Informed opinion and active co-operation on the part of the public are of the utmost importance in the improvement of the health of the people (WHO, Basic Documents, 47th Edition, 2009).

The AFSM Executive Committee and the Editorial Board wish you a very healthy and happy New Year
President’s Message

The last four years of the Association were led by Jean-Paul Menu with very able and hard work of Sue Block Tyrrell, Anne Yamada, David Cohen, Ann van Hulle and others. Since our Statutes specify a limit of four years in office of any office-holder and there was no candidate for the post of President in October 2014, I presented myself and I have been elected as the new President. We shall try to modify the Statutes to permit a prolongation of mandate in exceptional circumstances. Also elected were – Vice-Presidents: Jean-Paul Menu, David Cohen; Administrator: Sue Block Tyrrell; Treasurer: Maria Dweggah; Assistant Treasurer: Anne Yamada.

Last year has seen the emergence of Ebola in West Africa and unfavourable review in the press of the role of WHO – particularly the Regional Office. We hope lessons have been learnt and WHO, in future, will be able to withstand the pressures of donors and lead global public health on its own terms. The recent attacks in Paris have also exposed mortal flaws in our understanding of divisions among religious extremists and in the interpretation of threats to innocent people. Apart from the much regrettable loss of life, it has united peoples around the world against extremism and intolerance.

We hope that our tasks will be dictated by the exigencies of human rights and values irrespective of the consequences.

Dev Ray

Classic British Car Meeting (see the article on page 18)

1957 MG Magnette ZB Varitone

Austin gipsy

12-cylinder Rolls-Royce Phantom III

Lagonda

Other cars in the French version
EDITORIAL

Before wishing you a Happy New Year, I would like to draw your attention to the following matter: from your feedback, you seem to be satisfied with the work of the Executive Committee and especially with the Quarterly News. We are of course, very pleased. However, you must know that most of our team members – with the exception of a few – are no longer very young; the workload is increasing as we are expanding our services and more and more people are requesting our help. We urgently need therefore to recruit new members on the Executive Committee. This year, we could not organize a full election as there were insufficient candidates to necessitate a vote. So, if you want our Association to endure and you would like us to continue our services, then please get involved! Our Statutes allow us to co-opt up to four members. We urge those who can to come and join us.

Before closing, I would like to point out that the whole collection of the Quarterly News, from the pilot issue, can now be found on our web site, thanks to Jean-Paul Menu who scanned the numbers 1–50 (Peter Ozorio was the chief editor) and Anne Yamada and Ivan Babovic, Assistant Administrator in the Staff Association who posted them on our site.

DC

Important contacts
AFSM: see on page 1
Health Insurance (SHI): +41(0)22 791 18 18; in case of absence, please leave a message: someone will call back,
Or email to: shihq@who.int
Pensions: +41(0)22 928 88 00;
Email: unjspf.gva@unjspf.org for Geneva
Or+1 212 963 6931 and
unjspf@un.org for New York AFSM office
covered on Tuesday and Wednesday from 9:30 to 12:00.
Otherwise, please leave a message: someone will call back
Our health

Sleep and Seniors

Normal sleep is divided into 5 cycles of about 90 minutes, each with several phases: falling asleep, light sleep, deep and paradoxical: deep sleep is more restful, the paradoxical phase is when dreaming occurs. Between cycles there are short waking periods, which often go unnoticed by the sleeper. This trend may be accentuated, by getting sleepier earlier in the evening and waking up earlier in the morning. It can occur as early as 4 or 5 in the morning and be final.

This kind of state is not pathological. It is common in the elderly, and sleep plays a healing role. It is useless to stay in bed. It is better to get up, find fun activities for energizing your start of the day before anyone else gets up; you can also go to bed later, which naturally will shift when you wake up.

Avoid sleeping pills, because to be effective until the end of the night, you have to increase the dosage. This in turn will decrease alertness on the next day with an increased risk of falling.

Sleep disorders with age

• Sleep becomes shorter, less restful, with more frequent and longer night-time awakenings. You want to go to sleep earlier and you wake up earlier; the sleep / wake control system is less efficient due to the decrease of secretion of certain hormones. Apart from certain pathologies, these sleep disorders are signs of normal ageing.

• Sleep duration varies somewhat, but its quality and rhythmicity change: overall there is less deep sleep. The time for falling asleep remains on average 20 minutes but the total duration of sleep decreases with age.

• Sensitivity to surrounding noise is greater, regulatory capacity to cold or heat is reduced;

all these factors contribute to the perception of a disturbed and poor quality of sleep, while it is often sufficient. At the end of each sleep cycle, nocturnal awakenings are observed more often, sometimes with the feeling of a complete awakening

• The roles of light and physical activity are crucial

Daylight is fundamental to the day / night cycle: due to the decline of vision, light falling on the retina decreases, and also outside walks are less frequent, thereby reducing the exposure to natural light. It is therefore essential to expose yourself to natural light outside or near a window each day.

Decreased physical exercise and social obligations, cause a more fragmented and lighter sleep, associated with daytime sleepiness and irrepresible naps.

• Insomnia: possible causes

Frequent (40% of subjects over 75 years in France): difficulty falling asleep, frequent awakenings or unrefreshing sleep sensation, resulting in significant diurnal effects such as decreased alertness, difficulty in concentrating, fatigue or irritability.

This can be due to:

• a change in habits with change of lifestyle and sleeping conditions. hospitalization, moving into a nursing home

• pain (arthritis, digestive pain, bone pain) nocturnal cough (asthma, gastro- esophageal reflux.).

• disease: heart (arrhythmia), respiratory (asthma, chronic bronchitis), thyroid
Our health

dysfunction, polyuria (prostatism). Some neurological diseases such as Parkinson’s disease and dementia cause some sleepless nights because the sleep regulatory system is affected.
• corticosteroids, beta-blockers, diuretics and certain antidepressants disrupt sleep.
• depression or major anxiety related to separation, bereavement, family conflicts or loneliness can cause insomnia.
If you experience persistent insomnia, consult your doctor.
Keep a sleep diary for 2 or 3 weeks in order to assist your doctor to make an accurate diagnosis of the problem.
A sleep recording can be useful for determining an organic disorder.

• Snoring and sleep apnea
Snoring increases with age, especially in women after menopause. This hum can disrupt the snorer as well as the spouse, if it is accompanied by pauses in breathing, which fragment sleep (see article Sleep Apnea, QNT 76, pp5-6)
If snoring is accompanied by:
• breathing pauses,
• daytime sleepiness, memory disorders,
• headaches upon waking,
• urinating several times a night,
In cases of treatment-resistant hypertension, heart disease, look for sleep apnea carrying out examinations such as ventilatory polygraphy or polysomnography. Effective treatments exist that can improve symptoms.
Some advice for snorers:
• monitor weight; avoid alcohol and heavy meals in the evening.
• avoid sleeping pills

The restless legs syndrome:
- irritation, cramps, tickling sensation, excessive heat, aggravated by rest and lying down, forcing the person to move his/her legs to find relief. In severe cases, the impact on sleep can be important. Again, treatments exist and allow the restoration of an effective sleep.

Restless sleep
With age, movements during sleep may appear to be very invasive ... for the spouse! Some give kicks, others are more complex movements: repetitive movements of the arms, legs pedaling, jumps out of bed, with or without screaming.
Simple leg movements can fragment sleep resulting in somnolence and fatigue the next day. More complex movements are sometimes associated with violent dreams that can inadvertently lead to aggressive defense behaviour vis-à-vis the spouse but with no recollection of them the next day. Consultation is recommended, there are solutions ...

To promote good sleep
• Maintain regular activities:
Wake up at regular hours;
Physical activity or movements from morning;
Meals at regular hours.
Exposure to light:
Natural light in the morning;
Outside walks during the day if possible.
A temperate room (<18 °c), comfortable bed adapted for sleep.
• Light evening meal, but containing carbohydrates

Dr David Cohen

Salt, sugar, fat: how the food giants hooked us

This is the title of the investigative book in which Michael Moss, journalist for the New York Times, 2010 Pulitzer Prize winner, exposes the practices developed by the food industry to addict us to its products.

He starts from afar, introducing the story like a thriller that, like all thrillers, has dark sides and mysteries. The book begins in 1999 in Minneapolis with the arrival of the big bosses of the food industries to discuss the problem of the dramatically increasing obesity in the US, as well as diseases related to it. They are very elegant men in black suits, ten arrived in chauffeur driven vehicles. This already gives an idea of their lifestyles. They understand the importance of the obesity problem and will try to define a common strategy. We have no account of that meeting, but years later one can deduce that they did not change their strategy and followed the same techniques in the manufacture of their products. Based on his investigation into the secret laboratories of these multinationals, Moss tries to make us understand the systems used by them. In 1999, overweight people in the US account for more than half of adults, and about a quarter, 40 million, are clinically obese; since 1980 figures for children have doubled – more than 12 million are obese. As a consequence, cardiovascular disease, diabetes, hypertension, osteoarthritis and various types of cancer have increased as well as public costs. At the origin of this epidemic are three ingredients that the food industry uses in abundance: fats, which give us the greatest percentage in calories, salt, which undergoes several transformations to enhance the taste of food, and sugar, the most significant for its ability to stimulate the brain by giving us a quick reward. These items, together with the special attention the industry devotes to marketing, have modified people’s approach to food, making them addicted. The origin of such techniques goes far back. From the late 40s industry interprets the needs of women who are deserting their traditional kitchens for the workplace, and supplies them with ready prepared products. For example, the instant pudding dates from that time. Production techniques are changing and the industry uses additives and synthetic products, which had previously been banned. Cereals, supposed to be healthier at breakfast than eggs and bacon, are modified and contain more sugar than grains. Psychologists and neuroscience researchers are consulted to analyze our need for sugar and calculate how, especially for children, the “bliss point” may be achieved in consuming these products. In the 70s an excessive amount of dental cavities, especially in children, are noted. Dentists protest against excessive sugar consumption. Industries replace it by syrup-glucose (HFCS) which is sweeter and easier to use on a large scale. Other processing techniques are applied to meat fat and other products. 15 years after the Philadelphia meeting nothing has changed. One in three Americans and one in five children are obese. 24 million Americans suffer from type 2 diabetes. In China, for the first time, the number of overweight people outnumbers the undernourished. Since 1997 the obesity level in France rose from 8.5% to 14.5%. The author sees similarity in the practices of the food manufacturers to those of the tobacco industry. Recently, a large tobacco company bought two large food industries, which could explain this, even though the universe of the tobacco industry seems easier to know and influence than that of foodstuffs, which has an ever growing number of consumers to convince.

Laura Ciaffi
Staff Health Insurance (SHI)

Global Oversight Committee (Ann Van Hulle)

The SHI Global Oversight Committee held its third meeting on 5 and 6 November 2014. As readers are no doubt aware, this Committee acts in an advisory capacity to the Director-General on policy matters related to the SHI which include the operations and financial status of the Fund. Retired staffs’ elected representatives on this Committee (Ann Van Hulle (member) and Clas Sandström (alternate)) both attended this meeting.

The Committee reviewed important matters concerning the SHI administration and related systems. It also reviewed a series of recommendations on benefits. As we recognize the importance of being well covered by the health insurance, retired staff representatives paid great attention to the recommendations being put forward. In addition, the presentation of the benefit schedule has been enhanced by the Secretariat to ensure greater clarity on the benefits covered and those which are excluded.

The report of the meeting is under review at the time of writing. It will shortly be submitted to the Director-General. Information on the decisions will be provided by the Secretariat once they are official.

Global Standing Committee (Jean-Paul Menu)

The Global Standing Committee continues to meet every month, always with the full participation of representatives of retirees (members and/or their alternates). We can assure you that all cases are examined with great care.

Other matters

As in previous years, SHI contributions for 2015 are increased by 4%. This ongoing increase, which has been approved by the Director-General, is necessary in order to ensure long-term sustainability of the SHI Fund. For retirees the first instalment for 2015 has been deducted from the December 2014 pension.

Every effort is made to improve the communications with all insured retirees. The SHI Administration has just sent a Newsletter to all participants. The Newsletter includes a message from the representatives of retirees,

Once more, we remind you that retirees have access to a website dedicated to them (https://extranet.who.int/) in which they will find the rules in English, French and Spanish as well as other useful information. Access is through a password which has been communicated to them

Jean-Paul Menu and Ann Van Hulle

The whole collection of the Quarterly News is now on our website

Members are aware that they can consult the editions of the Quarterly News on the AFSM web site (http://www.who.int/formerstaff/publications/newsletter/en/). Until now, we could only post on line number 51 onwards (January-March 2003). However, we have now succeeded in securing printed copies dating back to the pilot issue (1990) up to number 50. The missing copies in our files were generously provided by Alain Vessereau. Thank you Alain. Unfortunately, we do not have the electronic files for these early versions so we have scanned them to the best of our ability and readers can now consult them on the web site. You will be able to discover the evolution of the newsletter, the subjects of concern to us in the early days and many articles written by friends and colleagues. We would like to thank Ivan Babovic, Assistant Administrator in the Staff Association and Anne Yamada: their informatics skills have allowed us to post the early editions on our site.

The Executive Committee
News from WHO

Highlights of events over the past few months

- Ebola continues to be WHO’s major priority. In November, the Director-General, Deputy Director-General and all Regional Directors met as the WHO Global Policy Group to discuss key issues and challenges facing the Organization, notably the Ebola outbreak. Their message to staff stressed “we are facing the largest and most complex Ebola outbreak on record, with an unprecedented number of affected countries, thousands of cases and deaths in the general population, and hundreds of infections and deaths among health care workers and responders”. WHO is working with Ebola-affected countries to help the UN Mission for Ebola Emergency Response (UNMEER) to achieve the 70-70-60 goals: to get 70% of the cases isolated and treated, and 70% of the deceased safely buried within 60 days from the beginning of October to 1 December. WHO has been contributing by: training burial teams and frontline workers to protect themselves while caring for patients; working with communities on early recognition of Ebola symptoms and movement of family members to avoid infection of others; working with partners to build Ebola treatment centres; and providing epidemiological data. The Director-General visited Mali to discuss the country’s ongoing outbreak response and ways in which the UN organizations can enhance their support.

As information changes daily, readers are advised to consult the WHO web site for up-to-date news – www.who.int

- The sixth session of the Conference of the Parties (COP6) to the WHO Framework Convention on Tobacco Control (FCTC) was held in Moscow in October. Despite increased efforts by the tobacco industry to undermine the FCTC, important decisions were passed: e.g. tax measures to reduce the demand for tobacco; adoption of the decision on electronic cigarettes which acknowledges the need for regulations along the lines of policies concerning other tobacco products, including banning or restricting promotion, advertising and sponsorship of electronic nicotine delivery systems (ENDS); regulation of smokeless tobacco and water pipe products; recommendations for entry into force of the Protocol to Eliminate Illicit Trade in Tobacco Products; and principles to address sustainable alternative livelihoods for tobacco growers.

- In November, countries vowed to combat malnutrition and adopted the Rome Declaration on Nutrition and a Framework for Action.

- On World AIDS Day on 1 December, WHO released new guidelines on providing antiretrovirals as emergency prevention following HIV exposure, and on the use of the antibiotic co-trimoxazole to prevent HIV-related infections. The theme of the Day focused on closing the gap between people who have access to HIV prevention, treatment, care and support services and those people who are being left behind. All people, everywhere, should have access to the services they need.

- On 3 December, WHO issued new guidance to prevent and control cervical cancer. The main elements focus on the vaccination of 9-13 year-old girls with 2 doses of HPV vaccine; the use of HPV tests to screen women for prevention; and wider communication to reach women throughout their lives, rather than focusing on screening women over age 29.

- According to the World Malaria Report 2014 released end 2014, the number of people dying from malaria has fallen dramatically since 2000 and malaria cases are also steadily declining. Between 2000 and 2013, the malaria mortality rate decreased by 47% worldwide and by 54% in the WHO African Region where about 90% of malaria deaths occur.

Sue Block Tyrrell

Further information can be found on the WHO website – www.who.int

New AFSM member

We have pleasure in welcoming to the large AFSM family the following member and we congratulate her on her decision.

New Annual Member: Margaret Milligan
In living memory

Readers may recall from QNT 97 that we reported on the death of Glenn Thomas, a WHO Communications Officer who lost his life in the Malaysian Airlines crash on 17 July, on his way to the International AIDS Conference in Australia. In line with the WHO tradition of recognizing and celebrating the lives of colleagues who have died in service of the Organization by planting trees that grow and live on, a tree was planted in the headquarters’ grounds on 17 November in memory of Glenn. A large tree with flamboyant green foliage that turns bright red in autumn (Liquidambar styraciflua) was chosen by Glenn’s friends and colleagues as a fitting expression of his exuberant personality. The photo just taken shows the young tree in winter – we will endeavour to take another photo when the tree is at its best.

The last memorial tree planted in the HQ campus was in May 2007 – a Pinus sylvestris – in memory of former Director-General Dr Lee Jongwook.

Glenn’s tree neighbours a magnolia planted in honour of Lisa Veron who was tragically killed in January 2005 whilst working for the Stop TB Department in WHO’s country office in Zimbabwe.

Can readers advise us whether other WHO Offices have such a tradition?

Sue Block Tyrrell

UN Secretary General’s year-end message

We would like to share with you a few comments made by the UN Secretary-General in his year-end message to staff. In thanking the staff for their efforts and the sacrifices they have made, Mr Ban Ki-moon referred to some very dark times during 2014 and expressed his appreciation of the extraordinary energy and commitment of UN staff, many of whom face difficult and dangerous conditions as they seek to do more for the people they serve. “As we look towards 2015, we have much work to do. … The United Nations will turn 70 in 2015 and, like every 70-year-old, we have the experience and the memories to give us a broader perspective, inform our decision-making and grant us some measure of wisdom. We know that every new challenge will not be our last. ….. At the United Nations, we never lose hope and we never give up.”

SBT

Energy limits to growth

Dr J. Hamon, engineer-agronomist, former WHO Assistant Director-General, has sent us a text summarizing an article by Jean-Marie Jancovici which appeared in 2012 in the Journal « The Debate » entitled « The energy limits to growth ».

This study, corroborated by studies in other countries, particularly America, aroused little interest in France. Essentially it says that social inequalities and unemployment cannot be reduced by growth.

We received the article too late for this issue.

DC
The skies in January–March

At this time of year the constellation of Gemini, the Twins, is one of the major features of the night sky. To find it, look to the north and east of the well-known constellation of Orion. It is very high as seen from the northern hemisphere, but quite low from the southern, where it sits near the northern horizon.

Look for two brightish stars, as far apart as two fingers held together held at arm’s length. These are the Heavenly Twins, Castor and Pollux. Castor is the more northerly, and fainter of the two. The constellation of the Twins consists of two lines of fainter stars extending towards the top of Orion. Each Twin takes the name of its main star in Greek mythology.

These stellar twins are not particularly similar, but they make a fairly distinctive pair. There are other stars equally close together in the northern sky, but they are part of other patterns or are fainter.

With binoculars, follow the trail of stars that marks Castor. Due north of the left side of Orion you will spot two stars aligned east-west and of roughly equal brightness, not bright but still visible in a light-polluted sky. They mark Castor’s left foot. Look just to the west of this pair with binoculars and within the same field of view you will see a nice cluster of stars, known as M35, a popular target for amateur astronomers.

If you want help with finding more constellations or more information on what is happening in the sky, visit the Society for Popular Astronomy website:
http://www.popastro.com/youngstargazers/skyguide/

Article kindly provided by the British Society for Popular Astronomy

2015 Trip: 11 days/10 nights on the Volga from 31 August to 10 September

Days 1-3 St Petersburg
Day 4 Mandrogi – vacation village
Day 5 Kizhi – cruise on Onega lake. Arrival at Kizhi at the heart of the lake, in the Kareliva Region, the Russian Great North. Visit of the open air museum – classified as a UNESCO heritage site.

Day 6 Goritsy
Day 7 Yaroslavl – Rostov
Day 8 Uglich – concert of choral music. Captain’s dinner with a glass of vodka.

Days 9-10 Moscow
Day 11 Moscow: Breakfast on board and disembarkation. End of our services.

Personalized service during the cruise by a cruise/travel director
Buffet breakfast, lunch and dinner served at tables with a choice of meals
Cruise to Yaroslavl, one of the most beautiful towns in the “Golden Ring” founded in 1010
Francophone cruise support and entertainment

Russian expert lecturer on board. Bilingual French-Russian hostesses.
Audiophones for all guided tours.

See next page for price and pre-enrolment
Cruise 2015: From 31 August– 10 September (see previous page)

<table>
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<th>Price/pers.</th>
<th>Lower deck</th>
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<tr>
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<td>1 229 €</td>
<td>1 324 €</td>
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Formalities: EU nationals: passport valid for 6 months after the date of return and obligatory visa.

Visa costs: 110€ per person (2014 cost) - (with an additional cost of €100 for an express visa request within 45 days of the departure date Drinks not included)

Plane Geneva–St Petersburg and Moscow–Geneva: price not yet known

I am interested;

Number of persons: Deck

Date, signature

E mail: c.hager@bluewin.ch or dacohen@sunrise.ch

On the lighter side

Would You Marry Again?
A husband and wife are sitting quietly in bed reading when the wife looks over at him and asks the following question...

WIFE: "What would you do if I died? would you get married again?"
HUSBAND: "Definitely not!"
WIFE: "Why not? don't you like being married?"
HUSBAND: "Of course I do.."
WIFE: "Then why wouldn't you remarry?"
HUSBAND: "Okay, okay, I'd get married again."
WIFE: "You would?" (with a hurt look)
HUSBAND: (makes audible groan)
WIFE: "Would you live in our house?"
HUSBAND: "Sure, it's a great house."
WIFE: "Would you sleep with her in our bed?"
HUSBAND: "Where else would we sleep?"
WIFE: "Would you let her drive my car?"
HUSBAND: "Probably, it is almost new."
WIFE: "Would you replace my pictures with hers?"
HUSBAND: "That would seem like the proper thing to do."
WIFE: "Would you give her my jewellery?"
HUSBAND: "No, I'm sure she'd want her own."
WIFE: "Would you take her golfing with you?"
HUSBAND: "Yes, those are always good times."
WIFE: "Would she use my clubs?"
HUSBAND: "No, she's left-handed."
WIFE: -- Long silence --
HUSBAND: "Damn."
Readers’ Corner

Dear Dr Cohen,
I am wondering how many people will remember that forty years ago today (3 December 1974) I launched the aerial vector control operations of the WHO Onchocerciasis Control Programme (OCP).

The attached photo shows Dr David Baldry (as Chief of Aerial Operations of the OCP Vector Control Unit) being interviewed by the press at Bobo Dioulasso International Airport (Burkina Faso) on the morning of 3 December 1974, before he boarded a Helicopter PC-6 single-engined aircraft, nicknamed “Romeo” (registration N3612R), to go and apply an insecticide to rapids along parts of the R. Komoé (in Burkina Faso and Côte d’Ivoire) where blackflies were breeding.

 Shortly after Dr Baldry’s departure, his colleague, the late René Le Berre, took off from Bobo in a Bell Jet Ranger helicopter, nicknamed “Juliette” (registration N7929J) to conduct a similar operation along the R. Léraba, (Burkina Faso) and the R. Bandama (Côte d’Ivoire).

These few historical memories may be worth mentioning in the next edition of AFSM News.

With kindest regards,

David Baldry

------------------------------------------------------------------

David,

I thought you might appreciate knowing how helpful your various articles have been to me and probably many others in similar circumstances. I have included a copy of today’s correspondence:

Ms. Borisova (UNJSPF) December 10, 2014

Thank you for your quick response to my inquiry. Fortunately, the recommendations suggested in two separate articles from the AFSM Quarterly News (former WHO staff) Practical advice in the event of death of a former staff member July 2010 and What is new in Pensions April 2013, I had saved in a file, gave me the exact information you sent. The articles were very helpful but I didn’t know if there had been any changes in the instructions. I am reassured by your confirmation.

Yesterday, I had those papers certified by our Mayor and they are in the mail. I appreciate your efficiency and am pleased to better understand the process. Your publication is most informative and appreciated. Thanks!

Merry Christmas and Seasons Greetings!

Ardis Knudsen

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To: President, AFSM, WHO/ Geneva

Dear Sir,

Towards the end of each year, I am accustomed to address a few lines to the AFSM, conveying to its Executive Committee members and all the Editorial Team of the AFSM QNT and their families me and my wife Leila’s sincere and good wishes for the coming New Year 2015, praying to GOD to provide them all with happiness and long healthy life all through the coming years. It is also my pleasure to transfer today the sum of US$200.—to the ASFM as my contribution for the year 2014 to support our AFSM Quarterly News, expressing my sincere appreciation and gratitude to all the Editorial Team for their continuous effort and devotion to produce regularly our AFSM QNT which remains the important link among WHO retirees all over the world …

Wishing you again a MERRY X-MAS and a very happy NEW YEAR (2015).

Dr. Khaled Mneimne
Dear Dr Mneimne,

Your generosity for our association and our Quarterly News is truly remarkable. Many many thanks for your donation. The members of the AFSM Executive Committee and of the QNT Editorial Committee assure you of their warmest wishes for the New Year 2015 to you and your wife Leila.


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Four old ladies in Barcelona

On 19 October of 2014 we met up in Barcelona; we, i.e. Daphne Salmon, Coby Sikkens, Doreen Sayers and June Hargreaves-Beer. We all first met in 1975 when we lived (or almost) on the 6th floor of the WHO main building. June and Daphne shared the office of the Director CDS and Doreen did her bit for diarrhoea up the corridor. I was the latest arrival in support of what was later to become EPI. This time round, June had come from Hampshire, Doreen from Northumberland, Daphne from Laroque in France on the Spanish border and I travelled up from my temporary location in Alicante. We had chosen our arrival well because we landed ourselves in the midst of a pro-independence demonstration in the Plaza Catalunya. After watching it for a bit we decided to repair to a local café until it was all over. We had a lovely tapas lunch. Needless to say we chatted so much we overstayed our welcome or almost. June and Daphne had not seen each other for 20 years, but it was not as though we noticed. The next day our sightseeing started in earnest and we had procured tickets to the invaluable hop on hop off bus which takes you round the sights to see in retiree-kind fashion. First stop: Sagrada Familia: the world’s most famous building site. Doreen had procured tickets in advance, so we did not have to queue. A good thing too because the queue was long. We went around with an audio guide which explained what was what. The place was absolutely packed. A lot of Familias, but it did not feel very Sagradas until we listened to no. 6 of the audio guide in a quiet corner which gave a version of the Lords Prayer which was so beautifully done that we forgot the crowds. Gaudi’s most unconventional conception of this church has been adopted by the present architects who are charged with finishing the building by 2026, the year of the 100th anniversary of Gaudi’s death. Back on the bus, towards the Parc Guell on Carmel Hill, another one of Gaudi’s creations and commissioned by Eusebi Guell. A beautiful public Park in which we walked and walked until our feet fell off, or so it felt. We saw Gaudi’s house and many other things. We completed the blue bus tour and had a tapa dinner on the Plaza Universita. The following morning we started on the red bus tour which took us to different parts and we stopped off at the Pobla Espanol, a sort of open air museum of a typical Spanish village. We wandered around, looked at all the shops and procured some souvenirs and enjoyed the lovely warmth and sunshine. After lunch we let the bus take us to the Castle at Montjuic. At the bottom of the cable car that took us up to the Castle a photographer caught us. Result attached. The evening brought La Traviata in the Gran Teatre del Liceu, the Barcelona Opera House. Day three was for the Cathedral, the Picasso museum and the shops. We had dinner at the harbour and a beautiful Spanish Guitar Concert in the Palau de la Musica Catalana. Another fantastic Modernist building. The next day we all said goodbye again. It had been exhausting but so very much worth it! We all enjoyed seeing Barcelona and seeing each other again. We scattered back to our various homes around Europe until next time, with a kind feeling towards WHO which had brought us together in the first place.

Coby Sikkens
News from our Regions

African Region

On the occasion of her nomination to the post of Regional Director by the WHO Regional Committee for Africa in November 2014, our colleagues from the network of retirees from WHO/AFRO\(^1\) sent to Dr Matshidiso Moeti the following letter:

Dear RD-Elect, Dr Moeti,
It is with profound joy that we, former staff of WHO/AFRO, learn about your election to the lofty post of WHO Regional Director for the African Region. Heartiest congratulations indeed. As the first African woman to be elected to this post in the 52-year history of WHO/AFRO, you have made history and we are exceedingly proud of your achievement!

We know that as a talented health expert, you undoubtedly are well-placed to supervise the technical work of the Organization in the Region. Under your leadership, the various technical units will be led by the science to apply the best evidence-based solutions to the Region’s health issues. We also hope that you and your team will work very closely with Member States in the Region to promote excellence in their health training and research institutions, so that these become the first ports of call for technical support when health disasters occur in these countries.

The ongoing Ebola epidemic in West Africa has seriously dented the image of WHO because of the perception that WHO did not adequately manage the epidemic. It is therefore clear that the implementation of the Regional Strategy on Disaster Risk Management, within the context of the strengthening of health systems, will have to be part of AFRO’s priorities in the immediate future, as Member States in the Region are supported to achieve Universal Health Coverage and Sustainable Development Goals.

The managerial administration of the Region, and the relationship with Member States, will be the areas where you will need knowledge generation and translation.

We, the former staff of the Region, hereby offer you our various technical and administrative services, as and when you need them. We are not yet a formal entity, but we look forward to becoming part of the network of retired WHO staff world-wide.

We wish you the very best as you undertake this onerous but potentially highly rewarding assignment and are willing to support you during your tenure. Experience is said to be the best teacher, and our collective experience is at your disposal.

Yours sincerely,

On behalf of the WHO Former Staff in the African Region, Dr Kalambay Kalula

\(^1\) See News from the Regions: AFRO, QN97, p14

For more information of the Network, please visit http://retirednottired.wix.com/retiredbutnottired

Region of the Americas

From 3 to 5 December 2014, our colleagues from the Association of Former PAHO/WHO Staff Members (AFSM) organized their 5\(^{th}\) General Meeting and 25\(^{th}\) Anniversary Celebration in Washington. Participants were addressed by the Director and Deputy Director of PAHO as well as the CEO and Deputy CEO of the Pension Fund (UNJSPF).

Although our Executive Committee had been invited, several reasons prevented us from being represented in person. We sent a message for the opening ceremony and we reiterate our warmest wishes to our sister association.

The article written by our colleague and QN editor-in-chief David Cohen on High blood pressure in older people (NT84) has been translated in Spanish and published in the October-November 2014 issue of the AFICS-Argentina Newsletter, under the title Hipertensión Arterial en Adultos Mayores.

Thank you Dr Pio!
News from our Regions

Western Pacific Region
After typhoon Haiyan (Yolanda) that brought devastation to the Philippines in November last year, the country was hit again by Hagupit another major typhoon in December this year. Our thoughts go to the population and especially to our members and their families.

A new Regional Director elect for Africa
As mentioned elsewhere in this issue, The Regional Committee for Africa has nominated Dr Matshidiso Moeti from Botswana as Regional Director. It is expected that Dr Moeti will be confirmed by the WHO Executive Board in January and in the meantime we address our warmest congratulations. Dr Moeti is married to Dr Idrissa Sow, a member of our Association.

Events and announcements in the Geneva area

International Day of Older Persons
As readers are aware, this was celebrated on 1 October. In Geneva, a well-attended event was held at the United Nations with the theme of “Leaving No One Behind: Promoting a Society for All, Realizing the Human Rights and Well-being of Older Persons”.

The session was opened by Silvia Perel-Levin, Chair of the NGO Committee on Ageing in Geneva and moderated by Alanna Armitage, Director of UNFPA, Geneva. The four speakers were:

- Rosa Kornfeld-Matte, Human Rights Council's Independent Expert on the enjoyment of all human rights by older persons: “Why we should focus on the human rights of older persons”
- Valeria Rabaglia from the Mission of Argentina: “How Member States can support the mandate of the Independent Expert”

In setting the scene, the speakers referred to the demographics shown in the report - Ageing in the Twenty-First Century: A Celebration and A Challenge – http://www.unfpa.org/public/home/publications/pid/1584

One person in nine in the world is aged 60 years or over and projections increase to one person in five by 2050 – by this date, there will be more older people than children under 15 years: already in 2000, there were more people aged 60 and above than children under 5 years. Population ageing is a cause for celebration but its opportunities come with many challenges for governments and the concerns of older persons have to be included in the post-2015 development agenda.

The speakers and audience raised many issues which need to be taken into consideration, e.g. active ageing, pensions, health care, including oral health and palliative care.

A web site will be launched soon by the Independent Expert to secure feedback from older persons – we will share with you the details in due course. WHO has recently launched a new “Age-friendly world” web site – http://agefriendlyworld.org/en/

The session was closed by Astrid Stuckelberger, President of the Geneva International Network on Ageing (GINA). A light lunch (offered by GINA) was followed by a dance performance by “The Magic Movers” – a group of ladies above 60 years of age, hosted by the UN Economic Commission for Europe. They were delighted to have their photo taken with the UN Secretary-General Ban Ki-moon who was visiting Geneva. His statement for the International Day of Older Persons can be found at http://www.un.org/sg/statements/?nid=8075 and the statement by the Director-General of the ILO can be found at http://www.ilo.org/global/about-the-ilo/mediacentre/statements-and-speeches/WCMS_310213/

How was this special day celebrated where you live? We would welcome articles from our readers.

Sue Block Tyrrell
Seminar « How to prevent and overcome loneliness »

This seminar was held at the International Labour Organization (ILO) headquarters in Geneva on 2 October 2014. It was organized jointly by the Association of Former WHO Staff, the Association of Former International Civil Servants (AAFI/AFICS) and the ILO Section of Former Officials.

Six speakers made short speeches followed by questions.

Dr John Beard, Director of WHO’s Department of Ageing and Life Course, underlined the importance of a positive attitude, to dare to do things and to make the effort to approach others without waiting for them to come to you: this is one of the keys to improving the quality of life.

Mr Jacques Rabut, Vice President in charge of social cohesion, handicap and dependency in the French Département of Ain, presented the facilities available in the Département. He stressed the variety of circumstances found in the Department which represents 10% of France’s territory and shares a border with Switzerland.

Ms Florence Moine, IMAD (Geneva Institution to help people to remain at home), underlined the risks of isolation caused by the fear of falls which limits outings. This fear is linked to the decrease of sensory abilities (hearing, vision, balance). She stressed the importance of physical activities. She also mentioned the help provided to caregivers who often find themselves isolated.

Dr Anne-Claude Juillerat Van der Linden, Faculty of Psychology and Educational Sciences at the University of Geneva and President of the Viva Association in Lancy, stressed the importance of commitment for ageing well. Learning, assuming a social role, contacts with people of other generations, all this has a positive impact. She emphasized the negative effects of stereotypes that depreciate retirees.

Ms Rosalind Cutler, American International Women's Club of Geneva, talked about her personal feelings concerning life as an expatriate. She underlined the difficulty of finding an identity and a sense to belonging.

In closing, Ms Monica Bonfanti, Chief of the Geneva Police, outlined security risks. She warned about the publication of personal data on social networks and mentioned tricks to obtain banking information. She stressed the importance of prevention.

The presentations are on the AAFI/AFICS website:
www.afics.unog.ch/AAFI-AFICS_Seminars_E.htm Prévenir et surmonter l'isolement.

A brochure is being prepared giving more details on the topics discussed at the seminar.

Plans for another joint seminar are under review for 2016.

Yves Beigbeder and Odette Foudral

2015 dates for coffees and lunches in the Geneva area

We are pleased to inform you of the dates of these informal social gatherings for retired UN system staff. We do hope you can join us:

**Geneva:** First Wednesday of each month, “International Carrefour” coffee afternoons from 2-4 p.m. at Cité Seniors, 62 rue de Lausanne/28 rue Amat. Generally, Roger Fontana from the AFSM and Odette Foudral from AFICS are there to welcome those who attend, and of course the kind staff from Cité Seniors. The Cité has excellent facilities: people come for drinks and snacks which are very reasonably priced, to use the computers and take part in events - there is an impressive programme, including courses, conferences, workshops, multi-language conversation evenings, with music and dancing or films etc. on Sunday afternoons. Take a look at the programme on their web site – [www.seniors-geneve.ch](http://www.seniors-geneve.ch) or give them a free call on 0800 18 19 20 and ask for a copy. On the first Tuesday of each month, from 1.30–5 pm, they have a health information session – a qualified nurse is available to respond to questions, take your blood pressure, check your blood sugar level and provide general health advice. The Cité is open on Tuesday to Friday from 9 am to 5 pm and on Sundays from 11 am to 5 pm.

For other activities at Cité Seniors please consult their web site.

**Nyon:** Coffee mornings from 10 a.m. to 12 noon are now held in the café “Le Magot”, at 34 rue de la Gare – the main pedestrian shopping street in Nyon. It is opposite the dry cleaners Baechler.
2015 dates for coffees and lunches in the Geneva area

There is a large seating area but the group meets at the back of the restaurant. The dates for 2015 are:

Mondays: 6 July and 5 October
Wednesdays: 4 February, 6 May, 5 August and 4 November
Thursday: 9 April in lieu of Easter Monday that week
Fridays: 6 March, 5 June, 4 September and 4 December

Ferney-Voltaire: Lunches on the last Monday of each month at Chez Toni (Café Voltaire), 10 Grand’rue at 12 noon. The restaurant is inside the café, opposite the bar, on the left.

Sue Block Tyrrell

20th Solidarity Fair at WHO Headquarters

The 20th Fair was held on 10 December to help replenish the Solidarity Fund, set up in 1995 to help staff members who lose their jobs at WHO and find themselves in financial difficulty. Since that time, thousands of francs have been distributed either as grants or interest-free loans to our colleagues and to other charitable causes. This year, Nepal was highlighted, with support for a project to provide better education for children studying at community school and making them safer from disaster through basic first aid training. In addition to the now traditional AFSM tombola, this year organized by Sue Block Tyrrell and Anne Yamada, as our colleague Maria Dweggha was travelling, there were many stalls selling food and handicrafts, second-hand books, the usual bake sale and musicians to entertain us. The AFSM provided two tombola prizes – one hamper containing Italian confectionery and the other Swiss delights. The proceeds of CHF 550 (a record amount) will be donated to the Solidarity Fund. The lucky winners of the prizes were two active staff members - Laurent Pattou in the Records and Archives section, and Dolores Campanario in the WHO Press section.

Our stall was situated next to the young interns, allowing us inter-generational chats between customers. The AFSM is pleased to support this event to demonstrate our solidarity with the staff and the Fund. It also provides us with the opportunity to promote our Association. As usual, a few people asked for information or took documentation, and we were delighted that some local AFSM members were able to participate in the Fair.

Sue Block Tyrrell and Anne Yamada
Events and announcements

The 2014 Swiss Classic British Car Meeting¹ (website: british-cars@iprollnk.ch. www.british-cars.ch)

Unbelievably beautiful weather on 4 October turned Morges into a seaside resort during the high season. More than 20 000 spectators admired almost 1,500 collectors’ vehicles, cars and motorcycles of all ages; every one of them from factories in what was once one of the world’s largest automobile manufacturing nations, Great Britain.

The Swiss Classic British Car Meeting, to give it its full tongue-twisting title, officially starts at 10am. But on arriving at Morges driving my 1957 MG Magnette ZB Varitone - just as the clock on the chateau struck 8 o’clock in the morning - I’m already caught up in a stream of cars coming from every direction: an Austin Cambridge Farina there, here a 12-cylinder Rolls-Royce Phantom III, now a Mini Cooper, and here’s an Austin Gipsy, a rare agricultural jeep-type vehicle limited to 30 kilometers an hour, more Rolls-Royce a 1935 20/25 model, an MG TF 1500 from 1955, Land Rovers, Morris Cowley, they just do not stop coming in….

In short, an amazing living and working museum of British automobiles from the 1920’s through to the present day. And it will continue like this all day long. The peak time of arrival has not yet been reached and already some early arrivals are already going out for a spin in their cars, others are busy exploring the exhibition of fine machinery around the enormous display area.

Keith Wynn and his volunteer staff provide a very friendly welcome and hand over programmes to participants, including a voucher to receive a free commemorative Rally Plate of the Meeting.

Along the lake-side quays stall holders are offering spare-parts for old British cars and motorbikes, period rally timing devices, documentation and period clothing. Others offer parts specifically dedicated to Jaguar, Mini and other British models, as well as special cleaners and polishes for impeccable bodywork.

And talking of impeccable cars, the Morges Chateau courtyard is the setting for an exhibition dedicated to celebrating the 110 years of Rolls-Royce, with a selection of representative models of this prestigious manufacturer. And this included a 1942 27-litre Rolls-Royce Merlin engine from a Spitfire, which was fired up at regular intervals to the delight of the crowd.

Here is one of the paradoxes of this 2014 edition, a fantastically popular (in the true sense of the word) and friendly festival celebrating one of the world’s most exclusive makes. Only Keith Wynn, the tireless organizer, could pull all of this together and make it gel so successfully. Here’s to the 2015 edition on Saturday 3rd October.

Text by Jean-Marc Kohler

Photos by Stephen Butterworth (see on page 2)

¹ These car meetings were started in 1992 by Keith Wynn, formerly head of the Publications Printing Services at Headquarters

“UNIAG 2015”

The 42nd UN Inter Agency Games will be held at Salou-Tarragona in Spain (about 100 kms south of Barcelona) from Wednesday 29 April to Sunday 3 May 2015 (www.interagencygames.org).

This year’s host organization is the International Telecommunication Union which is concurrently celebrating its 150th Anniversary!

As usual, the Games will cover a range of disciplines including for the more physical (athletics, badminton, basketball, cricket, football, swimming, table tennis, tennis, volleyball) and the less physical (bridge, chess, darts, golf, pétanque), although final determination of inclusion can depend on the number of registrations for that discipline. Some 900-1,000 participants are expected from all UN offices and missions around the world.

The registration deadline is Tuesday, 24 March 2015, to be submitted through the WHO UNIAG Coordinator, Arnaud Devilliers, at devilliers@unicc.org. Please note that this is a package registration, including both the sporting competition, hotel accommodation and board, and the various gala events. Participants will need to organize their own travel.

All AFSM members are warmly encouraged to consider participating in what has become the major annual social and sporting get-together of the UN family!

Derrick Deane
At the invitation of the Mayor of Sceaux, Mr Philippe Laurent, I had the pleasure of attending the ceremony to honour Sceaux with the title of an “Age-friendly City” by Mr Pierre Marie Chapon, the representative of France for WHO, and Mr Pierre Olivier Lefebvre, general delegate of the francophone network, in the presence of many personalities and associations.

Sceaux is a town of about 20 000 inhabitants including a large number of older persons. It is situated about ten kilometres to the south of Paris. It is famous for its castle, its magnificent park, and its high level educational facilities – schools, colleges and universities. The “blue week” is an annual national event based around a theme designed to inform and convince public opinion about the contribution of retirees and older persons to society, whilst enlightening people about the preoccupations of and issues faced by the elderly. The event provides the opportunity for those who work regularly with older persons to organize activities which link the generations.

The “blue week” opened on 11 October at the Sceaux town hall with the designation of the WHO “Age-friendly City” award.

In 2006, WHO launched the initiative of age-friendly cities, in view of the need for towns to face the challenges of their ageing populations. For several years, the town of Sceaux has been involved in solidarity activities designed to maintain social support for fragile and isolated elderly people. In recognition of these activities, in January 2010 Sceaux was awarded by the Minister of Social Affairs and Health the title of an “ageing well – living together” city.

In July 2013, Sceaux responded positively to an invitation by the Minister for Older Persons and Autonomy, which called upon the awarded communities to join the global initiative of WHO. Sceaux joined on 16 May 2014 and has been pursuing policies to encourage active ageing and taking steps for continuous improvements within the national and international network. Sceaux is the first town in the “Ile de France” region to join the WHO Global Network of Age-friendly Cities and Communities.

Rosine Néagoé

In memoriam

D. V. Subrahmanyam
I inform you of the demise of my uncle Mr. D. V. Subrahmanyam, erstwhile Director, Environment and Health Department, Geneva, and later in New Delhi. He retired sometime in the early eighties. He was 87 years old. He passed away peacefully in Chennai India on November 6, 2014. He is survived by his son, D. S. Viswanathan (known as Vichu)
If any of his erstwhile colleagues should wish to offer their condolences to his son, the address is D. S. Viswanathan, 8/2A, West Mada Street, Srinagar Colony, Saidapet, Chennai 600015. Or they can telephone (91-44) 22201034.

Lakshmi Sundaresan

This to inform you that my father Dr Richard Strudwick passed away on 25th September 2014 and I would be grateful if you would remove his name from the mailing list for your magazine.

Yours,

Pamela Raby (daughter)

Edward Uhde passed away on 23 December: An obituary will be published in the next QNT (99).
In memoriam

Dr. Alvin Bruce Knudsen (Dr. K) 1937 - 2014.

Dr Alvin Bruce Knudsen died at his home in Bountiful, Utah, USA on October 30, 2014. Born in Salt Lake City on February 16, 1937, Bruce was the eldest of four children. After graduating from East High School in Salt Lake City, he studied at the University of Utah where he met Ardis Jean Morrisson, whom he married in 1960. Bruce continued his studies at the University of Utah while serving in the Naval Reserve as a medical corpsman. He worked as a Public Health Service Consultant for the National Park Service in Zion, Bryce Canyon, and the Southern Utah State Parks as well as the Grand Canyon, and Yellowstone National Park.

Bruce did post-doctoral work at the University of California as a research scientist/medical entomologist in the field of tropical medicine. He began his full time career working in the Caribbean for the Pan American Health Organization (PAHO) of the World Health Organization, specializing in the field of vector-borne diseases. He also served in Malaysia, Nigeria, Trinidad and Barbados. In his last post at WHO/HQ Geneva, Switzerland, Bruce was responsible for the control of the vector of dengue fever; he is remembered by his former colleagues as a dedicated and kind person. Bruce retired from WHO in 1997 and returned to Utah where he taught Earth Systems Science at Mueller Park Jr High School in Bountiful. His students loved Dr. K. and he loved them. He was an excellent teacher.

A lifelong member of the Church of Latter Day Saints (LDS), Bruce undertook an LDS mission to Denmark as early as 1960. He later served in many leadership and teaching positions in Nigeria, and from 2006-2008, undertook a humanitarian mission in Nigeria and Ghana.

A devoted family man, avid outdoorsman, fisherman and gardener, Bruce was also a keen runner who was proud of achieving a “Magellan” – i.e running the cumulative distance equal to the circumference of the earth. Bruce is survived by his wife, six children, 13 grandchildren and 3 great grandchildren.

Ardis Knudsen (spouse)

Dr Mario Felszer died in Buenos Aires on 30 September 2014, aged 89.

He obtained his medical degree from the National University of Rosario (Argentina) and his MPH from Berkeley University (USA). Among other assignments, he was WHO Program Coordinator in Papua New Guinea in 1981.

Information extracted from the AFICS-Argentina Newsletter, October-December 2014.

B. Vijay Reddy (14 February 1934 – 4 June 2014)

Between 1970 and 1994, he worked as WHO Supply and Administrative Officer, successively in Brazzaville (1970 – 1979), Manila (1986 - 1992) and New Delhi (1992 – 1994). In all those places, Vijay was highly appreciated for his dedication and he was renowned as a keen and very good golfer. He is survived by his wife Shantha and his children Sheena and Sanjay and grandchildren.

JP Menu
In memoriam

Isabelle Alexander, who was a staff member at Headquarters from 1971 to 1989, died in Geneva on 23 June 2014 at the age of 79. During her entire period at WHO she was the Administrative Assistant in my office. I was extremely lucky to have Isabelle as my Assistant. She had a high sense of responsibility and order, and she took good initiatives when appropriate. There is no doubt in my mind that any success that I may have had in fulfilling my functions of ADG is to a considerable extent due to Isabelle’s accomplishments.

I think that Isabelle knew almost everyone at Headquarters and became friends with many staff members. Always elegantly dressed, courteous to everyone and speaking clearly and often in a formal manner with a distinct English accent, she initially gave the impression of being rather reserved and even distant. But those who came to know her better – and there were many such people – soon saw that she was a very warm person. Her position gave her the opportunity, which she fully used, to be of assistance in solving many problems that arose at Headquarters among the support staff. She was much appreciated by her colleagues.

Isabelle took early retirement shortly after I retired in 1989. I saw her from time to time and we had lengthy phone chats on our respective birthdays and at Christmas, but she never attended any meetings and receptions for retired WHO staff. She devoted most of her time to taking care of Italo, her companion of more than fifty years, who was ill for many years. Her health, never very sturdy, declined gradually, especially after the death of Italo some years ago. I had the impression that she saw fewer of her friends and became rather isolated. Once or twice during her retirement she traveled to Scotland to visit friends but she did not have any close family members anymore.

Warren Furth

Our respect for Dr Jean-Paul Jardel (1936 – 2014)

As we remember Jean-Paul Jardel, just a few days after his death, the word respect immediately comes to mind. Respect in which he was held by his WHO colleagues, all of whom appreciated his expertise which was recognized by everyone in the fields of public health, and in epidemiology which was his own speciality. Without doubt his training at the Ecole de santé militaire (Army Medical School) in Lyon and his first professional appointment as lecturer at the School of Public Health in Rennes provided the solid foundations for his brilliant international career at WHO. In Africa initially, Dr Jardel was among those responsible for the eradication of smallpox. Very early on, his inventive intellect, open to new technologies, led him to foresee the potential and future applications of informatics. He made a major contribution to informatics development in the Regional Office for Europe, where he was Director of Programme Management (DPM). Respect not only for his commitment to the humanitarian values of WHO but also for his rigorous management of its programmes. Staff members, as well as country representatives and staff of other international organizations, appreciated his rectitude, particularly as Assistant Director-General of WHO (ADG). But what mattered most for Dr Jardel was certainly his respect for others, regardless of their function, rank, origins or opinions. He provided guidance and support to his colleagues, mixed with a sense of humour and the ability to make them laugh.

While thinking of Jean-Paul we also remember his wife Elisabeth who died with him. Everywhere and on every occasion she was at his side. Those of us who knew her well were aware that her discretion hid a rich culture and authentic knowledge of the arts. She leaves a memory of a lady who was elegant, distinguished and immensely courteous.  

Marc Danzon and Jean-Paul Menu

I join you in respectful and affectionate memories of Dr Jardel. It was always a pleasure to attend any meeting in which he was involved and we benefitted from his expertise, good sense and delightful humour.

Lindsay Martinez
A global health pioneer

Melville Mackenzie (1889-1972), inspiring pioneer of global health

The WHO global programme on ageing, which I established in 1980, advocates active ageing. I attempt to practice what I preach and, seventeen years into retirement, have just completed a doctoral thesis on The Genealogy of WHO and UNICEF and the Intersecting Careers of Melville Mackenzie (1889-1972) and Ludwik Rajchman (1881-1965). The essence of the Thesis is presented in the article that follows (the full text is in the WHO Library). The personal papers of Melville Mackenzie allow us to observe how international health developed.

During the Russian winter famine of 1921-1923, he observed a 'wonderful spirit' that coordinated all countries to help Bolshevik Russia, when millions of its citizens were starving. In 1928, he embarked on a mission to Greece for the League of Nations Health Organisation (LNHO) that was to change the scope of international health. For the first time, a nation invited an international body to assist it in establishing its health services. Mackenzie led a Commission to Greece which put forward a plan for reorganizing health services, based on a survey of social and economic conditions. The following year, he replicated this in Bolivia, where the means of communication were challenging. In 1930, LNHO Director Ludwik Rajchman, at China's request, launched a decade-long programme of technical cooperation to help the country establish health services for its huge rural-based population. At the outbreak of the Sino-Japanese war, it fell to Mackenzie to organize the logistics of LNHO's largest country programme. Visiting China in 1939, he selected Pierre Dorolle, who was serving there for LNHO, to be the Secretary-General's Representative. This kind and able man later became Deputy Director-General of WHO.

During World War Two, Mackenzie was an advocate for a postwar international health organization. His ideas were informed through two LNHO contacts, Raymond Gautier and Yves Biraud. By 1943, Gautier had formed the view that the purpose of an international health organization was to promote 'health for all'. Gautier and Biraud incorporated their concepts in a joint submission of a preamble and constitution for a postwar international health organization. It is substantially this text that emerged as the Constitution of WHO.

In June 1946, Mackenzie wrote to his wife from New York, informing her that he was attending 'by far the biggest international health conference ever held', adding that he was elected Chairman of the General Drafting Committee. He wrote again to say that the British Foreign Secretary had given him 'full power and authority to agree and sign any treaty in connection with the World Health Organization'. On 22 July 1946, Mackenzie presented the WHO Constitution at the final plenaries and signed it, without reservation, on behalf of the UK. Rajchman's exclusion from the preparatory planning of WHO took him on a path that resulted in the creation in 1946 of an international 'emergency' fund for the world's children – UNICEF, which began to cooperate with individual countries in the fields of health and nutrition. The World Health Assembly, meeting for the first time in 1948, considered UNICEF's health programmes to be in its own field of competence, a concern that led the two agencies to form a joint committee on health policy (JCHP). The proposal to create the JCHP emerged from a Committee on Relations of the Assembly, which Mackenzie chaired. Mackenzie, one of four representatives of the WHO Executive Board, was elected to chair the JCHP and Rajchman led the four UNICEF representatives. When they sat across from one another at JCHP meetings, Mackenzie and Rajchman could look, with pride, at their contribution to the structures, policies and practices of global health and child protection that were now in place. The JCHP served both agencies well: in the last quarter of the Twentieth Century, they jointly promoted a strategy that aspired to achieve for all citizens of the world a level of health that would permit them to lead a socially and economically productive life – Health for All.

David Macfadyen

1. Welcome Library, PP/MDM.