



**The ESCA Committee sends warmest wishes for a Happy Holiday Season and a healthy New Year!**

**ESCA'S MONTHLY NEWSLETTER  
JANUARY EVENTS**

**Wednesday, January 7 at 19h30: ESCA Monthly Support Meeting  
at the YWCA House, 16 L'Ancienne Route, Grand Saconnex:**

At our next support meeting, Dr. Andrew Marston will talk to us on "Plants and Cancer". Andrew Marston, born in Northern Rhodesia (now Zambia), gained a BSc in Chemistry at University College London and then received a British Council Award to spend a year in Neuchâtel studying gentians. He returned to do a PhD at the University of Liverpool and then spent 3 years as a Royal Society Fellow at the German Cancer Research Centre in Heidelberg, Germany. During this period, his research involved tumour-promoting plants. Since 1983, Dr. Marston has been a senior staff member in the group of Professor Hostettmann, first at the University of Lausanne and then at the University of Geneva, in the School of Pharmacy. His research interests include the isolation of bioactive compounds from plants, the development of new separation methods for plant constituents and the analysis of plant-based medicines. As from March 2009, he will become Professor of Organic Chemistry at the University of the Free State in Bloemfontein, South Africa. So we are lucky to have booked him before he flies off southwards!

Dr. Marston will explain how some plants can cause cancer, while others can help heal or prevent the disease. His presentation will concentrate on the beneficial plants, such as tomatoes and turmeric (just to whet your appetites!). So please join us for what promises to be a very interesting evening.

No need to sign up in advance; directions are below and the evening will be run by our clinical psychologist, Thea Marais, with the opportunity to meet other members and volunteers and discuss any concerns during the refreshment break.

**Advance notice of a meeting with a difference in February:**

As the first Wednesday in February (4th) coincides with World Cancer Day, instead of our usual support meeting, we shall be inviting you to visit the Salle Communale in Begnins, Vaud, for the performance of a play written by ESCA member Dr. Mary Weed-Pickens. Mary went through a bone marrow transplant this autumn after being diagnosed with acute myelo-leukemia. She decided to write about her experience and the result is the play entitled: "Amazon Cancer Warriors: Homage to Courage." There will be different information stands run by sponsors from 4-7 pm, followed by the performance of the play, which will be in French, but with English text available. ESCA volunteers will be invited to help with our information stand. More information in our next newsletter!

**Please note:** The ESCA office will be closed **Dec. 24-Jan. 2 (check!)**. But the Helpline is always available in case of emergency: 079 531 11

---

**VOLUNTEER TRAINING SESSIONS**

As you learned from our last newsletter, the November sessions unfortunately 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](mailto:info@cancersupport.ch) or call during office hours 022 791 6305.

---

### **IMPORTANT INFORMATION: cervical cancer vaccinations**

Geneva canton has agreed to provide free vaccination against cervical cancer for all girls aged between 11 and 19 whose families have basic health insurance. For more information, go to the link: <http://etat.geneve.ch/des/site/sante/vaccination-hpv/master-home.jsp> This is in French, but if you have trouble understanding it please contact the office who will be happy to find someone to give a rough translation! The main point is that a prescription for the vaccination should be obtained either from your regular doctor or from Geneva's cantonal Hospital (HUG)

---

### **ESCA'S MEDIA STARS!**

Congratulations to ESCA psychologist Thea Marais, who was interviewed on WRS on the subject of bereavement on Sept 2. The interview can be heard by going to <http://www.worldradio.ch/wrs/features/health/health-matters-bereavement.shtml?11435>. On December 2, Thea was again on the airwaves, accompanied by ESCA member Kate Marx, discussing "Caring for the Caregivers" This can be heard on [http://www.worldradio.ch/wrs/features/your\\_space/your-space-support-for-care-givers.shtml?12136](http://www.worldradio.ch/wrs/features/your_space/your-space-support-for-care-givers.shtml?12136) And finally, ESCA member and Bosom Pal Annabel Pulcrano was interviewed on Dec. 9 on "Breast cancer and reconstructive surgery". To listen to this, go to <http://www.worldradio.ch/wrs/features/health/health-matters-breast-cancer-and-reconstructive-su.shtml?12187>

An interview with Patsy Allen, Thea Marais, Andrea Smith and Sally Alderson will appear in "Geneva Times" in its Jan/Feb issue

---

### **ESCALADE WALK, Saturday December 6**

This took place on a cold wet day but a brave group of ESCA participants, mostly Bosom Pals, turned up in Veyrier at 8 am and set off on the 8.25 km walk into Geneva via Vessy and Carouge. The serious rain held off until we arrived in the Parc des Bastions, where we were welcomed with mulled wine, bananas, rolls and various other goodies (our president had by then moved on to spread Cenovis on buttered slices of bread and hand out to all comers - don't forget that Cenovis was a sponsor at the Dragonboat Festival!) The city's organisation was fantastic - what else do you expect from the Swiss? - and most of our group went on to share a hearty pasta lunch in a nearby restaurant before heading home to hot baths. Definitely an experience to be repeated next year – if possible with better weather.

---

### **NEWS FROM THE LIBRARY**

Grateful thanks to Sarah Cooper, who raised the money to buy the following books for children:

Samantha Jane's Missing Smile: A Story About Coping with the Loss of a Parent  
Imagine a Rainbow: A Child's Guide for Soothing Pain  
Harry Goes to the Hospital: A Story for Children About Going to the Hospital  
What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety  
Little Tree: A Story for Children With Serious Medical Problems, 2nd edition  
What About Me? a book for sisters and brothers of a child with cancer  
The Year My Mother Was Bald  
Good Grief Game for dealing with grief and loss  
The Mother-Daughter Relationship.

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.

---

## **BALD DOLLS?**

We are also grateful to Sarah and her contact at the Kimmicare Company, which has kindly donated two dolls to ESCA. Our counsellors working with children will be able to use the dolls and their different wigs to explain to a child one of the side-effects of chemotherapy – from being bald, to growing new hair (short and fuzzy) and finally returning to a full head of hair!

---

## **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/xrdbyresm8r6hfgm> 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.

---

### **2009 DATES FOR YOUR DIARY:**

**Next monthly support meeting: Wednesday, February 4 (see above re different format and place)**  
**ESCA's Annual General Meeting: Tuesday March 17**  
**OPEN DAY: Saturday April 25**

**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>> <<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.**

English Speaking Cancer Association

150 rte de Ferney CP 2100, 1211 Genève 2

Tel: +41 22 791 63 05 Helpline +41 79 531 55 11

Email: [info@cancersupport.ch](mailto:info@cancersupport.ch)

[www.cancersupport.ch](http://www.cancersupport.ch) <<http://www.cancersupport.ch>> <<http://www.cancersupport.ch>>