



防癌互助通訊 第三十期

Cancer Network News Issue No. 30

Washington State
Chinese Cancer Network
Association (WSCCNA)

Cancer Network News

二零一三年一月

吃素的一些原則

Jane Chu

吃什麼可養生防病？

- ◆ 蛋白質：
 - * 種子類：葵瓜子、南瓜子、芝麻、tahini（芝麻醬）、flaxseeds（含很好的油）。
 - * 堅果（nuts）：每天不需吃太多，因為比較難消化。
 - * 芽菜：alfalfa sprouts, salad sprouts, 豆芽（有機的）。
 - * 豆類：包括豆腐。不需每天吃，可跟上列蛋白質配合。
- ◆ 蔬菜：每天要吃深綠色蔬菜（最好的蛋白質和鈣的來源）。番薯可常吃，營養，高纖維，有助排便。
- ◆ 水果：當季的較好。
- ◆ 澱粉質：糙米、全麥、玉米（包括粗玉米粉 polenta）、紅薯、洋芋、麥片（oatmeal）、小米（millet）等。
- ◆ 盡量用有機食品。
- ◆ 冬天可增加高卡洛里食物，如澱粉質、堅果 nuts 等。
- ◆ 多吃生食：每天最好有 50% 生食；任何蔬菜均可生食，還有用來打奶昔 smoothie。

綠色奶昔 Green Smoothie 作法

- ◆ 蔬菜：綠色生菜 romaine lettuce、菠菜、kale、小黃瓜、芹菜或任何深綠色蔬菜（以上選一種 1-2 杯）。
- ◆ 芽菜：有機 salad sprouts, alfalfa sprouts, bean sprouts（選一種 1/2 杯）。
- ◆ 水果：蘋果、美國梨、香蕉、夏季應時漿果、芒果等（1/3-1/2 個或半杯）。
- ◆ 牛油果、香蕉、紅薯等：可使奶昔較濃（選一種 1/4 個或 1/4 杯）。
- ◆ 美國甜棗（2-3 粒）可增甜。
- ◆ 水（一杯，可在爐頭弄溫）
- ◆ 生薑

以上用果汁機打勻，每天可吃兩大杯。

新食品介紹

- ◆ 美式芝麻醬 tahini：可用來代替花生醬（花生醬容易生微菌）；芝麻是高蛋白、高鈣，可每天吃。可塗麵包或餅乾，加果醬或做芝麻糊（加脫水蔗糖）。
- ◆ 杏仁醬 almond paste：用法同美式芝麻醬。
- ◆ 粗玉米粒 polenta：可用來代替稀飯，比稀飯有營養（2 量杯水煮開，加 1/4-1/3 杯 polenta，煮 5-6 分鐘即可，需不斷攪攪以免黏鍋，也可加豆漿。），稀稠隨意。
- ◆ 脫水蔗糖 evaporated/dehydrated sugarcane juice：非精製糖，對身體較好。
- ◆ 麥片 Muesli：早餐用，加水煮 3-4 分鐘，起鍋後可加香蕉或豆漿。
- ◆ 燕麥 Granola：早餐用，加香蕉和豆漿，不需煮。

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。

目錄

吃素的一些原則	1
健康排舞善聚會	3
慶祝農曆新年	4
水果酵素做法	5
2012 義工和捐助者	7
每週活動	8

Inside this issue

Healthy Foods to Eat for a Vegan Diet	2
Line Dancing Connection for Wellness	3
New Year Celebration	4
Recipe for Fruit Enzyme	5
2012 Volunteers and Donors	7
Weekly Activity	8



Healthy Foods to Eat for a Vegan Diet

Jane Chu

What's Healthy to Eat?

Protein : Healthy Foods to Eat for a Vegan Diet

- * **Seeds**: Sunflower seeds, pumpkin seeds, sesame, tahini (sesame butter), flax seeds (contains omega-3 fatty acid)
- * **Nuts**: Don't eat too much every day because they are hard to digest.
- * **Sprouts**: Alfalfa sprouts, salad sprouts, bean sprouts (buy organic).
- * **Beans**: Including tofu. Don't need to eat every day - alternate with the above proteins.

Vegetables : Eat dark green vegetables every day. (Best source of protein) Also eat some sweet yam (high fiber, helpful for bowel movements).

Fruit : Eat seasonal ones.

Starch : Brown rice, whole wheat, corn (including polenta), sweet yam, potatoes, oatmeal and millet, etc.

Eat organic : Eat more high calorie foods, such as starchy foods and nuts.

Eat more raw foods : Eat 50% raw foods every day. All vegetables can be eaten raw or made into smoothie.

Green Smoothie Recipe

Vegetables : Green leaves (romaine lettuce, kale, spinach, cucumber, or celery, etc.)
Choose one of the above, 1 or 2 cups.

Sprouts : Organic salad sprouts, alfalfa sprouts, bean sprouts
Choose one of the above ½ cup.

Fruit : Apple, pear, banana, seasonal berries, mango, etc. Choose one, ¼ - ½ cup.

Avocado, banana, sweet yam : for adding smoothness. Choose one 1/4 or ¼ cup.

Dates : 2-3 for sweetening.

Add 1-2 cups of water and blend until smooth.

Some Nutritious Foods

Tahini : Made from sesame seeds. Can use this to replace peanut butter which is susceptible to mold. Sesame is high protein and high calcium. It's good to eat a small amount every day. Use it for bread or crackers or make smoothie (add some dehydrated sugar to sweeten it.)

Almond paste : Use it the same way as tahini.

Polenta : It's made of corn. Use it to replace rice soup, and it's more nutritious than rice. Cook 1/4-1/3 cup of polenta with 2 cups of water. Can add some soy milk. Stir often.

Dehydrated or evaporated sugar cane juice : It's not refined sugar, so it's more wholesome and better for health.

Muesli : A multi-grained breakfast cereal. Add water and cook for a couple of minutes. Can add fruit and soy milk.

Granola : A multi-grained cereal that doesn't require cooking. Can also add fruit and soy milk.



健康排舞善聚會

理事會報導

華州華人防癌互助協會十一月在亞洲資源中心晚會籌得四仟多圓，為有需要人士提供全面服務及健康資訊。該會創辦至今已十年，宗旨是為華人提供防癌資訊，2011年經籌得善金得以在亞洲資源中心設立會址，希望可以擴大服務範圍，而2012年度籌募經費的主題是【健康排舞善聚會】，當日出席的善長人翁多達200人，排舞節目特別請到專業排舞老師帶同她的種子學生們出席，而她們都是義工，並且在不同的社區教授排舞。

節目由下午3時已開始有排舞班，出席人數濟濟一堂，晚餐後又有大型排舞和交誼舞，加上學生和老師們的表演，令得籌募晚會達到高峯，來賓們都樂而忘返。而該會明年還會舉辦大型募款會，希望社區人士繼續支持，促使該會可提供更好的健康資訊及服務。



Line Dancing Connection for Wellness Event

Reported by the Board

WSSCNA raised more than \$4000 at the Line Dance Connection for Wellness event last Saturday, held at the Asian Resource Center in the International District. The ultimate goal was to provide the most up to date health information as well as a more comprehensive service for the community overall.

On November 10th 2012, the Washington State Chinese Cancer Network Association (WSSCNA) successfully raised more than \$4000 dollars at the Line Dance Connection for Wellness event held last Saturday at the Asian Resource Center.

WSSCNA is a non-profit 501C3 organization and was established 10 years ago in 2002. Their mission is to offer moral and emotional support to those who have been diagnosed with cancer, as well as provide the community with the most up to date health information regarding Cancer Prevention.

In 2011, with the success of their very first fundraiser, WSSCNA was able to acquire an office space, which is currently located at the Asian Resource Center. WSSCNA's ultimate goal is to expand their services to a broader community.

The theme for this fundraising event focused on dancing; more specifically, "Line Dancing". The event was initiated by a few local line dance leaders who invited their Line Dance Master to assist with planning and organizing. Close to 200 supporters attended this event. The fundraising event started at 3pm with a Line Dance Workshop and evolved into a much grander dance soiree at night that included a catered dinner, raffle drawing and line dance performance. The event was extremely successful. Attendees enjoyed the high energy and festivities so much, that many of the guests did not want to leave when the program ended.

WSSCNA is planning to host another fundraising event in 2013, hopefully on a much larger scale. They hope they will continue to receive the amazing support and involvement from the community and its members.



華州華人防癌互助協會慶祝農曆新年

理事會報導

每一年我們都會舉辦這個新年聚會，目的是給予癌友、家人、朋友、義工能共聚一堂來迎接新的一年。

今年超過一百多人參予此次聚會，喜氣洋洋，節目非常豐富，包括午餐、遊戲、抽獎和表演，表演成員都是來自防癌會每週健康活動的參予者: 太極劍舞、太極二十八式、排舞、元極舞和民族舞。此外還有手藝班做示範、廖老師教寫揮春，更精采是麥顯輝師傅率領十多名門徒和四頭醒獅及一頭小獅助興，將農曆年氣氛更推上高峰。本會並藉此機會亦感謝超過三十多位義工及每週活動班的義務導師們這一年來的頂力支持及幫助。



今年是防癌協會成立十週年，我們計劃將於秋季舉辦一個大型籌款晚會，介時希望得到各界人士的支持和贊助，可以將防癌會的宗旨和服務範圍繼續擴大，希望能促進華人們有一個更美好和健康的生活方式。

WSCCNA Celebrated Lunar New Year

Reported by the Board

Washington State Chinese Cancer Network Association (WSCCNA) on January 19, 2013 held a Lunar New Year celebration at the Asian Resource Center. Every year we have this celebration so that cancer friends, families, friends and volunteers have a chance to be together and welcome the new Chinese lunar year.

This year, more than a hundred people participated in this gathering, beaming, very rich program, including lunch, games, raffle and performances. Performances were given by the teachers and students from each of the weekly activities: the Tai Chi sword dance, tai chi style twenty-eight, Line Dance, Yuan Chi dance and folk dance. In addition our Chinese art class also had an art demonstrations, Liao teacher taught Chinese scrolls writing. On top of all these were the impressive lion dance led by Master Mak, his disciples and the four beautiful waken lions dance for the audience. It not only added more fun, also made the atmosphere for the Lunar New Year reach to a climax.

WSCCNA also used this opportunity to thank our more than thirty volunteers and the class instructors from each of our weekly activities for their constant support and generous help throughout 2012.

This year is the tenth anniversary for WSCCNA, we are planning to have a large scale fundraising gala in the fall. We are hoping to get support and contributions from the community and supporters. This will allow us to continue our mission and expand our scope of service to the cancer friends and their families. Our goal is to promote a better and healthier lifestyle in the Chinese community.





水果酵素做法

Jane Chu

水果酵素可幫助消化排便，改善體質，預防疾病，包括骨質疏鬆，對人體非常有益。

原料： 有機水果：鳳梨（一個），木瓜（大型一個，或小型2個），美國梨（2個），獼猴果（6個），蘋果（2個），葡萄（30-40粒），以上約10磅 **水果酵素做法**紅糖：（約3磅）和水果為1比3（糖1，水果3）
過濾水：1加侖

大玻璃罐（2-3 加侖容量）（如用1加侖小罐，則減少材料分量）

做法： 水果用過濾水洗乾淨，連皮切為1/4 - 1/3寸薄片，葡萄切半，木瓜需去子。

放入玻璃罐中。加糖，加水。罐子用開水消毒。

用9層塑膠膜蓋好罐口，用橡皮筋或繩子扎緊罐口。將罐子放在陰涼處。

25天後即成水果酵素。將水果汁用布濾出，或用開水消毒過的杯子舀出，存在小玻璃罐中，蓋好。渣可打成果醬，也放在小玻璃罐中，蓋好。可每次拿3-4湯匙，沖水喝，或加入奶昔中。也可放幾片在下一罐新做的水果酵素中，助長發酵。

如出氣多，可開罐透氣。任何放進罐內攪動的用具需用開水消毒，以免壞細菌進入。

每天可喝3-4次，每次約30克。可沖水喝，或喝過後，喝一杯水。也可加入奶昔中。

外傷可用酵素來擦，有消毒和幫助復原的功效（這種用途不需稀釋）。對各種皮膚病，富貴手等有療效。

稀釋的酵素（1比500倍）可用來外用，如做植物肥料，洗廁所，抹地板，洗爐頭油煙，去黴菌等（是最自然無害，但非常有效的洗潔精）。污垢油煙噴過稀釋酵素後，等10-20分鐘，用抹布一擦就乾淨。稀釋酵素也可用來分解蔬菜水果外部的農藥等化學毒物。蔬菜泡在水加酵素中15分鐘，再用清水沖過即可。

外用的酵素多半用廚餘（切除的蔬菜水果皮，梗，剩飯菜（素））來做。做法同水果酵素。可用大塑膠桶做，用舊布或塑膠布蓋好桶口，綁好，以免小蟲或蒼蠅進入。放在院中，陽台，或任何陰涼處，發酵時間為3個月。外用酵素亦稱環保酵素，因為不會污染環境。

Recipe for Fruit Enzyme

Jane Chu

Ingredients: Organic fruit: pine apple (1), papaya (1 large or 2 small), American pear (2), kiwi fruit (6), Apple (2), grapes (30-40) Total about 10 lbs
Brown sugar: about 3 lbs (proportion to fruit: sugar 1 - fruit 3)
Filtered water: 1 gallon
Large glass jar (2 - 3 gallon capacity)

Steps: Wash the fruit clean with filtered water. Cut all with skin in to 1/4 - 1/3 inches thick pieces.

Cut grapes in half. Remove seeds from papaya.

Put fruit in glass jar. Add sugar and water. (Sanitize glass jar with hot water first.)

Cover opening of jar with 9 layers of plastic wrap.

In 25 days the fruit enzyme is done. Pour the juice out through a filter or dish out with a clean cup.

Keep in smaller glass jars. Cover with lid. The remaining fruit can be blended into smoothie and stored in small glass jars and used as jam. Each time, take 3 - 4 spoonful out and add to water or smoothie and drink it. Can also put a few pieces of fruit into the new batch.

During the 25 days, if there is excess gas from the large jar, remove the plastic wrap cover and let out the gas.

Each day, drink fruit enzyme juice 3 -4 times, each time about 30 gram or 1/4 - 1/3 cup, followed by drinking a glass of water. Can also add it to smoothie.

Fruit enzyme can also be use for disinfection or healing skin problems. Use it straight.

Diluted fruit enzyme (1 to 500 times water) can be use as fertilizer for plants, toilet, floor or kitchen cleaners. It also disinfects mold. (Best organic cleaner.) Spray diluted fruit enzyme on kitchen grease and wait for 10 - 20 minutes and then wipe it off. Can also soak vegetables in the solution to remove harmful chemicals. Soak veges for 15 minutes.

For outside uses, enzymes are usually made from kitchen wastes (from plant source only.) Follow the same steps as fruit enzyme. Keep kitchen wastes in a large plastic bucket and cover with cloth or plastic to keep away bugs. Keep bucket in the yard or on the balcony or anywhere in the shade. After 3 months, it's done. Use this enzyme as fertilizer or for cleaning contaminated water sources.



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 - April 27 Husky Stadium

華盛頓大學【為抗癌接力】活動 -- 2013年4月27日 華大Husky體育館 時間：下午二時

地點：華盛頓大學 Husky體育館。3800 Montlake Blvd, Seattle, WA 98105

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 8th year our cancer survivors will walk the 'Survivor Lap' to celebrate for life. Cancer survivors, families and friends, please join us on April 27 at 2:00 pm at UW Husky Stadium. Please call 206 850 5914 WSCCNA office 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八年參加“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。請電 206 850 5914
防癌互助協會 接洽



20th 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末蘇珊基可嫻乳癌基金會都在市中心的SeattleCenter舉行。為治癒的乳癌康復者而競走的募捐活動。“為治癒而競走”這個活動，已經歷二十年。每年參加的人有癌友、家屬、支持者上萬人。

WSCCNA is planning on participating in this Event. This will be the 8th 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 2, 2013 Sunday at 8:00 am at Seattle Center. WSCCNA 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八年參加“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 2013年6月2日上午八點

Place 地點 Seattle Center

Registration 報名 \$35 online

Please register online at <http://www.pugetsoundraceforthecure.org> to join our team 'WA State Chinese Cancer Network Association or you can call 206 850 5914 WSCCNA office for details.

如有興趣參加，請電 206 850 5914 防癌互助協會接洽報名



感謝您的支持 Thank you for your support

2012 義工 Volunteers

馬鎮江	Clara Cheung	Lisa Lam	Thomas Ng	Tracy Chinn Tien
Louisa Au	Wendy Chin	Daisy Lau	Emily Ou	Bao Tsai Tomko
Wai-kit Au	Yenping Ching	Tina Law	Ji Q Pan	MyTran Tran
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Jason & Maggie Cheng	Hut Kwan	He Qing Malloy	June & Mark Tat	Mrs Zing
Nicholas Cheng	Queenie Kwan	Mark Nakagawa	Ant Thai	Diana Zottman
Mak Fai Lion Dance Team				

2012 捐助者 Donors

Individual Donors

Martin Chan	Herry Lai
Paul & Carmen Chan	Polly Lau
Gungmei Chao	Ray and Stella Leong
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In Honor of Katty Chow 70th Birthday

Stella Leong

In Honor of Ray Leong Retirement

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華州華人防癌互助協會

Washington State Chinese Cancer Network Association



Line Dance 排舞

Mondays 11:00am-12:30pm 星期一 上午十一時至中午十二時半

Handcraft Class 手工班

Wednesdays 10:00am-12:00pm 星期三 上午十時至中午十二時

Yuan Chi Dance 元極舞

Wednesdays 11:00am-12:30pm 星期三 上午十一時至中午十二時半



Folk Dance 民族舞

Fridays 10:00am-11:30am 星期五 上午十時至十一時半

Qi Gong Class 氣功班

Sundays 10:00am-11:00am 星期日 上午十時至十一時

Address 活動地點	西雅圖 中國城 亞裔資源中心 Asian Resource Center 1025 South King Street Seattle WA 98104
Phone電話	206-850-5914 www.wscena.org

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Come Join Us 歡迎您來參加



2013 年身心靈健康讀書會計劃

陳慕筠整理

	專 題	內 容
一	健康防癌食物	閱讀討論印度傳統醫學「阿育吠陀」－ 莫妮卡.甘地訪問記。
二	牛奶替代品	牛奶是健康營養品還是毒藥？五種健康的牛奶替代品！
三	抗癌變的維他命B17	那些食物含有維他命B17？
四	素食與癌症	改變飲食習慣預防癌症；肉類中的致癌物質；素食的好處。

2013 Study Plan of Body and Mind Health Book Club

Muyun Chen

	Topic	Detail
1	Healthy Anti-cancer Foods	Reading and discussion of India's traditional medicine "ayurveda" – an interview with Maneka Gandhi.
2	Milk Substitutes	Is milk a healthy food or poison? Five kinds of healthy milk substitute!
3	Anti-cancer Vitamin B17	What kind of food contains vitamin B17?
4	Vegetarian and Cancer	Change eating habits to prevent cancer; cancer causing material in meat; benefits being a vegetarian.

癌友會辦公室開放時間

地 址：亞裔資源中心 Asian Resource Center - 1025 South King Street, Seattle, WA 98104

時 間：每星期一至周五 上午 10:00 – 12:00、下午 1:00 – 3:00

每月第一、三周周六 下午 1:30 – 3:30 為讀書會及癌友談心會活動時間。

每月第二周周四 上午 10:00 – 11:30 為健康衛生防癌交談會活動時間。

地點 **NBCC** — North Bellevue Community Center
4063 148th Avenue NE Bellevue WA 98007-3118

目前辦公室內存放有大量防癌抗癌的資料供閱讀，部份還可借出—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、經絡鍛煉法等語音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；歡迎大家參觀並多多利用。

有興趣擔任義工的朋友，請與我們聯絡：(206) 850-5914 或電郵 info@wscna.org



Washington State Chinese Cancer Network Association (WSCCNA)

Mailbox 地址 P.O. Box 15425
Seattle WA 98115

Phone 電話 206-850-5914

E-mail 電郵 info@wscna.org

Web site 網址 www.wscna.org

Office 辦公室 1025 South King Street
Seattle WA 98104

Hours 時間 周一至周五 Monday-Friday
10:00am -12:00 1:00-3:00pm

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 2013 2013 年精彩活動預告

- 2/02/2013 1:30-3:30pm Book Study
Sat 星期六 身心靈健康讀書會
- 2/14/2013 10:00-11:30am Book Study and Support Group at **NBCC**
Thu 星期四 健康衛生防癌交談會在 **NBCC** 舉行
- 2/16/2013 1:30-3:30pm Effective Caregiver Workshop series :
Growth and Development – Embracing the Later Years Together
Sat 星期六 家庭照顧者講座系列：
身心成長與發展 — 加深了解與親人共走人生路
- 3/02/2013 1:30-3:30pm Book Study
Sat 星期六 身心靈健康讀書會
- 3/14/2013 10:00-11:30am Book Study and Support Group at **NBCC**
Thu 星期四 健康衛生防癌交談會在 **NBCC** 舉行
- 3/16/2013 1:30-3:30pm Effective Caregiver Workshop series
Sat 星期六 家庭照顧者講座系列
- 4/06/2013 1:30-3:30pm Support Group
Sat 星期六 癌友談心會
- 4/11/2013 10:00-11:30am Book Study and Support Group at **NBCC**
Thu 星期四 健康衛生防癌交談會在 **NBCC** 舉行
- 4/20/2013 1:30-3:30pm Support Group
Sat 星期六 癌友談心會
- 4/27/2013 1:00-4:00pm UW Relay for Life
Sat 星期六 華大 生命接力

Address 活動地點	Asian Resource Center 亞裔資源中心 1025 South King Street
Contact 聯絡	WSCCNA 華州華人防癌互助協會
Phone 電話	206-850-5914

NBCC — North Bellevue Community Center
4063 148th Avenue NE Bellevue WA 98007-3118

WSCCNA 董事會成員 2013-14 Board members	
President	Kathy Lin
Vice-President	Min Min Wong
Secretary	Hueifang Chen
Secretary (Chinese)	Muyun Chen
Treasurer	Stella Leong
Volunteers Coordinator	Maggie Cheng