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ESCA'S MONTHLY NEWSLETTER NOVEMBER EVENTS

Wednesday, November 5 at 19h30: ESCA Monthly Support Meeting at the YWCA House, 16 L'Ancienne Route, Grand Saconnex:

Our next meeting will give us the opportunity to learn about the **Pilates method**. Our guide will be **Melania McLaughlin**, a certified Pilates instructor, who practises and teaches the classical Pilates method.

Pilates is exercise. A method of body conditioning created by Joseph Pilates, it trains the mind and body together towards the goal of overall fitness.

Latest research has shown that for many people with cancer, regular exercise is beneficial in dealing with their treatment and recovery. In several studies, cancer patients who did moderate exercise reported decreased fatigue, better circulation, feeling generally stronger, stress reduction and increased quality of life. Pilates fits the criteria to help cancer patients deal with their treatment and recovery. It integrates muscular strength and endurance, flexibility, range of motion and cardio-respiratory components. The exercises can be adapted and modified to suit injuries and muscular imbalances and weaknesses.

Born in Italy, Melania swam competitively at national level whilst growing up. Her passion for exercise lasted throughout her adult life. After an initial matwork training with Swissbody Pilates in Geneva, she obtained her first Pilates certification through the Pilates Academy in Zurich. She then completed a second certification with Power Pilates, a leading U.S. teacher training programme. She is also a Certified Teacher with the Pilates Method Alliance (PMA), the international not-for-profit professional association for the Pilates method whose mission is to protect the public by establishing certification and continuing education standards for Pilates professionals.

Melania has continued to train and study extensively through sessions and workshops taught by notable first and second-generation classical Pilates teachers worldwide.

The evening will be run by our clinical psychologist, Thea Marais, and there will be an opportunity to meet other ESCA members and friends, volunteers and committee members, and to share concerns and experiences. Just come along – directions are below, and there is no need to sign up.

STOP PRESS! PINK STICKS NIGHT

Some of you remember when the Geneve Servette Hockey Club held a Pink Sticks Night back in February of this year which was a huge success. This is an evening in recognition of breast cancer awareness and a fundraiser for the Réseau Cancer du Sein of which ESCA is a member.

ESCA had an impressive turnout of "ladies in pink" and spouses- around 50! Let's do it again! This evening will be next Tuesday, the 28th of November and all women are free and must enter from the Radio Lac entrance from 18h30.

Patsy Allen proposes meeting at this entrance at 18h30. Please let her know if you plan to come (rpcallen1@bluewin.ch or 079 637 5115)

OCTOBER HAS BEEN A VERY BUSY MONTH!

ESCA's stand at the **Expat-Expo on October 12** saw a lot of activity – we made some interesting contacts and attracted a lot of interest. Many thanks to all those volunteers who gave their time to man the table and helped with setting and clearing up.

Many other October events saw our volunteers working in tandem with the Ligues genevoise and vaudoise

contre le cancer and several associations directly concerned with breast cancer:

- lectures at the HUG (with Patsy Allen speaking at one meeting on Oct 7)
- manning stands at Balexert, Nyon Saturday Market, Vevey market, Charmilles shopping centre and the Maternité
- participating in Living in Lausanne and Ralph Lauren's Pink Pony Week
- and our Lausanne members had a stand at the Vevey market and the Lausanne marathon weekend, Oct 24 and 25.

A **huge** thank you to all of you – we could not do any of this without our band of dedicated volunteers!

And talking of volunteers, please note the next VOLUNTEER TRAINING SESSIONS.

These will be held in November, with a choice of dates: Either **four half-day sessions** (9.30-13.00) in the Ecumenical Centre on Tuesdays Nov. 4, 11, 18 and 25 or **two full-day sessions** (9.30-16.30) at Webster University on Saturdays Nov. 22 and 29.

Please contact **as soon as possible** our Volunteer Coordinator, Rynah Kadasia at rynah_kadasia@yahoo.com, tel: 078 866 4233, or contact the office at volunteer@cancersupport.ch to sign up for a pre-training interview.

WEIGHT LOSS COURSE run by our clinical psychologist, Thea Marais

As well as continuing the Maintenance Weight-loss Course, Thea will be offering an 8-week Weight-loss Programme for newcomers starting on **Thursday 30 October** at 12.00 in Room 301 in the Ecumenical Centre. If anyone is interested in getting into shape before Xmas, they should contact Thea beforehand on thea.marais@orange.fr or on 079 682 78 58.

ESCA OUTREACH COMMITTEE

The next meeting is scheduled for **November 4 at 2 pm** at ESCA. If you are interested in helping on the Outreach Committee, do come along to the meeting, and contact Andrea or Karin to let us know you will be there, andrea.smith@free.fr or karin@delamarter.ch

FILMS, VIDEOS, etc!

A 5-minute video of the **2008 Dragonboat Festival** will be shown on **Friday November 7** during an evening devoted to a film about Madagascar (the only connection being that they were made by the same professional!). The evening starts at 18:30 at the Centre de l'Espérance, 8, rue de la Chapelle, in the Eaux-Vives area. Tram 12 or 16, get off at Villereuse stop or park in Villereuse or Eaux-Vives 2000. Then walk back towards the Place des Eaux-Vives. The theatre is in the street on the far side of the Hotel Century.

As you know from an earlier email, "**Chrigu**", the winning film of the **Festival associated with the World Cancer Congress** held in August is now being shown at the Bio cinema in Carouge, Geneva (please check the listings for Lausanne). It is in Swiss-German, with French subtitles.

ESCA has purchased another film, entitled "**Run for Life**" (shown on the opening night of the Congress) which is a metaphor of one woman's journey through cancer. We plan to show this to members and friends at a date to be announced.

ESCALADE RACE/WALK, Saturday December 6 – deadline to sign up is November 9

Some ESCA members and friends are planning to participate in the WALKING or NORDIC WALKING category on this occasion – 8.25 km from Veyrier village to Parc des Bastions. If you want to participate, please note that you must sign up before the **deadline, Nov. 9**. Bosompals members are registering as a group (they will have received information about this and will be wearing pink T-shirts) but the rest of us are not, so we ask you to **please sign up individually** on the Escalade website: www.escalade.ch/cms. Click on 'Walking' for

information and then on 'Inscriptions' (click on 'English' for info in English) to register online. You may also register at any Aeschbach sports shoe-shop (including Chavannes and Nyon), at the Geneva Tourist Office, or by filling in the *bulletin de versement* included in the brochures advertising the event. The cost is 22 CHF or 14 euros, to be paid in advance.

If you want to wear a navy ESCA T-shirt, please let us know at info@cancersupport.ch (or leave a message on 022 7916305), 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. 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 previously mentioned, the library has established a small collection of books for children who have a parent suffering from cancer. These books are filed separately at the end of the main collection under "books for children". Some have been purchased, some have been kindly donated by parents who are in this situation. Herewith 3 new books added recently:

Carrie and Chia Martin: *The rainbow feelings of cancer: a book for children who have a loved one with cancer.*
Shen Roddie and Ben Cort: *Colour me happy*
Gillian Forrest and Sarah Garson: *Mummy's lump* (4 copies)

A big new order has just been made and the books will appear on the shelves in the next few weeks. They will include new books on grieving and for families to cope, different types of cancer such as prostate, kidney, ovarian, oral and head cancers, cancer care-giving and group therapy etc. Please feel free to borrow the 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 27 OCTOBRE 2008 de 12h à 14h*

« Fécondité et maladie cancéreuse »

□ *Un médecin de l'Unité Médicale Reproduction du CHUV, Lausanne ou des HUG, Genève*

Conférence-brunch : LUNDI 3 NOVEMBRE 2008 de 12h à 14h*

« Maladie cancéreuse et sexualité »

□ *Docteur Lorenzo Soldati, chef-de-clinique, consultation de gynécologie psychosomatique et sexologie, Psychiatrie de liaison et consultation de crise, HUG, Genève*

More information on www.lgc.

TV programme on children with cancer

And, again in French, the programme **Temps Présent on TSR 1, Thursday, Nov. 27**, will be devoted to parents who have a child with cancer. One of our members helped in the preparation of this programme, though she does not appear on it in person. Tune in on Thursday, Nov. 27 at about 20.10.

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.

LOTS OF DATES FOR YOUR DIARY – to resume:

Pink Sticks Night: Tuesday, October 28
New weight-loss course starts Thursday, October 30
November volunteer training sessions (see details above)
Outreach committee: Tuesday, November 4
Monthly support meeting: Wednesday November 5 at the YWCA
Dragonboat video being shown: Friday, November 7
Deadline to sign up for Escalade walk: Sunday, November 9
Next month's support meeting: Wednesday, December 3 at the YWCA
Escalade walk: Saturday December 6

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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