



# 防癌互助通訊 第四十九期 Cancer Network News Issue No.49

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## 一年了！我們懷念妳 ~ 陳阿姨 Kathy Lin

可敬可愛的陳阿姨離開我們已經一整年了，真的很懷念她老人家。在過去的一年中，每當我經過某些建築物或餐館時，都會使我想起她。例如經過 Ageis 時，會記得她堅持教剪紙班的精神。上週我正在 Bellevue 的 (Little Garden) 十里香買外賣，想起當年慧芳 (Hueifang)、陳阿姨 (Auntie Chen) 和我在 2019 年初到那裡吃過午飯。那天，我很高興能搶到賬單，因為陳阿姨每次總是喜歡付錢請我們。我很高興至少我還可以請她吃一次午餐，但沒想到那變成了和陳阿姨吃飯的最後一次機會.....

我記得上次在阿姨的家裡打麻將時，她正在吃橘子，然後她將橘皮扔到廚櫃的上面？我問她為什麼這麼做？她說：“製作脫水的老橙皮”。當時，我在想，哇，她的上面一定有很多乾的老橙子皮？幾週前，看到 YouTube 介紹，教人們使用 1-2 片乾橙皮，2-3 英寸白蘿蔔，3-5 個沒有核的乾紅棗和 4-5 杯水煮個 15-20 分鐘，像茶一樣喝，可以有助於消化和通便的功效，所以我遵循阿姨的方法，吃了橘子就將橘皮晾乾，持續 2 週。天哪，幹橙子皮的氣味太好了，非常適合炮製 YouTube 所介紹的茶方。陳阿姨，我仍然繼續向你學習！

陳阿姨，大家都十分想念您，我好想能再抱抱您！想告訴您我們有多少感激您，每天仍然繼續向您學習。無論您年齡多大，您為社區服務的熱心和堅持奉獻的精神，您始終如一地收集所有最好的健康知識，教導給您周圍的所有人，希望大家從中受益，您對 WSCCNA 的熱愛，支持和不懈的努力將永遠記在我們的心中！

### In Memory of Auntie Chen

Time flies it has been a year since Auntie Chen's passing. In the past year, every time I passed certain buildings or restaurants, will remind me of her. For examples passing Aegis in Factoria, WA, reminded me how persisted she was on teaching her paper cutting classes. Last week, I was ordering some food to go from Little Garden Restaurant (十里香) in Bellevue, and it reminded me that; Hueifang, auntie Chen and I had lunch here in 2019 as we were taking auntie Chen home after her paper cutting class. Auntie Chen always liked to pay the bill because she said she did not have too much financial demands. On that day, I was so glad that I was able to get the bill first and paid for the lunch. I was so happy that I had chance to buy her lunch for once, but cannot believe that was our last meal together...

I remember one time, few of us were at Auntie Chen's house playing Mahjong game. She was eating a tangerine and then she kept throwing the peel to the top of her kitchen cabinets? I asked her why you are doing that. She said "making dehydrated orange peels". At that time, I was thinking, wow, she must have a lot of dried old peels on that top? A few weeks ago, I watched a YouTube program, teaching people how to use 1-2 dried orange peel, 2-3 inches of white radish, 3-5 of dried seedless red dates and 4-5 cups of water and cook it for 10-15 minutes, drink it like tea, will help with digestion and constipation. So I follow auntie's method, ate the tangerine and leave the peel to dry for 2 weeks. Oh my goodness! The dried peel smells so good, perfect for that tea's recipe. Thank you Auntie Chen!

Auntie Chen, we miss you so much. I wish I could hug you again, tell you how much we appreciated you and still learning from you, day to day. And your contributing spirit of serving in the community regardless of your ages, your persistence of gathering all the best health information, desire to teach and benefit all those around you, your love and never-ending efforts to the WSCCNA and you will always live in our hearts!

### 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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**( 陳亞姨 - 紀念篇 )**

我和陳亞姨的互動是在電話上開始。後來，我和她一起在癌友會當義工十多年。她是一個非常和藹可親的長者，我有做錯的地方，她都會很誠懇的勸導，令人口服心服。很懷念和她一起同工的日子。

程杜燕屏

My interaction with Auntie Chen began on the phone. We were board members and worked together for more than ten years. She was a very kind lady, and always gave me good advice when I needed it. I really missed working with her during the good old days.

Yenping Ching

忘不了！忘不了！！

忘不了您的才藝素養：剪紙，中國結，交誼舞…

忘不了您的領導風範：愛心，熱誠，鼓勵，知人善用…

我們一起在癌友會當義工這段時間裡，感謝您的指導和友誼。我能過著如此充實的退休生活，只因有您。

您的音容，您的一切，永遠深深地縈繞在我心坎中。

潘潔玲

Unforgettable! Unforgettable!!!

I am not to forget your artistic accomplishments: Paper Cutting, Chinese knot, Ballroom Dancing…

I admire your leadership style: Love, Enthusiasm, Encouragement, Make Good Use of Talent…

I am very grateful for your guidance and friendship throughout the time we have spent together. We had such great rapport! My retirement life has been very fulfilling because of you.

Everything about you will linger in my mind forever.

Kit Ling Poon

深深在心懷念陳亞姨

那年那日和她 Sing 唱 真善美時，激動。

當 Dance 跳舞在她推薦下表演在防 癌協會上 那時，感動，謹代表Seattle Sing & Dance 以致深懷念陳亞姨

陳綺圓

I missed Auntie Chen deeply in my heart. I was so excited to sing with her at those good old days. I was so touch when she referred me to perform at Cancer support group. On behalf of Seattle Sing and Dance group to memory Auntie Chen.

Evelyn Chan

**( 陳亞姨 - 紀念篇 )**

雖然我們失去了親愛的朋友,但對於陳阿姨的懷念永遠不會消失。她的微笑,精力和永遠奉獻的精神將永留在我們心中。在教我先生跳交際舞時,我們非常感激她的耐心和鼓勵,給了Ken很多信心,每次他要去老人中心跳舞時,他總是說「我要和我的女朋友跳舞去了」謝謝陳阿姨,我們愛你。

*Eloise Chinn*

Although a year has passed since we lost our very dear friend, fond memories of auntie Chen will never fade away. Her smile, energy and always giving spirit will be with us forever in our hearts. I will always be grateful for her patience and encouragement when teaching Ken ballroom dancing. It gave him so much confidence...he would always say 'I'm going dancing with my girlfriends now' when heading off to senior center dance socials. Thank you, auntie Chen! We love you!

*Eloise Chinn*

敬愛的陳阿姨已離開我們有一年多了,每當想起過去和陳阿姨一起的日子,都留下深刻的記憶。她雖然已有八十幾歲高齡,但懂得很多技能用來教協會的姐妹們。一次我參加陳阿姨辦的編織班,她帶來一些彩帶和非常漂亮的樣板給我們學習,我看見非常的喜歡,但我說:「我這麼笨很難織出來的」。陳阿姨就很和藹可親地說:「只要你有興趣,有信心,就會織成。」經過陳阿姨的鼓勵及細心的指教,我終於織出一條七彩漂亮的手鏈,我可開心了,感到很有成就感和滿足感。

曾經被病魔打擊和刺激過的我,遇事對自己很無信心,對困難就憂心多多,都是負能量。經過這次的上課,陳阿姨的言傳身教,給我留下正能量、陽光、溫暖、可愛和甜美的笑容!

*歐陽蓮*

Dear Auntie Chen had been left us for more than a year. She has left a deep memory in my heart. Although she was in her 80s, she had a lot of skills to teach the ladies at WSCCNA. I remember while attending her knotting class, she brought some beautiful sample ribbons to share with everyone. When I saw the ribbons, I was in awe and wanted very much to be able to make one beautiful like that but was discouraged because I was slow and it looked very hard to learn. Auntie Chen said to me with kindness and encouragement, "As long as you are interested and have confidence, you will make it." After Auntie Chen's encouragement, patience and detailed teaching, I finally made a colorful and beautiful bracelet. I was so happy and felt very fulfilled and satisfied.

I was knowing Auntie Chen has helped me to be a more confident and positive person. She has left me with positive energy, sunshine, warmth, cuteness, and sweet smiles.

*Lian*

雖然我不像其他大多數人那樣認識陳阿姨,但藉著她的善良和有精神的笑聲,我知道在她身邊很有趣。願神祝福你,陳阿姨。

*Evelyn Chang*

Although I did not know auntie Chen as well as some others, I do know she was always fun to be around you through her kindness and fun spirit of laughter. God bless.

*Evelyn Chang*

**( 陳亞姨 - 紀念篇 )**

我們都非常想念陳阿姨！我一生中唯一的遺憾是我沒有抓住機會向陳阿姨學習如何跳舞！她是一位出色的國標舞老師！

*Christine Tang*

We all Miss auntie Chen a lot! The only regrets in my life was that I did not hold on to the opportunity and learn how to dance from Auntie Chen! She was a great ballroom dance teacher!

*Christine Tang*

記得在 Bellevue 的防癌會，陳阿姨永遠面帶笑容圍着參加活動的朋友聊天，與癌友談心，交流醫療心得，與義工商討事宜，雖然身為會中長者，為防癌會她有着無盡精力去支持，為我們解決問題！怎能忘記您，陳阿姨！

*Maggie Cheng*

I remembered at the Bellevue office, Auntie Chen always wear a smiling face when chatting with friends at our activities. She talked to cancer friends, exchanged medical ideas and discussed matters with volunteers. Although she was the oldest among us, she has endless energy to support and solve problems for us. How can we forget you, Auntie Chen!

*Maggie Cheng*







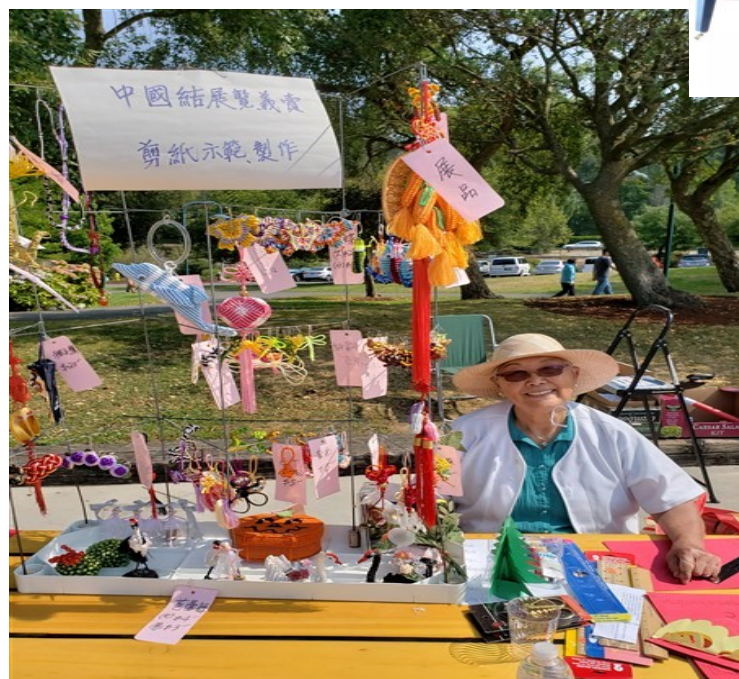
(陳亞姨 - 紀念篇)







WSSCNA Board





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- \$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  
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PO Box 14606  
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 Phone: (206) 850-5914

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- 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**



## 癌友會圖書資詢

癌友會圖書資詢外借改在健安東區銀髮族社區中心

地址：15921 NE 8Th ST, Bellevue, WA 98008

辦公室內存放有防癌及抗癌的資料供閱讀，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；歡迎大家參觀及借用。

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)



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### Business Tagline or Motto



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 2021 年精彩活動預告

2/6/2020	11:30-12:30pm	癌友談心會	Support Group
	Sat 星期六	Zoom meeting	
2/6/2020	1:30-3:00pm	視像醫療講座—新冠肺炎疫苗	
	Sat 星期六	Zoom meeting	
3/6/2020	11:30-12:30pm	癌友談心會	Support Group
	Sat 星期六	Zoom meeting	
4/3/2020	11:30-12:30pm	癌友談心會	Support Group
	Sat 星期六	Zoom meeting	

#### WSCCNA 董事會成員 2020-2021 Board members

President	Kathy Lin
Vice-Presidents	June Tat
Secretary	Yenping Ching
Treasurer	Stella Leong
Volunteers Coordinator	Maggie Cheng
Coordinator Assistant	Eppie Ng
Board Member	Regina Leung

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