



# 防癌互助通訊 第卅六期

## Cancer Network News Issue No.36

Washington State  
Chinese Cancer Network  
Association (WSCCNA)

JULY 2014  
二零一四年七月

### 我和死神擦身而過

陳慕筠

陳慕筠，女，6/9/1934 生於中國廣州市。

我原是廣州市某大專院校的教師，教了卅年工程繪圖，八四年退休，八六年移民美國。在西雅圖市又再工作了十四年，任職旅館、餐廳、工廠、老人活動中心等，亦曾當過家庭保姆。2002 年 68 歲時，我第二次退休。

在中國大陸，教師要參加很多政治運動，例如各式批鬥會，要面對身邊的同事、學生、親朋好友，既要保護自己，又要寫、講很多違心的說話，思想壓力特別大。1963 年在我做人工流產後，發現了絨毛膜上皮癌，組織化驗結果是惡性腫瘤，當時立即做了切除手術及化療，醫生說我只能多活六個月。那年我才 29 歲，三個孩子是 8 歲、7 歲、5 歲。家人都為我擔憂，自己也很吃驚。但想到既然被判了死刑，那就只有好好地抓緊這六個月，快活地活完這一生吧！我趁著暑假就跟同事朋友們一起去旅遊、跳舞、游泳……。一年後，追蹤覆查時發現肺部有小塊陰影，懷疑是癌細胞轉移到肺部，於是再做一次化療。自此以後，我十分注意運動鍛煉：打球、游泳、跳舞、旅行從不間斷，心境保持開朗、快樂，從來不記隔夜“愁”！就這樣，死神竟爾輕輕擦我身而過！

[下接第四頁]

### The God of Death Moved Past Me

Huyun Chen

I taught engineering drawing for 30 years at a college in Guangzhou before I retired in 1984. After immigrating to the U.S. in 1986, I worked in Seattle for another 14 years. During this time I worked in hotels, restaurants, factories and senior centers, as well as at homes as a caretaker. In 2002, I retired for the second time at age 68.

During Mao Zedong's time, teachers in China had to get involved in many political campaigns and participate in all sorts of "public criticism" meetings. During these meetings, you had to face your colleagues, students, relatives and even good friends. To protect yourself, you had to write critiques and make statements against your conscience, which brought about tremendous mental stress. In 1963, doctors found a choriocarcinoma in my body. Biopsy confirmed it was a cancer. Surgery was performed immediately, followed by chemotherapy. The doctor told me I would only live for 6 more months. I was very startled to hear this and all my family members were deeply concerned. At the time, I was only 29 years old with 3 young children, aged 8, 7, and 5 respectively.

Given that a death penalty had meted out to me, I thought I might as well make the best use of these 6 months and finish my life happily. I went traveling, dancing, swimming and other similar things with my colleagues and friends that summer. During my checkup a year later, a small patch was found in my lungs. Signs were that my cancer had spread and I had to undergo chemotherapy again. From then on, I paid intense attention to physical exercise, actively participated in ball games, swimming, dancing, and traveling. I always maintained a cheerful mood and kept myself happy, not letting any worry to stay overnight. Time flew by and this year I turned 80. The God of Death had moved past me just like that!

[Continue on Page 4]

### 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

我和死神擦身而過	1
Omega-3脂肪酸	2
十年的辛勤耕耘	5
八月份座談會及社區活動	6
每週活動	8

### Inside this issue

The God of Death Moved Past Me	1
The Facts on Omega-3 Fatty Acids	3
Ten Years Hard Work	5
August Activities	6
Weekly Activity	8



## Omega-3 脂肪酸

from CFH.com.tw 譯自WebMD 網頁

不飽和脂肪酸中目前最受矚目的是 Omega-3，此外還有 Omega-6、Omega-9。Omega-9 屬於單元不飽和脂肪酸，人體可以少量合成，而其中 Omega-3 和 Omega-6 這兩種多元不飽和脂肪酸為必需脂肪酸，人體無法自行合成，需要從食物中攝取以維持身體的正常生理機能。Omega-3 含有多種脂肪酸，其中三種對人類健康非常重要，包括 EPA (二十碳五烯酸)、DHA (二十二碳六烯酸) 及 ALA ( $\alpha$ -亞麻酸)。EPA 可以降低血液黏稠度並與心血管疾病保健上有相關性；DHA 直接影響心臟、腦部、眼睛、神經系統、腎臟的正常運作。

我們的身體可把攝取的 ALA 轉化成 EPA 及 DHA。但是，有些人無法有效製造這些脂肪酸，需要直接由食物中攝取 EPA 及 DHA。

### Omega-3 脂肪酸對健康的好處

- ◆ 血壓和三酸甘油酯：許多研究指出，魚油中的 Omega-3 脂肪酸能降血壓，也可降低三酸甘油酯濃度達 20-50%
- ◆ 心血管健康：Omega-3 脂肪酸可降低心臟病發作的風險、減少心律不整、預防心臟病復發、並可延緩心臟病患細胞老化。一週吃富含 Omega-3 脂肪酸的魚一到兩次可顯著降低中風的風險
- ◆ 類風濕性關節炎：許多研究顯示使用 Omega-3 脂肪酸能減少僵直性及關節痛。也可提升抗發炎藥的效用
- ◆ 憂鬱症：報告顯示使用尿苷和 Omega-3 脂肪酸合用，憂鬱症可獲得改善。魚油也可提升抗憂鬱藥的效用及降低燥鬱症的憂慮傾向
- ◆ 孕期健康：研究顯示在懷孕期間補充 EPA 和 DHA 可提升孕婦的健康和胎兒的發展。DHA 對於嬰兒的視力和神經發展很重要
- ◆ 骨質疏鬆：食物中攝取或使用 Omega-3 脂肪酸補充劑可改善骨密度
- ◆ 氣喘：有一些研究發現魚油可能可以改善肺功能及減少氣喘病人的用藥量
- ◆ ADHD：少數研究顯示魚油可減輕就學兒童的 ADHD 症狀及改善他們的專注力
- ◆ 阿茲海默症和失智症：研究剛起步，但一些研究者建議使用 Omega-3 脂肪酸可幫助保護免於進展至阿茲海默及失智症的病程。然而還有很多研究必須做。

### Omega-3 脂肪酸的食物來源

- ◆ 若情況許可，請從食物中獲取足夠的 Omega-3 脂肪酸勝過使用營養補充品；但若有重金屬疑慮，可使用經合格實驗室檢驗，無重金屬殘留的 Omega-3 脂肪酸補充品。
- ◆ 富含 DHA 和 EPA 等 Omega-3 脂肪酸的含油魚類包括鯷魚、藍魚、鮭魚、青花魚、鮭魚 (野生的比養殖的含更多 Omega-3)、沙丁魚、鱈魚、交鱈魚、和鮭魚。許多專家建議一週食用這些魚類兩到三次。
- ◆ ALA 的食物來源包括：巴西核桃、亞麻、和亞麻油、油菜油、橄欖油、和大豆油。(人體可以將 ALA 轉換為 DHA 和 EPA 等 Omega-3 脂肪酸。不過每個人的轉換能力不同)
- ◆ 海藻中也有豐富的 DHA
- ◆ 雖然含有 Omega-3 脂肪酸的食物對健康有好處，但是油類和核果類的熱量很高。所以要適量攝取。



## The Facts on Omega-3 Fatty Acids

Adopted from WedMD

When it comes to fat, there's one type you don't want to cut back on: omega-3 fatty acids. Two crucial ones – EPA and DHA – are primarily found in certain fish. ALA, another omega-3 fatty acid, is found in plant sources such as nuts and seeds. Not only does your body need these fatty acids to function, but also they deliver some big health benefits.

Because essential fatty acids (ALA, DHA, EPA) are not made in the body, you need to get them from your diet.

### How They Help Your Health

- **Blood fat (triglycerides).** Fish oil supplements can lower elevated triglyceride levels. Having high levels of this blood fat puts you at risk for heart disease. DHA alone has also been shown to lower triglycerides.
- **Rheumatoid arthritis.** Fish oil supplements (EPA+DHA) can curb stiffness and joint pain. Omega-3 supplements also seem to boost the effectiveness of anti-inflammatory drugs.
- **Depression.** Some researchers have found that cultures that eat foods with high levels of omega-3s have lower levels of depression. Fish oil also seems to boost the effects of antidepressants and may help the depressive symptoms of bipolar disorder.
- **Baby development.** DHA appears to be important for visual and neurological development in infants.
- **Asthma.** A diet high in omega-3s lowers inflammation, a key component in asthma. But more studies are needed to show if fish oil supplements improve lung function or cut the amount of medication a person needs to control the condition.
- **ADHD.** Some studies show that fish oil can reduce the symptoms of ADHD in some children and improve their mental skills, like thinking, remembering, and learning. But more research is needed in this area, and omega-3 supplements should not be used as a primary treatment.
- **Alzheimer's disease and dementia.** Some research suggests that omega-3s may help protect against Alzheimer's disease and dementia, and have a positive effect on gradual memory loss linked to aging. But that's not certain yet.

### Where to Get Omega-3s

- When possible, try to get omega-3 fatty acids from foods rather than supplements. Aim to eat fish high in DHA and EPA omega-3 fatty acids two to three times a week.
- These include: anchovies, bluefish, herring, mackerel, salmon (wild has more omega-3s than farmed), sardines, sturgeon, lake trout, tuna.
- While eating more fatty fish is a good idea, some are likely to have higher levels of mercury, PCBs, or other toxins. These include mackerel, wild swordfish, tilefish, and shark.
- Farm-raised fish of any type may also have higher levels of contaminants. Children and pregnant women should avoid these fish entirely. Everyone else should eat no more than 7 ounces of these fish a week. Smaller fish like wild trout and wild salmon are safer.
- Good food sources of ALA are: walnuts, flaxseed, flaxseed oil, canola oil, olive oil, soybean oil.
- While foods containing omega-3 fatty acids have health benefits, some -- like oils and nuts -- can be high in calories. So eat them in moderation.



## 我和死神擦身而過

上接第一頁

轉眼我已活到了八十歲，癌症康復後這五十年，我還是經歷了許多磨煉：文革時被批鬥（剃光頭遊街，坐牛欄，被幽禁）、下放農場勞動、安排子女上山下鄉、回城就業及高考、出國留學、移民、婚姻破裂...等。來美後更經歷了文化震異（學語言、求職、考車牌、入籍考試），一個五十剛出頭的單身女人，為了生存、自立，也不得不在異國他鄉過五關斬六將，重新再建自己的生活圈子，靠的只是堅定的信心，我這賺來的五十年也與別人一樣，可以快活地活下去！

2002年我第二次退休，這時我已有足夠養活自己的退休金和醫療保險，我也有條件開始實現週遊世界的夢想！但是當我見到不少華人在得了癌症後，面對諸般困境束手無策，我就十分難過。我這個過來人怎能袖手旁觀呢？於是在2003年，我和幾位癌症倖存者及熱心人士，籌建了「華州華人防癌互助協會」。在沒有任何經費支援下，各自出錢出力，盡自己所能為癌友排憂解難，搭橋鋪路。通過家訪慰問、交流談心、歡渡節日、讀書座談、寫稿、編印雙語季刊簡訊等活動，十年來為四十多個家庭和上百個華人癌友及家屬服務，深得他們的信任。2012年舉辦首次募捐宴會，成功籌得二萬美元。接下來，「華州華人防癌互助協會」開始有了自己的辦公室，有圖書雜誌供癌友閱覽和外借，還舉辦了多項免費活動，包括太極拳班、排舞班、玄極舞班、民族舞班、中國結手工班、摺紙班、書法班等。今年五月三十一日，又將舉辦建會十週年募捐宴會，預期參加者逾三百人，籌款額遠超上次的二萬美元。十年來的努力，使我深受教育，得益良多，自己也樂在其中，真是施比受更有福！（4/27/2014 寫於美國西雅圖市）

## The God of Death Moved Past Me

From Page 1

I went through a lot in the 50 years after my cancer rehabilitation. I was humiliated during the Cultural Revolution. They had my head shaved and put me on parades. I was thrown into reeducation camps, kept in confinement, and sent to work in farms. In the meantime, I had to give my children a helping hand when schools were closed and they were compelled to reside in the countryside. Later on, I had to arrange for their return to the city so that they could take part in university entrance examinations and eventually study abroad. Then I had to face the emotional trauma of the breakdown of my marriage. Upon immigration to the United States, I experienced a culture shock which called for strenuous efforts to cope with: I had to learn a new language, to look for employment, to get my driver's license, and to pass my naturalization examination. As a single woman in her early fifties, I had to overcome all kinds of hurdles and obstacles to survive independently in the new land. With great resolve and self confidence, I finally succeeded in reestablishing my life. I can proudly say that I have earned 50 bonus years of life and all along I live happily as most other people do.

When I retired for the second time in 2002, my pension was sufficient for my daily expenses and I was eligible for Medicare. I could start fulfilling my dream of traveling around the world. However, I felt very sad when I saw the helpless situation that many Chinese faced after they were diagnosed with cancer. As a cancer survivor, how could I stay on the sideline without doing anything? Together with several cancer survivors and enthusiastic volunteers, we founded the Washington State Chinese Cancer Network Association in 2003. Short of financial support, we contributed our own money and time to help cancer survivors reduce their fears, solve their problems, provide useful information, and direct them to the proper resources. Over the past 10 years, we served, and gained the trust of, more than 40 families and over 100 cancers survivors and their family members. Our work includes family visits, counseling and sharing, holding festival celebrations, book reading and discussion sessions, writings and publication of the bilingual quarterly newsletter, etc.

Our Association mounted its first fund-raiser in 2012 and successfully raised \$20,000. With this seed money, we started to have our own office and a collection of books and magazines for the benefit of cancer surviving friends. We have also organized many free interest classes including Tai-chi, line dance, Yuen-chi dance, folk dance, Chinese hand-crafts, origami and calligraphy. On May 31<sup>st</sup>, 2014 we will have another fund raising dinner to celebrate our Association's 10<sup>th</sup> anniversary. We expect the number of participants will exceed 300 and more than \$20,000 will be raised. On a personal note, I have learned a lot and benefited tremendously through my volunteer service over the past 10 years. I enjoy my involvement. As the Bible says, "It is more blessed to give than to receive."

Ms. Muyun Chen was born on June 9, 1934 in Guangzhou, China and this article was written on April 27, 2014.



## 2003 - 2014 十年的辛勤耕耘

理事會報導

華州華人防癌互助協會建會十周年籌款晚宴，於五月卅一日晚在西雅圖湖南海景大酒家隆重舉行；有貴賓義工、癌友及家屬約三百人參加，盛況空前。

會上有貴賓西雅圖華僑文教中心金星處長及瑞士醫院腫瘤科主任Dr. Patricia Dawson的演講祝賀；防癌會會長Kathy Lin作了發言：她總結了建會十年來，從無到有的巨變。跟著由癌症康復的理事和癌友作了精彩的文藝表演：合唱愛的真諦、太極劍舞、夏威夷舞、民族舞。最後在介紹全體理事後，由陳亞姨帶領全場客人齊唱：奇妙世界。

會上來賓們即席為協會捐款，還有糕點義賣，共募款三萬多美元！協會的手工班、摺紙班製作了精美的手工禮品，放在每一餐桌上進行抽獎。大會到晚上九時半圓滿結束。

## 2003 - 2014 Ten Years Hard Work

Reported by the Board

The Washington State Chinese Cancer Network Association's 10<sup>th</sup> anniversary fund raising dinner took place on May 31, 2014 at China Harbor Restaurant, Westlake, Seattle. It was attended by over 300 VIP volunteers, cancer survivors and their family members. The Association calls it a great success.

Among the many VIPs, there were Mr. 金星, Director of Seattle Overseas Chinese Culture Center and Dr. Patricia Dawson, Head of Oncology at Swiss Hospital, both of them honored the gathering with their congratulatory speeches. The Association's Chairperson Ms Kathy Lin delivered a speech; summing up the work of Association over the past 10 years, highlighting the many milestones achieved since its inception. Following the speeches were variety shows performed by cancer survivors, some of them now serve as the Association's board members. The performances included group singing of "The Truth of Love", Tai-chi sword dance, Hawaiian dance, and ethnic dances. Finally, after introduction of all incumbent board members, Auntie Chan led the gathering to sing the song "Wonderful World".

Guests at the dinner joined hands in raising fund for the Association and they managed to solicit a total donation of over \$30,000, which is really no small feat. Members of Handcraft Class and Origami Class made available many of their fine works for table prizes. The fund raising dinner came to a fruitful end at 9:30 pm.



## 八月份座談會及社區公開活動 — 歡迎各界人士踴躍參加，免費入場

癌友會夏日野餐  
Cancer Network Picnic



**Date 日期:** August 2, 2014 (Saturday)  
二〇一四年 八月二日 星期六

**Time 時間:** 11:00 am to 4:00 pm

**Place 地點:** Gene Coulon Park North Shelter (near Ivar)  
1201 Lake Washington Blvd N, Renton

**Activities 活動:** Potluck, games, dance, singing...etc.  
自備餐、遊戲、排舞、唱歌

For all cancer survivors and  
their families and friends.  
歡迎癌友、家屬、義工及  
有興趣的朋友參加



**Contact: 206 850 5914** 請電接洽

## 防癌抗癌醫療常識交談會

特邀北京中國武警醫院泌尿  
外科主任醫師趙明正教授主講

**時間:** 8/14/2014

上午十時至十二時

**地址:** North Bellevue  
Community Center  
4063 148th Avenue NE  
Bellevue WA 98007

## Potluck Picnic - Please bring your healthy food to share

自備餐: 請帶健康食品來共享

乙肝及肝癌專題演講會 - 您想了解乙型肝炎對亞裔人的危害嗎? 請您參加華州華人防癌互助協會舉辦的乙肝講座。

八月份專題: 慢性B肝炎的概念, 增加對肝炎與肝癌的理解和認識, 了解B型肝炎對亞裔及太平洋島嶼人的危害和防治。

**主講人:** 朱姑娘 (Gilead Sciences 社區乙型肝炎輔導員, 華州乙型肝炎聯盟肝炎輔導員)

**時間:** 八月十日 (星期日) 下午一時半至三時半

**地址:** 亞裔資源中心 Asian Resource Center 1025 South King Street

Do you want to know the dangers of hepatitis B in Asians? Please participate in the hepatitis B presentation organized by Washington State Chinese Cancer Network Association. Washington State Chinese Cancer Network Association will organize two section of hepatitis presentation in August.

August topic: Increased understanding and awareness of Hepatitis B and liver cancer. Understanding the risk of Hepatitis B at the Asian and Pacific Islanders and learn how to prevent Hepatitis B.

**Speaker :** Christine Tang— Gilead Sciences CHB speaker, Hepatitis B Coalition of Washington

**Date :** 8/10/2014 Sunday 1:30–3:30 pm

**Place :** Asian Resource Center – 1025 So. King St., Seattle, WA 98104



華州華人防癌互助協會 主辦

# 勁歌熱舞同樂日

八月二十三日星期六 **August 23, 2014 Saturday**

下午三時至十時 **3:00 pm—10:00pm**

亞洲資源文化中心 **Asian Resource Center**

**1025 South King Street, Seattle**

請電接洽 **Ticket Contact: 206 850 5914**

**3pm—5pm** 排舞 **Line Dance**

**6pm** 自助晚餐 **Buffet Dinner**

**7pm—10pm** 唱歌, 跳舞及表演

**Karaoke, Line Dancing, Ballroom Dancing  
and Performances**



Ticket 票價

**\$20.00**

## 諮詢委員會 Advisory Board

- |              |               |                |            |
|--------------|---------------|----------------|------------|
| Louisa Au    | Wendy Chin    | Susan Lo       | Fred Wong  |
| Ben Chan     | Yenping Ching | Angela Lu      | Sanna Wong |
| Paul Chen    | Daisy Lau     | Kit Lin Poon   | Fred Yee   |
| Clara Cheung | Regina Leung  | Christina Tang |            |



# 華州華人防癌互助協會

## Washington State Chinese Cancer Network Association

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### 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

### Folk Dance 民族舞

Fridays 10:00am-11:30am 星期五 上午十時至十一時半

### Origami Class 摺紙藝術班

Sundays 2:00pm-3:30pm 星期日 下午二時至三時半



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 <a href="http://www.wscchna.org">www.wscchna.org</a>

# 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，部份還可借出一有醫療類、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、經絡鍛練法等的語音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](mailto: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

**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

- |            |               |                                               |
|------------|---------------|-----------------------------------------------|
| 7/10/2014  | 10:00-11:30am | Book Study and Support Group at <b>NBCC</b>   |
|            | Thu 星期四       | 健康衛生防癌交談會在 <b>NBCC</b> 舉行                     |
| 7/19/2014  | 1:30-3:30pm   | Support Group                                 |
|            | Sat 星期六       | 癌友談心會                                         |
| 8/2/2014   | 11:00-4:00pm  | Annual Summer Picnic @ Coulon Park, Renton    |
|            | Sat 星期六       | 夏日郊遊                                          |
| 8/10/2014  | 1:30-3:30pm   | Hepatitis B and Live Cancer Seminar at ARC    |
|            | Sun 星期日       | 乙肝及肝癌專題演講會                                    |
| 8/14/2014  | 10:00-11:30am | Book Study and Support Group at <b>NBCC</b>   |
|            | Thu 星期四       | 健康衛生防癌交談會在 <b>NBCC</b> 舉行                     |
| 8/16/2014  | 1:30-3:30pm   | Support Group                                 |
|            | Sat 星期六       | 癌友談心會                                         |
| 8/23/2014  | 2:00-11:00pm  | Singing and Dancing Day at ARC Ticket \$20.00 |
|            | Sat 星期六       | 勁歌熱舞同樂日 亞裔資源中心 票價 \$20.00                     |
| 9/11/2014  | 10:00-11:30am | Book Study and Support Group at <b>NBCC</b>   |
|            | Thu 星期四       | 健康衛生防癌交談會在 <b>NBCC</b> 舉行                     |
| 9/20/2014  | 1:30-3:30pm   | Support Group                                 |
|            | Sat 星期六       | 癌友談心會                                         |
| 10/9/2014  | 10:00-11:30am | Book Study and Support Group at <b>NBCC</b>   |
|            | Thu 星期四       | 健康衛生防癌交談會在 <b>NBCC</b> 舉行                     |
| 10/18/2014 | 1:30-3:30pm   | Support Group                                 |
|            | Sat 星期六       | 癌友談心會                                         |

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

<b>NBCC</b> — North Bellevue Community Center
4063 148th Avenue NE Bellevue WA 98007-3118

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