

癌友會新辦公室正式開放

理事會報導

經過兩個月的籌劃，癌友會終於有了一個“家”！地方不大，設備也簡單，可是收藏了不少癌友們的精神食糧：有兩岸三地專家的著作、DVD 和 CD 光碟，專供癌友及家屬閱讀、觀看。

七月十日和十一日趁著中國城一年一度的海洋節，我們華州華人防癌互助協會新辦公室也正式開放了。我會有幸請來了熱心的義工：潘季全、馬鎮江、Clara Yee、Tina Law、Louisa Au、Daisy Lau、Wan Yi Zhai、Qing Lan Sui、Maggie Cheng 等。他們為新辦公室開放值班，接待來訪者。義工林惠英贈送了一盆萬年青，為新辦公室增添了漾然生趣。

目前辦公室內存放有醫療類、防癌抗癌類、食療類、養生保健類、心理健康類、運動類等各種簡體繁體書近40種，及健康講座、心理建設、太極氣功教授、有氧運動、經絡鍛練法等語音CD 和錄像DVD，另有簡體的癌症康復雜誌及其他中英文癌症資訊供借閱。書、CD 及DVD 借期為四個星期，到期後可續借一次。

(下接第二頁)



Our New Office is Officially Open

The Board
translated by Oliver Hsu

After two months of careful planning, the Chinese Cancer Network finally has a "home"! The office is equipped simply and not big, but stores an abundance of "spiritual food" for cancer friends: Articles, Magazines, Books, DVDs and VCDs by various Mandarin and Cantonese specialists from China, Taiwan and Hong Kong, for our cancer friends and their families to review and check out.

On July 10th & 11th during the annual Chinatown-International District Summer Festival, the new office of the Cancer Network was officially opened. We are fortunate enough to have the following enthusiastic volunteers: Pan Ji Quan, Ma Zhenjiang, Clara Yee, Tina Law, Louisa Au, Daisy Lau, Wan Yi Zhai, Qing Lan Sui, Maggie Cheng and so on. On weekdays, they take turns doing reception duties and warmly receive visitors when the office is open. Volunteer Wai-ying Lam even brought a Japanese rhododendron as a present, adding a joy of life to the new office.

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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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**紀念我的妻子黃月蘭 (Amy Wong)**

余海量 Frederick Yee 翻譯: Candice Hsu

[編者按：這篇文章最初刊載於2001年6月2-8日的西北亞洲週刊 (Northwest Asian Weekly)，以下為其節錄。今年10月2日是Amy的十週年逝世紀念日。余先生已再婚並婚姻美滿；但Amy將永遠深深地留存在余先生，兩個孩子 Alex 和 Andrea，所有家庭成員，眾多朋友和舊日同事的心中。]

我的妻子Amy在與癌症的短暫奮戰之後，意外地在2000年去世。那時她49歲。我們於1971年在西雅圖大學相遇。那年她大一，剛和她的家人從香港搬到西雅圖。我則剛在西華盛頓大學完成大學二年級的課程，將要在那年秋天進入華盛頓大學。經過朋友們所戲稱的"馬拉松"式求婚，我們在1980年6月結婚。我有幸能在將近30年的時日裏有Amy作為我的伴侶。在那些年裏Amy總是處處為我，時時在我身邊。

Amy是最好的社工之一。她是七十年代初期到中期，畢業於華盛頓大學的少數幾個香港出生的碩士社工之一。當仁人服務社獲得其第一筆公共資助經費時，她是該機構董事會主席。當健安療養院於一九八七年七月首度開張時，我們的兒子Alex出生。當時，健安找不到一位合格的雙語社工願意擔任其第一任社工主任。在當時想要讓家屬信任健安能夠照顧自己的親人是一個巨大的挑戰。當時的健安沒有任何療養院的業績可循。Amy接受了這個挑戰，並同意服務直到健安能雇到一個合格稱職的人選。

沒有任何吹噓，Amy默默地將她25年的生命投入作為一名社會工作者，在西雅圖和景縣地區照顧年老者和傷殘人士，這其中包括16年在西雅圖市老年和殘疾服務(ADS)的職業生涯。為紀念Amy，ADS在2001年年中將其緊急用戶基金更名為Amy Wong用戶基金。這項基金協助財力有限者支付緊急醫療費用。

Amy是我最好的妻子。她令人驚歎的地方並不在於她是個好廚師或好管家，而是她多年來的奉獻、支持和樸實無華的愛。她不是一個喜愛豪華車、名牌服裝或昂貴珠寶的人。我們經常開玩笑說她是藍光特惠的皇后。她以她自己特有的氣質、個性與風格補足了我。她使得我能有所成就但自己卻不邀功。在我們共渡的人生旅程中，她一步步伴著我一起建立我們的家庭和事業。

在與癌症奮戰過程中的照顧計畫都是Amy自己安排的。儘管她沒有與癌症戰鬥多少時間，到最後她感到自豪，信心堅定並且從不害怕。即使在她最後的日子裡，她仍鼓勵我要堅定自己的力量，不要害怕，並爭取更美好的明天。在我們20年的婚姻中，我們有我們的衝突和爭吵。但是，我們從不懷疑我們對彼此的愛和我們將一起共渡我們夕陽人生的信念。Amy將永存我心，直到我的生命結束。

**癌友會新辦公室正式開放**

(上接第一頁)

新家的地址：409 Maynard Ave S., #P2, Seattle, WA 98104 (由喜慶公園布殊旅館最底層樓側門進入)。

辦公時間： 周一至周五下午1:00 至 3:00，

每月單周的周六下午1:30 至 3:30 為讀書會及癌友談心會活動時間。

歡迎大家參觀並多多利用。

有興趣擔任義工的朋友，請與我們聯繫：**(206) 850-5914**。E-mail: info@wscna.org



In Memory of My Wife, Amy Wong

Frederick Yee

[Editor's note: This article was summarized from its original version published in the NW Asian Weekly, June 2-8, 2001. This October 2 was the 10th Anniversary of Amy's passing. Mr. Fred Yee has since remarried into another fine union; but Amy will always be remembered dearly by Fred, children Alex and Andrea, family members, many friends and former co-workers.]

My wife Amy passed away unexpectedly in 2000, after a brief battle with cancer. She was 49. We met each other in 1971 at Seattle University. She was a freshman, having just moved from Hong Kong to Seattle with her family. I had just completed my sophomore year at Western Washington University and was about to enter the University of Washington in the fall of 1971. After a "marathon" courtship, jokingly referred to as such by friends, we were married in June of 1980. I was blessed to have Amy as my companion for almost 30 years. Through these years, Amy was always there for me and with me.

Amy was among the best of social workers. She was among a few Hong Kong-born MSWs (master's of social work) who graduated from the University of Washington in the early to mid-1970s. She was the chair of the board of the Chinese Information & Service Center when the agency obtained its first public funding. Our son Alex was born in July of 1987 when the Kin On nursing home first opened. At that time, Kin On could not locate a qualified bilingual social worker willing to serve as its first social-work director. It was a tremendous challenge to convince families to trust Kin On with the care of their loved ones. Kin On had no track record as a nursing facility to speak of at the time. Amy took on the challenge and agreed to serve until a permanent candidate could be hired.

Without fanfare, Amy quietly devoted more than 25 years of her life as a social worker, caring for the aged and disabled in Seattle and King County, including a 16-year career with the City of Seattle's Aging and Disability Services (ADS). In Amy's memory, ADS renamed its Emergency Client Fund to the Amy Wong Client Fund in mid-2001. It allows people with limited means to pay for emergency medical expenses.

Amy was the best wife to me. Her wonder came not from being a good cook or housekeeper, but from her years of devotion, support and unpretentious love. She was not the person who cared much about fancy cars, designer clothing or expensive jewelry. We often joked that she was the queen of the blue-light specials. She complemented me with her own temperament, personality and style. She enhanced and empowered my ability to achieve while not taking any credit. She was with me every step of the way, through our journey to build our family and careers.

Amy coordinated her own care plan during her battle with cancer. Although she did not have much time to battle her illness, to the end she was proud, determined and was never afraid. Even in her last days, she encouraged me to hold my strength, to not be timid and to strive for a brighter tomorrow. In our 20-year marriage, we had our fights and quarrels. However, we never doubted our love for each other and our destiny to spend the sunset years together. Amy will be in my heart until the end of my time.



Our New Office is Officially Open

(Continued from Page 1)

Currently, the office has a collection of nearly 40 books related to subjects such as medicine, anti-cancer & cancer prevention, food remedies, health maintenance, mental health, exercises, etc. in both simplified & traditional Chinese. It also features CDs and DVDs of health seminars, psychological well being, Tai Chi Qigong, aerobics, and a meridian workout, in addition to the Cancer Recovery magazine in Simplified Chinese and other Chinese and English reading materials for borrowing. The duration for borrowing books, CDs & DVDs is four weeks and can be renewed once.

The new office address is at 409 Maynard Ave S., # P2, Seattle, WA 98104
(entering from the side door of Bush Hotel's lowest level in Hing Hay Park).

Office hours: Mon-Fri 1:00 pm to 3:00 pm;

The reading club and support group will be held on the first and third Saturday from 1:30 pm to 3:30 pm each month. We welcome everyone to visit and utilize the service.

Friends who are interested in volunteer opportunities can contact us at: (206) 850-5914 or Email info@wscna.org.



防癌食物——南瓜

陳慕筠

南瓜 的學名是 *Cucurbita Moschata*

原產於美洲南部，世界各地普遍栽種，品種很多：有美洲南瓜、栗味南瓜、魚翅瓜、中國南瓜等。在貧瘠地區甚至以它為主食。如中國南瓜熟時果皮橙黃色、肉厚淀粉細膩、味甜，品質優良。中醫認為南瓜性溫，味甘無毒，能潤肺益氣，化痰排膿，不但可以充飢，還有較高的食療價值。

南瓜更適宜肥胖者、糖尿病患者和中老年人食用。久病氣虛、脾胃虛弱、氣短倦怠、糖尿病患者宜多吃。南瓜含有豐富的鋅，參與人體內核酸、蛋白質的合成，是組成腎上腺皮質激素的成分，為人體生長發育的重要物質。南瓜含有維生素和果膠，果膠能吸附和消除體內細菌及一些重金屬中的鉛、汞和放射性元素，起解毒作用。南瓜更能消除致癌物質亞硝胺的致突變作用，故有防癌功效，並能增強肝、腎細胞的再生能力。南瓜子除可作零食外，還是驅蛔蟲妙藥。



南瓜食譜簡介

南瓜味甘甜，可煎、炒、燜、炖、炸作出多種菜肴、飲品、點心。

炒素什錦

將南瓜去核切成片，與不同顏色的菜(大白菜、洋蔥、雪豆、磨菇等)一起，用鮮蒜片、鹽，爆炒。

咖哩南瓜

南瓜肉連皮切成方塊，放入煮好的咖哩醬汁內煮五分鐘即好。

咖哩醬汁：咖哩粉；切碎的：紅蔥頭、薑、蒜、香茅草；醬油、糖、椰汁。

南瓜糯米糰

將南瓜肉煮熟壓成泥，與糯米粉揉合，制成糰皮，糰芯可放甜紅豆泥或糖、花生芝麻碎，也可以做咸的：薺菜榨菜粉絲餡。然後入蒸鍋蒸20分鐘即熟。

南瓜奶昔

把南瓜肉蒸熟，放入搗拌機與果汁、豆奶一起搗拌即成。

南瓜品種繁多，做菜及點心最好的是青皮小型的日本南瓜，應連皮吃；瓜子可晒干作零食，不要烤、炒，其營養更好。南瓜肉生切時很硬，但下鍋後很易熟，不要煮太久，否則易爛成泥。



Pumpkins – Cancer Fighting Foods

Mu Yun Chen, translated by

Pumpkin, botanical name Cucurbita Moschata, originated from southern part of America but now mostly grow all over the world with a great variety – American pumpkins, chestnut flavored pumpkins, shark-fin pumpkins and Chinese pumpkins. In some underdeveloped countries, it is the main staple for the people. Chinese pumpkins, when ripe, have the bright yellow skin with sweet taste to the pumpkin meat. Chinese herbalist consider pumpkins as calm and warm food, non poisonous, sweet taste, can nourish the lung and qi, clear mucus and puss. Not only it can cure your hunger, but also a good source of nutritional value.

Pumpkins are good for diabetic, obese, middle-aged and elder people. Those who are chronically ill and debilitated, have poor digestion, fatigue, shortness of breath, are recommended to include pumpkins in their diet. Pumpkins are rich in zinc, which is involved in the synthesis of nucleic acids and proteins; zinc is an essential part of one's Adrenal cortical hormones and is an important component for the growth and development of the human body. Pumpkins are also rich sources of vitamins and pectin. Pectin can adsorb and eliminate bacteria, some heavy metals such as lead, mercury and some radioactive elements from the body. Pumpkins can even inhibit the nitrosamine-induced carcinogenesis to prevent cancer. It can also enhance the regeneration of liver and kidney cells. Not only do pumpkin seeds make a great snack, but they are also excellent in expelling parasites from one's body.

Pumpkin Recipes

Pumpkins taste sweet and you can pan fried, stir fry, stew, steam or deep fry to create a lot of difference entrees, drinks and snacks.

Pumpkin stir fried

1. Cut open the pumpkin and remove the seeds in the middle, then cut it into slices.
2. Then stir fry it with other colorful vegetables such as green cabbage, onion, snow peas, or mushrooms and garlic.
3. Season with salt for taste.

Curry Pumpkin

1. Cut open the pumpkin and remove the seeds in the middle, then cut it into cubes (including the skin).
2. Put them into the curry sauce and cook for 5 minutes.
3. **Curry sauce** – curry powder, chopped shallots, chopped ginger, chopped garlic, chopped basil, soy sauce, sugar and coconut milk.

Pumpkin dumplings

1. Cook the pumpkins and mash it down,
2. Mix it with sweet rice flour to make the wrappers for the dumpling.
3. Filled it with sweet red bean paste, or chopped peanuts, sesame seeds with sugar. You can also fill it with vegetarian pickles with bean threads.
4. Steam it for 20 minutes.

Pumpkin Milkshake

1. Steam the pumpkin till cooked.
2. Put it in the blender to blend with fruit juice and soy milk

There are many varieties of pumpkins, but the best is the green skin Japanese pumpkin and you can cook and eat the skin as well. The seeds can be sun dried for snack. The nutrition from the seeds is better if you don't bake, toast or stir fry it. Also the pumpkin is hard and difficult to cut but when cook it becomes soft quickly. So make sure you do not cook it too long, otherwise it would be very mushy.



Kabocha



Washington State Chinese Cancer Network Association (WSCCNA)

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E-mail: info@wscna.org

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

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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 2010

2010年的精彩活動預告

- Nov 20 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
- Dec 4 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
- Dec 18 1:00 pm— Cancer Survivors and Volunteers Holiday Celebration
3:30 pm 癌友聖誕節慶祝會 請電 425-836-3289 陳慕筠接洽
Lake Hill Library 15590 Lake Hills Blvd., Bellevue, 98007



Exciting Events in 2011

2011年的精彩活動預告

- Jan 8 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
- Jan 22 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
- Feb 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
- Feb 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

WSCCNA

2010-2011 Board members

President	Stella Leong
Vice-President	Kathy Lin
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Secretary	Yen Ping Ching
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PO Box 15425
Seattle, WA 98115
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(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
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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:

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

THANK YOU FOR YOUR CONTINUING SUPPORT