



防癌互助通訊 第卅四期

Cancer Network News Issue No.34

Washington State
Chinese Cancer Network
Association (WSCCNA)

JANUARY 2014
二零一四年一月

華州華人防癌互助協會義工聚餐

蘇應雄

義工是防癌會的骨幹，為表示對他們無私耕耘的謝意，防癌會在 2013 年 12 月 22 日舉行義工聚餐。從中午開始，義工相繼到達中心，在社交閒談中，增加相互認識。

午餐十分豐富，多為富營養的健康食物，有蝦卷、素卷、春卷、雞、kale 沙律、三文治、水果等。最特出的有義工巧製的炒麵、豆腐花和魚形布丁、魚形布丁形狀十分可愛，令人不忍將之分開。

午餐後，會長 Kathy 致歡迎詞，並代表防癌會向全體義工致謝。Stella, Kathy 和 Maggie 頒發感謝狀與義工，並有 Bingo 和有關防癌會的有獎問答。三項活動交叉進行，各人都熱烈參與，熱鬧非常。在頒發感謝狀時，頒發者都有詳細介紹該義工的工作，各人除了可以知道該義工的貢獻外，還可以對防癌會的全部活動有所認識。

這次活動，大部份義工都有出席。平時義工在不同時間各司其職，不一定有機會認識其他同工，在這次活動中可以多認識志同道合的人。從有關防癌會的問答中，可以知道會的演變和運作。防癌會預備的獎品異常豐富，每人都有獎品，有些人甚至獲多份，所有參與者都有一個愉快的下午。

Washington State Chinese Cancer Network Volunteers Luncheon Ying So

Volunteers are the workhorses of WSCCNA. A luncheon was held on December 22nd, 2013 in honor of their contributions to the organization. People started to arrive at the Center before noon and a thirty minutes social time provided good opportunities for volunteers to mingle.

The lunch menu was excellent with healthy and nutritious foods including shrimp rolls, vegetarian rolls, egg rolls, chicken, kale salad, sandwich, fruits and other items. Some special dishes were homemade noodles, tofu dessert and fish-shape pudding. Pudding plates in the fish-shape were so cute that we were reluctant to cut them up.

In her welcome speech after lunch, WSCCNA President Kathy expressed the association's gratitude to all volunteers and wished everyone a happy and healthy holiday season. Stella, Kathy and Maggie handed out appreciation certificates to volunteers. The work nature of every volunteer was described in detail before the certificates were handed out. Besides recognizing certificate recipients' contributions, people also received an overall impression of the association's activities and functions. Stella held a Jeopardy type game on WSCCNA and people with correct answers were rewarded with prizes. Party attendees also played bingo.

Most WSCCNA volunteers attended the luncheon. The function provided an excellent opportunity for volunteers to meet each other since most people serve different jobs and time slots. From answers in the Jeopardy game on WSCCNA, we learned about the evolution and activities of the association. WSCCNA prepared many prizes. Not a single person left the party without a prize and active game participants received multiple prizes. The party ended with everybody in high spirits.

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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自我檢查皮膚癌

譯自 WebMD 網頁

每年有超過一百萬美國人被診斷出患有皮膚癌，其中黑色素瘤最為致命，而其發病率之升勢要比任何其他癌症都快。但即使患上這種致命的皮膚癌，存活仍是可能的。事實上，如果此症能在早期階段發現，患者的存活率高達 99%。要確保能夠及早發現皮膚癌，最好的一種方法是自我檢查。透過每月檢查自己的皮膚是否有屬早期癌症徵兆的不正常情況，並告知醫生，你可以積極保護自己的生命。

你應該查看皮膚是否有任何新的斑點或印記，或者舊的但其大小、形狀、感覺或顏色有所改變。你也應該留意任何不尋常的痛感、腫塊、瑕污，或皮膚外觀和感覺的任何變化，特別是任何結痂、滲膿或出血，以及痕癢、壓痛或疼痛。

很可能你會發現一些痣，但不要驚慌。正常的痣顏色均勻（黑色、棕色或棕褐色），它們可以是扁平或凸起，圓形或橢圓形。異常的痣形狀不規則，有狀若鋸齒、不順滑的邊界，和類似鑲嵌紅色、白色及/或藍色的斑彩（通稱“國旗標誌”）。

如何做皮膚癌自我檢查

你應該大約每月一次作皮膚癌自我檢查，較合適的時間是在浴前或浴後。你需要有全身鏡及手握小鏡來作檢查，並用吹風筒幫助檢查頭皮。五個簡單的檢查步驟如下：

- 1) 脫下衣服，站著面向全身鏡，查看胸部、肩膀、手臂和手臂後方，以及大腿前方和小腿。
- 2) 彎曲肘部，檢查前臂、手背和手掌。
- 3) 用手握小鏡檢查大腿後方和腳底，也要檢查腳趾之間。
- 4) 用手握小鏡檢查脖子後面；撥開頭髮，有需要的話，用吹風筒吹開，不僅檢查頭皮，也要查看兩邊耳背。
- 5) 最後，用手握小鏡檢查臀部和腰部。

The Skin Cancer Self-Exam

Adopted from WebMD

Each year, more than one million Americans are diagnosed with skin cancer. Melanoma is the deadliest form and its incidence is rising faster than any other cancer.

But surviving even this deadly type of skin cancer is possible. In fact, there's a 99% survival rate when the disease is found in its earliest stages. And one of the best ways to ensure that happens is with a skin cancer self-exam. By checking your skin every month for irregularities that might be early cancer, and bringing those changes to your doctor's attention, you can play a key role in protecting your life.

What should you be looking for? Any spot or marking that is new, or one that changes in size, shape, feel, or color. You should also be aware of any unusual sore, lump, or blemish, or any change in how skin looks and feels — particularly any crusting, oozing, or bleeding, as well as itching, tenderness, or pain.

More than likely, you'll discover some moles, but don't be alarmed. Normal moles are even in color (black, brown, or tan), and they can be flat or raised, round, or oval. An abnormal mole is one that is irregularly shaped, has a jagged, not smooth, border, and a mosaic-like color with a mixture of red, white, and/or blue (called the "flag sign").

How to Do a Skin Cancer Self-Exam

You should do a skin cancer self-exam about once a month. Just before or after a shower is probably a good time. You will need a full-length mirror and a hand mirror. A blow dryer may help in examining your scalp. Here are the five easy steps:

- 1) Take off your clothes and stand facing the full-length mirror. Check your chest, shoulders, and arms, as well as under each arm, and look down the fronts of the thighs and calves.
- 2) Bend your elbows and examine your forearms and the backs and palms of your hands.
- 3) Grab the hand mirror and check the backs of your legs and the bottom of your feet. Also, be sure to check between the toes.
- 4) Still using the hand mirror, check the back of your neck. Part your hair — and if necessary, use a blow dryer to move it around — and check not only your scalp, but the area around and behind each ear.
- 5) Finally, use the hand mirror to examine your buttocks and lower back.



大腸癌

譯自 WebMD 網頁

大腸癌是甚麼？

大腸癌是美國第三大最常見的癌症，亦是第二大致死的癌症。然而，若及早發現，大腸癌是極可能治愈的。當不正常的細胞在大腸（結腸）或直腸的粘膜生長時，便會出現此種癌症。

如何發病

大腸癌往往始源於息肉—即生長於結腸內壁的良好小粒贅肉。最常見的兩種大腸息肉分別是腺瘤和增生性息肉，他們是因結腸內壁有細胞錯誤生長和修復而致的。大多數息肉會一直維持良性，但有些卻潛在癌變的可能性。及早消除它，有助預防大腸癌。

不由你控制的風險因素

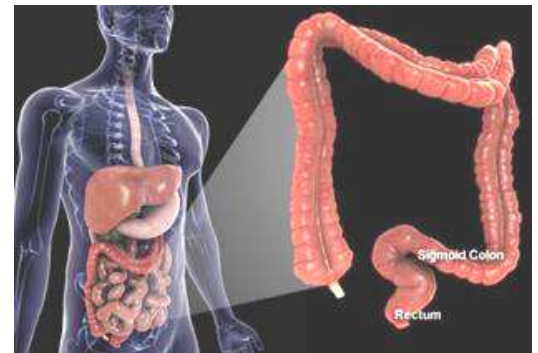
罹患大腸癌的風險取決於遺傳和生活方式。不由你控制的因素包括：

- ◆ 年齡—大多數患者都是 50 歲以上
- ◆ 息肉或炎性腸道疾病
- ◆ 家族內大腸癌病史
- ◆ 卵巢癌或乳腺癌病史

可由你控制的風險因素

某些增加罹患大腸癌風險的因素是在你控制範圍之內的：

- ◆ 飲食中太多紅肉或加工肉類，或經高溫烹調的肉類
- ◆ 體重超標（腰部積聚太多脂肪）
- ◆ 運動太少
- ◆ 吸煙或飲酒



大腸癌的警告信號

大腸癌通常沒有任何先兆，故此主動檢測十分重要。若能及早發覺，就有較大機會治愈。隨著大腸癌病情的發展，病人可能會便血、腹痛、排便習慣改變（如便秘或腹瀉）、無故消瘦、疲乏等。這些症狀出現時，腫瘤往往已經較大和較難治療。

大腸癌檢測

由於大腸癌病徵隱伏，檢測是及早發現的關鍵。五十歲開始，大多數人應該每十年作一次結腸鏡檢查。是項檢查會使用一個微型攝像機來查察整條結腸和直腸。這不僅可及早發現腫瘤，更可即時清除息肉以預防大腸癌。

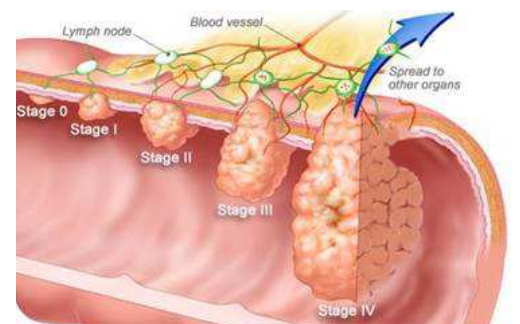
診斷大腸癌

如果檢測發現可能性的腫瘤，下一步便是做活檢。在結腸鏡檢查過程中，醫生會即時清除息肉，並在結腸有不正常表象的部分抽取樣本，置於顯微鏡下察看，以確定它是否屬癌。下圖展示經顯色放大的結腸癌細胞。

大腸癌的階段分期

癌症被檢測到後，接著會作“階段分期”，就是查找癌細胞的擴散程度。腫瘤的大小與癌症的階段分期無必然關係。癌症的階段分期有助醫生決定採取哪些治療方案。

- 階段分期 0 — 癌細胞只局限在結腸或直腸內壁的粘膜處。
- 階段分期 1 — 癌細胞還沒有擴散到結腸或直腸的內壁。
- 階段分期 2 — 癌細胞已擴散到結腸或直腸的肌肉層。
- 階段分期 3 — 癌細胞已擴散到一個或多個淋巴結區域。
- 階段分期 4 — 癌細胞已經擴散到身體的其他部位，如肝、肺、骨骼。



大腸癌的存活率

（下接第五頁）



Colorectal Cancer

Adopted from WebMD

What Is Colorectal Cancer?

Colorectal cancer is the third most frequently diagnosed cancer and the second highest cause of cancer deaths in the U.S. Yet, when found early, it is highly curable. This type of cancer occurs when abnormal cells grow in the lining of the large intestine (colon) or rectum.

How It Starts

Colorectal cancers often begin as polyps -- benign growths on the interior surface of the colon. The two most common types of intestinal polyps are adenomas and hyperplastic polyps. They develop when there are errors in the way cells grow and repair the lining of the colon. Most polyps remain benign, but some have the potential to turn cancerous. Removing them early prevents colorectal cancer.

Risk Factors You Can't Control

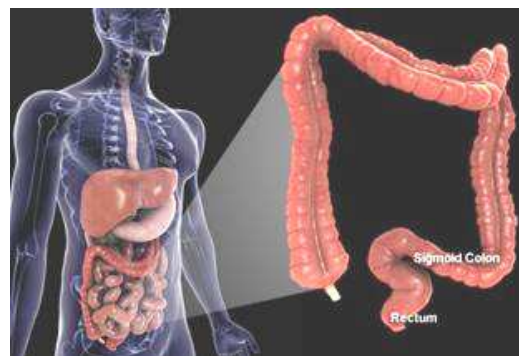
Your risk of colorectal cancer depends on genetics and lifestyle. Factors you can't control include:

- ◆ Age – most patients are older than 50
- ◆ Polyps or inflammatory bowel diseases
- ◆ Family history of colorectal cancer
- ◆ History of ovarian or breast cancer

Risk Factors You Can Control

Some factors that raise the risk of colorectal cancer are within your control:

- ◆ Diet high in red or processed meats, or meats cooked at high temperature
- ◆ Being overweight (excess fat around the waist)
- ◆ Exercising too little
- ◆ Smoking or drinking alcohol



Colorectal Cancer Warning Signs

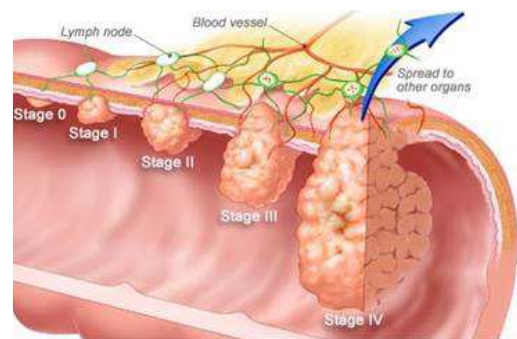
There are usually no early warning signs for colorectal cancer. For this reason it's important to get screened. Detecting cancer early means it's more curable. As the disease progresses, patients may notice blood in the stool, abdominal pain, a change in bowel habits (such as constipation or diarrhea), unexplained weight loss, or fatigue. By the time these symptoms appear, tumors tend to be larger and more difficult to treat.

Colorectal Cancer Screening

Because colorectal cancer is stealthy, screening is the key to early detection. Beginning at age 50, most people should have a colonoscopy every 10 years. This procedure uses a tiny camera to examine the entire colon and rectum. It not only can find tumors early, but also prevents colorectal cancer by removing polyps during the examination (shown here).

Diagnosing Colorectal Cancer

If colonoscopy reveals a possible tumor, the next step is a biopsy. During the procedure, your doctor will remove polyps and take tissue samples from any parts of the colon that look unusual. These tissues are examined under a microscope to determine whether or not they are cancerous. Shown here is a color-enhanced, magnified view of colon cancer cells.



Staging Colorectal Cancer

If cancer is detected, it will be "staged", a process of finding out how far the cancer has spread. Tumor size may not correlate with the stage of cancer. Staging also enables your doctor to determine what type of treatment you will receive.

- Stage 0 – Cancer is limited in the innermost lining of the colon or rectum.
- Stage I – Cancer has not spread beyond the inner wall of the colon or rectum.
- Stage II – Cancer has spread into the muscle layer of the colon or rectum.
- Stage III – Cancer has spread to one or more lymph nodes in the area.
- Stage IV – Cancer has spread to other parts of the body, such as the liver, lungs, or bones.

(Continue on page 5)



大腸癌

上接第三頁

復原機會取決於癌症所處的階段分期，較高的期次意味癌症更為嚴重。以五年生存率計，即病人被確診後能活過五年的百分比，第一期有 74%，而第四期則只有 6%。

大腸癌手術

大腸癌除末期者外，通常的治療方法是手術切除腫瘤及其周圍的組織。若腫瘤較大，則可能需要取出整段結腸和/或直腸。好消息是，手術對早期大腸癌有很高的治愈率。但如果癌細胞已經擴散到肝、肺或其他器官，手術是不太可能治愈的 – 無論如何，在可能情況下切除腫瘤，有助減輕症狀。

治療晚期大腸癌

大腸癌若擴散到一個或多個淋巴結（第三期），有時仍是可治愈的。其治療通常包括手術、放射治療和化療三管齊下。如果癌症在初步治療後復發，或擴散到其他器官，那就變得較難治愈了。但放射治療和化療仍可緩解症狀，讓患者存活長些時間。

飲食預防大腸癌

採取某些步驟有助大幅降低患上大腸癌的機率。研究人員估計，吃有營養的食物，作適量運動，及不讓身體脂肪暴增，可以預防大腸癌 45%。美國國家癌症研究所建議低脂飲食，包括大量纖維和每天至少五份水果與蔬菜。

運動預防大腸癌

體力活動似乎是防禦大腸癌的利器。在一項研究中，最積極活動的參與者罹患大腸癌的機會要比最怠懶活動者低 24%，不重要。美國癌症協會建議人們每週有五天以上運動，每天至少卅分鐘。

Colorectal Cancer

From Page 4

Colorectal Cancer Survival Rates

The outlook for your recovery depends on the stage of your cancer, with higher stages meaning more serious cancer. The five-year survival rate refers to the percentage of patients who live at least five years after being diagnosed. Stage I has a 74% five-year survival rate, comparing with Stage IV's only 6%.

Colorectal Cancer Surgery

In all but the last stage of colorectal cancer, the usual treatment is surgery to remove the tumor and surrounding tissues. In the case of larger tumors, it may be necessary to take out an entire section of the colon and/or rectum. The good news is that surgery has a very high cure rate in the early stages. If the cancer has spread to the liver, lungs, or other organs, surgery is not likely to offer a cure -- but removing the tumors, whenever possible, may reduce symptoms.

Treating Advanced Colorectal Cancer

When colorectal cancer has spread to one or more lymph nodes (Stage III), it can still sometimes be cured. Treatment typically involves a combination of surgery, radiation (being administered here), and chemotherapy. If the cancer comes back after initial treatment or spreads to other organs, it becomes much more difficult to cure. But radiation and chemotherapy may still relieve symptoms and help patients live longer.

Preventing Colorectal Cancer With Diet

There are steps you can take to dramatically reduce the odds of developing colorectal cancer. Researchers estimate that eating a nutritious diet, getting enough exercises, and controlling body fat could prevent 45% of colorectal cancers. The National Cancer Institute recommends a low-fat diet that includes plenty of fiber and at least five servings of fruits and vegetables per day.

Preventing Cancer With Exercise

Physical activity appears to be a powerful weapon in the defense against colorectal cancer. In one study, the most active participants were 24% less likely to have the cancer than the least active people. It didn't matter whether the activity was linked to work or play. The American Cancer Society recommends exercising five or more days a week for at least 30 minutes a day.



我們的活動 Our Activities



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二月二十二日星期六
上午十一時半至下午三時半
February 22, 2014
11:30 am - 3:30pm



地點：華州華人防癌互助協會亞裔資源中心
Asian Resource Center 1025 S. King Street,
Seattle WA 98104

RSVP: 206 850-5914

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感謝您的支持 Thank you for your support

2013 捐助者 Donors

Louisa Au	Amerlia Poon	<i><u>In Kind donation</u></i>
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Shu Yuen Lew	Boeing matching fund	
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2013 義工 Volunteers

馬鎮江	Ninette Cheng	Fan Li	Gsang Tam
Mr Liu for Calligraphy	Wendy Chin	Lapman Li	Christine Tang
Ms Hung for Folk dance	Yenping Ching	Angelina Lim	Elsa Tang
Ms May for folk dance	Boliver Choi	Kathy Lin	Jeanne Tang
Louisa Tsang Au	Frank Chow	Andy Lo	Tracy Tien
Wai-kit Au	Katty Chow	Susan Lo	My Tran Tran
Lisa Bai	Jennifer Chung	Jenny Mao	Lily Wang
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Dominic Siu-tong Chan	Min Fan	Thomas Ng	Heidi Wong
Evelyn Chan	Connie Gaw	Kit Ling Poon	Jessica Wong
Hueiling Chan	Andes Kong	Yen Shaw	Karia Wong
Paul Chan	Daisy Lau	Katherine Sidener	Min Min Wong
Hueifang Chen	Hugo Lau	Dora So	Sanna Wong
Irene Chen	Steven Lee	Ying So	Michael Woo
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Ben Chan	Yenping Ching	Angela Lu	Fred Wong
Paul Chen	Daisy Lau	Kit Lin Poon	Sanna Wong
Clara Cheung	Regina Leung	Christina Tang	Fred Yee



華州華人防癌互助協會

Washington State Chinese Cancer Network Association

每週活動

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

Calligraphy Class 書法班

Wednesdays 12:30pm-1:30pm 星期三 下午十二時半至一時半

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 9:30am-11:00am 星期日 上午九時半至十一時

Origami Class 摺紙藝術班

Sundays 2:30pm-4:00pm 星期日 下午二時半至四時

W
E
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K
L
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A
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Y



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.wscnna.org

Come Join Us 歡迎您來參加



捐贈表

我願意支持華州華人防癌互助協會

- \$10
 \$20
 \$30
 \$50

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:

- \$75
 \$100
 \$200
 \$500
- \$700
 \$1000
 其他 Other \$

PO Box 14606
 Seattle, WA 98104
 Phone: (206) 850-5914

姓名 Name _____
 地址 Address _____
 市/州/郵區 City/State/Zip _____
 住家電話 Home Phone _____
 工作電話 Work/Mobile _____
 電子郵箱 E-Mail _____

- 內附支票： \$ _____ Enclosed is my check
 附件是一份我的雇主的等額捐贈表。 Enclosed is a Matching Gift form from my employer.

請記錄並印我的姓名如下 Please record and print my name as : _____

請將此表郵寄到 Please mail this form to P.O. Box 14606, Seattle WA 98104

如有任何疑問可直接電話詢問 Questions and inquiries can be directed to (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

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

謝謝您的繼續支持！ THANK YOU FOR YOUR CONTINUING SUPPORT



癌友會辦公室開放時間 Office Hours

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

每月第三周周六 下午 1:30— 3:30 為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；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 14606
Seattle WA 98104

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 -12:00pm
周三及周四 Wed & Thursday
1:00pm -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 2014 2014 年精彩活動預告

- 2/13/2014 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
- 2/15/2014 1:30-3:30pm **Support Group**
Sat 星期六 癌友談心會
- 2/22/2014 11:30-3:00pm **Chinese New Year Potluck Celebration at ARC**
Sat 星期六 新年自備餐 Potluck
- 3/13/2014 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
- 3/22/2014 1:30-3:30pm **Support Group**
Sat 星期六 癌友談心會
- 4/10/2014 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
- 4/19/2014 1:30-3:30pm **Support Group**
Sat 星期六 癌友談心會
- 5/10/2014 1:00-4:00pm **UW Relay for Life**
Sat 星期六 華大 生命接力
- 5/31/2014 5:30-10:00pm **WSCCNA 10th Year Anniversary Fundraising Dinner**
China Harbor Restaurant
華州華人防癌互助協會十周年紀念籌款晚宴
中國海景大酒樓
- 6/1/2014 8:00-12:00pm **Susan Komen Race for the Cure at Seattle Center**
Sun 星期日 蘇珊基可嫻乳癌基金會 “為治癒而競走” 活動

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

WSCCNA 董事會成員 2014-15 Board members	
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President	Kathy Lin
Vice-President	Min Min Wong
Secretary	Hueifang Chen
Secretary	Muyun Chen
Treasurer	Stella Leong
Volunteers Coordinator	Maggie Cheng
Board Member	Kit Ling Poon Yenping Ching Angela Lu