



ANNUAL REPORT

2013

From the President

Dear **esca** Members, Supporters and Friends,

*"Ah, **esca** - toujours disponible et efficace!"*

This compliment from an oncologist welcoming a patient accompanied by an english speaking cancer association (**esca**) peer supporter shows that **esca** continues to strive for a high level of support services in English for cancer patients and their loved ones in the Léman area. In addition, **esca** still focuses on activities that raise cancer awareness in the community as a whole.

None of this would be possible without the exceptional dedication of our hardworking volunteers and our counsellors, who train and supervise them, as well as to the great generosity of those who support our work.

We would like to express special thanks to all those who have helped us along the way, notably to Webster University for the continued and regular use of their classrooms and campus for meetings and events. We also wish to thank the YWCA for the monthly use of their facilities for our Wednesday Information and Discussion Evenings. We are also very grateful to all individuals who have made donations, big or small, and to those who have organized fundraisers, marathons and other events to raise funds for **esca**. And of course a huge thank-you to the companies and individuals who participated in our now famous annual Paddle for Cancer Dragonboat Festival, which is a continued success and the proceeds of which are instrumental in enabling us to continue to offer our services.

As you know 2013 was marked by a major reorganization within **esca**, with the goal of maximizing our efforts. Our old committee was replaced by two bodies. The first body is a group of "hands-on" people who coordinate the day-to-day activities of the association, namely the Management Team (which, by the way, is run by volunteer team leaders and a volunteer director). The second body is the Board, whose objective is to increase **esca**'s exposure in the Lac Léman area as a unique, professionally assisted volunteer organization where moral and practical support in English is freely available for those affected by cancer, and to strive for the financial security to do so.

As you will see from the Treasurer's Report **esca**'s financial health is sound. We had plans to obtain corporate and foundation funding already in 2013 but were unable to do so as this is a major long-term endeavour that bears fruit slowly. We do have great hopes for the coming years of being able to raise the funds needed to grow and continue to offer the highest quality professional services to our community.

In closing, we would like to extend huge and heartfelt thanks again to all of our committed volunteers without whom the services we offer would simply not be possible!

With best wishes for the year ahead,

Catherine Blanc, President

REPORTS

As you will see from the following report of our activities, **esca**'s dedicated volunteers and professionals make it possible to carry out our mission. The counsellors and specially trained peer supporters do so from an emotional and practical standpoint and the others through all the tasks necessary to run our association and to raise cancer awareness.

SUPPORT AND COUNSELLING



Client support is at **esca**'s core, and is implemented in various forms. Peer Support continues to be at the heart of the organization. In 2013, 59 clients received direct regular or occasional peer support, depending on their individual needs, for a total of 1140 hours.

In addition, 95 other clients received assistance and support through various **esca** Outreach events and as visitors to the Drop-In Centre and at the Wednesday evening information and discussion meetings. Not counted in this figure are an inestimable number of family members and others close to the clients assisted directly by **esca** volunteers, who also receive extended support through the **esca** support circuit.

The Support Coordinator, with the help of experienced Bosom Pals members, hosted monthly coffee morning/support meetings for breast cancer clients. Between 6 and 12 Bosom Pals members attended each meeting, where women in treatment found support from others whom have had similar experiences. Analogous meetings for other **esca** clients and their families and carers will commence in 2014.

The Counselling team, comprised of Thea Marais, Bianca King and Raynelle Arcaini, continued to be involved in numerous client support activities as well as training and support activities for the Volunteers and Peer Supporters throughout 2013.

In total we counselled 37 clients during 2013, offering 163 hours of counselling. This figure is comprised of 19 clients with cancer (97 hours), 10 carers or family members (40 hours) and 8 bereaved clients (26 hours). This is very similar to what we offered in 2012 although this year we spent more time with people who had been bereaved than last year.

The **esca** Paddle for Cancer committee again decided in 2013 to donate a portion of the Fundraiser's Challenge to **esca** Support Services, to assist cancer patients and family members in receiving important professional counselling that is not covered by their insurance. As we no longer have to limit our counselling sessions to 3 hours per client (**esca**'s original policy), we are now able to offer between 1 and 10 counselling sessions to clients depending on their needs. This has been of great assistance to both the often very ill clients and to their families.

In addition to the above services, the counsellors have also been involved in the training of Volunteers and Peer Supporters as well as the ongoing support and supervision of the latter. One volunteer training programme was held in 2013. Unfortunately, we continue to have a fairly high turnover of volunteers

because of the nature of the ex-pat population in Geneva where many people are only here for a couple of years and then return to their home countries.

We now have 31 Peer Supporters who were offered additional days of advanced training during 2013, as well as six-weekly support and supervision meetings. This improves their skills and level of competence and allows them to be able to offer a more advanced level of Peer Support to **esca** clients.

Our Counsellors attended an 8 day residential training in MBSR (Mindfulness Based Stress Reduction) in Mind-Body Medicine with Jon Kabat-Zinn and Saki Santorelli in Rome (self-funded). They use these advanced skills when running programmes for both clients and volunteers. During 2013, two of the counsellors ran an 8-week MBCT– Cancer programme for clients. This group programme offered participants contact with the counsellors and with others in similar situations, and it enabled each to feel supported and more in control of their situation. The donation from Cargill helped fund this programme.

These increased trainings and support services continue to produce a more cohesive and confident team of Peer Supporters. This, in turn, allows the clients to feel more at ease and confident in the care and support that is offered by the entire **esca** support team, trained and supported by the counselling team.

Bosom Pals Breast Cancer Support

Besides the Friday morning coffee meetings and the gym sessions, which are covered separately, our Breast Stokers team once again took part in the 2013 Dragon Boat Race. We were lucky with the weather this year so we didn't have to shelter in the tent between races. As always it was a wonderful occasion to get together and we even managed to not come last in one of the races!

In early December, 14 of us waved our pink pom-poms to great applause from the spectators at the Escalade walk. We crossed the finishing line, some sooner than others, and a great time was had by all; we met up and enjoyed the company along the way. We managed to find a place to have drinks afterwards and warm up after the chilly walk.



For additional information on this group, see reports from Karin De Lamarter on Exercise Classes and from Sonia Gunton under Events.

Wednesday Evening Meetings

2013 was another year of interesting speakers for the Wednesday evening meetings. We welcomed the complementary therapists Sabine Pinzan from ma-sante-au-naturel, Kamy Lavanchy from Transforming Lives, and Christine Dennis from Dynamic Nature. We also had the pleasure of meeting Rosette Poletti whose topic was grief and moving on; Dr. Ambrosetti on fertility preservation in cancer patients; Anne Murphy on genetic aspects; and Dr. Sindy Monnier on breast cancer surgery. In the summer, Bianca led us in a meditation session, and the usual Christmas social took place in December. Una and Jackie continued to do a wonderful job of providing the refreshments.

Raynelle Arcaini, Support Coordinator and Board Member

Thea Marais, Counselling Coordinator & Peer Support Training and Supervision

Bianca King, Counsellor and Trainer

Annabel Pulcrano, Wednesday Evening Meetings Coordinator

Sonia Gunton, Bosom Pals Co-Coordinator

DROP-IN CENTRE AND LIBRARY

The Drop-in Centre is located on the 3rd floor of the Ecumenical Centre, Grand Saconnex. It is close to the international organisations and has the advantage of parking. Opening times are Tuesdays and Thursdays 10.00-14.00. Over the course of 2013, 22 dedicated Drop-in Centre volunteers welcomed 21 visitors and an increasing number of phone calls.



The Drop-in Centre offers visitors a place to talk in confidence to one of the volunteers on duty and find out about the support offered by **esca**. Margaret Stourton is there most Tuesdays with the volunteer on duty and Dorothy Gajsler on Thursdays. Andrea Hayes, our efficient office manager, is responsible for the administrative running of **esca**, helped by volunteers.

Visitors can borrow books and **esca** relaxation CDs in the well-stocked library managed by Irene Bertrand. Thanks to a number of volunteers and their friends and family under the guidance of Sandra Oakley, we have an extensive choice of Macmillan brochures with more than 80 up-to-date titles: some for reference and some to check out. Clients meeting with their peer supporter or one of the counsellors in the office next door can stop by for refreshments and browse the library if they wish to do so. The Drop-in Centre is also used for the monthly Bosom Pals coffees, Look Good Feel Better, committee meetings, peer support and volunteer meetings, **esca** orientation and the pre- and post-orientation interviews. Other activities include preparing for events such as the monthly used-book sale, Dragonboat and the **esca** concert.

The library functions as one of the resources of the Drop-In Centre. Another 35 new books were added during 2013. At the same time obsolete titles were removed so the size of the collection stays stable. Beryl Allardyce continued to participate in updating the database and Sandra Oakley helped more and more in the running of the library. We are looking into the use and lack of use made of the collection with the hope of improving its relevance to the needs of volunteers, clients and counsellors.

We would like to thank all who have given their time or donated to the Drop-In Centre.

Irene Bertrand, Librarian

Dorothy Gajsler, Drop-in Coordinator

EXERCISE CLASSES

For the last five years **esca** has provided two weekly exercise classes, one for breast cancer clients only, the other open to all clients, with 11 participants in each group. The cost is CHF 120 for 15 classes with all proceeds going to **esca**. I would like to thank both Webster University and the International School Nations Campus for letting us use their gym free of charge.



Both gym classes are a place to exercise, have fun, and improve health and well-being. But they also provide an exchange of information, shared experiences, and encourage support for each other.

In December several participants of both groups participated in the Escalade walk (see the report from Bosom Pals, under support & counselling section).

Karin De Lamarter, RPT

OUTREACH & COMMUNICATION

In 2013 the Communications and Outreach Committees, headed by Patsy Morgenstern and Finola McElgunn, merged in order to better coordinate their functions of developing and disseminating information about **esca**. Their goals are:

- ◊ To play a key role in how **esca** is perceived, and
- ◊ To suggest new initiatives to keep **esca** at the forefront of communication with its stakeholders.

To further these goals in 2013 the two committees:

- Helped in the preparation, development and delivery of messages about **esca**'s activities to clients, the medical community, media, local English-language groups, schools, churches, *Ligues*, on-line organizations as well as members of the general public;
- Created an **esca** style guide and standard messages which were made accessible to volunteers via SkyDrive;
- Maintained and added to a Communications Contact List, a data base of **esca** contacts within the UN, local business, media, clubs, etc. (approximately 70 contacts);
- Held initial discussions on the possible use of Social Media to disseminate information and/or create discussion groups;
- Continued search for new contacts who could be interested in supporting **esca**'s activities;
- Began work on a market survey to be carried out during 2014.

Approximately 30 volunteers gave of their time to **esca**'s Communications activities during 2013.

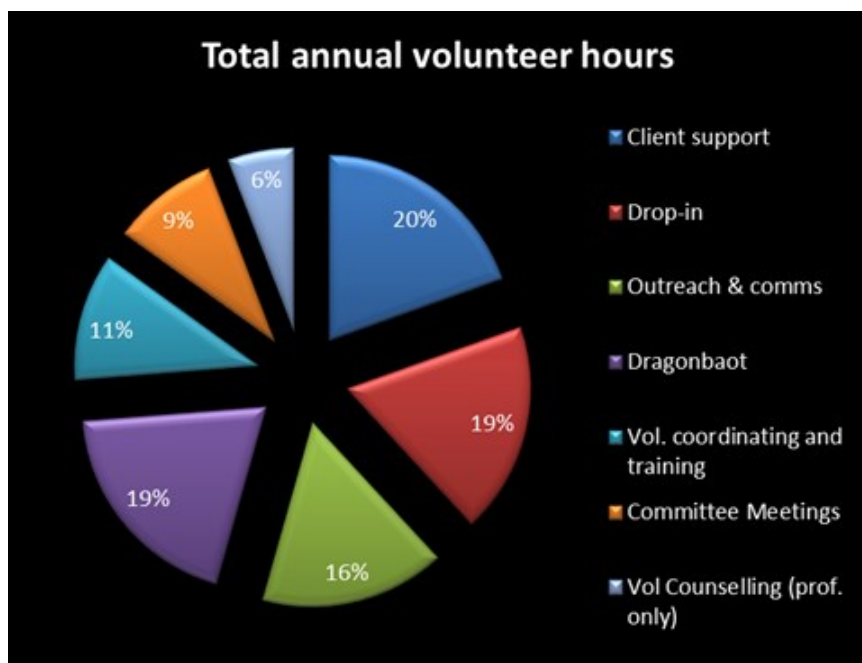
Patsy Morgenstern and Finola McElgunn

VOLUNTEERS

It has been my pleasure in 2013 to work with and coordinate a number of activities with dedicated, caring volunteers. This year we provided one orientation and training for new volunteers.

We have 55 volunteers, 31 of whom are peer supporters. Our volunteers provided over 5800 hours of service in 2013. All gave their time and energies in many ways.

This year's Paddle for Cancer under glorious skies on Sunday, 1 September



showed how fortunate **ESCA** is to be staffed by such a dedicated team of volunteers available for the entire weekend. Not only did they support Paddle for Cancer in terms of running stalls, feeding volunteers, staffing second-hand book tent, and launching our first silent auction, they also provided information for new volunteers and general information to prospective new clients.

Once again, one of our volunteers, a cancer survivor, raised funds through sponsorship for **ESCA** this time on an around-the-lake bike challenge In May.

Our link with French-speaking cancer organisations in the Léman area is reinforced by the presence of our volunteers at various local events both in the Geneva and Lausanne areas. Our volunteers are particularly active during the month of October, officially designated as “Breast Cancer Awareness Month”.

Apart from the annual Paddle for Cancer, volunteers were active on the occasions described in the next section of this report (see Events)

In addition, many volunteers took their own initiatives and sold **ESCA** bracelets at various school fairs and events.

Two outings were offered during the course of 2013 as a thank-you to our volunteers.



In June we took a boat from Geneva to the French village of Yvoire and in December to Carouge for a guided tour followed by a lunch.

It has been a real pleasure to have been involved in the organisation with such a qualified and enthusiastic team of people.

Leanne Lynch, Volunteer Coordinator

EVENTS

Breast Cancer Network

ESCA continues to be represented on the Réseau Cancer du Sein (Geneva's Breast Cancer Network) that unites medical professionals, patient associations and breast cancer survivors to work together on treatments and better care for breast cancer patients. Several of the events listed below were organised by the Réseau with **ESCA** volunteers present.

Monthly Used-Book Sales



Each year at the Paddle for Cancer festival, one of our volunteers sets up and sells used books. This stand has always been extremely popular - so popular in fact that we decided to hold these sales more frequently. Thanks to several volunteers, hundreds of books were sorted and arranged and the first of our used-book sale was held on two days in December 2012 in the lobby of the Ecumenical Centre. This was such a huge success that we decided to hold these book sales monthly in 2013. Nine book sales were organized in

the lobby of the Ecumenical Centre raising a total of more than CHF2'000! **esca** has received many donations for the sale throughout the year which allowed us to systematically keep up a good standard of books in our collection. Special thanks should go to Electronic Arts who donated a large number of new Computer Games, many of which were sold during Dragon Boat Festival.

On two occasions the book sale was combined with a sale of floral arrangements and baked goods, raising more than CHF1'000. One table was covered with some exquisite floral arrangements coordinated by Kate Marx, the other table was for the delicious baked goods provided by the volunteers and coordinated by Dorothy Gajsler. Thanks also to the teams of volunteers who have helped at these sales each month.

Jackie Hillman

Marathon Genève

5 May: **esca** volunteers rallied to support the runners of the Geneva Marathon. 13 volunteers worked the final *poste de ravitaillement* (refreshment stand) for the marathoners and half marathoners (some of whom were running to fundraise for **esca**!). Our banner was posted at the tent and thousands of enthusiastic runners were fed and watered while being entertained with live music. It was a very early start and a long day but it was very much enjoyed by all. We look forward to volunteering again for the 2014 Marathon. This was a great way to increase awareness of **esca**.

Annette Käid



Concert – some surprises!



June 9: This year's chamber music concert introduced many of the audience to the lively cello music of the Spanish composer Gaspar Cassado, performed to perfection by Daniel Grosgrin. The concert's last piece brought bravos for an encore of centuries-old Yiddish klezmer music featuring Francois Thurneysen on the clarinet playing with the Severini String Quartet. Despite the damp, chilly weather, which lowered our attendance to about 70, but still allowed us to break even financially, the musicians who donated their time and talents to **esca** brought sunny melodies and foot-tapping rhythms into the concert hall. We are grateful to them and the volunteers who arrange the sanctuary of the Lutheran Church, provide refreshments, and especially to Simon Marx who records the concerts for use as gifts to our benefactors.

Patsy Morgenstern

Golf Tournament

June 22: The second golf tournament was organized by **esca** member Barry Metcalfe on a lovely sunny day at the scenic Golf du Mont St-Jean in Les Rousses, France. The princely sum of almost CHF 3'000 was raised from players, who paid entrance fees, plus donations, plus penalties for landing in bunkers, plus an auction for a set of wineglasses with wine - but were rewarded with a wonderful selection of prizes. There were also a tombola prize and goodie bag



for every participant. Barry spent several months collecting these, and everyone went home very happy! We are grateful for all your hard work on behalf of **esca**, Barry, and for making the work of our organization even more widely known!

Four Seasons 5K Run for Hope

September 29: Several **esca** volunteers and members participated in the 5th Run for Hope which is held annually and organised by the Four Seasons Hotel in Geneva. This 5K was originally started in Canada and is called the Terry Fox Run in memory of Terry Fox, who was diagnosed with cancer and, in an effort to raise money and awareness, attempted to run across Canada in 1979. Proceeds from this run go to the Ligue genevoise contre le cancer.

Patsy Allen

Expat Expo

October 6: Expat Expo remains one of **esca**'s primary promotional and informational events. As we learn and improve from each year's experience our numbers also grow. So how did we do in 2013?

We had 52 visitors to our stand, 6 more than in 2012, despite missing the magnet of Dorothy's baked goods. Six names were signed on the volunteer sheet (vs. 4 last year), although 2 were doctors who seemed more interested in serving as resource persons. They are doing research on new drugs for treating breast cancer and leukemia and could be speakers for the Wednesday night programs. Sales fell from CHF 83 to CHF 65 and donations dove from CHF 34 to CHF 5. Could this be the Baked Goods Effect?

Media attention was greater than before. Patsy Allen was asked by Tony Johnston of WRS to give a short interview, which she did via telephone only days later. She was asked to speak about her experience of moving to Geneva and finding and working with **esca**. Ron Myers of Radio 74 has asked to do an interview at the Drop-in Centre. This has yet to be scheduled but we are working on a date.

The free pink ribbons and balloons we provided seemed meagre next to the free candy and goodies other stands had on offer. Tummies growled at missing Dorothy's gourmet tidbits!

We realized that our role at the show is not to sell but to inform people of our mission, which requires a subtle approach. Perhaps wearing a distinctive vest or shirt and mingling in the crowd could be useful.

Thanks to Sandra's work, our materials are being restocked as needed so that from now on we will have, in addition to breast cancer information, plenty of flyers and brochures about other cancers, including prostate, ovarian, bowel, skin, and lung.

Thanks to all the volunteers whose friendly smiles put a different face on cancer for the visitors to our stand.

David Freedman

Nursing Oncology Course

November 6: **ESCA** has been invited several years now to be a part of the Oncology course for nurses at the Maternité of the Geneva Cantonal Hospital. This two-day course is followed by nurses who are currently working or who wish to work in the women's cancers section of the Maternité. One section of the course is dedicated to patient associations and **ESCA** gives a short presentation of their services and is on hand to give information and answer questions.

Automnales

November 16 & 17: **ESCA** volunteers worked several hours during this event on behalf of the Réseau Cancer du Sein who had an information stand. Brochures, information and pink ribbons were distributed. Several inquiries were made and volunteers had the opportunity to speak with others about their cancer experience.

Conference at Les Grangettes

November 20: Les Grangettes Clinic held a very interesting conference entitled "Cancer and the Environment" with an impressive panel: Pr. André-Pascal Sappino, Pr. Christine Bouchardy, Dr. Jean-Yves Nau and Dr. Nigel Howarth, with Isabelle Moncada facilitating. The panel focused on whether or not diesel, GMS, aluminum chlorohydrate and repeated X-rays and scans had an impact on cancer. A full report was translated by an **ESCA** volunteer and is available in the Drop-in Centre. **ESCA** was invited to be present with an information stand and had several people stop for information and to ask questions.

Patsy Allen

Look Good... Feel Better

November 26: Seven **ESCA** clients in or recently out of treatment were given the special opportunity to participate in a professional make-over session lasting for 2 hours. The event, occurring annually at **ESCA** since 2008, was offered by the *Look Good...Feel Better* public service program, and hosted by esthetic specialist Agnes Jarlet in the **ESCA** Drop-in Centre. Cancer treatments often cause unwanted changes in appearance, and the targeted expert advice and quality products offered by *Look Good...Feel Better* combine to give participants a fresh new look that can result in enhanced well-being.

Raynelle Arcaini

Pamper Day

November: Many thanks to Sophie Warren and Hannah Wilson for organising another hugely successful "pamper day" during which participants were treated to various therapies including reflexology in exchange for making a donation. They raised and donated over 1000 euros to **ESCA**.

Andrea Hayes

Escalade Walk

December 6: The breast cancer group, Bosom Pals, took part in the Escalade walk. (See report from Bosom Pals, under Support & Counselling).

Sonia Gunton

OCTOBER BREAST CANCER AWARENESS ACTIVITIES

October is International Breast Cancer Awareness Month. **ESCA** and their volunteers participate in several events during the month:

Zumbathon



October 6: **ESCA** was one of the beneficiaries of the funds raised during a 2-hour charity Zumbathon at the St-Sulpice village hall, kindly lent by the commune. Five Zumba instructors took it in turns to lead the class. The instructors advertised the event with their classes and posters were put up in and around St Sulpice along with a Facebook campaign. Over 100 women and children, dressed in pink, took part in what was a great day with a fantastic atmosphere. Zumba has its own breast cancer charity but allows 25% of the money raised to go to a charity of the organiser's choice. CHF 701 was raised for **ESCA** plus CHF150 from sales

of **ESCA** merchandise.

Julie Hill

Dupont Information Day

October 8: **ESCA** participated in a well-attended Conference and Information Day at Dupont International in Geneva and Meyrin. The conference was entitled: "Etat des lieux autour du cancer du sein, dépistage et programmes de santé publique" and featured presentations by Angela Grezet and Claire Allamand from the Réseau Cancer du sein/Association Savoir Patient and Dr. Beatrice Arzel, the Director of the Fondation pour le dépistage du cancer du sein (Foundation for Screening Mammograms). All donations collected on the day went to fund the « Marrainage Cancer du Sein », of which **ESCA** is an active member.

Patsy Allen



Geneva Servette Hockey Pink Night



October 3: Once again, **ESCA** was present and helping at the Pink Night hosted by Geneva Servette Hockey. Pink ribbons were handed out, breast cancer information was on hand and pink T-shirts were sold, all in an effort to increase breast cancer awareness. Funds raised were in favour of the Réseau Cancer du Sein (Breast Cancer Network) of which **ESCA** is an active member. The evening was a huge success with Geneva Servette winning the match!

Patsy Allen

CHUV Information Stand

October 10: Sonia, Annette & Annabel once again (wo)manned a table at the CHUV Breast Cancer awareness fair. Although the crowd was primarily doctors and medical staff, it was a good opportunity to mingle and maintain contacts with other support groups & networks.

Annabel Pulcrano

Webster Information Stand

October 10: The Busting Out exercise group of breast cancer survivors held an information stand on breast awareness at Webster University during lunchtime. This gave the students an opportunity to learn more and have questions answered about breast health, including annual examinations. Funds were raised as well through the sales of breast cancer awareness items and baked goods, including cute “boob” cupcakes, made by volunteers from esca and Webster.

ANNUAL AWARENESS RAISING CAMPAIGN and FUNDRAISER

esca Paddle for Cancer Dragonboat Festival 2013

September 1: With a bright sun and blue sky – only occasionally interrupted by brief, flickering clouds – the beautiful Vallée de Joux could not have had a better day for the 7th annual esca Paddle for Cancer Dragonboat Festival. Rugged, craggy mountains surround the lake and seemingly watched over, as they do for one day each year, the hundreds of competitors in the festival. Forty-nine teams consisting of crews of 17 took part in 39 races throughout the day. Competitors and teams were drawn from companies, businesses, NGOs and voluntary organisations, some new to Paddle for Cancer, some old hands, but each with one objective in mind: to paddle for cancer.

Yet the day wasn't just about the racing, which was held in the friendliest spirit possible. The festival was a family day out with people of all ages both racing and watching. For the younger ones, there was the ‘Mini Dragonboat’, run at the same time as the main event. The various food stands ensured that competitors and spectators were able to stay recharged throughout the day, though many had brought delicious-looking picnics. On top of this, the masseurs in the ‘Therapy Tent’ offered expert massages drawn from various different disciplines. The tent was rarely, if ever, empty. And for the first time, the festival also held a ‘Silent Auction’ with a range of items – from holidays to paintings to computer games to an electric bike – on offer at very low starting prices. This innovation raised CHF8'000, a very welcome addition to the rest of the day's efforts.

In all, it was a wonderfully successful day and we are very grateful for the generous support shown by all our partners, supporters, competitors and volunteers.

Corporate Teams and Sponsors

We are very grateful to our loyal corporate teams who sign up year after year! These paddlers included teams from: Barclays, 3 teams from Cargill International, 2 teams from Eaton, Medtronic, Merck-Serono, Firmenich, Credit Suisse, IMD, 2 teams from Caterpillar, Bunge, EA, Haemonetics, Intuitive Surgical, Shire, SGS and the Beau Rivage Palace in Lausanne. New teams participated from Accuray, IATA, the WBCSD, Vitol, MCI, YPO, Jaeger-LeCoultre and Ariad. EA's Sports Paddlers took 1st Place in the 8-boat corporate final. Intuitive Surgical's DaVincibles and Shire's Brave Team placed 2nd and 3rd.



Schofield and Partners kindly donated to help cover registration fees for the Make A Wish Foundation team. In addition, we had many Promo Sponsors who donate in-kind towards the event. These included: PG Globalcom, Terres de Lavaux, Patrick Location, TeleComm Sportservice AG, Hotel de Ville de l'Abbaye, Carbagas, Air Supply, P&G, Partytime, LocaClim, y-en-a.com, The Clubhouse, Jim's Market and Webster

University. Without the generous support of the corporate teams and sponsors, their enthusiasm and great sportsmanship, this event would not be the success it is.

Open Teams



Our Open Teams included paddlers from the international schools (Ecolint) La Châtaigneraie, La Grande Boissière (LGB) and Nations' Fire Breathing Llamas. Other teams included the Divas and Dons, Paddle Me Harder, Paddy's Pride, Archidragons, Cougars & Co., All Pinks from the Réseau Cancer du Sein, Make A Wish Foundation, KCBN 2, Geneva Hash House Harriers, and, of course **esca's** own team, the **esca** Paddlers. First Place this year was awarded to Ecolint LGB with 2nd Place going to Paddle Me Harder and 3rd Place to the Geneva Hash House Harriers.

All-female Teams

The Bosom Pals Paddlers (**esca's** team of breast cancer survivors, Bosom Pals), Goldragons, KCBN 1, Vaud Vixens, Di-Vine Paddlers, Birds of Paradise, She-Wolves and Droles de Rames battled it out in the All Female category with the She-Wolves taking 1st Place followed by the Droles de Rames in 2nd and the Birds of Paradise in 3rd.



Mini Dragonboat and Kiddie-Land



The Mini Dragonboat competition is a free event for children ages 6-15 and involved races in 6-person mini dragonboats (dinghies). Over 100 children participated with prizes given to the top three winners: in 1st place were Viking Express with Camille and Emma Realini, Matthew Daniels, Kyle Ware and Jessica and Ben Reynaud, and in 2nd place were Engines of Power with Timothy and Christopher Rossillion, Chandler Norling, Emiel and Jochem Ten Doeschot and Oliver Kirby. Other children thoroughly enjoyed the free canoe rides that were offered all day as well as the face painting and bouncy castle which completed the Kiddie-Land area this year. Many thanks to PartyTime who donate the bouncy castle each year!

The Proceeds

And the results are in!! The CHALLENGE to fund **esca's** support services and grant a wish to a child through Make-A-Wish brought in a total of CHF 24'600!! These were funds raised by teams that were over and above their registration fees. Winners of the CHALLENGE and the prestigious CHALLENGE Cup were the Birds of Paradise....again! These amazing women raised over CHF 7'800. Other top fundraising teams: Eaton with CHF 3'500, Walk the Talk from the WBCSD with CHF 2'307, Caterpillar with CHF 1'500 and the Goldragons with CHF 1'380. Our sincere thanks to these teams and many others for their efforts and generosity!



The Fundraisers CHALLENGE encourages teams to raise over and above the registration fees with a goal to fund specific areas of **esca**'s work and to help a local charity, as well as helping to raise awareness. Past proceeds have gone to the Counselling Fund at **esca**, the Pediatric Oncology Units of the HUG in Geneva and the CHUV in Lausanne and the Maison de Tara, Geneva's first hospice. This year, our goal was for each individual racer to raise just CHF 50. The funds raised through this initiative were allocated specifically to **esca**'s Support Services and the local charity chosen this year which was Make A Wish Foundation. We are very pleased to report that **esca**'s contribution helped to grant the special wish of a 4-year-old who was able to go to Florida and meet Winter, the dolphin.

Proceeds from registration fees and general donations go to **esca** in order to continue and build upon their excellent services to cancer patients and their loved ones living in the Geneva, Vaud and French border areas, such as support services, the Drop-in Centre, the Information Library, and the training and continuing education of our dedicated peer supporters and volunteers. These funds also go towards administrative costs and the printing and development of cancer information. The proceeds generated for 2013 came to almost CHF 94'000!

Dedication Moment

A special time-out was taken during the afternoon that emphasised why this festival takes place and why we are all there working so hard: to recognize those who have been touched by cancer and those who love and care for them. Because September is Childhood Cancers month and Prostate Cancer month, 100 balloons in their respective colours, gold and blue, were inflated and released following the reading of a beautiful text written by an **esca** volunteer. During the minute of silence that followed, while listening to *One Moment in Time* by Whitney Houston, we all watched these balloons beautifully flow upward and away in memory of those who have fought, are currently fighting and who have lost their battle with cancer.

*Ladies and Gentlemen, Friends of all ages, it's great to see so many of you here today supporting the work of **esca** in the best way possible through having fun and enjoying life. Some of you may have lost loved ones to cancer, and some of us here today have had our own battles with the illness, or may even be battling with it now. We all know that caring, emotional support can be an important factor on the journey, however that journey may end. **esca** strives to offer both that and more practical support to English speakers and their families facing the cancer challenge in this area. Happily, an increasing number of cancers is gradually being overcome but we would like to take this moment in time to hold in memory those known to us whose lives were claimed by this disease and because September is the month dedicated to children's cancers and to prostate cancer awareness, we hold them particularly in our thoughts. In the lovely words used every year in British Remembrance Day ceremonies,*

*"They grow not old as we that are left grow old
Age shall not weary them, nor the years condemn."*

We remember them all with love, joy and gratitude.

by Jenny Buffle, esca volunteer

The Armada

An armada of over 150 volunteers gave nearly 3,000 hours of work during the weekend to keep all the activities of the day running smoothly. They included 35 dedicated and energetic students from Webster University, Rob Ireland's international group of boat handlers and race managers, and **esca** volunteers, many with their children and spouses pressed into service. As in previous years, Felix Meier with his professional team from [dragonboatevents.ch GmbH](http://dragonboatevents.ch) gave far more than the technical support essential to the races.

We look forward to Paddle for Cancer 2014, which is scheduled for Sunday, 31 August 2014, at L'Abbaye.

Patricia Allen, Coordinator, Paddle for Cancer

Special thanks to Michelle Botes, Patsy Morgenstern and Sally Alderson for the design and editing of the annual report.

