



english speaking cancer association
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ESCA'S MONTHLY NEWSLETTER DECEMBER EVENTS

Wednesday, December 3 at 19h30: ESCA Monthly Support Meeting at the YWCA House, 16 L'Ancienne Route, Grand Saconnex:

Our December meeting will be a Christmas Social! So come along to meet other members and volunteers, have a glass of *glühwein* or *vin chaud* (or even mulled wine!) and something to eat, and discuss any issues you'd like to bring up.

In order to have a focal point to the evening, our clinical psychologist, Thea Marais, will lead us in "A fireside meditation."

Any small edible offerings would be welcome but are certainly not obligatory! No need to sign up – just come along. Directions are below.

PRESIDENT

The Committee announces with regret that Smruti Patel has resigned as President of ESCA, because of pressure of work. As a result, Patsy Allen has been reinstated as President from November 2008 for the period up to the AGM which will be held in March 2009 (date to be confirmed). At this AGM, the positions of President and Vice President will be elected for a one year term, after which the positions will revert back to the usual 2-year term. If you have any questions or concerns regarding this issue, please do not hesitate to contact a member of the ESCA Committee.

VOLUNTEER TRAINING SESSIONS

Unfortunately, the November sessions had to be cancelled, due to lack of numbers, but we are planning another session in March. The dates are March 2,3,9, and 10, 9.30-12.30 We hope that by giving these dates so far in advance enough people will sign up to make the training possible! If you are interested, please contact the office at info@cancersupport.ch.

ESCA OUTREACH COMMITTEE

The fourth Outreach meeting took place on Tuesday 4 November, our last meeting of the year. Volunteers continue to work hard to spread the word throughout the medical community, focusing especially on Hospitals/Clinics, Oncologists and Radiology centres and importantly, follow up on a regular basis. We are also now starting to organise workshops and presentations in the international organisations, these are being scheduled for Spring next year. There is a lot of work to do and ground to cover, so we would welcome most warmly more willing volunteers! Do come along to the next meeting, or contact Karin (karin@delamarter.ch <<mailto:Karin@delamarter.ch>>) or Andrea (andrea.smith@free.fr <<mailto:andrea.smith@free.fr>>). The next Outreach meeting will take place in February, date to be announced.

UN Conference on Breast Cancer Screening

An excellent presentation was given to UN staff by the *Fondation genevoise pour le dépistage du cancer du sein* on the breast cancer screening programme offered in Geneva. Agathe Charvet, who is in charge of the programme, has kindly agreed to also give a presentation to ESCA members, and this will be organised in the New Year. The presentation covered many issues and was extremely informative, up-to-date and useful and it is highly recommended for members to attend - both to keep ourselves informed and to give them our support! Website: <http://www.depistage-sein.ch/> <<http://www.depistage-sein.ch/>>

INTERNATIONAL SCHOOL'S PINK DAY FUNDRAISER

Report by ESCA's Administrator, Megan Hamilton, who attended the event:

Trish Spencer, 4th grade teacher, organised a 'Pink Day' for the whole school where the children had to pay for the privilege of wearing pink. All were aware that this event was in support of Breast Cancer and that the

money they raised would be donated to ESCA. Very nearly all the children participated and the classroom looked like a beautiful pink garden! I spoke to about 40 children (2 fourth grade classes) briefly thanking them for their participation, asking them what they knew about cancer and explaining a little about ESCA. Two things really struck me - one was how much they already knew about cancer and how simply and precisely they could describe what it was and, secondly and sadly, how many of them knew someone who had cancer.

All together they raised CHF 991.10 - Absolutely FAB! - from the primary and secondary school.

Lecture on Chinese medicine and acupuncture at the UN, Tuesday December 2.

ESCA member Sabine Schofield has passed on the following invitation:

You are invited to a lecture on Chinese medicine and acupuncture by Dr Ang at the UN premises (Palais des Nations) on 2 December from 12.30 until 14.30. Attendance is free, but in order to prepare the badges required by the UN Security which will allow you to circulate freely in the Palais des Nations, it is essential to send your first name, surname, profession and nationality to clubsante@unog.ch by 27 November. In order to speed up entry, it is advisable to fill in beforehand the a Security Form to be presented at the Portail Prégny entrance (avenue de la Paix, in front of the Red Cross Museum) on the day of the lecture (2 December). Given the formalities at the entrance and the time required to reach Room XXI, it is wise to be at the gate well in advance. For further information and to obtain the Security form, please contact Sabine directly at sabine.perso@s-schofield.com

Sabine also helped with the preparation of the programme Temps Présent to be shown on Thursday, Nov. 27 at 20.10 on TSR 1, about children and cancer.

ESCALADE RACE/WALK, Saturday December 6

Some ESCA members and friends have signed up in the WALKING or NORDIC WALKING category on this occasion – 8.25 km from Veyrier village to Parc des Bastions. The deadline is already past, but if you missed it why not turn up to cheer on our participants, either along the route or else in the Parc des Bastions, from about 10 am onwards? You can also sponsor them by using the form on the ESCA website, www.cancersupport.ch You'll be able to recognise the Bosom Pals group by their pink T-shirts, while others will be wearing navy ESCA T-shirts or red Dragonboat T-shirts. If you signed up and haven't yet picked up your T-shirt, please let us know at info@cancersupport.ch (or leave a message on 022 791 6305) by Thursday, Dec. 5, giving your size.

Please note that you must collect your numbered bib (*dossard*) either on Friday Dec. 5 between 17.00 and 20.00 at the tent in the Parc des Bastions, or else on Saturday morning between 7.30 and 8.15 at the Veyrier school. (Bosom Pals participants have made their own arrangements.) You may also leave a bag at the school (change of clothes, picnic, etc) which will be taken by truck to the Parc. You must bring your passport and, as there is no refreshment stand en route, a drink and/or snack might be a good idea! Parking in Veyrier is very limited, so think about taking bus 8, 34 or 41.

This is always a fun event, with serious athletes in the race categories and children and others in the fancy dress Marmite category, and a chance to participate in Geneva life!

NEWS FROM OUR LIBRARIAN, Irene Bertrand

As Irene is away until mid-December, the new books are being catalogued by her assistant, Beryl Allardyce. During Irene's absence, any queries can be addressed to Beryl at b.allardyce@bluewin.ch Here are some of the latest acquisitions now on the shelves (others will be listed in later newsletters):

2 DAV Davies, Andrew
Cancer related Bone Pain

2B DOO Doohar, Kate
I've got Cancer, it hasn't got me

2B SUT Sutherland, Eileen
Mum and the Polka-Dot Boo-Boo
A gentle story explaining cancer to a young child

2B WIL Willis, Jack
Saving Jack. A Man's Struggle with Breast Cancer

- 2Ce DIZ Dizon, Don
100 Questions and Answers about Cervical Cancer
- 2H LEU Leupold, Nancy
Meeting the Challenges of oral, Head and Neck Cancer
- 2K CAM Campblee, Steven
100 Questions and Answers about Kidney Cancer
- 6 SPE Speltz, Ann
The Year My Mother was Bald
- 7 HOP Hopko, Derek
A Cancer Patient's Guide to Overcoming Depression and Anxiety
- 8 STO Stokes, Julie
Out of the Blue. Making Memories last when someone has died

There is now a small section of books for children whose lives have been affected by cancer: either their own or that of a family member or friend.

ESCA is very grateful to Sarah Cooper, who raised 150 euros to buy such books.

Please feel free to borrow any books, filling out the card at the back and leaving it in the box. Up to four books may be borrowed for a month at a time.

BRUNCHES at La Médiante

For those of you who speak French, La Médiante, 4 rue Micheli-du-Crest, 1205 Genève (the Drop-In Centre of the Ligue genevoise contre le cancer), invites you to their brunch-lectures. Please sign up directly: 022 322 13 33 or by email: mr.antille@mediane.ch

Conférence-brunch : lundi 1er Décembre 2008 de 12h à 14h*

« Présentation des coiffes Miroir »

□ *Mireille Mathys, styliste, Yverdon, www.miroir-m.ch*

In fact Mireille Mathys also speaks good English – she usually has a stand at our Open Day, so some of you may have already met her. If not, do go along - she has some interesting solutions to propose (other than wigs) for those who are temporarily hairless! And La Médiante provides a very good free brunch .

More information on www.lgc.

VOLUNTEERS FOR DROP-IN CENTRE

A reminder:

Volunteers are reminded to sign up to man the Drop-In Centre – by going to the following link: <http://www.doodle.ch/xrdbyresm8r6hfqm> and following the instructions, or by calling during office hours 022 791 6305. If everyone who has followed the training programme signed up for one day a month we could be sure to have 2 volunteers on duty at a time and offer the service we have promised to the local community.

DATES FOR YOUR DIARY:

Temps Présent programme on children and cancer, Thursday Nov. 27 at 20.10 on TSR 1

Monthly support meeting: Wednesday, December 3

Escalade walk: Saturday December 6

Next Monthly support meeting: Wednesday January 7 at the YWCA

And we already have the date of next year's Dragonboat Festival: so reserve Sunday September 6!

ESCA's Drop-In Centre, rooms 309 and 310, Lac wing in the Ecumenical Centre, 150 rte de Ferney in Grand Saconnex, is open Tuesdays and Thursdays, 10h-14h. Please feel free to drop in during those hours to borrow books from our lending library, to read some of the pamphlets there or just to have a coffee and a chat with the volunteer on duty. Appointments can also be made for a session with one of our counsellors in the Quiet Room.

We encourage those of you who are not yet members of our Association to consider joining. Your contribution will help to buy books and tapes for our free lending library as well as to organise seminars and speakers.

Membership forms are available at the Wednesday monthly meetings or on our website: www.cancersupport.ch
<<http://www.cancersupport.ch>> <<http://www.cancersupport.ch/>>

And please do remember to return books! Any suggestions for additions to the library are gratefully received.

DIRECTIONS TO THE YWCA FOR THE MONTHLY MEETING

By bus: no. 5 direction Palexpo. Two stops after the Intercontinental, walk back to crossroads and turn left. At the bend in the road turn left again and the YWCA is on your right.

By car: from motorway, exit at Grand Saconnex. After 5th traffic light turn left (sharp almost-doubling-back turn), continue past few shops on right until after bump in road. Turn right after school and Mairie into l'Ancienne Route and continue up and straight over at top of hill. Continue until almost at T-junction. The YWCA entrance is on the left and you can park in the grounds.

By car: from Geneva direction, pass UN and the Intercontinental and continue along route de Ferney to traffic lights at crossroads. Turn right and, at bend in road, turn left. YWCA is first entrance on right and you can park in the grounds.

If you no longer wish to receive our newsletter, please send an email saying "Unsubscribe" to the address below.

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