



## WHEC Update

Briefing of worldwide activity of the Women's Health and Education Center (WHEC)

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### *Leadership Development Series*

Leadership mastery is a combination of many skills. There is one thing that a leader must be able to do skillfully and articulately. Very simply stated, leaders must be able to communicate. At the outset of this edition of *WHEC Update*, it is vital for us to look closely at what's involved in effective communication, about what it is and what is not.

Communication has always taken many forms. Just in the past few years important new media for communication have emerged. So when we refer to communication we're not limited to speech. We're talking about cell phones and videoconferencing. But even as more avenues for communication emerge, certain basic truths have proven themselves again and again. In fact many of these principles were identified and explained in our previous *Leadership Series Editions*, especially insightful in the area leadership communication.

Our experience has shown that effective leaders open many challenging conversations with sincere praise and honest appreciation. As a leader about to initiate a difficult conversation in the business setting, give some thought to what you can honestly say to the other party that conveys respect and appreciation. If a manager is going to talk with an employee about meeting deadlines or quarterly goals, the conversation can begin by praising and insightful comment the employee made in a meeting recently, the content of the positive message is relatively unimportant compared to the sincerity and honesty.

Sometimes a leader needs to offer constructive criticism. When this becomes necessary it is the best to call attention to someone's mistakes indirectly. Sometimes the best way to do this is by referring to a mistake of your own. If you bluntly state that someone has done something wrong and they better not do it again, they are going to react much more strongly to your threatening tone than to the content of what you have said. If, however, you can identify with the person you're talking to, and show that you too have occasionally fallen short in a similar situation, you will reduce the level of resistance to the important message you are there to convey. By allowing people to save face and retain self-respect, a leader can head off the negative feelings that lead to dissension and poor performance.

***Be flexible.*** A strong leader doesn't always want or need to be right. Be open to dissenting opinions, other ideas and new initiatives. If your staff members feel comfortable offering suggestions and are involved in developing and implementing some of them, they will actively look for opportunities to improve the company.

***Be supportive.*** Be patient and work through frustrations regarding people who are less dedicated and driven than you. Always treat your coworkers and staff with courtesy and respect and take an interest in them as individuals. Remember: How you interact with people impacts how you are perceived as a leader.

***Encourage people.*** A strong leader has the ability to inspire and energize people. Learn to be a mentor. Concentrate on bringing out the best in people, developing their talents and encouraging them to use their initiative and judgment.

Accept Responsibilities and Solve Problems. Communication is built on trusting relationships.

The Power of Good Communication

**Rita Luthra, MD**



## Your Questions, Our Reply

How to challenge yourself and become an effective leader? Where have all the leaders gone?

**What do Leaders Do:** In today's world, the quality of leadership is both respected and revered, but it is also subtly devalued. We celebrate birthdays of Washington and Lincoln, great leaders of the past, yet we are deeply suspicious of those who occupy leadership positions in the present day. Perhaps it is because we know too much about them in our present media-dominated environment. Franklin Roosevelt served more than three terms as president without the majority of people even aware that they could not walk.

As a first step toward grasping the real meaning of leadership – and more important, as a step toward becoming an effective leader yourself – your present view of leadership may need to be reconsidered, reinvented, and even reborn. We hope our *Leadership Series Editions* give you the tools for doing that. By making full use of these tools, you can take a big step toward achieving all your personal and professional goals.

This raises a very important point that should be emphasized here at the outset. Our purpose here is to something much more than theoretical or intellectual understanding of leadership. There is a vacuum of leadership in the world, in all of our major institutions: government, education, business, healthcare, religion, and the arts. The crisis has risen in part because many of those institutions have been reinvented. Life is therefore much more uncertain and leadership crisis has crept up on us because of the incredible technological revolution we're now experiencing.

We are told scientific methods can solve all our problems for more quickly and efficiently than before. A global society connected by the Internet is emerging, yet never have so many people felt so isolated from one another. Individuals the world over find themselves disconnected from their roots and unsure of their future. This is because in a world quickly becoming more virtual, the skill of human relations is quickly being lost. Thus, never before has the skill of human relations been more valuable and sought after.

Think of it: In the previous era of hierarchical organizations, big government, and traditional families, the need for leadership was evident. We knew what the rules were. We needed the leaders to hold us to those rules. However, in an era of flattened organizations, the increasing irrelevance of government, and two-career families, we no longer have a clear set of rules to follow. What's more, the command-and-control leaders who try to hold us to seemingly irrelevant and arbitrary rules are no longer successful.

What is needed is a new type of leader, one who can inspire and motivate others within this virtual world while never losing sight of the leadership principles that never change. Therefore in this cutting-edge series, we'll introduce you to a new type of leader who is flexible and adaptable – an individual who is a servant, not a slave, to his or her partners; a distributor of power, trustworthy, tough, and decisive. The core philosophy is become genuinely interested in other people and show it.

In today's world, the leadership is no longer for the chief executive officer, the president, the general, the boss, or the mom and dad. Leadership is available to each and every one of us at every level of organization, be that society, business, government, or family.

Discover your full potential and become a leadership master!

## 2025 HLPF Virtual Side Event

### Creating A Thriving World through Education and Health

16 July 2025; 10 – 11:15am EST, New York Time

### Sponsor: Women's Health and Education Center (WHEC)



The High-Level Political Forum on Sustainable Development (HLPF) was convened from Monday 14 July, to Wednesday, 23 July 2025, under the auspices of the Economic and Social Council. The theme of 2025 HLPF was “Advancing sustainable, inclusive, science- and evidence-based solutions for the 2030 Agenda for Sustainable Development and its Sustainable Development Goals for leaving no one behind.”

### Participation of Women's Health and Education Center (WHEC) Virtual Side Event

<http://www.womenshealthsection.com/content/whhec/hlpf.php3>

Future of health and education sectors is digital, in each and every country, rich and poor alike. In view of the scale of today's global challenges and the great potential of science, technology and innovation to deliver responses, it is essential to mobilize financial and knowledge resources from governments, businesses, academia and civil societies. It is necessary to accelerate and achieve all Sustainable Development Goals (SDGs). Both public and private sectors play an important role in financing, research, and development. There is need for a balanced strategy that leverages the strengths and weaknesses of both.

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### 2025 session High-Level Segment; Written Statement UN Document: E/C.2/2025/CRP.48 Education and Health: The Best Building Blocks

Quality education and universal health care are the most important investment that any country can make for its future and for its people. Investing in health and education is, investing in people, and investing in our collective future. If harnessed properly, the digital revolution can be one of the most powerful tools for ensuring quality education for all, and transform the way teachers teach and learners learn.

<http://www.womenshealthsection.com/content/documents/2025-HLS-Written-Statements-of-WHEC.pdf>



## United Nations at a Glance

**Saint Vincent and the Grenadines became UN Member State on 16 September 1980**



**Saint Vincent and the Grenadines** is an island country in the eastern Caribbean. It is located in the southeast Windward Islands of the Lesser Antilles, which lie in the West Indies, at the southern end of the eastern border of the Caribbean Sea, where the latter meets the Atlantic Ocean. Its 369<sup>2</sup> (142 sq. mi.) territory consists of the main island of Saint Vincent, a chain of 32 smaller islands. Some of the Grenadines are inhabited. To the north of Saint Vincent lies Saint Lucia, to the east is Barbados, and Grenada lies to the south. Estimated population (2022): 111,872; Capital:

Kingstown; Official Language: English; Government: Unitary parliamentary constitutional monarchy. Monarch: Charles III. Currency: E.C. dollar.

Christopher Columbus, the first European to reach the island, named it after St. Vincent of Saragossa, whose feast day was on the day Columbus first saw it in 1498. The name Grenadines refers to the Spanish city of Grenada, but to differentiate it from the island of the same name, the diminutive was used. Saint Vincent and Grenadines passed through various stages of colonial status under the British. Saint Vincent was granted "associate statehood" status by Britain on 27 October 1969. This gave Saint Vincent complete control over its internal affairs but fell short of full independence in law. On 27 October 1979, Saint Vincent and the Grenadines gained full independence. The country opted to remain within the Commonwealth of Nations, retaining the then Queen Elizabeth II as Monarch, represented locally by a Governor-General.



Administratively, Saint Vincent and the Grenadines is divided into six parishes. Five parishes are on Saint Vincent, while the sixth is made up of the Grenadine islands. Kingstown is located in the Parish of Saint George and is the capital city and central administrative center of the country.

Saint Vincent and the Grenadines is a member of the United Nations, the Commonwealth of Nations, the Organization of American States, and the Association of Caribbean States. In September 2017, at the 72<sup>nd</sup> Session of the UN General Assembly, the Prime Ministers of the Solomon Islands, Tuvalu, Vanuatu, and Saint Vincent and the Grenadines called for UN action on alleged human rights abuses committed by Indonesia on Western New Guinea's indigenous Papuans. In 2019, Saint Vincent and the Grenadines became the smallest country to ever be elected to the UN Security Council.

Agriculture is the most important sector of this lower middle-income country. The service sector, based mostly on a growing tourist industry, is also important. The government has been relatively unsuccessful at introducing new industries, and the unemployment rate remains high at 19.8% in the 1991 census to 15% in 2001. The continuing dependence on a single crop represents the biggest obstacle to the islands' development as tropical storms wiped out substantial portions of bananas in many years.

Details: <https://sdgs.un.org/statements/saint-vincent-and-grenadines-15980>

# Collaboration with World Health Organization (WHO)

## WHO | Saint Vincent and the Grenadines Health Situation



Saint Vincent and the Grenadines, a multi-island state, focuses on addressing the health challenges in order to advance the national health agenda and the sustainable development goals (SDGs). The major disease burden is non-communicable diseases (NCDs) with malignant neoplasm, cardiovascular disease, diabetes and respiratory diseases being the leading causes of mortality and morbidity. Cost-effective interventions such as Salt Reduction Projects using social marketing approach are being implemented.

Schizophrenia and schizophrenia with substance abuse are the main admission diagnoses for mental disorders. A mental health policy was developed to guide the quality and type of services to be offered.

Maternal mortality ranged from zero to two deaths annually over the years 2012 – 2016 with infant mortality rate around 16.0 per 1000 live births. In order to prevent the reduced deaths, review meeting including annual national maternal perinatal adults are conducted to discuss challenges and define necessary interventions. The country has adopted the global mandate of elimination of HIV, TB, hepatitis B Infection and mother to child transmission of HIV and syphilis. While dengue is endemic,

chikungunya and Zika introductory epidemics occurred in 2014 and 2016 respectively and there were four confirmed cases of Guillain-Barre syndrome associated to ensure prevention and control.

### Health Policies and Systems

The National Economic and Social Development Plan (NESSSSSSSDP), 2013 – 2025 of St. Vincent and the Grenadines, articulates the policy framework for access to good quality and affordable health care critical to sustaining national growth and development. There is an Inter-Ministerial Committee on Health which focuses on health in all policies. The Ministry of Health, Wellness and the Environment (MOHWE), is responsible for health policy formulation and service delivery, and has initiated reforms to achieve the NESDP's strategic goals, and outcomes which are in sync with sustainable development goals. Policy documents and action plans such as health and wellness promotion, NCD, mental health, and human resources for health were and are being developed to complement the NESDP. The Ministry of Health has responsibility for policy with the Permanent Secretary and Chief Medical Officer as administrative and technical heads, respectively. Health services are provided through a network of facilities comprising 39 health centers, 3 polyclinics, 1 211-bed public hospital and five smaller district hospitals, private clinics and 1 12-bed private hospital.

### Cooperation For Health

Being cognizant of the leading causes of mortality and morbidity, The Government approved a National Health and Wellness advisory Commission for health matters. The multisectoral commission includes public and private health sectors, NGOs and community organizations. The government has upgraded some health facilities including the Milton Cato Memorial Hospital, Mental Health Rehabilitation Center, as part of the 10<sup>th</sup> European Development Fund Modernization of the Health Sector Project; and to rural hospitals as part of the PAHO SMART Hospital Project.

Details: <https://www.who.int/countries/vct/>



## United Nations Educational, Scientific and Cultural Organization *Collaboration with UNESCO*

**Saint Vincent and the Grenadines is Member State of UNESCO since 1983**



### **UNESCO – EU Transcultural Programme**

In a landmark recognition, the UNESCO-EU Transcultural programme has been honored with the prestigious UN Small Island Development States (SIDS) Partnerships Awards 2024 in the “Social” Category. Since 2021, and with the ambition of rewarding the most successful partnerships, highlighting best practices and increasing the visibility of the SIDS partnerships framework, the United Nations member states have created the “United Nations Small Island Developing States (SIDS) Partnership Awards.”

**Building Bridges Through Culture:** In line with its mandate, UNESCO created the Transcultural Program to ensure that cultural creation fosters entrepreneurship, improves social cohesion and well-being, develops freedom of expression and dialogue, ensures substantial economic growth and creates jobs worldwide. The rich diversity of the Caribbean, represented by 17 SIDS benefiting from the program, has become a driving force for sustainable development, enabling the creation of professional opportunities for young people in the cultural and creative industries sector and giving a boost to sustainable and creative tourism. Implemented in 3 languages, it provides young people with opportunities for their future, in the region and in Europe, through training, support to entrepreneurship, networking, and mobility programs.



### **Memory of the World International Register**

The records of the Indian Indentured Laborers were recommended as an addition to the Records of the Indian Indentured Laborers inscribed in the Memory of the World Register in 2011.

Following the granting of emancipation by England there was, in most colonies, a universal shortage of cheap labor, particularly for agricultural work. The colonial government devised a scheme to send, under a system of indentureship Indians to those colonies which were experiencing a labor shortage. Between 1861 and 1880, 2,474 Indians arrived in Saint Vincent. The Records of the Indian Indentured Laborers (Fiji, Guyana, Suriname and Trinidad and Tobago) already inscribed on the International Register bears testimony to the effect and contribution that Indians have made to the receiving societies and cultures. This nomination extends that inscription and narrative by providing details of the documentary heritage of Indian Indentureship as it occurred in Saint Vincent.

The loss of such records would deprive humanity of the enduring knowledge of the legacy of indentured labor against the backdrop of Colonialism and the concept of “Empire” which are so vigorously debated in learning institutions the world over. The study of history is the study of humanity, and to lose such an important documentary heritage would be to lose an irreplaceable part of our humanity.

Details: <https://www.unesco.org/en/countries/vc>

***Education-for-All and Health-for-all***

## Bulletin Board

### Transforming Our World: The 2030 Agenda for Sustainable Development

*Adopted at the United Nations Sustainable Development Summit on 25 September 2015*

.....Continued The Sustainable Development Goal

#### **Goal 6. Ensure availability and sustainability management of water and sanitation for all.**

6.1 By 2030, achieve universal and equitable access to safe and affordable drinking water for all.

6.2 By 2030, achieve access to adequate and equitable sanitation and hygiene for all and end open defecation, paying special attention to the needs of women and girls and those in vulnerable situations.

6.3 By 2030, improve water quality by reducing pollution, eliminating dumping and minimizing release of hazardous chemicals and materials, halving the proportion of untreated wastewater and substantially increasing recycling and safe reuse globally.

6.4 By 2030, substantially increase water-use efficiency across all sectors and ensure sustainable withdrawals and supply of freshwater to address water scarcity and substantially reduce the number of people suffering from water scarcity.

6.5 By 2030, implement integrated water resources management at all levels, including through transboundary cooperation as appropriate.

6.6 By 2030, protect and restore water-related ecosystems, including mountains, forests, wetlands, rivers, aquifers and lakes.

6.a By 2030, expand international cooperation and capacity-building support to developing countries in water- and sanitation-related activities and programs, including water harvesting, desalination, water efficiency, wastewater treatment, recycling and reuse technology.

6.b Support and strengthen the participation of local communities in improving water and sanitation management.

*To be continued .....*



## Collaboration with UN University (UNU)

UNU-WIDER (World Institute for Development Economics Research)

Expert Series on Health Economics

### Analyzing the Impact of Natural Hazards in Small Economies

#### The Caribbean Case

This study analyzes the impact of natural disasters in the Caribbean. The economic impact of natural disasters in the region has been significant, resulting in widespread destruction of the productive economy. This study presents the main macroeconomic impact of disasters, e.g., a deteriorating fiscal balance, a collapse of growth and a worsening external balance, as a consequence of damage resulting from the event. By making special reference to the small-island developing state nature of many countries in the region, valuable lessons of the impact of such disasters on the capital stock can be learnt, particularly as the interruption of production of goods and services can be particularly devastating in an environment where few large sectors (agriculture, tourism) dominate the economic base.

#### Caribbean Economies

All Caribbean economies are highly susceptible to natural hazards: whilst hydrometeorological disasters such as hurricanes and wind storms are the most common natural hazards in the region, accounting for more than half of all natural disasters, there is a sizable occurrence of flooding in the region, part of which is no doubt related to the after-effects of hurricanes and wind storms. In addition, the occurrence of disasters of geological origin (earthquakes and volcanoes eruptions) was not significant in the region over the last four decades. The high vulnerability of the region, however, owes both to a combination of high frequency of natural hazards as well as high intensity of natural hazards in the region. Damages and indirect losses on stocks and flows respectively in the economy resulting from natural disasters are reflected in changes in main economic variables, which are termed *Secondary Effects*. The impacts are:

1. By affecting production and distribution channels of an economy and thus depressing the overall rate of growth of the economy;
2. Through the loss of aggregate income and employment and the spillovers on the consumption profiles;
3. Through increased imports resulting from the need to purchase intermediate goods and raw materials for repairs;
4. By increasing insurance flows, and
5. By lower government revenue.

The Caribbean region is extremely vulnerable to natural disasters – some have argued that it is the most vulnerable region to such events even on a global scale. In such mitigating the impact of natural disasters is a particular relevant and important component of economic policy in the region. However, the region is making great strides towards greater economic integration which could act as an impetus to creating a more viable setting.

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Details of the paper can be accessed from the link of UNU-WIDER on CME Page

<http://www.womenshealthsection.com/content/cme/>

## Two Articles of Highest Impact, July 2025

*Editor's Choice – Journal Club*

*Fully open-access with no article-processing charges*

*Our friendship has no boundaries. We welcome your contributions.*

1. **Newborns Exposed to HIV: Prevention, Evaluation and Management;**  
<http://www.womenshealthsection.com/content/obsnc/obsnc018.php3>  
WHEC Publications. Funding: WHEC Global Initiatives are funded by a grant from an anonymous donor. Join us at WHEC Global Health Line for discussion and contributions.
2. **Fetal Alcohol Syndrome: Recognition and Prevention;**  
<http://www.womenshealthsection.com/content/obsmd/obsmd012.php3>  
WHEC Publications. Funding: WHEC Global Initiatives are funded by a grant from an anonymous donor. Join us at WHEC Global Health Line for discussion and contributions.

**Partnership for Maternal, Newborn & Child Health (World Health Organization)**  
**PMNCH Member**

**Worldwide service is provided by the WHEC Global Health Line**



**From Editor's Desk**

*WHEC Projects under Development*

### **For a World Where Refugees are Welcome**



**Refugees** need our solidarity now more than ever. Solidarity means keeping our doors open, celebrating their strengths and achievements, and reflecting on the challenges they face. **Solidarity** with people forced to flee also means finding solutions to their plight – ending conflicts so they can return home in safety, ensuring they have opportunities to thrive in the communities that have welcomed them, and providing countries with the resources they need to include and support refugees.

**UN Action:** There are several types of forcibly displaced persons. “Refugees need global solidarity and the ability to

rebuild their lives in dignity.” UN Secretary-General Antonio Guterres

### **1951 Refugee Convention and its 1967 Protocol**

Refugees are among the most vulnerable people in the world. The 1951 Refugee Convention and its 1967 Protocol help protect them. They are the only global legal instruments explicitly covering the most important aspects of a refugee's life. According to their provision, refugees deserve, as a minimum, the same standards of treatment enjoyed by other foreign nationals in a given country, and in many cases, the same treatment as nationals.

The 1951 Convention contain a number of rights and also highlights the obligations of refugees towards their host countries. The corner stone of the 1951 Convention is the principle of non-refoulement. According to this principle, a refugee should be returned to a country where he or she faces serious threats to his or her life or freedom. This protection may not be claimed by refugees who are reasonably regarded as a danger to the security of the country, or having been convicted of a particular serious crime, are considered a danger to the community.

The rights contained in the 1951 Convention include:

- The right not to be expelled, except under certain, strictly defined conditions;
- The right not to be punished for illegal entry into the territory of a contracting State;
- The right to work;
- The right to housing;
- The right to education;
- The right to public relief and assistance;
- The right to freedom of religion;
- The right to access the courts;
- The right to freedom of movement within the territory;
- The right to be issued identity and travel documents.

Some basic rights, including the right to be protected from refoulement, apply to all refugees. A refugee becomes entitled to other rights the longer they remain in the host country, which is based on the recognition that the longer they remain as refugees, the more rights they need.

### How can you show solidarity with refugees?

1. **Give:** support young refugees to pursue higher education by donating to our Aiming Higher Campaign.
2. **Advocate:** Join us on social media to help amplify the voices of refugees this World Refugee Day.
3. **Learn:** Discover the latest stats and trends in forced displacement globally and learn how refugees and displaced people are being impacted by the climate crisis and taking action in their communities by volunteering.

The world is witnessing the highest levels of displacement on record. An unprecedented 70.8 million people around the world have been forced from home by conflict and persecution at the end of 2020. Among them are nearly 30 million refugees, over half of whom are under the age of 18. There are also millions of Stateless people, who have been denied a nationality and access to basic rights such as education, healthcare, employment and freedom of movement.



World Refugee Day is an international day designed by the United Nations to honor refugees around the globe. It falls each year on June 20 and celebrates the strength and courage of people who have been forced to flee their home country to escape conflict or persecution. World Refugee Day is an occasion to build empathy and understanding for their plight and to recognize their resilience in rebuilding their lives.

**Every minute 20 people leave everything behind to escape war, persecution or terror.**

Details: <https://www.un.org/en/observances/refugee-day>



## In The News

### What is Adaptive Social Protection?



**Adaptive Social Protection (ASP)** in Shael is multi-donor trust fund managed by the World Bank that supports the strengthening of adaptive protection systems in Sahel to enhance of poor and vulnerable populations to the impacts of climate change. Countries in the Sahel region are among the poorest in the world – and they are highly vulnerable to shocks. The Sahel Adaptive Social Protection Program (SASPP) supports the design and implementation of adaptive social protection programs and systems in Burkina Faso, Chad, Mali, Mauritania, Niger, and Senegal. SASPP provides technical assistance and capacity building, and finances pilot interventions, including the following:

1. Adaptive Safety-nets Programs that help poor households meet basic needs and diversify their livelihoods, while enabling an easy scale up to respond to shocks.
2. Productive inclusion intervention (e.g., community savings, loan management, or the life skills and entrepreneurship training) for beneficiaries to reinforce their adaptive capabilities.
3. Delivery system (social registries, digital payments, grievance redress mechanisms, etc.) as critical foundations for social safety nets to reach affected people.
4. Early warning and climate information systems to design effective emergency response and adaptation programs.
5. Contingency (risk) financing mechanisms to ensure timely and efficient financing of adaptive social protection interventions.
6. Targeting mechanisms to identify ex-ante those most vulnerable to natural hazards and climate-change related risks, and quickly scale up a program when needed.

#### A Few of SASPP Achievements

- 1.13 million benefit from COVID-19 response;
- 14,000 refugees supported in Chad;
- 86,000 households receive support for lean season;
- 19,000+ transfers to flood-affected households;
- 46,500 beneficiaries of economic inclusion interventions.

The Donors are: Denmark, France, Germany and the United Kingdom.

## Art & Science

*Art that touches our soul*

Art Collection

*American Royalties*

**Caroline Schermerhorn Astor** (September 21, 1830 – October 30, 1908)



Also known as Mrs. William Astor was a prominent American socialite of the second half of the 19<sup>th</sup> century. Born into a wealthy family in New York City's Dutch aristocracy, she married William Backhouse Astor Jr. in 1853.

The Astor family has made a fortune through fur trading and real estate. Mrs. Astor became a leading member of the exclusive New York aristocratic society of inherited wealth; by the end of the 19<sup>th</sup> century she was known as *the* Mrs. Astor.

Adjacent Astor family that she had occupied at different times on Fifth Avenue became the first Waldorf – Astoria hotel, and later the site of the Empire State Building.

Painting: Carolus-Duran, 1890; Metropolitan Museum of Art

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*Monthly newsletter of WHEC designed to keep you informed on  
The latest UN and NGO activity*

<http://www.WomensHealthSection.com>

