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)

A view of the International Day of the Elderly at WHO HQ in Geneva

Association of Former Staff
Creation of a new AFSM regional association Manila (page 9)

The Executive Committee: From left to right: Elsie Ventura (Alternate Secretary), Lou Rodríguez (Alternate Treasurer), Cora Omega (Secretary), Romy Murillo (President), Thelma Ballat (Vice President), Pilar Topacio (Vice President), Nita Redondo (Programme Coordination) and Lily Balinghasay (Treasurer)

The President of AFSM Manila (Romy) at the restaurant of WHO HQ, Geneva.

Left to right: Sue Block Tyrrell, Anne Yamada, Romulo Murillo, Jean-Paul Menu, Dev Ray.

Visit of Nancy Berinstein, President of AFSM Washington.

From left to right: Sue Block Tyrrell, Yves Beigbeder, Mr Berinstein, Roger Fontana, David Cohen, Anne Yamada, Chantal Menu, Nancy Berinstein, Ann Van Hulle-Colbert

(photo taken by Jean-Paul Menu)
EDITORIAL

October is always a busy month, full of events:

1. The International Day of the Elderly took place on 1 October and is celebrated worldwide. In Geneva, the event was organized in collaboration among the AFSM, GINA\(^1\), AAFI-AFICS and the City of Geneva (see page 4). We would be delighted to receive news from the Regions.

2. Our General Assembly was held on 8 October at WHO headquarters, Geneva and about 75 people attended. You should have received a copy of the report of the President – a summary is included on page 5, and a report will be published in QNT 94.

3. Influenza vaccination sessions were held in Geneva on 15 and 22 October. We hope other Regions will follow our example.

4. We had pleasure in receiving Romy Murillo, President of the newborn AFSM Manila, as well as Nancy Berinstein, President of AFSM/PAHO (see page 2).

5. Our annual reception will take place on 5 December at WHO headquarters. We hope that many of you will be able to attend.

6. As our General Assembly is held in alternate years with the elections of the Executive Committee, the latter will take place in October 2014. We are calling upon you now to submit your candidatures so that we can renew the Committee and bring in new ideas.

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\(^1\) Geneva International Network for Ageing

We pay special tribute to the Printing, Distribution and Mailing Services.

The opinions expressed in this magazine are those of the authors and not necessarily those of the Editorial Board.

Send your contributions to: David Cohen: dacohen@sunrise.ch
International Day of the Elderly

The event this year, focusing on the theme of “Global Healthy Longevity: a Priority for the Future: Determinants, Challenges and Solutions”, was celebrated at WHO/HQ, Geneva, on 1 October. The room was full and we were delighted to see about 20 AFSM members among the participants. The event was organized jointly by the AFSM, WHO, the Association of Former International Civil Servants (AFICS) Geneva, the Geneva International Network on Ageing (GINA) and the City of Geneva”.

Astrid Stuckelberger, Co-founder and President of GINA and John Beard, Director of the WHO Department on Ageing and Life Course co-chaired the meeting. Prior to a panel discussion and debate, participants watched a new film entitled “The Silver Mirror”. Through various cultural contexts, scientific views and personal vignettes, the film frames the critical scientific and ethical issues about the possibility and reasons for extending human health. The panel discussion was led by Somnath Chatterji from WHO, who referred to the launch of a Global Survey on Adult Health and Ageing. Emmanuel Biver from the Geneva University Hospital (HUG) described the HUG study on “Ageing in Good Health” – see page for further details of this study. He stressed the importance of good nutrition and physical activity for the elderly. Jean-Michel Caudron from the International Federation of Associations of Older Persons in France emphasized the need for national policies for the elderly and described some of the activities carried out in France. Odette Foudral, President of AFICS Geneva and Jean-Paul Menu, AFSM President, made statements. John Beard conveyed a message from Flavia Bustreo, Assistant Director-General for Family, Women’s and Children’s Health. WHO is gaining evidence in preparation for World Health Day 2015 when the Organization will release its world report on ageing and health. He underscored the importance of health promotion for the elderly and referred to the outcomes of a large study on diet – there is now clear evidence that a Mediterranean diet has a positive effect and stressed that it was never too late to improve one’s diet. Astrid Stuckelberger referred to the upcoming world Mental Health Day on 3 October which would focus on the mental health of the elderly. A good discussion ensued before participants were invited to a reception in the WHO cafeteria offered by GINA with the wine donated by the Canton and Republic of Geneva. Isabel Rochat, State Counsellor, Department of Solidarity and Employment addressed the gathering, and the message of the UN Secretary-General on the occasion of the International Day of the Elderly was conveyed by Odette Foudral.

Table of chronic diseases related to age as presented by Dr. Biver, who is leading the study currently underway in several European countries, including Switzerland (see article on page 15).
AFSM General Assembly

As announced in our previous Newsletter, our General Assembly was held at WHO Headquarters on 8 October 2013, bringing together nearly 80 participants. Dr William Gunn was elected Chairperson. The full report of the discussions will be published in the January 2014 issue of our Newsletter and the President’s report was sent to you by separate mail. This year, we had decided not to have detailed presentations on Pensions and Health Insurance in order to allow more time for those members who wanted to intervene. As usual, the senior officers in charge of Pensions and Health Insurance replied competently and professionally. Numerous questions were asked on the taxation of UN pensions. We also thank the participants who made recommendations for improving the effectiveness of the Committees.

In spite of the exceptional length of the meeting (from 1:30 to 5:30 pm) most participants stayed until the end, a possible indication that the new structure was interesting or perhaps they were waiting to taste the wine offered by the members of the Executive Committee after the closure of the meeting!

A view of the Assembly working

Coffee break
Other photos and full report will be published in QNT94

Photos Samy Kossovsky
Cystitis

Cystitis is an inflammation of the bladder caused most frequently by a microbial infection. It affects mainly women, about one half of whom will have at least one bout of cystitis during their lifetime. The causative agent is usually Escherichia coli (or colibacillus) which is present in the intestine. The female anatomy is the reason for the high prevalence in women: the very short urethra opens near the anus (4 cm) and thus transit to the bladder is easy. However, the ratio female/male of 50/1 in young people rises progressively to 3/1 in the elderly. This change is due to a decrease in the prostatic secretions, to prostatitis, or to a hypertrophy of the prostate which puts pressure on the bladder, slowing the evacuation of urine, and thus favouring urinary infection.

The most common symptoms of urinary infection are:

- Pain, or burning sensation when urinating
- Abnormal frequency of mictions in the day, and often at night
- Continual feeling of the need to urinate
- Cloudy urine with a disagreeable odour
- Pain in the lower abdomen
- Sometimes, blood in the urine

In the event of vaginal dryness, use a water soluble lubricant during sexual relations to avoid irritation.

For men: prevention of urinary infections is more difficult. It is important to drink sufficient liquid to maintain a good urinary flow, and to have any prostate problems treated.

Interstitial cystitis, or painful bladder syndrome, is, fortunately, rare. It is a chronic non-infectious inflammation of the bladder of unknown cause. It affects mainly women (90% of cases). The need to urinate is very frequent both day and night. One patient told me that she got up 12 times during the night and when outside the home was obsessed with finding toilets. The pain is described as burning or dagger like.

Treatment (classic analgesics, antidepressants, antiulcer drugs) gives only poor results of short duration. In rare cases, when the affected person is very handicapped, surgical intervention through removal of the bladder and its reconstruction from a piece of intestine may be necessary.

Dr David Cohen

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Agence française de sécurité sanitaire (Afssaps) evaluation of the statement "contributes to reducing the adherence of certain bacteria E.coli on the walls of the urinary tract" and on the use of "cranberry " or "Vaccinium macrocarpon" in concentrated juices, food supplements and a cocktail/juice nectar - Afssa - no. 2003-SA-0352 - n
Staff Health Insurance Report 2012

The report of the Staff Health Insurance (SHI) for the year 2012 contains interesting information (financial, operational and on the insured population). It includes results and figures for 2012 and previous years and also identifies the main challenges for the Fund. The following summarizes significant aspects of the report.

The Fund balance as at 31 December 2012 was USD 601 million, which represented an increase of USD 73 million (14%) compared to the end of 2011.

Regarding the operations for the year 2012, there was a net overall operational surplus of USD 8.7 million, mainly due to the fact that contributions had increased effective 2012. On the other hand, the retired staff category showed a deficit of USD 14 million which represented a slight increase compared to the deficit for the same category in 2011. Claims paid for active and retired staff combined amounted to USD 75.9 million compared to USD 76.7 million in 2011.

The latest actuarial defined benefit obligation for SHI is estimated at USD 1,495.5 million while the estimated unfunded liability is USD 916 million.

The total insured population stands at 37,141 and the ratio of active paying members to retired/survivor paying members is 1.30. 45% of insured active staff reside in areas where the cost of health care is high.

Regarding expenditure, hospital-related expenses account for 34.9% of total expenses; physicians’ fees account for 19%, medicines 17% and dental care 9.6%.

Domiciliary and institutional nursing care now accounts for 3.4% of total expenses. As the insured population ages and as a result of an increase in the benefits for long-term care introduced a few years ago, expenses related to this category of care is likely to continue to increase. Expenditure under all categories needs to be closely and constantly monitored and analyzed in order to avoid having to further increase contributions to meet expenses.

The investment performance showed considerable improvement compared to 2011 and the overall return was 8.7%. Of course, the performance needs to be evaluated over a period of a few years rather than year to year. Included in the SHI report for the first time is a separate financial report prepared in accordance with International Public Sector Accounting Standards (IPSAS). This follows WHO’s decision to adopt IPSAS as from 1 January 2012.

This is the last year that the report will be reviewed and submitted by the SHI Headquarters Surveillance Committee as this responsibility will henceforth be transferred to the newly created SHI Global Oversight Committee.

Ann Van Hulle-Colbert

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Keep fit

For those members living in the Geneva area, we would like to remind you of the WHO Fitness Centre. The schedule of activities for 2013-2014 is now posted on the AFSM web site. Former WHO staff are welcome.

If you are interested in joining one of the classes, kindly contact one of the following WHO staff members:
Laura Brown – tel. 022 791 4381, office L.271, email brownl@who.int
Margaret Montgomery – tel. 022 791 4430, office L.111, email montgomerym@who.int, or
Deborah Randolph Talon – tel. 022 791 3973, office 6080, main building, email talond@who.int

The annual membership fee is CHF 20 and you can join at any time of the year.
Insurance matters (SHI)

As readers are aware, representatives of former staff were elected to the newly established Global Standing Committee and Global Oversight Committee. The members of the Global Oversight Committee (GOC) attended the first meeting of that Committee on 24 and 25 September. The Committee discussed many important financial and management issues related to the SHI. All participants will be kept informed of any changes in SHI rules and procedures decided upon by the GOC.

The first meeting of the Global Standing Committee (GSC) will be convened on 23 October.

In the meantime, the Headquarters Surveillance Committee (HSC) has continued to review individual cases as well as financial and managerial issues. The draft Report on the Staff Health Insurance for 2012 was reviewed and discussed in detail at a recent meeting and the report has since been finalized and submitted to the Director-General in accordance with the SHI Rules. Highlights of this report are presented in a separate article of this QNT on page 5.

In order to ensure that issues or concerns of former staff are addressed by the appropriate committee (GSC or GOC), we welcome your comments at any time which can be addressed to the AFSM email address at: aoms@who.int

Ann Van Hulle-Colbert, Jean-Paul Menu

1. The present value of future claims by current and future inactives minus the present value of future contributions by current and future inactives

New members

We have pleasure in welcoming to the large AFSM family the following members and we congratulate them on their decision.

Life Members
Marianne KJELDGAARD, Tanja Ellen SLEEUVENHOEK, B. FABRE TESTE

Conversion to Life Membership:
Joceline BOISBÉLAUD, Ricardo PASCUAL, Sami SHUBBER, Jean- Michel LECLERCQ, Michael GURNEY

Annual Members:
John VARALLO

New email addresses:
Ralph (Rafe) Henderson: rafeh@bellsouth.net, ilzeh@bellsouth.net
Samy Kossovsky: sakossov@bluewin.ch

New postal address:
Gilbert PADEY : 62, route de Bonneville
F-74100 ANNEMASSE, FRANCE
Our growing family: creation of a new AFSM (Manila)

On 16 May 2013 a Grand Fellowship Reunion of WHO Retirees based in the Philippines was held at the WPRO lounge.

Big thanks are due to the Regional Office and to all those who contributed and volunteered to bring food and drinks. It was a successful and memorable event because, finally, we formally organized our loose association of retirees adopting AFSM (Manila) as its name. We have about 120 members (including retirees from other WHO offices and surviving spouses who are now based in the Philippines) and membership will increase as we invite others to join. At present, the membership fee is on a voluntary basis, but will be reviewed at the next meeting. We welcome former WHO staff members having retired in the Philippines and retirees having worked in the Regional Office for the Western Pacific Region. We cannot accept yet former WHO staff Members who reside in other countries of the WPR, but they may wish to set up their own association. We will enjoy our retirement and live longer if we are together. The Bureau team comprises the following (two-year term of office):

President: Romy Murillo  
Vice Presidents: Thelma Ballat and Pilar Topacio  
Secretary: Cora Omega and Elsie Ventura (Alternate)  
Liaison with AFICS-Philippines: Diane Regudo  
General Programme Coordination: Nita Redondo  
Treasurer: Lily Balinghasay and Lou Rodriguez (Alternate)  
Photos & Publications: Carm Uhde

On 23 May 2013 a Yahoo Group was created inviting every member with an email address to join in order to facilitate posting of messages intended for all members. The web page is: http://groups.yahoo.com/group/afsm_Manila. Also, most welcome are volunteers for community service and those who have particular skills in caring for the elderly. Connect with our official Facebook Fan Page: www.facebook.com/AfsmManila.

The Bureau met on 25 June 2013 at Lily Balinghasay’s residence in Ayala Alabang. Our agenda includes a courtesy call with the RD to strengthen our relationship, the possibility of sharing an office with the staff association and a link on the WPRO website. The courtesy call is scheduled for 28 October (thanks to Lou for the arrangement). It was also decided to hold an annual Christmas party, this year on 12 December 2013. Our Directory will be updated regularly to improve communication with members. Other points discussed by the Bureau include scheduling a meeting with the officers of the Mutual Benefit Fund (MBF), giving tributes to retirees who pass away, a newsletter, SHI and pension matters, etc.

At the moment we have only an email address for the posting of messages (afsm_Manila@yahoogroups.com), but no telephone number nor mail address yet. The possibility of a web site link to WPRO and mail/office address will be brought up in the upcoming courtesy call with the RD. We contact members through SMS which is the most common and effective way to communicate with our members, as all of them are equipped with a mobile telephone.

While in Geneva, I had the privilege to meet with members of the Bureau of AFSM on 18 July 2013 and to discuss briefly AFSM (Manila). This was followed by a hearty lunch at the WHO restaurant, with my thanks to Jean-Paul Menu, Anne Yamada, Sue Block Tyrrell and Dev Ray for their warm reception. Having worked with Anne and Jean-Paul in Manila, it was also a time of reminiscing about work experiences and memories. The idea of having free anti-flu vaccination in WPRO, as enjoyed by retirees living around Geneva, for those retirees with SHI coverage was brought up to reduce SHI costs and improve the health of retirees.

On a personal note, I wish to thank Anne for treating me and my wife to succulent foie gras poêlé in Villard and for bringing us to her 1936 house and to the Monastery Haute-Savoie.

Let us wish the new team all the best and luck. Cheers and greetings from AFSM(Manila)!

Romulo (Romy) Murillo

The Executive Committee of AFSM warmly congratulates Romy and his team for this initiative; particularly since our new sister association intends to pursue our common objectives in full coordination with associations in other Regions. We will offer all possible support to AFSM (Manila) and look forward to hearing about more initiatives of this kind.

JP Menu
**Our retirees are talented**

**Pascal Diethelm recognized by WHO HQ.**

On the occasion of the World No-Tobacco Day (WNTD), WHO gives a special award to people around the world who have played a significant role in anti-tobacco action. This year, our AFSM life member colleague Pascal Diethelm (right) received the award from Dr Hans Troedsson, Executive Director of the Director-General's Office. Pascal, President of the anti-tobacco NGO OxyRomandie, started working in the anti-smoking field as long ago as the 1980s, when he assisted the Tobacco or Health Programme (TOH) by creating a special computerized model for use in different countries to calculate projections for eventual future deaths caused by smoking over the years. The model was publicized for the first time during an international congress held at Empoli, Tuscany, Italy, when the town was chosen as the first Italian no-smoking city, at the same time as Besançon, the first French no-smoking city. The success of such a computerized approach was great and it became for Pascal the beginning of his second work activity which led eventually to the creation first of OxyGenèве and later OxyRomandie. Below is the rationale for his award nomination by the European Network for Smoking and Tobacco. “Pascal Diethelm is the president of OxyRomandie, a Swiss association working in the fight against smoking; a founding member of the Framework Convention Alliance, a worldwide federation of associations to oversee the implementation of the WHO Framework Convention on Tobacco Control (FCTC); and vice-president of the National Committee against tobacco, a French association dedicated to tobacco control. Pascal Diethelm has worked tirelessly to unveil the truth about the tobacco industry, consistently contributing to the global watch-dog activities, monitoring the many promotion and sponsorship tactics and strategies employed by the tobacco industry to mislead the public, interfere with the tobacco control policies, in particular in relation to corporate social responsibility. Some of the Red Cross national societies associated with the tobacco industry were unveiled by Pascal Diethelm, flagging the effect of undermining the implementation of the WHO FCTC Article 5.3. Pascal Diethelm has also been one of the civil society leaders who openly protested against a recent partnership between the International Museum of the Red Cross/Red Crescent in Geneva with the JTl (Japan Tobacco International). These protests resulted in the announcement by the Red Cross Museum of the return of the donation to the respective tobacco company.”

**Poets**

Galliano Perut, a member of AFSM, engineer in WHO HQ from 1982 to 1998, has written many works of poetry, scripts of plays often performed and film scenarios. Although he would have preferred to be involved full time in the arts, he pursued an engineering diploma in order to gain his livelihood. In 1974, he was awarded the prize of the Jury of the Academy of Poetry in Paris. In 1992, he was awarded the first prize of poetic theatre offered by the Society of Poets and Artists of France for his first work entitled “History of Job and the refusal of compromise” created in 1986 in Geneva for the 450th anniversary of the Reform. In 1991, his work “Nicholas of Flue – gold and earth” was also enacted in Geneva for the 700th anniversary of the Confederation. The third volume of this trilogy “the Wise, the Saint, the Heroes” – a musical drama under the theme of M L King – I have a dream – is currently of interest to various theatres. In 1997, together with a friend, he established a literary association – the Poets of the City. Since then and following the UNESCO resolution of 15 November 1999 which proclaimed 21 March as the World Poetry Day, this association has been organizing a poetry and musical event in Geneva every year. A citizen of Switzerland and Italy, Mr Perut is a member of the Geneva Society of Writers, of the Swiss Society of Authors and ProLiteris and lives in Chambésy in Geneva.

*Details on Mr Perut and his works can be found in the site www.ecrivainsgenevois.ch*
Our retirees are talented (Cont’d)

Jason Jesuthesan, a WHO retiree who used to work in UNAIDS and then emerging diseases, has just published his first book of poems entitled Poetic Affusion. His poetry is inspired by many of the aspirations he had as a WHO staff member and highlights issues such as poverty, hunger, violence against women and children.

During a recent visit to Geneva, the AFSM Executive Committee, in collaboration with the WHO Staff Association, organized a lunch-time poetry session. Those of us present greatly enjoyed listening to some of the poems by Jason and by Galliano, and his colleague Jean-Martin Tchapchet, a former ILO staff member. Unfortunately, due to the short notice of this event, not many people were able to attend and we will arrange for a future session, possibly in line with UNESCO’s World Poetry Day set for 21 March.

If AFSM members are poets and would like to come and present some of their poetry, please let us know.

For a poem by Mr Perut (in French), see page 11 of the French version.

On looking at the web site of the Geneva Society of Writers, you can find the name of another AFSM member - Mrs Fawzia Assaad, the widow of Dr Fakhry Assaad, who remains a loyal life member of our Association.

The Lake Genève

Forever serene ‘nd in peace live,
The lake city of Republic Genève;
Of all cities of grandeur and squalor
I’d privilege to enter, you most I adore,
The green hills that over you tower,
Guard the placid meadows of splendour below.

Wondered I oft, to the origins of a crescent
Shaped lake? Perhaps, the moon so impressed
By her elegance, descended to be present
Amid her bosom; for beauty within aptly compressed!
Wetness aplenty well swelled the lake fronts;
So flourish by the beaches, a green belly concurrent.

Alps on east, ornament Villeneuve to Vevey,
Snooping from south, the white hills of Savoy
Ooze piety to this lake city full of beauty;
Verses do little justice to poetise Romandy;
Oh the fountain of wealth from Valais to Vaud,
Many we too, strolled few moments in thy bosom wow!

Flags flutter to bid Rhone good bye, by the lake’s mouth,
Fish kinds freely puddle along the lake’s width,
Flocks of swans, lazily surf the placid water,
Ferries zigzag for cautious swans to scatter,
Flowers by the lake, spell mantra to bow
In awe, so does the jet d’eau’s misty rainbow.

Pursued men of letters, across land ‘nd ocean:
French satirist ‘nd ode master Voltaire,
To English poets Shelley ‘nd Byron;
For glamour of Genève, too dear to ignore,
Hence found they abide in finer locations,
By the hills of Lake Genève – better citation
Could one ever find, to sing her praise!

Where but in this city of bliss,
Water jets to the sky for a kiss,
Where but in this city of solace,
World of divides come to seek peace,
Where but in this city of scenic thrills,
Willingly abide, angel harmony, amid the white hills!

Jason Jesuthesan
Our retirees are talented (Cont’d)

A new work by our colleague Yves Beigbeder,

Jurist


French justice towards independence (in French only)
Political pressures, international constraints and reforms

This book describes and supports the evolution of French justice towards independence in support of international principles in various conventions, charters and principles of the UN and the Council of Europe. It underlines the complexity of French institutions and their surroundings and is based on some recent events. Finally it recalls the constitutional and legislative reforms since 2010 and shows new directions to reinforce the independence of justice.

Summary
Ch I. The international principles of independence of the judiciary
Ch II. The French judicial institutions and their surroundings
Ch III. The weight of the past
Ch IV. The events
Ch V. The international obligations of France
Ch VI. The European constraints
Ch VII. Reforms enacted and announced

Skies for October – December

This year, everyone is talking about the possible appearance of a great comet, called Comet ISON, at the end of November and the beginning of December. The excitement is all due to the fact that this comet, which had never been observed until 2012, will skim only 1,100,000 miles from the surface of the Sun. As the body of the comet is a chunk of ice and other materials some 5 km in diameter, this close approach is likely to make it become very bright as the ice turns to large volumes of gas. However, even on optimistic predictions, the comet is unlikely to become a naked-eye object until a day or two before its closest approach to the Sun (perihelion) on 28 November, when it could be visible from the southern hemisphere rising ahead of the Sun. At its closest approach, it will be only a degree or so from the Sun, but even if it becomes very bright it would still be virtually unobservable. The Sun is blindingly bright, and casual observers could put their eyesight at risk if they try to glimpse it.
It could well break up altogether in the Sun’s heat on or following perihelion, but if it survives it could be visible from the northern hemisphere with a tail stretching up from the south-western horizon just after sunset on the first few days of December. However, at the time of writing, it looks as though the comet will not be particularly bright, though comets are very unpredictable and things can change. We have been disappointed by comets many times in the past, and even if the comet is bright a lot depends on having a crystal-clear sky at the right time.
The good news is that ordinary binoculars could be the best way to observe Comet ISON, as they have a wider field of view than telescopes. Check the Society for Popular Astronomy’s website: www.popastro.com, for the latest observing information around the time of perihelion.

Article kindly provided by the British Society for Popular Astronomy
Retirement in Addis Ababa: fun, adventure, and some hard work

A question I am often asked is “what is it like to retire in Addis Ababa (ADD)?” And “why did you retire there?” The reply to the second question is easy. It’s because Addis Ababa is my place of residence! Yes, I am Dutch, but my husband is from Ethiopia. That’s why we decided to spend the European winter period (9 months) in Ethiopia (escaping the cold) and the European summer months (3) in Amsterdam (AMS) (escaping the rainy season in Ethiopia), thereby enjoying the best of both climates and cultures. Although at the time of writing it is also raining in AMS as well! We have a very comfortable house in ADD, as well as a housekeeper and a gardener, and a lovely condo in AMS. I am privileged indeed!

The reply to the first question is also easy but takes a bit of explaining. In short, I recommend everybody to retire away from one’s duty station. I have never been so busy in my life. No time to mope about WHO days gone by or to get depressed! New things to learn/do every day...

I am fascinated by ADD life. It’s a huge city, undergoing a huge transformation, a bit like London and Paris in the 19th century. Mega road construction is ongoing, creating huge traffic jams at times (most of the time). A light railway is also under construction, to offload the overloaded buses and taxis. In the meantime, more jams! I just love the donkeys which are carrying goods and supplies into the city. Apartment blocks and office buildings are sprouting up like mushrooms around town (there is much demand for housing), employing a huge number of migrant workers flocking into ADD from the countryside. Creative entrepreneurs (women!) provide excellent coffee at affordable prices on the spot. Indeed, mobile shops (charcoal stove, coffee pot and coffee cups included) sprout up around building sites!

The city is very clean. Of course there is room for improvement; garbage collection is erratic at times, but getting there. Banking remains a bit of a challenge. Forget about e-banking. One has to go to the bank and queue. That’s OK. But sometimes the network is down and/or there is electricity cut (less so these days). The latter also happens in Amsterdam. So nothing special either. Inter-banking transfers do not exist yet. So, one has to hand-carry monies from one bank to another bank, and queue again. Such is life. Generally speaking, life in ADD is very safe. So no problem there either. It’s just an issue of time (and parking!).

How do I stay in touch with family, friends and the outer world in general? Internet access is a life saver, also allowing me read online newspapers, book reviews etc. and to check emails and Facebook updates. Yeah! Access is provided via a memory stick. Credit is uploaded on a monthly basis via a mobile phone scratch card. Simple and handy! The mobile phone system is still a bit erratic – simply too many users, but improving. It’s forbidden by law to use a mobile phone while driving. The police are very strict about it, I’m happy to say. I also have an e-reader, allowing me to download books wherever I am. It’s not the same thing as a “real book” I know, but books are heavy and I read a lot! I do speak Amharic, after a fashion, but there is room for improvement. However, most people now speak (some) English as well, including the shoe shiners, who are a great source of information. Shoe shining, by the way, seems to be gender specific as well. I have only once seen a young woman shining shoes, quite some time ago.

Trips to the countryside are a real treat and provide a sense of adventure. At the end of March we went (again) to Gondar and Bahir Dar, by plane and road. The city of Gondar is known for its castles while Bahir Dar is known for its lake and monasteries and the Blue Nile falls. A real “must see”, in case you plan to visit Ethiopia! While much has changed since our first visit there in the mid-1990s - more people, more tourists, more roads, cell phones - the Portuguese bridge, built in 1620 is still going strong! I’m happy to report.

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Voila, that’s my life in ADD in a nutshell. Nothing special. Just a different setting/environment, something I must enjoy.

Tania Ellen Sleeuwenhoek
On 4 July 2013, UN Secretary-General, Mr Ban Ki-moon, together with H.M. Queen Margrethe II of Denmark, cut the ribbon officially opening UN City in Copenhagen.

Mr Ban Ki-moon thanked the Government of Denmark for its generous investment and support, stating that UN City would act as "a cutting-edge, environmentally friendly hub for United Nations' agency operations".

Echoing the title of the outcome of last year's landmark Rio+20 summit, which has become the international community's roadmap to sustainability, urging dramatic shifts in consumption and production patterns and protecting and managing the planet's natural resource base, he went on the say that "UN City is an example of how modern, energy-efficient offices can play their part in building the future we want".

"From the rows of parked bicycles to the wind turbines out to sea, I see proof that we can tackle the climate changes that face us", adding "From solar panels to seawater cooling and external metal blinds to regulate light and heat, UN City shows what can be achieved. Estimated energy consumption will be cut by more than half."

The concept of a more efficient and coherent UN was first strongly emphasised in 'The Millennium Declaration' adopted by world leaders in 2000. The Danish Government, wishing to lend its support to the idea in practical terms, decided soon afterwards to investigate the possibility of moving the Copenhagen-based UN agencies into one single compound. The 8 agencies are UNDP; UNEP; UNFPA; UNICEF (moving 250 staff from present temporary premises later this year, beginning of next year); UNOPS; UN Entity for Gender Equality and the Empowerment of Women (UN-Women); WFP; and WHO. Bringing so many UN organisations together in one location allows, inter alia, for enhanced cooperation and ability to "Deliver as One". The work carried out by the UN agencies in Copenhagen "makes a real difference to the lives of the poor and vulnerable", and Denmark should be "rightly proud" of its contribution.

"UN City would provide support to crucial humanitarian, peace building and development operations around the world...Denmark delivers", and "UN City is one more example. This is a place where good things are happening and where even more can and will be done."

Jill Conway-Fell

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**On the lighter side: Witty quotes from Winston Churchill**

Not only was Churchill one of the greatest leaders of the 20th century, he was a witty man. These are a few quotes and anecdotes attributed to him:

- History will be kind to me, for I intend to write it.
- In war it does not matter who is right, but who is left.
- I am prepared to meet my maker; whether my maker is prepared for the great ordeal of meeting me is another matter.
- Democracy is the worst form of government except all those other forms that have been tried from time to time.
- Lady Nancy Astor: Winston, if I were your wife, I'd poison your tea.
  Churchill: Nancy, if I were your husband, I'd drink it
- Bessie Braddock: Sir, you are drunk.
  Churchill: And you, madam, are ugly. But in the morning, I shall be sober.
- Young man (after seeing Churchill leave the bathroom without washing his hands): At Eton they taught us to wash our hands after using the toilet.
  Churchill: At Harrow they taught us not to piss on our hands.
- Churchill: Madam, would you sleep with me for five million pounds?
  Woman: My goodness, Mr. Churchill... Well, I suppose... we would have to discuss terms, of course...
  Churchill: Would you sleep with me for five pounds?
  Woman: Mr. Churchill, what kind of woman do you think I am?!
  Churchill: Madam, we've already established that. Now we are haggling about the price.
News from WHO

Highlights of events over the past few months

- In line with the World Health Day theme of reducing hypertension, WHO is developing a framework and toolkit for salt and sodium intake reduction.
- Within the context of WHO reform, in June, WHO held its first financial dialogue with Member States and partner agencies. A second meeting will be held in November. The aim of the dialogues is to fund the WHO Programme Budget 2014-2015. A brochure on Investing in the World’s Health Organization can be found on the WHO website – www.who.int/mediacentre/events/2013/financing_brochure_20130620.pdf
- Early July marked the 50th anniversary of CODEX Alimentarius which was set up to protect the health of consumers by harmonizing international food safety and nutrition standards. WHO and FAO have finalized the CODEX strategic plan for 2014-2019.
- In mid-July, the Director-General convened an Emergency Committee to assess the Middle East Respiratory Syndrome – coronavirus (MERS-CoV) situation. The Committee unanimously decided that conditions for a public health emergency of international concern had not yet been met. However, the situation remains of great concern and WHO is recommending measures to improve surveillance and reporting, prevent and control infection, and is offering technical advice on related issues.
- In early August, WHO released new clinical protocols and guidelines for effective mental health care for adults and children exposed to trauma and loss. Post-traumatic stress disorders, acute stress and bereavement are now included in the WHO Mental Health Gap Action Programme.
- In August, WHO paid tribute to a staff member Ali Maow Maalin. He was at the forefront of both smallpox and polio eradication. He was the last naturally occurring case of indigenous smallpox diagnosed in October 1977. He survived smallpox, became a health worker, spent the last decade of his life working to end polio in Somalia, and died of malaria in July.
- The World Health Report 2013 on Research for universal health coverage was launched in mid-August. It calls upon countries to continue to invest in local research in order to develop a system of universal health coverage tailored to each individual country’s situation.
- The September issue of the WHO Bulletin focuses on the health of women older than 50: topics include breast and cervical cancer, sexual health, noncommunicable diseases and health services for older women www.who.int/bulletin/volumes/91/9/en/
- WHO is providing assistance during the crisis in the Syrian Arab Republic: through WHO coordination, the health sector has reached 3.7 million people with health care delivery and distribution of medicines and medical material.
- This is the season for meetings of the Regional Committees:
  - African Region: 2-6 September – 63rd session, Brazzaville, Congo
  - Region of the Americas: 30 September-4 October – 65th session, Washington, DC, USA
  - Eastern Mediterranean Region: 27-30 October – 60th session, Muscat, Oman
  - European Region: 16-19 September – 63rd session, Çeşme Izmir, Turkey
  - South-East Asian Region: 10-13 September – 66th session, New Delhi, India
  - Western Pacific Region: 21-25 October – 64th session, Manila, Philippines
- During the summer, the attention of the staff was drawn to the films which feature or mention WHO in one way or another: Contagion, World War 2, Sahara, Derailed, The Cassandria Crossing, L’Adversaire, Guess Who’s Coming to Dinner, and to the latest novel by Dan Brown Inferno which includes a fictional character based on a female Director-General of WHO. In the film scripts WHO becomes the symbol of public health, but its attractive staff have the unfortunate tendency to get kidnapped!

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

Sue Block Tyrrell
Healthy Ageing – Geneva University Hospital (HUG)

two clinical studies – call for volunteers

A study on healthy ageing

AFSM members living in the Geneva area, for whom we have email addresses, should have re-ceived by email in April this year the announcement of this study. As the Hospital needs to recruit more volunteers before August 2014, we are repeating the announcement.

The study is part of a European Study for persons aged 70 and over, who are autonomous (200 persons in Switzerland), including 100 over age 85. It is coordinated by the Bone Disease Department (Service des maladies osseuses) of the HUG, and directed by Pr. René Rizzoli. It was accepted by the Ethics Commission and is supported by European funds.

Ageing is characterized by an increased risk of fractures and falls, a decrease in mobility, loss of memory, high blood pressure and pain. What are the best preventive measures? If you are 70 or more, mobile, and live independently at home in the Geneva area (including in the Canton of Vaud and neighbouring France), the Bone Disease Department at the HUG invites volunteers to join this clinical study comprising food supplements (vitamin D3, Omega 3 fatty acids) and a programme of physical activity at home. The aim is to study the impact of these simple measures on the prevention of chronic diseases of ageing. The duration of the study is 3 years during which you will be requested to make 4 day-long clinical visits (one a year), and reply to a 30 minute telephone interview every 3 months.

Place: Geneva University Hospitals, Rue Gabrielle Perret-Gentil 4, 1206 Geneva.
Strict confidentiality is guaranteed. Outside the study, your general physician will remain responsible for your health questions.
If you are interested in taking part, please call 079 553 27 79. Site: www.do-health.eu

A study of problems of memory

A project is being launched by the Mental Health Department of the University Hospitals of Geneva with support by the National Scientific Research Fund. This project will study memory and cognitive problems of those over the age of 65. It aims to identify the early biological changes which can predict the future memory problems of the elderly who are otherwise in good health. The project has been approved by the Ethical Committee of the Mental Health Department of the HUG and is under the direction of Prof. P. Giannakopoulos, Chief of the Mental Health Department and Psychiatry and Mme C. Rodriguez, psychologist.

Service de psychiatrie générale (General Psychiatry Department), Belle-Idée, Les Champs, chemin du Petit-Bel-air 2, 1225 Chêne-Bourg.
If you wish to participate in this research, please telephone 022 305 51 026, Monday to Friday,
09:00-16:00.
www.hug-ge.ch
Kirsten Stæhr Johansen Asvall

We are sad to inform you of the recent passing of Dr Kirsten Stæhr Johansen Asvall. Kirsten worked at WHO/Europe for many years. She was responsible for Appropriate Technology for Health. This area developed into Quality of Care and Technology (QCT), for which she was Regional Adviser. She was also instrumental for new developments in programme management, networking and management of WHO staff. It was through WHO that she met and later married Dr Jo Asvall, WHO Regional Director for Europe in 1985-2000. Colleagues fondly remember her as passionately devoted to her work.

Jill Conway-Fell

Professor Richard Morrow, MD, MPH, passed away on 17 August, 2013 aged 81 years. From 1979-1991, Dr Morrow was responsible officer for the epidemiology component of the UNDP/World Bank/WHO Special Programme for Research and Training in Tropical Diseases (TDR). A renowned epidemiologist, Dr Morrow brought to TDR a wealth of knowledge that he had acquired from his research on tropical infectious diseases. His studies on the epidemiology of Mycobacterium ulcerans (Buruli ulcer) in Uganda and of hepatitis in Ghana are notable examples of his academic and professional contributions. His most remarkable scientific contribution was his introduction of an original concept on the measurement of the burden of disease, which has been adopted by WHO and other health-related organizations as the ‘Disability Adjusted Life Years’, (DALY). Before joining TDR, Dr Morrow was professor of international health at the Harvard School of Public Health and on leaving WHO he was appointed professor at Johns Hopkins University. He is survived by his wife, Helga, four children and nine grandchildren.

Adetokunbo O. Lucas

Marjorie M. Wheldon, 91, passed away March 20, 2008. She graduated from the University of Colorado with majors in French and literature. She worked for the American Red Cross in England and then joined the United Nations as Editor at the time it was formed. Afterwards she joined WHO in Geneva in 1947 and worked in SEARO, Delhi, from 1955 to 1976. She was an institution by herself in SEARO. As Editor/Reports Officer, she was responsible for all reports and publications that emanated from the Regional Office. During her tenure, she was present at all the Regional Committee sessions, and was well acquainted with all the health officials in the Region. With her encyclopaedic memory and her long association with WHO, she was a reference point for most matters. Most of the new staff arriving in the Region approached her for guidance on cultural matters (in addition to regular briefing on reporting.

She was responsible for starting and bringing out, week after week and without interruption, for over 16 years, the now famous SEARO News--an in-house journal of SEARO--for WHO staff in the Region and elsewhere!

JV Perumal
In memoriam (Cont’d)

Mark Szczeniowski
To eulogise a friend or relative is hard, but to do that to a collectively loved colleague, a deeply committed humanist and a loyal friend like Mark Szczeniowski, is a daunting challenge to anyone who had the rare privilege of knowing him at WHO. From being a young Technical Officer in several areas of DR Congo (Zaire) in the ‘70s in smallpox eradication, travelling through GPA, EMC programmes, to eventually becoming a Management Officer in his later days, Mark impressed on hundreds of his colleagues, his mostly hidden roots of aristocracy and diplomacy. Mark was a son of a Polish aristocrat cum diplomat stationed in Egypt at the height of the Second World War.

Being accomplished in tasting curries and gourd of palm wine as well as the best wines of France, Mark always knew someone around the bend of the river. His friends admired his deep humanist faith and constant striving to serve others including his colleagues and friends. A quiet exit was always his forte. Just before his retirement, when asked whether to organize a farewell gathering to say good bye, he said: “No, I would like to quietly fade away into the sunset”. So he has on 14 August 2013 due to cancer. Au revoir our dear friend – knowing you was our pleasure, your memories we shall treasure. He leaves behind a devoted wife and young and not so young children who will look at the sky for a new shining star.

Jason Jesuthasan/Joel Breman

Guy Quelennec passed away on 16 July.

Bodil Jensen was a talented linguist, speaking and writing many languages.

Michelle Couard passed away on 19 July, the day of her 79th birthday.

Jean Marillier passed away on 18 September

Frederik Deck passed away on 16 July

John Fraser, passed away on 4 October

Leila Suzan Jentzsch, born Blair in Jerusalem, says au revoir to Peter and Christine, Christian and Marius, Rine and Clara, and friends. We will meet on the other side.

Written by herself

Peter Beales. I learnt of the sad demise of Dr Peter Beales through SEAR news and QNT 92. I had not known of his death. The notice mentioned that he worked as Senior Malariologist in the Thai Programme from 1974 to 1980.

As many of us will remember, Peter worked thereafter at Headquarters for many years up to his retirement. In addition to his devotion to his work in malaria, I knew Peter in his role as member and subsequently as Chairman for many years of the Medical Review Committee of the Staff Health Insurance. It was wonderful to work with him. In spite of a hectic travel schedule, Peter always gave each case the attention it deserved down to the last detail.

I wondered what Peter would do upon retirement as it was difficult to imagine him sitting back and not working. It did not take long however before he returned to WHO on short-term assignments. I met him from time to time when he passed through Headquarters. Peter was a real gentleman who never raised his voice, listened well to others but was ready to be firm when needed.

Ann Van Hulle-Colbert
Extraordinary photos

This photo is far from being new. It was published in the New York Times weekend supplement of 2 October 1932 under the title: Lunch Atop a Skyscraper; it represents eleven workers involved in the construction of the Rockefeller Center in New York, during lunch break, sitting on a steel beam at 260m from the ground. Below them, you can see all of Manhattan.

It has come to light again because two Irish film-makers have just investigated the names of these workers, as a New York Irishman said he recognized his father holding a bottle (right of photo), and his uncle trying to light a cigarette (left). However, he was unable to find proof as no worker’s name appears in the archives. Moreover, a lot of people have claimed to recognize their parents.

And shown below, also incredible, is one of the photographers having taken the photo: we know his name: William Leftwich

Shall we know one day who were these workers? Is it really necessary? The photo celebrates collectively all the migrant workers whose courage made New York one of the most fascinating cities in the world. And so many Americans want to keep intact the conviction that on this morning of 1932, under an Indian summer clear sky, their own grandfather dominated the world from the beam..."

David Cohen, after Annick Cojean, in le magazine du Monde, 19.07.2013
Let's dream...

Will a severed head grow back again anytime soon?

The decapitated head of a worm grows back ... with its memory.

Regeneration medicine\(^1\) aims to replace an organ with stem cells\(^2\). Could we, if we could replace a faulty brain (Alzheimer's, etc.) restore its memory accumulated since childhood?

Planarians, flatworms of approximately one cm long could give us the reply. These worms have a central brain with synaptic transmissions and neurotransmitters (like us, dare we say). Especially, thanks to stem cells, the neoblasts are able to fully regenerate themselves.

In a study published on 2 July in the Journal of Experimental Biology (JEB), a team from Tufts University (Massachusetts) wanted to test in a radical manner, the dynamics of memory: once its head grew back, would the decapitated worm remember something of its previous life?

To find out, we must first prove that the flat worm remembers what it knew before it was beheaded. The best way to ensure this is to teach it something. Something not so easy with a worm...

It is this feat that researchers have succeeded: while groups of worms lived their lives in traditional Petri dishes, round and smooth, dozens of worms were placed in small dodecagonal "arenas" with rough ground and sides composed of a mixture of plastic and metal. While these worms usually prefer to remain on the sides of the containers and avoid light, they needed to learn to overcome their reluctance in order to eat, because the food (tiny pieces of beef liver) was placed in the middle of the box and brightly lit. The researchers were assured that the behaviour of these animals resulted through a decision taken by the brain and not from a reflex. After ten days of training, the worms became accustomed to the "arenas" and found their food more quickly than those who did not experience this environment.

After having put the worms back into a normal environment, their heads were cut off so that nothing remained of the brain. Once re-growth was complete, the worms were returned in the "arena". From the second test, the level of performance returned to that existing before decapitation. Once refreshed, the memory came back to them!

"The result is extraordinary in that it defies common sense." How could the memories be retained after decapitation? As summarized by Michael Levin, one of the authors of this study, "... What we have proven is that, remarkably, memory seems to be stored outside the brain." Knowledge acquired from training has managed to imprint itself in the neoblasts, these stem cells from which the animal will recreate its amputated part, and notably the brain neurons. "Almost as if a brand new brain started up from a backup disk."

The importance of this discovery is the prospect of regenerating neurons from stem cells. So, when will it be applied to humans?

David Cohen, d'après Pierre Barthélemy, in Le Monde 16 July 2013

\(^1\) Regeneration medicine, which is still only a hope, consists of repairing a lesion or a diseased organ by replacing the damaged parts with new cellular tissue created for this purpose. It is based on cellular therapy, consisting of cultivating cells before they are transplanted, and on the use of stem cells.

\(^2\) Stem cells are undifferentiated cells, capable of self renewal and of differentiation into other types of cells. They are found in the embryo, the fœtus or even in adult tissue.
Readers’ Corner/ Comments on the perception survey

Dear Dev

This is the stuff we need to see and be aware of happening.
I hereby volunteer for the next survey trusting that past WHO staff will be included.
The sample size must, for the results to be credible though, be bigger, so conclusions will be valid,
and hopefully, with the right top leadership, be welcomed and helpful for how they can improve the
performance and prestige of WHO as a technical UN Organisation.
With your and Velasquez articles the steadily improving QNT has reached new heights and longed
for. More of that stuff, please.
Best wishes.

Jan Stjernsward

Dear David and Dev,
Thank you for bringing to our attention the results of the WHO Perception Survey and your personal
comments on it.
I wholeheartedly agree that such opinion surveys are of utmost importance to get an appreciation,
where and how WHO stands today.
As you might agree, the current WHO Reform Process is a survival issue for the Organization, as
we all know it. It is therefore very significant that only few staff went to the briefing session; showing
the limited interest of the staff.
More important, however, is the fact that only 25% of WHO staff and consultants responded. It is of
course not surprising that this "sample" was 'positive' on the raised issues.
The issue you raised, as to whether AFSM members (and non-members) should be included in
future in such surveys must be raised.
I would suggest that in the General Assembly - coming October - the issue should be raised as a
matter of principle and in a general fashion; since - as we all know - the survival chances of any
organization is radically reduced, when the own history and institutional memory is neglected.
Best regards.

Joachim Kreysler

Tax policies

The AFSM Executive Committee receives requests for information on national tax policies on UN
pension incomes of retirees. These requests are often made just before retirement and can de-
termine the place of future residence.
Tax policies are exclusively national responsibilities and there is little attempt at having similar sets
of rules/laws across countries. The only exceptions are bilateral agreements among countries to
avoid, or minimise, the effects of double taxation or, in a limited number of cases, exemption from
taxation of international pensions. In addition, national tax laws are liable to change and even pro-
fessional tax lawyers have difficulties in keeping up-to-date as countries try to plug loopholes and
raise new revenues.
The purpose of stating the above is to point out that neither the AFSM nor any other such body
(e.g. AAFI-AFICS) can provide reliable information on tax liabilities of retirees. However, we are
trying to collect some information and find retirees who are conversant with their national tax poli-
cies. The purpose is to acquire general information on different national tax policies to help retirees
approach tax lawyers with a cogent set of questions.
We would like to inquire if any readers can provide:
1. some broad characteristics of the tax policies in your country of residence
2. informal help/information to others contemplating retirement in your country of residence
3. names of any known tax lawyers in your country of residence.
Please let us know if you are willing to provide information and/or assistance on request. At no
stage will we hold you responsible for the information you provide.
AAFI-AFICS, Geneva, has been collecting some material on the subject and has prepared/is up-
dating a few publications. We shall not duplicate their work but collaborate with them.
We look forward to hearing from you – kindly address your responses to either of us.

Dev Ray and Sue Block Tyrrell
40th UN Inter-Agency Games

The 2013 games were held in Marina d’Or, near Castellón-Valencia, Spain, on 24-28 April, with UNOG as the organizing Agency. More than 830 staff from 45 UN organizations participated, including from some of the most obscure agencies – UN Organization Mission in the Democratic Republic of the Congo (MONUC) and remote duty stations (Afghanistan and South Sudan). WHO and the UN International Computing Centre (UNICC) sent a combined team from six duty stations. Eighteen WHO staff members (and supporters) won a total of seven medals, including four gold, individually or as part of inter-UN teams, in eight disciplines – athletics, badminton, basketball, chess, football, golf, swimming and volleyball. Only one AFSM member participated – Derrick Deane who, with his colleague from the International Trade Centre, won a bronze cup in chess – bravo Derrick!

The Games were unfortunately distinguished by a howling gale. This caused considerable timetable disruptions – and somewhat comical scenes – as contestants in ‘fair-weather’ sports dodged in and out of the freezing rain showers to complete their matches. All finally went well and the generous opening and closing banquet ceremonies again created a strong sense of companionship within the UN community.

UN- New York was selected as the host agency for the 2014 Games, to be held at Hofstra Hospital, Hempstead, Long Island, New York, on 23-27 April.

WHO is now represented at the Inter-Agency Games Secretariat by Arnaud Devilliers and Valéry Portier. We hope that other AFSM members may be interested in taking part in these games – if so, kindly email Arnaud or Valéry at devilliers@unicc.org and portier@who.int

On 14 and 21 September, the local Inter-Organization Games took place in Pregny, close to WHO headquarters. Retirees were welcome to take part. WHO, as part of combined teams, took silver at both basketball and tennis tournaments.

Sue Block Tyrrell, based on information kindly provided by Arnaud Devilliers and Derrick Deane

Next trip: cruise on the Rhine: Amsterdam-Basel¹

From 24 April- 2 May

Price Amsterdam-Basel: principal deck 1299€
Superior deck +132€
Excursions (package) 385€ offered (loyal customers)
Single +339€

+ Low cost plane Geneva-Amsterdam and train or bus Basel-Geneva. All other periods being full, please preregister rapidly through email: dacohen@sunrise.ch or by mail AFSM WHO

I am interested;
Number of persons: Principal / superior deck²
Date, signature

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¹ Details will be given in QNT 94
² I cannot guaranty the deck category (in any case, the cabins are strictly the same).