



## ESCA'S MONTHLY NEWSLETTER SEPTEMBER EVENTS

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

At our next meeting, **Susan Tiberghien**, an American writer and creative writing teacher living in Geneva, will introduce **journal writing** as a way to deal with challenges such as cancer. She will illustrate this with extracts from Marion Woodman's Book "Bone", in which the author tells the story of her own cancer, her healing process and of her journey back to well-being. Quoting from other journals, Susan will lead us into writing our own journals, or illustrating our own journey through illness with images such as mandalas.

Susan Tiberghien has written three memoirs, and most recently a nonfiction book, *One Year to a Writing Life*. She teaches writing workshops in the States and in Geneva, where she leads the Geneva Writers Group. To learn more, please visit her site: <<http://www.susantiberghien.com>>

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.

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...but even before September – the **Union Internationale contre le cancer is hosting the World Cancer Congress in Geneva August 28-30**

Films about personal experiences of cancer will be held each evening. Seats must be reserved in advance and before August 25 for the showings at the Mediti auditorium, place du Cirque on August 28. Showings on the 29 and 30 will be at the Grutli (CAC Voltaire cinemas) and no reservations are needed. All seats are free.

For times and information about the films being shown, and for reservations for the 28th, please consult <http://www.reellives.org>

### **DRAGONBOAT FESTIVAL, SUNDAY SEPTEMBER 7 – all day, 9.00-16.30**

at l'Abbaye, Lac de Joux (the opposite side of the lake from last year's location). All information is on [www.paddleforcancer.ch](http://www.paddleforcancer.ch)

#### **Check out the attachment above – do you recognise anybody?**

She's been doing such a great PR job that the inscription lists are full - 45 teams have signed up!

So we hope as many of you as possible will be there to support ESCA. More paddlers are needed for the Bosom Pals boat – named the Breast Stokers. Come on, all you BPs – there must be a few more of you out there! Contact Patsy at [patsy@cancersupport.ch](mailto:patsy@cancersupport.ch) or call 022 300 2967.

There will be face-painting and a mini-regatta for the children, lots of different food and drink stands, and a terrific atmosphere.

... and a few more **volunteers** could come in handy too. Contact Patsy as above.

But if you can't paddle or volunteer, just come along and **cheer!**

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### **New courses run by our clinical psychologist, Thea Marais**

1) Thea will be running an **Anatomy & Physiology** course which will be starting on Monday 1st September 2008 and

finish at the end June 2009. The duration of the course is 130 hours (32 Monday evenings) which, with the 20hrs covered in the complementary course, make up the 150hrs required for a complementary therapist to become a member of the Swiss Association of Therapists and thus have their clients covered by Swiss Health Insurances. Contact Thea on [thea.marais@orange.fr](mailto:thea.marais@orange.fr) or see the following web site for details [www.energycentre.ch](http://www.energycentre.ch) <<http://www.energycentre.ch/>>

**Time:** 18hrs-22hrs

**Place:** Webster University, Geneva

**Start date:** Monday 1st Sept. There will be a break after Christmas for revision and the course will restart end February until the end of June.

This course is open to all therapists so if you know of somebody who may be interested please forward this mail to them.

2) The very successful **Weightloss and Nutrition** course will be starting again on Thursday 28 August. These courses are generally of 8 weeks duration and then you can continue with the maintenance group until you have either reached your goal weight or ensured more healthy eating habits. Anyone interested should contact Thea Marais on [thea.marais@orange.fr](mailto:thea.marais@orange.fr)

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### Want to try a one-off vegetarian cooking course ?

ESCA member **Janet Gomez**, who teaches Ayurvedic vegetarian cooking, is offering **two complimentary places** (normal price CHF 75 each) on her next course for two ESCA volunteers or members. The course will be on Saturday August 30, 11 am-2pm. Email Janet at [info@nutrijyoti.com](mailto:info@nutrijyoti.com) or call her on 078 681 3523 **before the morning of August 25** for further details and to sign up.

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### ESCA OUTREACH COMMITTEE

The third Outreach meeting is scheduled for **Tuesday August 26 at 2.15pm** in the Drop-In Centre. We shall be reviewing our ongoing activities and planning future strategies. So far we have focused primarily on medical institutions (Hospitals and Clinics, Radiology Centres, Doctors and Pharmacies) and the response has been very good. We are developing an extensive list of personal contacts, which continues to expand. We will also now discuss contacting the staff welfare officers at selected companies and organisations.

If you are interested in helping on the Outreach Committee, do come along to the meeting, just contact Andrea or Karin to let us know you will be there, [andrea.smith@free.fr](mailto:andrea.smith@free.fr) or [karin@delamarter.ch](mailto:karin@delamarter.ch).

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### A MESSAGE FROM OUR LIBRARIAN

We have decided that up to four books may be borrowed from the ESCA library for a month at a time in future. If you have had books out for a long time, please remember to bring them back for the use of others. I will be phoning those who have had long-term loans to remind them...

with thanks, Irene

Herewith a list of new books on the shelves:

Servan-Schreiber Anti-cancer: a new way of life 5 SER

Tolle, Eckhart A new earth: awakening to your life's purposes 9 TOL

The Wellness Community National: The patient active guide to living with ovarian cancer 2.0 WEL

Dooher, Kate I've got cancer, but it hasn't got me: rising to the challenge of breast cancer 2B. DOO

Stokes, Julie Then, now and always: supporting children as they journey through grief: a guide for practitioners 8 STO

Herewith some new books written for children who are grieving or whose parent has cancer or (please note that they are filed separately on the shelves at the end of the collection)

Durant, A. Always and forever 8 DUR

Speltz, Ann The year my mother was bald 6 SPE

Allan, Nicholas Heaven 8 ALL

Stokes, Julie Out of the blue: making memories last when someone has died 8 STO

(same author) As big as it gets: supporting a child when a parent is seriously ill 8 STO

(same author) The secret C: straight talking about cancer 6 STO

Ironside, V The huge bag of worries 6 IRO

Crossley, Diana Muddles, puddles and sunshine: your activity book to help when someone has died 8 CRO

Sutherland, Eileen Mom and the polka dot boo-boo 6 SUT

## BRUNCHES at La Médiane

For those of you who speak French, the Breast Cancer Group *Vivre comme Avant* will be celebrating its 30th birthday and invites you to brunch at La Médiane. Please reply direct to la Ligue genevoise contre le cancer : 022 322 13 33 or by email: [mr.antille@mediane.ch](mailto:mr.antille@mediane.ch)

Lundi 29 septembre 2008 de 12 à 14 h

« **Vivre comme Avant (VCA) fête ses 30 ans !** » avec

Marceline Pfortner, présidente VCA, Suisse Romande et Michèle Vuichard, présidente VCA, Genève

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## 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.

For those of you who know **Peak of Health**, run by Liz Rollinson, who presided ESCA's predecessor, ECSG (English Cancer Support Group), the following courses may be of interest:

Healing Intensive Course with Martin Bronfman, Champex, September 3-7

Animal Communication workshops with Marta Williams, Versoix, September 5-9

The Art of Inner Expansion with Howard Wimer, Geneva, September 12-13

Further details on all these can be found on [http://www.peakofhealth.ch/upcoming\\_workshops.html](http://www.peakofhealth.ch/upcoming_workshops.html)

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## 2008 DATES FOR YOUR DIARY:

**NEXT MONTHLY SUPPORT MEETING:** the next meeting will be on Wednesday, October 1 at the YWCA, 7.30 pm

**PINK RIBBON TRAIL:** Sunday, October 5, again in partnership with 'A Different View' more details later

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.

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## **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.*

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