【為抗癌接力】是一項結合慶祝、紀念、和希望的社區全天活動。藉由參與這項活動，您不但可以向已克服癌症的親友獻上最誠摯的敬意，紀念因癌症凋逝的可貴生命，同時還可以募款幫助癌友抗癌，請千萬別錯過這項既有意義又能夠凝聚社區力量的活動。

**University of Washington Relay for Life - May 22-23, 2010 Husky Stadium  
3800 Montlake Blvd, Seattle, WA 98105**

華盛頓大學【為抗癌接力】活動 -- 2010年5月22-23日 華大Husky體育館

WSCCNA is planning on participating in this Event for the Cancer Survivor Lap (All Survivors walk around the first lap of the Stadium running track). This will be the 6th year our cancer survivors will walk the 'Survivor Lap' to celebrate for life. Cancer survivors, families and friends, please join us on May 22, 2010 at 2:00 pm at UW Husky Stadium. Please call 425-392-8233 Stella Leong for details.

華盛頓州華人防癌互助協會計畫參加這次的活動。這將是本會已克服癌症的朋友們第六年參加“倖存者接力”的競走活動慶祝重生。請已克服癌症重拾健康的朋友及其親友們共襄盛舉。

時間：2010年5月22日下午二點。

地點：華盛頓大學 Husky 體育館。

請電 425-392-8233 or 425 652-7045 梁費聖奇 Stella Leong 接洽



**17th Annual Komen Puget Sound  
Race for the Cure™**

蘇珊基可嫻乳癌基金會 “為治癒而競走” 活動

每年六月份的第一周周末蘇珊基可嫻乳癌基金會都在市中心的 Qwest Field 大球場舉行，為治癒的乳癌康復者而競走的募捐活動。今年六月六日改在市中心的 Seattle Center 舉行。

蘇珊基可嫻基金會

“為治癒而競走” 這個活動，已經歷了十七年。每年參加的人有癌友、家屬、支持者上萬人。

WSSCNA is planning on participating in this Event. This will be the 6th year our breast cancer survivors, families and friends will participate in the Race for the Cure to celebrate life. Breast cancer survivors, families and friends, please join us on June 6, 2010 Sunday at 8:00 am at Seattle Center. WSSCNA team will do the one mile walk.

華盛頓州華人防癌互助協會計畫參加這次的活動。這將是本會已克服乳癌的朋友第六年參加“為治癒而競走”活動慶祝重生。請已克服乳癌重拾健康的朋友及其親友們共襄盛舉。

**Date/Time 時間：2010 年 6 月 6 日上午八點。**

**Place 地點：Seattle Center。**

**Registration 報名：\$30 online**

Please register online at <http://www.pugetsoundraceforthecure.org> to join our team ‘WA State Chinese Cancer Network Association or you can call 425-392-8233 or 425 652 7045 Stella Leong for details

如有興趣參加，請電 425-392-8233 or 425 652-7045 梁費聖奇 Stella Leong 接洽報名



## WSCCNA 2010 Chinese New Year Celebration

Wan Yi Zhai, translated by Andre Do

The Year of the Tiger has arrived ! This year's Celebration gala took place on March 6 at the Indochina Chinese Elderly Association in Chinatown/I.D. Over 30 cancer patients, their families, and volunteers packed the place. Among them, I saw both familiar and new faces. Their broad smiles, hugs and mutual greetings warmed our hearts. We chatted while sampling the snacks, fruits and pasta that partygoers brought in. We also enjoyed the drinks, soybean milk and other goodies that Board members kindly prepared for the event.

For us cancer survivors, being able to stay alive up to this date is indeed worth celebrating ! Within the WSCCNA family, we care about and help one another. There is also a team of Board members and volunteers working hard to serve us. They plan and carry out quite a few activities for us. At the monthly Book Study, they make available to us a wealth of health education materials. The monthly Support Group meetings allow members to share experiences fighting cancer and to inspire one another. At the annual summer picnic, there are not only specialty dishes to share, but also cleverly designed games, drawing big attendance.

Although I manage to take part in the activities frequently, I always feel I have little to contribute. Even so, the board members reassured me: "Auntie Zhai, your regular attendance attests to your contribution !" True ! I first contracted cancer 22 years ago; I am 74 this year, but still appear to be in good shape for my age. My will to hold on serves to instill hope in new cancer patients. I deeply believe that, as long as we remain optimistic, determined and confident, we can live healthily and joyfully. For the New Year, I sincerely wish you all "stay healthy and live long !"

## 2010 Book Club Study Plan

Mu Yun Chen, translated by Rowena Lau

**Main Content: Study the books** "Different Ways of Natural Life" by Dr. Tom Wu, and "The China Study" by Dr. T. Colin Campbell, PhD. The content will focus on nutrition and the relationship of diet and illness.

**Study Format:**

1. Individual or group reading, discussion, sharing and summarizing of experience
2. Watch and listen to related audio and video CDs
3. Exchange ideas or demonstrations
4. Half an hour of activities including exercises, qigong, group games and singing

**Location:** WSCCNA new office, 409 Maynard Ave. S., #P2, Seattle, WA 98104

**Host:** Each session will be hosted by a board member in rotation

### Study Content Arrangement:

#### Session I -

- ◆ One must possess a strong and healthy immune system and self healing capability in order to avoid having cancer, "Different Ways of Natural Life" P.34 – 40
- ◆ Shutting out cancer, "The China Study" P.40 – 65
- ◆ "Self Healing Power" DVD by Dr. Tien-zhen Hsu
- ◆ Learn the 18 styles of health maintenance qigong exercise

#### Session II

- ◆ Common cancer : breast cancer, "The China Study" P.155 – 166
- ◆ Fighting off cancer and maintaining healthy lifestyle in coordination with the biological clock, "Different Ways of Natural Life" P.40 – 52
- ◆ Exchange ideas and share experience on how to arrange and maintain lifestyle after completing treatment
- ◆ Review and practice the 18 styles of health maintenance qigong exercise

#### Session III

- ◆ Healthy nutrition guide: eat reasonably, "The China Study" P.227 – 243
- ◆ Dr. Wu's prescription for fighting off cancer and illness, "Different Ways of Natural Life" P. 200 – 203
- ◆ Sharing cancer patients and survivors daily recipes
- ◆ Singing: "Wonderful World" and "Wish you happiness"

#### Session IV

- ◆ How to eat, "The China Study" P.244 – 254
- ◆ Hands on preparation of healthy vegetable and fruit juices, "Different Ways of Natural Life" P. 204 - 209
- ◆ Demonstration and tasting of each kind of vegetable and fruit juice
- ◆ Singing: "The Thanksgiving Season" and "Truth, Kindness and Beauty"



## 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 2010

### 2010年的精彩活動預告

- May 15 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  
癌友會新辦公室, 409 Maynard Ave. S., #P2, Seattle, WA 98104
- May 22 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 5 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  
癌友會新辦公室, 409 Maynard Ave. S., #P2, Seattle, WA 98104
- June 6 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” Seattle Center
- June 19 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  
癌友會新辦公室, 409 Maynard Ave. S., #P2, Seattle, WA 98104
- July 3 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  
癌友會新辦公室, 409 Maynard Ave. S., #P2, Seattle, WA 98104
- July 17 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  
癌友會新辦公室, 409 Maynard Ave. S., #P2, Seattle, WA 98104
- Aug 28 11:00 am—Summer Potluck Picnic at Coulon Park in Renton  
3:00 pm 連頓市古倫公園野餐



#### WSCCNA

#### 2010-2011 Board members

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





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！



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](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***